

Community High School District No. 115
Lake Forest High School
1285 North McKinley Road
Lake Forest, IL 60045

PRESS RELEASE

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DATE: 11.24.09

FOR RELEASE: Immediately

The first holiday schedule deadline for Senior College Application Process is December 4. Seniors applying to college are allowed eight transcript requests at no charge. A fee of \$11.00 is required for each additional request processed. Unofficial transcripts are processed for \$3.00 each. Checks can be made out to Lake Forest High School. All students should file their transcript requests with Mrs. Hall, Transcript Office, Room 103 two weeks prior to the application deadline date. Due to the fact that the Transcript Office will be closed over the Winter Holiday, those applications with a deadline of January 1, 2010 must be in the Office Friday, December 4, 2009 by Noon. Those with a January 15, 2010 deadline must be in by Noon on Monday, January 4, 2010. More information can be found at www.lfhs.org.

There will be a regular meeting of the [Board of Education](#) of Lake Forest Community High School District 115, Lake County, Illinois on Monday, December 7, 2009 at 7:00 p.m., Board Rm, LFHS West Campus, 300 S. Waukegan Road, Lake Forest, Illinois. Please note this is a date change from which was previously posted as Tuesday, December 8, 2009.

There will be a Late Start Day on December 9 (Teacher Department work 7:50 a.m. Students start at 9:50 a.m.). The schedule for the day and bus information can be found at www.lfhs.org.

LFHS Student Services Parent Meetings and College Resource Center Presents:
“Understanding Test Results (Sophomores and Parents)” in a presentation called “PLAN Interpretation Night” that will be held on Thursday, December 10 at 7:00 pm in the David Miller Theatre at LFHS. LFHS Counselor, Brad Naughton will explain the interest inventory and PLAN Test results from the October test.

There will be a Senior Class breakfast on December 11 from 7:15 am - 7:45 am in the senior hallway.

The LFHS Applause Annual Spaghetti Dinner and Band, Orchestra, Choral Concert and Sing-A-Long will be held on Sunday, December 13, 2009 beginning at 3:00 pm with the Band and Orchestra Concert, 5:15 pm - 6:45 pm Spaghetti Dinner, and 7:00 pm Choral Concert at Lake Forest High School, 1285 N. McKinley Road, Lake Forest, Illinois. Mark your calendar and join Applause for an evening of joyous music and family fun. The Spaghetti Dinner and Concert is the main fundraising event for [LFHS Applause](#) and all proceeds benefit the music program and students at LFHS. For information on [program details](#), volunteering, and making a reservation to attend, please visit www.lfhs.org for more information.

Attention all LFHS swimmers, cyclists, and runners. Come join the Iron Scouts, Lake Forest High School's triathlon and multisport group. Recently, the Iron Scouts had three top ten finishes in the Lake Forest High School Wellness Department's Triathlon and Duathlon. Meetings are usually every Thursday at 7:20 am in room 386. No experience in any sport is needed, new members are always welcome. For more information email Connor Ventling at 11704223@lfschools.net

LFHS Booster Club has launched a new website at www.lfhsbooster.org. Bookmark this new site to learn more about Booster special holiday hours for the Booster Boutique and much more!

LFHS student directories were mailed to the homes of APT members in November. If you have not received your copy or would like to purchase additional copies, please contact Mary Flagstad at 847-234-5773 or mflagstad@mac.com.

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. The next meeting is scheduled for Saturday, December 12 from 8:30 - 10:00 am at Northern Trust Bank, Lower Ground Floor, 959 S. Waukegan Road, Lake Forest, IL. Guest speaker, Steve Nosek of College Planning Specialist – Illinois, will discuss how to send your child to the school of their dreams without getting trapped in a financial nightmare. Learn the insiders' secrets and strategies to send your child to schools you never thought you could afford. More details can be found at <http://www.cps-illinois.com/>. To find out more, contact Mitchell Schwarzbach, m-schwarzbach@comcast.net or Kevin Neville, Kevincneville@aol.com.

