

Good News Bulletin

YOUR SOURCE FOR ALL THINGS GOOD



MASD STAFF BIRTHDAYS

- 4/10 - Katy Gangloff
- 4/11 - Linda Edinger
- 4/14 - Tanya Grenoble
- 4/14 - Beverly Young
- 4/15 - Lisa DeFacis
- 4/15 - Michele Zimmerman
- 4/15 - Exonia Crespo-Caudle

Enjoy your special day!

SPRING INTO FITNESS

The results are in, and (drum roll please) . . . **the Staff at the Mifflinburg Area High School are the winners with a total of 32,180 exercise minutes!** Congrats to everyone who participated in the Spring Fitness Challenge! See more details about the Challenge in this issue of the Good News Bulletin.

QUOTE OF THE WEEK

"The only time I set the bar low is for limbo."

-Michael Scott



ELEMENTARY ART PROJECTS GIVE DISTRICT'S BOARD ROOM MODERN FEEL

Mifflinburg Elementary Art Teacher Jessica Caples decorated the District's Board Room with a sampling of the artistic designs of the Mifflinburg Elementary Students. The eclectic artwork showcases the talents of our K-2 students and gives new life to the Board Room.

Try Something Different for Dinner

Black Bean Turkey Enchiladas

TOTAL TIME: Prep: 35 min. Bake: 15 min. **YIELD:** 14 servings.

Ingredients

- 1-1/4 pounds' lean ground turkey
- 1 small onion, chopped
- 1 teaspoon reduced-sodium taco seasoning
- 1/2 teaspoon ground cumin
- 1/4 teaspoon pepper
- 1 package (8 ounces) reduced-fat cream cheese, cubed
- 1 cup shredded Mexican cheese blend, divided
- 1 can (15 ounces) black beans, rinsed and drained
- 1-1/2 cups frozen corn, thawed
- 1 can (14-1/2 ounces) fire-roasted diced tomatoes, drained
- 2 cans (4 ounces each) chopped green chilies
- 1/4 cup salsa
- 14 whole wheat tortillas (8 inches), warmed
- 2 cans (10 ounces each) enchilada sauce
- Minced fresh cilantro
- 3/4 cup reduced-fat plain Greek yogurt



Directions

1. Preheat oven to 375°. In a large nonstick skillet, cook turkey, onion and seasonings over medium heat 6-8 minutes or until turkey is no longer pink and onion is tender. Stir in cream cheese and 1/2 cup Mexican cheese blend until melted. Stir in beans, corn, tomatoes, chilies and salsa.
2. Place 1/2 cup turkey mixture off center on each tortilla. Roll up and place in two 13x9-in. baking dishes coated with cooking spray, seam side down. Top with enchilada sauce; sprinkle with remaining cheese.
3. Bake casseroles, uncovered, 15-20 minutes or until heated through. Sprinkle with cilantro; serve with yogurt.

Freeze option: Cool unbaked casseroles; cover and freeze. To use, partially thaw in refrigerator overnight. Remove from refrigerator 30 minutes before baking. Bake casseroles as directed, increasing time to 20-25 minutes or until heated through and a thermometer inserted in center reads 165°

WILDCAT GIRLS SHUT OUT CENTRAL MOUNTAIN IN 6 INNINGS, 10-0

Congratulations to *Vanessa Martin* who pitched a no-hitter in six innings! She also had three hits and drove in a pair of runs. *Libby Whittaker* hit a homer and a double. *Vanessa Boop* was 2-for-2 with 2 RBIs, and *Delaney Good* was 2-for-4. Great job ladies!

