

The Forest Scout

Lake Forest High School

June 8, 2009

Advice for Juniors, From President David Head

by David Head

In your upcoming senior year, you will traverse the academic and social pathway to adulthood and forever leave youth and adolescence in the rearview mirror. In doing so, there will undoubtedly be numerous influential lessons and lasting memories that shape your individual maturation and lifelong principles. However, as my final days slowly slip away like grains of sand in an hour glass, I would like to advise the current Junior class on what to expect in the upcoming year. Some are obvious and overstated while others took me a while to realize, but whatever you take from this article, please remember to enjoy every moment of your last year for before you know high school will be relegated to a mere momentary memory.

Be aware of your time left: It goes by very quickly

This is by far the most frequently stated of all the consultative maxims you will received in the upcoming year. This is the case because, while simple, it is completely and almost alarmingly true. You will become enthralled in college applications in the first semester leading to the second semester where in which weeks will be remedied by seniorities and transform from tedious to tractable. Racing ahead full speed towards spring break, your college application responses will once again refill your mind's glass and distract you from the passing time. Once you regain figurative consciousness, it will be May and there will be less than a month of high school left leaving you unsure of where all the time went. Needless to say, before you know it congratulations to the Graduating Class of 2010 will be announced and your high school career will be over.

Teachers do not have senioritis

Generally considered the best part of senior year, senioritis is an inevitable evil that will prevent many of you from being even the slightest bit productive. However, while you may not want to do any work and convert high school from an academic arena into a social one, teachers will have a different idea. There will not be an alleviation of homework nor examinations as the year progresses. Incidentally, there is an inverse relationship between remaining school days and amount of work: the fewer days that remain, the more work there will be. Consequently, the more work that is presented to you, the more powerful senioritis' gravitational pull is, thus less and less work is finished culminating in an antithetical, downward spiral. With that gloomy statement, try to at least keep your head above the academic waters.

Be a senior but not a sloth

As I stated above, senioritis is unavoidable and beneficially makes the year less academically stressful. Nevertheless, you will be held accountable for the year's information in college and thus must manage the senior sickness. This is especially important in your first semester as all colleges and universities to which you apply will receive your transcript. Additionally, if you are on a waitlist, your second semester grades will also, quite unfortunately, be viewed and evaluated. So while you do not have to maintain the same "fire and brimstone" work ethic as junior year, it is essential that you are able to mediate academic indolence and intensity in order to learn the material.

Be positive about the college process

In the forward I said a few of these maxims took me a while to understand and/or believe; this being one of them. It may seem easy, or even hypocritical, for me to declare that the oft dreaded process will work out for everyone as I comfortably write from my basement wearing a Vanderbilt tee shirt. Wherever you end up, even if it is not your initial 'number-one' choice, I guarantee you will be happy. One of the greatest attributes of the United States is the abundance of internationally-accredited universities to select from and the plentiful opportunities for which they provide. Even if you are completely devastated and unhappy with your destination, there is always the trouble-free transfer process.

Develop lasting relationships with teachers

The teachers you will have your senior year will be some of the most influential and important. This is not a slight to teachers from previous years, some of whom have been my personal favorites and closest companions, but more so impacted by student's maturation. As seniors, you will obviously be nearing the end of the road at home and thus have more or less developed into your future self. Due to this near-adulthood status, it is much easier to connect with teachers on a personal level. I thoroughly believe that one of the greatest aspects of our school is the individual connections and moral lessons which the faculty strives to create. Unlike most public schools, they teach beyond the academic material and provide uniquely insightful life lessons for their students. As seniors, you should place an importance on picking these teachers brains and developing relationships that resemble friendships more so than mentorships.

Enjoy the monotony

I remember numerous occasions complaining about the tedium of the identical hallways, lunches, and classrooms that seemingly slowed the clock's hour hand to a near halt. Conversely, another dictum that took me a while to realize, as the school year nears its end, you will become increasingly melancholic. The once dreaded routes to class and locker stops will become cherished as the remaining representations of youth and adolescence. Similarly, it is common to resent the same monotony at home and while independence is necessary, you should also treasure the remaining family time. At the risk of sounding antisocial, staying home some nights wouldn't be the worst thing in the world as this will probably be the last time you live at home. Soon coming home will be a vacation not an obligation.

