

To Whom It May Concern,

It is with immense pleasure and without reservation that I recommend Fred Thomas for any endeavor he chooses to pursue. I had the distinct privilege of knowing Fred as his teacher and offensive coordinator during his sophomore and junior years at Casey Westfield High School.

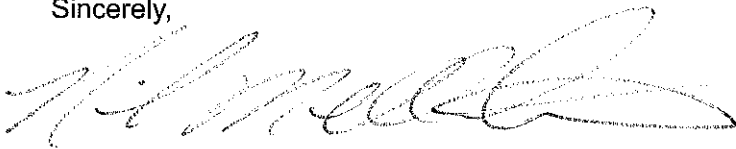
Even as a young student-athlete, Fred consistently impressed me with his maturity, dedication, and well-rounded character. Academically, he maintained a commendable 3.7 GPA, demonstrating a strong work ethic and a genuine commitment to his studies. He was an active and engaged participant in the classroom, always willing to contribute and strive for understanding.

On the football field, Fred was an exceptional talent and a true asset to our team. As a sophomore defensive lineman, his hard work and tenacity earned him recognition as a Little Illini Conference 2nd team member. He built upon this success in his junior year, achieving even greater accolades as a Wabash Valley Football Coaches Association All-Illinois Team selection, Academic All-State honoree, and a Little Illini Conference 1st team defensive lineman. These achievements are a testament to his dedication, physical prowess, and coachability.

Beyond his academic and athletic accomplishments, Fred is simply a great person. He possesses a positive attitude, demonstrates respect for his peers and teachers, and consistently displays a strong sense of responsibility. His involvement in the 4H club further highlights his hard-working nature and commitment to other areas of his life outside of school and sports.

Fred Thomas embodies the qualities of a successful and well-rounded individual. He is intelligent, hardworking, dedicated, and possesses a strong character. I am confident that he will continue to excel in any challenges he undertakes. Please do not hesitate to contact me if you require any further information.

Sincerely,

A handwritten signature in dark ink, appearing to read 'Nicholas Mellenthin', with a stylized, flowing script.

Nicholas Mellenthin

Former Teacher and Offensive Coordinator

Casey Westfield High School