WILDCATS TOP MUSTANGS, 11-1, IN SIX INNINGS

Anthony Bennage was the winning pitcher on the mound where Mifflinburg had the early lead over Mid-West and never let it go. *Gavin Enders* had two runs, and *Gavin Martin* was 1-for-1 with a run and a RBI. *Michael Warren* was 3-for-4 with a double, two runs and three RBIs. *Darin Miller* was 1-for-4 with a double, a run and RBI. *Bryce Koonsman* was 2-for-4, had a double, a run and 2 RBIs. *Garrett Becker* was 1-for-4; *Josh Foster* was 2-for-3; *Denzel Sampsell* was 1-for-3 with a run; *Mason Cooper* scored a run; *Colin Miller* was 1-for-3 with a run, and *Cade Dressler* was 1-for-1 with a run. Let's keep this momentum going guys!

**EVENTS AROUND THE DISTRICT**

- 4/9 - Kindergarten Registration - Elementary School
- 4/9 - Faculty Meeting - 3:00 P.M. - High School
- 4/9 - School Board Meeting - 7:30 P.M. - District Meeting
- 4/10 - Kindergarten Registration - Elementary School
- 4/10 - TSA States - Seven Springs Resort - Champion, PA
- 4/11 - Kindergarten Registration - Elementary School
- 4/11 - TSA States - Seven Springs Resort - Champion, PA
- 4/11 - National Honor Society Induction - 7:30 P.M. - High School
- 4/12 - Faculty Meeting - 7:30 A.M. - Elementary School
- 4/12 - Kindergarten Registration - Elementary School -
- 4/12 - TSA States - Seven Springs Resort - Champion, PA
- 4/13 - ACT's
- 4/13 - TSA States - Seven Springs Resort - Champion, PA
- 4/15 - PSSA ELA Grades 3-8

**MRS. BECK'S CLASS MEETS DAIRY CALVES**

Mifflinburg First-Graders of Mrs. Beck's Class had the opportunity to visit Mapes View Dairy Farm in New Berlin, Pennsylvania. They got to meet two one-week old dairy calves. Students were educated on how everyday products, such as, milk makes its way from the farm and to their tables. Students learned about farm equipment, animal care and had the chance to ask many questions about the animals, milking and feeding.

COMING UP IN WILDCAT SPORTS . . .

Tuesday, April 9, 2019

- Varsity Girls' Track vs. Danville Area at Danville Area High School - 4:00 P.M.
- Varsity Boys' Track vs. Danville Area at Danville Area High School - 4:00 P.M.
- JV Baseball vs. Montoursville at Montoursville Area High School - 4:30 P.M.
- JV/Varsity Girls' Lacrosse vs. Danville Area at Mifflinburg Intermediate School - 4:30 P.M.
- JV/Varsity Boys' Lacrosse vs. Lewisburg Area at Lewisburg Area High School - 4:30 P.M.
- Varsity Softball vs. Lewisburg Area at Pawling Athletic Complex - 4:30 P.M.
- JV Softball vs. Lewisburg Area at Pawling Athletic Complex - 6:00 P.M.

Wednesday, April 10, 2019

- Varsity Boys' Tennis vs. Lewisburg Area at Lewisburg Area High School - 4:00 P.M.
- Varsity Baseball vs. Bloomsburg Area at Bloomsburg Area High School - 4:30 P.M.
- JV/Varsity Girls' Lacrosse vs. Bellefonte Area at Mifflinburg Intermediate School - 4:30 P.M.
- Junior High Girls' Soccer vs. Juniata Senior at Juniata High School - 4:30 P.M.

Thursday, April 11, 2019

- Varsity Boys' Tennis vs. Bloomsburg Area at Mifflinburg Area High School - 4:00 P.M.
- JV/Varsity Boys' Lacrosse vs. Selinsgrove Area at Mifflinburg Intermediate School - 4:30 P.M.
- Varsity Softball vs. Selinsgrove Area at Mifflinburg Area High School - 4:30 P.M.
- JV Softball vs. Selinsgrove Area at Mifflinburg Area High School - 6:00 P.M.

Friday, April 12, 2019

- Varsity Boys' Tennis vs. South Williamsport Area at Mifflinburg Area High School - 4:00 P.M.
- Varsity Baseball vs. Milton Area at Mifflinburg Intermediate School - 4:30 P.M.
- Junior High Field Hockey vs. State College at Mifflinburg Area Middle School - 4:30 P.M.

