



EXPRESS

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Diego Creed Performs as Mark Twain for Close-Up fundraiser.

Close-Up prepares for D.C. trip

Experience of a Lifetime

Sheri Moriguchi

On February 18, 1990, 18 students and adults from American High will be departing for Washington, D.C., in the Close-Up Program.

Close-Up is a program offered to all students to give them the opportunity to experience the democratic process as an "insider". So far, more than 250,000 students from across the country have participated. Over 2,943 high schools are involved.

Students do not have to meet any grade point qualifications. The fee of \$969 per person covers lodging, meals, tours, all program costs, chaperoning and administrative supervision, 24-hour nursing service, tickets to the theater and dinner theaters, security guards, full insurance coverage, roundtrip transportation to Washington, D.C., and the final dress-up banquet and dance on the last evening.

Participants in the Close-Up program have the opportunity to interact with key Washington personalities, attend seminars on the different branches of the government and on government policies. Study tours, independent tours, and explorations are also provided. Some of the sights they will see

are the major churches in Washington, D.C., the Capitol building, and the inside of the Pentagon.

The members of Close-Up have sponsored fundraisers to cover the cost of their trip. Among them are candy sales and a bowl-a-thon. Perhaps the most enjoyable and productive of them all was Diego Creed's performance as Mark Twain in "Mark Twain Returns" on Tuesday, January 15. Roughly 500 tickets and refreshments were 'sold. Creed received a standing ovation at the end of his performance.

<u>Tensions are rising</u> United States vs. Noriega

Rebecca Ehsan

It was the day that the United States was waiting for. It was the moment all Americans wanted to see. It was January 3, 1990 when the ousted Panamanian dictator Manuel Noriega surrendered to American authorities.

The United States had been on his trail since the invasion of Panama. Noriega had fled the scene as American troops invaded Panama. After a few days of hiding, he was found taking refuge in the Vatican embassy in Panama City. He managed to spend eleven days there before turning himself in. As he was handcuffed by American authorities, the Panamanian people stood outside the Vatican embassy celebrating.

Now that Noriega has been captured, the next stop is his trial. Will his trial bring out many CIA secrets? Will his trial bring bad news to President Bush? Is the trial ever going to take place, and if it does, will Noriega be found guilty of his crimes?

Noriega is accused of:

* Accepting a \$6.4 million bribe from Colombia's Medellin drug cartel in return for protecting cocaine shipments and drug runners and laundering the group's money in Panamanian banks. The cartel handles 80% of the cocaine that flows in to the United States.

* Permitting the cartel to shift its narcotics operations to Panama after Bogota cracked down on the traffickers following the assassination of Colombia's Minister of Justice in 1984.

* Travelling to Havana in 1984 to meet with Cuban President Fidel Castro, who mediated a dispute between Noriega and the cartel after Panama closed down a drug laboratory that Noriega had been paid to protect.

* Providing a safe haven in Panama for international drug smugglers.

* Arranging the shipment of cocaine-processing chemicals, including those seized by the Panamanian police.

* Attempting to smuggle more than 1.4 million pounds of marijuana into the U.S.

* Purchasing a jet that was used to transport illegal drug revenues from the U.S. to Panama.

* Taking a \$1 million bribe from another group of drug runners who then used Panama as a money laundry and a way station for drugs.

With all these charges before him, General Manuel Noriega faces a challenging trial. Attorneys from both sides have many arguments regarding the case. Prosecutors are searching through the documents that were seized by American troops, hoping find something to strengthen the case. Noriega's attorneys, however, say that the evidence is inadmissible in court because the troops did not have warrant when they searched Noriega's home. For the time being, the government is focusing on nailing foreign drug traffickers.

*The information from this article has been taken out of TIME magazine, January 15, 1990.

Teacher Update Possibility of a Teacher Strike

Elliott Chin

Since the expiration of the teacher's three-year contract in June of 1989, the teachers union and the district administration have been arguing over a new contract. Negotiations have been largely unsuccessful, and the district and the union are now in fact-finding.

When negotiations fail to produce favorable changes, both sides enter a "fact-finding" stage. Fact-finding is a process where a representative from the teachers' union and a representative from the district administration commit themselves to in a final effort to resolve their differences. A neutral representative is called in to monitor this phase. However, both the district and the union have some say in who the representative will be. They are both presented with a list of seven possible representatives. Some representatives have a history of deciding in favor of the administration and others in favor of the union. The union and the administration flip a coin to decide who gets "first strikes." The side which receives first strikes can strike off three names from the list. The other side strikes off another three. The final person on the list is the actual representative. If this process fails to reconcile the union and the administration, then teachers enter "work action" the authorized for a strike

then teachers enter "work action," the euphemism for a strike.

Fact-finding must continue for 45 days, after which teachers may enter work action. A full 48 hours notice must be give however, before work action can be taken. Fact-finding will end on February 15, at which time the teachers have the option of striking. Teachers will vote on a strike on February 12. Each teacher will decide for him- or herself whether to strike or not. However, teachers plan to enter work action between the first and second semesters of school. This allows the first semester to end uninterrupted, and also hits the second semester at its most resilient period, when studies have not yet begun; work action at this time would only postpone the second semester, no t disrupt it.

If a strike does occur, it will be a rolling strike, where teachers would strike every other day and come back to work in between. Local substitutes will actually work with the teachers during the strike, so the district will have to fly in other substitutes in the event of a strike.

Students are Fed up with Teacher Whining!

Elliott Chin

Negotiations between the teachers and the district have hit a snag. Certainly the conflict must be resolved, but it has taken much too long. It should have been ended weeks ago. Now, this conflict threatens to engulf the students. Enough is enough, and American High has had its fill of the teacher/district affair.

