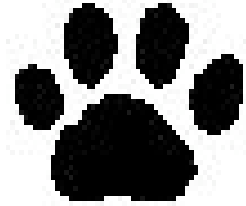


# Panther Pride News



## 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 24, 2008

## Upcoming Events

**Friday, Oct. 24:**

Girls and Boys Soccer Quarter Finals

**Saturday, Oct. 25:**

Cross Country Regionals at Belfast

**Monday, Oct. 27:**

School Picture Retakes

**Tuesday, Oct. 28:**

Girls and Boys Soccer Semi Finals

**Wednesday, Oct. 29:**

**Thursday, Oct. 30:**

**Friday, Oct. 31:**

**Saturday, Nov. 1:**

Cross Country States 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.

## 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.

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](mailto: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 unless noted.**

**Beyond Beginner's Guitar with Oren Robinson**

This class is for those with some guitar experience. Build on your current knowledge and expand your repertoire of songs. Students must bring their own guitar. Begins Wednesday, October 29 from 6:00-7:30 p.m. for 6 weeks. Fee: \$65.

**GED Class Session II with Megan Dichter**

GED classes offer intake, assessment and practice testing for the GED tests. This is an individualized program based on student goals and abilities. Although the class begins Wednesday, October 29 from 6:00-8:00 p.m. for 7 weeks, students may begin on any Wednesday they are available.

**Planning for Your Child's Education with Jerod Cronkite**

Now is the time to start planning for your child's education! Join us for a seminar with Edward Jones Investing where you will learn about savings plans and how to make college dreams a reality. One night only: Thursday, October 30 from 6:00-8:00 p.m. Fee: **FREE**.

**Warren Library Folk Chorus Session II with Anne Dodson**

In the folk tradition, Anne continues to instruct and inspire this all-female group of enthusiastic singers - join us for fun and inspiration! *This class is held at the Warren Free Public Library on Main St. in Warren Village.* Begins Thursday, October 30 from 6:30-8:30 p.m. for 6 weeks. Fee: \$70.

**Working with Your Intuition & Spirit Guides with Chandra Ma**

Students will learn to trust and work with their own inner knowing and intuition by practicing specific exercises to quiet the mind, focus, and listen to that inner voice. Bring a notebook and pen to class. Begins Thursday, October 30 from 6:00-8:30 p.m. for 4 weeks. Fee: \$120.

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](http://www.msad40.org/schools/adult).