



Congratulations to LFHS Students and Staff!

Illinois State Scholars Finalists 2008-09

Congratulations to the following students in the Class of 2008 who have been designated ILLINOIS STATE SCHOLARS FINALISTS. Your outstanding performance on a standardized test (ACT or SAT I) and a converted "class rank" qualified you, with the Illinois State Scholar Program competition, to be awarded a Certificate of Achievement from the State of Illinois through the Illinois Student Assistance Commission. Counselors will be distributing those certificates. The Illinois State Scholars program recognizes Illinois high school students for outstanding academic achievement. Students should be very proud of their accomplishments. The students are:

Courtney Adams
John Alaimo
Benjamin Arnstein
Rochelle Bartholomew
James Beck
Sarah Benedict
Nicholas Blank
Andrew Bungert
Laura Burns
Alexander Calcutt
Krista Carlson
Andrew Carpenter
Fiona Cary
Michelle Choi
Sarah Condic
Samantha Cox
Kelly Day
Lauren Dewulf
Casey Donovan
Megan Duffy
Michael Educate (Class of 2007)
Michael Ellis
Ellen Figliulo
Gregory Friedman
Nicholas Garoufalidis
Kevin Gaughan
Kimberly Glennon
Robert Graham
William Haffner
Derek Hansen

Bridget Hardy
Catherine Ho
Mathew Kalish
Andrew Kelner
Brendan Kim
Andrew Koval
Katherine Lukas
Elizabeth Magnuson
Mackenzie Malone
Melissa Maranto
Caroline Martin
Lillian Masek
Hillary Masters
Thomas Mauro
Laura McClenahan
Emily Meyers
Mathew Mitter
Christopher Moews
Jackson Moore
Trenton Moore
Derek Morris
Ravi Mulani
Sara Nommensen
Elizabeth Novit
Mathew O'Neill
Lisa Ottensmeyer
Katharine Owens
Cammy Pope
Kristen Radomski
Craig Roper

Elizabeth Rowe
Connor Ryan
Rachel Sachnoff
Christopher Schick
Samantha Schulte
Christopher Schuster
Benjamin Schwarz
Aleka Scoco
Sahil Shah
Anna Shustitzky
Micael Sierks
Everett Silver
John Skinner
Allison Smith
Jennifer Spiel
Kelly Stevens
Ellen Stoehr
Mathew Svec
Kathryn Swanson
Leigh Terhaar
William Townsend
Sashka Tshobanova
Roxanne Tully
Robert Tupper
Sarah Wagener
Bradley Weinberger
Trevor Wellington
Steven Williams
Kristoffe Zehr
Ryan Zillner



More Top News!

Lake Forest High School Receives Award!

Lake Forest High School has been selected to receive ACT's Red Quill Award for 2007-2008. With over 125 applicants for this year's award, LFHS stood out in its commitment to excellence. The staff has demonstrated a high level of dedication and focus in their efforts to provide students with their best opportunity to succeed. The Red Quill Award was developed to honor educational professionals who recognize the need for diligent analysis of data and a willingness to develop and enhance curriculum and instruction based on the needs of their learning community.

Academic Spotlight

National Honor Society

Board of Education

Sharon Golan
President

Marilyn Harlow
Vice President

Richard Block
Secretary

Jim Carey
Member

Todd Burgener
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

Monday, March 10, 2008
Monday, April 14, 2008
Monday, May 12, 2008
Monday, June 9, 2008
Monday, July 14, 2008

7:00 p.m.
Lake Forest City
Council Chambers

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

National Honor Society was pleased to welcome seventeen new members to the organization this fall. The new inductees were:

Jimmy Beck
Andy Carpenter
Fiona Cary
Michelle Choi
Megan Duffey
Eric Eggan
Greg Friedman
Kelly Guzlas
Catherine Ho
Lauren LaDuke
Mark Magnus
Laura McClenahan
Derek Morris
Catherine Napier
Sahil Shah
Leah Tedesco
Brad Weinberger

Students were inducted based upon their achievements in academics and extra-curricular activities as well as their service to their communities. All of these students will soon be seen throughout the community participating in all of the various service projects that NHS has to offer.