Be articulate and not apathetic

Signifying my personal view of the importance of oration, I leave this tenet for last. In your last year at home, you should strive to develop your individual voice and opinion on local and worldly topics. Learn to speak up and use your voice to support your beliefs and shed a light on perceived ills. Paradoxically, merely speaking up is the hardest thing to do as it can be uncomfortable and different. Silently and passively sitting by as both class and the world pass you by is an all too common illness of high school students. Even if you aren't the Class President or Debate Team Czar, emphasize open discussion in and out of class that furthers social awareness. This may seem like a newspaper editor merely vying for more journalistic participation. While that would be appreciated, it is certainly not the case. I whole heartedly believe that discourse is the most important, nonacademic, quality that should be developed before entering college.

On a personal note, I want to thank you for supporting me and the newspaper these past years. Whether you've read, skimmed, glimpsed, or passed over my articles entirely, I appreciate the loyalty to the Forest Scout. Some of my most cherished moments from my time at the high school involve the newspaper and the academic and social liberty for which they provided me. As I bid adieu to the newspaper that fostered my journalistic kinship, I would only hope that no matter what infrastructural or departmental changes occur, it remains true to its current form of individual liberality that provides all students with the ability to express their opinions in a uniquely unobstructed manner. Thank you.

The Forest Scout Staff

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Top 10 Summer Restaurants

By Claire Haffner, Emma Heizer, and Chrissy Robinson

1. Wildflour Bakery; opening in Lake Bluff in early June, the café style restaurant will offer a variety of food from sandwiches to cakes and will be open to catering and special orders. Somewhat like a new Food and Wine the bakery will be a popular destination for breakfast and lunch.
14 East Scranton Avenue Lake Bluff, Illinois
2. Sweat Pea's Ice Cream Parlor: offers a large selection of ice cream flavors, a great stop for an afternoon indulgence.
764 Sheridan Rd Highwood, IL
3. Food and Wine; the renovated frontier of Lake Forest will be a café style restaurant combined with its original bistro flare. Reopening midsummer.
672 N Western Ave Lake Forest, IL
4. Jamba Juice: of course we had to put the hot spot-cool down smoothie destination on our list. If you're not a smoothie person, we suppose you could go to chipotle...
1849 Green Bay Rd Ste 113 Highland Park, IL
5. Hot Tamales: If you're a Mexican food addict try this restaurant for dinner one evening, in our opinion it's much better than its competition across the street-Las Palmas (our first review)
493 Central Ave Highland Park, IL
6. The Cooling Station: yet another ice cream parlor. Take their challenge and eat the 15" high ice cream "Avalanche" or try their sandwiches and popcorn.
315 Waukegan Ave Highwood, IL
7. Kafein: the Central Perk of Evanston. Need a jolt of energy? Kafein's got pretty much every form of caffeine for a summer pick me up. An artsy coffeehouse with delicious pastries.
1621 Chicago Ave Evanston, IL
8. Homer's Homemade Ice Cream Parlor: not only an ice cream destination, this establishment has been pleasing lunch goers since 1935. Their ice cream has an incomparable creamy texture and accompanied with their cheesy French fries it's a perfect summer treat.
1237 Green Bay Road Wilmette, IL
9. Noodles and Co.: an inexpensive meal that is sure to satisfy your everyday noodle craving. You know you love it!
900 Milwaukee Ave Lincolnshire, IL
10. Little Ricky's: a cozy Winnetka restaurant. Eat outside or in front of the sports bar's TV, it's a great place to go with friends. As far as the menu goes, it's your typical onion rings and hamburgers. A family Chief's for the quieter crowd.
540 Lincoln Ave Winnetka, IL

All aboard the Hogwarts Express

By Emma Heizer

Harry Potter-a legend of our generation; J.K. Rowling-worth more than the Queen of England; Daniel Radcliff-a not so innocent version of our little Harry; Harry Potter: the Exhibition-the inside scoop on the making of the Harry Potter motion pictures for the fanatical muggles of the world, the only thing is you don't have to be completely obsessed with seeing the sorcerer's stone, or sitting in Hagrid's chair to enjoy the ride.



One of the displays of the exhibit featuring the Marauder's Map, Harry Potter's wand, and a box of Romilda Vane's love-poisoned chocolates as seen in *Harry Potter and the Half Blood Prince*.

