

Good News Bulletin

YOUR SOURCE FOR ALL THINGS GOOD



MASD STAFF BIRTHDAYS

2/5 - Robert Maurer, Jr.
2/5 - Dale Rudy
2/6 - Katherine Hurst
2/7 - Kyle Speer
2/7 - Karole Renninger
2/8 - Justin Haynes
2/8 - Sharyn Zimmerman
2/9 - Sherri Conard
2/9 - Glenda Haines
2/9 - Lindsay Beck
2/10 - Jamie Miller
Enjoy your special day!

SPRING INTO FITNESS

The Challenge is on!

Elementary - 1,518 minutes
Intermediate - 4,450 minutes
Middle - 3,706 minutes
High - 3,145 minutes
Administrative - 895 minutes

Great job everyone! Keep it up!

THOUGHT OF THE WEEK

“All great achievements require time.”

-Maya Angelou



PMEA BAND ADVANCEMENTS

Congratulations to *Erin Rute* who earned the harp seat in the Regional Band and to *Max Rodichok* who qualified for District Jazz on Tenor Saxophone as First Chair! Great job!

THIS WEEK IN SPORTS . . .

Monday, February 4, 2019

- Junior High Boys' Basketball vs. Warrior Run at Warrior Run High School – 5:30 P.M.
- JV Boys' Basketball vs. Southern Columbia Area at Southern Columbia Area High School – 6:00 P.M.
- 9th Grade Boys' Basketball vs. Lewisburg Area at Lewisburg Area High School – 7:30 P.M.
- Varsity Boys' Basketball vs. Southern Columbia Area at Southern Columbia Area High School – 7:30 P.M.

Tuesday, February 5, 2019

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

Wednesday, February 6, 2019

- Junior High Boys' Basketball vs. Selinsgrove Area at Selinsgrove Elementary School – 4:30 P.M.
- JV Boys' Basketball vs. Shamokin Area at Mifflinburg Intermediate School – 6:00 P.M.
- 9th Grade Boys' Basketball vs. Selinsgrove Area at Selinsgrove Elementary School – 6:30 P.M.
- Varsity Boys' Basketball vs. Shamokin Area at Mifflinburg Intermediate School – 7:30 P.M.

Thursday, February 7, 2019

- Junior High Boys' Basketball vs. Milton Area at Mifflinburg Area High School – 4:30 P.M.
- JV Girls' Basketball vs. Montoursville Area at Mifflinburg Intermediate School – 6:00 P.M.
- Junior High Wrestling vs. Lewisburg Area at Lewisburg Area High School – 6:00 P.M.
- 9th Grade Boys' Basketball vs. Milton Area at Mifflinburg Area High School – 6:30 P.M.
- Varsity Wrestling vs. Lewisburg Area at Lewisburg Area High School – 7:00 P.M.
- Girls' Varsity Basketball vs. Montoursville Area at Mifflinburg Intermediate School – 7:30 P.M.

Friday, February 8, 2019

- Junior High Wrestling Tournament of Champions vs. TBA at Shamokin Area High School – 5:00 P.M.
- JV Boys' Basketball vs. Warrior Run at Warrior Run High School – 6:00 P.M.
- Varsity Boys' Basketball vs. Warrior Run at Warrior Run High School – 7:30 P.M.

Saturday, February 9, 2019

- Junior High Wrestling Tournament of Champions vs. TBA at Shamokin Area High School – 10:00 A.M.
- JV Boys' Basketball vs. Danville Area at Danville Area High School – 12:00 P.M.
- Varsity Boys' Basketball vs. Danville Area at Danville Area High School – 1:30 P.M.
- JV Girls' Basketball vs. Penns Valley at Mifflinburg Intermediate School – 2:00 P.M.
- Varsity Girls' Basketball vs. Penns Valley at Mifflinburg Intermediate School – 3:30 P.M.

