



TIGER TALES

“Make a Joyful Noise”



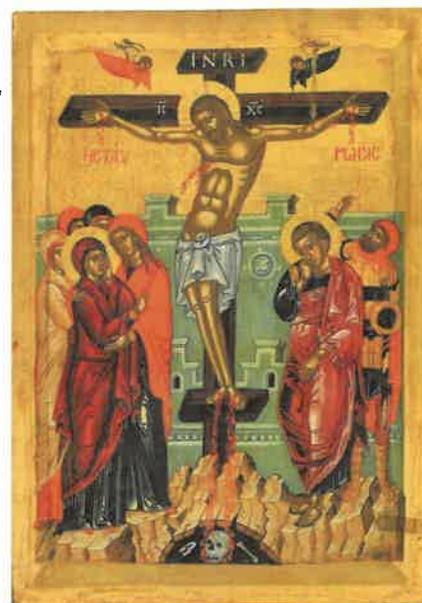
Gaze upon the Beauty of the Lord

The first step in studying art (and creating art) is to gaze upon beauty. That’s not just glancing quickly or staring absentmindedly, like we do on our phones. We must give beauty our attention. We must gaze upon it with focus. Try spending two minutes really looking at the icon here in silence. What do you notice? What draws your eye? What raises questions? Beauty always leads to Truth. What is the art saying?

You might see some letters. The more familiar “INRI” at the top of the cross is a Latin abbreviation of the inscription posted by Pilate: “Jesus of Nazareth, King of the Jews.” The other letters are Greek. The white letters on the arms of the cross are abbreviations for “Jesus Christ.” The red letters below Christ’s hands mean “The Crucifixion.” But now focus on the people. On the left are the women who were at the cross. Mary, the mother of Jesus, is in the front in dark red. Mary Magdalene, in light red, is embracing her. On the right, the young man is the disciple John who also witnessed the crucifixion (John 19:25-27). Behind him, the bearded man in armor is the centurion. He alone is looking up at the face of Jesus. It’s as if he sees the halo marking Jesus as God, for he makes the confession: “Truly this was the Son of God” (Matthew 27:54). But also notice that Mary, Mary Magdalene, and John are all looking out at you. Their eyes invite you to gaze back and take notice of what’s happening. It’s as if they’re saying: “Look. See. Believe. He did this for you.”

Finally, let your eyes follow the flow of His precious blood, from His hands, His side, and from His feet down into the earth. Adam’s skull is buried there, but that’s also a symbol for us. We are all sinful sons of the first sinner and so we all die and return to the dust. But Christ’s blood cleanses us from sin and enlivens our dry bones. His holy death on the cross and His holy blood are beautiful and they give us true and everlasting life.

Rev. Anthony Dodgers, Headmaster



Our Fourth Quarter Chapel Offering will support a seminary student, Paul Mroczenski, who is serving his vicarage in Puerto Rico. Our goal is to collect \$300. Please see his newsletter including pictures attached in Tiger Tales.

March 2026

Sun

Mon

Tue

Wed

Thu

Fri

Sat

1	2	3 <i>Lucas Werling</i> 	4	5	6 <i>End of third quarter</i> <i>K-2 Fieldtrip</i>	7 <i>WOB</i> <i>Craft for a Cause</i>
8 <i>Daylight Savings</i>	9	10 <i>Board of Education Meeting</i>	11 <i>Alive and Well Starts</i> <i>Violet Boehm</i> 	12	13 <i>Social Studies Fair</i>	14
15	16 <i>6 pm PTL Meeting</i>	17	18 4-6 pm <i>Kindergarten Round-up</i>	19 <i>Birthday Pizza Party</i>	20 <i>Mrs DeFrain</i> 	21
22	23	24	25	26	27 <i>Emersyn Schumm</i> 	28
						
29	30	31		 LENT		



Friday, March 13th at 6:00 p.m.

This year, our academic fair highlights our Social Studies curriculum. Students have prepared independent projects that illustrate an aspect of Indiana, American, or World history and culture. Students will display their projects, demonstrating what they learned about their topic. During the fair, attendees are encouraged to ask questions of our students, so they can share with others what they have learned.

We are asking that each school family donate at least one dozen cookies (bought or homemade) to help provide refreshments for the event. Thank you!

School Gym Use after school hours – Before using the school gym after school hours, please be sure to contact our current Athletic Director, Brandon Schumm. Please call or text him at 260-273-7403 to make arrangements. Thank you
***Rules for the gym include NO Roller Blading or Skateboarding. Please be diligent in wearing clean non-marking shoes. Thank you**

With Gradelink you can stay updated on your child's academic progress at school and get information on upcoming assignments such as assignment descriptions and due dates. The following information is available to you when you **log in to Gradelink**:

- Current Grade in each class
 - Current GPA for the term, if applicable
 - Descriptions, Grades, and Teacher Comments for graded assignments
 - Descriptions and Due Dates for upcoming assignments
 - Assignment handouts or documents (attachments)
 - Email Alerts you can configure for grades and attendance
 - Attendance Information
 - Transcript Information, if applicable
 - Billing Information, online payment for tuition and lunch fees
- To access this information go to **www.gradelink.com** and click on the green Log In button.



