

AMERICAN EXPRESS

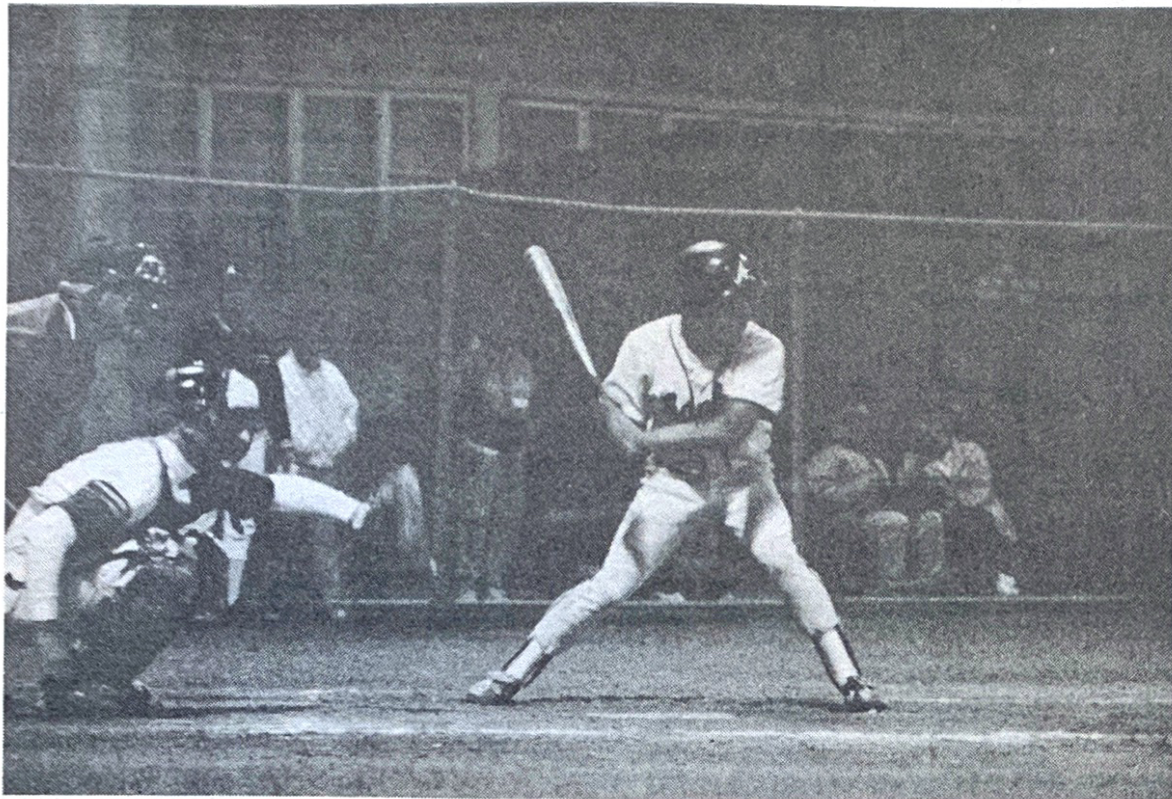


VOLUME V

NUMBER 9

FRIDAY, MAY 26, 1989

MVAL LEAGUE CHAMPIONS



Jason Carstairs prepares to hit one for the Eagles. See Sports page.



Congratulations to the April Students of the Month: 9th grade- Robert lee and Florianne Albano; 10th grade- Steve Chuang and Alice Yu; 11th grade- Chad DeCosta and Amanda Hardy; 12th grade- Mohammad Tokhi and Jennifer Dudgeon; ROP- Troy Rainey.

Finals schedule: Wednesday 6/14 per.1&4
Thursday 6/15
Friday 6/16

The last dance of the school year is Friday June 9 from 8-11 p.m.

There will be an ASB calendar meeting on June 21 at 9:30 a.m.

