

## PC Names Teacher of the Year

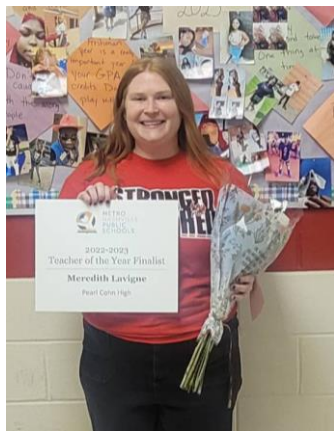
By: Ariana Watkins

Senior English teacher Meredith Lavigne has been awarded Pearl-Cohn High School's Teacher of the Year and has been selected by the district to be one of the top three finalists to win MNPS Teacher of the Year.

Mrs. Lavigne came to Pearl-Cohn in 2018 and has been teaching for seven years, started her teaching career at Cane Ridge High School. Lavigne loves getting to know so many new young people every year and seeing them be successful; she loves to see her hard work pay off. Ever since she came to Pearl-Cohn she has been spreading her specialty around to her students and her co-workers.

With this being her first-time being teacher of the year she said, "I feel very honored to have that title on my name. I feel so surprised that I got picked out of every high school teacher to be looked closely by the school district and I am grateful to be considered for an award like this."

Teaching isn't all fun and games, it has its challenges too. Mrs. Lavigne said the challenges she faces is waking up super early in the morning and she wishes school started at 8am. Lavigne also stated, "Being a good teacher can be overwhelming and it took me years to figure out a better work like balance, but I love teaching and I can't see myself doing anything else." Her advice for teachers is to have high standards for students while giving them lots of support. The district will announce the winner of MNPS Teacher of the Year on April 5.



Coach Smith and the boys basketball team at the state tournament. Photo Credit: Jamar Coach

## Pearl-Cohn Firebirds End the Season with a Kick

**Season Record 10-2 (21-9)**

By: Jacinta Walker

On March 16, 2023, at the Murphy Center in Murfreesboro, Tennessee, the Pearl-Cohn Firebirds went up against the Alcoa Tornadoes for the TSSAA state tournament quarterfinals.

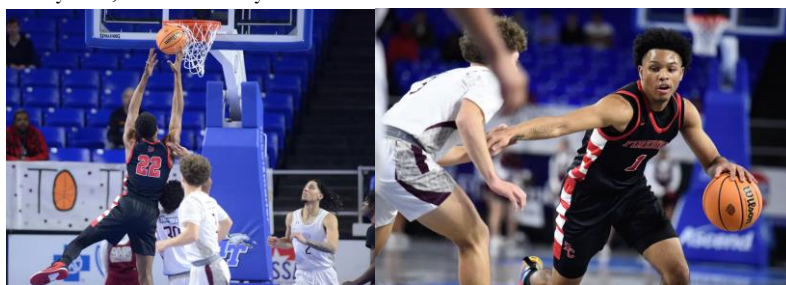
Given the first two quarters of the game, the Firebirds started off at a slower pace than normal, "We came out slower than usual, and it came back and bit us," Keith Roland explained. Alcoa led 27-20 into halftime, but the Firebirds weren't backing down there. Battling into the third quarter, Pearl-Cohn picked up momentum and landed 41-39 starting off the fourth & final quarter. With time cracking down on both teams, Pearl's Doyel Cockrill III hit a 35 foot 3-pointer at the last buzzer, but Alcoa was already three points ahead.

Although the Firebirds didn't take home the win, the boys played their best. Going for the first state tournament win since 1998. Most doubted that the Firebirds would even make it this far, but considering they did, everyone is still as proud. Coach Smith commented, "They have nothing to hang their heads about. Losing does not mean you had a bad season; they have to understand that."

"I'm always proud of my guys, we wanted to go farther, we wanted to get to the state championship and win. That was my goal from the jump... We just came up short today, but I'm still proud of everyone," senior Doyel Cockrill III said.



Pearl-Cohn Basketball at the TSSAA quarterfinals. Photo credit: Jamar Coach/Jackson Sun



## Order on the Court

By: Coron Carter

“My focus was just having a tunnel vision, not worrying about what anybody else had going on and to just be the best version of myself.”

When you think of the name Janiah Sandifer you think of Troy University and Pearl-Cohn alumna basketball player, retired jersey #14, and the Pearl-Cohn legend. While in college, Sandifer played five seasons due to receiving an extra year because of COVID. In her college years, she won three Sunbelt Championships and made an appearance in the NCAA tournament. Sandifer was a part of the 1000-point club her junior year at Pearl-Cohn, almost reaching 2000 by the end of her senior year. “Each season I also wrote down my goals that I wanted to accomplish for that particular season which helped me a lot and I put it on my fridge, so I saw it every day,” Sandifer stated. Applying this equation, Sandifer received a full ride Division 1 basketball scholarship.

“Getting my jersey retired is a memory that I will forever cherish and be grateful for,” stated Sandifer. Making it to the state championship game was Sandifer’s favorite memory as a Lady Firebird. “It was a great experience my senior year, even though we lost.”