PLEASE CALL THE SCHOOL OFFICE IF YOU NEED ANY HELP logging in.

PRIVACY NOTICE We all love to share pictures of our child's school activities and accomplishments. However, we have to be very careful where those pictures are posted and respect that other students might also be in the picture. Parents, please remember to not post pictures that may have students in them other than your own child. If you have any questions or concerns, please contact the school office before posting anything. Thank you

Weather permitting the students will be going outside for recess time. Please have your child dress appropriately for the weather.

Potential delays and cancellations for Bethlehem will follow the same as Northern Wells Community Schools.



*****Bethlehem will be closed March 23-27 for Spring Break*****

Bethlehem **WILL** be following the Northern Wells Community Schools 2 hour delay on Wednesday, March 18th. Morning bus service **WILL** be provided. The 7-8th grade students **WILL** need to attend their NW morning classes. Bethlehem teachers will use the 2 hours for in-service. Chapel will be held at 11:30 a.m. Please contact the school office if you have any questions.

The School Spelling Bee took place on Thursday, February 5th. The following students were recognized as winners:

1st/2nd Grade

Winner: Vincent Schumm "sled"

Runner-up: Issac Wanner



3rd Grade:

Winner: Clyde Holtzclaw "speak"

4th Grade

Winner: Madeline Schumm "village"

Runner-up: Lucas Haiflich



5th-6th Grade:

winner: JT Holtzclaw "fury"

Runner-up: Emma Campbell



7th-8th Grade:

Winner: Matthew Rekeweg "demure"



As we approach the end of this school year, we need to start planning for the new school year enrollment. To help us make wise decisions in staffing and ordering materials, we need to know how many students we will be expecting. Please watch for information on tuition costs and pre-registration to be coming home in the next week.

MARK YOUR CALENDAR—KINDERGARTEN ROUND UP
will be held on March 18th 4-6 pm



Sign up today!

Shop at Kroger and help Bethlehem Lutheran School tuition assistance fund with the **Kroger Community Rewards Program**.

Register online at krogercommunityrewards.com, be sure to have your Kroger Plus card handy and register your card with Bethlehem Lutheran School as your organization for the reward. The NPO number for Bethlehem is **WG595#**.

If you don't have a Kroger Plus card, they are available at the customer service desk.

Members must swipe their registered Kroger Plus card or use the phone number that is related to their registered card when shopping for each purchase to count.



To redeem Box Top products, you will need to download the Box Tops app on your phone and then scan each receipt that contains your Box Tops products. **KEEP ON SCANNING!**

PLAN TO USE SCRIP FOR ALL YOUR SHOPPING NEEDS

Please see the flyer attached to this newsletter for information on how to create your own account through Raise Right using Bethlehem's enrollment code noted on the attached flyer. Physical cards, ecards and reloadable cards are all available for your purchase and can be sent directly to your home.

Please be sure to check out our new scrip order sheet attached to this newsletter. Physical cards from local vendors and more are now available for order. Ordering dates are set to reduce shipping costs. **For questions or for placing an order, please contact Jill Holtzclaw 260-301-1965 our current PTL representative.**

As you purchase SCRIP you will also accumulate a percentage of profit to be applied to your child's tuition. Thank you to the church congregation and school families for supporting the Scrip Program.

Our Washington D.C. group appreciates your support.

This year's trip for our 7th & 8th graders will take place in April 2026

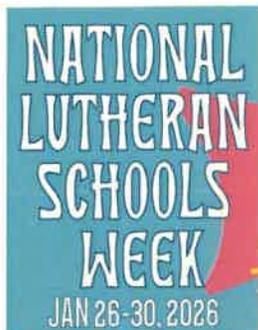
Please save your newspapers, catalogs, magazines, junk mail, old phone books, office/school papers and hard/soft cover books. Along with cereal type boxes (NO CARDBOARD). Bring your recycled paper to school and dispose of it in our "PaperGator" located right next to the trash dumpster in the front parking area of the school.



Aluminum cans and scrap metal The Washington DC group would like to remind everyone that we are looking for "pop can" style cans only for collection purposes. We are starting to find trash and glass in the recycling bin here at church which slows the sorting process down. If anyone has any questions, please contact Jay Werling or Jason Rekeweg. Thanks to everyone for your continued support.



Despite the school closings due to bad weather during our January Lutheran Schools Week, we were still able to have a couple of fun dress up days! See if you can tell which teacher or staff member they dressed up as!!!



We also had characters from favorite books!