Senior News

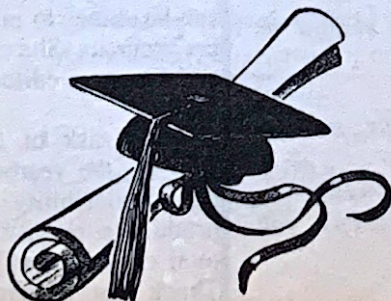
Don't forget!!! Grad night is on June 2.

Senior finals will begin on June 7 thru June 9.

June 15 is senior checkout.

Cap and gown pickup is on June 15.

Graduation Practice is on June 16 from 11:00- 1:00.



New Spirit for '89-'90

TINA CHOW
staff writer

Recently the new spiritleaders were chosen for the 1989-90 school year. For three consecutive nights, the annual try-outs were held in the gym. Three squads will promote AHS spirits - Varsity Cheer, Varsity Song, and Freshmen Cheer.

Monday, May 8 was Freshmen Cheer try-outs. The new squad consist of Emily Jose, Karen Marcom, Kristin Miller, Trina Rodrigues, Gina Vecellio, and Renee Nessi, as head.

Try-outs for the Songgirls were held on May 9. The new Varsity squad of eight includes: Stephanie Escoto, Kelly Dunn, Jeni Ensel, Carmen Mendoza, Tina Chow, Julia Lau, Rina Leberfing, and Brandi Galvin, as head.

The final evening of try-outs was on May 10 for Varsity Cheer.

The new Varsity squad includes: Jenne Alexander, Brenda Bailey, Denise Chew, Vicki Lewis, Lissa Martinez, Misty Selak, Nicole Fielder, as co-head, and Cristi Preece, as head.

"I think the girls are not only talented but they display a lot of spirit and desire to succeed,"

commented Molly Donlon, spirit advisor.

Invisible Crowds Mar Harvey Production

REBECCA EHSAN
News editor

The spring drama production of *Harvey, the Invisible Rabbit*, recently ran for four consecutive nights, May 17- May 20. The production suffered low audience support. The opening night performance had approximately 20 members in the audience.

The story of *Harvey the Invisible Rabbit* is an adult comedy. The comedy centers around Elwood P. Dowd and his visions of an invisible rabbit.

Rehearsals for the play began in early February when the cast began reading through the script. Rehearsal sessions were held for three hours each day and lasted approximately three months.

The production was originally double casted, but by opening night a single cast was chosen because of attendance problems among the production participants.

Elwood P. Dowd was played by Pat Debelak, Veta Louise Simmons- Barbara Cameron, Myrtle Mae Simmons- Vanessa Storelli and Dana Muraski, Doctor Chumley- Brad Rivas, Doctor Sanderson- Adam Stuart, Judge Gaffney- Nancy Gee and Kathryn Bankhead, Miss Kelly- Amee Freer and Kimberly Chu, Miss Johnson- Yvonne Guggemos, Betty Chumley- Gabrielle Gonzales, Ms. Wilson- Andrea Adams and Amanda Snowden, and the taxi driver was played by Jessica Dowell.

The funds that were raised from *Harvey* will be used towards future drama productions.

Class Elections Determine ASB Leadership

REBECCA EHSAN
News editor

ASB leadership for '89-'90 was determined on May 10-11 when class elections were held. In all twenty ASB positions were filled, five for each class. A class president, vice-president, two senators, and a class justice were elected.

The Senior Class president is Greg Hoffman. Assisting Hoffman will be Brandi Galvin. The two senators are Alicia Thompson and Cheryl Haskins. The class justice position will be filled by Anna Fredricsson.

The Junior Class President is Charisse Ng. Todd Yeates will be helping her during the '89-'90 school year. The senators are Karen Amaral and Jennifer Guerin. Erica Quick will be the class justice.

Anna Chow will lead the Class of 1992. Alicia Way is her vice-president. The senators are paul Kim and Christina Parker. The class justice is Joshlyn Camba.