TRY THIS HEALTHY AND DELICIOUS CAULIFLOWER RICE WITH YOUR DINNER THIS WEEK

INGREDIENTS

- 1 head cauliflower, any size
- 1 tablespoon olive oil or butter (optional)
- Salt (optional)

INSTRUCTIONS

1. **Cut the cauliflower into large pieces.** Cut the head of cauliflower into quarters, then trim out the inner core from each quarter. Break apart the cauliflower into large florets with your hands. If the core is tender, you can chop it into pieces and add it with the florets.
2. **Transfer the cauliflower to a food processor.** Transfer the cauliflower to a food processor fitted with the blade attachment. Don't fill the food processor more than 3/4 full; if necessary, process in two batches.
3. **Pulse the cauliflower until completely broken down.** Process the cauliflower in 1-second pulses until completely broken down into rice-sized granules. (Alternatively, grate the florets on the large holes of a box grater.)
4. **Pull out any unprocessed pieces.** Some florets or large pieces of cauliflower might remain intact. Pull these out and set them aside. Transfer the cauliflower rice to another container and re-process any large pieces.
5. **Serving raw cauliflower rice.** Cauliflower rice can be used raw, tossed like grains into a salad or in a cold side dish.
6. **Cooking cauliflower rice.** Cooking makes the cauliflower more tender and rice-like. Warm a tablespoon of olive oil or butter in a large skillet over medium heat. Stir in the cauliflower rice and sprinkle with a little salt. Cover the skillet and cook for 5 to 8 minutes, until the rice is as tender as you like. Use or serve immediately, or refrigerate the rice for up to a week.

MIFF GIRLS WIN OVER SHIK AS A NEW RECORD ACHIEVED, 42-27

Congratulations to *Riley Griffith* for topping the Mifflinburg's All-Time Leading Scorer Record! She finished out Friday night's game with the new record of 1,509 points scored! Congratulations *Riley!*

Points were scored in this game by *Riley Griffith* (12), *Reagan Griffith* (5), *Angela Reamer* (13), *Mollie Baumgardner* (6) *Libby Whittaker* (1), *Mara Shuck* (3) and *Alaina Post* (2).

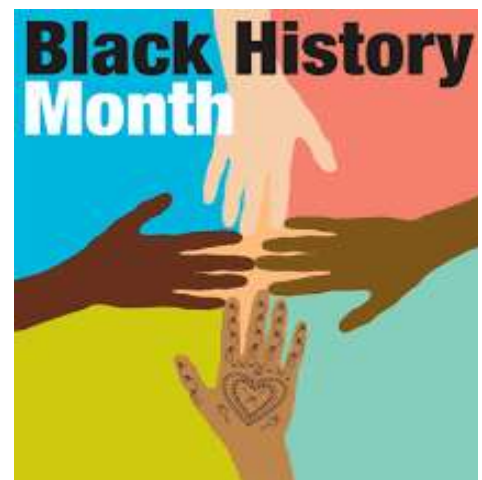
MIFF WRESTLING WIN OVER TROY, 43-26

During District IV Team Wrestling Championships, the crowd cheered as *Eric Gessner* achieved his 100th career win in his match to give his team a 15-4 advantage. Congratulations *Eric!*

Troy Bingaman (120), *Dylan Linn* (126), *Jansen Houdeshell* (170) and *Quinten Doane* (285) pinned their opponents for their wins. *Clayton Reed* (138) and *Graham Wiand* (220) won by forfeit, and *Eric Gessner* (145) and *Cody Rokavec* (152) won by decision.



MORE
KINDNESS
LESS
JUDGEMENT



BOYS' BASKETBALL NEWS . . .

MIFF TOPS PENNS VALLEY, 56-40

Our Wildcat Boys' Basketball Team took the win against Penns Valley, 56-40. *Isaiah Valentine* scored an impressive 22 points in this game, and *Austin Raymer* scored 14 points. Go Wildcats!

The Boys' Team defeated Jersey Shore on Wednesday, 72-58. *Levi Yoder* scored 19 points in this game. *Isaiah Valentine* and *Austin Raymer* both scored 16 points for their team. Also scoring in this matchup were: *Dante Colon* (9), *Josh Foster* (6), *Jake Young* (2) and *Nate Gillespie* (4).

MIFFLINBURG DEFEATS SHIKELLAMY, 61-48

On Saturday, the Wildcats pulled away to defeat Shikellamy at home, 61-48. *Levi Yoder* and *Isaiah Valentine* each scored 20 points! Also scoring points in this matchup were: *Dante Colon* (7), *Tyler Berkheiser* (2), *Jake Young* (6) and *Austin Raymer* (6). Great job guys!

