

Good News Bulletin

YOUR SOURCE FOR ALL THINGS GOOD



MASD STAFF BIRTHDAYS

- 3/13 - Dennis Beachy
- 3/13 - Crystal Jeirles
- 3/13 - Katrina Mitchell
- 3/15 - Michael Keefer
- 3/17 - Denise Hosterman

Enjoy your special day!

SPRING INTO FITNESS

Don't forget to add your exercise minutes!

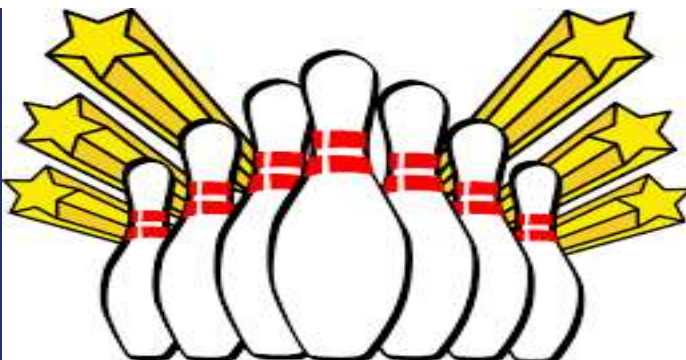
- Elementary - 6,208 minutes
- Intermediate - 11,527 minutes
- Middle - 18,185 minutes
- High - 19,617 minutes
- Administrative - 4,645 minutes

The High School is still in the lead. Keep moving MASD!

QUOTE OF THE WEEK

"You will continue to suffer if you have an emotional reaction to everything that is said to you. True power is sitting back and observing everything with logic. If words control you that means everyone else can control you. Breathe and allow things to pass."

-Bruce Lee



CONGRATULATIONS TO **ISAAC KEEFER** WHO PARTICIPATED IN THE SPECIAL OLYMPICS STATE BOWLING CHAMPIONSHIPS IN YORK, PA AND WON GOLD ON MARCH 2, 2019!

TRY THIS HEARTY, NUTRITIOUS AND DELICIOUS SOUP**Bean Soup with Kale**

Ingredients

- 1 tablespoon olive oil or canola oil
- 8 large garlic cloves, crushed or minced
- 1 medium yellow onion, chopped
- 4 cups chopped raw kale
- 4 cups low-fat, low-sodium chicken or vegetable broth
- 2 (15 ounce) cans white beans, such as cannellini or navy, undrained
- 4 plum tomatoes, chopped
- 2 teaspoons dried Italian herb seasoning
- Salt and pepper to taste
- 1 cup chopped parsley

Directions

In a large pot, heat olive oil. Add garlic and onion; sauté until soft. Add kale and sauté, stirring, until wilted. Add 3 cups of broth, 2 cups of beans, and all of the tomato, herbs, salt and pepper. Simmer 5 minutes. In a blender or food processor, mix the remaining beans and broth until smooth. Stir into soup to thicken. Simmer 15 minutes. Ladle into bowls; sprinkle with chopped parsley.

UPCOMING EVENTS AROUND THE DISTRICT . . .

3/12 - High School Musical Dress Rehearsal 6:30 - 10:00 P.M. - High School Auditorium

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3/13 - Varsity Girls' Basketball PIAA State Tournament vs. Kennard-Dale at Milton Hershey High School - 6:00 P.M.

3/13 - Varsity Softball Scrimmage vs. Bellefonte Area at Bellefonte Area High School - 4:30 P.M.

3/14 - High School Spring Musical Opening Night - 7:00 P.M. - High School Auditorium

3/15 - School in Session - Snow Make-up Day

3/15 - High School Spring Musical - 7:00 P.M. - High School Auditorium

3/16 - Varsity Baseball Scrimmage vs. Montgomery Area at Montgomery Area High School - 1:00 P.M.

