

Students at LFHS finish strong!

Congratulations to the Class of 2007!

[More Top News!](#)



On Saturday, June 9, 429 students graduated on the front lawn of Lake Forest High School during the Seventy-Second Annual Commencement. Sunny skies and temperatures in the 70's made for a perfect afternoon! Superintendent Dr. Harry Griffith provided the "Welcoming Remarks," followed by speeches from Senior Class President, **Taylor Cox** on "Believing" and Student Council President, **Sarah Quon's** "A Life Lived in Gratitude." Principal Jay Hoffmann presented the "Distinguished Teacher Award" to English teacher, Diane Clark. The Balladier and Forester Singers performed "I'll Follow The Sun" by John Lennon & Paul McCartney and "The Lord Bless You and Keep You" by Peter Lutkin. The Roll Call of Graduates and the Presentation of Diplomas were the highlight of the day. Congratulations and best of luck to the Class of 2007!

Congratulations to...

Jim Thiel
who has been appointed
LFHS Assistant Principal!

Contact Information during Summer Construction 2007 - East Campus Closed

847-604-7401	Dr. Harry Griffith Superintendent
847-604-7420	Pam Burke, Assistant to Superintendent
224-456-4638	Jay Hoffmann, Principal
224-456-4638	Linda Barrett, Principal's Assistant
847-604-7404	Allen Albus, Deputy Superintendent of Finance & Operations
847-604-7445	Kathy Hughes, Assistant to Deputy Superintendent of Finance
847-604-7441	Carol White, Director of Buildings & Grounds
847-604-7438	Mary Mercer, Assistant to Director of Building & Grounds
224-456-4640	Mike Cyrus, Assistant Superintendent of Personnel
224-456-4640	Lisa Tadel, Personnel Admin Assistant
224-456-4637	Merry Quinn, Director of Counseling & Student Services
224-456-4642	Tiffany Smith, Registrar, New Student Registration
847-582-7365	Jennifer Gleason, Transcript Coordinator, Transcript Requests
847-582-7745	Jacque Berkshire, College Counselor
224-456-4645	Summer Counseling Appointments
847-604-7419	Diane Bower/Julie Gallagher, Health Office Medical Records
224-456-4308	Bill Donlon, Summer School Dean/Attendance
224-456-4639	Linda Cahill, Community Education, Facilities Manager, Fees
847-582-1667	Bookstore
847-558-3971	Julie Cooley, Exec Dir. of Special Services
224-456-4644	Judy Crawford, Assistant to Executive Director of Special Services
847-582-1664	Athletic Department
847-582-1665	Summer Athletic Camp Registration
847-604-7409	Anne Whipple, Director of Communications
224-456-4641	Kathy O'Hara, Student Services Opportunities
847-502-1385	Scott Krajniak, Director of Safety/Security
847-209-3619	Gary Pickens, Technology

Academic Spotlight

Board of Education

Sharon Golan
President

Marilyn Harlow
Vice President

Richard Block
Secretary

Jim Carey
Member

Tom Neri
Member

John Scribner
Member

Nicki Snoblin
Member

Dr. Harry Griffith
Superintendent
847-582-7301

You may send a message to all Board Members at this address: boe@d115.org.

Upcoming Board of Education Meetings

Mon., July 9

7:00 pm
Lake Forest City
Council Chambers

National Honor Society

Congratulations to the members of the National Honor Society inducted in Fall 2006:

Thomas Bernardi
Laura Burns
Taylor Callahan
Borden Cornwall
Jenna Dancewicz
Beatriz Delannoy
Laura Doborth
Michael Educate
Cameron Griffin
Elizabeth Harrison
Connor Hartnett
Brooke Hruskocy
Meghan Khurana
Kevin Marshall
Timothy Marshall
Michael Mercier
Greta Nudel
Michael Romano
Michael Rubin
Michael Scopelliti
Michael Small
Braden Smith
Ben Steadman
Brian Tanabe
Anton Tuebner
Elan Weisz
Kristen Whitney

The National Honor Society ranks as one of the oldest and most prestigious national organizations for high school students. Chapters exist in more than 60 percent of the nation's high schools and, since 1921, millions of students have been selected for membership.

The Honor Society chapter establishes rules for membership that are based upon a student's outstanding performance in the areas of scholarship, service, leadership, and character. These criteria for selection form the foundation upon which the organization and its activities are built.

Scholarship: Students who have a cumulative grade point average of 85% B, 3.0 (a 4.0 scale) or equivalent standard of excellence, or a higher cumulative average set by the local school's Faculty Council, meet the scholarship requirement for membership. These students are then eligible for consideration on the basis of service, leadership, and character.

Service: This quality is defined through the voluntary contributions made by a student to the school or community, done without compensation and with a positive, courteous, and enthusiastic spirit.

Leadership: Student leaders are those who are resourceful, good problem solvers, promoters of school activities, idea-contributors, dependable, and persons who exemplify positive attitudes about life. Leadership experiences can be drawn from school or community activities while working with or for others.