“To be a Lady Firebird, you **MUST** work hard on and off the court and understand that **NOTHING** will be given to you and you must **EARN** everything. Being a Lady Firebird is all about having a chip on your shoulder. Knowing that every team will give you their best and every team want to beat the **FIREBIRDS** so that should just add fuel to the fire. Lastly, always remember the work don’t lie, so you **HAVE TO** get in the gym and out the work in and it will show,” Sandifer stated.

“I would tell a currently Lady Firebird to get in the gym, get in the gym, get in the gym! Out in the work, stay hungry and stay disciplined. Always remember you are a student-athlete, which means

you are a student first so take pride in being great in the classroom just as much as you want to be great on the court,” Sandifer stated.

“It was never a goal that I actually sat and wrote down, but I put in the work that was needed and I am very blessed that my jersey is now retired.”

Sandifer was a very inspiring person on and off the court she has now graduated from Troy University and is now living her best life in her hometown of Nashville, Tennessee.



## Being a Male Cheerleader

By: ChaRaya Hawkins

For four years, Coron Carter has found an interest in becoming a cheerleader and made his dream come true. “In middle school I knew that was something I’d want to do,” Carter said. He was 13 finding an interest in something he wanted to do but proceeded to his dream further in high school. “Walking into cheer tryouts putting on my best show, high jumps, bright smile, and a sharp technique, trying to impress the Coach,” Carter said. “I was so nervous going with my group, but I made sure I gave my all.”

“Hearing my number being called to come sit down and listen to see if I made it or not, I feel sick to my stomach and wonder if my technique matched the girls since I’m the only boy,” Carter said, “I wanted to stand out.” By being the only male on the cheer team, Carter knew he was going to have to put more effort in and maintain himself just like the rest of the girls. He always wanted to cheer for Pearl-Cohn High and then his biggest dream came true.

“Hearing my number, getting a packet, while walking out with the biggest smile I was so excited that I made it and couldn’t wait for practice to start,” said Carter.

“Walking onto the court, seeing all the fans in the stands, while having butterflies in my stomach,” Carter said about attending his first game cheering. “Jump-ball was the first cheer; I heard the leaders call it and was excited to put on a show.”

“Being the only boy on the team is cool to me, I wish more would do it, it’s fun,” Carter said. “Boys think it’s gay, but I love doing what I feel comfortable doing.” People tend to talk about stuff they’re not doing to attack somebody else not knowing how it feels. “I don’t care what people think,” Carter said.

“He’s the funniest person on the team, brings good vibes and always has a smile on his face,” Armarea Hockett said. “He plays entirely too much but it’s never a dull moment with him,” she continues to say.

“I love cheering with the Pearl-Cohn Firebirds, I love the battles and love making it far in the season,” Carter says, “Many boys should actually do it and not be afraid of what the world thinks, be yourself,” Coron Carter states.





## NLE CHOPPA Inspires the Student at Pearl-Cohn

By: Kendall Martin

NLE CHOPPA came to Pearl-Cohn High School on Jan.31 to give wisdom and to inspire the students with a speech. NLE shocked his fans when he cut his locks because it was a detachment from his past as he was coming out of depression and trauma. Jayln Hyler quoted, "I felt like that's him coming into his new self like a snake shed his skin." Marvin Hunter was influence by the speech and stated, "Yes it influence me a lot when NLE said to always have faith. Why Because you believe." NLE motivated the audience during his talk by saying, "Don't say you want it, actually put the work in for it."



album, "23 and Champion" on all platforms.

NLE had a great speech, some of his quotes were very outspoken for example when he said, "Faith turns into hope never let it turn into a 0%." After his talk, NLE performed his song "Do It Again: and students danced, he also cracked jokes with the kids backstage and had all round fun. He recently just dropped his new

## The App Life

By: Jerome Knight

Mr. Brown is like a human genie; he grants the wishes of seniors by giving them knowledge about college applications, he is the senior counselor at Pearl-Cohn, and he helps senior students to apply for colleges and get accepted.

"I did college counseling in two different phases. I've been serving in MNPS for about almost a year now," Brown said. But before he came to Pearl-Cohn, he worked with Tennessee Reconnect, "which was to help adults back to school to either start or finish their degree. I did that for six years."

To Brown, the process is way easier than it was when he applied. "I remember the process of wanting to go to school but not having the knowledge to go to school. So, it left me delaying when I went... The ACT and SAT being optional wasn't a thing, had to feel out every individual college application. We now have everything at our fingertips," Brown said. To make it better "the goal is if I can make college access enjoyable." He thinks back on the barriers he had to overcome and says that nowadays "we have it, you guys have the intellect, the creativity, you belong

in higher ed, it's just helping you get there by removing barriers.

The application process has its ups and downs. The hardest part about it is "FAFSA! Parents, getting their financials to submit the FAFSA, so you can get all the money you need for school." Compared to the easiest part is doing the application, "because you can do it on Common App it takes that pressure off so it's easy for you to complete it."

