

# CROSS COPY

LUTHERAN HIGH SCHOOL NORTH



Nurturing Christian Hearts,  
Building Strong Minds

MISSION STATEMENT:  
LUTHERAN HIGH SCHOOL NORTH IS A  
DIVERSE EDUCATIONAL COMMUNITY  
WHOSE UNITY IS IN JESUS CHRIST.  
WE EXIST TO NURTURE YOUNG CHRISTIANS  
FOR FURTHER EDUCATION  
AND CHRISTIAN SERVICE.

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Mr. Gerald Kirk, Interim President LHSA  
Mr. Tim Hipenbecker, Principal LHSN

APRIL, 2010

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◆ **Crusader Comments from the Principal**

*Caring, nurturing, understanding, serving, hope, future, hard work, disappointment, anger, struggle, honesty, dishonesty, misunderstanding, failure, love, success, joy, discipline, fun and family.*

These are all words that describe what can happen on any given day with any given student, teacher or parent. It won't be the same for everyone, it won't be at the same time or place or even remotely connected in some cases, but everyone will experience the meaning of these words at some time and some place while they are at Lutheran North.

The most incredible aspect of the complexity of this place and all of its parts is that at its very core is a unity. This unity makes the most joyous occasions even more joyous. It makes those struggles, failure and misunderstandings bearable and gives hope. It is a unity that is the most important part of our school. It is a unity that is the glue that holds this place together. It is a unity that is in Christ Jesus.

Easter is fast approaching and it is at this time that we follow Jesus through all the many complexities that He faced. His journey took Him through indescribable joy and overwhelming pain and suffering. He was beaten, whipped, spit upon, and crucified for all the sins of each and every one of us. What a sacrifice! What a message of hope and compassion! All this would have been for naught, had He not risen on Easter morning. We are reassured that we too will live eternally with Him!

I was at a funeral recently where a very familiar hymn was sung — *“I Know that My Redeemer Lives”* (LW 264). I would like to share a few verses of this hymn with each of you as they tell the wonderful story of Jesus' love and sacrifice that gives us hope and understanding as we celebrate Easter.

*I know that my Redeemer lives! What comfort this sweet sentence gives! He lives He lives, who once was dead; He lives, my ever living head!*

*He lives to silence all my fears; He lives to wipe away my tears, He lives to calm my troubled heart; He lives all blessings to impart.*

*He lives, all glory to His name! He lives, my Savior, still the same; What joy this blest assurance gives; I know that my Redeemer lives!*

It is my prayer as we soon celebrate Easter that we share this incredibly good news with each other and especially with those who don't know of this amazing love and grace.

**He is Risen! Alleluiah!**

## ◆ Call Issued to Tim Hipenbecker to Head LHSA

The Lutheran High School Association of St. Louis Board of Trustees is pleased to announce that on March 24, 2010, and after much prayerful deliberation, the Search Committee recommended to the full Board of Trustees, that the Association extend a call to Tim Hipenbecker to serve as the next President of the Lutheran High School Association. The Board unanimously approved this recommendation. We thank those of you who participated in this process directly and through your prayers and encouragement.

The Board also wants to acknowledge and extend our thanks and appreciation to those who faithfully served on the Search Committee these past seven months. We extend our prayers and encouragement to Mr. Hipenbecker and his family as he considers this call and, with optimistic expectation, look forward to working together with him in future years as we continue the Association's mission in nurturing Christian hearts and building strong minds.

In Christ,

Thomas P. Hohenstein

Chair of the Lutheran High School Association Board of Trustees and the Search Committee

### ***Crusaders at Busch Stadium***

Be sure to mark **Thursday, April 15** on your calendar to take in a Cardinal game and watch the Lutheran North Crusaders play the Lutheran South Lancers in Busch Stadium. New this year is that there will only be one high school game following the Cardinal game and it will be a complete, 7-inning, league game. The Cardinal-Houston game begins at 12:40 and the LHSN-LHSS game at 4:00.

Lutheran North will dismiss at 11:30 that day and students and families are encouraged to purchase tickets and attend the game. **Contact Lutheran North for tickets at the discounted price of \$15 or \$20**, depending on the section.