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.

2007 AP Awards

AP Scholar:

Granted to students who receive grades of 3 or higher on three or more AP Exams.

Walter Alam
Benjamin Arnstein
Jamie Baik
Lauren Basler
Robert Binkley
Nicholas Blank
Noel Brennan
Ashley Claveria
Samantha Cox
Susannah Dee
Tzvetan Devnaliev
Casey Donovan
Jessica Dorman
Jacqueline Draper
Matthew Freeman
Carl-Eric Girardin
Ian M. Goldberg
Robert R. Graham
Cameron E. Griffin
Derek C. Hansen
Bridget S. Hardy
Kelly A. Haser
Catherine A. Ho
Giancarlo G. Jacobs
Cecily A. Jaros
Robert A. Johnson
Matthew J. Kalish
Luke E. Knezevic
Andrew E. Koval
Theresa A. Loos
Katherine M. Lukas
Melissa C. Maranto
Timothy M. Marshall
Elizabeth C. Martin
Lillian R. Masek
Elizabeth W. May
Laura J. McClenahan
Ian McGillivray
Christopher L. Moews
Jackson D. Moore
Jillian E. Mueller
Colin C. Murphy
George J. Murphy
Greta Nudel
Matthew C. O'Neill
JohnJames Parker
Craig D. Roper
Elizabeth A. Rowe
David Saginur
Molly E. Schreiber
Christopher P. Schuster

Aleka N. Scoco
Kimberly-Claire Seymour
Daniel R. Sirus
John C. Skinner
Jennifer M. Spiel
Kelly M. Stevens
Kathryn M. Swanson
Leigh Terhaar
Alexander H. Thatcher
Lisa M. Tomcko
Roxanne Tully
Maria Vastardis
Sarah Wagener
Bradley R. Weinberger
Trevor Wellington
Jennifer H. Williams

AP Scholar with Honor:

Granted to students who receive an average grade of at least 3.25 on all AP Exams taken, and grades of 3 or higher on four or more of these exams.

James M. Beck
Sarah A. Benedict
Laura R. Burns
Maeve F. Carberry
Colette M. Conway
Jenna G. Dancewicz
William A. Knorr
Stephen J. Kuhn
Melissa W. Li
Giulia Mazza
Mark D. Miller
Derek J. Morris
Ravi N. Mulani
Sarah E. Mynhier
Justin Q. Quall
Sarah M. Quon
Meghan Ryan
Emily Schulz
Michael A. Scopelliti
Sahil P. Shah
Mark D. Stelter
Brian M. Tanabe
Alec T. Wells

AP Scholar with Distinction:

Granted to students who receive an average grade of at least 3.5 on all AP Exams taken, and grades of 3 or higher on five or more of these exams.

Eric D. Atherley
Rochelle O. Bartholomew
Drew Beeson
Glenn Blackmon
Allison Block
David Blowers
Chloe Bohm
Laura Briskman
Charles Burgis
Daniel Chapman
Sara Cornwall
Elizabeth Coyle
Brady Cushman
Michael Desnick
Justin Dill
Matthew N. Dordal
Michael Educate
Maria T. Gaither
Emily R. Geldermann
William K. Haffner
Andrea R. Hansen
Kirsten L. Hardy
Graham Hoke
Mark Kendall
Matthew Kocanda
Susan Lape
Vanessa Lee
Nathan Mathew
Gabriel Molina-Moughamian
James R. Moore
Alexander Munoz
Sarah Nedeau
Alex Nemerov
Joseph Raudabaugh
Andrew J. Remissong
Matthew Russell
Braden G. Smith
Benjamin T. Steadman
Michael H. Sternberg
John G. Swisher
Timothy M. Terhaar
Brian N. Tung
Aaron D. Wang
Charles D. Warfield
Elan Weisz
Valerie Winton
Garrett S. Wren
Andrew J. Ziccarelli

AP National Scholar:

Granted to students in the United States who receive an average grade of at least 4 on all AP Exams taken, and grades of 4 or higher on eight or more of these exams.