One thing Brown always wants to tell the students when they get caught up in the process is "having all the answers about college applications in the very beginning. It's ok to figure those things out. Find the school you're interested in then decide on majors."

Brown inspires students by sharing his own personal story: "Didn't have the highest GPA or ACT but still did it. Now I have the degrees to show." He wants students to know "you don't have to have the perfect scores to be a college graduate. Just have to have the attitude to start it finish it and move on."

Brown always leaves the advice with students to keep going no matter the circumstances.

## A Peek into the Life of Breast Cancer

By: X'Kari Lewis

Each year half a million people are diagnosed with breast cancer and fellow Pearl-Cohn paraprofessional, Belinda Covington received that news in 2018. Many people get diagnosed with cancer at young ages because doctors were able to find the tumor before it could spread. Yet some people aren't diagnosed till they are older. Covington said, "In 2018 I was 53 when I was diagnosed." Cancer can be hereditary, meaning it can be passed down if it's frequented in your family. When diagnosed you don't know what to think about life anymore. "I was scared to death because this was something I was always scared that would happen to me," said Covington.

Cancer has quite a few treatments to choose from, the most popular are chemotherapy and radiation. Covington stated, "I was going to chemo once a week and did that for four weeks." The treatments can be very hard on a person, it can go from being physical issues to mental issues. "Some days were rough but some days I was okay, I really didn't do much anyway." It's best to keep yourself busy during appointments and visits because it can be time-consuming. "I did

a lot of word puzzles, when I did chemo, I always did a lot of word puzzles because I'd be there for about three hours." Though it's very rough, a good support system can help you be strong about your situation. Ms. Covington said, "My family and friends were my support system, my sister would stay with me." The healing process can be very painful and long. "It was a long process because I did the surgery in March and started radiation in May, it was rough, and my breast are still sore."

Breast cancer is a hard process but with the right medical help and a good support system can be a good start for the battle. In Nashville there are support groups to join that can be very helpful.



Cancer survivor and Pearl-Cohn teacher, Belinda Covington

## WE WANT JUSTICE!!!

By: Breaden Sowell

Tyre Nichols was beaten by five Memphis police officers on Jan. 7, Tyre was pulled over for a traffic stop the police subdued him on the ground and continuously beat him after the stop. He was hospitalized and in critical condition where he died three days later. There was video footage of this incident that came out later where the officer's story didn't add up with the video. One of the officers told a false story during questioning.

Another man that was beaten by officers as well came forth and filled a lawsuit for \$5 million dollars. Memphis officers Demetrius Haley, Justin Smith, Desmond Mills Jr, Emmitt Martin have all been fired and charged with second degree murder.

Police brutality is something that happens a lot in America. The black community has been protesting over the last couple of years trying to

make change. Tyre is not the only case that we've heard, it's the same story but a different name. There's been cases about people like Trayvon Martin, Breonna Taylor, George Floyd, Mike Brown. All of these people were killed by the people officers that are supposed to protect us. Police officers should not kill unless absolutely necessary. I feel like in order to make change in the world we should change the law and have restrictions for officers so these things don't keep happening. We all have to use our voices and demand change.

## The Face Behind the Badge

By: Dunstan Mensah

Police officers are not who you really think they are though, most people that see police officers automatically get in defense mode. The U.S. has many police brutality incidents so it's understandable why most people would react that way. There have been nine incidents in the span of the first two months of 2023, that's not even including the incidents off the news and social media.

Officer Gallon is the Pearl-Cohn School Resource Officer and wants to be seen by his heart not his outfit to let us know how to understand how most cops truly are. Gallon has stated, "When I was a teenager, I didn't like the police myself, that's why I became a police

officer so I can help these young men feel safer around law enforcement." Officer Gallon is dearly loved and appreciated by multiple young black men in Pearl-Cohn. He says, "I don't really try to show the young men that I'm an officer unless it comes down to that situation but other than that I just show them I'm not a harm or threat to them. I'm a friend and want to be a sort of role model." Officer Gallon is very aware of the situations police have in the U.S. He stated, "The most recent brutality situation with Tyre Nichols shouldn't have even happened. I wouldn't have even put myself in that situation as an officer. When I'm

dealing with someone resisting arrest, I just have to talk to them first and let them know I'm here for them and don't want to harm you." He even shared a few experiences he had with the police himself. Such as him getting pulled over and not treated with the respect he earned throughout his 28 years of service.

Officer Gallon is more than a badge and uniform, stop by and say hello and see for yourself.