## ◆ Faith in Action

If one were to survey how most people spent Monday, March 8, 2010, from afar it would not look that different. Students and parents alike got up, prepared for their week and rushed off to school or work. Students had tests to take, classes to attend and information to be processed. Perhaps some clung to the memory of the weekend and counted down how many days, hours, minutes, seconds, and even nano-seconds till Friday came again. While others may have relished the idea of Monday coming in an effort to somehow better themselves.

However, for LHSN, this particular Monday was drastically different. Decked out in T-shirts, sweatshirts and jeans, students and faculty went out into the community in an effort to really put their Faith in Action. Whether it was raking, playing with kids, painting, or packing food for the hungry, LHSN spent Monday working for the good of the community. After a few hours of hard work, students and teachers came back for a quick bite to eat before hearing a devotional thought from Coach Fehrs. Faith in Action is always a fun and rewarding day, and this day was no different.

**LHSN Presents:**

***"Fiddler on the Roof"***

**April 22, 23, 24 – 7:00 p.m.**

**LHN Gym**

**Admission: \$5 adults, \$3 students**

## ◆ Crusader Congratulations

**Vitalia Vargo** has been selected to attend the week long Missouri Girls' State Program and **Adam Myers** has been nominated for Boys' State. Both will be held at the University of Central Missouri this summer.

**Zach Burnett** has received Honorable Mention in the Missouri Scholars 100 Program, having qualified through an academic decathlon.

Each month the seniors meet for breakfast. Some seniors are recognized for displaying the leadership characteristics that were highlighted at the senior retreat. On Mar. 12 the following were recognized:

**Mariah Evans** – enabling others to act by leading the Lutheran North Gospel choir, and for modeling the way by picking up trash from the hallways.

**Robert Edwards** – inspiring a shared vision by contributing to small group Bible study.

**Shane Bennett** – modeling the way and enabling others to act on Faith in Action service day.

**Brendan Mark** was recognized as *Student of the Month* by the Northwest Chamber of Commerce. Students are chosen for this honor based on their GPA, activities, and leadership.

## ◆ Crusader Music Activities

**Missouri District Festival** – Crusader Band and Choir members competed in the District Solo and Ensemble Festival on Mar. 5 at Florissant Valley Community College. Receiving Division Two ratings were soloists **Hannah Pauluhn** (vocal and baritone sax), **Casey Schroeder** (vocal), **Sam Gahr** (trumpet), **Sharie Moen** (flute), and **Evan Wallace** (trombone), and the string quartet of **Evan Dalton**, **Meagan Schmidt**, **Alexis Henderson**, and **Kayla Cole**.

Receiving Division One ratings and qualifying for the State Festival were soloists **Brian Brown** (mallet), **Evan Dalton** (violin), **Hailey Shoemaker** (violin), **Nathan Wesche** (bass clarinet), and **Meagan Schmidt** (violin), and the string quartet of **Hailey Shoemaker**, **Meagan Schmidt**, **Michelle Johnson**, and **Lydia Strini**.

**Spring Tours** – The Maroon Concert Band recently completed their spring tour. The tour included a concert in Lexington, Illinois, Sunday worship services in Chicago, and playing for chapel at Concordia University in River Forest, Illinois. After the chapel service, Dr. Richard Fischer of Concordia conducted a clinic with the band. The tour concluded with a home tour concert on Tuesday, Mar. 23. Retired LHSN teacher and athletic director Wayne Vogelsmeier was the honored guest conductor for the evening.

The Concert Choir will leave on Friday, Apr. 9 for a three-day tour to Kansas City.

## ◆ Crusader FBLA

Future Business Leaders of America (FBLA) is happy to announce the winners of our recent FBLA Café Promotion. **Jasmine Franklin** won a \$25 gift card to the café. In addition, **Jordan Graham** won a certificate for \$15 and **Anthony Warrington** took home the \$5 award. The FBLA Café is open before school on Wednesdays and Fridays and offers a wide variety of food and drink items for sale. In addition, Lutheran North's FBLA chapter recently voted to make a large donation of \$150 to benefit the people of Haiti. This was also made possible as a result of our success in the FBLA cafe. Your support is greatly appreciated! *You could win a free ticket to prom (\$55 value)! Look for details to be announced!*

At the FBLA district competition in mid-March, Lutheran North had several students compete against students from about 25 local schools of all sizes. Results are as follows:

**Josh Brackman** 1<sup>st</sup> place – Sports Management

**Kellin Carter/Kevin Ousley** 9<sup>th</sup> place – Global Business

**Chris Floyd** 6<sup>th</sup> place – Business Procedures & 7<sup>th</sup> place – Impromptu Speaking

**Michael Hamlin** 1<sup>st</sup> place – Business Law & 7<sup>th</sup> place – Marketing

**Jada Oliver** 10<sup>th</sup> place – Public Speaking II

**Briana Session** – Business Calculations

**Matthew Wright** 2<sup>nd</sup> place – Help Desk

As a result of their first place finish, **Michael Hamlin** and **Josh Brackman** will compete in the State competition in April. Congratulations!

