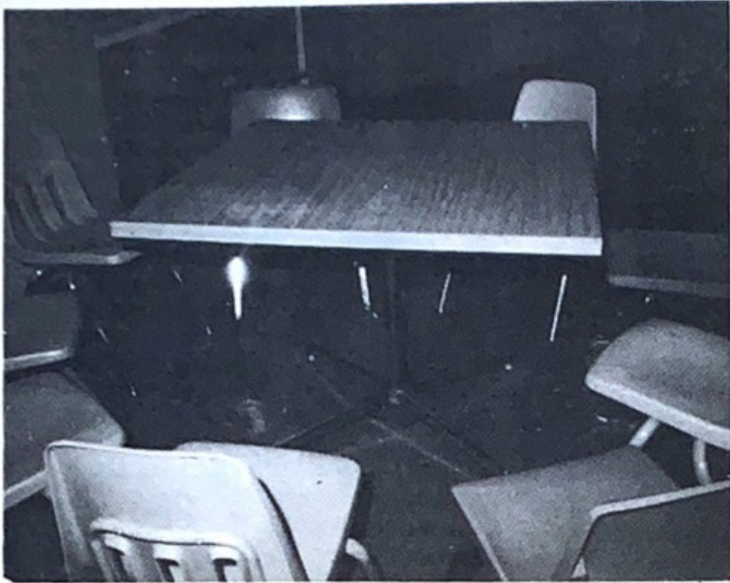


# Student Government in Action

Look what your student Government has done for you in the last month.



A vigorous student government meeting.



## Common Sense

Volume III No. 2

December 18, 1974

### Town Criers To Perform At Expo '75

By Judi Brennan

The Town Criers, which is a small singing and performing group at American High School have accepted an extraordinary invitation to perform at Expo '75, which is going to be held in Okinawa, Japan. They are leaving in the latter part of July, or early August. The Town Criers hope to stay for about ten days or more. They want to travel through Okinawa, Manila, Hong Kong, and on their way back, go

to Hawaii.

The Town Criers have also received an invitation to perform in Tokyo, with all expenses paid! In order to perform at Expo '75, the Town Criers have to raise thirty thousand dollars. This is not a very easy task to achieve, but they said they can do it. They are raising the money through bake sales, programs, adds and merchants. The programs will be sold at their concerts throughout the year. You can place an add with

the Town Criers, minimum price is twenty five dollars. The merchants of Fremont are donating cash towards the trip. If you would care to donate to this worthy cause, please contact Mr. Mirigian at 796-1776.

The Town Criers are having a big show January 18th, at 8:00 p.m. They are also holding a Town Criers Benefit Dance. There will be cocktails and dancing. This will be held February 15th.

### Students Form Union

By Toni Briggs

Black students under the direction of Debbie Joseph, are forming a Black Student Union, in an effort to involve more minority students in school affairs.

The main goals of the Student Union would be:

\*\*To learn and explore cultural Heritage and to present it to the rest of the school.

\*\*\*Recognize the need to give a social activities that meet the needs of minority students.

\*\*\*\*To learn and to become

aware of themselves as young minority students.

For the Union to be effective, participation is needed from all students. Membership is not based on race, religion, or color.

Common Sense representatives interviewed Miss Joseph, the group sponsor, questioned her concerning how realistic she felt the groups goals were.

"I think that the goals are very realistic. Black Students feel like they're not a part of the

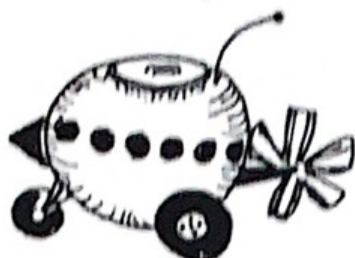
Student Body." Miss Joseph also felt that "... minority students don't feel represented by the Student Body or Student Government. There is no union or club to bring these students together."

Mr. Tranchina was also interviewed in the question of goals, he felt, too, that the goals were realistic. He was concerned, however, that special committee on Union would tend to separate more than involve minority students.

