



August 23, 2021

A Proud Past, A Promising Future

“Act as if what you do makes a difference. It does.” -- William James

MONDAY, AUGUST 23

Breakfast – Manager’s Choice, Juice, Milk

Lunch – Manager’s Choice, Juice, Milk

TUESDAY, AUGUST 24

Breakfast – Manager’s Choice, Juice, Milk

Lunch – Manager’s Choice, Juice, Milk

- Girls’ Tennis vs. Newberry – 5 p.m.
- Volleyball @ Ninety-Six – 5:30/7 p.m.

WEDNESDAY, AUGUST 25

Breakfast – Manager’s Choice, Juice, Milk

Lunch – Manager’s Choice, Juice, Milk

- Cross Country @ Chapin (Crooked Creek Park) 4:30/5 p.m.
- Swim @ Fermata Club South Aiken 5:30 p.m.

THURSDAY, AUGUST 26

Breakfast – Manager’s Choice, Juice, Milk

Lunch – Manager’s Choice, Juice, Milk

- Volleyball @ Dutch Fork – 5:30 p.m./7:30 p.m.

FRIDAY, AUGUST 27

Breakfast – Manager’s Choice, Juice, Milk

Lunch – Manager’s Choice, Juice, Milk

- Varsity Football @ Chapin – 7:30 p.m.

MONDAY, AUGUST 30

Breakfast – Manager’s Choice, Juice, Milk

Lunch – Manager’s Choice, Juice, Milk

TUESDAY, AUGUST 31

Breakfast – Manager’s Choice, Juice, Milk

Lunch – Manager’s Choice, Juice, Milk

WEDNESDAY, SEPTEMBER 1

Breakfast – Manager’s Choice, Juice, Milk

Lunch – Manager’s Choice, Juice, Milk

- Cross Country @ Fairfield Central
- Swim @ Hammond Hill Suburban Club North Augusta 5:30 p.m.
- Volleyball @ Chapin 5:30/7 p.m.

THURSDAY, SEPTEMBER 2

Breakfast – Manager’s Choice, Juice, Milk

Lunch – Manager’s Choice, Juice, Milk

- Volleyball vs. Irmo 5:30/7 p.m.

FRIDAY, SEPTEMBER 3

Breakfast – Manager’s Choice, Juice, Milk

Lunch – Manager’s Choice, Juice, Milk

- Varsity Football vs. Whitmire – 7:30 p.m.

SATURDAY, SEPTEMBER 4

- Cross Country @ Eye Opener Invitational (Roger Milliken Center) 8:50/9:15 a.m.

Cafeteria News

All students are provided one Breakfast and one Lunch, daily, at NO COST. Please visit the school café to enjoy your meal which includes fresh fruit, vegetable, whole grains, protein and milk!

On-going/Upcoming Events

2021-2022 ACT
Test @ MCHS
September 11, 2021
October 23, 2021
December 11, 2021
February 12, 2022
April 2, 2022
July 16, 2022

2021-2022 SAT
Test @ MCHS
August 28, 2021
October 2, 2021
November 6, 2021
December 4, 2021
March 12, 2022
May 7, 2022
June 4, 2022



Rhodes Graduation Services (Jostens) will hold a **senior class meeting** on **Wednesday, September 8**, to inform students of ordering senior supplies.

The senior class meeting will begin at 9:00 a.m. Seniors will be able to place their orders online at www.rhodesgraduation.com. The deadline to order graduation supplies will be **Wednesday, September 15**. Rhodes Graduation will return on **Tuesday, September 22**, from 11 a.m. – 1 p.m. to deliver early celebration items.

MCHS 2021-2022
Underclassmen Picture Day
Thursday, September 9, 2021



2021-2022 MCHS
Senior Picture Make-Up Day
Tuesday, September 28, 2021

ASVAB

(Nov 19, 2021 & March 18, 2022)

The ASVAB is offered to high school students as part of their Career Assessment. It helps students learn more about career exploration and planning, in both the civilian and military worlds of work. The ASVAB assessment is free of charge to students.

The ASVAB is administered at Mid Carolina High School generally in the fall and spring to interested sophomores, juniors and seniors. Please note: you do not need to be joining the military to take this test. To reserve your spot for the test please stop by the guidance department and add your name to the test list.

DON'T WAIT UNTIL THE LAST MINUTE.

Reserve your 2021-2022 yearbook today for \$70. After Christmas the price will increase to \$75.

Yearbook orders are placed on January 23 with the publishing company. A limited number of extras will be ordered. Therefore, if you wish to purchase a yearbook after January 23, your name will be placed on a waiting list. If you receive a yearbook at delivery, payment of \$80 will be expected at time of issue.