As you are able, please bring an Offering for Chapel on Wednesdays

Our God has given so much to us! One way that we worship Him is by giving back a portion of His gifts to Him and to His Church. Students may place their offerings in the offering plate as they come into chapel every Wednesday.

The third quarter chapel project for the Orphan Grain Train created quite the competition among our chapel families bringing almost \$600 in just the Penny War. Please see the Penny War chart listed separately in this newsletter showing the Boaz family



as winners! Some of those profits were used for bookbags and supplies that our students helped put together for the Orphan Grain Train. Chapel offerings for the Orphan Grain



Train will continue through to March 6th. Thank you to all of our Bethlehem Chapel families for their efforts.

Please feel free to join us for Wednesday morning Chapel at 10:00 a.m.



Cinderella at Creative Arts in Bluffton
(Ginny Wirgau in the ensemble)

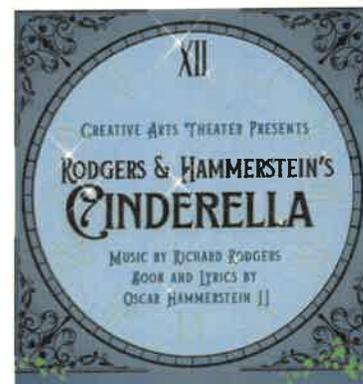
March 13th @ 7pm

March 14th @ 2pm

March 14th @

Admission for 12 & under is \$10.

Admission for Adults is \$15.



<https://www.wellscocreativearts.com/>



February / March Birthday Pizza lunch

with Pastor Dodgers

Thursday, March 18th

Students celebrating birthdays are:

Madeline Schumm, Jon Fuhrmann, Mazie Day
Lucas Werling, Emersyn Schumm, Violet Boehm

Parents vs Kids Basketball Event

Thank you to all our basketball players and to the parents for their support. We look forward to seeing everyone return and seeing some new player's next season!

God's blessings to our 8th grade players: Savannah Fuller and Ivan Bales

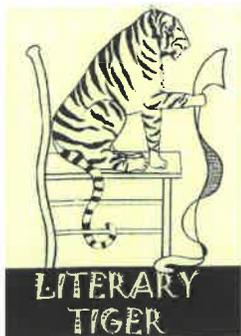
A huge thank you to our coaches:

Don Bales, Isaac Harkless, Ben Schueler, Melissa Householder and Lacey Meyer.

Also, a big thank you to our cheerleaders!

Players, please be sure to return your uniforms





Remember, you can browse our library catalog online any time from

<https://www.librarycat.org/lib/BLCSOssianLibrary/>

The search page shows the books most recently added to our system. We have several new picture books perfect for winter reading.

We also invite everyone to a Bingo reading challenge!

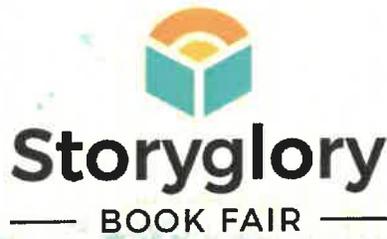
When you complete a Bingo you can get your picture in the Tiger Tales, plus a special prize! Last month's Bingo winners are: Mazie Day (K– not pictured), Lydia Harkless (1), Cora Day (2), Anthony Tolson (2)

You have until the last library day of the school year to work on the challenge. You have to share the titles of the books or tell the librarians about what you read. Yes, audiobooks and books read aloud by parents count! Printed Bingo cards will be distributed in the school library.



Bethlehem Library Bingo

Book with a One Word Title	Historical Fiction	2nd in a Series (after reading the first!)	Nonfiction American History Book	A Librarian Favorite
Re-read a Book	A Book Older than Your Dad	A Picture Book	Biography	Write a Book Review for Tiger Tales
Recommend a Book to Someone	Suggested by your Parent	Free Read	Mystery	Book from the Public Library
A chapter or story from the Old Testament	Read in a Blanket Fort	Book Made into a Movie	10 Poems	A Teacher Favorite
Nonfiction Animal Book	Read to Someone Else	Write a Story or Poem	Memorize a Poem or Psalm	Your Friend's Favorite Book



HAPPY BIRTHDAY, USA IT'S BOOK FAIR TIME!

Find wholesome, high-quality books for the entire family.
Enjoy 10% off your purchase, and 10% of sales will support BLCS.

BOOK FAIR HIGHLIGHTS:

- New and classic titles for Kindergarten to 8th Grade and Parents too!
- American History selections, in recognition of America's 250th anniversary this year
- Bibles, devotionals, and outstanding Christian fiction
- Family read-alouds for all ages

HOW TO SHOP:

- 1 Select Books Online**
April 19-26 at storyglorykids.org/bethlehem
- 2 Enter Student Details on the Cart Page**
Enter your student's name and homeroom teacher
- 3 Apply Promo Code**
Enter **BETHLEHEM** to receive 10% off and benefit your school
- 4 Choose Your Shipping Method on the Checkout Page**
Receive your order at school around May 11 by selecting **free "Ship-to-school"** shipping, OR receive books at home by selecting USPS Media Mail



Storyglory Kids Inc. is a 501(c)(3) nonprofit organization (EIN 33-2429105). To put more good books into the hands and hearts of children, visit storyglorykids.org/donate. All donations are tax-deductible to the extent of the law.