Senior class president Greg Hoffman has many plans for the new year. "I want to further unite the Class of 1990 and

ensure a memorable senior year," he said.

Welcome a French Student

REBECCA EHSAN
News editor

American hospitality is as well known as apple pie. Share a slice of your American way of life by inviting a French teenager to your home for four weeks this summer. Participate in the hosting of the Nacel Cultural Exchanges from July 20 until August 17.

All families are eligible for this program. It is not necessary to speak French since the students have studied English for a number of years. The students, who come from all parts of

France, wish to learn more about the American way of life, to develop greater fluency in speaking English, and to establish lasting American friendships. Frequently American teenagers are invited by the family of their French visitor for a French homestay the following summer. The Nacel organization provides chaperones, medical and accident insurance, and the students bring their own spending money.

Families interested in hosting a student may write to Naomi Schoenholz, 556 Weldon Ave., Oakland, Ca. 94610 or call (415) 763-2891.

Is TAK TAcKy?

Point/Counterpoint

NILS TALBOT
staff writer

The annual debate over where graduation should be held has once again become an issue. It seems to me that the choice between our own school and a stadium next to Washington H.S. should be easy, but some people still think that tradition should yield to aesthetics.

If you have attended a school for four years, it only makes sense to graduate from that school. The fact that we used to have it at TAK doesn't mean we should return to it. It was a bad idea then and it's a bad idea now. Our bleachers may not be as pretty, but at least they're ours.

Why don't all the whiners who complain about our bleachers fix them up for graduation. With enough people and tools, the ceremony area could be made pretty enough to satisfy everyone.

Advocates of a TAK graduation claim it's more secure there because of the gates. But last year we fenced off the field between AHS and Brookvale, leaving only a narrow walkway that is easily closed off. The ceremony area can be roped off so that only seniors get in the pictures.

Our high school memories started at AHS and should therefore end here. Let's keep graduating at our own school. It's time to realize there's more to graduation than a pretty field and a snack bar.

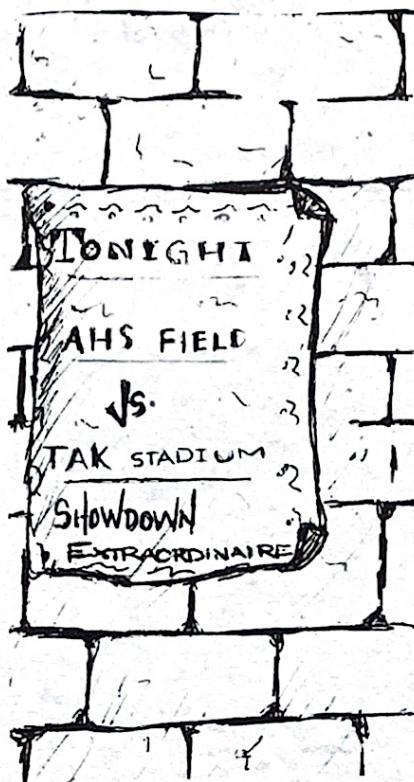
TINA CHOW
staff writer

The graduating class of 1989 should return to an old tradition and graduate at TAK stadium.

There are many reasons why TAK should host the AHS graduation ceremony- first the TAK facilities are better suited for a formal ceremony. The elevated bleachers at TAK provide family and friends a better view and spacious seating. The landscaping at TAK is much more pleasing to the eye than the rugged dried up field at AHS.

Second, the gates that surround TAK provide a more secure environment for graduation. The staff members of AHS would be able to keep an eye on the ceremony instead of watching people coming in and out from all directions. The security of TAK enables the graduating class and visitors to have a safe and pleasant time without worrying about interruptions.

Basically, TAK provides a safer and more secure environment while being more pleasant to the eye, and consequently provides a more comfortable place for graduation. Bring TAK back!



