



## Happy New Year! Student Opportunities are Plentiful in 2009.



### A Round of Applause

On Sunday, December 14, 2008, Applause held its annual Spaghetti Dinner in conjunction with the LFHS Music Department's Holiday Concert. The evening began with the band and orchestra concert at 3:00 pm, followed by the Spaghetti Dinner, and concluded with a joyous holiday choral concert and audience sing-along at 7:00 pm in the Raymond Moore Auditorium. The dinner was served in the new student cafeteria and the Commons. Both of these areas were transformed into a winter wonderland, complete with an old fashioned Jazz Band stand in the Commons. *(Read more on page 15)*



### More Top News!

### Alumni Wall of Fame Nominations being Accepted!

Lake Forest High School honors its graduates and former students by acknowledging them on the Alumni Wall of Fame. The Alumni Wall of Fame is designed to recognize the outstanding contributions of former students of Lake Forest High School and to inspire and offer role models for its current students. Lake Forest High School has graduated thousands of students who have entered professions and careers in a wide variety of fields including the areas of business, medicine, science, education, public service, the arts, entertainment, and sports. This award is funded by the Lake Forest High School Alumni Association, the Association of Parents and Teachers (APT), the Lake Forest Education Association (LFEA), and the Class of 2009. The selection committee, comprised of faculty and community members, parents and students, are responsible for reviewing all applications and making the final selections.

Nomination applications can be found at [www.lfhs.org](http://www.lfhs.org) under "Alumni." Applications should be addressed to the Alumni Wall of Fame, Lake Forest High School, 1285 N. McKinley, Lake Forest, IL 60045 and returned no later than January 23, 2009. If you have questions or need clarification, contact Joy B. Murawski, Communications Department at 847.582.7376 or [jmuraws@d115.org](mailto:jmuraws@d115.org).

### Talent Show Auditions!

The auditions for Talent Show 2009 will be held on:

**Saturday, January 31, 2009  
and  
Sunday, February 1, 2009**

in the Raymond Moore Auditorium. *More details on page 19.*

### Board of Education

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President

**Marilyn Harlow**

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**Todd Burgener**

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**Dr. Harry Griffith**

Superintendent

### Next Board of Education Meeting

The next Regular Meeting of the Board of Education of Lake Forest Community High School District 115 will be on:

**Tues., Jan. 13, 2008**

**7:00 p.m.**

**Board Room**

**LFHS West Campus**

### Upcoming meeting dates:

**Tues., Feb. 10, 2009**

**Tues., March 10, 2009**

**Tues., April 14, 2009**

**Tues., May 12, 2009**

**Tues., June 9, 2009**

**Tues., July 14, 2009**

### Freshman

#### Freshman News

We had a great turn out for our combined Freshman/Sophomore parent meeting on Street Smarts - Parents, Teens and the Law. We would like to thank LEAD for their support in putting together this meeting, and all the panel members present, especially Stacy Vermynen, Director of Lake Forest/Lake Bluff Underage Drinking Prevention Coalition for being our moderator. While the topic is always a difficult one, attendees left the meeting more knowledgeable about the law and the resources available to us parents.

#### Below is a list of resources

*Underage Drinking Prevention Coalition of LB/LF*

**[www.speakuplflb.com](http://www.speakuplflb.com)**

*Illinois Graduated Driver's License Program*

**[www.cyberdriveillinois.com](http://www.cyberdriveillinois.com)**

*Navigating the Teen years – a Parent's Handbook for Raising Healthy Teens*

**[www.theantidrug.com](http://www.theantidrug.com)**

Our next and final parent meeting "Looking Ahead to Your Sophomore Year" is scheduled for January 8 at 10 am in the David Miller Theater. Representatives from the Lake Forest High School counseling department will discuss the registration process for next year's classes, the PLAN testing which is administered next October. They will also introduce parents to Naviance, the computerized network based college counseling tool as well as discuss how kids can get involved, and tools for helping your child stay balanced. Also present will be Ms. Rhonda Benson representative from the Driver's Education Department, she will discuss the Driver's Ed program. This is our last Freshman Class Parent Meeting. I hope you can attend.

**Ana Kapoor**

APT Freshman Class Parent Representative

[ack85048@yahoo.com](mailto:ack85048@yahoo.com)

847-283-0133

### Sophomore

#### Sophomore News

Happy New Year and thank you to those who attended our November and December parent meetings. This concludes our formal parent meetings for the school year. Please see the Freshman Class News column for important follow-up information pertaining to our joint "Street Smarts—Parents, Teens, and the Law" meeting held in November.

Your sophomore students were busy in November and December reaching out to the needy. The Sophomore Class Student Council held a "puppy chow" sale to raise money to sponsor a family for the holidays. Additionally, they organized gift collection for "Toys for Tots" at the school. You can be proud of your service minded students!

Please feel free to contact me with questions or suggestions.

**Tracy Tolmie**

Sophomore Class Parent Rep.

[dtolmie@aol.com](mailto:dtolmie@aol.com)

847-234-7801

### Junior

#### College Planning

The third meeting in the "Off to College" series is scheduled for:

**Thursday, February 12**

**7:00 PM**

**Raymond Moore Auditorium**

All juniors and their parents are invited to attend, "On the Road to College," where each student will receive a College Planning Guide that will outline the steps to the college application and selection process. Parents will also be given the "Parent Information Survey" for completion. Don't miss this important night of information!

#### Prom 2008

The Prom committees are hard at work with just four short months until the "Bright Lights...Big City" event on May 16! Soon you will be receiving your mailing for Project Safe Prom. Please consider making a donation to support the bus transportation of our students down to the Marriott in Chicago. *(More information can be found on page 13)*

#### Senior Citizen Party

The junior class is excited to host our local Senior Citizens for an afternoon of dancing, food and entertainment on:

**Sunday, March 8**

**2:00 pm - 4:00 pm**

**Dickinson Hall**

This annual service project is a most enriching afternoon for our students, so please ask the junior class student council representatives about sign-up opportunities. Parents interested in helping, can contact Laura Kasbeer at [LKasbeer@aol.com](mailto:LKasbeer@aol.com).

#### Don't forget.....

Individual counselor meetings with the junior students will be conducted during the first week of February to discuss class registration for 2010!

**Junior Class Parent Meeting (Meeting Topic: Prom)**

**April 8**

**10:00 am**

**Leslie Moran**

Junior Class Parent Rep.

847- 735-0358

[Cleavmor@aol.com](mailto:Cleavmor@aol.com)

#### Thoroughly Modern Millie

Mark your calendars for auditions, which begin on **Tuesday, January 27** with a vocal audition. Auditions continue that week with the dance portion on **Wednesday, January 28**, and acting auditions on **Thursday, January 29**. Callbacks will be held on **Monday, February 2**.

