



February 1, 2021

## A Proud Past, A Promising Future

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**REMINDER TO STUDENTS/PARENTS:**  
Student e-mail accounts should only be used for  
schoolwork and educational purposes.  
●.....●

*“What lies behind us and what lies before  
use are tiny matters compared to what lies  
within us.” – Ralph Waldo Emerson*

### MONDAY, FEBRUARY 1

**Breakfast** –Manager’s Choice, Juice, Milk

**Lunch** – Manager’s Choice, Juice, Milk

- JV Girls Basketball @ Lexington – 6 p.m.

### TUESDAY, FEBRUARY 2

**Breakfast** –Manager’s Choice, Juice, Milk

**Lunch** – Manager’s Choice, Juice, Milk

### WEDNESDAY, FEBRUARY 3

#### **VIRTUAL LEARNING DAY**

- Wrestling @ Camden – 6 p.m.
- Varsity Basketball @ LR – 6 p.m./7:30 p.m.

### THURSDAY, FEBRUARY 4

**Breakfast** –Manager’s Choice, Juice, Milk

**Lunch** – Manager’s Choice, Juice, Milk

- JV Boys Basketball @ LR – 6 p.m.

### FRIDAY, FEBRUARY 5

**Breakfast** –Manager’s Choice, Juice, Milk

**Lunch** – Manager’s Choice, Juice, Milk

### SATURDAY, FEBRUARY 6

- Varsity Basketball vs. LR – 12 p.m./1:30 p.m.

## Good News

The Mid-Carolina Academic Challenge team won all three of their matches on Thursday, January 21, 2021. Mid-Carolina beat McCormick in the first round 19-2. The second round was a hard-fought win against Greenwood High, 23-21. The third meet of the night was against Abbeville with a score of Mid-Carolina 21, Abbeville 9. Great job MC Academic Challenge Team and Coaches!

Team: **Jeremy Hollowell, Harrison Scott, Christopher Scott, Katie Mae Crooks, Jack Gantt, Sam Downs, Sabrina Weng, Dakota Ross, Emma Stuck, and Kendellin Haltiwanger**

Coaches: **Dr. Kibler, Mr. Lewis, Mrs. Haltiwanger**

## Cafeteria News



All school lunch and breakfast are at NO charge for the remainder of the 2020-2021 school year. Students who choose to

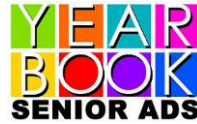
bring their own lunch may still get a fruit, vegetable, fries, or milk at no charge. Also, if you have a negative balance from last year please clear it up asap.

We have meal pickups on Wednesday 10 a.m. until 12 noon. You do not have to register to pick up. Pick up is in the car rider line.

## On-going/Upcoming Events

Parents are reminded to use the link on each school's website to report a COVID-related incident. The information requested indicates if your child has symptoms, has tested positive, or has been identified as a close contact or household contact. Thank you for your continued support of our district.

<https://www.mid-carolinahighschool.org/article/369980?org=mchs>



If you have questions concerning Senior yearbook ads and personal ads please contact Mr. Peter Lewis, [plewis@newberry.k12.sc.us](mailto:plewis@newberry.k12.sc.us).

**2020-2021 ACT  
Test @ MCHS**  
February 6, 2021  
April 17, 2021

**2020-2021 SAT  
Test @ MCHS**  
March 13, 2021  
May 8, 2021  
June 5, 2021

## SAVE THE DATE MCHS PROM 2021 - Saturday, April 24, 2021

Anyone wanting to be on the Prom Committee needs to contact Mrs. Felker or Mrs. Haltiwanger.



Yearbooks for the 2020-2021 school year have already been ordered.

A limited number of extras were ordered.

If you would like for your name to be placed on the waiting list, please contact Mr. Peter Lewis at [plewis@newberry.k12.sc.us](mailto:plewis@newberry.k12.sc.us) as soon as possible  
If you receive a yearbook at delivery, payment of \$75 will be expected at time of issue.

## WORD POWER

M	DOGGED stubborn determination DOUR cheerless, gloomy
T	EPHEMERAL short-lived, fleeting EXACERBATE to make worse
W	FORMIDABLE imposing, menacing GRANDILOQUENT high sounding, pompous
IM	IMPLACABLE relentless, not capable of being appeased INEXORABLE unstoppable, relentless, inevitable
F	LITHE graceful, easy flexibility LOAFER goof-off, lazy person



# Mid-Carolina High School

## A Proud Past. A Promising Future.

Our mission: To engage students in educational experiences that ensure success and life-long learning.

Our vision is of a culture where all ideas are valued; a cooperative relationship exists between the school, the district, and the community; collaboration is expected; and people want to work and students want to learn.

### ALREADY BLOWN YOUR NEW YEAR'S RESOLUTIONS?

If you haven't, good for you, rock star! Apparently only 8% of people keep them. I find that number shockingly low. We are a weak and wimpy bunch! 92% of us want to make changes in our lives, but just don't have the discipline to do it. Here are some thoughts that might help

If you are planning to add something that will take time (exercise, for example) decide what you are currently doing that you will stop doing. Usually we just say we're going to add something and don't think about where/when. You must create space for it. Not sleeping is not an option.

One of the reasons we don't reach all our goals is we set too many. We say we're going to save money, lose weight, start exercising and get organized. You just added things that will take three hours a day. Where do you think that time is coming from? It was over before you even started.

