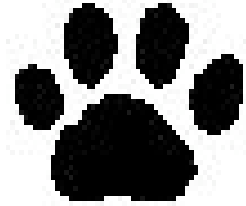


Panther Pride News



Medomak Valley High School

320 Manktown Rd.

Waldoboro, ME 04572

Harold E. Wilson, Principal

Andrew J. Cavanaugh, Assistant Principal

Ann M. Hassett, Director of Instruction

PH: (207) 832-5389 / FX: (207) 832-2280

Main Office Hours: 7:15-3 p.m.

Matthew J. Lash, Athletic Director

January 16, 2009

Upcoming Events

Friday, Jan. 16:

Freshman Girls Basketball Home Game w/Mt Ararat 4:00
Boys Basketball Game at Maranacook
Fresh: 4:00 JV: 5:30 Varsity: 7:00
Girls Basketball Home Game w/Maranacook
JV: 5:30 Varsity: 7:00

Saturday, Jan. 17:

Wrestling Meet at Mtn. Valley 10:00 Weigh In 11:00 Meet

Monday, Jan. 19:

Cheerleading KVAC's At Augusta TBA
Boys Basketball Home Game w/Belfast
Freshman: 4:00, JV: 5:30, Varsity: 7:00
Girls Basketball Game at Belfast
Freshman: 3:45, JV: 5:30, Varsity: 7:00

Tuesday, Jan. 20:

Wednesday, Jan. 21:

Thursday, Jan. 22:

Friday, Jan. 23:

Freshman Girls Basketball Game at Cony 4:00
Boys Basketball Game at Mt. View
Fresh: 3:30 JV: 5:30 Varsity: 7:00
Girls Basketball Home Game w/Mt. View
JV: 5:30 Varsity: 7:00

Saturday, Jan. 24:

Cheerleading Regionals at Bangor TBA
Freshman Boys Basketball Home Game w/Cony 10:00

College Night

Regional College Night will be held this year at the Samoset Resort on Wednesday, January 28, 2009 from 6:45 -8:45 p.m. (Snow Date February 3rd). High School students and parents are encouraged to attend. The night will include workshops from college admissions and financial aid officials regarding the following: Applying to College, Selective College Admissions, Financial Aid & the FAFSA, Researching Colleges, The Maine College System, Maine's Community Colleges, Local College Options and High School Aspirations Scholarships & Early College. Also available a MCST Post Grad/Senior Year Options Information Table. Contact the Guidance Department @ 832-7270 with any questions.

8th Grade Parent Night

Tuesday, Jan. 27

Snow Date: Jan. 29

Time: 6:30, in the

Ronald Dolloff Auditorium

Parents are encouraged to

attend to find

Visit the Medomak Valley High School website at
<http://www.msad40.org/schools/mvhs>

Please submit news items to be published in the MVHS newsletter via e-mail to lisa_gunn@sad40.k12.me.us or deliver news items to the MVHS main office by Wednesday morning for Thursday publication.

DISCOUNT ICE SKATING PASSES

The Waldoboro Recreation Department is offering discount passes for public skating at the Midcoast Recreation Center in Rockport. Normally \$9/\$8 adult/child (skates included), passes are available at \$5.00 for teens/adults (age 13 and up) and \$4.00 for children (12 and under). Public skating is held as follows: Tues/Thurs Fri: 12-2pm (ends Mar. 21), Sat/Sun: 12-2pm (ends Feb. 10), 3:30pm-5pm (Feb. 19 - Mar. 20). Check www.midcoastrec.com for updated/additional times. Passes are available at the Recreation Department at the Waldoboro Town Office. For more information, call Kyle at 832-5369. Passes must be purchased in person.

DISCOUNT PORTLAND PIRATES TICKETS

The Waldoboro Recreation Department is now selling Portland Pirates *discount flex vouchers* for the 08-09 hockey season. Flex vouchers are good for any best available main deck seat at the Cumberland County Civic Center during the regular 2008-09 season, subject to availability. Adult vouchers are \$10.00 each, a discount of \$7.00 off the regular main deck cost. Child / Senior vouchers are \$8.00 each, \$1.00 off the regular cost. Vouchers can be redeemed at the Civic Center Box office for any 08-09 regular season home game with the Portland Pirates. These make great gifts for the upcoming holiday season, birthday or anytime you want to take the family to the game and are looking for a deal! Perfect for the hockey fan in your family to use throughout the season! Flex Vouchers are on sale now at the Waldoboro Town Office and all voucher sales are final. Cash and checks are accepted. We do not accept credit cards. For more information, please call Kyle at 832-5369.

