THE SPARTAN CHARIOT

VOLUME 3 ISSUE 9 *"FOR THE STUDENTS, BY THE STUDENTS"* MAY 2026

The End of an Era

Grow and Bloom: Spring Achievements Unfold

GOOD NEWS

- ★ Salmen Drama Club recently attended the musical *The Great Gatsby* at the historic Saenger Theatre in New Orleans, immersing themselves in the Roaring Twenties through a vibrant stage adaptation of the classic novel. After the show, students met with actors, the choreographer, and music conductor for a behind-the-scenes Q&A, capping off a unit that explored 1920s culture, literary analysis, and theatre production careers.
- ★ We're thrilled to share that Mrs. Cindy Walden is back with us—fully recovered after a health scare during the holidays. In her heartfelt message, she expressed deep gratitude: "I am so BLESSED… God must have more for this old girl to accomplish before calling me home." She also sent warm con congratulations to the Class of 2026, urging them to "keep reaching for the stars." Welcome back, Mrs. Cindy—your strength and spirit inspire us all!
- ★ Congratulations to our 2026-2027 Salmen High Flag Team:
  - Makayla Perry **(CAPTAIN)**
  - Lauryn Smith **(CO-CAPTAIN)**
  - Kailyn Buckley **(CO-CAPTAIN)**
  - Gabrielle Collins
  - Amaya Tucker
  - Makayla Nelson
  - Nevaeh Ducre
  - Gabrielle Devezin
  - Ta'tiana Antunez
  - Aniyah Holmes
  - My'Chal Alexander
  - Tahliyah Anthony
  - Makir Francis
  - Ta'Kiyah McMiller
  - Mi'Joy Youngblood
  - Dali Collins

UPCOMING EVENTS

- ★ **May 2:**
  Saturday Detention/Seat Time
- ★ **May 7-8:**
  Senior Awards Night @ 6PM
  Senior Exams (3rd-4th,1st-2nd)
- ★ **May 9:**
  Saturday Detention/Seat Time
- ★ **May 11:**
  Senior Makeup Exams
- ★ **May 16:**
  Saturday Detention/Seat Time
- ★ **May 18:**
  Mandatory Graduation Practice @ GYM
  Grad Walks - Brock, Abney, Little Abney @ 1PM
- ★ **May 19-20:**
  Final Exams
  Graduation @ 6PM Southeastern Louisiana University
- ★ **May 21:**
  ½ Day for Students - Makeup Exams
  End of Fourth Nine Weeks
- ★ **May 22:**
  Teacher PD - No School

Global Love Day

BY AMARI WALTON

Global Love Day, celebrated annually on May 1, is a special occasion dedicated to promoting unity, compassion, and unconditional love among people across the world. This day was founded by Harold W. Becker in 2004 through The Love Foundation, a nonprofit organization aimed at fostering goodwill and humanity through acts of love and understanding. Since its inception, Global Love Day has grown into a worldwide observance, marked by events, gatherings, and community initiatives that encourage individuals and groups to celebrate the shared bond of humanity. The day emphasizes the idea that love is a universal force capable of healing, unifying, and transforming communities for the better, inspiring people to practice kindness, forgiveness, and compassion in their daily lives.



The purpose of Global Love Day extends beyond simple celebration; it serves as a reminder of the positive influence that love can have in every encounter, whether with family, friends, or strangers. Participants are encouraged to engage in acts of generosity, volunteer efforts, and peaceful collaboration to reflect the power of unconditional love. The Love Foundation promotes themes such as self-acceptance and embracing diversity, illustrating that love begins with oneself and radiates outward to others and the environment. By observing this symbolic day, individuals gain love, and actively contribute to a more harmonious and compassionate society. Students can celebrate this day with the smallest actions too. The most common form of celebration is hanging out with friends and family. Spending quality time with the people you love can strengthen bonds and bring people closer together. Another way to celebrate is to send letters to staff in school. Show appreciation to your favorite teachers that you feel like helped you the most in school or who you connected with. Apologizing and bringing closure to a bad situation is also another way to spread kindness on this day, even if both parties are not friends anymore. There are so many other ways to celebrate this day and spread kindness, even through the smallest of actions.