## ◆ HiSTEP-ers at Schools

Students who were trained in the fall to teach lessons to elementary students have been making presentations to classrooms in several of our Lutheran feeder schools. Topics presented include: Peer Pressure, Goal Setting, Decision Making, Bullying, and Making Friends.

HiSTEP leaders this year are: **Joshua Brackman, Lauren Seiler, Irene Wallace, Lydia Hohenstein, Jordyn Wartts,** and **Maggie Burreson.**

These students develop lessons plans and eagerly share their knowledge and enthusiasm with the younger students.

## ◆ Prom “A Night to Treasure”

The junior/senior prom will be May 1 at the Double Tree Hotel in Westport. All the details were outlined in a letter mailed to the home of each junior and senior. If you have any questions, please contact Cindy Burreson at 389-3100, ext. 411. Reservations are first come, first served with a **deadline of Apr. 16.** Reservations will only be accepted if the reservation card is completed in full with a parent signature and a check or money order for the correct amount. ***No cash, please.***

## ◆ Crusader Support

**Pizza/Dessert Sale** – Project Graduation needs your support! Orders will be mailed this week. Be sure to turn in your order form for TJ’s delicious pizza and dessert by **Apr. 13.** Pickup is MONDAY, Apr. 26.

**Chili’s Fundraiser** – Enjoy dinner and support Project Graduation now through Saturday, Apr. 3 at Chili’s, 13901 New Halls Ferry Rd. Present a flyer (available in the office) when you place your dine-in or to-go order.

**LHSA Delegate Meeting** – A reminder that every congregation in the Lutheran High School Association should be represented at the delegate meeting at Lutheran South on Thursday, Apr. 22 at 7:00 p.m.

**Golf Scramble** – The Lutheran High School Assoc. will hold its annual Golf Scramble fundraiser on Monday, Apr. 26 at Tapawingo National Golf Club. For information and registration, call Kevin Ballentine at 314-389-3100, ext. 421.

**Fantasy Faire Auction** – We need your help! If you are interested in serving on the Decorations & Theme, Solicitation, or Correspondence committee, please contact one of the auction co-chairs – Christine Hudson, 314-846-5430 [thudson229@sbcglobal.net](mailto:thudson229@sbcglobal.net), or Kathy Odegard, 314-849-6288 [k.odegard@sbcglobal.net](mailto:k.odegard@sbcglobal.net).

## ◆ Advanced Placement (AP) Exams

Any senior wishing to register to take an AP exam in Calculus AP, U.S. History, and/or English Literature and Composition, must do so by **Thursday, Apr. 8.** The fee for each exam is \$86. Please contact Mr. Snyder in the counseling center for registration information and questions.

## ◆ Project Graduation ‘10

All senior parents are urged to attend the next meeting on Tuesday, Apr. 20 at 7:00 p.m. in the Counseling Center to continue planning Project Graduation ‘10. Don’t forget to turn in your TJ’s order by Apr. 13 and pick it up on Monday, Apr. 26!

**DEADLINE** – Parents, remember to submit your **Memory Page for your student! The deadline for custom pages is April 1. Ready-made, scannable, or PDF ready pages must be in by April 15.** If you have questions, please email [tturner@materiallogic.com](mailto:tturner@materiallogic.com). Don’t miss out! Get your page in for your graduating senior.

## ◆ Crusader Counseling

**Final ACT opportunity** – June 12 is the last chance to take the ACT. Registration deadline is May 7. All juniors should take the test at least twice this year. Registration packets are available in the Counseling Center or online at [www.act.org](http://www.act.org).