The Lunchtime

Main Event

NILS TALBOT
staff writer

There seems to be an increasing number of fights at our school. Lunchtime at AHS seems like the main event at the Cow Palace. The attitude of the student body towards these fights is rather inappropriate and basically Neanderthal.

Students seem to look forward to seeing their classmates have it out with each other. As soon as they hear someone yell "Fight!" half the school rushes to to watch the Cafeteria Main Event. I have never seen a student attempt to break up a fight or calm down the belligerents. After millions of years of evolution, you'd think we could find an alternative to "kicking each other's butt's".

It reflects poorly on our school that we condone and support the wanna-be Rambo's and Mike Tysons by egging them on to fight. Maybe if the student body would ignore this pre-adolescent behavior, the number of fights would decrease. What's the use of beating up Joe Schmoe if nobody watches and nobody cares?

The "spectators" who glumly walk away after a scuffle complaining that they wanted to "see some blood" are totally distasteful, and even baffling to me. Anyone who truly wants to see someone else get hurt should have his head examined. I wonder if they saw an accident in the parking lot if they would actually try to help the people, or just stand around to watch the victims in pain.

This fascination with fighting has to stop. Even if our school's belligerents aren't capable of acting like humans, we can at least show them that the rest of us are mature enough to find other forms of lunchtime entertainment than watching two bozos duke it out over some left-over Ho-Hos.

CRISTINA REYES
staff writer

It is about time the citizens of Fremont support their school system and pass the much-needed bond bill in the next election. Our schools in Fremont can benefit greatly if it is passed. The state of California has \$700

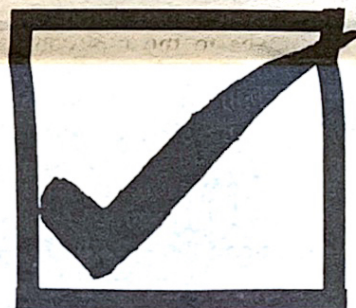
million in extra taxes and the state legislature is deciding what to do with it. If the bond bill were passed, then it would speed up the decision making being done by the legislature.

It is taking longer than expected for the legislature to make a decision. The superintendent of FUSD, Ralph Belluomini stated that "The effects (of the bond election) would not be seen until a couple of years down the road."

If you look around our school you see right away that it is not perfect. The money we could get from the bond would be put to good use.

I don't see why it should take a couple of years before we get any

results from the election. It's time the state legislature and voter of Fremont thought about the students and their future. The most beneficial decision is for it to go towards education.



Yes

Words Of Wisdom

compiled by
NILS TALBOT

"Some minds are like concrete, thoroughly mixed and permanently set."

-Anonymous

"Even if you're on the right track, you'll get run over if you just sit there"

-Will Rogers

"Relations are simply a tedious pack of people who haven't got the remotest knowledge of how to live, nor the smallest instinct about when to die."

-Oscar Wilde

"I owe much; I have nothing; the rest I leave to the poor."

- Francois Rabelais

"Love is the only reality of the world, and the only laws are humor, paradox, and change."

-Dan Millman

"The best way to win an argument is to begin by being right."

-Jill Ruckleshaus

"A bore is a man who, when you ask him how he is, tells you."

-Bert Taylor

"Some who are not paid what they are worth should be glad."

-Anonymous

"Those who make a peaceful revolution impossible make a violent revolution impossible."

-John F. Kennedy

"Temper gets you into trouble, and pride keeps you there."

-Anonymous

Tales of a
Yearbook
AdviserREBECCA EHSAN
News editor

As the end of the school year approaches, talks about the 1989 AERIE 9yearbook) begin. "Is it better than last years?" "What does the cover look like?" "What's the theme?" These people don't care about the hard work that has gone into the publication. Their only concern is to receive the yearbook.

The one individual who puts the most work into the yearbook-year in and year out- is Ms. Mary Roman. She rarely leaves room 713 before 8:00 p.m. Her duties include reading the articles, and making sure they are well edited. To meet every deadline, Ms. Roman spends hours reading articles, captions, headlines, and sub-headlines to make sure they are accurate. She checks layouts and instructs editors to recheck them.