Resolve to change just one thing. Say you choose getting organized. Chances are it's going to take a significant investment of time and attention to make that happen. Then you're going to have to allocate time going forward to staying organized. (This is where we usually fail.) If you get that mastered, then you can change something else. Changing too many things at once is just too hard.

The problem is you already have several habits that are keeping you from achieving your resolutions. I'll use myself as an example. I've fallen into the habit of watching tv in the evenings (curse you, Netflix!). And while I'm watching, I eat. If I want to eat less, I need to do something else while watching tv. Or I need to stop watching tv. If I don't pick an alternate habit, I'm just going to try and willpower my way through it, and trust me, that won't work.

What works for me is some project that occupies just enough of my mind to get it off food but not enough that I miss my show. Things that work - folding laundry, riding the stationary bike, going through e-mail. I'm not giving up tv and food - I know my limits. Know yours.

Don't even consider changing something unless you can commit to changing it forever. Diets usually fail because we think after we've lost the weight, we can go back to eating things we actually like. If you're not good with dieting forever, it's better to find another weigh. (Ha, couldn't help it.) For example, you might say, "I'm not giving up dessert, what's the point of life without it?" Maybe you could try eating it only three times a week. Or maybe you consider giving up something else you don't like as much. (For me, it's bread.) But remember, you're letting it go forever.

Always have a plan. I can give up pigging out in front of the tv forever. I really can. When I get derailed is when I don't have a plan. If there's no laundry, and I've already worked out.... hello, snacks! When is the best time to plan? Not when I'm hungry! I have to have the plan in place well before then. Same thing holds for whatever you're trying to do - gotta have a bad weather plan for exercise. Don't wait till you're at home, settled in front of the fire to get your cold weather exercise plan together. It's too late.

Change your thinking. Are you an all or nothing thinker? I am, I admit it. Once I've blown a diet, I'm blowing it all the way, baby! If I don't have time to do my full workout, I do no workout. If I can't do it right, I'm not doing it at all. (I have never claimed to be rational.) This is nuts! It's better to eat a few cookies and stop than eat the whole pack and dip them in frosting! Half a workout is better than no workout! The year is still young - why are you already calling it quits on your resolutions? This kind of thinking goes hand-in-hand with perfectionism. (Perfectionists - you know who you are.) Let go of perfect to get better.

Here's another way to change your thinking - question your beliefs. I bet you hold some beliefs that may be getting in the way of achieving your goals. Some people believe they must eat three meals a day. Why? New research shows that not eating for at least 12 hours can help you lose

weight. So, if you want to eat breakfast at 7:00 am, you would stop eating at 7:00 pm. I don't eat breakfast, haven't for years. Turns out all that stuff about it being the most important meal of the day isn't so true after all.

There are lots of false beliefs that keep us disorganized. Here are a few: I might need it someday. My grandkids will want to play with these toys. I'm going to fix it, mend it, find the missing part.... Just throw that stuff away. I bet there are certain things you buy that you believe you can't do without. Review your beliefs and you might be able to keep your resolutions.

Toughen up. Guess what? It's not easy to be organized, save money, lose weight (fill in your resolution). All of us would rather chill out, eat ice cream and watch Netflix. To have what you want in life, you sometimes must do what you need to do (exercise), not what you want to do (eat cake). Successful people choose the harder thing (exercise, saving making the sales call, etc.) over the easy thing more often than the rest of us. The really successful chose it so often, it's not a choice anymore, it's a habit.

Try this - pick something small and easy. End each day with 5 fewer e-mails in your inbox. Make one sales call first thing. Be on the diet for one meal a day for a week. Or exercise just once a week for a month. Then increase it. Go slowly - 10 fewer e-mails, diet for one meal and drop a snack, exercise twice a week. If you backslide, go back to the smallest amount you can sustain. You'll still be making progress and you'll be building your discipline muscles.

Amp up your motivation. Make sure your resolutions are what you really want, not things you think you should want. Listen to podcasts or read books that will help keep you focused (health, organizing, finance). Be around people with similar goals. Don't beat yourself up if you backslide; instead, take the time to analyze and learn from what happened. Keep inching forward, progress doesn't always come in great leaps. Have realistic expectations. Are you going to let those resolutions beat you? Get back in there and get the life you want!

- Denise Ryan

# M-C

# Faculty

# News

February 1 2021

Volume 9, Issue 15



### Important Dates

2/12	Professional Development—No School for Students
2/15	President's Day—Schools/Offices Closed
2/26	Interim Reports Issued
3/12	Holiday—Schools/Offices Closed
3/23	ACT Spring Testing
3/24	SAT Spring Testing
3/30	End of 3rd Nine Weeks
4/2—4/9	Spring Holidays—Schools/Offices Closed (April 2—3rd Make-Up Day)
4/12	Report Cards Issued
4/17	ACT
4/24	PROM (Tentative)
5/4	Golden Oldies (Tentative)
5/6	Art Show (Tentative)
5/8	SAT
5/31	Memorial Day—School/Offices Closed
6/1-6/4	Senior Exams
6/5	SAT

**HAPPY BIRTHDAY!**

Birthday wishes this week to **Mallory Green (2/2)**.

BE kind TO OTHERS, BE kind TO YOURSELF

## Reminders

### FACULTY FUND

Don't forget to contribute to the MCHS Faculty Fund. The cost for 2020-2021 is \$15 each.



Please check your mailboxes and e-mail for vital information early each morning.