Mental Health Awareness Month

BY ERIN ROBERTS

An entire month that is dedicated to building a community, and emphasizing that no one goes through something alone, in hopes of it reflecting in day to day, not just in May. Mental Health Awareness Month is celebrated this month every year to help spread awareness to the importance of one's well-being. A time for new beginnings, a new era, and a time for growth. The perfect month to help those around you out of a time in need, and into a



new genre into their life. Let this month remind each person the significance prioritizing your mental and emotional well being has on your everyday life and to those around you. This holiday has been celebrated since 1949, to help bring awareness about the topic and to celebrate recovery from any mental illnesses one may suffer from. It can be a reminder to those still stuck in those dark moments, by giving them advice or hotlines to call. Or a simple reminder to those who have had mental illnesses or disorders. Taking care of one's mental health is just as important as the physical aspect of someone, if not, maybe more. The initiative to create this holiday was heavily influenced by Clifford W. Beers. He aimed to reduce stigma; meaning to emphasize the person's humanity rather than their diagnosis or illness, and to educate the public on mental health and how to care for it. As well as providing treatment and resources for disorders that someone could be going through. Such as hotline numbers, that can provide immediate help or resources to someone in desperate need of it. Giving the entire month to this holiday shows the significance of mental illnesses and addiction and how they affect every individual, not just the patient, but a community or society as a whole. Taking care of your mental health does not always have to be in big ways, sometimes the small moments are the ones that matter the most. Mindfulness sessions, outdoor activities, creative workshops, or interactive hangouts can help increase one's emotional well-being. Think of a time where you were sad and talking to a friend, without even realizing it cheered you up. Or sometimes when those feelings build up, sometimes professional help is needed, like talking to a trusted adult or a therapist. Regardless of the self care you need, let this remind you that you are not alone and there is help in various places. As May is recognized for a time of growth, let this month bring new opportunities, with a new mindset, and resources to help build the community up. So before ending this message off, make sure to check up on your family and friends, providing a sense of community, you may not know someone needs.



National Matcha Day
BY JORDAN HARVEY

Matcha is more than the newest trendy drink, it is an 800 year old ritual of mindfulness, discipline, and beauty. This green tea was refined in Japan and became a key aspect to the Japanese tea ceremony, chanoyu, which symbolizes mindfulness and harmony. Matcha is dated back to centuries of grand history accompanied by an also rich taste. During the 7th-10th centuries, tea leaves were steamed, compressed into bricks, and ground into a powder for it to be available for transport and trade. But, during the 10th-13th centuries under the Song Dynasty, the method of whisking the powder with hot water became widespread. It was mostly done among Buddhist monks and scholars. However, the modern style of matcha which is characterized by shade-grown leaves, a vibrant green color, and a rich umami flavor, was developed in Japan. The Zen Buddhist monk, Eisai, introduced powdered tea preparation to Japan in 1191. Over time, the Japanese farms refined the process with inventions like shade cultivation and stone milling. These innovations transformed it into the distinct ceremonial tea it is known as today. Eisai marketed matcha as a medicinal and spiritual aid. In his book "Kissa Yōjōki" he calls it the "elixir of life". In the 14th- 16th centuries, farmers developed shade-growing techniques which increased chlorophyll and L-theanine. These two chemicals are what give matcha its signature vibrant green color and its flavor. There was also a ceremony that accompanied the drinking of Matcha called, "chanoyu". This tradition was formalized by Murata Juko and later perfected by Sen no Rikyu. Rikyu emphasized wabi-sabi, simplicity, humility, and imperfection. Also, samurais drank matcha before battles in the belief they would give calm alertness. Matcha's rich origins also come with a precise method of preparation. First, you are to sift the matcha, often one or two grams, into a bowl to remove the clumps and ensure a smooth texture. Second, you must heat the water to around 160-175 degrees fahrenheit. You must also preheat the bowl which helps maintain the matcha's temperature. Then, you add around 60-100 milliliters of the hot water into the bowl, then whisk

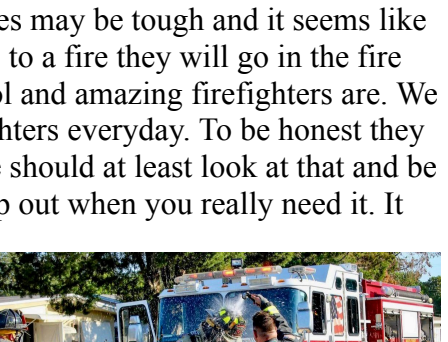




in a "W" or "M" zigzag motion until a foam layer is formed. Finally, after all these steps you can drink directly from the bowl. Matcha is rich in culture, history, and taste. Its history goes back to colonial Asia during the times of the great emperors, its taste is remarkable and has taken the internet by storm. From its ancient roots in China tea culture, to its evolution to Japanese Zen tradition, and its now global popularity. Matcha is a unique trend that is captivating the world.

