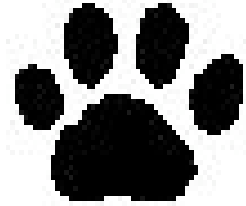


Panther Pride News



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

October 17, 2008

Upcoming Events

Friday, Oct. 17:

Saturday, Oct. 18:

Golf State Championship Match Natanis 10:30

Cross Country KVAC at UMA 3:00

Monday, Oct. 20:

Tuesday, Oct. 21:

Girls and Boys Soccer Prelims

Wednesday, Oct. 22:

Girls and Boys Soccer KVAC Championship

Thursday, Oct. 23:

Friday, Oct. 24:

Girls and Boys Soccer Quarter Finals

Saturday, Oct. 25:

Cross Country Regionals at Belfast

Juniors & Seniors:

There will be a Presentation on Health Care Careers on Tues., Oct. 28, 9:00-10:30 a.m. at Penobscot Bay Medical Center Physician's Building Auditorium

Careers in Nursing, Laboratory Tech, Information Services, Physical Therapy & Occupational Therapy, Nutrition, & Pharmacy will be presented. Please sign up in guidance by Oct. 16th if you want to go.

Students must provide their own transportation.

Title 1 Fall Fling

Wednesday, October 22nd

5:30-7pm, MVHS gym

If you have not sent in your RSVP yet but would like to come, please call

Jessica Sproul

at 832-2103 or 273-2001.

Picture Retake Day
Monday, Oct. 27

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.

Parent/Teacher Conferences

Please call Mrs. Gunn at 832-5389

to set up an app't with your child's teachers.

Thurs., Nov. 13, 5:30-8:15 or Tues., Nov. 18 2:30-5:15.

MSAD 40 Adult Education Classes Starting Soon
Classes are held at Medomak Valley High School in Waldoboro.

American Red Cross Classes:

Adult CPR meets Monday, October 20 from 6:00-9:00 p.m.

Pediatric CPR meets Monday, October 27 from 6:00-9:00 p.m.

First Aid meets Monday, November 3 from 6:00-9:00 p.m.

Fees for American Red Cross safety classes are \$50 for one session, \$55 for two sessions or \$60 for all three sessions.

Lifestyle Change with Terry & Bonnie Callery

Learn all about raising alpacas from the owners of Village Farm Alpacas in Waldoboro. Class meets Wednesday, Oct. 22 from 6:00-9:00 p.m. Fee: \$15

Pine Cone Wreath with Datvik Deirkrikorian

The holidays are coming! Materials fee of \$15 payable to instructor. Class meets Wednesday, October 22 from 6:00-8:30 p.m. Fee: \$10.

Microsoft Excel Intermediate with Charles Witherell

This class is for those with some experience using Excel. Begins Thursday, Oct. 23 from 6:00-8:30 p.m. for 3 weeks. Fee: \$40.

Notary Public with Sherry Tibbetts

A course for those who want to become a notary public or those who want a refresher. Begins Thursday, Oct. 23 from 6:30-8:00 p.m. for 3 weeks. Fee: \$20.

Tax Free Investing

This workshop is offered by Jerod Cronkite of Edward Jones Investments. Class meets Thursday, Oct. 23 from 6:00-8:00 p.m. Fee: FREE.

You must register and remit payment through MSAD 40 Adult Education - we take VISA and MasterCard over the phone for fees \$15 and above. Call for more information or to register at 832-5205, or visit our website for a complete listing of fall classes and events at www.msad40.org/schools/adult.

Nature Trail is Open!!!

The community is invited to come and enjoy an autumn walk on Medomak Valley's nature trail. The far end of the track is handicap accessible. You will see bird houses, bird feeders and there is a beautiful stone wall that was recently built by a student, during Futures Day.