The task of teaching and advising the yearbook staff is a big responsibility. In order to produce a quality yearbook, a total commitment is necessary. Thank Ms. Roman for making that commitment.

AMERICAN EXPRESS

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CRISTINA REYES

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.

EAGLE EYE



What is the Biggest Mistake You Have Ever Made?



Freshman

Dean Peregrin

"Losing a good friend over a foolish reason."



Sophomore

Ruby Leonen

"Lying to my parents because they lost their trust in me."



Junior

Lalanya Romero

"Getting caught driving without my license."



Senior

Charles Ditmore

"Getting caught driving 95 mph with no proof of insurance, a suspended license, no registration, and stolen plates."

Caring About Teens

REBECCA EHSAN
News editor

The Peer Counseling Program was started in the spring of 1988. AHS staff members, Ms. Allred, Mr. Tremewan, Ms. Murray, and Mr. Rodriguez.

The goals of the program are to help students become more sensitive to the needs of their peers and to give them the skills to be more effective in helping their peers, and to help create a more supportive and caring school atmosphere.

The program offers peer counseling training as an after school, eight week training session where students meet twice a week for 1 1/2 hours. Skills taught include being a good listener, helping others feel comfortable socially, helping others make decisions without giving advice, and how to communicate sensitive issues in a caring manner. Peer counseling helps students to give helpful, caring responses to their peers.

Because of the importance of careful training and supervision in such a program, it is essential that those students who participate agree to attend scheduled training programs and to consult regularly with assigned adult supervisors. Peer counselors must also commit themselves to the observance of appropriate confidentiality of information, agree to work within school regulations and not advocate or knowingly participate in any illegal activities either inside or outside of the school in his/her role as a peer counselor.

Starting next year the peer counseling program will be a club. Officers for next year are: Melina Mirigian (president), Rochelle Merrill (vice-president), and Jennifer Guerin (secretary and treasurer). If interested in the program contact advisers Mr. Tremewan or Ms. Allred for an application.

ASB profile: Helen Yi

NILS TALBOT
staff writer

American Express: To what do you attribute your victory?

Helen Yi: All the hard work that went into the campaign, past experience, but most of all to the people who supported me.

AE: What is AHS's biggest problem and how will you solve it?

HY: AHS lacks enthusiasm, school pride, and spirit. It's great during spirit week, but the rest of the year it's too low. I want to bring back Wed. activities so there will be a weekly activity. I also want to create an ASB action committee to keep the involvement level high.

AE: What other things do you plan to do next year?



HY: Get AHS ready for the next visit of WASC, make new election rules and regulations, and make sure that all students are represented in ASB by appointing a good cabinet.

AE: How can you help make ASB become more organized and effective?

HY: By picking qualified officers and commissioners, making a well prepared agenda, and informing the student body of what is going on in ASB.

Students of the Month

CRISTINA REYES
staff writer

Student of the Month is a big honor. Two students from each are class chosen, one boy and one girl, and from ROP one student is chosen.

Here are all the students that were chosen from the months September thru April.

Freshmen class: Katie Kaufman, Herbert Naraval, Mike Gessner, Rosanna Mabagos, Alvin Baker II, Claudia Pan, Florianne Albano, Robert Lee (chosen twice), Jeff Hadwick, Elizabeth Suk, Luciane Mohamed, Mai Hugn, Swalee Jacksons.

Sophomore class: Chris Moller, Charisse Ng, Melissa Urbano, Lanny Leung, Melina Mirigian, Mark Castle, Wendy Vonhof, Wali Popal, Sally Brinkman, David Lee, Cindy Shupp, Shinya Ishikawa, Karen Amaral, Patricio Leistenschnieder, Alice Yu, Steve Chuang.

