

The Spirit of 'Fru' Scholarship
In memory of Thomas G. Fruland

This scholarship was initiated by the family and friends of Thomas G. Fruland. The family wishes to dedicate this not to the memory of Tom, but to his spirit. His passion for life and devotion to family and friends were qualities that he shared with everyone. It is the hope of those who support this effort that this scholarship will somehow help the recipients to accomplish their dreams.

This is a \$500 scholarship for the 2012-13 school year.

Student Eligibility Criteria

Students being considered must...

1. have demonstrated a committed interest in continuing their education.
2. have been accepted into a Division III or smaller college/university.
3. intend and be capable of competing in his/her sport while in school.
4. not be receiving full compensation during his/her first year of attendance at a college through any combination of scholarships or financial aid.
5. be a graduating member of the senior class.
6. have exhibited good attendance and work habits.
7. be a student who is seen by high school faculty members as possessing the potential to succeed in his/her post-high school plans.

The Selection Process

1. Applicants must submit an application to the Guidance Office by no later than **3:00 p.m. on April 12, 2012.**
2. Applicants **must submit at least two** and no more than three letters of recommendation. (One must be from a coach, and another must be from a teacher, and an optional third letter from any other adult supervisor.)
3. Applicants must submit "**proof of acceptance**" from their college/university.
4. Having read the attached biography on Thomas G. Fruland, applicants **must write a one page answer to one** of the two questions offered on the scholarship application.
5. A committee chosen for their knowledge of the students at MCHS, the community of Morris, and the spirit Tom Fruland stood for, shall select a winner from the applicant pool prior to the annual high school "Honors Day Assembly."

Thomas G. Fruland

Biography

Tom was the fifth of six children born to Fremont "Fru" and Helen Fruland of Morris. All the siblings attended and graduated from Morris Community High School with Tom graduating in 1974. When Tom was 12 his father passed away. He always had a strong will to succeed, however, this tragic event seemed to give Tom an even greater motivation to overcome adversity.

During his years at MCHS, Tom was involved in a variety of activities, which included class plays, Spanish club, M-club, and even homecoming king. However, his passion was sports. He was an accomplished athlete who competed in football, basketball and baseball. He was captain of the football team his senior year and named captain of the baseball team his junior and senior years. Tom capped his MCHS athletic career by being selected Senior Athlete of the year.

After graduating from high school, Tom received an athletic scholarship to attend Elmhurst College and played on the varsity baseball team for four years. He was the starting second baseman his junior and senior year and was even offered a tryout with the San Francisco Giants. He graduated from Elmhurst College in 1978 with a degree in psychology. He moved to California in 1980 and worked for Southern California Edison. In 1985 he married Ellen Bowers, and after the birth of their first child, they relocated to Everett, Washington. There he worked in the financial department of Providence Everett Medical Center, where he was extremely well liked and respected for his positive attitude, sense of humor, and strong work ethic.

No matter where Tom lived, he never lost his Redskin spirit. He was known to call home on Friday nights to find out the football scores and even subscribed to the Morris Daily Herald to keep track of Redskin sports. He believed that "once a Redskin always a Redskin".

Tom was an avid sports fan but especially loved baseball where he pulled for the Cubs, White Sox and Mariners. Not content to be just a fan, he also enjoyed participating in baseball and softball leagues wherever he lived, as well as coaching his daughters' teams. He later became a runner and even participated in a marathon and a few triathlons.

Tom was always ready to lend a helping hand where needed. He felt strongly that life is "all about service" to others.

Tom was diagnosed with bladder cancer in the early autumn of 1999, an extremely rare condition for someone so relatively young and healthy. Faced with the longest of odds, he quietly brought the same spirit of persistence and positive fortitude, of striving for excellence, which he had honed on the athletic field into his battle against the deadly disease. Over the next two years, he was a constant inspiration to his family and friends, his doctor and medical staff, as he fought valiantly through setback after setback. He outlived by almost 18 months the most optimistic predictions his doctor could make; he gained so many supporters, rallied so many hearts, and inspired so many lives even as he lost his battle. He passed away on October 24, 2001. When he left this world, he did so with incredible dignity and much peace, the ultimate good sport. Tom will be remembered as a devoted father of two girls, Emilie and Kelsey, a loving husband and son, a loyal brother, and a great friend to all who knew him.

The family wishes to dedicate this scholarship not to the memory of Tom but to his spirit. His passion for life and devotion to family and friends were qualities that we were privileged to share. We sincerely hope that this scholarship will help the recipients to accomplish their dreams.

The Spirit of 'Fru' Scholarship Application

In memory of Thomas G. Fruland

Name: _____

List all Division III or smaller institution(s) (including any junior college) at which you have already been accepted as an incoming student/athlete.

Institution Name	Location (City, State)

Please list the sport(s) you will compete in while attending college.

I hereby affirm that I will not be receiving scholarships and/or financial aid that will add up to and cover my complete school cost of attendance (i.e. tuition and fees, room and board, books). Furthermore, I agree to forfeit any money awarded to me through The Spirit of 'Fru' Scholarship if this were to change.

(Student Signature)

(Date)

Counselor verification signature: _____

7th Semester: GPA _____ Class Rank _____ Class Size _____

On the attached page, and only in the space provided, please answer one of the following questions:

1. How have you overcome adversity in your lifetime, and how do you believe that will make you better?
2. Please indicate how you see your family and competitive athletic experiences having strengthened your spirit to achieve in life?