Character: The student of good character upholds principles of morality and ethics, is cooperative, demonstrates high standards of honesty and reliability, shows courtesy, concern, and respect for others, and generally maintains a good and clean lifestyle.



Academic Spotlight

National Honor Society

Congratulations to the newest members of the National Honor Society inducted in Spring 2007:

Courtney Adams
John Alaimo, Jr.
Benjamin Arnstein
Brianna Bagnoli
Roxie Bartholomew
Sarah Benedict
Nicholas Blank
Donald Boyce
Kathryn Bro
Katherine Burke
Laura Burns
Fiona Cary
Julie Collins
Samantha Cox
Kelly Day
Kristen Decker
Jessica Dejean
Lauren Dewulf
Alec DiMario
Casey Donovan
Michael Ellis
Margaret Erzinger
Annelise Fahey
Michelle Gannon
Nick Garoufalis
Kevin Gaughan
Kimberly Glennon
Robert Graham III
John Gross
Allison Grumley
Bridget Hardy
Robert Harrison
Matthew Hill
David Holmes
Matthew Janes
Conor Johnson
Matthew Kalish
Andrew Kelner
John Kinzer
Taylor Koch

Andrew Koval
Stephen Kuhn
Jay Lavitola
Elizabeth Leider
Douglas Logan
Katherine Lukash
Elizabeth Magnuson
Mackenzie Malone
Melissa Maranto
Rebecca Marks
Caroline Martin
Elizabeth Martin
Lillian Masek
Hillary Masters
Elizabeth May
Megan Mc Philimy
Emily Meyer
Matt Mitter
Patrick Moesta
Christopher Moews
Marisa Moore
Kelsey Moss
Ravi Mulani
Lauren Murray
Sara Nommensen
Kate O'Kane
Matt O'Neill
Lisa Ottensmeyer
Katharine Owens
Claire Palutsis
John James Parker
Cammy Pope
Kristen Radomski
Benjamin Rockwell
Craig Roper
Elizabeth Rowe
Ryan Sager

Samantha Schulte
Aleka Scoco
Mark Seidel
Anna Shustitzky
John Sidebotham
EJ Silver
John Skinner
Henry Slingerland
Allie Smith
Jennifer Spiel
Jenna Stern
Zachary Stiltz
Matthew Svec
Kathryn Swanson
Michelle Tang
Leigh Terhaar
Roxanne Tully
Robert Tupper
Sarah Wagener
Dana Warren
Chris Weber
Trevor Wellington
Lauren Whalley
Eunice Yu
Ryan Zillner

Class of 2008 must schedule senior yearbook portraits over the summer!

Senior Portraits must be taken by August 29, 2007 to be included in the yearbook!

If your portrait is taken after July 27, you will not have time to retake your photo for inclusion in the yearbook.

Lake Forest High School Class of 2008 senior portraits will be taken by SRImage, a division of Stuart-Rodgers Photography. A mailing was sent to the parents of students in the class of 2008 from Stuart-Rodgers. For complete instructions and information, visit www.srimage.com. Click on Schools, then student, then on Lake Forest High School. follow the instructions.

Or, call 847-864-7322 to schedule an appointment on the following dates/locations: (please note that due to construction at LFHS, sittings will take place at locations other than LFHS as follows)

**Stuart-Rodgers
Photography-Evanston
2504 Greenbay Road
Evanston, IL 60201**

**June 14, 19, 27,
July 9, 27
August 3, 28, 29**

**Highland Park
Community Center
1991 Sheridan Road
Highland Park, IL 60035**

**July 23, 31
August 6, 7, 23, 24**

Academic Spotlight

2007 Winner of The Achievement Scholarship by National Merit Scholarship Corporation

Kimberly Claire E. Seymour, a student at Lake Forest High School, has been selected as the winner of a National Achievement \$2500 Scholarship. The Achievement Scholarship Program is conducted by National Merit Scholarship Corporation.

More than 140,000 students who took the 2005 PSAT/NMSQT entered the 2007 National Merit Scholarship Program and also requested consideration in the National Achievement Program in which only Black Americans participate. Last fall, some 1,600 participants in the National Achievement Program were named Semifinalists. Only Semifinalists continued in this competition, and approximately 1,300 of them fulfilled requirements necessary to become Finalists.

All winners of 800 Achievement Scholarship awards, worth about \$2.5 million, were chosen from the group of outstanding Finalists.

National Merit Scholars

Congratulations to the National Merit Finalists in the 2007 Competition from Lake Forest High School:

Each year the PSAT/NMSQT test, given to all Juniors, serves as an initial screen of more than one million entrants to the National Merit Program. In the annual National Merit Scholarship Program, 50,000 academically able high school students are honored. The program was initiated in 1955, is a not-for-profit organization, and awards a sizable number of scholarship awards annually.