**MOACAC I-70 College Fair** – This St. Louis All-Metro College Fair is designed for juniors (and ambitious sophomores) who wish to visit with more than 200 colleges. Please take advantage of this opportunity! All-Metro College Day is **Sunday, Apr. 25 from 1:00-3:00** at the Simon Athletic and Recreation Center at Maryville University, 13550 Conway Road (one block north of Highway 40 at Woodsmill Road, just 2.5 miles west of I-270).

**Juniors** – Use the *Naviance* program in preparation for your individual meeting with the counselors. Talk to your parents about college and create your list of schools.

**Seniors** – Closing Task Sheets are due by Apr. 16. Complete yours on *Naviance* or get a paper copy from the counseling center. This information will be used for Senior Assembly. FAFSA's should be completed! College choices should be made by May 1. College Shirt Day will be Friday, Apr. 30. Seniors may wear a shirt from the college they will attend with uniform bottoms.

## ◆ Crusader Admissions

The class of 2014 is building nicely. We have scheduled a freshman registration night for Wednesday, Apr. 7 at 7:00. This is for accepted freshmen and their parents for the purpose of scheduling classes and receiving final paperwork. (Anyone who attended the February registration does not need to attend.)

## ◆ Crusader Summer Academy

This summer LHN will again offer a variety of fun and educational summer camps. Beginning in June, students entering grades 4-9, can sign up for a plethora of sports camps, math, art, CPR & AED, and Techno camps. Each week students can choose from several options in the morning and afternoon. Some camps have a limited number of enrollment slots. Mark your calendars and sign up today!

Check out [lhsn.org](http://lhsn.org) for online information and registration forms. Contact Paul Endorf at 389-3100 or [pendorf@lhsn.org](mailto:pendorf@lhsn.org) with questions or for additional information.

## ◆ Freshman Scholarships

Each year the Lutheran High School Association provides partial scholarships (renewable each year) based on the scores on the freshman placement test. Recipients must be members of LHSA congregations and must maintain a high scholastic standard throughout their high school career to remain eligible.

The 2010 highest achievers and winners are: **William Mason** and **Darryl Sevier** from Lutheran Church of the Atonement, **Sarah Brutlag** from Chapel of the Cross, **David Gordon** and **Nikolas Seidner** from Grace Lutheran Chapel, **Benjamin Hayter** and **Emily Sheck** from Immanuel Lutheran Church, and **Taylor Jenkins** and **Philip Spallek** from Salem Lutheran Church.

Receiving the Judge Robert H. Branom scholarships, which have the same terms and conditions as the LHSA award and are given to students who are not members of LHSA congregations are **Rachel Grimmert**, a student at Salem Lutheran School, **Jennifer Lott**, from Grace Chapel Lutheran School, and **Ellen Weaver**, Our Redeemer Lutheran School. Congratulations to all recipients!

Straight "A" ticket vouchers are here!  
Students should pick them up in room  
106. Look for the list to be published  
in the *Post Dispatch* on Apr. 1!

## ◆ Nurse's Notes

**Physical Exams** – This is the time of year to call your student's doctor to make an appointment for a school or sports physical, as appointment slots are filling quickly. All incoming freshmen and new students are required to have a school physical completed after Feb. 1, 2010, and submitted before the first day of school in order to start school on Aug. 16. Returning students entering grades 10-12 who will participate in any sport(s) for the '10-'11 school year must also have a physical exam completed after Feb. 1, 2010 before he/she can participate in practice or competitive play. The first day of fall sports practice is Aug. 9.

**Asthma** – Any student who has asthma and uses a rescue inhaler is required to have an *Asthma Action Plan* completed by their physician at the start of **each** new school year. You may obtain a copy of that plan from the Health Room or school office, or the physician can complete his/her office form.

**Immunizations** – All incoming freshmen and new students need to be up-to-date with their immunizations and provide a record of their immunizations to school **before** they can attend school on Aug. 16. This should be included with the physical exam.

## ◆ Crusader Honor Rolls

Mr. Tim Brackman, Registrar, has announced the third quarter academic Honor Rolls. A grade point average of at least 3.75 is required for the **High Honor Roll**. Congratulations to the following Crusaders for this achievement.

