

Good News Bulletin

YOUR SOURCE FOR ALL THINGS GOOD



MASD STAFF BIRTHDAYS

2/24 - Beth Faunce
2/24 - Nicole Kline
2/27 - Lucas Southerton
2/27 - Anthony Threet
2/27 - Wendy Poeth
2/27 - Kennard Sampsell
2/28 - Crystal Nylund
2/28 - Beth Heffner
2/28 - Frederick Gebert
3/1 - Stacy Mast
Enjoy your special day!

SPRING INTO FITNESS

Big changes are coming to the ***Spring Into Fitness Challenge!*** The upcoming Challenge will run from March 7th - May 15th! More details will be provided and sign-ups will begin later this week.

QUOTE OF THE WEEK

“The greatness of a man is not how much wealth he acquires, but in his integrity and his ability to affect those around him positively.”

-Bob Marley



Wildcat Bowling Team Qualifies for Regionals

Congratulations to both our Boys' and Girls' Bowling Teams for qualifying for Regionals! Also, ***Logan Rubendall*** and ***Kiana Wenrick*** have also qualified for Regionals in singles play! Great job and best of luck in Regionals!

Chili-Lime Pork Tenderloin

Prep: 8 mins **Cook:** 27 mins **Total:** 35 mins **Yield:** 6 Servings

Ingredients

Ingredient Checklist

- 1 ½ pounds pork tenderloin
- Salt and pepper
- 1 teaspoon chili powder
- 1 tablespoon fresh lime juice
- 1 teaspoon soy sauce
- ½ teaspoon sugar
- 2 tablespoons vegetable oil



Directions

Step 1

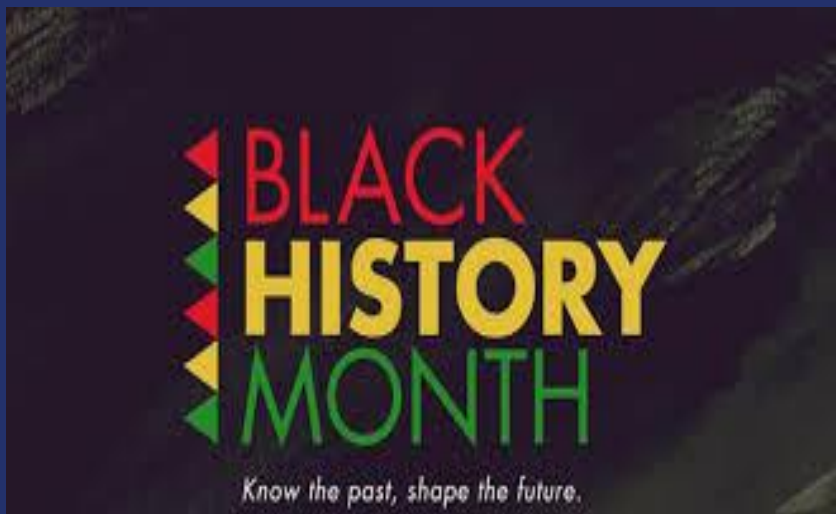
Preheat oven to 400°F. Line a large rimmed baking sheet with foil. Pat pork tenderloin dry and season on all sides with salt and pepper.

Step 2

Blend chili powder with lime juice, soy sauce and sugar in a small bowl. Use your hands to rub mixture thoroughly into tenderloin. Warm a large ovenproof skillet over high heat, then add oil. Add pork and sear on all sides, turning meat with tongs, about 2 minutes total. Place skillet in preheated oven and bake until a thermometer inserted in center of tenderloin reads 145°F, about 20 to 25 minutes, depending on thickness of tenderloin. Baste with any juices that have accumulated and add 2 Tbsp. water at a time, if necessary, to prevent scorching.

Step 3

Remove tenderloin to a cutting board, cover loosely with foil and let sit for 5 minutes. Slice on diagonal into 1/2-inch-thick pieces and serve.



Wildcats Win Against Mid-West!

Congratulations to our Girls' Basketball Team for their win over Mid-West last week! They battled it out, but took the win with a score of 40-36! Great job ladies!

MIFF WRESTLERS ADVANCING ON THE MATS

Congratulations to three of our Wildcat Wrestlers for placing in the District competition this past Saturday in Williamsport! *Emmanuel Ulrich* won First-Place in his weight class! *Gabe Gramly* won Third-Place in his weight class, and *Troy Bingaman* won Fourth-Place in his weight class! All three of them will move on to compete this Saturday in the Regional competition in Williamsport. Best of luck to all three of you this weekend!



Wildcats Can't Be Stopped on the Court

The Mifflinburg Boys' Basketball Team succeeded in both of their games this past week with a win of 73-39 over Line Mountain and a win of 71-64 over Central Mountain! *Isaiah Valentine* scored a whopping 43 points in the game against Central Mountain! Those 43 points included five 3-pointers and he made 8 out of 9 shots from the foul line! *Isaiah* was just one point shy of Bill Kline's 1985 school record of 44 points. Way to go *Isaiah*! Also scoring in this game were: *Gabe Yoder* (13 points), *Cannon Griffith* (4 points), *Jake Young* (6 points) and *Zach Wertman* (5 points).



COMING UP IN SPORTS...

Tuesday, February 23, 2021

- JV Girls' Basketball vs. Montoursville Area at Mifflinburg Intermediate School - 6:00 P.M.
- Varsity Girls' Basketball vs. Montoursville Area at Mifflinburg Intermediate School - 7:30 P.M.

Wednesday, February 24, 2021

- Spring Sports Meeting - Mifflinburg Area High School - 5:30 P.M.

Thursday, February 25, 2021

- JV Boys' Basketball vs. Selinsgrove Area at Mifflinburg Intermediate School - 6:00 P.M.
- Varsity Boys' Basketball vs. Selinsgrove Area at Mifflinburg Intermediate School - 7:30 P.M.

Friday, February 26, 2021

- JV/Varsity Girls' Bowling (PHAC Invitational) vs. TBA at Best Bowl - 3:00 P.M.
- JV/Varsity Boys' Bowling (PHAC Invitational) vs. TBA at Best Bowl - 3:00 P.M.
- JV Girls' Basketball vs. Central Mountain at Central Mountain High School - 6:00 P.M.
- Varsity Girls' Basketball vs. Central Mountain at Central Mountain High School - 7:30 P.M.

Saturday, February 27, 2021

- Varsity Regional Wrestling Tournament vs. TBA at Williamsport Area High School - 9:00 A.M.
- JV Girls' Basketball vs. Shikellamy at Shikellamy High School - 12:00 P.M.
- Varsity Girls' Basketball vs. Shikellamy at Shikellamy High School - 1:30 P.M.