The 2007 competition had 15,000 Finalists this year with 8,200 Merit Scholarship awardees selected from this group as winners.

National Merit Finalists in the 2007 Competition from Lake Forest High School are:

Andrew J. Remissong

Timothy M. Terhaar

Aaron D. Wang

Congratulations to the Commended students in the 2007 National Merit Scholarship Program

Twenty students were named by the National Merit Scholarship Program to the Commended List this year.

Commended students are recognized for their exceptional academic promise demonstrated by their outstanding performance on the qualifying test used for program entry. They were not, however, in the competition for Merit Scholarship awards offered in the spring.

About 34,000 Commended Students throughout the nation are being recognized for their exceptional academic promise. Commended Students placed among the top five percent of more than 1.4 million students who entered the 2007 competition by taking the 2005 PSAT/NMSQT.

The young people being named Commended Students have demonstrated outstanding academic potential by their strong performance in this highly competitive program. They are:

Laura A. Briskman

David J. Brush

Elizabeth M. Coyle

Michael S. Desnick

Justin C. Dill

Matt N. Dordal

Michael Educate

Elise E. Heilman

William A. Knorr

Susan R. Lape

Mark D. Miller

Emily E. Schulz

William G. Schutt

Michael H. Sternberg

John G. Swisher

Vanessa L. Lee

Elan V. Weisz

Alec T. Wells

Valerie J. Winton

Cameron A. Yager

Academic Spotlight

Congratulations to the members of the Cum Laude Society, an academic honorary society who were inducted Fall 2006:

**Laura Briskman
Maeve Carberry
Daniel Chapman
Michael Desnick
Matthew Dordal
Emily Geldermann
Kristin Hickey
Matthew Kocanda
Ryan Lieberman
Giulia Mazza
Gabriele Molina-Moughami
Joey Raudabaugh
Caitlin Richter
Benjamin Steadman
Michael Sternberg
Andrew Zicarrelli**

The above seniors join their classmates below, elected last Spring 2006. The GPA criteria for Seniors is a cumulative GPA of 4.995 for courses taken to date.

**Elizabeth Coyle
Justin Dill
Jessica Dorman
Michael Educate
Andrea Hansen
Kirsten Hardy
Mark Kendall
Susan Lape
Vanessa Lee
Sarah Mynhier**

Congratulations to the newest members of the Cum Laude Society. All are members of the Class of '08.

These students had at least a GPA of 5.195. Eligible members of the Class of '07 were elected last Spring and this past Fall.

**Benjamin Arnstein
Roxie Bartholomew
Nicholas Blank
Samantha Cox
Susannah Dee
Bridget Hardy
John Kinzer
Katherine Lukas
Melissa Maranto
Caroline Martin
Christopher Moews
Ravi Mulani
Matt O'Neill
Katherine Owens
Elizabeth Rowe
Samantha Schulte
Aleka Scoco
John Skinner
Jennifer Spiel
Sarah Wagener
Lauren Whalley
Ryan Zillner**



Thanks to the Student Council members who made this year a success!

Congratulations...

...to **Frank Fineis**, a sophomore at LFHS, who was nominated and attended the November 2006 session of the National Young Leaders Conference ("NYLC") in Washington, D.C. The purpose of the NYLC is to distinguish a select group of exceptional high school students for their scholastic merit and demonstrated leadership ability and to provide the opportunity to meet with members of all three branches of the federal government.

We depend on you!

If you would like to promote any school related news regarding an event, activity, fundraiser or student "kudos," please contact **Joy B. Murawski** at 847-582-7376 or e-mail jmuraws@d115.org to submit your information. Digital and non-digital pictures are also welcome and encouraged!

Pictures taken at your child's sporting event are also of interest.

Please e-mail any pictures taken of your child's sports for publication in the next edition!

Athletic Spotlight

Boys' Cross Country

Fall 2006-07

All-Academic Athletes:

2008 Alec DiMario
2007 Matthew Engel
2007 Mark Stelter

Boys' Golf

Fall 2006-07

All-Academic Athletes:

2008 Andrew Koval
2008 Robert Tupper
2007 James Cascarano
2007 Brian Tanabe
2007 Andrew Wyatt

Boys' Football

Fall 2006-07

All-Academic Athletes:

2008 Andrew Carpenter
2008 Gregory Friedman
2008 Nick Garoufalis
2008 Patrick Moesta
2008 Matt O'Neill
2008 John James Parker
2007 Robert Binkley
2007 David Blowers
2007 Robert Johnson
2007 Mitchell Knesley
2007 Matthew Kocanda
2007 James Moore
2007 Britton Myers
2007 Andrew Zicarelli

Sports Highlights Fall 2006-2007

Many congratulations to the following teams for all the hard work and dedication that has lead to their respective successes!

All-Academic Athletes include Junior/Senior student athletes who have a GPA of 3.5 on a 4.0 scale (or in our case, 4.5 on a 5.0 scale).

