

## Best Foot Forward:

*Story written by: Brianna Heath, 12<sup>th</sup> Grade, ISM student*

As the semester begins to pick up the pace, Independent Study and Mentorship students are busy prepping for milestones in their mentorships by completing projects ranging from planning a worship service to analyzing musical theory. One student in particular has put her best foot forward. Literally. For her Original Work project, FHS Senior Brianna Heath made a prosthetic leg from start to finish for Candy Paquette, one of her two mentors. "It was nerve-racking, to be honest," Brianna said when asked about what the process was like. "My mentors would tell me what to do and then I would do it on my own, but the pressure was on because Candy is both a prosthetist and an amputee –

she knows everything, but they were there for me every step of the way and I learned so much." Local prosthetists Gary Strobel and Candy Paquette, guided her through the entire fabrication process, from creating the mold to finalizing the adjustments. "Seeing something I made that gave someone the ability to walk again... is amazing. As a prosthetist, I have the opportunity to really impact people's lives." Brianna's prosthetic leg is one of the many fascinating projects being done in ISM this year, but that diversity is exactly what ISM is all about. "It's a year-long immersion into something you're truly passionate about," Brianna said. "It doesn't matter if it turns out to be your future career – it's a



*Photo Taken by: Gary Strobel*

series of incredible opportunities that have no limits at all. Who else can say that they've made a leg for an amputee before they've graduated high school? Designed a building? Planned the local news? I couldn't have done any of this if it hadn't been for Coach Goff and the ISM program."

## OLWEUS Anti-Bullying Kickoff:

Today, guest speaker Jon Pritikin, with FEEL THE POWER, spoke to the student body at Frisco High School about the definition of bullying and his life story facing his personal challenges and experiences. Bullying is when someone repeatedly and purposely says or intentionally does mean or hurtful things to another person who has a hard time defending themselves. Frisco High School is taking a STAND against bullying and is working on changing the culture of the school to reflect this. Frisco High will take action instead of standing by! Be a part of the

movement at Frisco High School, start today, do not be a bystander any longer, stand up for what is right! Frisco High School vows to become a culture of action to crusaders that model the slogan, "Don't Stand by...Stand Up". The national average of students that have personally witnessed some type of bullying at school is 56%. The goal of the OLWEUS Anti-Bullying program is to educate students on what to do when they witness or know of bullying taking place. It is also the goal of this program to make students feel comfortable in



*Logo Designed by Jeff Ding*

taking a stand against bullying as it occurs at school, off campus, or on social media.



*Logo Designed by Mackenzie Demster*

# Swimming & Diving First at the District 11 Championships

Congratulations to the girls and boys FHS swimmers and divers. Both teams took first overall at the District 11 Championships on Saturday. The girl's team totaled 180 points while Lovejoy HS was second with 81 and Heritage third with 69 points. The boys narrowly defeated 2nd place Wakeland, scoring 135 points to Wakeland's 132 points. McKinney North took third with 65 points. Winning 1st place medals for the boy's team included the following: Preston Foster – 1 meter diving; Andrew Inoue, Trent Sandwisch, Tommy Peterson, Andrei Prunoiu – 200 Medley Relay; and Trent

Sandwisch – 100 Breaststroke (New District Record). Placing in the top 3 in individual events also included: Ben Lowry, Tommy Peterson, Trent Sandwisch, Andrew Inoue, 2nd – 200 Medley Relay; Daniel Lawley, 2nd – 200 Individual Medley; Andrew Inoue, 3rd – 50 Freestyle and 3rd – 100 Freestyle; Alex Kim, 3rd – 500 Freestyle; Ben Lowry, 3rd – 100 Backstroke; Tommy Peterson, 3rd – 100 Breaststroke; and Daniel Lawley, Ben Lowry, Thomas Laueran, and Alex Kim, 2nd – 400 Freestyle Relay. Placing 4th, 5th, and/or 6th and also qualifying for Regionals

included: Alex Kim, 5th – 200 Freestyle; Thomas Laueran, 6th – 200 Individual Medley and 4th, 100 Freestyle; Tommy Peterson, 6th – 50 Freestyle; Trent Sandwisch, 4th – 100 Butterfly; Andrei Prunoiu, 5th – 100 Freestyle; and Daniel Lawley, 4th – 500 Freestyle. Congratulations again girls and boys for winning the District Meet. Good luck at the Region 3 Championships on Feb 6th – 8th, which will be held at the Frisco ISD Natatorium. This was the 21st and 22nd District titles for FHS swimming and diving teams over the past 13 years.

## Basketball Novel a Slam Dunk:

*Story written by: Talal Hussain 12<sup>th</sup> Grade, Broadcast I student*

The FHS freshmen, and JV basketball teams are currently reading *The Devil's Court* by Carl Deuker. The book is about a teenage boy named Joe. Joe and his family just moved to Seattle, where he attends a private school. He loves basketball and practices constantly. He joins the team, but he does not perform as well as he would like. In order to get what he wants, Joe sells his soul to the devil in return for a perfect season. Joe immediately has the breakthrough season of his life and is the star of the varsity

basketball team. "Reading the book as a team," says Coach Carpenter, "is a great way for the players to bond and learn something new at the same time. *The Devil's Court* is a maturation process for the team." The book also gives the players an opportunity to discuss and compare the story to their own lives. The author, Carl Deuker, will visit Frisco High school on Wednesday, February

the 19<sup>th</sup>. He will be here to discuss the book with the team and answer any questions the players may have.



## Up Coming Events:

- Feb. 4<sup>th</sup>:** Academic Octathlon Team Meeting in W218 at 4:15
- Feb. 5<sup>th</sup>:** College Signing Day: 8 a.m. in the Gym
- Feb. 6<sup>th</sup>:** Coffee with the Counselors: Stress Management
- Feb. 11<sup>th</sup>:** National Wear Orange Day for National Teen Dating Violence Prevention/Awareness Day  
Parenting Series: Healthy Relationships
- Feb. 17<sup>th</sup>:** Inservice Day : No School
- Feb. 21<sup>st</sup>:** End of the 4<sup>th</sup> Six Weeks

**Signing Day will take place on February 5<sup>th</sup>. FHS Seniors will sign their national letters of intent with their college choices. Join us at 8:00 a.m. in the FHS gym to help them celebrate!**