



The Sofia Milstead Memorial Scholarship

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Sofia Caroline Milstead was a 2015 graduate of Lynden High School. While at Lynden, she played varsity soccer, was a basketball cheerleader, and ran track. In sports, Sofia was known for her competitive drive, her outstanding work ethic and her determination to do her best. She was also an active FFA member, ASB class representative and served as a freshman mentor. Sofia enjoyed leadership activities and helping mentor younger students. She felt it was important that people feel included and free to be involved. She was an open and accepting person who was everyone's "best friend." Known for her infectious smile, loud laugh and penchant for not wearing shoes, Sofia was a joy to be around. It is the wish of the Sofia Milstead Foundation to award these scholarships (ranging from \$250-\$1,000) to a hardworking, active and determined LHS senior who embodies the kind of loyalty and drive that Sofia exhibited. Scholarship forms should be returned to the LHS Counseling Center by April 17, 2026.

Eligibility Requirements

- Lynden High School Senior, graduating in 2026
- Have a minimum 2.8 GPA
- Play at least one sport and be involved in at least one school club
- Be accepted to and attending a 4-year University
- Exhibit a strong desire to make a positive impact on those around you

Scholarship Distribution

To receive scholarship money, winning students must provide a copy of their first semester/quarter grades from their 4-year University showing a GPA of at least 2.8, and proof of enrollment in the next semester/quarter. Upon receipt of these documents, the foundation will issue a check for the awarded amount (between \$250-\$1,000) to the student at the provided address. If it is the student's preference, the check may be issued directly to the University to be applied toward tuition.

Personal Information

Full Name: _____
Last *First* *M.I.*

Address: _____
Mailing Address *Apartment/Unit #*

_____ *City* *State* *ZIP Code*

Home Phone: _____ Alternate Phone: _____

Email _____

GPA _____

Activities

Below, please list your activities and accomplishments throughout high school. Include sports, clubs, youth groups, positions held, awards and/or achievements. Attach additional paper if necessary.

Activity	Role/Position	Responsibilities/Awards	Date (s)

Community Service

Please list your community service and volunteer activities. Attach additional paper if necessary.

Organization	Responsibilities	Date(s)	Other Information

Essay

Please answer the following questions to the best of your ability. Attach your type-written answers to this application. Be sure to include your name on any attached paperwork.

1. List at least two goals for your future and what steps will you take to achieve those goals?
2. How have you shown leadership and/or made contributions to your school and/or community?
3. What character traits do you feel a person needs to be successful in life and why?

Recommendation

Please include three recommendations. At least one should be from a teacher, coach or advisor. Please ask the people writing your recommendation to answer the following questions and then e-mail or mail their recommendations to the address(s) below. These recommendations should be in no later than April 17, 2026.

1. Describe your relationship with the student. (How do you know them, how do you feel about your interactions with them?)
2. Describe this student's contribution to their school, sports team, club or community. (How have they impacted others, how have they demonstrated leadership, how are they viewed by their peers?)
3. What character traits does the student possess that you admire? Please provide examples if possible.

Please e-mail your letter of recommendation to jjh_78@hotmail.com and reference The Sofia Milstead Scholarship in the subject line

or

mail your letter to The Sofia Milstead Foundation
1521 Paradise Rd.
Ferndale, WA 98248