WORD POWER

| | |
|---|---|
| M | ABSOLUTE total, complete ACCLAIM to publicly praise |
| T | ACKNOWLEDGE to recognize or accept ACQUIESCE to quietly comply |
| W | ACRIMONY full of ill will, rancor ADAMANT stubborn, unyielding |
| T | ADROIT skillful, dexterous, deft ADVERSARY rival, opponent |
| F | ALLAY to calm, to ease ALTERCATION a heated fight |



M-C FACULTY NEWS

Mid-Carolina High School

Volume 10, Issue 1

August 23, 2021

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.

Ancient Wisdom for Happiness

Average female life expectancy in the US is about 81 years old. Let's just say I'm well past the halfway mark. Which I figure makes me wise (look, you either gotta go with old or wise and I'm going with wise). And I'm pretty darn happy, so I'm going to offer all you young whippersnappers some happiness tips:

EXERCISE! I just got back from a physical and my cholesterol and blood pressure rock! And it's not because of my diet – Little Debbie is my girl! You want to sleep better, have more energy, be happier? Move. All I do is walk – do it too.

You definitely want to eat better than I do, but I'd rather go out at 80 eating Reese's Cups than at 82 eating broccoli. But we'll revisit when I'm 79.5.

Live beneath your means. I just calculated how much I'm going to need to retire and I'm on track. I'm also not counting on Social Security. And you shouldn't either, at least not at current levels. It's set to run out of money in 2033. Spend less than you earn and you'll be happier. Or just be really, really nice to me, and I'll put you in my will.

Let go of bad relationships to create space for good ones. There are so many awesome people in the world, don't waste another

second with those who bring you down. Everyone should have one friend who makes you laugh so hard you cry; one who is so smart it makes you want to be smarter; one who would spend the night with you in the hospital; and one who tells you what you need to hear, not just what you want to hear. If you don't have those friends, keep looking!

Kindness is vastly underrated. It doesn't take any huge effort, but every time I'm the recipient of it, I feel so uplifted. Kindness ranges from simply holding the door for someone to letting your spouse watch their crappy TV shows. Kindness is holding someone's hand when they're scared instead of filming them for YouTube. We've all been both kind and unkind, and I can say for myself, I wish I'd been kinder. It costs so little.

Take responsibility. Here's my old age rant – I feel we're becoming a society of victims. If you want to be happy and successful and everything else that is good, own your life. If there's anything in your life that's not working, it's up to you to fix it. Don't get me wrong, you can ask for help, but you've got to ask.

Note – you've just been empowered.

Be grateful. Stop right now. Who

are you grateful for? Who shows up for you? Tell them. Tell your employees, tell your co-workers, tell your loved ones. Call, send them an e-mail or a text. Do it now. I don't care if they think you're weird. Do you feel better? Pretty awesome, huh? They feel better too.

Tell your parents you love them. My Mom died suddenly several years ago, and there are many things I feel guilty about. But I'm so glad I got to tell her how grateful I was for all the sacrifices she made for me. She was one strong lady and did so much for my brother and me. Your parents aren't going to be around forever and I promise you, you don't want to mess this one up. Tell them.

Make peace with yourself. We war with our bodies, we beat ourselves up for our mistakes, we hold ourselves to impossible standards. Our lives are so brief – we should celebrate who we are and embrace the messiness. We get wrinkles, we make mistakes, we get crabby. But we also bring joy, have great ideas, and can eat chocolate chip cookies.

And when in doubt, ask WWBWD? (What would Betty White do?)

—Denise Ryan

Important Dates

- 9/6 Labor Day Holiday (Schools/ Offices Closed)
- 9/8 Senior Graduation Meeting 9 a.m. - 9:45 a.m.
- 9/9 Underclassmen Picture Day
- 9/10 College Application Day (9 a.m. - 12 p.m.)
- 9/11 ACT
- 9/15 Student Early Release Day
- 9/15 Senior Supply Order Deadline
- 9/22 Interim Reports Issued
- 9/22 Senior Day 11 a.m.—1 p.m. (Seniors pick-up early celebration items from Rhodes Graduation)
- 9/28 Senior Picture Make-Up Day
- 10/2 SAT
- 10/14 High School Semester Exams
- 10/15 High School Semester Exams
- 10/18 End of 1st Nine Weeks
- 10/22 Ed Op (11th & 12th Grades) 12:45 p.m. - 1:45 p.m.
- 10/23 ACT
- 10/25 Report Cards Issued
- 10/27 Student Early Release
- 11/1 Parent Teacher Conferences (12 p.m.—7:30 p.m.) No School for Students

Reminders

FACULTY FUND

Don't forget to contribute to the MCHS Faculty Fund. The cost for 2021-2022 is \$15 each.



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



HAPPY BIRTHDAY!



Happy belated birthday wishes to **Zeb Reid** (8/18) and **Sissy Delesandro** (8/22).

Happy birthday wishes this week to **Alice Martinez** (8/27), **Chris Arnoult** (8/30), and **Phyllis Chebbi** (9/3).