Look at the pettiness that prevails over the talks. They flip a coin to see who strikes names off of the fact-finding list first. Sounds like a childish game to me. This is beyond petty. It reminds me of vultures wrestling for the last shreds of meat on a carcass. Unfortunately, the adults that guide us see fit to pick and fight amongst themselves like children. Teacher and district motives are not pure. Teachers want money and credibility (which they believe can be garnered from a strike), and the district also wants money.

Not only is the fighting petty and juvenile, but it threatens to engulf innocents. Students' educations will come to a halt, as we stay home and vegetate while teachers and administrators pull political hairs. Seniors will be hit hard. Colleges do not wait for strikes, and many dreams could be shattered by a teachers' strike. Undoubtedly, we will be used as cat's paws by both sides. Each side will try to use the students to its advantage. The teachers might say that the students need their teachers so as to force the district to give in, while the district, probably citing the same reason, will urge the teachers to go back to work. As a student, I resent the fact that we might be used like pawns. The fact that I have something to say about this whole affair demonstrates that I, as a student, have an opinion. That opinion, coming from a student, should be taken into consideration by both the teachers and the district. They both righteously champion the well-being of the students but use them to further their own needs. Are they doing the right things for the wrong reasons? If they are not including us fairly in their negotiations, then I would say so. Is the administration, or for that matter the teachers taking our needs into consideration?

This conflict has gone on long enough. It has worn out the last vestiges of my patience, and I am sick of hearing about it. Sadly, this affair has now devolved into a petty, juvenile, and all-consuming battle. It seems the only way out is through a strike, and in this case, those who will be hurt the most will be the students.

Letter to the Editor

The following letter was addressed to Mr. Tranchina, who gave it to the newspaper staff as it concerns an article that appeared in the December, 1989 edition.

Dear Mr. Tranchina:

I must strongly protest the inclusion of the article entitled "The Truth About Christmas" in the December 22, 1989 issue of the American

The article expresses the specific position of the Jehovah Witnesses. I do not believe it is either appropriate or legal for a public insitution to disseminate the particular position of any religious organization.

Incidently, to my knowledge, no Christian Church of any denomination holds that Jesus was actually born on December 25. The choice of the date was a conscious substitution for the non-Christian Roman festival of the rebirth of the sun.

I realize that as a busy principal, you cannot be directly involved in all of the many activities of your school. However, I do hope that you might bring this to the attention of the persons responsible for the publication of the American Express.

> Sincerely yours, Leland K. Mosley Prince of Peace Lutheran Church

Dear Mr. Mosley:

The article to which you are referring appeared on the Viewpoint page. Students may express their particular views on this page, whether they be religious, political, or anything else. The purpose of the Viewpoint page is to present different points of view, some of which you may not be in accordance with. Nevertheless, the American Express will continue to print all the opinion articles it can. Thank you for vour interest.

-Editor

Panama Invasion was a Mistake

Nils Talbot

George Bush has done an excellent job in reaffirming America's commitment to imperialism and gunboat diplomacy by ordering the attack on the tiny Central American country of Panama. Some of the reasons he gave for the attack were to protect American lives, capture Noriega and bring him to justice in the U.S., and to install a new Panamanian government.

Twenty-four American soldiers died "protecting American lives" in Panamanian jungles and cities while all the American civilians in Panama were safely inside the borders of U.S. bases. The death that sparked the hostilities was that of an American who tried to speed through a Panamanian military road block, which was obviously a hostile act in the minds of the Panamanian

Capturing Noriega was a illegal, dangerous action. You can't just decide that you don't like what the leader of a foreign country does, then go after him. What if Khadafi snatched Reagan GEN, MANUEL ANTONIO for ordering the bombing of his tent in Tripoli? Bush promises that Noriega will receive a fair trial. Yeah, right. Even if you could find enough people who hadn't heard anything about Noriega and our invasion, they'd have to be such idiots that the prosecution could make them believe just about anything. The charges brought against Manuel Noriega hardly merit sending in

several thousand troops to get him. He faces a maximum sentence of 145 years and \$1.1 million in fines. According to California Representative Don Edwards, who recently went to Panama, that country wants \$1.5 billion in economic aid to rebuild. Good move, Georgie.



After his fact-finding trip, Edwards concluded that "the U.S. invasion was an unwise, illegal, and reckless initiative." The rest of the world apparently agrees. Our popularity is shot and our chances for a successful drug summit lie somewhere between zero and none. Not that Noriega was a just ruler. He wasn't. He

was a cruel, evil tyrant who used terror to control his people. Yet Adolpho Chritiani Salvador would also fit that description. Death squads and priest killing certainly aren't the acts of a benevolent ruler, but we haven't gone after him yet. Why? Because he is a firm supporter of the U.S.. We wouldn't have dreamed of going after Noriega, either, when he was on the CIA payroll back when Bush headed the agency. But when Noriega openly criticized and embarrassed the U.S., twenty-four American soldiers were sent to their deaths to save face for Bush.

Finally, we come to the new "government" placed in power, courtesy of Uncle Sammy. Endara is little more than a puppet for U.S. interests. Strange that "Panama" is an acronym for their attitude towards the U.S.: Pretty Amazingly Nice After the Military Attack that ruined their country far more than Noriega ever could. I predict that Endara will continue to be Bush's favorite boot licker until he finds out that he'll have to rebuild his country with minimal aid from the U.S., which is already the world's biggest debtor nation.

The attack on Panama was an incredibly stupid, costly (in both dollars and lives) and illegal move by the U.S., Latin America shouldn't have to look upon us as overlords, and it's not our job to play judge, jury, and punisher for Latin American governments. Manuel Noriega was definitely a creep, but that should've been Panama's problem, not ours.

Hey You! Stash Your Trash!

Rebecca Ehsan

Litter: n. a state of disorder or untidiness. Does this word and definition sound familiar to you? If not, then it's time you opened

As I walk through the rotunda, I am constantly amazed at the amount of litter I see. The litter problem has been at AHS for a long time. As I recall, three years ago we were visited by the Western Association of Secondary Schools and Colleges (WASC). According to them, we had a litter problem at our school. They wanted us to improve it when they returned the next time. Well, guess what? WASC is planning on returning to AHS this year. That's right, this year. Have we solved our litter problem? NO!