Interested students should plan on attending all three preliminary days of auditions and will be notified if they are needed for callbacks. Anyone who is interested in theater performance is encouraged to attend, no matter what his or her skill level in acting, singing, or dancing might be. Audition materials will be available in December.

**Mrs. MacBlane**

[kmacbla@d115.org](mailto:kmacbla@d115.org)

#### Finals Schedule January 2009

All finals are 2 hours except for World Language finals which are 1-1/5 hours.

**Wednesday, January 21**

English 7:50 am

Math 10:50 am

**Thursday, January 22**

World Language 7:50 am

Science 10:30 am

**Friday, January 23**

Social Studies 7:50 am

Make-ups 10:15 am



Red Cross Club takes a CPR Class



### Team Results and Photos

For all the latest team accomplishments and photos of your favorite scout team, please visit [www.lfhs.org](http://www.lfhs.org) and select the "Athletics" tab. Here you can select your favorite team to see information regarding coaches, pictures, recent news, rosters, schedules, scores and more! As much as we would like to acknowledge all of our teams and athletes, the main purpose of the Highlights newsletter is to provide families with monthly information that is timely and informative about what is going on at the high school. From time to time, we will include pictures (if space allows) of your favorite team shot.

### Applied Technology

Last spring, two sections of Todd Johnson's CAD Engineering students were asked to design wooden toys for children of age three and under. The students designed the toys with the Computer Aided Design (CAD) software and then created wooden prototypes of their designs. The designs were presented to Staff Sergeant Weinrich of the US Marines Toys for Tots Foundation. After considering various aspects of the process and the designs, three toys were chosen for production: a fire truck designed by **Matt Bleck**, a wagon full of blocks designed by **Charles (Nick) Mires**, and a rattle designed by **Derek Mohrmann**.

This Fall, the Woodcraft students were presented with the challenge to produce the designs as part of a mass production unit in the class. Four sections of Woodcraft I students taught by Mr. Johnson and Mr. Spagnoli participated in the project. Each class was responsible for one of the toys all of the way through the production model discussed in class. The students raised over \$1,400 to pay for all of the materials used to build the toys. From this budget, the students set projections, helped to build jigs and fixtures, took on various roles of production and inspection, and even completed a process evaluation.

After a month of hard work, the students were able to complete 108 toy rattles, 45 toy wagons filled with wooden building blocks, and 58 wooden fire trucks. On December 8, the students presented the toys to Staff Sergeant Christopher Kemery and Staff Sergeant Ray Gozun of the United States Marine Toys for Tots Foundation. The two Sergeants thanked the students for all of their work. The toys will be distributed to children across Lake County and southern Wisconsin this holiday season.



The U.S. Marines at Lake Forest High School in the Wood Shop.



### Athletics

### Coach Marlene Miller celebrates 30th Anniversary

The LFHS Girls' Golf team is grateful to have Marlene Miller as their coach. Coach Miller has generously volunteered her time and talent to coach the team for thirty years and the team looks forward to many more. Miller was founder of the Illinois Junior Golf Association and a multi-title Illinois Champion. In celebration of her 30th anniversary, the Girls' Golf Team planted a flowering tree, generously donated by Rogers Nursery in Lake Bluff, near the 9th green at Lake Bluff Golf Course. The team is very fortunate to have such an exceptional coach.



Happy 30th Anniversary Coach Miller!

### Library Services

#### Library/Media Center's extended study hours during finals are as follows:

Monday, January 12 - Thursday, January 15	7 am - 8 pm
Friday, January 16	7 am - 5 pm
Saturday, January 17	11 am - 5 pm
Tuesday, January 20 - Thursday, January 22	7 am - 8 pm
Friday, January 23	7 am - 4 pm

### Digital Library

The Lake Forest High School Library Media Center has recently added an extensive digital library to supplement our existing collection. This includes access to over 900 audio books and eBooks, for you and your students' listening and reading pleasure. These digital treasures can be downloaded onto your home computers or transferred to a Pocket PC, PDA, Smartphone or a supported MP3 Players. The Library has also purchased 25 new Creative Zen Mosaic MP3 Players for students and staff to check out. Visit the library webpage and click on "OverDrive School Download Library" for more information about how to take advantage of this fantastic opportunity:

<http://www.lfhs.org/academics/library/index.html>.

### Community Education

#### Community Education Swim Programs Winter Sessions

Registration is now in progress for all sessions.

Winter Trimester (Jan. 1 – Apr. 30), 10-use, family, individual, and senior citizen passes for open swim are available. To find out more information or to register for classes, please go to our website at [www.lfhs.org](http://www.lfhs.org), click on Community Programs and then Public Swim or call the Aquatic Center Manager, Linda S. Wimmer Koepke at 847-582-7323.

#### Class Offerings

#### Start Date

Saturday Swim School	January 10
Aquacize	January 5
Scuba and Snorkeling	January 7
CPR/AED and First Aid Challenges	One day class/month
Lifeguard Training Updates and Review Course	One weekend session/month
Winter Safety Instructor Course	January 11
Lifeguard Training Course	March 30

Teen Read Week celebration "Books with Byte" took place the week of Halloween and included activities ranging from a "bitten bistro," a cyber scavenger hunt, game day, a pumpkin decorating contest, cupcake decorating, and movie day with "Count Dracula."

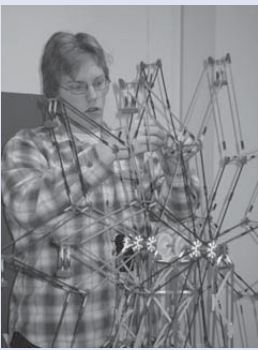
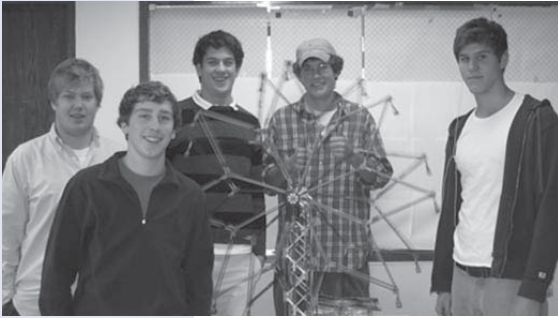


## Department News

### Math

#### Trig is Fun!

Students in Trigonometry worked on a project about circular motion using K'Nex Ferris Wheels. These K'Nex kits were purchased through a Foundation grant.



### Music

#### Music Department's First Friday Recital Series



Lake Forest High School Music Department's First Friday Recital Series was held in the Commons in early December. The musical recitals will occur on the first Friday of every month during the lunch periods. December's recital consisted of classical and holiday music.



### Science

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The Lake Forest High School Science Department is participating in a program to raise trout in the classroom. This program is sponsored by Trout Unlimited, who works on the “preservation, restoration, and improvement of fisheries and their watersheds through advocacy, encouragement of sound conservation management, habitat improvement, and environmental education.” The students began with 100 fertilized eggs and currently have 97 hatchlings. Students monitor their growth and help to take care of the fish and the tank. In the spring, the fish will be released to an Illinois stream to help offset the declining trout population in our area.