3/16 - State Legislative Leadership Conference - Harrisburg

3/16 - High School Spring Musical - 7:00 P.M. - High School Auditorium

3/17 - St. Patrick's Day

3/17 - State Legislative Leadership Conference - Harrisburg

3/18 - State Legislative Leadership Conference - Harrisburg

3/18 - Varsity Boys' Tennis vs. Lewisburg Area at Mifflinburg Area High School Tennis Courts - 4:00 P.M.

Gramly and Houdeshell Each Win a Match in PIAA Class 2A Wrestling Championships!

Mifflinburg wrestlers *Gabe Gramly* (113) and *Jansen Houdeshell* (170) were victorious in a match on the first day of the PIAA Class 2A Wrestling Championships! Unfortunately, losses were suffered by *Gramly*, *Houdeshell* and *Clayton Reed* in the tournament which put an end to their wrestling season. Congratulations to all for a great showing at Hershey and for all of your effort and hard work which got you there!



February 2019 ASPIRES Awards Winners Announced

Principal Scott Zimmerman announced the February ASPIRES Award Winners. These awards are sponsored by the Mifflinburg Kiwanis Club which recognizes students in grades three through five for demonstrating positive behaviors. Congratulations to the February ASPIRES Award winners as follows:

- 3rd Grade - *Pearl Troup*;
 4th Grade - *Makenzie Hertzler*; and
 5th Grade - *Summer Showers*.

Congratulations to *Isaiah Valentine* and *Libby Whittaker* for being named The Standard Journal's Athletes of the Week for their great playing on the basketball court in Districts! Great job!

Thank you for your support of the High School's Annual American Red Cross Spring Blood Drive!

There were 39 persons who attempted to give blood, and 32 productive units achieved. A special thank you to the following:

Student Donors: *Bailee L., Gavin M., Cade D., Erica H., Mara S., Kent P., Ethan M., Kaylyne D., Corbin S., Jacob Y., Rylee S., David P., Abby U., Hahley S., Korynn Z., Cami F., Colin M., Angelina F., Sierra G., Landon M., Max R., Ryan D., Sydney L., Lucia L., Madison S., Makayla L., Lindsey K., Kaitlyn S., Dylan D., Vanessa B., Sophia S., Isaiah K., Angela R., Julia H., Darin M., Brady G., Cara S., Madalynn S., Dante C., Angela S., Nadine W., Tanza W., Olivia E., Ethan H. and Conor E. **Staff Donors:** Mrs. Danielle Dressler, Ms. Angie Confair, Ms. Victoria Sealy, Mr. Josh Hetrick **Helpers:** Mrs. Stacy Koch, *Madison C., Olivia W.* and Mrs. Michelle Shearer*

With this blood drive completed, we now qualify to offer at least \$1,000 in scholarships from the American Red Cross. Qualifying seniors must have either helped at blood drives or given blood at blood drives. The application is available at the MAHS Guidance Office and is due by April 26, 2019. Again, we appreciate your flexibility and support of this service minded giving!

GIRLS ON FIRE!!!



Let's hear it for our girls! Our Wildcat Girls' Basketball Team is on fire! They took the win against Nanticoke, 43-29, on Saturday night in Sunbury and have secured their spot in the next round of the State Playoffs Tournament. **Riley Griffith** was the lead scorer in the game with 18 points, and **Reagan Griffith** and **Angela Reamer** each contributed nine points. Also scoring in the game were **Alaina Post** with two points, **Mara Shuck** with four points, and **Libby Whittaker** with one point. Great job ladies! We will all be rooting for you in the next round when the Wildcats take on Kennard-Dale.

Come out and support our students as they take the stage in their production of “Chitty Chitty Bang Bang” the Musical! Amazing production and talent can be seen in this one of a kind musical! Opening night is Thursday, March 14, 2019. Additional shows on Friday, March 15, 2019 and Saturday, March 16, 2019. All shows begin at 7:00 P.M. Tickets on sale now. Get them fast before they are gone!