National Firefighters Day
BY ASIA COLEMAN

Let's be brave today, meet a firefighter. Today let's talk about firefighters. We need to learn about why firefighters are important. We should be interested in getting to know firefighters and what they do. Today, we are going to know why firefighters are important and how we should feel about national firefighters. We should learn about why firefighters are important and what they do for our community. Let's learn why we should celebrate firefighters for the future. Why should we celebrate national firefighters day? Firefighters dedicate their lives to the protection of life and property. Sometimes that dedication is in the form of countless hours volunteered over many years, in others it is many selfless years working in the industry. International firefighters Day is observed each year on 4th May. We should appreciate the firefighters world wide because they love protecting the people. Now let's drive in and explore why firefighters are important. The reason why firefighters should celebrate international firefighters day is because they should notice how much the firefighters do for us . We should recognize the real impact that they have in the world. A lot of people do not even know how firefighters are important. First, they risk their lives for others. Now that's bold and brave, not anyone can do that. Even when times may be tough and it seems like they can not get to you, maybe due to a fire they will go in the fire for you to get you. That is how cool and amazing firefighters are. We should want to be more like firefighters everyday. To be honest they risk their own lives and safety. We should at least look at that and be like why at least a stranger can help out when you really need it. It really builds character and we should appreciate them for their services. It shows that we should be inspired to be more like firefighters. At the end of the day they are more than just firefighters they are strong people that put their fears aside to see about yours. If a firefighter could face everyday people's fears head on so can you. If you see a firefighter ever tell them they are doing a great job encourage them because sometimes they might need it after saving others lives with tragic events such as fire or many other dangerous things.







Teacher Appreciation Week
BY AMIYAH SHANNON

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



As a student I personally think the best way to appreciate your teacher is to pay attention to the education they are giving you and use it. Showing you actually learned from them and using that knowledge constantly can be the best flattery for teachers. If you want to do more for your teacher, you can always buy them school supplies. Teachers spend so much of their own money on school supplies for their students, it will be nice to give back to them. If you do not have the money or would prefer to not save money you can do something as simple as a note. A note with a sweet message can lighten up their day and they can keep it forever. Always remember it's the small things. Now, let's hear about teacher appreciation coming from a teacher! The U.S. History teacher and sponsor of the Interact club, Ms. Breaux. I decided to interview her about teacher appreciation day as a way to get to know her. I first asked her "What makes you feel appreciated as a teacher?" which she responded with "I feel the most appreciated as a teacher when I run into students from years past that I have taught and they let me know how I made an impact on their life in some kind of way. This warms my heart!" I then followed with, "What piece of advice would you give to a new teacher to show they are appreciated?" Her response was "I would tell them that even on hard days in the classroom there is always someone that appreciates your lesson, likes your attitude and knows you care." My last question for her was "What is one thing you are grateful for in your teaching career?" to get an idea about what she appreciates most about teaching, that she is extremely grateful for and she said "I am so grateful for the friendships, the creative way that I have been allowed to teach and for the many students in the last 33 years that have been in my classroom. There have been both ups and downs, however all of my experiences have made me appreciate the value of being a teacher." And that brings us to the end of the interview and it was such a pleasure to interview her. I then went on to ask Ms. Bourliea the same questions. Ms. Bourliea teaches Algebra 3 and calculus. She is also the cross country and track coach. "What makes you feel appreciated as a teacher?" Her response was "When students tell me that they want to come to math class and they finally have the confidence to feel good about learning math." Secondly, "What piece of advice would you give to a new teacher to show they are appreciated?" Ms. Bourliea answered, "Start small, work on a few kids at a time. You can not help all of them every day, so focus on a small group of students that may need your help and rotate. Once they realize you can help them, they will start trusting you and coming to you." The last question asked was about what she is grateful for in her teaching career, to give an insight on what she appreciates overall and Ms. Bourliea responded with, "I am grateful for so many things during my years at Salmen High! Right now I am grateful to have taught in the same school for 20 years so I have built relationships with my students and their families. I look forward to seeing brothers and sisters, cousins, or even teaching my students children." It was also a pleasure to interview Ms. Bourliea and get a different teacher's perspective! To further highlight the importance of teacher appreciation, I interviewed Mr. Cahill, the carpentry teacher. When asked what makes him feel appreciated, he stated, "I feel like as a male—or maybe just me, lol—the appreciation has never come in the form of gifts at Salmen. It comes in the visits from old students or the phrase, 'You are really my favorite teacher.'" For new teachers struggling to feel appreciated, he advised, "BE YOURSELF. Show them who you really are, and the appreciation should come. The kids I have had here have always appreciated blunt honesty and sharing your life and real-life experiences." Finally, when I asked about what he is grateful for, Mr. Cahill reflected, "I'm grateful for the fun and the personalities the kids have, and the job's schedule is the best for having a family." Mr. Cahill's advice about being yourself really shows how important it is to build real connections with students. Mr. Kelt, an English teacher, also shared his thoughts on appreciation in education. He expressed, "Seeing my students succeed in and out of school is what makes me feel appreciated." He recommended that new teachers focus on creating a welcoming classroom environment, explaining, "This environment will lead to student appreciation. Also, even great teachers feel underappreciated at times, so do not obsess about it." He concluded by adding, "I have been very lucky to have great administrators where I have worked who have had my back." Mr. Kelt emphasizes creating a welcoming classroom because it makes everyone feel appreciated. His insights remind us that a little recognition can go a long way in making our teachers feel valued! This brings us to the end of the article. Moral of the story, appreciate your teachers! Little things like paying attention and not causing chaos can make your teacher feel appreciated too. Teachers are a huge part of our lives and it is important to show appreciation to them. So next time you see your teacher, show some appreciation! Write a thank you note or even buy an apple.