### Telecommunications

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**Telecom students work in the new Apple Computer Lab at LFHS which was made possible by the generous donors of the LFHS Foundation.**



### Dean's Office

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**Lake Forest High school is a closed campus.**

Students are expected to be on campus for the entire school day (7:50 am - 3:10 pm).

#### **Absences**

Parents need to seriously consider whether or not the reason for the student missing instructional time is warranted.

**An absence can not be excused if a student leaves campus without prior parental notification to the attendance or health office.**

**If you are dropping off anything for your child, please drop it off at the front reception desk located directly through the front doors at LFHS.**

More information can be found at [www.lfhs.org](http://www.lfhs.org) by following the links under “Academics” and “Rules & Regulations” in the right blue facts box.

### Testing Calendar for ACT/SAT

can be found on-line at [www.lfhs.org](http://www.lfhs.org) by navigating the following links:

**Student Services/  
Testing-Links/  
2008/2009 Testing  
Calendar**



### College and Career Resource Center/ Testing Materials

SAT and ACT registration materials are available in the College and Career Resource Center. Students can also register online at:

ACT  
[www.act.org](http://www.act.org)  
SAT  
[www.collegeboard.com](http://www.collegeboard.com)

### Student Services - Counseling

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#### Juniors – Illinois State Scholars

Students interested in being designated as an Illinois State Scholar must take the ACT test on one of the remaining dates: **February 7, April 4, June 13**, or the Prairie State Achievement Exam which will be administered to all juniors on **April 22-23, 2009** here at Lake Forest High School. The PSAE incorporates an ACT assessment. The Illinois State Scholar Program gives statewide recognition to those students who have attained outstanding scholastic achievement as determined by their academic record, ACT assessment scores and high school certification.

#### AP Testing 2009

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Registration begins:

**Monday, February 2, 2009**

Testing dates are:

**May 4-15, 2009**

The testing schedule & registration form are available in room 109 from Carol Andersson, and can be found on-line at [www.lfhs.org](http://www.lfhs.org)

#### AP registration deadline is...

**Friday, March 20, 2009 by 3:30 pm in room 109.**

Call Carol Andersson with any questions at 847-582-7761.

#### PSAE Testing: Juniors -The Prairie State

Achievement Examination will be administered at Lake Forest High School on:

**April 22-23, 2009**

The exam is required for all juniors, so make sure to schedule personal appointments around these days. The PSAE incorporates an ACT assessment. The State of Illinois requires all students take the Prairie State Achievement Exam as a condition of receiving their high school diploma. Information describing logistics of the school day and expectations of all students will be publicized in the near future.

#### Freshmen, Sophomores and Seniors do not report to school on these two days...

(unless arrangements have been made with teachers, coaches, or club sponsors). Please check future issues of the HIGHLIGHTS as well as [www.lfhs.org](http://www.lfhs.org) for updated information.

#### ACT Test Preparation Class

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An ACT test preparation class will be offered by TestWatch TestPrep for the April ACT/PSAE exam. The first class is **Thursday, February 12**. The class will meet for 12 – 1 ½ hour sessions on Tuesday and Thursday nights from 7:30 – 9:00pm through March 24.

The course covers all 5 sections of the exam, test taking strategies, and ends with a complete ACT exam. Cost of the course is \$349. Registration forms are available in counselors' offices or call TestWatch at 847-496-7070 or visit their website [www.twtpt.com](http://www.twtpt.com) Maximum class size is 20 students. Register early. All classes meet at Lake Forest High School East Campus.

#### SAT Test Preparation Class

An SAT test preparation class will be offered by TestWatch TestPrep for the May 2 SAT exam. The first class is **Monday, March 9**. The class will meet for 12 – 1 ½ hour sessions on Monday and Wednesday nights from 7:30 – 9:00 pm through April 28.

The course covers all sections of the SAT exam, test taking strategies and ends with a complete SAT exam. Cost of the course is \$349. Registration forms are available in counselors' offices or call TestWatch at 847-496-7070 or visit their website [www.twtpt.com](http://www.twtpt.com). Minimum class size is 5 students. Please register early. All classes take place at Lake Forest High School's East Campus.

### Student Services - Counseling

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#### Class of 2013 Registration

A mailing was sent to all incoming students in the Class of 2013 with information on the registration process as well as specific dates and times of events. Counselors will visit individual feeder schools to discuss the registration process, handout packets to students and meet with parents.

Parents and students will also be invited to LFHS for an evening Curriculum Orientation on **January 14, 2009 at 5:30pm**. Counselors will provide an overview of the registration process and share a variety of patterns of courses possible for your four-year plan; and in classroom format, faculty will answer questions and present specific information about course offerings. Please note that parking is limited so shuttle bus service will be provided from both the Lake Bluff and Deer Path Middle Schools.

In February families will have the opportunity for consultations and adjustments to their course selections. The following dates concern the registration process for the Class of 2013 ONLY:

**All eighth grade parents are invited and encouraged to attend any one of the below presentations.**

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#### **Tuesday, January 6, 2009      Lake Bluff Middle School**

1:45-2:45 – Registration Overview and Packets to Students  
2:50-3:30 – Parent Session Question and Answer

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#### **Wednesday, January 7, 2009      Deer Path Middle School**

11:45-12:30- Registration Overview and Packets to Students  
12:45-1:45 – Parent Session Question and Answer

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#### **Thursday, January 8, 2009      Lake Forest Country Day**

1:35-2:25 – Registration Overview and Packets to Students  
2:30-3:30 – Parent Session Question and Answer

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#### **Friday, January 9, 2009      St. Mary's School**

9:00-9:30 – Registration Overview and Packets to Students  
9:30-10:30 – Parent Session Question and Answer

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#### **Wednesday, January 14, 2009      Lake Forest High School**

6:00-9:00PM – Freshmen Orientation Night

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#### **Tuesday, February 3, 2009      LFHS Library**

5:00-6:30 PM – Schedule Consultations/Adjustments

#### **Registration – 2009-2010**

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Current students will meet with their counselors in February to register for next year's classes. Students do not need to make an appoint they will meet during their counselor seminars.

**Juniors (Class of 2010)              February 3-10**  
**Sophomores (Class of 2011)      February 11-19**  
**Freshman (Class of 2012)        February 20- 27**

The process should be completed during February with a confirmation of the registration mailed home in mid-March.

#### Consumer Education Test

Consumer Education is a graduation requirement. Students NOT currently enrolled in a consumer education course may elect to take the test. The date is set for **Tues., February 3, 2009**. It will be held in the Library Classroom at 1:20 pm at LFHS. There is no charge to take this test but you need to sign up in advance with Mrs. Ashmore in the Counselor Office by **Monday, February 2**.