Cheerleading

Fall 2006-07

All-Academic Athletes:

2008 Aleka Scoco
2007 Taylor Janczak
2007 Maeve Sheahan

Pom Pon

Fall 2006-07

All-Academic Athletes:

2008 Samantha Cox
2007 Ashley Claveria
2007 Sarah Quon
2007 Paige Ryder
2007 Maria Vastardis

Boys' Soccer

Fall 2006-07

All-Academic Athletes:

2008 Andrew Kelner
2008 Jay LaVitola
2007 Walter Alam
2007 Kevin Marshall
2007 Timothy Marshall
2007 Gabriel
Molina-Moughamia

Girls' Cross Country

Fall 2006-07

All-Academic Athletes:

2008 Allison Grumley
2008 Katherine Lukas
2007 Julia Allen
2007 Chloe Bohm
2007 Laura Briskman
2007 Maeve Carberry
2007 Jessica Dorman
2007 Jacqueline Draper
2007 Andrea Hansen
2007 Kirsten Hardy
2007 Theresa Loos

Girls' Field Hockey

Fall 2006-07

All-Academic Athletes:

2008 Brittany Aden-Buie
2008 Kathryn Swanson
2008 Roxanne Tully
2007 Brigid Bower
2007 Taylor Cox
2007 Jenna Dancwicz
2007 Kristin Hickey
2007 Brooke Hruskocy
2007 Cecily Jaros
2007 Sarah Mynhier
2007 Alexandra Rowley
2007 Kristen Tallon

Girls' Volleyball

Fall 2006-07

All-Academic Athletes:

2008 Julie Collins
2008 Lauren LaDuke
2008 Sara Nommensen
2007 Cameron Griffin
2007 Alexandra Hoffman
2007 Kelsey Moutvic
2007 Melissa Piazza

Girls' Golf

Fall 2006-07

All-Academic Athletes:

2008 Hailey Koschmann
2008 Megan Sopko
2007 Sara Cornwall
2007 Amy Hoffmann

Girls' Swimming

Fall 2006-07

All-Academic Athletes:

2008 Allie Davitt
2008 Michelle Gannon
2008 Mackenzie Malone
2008 Lisa Ottensmeyer
2008 Samantha Schulte
2007 Maria Gaither



Girls' Tennis

Fall 2006-07

All-Academic Athletes:

2008 Elizabeth Rowe
2007 Kristen Hughes
2007 Greta Nudel

Athletic Spotlight

Sports Highlights Winter 2006-2007

Many congratulations to the following teams for all the hard work and dedication that has led to their respective successes!

All-Academic Athletes include Junior/Senior student 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' Wrestling

Winter 2006-07

All-Academic Athletes:

2007 William Knorr



Boys' Basketball

Winter 2006-07

All-Academic Athletes

2007 Matthew Kocanda
2007 Britton Myers
2007 Brian Short
2008 Kevin Gaughan
2008 David Holmes
2008 Conor Johnson
2008 John James Parker
2008 EJ Silver



Girls' Ice Hockey

Winter 2006-07

All-Academic Athletes:

2007 Jenna Dancewicz

Boys' Swimming & Diving

Winter 2006-07

All-Academic Athletes:

2007 Brady Cushman
2007 Tyler Geitner
2007 Karl Mohrmann
2007 Colin Murphy
2007 Andrew Remissong
2007 Brian Tanabe
2008 Matthew Mitter
2008 John Skinner

Boys' Ice Hockey

Winter 2006-07

All-Academic Athletes:

2007 Nicholas Glennon
2007 John Ratliff
2007 Michael Romano
2007 Braden Smith

Girls' Cheerleading

Winter 2006-07

All-Academic Athletes:

2007 Maeve Sheahan
2008 Aleka Scoco



Girls' Basketball

Winter 2006-07

All-Academic Athletes:

2007 Lauren Furlong
2007 Meghan Khurana
2007 Kimberly-Claire Seymour
2008 Roxie Bartholomew
2008 Julie Collins
2008 Lauren LaDuke
2008 Emily Meyer



Girls' Pom Pon

Winter 2006-07

All-Academic Athletes:

2007 Ashley Claveria
2007 Sarah Quon
2007 Paige Ryder
2007 Maria Vastardis
2008 Katherine Burke
2008 Samantha Cox



The Lake Forest High School Competitive Dance Team participated in the UDA National Dance Team Championship in February at Disney World in Orlando, Florida. This year the team placed 3rd in pom and 6th in jazz. Both routines were broadcasted on ESPN.

Athletic Spotlight

Sports Highlights Spring 2007

Many congratulations to the following teams for all the hard work and dedication that has led to their respective successes! The following accomplishments were available at the time of this publication.