Harry Potter: the Exhibition opened at the Museum of Science and Industry on April 30th, 2009 and will continue to reveal the magic of the Potter films through September 27th, 2009. If you've already been to the exhibit

I'm sure you'll understand where the raving reviews are coming from. When you first arrive, I recommend you seize the opportunity to be sorted into one of the four Hogwarts houses. This is particularly memorable as there is a middle-aged man who seems to believe he is a wizard facilitating the sorting. Something tells me he never got his Hogwarts letter and is only living in the dream so many of us are caught fantasizing about ourselves; honestly though, I think he's got a pretty sweet job. While I don't want to give too much away, I will say the costumes and set designs are bloody brilliant, as are the interactive stations featuring Quidditch quaffles and the repotting of mandrakes; an experience Harry and his second year classmates will never forget and I'm sure you won't either. I would actually recommend spending the extra five dollars on the listening tour, sure you'll feel like an obsessed fan but all you'll have to do is look around to realize you're in good company.



Lord Voldemort bust

Coming from an all time addict to anything Harry Potter the thought of a Harry Potter gift shop like the one following the tour was pretty much my personal heaven. While I am planning on attending the premier midnight show of the sixth installment of the Harry Potter films; *Harry Potter and the Half Blood Prince*, on July 15th, I found it necessary to purchase Hermione Granger's wand for props. However, be prepared for exaggerated prices, no matter how much you might want a four inch bust of Lord Voldemort for your bedside table \$54.99 is a bit excessive, in my opinion. All in all, the much anticipated exhibit was worth the wait, no matter if you're an HP worshipper or have only seen the movies, the experience is a once in a lifetime memory not to be missed.

A Fitting End

by Nikhil Mulani

This school year has seen quite a few new releases by well-regarded musical artists, including Kanye and U2. These albums came with more than catchy pop music on them, as Kanye attempted to channel seasonal depression during the winter in '808s and Heartbreak' and U2 tried to break somewhat out of its comfort zone while still giving its sweeping condemnation of violence, this time focused on the Middle East, in 'No Line on the Horizon.'

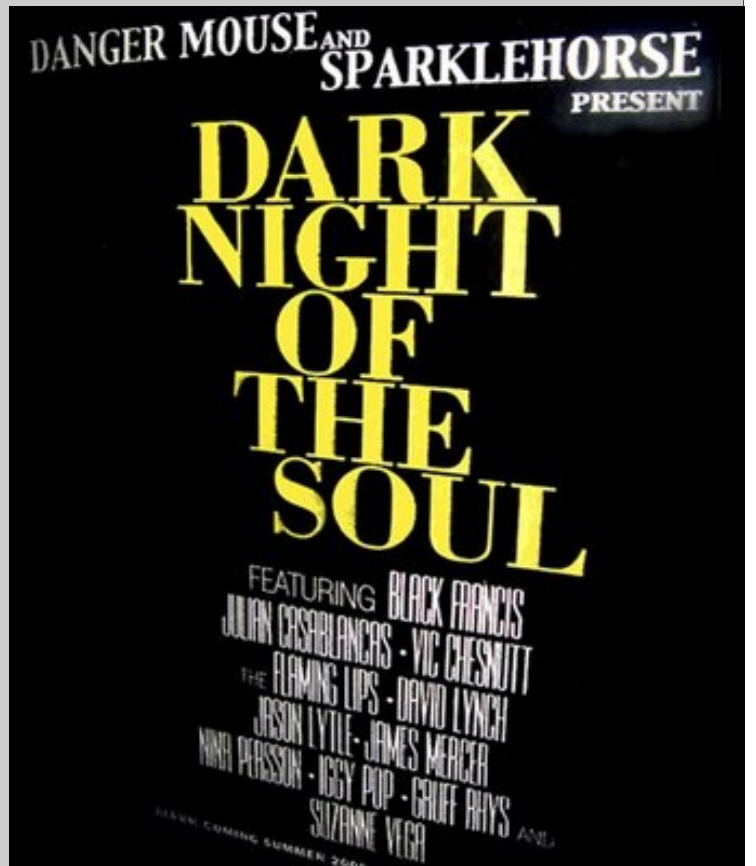
Musical albums with a strong conceptual focus (or concept albums) are often losing propositions because very few people can easily identify with the focused messages in the music. With so many highly focused concept albums coming out, it would seem futile to attempt making an album that tried to encompass the whole process of human introspection, make it identifiable, and pleasant to listen to.