#### External Credit Applications

Reminder – if you are considering taking a class this coming Spring and/or Summer that is not offered at Lake Forest High School, you **MUST** apply in advance to receive proper credit. Prior approval for acceptance of the credit by Lake Forest High School is a necessity. Information and forms are available on our web site ([www.lfhs.org](http://www.lfhs.org), click on "Student Services" then "Transfer of External Credit" then download External Credit Application "External Credit Application Request Form" or it is available in the Student Services office.

#### Pass / No-Pass

Seniors ONLY... All seniors who requested the Pass/No-Pass first semester will receive a letter home in mid January explaining that they may choose to rescind their request. That letter also includes the form that **MUST** be filled out and returned by **Friday February 6** in order to receive a grade instead of a "P" or "NP" on your final transcript. If you do not submit this request by February 6, your requested "P/NP" option will be exercised. We must enter these grade changes into the computer and then begin processing transcripts to send to your colleges on **Monday, February 9**; thus, we cannot consider any exceptions to this due date.

### Student Services - Health Services

#### LFHS Medication Regulations

To clarify any confusion concerning medication usage at school, the following are LFHS Medication Regulations:

No school personnel shall administer to any student, nor shall any student possess or consume any prescription or non-prescription medication except after the filing of a completed Medication Authorization Form with the school district. This form must be signed by both the parent and physician and renewed on an annual basis. Extra forms are available in the Health Office.

All student prescription and non-prescription medication shall be left with the Nurse during the school day. Those students carrying medications on them personally could face disciplinary action.

The parent or guardian will be responsible for bringing and removing all prescription and non-prescription medication in its original labeled pharmacy container.

Thank you for your understanding that these regulations are for the safety of all of the students while they attend school.

### Student Services - College Counseling

#### Upcoming Programs "You and Your Counselor – The College Process Continues"

**"On The Road To College--  
Juniors and their Parents"  
Thursday, February 12  
7:00 p.m.  
Raymond Moore  
Auditorium**

The goal of this program is to offer insights about the search and selection process. The College Planning Guide will be distributed. Parents will be offered The Parent Information Survey, which is also available on our web based program, Naviance. Parents and Juniors are expected to meet with their assigned counselor before the end of the school year. The evening is hosted by Jacquie Berkshire, College Counselor and will feature Mary Ellen Anderson, Dean of Admission, Indiana University. A breakout demonstration session that highlights our Naviance program will also be offered.

#### Gap Year Fair

**January 31, 2009  
1:00 to 4:00 p.m.  
New Trier High School  
385 Winnetka Ave.  
Winnetka, IL**

Gap Year: A post-high school opportunity for self-exploration and personal growth, leading to clearer direction and motivation for college studies and for your life. May include travel, cultural immersion, directed study, service or conservation projects, internship opportunities, and more.

**Gap Year: The Experience of  
a Lifetime**

### Student Services - Clubs

#### The Giving Season

Lake Forest High School students and staff provided a truck load of holiday cheer for many people in need over the holiday season. Classrooms, clubs, and athletic teams each adopted and fulfilled the clothing and toy wishes for one of over 40 families selected for LFHS by Catholic Charities. In addition, LFHS teachers and staff, as well as the Boomerang Club of the Union Church of Lake Bluff, provided much needed items for about 20 homeless people. The truck was loaded at LFHS with the help of Joe Harmsen's 8th period Freshmen Experience class. The sacks of toys were unloaded at Catholic Charities in Waukegan by members of the Men's Club. (pictured below)



LFHS Junior Krysti Kiesel, a regular volunteer in the kitchen at ELAWA Farm, carries a gingerbread house to be sold at the Farm's Green Market held on Saturday, December 6.

Men's Club members Peter Grum and Michael Shipp help prepare a tree for a customer at the ELAWA Farm Greens Market in December.



### Student Services - Student Growth Opportunities

#### LFHS's annual Open Doors Mentoring Program

LFHS's annual Open Doors Mentoring Program will be held **April 22, 23, and 24**. The goal of Open Doors is to provide career exploration opportunities through job shadowing and/or volunteer service. This program was developed by the APT, Lake Forest High School and the Volunteer Center of Lake Forest/Lake Bluff. This year, the APT has generously funded a new online selection program which will greatly enhance the ease of registering for these interesting and worthwhile opportunities. More information will be forthcoming in the months to come.



#### Young Hearts for Life EKG Screening

Save the Date! Last year, over 900 LFHS students were screened for potentially life-threatening heart arrhythmias. Often times, the first sign of cardiac disease in this age group is death, as it was for Max, a 2004 graduate of LFHS.

On **Wednesday, March 11, 2009** the Max Schewitz Foundation will be sponsoring the Young Hearts for Life EKG screening program at Lake Forest High School. All Freshmen as well as anyone who was not screened in 2007 are eligible to participate. Further information will be coming in the February Highlights.

#### Why should LFHS students volunteer?

Volunteering promotes citizenship and community awareness. It provides opportunities to develop leadership skills and exposes students to potential career or college interests. And, helping others usually makes a person feel good! Volunteer service is a requirement for entrance into the LFHS chapter of the National Honor Society and can be a significant factor in college admittance. Students should keep track of their time spent performing community service. This can be done at home by keeping a running log from the summer before Freshman year on, or, even better, by using the LFHS online service hour reporting form. This form is located on the LFHS web site. Once on the Student Services page, click on "Service Opportunities" and then on "Service Hours." By using the online reporting form, the Student Service Office will keep track of the student's hours for their entire high school career and be able to print out a comprehensive record when needed. The Student Service Office frequently refers to the volunteer records of students when asked to suggest candidates for leadership seminars, conferences, and scholarships.

#### Save the Date!

On **Sat., Feb. 21**, Lake Forest High School will be the site for a free, two-hour self-defense training session. The session will be conducted by The Ali Kemp Educational (T.A.K.E.) Foundation. Since its inception, over 26,000 girls and women ages 12 and older have participated in T.A.K.E.'s unique, reality-based, hands-on self-defense training. This training has been featured on ABC's "20/20," "America's Most Wanted," and CBS's "Prime Time" and has been conducted at many colleges and universities such as University of Illinois, Vanderbilt University, and the University of Wisconsin. Additional information will be available after the first of the year.

Contact: Kathy O'Hara at [kohara@d115.org](mailto:kohara@d115.org).

### Student Services - Student Growth Opportunities

#### Youth in Government

The City of Lake Forest offers an opportunity to youth who are residents of Lake Forest to have a unique experience with their local government by serving on a board or commission. Civic-minded students who will be high school seniors during their year of service are appointed by the Lake Forest Mayor and work alongside other community volunteers whose dedicated work continues to ensure that Lake Forest remain a special place. This involvement with their local government helps them develop lifelong leadership and business skills.