Let's Have A Fiesta!
BY WALESKA ADRIANO

Can you imagine if "Taco Tuesday" coincided with Cinco de Mayo? This year, May 5th falls on a Tuesday, a day to celebrate a long-standing tradition in which, to this day, Americans and Latinos come together to celebrate, setting aside cultural differences and delighting in delicious flavors. Let's take a closer look at this day and turn it into the perfect excuse to break the routine... and transform it into a grand fiesta! Cinco de Mayo is a day to celebrate and fête in grand style the great victory of the Mexican army against French forces at the Battle of Puebla. Festivities typically include parades, street food, neighborhood parties, mariachi competitions, and *baile folklórico* (or folk ballet), featuring dancers twirling to the rhythm of the music, clad in bright, ruffled dresses, with their hair tied back with shimmering ribbons. It is not necessary to "dress up" for this day; however, should you choose to do so, feel free to wear sombreros, mariachi suits, serapes, fake mustaches, or any similar accessories. These elements hold deep historical and cultural significance; using them simply as a costume can be a great fun way to immerse oneself in the culture provided, of course, that it is approached with respect and honor toward that culture. In the United States, this celebration has evolved into a symbol of festivity, and numerous organizations and businesses have benefited from it, given the vast quantity of Mexican-origin products consumed on this day. Cinco de Mayo is a holiday celebrated on May 5th in various regions of Mexico and the United States, honoring a military victory achieved over the French forces of Napoleon III in 1862 in an event known as the Battle of Puebla. Cinco de Mayo should not be confused with Mexico's Independence Day, which is commemorated on September 16th to mark the "Grito de Dolores" of 1810 the event that signaled the start of the Mexican War of Independence against Spain. Cinco de Mayo has been referenced and portrayed in various forms of entertainment media, gradually evolving into a globally recognized celebration that exalts Mexico's culture, cuisine, and heritage. Spain negotiated with Mexico and proceeded to peacefully withdraw its troops. The empire was part of a visionary "Latin America" project, a term coined to suggest the region's cultural affinity with France aimed at re-establishing French influence on the American continent while excluding the English-speaking territories of the Americas from this sphere. It is a grand celebration that pays tribute to Mexican culture and pride, characterized by parades, mariachi music, and traditional cuisine. Given that this day serves primarily as a significant celebration of Mexican culture and heritage particularly in the United States it is essential to show respect for this holiday and join in the festivities. And now, tell me: will you be going out to celebrate and have fun this Cinco de Mayo?