## Orange You Glad Trumps Back?



*Wave of capital  
attackers face to face  
with capital security.  
Photo credit: Manuel  
Balce Ceneta*

By: Ethan Overton

Do you remember the 2020 insurrection of the capitol? Have you heard of Donald Trump's ban from Instagram and Facebook? Well, you would be surprised at the correlation of the two. Donald Trump is the 45<sup>th</sup> president of the United States. In 2020, he was banned from both social platforms. On Jan. 7, 2021, Former president Donald Trump was banned from both Facebook and Instagram for a total

of two years. This was a result of the Jan. 6, 2021, insurrection of the capital. "The 75,000,000 great American Patriots who voted for me, AMERICA FIRST, and MAKE AMERICA GREAT AGAIN, will have a GIANT VOICE long into the future. They will not be disrespected or treated unfairly in any way, shape or form!!!," Trump said, in one of his last tweets. He was referring to the political election being rigged. This tweet would be seen as inciting a riot since it had a "negative tone." This angered Trump supporters and inspired them to storm the capital. Trump's ban was made by Meta, the

tech company over Facebook and Instagram and their reasoning for banning him was, "He's a risk for public safety." As of Jan. 25, Trump's social media accounts were reinstated. He has yet to make any post since given access back to his accounts Following the news, Jerome Knight stated, "He shouldn't have got it back because his term as president wasn't very professional." Knight was very adamant about wanting Trump back on social sites. Dharon Mensah felt President Trump deserved to get his account back stating, "It should have happened; he deserves another chance to [SEE TRUMP PAGE 5](#)

## Is it Really Protection?

By: Jacinta Walker

Tennessee is in the motion of passing House Bill 1, banning minors in Tennessee from accessing gender dysphoria and treatments such as puberty blockers and hormone therapies. This bill is prohibiting medical professionals from providing transgender minors with treatments, “for the purpose of enabling a minor to identify with, or live as, a purported identity inconsistent with the minor’s sex,” according to the bill’s text.

Republicans have continuously lauded each bill as “protective” for children, but this bill only makes things worse in a way. It’s a debate that’s been all over social media. Some think this decision should be left in the hands of families, and others say this is about protecting children. After asking staff and students what’s their opinion on this bill being passed, some disagree that minors should have the access to these things. “Bill Lee is very ignorant & hypocritical; he has an old picture

surfacing of him being a drag, but he’s signed a bill restricting public drag performances and is now trying to control other people’s lives. It’s messed up, they’re not understanding how deep & personal the situation really is,” Mrs. Lavigne explained. Others agree that children are too young to make such a permanent decision, Mr. Brown commented, “They should have the access to the information and some support, but you’re making a permanent decision at a young age that’ll change the rest of your life.”

The bill is now advancing to another house committee before it can go to the full house. A representative from the ACLU spoke at the hearing stating the organization is prepared to sue the state if this becomes a law. Governor Bill Lee said he will look at the details and is supportive of the concept. If he signs the bill, it will take effect in July.

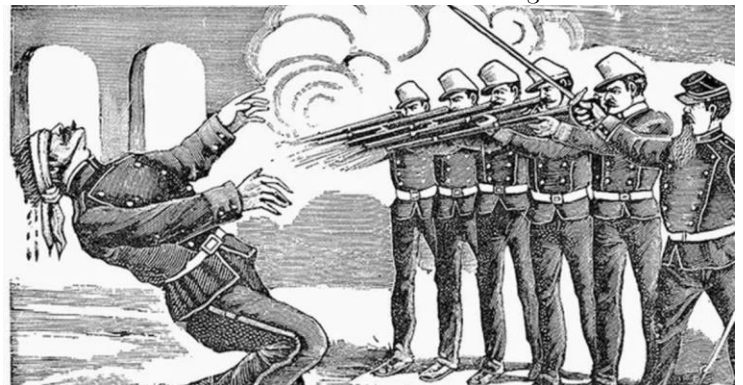
## A Tennessee Firing Squad

By: Donovan Guzman

Rep. Dennis Powers who’s a lawmaker in Tennessee, introduced a bill stating that inmates who are going to be executed on death row are going to have the choice between lethal injection and firing squad. Powers, along with his supporters of this bill stated during a committee meeting that it would be the most humane form of execution, but some people beg to differ. Rep. Paul Sherrell agreed but took the conversation a step further by suggesting that hanging should be another possible option of execution. Rep. Sherrell also said that he fully supports this bill, and stated, “It’s a very good idea and I was just wondering, could I put an amendment on that, that would include hanging by a tree also.” According to Sherrell his “exaggerated” comments were intended to convey his belief that for the cruelest and most heinous crimes, a just society requires the death penalty in kind. He also stated that his, “Intention was to express support of families who often wait decades for justice. I sincerely apologize to anyone who may have been hurt or offended.” But ultimately Representative Powers said that it would be up to the Department of Corrections.

Currently in Tennessee, people that are put on death row are executed by lethal injection. Tennessee has executed 13 people whereas other states such as Texas and Oklahoma have executed roughly 100 to 500 inmates. Compared to the United States where there have been exactly 1,566 men and woman executed to date.

PC students had an opposite opinion than the representatives with Todd Campbell stating, “I believe that when it comes to giving the people the opportunity to die via a firing squad or lethal injection. I think that it’s fair but when it comes to “lynching” or hanging by a tree it shouldn’t even come back because it’s disrespectful because of how it started and what it started for, and I personally don’t feel like it’s anything that they should bring back.” Robert Knight said something similar when asked about how he feels about the execution’s options stating, “We don’t need the firing squad or the lynching and it’s horrible that they would even try or suggest to bring back lynching is horrible and sick and it should never be brought back.”