Saturday, April 13, 2019

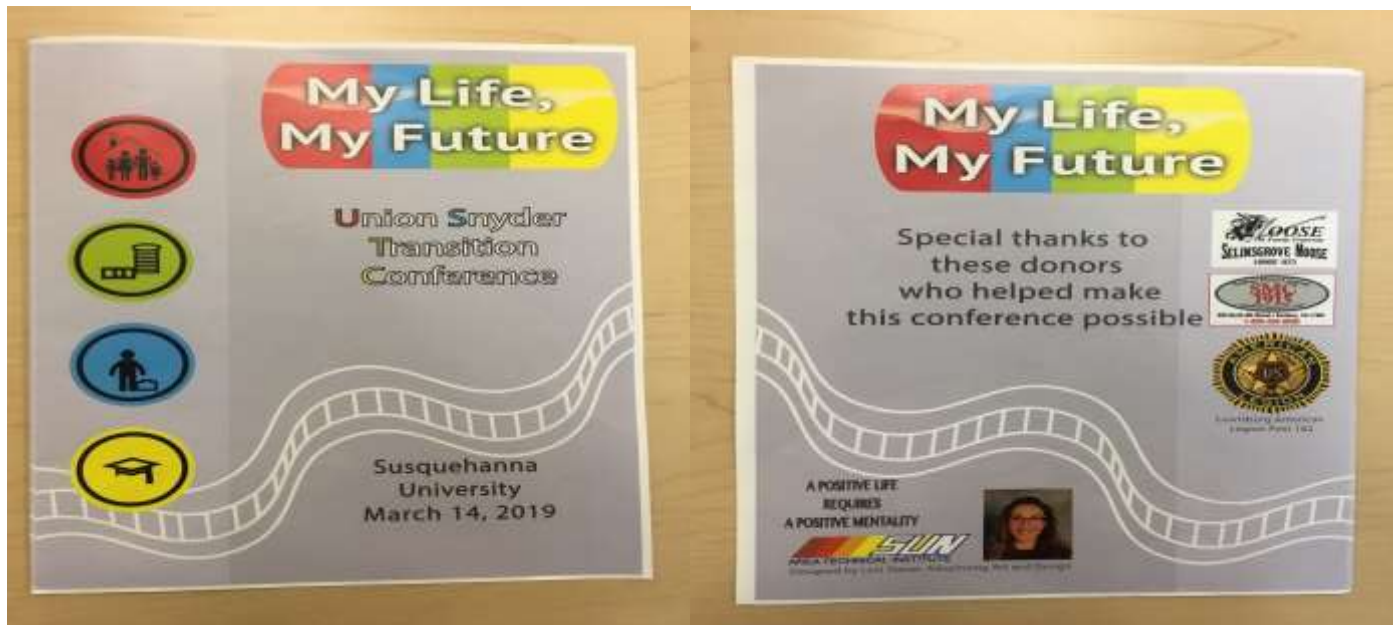
- Varsity Girls' Track vs. TBA at Susquehanna University - 9:00 A.M.
- Varsity Boys' Track vs. TBA at Susquehanna University - 9:00 A.M.
- JV/Varsity Girls' Lacrosse vs. Lake Lehman at Lake-Lehman High School - 11:00 A.M.
- Varsity Softball vs. Warrior Run at Mifflinburg Area High School - 11:00 A.M.
- JV Softball vs. Warrior Run at Mifflinburg Area High School - 12:30 P.M.
- JV/Varsity Girls' Lacrosse vs. Dallas at Dallas High School - 2:00 P.M.

Monday, April 15, 2019

- Varsity Boys' Tennis vs. Central Columbia at Central Columbia High School - 4:00 P.M.
- Varsity Baseball vs. Central Columbia at Mifflinburg Area High School - 4:30 P.M.
- JV/Varsity Boys' Lacrosse vs. Holy Redeemer at Mifflinburg Intermediate School - 4:30 P.M.
- Junior High Boys' Soccer vs. Selinsgrove Area at Selinsgrove Area High School - 4:30 P.M.

