

Good News Bulletin

YOUR SOURCE FOR ALL THINGS GOOD



MASD STAFF BIRTHDAYS

9/16 - Daniel Hartman

9/21 - Melissa Everitt

9/21 - Robert Rascoe

Enjoy your special day!

FALL INTO FITNESS

It's time to start thinking about forming your teams for the [*2020 Fall Into Fitness Challenge*](#). The email with all of the information for the Challenge will be sent out by the end of this week.

QUOTE OF THE WEEK

"It is easier to build strong children than to repair broken men."

-Frederick Douglass



First Week of School a Success!

After an initial delay to the start of the School Year in Mifflinburg, students are thrilled to be back and settling into their routines with ease, and the staff are eager to get back to teaching their students! Everyone is embracing the changes and forging ahead to make the 2020 - 2021 School Year a successful one.

Break out the slow cooker and make dinner easy!

Slow-Cooker Teriyaki Chicken

TOTAL TIME: Prep: 20 min. Cook: 3-3/4 hours **YIELD:** 8 servings.

Ingredients

- 2 pounds boneless skinless chicken thighs
- 1 medium onion, thinly sliced
- 4 garlic cloves, minced
- 1 tablespoon minced fresh gingerroot
- 1 cup chicken broth
- 1/4 cup soy sauce
- 1/4 cup honey
- 1/2 to 1 teaspoon crushed red pepper flakes
- 1/4 teaspoon pepper
- 3 tablespoons cornstarch
- 3 tablespoons cold water
- Hot cooked rice
- Minced fresh cilantro and sesame seeds, optional



Directions

1. Place chicken in a 3- or 4-qt. slow cooker. Top with onion, garlic and ginger. Combine broth, soy sauce, honey, pepper flakes and pepper; pour over chicken. Cook, covered, on low until chicken is no longer pink, 3-1/2 - 4 hours.
 2. In a small bowl, mix cornstarch and water until smooth; gradually stir into slow cooker. Cook, covered, on high until sauce is thickened, 15-30 minutes. When chicken is cool enough to handle, shred chicken with 2 forks; return to slow cooker.
- Serve with rice, if desired. Garnish with cilantro and sesame seeds.

New Secure Entrance at the Elementary School

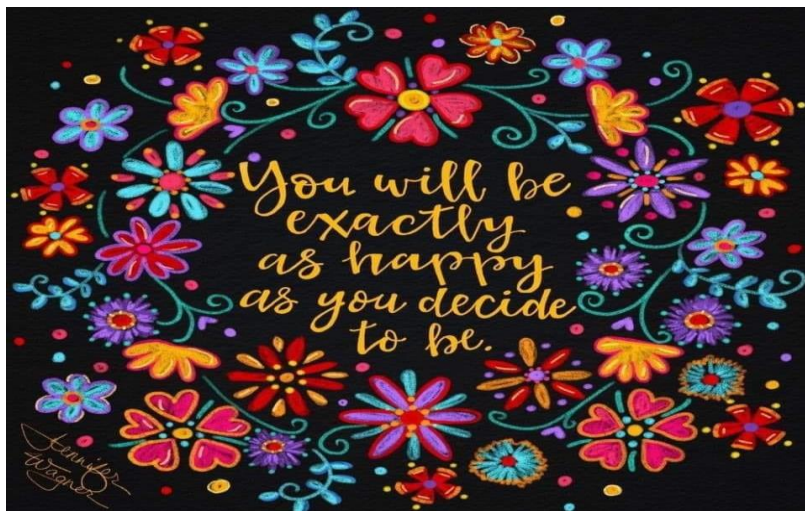


Beautifully Renovated Main Office at Miff Elementary





MASD Administrative Office Entrance Has a New Secure Window



Congratulations to *Camryn Murray* for being selected as the recipient of the September Lewisburg Sunrise Rotary Club's Student of the Month Award from SUN Area Technical Institute and the Lewisburg Sunrise Rotary Club!



NEWLY RENOVATED ENTRANCE AT THE MIFFLINBURG INTERMEDIATE SCHOOL

The newly renovated entrances at each of our buildings were part of the plan to provide the District with a variety of energy solutions including designs and implementation of energy savings projects, retrofitting, energy conservation, energy infrastructure outsourcing, power generation and energy supply and risk management. The majority of the upgrades to our District were completed over the past summer.

COMING UP ON THE SPORTS SCHEDULE

Tuesday, September 15, 2020

- Varsity Golf vs. Montoursville Area at Shade Mountain Golf Course – 3:30 P.M.
- Junior High Girls' Cross Country and Junior High Boys' Cross Country vs. Lewisburg Area at Lewisburg Area High School – 4:15 P.M.
- Junior High Softball vs. Bloomsburg Area at Mifflinburg Area High School – 4:30 P.M.
- Varsity Boys' Cross Country vs. Lewisburg at Lewisburg Area High School – 5:00 P.M.
- Varsity Girls' Cross Country vs. Lewisburg at Lewisburg Area High School – 5:45 P.M.
- Varsity Boys' Soccer vs. Danville Area at Danville Area High School – 7:00 P.M.

Wednesday, September 16, 2020

- Varsity Girls' Tennis vs. Williamsport Area at Mifflinburg Area High School – 4:00 P.M.
- JV/Varsity Girls' Soccer vs. Midd-West at Mifflinburg Intermediate School – 4:30 P.M.

Thursday, September 17, 2020

- Varsity Girls' Tennis vs. Selinsgrove Area at Mifflinburg Area High School – 4:00 P.M.
- JV/Varsity Boys' Soccer vs. Midd-West at Mifflinburg Intermediate School – 4:30 P.M.
- Junior High Softball vs. Shamokin Area at Shamokin Area High School – 4:30 P.M.
- Junior High Football vs. Mount Carmel Area at Mifflinburg Area High School – 5:00 P.M.
- JV Field Hockey vs. Southern Columbia Area at Southern Columbia Area High School – 5:30 P.M.
- Varsity Field Hockey vs. Southern Columbia Area at Southern Columbia Area High School – 7:00 P.M.

Friday, September 18, 2020

- Varsity Football vs. Lewisburg Area at Selinsgrove Area High School – 7:00 P.M.

Saturday, September 19, 2020

- JV Field Hockey vs. Selinsgrove Area at Selinsgrove Area High School – 8:00 A.M.
- Varsity Field Hockey vs. Selinsgrove Area at Selinsgrove Area High School – 9:00 A.M.
- JV Field Hockey vs. Bloomsburg at Selinsgrove Area High School – 10:15 A.M.
- Varsity Field Hockey vs. Bloomsburg at Selinsgrove Area High School – 11:15 A.M.
- JV/Varsity Play Day vs. Selinsgrove Area at Selinsgrove Area High School – 1:00 P.M.

Monday, September 21, 2020

- Varsity Girls' Tennis vs. Jersey Shore Area at Jersey Shore Area High School – 4:00 P.M.
- Junior High Girls' Cross Country vs. Midd-West at Mifflinburg Intermediate School – 4:15 P.M.
- Junior High Boys' Cross Country vs. Midd-West at Mifflinburg Intermediate School – 4:15 P.M.
- JV/Varsity Girls' Soccer vs. Lewisburg Area at Lewisburg Area High School – 4:30 P.M.
- Varsity Boys' Cross Country vs. Midd-West at Mifflinburg Intermediate School – 5:00 P.M.
- JV Football vs. Lewisburg Area at Pawling Athletic Complex – 5:00 P.M.
- Varsity Girls' Cross Country vs. Midd-West at Mifflinburg Intermediate School – 5:45 P.M.