Mifflinburg Area High School – TSA 2019 Regional Results

This past Saturday our TSA Club participated in the 2019 region 7 Regional held at Montgomery High School. See how our students placed in this competition below!



Children's Stories - Place 1 - Team A

Kaylin Foss, Carter Abram, Harrison Abram and Kellen Beck

Digital Video Production - Place 3 - Team A

Kaylin Foss, Cole Thomas, Carter Abram, Harrison Abram and Matt Zack

Extemporaneous Presentation - Place 1 – Levi Showalter

Music Production - Place 2 - Team A

Noah Hurst, Carter Abram, Harrison Abram and Josh Hauck

Photographic Technology - Place 2 - Kaylin Foss

Prepared Presentation - Place 5 – Rigel Bechdel

Promotional Design - Place 3 - Kaylin Foss

Technology Bowl - Place 2 - Team A – Levi Showalter, Matt Zack and Harrison Abram

Place 9 - Team B – Carter Abram, Joshua Hauck and Courtney Feese

PA - Safety Illustration - Place 8 – Joshua Hauck

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REGISTER AT INVENT.ORG/CAMP OR 800-968-4332

Who: For children entering grades K-6

Location: Mifflinburg Area High School
75 Market St, Mifflinburg, PA 17844

Date & Time: July 8 - 12, 2019 from 9:00 am - 3:30 pm

Price: \$240 (before discount)

Director: Megan Tressler | mtressler@mifflinburg.org | (570) 966-8290

If these dates/times don't work for you, please visit invent.org/camp for other locations near you.

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NEWS FROM THE WRESTLING MAT AT DISTRICT 4 DUALS

In the District 4 Duals held on Saturday, Mifflinburg edged Lewisburg for the quarter-finals win, 34-32 which moved the Wildcats into the semi-finals. Winning their matches by major decision were: *Clayton Reed* (138), *Eric Gessner* (145), *Cody Rokavec* (160), *Dylan Winn* (120) and *Troy Bingaman* (126). *Jansen Houdeshell* (170) defeated his opponent by technical fall, and *Davidson Reigel* (182) and *Gabe Gramly* (113) won by pinning their opponents.

In the semi-finals, Southern Columbia took the win over Mifflinburg, but *Clayton Reed* (138), *Jansen Houdeshell* (170), *Gabe Gramly* (113) and *Troy Bingaman* all won their matches.

In the consolation semi-finals, Central Columbia ultimately defeated Mifflinburg, but *Eric Gessner* (145) and *Clayton Reed* won by decision. Pinning their opponents were: *Jansen Houdeshell* (170), *Gabe Gramly* (113), *Troy Bingaman* (120) and *Dylan Linn* (126).

4 Week Challenge Schedule Beginner

Monday

5 pushups
10 squats
20 sec. arm circles
20 sec reverse arm circles
15 crunches
15 bicycles
10 lunges (each leg)
15 sec. high knees

Tuesday

15 second of high knees
10 jumping jacks
15 situps
15 hip raises
15 second wall squat
5 jump squats
7 wide armed pushups
7 pushups

Wednesday

10 sumo squats
10 side crunches (each side)
10 second plank
12 squats
20 sec. arm circles
20 sec rev. arm circles
15 sec. high knees
12 jumping jacks

Thursday

12 lunges (each leg)
15 second wall squat
7 pushups
15 crunches
15 bicycles
7 jump squats
10 kickbacks (each leg)
10 sec. high knees

Friday

10 sec. high knees
12 squats
10 sec plank
15 jumping jacks
15 hip raises
15 situps
8 wide armed pushups
10 sumo squats

Saturday & Sunday

Rest, Hydrate, & Stretch!

Take breaks, drink water
&
Listen to YOUR body!!

[facebook.com/fitnesspageforwomen](https://www.facebook.com/fitnesspageforwomen)

EVENTS AROUND THE DISTRICT

- 2/5/19 – Chinese New Year
- 2/6/19 – PMEA District Choir
- 2/7/19 – PMEA District Choir
- 2/7/19 – Spring CDEs – Mid-West
- 2/8/19 – Faculty Meeting – 7:30
A.M. – Elementary School
- 2/8/19 – PMEA District Choir
- 2/8/19 – Mar/SAT Registration
Deadline
- 2/9/19 – ACTs
- 2/9/19 – PMEA District Choir