An illustration by the Philadelphia Inquirer about firing squads.

**TRUMP cont:** Make American Great Again.” The banning of someone across every form of social media is rare but as of recent there has been another mass banning, this time of the rapper

Kanye West. These types of bans only happen when the person is seen as a threat to others. The decision of giving Trump back his account has been very controversial.



## Top Four Fashionable TikTok Inspirations

By: Darlisha Matthews

TikTok is the go-to for fashion these days. There are a lot of fashion influencers out there that are in different categories. We are counting down the 4 most fashionable TikTok influencers.



### #4 @Cristiandennis

A is a gay stylist who really be P.T.S.O. Scrolling through your For You Page you can't help but to stop because of Cristian Dinnis' style.

### #3 @Theyhateekane

Erica aka Ekane is a wig influencer who does her own wigs. A lot of people don't like Ekane because of her lifestyle but you can't lie she can throw down on a wig. Our own Jayla Monae said, "She dressed different and she's really good at doing wigs". "I actually love Ekane and she is one of my favorite TikTok inspirations.



### #2 @kailyaashley

Kailyaashley is a dread head female rapper who can really dress. She stays up to fashion with all the styles and nobody can do dreaded styles better than Kailyaashley.



### #1 @Rolitupk

Miss Drip check drip check... she was also one of the "Most Funny Tik Tok People", but her drip is so hard we just had to include her in the Most fashionable TikToks. K is known for her different types of styles even if it is weird to other people, but she knows how to make it look very good together and she shows it off good.



If you are ever having fashion problems trying to put something together these are some good people to go to for all types of different advice. There are plenty more other inspirations out there and some might not agree with these four but everybody style is different and unique.

## A Chemical Process... How?

By: Johnyla Greer

In this day and age dying hair has become a common trend in the world and on the internet. Most trends today come from an app called TikTok. Hair dye is one those TikTok trends. Most people do at home hair dyes because they feel nothing can go wrong with the process or they feel it's nothing much to dying hair. That is not the case, dying hair can be very damaging and result in hair falling out, burning, or making hair very dry. A chemical hair dye process can be performed on wigs and natural hair. Not only do females dye their hair but men also do it too and licensed professionals wouldn't say there is a difference in wig dying and natural dying.

Pearl-Cohn's very own cosmetology teacher and licensed hairstylist Ms. Clay not only educates students on the importance of hair care but also in skin and nails. Clay is a lifesaver for future Pearl-Cohn cosmetologist not only do they get to learn about their future occupation but they get a head start in getting a license.

Hair dye is a step-by-step process but there's nothing much to it so don't be nervous if you feel as though you won't be able to accomplish this process. The first step in the process of dying hair is to do a test strand to make sure your hair can withstand the chemicals, after the strand test the process can be continued. The way you apply the hair dye application is important. Start from the middle of the hair and not from the root. The root of your hair is new growth its liable to change colors before the rest of your hair. "

You never ever wash your hair before dying hair," Ms. Clay says repeatedly. Then you do your ends because that's most likely old or damaged hair so that can dye quickly too. The last step is the roots. It's important that you do apply the bleach to your hair in sections and as fast as possible too. Once you've finished the process you let it sit for 30 minutes and rinse after.

Hair dye is a unique process to the hair. In the end, you get the beautiful color you could dream of on your head just by a 30-minute process. Instead of just going off instinct, it won't hurt to look up how to actually do this chemical process the right way, so nothing goes wrong. "I can definitely say I'll be dying my hair at home now."



Johnyla Greer dying her ginger wig from dark ginger to a light orange ginger. Photo credit: Britney Ridley

## How Pearl-Cohn Celebrates Valentine's Day



*Gifts Senior, Makya Hutcherson received from her boyfriend on Valentine's Day  
Photo credit: Makya Hutcherson*

By: Jaila Coleman  
Valentine's Day is a beautiful day and special for a lot of people. Flowers, chocolates, stuffed bears, beautiful

cards and nice dinners are some ways people celebrate.

"I love Valentine's Day even if you don't have a date, it's still a great day to do nice things for yourself," says Mariah Hutcherson a student at Pearl-Cohn. "I like to spend Valentine's Day with my mom we always get each other a gift and go to dinner," says Kamiyah Graves.

A lot of students at Pearl-Cohn doesn't celebrate Valentine's Day because most of them aren't in relationships but that's not what Valentine's Day is about. It's about the

love and the joy you get from everyone. Lashay Johnson stated that she went on two different Valentine's Day dates this year. "I spend my Valentine's Day with my family and finished my night off with my boyfriend. You can never have too many valentines," she says. "Even when you are on bad terms with someone you can still spend Valentine's Day together and still get each other something," said Makya Hutcherson.

Valentine's Day is a good day to fix things and to be happy and kind to the people you love.

## Super Bowl Traditions

By: Jada Santos

The 2023 Super Bowl was Sunday, Feb. 12 at State Farm Stadium in Glendale, Arizona and Pearl-Cohn students shared fun and exciting Super Bowl traditions with their friends and family.