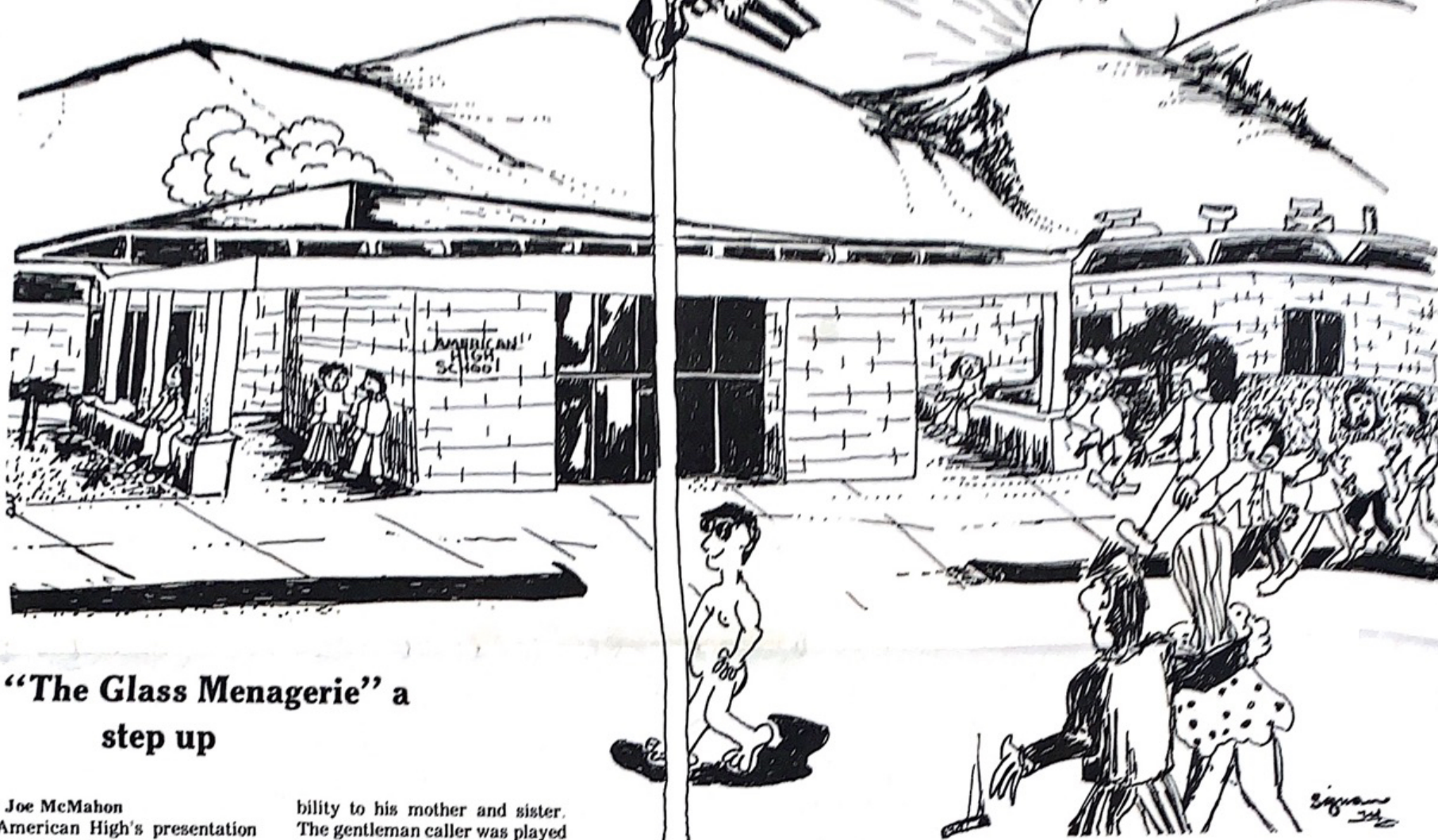


Hey Big Boy Take A Look  
On The Inside





## American Opinion



### "The Glass Menagerie" a step up

by Joe McMahon

American High's presentation of "The Glass Menagerie" proved to be a step up for the school in theatrical productions.