### 9th Grade

Joseph Bachmann  
Alliyah Beeks  
Joshua Blight  
Jacob Brackman  
Tanner Branney  
Allyson Brantley  
Mackenzie Burnett  
Taylor Christian  
Kayla Cole  
Evan Dalton  
Nicholas Gaeke  
Daniel Gierse  
Daniel Gregory  
Geraldyn Hinton  
Rebecca Maneikis  
Hannah McFarland  
Andrew Mueller  
Shelby Nifong  
Jordan Reidy  
Makayla Rice  
Alexander Schutte  
Rachel Seiler  
Amber Stout  
Alexander Tomazi  
Ariel Williams

### 10th Grade

Maggie Burreson  
Ashlyn Calhoun  
Michele Draper  
Kayla Grimmett  
Gregory Hardnett II  
Charmaura Henderson  
Alphonso Hicks Jr.  
Lydia Hohenstein  
Jonathan Irving  
Chelsea Johnson  
Steven Johnson  
Briya Lampkin  
Alexander Langella  
Terrance Mabry  
Morgan Meyer  
Meagan Schmidt  
Hannah Snyder  
Madeline Thompson  
Matthew Wright  
Daniel Zimmermann

### 11th Grade

Zachary Cole  
Trudi Gatteys  
Kamilah Jones  
Michael Keppel  
Benjamin Knutson  
Tae Lee  
Hannah Moravec  
Nhi Nguyen  
Anna Rathje  
Casey Remspecher  
Hailey Shoemaker  
Rachel Tucker  
Vitalia Vargo  
Evan Wallace

### 12th Grade

Breyan Brown  
Zachary Burnett  
Christina Burton  
Jaymi Davis  
Samuel Gahr  
Katharine Gregory  
Kathryn Hussey  
Kristi Luther  
Sharie Moen  
Sarah Moreland  
Jessica Scruggs  
Lydia Strini  
Anna Truetken  
Nathan Wesche

A grade point average between 3.2 and 3.74 qualifies students for the **Honor Roll**. Congratulations to these Crusaders on the Honor Roll:

<u>9th Grade</u>	<u>10th Grade</u>	<u>11th Grade</u>	<u>12th Grade</u>
Eric Anderson	Carson Antoine	Chelsea Bardley	Chelsea Bell
Jordan Bezdek	Dinah Appelbaum	Tyler Branneky	Joshua Brackman
Jeremy Busby	Joshua Ballenot	Brian Brown	Alfreda Brown
Tyler Collins	Brendan Bladdick	Niclas Buechel	Candice Brown
David Cross	Nakeyah Bradford	Brendan Buenger	Jalessa Cain
Bryce Davis	Joel Cardin	Amelia Eaton	Kellin Carter
Nicholas Heisse	Au_Junae Deloney	Kathryn Fink	Elina Chereson
Alexis Henderson	Taylor Guffey	Christopher Floyd	Candyce Davis
Kimberly Howard	Jenae' Hayes	Andra Gilliam	Cassandra Davis
Margaret Jones	Duane Johnson Jr.	Deanne Green	Thomas Diedrich
Kelsey Kennedy	Taylor Lillard-Williams	Cletus Hatten Jr	Mariah Evans
Emily Laffold	Fengzhi (Linda) Lin	Jeffrey Heisse	Brittany Hammond
Precious Parker	Kelsey Mansfield	Christianna Hudson	Elizabeth Hanson
Keiandra Scott	Samanthea Martin	Sean Hussey	Clifton John Holmes
	Julissa Massenberg	Sara Jolly	Ashley Johnson
	Jalisa Mitchell	Krista Maezeny Karg	Travis Kersten
	Robert Moreland	Natalie Kost	Tyler LaVo
	Michele Musegades	Alison Krause	Christopher Mansfield
	Robert Odneal	Deanne Leatherberry	Brendan Mark
	Jonathan Prewitt	Adam Myers	Lawrence Massenberg III
	DeTravis Ross	Chelsey Roberts	Alexis Morris
	Kelsey Rost	Brandon Ross	Steven Musselwhite
	Edward Thirdkill II	Joseph Ryals	Ryan O'Hare
	Colbren Thompson	Christopher Scott	Adam Prahlow
	Isaiah Williams	Jonathan Scott	Elizabeth Renaud
	Zakiya Williams	Lauren Seiler	Joi Robinson
		Christopher Stepherson	Christopher Solomon
		Madison Waller	Jasmine Stewart
		Cleveland Walton III	Adam Tanney
		David Withers	Jordan Tingle
		Kayla Woodard	Jessica Turner
			Troya Valdespino
			Caitlin Vasser
			Krista Wilson

### ◆ Crusaders in Europe

Fifteen LHSN “trippers,” students, parents, and teachers met Monday, Mar. 29 at LHSN to continue final preparations for this year’s trip to Europe. Birth certificates, passport copies, and tips were collected and money carrier and packing concerns were discussed.