Senior Darlisha Matthews says, "The Super Bowl is like a Beyonce concert to me, and my family takes it seriously. My uncles and granddaddy like to blow a horn every time their team scores a touchdown."

This year the Kansas City Chiefs and the Philadelphia Eagles played against each other for a Chief's win. Senior Gregory Bean stated, "I bet \$150 on the Chiefs with my uncle it's like we go head-to-head every year, and the bets just get higher. If we keep this up, we might be betting \$500 next year ha-ha we will see."

This year, Rihanna came out of retirement to perform for the Super Bowl, and Pearl-Cohn students seemed to be more excited about her than the actual game. Raven Mallory were viewers more interested in the halftime show stating, "Me and my mom watch for the halftime show, we don't know anything about football but somehow, we always tune in." Mallory says, "Every year me and my mom try to predict what the artist is going to perform and what they are going to wear. We agreed that we think Rihanna is going to wear red with a lot of lights on a platform singing Shine bright like a diamond." Raven was indeed correct about her costume predictions.

Students at Pearl-Cohn have nice traditions for the Super Bowl from good food to betting on the game. Hopefully you didn't bet money on the losing team and had a great Super Bowl weekend.





# The Bird's Eye View

## Phone Usage in School

By: Alyssa Prather

At Pearl-Cohn High School, phones have been a problem for many teachers when trying to educate students in class. Not all teachers have the view that phone are bad, some view phones as useful for the students. On average, student at Pearl-Cohn spend between six to the eight hours on their phone a day, which equals an entire school day.

Mrs. Lavigne says, "I think they're awesome technology that can be used for good, but they're often tools for distraction." There is a lot of stress for Mrs. Lavigne trying to teach her class and to look out to most students or on their phones and not gathering enough information about Shakespeare. Mr. O'Doherty on the other hand says, "It is definitely frustrating however, I'm especially aware that this generation is by no fault of their own additions to their phones."

It's frustrating to teach but students can't always control

being off their addicting phones. Maybe a teacher can change students proception to where they can get a student off their phones. Ms. Lavigne says, "I don't think I can (get students of their phones) ... social media apps are designed to keep you scrolling." Mr. O'Doherty states, "My main way (to get students of their phones) is humor, even though no one ever laughs."

Phones are a problem for most teachers, but some teachers just can't stop students from use their phone. In the end, it hurts their learning and understanding of other things that is going on around them.



## Being on Time

By: Geralaniqa Edmondson



Alarm goes off at 6:30 am snooze... alarm goes off again but now it's 7:30 am and you're rushing to get out of the house and then you get down the street from your destination just to find out you forgot your phone. Showing up on time to an event shows how important an event or whoever is hosting is to you.

According to Pearl-Cohn's cosmetology teacher Ms. Clay, "Students who are on time tend to do better on work than students who are late." Other than school,

people are late to hair, nails, weddings, doctors' appointments, and other events. "Communication is the key when clients aren't on time, it pushes everyone else's appointment back; when a client isn't on time I would rather know a hour before the appointment," says Ms. Clay.

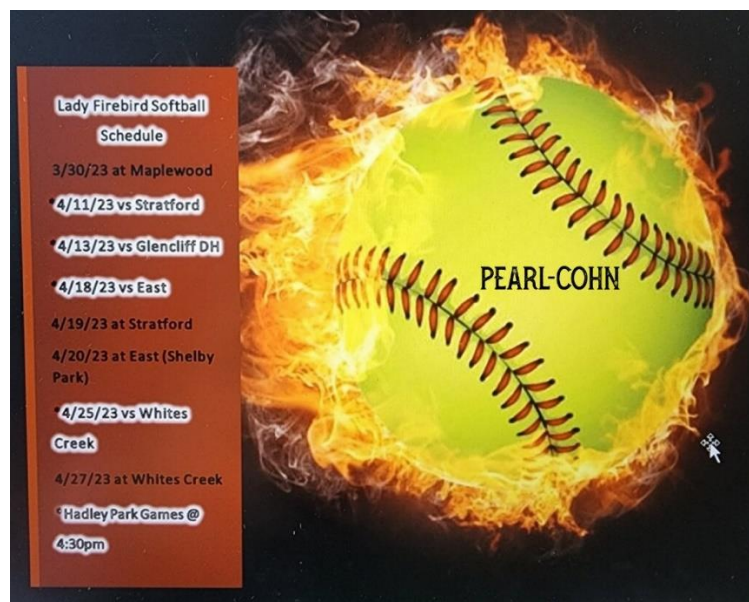
One of Ms. Clay's former students, Cha'Keta Holt, who is a hair stylist says, "I try to show up on time to all the appointments. Being on time can get you better grades, tips, best seats for a tame and service. When I know I have an event coming up I try and prep the night before with the hair clothing," says Holt.

When I am late it's because my children can't find items, I told them to have out or find the night before," says Ms. Clay.