Tennessee Williams' play revolves around a daughter's fear, and mother's anticipation of a gentleman caller.

The message, though, was much deeper, showing the pain found in living in a fantasy world.

Val Jackson portrayed the dominating mother, whose unrealistic goals added to the unsureness of her daughter, played by Lisa Condeff.

David Glazier was the son, whose creativity, and life, were restricted by a sense of responsi-

bility to his mother and sister. The gentleman caller was played by Marty Farrer.

The fact that this was a high school play did not interfere with the cast's performance.

All showed the ability to act, rather than to portray High School students in a play.

The original music by AHS's Richard Leven, added to the overall excellence attained by director David Motroni and assistant directors Diane Preston and Joann Meirr.

The play, however, went unseen by many. A lack of publicity and small cast made for little community and/or school support.

### Are You Ready To Meditate

by Lynn Filbert

Many people associate Transcendental Meditation (TM) with weird or supernatural things. It's not mystical at all, nor any type of religion. TM is a natural technique in which a person meditates twice a day, once in the morning and once in the afternoon for periods of fifteen to twenty minutes.

TM has nothing to do with Yoga which is a more disciplined activity. A person involved in Yoga forces his ideas and concentration. In Transcendental Meditation a person lets things come naturally by not forcing any of his thoughts.

Meditation is a fourth state of consciousness in addition to waking, sleeping, and dreaming. The mind is fully awake while the body is in a deep rest. It is not the act of thinking but more the experience of thought.

A person's life naturally becomes more active when he starts to meditate. Sometimes a person is so involved with his new form of "energy" he forgets its source and stops meditating. This is compared to watering a tree until

it produces fruit and then forgetting to water it because you're too busy eating the wonderful things that have appeared.

When a person involved in Transcendental Meditation meditates, his mind automatically drifts to a subject of great interest and proceeds to the finer and finer impulses of thought. It opens your eyes to new experiences you never knew you could have.

Transcendental Meditation can benefit an athlete both physiologically and psychologically. The physiological benefits include greater stamina and faster reaction time. The psychological benefits are increased perception and increased clarity of mind. Both of these benefits can help the athlete better achieve concentration and confidence.

The technique of Transcendental Meditation is as ancient as mankind. The complete knowledge of it is being brought to the world by Maharishi Mahesh Yogi. He is the teacher right now who has taught as many as 10,000 people so that they in turn can teach it to others.

Again, Transcendental Meditation is in no way a weird type of

thing. It is far too often that people misjudge and condemn what they do not understand. In a most logical outlook, Transcendental Meditation broadens an individual's horizons and better diminishes the narrow mindedness a lot of people keep for the rest of their short lives.

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## Winter Concert

by Arlene Stevens

Thursday, December 19, at 7:30 p.m., American High will hold its third annual "Winter Concert". Featured are the school's performing bands including, the Jazz Ensemble, the Symphonic Band, and the Advanced Choir.

Although it is a Winter Concert the program does not consist entirely of Christmas music. The symphonic band's pieces for the evening include the song from "MASH", "I've Been Hurtin' So Long", "Old St. Nick Takes A Rockin' Trip", and Christmas Cameos.

Conducting the band will be Mr. Tom Lilienthal who is a student-teacher at American. Conducted by Mr. Levin, the jazz

ensemble's pieces include, "Us", "Big Dipper", and "The Magic Flea". "The Twelve Days After Christmas", a funny song made up after the original "Twelve Days Of Christmas", and a selection from Godspell, "All Good Gifts", will be two songs performed by the advanced choir. Conducting them will be Mr. Garo Mirigian.

Last year the concert was sold out and fifty people were turned away at the door. If tickets haven't already been purchased, arrive early. With a wide variety of musical styles, traditional and non-traditional Christmas music included, this concert is a MUST for anyone who likes any kind of music!!!

