



February 5, 2024

## A Proud Past, A Promising Future

*You may not control all the events that happen to you, but you can decide not to be reduced by them. ---Maya Angelou*

### MONDAY, FEBRUARY 5 – **Beta Club Showcase**

**Breakfast** –Manager’s Choice, Juice, Milk  
**Lunch** – Manager’s Choice, Juice, Milk  
• **JV Basketball @ Abbeville 6/7:30 pm**

### TUESDAY, FEBRUARY 6

**Breakfast** –Manager’s Choice, Juice, Milk  
**Lunch** – Manager’s Choice, Juice, Milk  
• **Varsity Basketball vs. Abbeville 6/7:30 pm**

### WEDNESDAY, FEBRUARY 7 – **Student Early Release Day**

**Breakfast** –Manager’s Choice, Juice, Milk  
**Lunch** – Manager’s Choice, Juice, Milk  
• **JV Basketball @ Saluda 6/7:30 pm**  
• **Varsity Baseball Scrimmage vs. Irmo 5 pm**

### THURSDAY, FEBRUARY 8

**Breakfast** –Manager’s Choice, Juice, Milk  
**Lunch** – Manager’s Choice, Juice, Milk  
• **Varsity Basketball @ Saluda 6/7:30 pm**

### FRIDAY, FEBRUARY 9 – **Interim Report**

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

### MONDAY, FEBRUARY 12

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

### TUESDAY, FEBRUARY 13

**Breakfast** –Manager’s Choice, Juice, Milk  
**Lunch** – Manager’s Choice, Juice, Milk  
• **Lacrosse Scrimmage @ Wade Hampton**  
• **Varsity Baseball Scrimmage @ B-L 5 pm**

### WEDNESDAY, FEBRUARY 14

**Happy Valentine’s Day**  
**Breakfast** –Manager’s Choice, Juice, Milk  
**Lunch** – Manager’s Choice, Juice, Milk

### THURSDAY, FEBRUARY 15

**Breakfast** –Manager’s Choice, Juice, Milk  
**Lunch** – Manager’s Choice, Juice, Milk  
• **Boys (JV & Varsity) Soccer Scrimmage @ Airport**  
• **JV Baseball Scrimmage vs. Pelion 5:30 pm**

### FRIDAY, FEBRUARY 16

**Breakfast** –Manager’s Choice, Juice, Milk  
**Lunch** – Manager’s Choice, Juice, Milk  
• **Girls Soccer Pre-Season @ Spring Valley 5:30/7 pm**  
• **Softball (Scrimmage) @ Greenwood 5/7 pm**

### SATURDAY, FEBRUARY 17

• **Lacrosse Scrimmage @ Aiken**  
• **Regional Archery Tournament @ MCHS & MCMS - ALL DAY EVENT**

## GOOD NEWS

Mid-Carolina High School counselors along with the Piedmont Technical College Financial Aid Director hosted FAFSA Night on Thursday, January 25, 2024. Parents and students were able to apply for and submit their 2024 Financial-Aid applications online. If you still need help submitting your FAFSA application, please contact your student’s counselor.

Congratulations to **Coach Chris Arnoult**, head football coach at Mid-Carolina High School, who was chosen to coach at the Touchstone Energy North/South All-Star Game. Coach Arnoult served as the Offensive Coordinator for the North All-Star team. The game was played in December at Myrtle Beach.

Congratulations to all of the MCHS and MCMS students who auditioned for the SCBDA Region 6 Band! These students worked very hard to earn their spots in these groups and competed against very talented students from their Region. Special congratulations are extended to those students who earned a seat in the Region Bands and to 8<sup>th</sup> grader **Sydney Richter** for earning an All-State Band callback audition! Way to go Rebels!



## On-going/Upcoming Events

2023-2024 ACT  
Test @ MCHS  
April 13, 2024  
July 13, 2024

2023-2024 SAT  
Test @ MCHS  
March 9, 2024  
May 4, 2024  
June 1, 2024

MCHS Beta wishes to invite everyone to the 1st Annual BetaCon Showcase on Monday, Feb 5th!