Dental Appointments

Prevention Partners, a non-profit public charity organization, has been rescheduled, to be at MVHS on January 26th & 27th to provide dental/oral health care. This free program is available to all Maine Care children under the age of 21. Others without regular dental care may self-pay.

We are pleased to offer this dental program to MVHS students. A certified dental hygienist will come to our school and set up portable dental equipment. The hygienist can provide sealants, fluoride treatments, oral hygiene instruction, cleaning, tobacco and nutrition counseling, etc.

Applications are available in the Main Office and Health Office. Please call the Health Office at 832-5566 with any questions or to have an application mailed.

Parent/guardian permission, health history of child and Maine Care # of child, are all required for a student to receive oral preventive service at school.

Happy New Year from MSAD 40 Adult Education!!!

College Planning Essentials for Adults with Joanne Richards

This FREE workshop is for adults aged 19 and older who are interested in finding out more about college opportunities. Bring your 2008 Federal Tax return or W2s so that you can get assistance completing the Free Application for Federal Student Aid (FAFSA). One night only at Medomak Valley High School: Thursday, January 22 from 6:00-9:00 p.m. Fee: FREE. Please call the Maine Educational Opportunity Center to register at 1-800-281-3703.

Computer Instructor Wanted!!!

MSAD 40 Adult Education needs you! We are in need of a computer instructor to teach Computer Literacy Levels I & II and Computer for Seniors. See page 15 of the new winter/spring brochure for dates and times or call Susan Taylor at the adult education office at 832-5205 for more information.

To access the new winter/spring adult education brochure, go to our website at www.msad40.org/schools/adult and click on Brochure Links.

MEDOMAK VALLEY PEE WEE WRESTLING

The Medomak Valley Pee-Wee Wrestling program (Pre-K through 4th grade) begins on Monday, February 2nd and will continue through April. Boys and girls from the SAD 40 area are welcome and encouraged to participate. This program will introduce basic skills and techniques. Wrestlers will compete against other wrestlers within the same weight class. Winning is kept in the proper perspective; however, competition is viewed as a necessary part of the learning process. The program builds stamina, coordination, and general fitness. It also helps develop self-confidence and self-discipline.

Practices will be held on Monday's and Wednesday's from 4:30-6pm at Medomak Middle School beginning February 2nd. Wrestling matches and tournaments are being scheduled and will be announced at a later date. There are small fees associated with tournaments.

Questions may be directed to Trevor Readinger (975-1854), Jed Harris (832-6045) or Billy Bramhall (832-4471). Hope to see you there!!!

Recommended Mid-Term Exam Schedule 2008-2009

Friday, January 16

Gold 1	Exam
Gold 2	Exam
Gold 3	Regular Class
Gold 4	Regular Class

Tuesday, January 20

Blue 1	Exam
Blue 2	Exam
Blue 3	Regular Class
Blue 4	Regular Class

Wednesday, January 21

Gold 1	Regular Class
Gold 2	Regular Class
Gold 3	Exam
Gold 4	Exam

Thursday, January 22

Blue 1	Regular Class
Blue 2	Regular Class
Blue 3	Exam
Blue 4	Exam

****In the event of a “snow day”, the calendar may need to be revised****

School Cancellations

Television:

WCHS-Channel 6
WMTW-Channel 8
WGME-Channel 13

Radio:

93.5, 94.5, 99.9, 102.9, 106.5

Internet:

www.msad40.org
www.WGME.com
www.wcsh6.com
www.villageSoup.com/knox



Sophomores Sell Blankets

The Sophomore class has been selling MVHS Panther blankets as a fundraiser this fall and winter, and there are still a few left. The blankets are made from high quality sweatshirt material, and are a little over 4 feet by 5 feet. They are grey, but the logo, a panther crawling through a large "M" is a combination of navy and yellow. A plastic carrying case is included, creating a nice seat cushion when the blanket is inside. Each blanket is \$25.00, and they make a wonderful gift. If you are interested, please call the school and leave a message for Susan Jones, sophomore class advisor.