## American Top Ten

by Arlene Stevens

A poll of the top songs on campus was taken the first week of November. Over a hundred students participated in it. Here are the results:

1. When Will I See You Again
2. You Ain't Seen Nothing Yet
3. Kung-Fu Fighting
4. Can't Get Enough of Your Love
5. Bitch is Back
6. Laughter in the Rain

I Honestly Love You

7. Let's Get It On

8. She's Gone

Sha-la-la I Love You

Jazzman 4 way tie

Colour My World

9. Everlasting Love

Tin Man

10. Stairway to Heaven

Following closely behind Led Zeppelin were Skintight, Do It, Nothing From Nothing, and Then Came You.

## X-mas Dance

By Roy Sekiganama

This year's Christmas dance will be held on December 20th in the rotunda from 8:00-11:00. Only couples will be admitted, and the dress is semi-formal.

The price per couple is \$5, and a dollar discount if one of the couple has an ASB sticker.

The band has not yet been chosen, but CSF has promised that they will be fantastic, and

that they will show up on time with their instruments.

Remember that this is the biggest dance of the year next to the Junior prom and Senior Ball.

If you've never attended a dance before, make it a point to attend this one. The Christmas dance is always a bit more special, with a touch of class that the other dances don't have.

## Calendar of Events

Dec. 19 - Winter Concert

TH. 7-7:30 p.m.

Dec. 20 - Wrestling at Logan

2 p.m. Frosh BKB. vs. Ban-

croft gym 3:30 p.m.

Basketball at Alameda 6 &

7:30 p.m.

Christmas Dance

Semi-formal CSF

8-11 p.m.

Dec. 21 - MVAL Socer Tourney

Dec. 23 - CHRISTMAS

Jan. 5 VACATION!!!!!!!

Jan. 6 - 11 - ASB Officer Petitions

Jan. 8 - BKB at rvington

J.V. & Var. 6 & 7:30

frosh BKB. vs Irv.

3:30 p.m.

Soccer vs. Irv.

3:00 p.m.

Jan. 8 - Booster meeting

7:30 p.m.

Jan. 9 - Wrestling vs. Irv.

J.V. & Var. 7 & 8:30 p.m.

Frosh BKB at Logan - 3:30

Soccer vs. Logan - 3:00

Jan. 11 - Kennedy Wrestling

Tourney

Jan. 13 - ASB Officer Petitions

Due - 3:00.

Jan. 14 - BKB at M.S.J.

J.V. & Var. 6 & 7:30 p.m.

Frosh vs. M.S.J. - 3:30

Jan. 16 - Wrestling at Logan

J.V. & Var. - 3:30

Jan. 17 - BKB at J.F.K.

J.V. & Var. 7 & 8:30 p.m.

Frosh BKB vs. Kennedy

Soccer vs. J.F.K. - 3:00

RALLEY!!!!!! - 1:10 p.m.

## Concerts

by Bill Schroff

Groups visiting Winterland will include Tower of Power on December 31st (New Years Eve). Tickets will be \$7.50.

Also appearing at Winterland will be Montrose and Little Feet on December 27th.

On New Year's Eve, the Cow Palace will be presenting the Doobie Bros. at \$7.50 a ticket.