Mother's Day
BY KENDAL THOMAS



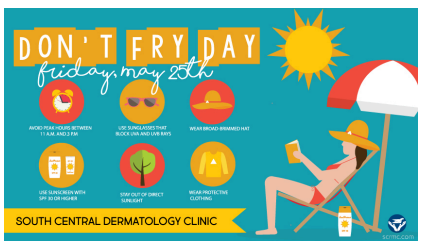
Do you love your mom? If you do get her something for Mother's Day. Mother's Day is a very special day for all the mothers in the world. It is a day where we show how much we love and appreciate

them. Mother's Day is very important to all mothers and is a day of love and appreciation. Mother's Day is a very important day because it shows mothers how much we value them and how much we are grateful to have them. The amount of sacrifices they do for us shows them how much they love us and how they would do anything for us. They show us unconditional love, protect us, and they are one of the biggest role models you can have in your life. They taught us many things in life and are very strong individuals and people in this world. Mother's Day is on May 10th and it is always held on a Sunday. It was 1st established in 1914 by Anna Jarvis to honor her mother who was a community activist. After her mother died from unnatural causes she made a day dedicated to her which is now what we call Mother's Day. She organized "Mother's Day Work Clubs" to teach childcare and hygiene to different people. This was all held in West Virginia. Mother's Day is very important to all mothers and is a day of love and appreciation. Mother's Day is a very special day for all the mothers in the world. It is a day where we show how much we love and appreciate them. Do me a favor, go to your mother, hug her and tell her you love her!



Don't Fry or You'll Cry
BY DENNARD POWELL

As summer kicks into high gear, the Friday before Memorial Day serves as a crucial reminder: enjoy the sunshine, but do not get burned—this is Don't Fry Day. Skin cancer is the most common cancer in the U.S., with about 9,500 Americans diagnosed daily, and Don't Fry Friday is a nationwide call to protect yourself before peak sun exposure begins. Health experts promote the "Slip, Slop, Slap, and Wrap" message—slip on clothing, slop on sunscreen, slap on a hat, and wrap on sunglasses—to encourage sun-safe habits. This campaign, supported by organizations like the National Council on Skin Cancer Prevention, uses social media and public outreach to spread awareness and reduce preventable UV damage.Sunscreen use is a cornerstone of sun protection. The EPA recommends applying broad-spectrum SPF 30 or higher sunscreen 15 minutes before going outside and reapplying every two hours or after swimming or sweating. An ounce—about a shot glass full—is needed to cover the entire body. Beyond sunscreen, wearing tightly woven clothing, wide-brimmed hats, and UV-blocking sunglasses significantly reduces UV exposure. Seeking shade, especially between 10 a.m. and 4 p.m. when UV rays are strongest, is essential. The UV Index, issued daily by the National Weather Service and EPA, helps guide safe outdoor planning—protection is strongly advised when the index reaches 3 or higher. Intentional tanning, especially in indoor tanning beds, dramatically increases skin cancer risk. The International Agency for Research on Cancer classifies tanning beds as carcinogenic, with use before age 35 raising melanoma risk by 75%. More than 5 million cases of skin cancer are diagnosed annually in the U.S., including over 97,000 new melanomas—the most dangerous form. Even one blistering sunburn in childhood doubles melanoma risk later in life. While fair-skinned individuals face higher risk, skin cancer affects people of all skin tones and is often diagnosed at later stages in those with darker skin, leading to poorer outcomes. Don't Fry Friday is a powerful reminder to adopt sun-safe habits before summer exposure increases. Simple actions like wearing sunscreen, protective clothing, seeking shade, and avoiding peak sun hours can drastically reduce the risk of skin cancer. With skin cancer being the most common cancer in the U.S., consistent protection is essential for people of all ages and skin tones. This Don't Fry Friday, make sun safety a priority—because healthy skin today means a healthier future tomorrow.