All-Academic Athletes include Junior/Senior student 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' Baseball

Spring 2007

All-Academic Athletes:

2007 Ian Goldberg
2007 R. Andy Johnson
2007 Britton Myers
2007 John Ratliff
2007 Michael Scopelliti
2007 Brian Short
2007 Michael Small
2008 Andrew Carpenter
2008 David Holmes
2008 Matthew Janes
2008 Patrick Moesta



Boys' Track

Spring 2007

All-Academic Athletes:

2007 Walter Alam
2008 James Beck
2007 Robert Binkley
2008 Nicholas Blank
2007 David Blowers
2008 Donald Boyce
2008 Alec DiMario
2008 Michael Ellis
2007 Matthew Engel
2007 Kevin Marshall
2007 John Murphy
2008 Christopher Schuster
2007 Mark Stelter
2007 John Swisher
2007 Aaron Wang
2008 Chris Weber



Boys' Lacrosse

Spring 2007

All-Academic Athletes:

2007 Nicholas Glennon
2007 Joey Raudabaugh
2008 Benjamin Arnstein
2008 John Kinzer
2008 Mark Seidel
2008 Henry Slingerland
2008 Robert Tupper

Boys' Volleyball

Spring 2007

All-Academic Athletes:

2007 Matthew Kocanda
2007 Charles Warfield
2008 Benjamin Rockwell
2008 Craig Roper
2008 Gregory Warfield
2008 Ryan Zillner

Water Polo

Spring 2007

All-Academic Athletes:

2007 Brady Cushman
2007 Karl Mohrmann
2007 Benjamin Steadman
2007 Brian Tanabe
2007 Brian Tung
2008 Laura McClenahan

Boys' Tennis

Spring 2007

All-Academic Athletes:

2007 Alex Nemerov
2008 Ryan Sager
2008 Ej Silver

Athletic Spotlight

Sports Highlights Spring 2007

Girls' Track & Field

Spring 2006-2007

All-Academic Athletes:

- 2007 Chloe Bohm
- 2007 Elizabeth Coyle
- 2007 Lauren Furlong
- 2007 Theresa Loos
- 2008 Allison Grumley
- 2008 Katherine Lukas
- 2008 Kristen Radomski



Softball

Spring 2007

All-Academic Athletes:

- 2007 Meghan Khurana
- 2008 Kristen Decker
- 2008 Lauren LaDuke
- 2008 Allie Smith



Badminton

Spring 2007

All-Academic Athletes:

- 2008 Lauren DeWulf
- 2008 Elizabeth Martin
- 2008 Lillian Masek

Girls' Soccer

Spring 2007

All-Academic Athletes:

- 2007 Taylor Cox
- 2007 Brooke Hruskocy
- 2007 Cecily Jaros
- 2007 Carolyn Monroe
- 2007 Sarah Mynhier
- 2008 Caroline Martin
- 2008 Claire Palutski

Varsity Cheer squad members are Briana Altergott, Anna Block, Kelly Boyle, Molly Curley, Lizzy Dewart, Marissa Ernst, Emily Hamlin, Catherine Favale, Ellen Figliulo, Theresa Figliulo, Kendra Kawala, Catherine Kesman, Nicolette Lyons, Jenna MacNeil, Jackie Phelps, Alivia Porpora, Aleka Scoco, and Carolyn Vallortigara.



Girls' Lacrosse

Spring 2007

All-Academic Athletes:

- 2007 Julia Allen
- 2007 Brigid Bower
- 2007 Maeve Carberry
- 2007 Molly Schreiber
- 2007 Kristen Tallon
- 2008 Melissa Maranto
- 2008 Dana Warren

Congratulations to the 2007-2008 JV and varsity cheerleading squads. The girls will march in the 4th of July parade in Lake Bluff, and then will be practicing during the month of July to prepare for UCA camps near the end of the month. They are learning routines for football season.



JV Cheer members are Samantha Altergott, Brittany Barnett, Becca Brown, Maggie Colburn, Caroline Dumelle, Sarah Dvorak, Nicole Ferrari, Kate Logan, Haley Murrens, Melanie Roth, Lauren Rubin, Hannah Ruffulo, Allie Stride, Caroline Stride, Alexis Walgreen, and Laurel Worthen.



Lake Forest Soccer Day September 8, 2007 Alumni Game

After a successful season as a club sport in 1967, the Varsity Boys Soccer team competed in its first season as an interscholastic sport in the Fall of 1968.

Fall '07 marks the 40th season at LFHS. To commemorate this landmark, LFHS will host 'Lake Forest Soccer Day' at the NEW Scouts Stadium on Saturday, September 8.

During halftime of the Scouts game against Glenbrook North, we will recognize all Alumni and former coaches in attendance. Following the game we will host a Co-ed Alumni game open to any former Varsity Soccer player.

Please contact Coach **Rob Parry** at rparry@d115.org if you can attend the celebration, and indicate if you plan on playing in the Alumni Game.