MIDDLE SCHOOL GIRLS

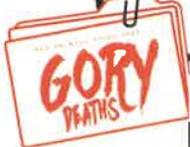
MAR 18

HANGING ON TO GUILT

FEB 18

HEAVEN'S FLAMETHROWER

SCRIPTURE: 2 KINGS 1



PENNY WAR

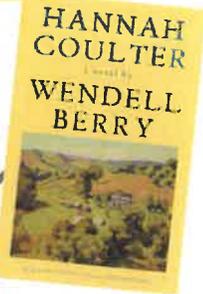
TOTAL FUNDS RAISED=594.06

	WEEK 1	WEEK 2	WEEK 3 & 4	TOTAL
Esther Family	+1,900 \$21.00	+508 \$49.78	+152 \$2.48	TOTAL=+2,256
Felix Family	+827 \$14.42	-2,426 \$14.42	+229 \$15.59	TOTAL=-1,370
Deborah Family	+562 \$15.12	+285 \$49.62	+133 \$4.73	TOTAL=+980
Boaz Family	+340 \$6.70	+2,827 \$28.37	+10,661 \$101.26	TOTAL=+13,828
Abel Family	+240 \$3.61	-352 \$18.82	+10,106 \$113.51	TOTAL=+9,995
Caleb Family	-75 \$0.94	-1,225 \$19.25	-780 \$6.91	TOTAL=-2,081
Gideon Family	-220 \$2.20	+4,486 \$58.46	-335 \$4.35	TOTAL=+3,931



Book Club

HANNAH COULTER
BY WENDELL BERRY
MEET APRIL 18



SAVE THE DATE

VBS

JUNE 8-11, 2026

Christ IN THE Psalms

MONDAYS @ 2PM
THURSDAYS @ 6:30PM
ENDS MARCH 26

DATES

- 1.8 Lent Devotional
- 1.22 Penny War
- 2.19 Baptismal Birthday

Deaconess Discussion

Lent Devotional

Available online or hard copies at church.

Baptismal Birthdays

We celebrated Baptismal Birthdays in February. This helps to reinforce and teach this meaning of baptism to our children but also provides an opportunity to give thanks. Ways to celebrate:

- Sing a hymn ("God's Own Child, I Gladly Say It")
- Light a candle (Baptismal Candle or wooden candle from Wicking Vicar)
- Hang your Baptism Certificate (what's your baptism date?)
- Look at pictures from your baptism (who are your sponsors?)
- Enjoy a special treat like choco-flan or cake (find the recipe through The Lutheran Ladies Lounge podcast "baptismal birthday")



Let's
Make
a Joyful
Noise PSALM 98:4





BETHLEHEM

LUTHERAN CHURCH & SCHOOL

KINDERGARTEN ROUND-UP

When: March 18, 2026

Time: 4pm-6pm

Where: 7545 N. 650 E. Ossian, IN
Ossian, IN 46777

Who: Anyone who is interested in sending their child to kindergarten at Bethlehem for the 2026-2027 school year



HEALTH & WELLNESS

CANCER RESOURCES

Phil's Friends:

