

# CARTER CORPS NEWS

A Newsletter for Students, Parents, and Community Members Who Support Carter High School

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## Former Teammates Prepare for Track at Different Schools

90-degree weather; 30-degree weather; through rain, humidity, even snow. The circumstances aren't an issue for sophomore Collin Abbott, who runs at the track multiple times a week to train for the spring track season. To be exact, Collin stated that he runs "at least two to three times a week" to prepare for the spring track season, and once track season starts, his training will intensify for sectionals. It's hard work; his current training routine involves staying after school and heading to the track, starting with a warm-up consisting of A skips, B skips, high knees, butt kicks, Frankensteins, scoops, and karaokes. Then after these stretches, Collin runs 100m, 200m, 300m, and 400m sprints, for

around 45 minutes. This is obviously a lot of work for one seas poop on, so what drives Collin to do it? When asked about his motivations for his effort and training, he replied with a conventional answer: planning to use his success in track and field to obtain a college scholarship. Collin has had this same plan since he started running back in 6th grade. It might be helpful to compare Collin to another student who formerly ran alongside Collin in middle school: L&N Sophomore Matthew Black, who trains six days a week, two of which are dedicated to sprint training, two days for long-jump training, and two days for long distance running; throughout the week he also dedicates time to strength training.

Matthew's strength training regimen is even more complex than his primary schedule, where Thursday and Monday he works on triceps, Tuesday and Friday go to back and bicep, and finally, Wednesday and Saturday go to leg and shoulder training. Similarly to Collin, Matthew warms up with a stretch exercise. In his warmup, aside from his stretches, he does 50m sprints, 100m sled sprints, he cools down with a 200m, and then finishes with 50-meter starts, and work on blocks. And while these regimens seem intense for track season, both Collin and Matthew will begin to pick up the pace for their focus in order to train for sectionals.

## Opinion: Buses Should Not Combine

By: Shyanne Montgomery

School need bus drivers more readily available. For a while, there was a serious dilemma at CHS: bus drivers were depleting and students were increasing! There was and still is a serious need for bus drivers with the shortage, and when there is a shortage, the school combines buses. You may not think this is a very serious matter, but for students who ride the bus, this is serious. Some buses have students sitting in the walkway of the bus, which could cause serious risks, not to mention that it's also uncomfortable, unsanitary, and most of all time-consuming: There were students getting off their bus an hour late! Although this is a workable temporary solution to

the problem of too few bus drivers, this can't become a regular thing. A bus accident could result in people getting hurt even without the bus being crowded; with students now being packed in buses like cattle the risks are even higher. As a point of view from a student from CHS, Jaiden Arnwine described the bus as "A full and chaotic place difficult to find any seats." The unsanitary condi-



tions of overcrowded buses may be catastrophic, if Tennessee is hit with another surge of Covid cases. With being crowded together you may not know if the person beside you has Covid, or if they even care about much sanitation in general. This may put you in a very awkward situation if you do not want to sit by them but are forced to because of the lack of seats. Discomfort is a primary issue because it puts students in uncertain conditions. You most likely will not know the person you're sitting with, or have personal space. Hence why the school needs more bus drivers readily available to prevent risks to students that come out of combining buses.

## Mrs. Flatford Shares Life Experiences Both Inside the Class and Out

**D**raping and styling, my oh my--who is the wonderful lady behind it? The answer is Mrs. Flatford! Mrs. Flatford is the cosmetology teacher here at Carter High School. But who is she away from school and who was she before becoming a teacher? Did she ever consider going on a different path? Mrs. Flatford is a Carter High School graduate, and before becoming a teacher she went to the University of Tennessee and got her bachelor's in Retail and Consumer Science. She then proceeded to work in retail for a few years until she had the opportunity to start teaching. Mrs. Flatford stated, "I originally wanted to be a kindergarten teacher. But I love the world of cosmetology so much. My old teacher encouraged me to start teaching, and I haven't looked back since. I love helping my students find their passion in cosmetology and achieve their goals of getting their license and finding their dream job. I have so many successful students out there, supporting their families and doing what they love every day." Flatford has been doing a spectacular job as a teacher, and many of her students love her and her class. She's glad she pursued what she has loved since a young age, stating, "I knew as a little girl when I learned how to braid my My Little Ponies tail that I loved doing hair. Then in the 2nd grade, my parents got me a nail kit and I started doing acrylic nails then. I have always wanted to work in a salon making people feel beautiful!" It is always

great to pursue what you love and pass that love onto other students. But there is so much more to Mrs. Flatford than cosmetology. For her home life, she states, "I have two beautiful 'Bow' babies, Mackenzie and Lillianne, and a sweet hubby, Daniel. We serve with the children and youth at our church, Holston Baptist Church, and work in my salon that I have in my house." She is one busy lady, and it sounds like she has an amazing family and still has some time outside of school to do some great things. When passing by Mrs. Flatford's room, you'll most likely see her standing with her bestie, Mrs. Pollard. Mrs. Pollard says, "She is my best friend and my partner in crime!" She also told me that some of Mrs. Flatford's favorite things are all things glittery, purple, Swiss Rolls, and Disney. And to add to that, Mrs. Flatford also enjoys watching baking shows, doing cosmetology stuff, and spending time with her family. There are so many great memories teachers could make, but this is the best teacher memory Mrs. Pollard had of Mrs. Flatford: "I have to pick just one? I think it was when she came running and screaming from the hallway into my classroom because a HUGE bird was in the hallway. Turns out it was a tiny little sparrow." To witness that would have anyone laughing, and according to Mrs. Pollard, Mrs. Flatford doesn't do things "nature." All of this information for one amazing lady, Mrs. Flatford is a great teacher here at Carter and if you are in her class, make sure you

enjoy it while you have it because time goes by fast when you're having fun--and of course you are going to have fun in Mrs. Flatford's class.



Mrs. Flatford (left) and Mrs. Pollard (right) are great friends.

***Carter Corps News is a product of the CHS Journalism class.***

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