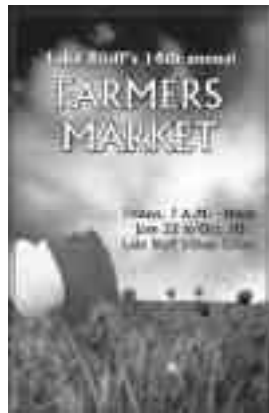
Other activities during the day include:

Collection of gently used soccer equipment for donation, and

Recognition of soccer in community.

Classroom Spotlight

Art Department



Congratulations to this year's Lake Bluff Farmers Market poster contest winner, **Hillary Spencer**, senior. She lives in Lake Bluff and is pursuing Graphic design next year at CLC. 7 The art students have participated in this contest for the past four years.

Congratulations to the following winners of the **Spring Egg Harbor show.**

First Place:
Jennifer Close
Yettie Kim

Second Place:
Callan Beeson
Taylor Goddu



Yettie Kim



Jennifer Close



Callan Beeson



Taylor Goddu

Congratulations to the following Library Show Winners

Frosh/Soph

Hanna Coleman - Graphic design Self-Portrait

Hannah Gibbons - Colored pencil drawing

Kira Fath - Mother Goose Nursery Rhyme

Claire Dillon - Drawing of jacket

Junior/Senior

Allie Schaller - Mized Media Self-Portrait

Jackie Draper - Painting of house in Grant Wood's style

Lizi Leider - Mixed Media collage

Hillary Spencer - Mother Goose Nursery Rhyme

Classroom Spotlight

Art Department

4 x 5 Show

Congratulations to senior, Catherine Venson who won 2nd place in the computer art division and senior Jessi Dorman who won 2nd place in the relief.

Fremd High School in Palatine hosts an annual 4 x 5 show in which 40 schools from the Chicagoland area participate. This was quite an accomplishment as there were over 1200 entries to the show. They received their plaques at the awards night on Wednesday, May 9.



Telecommunications

Chicagoland TV Educators Council Awards

Nine Telecom and Animation students joined teachers Steve Douglass and Christine Friedman at the Chicagoland TV Educators Council's (CTEC) annual video festival which was held this year on April 27 at the NIU Educational Center in Hoffman Estates. The event, sponsored by Columbia College and The National Academy of Television Arts and Sciences, gives students the experience of participating in a juried festival with various scholarship opportunities.

Congratulations to award - winning Telecom students...

... who represented LFHS very well in the CTEC (ChicagoLand TV Educators Council) Video Festival. The following students placed in their categories:

Connor Fleming

1st Place Computer Animation

Cody Vandenberg

2nd Place Computer Animation, 3rd Place Drama

Mark Magnus

3rd Place Comedy

Gold Awards

(90th-97 percentile)

Tyler Geitner

Music Video, News Feature

Kevin McKechney

Documentary

Andy King, Tyler Geitner,

Connor Hartnett and

Drew Beeson

Talent Show

Noel Brennan

Music Video

Joe Klocke

Music Video

Louay Jajeh

Stop Motion Animation

Mark Warwick

Stop Motion Animation

Grant Kugman,

Andrew Morrissette

Stop Motion Animation



Connor Fleming, 1st Place in Computer Animation, Mark Magnus 3rd Place in Comedy, and Cody Vandenberg 3rd Place in Computer Animation and Drama, proudly display their awards.

Classroom Spotlight

Library Services

On behalf of the Lake Forest High School Library, we wanted to thank these families for their participation in the APT Lake Forest High School Library Legacy Project.

Jill & Mike Havey
Nikki & Thomas Madsen
Linda & Paul Wyatt
Janis & Greg Smith
Beverly & Joe Raudabaugh
Lisa & Richard Dettling
Victoria & Albert Trefts
Elizabeth & Thomas Sublewski

Thank you so much for all of your support!

Music

Lake Forest High School Music Department congratulates our Honors Competition Winners!

Congratulations to the following students who appeared at the LFHS' Music Honor Competition on April 4, 2007.

Junior Voice Division
Deenah Bassiouny
Laura Brown
Hayley Koch
Helen Sidebotham
Mary Losacco
Stephanie Marjetko

Senior Voice Division
Laura Dobroth
Casey Donovan
Molly Geldermann
Susie Lape
Caroline Martin
Amelia Snoblin
Trevor Wellington

String Division
Christine Deeter
Will Haffner
Tylee Lin
Kira Manzo
Katharine Owens

Wind Division
Colin Briskman
Elizabeth Coyle
Jacob Fisher
Ravi Mulani
Andy Quinn
Danny Taubenheim

Piano/Percussion Division
Andrew Koval
Katharine Owens

Foreign Language



Last March several LFHS students took the Grand Concours, a French exam given nationally to elementary through high school students. This year 104,000 across the nation took the exam. LFHS freshman, **Jeffrey Niedermaier**, did exceptionally well and received a perfect score! Jeffrey, a student of Heather Song, took the level 3 exam along with 17,142 other students. Only 11 students received a perfect score! Jeffrey received several prizes including a plaque, certificate, and medal. In addition to these prizes, Jeffrey was awarded a 2 week scholarship to Concordia Language Villages by the Swiss Benevolent Society to use this summer. Lake Forest also received a plaque which we will proudly display in the foreign language department. Congratulations Jeffrey!