Junior class: Angela Whittle, Scott Delbridge, Rochelle Merrill, Brian Drake, Alicia Thompson, David Darrow, Gita Nawbary, Jacob Bayani, Jennifer Morrison, Tim Fowlie, Cheryl Haskins, Alan Jeung, Rebecca Ehsan, Chris Noriega, Chad DeCosta, Amanda Hardy.

Senior class: Nick Wold, Laura Rush, Craig Logan, Zann Schumaker, Lonnie Buckley, Jennifer Harrison, Tran Ton, Brad Kyle, Rowena Cruz, Anthony Ramos, Chris Lusk, Julie DiPaola, Monica Serrano, Ken Garcia, Jennifer Dudgeon, Mohammed Tokhi.

Soccer Star at AHS

SHERI MORIGUCHI
staff writer

During any school term it is not unusual for new students to come and go. AHS has recently become the home of junior Fawad "Fo" Matin. Matin has been in the United States for only seven years and recently came from Virginia to California. "Fo" as his friends call him was one of Virginia's top junior soccer players.

Matin, a soccer player for ten years, has won his share of awards in the sport of soccer. As a freshman at Mount Vernon High School, "Fo" was selected First Team All District Forward and was the team's MVP. In his sophomore year, he again received First Team All District honors as well as Second Team All Metropolitan honors.

Matin's soccer career is not limited to high school. He has also been very active in league soccer. His team, the Vista Hurricanes, won the Virginia State Cup for their age group for seven consecutive years. In addition, "Fo" participated in the try-outs for the Olympic Development Team.

"Fo" is a nationally recognized soccer player. He was one of two players selected from the state of Virginia to go to Colorado Springs for national try-outs.

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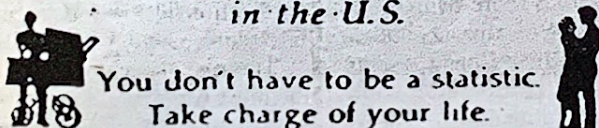
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Eagles finish best season ever

ERIK WILLIS
staff writer

With a hard earned league record of 12-2 the boys varsity baseball team recently captured the MVAL league title. Led by ace pitchers Bobby Pailthorpe and Scott Delbridge the Eagles went to the North Coast Section play-offs at San Leandro Ball park Thursday May 25 and 26.

The Eagles began their journey to the NCS play-offs by defeating the eighth ranked Moreau Mariners 6-3 to clinch the league title.

The Eagles beat Moreau with a bombardment of hits by seniors Jason Carstairs, Danny Amador, Lee Warner, Eric Stones, Jessie Sayers, and junior Bob Pailthorpe. Senior pitcher Adam Way stymied the Mariner offense by allowing only one earned run in five innings. Junior pitcher Scott Delbridge pitched two scoreless innings in relief to earn himself a save and secure the Eagles first ever league title.

The Eagles continued their journey toward the NCS Tournament as the team was put to the test in the MVAL Play-offs. AHS faced the Moreau "Eagle meat" Mariners and the Kennedy Titans during play-off competition.

In the opening MVAL play-off game the Eagles continued their winning ways by "squeezing" past the Mariners 3-2.

In the bottom of the fourth inning with the Eagles and Mariners tied at two a piece, senior Matt Lillard executed a perfect suicide squeeze bunt that brought home charging Ed Diaz from third base giving the Eagles the lead and the eventual victory.

After the Mariner game the Eagles were listed as the number one team in the east bay and the tenth rated team in California's state 3-a poll.

On Friday May 19 Kennedy proved that the Eagles were not unbeatable. The Titans clobbered the Eagles in a demoralizing route 11-0. Kennedy and American would face off in the championship game the following evening, Saturday May 20.

The MVAL championship game created just the opposite results of the Friday night tilt. The Eagles completely forgot about the 11-0 Titan onslaught that occurred two days before and defeated the Titans 10-3.

AHS capitalized on eleven Titan errors and turned Kennedy's miscues into 10 Eagle runs. Lee Warner smacked in the first three runs with a bases loaded triple in the third inning to give the Eagles a 3-2 lead. After Warner's triple the Eagles never looked back.