Memorial Day
BY SARA MITCHELL



Memorial Day is not a celebration of war, but a solemn promise to never forget the men and women who gave their lives for our freedom. Memorial Day is not just a long weekend for barbecues and sales, but a solemn occasion to honor the brave service member who made the ultimate sacrifice for our nation's freedom. It's a day to remember their courage, reflect on the cost of liberty, and ensure their legacy endures. Memorial Day honors the U.S. service members who died defending the nation, ensuring their sacrifice is remembered. Behind every flag at a veterans cemetery is a story of sacrifice, service, and love for the country. These men and women volunteered to face danger so that others' courage wasn't the absence of fear, but the choice to act in spite of it. From battlefields abroad to quiet moments of duty, they upheld the highest ideals of patriotism. Remembering them means more than words-it requires reverence and gratitude.Visiting cemeteries, observing moments of silence, and placing flags or flowers on graves are powerful ways to honor those who made the ultimate sacrifice. The National Moment of Remembrance at 3:00p.m. local time unites Americans in a shared act of reflection. These traditions help us pause and recognize the real cost of liberty-the lives lost in its defense. Behind each headstone is a story of courage, acts of remembrance, we ensure that their legacy lives on in our hearts and communities. Memorial Day honors the U.S. military members who made the ultimate sacrifice, ensuring their courage and legacy are remembered beyond the holiday weekend. Memorial Day is a solemn remembrance of the brave U.S. service members who made the ultimate sacrifice for the nation, a day to honor their legacy beyond the holiday weekend. As we reflect on the sacrifices that secured our freedom, let us carry their legacy forward-not just today, but in how we live, remember, and honor the cost of liberty.



Senior Send Off: Say Goodbye To Our Amazing Seniors
BY ADAM JUNEAU

As it is already May of 2026, we are about to say goodbye to the amazing Class of 2026. I am sure they are ready to say goodbye, but not without one last celebration. After four long years of hard work, memories and growth, the seniors are ready to move on. This article honors the Class of 2026 for their achievements, memories, and bright futures. This year has been filled with unforgettable moments that bring the entire class together. Events like homecoming and prom will create a lasting memory of their senior year. We have had many incredible football games, pep rallies and spirit weeks. These events are all in preparation to make senior year truly a special moment. Each and every special moment has been building up for this and I truly hope these memories will make them happy in the near future. The closer we get to graduation, the more the future comes into focus. For many of the Class of 2026, their future includes many incredible colleges, jobs, or even joining the military. Some are eager to pack for college life, while others are stepping into careers right away, ready to work and support themselves and family. Many of our spartan seniors are proudly preparing to serve; enlisting in the armed forces to gain experience, education benefits and a sense of purpose. Whichever category you may find yourself in, I am sure these 4 years of high school have prepared you well and I wish for a prosperous future. The Class of 2026 leaves with pride, memories, and big dreams. They started as freshmen and grew into leaders. Now, they are ready for the next chapter. Congratulations, Class of 2026. Go out and never stop chasing your dreams. Good luck and never forget the most important part, have fun and remember to never give up on being yourself.





National Save Your Hearing Day

BY NOAH HENDRICKS

National Save Your Hearing Day on May 31 recognizes the importance of preserving our hearing. It is important to take some time to learn ways to protect your hearing and that of your family. Our hearing is vital, and there are ways that hearing loss can be avoidable.It is estimated half of the cases of hearing impairment and deafness are preventable. Avoiding or protecting against excessive noise exposure is important. Wearing headphones or earplugs when you are exposed to prolonged loud noises can reduce the risk of hearing loss. Moving or distancing yourself from loud noises is also recommended. Maintaining your overall health is important for healthy ears. In fact, when you ensure you have good blood flow and circulation can be key to hearing loss. In addition, getting regular hearing tests helps monitor, and possible address, changes in your hearing. It's important to be aware of potential dangers that cause hearing loss.



For example, certain medications, ear infections, and even head injuries can affect hearing. However, there are preventative measures you can take that are effective, too. Preventative strategies, including immunization against Rubella to reduce congenital infections, immunization against H. influenza and S. pneumonia to reduce cases of middle ear infections. Reasons for hearing loss can be age, noise, genetics, illness, neurological disorders, medications, chemicals, physical trauma, and/or neurobiological factors. It's important to be aware of potential dangers that cause hearing loss. Learn more about how to protect your hearing. If you think your hearing has declined, schedule a hearing screening with your primary care physician. From there your physician can refer you to an audiologist if more testing is required. Your primary care physician can also guide you through proper cleaning and care of your ears and the type of protection you should be using. Some hearing and audiology locations may offer free screenings on May 31st. Check locally for opportunities near you. Think about it: loud bangs, fireworks, your job site, or even the power tools and rock concerts you love. It's all adding up. And then, some medicines—like certain cancer treatments, sildenafil, high doses of aspirin, and other pain relievers—can be ototoxic (that's a fancy word for "bad for your ears"). So many things can mess with our hearing! Did you know the CDC says noise above 70 decibels can start damaging your ears over time? And louder sounds will wreck them even faster. A dishwasher hits 75 decibels, and school cafeterias or traffic can reach 85+. And if you're like me, you probably wonder, "What can we do if our parents lose their hearing? Are we doomed too?" Hearing loss is tied to dementia, depression, and feeling isolated—not a fun prospect.