Matthew N. Dordal
Michael D. Educate
Mark A. Kendall
Andrew J. Remissong
Timothy M. Terhaar
Aaron D. Wang
Elan Weisz
Valerie Winton



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!

National Merit Scholars

Semifinalists Named in the 2008 National Merit Scholarship Program

More than 1.4 million juniors in nearly 21,000 high schools entered the 2008 National Merit Program by taking the 2006 Preliminary SAT/National Merit Scholarship Qualifying Test (PSAT/NMSQT), which served as an initial screen of program entrants. The names of approximately 16,000 Semifinalists were announced recently. These academically talented high school seniors have an opportunity to continue in the competition for some 8,200 Merit Scholarship awards. About 90 percent of the Semifinalists are expected to attain Finalist standing, and approximately half of the Finalists will be selected as Merit Scholarship winners.

Semifinalists in the National Merit Scholarship Competition Program for 2008 from Lake Forest High School are:

*Sarah A. Condic
William K. Haffner
Matthew J. Kalish
Christopher Moews
Ravi N. Mulani
Sara S. Nommensen
Elizabeth A. Rowe
Kelly Stevens*

Congratulations to the Commended students in the 2008 National Merit Scholarship Program

Lake Forest High School announces that 17 students have been named by the National Merit Scholarship Program to the Commended List this year. Commended students are being recognized for their exceptional academic promise demonstrated by their outstanding performance on the qualifying test used for program entry. They will not, however, continue in the competition for Merit Scholarship awards to be offered next 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 2008 competition by taking the 2006 PSAT/NMSQT.

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

*John W. Alaimo
Benjamin M. Arnstein
Rochelle O. Bartholomew
James M. Beck
Sarah A. Benedict
Samantha M. Cox
MacKenzie M. Malone
Melissa C. Maranto
Lillian R. Masek
Derek J. Morris
Christopher P. Schuster
Aleka N. Scoco
Sahil P. Shah
Anna R. Shustitzky
Jennifer M. Spiel
Bradley R. Weinberger
Kristoffe B. Zehr*



National Merit Scholarship Corporation

Athletic Spotlight

Sports Highlights Fall 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' Cross Country

Fall 2007

All-Academic Athletes:

2008 Eric Brehm
2009 Joseph Dilenscheider
2008 Christopher Schuster
2008 James Beck
2008 Donald Boyce
2008 Michael Ellis
2008 William Haffner
2008 John Sidebotham
2008 Kelly Stevens

Conference Champions
Regionals – 2nd

Boys' Golf

Fall 2007

All-Academic Athletes:

2008 Alexander Calcutt
2008 Conor Johnson
2008 Robert Tupper

Conference Champions
Regional Champions
Sectional – 2nd (tie)

Boys' Football

Fall 2007

All-Academic Athletes:

2008 Andrew Carpenter
2008 Gregory Friedman
2008 Nick Garoufalis
2008 Patrick Moesta
2008 Matthew O'Neill
2008 John James Parker
2008 Chris Schick
2009 Scott Andersen
2009 Charles Coates
2009 John Goense
2009 David Head
2009 Timothy Clifford

Qualifier – 1st round
of Playoffs

Boys' Soccer

Fall 2007

All-Academic Athletes:

2008 Andrew Kelner
2008 Jay LaVitola
2008 Benjamin Rockwell
2008 Chris Weber
2008 Ryan Zillner

Regional Champions

Girls' Cross Country

Fall 2007

All-Academic Athletes:

2008 Allison Grumley
2008 Katherine Lukas
2009 Jennifer Dent
2009 Caroline Kelleher
2008 Sarah Benedict
2008 Elizabeth May
2008 Catherine Napier
2008 Dana Warren
2008 Lauren Whalley

Sectional Qualifier - Team

Girls' Field Hockey

Fall 2007

All-Academic Athletes:

2008 Brittany Aden-Buie
2008 Kathryn Swanson
2008 Roxanne Tully
2009 Finley Amato
2009 Margaret Burke
2009 Ann Evans
2009 Sarah Frese
2009 Madeleine Mayer
2009 Rachel Quon
2009 Allison Weinberger

Regional Champions
Sectional Champions
Semi-Final Champions
State – 2nd

Girls' Golf

Fall 2007

All-Academic Athletes:

2008 Hailey Koschmann
2008 Kristen Radomski
2008 Megan Sopko
2009 Catherine McGowan

Conference – Team 2nd
Regionals – Team 4th
State Champion - Individual
Hailey Koschmann 1st (135)
New IHSA record (1997)
Sectional Champion – Individual
Hailey Koschmann 1st (72)

Girls' Swimming & Diving

Fall 2007

All-Academic Athletes:

2008 Samantha Schulte
2008 Courtney Adams
2008 Laura Burns
2008 Allie Davitt
2008 Michelle Gannon
2008 Lisa Ottensmeyer
2009 Kaitlin Burke
2009 Louise Campbell
2009 Molly Durot

Conference – 2nd
Sectionals – 2nd

Girls' Tennis

Fall 2007

All-Academic Athletes:

2008 Elizabeth Rowe
2008 Jenna Stern
2009 Nicole Lipp
2009 Visha Meyer

Conference Champions
Sectional Champions
State – 4th

Pom Pon

Fall 2007

All-Academic Athletes:

2008 Katherine Burke
2008 Samantha Cox
2009 Bethany Reed

Girls' Volleyball

Fall 2007

All-Academic Athletes:

2008 Julie Collins
2008 Lauren LaDuke
2009 Tara Poltermann

4th - LF Invite

Congratulations to Tom Myers who was recently inducted into the Illinois High School Association Baseball Coaches Hall of Fame!

Congratulations to senior Kate Affourtit...

...who recently signed Division I National Letter of Intent for a five year basketball scholarship with Southern Illinois University at Edwardsville as the first Division I recruit in SIU-E school History. SIU-E is going Division I after an 18 month study to compete at the Division I level. SIU-E has competed for 50 years at Division II. Kate will study Music Journalism and play for the SIU-E Cougars starting in 2008-09.

Classroom Spotlight

Congratulations!

On February 2, *Tylee Lin*, sophomore and *Hannah Wang*, junior attended the prestigious and very competitive All-State music convention. Tylee was placed in the top three violinists of the All-State Honors Orchestra and Hannah Wang sang in the All-State Chorus.

Music

Lake Forest High School Music Department congratulates our Honors Competition 2008 Finalists!

Junior Voice Division

Lily An
Hayley Koch
Kelsey Kolasa
Morgan Luttig

Senior Voice Division

Casey Donovan
Lauren Gayter
Stephanie Marjetko
Caroline Martin
Amelia Snoblin
Hannah Wang
Stewart Yoo

Wind Division

Colin Briskman
Ryan Hart
Andy Quinn

String Division

Chris Deeter
Will Haffner
Tylee Lin
Katharine Owens
Jentien Pan

Piano Division

Ethan Borre
Ellie Graham
Anna Zhou

Congratulations!

The final round will be held on Wednesday, April 2, at 7pm in the RMA. The students will perform their solos for a panel of three professional judges in a recital that is open to the public. Cash prizes will be awarded to the top performers in each division as well as the overall winner.