MIFF STUDENT DESIGNS AWARD WINNING PROGRAM

On March 14, 2019, high School students from five local school districts attended the 2019 Union-Snyder Transition Conference entitled “My Life, My Future” at Susquehanna University. Chris Rowe, the PETS Service Coordinator for SUNCOM’s CIES Program, was the Keynote Speaker and the Dr. Cynthia Schloss Transition Education Awards were handed out to several deserving seniors who were nominated by their teachers. In addition, each year, there is a competition for the best design for the program. *Lexi Stover*, a Mifflinburg student who attends SUN Tech’s Advertising Art and Design Program, was the winner and was recognized and given a framed image of her program.



WILDCATS DEFEAT LEWISBURG, 8-6

The Wildcats had a satisfying win over Lewisburg on Wednesday after being tied in the last inning at six runs each. Winning pitcher of the game was lefty, *Cade Dressler*. Making plays for Mifflinburg were: *Gavin Enders* who was 2-for-4; *Michael Warren* who was 2-for-2 with a double and a run and 2 RBIs; *Darin Miller* with one run and one RBI; *Garrett Becker* with 1-for-3; *Josh Foster* was 1-for-3 with a double; *Denzel Sampsell* was 1-for-4 with a double and 2 RBIs; and *Colin Miller* was 2-for-3 with two runs.

Congratulations to *Eric Zimmerman* for winning all three of his sprinting events in a track meet against Jersey Shore on Wednesday, and congrats to *Dante Colon* who won the high jump and the long jump. *Julia Laubach* won the 100-meter dash, and she ran a leg of the winning 400 relay team. *Makayla Weber* won the 300 hurdles, and *Anna McClintock* won the triple jump. Also winning in their events were *Rebecca Reimer* in the pole vault and *Meghan Hollenbeck* in the shot put. Great job everyone!

S.T.E.M. NIGHT SUCCESSFUL AT MIFFLINBURG INTERMEDIATE SCHOOL

Students, staff and families worked together on a variety of projects at Mifflinburg's S.T.E.M. Night held at the Intermediate School. Many took advantage of the event which included hands-on science, math and engineering activities geared to spark imaginations and kids thinking about how things work.



WILDCAT SOFTBALL TEAM TAKES WIN OVER MILTON, 9-6

In a tough battle, the Wildcat Softball Team took the win over Milton, 9-6. *Vanessa Martin* was on the mound again and was the winning pitcher. *Brook Karchner* was 3-for-4 with a run; *Libby Whittaker* was 1-for-4 with a run and RBI; *Vanessa Boop* was 2-for-3; *Jaden Kiester* was 1-for-3 with two RBIs; and *Hailey Foresman* was 2-for-3 with a run and 3 RBIs. Congratulations ladies!

MIFFLINBURG FFA CHAPTER CELEBRATES 89TH ANNIVERSARY

The Mifflinburg FFA Chapter celebrated its 89th Anniversary at the Annual Parent and Member Banquet held at the Mifflinburg Area High School. Approximately, 365 guests, members and parents registered to attend the program.

Trevor Clouser, Jacob Eichenlaub and *Macay Saylor* were honored for earning American FFA Degree with past year at the National FFA Convention in Indianapolis. *Dorothy Bollinger, Hannah Walter* and *Levi Showalter* were acknowledged for obtaining the Keystone FFA Degree. *Heather Book* and *Levi Showalter* were presented with the Roberta Ann Walter Scholarship. Retired Ag Teacher, *Charles Kessler, Jr.* was awarded the Honorary Chapter FFA Degree. The Star Greenhand Plaque was presented to first year FFA member *Andrew Snook*. *Hannah Walter* earned the Star Chapter Placement Award. *Dorothy Bollinger* was awarded the Star Chapter Farmer Award, and in the area of AgriScience, *Levi Showalter* was presented with a Chapter Start Award. In Ag Business, *Colby Gessner* was awarded a Star Award.