<https://philsfriends.org/>

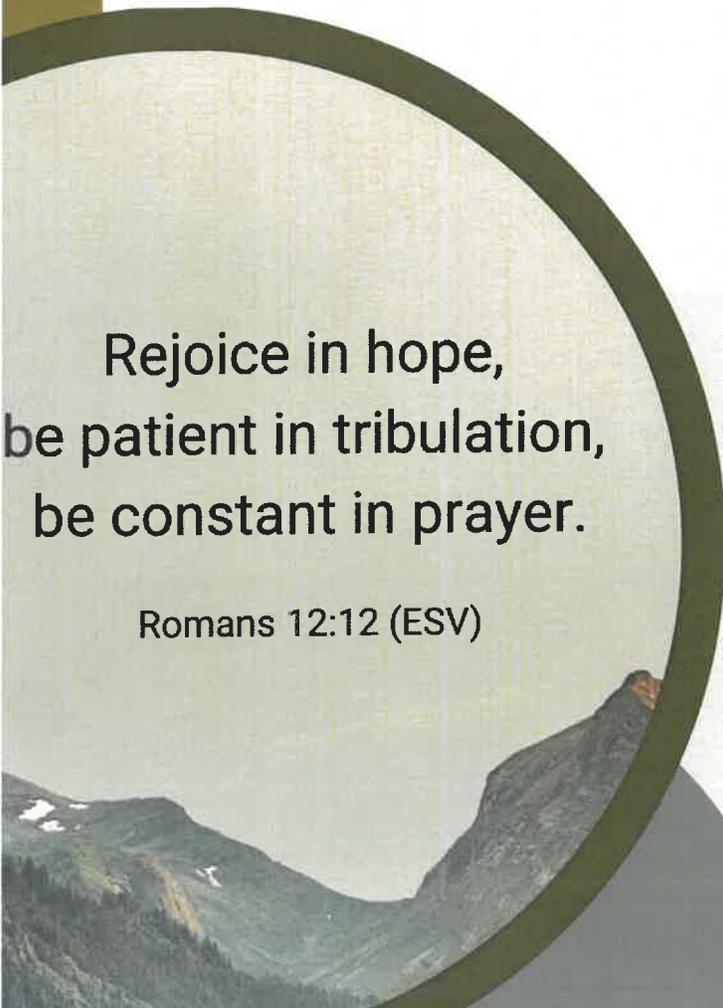
LCMS Life Ministry

Cancer Services of NE Indiana

Stephen Ministries

www.stephenministries.org

Book: Cancer—Now What?
by Kenneth C. Haugk



Rejoice in hope,
be patient in tribulation,
be constant in prayer.

Romans 12:12 (ESV)

Rejoicing in Tribulation?

In Romans 5:1–5, St. Paul proclaims a stunning truth: “Having been justified by faith, we have peace with God through our Lord Jesus Christ.” This peace is not a fleeting feeling or the absence of hardship—it is the objective reality that, through Christ’s death and resurrection, the war between God and sinners is over. By faith, we stand reconciled before God, not as enemies but as beloved children. This gracious standing is secure and permanent, rooted entirely in Christ’s merit and not our own.

From that foundation, Paul makes a surprising claim: “We also glory in tribulations.” Christians do not rejoice in pain itself, nor do we pretend suffering is easy. Rather, we boast in what God accomplishes through it. Tribulation strips away self-reliance and drives us back to Christ and His promises. In the theology of the cross, suffering is no longer a sign of God’s wrath but a place where He refines and shapes His people. Whether at a hospital bedside, a graveside, or in quiet daily struggles, believers cling to Christ—not with plastic smiles, but with tearful, stubborn faith.

Paul describes a Spirit-worked progression: tribulation produces perseverance, perseverance produces character, and character produces hope. This perseverance is not human grit but the Holy Spirit’s gift, sustaining believers when they feel weak and weary. Over time, endurance under the cross forms proven character—not moral perfection, but faith tested and refined. And that refined faith gives rise to hope—not wishful thinking, but confident expectation anchored in Christ’s victory.

Finally, Paul assures us that “hope does not disappoint, because the love of God has been poured out into our hearts by the Holy Spirit.” The Christian’s hope rests not in personal strength but in God’s steadfast love. Peace with God does not remove suffering, but it transforms it. In Christ, no trial is wasted. Even in tribulation, we rejoice—not because we are strong, but because our Savior is faithful, and His promises never fail.

TAKEN FROM THE LUTHERAN COLUMN
MAY 7, 2025

BY REV. GARRICK SINCLAIR BECKETT
FULL ARTICLE AT:

[HTTPS://THELUTHERANCOLUMN.COM/2025/
05/07/REJOICING-IN-TRIBULATION/](https://thelutherancolumn.com/2025/05/07/rejoicing-in-tribulation/)

WORKS CITED: WOLFMUELLER, BRYAN. A
MARTYR’S FAITH IN A FAITHLESS WORLD.
SAINT LOUIS: CONCORDIA PUBLISHING
HOUSE, 2019.



*Eleutherodactylus
Coqui*

As promised, pictured above is perhaps the most iconic animal of Puerto Rico: the *coqui*. It is basically a small treefrog, but it makes a big sound. Its name comes from the loud croak it makes that sounds like (“co-kee”). You can search *coqui* sounds on YouTube if you’re curious. If you spend an evening in Puerto Rico, you are likely to hear a few *coquis*, but you may never see one. I saw my first one just this month! They feature prominently in Puerto Rican art and culture.



To be added to or removed from this mailing list, send an email message to courtney.mroczenski@lcmsintl.org with the word ADD or REMOVE in the subject line.