To those who aren't on time to any event students or client you can start preparing your self the night before. According to People magazine, "More than 40% of people lie about an event's starting time so their tardiness friends aren't late." This could

help the likelihood other are late and no one would miss important information.

At Pearl-Cohn, about 21% of students are late each morning which means, 79% are on time which includes bus riders and students that live close by. When students are late, their grade in first block drops. The importance of being on time is very important and can help you get what you need done and great attendance.





# PC Soccer Back for Another Season

By: Cora Andrews

Soccer season is approaching, and Mrs. Brown, a history teacher and soccer coach for the Pearl-Cohn High School soccer team gave us an insight of what is in-store for this year's season.

Soccer made a comeback in the spring of 2022 where it started with just three people at the conditioning and soon moved up to about 15 players. "It's something I've been doing since I was little, it's like a family thing," Mrs. Brown explains as to why she loves the sport of soccer so much. This helps get an understanding of how much the coach values and has experience in the sport. "It reinforces teamwork, it allows students to practice sportsmanship and support others, and it will give students who don't play other sports a chance to play one," says Mrs. Brown.

The soccer season officially started March 1 so conditioning commenced when the team got back from Christmas Break. Before the team could play their first game, the coaches had a bump in the road, "We had to find another

field to play because of the new astroturf that the football field will be getting." The turf is for the field to look better, safety reasons, and it doesn't get muddy like regular grass so it just works better for the players to play on. Not having a field put the team in a sticky spot, but luckily, they found Ted Rhodes Park.

Last season was a bit bumpy for the Firebirds soccer team but this year they are putting on their A game and have goals to win this year. Pearl-Cohn can't wait to see what the soccer team brings and hoping for a winning season.



The soccer team stretches before a match. Photo Credit: Shawn Brown

## Soccer Schedule

### Home Matches

March 29 / Whites Creek / 5pm  
April 4 / Sycamore / 6pm

### Away Matches

March 30/ Waverly / 5pm  
April 6 / Cheatham / 6pm

## State Runners

By: Jace Beard

With the last year boy's track and field boy team coming in as runner up for state and Barion Brown leaving, people are not expecting the boy's team to do well this year. The 2021-2022 season ended up with the boys coming up short with a very devastating end, but the girls track and field team came out on top and won state.

The new up and coming freshman and sophomores on team will be able to help win state and build off the progress from last year. Returning runner Timothy Morton ran the 100m, 200m, 4x1, and 4x2 and was one of the fastest on team and stated, "We work hard enough and keep training we will win state and take that trophy home." Last year, a lot of the runners were hurt coming from playing football and not in the best condition so that was a down fall going into the 2021-2022 track season.

The team is doing a lot of training and keeping their body in great shape, by practicing every day and eating right. Coach Andre Davis has some of the fastest freshman in this upcoming class of 2026 and they are pretty impressive such as: Cameron Wade,

Monico Harmon, and James LoBasco. These boys are sprinters that run the 100m, 200m, 4x1 and 4x2 and the new talent will bring a lot to the table and help the track team overall. Track season has started so come out and support the girls and boys and see the greatness they have in store.



2022 Firebird Track Team after the girl's state win and boy finished runner up. Photo credit: Miriam Harrington

## Track and Field Meet Schedule

April 10-11 MNPS Championship @ Overton  
April 13 @ Lipscomb  
April 18-21 City Championship @ Harpeth Hall  
April 24 Boys Freshman Championship @MBA

April 25 Girls Freshman Championship @ Overton  
April 27 Great 8 Invitational @ Ensworth  
May 1 Decathlon/Pent @ Wilson Central  
May 8 Sectionals @Watertown

## What is the Speed Crew?

By: Jazell Freeman

Track and field here and it's time for you to join the Lady Firebird Speed Crew! The Lady Firebirds have the best coaches with Coach Harris, Coach Woods, and Coach Dre. Members of the team need a lot of potential and confidence because they don't believe in failures!

What Is Track and Field? Track and Field includes running, jumping, and throwing skills. Coach Harris has experienced five different state championships with Girls and Boys in the past 15 years he has been a coach at Pearl-Cohn. Coach Harris stated, "Pearl-Cohn has always been well known for speed and endurance." You must be willing to work physically and mentally when it comes to running track! Coach Harris also said "Yes, it could be hard, but it is all a mental mind game."

All of the members of the girls track and field team have each other's back and are excessively big on being family! No one will ever feel left out, the teammates will always have the answer when the coaches do not. "They might complain, argue, whine, and have all unconventional

kinds of emotions towards each other but we are all one unit," stated Harris.

"I know the girls won state, but my main goal is to dominate everything instead of just winning for this upcoming season," added Harris. The Speed Crew is an extremely competitive team especially the girls, they've always been up to a challenge! Coach Harris started as an assistant coach for Ms. Bell and realized he loved seeing the girls enjoy themselves and was always up for demanding work. If you are also up for the demands of girls track and field, they have practice every Monday-Thursday 2:30-3:35 or you can contact the coaches by email, go to their office on the first floor by the basketball locker room or you can ask anybody that runs track.



