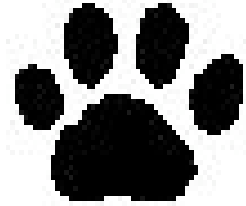


Panther Pride News



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 23, 2009

Upcoming Events

Friday, Jan. 23:

Freshman Girls Basketball Game at Cony 4:00
Boys Basketball Game at Mt. View
Fresh: 3:30 JV: 5:00 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 Girls Basketball Game at Morse 10:00
Freshman Boys Basketball Home Game w/Cony 10:00
KVAC Championship Wrestling at Cony Weigh In 7:30,
Meet at 9:30

Monday, Jan. 26:

Tuesday, Jan. 27:

Boys Basketball Game at Erskine
Freshman: 4:00 JV: 5:30 Varsity: 7:00
Girls Basketball Home Game w/Erskine
Freshman: 4:00 JV: 5:30 Varsity: 7:00

Wednesday, Jan. 28:

Thursday, Jan. 29:

Friday, Jan. 30:

Varsity Basketball Game at Camden
Boys: 6:00 Girls: 7:30

Saturday, Jan. 31:

Boys Basketball Game at Camden
Fresh: 10:00 JV: 11:30
Girls Basketball Game at Camden
Freshman: 1:00 JV: 2:30
Wrestling Regionals at MVHS Weigh In 8:00, Meet 9:30

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.

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

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.

Do you eat at Pizza Hut?

Medomak Middle School Music Dept. has Pizza Hut cards for sale at \$8 each. This gives you over \$75 off if you use all the coupons on the card. No expiration date and valid in 7 states. Help support the "Pennies for Pans" Fundraiser for new steel drums. Cards available from Julie Sanborn at MMS (832-5028) and Elizabeth-Ann at 354-7224.

Watch for more details on the Benefit concert with "Steelin' Thunder" coming in March.

Friday, February 6 Hat Trick Auction
a fundraiser for the Midcoast Ice Cats, MCSA Youth Hockey and CRHS Windjammers

Please join us for an evening of festivity and fine food at the Samoset Resort, Rockport. Silent auction at 6 PM, dinner buffet served at 7:30 PM, with a live auction to follow with auctioneer Rosey Gerry. For reservations, contact Rick Bresnahan, 236-2655. For a complete list of auction items, visit www.maine coastskaters.org

The Midcoast Ice Cats is a club hockey team made up of students from Belfast, Rockland, Watershed School, Georges Valley, Medomak and Lincoln Academy.

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!!!

PARENTWORKS OFFERS FOUR WEEK "RESPONSIBLE COMMUNICATION" CLASS:
March 9, 16, 23, 30, 2009

ParentWorks is a non-profit organization based in Knox County that provides monthly parenting education classes to families experiencing separation and divorce. These classes have run successfully for over a decade.

In answer to frequent requests for a more in-depth parenting class, ParentWorks has developed a four-week course. The purpose of the course is to educate participants in responsible communication between family members. This course would be appropriate for parents experiencing separation and divorce, as well as for parents in intact families during times of stress and otherwise. This course could be taken either as a follow up to our four-hour class but we are not requiring previous attendance at the Saturday class.

The curriculum will include instruction in the language and vocabulary of expressing thought and feeling, recognizing the difference, and identifying the difference between controlling one's own actions and those of others. Emphasis will be placed on developing age-appropriate listening, communication, and coping skills, especially suited to times of stress or crisis.

ParentWorks hopes that parents will feel free to bring their children. We will provide a meal for participants and family members. During the class time childcare will be provided, which will also include age-appropriate information about responsible communication.

The upcoming four-week course will be offered on March 9, 16, 23, and 30, 2009. Class time for each date is 5:30 p.m. to 7:30 p.m., beginning with dinner. Classes will be held at the St. Peters Episcopal Church, Rockland. There is no tuition charged for this class. For more information and to register for the course please call 596-0014, during business hours. Registration deadline is March 2, 2009.

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.

MVLT Hosts Sledding Party

Join the Medomak Valley Land Trust for a sledding party at the Sunny Side Farm easement property on January 31st between 2 and 4 p.m. This is a great family event, and a perfect way to get outside and enjoy this beautiful winter weather! Bring a sled if you have one, or share with others. The Sunny Side Farm is located off 220 South, approximately three miles from Waldoboro Village. From 220 take a sharp left onto the George Luce Rd, and look for signs for parking at the top of the hill.

For more information about this event, conservation options, or MVLT's services to landowners, please contact the land trust's office at (207) 832-5570. You can also find out more online at www.medomakvalley.org. The Medomak Valley Land Trust is a local non-profit organization that was established in 1991 to preserve the natural, recreational, scenic and traditional land-use values of the Medomak River watershed.

Benefit Steele Drum Concert at Medomak Middle School

"Steelin' Thunder" a steel drum band from Rockland, under the direction of Mike Miller will be performing a benefit concert for Medomak Middle School to raise money to purchase a set of drums for our school. The concert will be held at Medomak Middle School on Sunday, March 1 at 2:00p.m. Admission: Adults \$2.00, Students \$1.00, Family \$5.00. 10% of CD sales will also be donated to the school.

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