It's time to take action once again. How difficult can it be to get up and throw away your garbage? Are you afraid that someone might come along and possibly steal your chair from you? I'm sure that when you are at home, you do not throw pieces of food all over your carpets and leave your cans lying around all over the place.

Another excuse for not throwing away your trash might be because you run out of time. I mean 40 minutes is not a long time to eat and be able to throw away your trash, right? WRONG! It does not take a long time to throw away a few pieces of paper or a small boxed lunch. I know that all of you are capable of doing this task. So let's help each other in the fight against litter by throwing away all of our garbage when we are done eating, whether it is brunch or lunch. Let's show WASC that we do take pride in our school and we are capable of keeping our school litter free!

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AMERICAN EXPRESS is published monthly by the journalism class and is the official student publication of AHS. Opinions expressed on the viewpoint page do not necessarily reflect opinions or official policies of the school. Readers are encouraged to express their concerns and comments by writing letters to the Editor. Letters MUST be signed. Names will be withheld upon request. The Editor reserves the right to reject, abridge, or edit letters.

Candace Black Maria Camba Elliott Chin Bernie Corniel Janine Figuerido Nancy Gee Tim Madrid Mike Noche Wendy Vonhof Melanie Ness Joel Mattern

Stephanie West

VIEWPOINT

Students Speak Out!

Students Speak Out!

Was the United States justified in invading Panama?



Robert Bennett Freshman

"Yes, because the things Noriega was doing were affecting our country."



Billy de Haan Sophomore

"No. I think the whole thing was a scandal so Noriega wouldn't spill out secret information to the press about the U.S. government."



Hilary Brandenburg Junior

"No. The invasion, I believe, just took place to satisfy the morals of the Americans."



Giselle Guevarra Senior

"Yes, because they defeated Noriega."

Recent Flicks Have Been the Pits

I'm what some people would call a movie buff. I just can't seem to get enough of movies. I don't only like modern films, though. I'm a fan of the "Golden Age" of cinema. Films like "Gunga Din," "King Kong," and "It's a Wonderful Life" made some movies what they are today. However, most films don't follow the greatness of their predecessors. Take the movie "Batman," for instance. This movie had some big name actor (Jack Nicholson) that got top billing in a movie he wasn't even the star of. Besides, who wants to see a movie about a grown man running around in tights and pointy ears? Add to this the Flash Gordon-like special effects, and you've got a movie that's worse than "Alan Quartermain and the Lost City of Gold!"

Almost every film today is made with only one purpose in mind: to make a lot of money. There are a few moviemakers that make films because they love to (Steven Spielberg, Woody Allen). The other cashmongering directors always say, "I had a story that I thought needed to be told." Yeah, here's the story: He made an awful movie that the public saps shelled out their cash to see. This story even has a happy ending: He laughs all the way to the bank! This now brings me to the summer of 1989: "The Summer of Movies." This awes the summer that made more money for the film industry than ever before. One could see why it did. Last summer, the movie companies unleashed a cavalcade of money-grubbing films. Movies like "Batman," "Lethal Weapon 2" (as if the first one was good enough for a sequel), "Honey I Shrunk the Kids," "Ghostbusters 2," and "Licence to Kill" were big disappointments. The summer did have a few diamonds in the rough, though. "Indiana Jones," "Casualties of War" and "Parenthood" were the only good mainstream movies of the summer.

I wish that movies of today would follow the examples set by the films of the 30's and 40's. Back in 1939, "Gone With the Wind" was made with Clark Gable and Vivian Leigh. Today, that same movie would probably star Arnold Schwarzzenager and Madonna! I'm sure the public would be particularly pleased with "Gandhi: the Musical," "Broken Dreams, Broken Face: The Geraldo Rivera Story," "Robocop Meets Godzilla," or how about "Gumby II: The Commiesmasher?"

I don't know. Maybe I'm just a skeptic, a pessimist. I just hope that films improve from their present state. Maybe someday we won't be stuck watching films like "Rambo vs. the Care Bears."

Racism is Still Rampant in the U.S.

Elliott Chin

The civil rights movement in the Sixties was moving along slowly but surely. It seemed that at last, America was making enormous headway. The time would come when all people would live together like siblings. Now look at us. We have degenerated into another age of violent racism. We have made valuable progress only to slip back to an era of prejudice and discrimination.

Some people will argue that racism is dying, but it still permeates American society. Our capital is engulfed in racial violence, the New York mayoral election has become tainted with charges of racism, entertainment personalities have indulged in race-bashing, and if you pick up a joke book, you will find numerous tasteless, racial jokes. Racial slurs are in common use today, and ridiculing of minorities is rampant. The KKK, under a false front against drugs, has harassed blacks. Skinheads enjoy an appalling mystique that adds to their numbers, and gangs all over America have taken numerous victims in race-related gang wars.

This is an incredibly ugly and violent topic. People die from this appalling idea of superiority, and for what? There is no wrong in being born in a different culture or with a different skin color or with a different set of religious beliefs. What factual evidence is there that one race is superior to another? If one race were superior to all others, it would have been apparent in history, and history tells us that no one race has ever been truly dominant. Color, culture, or religion does not determine an individual's intelligence or character. There are brilliant individuals from all walks of life, disproving the notion that there is one superior race. If this were so, then that one race would have a monopoly on intelligence and physical ability, and no one race does. In every field of sports and learning, there are able representatives from each race. There is absolutely no basis for racism, and anyone who believes in it is a disillusioned and

undeniably gullible person.

The work of the civil rights movement has dwindled to nothingness. The presence of racism shows how far we still have to go. Racism runs through the veins of America as rampant as ever. It is unfortunate that some portions of American society still feel the way they do about race, because it says that these people suffer from a lack of understanding, education, and, quite frankly, intelligence. When will people learn that the color of someone's skin, or the difference in that person's culture, or even his or hers religion does not brand that individual as inferior?