The first step for a student interested in serving the City in an appointed position is to complete a *Youth Volunteer Profile Sheet*. Profile Sheets may be obtained from the Office of the City Manager at Lake Forest City Hall (220 E. Deerpath) or on [www.lfhs.org](http://www.lfhs.org). Completed Profile Sheets should be returned to City Hall. The Profile Sheets for individuals appointed to City positions become public information and are filed at City Hall.

To accompany the completed Profile Sheet, students applying for an appointment are required to submit a one-page essay explaining why they would like to serve and what benefits they and the City will derive from this experience. A letter of reference should also be provided.

For additional information regarding the process of interviewing and selecting candidates for appointed positions, please contact City Manager Robert R. Kiely, Jr. at 847-615-4271.

Upon submitting an application and letter of recommendation, interested students will be interviewed by a representative of the City and past youth volunteers.

#### **DEADLINE FOR APPLICATION SUBMITTAL: February 15, 2009**

#### **Boards and Commissions Available for Service from May 2009- April 2010**

**Library Board** – this Board is responsible for determining operating policies, which are implemented and administered by the Librarian. The Board meets the second Tuesday of the month, 7:30 p.m., at the Library.

**Parks and Recreation Board** - this Board serves as an advisory body on development and operation of recreational programs, the Recreation Center, Deer Path Golf Course, the Beach, and all other City-owned parks and recreational facilities. The Board meets the second Tuesday of the month, 7:30 p.m., at City Hall.

**Environmental Policy Advisory Committee** – this Committee investigates policy initiatives, lifestyle changes and new technologies that the City, other local agencies and organizations as well as residents can implement to become more energy-efficient and environmentally conscious. Meeting dates and times are yet to be determined.

#### Thanks!

The Band and Orchestra would like to thank the Lake Forest High School Community for the generous support of the citrus sale. They sold 949 boxes of fruit. One more pallet than last year! Over \$14,000 in profits was raised from the sales and donations, toward their trip to Italy.



Tim Wong, a Sophomore, who plays the trumpet in the LFHS band is retrieving a box of grapefruit during the Lake Forest High School Music Department Citrus Sale Pick-up on December 5 for their citrus sale fundraiser.



### Pom/Dance Clinic

The LFHS dance team is sponsoring a pom/dance clinic on:

#### Saturday, January 17

for 3rd through 8th grade students. The clinic will be held in the student dining room from

**4:00 pm-7:30 pm.**

Participants will perform a routine with the LF dance team during half-time of the boys' varsity basketball game. Cost is \$45 if pre-registered or \$50 for at-the-door registration.

Go to:

<http://lfhs.org/athletics/girls/pompons/index.html>

to find further information and download a registration form. All proceeds go towards defraying competition costs.

**The team extends its thanks to the community for its enthusiastic support.**

### Project Safe Prom 2009



#### What is Project Safe Prom? Project Safe Prom 2009 - Safety is Priceless!

Each year, teenage students count down the days until Prom, what they consider to be one of the most important nights of their lives. Sadly enough, Prom, in many cases is the last night of their lives. According to the Department of Transportation, an average of 5200 teenagers are injured and 48 are killed in automobile crashes during a typical prom weekend.

Over 800 Lake Forest High School students and their dates attend the LFHS Prom. Lake Forest High School continues its longstanding tradition of a zero tolerance policy when it comes to drugs and alcohol. In order to make sure that the students get to prom and back safely, all students are required to travel by bus, both to and from prom.

The Junior Class funds these buses to promote a safe and enjoyable night for all and that's where you can help! This year, approximately 18-20 buses will be used to transport Prom-goers at an estimated expense of \$22,000. Throughout the year, the Junior Class works diligently to raise funds through benefits, ticket sales, pizza sales and various other activities. Even with all of these efforts, the Junior Class can not raise enough money to cover the entire cost of the buses. Recognizing this, it is our hope that, with your help, we will be able to continue providing safe transportation to all of our students for this year's prom.

We are asking you to please help in supporting "Project Safe Prom 2009" by contributing to our fund. A donation form is available on [www.lfhs.org](http://www.lfhs.org). Please fill out the form and return with your tax-deductible check or credit card contribution.

If you have any questions or would like additional information, please do not hesitate to contact Junior Class Sponsor Jennifer Knight at 847 582-7334 or [jknight@d115.org](mailto:jknight@d115.org).

The futures of our children are too important to be lost to senseless prom-related accidents and your donation will help make Prom 2009 another safe and memorable evening. Thank you in advance for your support on behalf of the Junior Class.

**Fundraiser information can be found at the new [www.lfhs.org](http://www.lfhs.org) under "News & Calendars."**

#### New Guidelines this Year!

All LFHS organizations are encouraged to promote their fundraisers on [www.lfhs.org](http://www.lfhs.org).

Please check out the "Fundraiser" page for more information!

#### January 2009

LFHS Pom/Dance Clinic for Students Grades 3-8  
January 17

Project Safe Prom

#### February 2009

Cheer clinic - February 20  
for grades 1-8

#### May 2009

Bike & Bake Sale

### Dad's Club

#### Our Mission

The Lake Forest High School Dads' Club is a support group formed specifically for LFHS fathers to offer a meeting forum once a month during the school semester. The group will share the experiences and challenges of guiding high school teenagers, learn about LFHS plans and activities, and gain a better understanding of relevant issues concerning teenagers as they approach adulthood.

#### Next Meeting January 10, 2009

Northern Trust Bank  
Lower Ground Floor  
959 S. Waukegan Road  
Lake Forest

**8:30 am - 10:00 am**

Former graduates from the class of 2008 will share their experiences at LFHS and how well prepared they were for life after high school. They will share information concerning things to be aware of during the high school years.

To find out more, contact  
**Mitchell Schwarzbach**  
at e-mail  
[m-schwarzbach@comcast.net](mailto:m-schwarzbach@comcast.net)

Kevin Neville at e-mail  
[Kevinneville@aol.com](mailto:Kevinneville@aol.com)

### APT

#### APT Meetings

APT meetings will be held on the following dates:

**January 7**

**February 4**

**March 11**

**April 8 - West Campus**

**May 20 - Offsite**

Unless noted otherwise, APT meetings will be held at **LFHS East Campus**.

All parents are welcome to attend.

#### Open APT Positions 2009-2011

The APT is currently looking for individuals to fill the following two-year APT Board positions:

**President, Vice President and Corresponding Secretary.**

The Nominating Committee will be working over the next few months to find qualified candidates to fill these positions beginning in May of 2009.

If you are interested, have someone you would like to nominate or would like to learn more about these positions, please contact the Nominating Committee Chair, **Sally Frese** at [icicle8821@yahoo.com](mailto:icicle8821@yahoo.com) or 847-735-7357.