LFHS Foundation is making it easy for everyone to support their effort to fund grants for educational resources/opportunities and to enrich the LFHS experience. While shopping for the holiday season, use your Dominick's Fresh Values card and credit cards and the LFHS Foundation will benefit! All are encouraged to register VISA, Master Card, and/or Discover credit/debit cards and Dominick's Fresh Values cards with eScrip (eScrip is an on-line resource for fundraising). Then, every time you use those cards to shop, in person or on-line, at participating merchants, a percentage instantly goes to the Foundation. Go to eScrip.com and follow the easy instructions, or visit www.lfhsfoundation.org for more information.

Congratulations to the American Legion Post 264 Veterans Day essay contest winners - Lucia Bower (1st place award of \$1,000); Christian Neumeister (2nd place award of \$300); and Carson Goldman (3rd place award of \$200). The contest winners donated their awards to the LFHS club or organization of their choice.

The winners of the 10th Annual Fall Egg Harbor Photography Contest are: Round 1: First place; Ali Bailey for "The Squeeze," Second place; Emily Bradford for "pots in a row." Round 2: First place; Caroline Stride for "mirror image," Second place; Hayle Murrens for "egg torture."

Congratulations to LFHS Fall 2009 All-Academic Athletes which include Junior/Senior student Varsity level athletes who have a GPA of 3.5 on a 4.0 scale (or in our case, 4.5 on a 5.0 scale). Boys Cross Country class of 2010; Nate Balk, Brian Barker, Thomas Beilke, Colin Briskman, Jonathan Briskman, Tyler Buddell, Owen Chang, Andrew Farver, Kyle Gaughan, Graeme Murphy, John McMEnamin, Michael McMEnamin, William (Tucker) Moore, Spencer Quigley, Zachary Silber, and Matthew TenPas.

Football Class of 2010; Michael Dent, Connor Moutvic, and Andrew O'Neill. Class of 2011; Paul Carollo, Ralph Claveria, Blake Dethlefsen, Tyson Dethlefsen, Michael Karacic, Thomas Kinzer, Andrew Shaw, Michael Simet, Benjamin Spiegel, Herbert (Parker) Stride, Clayton Tolmie, and Charles Weinberger.

Boys Golf Class of 2010; Nicholas Charhut. Class of 2011; Alex Schwartz.

Boys Soccer Class of 2010; Austin Manierre, Clayton Pristou, Charles Roberts, Harrison Shipp, Eeshan Talwar, Kurtis Teskoski, Noah Wagemann, and Matthew Wyatt. Class of 2011; Alex Wettermann.

Cheerleading Class of 2010; Katherine Logan. Class of 2011; Hayle Murrens.

Field Hockey Class of 2010; Anna Begley, Natalie Blahunka, Bridget Hegg, Julia Retzky, Elizabeth Skinner, Stephanie Staton, and Patricia Ziccarelli. Class of 2011; Mary Susan Bro, Katherine Cook, Cailee Filkin, Julie Freedman, Hannah Nedeau, Kasey Quon, Cynthia Stamelos, and Sarah Zavitz.

Girls Golf Class of 2010; Claire Dillon, Stacey Robberson, and Eileen Sanders.

PomPon Class of 2010; Kristin Vargas. Class of 2011; Andrea Cella, Stephanie Cox, and Sarah Sofyanos.

Girls Swimming & Diving Class of 2010; Diane Wang.

Girls Tennis Class of 2010; Carrie Dajani, and Claire DiMario.

Girls Volleyball Class of 2010; Catherine Leider. Class of 2011; Alexandra Funk and Margaret Slingerland.

Girls Cross Country Class of 2010; Lily Barrie, Alicia Calcutt, Samantha Draper, Lauren Ganshirt, Emma Heizer, Hannah Nowicki, Christine Robinson, Megan Moore, Class of 2011; Alexis Martin, Kate Murphy, Sheila Murphy, Caitlin Sperzel, and Jamie Warren.