"Posers" Give Music a Bad

Tim Madrid

Name

Have you noticed the recent trend of new groups springing up in the music industry? You know, the ones who seem to always follow up another group's success or pop on the scene during a current fad. There is a name for these groups which we all know and hate; Posers. These non-talented and semi-intelligent throngs of wanna-be's plague our our record stores and discredit the real music-makers of our time.

Hard rock is one of the target groups of poser infestation. Groups like Kingdom Come, Enuff Z'nuff, and Skid Row are only some of the misfit rejects who would like to be considered musicians. Originality is distasteful to these people. They would rather just copy other legendary artists than write their own material. I wonder if there is any difference between Kingdom "Clone" and Led Zepplin. And those gimmick-seeking fruits in Enuff Z'nuff resemble "Culture Club" more than a hard rock group. As for Skid Row, all they can do is whip their huge mains of hair around and throw bottles at unwitting fans! Even some old-time groups that used to be big have sold out to poserism. The once great members of Kiss have degenerated into singing about typical poser topics such as how they get women every day and about what wild and exciting guys they are. Posers insist on wearing tight, synthetic leather clothes with frills and girly lace. These clothes don't improve the poser's image, but they do cut off circulation to the brain (which explains the poser's perpetually stoned expression). Real hard rock groups like Metallica and Iron Maiden are some of the only signs that hard rock still exists thanks to those pablum-puking posers.

Hard rock is not the only category of music that sports posers. Beat also has its' share of those degrading dimwits who wish they were as bad as they say. Since every single one of them sounds the same, I don't need to mention any specific groups. They are always trying to convince us that they can beat up anyone or anything, especially the infamous "Sucker M.C." which proves the only thing they can actually defeat is a non-existing, fictional entity. Beat, as we know it today, started out with masters such as N.W.A., M.C. Hammer, and Kid N'PLay. The only reason poser groups survive in the music world is because of the successes of those veteran groups. To poser rappers, anything that makes noise is considered music. I believe most poser groups got started when one member bought a mixing-machine and recorded an M.C. Hammer hit backwards. That is the extent of their originality. Poser rappers clearly just want to turn a popular trend into a way to make money, no matter how distorted and mutilated their music is.

Poser musicians represent the lowest life-form on the scale of entertainment. They seem to emerge out of nowhere and start shouting offensive banter into a microphone. Posers should realize just how idiotic and stupid they sound when they imitate others and act flashy. Maybe then the real talented musicians will be heard.

Words of Wisdom

"If I cannot realize my Ideal, at least I can idealize my Real."
-W.C. Gannett

"It matters more what's in a woman's face than what's on it."
-Claudette Colbert

"In order to have wisdom we must have ignorance."
-Theodore Dreiser

"The world belongs to the enthusiast who keeps cool."
-William Mc Fee

"Republics end through luxury monarchies; through poverty.
-Montesquieu

Eagle

How Do You Feel About the



Impending Teachers Strike?



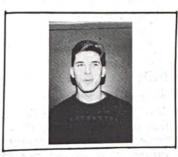
Jeff Clark Freshman

"The district and the teachers should negotiate, but it would be nice to have some time off."



Joshlyn Camba Sophomore

"Hooray teachers! I hope they get what they deserve!"



Matt Gilchrist Junior

"I think it's great, I could use a two-week vacation."



Marika Low Senior

"I think that teachers are finally standing up for what they deserve."



Nancy Gee

Some people like to go to the theatre so they can experience the thrill of big-screen graphics and sound. Others do not have the time or the money to see movies in the theater. So, they grab a bowl of popcorn and a can of soda to settle down on the loveseat with the boobtube, VCR, and a stack of videocassettes for the newest

The Adventures of Baron Munchausen

Remember fairy tales filled supernatural beings? splash of humor. The Baron the old adage "opposites attract." and actresses on stage play the drawn-out conversations or "dead" Baron's story. Soon, the Baron Sally is definitely a "must rent" and his companion, a little girl, movie.

are entwined in a quest to stop the invasion of the Turks. The movie has a wonderful twist and, like all good fairy tales, it has a happy ending.

Tequila Sunrise

The plot is typical and the ending is predictable, but the unusual part of this movie is that the cop (Kurt Russell) and the drug dealer (Mel Gibson) are best friends in love with the same woman, a beautiful restaurant hostess (Michelle Pfeiffer). The best part of this movie is the romance. The rest is confusing and not very exciting, because most of the action parts are saved for the end. Be prepared to feel sleepy through the majority of Tequila Sunrise.

When Harry Met Sally

This is an outstanding movie with witty, romantic heroes, filled with scenes that create peals beautiful goddesses, ogres, and of laughter. Harry (Billy Crystal) The is hilariously cynical and works Adventures of Baron Munchausen in perfect harmony with Sally's is this type of story with (Meg Ryan) dry humor. This is adventure-filled moments and a a perfect love story that proves tells his story to a poor audience The movie is easy to follow and through a stage play. The actors moves in a quick pace with no part of the real characters in moments. When Harry Met

Movie Makers

Melanie Ness

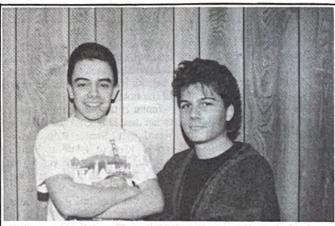
Are you ever in the mood to sit back, relax, and watch a great adventure show? If the answer is "yes," then you should set your It's very time consuming. VCR's for Friday afternoons at 1:00 on the Fremont Cable Channel 15 for a great time.

Joel Mattern and Len Wiseman,

also play different roles in their films.

"It's not as easy as everybody thinks," stated Len. "It sometimes takes ten hours to produce five minutes of film." Joel says, "The hardest part is the editing process.