Prayer: The Foundation of Mission



Short-Term Team at the Mroczenski House

“Therefore pray earnestly to the Lord of the harvest to send out laborers into his harvest” Matt 9:38). The Lord Jesus, would have us begin mission with prayer. It ought not surprise us; no endeavor can succeed apart from the Lord’s blessing (Psalm 127). However, with prayer, we can accomplish things beyond our imagining, even the will of God himself! Thus we pray, *“Thy will be done.”* Hear how Luther speaks of prayer in the Large Catechism: *For this we must know, that all our shelter and protection rest in prayer alone. For we are far too feeble to cope with the devil and all his power and adherents that set themselves against us, and they might easily crush us under their feet. Therefore we must consider and take up those weapons with which Christians must be armed in order to stand against the devil. For what do you think has hitherto accomplished such great things, has checked or quelled the counsels, purposes, murder, and riot of our enemies, whereby the devil thought to crush us, together with the Gospel, except that the prayer of a few godly men intervened like a wall of iron on our side? ...however, we shall nevertheless be a match both for themselves and the devil by prayer alone, if we only persevere diligently and not become slack. For whenever a godly Christian prays: Dear Father, let Thy will be done, God speaks from on high and says: Yes, dear child, it shall be so, in spite of the devil and all the world* (LC, Lord’s Prayer, 30-32). Indeed, nothing you read about in these newsletters would be possible without your prayers. We would have succumbed long ago to the attacks of the devil, the world, and our own sinful flesh had it not been for the prayers of God’s faithful people. Thank you! And thanks be to God, for answering our prayers for the sake of Jesus Christ our Lord!

La Paz de Cristo (The Peace of Christ),

Paul, Courtney, & Jacqueline Mroczenski



PLEASE PRAY FOR:

- Those doubting and enduring temptations; that the Lord guard them against the devil's attacks and comfort them by his word and sacraments.
- Our podcast, that it would reach many new people with the gospel and bring them to Christ's church.
- Peace and reconciliation among families, grounded in the cross of Christ.

GIVE THANKS FOR:

- The confirmation of a new member.
- The short-term team from Nebraska and their efforts.

PRAISE GOD FOR:

- His powerful word & gospel which never return void.
- The precious gifts of his sacraments, tangible means of grace for our salvation and comfort

Other News & Updates

March for Life:

January 19 was the annual March for Life here in Puerto Rico. The mission team, several church members, and the short-term team that was in town attended the March. It was our first time attending as a mission, but it will not be our last. We showed up with matching t-shirts and the iconic Lutherans for Life neon and were one of the largest and groups there. We will continue to be a strong voice for the value of life at all stages here in Puerto Rico.

Podcast:

Don't forget about our new podcast: *Cristo en el Centro* (Christ in the Center) [Cristoenelcentro](http://Cristoenelcentro.com). Even if you don't speak Spanish, liking and subscribing helps us reach people in Puerto Rico who do and who need to hear the pure gospel of "Christ crucified for sinners," as the Lutheran church proclaims it. As the name suggests, in our podcast, Christ is always in the center.



Congregation Member Being Examined Prior to Her Confirmation

Confirmation:

We celebrated a confirmation with great joy this month. It was particularly special for me, as it was the first confirmation I've witnessed of someone who I had a hand in catechizing. May God guard her in her baptismal faith now and always.

Volunteer Group:

A BIG thank you to the short-term team from Nebraska that was with us this month. They accomplished so many things (big and little) that needed to be done. Thank you!

I took advantage of the cooler weather to do a little fishing with pastor Neuendorf. I'm still on the hunt (still on the fish?) for a peacock bass—a type of tropical bass not found in the cold Midwest where I am from. However, I did catch this tropical fish (some type of cichlid) and some largemouth bass.



There are many opportunities to serve as short-term or GEO missionaries. Check out the current list and download an application at lcms.org/service. Click on "Service Opportunities."

Prayerfully consider partnering with the LCMS to support the work of Paul and Courtney Mroczenski. Make checks payable to:

The Lutheran Church—Missouri Synod
P.O. Box 66861
St. Louis, MO 63166-6861

OR

Mission Central
40718 Highway E 16
Mapleton, IA 51034

On the memo line include: *Mroczenski-Puerto Rico*

Give securely from any device: <https://www.lcms.org/givenow/mroczenski>

Call a donor care representative: 888-930-4438

News Notes To Parents

Purdue University Cooperative Extension Services, Health And Human Sciences

March 2026

Green, Green, the more you eat...

March is the month I begin to think about green again after going through winter without. March is the start of Spring, the month of St. Patrick's Day, and when some folks begin thinking about planting seeds for their gardens. Speaking of green and gardening, leafy greens are generally a cool season crop with short growing periods. They can be planted in late spring and again in early fall because they thrive in more mild temperatures.

There are many varieties of leafy greens offering assorted flavors and textures. Using a few different types of greens can help make a salad much more interesting and enjoyable. More than that, leafy greens can be incorporated into eggs at breakfast, casseroles, pastas, soups, and stews towards the end of their cooking process.

Creating a mix of colors, textures, and shapes can help turn the vegetable dish into something to get more excited about. Romaine lettuce provides a crisp texture and is often used when making Caesar type salads. Arugula is actually a part of the mustard family and gives a distinct peppery flavor that can be a nice addition to a sandwich. Mizuna is recognized for its fringed leaves and tangy flavor that is sometime incorporated into salad mixtures. Spinach is one of the more well known, dark green varieties. Spinach has a fairly mild flavor that becomes increasingly savory as the leaves turn more wrinkled and curlier. Red leaf lettuce gives the salad more color making it more aesthetically pleasing and nutrient dense. Red offers different nutrients than its green counterparts.