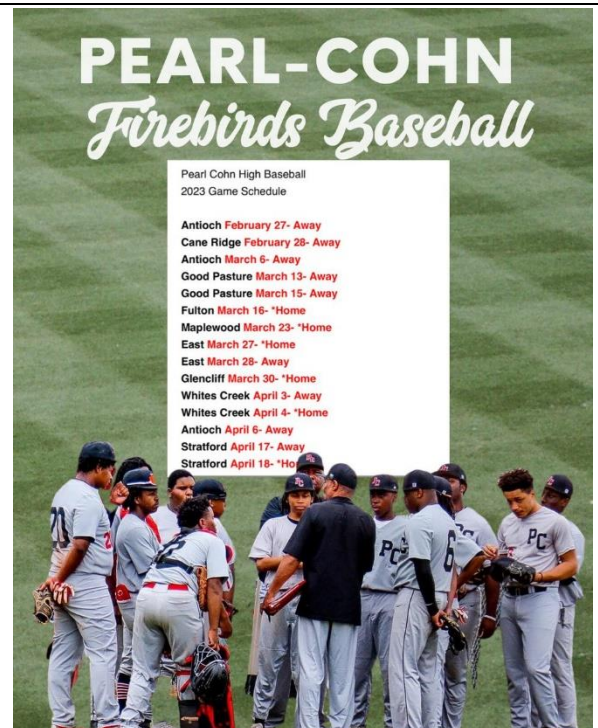
Pearl-Cohn Girl's Track and Field team win state! The best feeling to ever feel! Photo credit: The Tennessean

## Pearl-Cohn Baseball Makes History

By: Jerran Jackson

Firebird baseball is firing away so far this season. The PC boys opened their season with a 2-0 record beating two non-district teams Fulton and Maplewood. The PC boys are expected to play and hopefully beat their first district competition against the East Nashville Eagles. "Now that non district competition is over it's important that we win these district games," star pitcher Jayden Jackson stated. Jayden Jackson has had a great season so far setting a school record of 14 strikeouts in one game against Maplewood. "Yeah, it was cool having to hold the record for most strikeouts in a game, but that's over now and we got to go on to the next," said Jackson.

The PC boys are up against a 1-3 East Nashville Eagles baseball team Mar.27-28. "It's my job as a leader to make sure everybody stays humble and focus on the next task," star catcher Jerome Knight stated. The PC boys are making history so far this season being the first baseball team in school history to open the season 2-0. "Yeah it's pretty cool we just got to stay consistent and remember our fundamentals, but having mostly playing ball and having fun," Knight stated. Come out and support your firebirds!



**PEARL-COHN**  
*Firebirds Baseball*

Pearl Cohn High Baseball  
2023 Game Schedule

- Antioch February 27- Away
- Cane Ridge February 28- Away
- Antioch March 6- Away
- Good Pasture March 13- Away
- Good Pasture March 15- Away
- Fulton March 16- \*Home
- Maplewood March 23- \*Home
- East March 27- \*Home
- East March 28- Away
- Glenciff March 30- \*Home
- Whites Creek April 3- Away
- Whites Creek April 4- \*Home
- Antioch April 6- Away
- Stratford April 17- Away
- Stratford April 18- \*Home



## Student Poetry: Dreams Creative Writing with Dr. Chandra West-Fort

### Dream a Little Dream of Me... by Josiah Webb

As your eyes close and you drift away into the next dimension,  
Dream a Little Dream of Me.  
Allow your spirit to travel to the realm of my soul,  
our connection is so intense that you can't help but to,  
Dream a Little Dream of Me,  
your eyes twinkle like the stars hidden in our galaxy of love,  
I wish to sit upon the next crescent moon to fish for your soul,  
so close your eyes and,  
Dream a Little Dream of Me  
Deep within your smile is where vulnerability hides,  
So let me do everything in my power to make you smile,  
Be vulnerable and allow me to make your dream come true,  
you're safe with me now so close your eyes and,  
Dream a Little Dream of Me.

### The Crooked Man by D'Ariyah Brown

The bent crooked man.  
I ran, I ran, I ran.  
He chased me down the long hollow halls.  
The more I ran, the more he grew tall  
As I reached the end, he shrunk again  
I glanced at his pale face,  
Then my heart began to race,  
as he reached closer, I knew it was the end of my race.

### Dream Poem by Le'Darius Horton

A single dream  
is more powerful  
than a thousand words.

### To Have a Dream by Tatum

Do you know what it feels like?  
To want something for Yourself so bad  
To push yourself so hard  
To run and run and run  
And keep running even when you think you can't anymore

I can't really explain it  
It's like a hope that never dies  
Like a star in the night that outshines the rest

And during the day even when you can't see it

It's still there

Remember being a kid  
Running through grass fields  
Chasing fireflies in the night  
And finally catching the one that's been  
escaping all night

That's how it feels  
That's how it feels to have a dream

## Flag Football Schedule

March 29 vs MLK

April 5 vs Maplewood @ McGavock

April 12 @ Glenclyff

April 19 vs Cane Ridge