It all started in the fourth grade live stunt shows and charge



Movie-Makers Joel Mattern and Len Wiseman.

both Juniors at American, have when Joel received his own 8mm been producing and directing their camera in the sixth grade, they own half-hour show since school started this year. They plan to run films. A few years later Len and it until it's time to start making real movies or go to college.

adventure which includes action, violence, and dangerous stunts. of the Lost Ark." However, it includes no romance it is "unintentional." The two Juniors at American. Len and Joel final product- it's the greatest."

began to make short three-minute Joel both got video cameras, and they got serious about making Each segment consists of pure films. They were greatly inspired by the box office smash "Raiders

They film everywhere from the whatsoever. In fact, girls never desert in Southern California to appear in the show. The movies Niles Canyon to Joel's backyard. contain comedy, although most of So far, the show has been a "It's not the funnest th frequent actors are Kevin Congdon in the world while you're filming and Eric Richardi, who are also or editing, but when you see the



Tina Chow

Congressional Award

AHS Student Receives

Janine Figuerido

Often we look at ourselves and say, "What can I do, how can I help?" Tina Chow did more than wonder; she did something about it. As a result she received a bronze congressional medal.

In order to qualify for the award, she had to fulfill a variety of requirements. She completed 100 hours of volunteer work. She worked as a volunteer at Fremont Youth employment program and helped teenagers find employment in the community. She also worked at San Francisco Lion's Club to help raise money for summer camp and jobs for low-income families.

Another of her challenges was 50 hours of physical fitness. She completed this by practicing as an American High varsity songgirl. The last requirement she completed was 50 hours of personal development. Tina completed this by working at the Pacific Stock exchange in San Francisco.

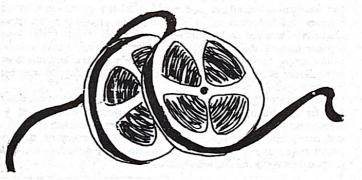
Tina received a bronze award for completing her volunteer services. Congressman Don Edwards of the tenth district presented the awards to Tina and others from Mission San Jose, Monte Vista, and Oakland. Tina stated, "You're able to help the community...and receive recognition for your efforts." The award was a way of thanking Tina and others like her, for her efforts. Tina started her volunteer work last spring and didn't complete it until August. She received her award in December.

Tina is an example of an active doer. When she asked herself, "What can I do to help?" she didn't stop there. Many of



Congressional Award recipient

us think of what we can do to make a difference, but we don't act. Tina acted.



Under Extreme Duress

From Finals Stress?

Cristina Reves

As we come to the end of the first semester of the '89-'90 school year, it is not a reason to celebrate. Why? Well, because of, you guessed it, semester finals. Some students feel that it is the end of the world for them, but are they as bad as we think they are? No, they are not. For those of you who have not had the lucky opportunity to take one yet, here's your chance. All of you freshmen, listen up real well! Here are a few tips from an experienced senior on everything from studying for your finals to trying to stay awake for the whole test.

Easing the stress of finals is basic. First of all, (I know I'm going to sound like your parents) get plenty of rest the night before This means no the finals. Arsenio Hall! Next is food. No, Ding-Dongs and Mounds bars do not constitute a healthy breakfast. You need a healthy breakfast

be very energy draining and you need the food to sustain you. The night before, have a wellrounded healthy dinner consisting of all the basic food groups, (you know, bread, meat, fruits & vegetables, and of course milk). Think healthy! You don't have to get carried away though. You don't have to eat a bucket of bran, just something that will satisfy your appetite so you don't think about food during your finals. Plus, it's always pretty hard to concentrate on who discovered America or how to figure out the hypotenuse of a triangle.

Next, are some "don'ts" that every student should absolutely know for the finals. The number one thing that you must know is never cram for a final because it never works! I know you may the temptation might be, do not cheat. Sure, you maybe have gotten away with it before, but those were only little quizzes that meant absolutely nothing and just maybe your teacher didn't watch over everybody like a hawk. I guarantee you, during mainly because the finals tend to finals your teacher will be



hovering like the Goodyear blimp. At this point your are saying to yourselves your teacher is too much of a egghead to catch you cheating, but remember the punishment for cheating varies from teacher to teacher and you'll never gain anything from

I know by now you are saying to yourselves: who am I to tell you these things? Well, we experienced seniors have been through six finals! Trust me you are better off listening to me than, oh, say, your freshman classmates. Just remember that no one has ever suffered a heart attack or had their brain explode (yet) during a final. So cheer up, at least you get half days! Good luck, everybody!

National Hobby Month students be? were as

Maria Camba

might discover something your of our hobby lists. fellow students.

images of stamp collecting and building model warships or the traditional pursuits which some occupy themselves with. But wait, water sports (any sports less aggressive, she "likes to actually)? Polo? Spending money? Hanging Picking out? your....forget that one. Are these category of hobbies? We just 'do' these things.

And if those things are one of hang-gliding, your favorite pastimes, then it's a shopping." hobby. Although the stamps, coins, and warships are thought to remain anonymous said, "My be something of the past, they are favorite hobby is mastering Super still popular. So what could the Mario Bros. Two." Interestingly, hobbies of American High when a number of sophomores

Our hobbies range from our perception of normal to the middle of the road to the weird (even life Did you know that January is threatening). Senior Lissa National Hobby month? Not very Martinez says, "I loooooooove to many people do. This might not eat and go out with my boyfriend read so interesting yet, but don't and friends." Going out or hanging look away, keep reading, you out with friends seem to top most

Junior Hilary Brandenburg likes When you think of hobbies, to tap dance. Whoa!? We're in the weird part. Senior Paul Vasko would love to take on Bunjie airplanes (any type of craft for that jumping, "A sport in which you matter) come to mind. Those are tie yourself to an elastic rope and jump off a 30-story bridge." Another senior Christine Buquid is create, design (clothes) and sew," in her spare time.

