

## Are you being safe?



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

Some of you might know of a program called 'Secrets' that visited Foothill. If not, 'Secrets' is a program hosted by Kaiser Permanente aiming to inform young people of the dangers of unprotected sex.

The program has actors that go to different schools and perform an hour long play hoping to improve students' sexual education.

**Even sharing a needle could cause you to get a disease.**

It was explained that even if you think you're having safe sex, think again. The only way you are guaranteed to be safe from HIV, AIDS, and any sexually transmitted infections (STIs) is to be 100% abstinent. The play demonstrated that even sharing a needle could cause you to get a disease if the other person is infected.

But explaining diseases and infections isn't all that the program tells you.

"We want to provide the facts so students are empowered to make healthier decisions for their own lives," explained the program coordinator, Hannah Cordero.

In addition to telling you how easy it is to get tested for infections, the actors went through and showed ways you could get help, if you were unfortunate enough to have any sort of infection, they spoke of help hotlines and groups that know what you're going through and can support you.

Sophomore David Taylor shared why he liked the play: "I think the 'Secrets' assembly was beneficial for everyone because I think the majority of students don't have a full understanding of all the STIs."

julie.telles@fhspress.com

## (Texting Death) While driving...

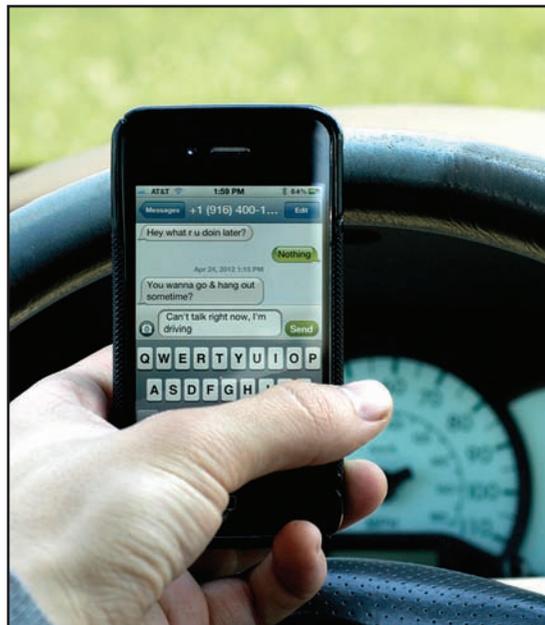
By **DAVID BANAR**  
 fhspress.com Staff  
 Class of 2012

Since January 1st, 2009, texting while driving has been illegal in the state of California. However, after two years, countless individuals still break this law today. Many of these lawbreakers include high school students. These are fresh new drivers who haven't legally been on the road for more than two years. Does this concern anybody? Or maybe it's not a big deal to some people. According to a survey taken by the American Automobile Association, 46% of teens have admitted to being distracted while texting behind the wheel.

The issue is not that students are ignorant that texting while driving is dangerous, it is the fact that they still do it while they know the deadly facts.

"I think it's dangerous," said Senior Kiara Martinez, "and no one should do it. But sometimes I might even think about doing it too."

The average time it takes for a driver to look down at their text and then look up is approximately four seconds. Now let's say that the driver is going 55 miles an hour. I'll save you the calcula-



Not only is texting while driving a bad idea, it's also illegal. Photo by David Banar.

tions and tell you that the distance covered in those four seconds is 120 yards. That's equivalent to the length of a football field! A lot could happen in that time. Many people have been seriously injured, or even killed, due to someone texting and driving.

Driving with someone who is texting while driving could be just as dangerous.

"I don't want to be driving with someone who is texting and driving," senior Ben Moshonchuk said, "and when I see that they're about to do it, I take their phone away." You also have to worry about getting a ticket. The minimum fine for texting while driving is \$159.

What if you have to make an emergency call or a text while you're driving? What do you do then? The best advice would be to pull over, or wait until you reach your destination until you do make that text.

Many students don't see the harm, but there is a big price to

pay. Senior Richie Xiong says that it's a bad habit and it could really affect the people around you. So be careful. It could easily affect your wallet, your car, or your life.

david.banar@fhspress.com

## clubsdigest

Compiled by Julie Telles.  
 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: Mrs. Mendoza, Mrs. Machado

**CLIC**  
 Meets: C8  
 Advisors: Ms. Bloemker, Mrs. Mendoza, Mrs. Davis, Mr. Dommer

Notes: CLIC is scheduled to go to Great America on May 4th, and UC Davis's Veterinarian Open House on May 15.

**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

**DRAMA CLUB**  
 Meets: C12 (every

Tuesday)  
 Advisors: Mrs. Dutra, Ms. McGarr  
 Notes: Drama Club is planning a trip to American River College on May 4th.

**ELAC**  
 Meets: TBA  
 Advisor: Ms. McGarr

**fhspress.com**  
 Meets: T4, 5th period  
 Advisor: Mr. Dommer  
 Notes: The fhspress.com Media Club is planning on producing a DVD of Graduation for \$20. Go online to get an order form and a coupon for \$10 off.

**GERMAN CLUB**  
 Meets: S21 (every three weeks, on Thursdays)  
 Advisor: Frau Freeman

**KEY CLUB**  
 Meets: C13 (every other Thursday)  
 Advisor: Mrs. Rupley

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

**LINK CREW**  
 Meets: C10, 1st period  
 Advisor: Mrs. Bunch

**MESA**  
 Meets: S16 (every Friday after school)  
 Advisor: Mrs. Bare

**ROTARY BOOSTER**  
 Meets: TBA  
 Advisor: TBA

**SPANISH CLUB**  
 Meets: S10  
 Advisor: Mrs. Olmedo

**TRIATHALON**  
 Meets: Weight room  
 Advisor: Mr. Mon-geron

**YEARBOOK**  
 Meets: T4, 5th period  
 Advisor: Mr. Dommer  
 Notes: The 2012 EQUI is finished on time is scheduled to be distributed at the end of May. Tune in to fhspress.com on the web for details.

## Those shoes are made for walkin'

By **KEANA ZAMBRANO**  
 fhspress.com Staff  
 Class of 2012

Don't you just love showing school spirit? Well, custodian Mike Clark certainly does. He recently showed off his new pair of orange and black Converse shoes sporting the word "Mustangs" imprinted on the side. Despite how incredibly flat and uncomfortable we know Converse can be, Clark really loves wearing them.

"My wife custom made them on Converse.com for my birthday," says Clark.

If you want to purchase a pair of Converse similar to his, it's easy as going to Converse.com. Go to Design your Own Sneaker and from then on you can customize color, size, even designs and lettering. It only takes a couple minutes to customize and design a pair of Converse. Once you design and purchase your custom made Converse, they will be shipped off and you will receive them in about two weeks.

Clark said his were about \$80 with everything, shipped.

keana.zambrano@fhspress.com



Mike Clark wears his Mustang attire. Photo by Patrick Deland.