

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: 7/14/09

FOR RELEASE: Immediately

The Lake Forest High School Varsity Cheerleading squad will be having a car wash fundraiser on Saturday, July 25 from 9am to 1pm at the LFHS Athletic West Campus on Rt. 60 & Waukegan Rd. Please bring your dirty cars and help the girls reach their fundraising goals! Suggested cost of the car wash is \$7, but all donations will be accepted.

Lake Forest High School Senior directed One Act Play Auditions will be on August 19. More information will be available during book buy August 17-19, but actors and actresses should mark their calendars for auditions on August 19 from 2 pm - 4 pm in the David Miller Theatre. Auditions are open to all students, including incoming Freshman. Questions can be directed to the faculty advisor, Brad Balonick at bbalonick@lfschools.net.

LFHS Aquatic Center Employment Opportunities are still available. Lifeguarding jobs (weekday evenings and weekend rotating shifts) along with Swim Aide and American Red Cross certified Water Safety Instructor positions (Saturday morning Swim School) are available throughout the school year. For more information contact: Ms. Koepke, 847-582-7323, LKoepke@lfschools.net.

The Lake Forest High School APT is looking for student artwork for the cover of the LFHS 2009-2010 Student Directory. The cover will be blue, and should be done in black/white/gray ink. Designs can be submitted in any size, but the final cover size will be 8.5 x 11 inches, folded in half to 8.5 x 5.5 inches. Artwork designs should relate in some way to Lake Forest High School. Please mail your submissions (with your name on back) to Lesley Guido at 320 Park Lane, Lake Bluff, IL 60044. The cover design will be selected over the summer. Any questions? Contact Lesley Guido at 847-295-9959 or email at lguido5@comcast.net.

Lake Forest High School incoming Freshman from District 67 need to create a new account for using NutriKids for lunch at LFHS. Both District 67 and District 115 use NutriKids for lunch money and lunch account payments. District 67 students who had on-line accounts will need to create a new on-line account for High School. To do this, students will need to use a different e-mail address than the one that was used for the District 67 account. Access to viewing a student's lunch account will still be available through mynutrikids.com. In addition, all positive lunch balances from District 67 have been transferred to District 115 for student to use at the High School. If your student had a negative lunch account balance please pay that balance through your District 67 account. If you have any questions about this transfer of funds or paying off your account please call Anne Simons at District 67 at 847-604-7476.

The award-winning LFHS cheerleading squads are sponsoring a cheerleading clinic for 1st through 8th grade students on Friday, September 4, from 4:30 – 8:30 pm at the West Campus gyms. The fee is \$45 for pre-registered students and \$50 for those registering at the door. The fee includes an LFHS Cheer T-shirt, bows, poms and dinner. The last day to pre-register is August 28. Come learn a top-notch cheer/dance routine, complete with simple stunts and then perform your routine at the first 2009 home varsity football game at the varsity football field—West Campus. More information and registration forms are available on the LFHS web site at <http://lfhs.org/athletics/girls/cheerleading/index.html>

Questions may be directed to Jody Elliott at jelliott@lfschools.net or Char Ash at cash@lfschools.net.

The nationally-ranked varsity pompon squad is sponsoring a pom/dance clinic for 3rd through 8th grade students on Thursday, September 17, from 4:00 – 7:00 pm at the West Campus Gyms. Dancers will learn a dance routine at the clinic and then perform their routine between the sophomore and varsity football games under the lights at the Varsity Field—West Campus. The registration fee is \$45 for pre-registered dancers and \$50 for those registering at the door. The fee includes a team shirt, ribbons and dinner. The last day to pre-register is September 11. Lake Forest will be playing Stevenson. More information and registration forms are available on the LFHS web site at <http://lfs.org/athletics/girls/pompons/index.html>. Contact Candice Davenport at cdavenport@lfschools.net or Char Ash at cash@lfschools.net with questions. Proceeds are used to help defray competition costs. The team extends their thanks to the community for their enthusiastic support of previous clinics.

The lights were bright in the BIG CITY for Prom 2009. The night was a huge success. Thank you to Leider's Nursery and Beeson's Nursery for donating all the beautiful flowers that decorated the runway. The DVD of the evening should have arrived in homes via the mail for those who attended the prom. Extras DVD'S (\$10) are available for sale. Contact Suzanne Carberry @ SFCAR246@aol.com. The APT would like to thank all who helped make the night so great.