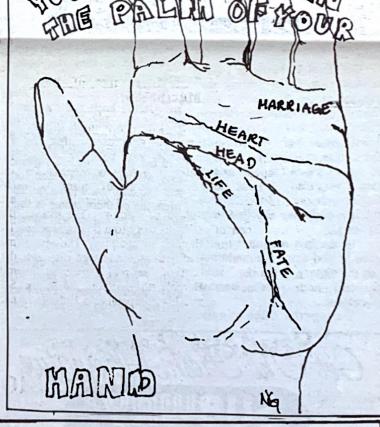
Even in Italy, the traditional part of that ho-hum-indoors hobbies involving crafts are outdated within the youth. Mateo Tessera says, "Some of my A hobby is a favorite pastime. hobbies are playing pool, polo,

One sophomore, who wishes to

were asked what were some of their hobbies, their answers either had something to do with food or sports. Josh Doody and Claudia Pan said their hobbies included food, he cooks, she eats. Sports were Justin Guerin's and James Joseph's main hobby. Justin with skiing, soccer and base ball cards, while James' is basketball.

Two freshmen, Kristin Miller and Emily Jose, enjoy a hobby more relaxing, talking on the phone. Then again, they also said cheerleading and shopping were other hobbies.

Whatever hobby you have, take pleasure in it. Relax with it, have fun. God knows we get enough pressure from everything and everyone else.





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HUSKIES SLIP AWAY FROM AMERICAN

Erik Willis

After the Eagles' MVAL season opening defeat by the Moreau Mariners, the Eagles thrusted themselves on top of the MVAL with a four-game winning streak by beating the likes of Irvington, Newark Memorial, Kennedy, and James Logan.

Just when American looked to be the most dominating team in the MVAL, the Eagles fell prey to the Washington Huskies 61-55 in overtime on January 20.

Almost the whole game the Eagles had total control. In the first half the Eagles built up a 27-16 point lead but had to settle for a halftime advantage of 27-20.

The Eagles continued to keep control of the game and built a 44-34 point lead at the end of the fourth period. It looked as though the Eagles were going to come up with their fifth straight

With a minute to play in the game the Eagles had a confortable 9 point lead. In the span of a minute Washington stormed back three three-point with conversions to send the contest into overtime with a score of 50 a piece.

"They just put up desperation shots. We could not hit our freethrows," said guard Chris Soto.

The Eagles, however, had several chances of sealing the victory at the free-throw line during the Washington threepoint run. AHS missed four front ends of one-on-one freethrows enabling the Huskies to come back and send the game into overtime. Overall, the Eagles were only 13 for 23 from the line while the Huskies were 21 for 33.

'In the last minute we just gave up and quit. We could not put the victory in the bag," said forward and guard Bobby Simmons.

During the three-minute

overtime, Washington scored six quick points to keep themselves ahead for good.

"Everybody was playing for the crowd, not for the team,"commented forward and center David Thomas.

"when we came into the game agaist washington we did not think it was going to be a tough game," explained Simmons.

Senior Chris Soto was the top scorer for AHS with 13 points while seniors Jeff Garcia and Jermaine Carriere each had 12 points.

The last time American beat Logan at American was when many of the senior class was ten years of age.

The James Logan curse on Americans' home court ended January 17 when the Eagles ran past the Colts 70-52. This was the first time in seven years that AHS beat Logan at home.

"We ran them off the court, we were quicker, and we controled the boards. We had no problem getting the ball up and down the court," said Soto.

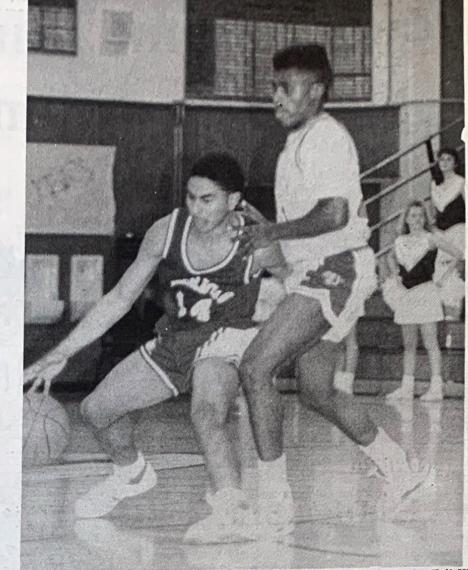
The Eagles' aggressive defense kept the Colts off balance and out of the game. The Eagles pulled away early in the first quarter and settled for a halftime lead of 28-25. From the third quarter on, the Eagles had total control of the game blasting the Colts in the third quarter, outscoring them

'We knew it was a tough game so we had to play our best," explained Simmons.

Seniors Bobby Simmons and Jeff Garcia each had the game high of 16 points. Senior Chris Soto had 12 poinst and senior Jermaine Carriere added 11.

In the Eagles next two games they will face Mission San Jose and the Moreau Mariners. The streanths of these teams is their highth. The Eagles will have to depend on speed to beat their tall

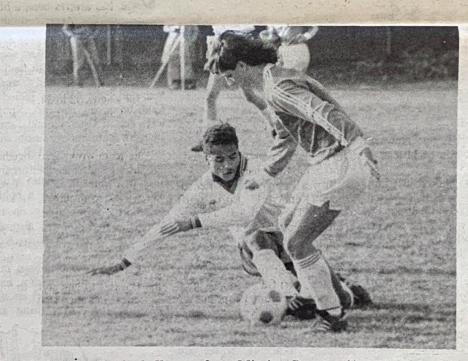
We can't size up against them. We lack a big man. We must double team, play hard defense, and do our jobs," said Thomas.



AHS's Chris Soto dribbles around a Newark defender.

Photograph by Erik Willis

A SEASON OF TOUGH BREAKS



David Pham steals the ball away from Mission San Jose's Tim Galardo.