#### 2008-2009 APT Grants

The Lake Forest High School APT is happy to announce that the 2008-2009 APT Grant Program is available to individual students as well as all faculty, staff, groups and organizations. The APT Grants recognize those students, faculty and organizations whose enthusiasm for growth serves to enhance the student life at Lake Forest High School. Through the funding of leadership training, camps, seminars, summer programs, enrichment materials and guest speakers, the APT seeks to encourage experiences that will benefit the person or group involved as they relate to LFHS.

#### The deadline for applications is May 1, 2009.

Contact Judy Telander, LFHS  
APT Grant Chair  
524 Illinois Road, Lake Forest  
or  
847-234-0828.

#### LFHS Liaison Committee Meeting Dates for 2008-2009

All are welcome to join us for meetings on **Feb. 23, and April 20.**

All meetings are held at 9:00 am in Seminar B at West Campus. Please come to enjoy quarterly updates from our school administration, visits from school faculty, and discussion with community members about topics relevant to LFHS. Our mission is to provide a forum to communicate LFHS related information to our feeder schools and the communities of Lake Forest, Lake Bluff, and Knollwood. In addition, we strive to provide a forum for member constituents and guests to discuss issues with members of the LFHS staff and administration. Coffee will be served.

#### Applications are now being accepted for the 2009 APT Senior Service Awards.

These monetary awards are granted to deserving seniors who have given unselfishly of their time and talents to benefit our school. The emphasis when selecting recipient will be on school service although, community service will be considered, as well.

Nominations can be submitted by faculty, parents, and students by downloading the applications which can be found on-line at [www.lfhs.org](http://www.lfhs.org) and completing them by:

**Monday March 16, 2009.**

You may turn in completed forms to the College Resource Center. The awards will be presented at Honors Night in May. Questions? e-mail Marianne Stride at [mwstride@comcast.net](mailto:mwstride@comcast.net).



### Applause



### A Round of Applause!

On Sunday, Dec. 14, Applause held its annual Spaghetti Dinner in conjunction with the LFHS Music Department's Holiday Concert. The evening began with the band and orchestra concert at 3:00 pm, followed by the Spaghetti Dinner, and concluded with a joyous holiday choral concert and audience sing-along at 7:00 pm in the Raymond Moore Auditorium. The dinner was served in the new student cafeteria and the Commons. Both these areas were transformed into a winter wonderland, complete with an old fashioned Jazz Band stand in the Commons.

Many families with children, grandparents, relatives and friends came out on a rainy night to enjoy a deliciously prepared meal with a dessert table worthy of any sweet tooth. The diners were serenaded by various choral groups and ensembles. The Madrigal Singers in their Renaissance style costumes and the Bel Canto Singers in their classic black dresses and pearls walked around the tables and sang holiday songs. The Woodwind Ensemble, String Quartet, Saxophone Ensemble, Advanced Percussion, Brass Choir and Jazz Bands each took turns

performing for the audience in the Commons area, creating the most festive atmosphere and jazzing up the dinner.

Applause, the booster organization for the musical arts at Lake Forest High School, is an organization of parents, alumni, faculty, and friends that was established to provide support and communication for all band, choral, orchestra, and other music activities. The Annual Spaghetti Dinner is Applause's biggest fundraiser. The monies raised help with the purchase of equipment, grants for visiting artists and master classes, summer camp scholarships for students, and the music department Spring trip abroad. Applause also sponsors the Senior Scholarships for Excellence in Music.

It was through the efforts of a dedicated group of volunteers, LFHS Cafeteria Staff, Custodians, Tech Crew, as well as the generous donations of parents and local businesses, that Applause was able to host a fun-filled evening for the whole family. Applause wishes to thank **Tammy Bryant** and **Robin Rottman**, Event Chairs; **Teresa Cappetta**, Ticket Sales Coordinator; **Anne Santee**, Decorations Chair; **Robert**

**Bassill** Orchestra Director; **Tim Haskett**, Choral Director; **Janene Kessler**, Band Director and **Brian O'Connor**, Instrumental Assistant who worked tirelessly to make this year's Spaghetti Dinner and Holiday Concert a success.

The financial support of our parents and community members enables Applause to sponsor and help fund programs that enrich the LFHS music program. To learn more about Applause or to become a member, please contact us at [info@LFHSApplause.org](mailto:info@LFHSApplause.org) or visit us at LFHS.org.



### Attention Senior Music Students!

Have you considered applying for one of the Applause Senior Scholarships for Excellence in Music? Each year, awards are offered for students in Band, Orchestra, Chorus, as well as a fourth discretionary award in Composition or other category. These awards recognize outstanding musical accomplishments by LFHS music students who intend to continue their music study in college—either as a major, minor, or a significant part of their college work. If you are a serious music student, watch for the Applause Scholarship listing in the mailing sent to all seniors from the CCRC in late winter or consult the Applause website in February.

### Support Applause!

Please consider joining. New ideas and new members are always welcome! Members will be listed in the programs for all music concerts during the 2008-2009 season. Membership information can be found on [www.lfhsapplause.org](http://www.lfhsapplause.org).

We encourage you to visit our website at [www.lfhsapplause.org](http://www.lfhsapplause.org) and link onto APPLAUSE for updates.

## Parent Opportunities

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### Booster Club Contacts

**Tom Cox**  
President  
tomc@senecapartners.com

**Diane Quon**  
Vice President  
dmquon@aol.com

**Karin Loiacano**  
Secretary  
KLbookbiz@aol.com

**Gayle Sullivan**  
Treasurer  
sully6@execpc.com

**Membership**  
**Bryan Torcivia**  
blamte@aol.com

**Dave Moore**  
dave.moore@rhd.com

**Jamie Vandenberg**  
jamievd@yahoo.com

**Carolyn Geldermann**  
carolyn@geldermann.com



**Gayle Sullivan**  
Booster Club/  
Concessions  
gayle@realtyval.com

### Booster Club

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#### Show Your Spirit!

##### Shop the Booster Boutique.

Please visit the Booster Boutique to see all the wonderful new merchandise. The Boutique is located in the basement of the high school and is packed with all of your Scouts needs. We also carry "Little Scouts" merchandise in a variety of sizes.

The Boutique is open every **Thursday and Friday from 10:40 am - 1:20 pm** during 4th, 5th and 6th period lunch.

The Booster Boutique  
Location:

**LFHS**  
**Lower Level - room 5A**  
**847-582-7400 x 5388 (v.m.)**

Please email us with any questions at  
boosterboutique@d115.org.

**The catalog can  
be viewed on-line  
at lfhs.org!**

#### Support the Scouts – Join the LFHS Booster Club!

The winter sports season is well underway – and the teams are building momentum. Whether you are new to LFHS sports or been a long time fan of the Scouts, we invite you to show your support by joining LFHS Booster Club. The Booster Club is a parent run organization that promotes and supports the full range of athletic programs at the high school. Through the contribution of its members and the efforts of its numerous volunteers, the Booster Club sponsors a wide variety of activities designed to enhance the success of the high school's athletic teams. Among other things, the Booster Club led the fundraising effort for the Varsity Field lights, purchased the Varsity Field scoreboard, and provided team grants to various varsity teams in support of their participation in out-of-state competitions. Additionally, the Booster Club provides grants to dozens of LFHS athletes to help defray the cost of participating in summer sports camps; runs the concession stands at all sporting events; and manages the Boutique, where students, parents and family members find LFHS clothing and other items.