The more colorful our plates and the richer those colors are, the more nutrients we gain. The darker the green, the richer in nutrients. This concept makes spinach a great choice. The flavors are mild and it's pretty versatile in its uses. Spinach can be eaten raw or cooked. Cooking methods include sautéing, cooking in the microwave, and steaming on a stovetop. Remove any large, tough stems from the leaves. For best cleaning practices, soak leaves in a bowl of lukewarm water and leave them for several minutes to remove dirt. Drain the water and rinse the leaves again under a light stream of cool water. Allow spinach leaves to dry almost completely on a paper towel prior to storage. Store in a plastic bag with a damp paper towel in the refrigerator for 4-5 days. Spinach can be frozen for up to 5 months.

Tip: Salad dressing is great! Vinegar and oil, regular, or reduced fat are all ok! Dressing can actually be beneficial when used in portions of 1-2 tablespoons at a time. Vitamins A, D, E, and K are all fat-soluble vitamins. Vitamins A and K are often found in lettuce and greens and will be better absorbed in our bodies when we add a little fat to the mix. Other sources of fat that can be added to a salad are avocados, shredded cheese, egg, sunflower seeds, and walnuts.

Jessica Riffle, HHS Educator Purdue Extension – Fulton County

Photo Credit: Canva

Fix It and Forget It



Basic Tips for Crock Pot Successes

To test a crock pot's accuracy, heat two quarts of water on Low for eight hours and check the temperature immediately after removing the lid. It should be between 180°F and 200°F. Temperatures above 200°F may overcook food, while temperatures below 180°F are unsafe and indicate the crock pot should be replaced.

Low cooking temperatures range from 180–200°F and High is about 300°F. One hour on High equals two to two and a half hours on Low. Crock pots should be filled halfway to three-quarters full, with vegetables placed on the bottom and meat on top. Do not remove the lid during the first quarter of cooking. Cooked food should not be stored in the crock pot.

For easier cleanup, use a liner or spray the crock pot. Juices can be thickened by cooking uncovered on High at the end or by stirring in a cornstarch and cold-water mixture. Food must reach 140°F within four hours for safety. Frozen food should not be cooked or reheated in a crock pot; reheat by other methods first, then keep warm on Low. In the event of a power outage, discard food if you are not home, or finish cooking immediately by another method if you are home. Store leftovers in shallow containers and refrigerate within two hours, reheating by other means before holding warm in the crock pot.

Credit: Linda Souchon - Purdue Extension-Johnson County Office

Slow Cooker Salsa Chicken

Ingredients:

- 2 lbs. boneless, skinless chicken thighs
- 1 tsp. salt
- 1/2 tsp. black pepper
- 2 (16-oz.) containers medium salsa
- 8 cups hot cooked rice

Directions:

1. Place chicken in a 6-quart slow cooker; sprinkle evenly with salt and pepper. Add salsa.
2. Cover and cook on HIGH until a thermometer inserted in thickest portion of thighs registers 165°F, about 2 hours. Turn off slow cooker. Transfer chicken to a large heatproof bowl and let cool 10 minutes.
3. Shred meat into bite-size pieces. Add liquid in slow cooker to chicken; toss to coat. Serve over hot rice.



Credit: Slow-Cooker Salsa Chicken Recipe

Molly Hoag, Health & Human Sciences Educator www.extension.purdue.edu/wells

News Notes To Parents is a product of Purdue Extension—Wells County. If you have comments or need information, call (260) 824-6412. The office is located at 1240 4-H Park Road, Bluffton IN 46714. Tell someone about us!



Extension - Health and
Human Sciences

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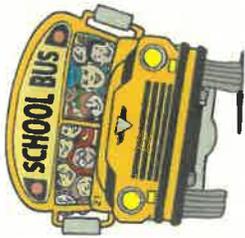
Bethlehem Lutheran Scrips Order Form [Orders due on Monday]

Date: _____ Student _____

Name _____ Circle One: BLS Student(named above)