The boys' soccer team has suffered from what they believe are tough breaks. It does seem, however, that in the last few minutes of a few matches the team lost to bad officiating and penalty kicks, not necessarily to

their opponents. After the holiday vacation, the team seemed to have matches in succession. On January 10, American played Moreau. They won 3-0 in a match where they dominated and had total control. On January 16, American faced off against Irvington, playing a rescheduled match which had been previously rained out. Those tough breaks came into play, the Eagles losing 2-1. following day, January 17, American was pumped for a win versus Kennedy. They did

win. Most recently, American faced Mission. The hard fought match resulted in a second half penalty kick for their opponents, who handed them a 1-0 loss.

While sidelined with an injury, sweeper Steve Polley noticed about the team, "We're good, but we don't have those certain qualities that will put us over the top." Center halfback Ralph Garcia agreed, adding, "In general, the team has done well this season, but penalty kicks have been killing us." Sweeper Jeff Borges put it plain and simple, saying, "It seems as if American always gets the tough breaks." Yet, the team has performed well, with noticeable efforts by: Dave Celeste, Kyle Felix, Josh Lieb, Fawad Matin, David Pham, Nazir Rahim, David Sasaki, Randy Sasaki, and Jeff Strickland.

American has a tough schedule

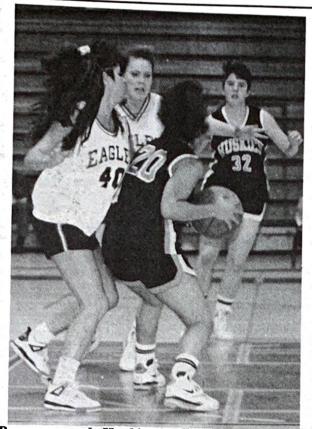
Photo by Erik Willis

exactly that, with an easy 3-0 ahead, playing Newark on January 26, then playing four more matches. Unfortunately, they have only beaten one of those four teams. So, they certainly have their work cut out for them. In order to do well, American must get over this slight slump and especially those tough breaks. For the rest of the season, right forward Nazii Rahim hopes to, "win our next few games and make it to Shaughnessy."To do so, the team may want to take center striker Fawad Matin's advice to, "trust each other, believe each other, and use more team work."

At this point, the team should heed all the advice they receive. Most importantly, the team should try to forget those tough breaks, play with more heart, and then, cause some tough breaks

for their opponents.





Monique Borerro guards Huskie April Cortez. Photo by Erik Willis

Girls' Basketball

EAGLES DRIBBLE TO THE TOP

Candi Black

Shelly Beattie scored a gamehigh 20 points to lead Newark Memorial's girls' basketball team to a 42-28 win over host

"We can't play man against them because Shelly's too strong," said American coach Ron Ratliff. "We don't have anyone who can keep up with her."

Both teams started out slowly in the first half, but Newark pulled ahead with a 14-11 lead at intermission.

Beattie, who scored just four points in the first half, powered her way to 16 second-half points.

"We can't play zone against them, either. Once they broke the zone, we were in trouble." Coach Ratliff added.

The Eagles' team slacked off during the third quarter, scoring just 3 points while the Cougars went ahead with 12 points.

"They (Eagles) weren't going for the shot," Ratliff said. "We have a lot of young players, sophomores and juniors. They just don't look to shoot. When the have the ball they look to pass inside to seniors. Sometimes you can't do that."

Lori Carper scored 11 points, Shari Wold helped immensely with 10 points, and Marlise Otani made two field goals and one free-throw ending the game 42-28 in the Cougar's favor.

Losing against Newark Memorial did not make American lose their confidence. On January 18, the Eagles outscored Kennedy 18-0 in the first quarter.

"It was a tough first quarter for them (Kennedy)," Ron Ratliff stated. "They shot and shot and couldn't get the ball to fall in. Kennedy worked hard, but nothing would drop."

American had no problem scoring. Lori Carper, the Eagles' forward, scored 19 points to personally match Kennedy's game

total.

Point guard Shari Wold added eight points for the Eagles. Karen Pailthorpe and Stacy Abrams each made 3 field goals - 6 points each.

The final score for the game was 53-19 in American's favor.

Logan has always been a big competitor for American and despite the hard work and determination, the Eagles just could not keep up.

Playing on their home court, the Colts were very strong. They beat the Eagles 52 to 34.

The Eagles' top scorers were Lori Carper, Karen Parker, and Shari Wold.

"Our team works well together because it is all a team effort and not just one person," stated starting sophomore Karen Pailthorpe.

January 18 was a big game for the American girls' basketball team. Washington is the all time rival of AHS and the Eagles beat the Huskies in late style fashion by a close margin 43-40.

Girls' Soccer

EAGLES DOMINATE MVAL

Bernie Corniel

On Thursday January 5,1990, the American girls' varsity soccer team managed to pull off a 4-1 victory over the Logan Colts. "My goal this year is to make it to NCS. We have a good shot and we are almost there," says captain Lisa Moriconi.

On Tuesday, January 9, the Eagles beat Moreau 1-0. In the first half, junior Michelle Wagner received a pass from sophomore Michelle Summers, whick led to a triumph against the Mariners. The team's goalie freshman Kim Steffen, helped defeat the Mariners with four saves.

After playing against the Irvington Vikings, the Eagles decreased their record to 5 wins and 2 loses. The score ended 1-0.

First year player, Kim Steffen, has been instrumental in several games. Steffen assisted the Eagles by preventing numerous goals. So far in the season, Steffen has accomplished a great deal for herself. "I think I've been playing good with the help of my defense. I've had 3 games with no scores against me," explained Steffen.

on Wednesday, January 17, the Eagles faced the Kennedy Titans. In the last game played against the Titans, the Eagles won 5-3. The Eagles, did not play up to their potential. This time the Eagles showed their strength and beat the Titans 2-0. Junior Wendy Cotton scored both goals with asists from Michelle Wagner. The Eagles record currently is 6-2.