Scholarship awards were presented to members meeting the chapter criteria. Members earning the awards were: *Heather Book, Jennifer Bowersox, Trevor Dauberman, Braden Dietrich, Courtney Hallenbeck, Sarah Jacka, Rachel Kaler, Alec Klingler, Kennedie Lauver, Landon Metzger, Darin Miller, Cailey Neiswender, Randy Rathfon, Carrie Reich, Paige Rhyne, David Rute, Andrew Snook, Tawnya Shrawder, Kenneth Strowbridge, Melody Swanger* and *Korynn Zarr*. In addition, *Dorothy Bollinger* and *Levi Showalter* earned their scholarship awards all four years of high school and were awarded special plaques to acknowledge their achievements.

Students who worked on their Supervised Agricultural Experiences and earned an award in their proficiency areas are as follows: Agricultural Sales Entrepreneurship - *Colby Gessner*, Agricultural Sales Placement - *Dorothy Bollinger*, Dairy Production - *Colby Gessner*, Diversified Horticulture - *Heather Book*, Diversified Livestock - *Rachel Kaler*, Equine Science - *Mackenzie Wiand*, Extemporaneous Speaking - *Dorothy Bollinger*, Poultry Production - *Carrie Reich*, Prepared Public Speaking - *Katie Reeder*, Small Animal Production - *Jadyn Tyson*, Specialty Animal Production - *Taylor Kuhns* and Veterinary Science - *Heather Book*.

The Chapter Dedication Awards were given as follows: the Washington Award - *Hannah Walter*, the Rising Sun Award - *Carrie Reich*, the Workhorse Award - *Korynn Zarr*, the Constant Dedication Award - *Kenny Strowbridge* and the Senior Star Award - *Dorothy Bollinger*.

The Mifflinburg FFA prides itself on the fact that it is a self-sustaining organization. Members participate in fundraising to help the Chapter maintain its budget. Top Salespersons were recognized for the various sales as follows: Cider - *Rachel Kaler*, Chicken BBQ - *Paige Rhyne*, Pasta Dinner - *Grace Bringer* and Fruit - *Rachel Kaler*. Congratulations everyone! See pictures from the event on the next page.



American Degree Winners



Keystone Degree Winners



Chapter Dedication Award Winners



Roberta Ann Scholarship Winners



Retiring Officer Team



New Officer Team

Zimmerman Runs Past His Competition for Win

Congratulations to *Eric Zimmerman* for winning the 200-meter race at this weekend's Wilhour Classic Track Meet held in Selinsgrove at the Harold L. Bolig Field on Saturday afternoon.

SPRING INTO FITNESS

The final numbers are in . . .

Elementary school – 8,839 minutes & 4 Completers

INTERMEDIATE SCHOOL – 18,305 MINUTES & 6 COMPLETERS

MIDDLE SCHOOL – 28,948 MINUTES & 12 COMPLETERS

HIGH SCHOOL – 32,180 MINUTES & 12 COMPLETERS

ADMINISTRATIVE OFFICE – 7,210 MINUTES & 5 COMPLETERS

Congratulations to everyone who participated in this event and completed their exercise minutes! Great job and look for next challenge this fall!



This Friday, April 12 at 6:30 p.m. Doors open at 4:30. Two Early Bird games begin at 6:00. This event will be held in the Mifflinburg Area High School Cafeteria. Proceeds from this event will help the French Club with their overseas trip!

THE DAILY ITEM NAMES ALL-STAR WRESTLING TEAMS

The Daily Item released its picks for the Wrestling All-Stars. Making Second Team were *Gabe Gramly* who wrestles at 113 pounds and *Clayton Reed* who wrestles at 138 pounds.

Receiving Honorable Mentions from Mifflinburg were: *Jansen Houdeshell*, *Cody Rokavec* and *Eric Gessner*.

Congratulations!