Bobby Pailthorpe and Scott Delbridge combined a Cy Young like pitching performance allowing three runs on seven scattered hits behind an errorless defense. Delbridge was credited with the win.

The Eagles are coming into NCS Tournament play with a record of 20-7 and AHS is ranked second in the east bay along with Monte Vista.

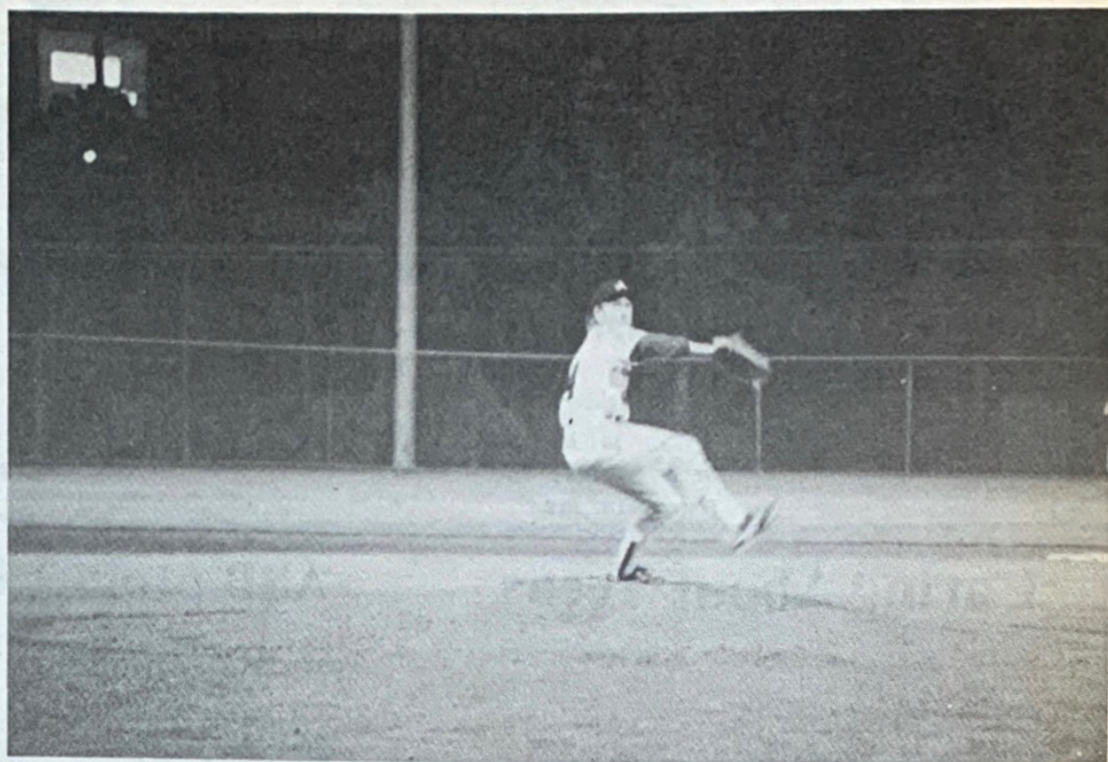
At the NCS play-offs the Eagles beat College Park 10-3 but lost to Albany a day later 15-9 to end their historical season.

The Eagles scored four runs in the first inning to jump ahead of College Park taking complete control of the ballgame. Bobby Pailthorpe went the distance allowing only three runs. Pailthorpe also helped his pitching performance by smacking four hits.

The Eagles season came to an end when American allowed Albany to score 11 runs in the sixth inning giving Albany enough runs to beat AHS 15-9. Prior to that inning the Eagles were ahead 5-2 and it looked as though AHS had total control over the game. During the first five innings Albany made all of the mistakes but in the 11 run inning the Eagles make countless errors to give Albany the chance to catch up in a big way.