Visual Arts will be on display in the gym hallway beginning at 5:30 pm.

Beginning at 6:30 pm in the MCHS gym, we will have performances by Show Choir, Group Talent, Solo/Duo/Trio, the Robotics team, Speech candidates for division 1 and 2, Skit for Secretary and our candidate, Hannah Quattlebaum, will give her speech for SC Senior Beta Secretary.

\$5 tickets for adults  
\$1 tickets for students(K-12)  
All proceeds go toward BetaCon25.



Come watch our Betas shine before they head to the State Convention on Feb. 8th!

**Job Shadowing Week is coming!!!** During the week of March 18, 2024- March 22, 2024, 9th -12th grade students will have the opportunity to job shadow individuals within the community that have a career that they may be interested in pursuing in their future endeavors. See the following link for more details:

<https://www.mid-carolinahighschool.org/o/mchs/article/I422144?fbclid=IwAR3uIUuK0BYlgJH2iwpa8oHm-RXV8sJcYe52eviIiW5CYZjbazBWLpRzJg>

### ASVAB (March 19, 2024)

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. <https://www.mid-carolinahighschool.org/o/mchs/article/I195128>



**MCHS Prom 2024  
Saturday  
April 27, 2024**

### DON'T WAIT UNTIL THE LAST MINUTE.

The deadline to order a yearbook has passed. A limited number of extras have been ordered. If you wish to purchase a yearbook, your name will be placed on a waiting list. If you receive a yearbook at delivery, payment of \$95 will be expected at time of issue.

**Important Dates**

- 2/5 Beta Club Showcase  
Envirothon Mtg. 3:15-4pm  
RM 305
- 2/6 Academic Challenge RM 101  
Practice - 3:15-4:15 pm
- 2/7 Student Early Release Day
- 2/8 Beta Club Convention  
(2/8-2/11)  
Student Council Meeting  
Both Lunches
- 2/9 Q3 Interims Distributed  
Yearbook Mtg.  
Both Lunches-RM 607
- 2/12 MODELS Academy  
11:05 am-12:05 pm  
Envirothon Mtg. 3:15-4 pm  
RM 305
- 2/13 Exchange Club  
Academic Challenge RM 101  
Practice - 3:15-4:15 pm
- 2/14 Leadership Meeting  
*Valentine's Day*
- 2/15 Student Council Meeting  
Both Lunches  
Guidance/AdminMtg.
- 2/16 Rotary  
FCA Meeting 7:30 am-8 am  
RM 740  
Yearbook Mtg.  
Both Lunches-RM 607
- 2/17 Regional Archery  
Tournament @ MCHS & MCHS
- 2/19 President's Day—Holiday  
Schools/Offices Closed
- 2/20 Academic Challenge RM 101  
Practice - 3:15-4:15 pm
- 2/21 IDM Professional Dev.
- 2/22-  
2/24 Band—Region—Spartanburg
- 2/22 Student Council Meeting  
Both Lunches
- 2/23 Yearbook Mtg.  
Both Lunches-RM 607

**Reminders**

**FACULTY SUNSHINE  
FUND**

Don't forget to contribute to the MCHS Faculty Sunshine Fund. The cost for 2023-2024 is \$20 each.



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



**M-C Faculty News**



**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.*

**Volume 12, Issue 13**

**February 5, 2024**

**53 YEARS – 53 LESSONS**

I turned 53 January 20th. I've learned a lot over the years and thought it would be fun and hopefully helpful to share 53 lessons I've learned along the way.

I believe age is just a number. My motto each year has been younger, stronger, wiser and better. I often tell my kids I refuse to age. But I have to admit that turning 53 has made me reflect on life, where I've been and where I'm going. I have decided I'm going for 100. In the words Jon Bon Jovi, I'm more than half-way there... living on a prayer.

I want to thank you for allowing me to speak into your life with this newsletter. It's been one of the most special and meaningful things I've done with my life. Thank you for reading it!

Here are my 53 lessons in 53 years.

