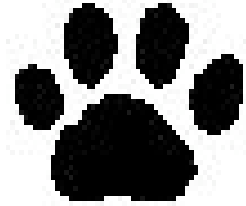


# Panther Pride News



## 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

September 19, 2008

## Upcoming Events

### Friday, Sept. 19:

Girls Soccer Game at Winslow, Varsity 3:30, JV 5:15  
Cross Country Home Meet Boys 4:00, Girls 4:30

### Saturday, Sept. 20:

Boys Soccer Home Game w/Winslow, JV 10:00, Varsity 12:00

### Monday, Sept. 22:

Girls Soccer Home Game w/ Eriskine Varsity 3:30, JV 5:15  
Boys Soccer Game at Eriskine Varsity 3:30, JV 5:15

### Tuesday, Sept 23:

Golf Meet w/Mt. View 3:30

### Wednesday, Sept. 24:

Girls Soccer Home Game w/ MCI Varsity 3:30, JV 5:15  
Boys Soccer Game at MCI Varsity 3:30, JV 5:15

### Thursday, Sept. 25:

Golf Meet w/LA 3:30

### Friday, Sept. 26:

Cross Country Meet at LA Boys 4:00, Girls 4:30

### Saturday, Sept. 27:

Girls Soccer Game at LA Varsity 5:00, JV 1:00  
Boys Soccer Game at LA Varsity 7:00, JV 3:00

## Homecoming Schedule

9/19 Homecoming Pep Rally Period 4 12:45  
MVHS Homecoming Cross-Country Invite B 4:00 / G 4:30  
MVHS Girls Soccer @ Winslow 3:30/5:15

9/20 MVHS JV Boys Soccer H vs. Winslow 10:00 AM  
Middle School Uniform Sale 10-1  
Championship Banner Silent Auction 2-3

Chicken BBQ 8\$ per meal 11-1  
Introduction of MVHS Fall Sports Teams 11:30  
MVHS Varsity Boys Soccer vs. Winslow 12:00

Bonfire 7:00 PM (Open to ALL)  
Homecoming Dance 8-10:30 MVHS students only

To: All Parents  
Fr: Scott Vaitones, Business Manager  
Re: Cost of Reduced Breakfast  
Under a grant that the Maine Department of Education has received, the cost for a person who qualifies for a reduced price breakfast will be free for the 2008 - 2009 school year.

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.

Veteran's Memorial dedication  
Friendship  
Sept. 28th-2:00 p.m.  
Rain or shine

**Mid-Coast School of Technology**  
**One Main Street, Rockland**  
**594-2161**

## **Fall Open House**

**Thursday, September 25, 2008**

**5:00 – 8:00 P.M.**

We would like to extend a personal invitation to the parents and guardians of MCST students to our Fall Open House. This is a great opportunity to meet teachers and see the classrooms and lab settings in which students will study this year. Our Hospitality students are excited to offer a spaghetti dinner for families to start the evening!

For parents' convenience, we will hold two sessions with identical schedules. The first session will begin at 6 P.M. and the second at 7 P.M.

The schedule will be as follows:

**5:00 P.M.** Spaghetti dinner is available in the Student Room. Cost is \$5.00 for adults and \$2.50 for 12 and under.

**6 – 6:30 P.M.** Parents meet with vocational instructors for presentations in classrooms.

**6:30 – 7 P.M.** Parents meet with academic teachers for presentations in classrooms.

**7 – 7:30 P.M.** Parents meet with vocational instructors for presentations in classrooms.

**7:30 – 8 P.M.** Parents meet with academic teachers for presentations in classrooms.

Mrs. Fisher, Director; Mr. Stammen, Student Services Coordinator; and Mrs. Manahan, Staff Development Coordinator will be present throughout the evening.

Refreshments, prepared by the Hospitality students, will be available in the lobby.

Parent/Teacher conferences will be held in November, but should a parent wish to meet with a teacher before November, please call the teacher at 594-2161 to arrange a time.

*No School*

*Friday, Oct. 10, Teacher Workshop*

*Monday, Oct. 13, Columbus Day*

**Fall Classes and events with MSAD 40 Adult Education -  
Classes are held at Medomak Valley High School in Waldoboro.**

**Saving Heirloom Seeds with Neil Lash**

Begins Monday, September 22 from 6:00-8:00 p.m. for 2 weeks. Fee: \$20.

*This class is held in the MVHS Greenhouse.*

**Working with Your Woodlot**

Begins Monday, September 22 from 6:30-8:30 p.m. for 6 weeks. Fee: \$10.

*This class is presented by the Small Woodlot Owners Association of Maine in collaboration with the Maine Forest Service.*

**Intro to Russian Language & Culture with Julianna Gerrity**

Begins Tuesday, September 23 from 6:30-8:30 p.m. for 5 weeks. Fee: \$50.

*Note: class start date is one week later than originally advertised.*

**Old House Field Course with Les Fossel**

Begins Tuesday, September 23 from 6:00-8:00 p.m. for 6-8 weeks. Fee: \$60.

*Note: first class meets at MVHS, with remaining class locations at student and instructor discretion.*

**Basic Shamanic Journeying with Chandra Ma**

Begins Thursday, September 25 from 6:00-8:30 p.m. for 4 weeks. Fee: \$120.

*Chandra Ma is a nationally known Psychic-Medium, Spiritual Counselor and teacher.*

**Destination Salem, Massachusetts on Saturday, October 18th.**

Join us for a bus trip to Salem - fun for the whole family!

Bus departs MVHS at 7:00 a.m. and returns at approximately 9:00 p.m.

Deadline for signing up is September 27 - call and reserve a seat today

*For a complete listing of attractions in Salem, go to [http://salem.org/visitors\\_guide](http://salem.org/visitors_guide)*

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

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**Waldoboro Recreation  
to Host Cheerleading Stunt class**

The Waldoboro Recreation Department is hosting an 8-week cheerleading stunt class. The class, which is open to anyone in grades 7-12 will teach beginning, intermediate and advanced level stunting techniques including basket tosses, twist cradles, transitional stunts, and pyramids.

The class will be taught by Andrea Fullerton, who is a current National Cheerleaders Association Head Instructor. The NCA provides educational

training for college and high school cheerleaders through camps and clinics. Each staff member has completed extensive training in the latest

safety standards and teaching techniques, and is certified in safety awareness, spotting safety, and skill progression.

Fullerton has been with the NCA since 2002 and has been a Head Instructor since 2005. She was a member of the Cheerleading squad at the University

of Maine at Orono and is a Rockland District High School alumni.

Classes will be held **Sundays from 2-4pm**, at the Miller Elementary School in Waldoboro beginning September 21st.

Registration is \$45, class minimum is 15 (25 Max).

For more information or to register, contact the Waldoboro Recreation Department at 832-5369. Registration forms are available at the Waldoboro Town Office or may be downloaded at [www.waldoboromaine.org/youth.html](http://www.waldoboromaine.org/youth.html). A parents/guardians signature is required for those under 18.