BATTERS BOX: Pitcher Bobby Pailthorpe and catcher Lee Warner were selected as All-MVAL Baseball (first Team).

Infielder junior Jeff Borges and outfielder Ed Diaz were awarded All-MVAL Baseball (second team). Honorable Mention was awarded to infielder Matt Lillard.



Scott Delbridge concentrates on getting the ball over the plate.

The Simmons, Sausedo show

With special guests the 1,600 relay team

ERIK WILLIS
staff writer

The American High Eagles boy's track team took their best ever regular season record of 6-1 into post-season MVAL/NCS Competition on May 10, 12, and 20.

The Eagles hosted the MVAL track and field finals at James Logan. From these finals the Eagles were able to advance four individuals and the 1,600 relay team to the North Coast Section (NCS) Track and Field Finals.

Junior Bobby Simmons, Senior Rich Sausedo, sophomore Todd Yeats and sophomore Steve

Wright advanced to NCS along with the relay team that consists of David Pham, senior Johnny Jones, Rich Sausedo, and Bobby Simmons.

At the NCS Championships Bobby Simmons, Rich Sausedo and the 1,600 relay team were able to advance to the Meet of Champions at the University of California on May 27.

Simmons qualified for MOC in the 800 meter race with a fifth place time of 1:59.1 seconds while Rich Sausedo finished in a second place tie in the 400 meters with Matt Clizbe of De La Salle. Sausedo earned himself a MOC berth with a personal best time of

50 seconds in the 400 meters.

The Eagles relay team came up with a seventh place finish to qualify for MOC with a time of 3:28.8 seconds.

Eagles high jump stars Todd Yeats and Steve Wright were unable to qualify for MOC.

NCS SWIM NOTES

The following swimmers were able to reach NCS competition. Fernanda Diaz, Kelly Gygax, Kara Nekimken, Shari Wold, Jenny Dudgeon, Teri Estrada, Tom Cunningham, Jack Duke, Nick Wold, Bryan Bach, Dave Tobeck, David Redman, and Tim Lew.

Tennis team ends an up and down season

CRISTINA REYES
staff writer

The boys tennis team closed their season last week at the MVAL play-offs. The boys finished in fourth place in disappointment.

"Fourth place is pretty bad I was expecting the team to better," said team co-captain, junior Kevin Chang.

"The team opened the season first doing well, then as the season progressed the team lost games and won games. The season was pretty much up and down. We were not consistent as we could have been," commented co-captain, junior Ron Lwin.

The J.V. team on the other hand had only a few good players lost to Washington 4-3, we should and had no depth. "In the near future, with more experience, and Ron Lwin. "It was probably the

some hard work, I feel we can most disappointing thing in the improve greatly," said sophomore season. Tea Yoon.

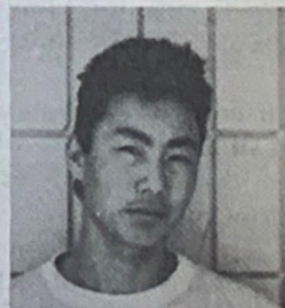


The high point for the tennis team was when they beat Mission San Jose with a score of 6-1. "It was great! We almost had a sweep!" said Kevin Chang. Along with the high points there came some disappointment.

"When we had only a few good players lost to Washington 4-3, we should and had no depth. "In the near future, with more experience, and Ron Lwin. "It was probably the

The MVAL playoffs was another high point, or the perfect end to a good season. Senior Andy Kahn advanced to the third round of the playoffs. The farthest of any of the varsity players. Kevin Chang advanced to the second round

of the playoffs. The farthest of any of the varsity players. Kevin Chang advanced to the second round but not without feeling that they could have done better. "I had pretty big accomplishments because my previous two years I only made it to the first round," said Chang "I still



have high hopes for us, maybe it just isn't our year, but next year all the other teams are going to be chasing us. We're going to be a lot better and more consistent."

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