But that's exactly what collaborators Danger Mouse and Sparklehorse do in their new album, "Dark Night of the Soul." Danger Mouse's previous productions include his membership in the band 'Gnarls Barkley', known for the single 'Crazy', and 'The Grey Album', a mix between the music of the Beatles and of Jay-Z. Sparklehorse is a little-known, innovative and avant-garde instrumentalist with some very dense solo albums. This isn't just a collaboration between two people, though. Songs on the album feature performances by various artists as vocalists and composers, including some of my personal favorites: James Mercer of the Shins, Julian Casablancas of the Strokes and Nina Persson of the Cardigans. Chances are many haven't heard "Dark Night of the Soul" yet since the record label EMI has refused to release it, with some vague complaint about copyright as justification. Yet the entirety of it is available to listen to on National Public Radio's website (NPR.org) and to download off of file sharing networks. Don't worry about stealing if you download it, the artists are currently selling blank CDs in the hopes that you will go ahead and do just that.

And the album lives up to the expectations one would have with such a lineup. It dives into the essential dilemma of any self-critical person with the first song, 'Revenge', which touches

on the hypocrisy of desiring revenge with beautiful lyrics that touch on every aspect of the emotions involved. The second song, 'Just War', forms a contrast as it moves from the intensely personal desire for revenge to the desensitized and unemotional process of waging war. This song is one of the most distressing on the album because of how well done it is, as it successfully gets the listener to realize that is easy to lose track of just how valuable one human life and personal experience is. The songs 'Jaykub' and 'The Man Who Played God' focus on the fantasies of someone who perceives himself as mediocre and then the feeling of power of someone who has realized the benefits seizing the moment and being in constant action. The best song on the album is 'Insane Lullaby', a warped version of a classic lullaby that is stirring and the climax of the introspective thought taking place from one song to another. It manages to sum up the entire album in one beautiful conclusion, expressing the immeasurable happiness one attains out of dedicating a life to their loved ones. This epiphany comes surrounded by the innocent sounds of a lullaby and some initially confusing and clanging sounds, giving the feeling someone has when trying to understand something with logic, which is easily understood with love.



Still Hungry?

by Maria Theodore

In the past month, the “Scouts on the Town” have dined their restaurant-critiquing palettes off, putting together a carefully chosen list of eateries to keep you full and refreshed while the Scout Café is closed this summer. But once you’ve eaten your way through downtown Lake Forest, scavenged Lake Bluff, and your cravings for an Asian salad can no longer be satisfied by Panera, here is one more restaurant that offers an alternative to the usual summer meal.

The Forest Hiro, opened over spring break in West Lake Forest, is the town’s first Japanese steakhouse and teppan bar. But while just as authentic, the restaurant serves a different style of Japanese cuisine from its across-the-street competitor, Sushi Kushi. Forest Hiro does not serve sushi. Instead, the menu features an impressive assortment of hot and cold appetizers, combination plates, and entrees that range from sea food to filet mignon. Each meat is served with soup and salad similar to those dished out at Tsukasa, and a medley of vegetables, white rice (fried rice is a \$2.00 up-charge), and the restaurant’s signature *teppanyaki*.

Teppanyaki is a style of Japanese cooking that uses *teppan*, an iron griddle to fry or boil various dishes in soybean oil. With any given meal, Forest Hiro serves a garnish of *teppanyaki* shrimp, sweet potatoes, green beans and onions, which basically end up tasting like soft onion rings. With teriyaki, soy, peanut, and ginger sauces circling the table, and a pair of chop sticks in hand (you can use a fork if you want), Forest Hiro lends way to a very interactive and social meal. From my experience, I recommend skipping the salmon which was a bit tough and overcooked, and focusing on chicken and steak. Both came quickly and were absolutely delicious. Forest Hiro doesn’t stick with the Asian tradition when it comes to dessert. You can get chocolate cake or a mango smoothie.