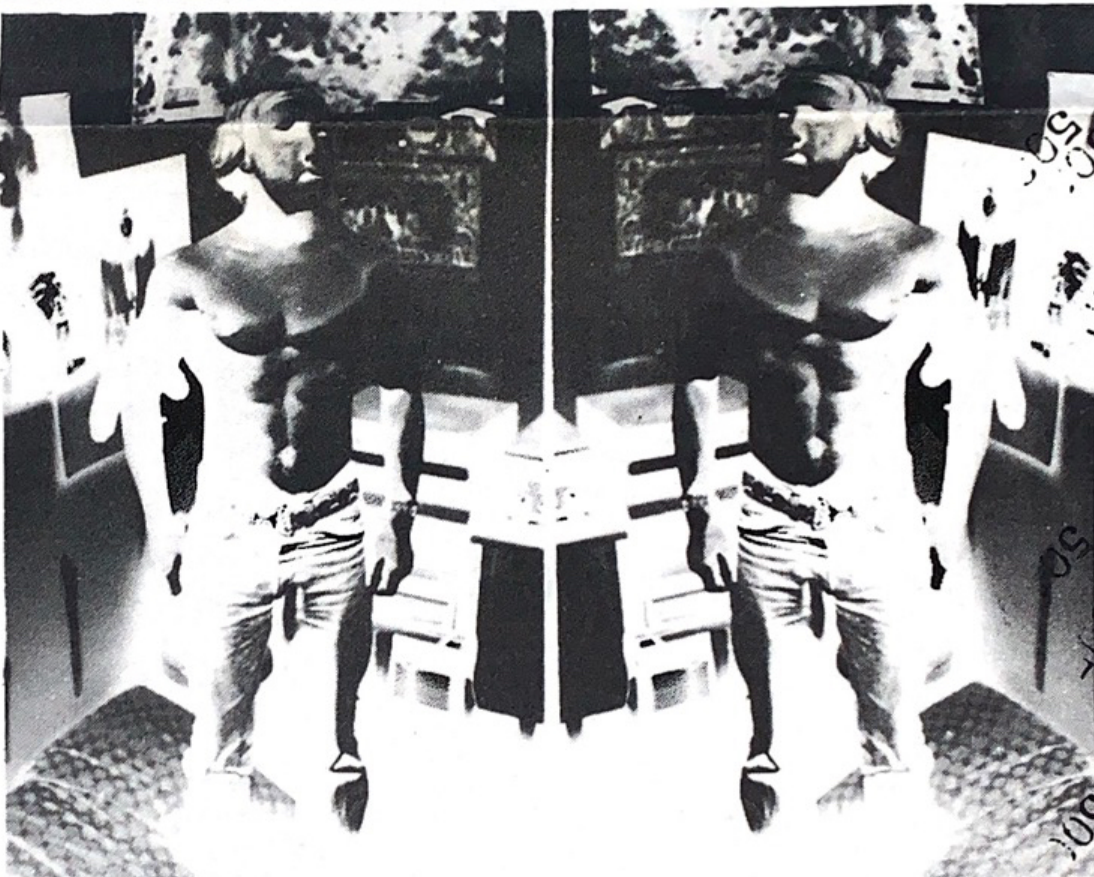
The Temptations will be making a visit to the Circle Star Theatre from December 27th to the 31st.

For more information contact the Book Mark at the Fremont Hub.



Merry Christmas

## The Arts



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# Sports

## Eagles Begin Promising Season

by Dave Garcia

As the whistle blows for the beginning of the 74-75 Basketball season the outlook is one of promise and anticipation.

This years Eagles have been blessed with a mixture of youth, dedication and talent. The coaching staff feels that we will be well represented at all three levels of competition.

The Frosh. team led by Mr. Bogel has shown promise with such names as Tony Woods, Tome Whittmer, Andy Favroth, Gary Tuggle and Nitch Gollieb leading the way.

The Junior Varsity, under Coach Rodriguez has shown a great level of desire which we feel will make them a contender for the league title. A few of the future stars are Mark Miller, Gene Campbell, Tom Kirkbride, Pat McCormick, Keven O'Neill, Walter Ott and Rich Durbin.

Coach Garcia's Varsity squad has been impressive in two early scrimmages against Arroyo and San Leandro High Schools. Coach Garcia feels that this team was the most potential of any of the previous Varsity teams.

The high lite of their season will be a trip south to participate in the Atascadero Christmas Tournament and a genuine quest for American's first varsity championship. This years varsity is made up of the following young men. Seniors: Larry Jackson, Dave Theophilus and transfer Jeff Clark along with Juniors Steve Whittmer, John Lane, Mark Marynee, Tim McCormick, Tim Cole and Bob Perez. Blending in youth to go along with experience and Soph. Jim Vickery, Tom Hunter and Frank Howes.

The Basketball staff knows that the student body will support their hard working athletes by

## G.A.A. Gymnastics

by Arlene Stevens

Although the gymnastics team ended the season with a 2 win and 5 loss record, they are looking forward to an outstanding season next year. The novice team consisted of: Lyn Azevedo, Linda Bazuik, Mary Ann Davis, Kande Gulbrandson, Chris Hitchcock, Denise Madsen, Ann Wells, Laurie Barham.

