

Got Cinnamon?



COLUMN
 By JULIE TELLES
 fhspress.com
 Student Life Editor
 Class of 2014

Caution: Don't read this if you're allergic to cinnamon.

The Cinnamon Challenge. You know what I noticed? More and more students have been attempting the Cinnamon Challenge at our school. I can't go around for more than a day without hearing someone talking about it. In case you didn't know, the Cinnamon Challenge is when someone decides to get a tablespoon of cinnamon and try to swallow it. Let's just say that doesn't end very well. The challenge itself at first glance may not seem that dangerous; it appears only pointless. Just something people do just to say that they've done it. A lot of teenagers film themselves attempting, mostly failing, and the videos usually end with the person spitting out the cinnamon.

"The Cinnamon Challenge was very very hard. I didn't pass the challenge and it was the worst thing I've tasted in a long time," said sophomore Desiree Dunbar.

On occasion, some determined person might successfully do the challenge and end up bragging for a very long time.

I'm simply stating what I've been hearing around school, and I don't recommend you try the challenge. Students don't seem to realize or care that even though there hasn't been any case where the challenge has been fatal, it could harm you in other ways. Students should be aware that it could affect your health and for those with asthma, well, inhaling/choking on the cinnamon is almost inevitable.

"I filmed myself trying the challenge and it was horrible. I practically inhaled the cinnamon," said Neha Prasad, a junior at FHS.

The cinnamon can be responsible for restricting your airways if you aren't careful... so before you decide to try the challenge, I'd advise you to stop and think of the consequences.

julie.telles@fhspress.com

Closer to God club members share fellowship, Bible study

"The Great Awakening"

By DAVID BANAR
 fhspress.com Staff
 Class of 2012

"For where two or three gather together as my followers, I am there among them." That's what Jesus Christ told his disciples and that's why many students at Foothill High School have decided to assemble a Bible Club. This club is different from many other clubs. Their purpose is to, "Have fellowship and to reach out to people about God," explained member Alex Pyavka.

The club could be normally seen sitting on the grass behind the library discussing the Bible. However, the club recently decided to start something some new outreach, something that could reach other students and that could benefit both our school and our community.

They have also decided to get more students and teachers involved into this "movement." They hope to accomplish many things. The student advisors of the club explained that they want the club to be a place where one can grow and be in fellowship with believers. Also they hope to do good deeds and, at the same time, welcome others to be part of it.

Many teachers that agreed to be involved with this club include Mr. Lanard German and Mr. Yuri Lavrenov. Health/ P.E.



Alex Pyavka sits with Closer to God Advisor Mr. Lanard German. "We're doing this to 'proclaim the gospel.'" (Mark 16:15) says Alex. Photo by David Banar.

teacher, Mr. German, says "My vision is to just support the kids of this group." The teachers will help with organization and will have their classrooms available for the club meetings.

A few things that the club will do include holding meetings where they will discuss a topic and plan to accomplish certain tasks. Foothill isn't the only school that has decided to start a Bible club. Many schools in our area

(including ours) have decided to join their clubs together in order to accomplish certain missions more successfully. Other aspirations of the club include helping improve this school and getting people connected.

The club meets in Mr. German's room (F6) on Fridays during lunchtime and welcomes anyone desiring to be part of what they hope to accomplish.

david.banar@fhspress.com

Get help for Senioritis

HUMOR
 By JAUGHN FREEMAN
 fhspress.com Staff
 Class of 2012

WARNING:

The disease known as senioritis has been found at Foothill, and it seems to be spreading throughout several members of the student body.

Senioritis can be identified by a number of symptoms. The first two prevalent symptoms are a lack of energy and unwillingness to do work assigned to students. It can affect the GPA of students, and may be the reason for the panic in some students as graduation approaches.

Another noticeable symptom is the apparel those who have

been afflicted are wearing. Those with senioritis are generally found wearing sweat pants, or pajamas, and possibly a hoodie.

Some may blatantly be breaking the rules, continually be on their phones, using research time to update their Facebook, or tweeting during class time.

Please be aware that it is not

yet known if senioritis is contagious, or if it will only affect seniors, as the other classes may also be plagued. Always be cautious when having contact with victims, and if you know someone who you believe has senioritis, please report it to his or her respective counselor, as we hope to contain the outbreak before it becomes an epidemic.

jaughn.freeman@fhspress.com



Students with Senioritis. Photo by Jaughn Freeman.

clubsdigest

Compiled by Julie Telles and Mikayla Franklin.
 Submit information for Clubs Digest to clubs@fhspress.com or to the journalism room (T4).

ASIAN CLUB

Meets: C16
 Advisor: Mr. Yeroshek

AVID

Meets: C8
 Advisors: Ms. Mendoza, Ms. Machado

CLIC

Meets: C8 during lunch (see web site or an advisor for meeting days)
 Advisors: Ms. Bloemker, Ms. Mendoza, Ms. Davis, Mr. Dommer
 Notes: CLIC is planning its next field trip to The Exploratorium (the museum of science, art and human perception). Attendance at the meetings is required to participate on field trips and club activities.

CLOSER TO GOD

Meets: F6 (Fridays during lunch)
 Advisor: None (run by students, but Mr. German has volunteered to help out.)

CSF

Meets: S12
 Advisor: Ms. Daniels
 Notes: CSF collected used shoes for The Mustard Seed School for homeless children in the Sacramento area.

DRAMA CLUB

Meets: C12 (every Wednesday)
 Advisors: Ms. Dutra, Ms. McGarr

ELAC

Meets: TBA
 Advisor: Ms. McGarr

FHS PRESS.COM

Meets: T4, 5th period
 Advisor: Mr. Dommer

GERMAN CLUB

Meets: S21 (every three weeks, on Thursdays)
 Advisor: Frau Freeman
 Notes: German Club is currently doing an off-campus candy sale to earn money to take a trip to Great America.

KEY CLUB

Meets: C13 (every other Thursday)

Advisor: Ms. Rupley

LEADERSHIP

Meets: C3, 4th period
 Advisor: Mr. Slack

LINK CREW

Meets: C10, 1st period
 Advisor: Ms. Bunch

MESA

Meets: S16 (every Friday after school)
 Advisor: Ms. Bare

ROTARY BOOSTER

Meets: TBA
 Advisor: TBA

SPANISH CLUB

Meets: S10
 Advisor: Ms. Olmedo

TRIATHLON

Meets: Weight room
 Advisor: Mr. Mongerson

YEARBOOK

Meets: T4, 5th period
 Advisor: Mr. Dommer
 Notes: Buy your yearbook before Spring Break for \$60. Good luck getting one after that.