It’s hard to believe that in just less than two months the group will be walking the streets of Paris, Lucerne, and Munich and ascending the Alps! It’s going to be a great experience and will leave all travelers with great memories.

The next meeting will be May 17, 2010 at 6:30 p.m. in room 206.

## ◆ Crusader Sports

**Varsity Baseball** – After a month of preparation, the varsity opened their season at home on Monday, Mar. 22, with a 13-4 victory over Trinity. The Crusaders then defeated Riverview 18-0 on Mar. 24. Their winning streak continued with an 8-7 win against St. Charles on Mar. 27 and a 9-4 victory over Lutheran St. Charles on Mar. 29. We appreciate the support of parents, LHSN students, and other Crusader fans. Hope to see you at our games!

Team members include seniors **Zach Burnett, Sam Gahr, and Trey Massenberg**; juniors **Tyler Branneky, Brendan Buenger, Zach Cole, Travis Hamilton, Devon Haynes, Joe Ryals, Tyler Saddler, and CJ Stepherson**; sophomore **DJ Johnson**; and freshmen **Tanner Branneky and Conner Buenger**. Coach Russell was proud to report that the overall semester one GPA of the young men who signed up to play baseball this spring was an awesome 3.36, including 144 A's. Keep up the good work!

In a new format for the annual "Stadium Game," Lutheran North will play Lutheran South at Busch Stadium on Thursday, Apr. 15, in a complete, 7-inning league game beginning at 4:00. The Cardinals play Houston that day in a 12:40 game. Lutheran North will dismiss at 11:30 to allow students and faculty to attend. Tickets are available in the LHSN office at a cost of \$15 or \$20, depending on the section.

**JV Baseball** – The JV team is ready to start its season. We have had 3 weeks of spring training here at LHSN. We had cold weather the first week but since then it has been wonderful to be outside. We have worked on individual skills like throwing, fielding, pitching, catching and hitting as well as team skills like rundowns, offensive and defensive strategies, cutoffs and relays. The team has worked hard on physical conditioning and mental responsibility to the team.

The JV team will play 18 games this spring. Our schedule includes 10 league games in the tough ABC League. We look forward to learning a great deal about the game of baseball. We hope to prepare to become varsity players here at LHSN in another year or two. We also will learn how young Christians handle competition, success and disappointment.

We return 4 players from last year's JV team and they are providing leadership. Our sophomore players are **Troy Guffey, Greg Hardnett, DaVante Harrell, Alex Langella, CJ Laws, James Mitchell, and Daniel Zimmermann**. Our freshman players are **Joe Bachmann, Josh Blight, Jake Brackman, Tyler Collins, Evan Dalton, Connor Fink, Daniel Gierse, Nick Heisse, and Conner Marolf**. Three other freshmen and sophomores are playing varsity baseball this season. The JV baseball team is coached by Mr. Ron Wittler and Mr. Rich Langefeld.

**Golf** – The North golf team had 14 young men and 1 young lady tryout for the team this year. We have 6 returning players that were active members of the varsity team last year and 3 players that did not see much action last year. Our team is made up of 9 experienced players and 6 new to the golf team.

The following 10 members are designated as the varsity team: seniors **Tyron Allen, Louis Cross, David Hamberg, Ryan O'Hare, Chris Solomon, and Ben Geisz**; juniors **Samuel Boyd, Sean Hussey, Tae Hyung Lee, and David Withers. Shane Bennett (9), Jordan Coleman (10), David Cross (9), Jalisa Mitchell (10) and Stephen Rathje (10)** are additional team members. If they progress in their skills and knowledge of the game, they may be able to play in some matches.

Coach Hunt is looking for good things from the returning varsity members. The top 8 players all shoot in the low to mid 40's for nine holes. If they continue to shoot those scores or better, we should be competitive in most of our matches. Our league is a very strong league and while it is hard for us to win our league matches, we should do well in our non-league matches. Golf is a sport that one needs to practice throughout the year, not just during the high school golfing season.