- 1) You don't choose when you were born but you can make a lot of choices that determine how you live.
- 2) The greatest gifts you can give your children is to love and believe in them. My parents did that for me.
- 3) If you want something you will have to work for it.
- 4) A teacher or coach who believes in you can change the course or your life.
- 5) Be nice to everyone in high school. My high school friend Mark Rathjen is the reason why I got on the Today Show years ago that helped launch my career as a writer.
- 6) Grit is not something you develop. It's something we are all born with. The key is to remember you've always had it.
- 7) Don't worry about your greatness in the future. Just be great today.
- 8) Do your best and let God do the rest. I used to worry so much. When I stopped worrying and started trusting things worked out.
- 9) It's more important to have vision than plans. You'll often have to change plans to realize your vision.
- 10) Talkers talk and doers do. Be a doer.
- 11) Your belief will determine what you create.
- 12) Don't listen to the naysayers. Listen to your heart that knows you were born to do this.

13) The career your parents would choose for you may not be the one meant for you. My mom wanted me to be an attorney.

14) Keep dreaming even when your circumstances tell you it's not going to happen.

15) When you serve others and help them grow, you grow.

16) Don't chase success. Decide to make a difference and success will find you.

17) Being positive doesn't just make you better. It makes everyone around you better.

18) Make your family a priority. They will be the ones crying at your funeral and miss you long after you're gone.

19) Failure is your partner in growth. It doesn't define you. It refines you.

20) Make daily exercise a part of your life. I walk or run almost every day and play a lot of pickleball with guys in their late 20's and early 30's.

21) Food is medicine. What you eat has a huge influence on your gut health, brain health and immune system.

22) The more I love my wife, the more I love my life.

23) Happiness is an inside job. Don't expect other people or things to make you happy.

24) You have to love what you do. If you don't love it you'll never work to be great at it.

25) Sometimes you have to lose a goal to find your destiny. I lost a race for the city council of Atlanta when I was 26 and it led me ultimately to do this work.

26) Garth Brooks was right. Some of God's greatest gifts are unanswered prayers.

27) Don't be bitter. Get better.

28) Forgiveness is the ultimate weight loss.

29) Don't hold grudges. When people wronged me I didn't sue or fight. I learned from it and moved on. I focused on my future instead of fighting about the past and prospered as a result.

30) If you don't have your health nothing else matters.

31) Laughter is good for the heart and soul.

32) So often the worst event of your life prepares you for the greatest assignment of your life.

33) People connect to you the most when you are being authentic and vulnerable.

34) Relationships are everything.

35) Don't seek happiness. Decide to work with passion and purpose and happiness will find you.

36) Never stop learning and growing. If you stay humble and hungry great things will continue to happen.

37) Commitments are greater than goals. It is your commitments that lead you to your goals.

38) Being a great parent and leader requires service, sacrifice and humility.

39) When you appreciate, you elevate your mood and the people around you.

40) Love is more powerful than fear.

41) When I'm speaking the genius is not on stage. It's in the audience. My job is to unleash their genius.

42) Abundance flows into your life when gratitude flows out of your heart.

43) There are a lot of great people in the world. Be an encourager and you'll find them, and they will find you.

44) Being positive doesn't mean you ignore reality. It means you maintain optimism and belief to create a better reality.

45) No one creates success alone. We all need a team to be successful.

46) God's plan is greater than our plan.

47) The more you give the more it comes back to you. It's not why you do it but it's what happens.

48) Just as stars shine the brightest in the darkness, positive people shine the most through adversity.

49) My faith in God doesn't make life easier. It makes me stronger.

50) Ego disconnects you from others and God while Humility connects you to others and God.

51) Your kids are always watching you and listening to you even if they act like they aren't. My daughter at the age of 25 is now a public speaker with a mission to impact others like me and it's because she saw me speak it and more importantly live it.

52) Consistency Compounds. Consistently do the work and improve consistently, and over time you will see exponential results and impact.

53) The best is still yet to come.

– Jon Gordon

**HAPPY BIRTHDAY!**  
Happy birthday wishes to:  
**Amanda Finley (2/8)**  
**Kristi Carpenter (2/10), Kyle Branham (2/15),**  
**Deanna Cohen (2/17), and Leslie Traynham (2/17).**