Phone # _____ Check # _____ Total _____

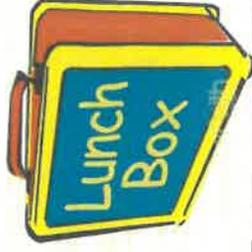
			QTY.	Total				QTY.	Total
A	Amazon.com	1.6%	\$25		M	Marathon	3%	\$25	
	Amazon.com	1.6%	\$100			Marathon	3%	\$100	
	Applebee's	8%	\$25			Marathon	4%	\$250	
	Arby's	8%	\$10			McAlister's Deli	6%	\$25	
	Arby's	8%	\$25			McDonalds	5%	\$5	
B	Barnes & Noble	8%	\$10			McDonalds	5%	\$10	
	Barnes & Noble	8%	\$25			McDonalds	5%	\$25	
	Bath & Body Works	12%	\$10			McDonalds	5%	\$50	
	BP	1.5%	\$50			Meijer	3%	\$25	
	BP	1.5%	\$100			Meijer	3%	\$50	
	Buffalo Wild Wings	8%	\$10			Meijer	3%	\$100	
	Buffalo Wild Wings	8%	\$25			Menard's	3%	\$25	
	Burger King	4%	\$10			Menard's	3%	\$100	
	Burger King	4%	\$25			Mike's Carwash	20%	\$11	
C	Chipotle	10%	\$10		N	Nine Mile	8%	\$20	
	Colliers Comfort	5%				O'Charley's	13%	\$25	
	Cracker Barrel	8%	\$10		O	Old Navy	14%	\$25	
	Cracker Barrel	8%	\$25			Olive Garden/Cheddars	8%	\$25	
	Culvers	10%	\$10			& Longhorn Steakhouse			
D	Dairy Queen	6.5%	\$10			Outback	10%	\$25	
	Dick's Sporting Goods	8%	\$25		P	Panda Express	8%	\$25	
	Disney	3%	\$25			Panera Bread	8%	\$5	
E	East of Chicago	10%	\$10			Papa John's Pizza	8%	\$10	
	East of Chicago	10%	\$25			Pizza Hut	8%	\$10	
F	Fazoli's	9%	\$25		R	Richards	10%	\$20	
G	Galley	10%	\$20			Red Lobster	8%	\$25	
	Ginger Fresh Market	5%	\$25		S	Speedway	4%	\$25	
Ginger Fresh Market	5%	\$50		Starbucks		4.5%	\$5		
	Ginger Fresh Market	5%	\$100			Starbucks	4.5%	\$10	
	Gordons Food Service	4%	\$25			Starbucks	4.5%	\$25	
	Gordons Food Service	4%	\$100			Steak & Shake	8%	\$10	
H	Hall's	10%	\$15			Subway	6.0%	\$10	
	Hall's	10%	\$30			Subway	6%	\$50	
	Happy Moments	10%	\$25		T	Taco Bell	5%	\$10	
	Hardees	5%	\$10			Target	2.5%	\$25	
	Hills Market	4%	\$25			Texas Roadhouse	8%	\$25	
	Hills Market	4%	\$50			T.J Maxx/ Marshalls	6%	\$25	
	Hills Market	4%	\$100		V	prepaid VISA	1.25%	\$25	
	Hollywood Nails	17%	\$20			prepaid VISA	1.25%	\$50	
I	iTunes	5%	\$15			prepaid VISA	1.25%	\$100	
	Kohl's (can NOT use to pay bil	4%	\$25			prepaid VISA	1.25%	\$250	
K	Kohl's (can NOT use to pa	4%	\$100		W	Walmart / Sams Club	2.5%	\$25	
	Kroger	4%	\$25			Walmart / Sams Club	2.5%	\$50	
	Kroger	4%	\$100			Walmart / Sams Club	2.5%	\$100	
L	Little Caesars	8%	\$20			Walmart / Sams Club	2.5%	\$250	
	Lowe's	4%	\$25			Walgreens	5%	\$25	
	Lowe's	4%	\$100			Walgreens	5%	\$100	
					Z	Wendy's	6%	\$25	
						Zurcher Tire	5%		



Bethlehem Lutheran School

Lunch Menu

March 2026



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Chicken Nuggets Broccoli Baked Beans Applesauce Soft Pretzel	3 Pancakes Sausage Hash Brown Patty Veggy Juice	4 Nachos w/Meat and Cheese Salad Corn Banana	5 Chicken Tender Wrap Potato Wedges Applesauce Rice Krispy Treat	6 Bosco Sticks Marinara Sauce Fresh Vegy Mixed Fruit	7
8	9 Cheeseburger Fresh Vegy Waffle Fries Peaches	10 Soft Taco Vegys Corn Fruit	11 Popcorn Chickn Mashed Potatoes Carrots Fruit Bread Stick	12 French Toast Sausage Hash Brown Patty Veggy Juice	13 Cheese Pizza Peas Salad Banana	14
15	16 Chicken and Waffles Hash Brown Patty Veggy Juice	17 Popcorn Chickn Mac & Cheese Broccoli Carrots Fruit	18 Corndog Salad Green Beans Apple Slices	19 Chicken Patty Sandwich Fresh Vegy Baked Beans Fruit Cookie	20 PBJ Uncrustable Cheese Stick Fresh Vegy Pretzels Fruit Cup	21
22	23	24	25	26	27	28
29	30 Pizza Cheesy Broccoli Veggy Applesauce	31 Walking Taco Lettuce & Tomato Refried Beans Fruit				