"We pulled together as a team," said junior Melanie Ness. In the first half of the game against the Misssion Warriors, the Eagles dominated. The Eagles were able to control and pass the ball well. Junior Wendy Cotton scored early in the second half off an assist form Lisa Moriconi. In the last 30 seconds of the game, Mission had a chance to tie, but the Eagles stuck together and came through with a 1-0 victory. Kim Steffen saved 12 shots on goal. "It was exciting; everyone was jumping up and down. At" the beginning they started doing better than us, but we got pumped up and pulled through with our endurance," said junior Michelle Silva.

Tuck- and

Wrestling

WRESTLERS FLEX MUSCLES IN PACIFICA

Erik Willis

On January 20 the American high School wrestling team wrestled in the Oceana Shark Shooting Tournament in Pacifica.

The AHS wrestlers has a strong showing as the team placed an overall second place in their group of opponets.

Out of five groups ranging _____ from the top teams in group one to the poorest teams in group five, the Eagles competed in the third group of competition.

In the tournament AHS was able to beat De La Salle, St. Ignasius and North Salinas, but lost to Nanford High school and Gilroy high which gave AHS a second place finish in the tournament.

AHS' Lee Loften won four out of five matches which included three pins and a technical fall. Sophamore Matt Tomdag who usually wrestles in 105 pound weight class wrestled in the 112 catagorg and had a tournament match record of 3-2. Brian Savedra had a perfect tournament, record of 3-0 and took first in his weight class of 105 pounds. 98

pound Jeff Marchall was 4-1 in match play.

Other standouts in the tournament included sophomores Jason Bischoff and Tom Schmitt who had tournament match records of 3-2 in their respectable weight classes. Glenn Morris also wrestled well to contribute to the Eagles success in the tournament.

But on the negative side the varsity wrestling team is still looking for their first victory of the season as they lost to the Kennedy Titans 41-34 January 19.

Despite their team effort the Eagles had four individuals who won their weight classes.

Three Eagles wrestlers registered pins. David Straub in the 119 pound category Lee Loften in the 154 pound weight class, and Eddie Chin in the 145 pound division.

105 pound Matt Tomdag was able to win his match by decision. The rest of the Eagle points were accumulated by forfeit wins by Mike Pine in the 191 pound weight class and Glenn Morris in his weight class.

The Eagles will have to travel to Moreau next Friday to see if they can grapple their way to their first victory.



Jennifer Guerin dribbles the ball down the field against MSJ. Photo by Erik Willis

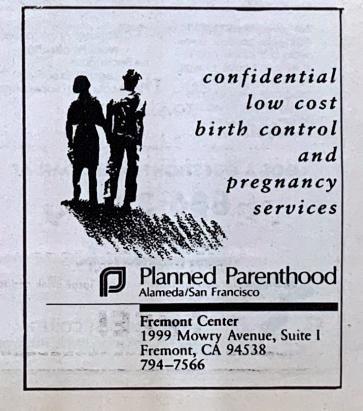


Photo By Erik Willis

TKO members retell stories of their addictions.

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NEWS

TKO Informs Students About Addictions

Wendy Vonhof

On January 10, the freshman and sophomore classes attended an assembly during third and fifth periods, respectively. The students crowded into Theatre 70 to watch a performance called Teen Kick-Off (TKO).

The acting was done by four kids ranging in ages from 15 to 20 years old. All of them were recovering from substance abuse. They spoke about their feelings toward their previous addictions. They did not preach or lecture to their audience, but instead provided them with an entertaining and informative

performance about their experiences.

Christian and Christopher, 19 and 20 respectively, were addicted to drugs and alcohol. Ashley, 15, and Claud, 20, were both alcoholics. The group was acting without a fellow actress who had a relapse of alcoholism and, as a result, quit the show.

Most of the students questioned said they enjoyed the assembly, and freshman Greg Johnson thought it "gave support to people on drugs." Some, however, said that it was boring and could have been better with more question time at the end and more actors. An anonymous freshman

commented that "it was a waste of time because if people are doing drugs, they'll do it anyway. They won't listen to some actors."

101476738

Many juniors and seniors were upset that they could not attend this assembly, as well as the Secrets Assembly. They felt that the performance could have been just as effective in the gym as it was in Theatre 70. The reason for only two performances was the cost to the district.

Winter Concert Held In Th. 70

Maria Camba

Last Thursday, January 25, American High School's band replaced their marching uniforms with slacks, ties, blouses and skirts. It was then that the annual Winter Concert was held at American. The thirty-five member troupe was slated to perform last January 11. The date was postponed to the twenty-fifth because of the lack of time to prepare after Christmas break. Band director Richard Levin had assumed that the holiday vacation would end a week earlier and scheduled the concert on the eleventh. He said that the band would not have been ready to perform.

The concert was a "trial run" before the regular concert season starts next semester. To support the band, there was an admission charge of \$2.00 for general and \$1.00 with ASB or for children.

Aside from the band, there were other highlights of the evening. The Clarinet quartet, consisting of sophomores Amy Gonzalez, and Jose Gutierrez and freshmen Michael Rivera and Erika Alexander. The flute trio consisting of section leader sophomore Laura Moss, junior Carrie Willis and freshman Stacy Housley. Each group played two numbers.

Incidentally, the flute trio along with freshmen Rachel Yotter on french horn and Kirsten Svendson on trumpet, juniors Aric Harris on string bass and Todd Yeats on percussion, played with the Fremont Unified School District Honor Band concert last Juanuary 20.

There was also a poetic interlude, when junior Todd Yeats read a poem by James Joyce, "O Cool is the Valley". The band played the inspired version of Vincent Persichetti.

Mr. Levin, before the night's conclusion, recognized junior Charisse Ng. The concert was her last performance with the band for the 1989-1990 season. She left for Australia as an exchange student and will be gone for the rest of the year.

The AHS band concluded with Ken Whitcombs' "23 Skidoo!" bringing to a rousing close the Winter concert.

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