Science

Science Olympiad

Science Olympiad attended the Crystal Lake Invitational in January '07 and walked away with 10 metals in the A division. The fourteen students that competed were:

Nikhil Mulani
Katie Bold
Anna Shustitzky
Peter Klein
Lillian Masek
Catherine Ho
Melissa Maranto
John Alaimo
Matt Dordal
Mark Kendall
Elizabeth Coyle
James Cascarano
Andrew Remissong
Christopher Schuster

In March, the Science Olympiad team competed at the CLC Regional. They placed 5th out of 16 teams, and have advanced to the State Competition. Out of 23 events, they won 9 metals. The team members that competed were:

John Alaimo
Kathleen Bold
James Cascarano
Elizabeth Coyle
Matt Dordal
Catherine Ho
Peter Klein
Melissa Maranto
Lillian Masek
Nikhil Mulani
Andrew Remissong
Christopher Schuster
Anna Shustitzky
Andrew Woloshyn

Science



The American Heart Association Essay Contest

Congratulations to Junior **Kristen Decker** who won the American Heart Association Essay Contest with her essay: "Stem Cells... The Heart of the Matter." Kristen was honored at a luncheon and workshop on November 14, 2006 at the Annual American Heart Association Conference, held this year at McCormick Place in Chicago. The 100 winning high school Anatomy students and their teachers came from all over the Chicago and outlying Suburban areas, and met personally with Cardiologists and various other heart and health-care professionals who answered student questions about careers and current advances in cardiovascular medicine.



Matt Lowry's Physics class enjoyed creating boats and testing them in the pool at LFHS!

Wellness

Spring 2007 Triathlon Results

On Wednesday, May 16, nearly 300 students participated in the Wellness Department's bi-annual Triathlon/Biathlon/8K run. Students hoped to raise \$6,000 for "Hope for Mackenzie," a fund established to help the child of a LFHS teacher in her fight against Acute Lymphocytic Leukemia. Students swam in the pool, transitioned to their bikes which they rode along the bike path, and completed the journey with a run to the finish line.



Congratulations to the following winners!

8K Run Boys:
Gabe Molina-Moughamian;
28:29

New School Record!
Girls:

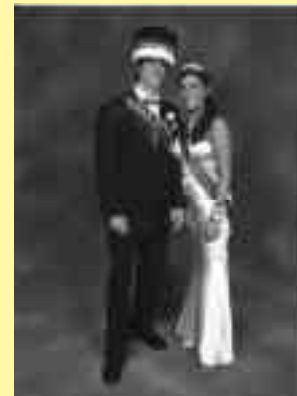
Catherine Venson; 38:24

Biathlon Boys:
Joe Klocke &
Jay Lavitola; 45:15

Girls:
Mary Kate Doherty &
Ashley Anderson;
59:22 New School Record!

Triathlon Boys:
Colin Murphy; 43:40

Girls: **Courtney Adams;**
55:56



Congratulations to Junior Prom king and queen, Jay LaVitola and Jesse DeJean.

Congratulations to

Christopher Moews, who is a junior at Lake Forest High School. Recently, Christopher attended tryouts for the 2007 Chicago All Star Team, and made it. Christopher has become a member of this math team for two years in a row. The team will compete in June at the University of Iowa in the American Regions Math League national math competition.

In April 2007, **Sarah Mynhier** won the Character Counts award in Highland Park. She has been tutoring at Oak Terrace Elementary twice a week throughout this year. She is bi-lingual and able to tutor Spanish-speaking as well as English-speaking students. She has also held book drives and donated over 6,000 books over the last three years.

Extra-Curricular Spotlight

Congratulations!

LFHS students recently participated in the Fairchild Challenge sponsored by the Botanic Gardens. The Challenge was a competition involving 10 different ways students share their knowledge of the environment. LFHS won the overall prize for the most points and **Ravi Mulani** won for the most points for an individual.

Congratulations also go to:

Ryan Sager—Public Service Announcement

Ravi Mulani—History and Economics; and Ethnobotany

Danny Chapman—the best t-shirt design

Debate Team

Congratulations to the LFHS Debate team president, **Mike Educate**, who placed first at this year's Tournament of Champions (TOC), the premier debate competition in the country. Out of a pool of the sixty best high school debaters in the United States, Mike made it through the preliminary rounds, semis, and "Super Congress," to finally come out winning first place. Mike, along with junior **Ravi Mulani**, traveled to Kentucky this past month for three days, with a total of 14 hours of debating today's most controversial and interesting topics, from airport security to disappearing bees. The team ended the year with a bang at their last two tournaments: the State Tournament of the Illinois Congressional Debate Association and the Spring Convention of the Junior Statesmen of America. The ICDA State Tournament took place on April 13th and 14th in Dekalb, on the campus of Northern Illinois University. This event included the upper tournament, in which the four top competitors from each member school competed, and the lower invitational, to which other promising members of the teams were invited. From LFHS, **Mike Educate, Mike Desnick, Ravi Mulani, and Andrew Koval** competed in the upper tournament, while **Nikhil Mulani, Anna Zhou, Danielle Pullan, Ellie Graham, Brad Weinberger, Giancarlo Jacobs, and Sahil Shah** were in the invitational. The team did well on the whole, bringing home two upper-chamber Critics Choice awards from **Mike Educate** and **Ravi Mulani** and an upper-tournament ranking of fourth in state. In the lower chambers, **Ellie Graham** earned a first place speaking award. The LFHS-sponsored bill, written by Elan Weisz, received two awards for Best Legislation. In the final competition of the year in Skokie at the Spring State Convention of JSA, the team made an impressive showing with twenty students attending. Of the participants, **Nate Balk, Ellie Graham, and Austin Lin** brought home best speaker awards, and **Bobby Graham** earned first place in the impromptu competition. The LFHS Quiz Bowl team, known as Team Vote Ellie, which included **Ellie Graham, Danielle Pullan, Nate Balk, Kelly Stevens, Kyle Flagstad, and Owen Chang**, won first place in the Quiz Bowl competition.



Pictured above is Mike Educate with his Tournament of Champions trophy.



Ellie Graham during her induction as JSA Illinois Senator



Mary Beth Nawor, Danny Chapman (left) and Carolyn Bielski (right) pose with the award presenter at the Fairchild Challenge.

Extra-Curricular Spotlight

Student Services

LFHS Service Recognition Evening

Congratulations to the students who were honored at the recent Lake Forest High School Student Service Recognition Night on Tuesday, April 10. The following awards were presented:

Tradition of Service Award; **Vidush Talwar**

Spirit of Service Award; **Lauren Whalley**

Principal's Award for Service to the Community; **Sarah Mynhier** and **Dorothy Chantler**

Heart of the Community; **Kristen Hughes**

Excellence in Character; **Katherine Lukas**

Community Partner of the Year; **Elizabeth (Sissy) Peters**

LFHS Service Leadership Award; **Donnie Boyce, Jay LaVitola, Sissy Peters, and Kaitlin Schreiber**

LFHS Special Service; **Madeline Goodman, Taylor Koch, Katherine Moreno, and Jenna Stern**

President's Volunteer Service Award;

Gold recipients include: **Latif Alam, Taylor Koch, Christopher Moews, Sarah Mynhier, Sahil Shah, Catherine Utterback, Eunice Yu, and Geoffrey Zureikat.**

Silver recipients include: **Hayley Koch, Sissy Peters** and **Lauren Whalley**

Bronze recipients include: **Megan Bailey, Brigid Bower, Donnie Boyce, Rudy Dell, Ross Doree, Kimberly Glennon, Taylor Goddu, Andrea Hansen, David Head, Kristen Hughes, Jay LaVitola, Vanessa Lee, Katherine Lukas, Emily Meyer, Katherine Moreno, Catherine Napier, Kate O'Kane, Stefanie Petropolous, Megan Pratt, Sarah Quon, Anthony Reinert, Samantha Schulte, Jenna Stern, Michael Sternberg, Katherine Swanson, and Christina Thiel**



Students are shown in Mexico building homes.



Kudos to Youth for the Mission Program

Recently, students from LFHS participated in a trip to Mexico to build homes. The following is part of a note that was sent from a LFHS parent who attended with his child...

"I am the parent of Leah Tedesco who is a junior at Lake Forest High School. Leah and I had the opportunity to be able to participate in Andrea Wise's Youth for the Mission Program in Mexico with 37 other High School Students from Lake Forest High School this past weekend. It was just so fulfilling from a personal level of giving back to others and being able to build two homes for two Mexican Families. Andrea Wise and the 38 Lake Forest High School Students did an awesome job raising over \$12K to fund building the homes. The kids were so enthusiastic all weekend, they were well behaved, and interacted with each other and the local people very well. I was blown away by how fluent some of the Lake Forest High School Students could speak Spanish. The kids worked really hard for two days to complete two homes. The boys even played soccer with the local Mexican kids at night. I think the Lake Forest Kids actually won a game. The 38 Lake Forest kids that were on this program are incredible young people!"

~Jim Tedesco

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Important Summer Construction Information!

As of June 8, 2007, the entire Lake Forest High School East Campus will be closed for the summer due to construction. The power will be turned off and the building will be completely closed to the public.

To keep updated on the progress, visit www.lfhs.org for information, pictures and more!

Contact information and phone numbers during the summer can be found on page 1 of this publication.

Need Information?

Check out our website at lfhs.org!



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1285 N. McKinley Road
Lake Forest, IL 60045
847-234-3600
www.lfhs.org

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SPOTLIGHT

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