While not as lively as Tsukasa, Forest Hiro offers a surprisingly rich and beautiful atmosphere for its seemingly small space. Cushy red booths compliment dark wood and Asian-inspired touches that make the restaurant feel trendy and exotic. I almost forgot that I was just a block away from my house! The wait staff, decked out in kimonos, could not be friendlier in their reserved and courteous way, and the service is excellent. Diners can even sit outside if they want, though the view of the McDonald’s parking lot is not exactly a Zen garden.

So if you find yourself at the west side Ferentino’s for the eighteenth time this summer, take a walk across the street, and try out something new at the Forest Hiro. For even the biggest fans of egg roll day in the cafeteria, you won’t be disappointed.



LAKE FOREST H.S. 2008-09 Spring Sports Accolades

BOYS

BASEBALL

All Conference

Jake Bailey
Marc Corigliano
William Laing

Honorable Mention

Chris Glab
Judson Strong
Graham Wolff

LACROSSE

All Conference

Stew Kerr
Zack Telander
Joe Hursovsky
Matt Carstens
Alex Svigos
Peter Moore

All State

Stew Kerr
Joe Hrusovsky
Alex Svigos
Peter Moore

All American

Stew Kerr
Peter Moore

SAMMY AWARD

Stew Kerr

TENNIS

Sectional Champions

Sectionals State Qualifiers)