#### There are 2 levels Booster Club membership:

- Super Scout (\$125) – Includes a Family Pass for admission to most Lake Forest High School athletic events, including all home football and basketball games, a magnetic Scout Sports Schedule, a Scout spirit car sticker, and a periodic newsletter with updates and highlights on LFHS teams and players.
- Sponsor (\$50) – Sponsors receive a Scout spirit car sticker along with the periodic newsletter.

If you have already joined the Booster Club, our heart-felt thanks. If not, please take a moment and complete the Membership form that can be found on lfhs.org and return it with your tax-deductible donation to: LFHS Booster Club, 1285 N. McKinley Rd., Lake Forest, IL 60045.

Your membership materials will be returned promptly. Thank you for your generous support!

### LFHS Foundation

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#### **LFHS Foundation Funds Faculty Workshop with Reading Specialist**

First, our children learn to read. Then our children read to learn. How do we know if they are reading well enough to get them where they want to go in life?

The Lake Forest High School English Department wanted to answer this question. This past summer the department conducted a seminar funded by the LFHS Foundation featuring Jim Burke, a reading specialist and fellow educator. Over 25 LFHS educators from the English Department (and a few other departments as well) explored various ways to develop a common language regarding reading strategies that could be applied in various areas of study.

During breakout sessions after the seminar, educators discussed the most effective ways to instruct students at all levels of the curriculum (Skills, CP, Honors) using reading strategies to achieve a higher level of comprehension. LFHS educators learned the importance of finding ways to weave reading comprehension strategies into their daily lesson plans.

Did you hear about the 5-minute tests your child took in his or her English class last month? These tests were one of the “action items” from the workshop following Jim Burke’s seminar. The English Department knew that all students entered the high school at varying reading abilities. Determining the population that could use some extra help was the first step. Each English student participated in a reading comprehension screening and three vocabulary tests using words found in the literature, science and social studies textbooks used at LFHS. The vocabulary screening took about 5 minutes for each test. Results were used to identify a smaller group for fluency (number of words correctly read per minute) screening. The attention has now turned to finding ways to integrate explicit reading instruction for these students into existing curricula.

***Diane Clark**, English Department Chair and one of the architects of the workshop, said,*

*“Lake Forest High School is a wonderful place to be, for students and for teachers alike. We are fortunate, indeed, to have the membership of the Foundation working to support our efforts to become not only teachers of literature, but teachers of literacy as well.”*

**Support the LFHS Foundation by downloading a donation form from [www.lfhsfoundation.org](http://www.lfhsfoundation.org) under “Contribute.”**

#### **Down to the Wire Pledge!**

What do an outdoor environmental campus for the Science Department, a pilot of web-based e-portfolios in the English Department, and new Mac computers in the media center have in common?

They were all made possible by the Lake Forest High School Foundation!

We’re down to the wire in this year’s grant cycle and need your help to fulfill teachers’ requests as diverse as mentioned above.

Check out our website at [www.lfhsfoundation.org](http://www.lfhsfoundation.org) for full details on how you can make a pledge and influence every student’s educational success TODAY!

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**Don’t forget to check out the beautiful gifts for your Favorite LFHS Students or Alumni!**

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**Enamel Paperweight**

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**Cuff Links**

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**Wooden Box**

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**Porcelain Paperweight**

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**Porcelain Desk Tray**

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**Order forms can be found at [www.lfhsfoundation.org](http://www.lfhsfoundation.org) under “Giftware.”**



#### **LFHS Foundation Board Members 2008-2009**

*Kim Munoz*  
President  
*Cheryl Killam*  
Secretary  
*Debbie Marcussen*  
Treasurer

#### **Board Members**

*Sergio Amato*  
*Patty Charhut*  
*Lisa Dietrich*  
*Anne Durot*  
*Linda Ganshirt*  
*Jennifer Graham*  
*Janet Hughes*  
*Joy Murawski*  
*Tim Newman*  
*Susan Nommensen*  
*June Sharman*  
*Tim Szerlong*

#### **Honorary Members**

*Ron Bernardi*  
*Jerry Claeys*  
*Tracy Hill*  
*Luke Knecht*  
*Anne McNulty*  
*Allison Pasquesi*  
*Mark Saran*  
*Marge Sorensen*

#### **Board of Education Representative**

*Jim Carey*

#### **Administration Liaison**

*Mary Kay Koerner*

#### **Ex-Officio Member**

*Dr. Harry Griffith*

## Autism: The Diagnosis, Causes and Treatment of Autism Spectrum Disorders

Northern Suburban Special Education District's Association of Parents and Staff presents Autism: The Diagnosis, Causes and Treatment of Autism Spectrum Disorders facilitated by Dr. Bennett Leventhal, professor of psychiatry and the Director of the Center for Child Mental Health and Developmental Neuroscience at the Institute for Juvenile Research at University of Illinois, Chicago, on **Tues., January 20, 2009** from 9:30 – 11:30 a.m. at the New Trier Northfield Campus in Building C – Board Room C234, on the second floor, 7 Happ Road, Northfield, Illinois. Please park in the lot on the west side of Happ Road only. All other areas will be towed.

Space for this program is limited and reservations will be taken for families and staff who live or work in NSSED member districts. To RSVP call Karen Noonan, NSSED Director of Programs and Support Services, at 847-831-5100, extension 210 by January 9, 2009. When leaving a message, please be sure to include your name, telephone number and your NSSED district.

## Parent Opportunities

### LEAD Upcoming Events

LEAD is a non-profit community organization offering programs/ events that promote strong family relationships and healthy youth. For more information about the programs listed below, contact LEAD at lead9075@aol.com, or call 847-295-9075, or visit their website: [www.leadweb.org](http://www.leadweb.org).

### What Teens Are Really Up To!

**Tuesday, January 13, 9:45 AM to 11:00 AM**

Gorton Community Center, 1861 Room  
For Parents of Children in grades 7-12.

Join Jenny Edgington, SAP Coordinator for Districts 115 and 67 and Heather Hale, Psy.D., LCPC, CADC, as they reveal the truth about what our teens are faced with and how they handle tough situations. Illinois Youth Survey results and insights will be included in this informative session.