Voices of Tomorrow: The Last Bell
BY PAIGE REINE

Four years ago, today's seniors started high school with no worries, no plans, and no idea how fast it would all go. Four years later, those same students are counting down their final days of high school. Between late assignments, unexpected friendships, and lessons to be learned, high school has been anything but boring. Many of us could agree—there is a lot they wish they could tell their freshman selves. Through reflection and experience, seniors offer advice that highlights growth, confidence, and the importance of making the most of every moment. Many seniors emphasize the importance of growth and learning to ignore the opinions of others. Jaeda Newton encourages her freshman self to "live your life to the fullest and express yourself regardless of what others may say about you," adding on that "friendships/relationships come and go," only very few connections will always remain. Similarly, Kayla Watson acknowledges that while people often say not to worry about others' opinions, "it is harder to do than say," but nonetheless reminds herself that "it is your life and choice in which direction you want to move towards." Building on this idea, Mckenzi Carter advises, "Put yourself first, do not follow the crowd and it is okay to be different," emphasizing the importance of trusting the process and focusing on personal goals. To finalize, Kierra McCoy expresses that "what your friends think does not dictate what happens to you," encouraging students to overcome fear and embrace growth, adding that, "you are not behind, you are right on time." To become comfortable with yourself and the person you are becoming is more important than wanting to fit in. Others focused on making the most of our high school experiences memorable and taking on responsibilities. Cash Johnson reflects that "one opportunity I am glad I took was choosing to be kind to everyone and working to build a positive reputation during my freshman year," explaining that this mindset helped him become "known as a genuine and dependable person" while also teaching the value of kindness and leadership. In contrast, Damarien White expresses a common regret, stating, "I wish I had interacted more—getting involved with clubs and sports," also noting how "graduating earlier than expected." Similarly, Caira Favaroth shares that getting involved in activities such as the Spartan Chariot Newspaper Team and Lighthouse Team allowed her to step outside of her comfort zone and connect with new people. Sara Mitchell echoes this sentiment, admitting, "I wish I had gotten involved earlier," but adds that participating in Lighthouse meetings gave her the opportunity to feel heard and understood among her peers. As time passes, the thought of wanting to take on more opportunities grows strong, along with the realization that high school moments do not last forever. Together, these reflections show that high school is not about perfection but more about growth, memories, and discovery. From learning to embrace confidence to making the most of every opportunity, seniors have gained lessons that extend far beyond. Although not every experience is the same, their advice shares a common message: do not rush the journey. High school can feel long but it goes by faster than expected. Soon, you will be the one wishing you could go back and tell your freshman self the same thing. Continue to stay inspired, Spartans, and congratulations to our amazing Class of 2026! This is Paige Reine, wrapping up the column for *Voices of Tomorrow*. As the press may stop here, the voices will not.





A Glimpse of School Clubs
BY KIERRA MCCOY

"This is a great program. It makes me a better person. It teaches us to put forth 100% effort in whatever we are doing."–Samantha Ardabell. JROTC has always been a place where students can grow into bigger and better people. Would you like to learn about exactly what makes JROTC, JROTC? What is JROTC and what does it stand for? JROTC is Junior Reserve Officer Training Corps, where students become cadets and learn stationary movements, leadership, etc. However, JROTC is not just marching around, and studying for commanders in office tests. It offers you a lot of community service hours such as cleaning Heritage Park, cleaning up around the school, and so much more. JROTC does not just help you understand military policies but the government officials as well that can also tie into JROTC. ROTC is a program cadets can participate in when going to college if going to the military is not on their bucket list quite yet. Would you consider it? You know about JROTC but who is currently in charge at Salmen High School? Meet Colonel Bruce L. Wilson. Colonel has been the teacher for JROTC for 16 years. Throughout the years, Colonel has been an amazing teacher to his cadets; teaching basics to stationary and precise movements. Colonel has always been the perfect teacher to get you out of your comfort zone and show you that there is more to yourself