North Shore Honor Band

The following students were selected to represent Lake Forest High School in the North Shore Honor Band. These students joined the top band musicians from other North Shore high schools in a weekend of rehearsals culminating with a concert at Highland Park High School on Saturday, January 12. The guest conductors for these ensembles are Dan Farris and Don Owens from Northwestern University.

9th-10th grade band

Colin Briskman, flute
Cora Siebert, oboe
Nate Balk, bassoon
Jeffrey Sabol, clarinet
Toryn Shafer, clarinet
Alex Kroger, clarinet
Ian Schappe, trumpet
Todd Szerlong, trumpet
Joseph Aquino, horn
Alek Weismantel, horn
Anton Scoco, tuba
Carson Goldman, percussion

11th-12th grade band

Lillian Masek, flute
Andy Quinn, oboe
Danielle Pullan, clarinet
Maggie Rapaport, clarinet
Steve Kuhn, bass clarinet
Gerard Warren, alto sax
Tommy Johnson, trumpet
Melissa Maranto, horn
Ryan Hart, tuba
Ross Bildsten, percussion

Debate Team

Junior State of America Holds Presidential Nominating Convention

The Midwest JSA State kicked off its 2008 season with a Presidential Nominating Convention (PNC) at Loyola University Chicago. JSA Statesmen representing the campaigns of Obama, Clinton, Romney, McCain, and more were on hand to answer questions from their peers in a caucus-like format. The day started off with the Republican caucus, whose winner was Arizona Senator John McCain. After lunch, where statesmen were able to enjoy many of Loyola's campus culinary offerings, the Democrats were up to bat. The Statesmen in attendance chose Illinois Senator Barack Obama amongst the field of Clinton, Edwards, and Gravel. After the lobbyists had some time to sway the voters, McCain and Obama went head to head, and as in all JSA's Presidential Nominating Conventions so far this year, the voters felt Barack Obama should step into the role of the President of the United States.

Despite the bad weather, this year's Midwest PNC drew one hundred and forty students from chapters spanning the states of Illinois, Michigan, and Wisconsin. Lake Forest High School had a strong showing and several chapter members played key roles in the event's success. The PNC was organized by Illinois Senator **Ellie Graham** of Lake Forest High School along with fellow JSA member Alicia Pettys of Springfield. **Andrew Koval, Danielle Pullan, Ben Davidson, and Nikhil Mulani** (all from LFHS) acted as the campaign managers for presidential candidates Rudy Guliani, Ron Paul, John Edwards, and Barack Obama, respectively.

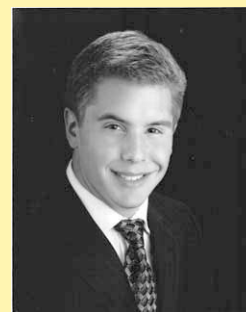
JSA is a national organization that allows for an exchange of ideas through student debates, thought talks, and a variety of simulations much like this Presidential Nominating Convention. JSA is unique in that students organize every aspect of the organization from the chapter level to the state and national organization. Student leaders, elected by fellow members, plan and execute all of the conventions, conferences, and political awareness events held by JSA.



On January 23 Scholastic Bowl met at Zion-Benton High School where LFHS won all of its rounds.

Congratulations!

Congratulations to senior *Brandon Lesko* who participated in the National Youth Leadership Forum on Law in Washington D.C. last fall after being nominated. Along with 300 students from all over the country, Brandon debated many pressing legal issues currently in the news.



In this Issue

2 Academic Spotlight

5 Athletic Spotlight

6 Classroom Spotlight

**7 Extra-Curricular
Spotlight**

Need Information?

**Check out our
website at lfhs.org!**



**LAKE
FOREST
HIGH SCHOOL**

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

U.S. Postage

PAID

Lake Forest, Illinois

Permit No. 69

Non-Profit Org.

SPOTLIGHT

February 2008

VOLUME 3 NUMBER 1