### Book Discussion "Raising Cain: Protecting the Emotional Life of Boys" by Dan Kindlon, PhD and Michael Thompson, PhD

**Tuesday January 20, 10:00 to 11:30 AM**

**Lake Bluff Library, 123 E. Scranton Ave, Lake Bluff**

For parents of boys from preschool through grade 12

Join local social workers, including two from LFHS and one from LB Middle School, for an in-depth discussion of the social and emotional challenges faced by boys. We'll discuss how parents can help their sons navigate the social pressures of youth.<sup>1</sup>

### LEAD's 3rd Annual Ladies Night Out, A Celebration for Women

**Friday February 6, 2009, 6:30 PM**

**The Armour House at Lake Forest Academy**

Join friends for a fabulous evening featuring a variety of speakers for women to inspire, enlighten and spark laughter. Also enjoy a fashion show, silent auction, wine, light supper and desserts. Call 847- 295-9075 to reserve your spot.

**February 21, 2009: LEAD's Parent University. 8:30 AM until 1:00 PM**

For parents of children from preschool through grade 12

Featuring keynote speaker Michael G. Thompson PhD and co-author of 8 books, including the New York Times bestseller, Raising Cain.

Join us for the keynote address, "The Pressured Child: Helping Your Child Find Success in School and Life" and other highly relevant and enlightening morning workshops. Register online at [www.leadweb.org](http://www.leadweb.org) or call 847-295-9075. CPDU Credits offered.

### PALS - Producers at Large

#### PALS (Producers At Large)

is the parent booster organization for the students and faculty involved in theatre at Lake Forest High School.

The PALS Board supports the students, both on stage and off, who participate in the Junior/Senior Play, the Freshman/Sophomore Play and the Spring Musical. PALS provides many services such as dinners for cast & crew on the nights of dress rehearsals, sales of production t-shirts, publications of kudos to the students in the programs (PALS Ads), and sales of DVDs/ Photo CDs for the students involved in each production. For each performance, PALS organizes parent volunteers to help with ticket distribution, concessions and ushering. PALS plans and coordinates the year end banquet for the students in partnership with the LFHS Chapter of the International Thespian Society (ITS).

Support for PALS comes both through parent volunteer efforts and your financial contributions. This year's membership form was mailed recently or you may download a membership form from the LFHS website. Opportunities to become a member of PALS exist at many levels.

Whether you become a member of PALS or not – please show your support for our students involved in theatre by attending the shows!

**Everyone loves an audience!**

## Performances

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### Talent Show 2009

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#### Talent Show Auditions!

The auditions for Talent Show 2009 will be held on:

**Saturday, January 31  
and  
Sunday, February 1, 2009**

in the Raymond Moore Auditorium. See Brad Balonick at the Technology Help Desk for an application.

**Deadline for applications is Friday, January 23.**

**Evening performances will be  
March 12, 13, 14, 2009.**

#### Student Producers:

Luci Lambert, 847-508-6452  
Megan Pratt, 847-525-3018

#### Student Directors:

Carter Petray, 847-767-0730  
Hunter Ries, 847-814-7437

#### Communications/Photo Director

Danielle Springer  
847-707-5324

#### Talent Show 2009-- Top Ten Tips to Optimize Your Audition

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- You are judged from the moment you step on stage. Introduce yourselves and your act (clearly).
- You may not change anything from the audition to the performance. You are not judged on potential.
- Your audition must be "performance ready." You may audition in costume, although it is not a requirement.
- Your act must be appropriate for all ages. Choose your music/act carefully for content.
- Make sure your lead singer (band/small group) can sing! Select carefully.
- Make sure your song is in the appropriate key to maximize your performance. Duets/Harmony is better than singing an octave apart.

#### Need professional advice on your act?

Ask LFHS staff, faculty, music department or private instructors for suggestions. Nick and Sheila Christofalos and Todd Nahigian at CROYA have volunteered their help in networking you with other musicians/actors who are trying to get an act together. There is a bulletin board in the basement of the new CROYA building for you to post messages and there are sound-proof practice rooms for bands and small acts available for your use.

Live instruments are better. You may be penalized for using recorded music to accompany singing. No karaoke. Find a musician to accompany you!

Keep your act within approximately three minutes. Longer is not better!

Perform your act for family members, friends, and neighbors to get feedback before your audition. Practice, practice, practice. It's not too soon to get your group/solo together now to allow practice time over the holidays and before finals. Don't wait until the last minute: it will show in your audition.

#### BONUS TIPS:

Choose the appropriate category carefully. For instance, a band is defined as an act with "Vocals & Drum Kit." The Audition Application Form lists the categories with appropriate definitions. Your act may fit two categories. Check with Brad on how best to categorize your act.

All members of the act must be present at the audition and the performance. Break a leg!!

### New Opportunities!

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#### Parent or Guardian State Pupil Transportation Reimbursement information for the 2008-09 School Year

Parent(s) or legal guardian(s) who must provide transportation to and from school because free transportation is not available for their children may be eligible to receive money from the state to help offset some of the cost, for example, bus fares or mileage reimbursement for private automobiles at \$0.505 per mile.

**More detailed information can be found at [www.lfhs.org](http://www.lfhs.org) in the right blue column by following the link:**

[http://www.isbe.state.il.us/funding/pdf/parent\\_reimbursement\\_info.pdf](http://www.isbe.state.il.us/funding/pdf/parent_reimbursement_info.pdf)

**If you have any questions, please call the District Administrative Center at 847-235-9657**

**Sign the transportation reimbursement ledger beginning Feb. 1, 2009 - June 30, 2009 in Room 106 (main office)**

## January, February, March Calendar 2009

### In this Issue

- 2 Board of Education
- 3 Class News
- 5 Department News
- 11 Fundraisers
- 12 Parent Opportunities
- 19 Performances

### January

- 5 Return to school
- 8 Freshman Parent Meeting, 10am, DMT
- 13 Board of Education Mtg. 7pm
- 14 Class of 2013 Registration Freshmen Orientation
- 19 MLK Day (No school)
- 21, 22, 23 Finals
- 23 End of Semester I
- 26 Faculty Workday (No school for Students)
- 27 Auditions begins for "Thoroughly Modern Millie"
- 31 Talent Show Auditions

### February

- 1 Talent Show Auditions
- 2 AP Exam Registration Begins
- 3 Class of 2013 Registration Adjustments Consumer Education Test
- 6 Pass/No Pass Deadline
- 10 Board Meeting, 7pm
- 12 Junior Parent Meeting 7:00 pm, RMA
- 16 Presidents' Day (No School for students and teachers)

### March

- 8 Junior Class Senior Citizen Party
- 10 Board of Education Meeting, 7pm
- 11 Young Hearts for Life EKG Screening Program
- 13, 14, 15 Talent Show
- 20 AP Exam Registration Deadline!
- 27 End of Third Quarter
- 30 Spring Break Begins

**This Calendar highlights only select dates/events.**

**Need Information?**

**Check out our website at [www.lfhs.org](http://www.lfhs.org)!**



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HIGH SCHOOL**

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# HIGHLIGHTS

January 2009  
VOLUME 4 NUMBER 6