Singles

Samuel Winkler – 1st
Peter Wolniak – 3rd

Doubles

Grant Gordon/Conor Kester – 1st
Andrew Walker/Carter Wheatley 2nd

State

Doubles

Grant Gordon/Conor Kester – 9th
Andrew Walker/Carter Wheatley – 13th

Team

6th place

TRACK ACCOLADES

Lake Division Champions

Lake County Champions

NSC Repeat Champions

RECORDS BROKEN

4x100M Relay 43.6

McHale, Gerber, Steinwold,
Goldberg

100M Dash - Eric Gerber 10.5

F/S Shot Put - Matt Miller 49-
11.75

F/S Discus - Matt Miller 147-11

STATE QUALIFIERS

Samuel Howard – 400M

Henry Mynatt – 3200

John Nedeau – Triple Jump

Andrew Steinwold – 300M hur-
dles

VOLLEYBALL

All Conference

James Gross

Lawrence Wrather

Honorable Mention

John Rockwell

Pioneer Press

Player of the Year

Lawrence Wrather

Sun-Times All-State Team

Lawrence Wrather

WATER POLO

All Conference

GIRLS

BADMINTON

St. Charles Invite Champions

Mustang Invite – 3rd

Sectionals – 5th

TRACK

5th pl. Conference

6th pl County

11th pl Sectionals

State

Carolina Carmichael

*Hurdles

*Pole Vault

WATER POLO

All Conference

Honorable Mention

LACROSSE

All Conference

TBD

All Tournament

TBD

All American

TBD

All State -TBD

First Team

Second Team

Honorable Mention

TBD

Academic All American

TBD

SOCCER

SNOWBOWL TOURNAMENT

CHAMPIONS

NSC LAKE DIVISION CHAM-

PIONS

NSC CHAMPIONS

REGIONAL CHAMPIONS

All Conference

Megan Bourne

Ann Evans

Kelsey Goon

Nicole Lipp

Katharine McCauley

Anne Rowell

Rachel Quon

Honorable Mention

Haleigh McPeck

All Sectional

Ann Evans

Nicole Lipp

Rachel Quon

All State

Nicole Lipp

Rachel Quon

Sun-Times All State

Nicole Lipp

Rachel Quon

SOFTBALL

All Conference

Ashlee Dunstan

Julia Retzky

TRACK

5th pl. Conference

6th pl County

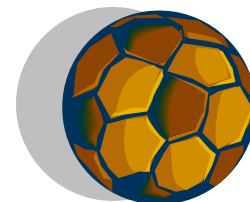
11th pl Sectionals

State

Carolina Carmichael

*Hurdles

*Pole Vault



LFHS North Suburban Conference All Academic Honors

Sport	CLASS	FIRST NAME	LAST NAME
Baseball	2009	Jake	Bailey
Baseball	2010	Kevin	Friedman
Baseball	2009	Jonathan	Grum
Baseball	2009	William	Laing
Baseball	2010	Christian	Martin
Baseball	2010	Connor	Moutvic
Baseball	2009	Spencer	Rahn
Baseball	2010	Timothy	Zage
Lacrosse	2009	Charles	Coates
Lacrosse	2009	James	DePaul
Lacrosse	2009	Arthur	Kerr
Lacrosse	2010	Patrick	Laughlin
Lacrosse	2009	Casey	Long
Lacrosse	2009	Andrew	Meland
Lacrosse	2009	Brian	O'Callaghan
Tennis	2009	Scott	Andersen
Tennis	2010	Aria	Bagheri
Tennis	2009	William	Kehr
Volleyball	2010	Ryan	Christensen
Volleyball	2010	Kyle	Gaughan
Volleyball	2010	Charles	Jimenez
Volleyball	2010	Charles	Mires
Volleyball	2009	Brenten	Popiel
Volleyball	2009	Rohan	Vashi
Water Polo	2009	Michael	Davitt
Water Polo	2010	Michael	Gannon
Water Polo	2009	Sheng Yu	Hu
Water Polo	2009	Anthony	Marasco
Water Polo	2010	Ryan	Mark
Water Polo	2010	Derek	Mohrmann
Badminton	2009	Colleen	Dunn
Badminton	2009	Eimile	McGarrigle
Badminton	2010	Meghana	Moodabagil
Lacrosse	2009	Jessica	Barton
Lacrosse	2009	Margaret	Burke
Lacrosse	2009	Martha	Dee
Lacrosse	2010	Phoebe	Erickson
Lacrosse	2009	Sarah	Frese
Lacrosse	2009	Hillary	Handler
Lacrosse	2009	Jamee	Jacobson
Lacrosse	2010	Krysti	Kiesel
Lacrosse	2010	Megan	Moore
Lacrosse	2010	Eleanor	Nesbit
Lacrosse	2009	Elaine	Palutsis
Lacrosse	2010	Patricia	Zicarelli
Softball	2009	Colleen	Considine
Softball	2009	Lindsey	Lachner
Softball	2009	Emily	McDonough
Softball	2010	Julia	Retzky
Softball	2010	Ashley	Smith

Sport	CLASS	FIRST NAME	LAST NAME
Soccer	2009	Finley	Amato
Soccer	2009	Kaitlin	Burke
Soccer	2009	Ann	Evans
Soccer	2009	Rachel	Flood
Soccer	2010	Kelsey	Goon
Soccer	2009	Nicole	Lipp
Soccer	2009	Rachel	Quon
Track & Field	2010	Lily	Barrie
Track & Field	2010	Alicia	Calcutt
Track & Field	2009	Jennifer	Dent
Track & Field	2009	Angela	Dugan
Track & Field	2010	Lauren	Ganshirt
Track & Field	2009	Alicia	Goldfine
Track & Field	2009	Caroline	Kelleher
Track & Field	2009	Jennifer (B)	Long
Track & Field	2010	Hannah	Nowicki
Track & Field	2010	Christine	Robinson
Track & Field	2010	Elizabeth	Skinner
Water Polo	2010	Claire	Donohue
Water Polo	2010	Elizabeth	Mays
Water Polo	2010	Emily	Neal
Track & Field	2010	Brian	Barker
Track & Field	2010	Thomas	Beilke
Track & Field	2009	Kevin	Berardini
Track & Field	2010	Jeremy	Berman
Track & Field	2009	Ryne	Booth
Track & Field	2009	Matthew	Brandorff
Track & Field	2010	Colin	Briskman
Track & Field	2010	Jonathan	Briskman
Track & Field	2010	Tyler	Buddell
Track & Field	2010	Richard	Day
Track & Field	2009	Joseph	Dilenschneider
Track & Field	2010	Andrew	Farver
Track & Field	2009	David	Geldermann
Track & Field	2009	Casey	Hanrahan
Track & Field	2009	David	Head
Track & Field	2009	Robert	Marshall
Track & Field	2010	Javier	Molina-Moughamian
Track & Field	2010	William	Moore
Track & Field	2009	John	Nedeau
Track & Field	2009	Steven	Nelms
Track & Field	2009	Bradley	Peet
Track & Field	2009	Eric	Pickell
Track & Field	2010	George	Schaller
Track & Field	2009	Michael	Sloan
Track & Field	2010	Connor	Titus
Track & Field	2010	Seth	Yarkony

Go Scouts!