The Crusaders' season opener on Mar. 24 was a win over Orchard Farm. **Chris Solomon**, shooting a 42, was the medalist for the match.

**Girls' Soccer** – The Lady Crusader soccer team is looking forward to another season of great soccer and has been working very hard to develop more skill and knowledge of the game. The team has 2 new coaches for the 2010 season, Head Coach Jody Braun and Assistant Coach Paul Endorf. The Lady Crusaders have 13 returning players this year including 4 seniors: goalie **Lauren Ester**, forward **Lizzy Hanson**, defender **Annie Truetken**, and midfielder **Katie Hussey**. Joining

them are leading goal scorer **Lydia Hohenstein** and sweeper **Casey Remspecher**. Other returning players include juniors **Rachel Tucker, Katie Fink, Vitalia Vargo, Natalie Kost,** and **Hailey Shoemaker**, and sophomores **Kelsey Mansfield** and **Sammi Martin**. The new additions to the Lady Crusaders soccer team include junior **Tonisha Robinson** and freshmen **Mackenzie Burnett, Ally Brantley, Kayla Cole, Makayla Rice, Emily Laffold** and **Alex Rushing**.

On Mar. 24, the Lady Crusaders took on their first opponent, Riverview Gardens High School, netting 6 goals. **Lauren Ester** and **Ally Brantley** both allowed zero goals, recording the first shutout of the season. **Lizzie Hanson** scored 2 goals, **Lydia Hohenstein** had 2 goals and one assist, **Emily Laffold** scored a goal, **Kelsey Mansfield** scored 1 goal and 2 assists, and **Rachel Tucker** had 1 assist. All of the Lady Crusaders played a great game and worked hard to get that 6-0 win over Riverview. We are looking forward to the rest of our season and we hope that all of Lutheran North will get a chance to come watch us play.

**Track** – The Crusaders return quite a few members of last year’s sectional and state qualifying track teams. Senior **Martin Hill**, juniors **CJ Pasley** and **Cletus Hatten**, and sophomore **AJ Hicks** are all returning medalists, along with sectional qualifiers **Nick Holmes** and **Adam Prahlow** (seniors). Senior alternate **Marcquis McGee-Smith** returns to compete in the hurdles and sprint relays, while seniors **Desmond Moore** and **Adam Tanney** take on new responsibilities. Cross country state qualifiers **Chris Floyd** and **Paul Degler** bolster the large distance corps, while senior throwers **Josh Jones, Danny Underwood** and **David Johnson** provide some needed depth in field events. With a total of 43 out for the squad, some newcomers will be able to provide able replacements for graduated seniors **Justin Welch, Sam Kost,** and **Matt Degler**.

The Lady Thinclads will be led by a small cadre of returning state and sectional vets. Senior **Gabby Simmons** returns with state medalists **Josilyn McGee-Smith** and **Nyeshia Melton**. Sophomore state alternate **Andrea Hopkins** also returns, along with two-time sectional qualifier senior **Alfreda Brown**. Versatile sophomore **Hannah Snyder**, junior **Kamilah Jones**, and state cross country qualifiers **Anna Rathja** and **Meagan Schmidt** (juniors) lead the middle distance group. With 47 out for the squad, the heavily underclassmen unit looks to fill several open slots in the sprint relays and bolster the jumps.

At the traditional Lutheran North opener in late March, the guys easily won the 6-squad meet, sweeping to wins and/or seconds in all 6 field events, and the same in 5 of 11 track events. **Hill** was the only multiple winner, taking both hurdles and the long jump. The ladies finished 2<sup>nd</sup> in their 7-team meet, **Brown** earning a 1<sup>st</sup> and 2<sup>nd</sup> in the throws, **Simmons** winning the 300 hurdles, and **Snyder** the triple jump.

At Wash U’s Gateway Invite, contested at the site of the 1904 Olympic Games, the guys finished 6<sup>th</sup> and the ladies 12<sup>th</sup> in the 26-school field. Medalists included **Hill, Prahlow, Hatten, McGee-Smith, Hicks,** and **Moore**. The deep squad scored in the first 10 track events and had 3 key places in the horizontal jumps. The ladies scored in 2 sprint relays and long jump, and **Snyder** earned a medal in the wind-blown triple jump.