Outstanding novice were Mary Ann Davis on vaulting and floor, and Denise Madsen on the bars, beam, and floor. The Beginner section included: Lori Bazuik,

Kim Black, Linda Bradon, Pat Cole, Candy Hitchcock, Sandy Hitchcock, Denise McClain, Corrin Onderbeke, Kari Orloff, Beth Randazzo, Donna Reuland.

Beth Randazzo an outstanding all around gymnast shows promise for next year.

Intermediates include: Paula Rogers, Gail Pooler, Terry Van Dusen, and Belinda Hatlin for open division. Belinda hatlin an outstanding all around gymnast shows great promise for the future. Next years team with its experience and determination, is sure to pull in many wins.

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## Wrestlers Start 74-75 Season

By Frank Howes and Dennis Burns

The American High wrestling team has started off the 74-75 season by winning its first two matches. On Dec. 3 they traveled to Hayward High school and defeated a fairly weak team 49-9 with Mike Rodrigues (95) Louie Croce (154) Dale Miller (165) and Jerry Mendes (191) obtaining pins. On Dec. 5 they played host to Samuel Ayer High and came out on the winning end again 46-21 with Rodrigues (95) Rick Rael (112) Steve Dufiane (133) Sam Gonzales (145) Miller (165) and

Jeff Higashi (Hvy) pinning.

The J.V. team beat Hayward 54-21 and lost to Ayer 42-21.

### Wrestlers to Hawaii

On Dec. 23 the varsity team of 13 wrestlers and two alternates will travel with coach Burns to Honolulu Hawaii for a week of wrestling with six Hawaiian schools. The host school will be at St. Louis High school and the

American High wrestlers will be hosted with their wrestlers during the stay. Traveling with American on this trip will be Mission San Jose High also of Fremont.

The team will stay for a period of one week. And be in two tournaments which should prove to be a tremendous experience for all concerned. A slight addition to this article is that the wrestlers and coach Burns would like to thank all who helped make this trip possible by attending the fund raising projects.

Dec. 19	Thursday
Dec. 21	Saturday
Dec. 23-30	
Jan. 9	Thursday
Jan. 11	Saturday
Jan. 14	Tuesday
Jan. 16	Thursday

Novice Tournament	Logan	12:00
San Lorenzo Frosh	San Lorenzo	All Day
Tourney		
St. Louis High School, Honolulu, Hawaii (Varsity Only)		
Irvington*	Irvington	6:00 & 7:00
Kennedy Tournament	Kennedy	All Day
Mission San Jose*	American	6:00 & 7:30
Logan*	Logan	6:00 & 7:00

## Tennis Anyone?

by Arlene Stevens

The girls tennis team did well this year with final standings at 4 wins and 3 losses. The following girls were on Varsity: Karen Delaney, Lynn Ann Garret, Ana Grosshauser, Debi Leon, Toni Markus, Janet Oliveria, Terry Perry, Darlene Tavaras, Yola ten Bosch.

Number one of the M.V.A.L. was our own Uola ten Bosch, who won every match she played in.

Lynn Ann Garret a transfer from Hayward High did well along with Toni Markus and Karen Dealaney, who were in 2nd and 4th singles. Terry Perry managed to frighten other schools with her net shot and with Ana Grosshauser's consistency, both pulled in wins for American. Adding entertainment to the courts were Debi Leon and Janet Oliveira.

The Junior Varsity team consisted of: Sue Bailey, Elaine

Buckanan, Claudia Caraballo, Sonia Dakos, Terry Filbert, Dalia Gayatin, Denise Grove, Lisa Lynn, Leslie Mayo, Peggy McGregor, Karen Milke, Nancy Patterson, Suchitra Phadis, Susan Vidal, Francine Wilder, Barb Raley.

With Sonja Dakos and Susan Vidal leading in J.V. singles and Peggy McGregor and Terry Filbert in J.V. doubles, next years outlook for Varsity looks even better.



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