than you think. Colonel has cadets that he feels were the most outstanding and his top cadets, some of which being Battalion commanders or runner ups. These cadets are Malachi Santacruz, Mark Legandre, Bradley Spurlock, and Glynn Pichon. What does Colonel expect out of his cadets, “I expect them to become productive members of their community.” “JROTC teaches you discipline, self confidence and how to be the best version of yourself.” Essentially, Colonel has done a lot for Salmen High School and his cadets as well. When you see him around and you want to speak with him, do not hesitate! Overall, JROTC is a great program that can give you a great feel of what the military expects from you. Cadets are expected to be held to a certain standard and those standards are very high, JROTC doesn’t just better your character but your community service hours as well. “I can accomplish any task if I apply myself to become a master at that task.” –Colonel Bruce L. Wilson

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Almost Across the Finish Line

BY AMAYA TUCKER

It is not just about speed and strength. It is the smell of fresh-cut grass, the roar of the crowd on the final lap, and the feel of the baton being passed in a perfectly timed relay, this is the true essence of a track meets. It is the last month of the track season and the Spartan’s hard and constant work has gone noticed. The Spartans have been pushing through injuries, mental blocks, and coming to the realization that this is the seniors last season. With regionals coming up, the Spartans are working on perfecting technique. The season is unfortunately coming to end, but we can definitely reflect on all the good and great that has happened during this wonderful season. It has been a long and competitive season. Scores are being pushed and PRs are being met. Consistency is key for the Spartans, who have been working relentlessly for district and regionals coming up. Many team members have been staying later for extra practice, while maintaining fabulous grades throughout the semester. Balancing academics and athletics has not been easy, but the team has shown dedication both on and off the track. Intense workouts, late practices and constant repetition have all played a role in helping athletes improve their performance. The support from teammates and coaches has also been a major factor, creating a strong sense of unity and motivation. Each meet has been an opportunity to grow, learn from mistakes, and build confidence, showing just how committed the Spartans are to finishing the season strong. Furthermore, the reality of the season ending is settling in for many of the members. Many of those being our Senior Spartans. Most of our seniors on the Track & Field team have been a member since their freshman year. Going to those practices and meets have been a part of their high school career since the beginning. Along with maintaining a social and academic life, our seniors had made track a very important part of their life. They have learned many life lessons and even more critical skills. They have created new friendships and families with other teammates and coaches, and it has become a second home to them. The Track and Field team captains, Andray Smith and Jaeda Newton have both been on the team since freshman year. They have gone through the trials and tribulations of the team, with old members leaving and new members joining. “I would describe this season as truly memorable. This season's team truly feels like a family with all the bonds made.” Andray expressed. While being interviewed, Andray has explained the hard work and dedication it took for him to get where he is now. The long hours of practice and even starting AAU track, which has helped build his confidence as a runner. He also mentioned the life skills and lessons that he was taught throughout the season. One of those lessons being to stay confident in any and everything you do. This mindset has helped Andray through many challenges he has faced. Jaeda Newton would describe her years on the team as something she won’t trade for anything else. Even through all the ups and downs, Jaeda has never given up and maintained a strong mindset. She has also learned a major lesson that patience and hard work pays off. Jaeda has left some advice for her fellow team members, “...keep working at what you love to do even if you think no one is looking at you’’. The Salmen High Community can most definitely be proud of how far the track & field team has come. From dealing with multiple injuries, learning new techniques, pushing to reach PRs and having a strong mindset, the Spartans have been preservering. The seniors are off to bigger and better things with all the lessons the coaches taught them.We give the seniors and this track team a graceful farewell and hope the returning members come back with even better than they are now. “Only you can define your limits”- Jaeda Newton. May, May bring many blessings to everyone!





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Sincerely, The 2025-2026 Senior Editors of The Spartan Chariot



“Make your story so great, others tell it too.”- Kierra McCoy



“No I’m not lucky, I’m blessed.”- Sara Mitchell



“Everyday is another chance.”- Jaeda Newton



“Dear Room 207, Thank You.” - Paige Reine


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Horror


Biographies




Biographies
COLIN POWELL










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