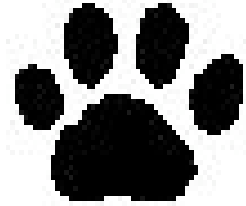


Panther Pride News



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

December 19, 2008

Upcoming Events

Friday, Dec. 19:

Saturday, Dec. 20:

Freshman Girls Basketball Game at GV 10:00
Atlantic Wrestling Invit., Weigh in 7:30, Meet 10:00.
JV Girls Home Game w/Rockland 10:00
Boys Home Game w/Rockland JV 11:30 Fresh. 1:00
Var. Girls Basketball Game at Rockland 5:00
Var. Boys Basketball Game at Rockland 7:15

Monday, Dec. 22:

Boys Basketball Home Game w/LA, Freshman 5:45
JV 7:15.
JV Girls Basketball Home Game w/LA 4:15

Tuesday, Dec. 23:

Wednesday, Dec. 24:

Thursday, Dec. 25:

Christmas

Friday, Dec. 26:

Varsity Home Game w/Freepport Boys 6:00, Girls 7:30

Saturday, Dec. 27:

Varsity Home Game w/GV Girls 6:00, Boys 7:30
Wrestling Invitational Hermon, weigh in 9:00, Meet 10:00

Tuesday, Dec. 30:

Freshman Girls Basketball Game at Mt. Ararat 4:00
Boys Basketball Home Game w/Waterville
Freshman: 4:00 JV: 5:30 Varsity: 7:00
Girls Basketball Game at Waterville
JV: 5:00 Varsity: 6:30

Friday, Jan. 2:

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

Saturday, Jan. 3:

Wrestling Home Meet, Weigh In 9:00, Meet 10:00

Fundraiser!

Steel drums will be arriving Jan 2, 2009 that will be shared between the two schools. Unfortunately the \$3000 grant was not approved and we are selling Pizza Hut Cards for \$8.00. This card will save for over \$75 on purchases at Pizza Hut. There is no expiration date and maybe used in 7 states. If you are interested in purchase any for Christmas gifts or stocking stuffers, please call Julie Sanborn at 354-0530 or Elizabeth-Ann at 354-7224. Thanks for your support!
Special concert will be schedule in the middle of January. Watch your newsletters!

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.maineToday.com

www.WGME.com

www.wcsh6.com

www.villageSoup.com

www.maineCoastNow.com



From the MSAD #40 Wellness Team

Dear Family,

'Tis the season for gift giving!!! And with the economy the way it is, I'm sure we are all looking for gifts that "really count". Since many families are trying to become more physically active and spending less time in front of "screens", it seemed like a good idea to share with you some gift ideas that are simple, but big on celebrating what is most important.... Our family's health.

Or, better yet, talk to your children about the kinds of activities they would like to be involved in and give them the gift of sharing the activity with them.

Gift ideas:

- o Bike helmet
- o Jump rope, sidewalk chalk or Frisbee
- o Basketball and hoop
- o Snowshoes, sleds or ski equipment
- o A gift certificate to an activity center or public pool
- o Ice skates
- o Winter worthy jacket, hats and mittens
- o Tennis racket or badminton set
- o Soccer ball or cleats
- o "Kid friendly" exercise video and sneakers
- o Reflector vest to wear at dark
- o A gift certificate to a sporting goods store
- o Baseball glove, ball or bat (Whiffle-bat stuff, too!)
- o A "coupon" to go for a hike with you

The ideas can go on forever....Just have a wonderful, healthy time giving!

LAST CALL

Any student interested in taking free classes through Central Maine Community College beginning in January can sign up in the main office ASAP! All classes will be held in the old Reny's building in Damariscotta. The classes are:

COM	100	L1	Public Speaking	Wed	5:00pm or 7:55pm
MUS	101	L1	Music Apprec & History	Sat	9:00am or 11:55am
PHI	101	L1	Critical Thinking	Mon	5:00pm or 7:55pm
PSY	111	L1	Developmental Psychology	Tues	5:30pm or 8:25pm

Scholarship Information

The Ann Ford Scholarship	Dec. 31 2008	Students w/learning disabilities	10,000.00	
Humane Society of US	March 16, 2009	Animal Protection	2,000.00	
Maine Nurses Assoc.	July 1, 2009	Nursing Program	(3) 1,000.00	
American Society of Civil Engineers	Jan. 31, 2009	Proof of enrollment in a civil engineering program	(2) 2,000. 00	
Agriculture scholarship by Monsanto Company	Feb. 15 2009	On-line application www.monsanto.com or www.ffa.org		
Clyde Russell	Feb 1, 2009	Four-year college/or Maine Community College		
UMO Visual Arts	Jan. 28, 2009	Acceptance into UMaine's College of Liberal Arts & Sciences	1,000.00 or 2,000.00	
UMO Pulp Paper 1st year students	Feb. 1, 2009	Engineering	FULL TUITION pending 3.0 GPA	
American Lung Assoc. Golf Scholarship	March 15, 2009	Involved in Golf	(2) 500.00	
KFC		Apply on-line www.kfcscholars.org Application available Dec. 1, 2008 through Feb. 10, 2009		
McKelvey Foundation	Jan. 25, 2009	must have owned/operated own business Apply on-line www.mckelveyfoundation.org		
Elks National Foundation (not local)	Jan. 9, 2009	On-line application www.elks.org/enf/scholars		Multiple awards
Elks Legacy Awards www.elks.org/enf/scholars	Jan. 9 2009	On-line application		Multiple awards (Elk Members Only)

