

CARTER CORPS NEWS



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

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Teachers And Counselors Give Their Wise Words On Mental Health

By: Rebecca Lavender

Every day teens and adults around you struggle with mental illnesses. Not everyone talks about what they struggle with, so some administration has some wise words to share for everyone. While chewing the fat with Mrs. Flatford, the cosmetology teacher, there were a lot of encouraging things she wanted to share with the students and the admin. “We all need to understand we all struggle and if we gave more grace to each other, things wouldn’t escalate.” Many students know Mrs. Flatford as just a cosmetology teacher, but the students that have had her know her as the “loving and uplifting” woman,

who makes a big difference in her student’s lives. Some more advice Mrs. Flatford has vocalized, “It may be tough right now, but it’s really just a glimpse of time.” She also shared the golden rule she preaches, “Treat others the way you want to be treated.” She was then asked what has she noticed in students after presenting a positive attitude and she responded with, “How I act in the classroom dictates how students react.” Sharing positivity is exhausting, but it is very much appreciated to those who don’t give up. After interviewing all 3 school counselors, Mrs. Duda, Mr. Meade, and Mrs. Bowman, they had a lot to say. “Make the step to get support.” Mrs. Duda says. “A lot of people are struggling right now, and you never know what someone is going through.” Mrs. Bowman states, “Finding their person in school, or a type of relationship, some person that can connect with counselors and get help.” Then Mr. Meade felt compelled to say, “Make the appointment, talk to us, see what’s needed. We will get the right people for you.” Kindness goes a long way. Mr. Meade also wanted to share that “It’s important not to be ashamed. Everyone needs help sometimes and more people relate to you than you think.” Mental health and the way you treat yourself is important to the counselors. They’re not as scary as you might think, and even if they don’t personally know you, they care about you. “Learning to love your-

self is the hardest but the far most rewarding feeling in life” Mrs. Bowman exclaims. She also talked about how important it is to surround yourself with people who feel the same way you feel because “you’re more worthy of love and care than you believe you are.” “There is hope.” “Be contagious.” “Be the example- be self aware.” Just like the counselors shared for admin and students, you are not alone. The first step is always scary, but it will be worth it in the end. If you do take that first step and need to call somebody, the Suicide Hotline is 1-800-273-8255. Your life matters. We love you.



Above: picture of Mr. Meade (left), Mrs. Bowman (middle), and Mrs. Duda (right) smiling pretty and spreading positivity.



Above: Mrs. Flatford showing her contagious smile and a loving and uplifting attitude to the school.

Ms. Wimer and Her French Voyages

By Kylie Hancock

Ms. Wimer is the one and only French teacher here at Carter High School. This lovely woman teaches French 1, 2, and 3 with no planning period. Now that shows dedication! Ms. Wimer was a language major at Lee University and had to go to France to get full credit. She decided to go to Normandy, France for two back to back summers and be home for the rest of the time. Her first time living in Normandy she was twenty and the second she was twenty-one. She moved to a small town called Merville-Franceville-Plage which is a small town in Normandy. Normandy is located in Northern France and her small little town she once lived in was right on the beach. Ms Wimer said that, "The weather was great and I loved living on the beach." She lived with her "French Mom" as she calls her, a woman whose name is Danielle. The two ladies got extremely close and still keep in touch. When talking about France, she always has good things to say. She says the people in her town

were so polite and always looked out for everyone in the community. Her favorite place to go was a local pastry shop to get something to eat, then walk to the park and eat. Every day Ms. Wimer would go on a forty minute walk through her small village. Sometimes she would go an extra twenty minutes to walk through some farmland and pet the animals there. When I asked her what the food was like, she replied with, "I gained twenty pounds while I lived there and I don't regret it." Something that is different about France than the USA is, they get free healthcare, free public transit cards which saves money on getting a car and paying for public transportation, and there are no taxes on food. Ms. Wimer plans to move back to France for her retirement. Overall, she really encourages people to go to France if they can and thinks it is a beautiful and wonderful place.



Carter High School Sophomore Considering Attending Knox Worx

By: Grace Kelley

Jasmine Glover will be pursuing a spot in her dream school, Knox Worx. Even with her only being a sophomore, she has exactly what it takes to fulfill this spot and start her path to achieve her goals! This school offers welding, auto mechanics, and construction classes. She says "It feels like home, like this was what I'm meant to do!" Jasmine has been pushing and pushing herself to be the very best as she begins the process of applying. Jasmine took welding her freshman year. After speaking to our welding teacher at Carter, Mr. Sherrod, he has all amazing things to say about Jasmine, "Jasmine has a unique ability to adapt to her surroundings, she has the ability to change directions. She has the understanding it takes to compete in welding." Mr. Sherrod was asked, "From the first time Jasmine stepped into the welding shop vs the last time she walked in, how has she grown as a welder?" He said, "She progressed faster than most of her peers, she continued to work everyday, she challenged herself everyday to be the very best." Just by speak-

ing to Mr. Sherrod you can tell how proud he is of Jasmine. Welding is a tough career to want to get into. What inspired Jasmine to take this path? She says, "I saw my father welding at work one day, I wanted to try it. Since then I've completely fallen in love." Jasmine is a very determined woman, she is very hard-headed and extremely talented. Jasmine was asked, "Is there any advice you would give a lower classmen that wants to take welding?" she responded with, "Just because of your gender does not mean you cant weld, girls can do everything a guy can do, don't let that stop you from doing anything in life whether its welding or anything else. You can do anything you put your mind to, and when you achieve that goal, it's the best feeling."



Jasmine Glover and Mr. Sherrod Looking Cool

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

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