

THE ACHAEAN

WE ARE BORN TO SEEK THE TRUTH

Vol. 15, No. 3

Castro Valley High School, Castro Valley, California

Friday, December 15, 1971

'One Solitary Life'

Impact Of One Man's Life Felt

Here is a man who was born in an obscure village, the child of a peasant woman. He worked in a carpenter shop until He was 30, and then for three years He was an intinerant preacher.

He never wrote a book, He never held an office, He never owned a home, He never had a family, He never went to college. He never put His foot inside a big city, He never traveled 200 miles from where He was born. He never did one of the things that usually accompany greatness. He had no credentials but Himself. He had nothing to do with this world except the naked power of His divine manhood.

While still a young man, the tide of popular opinion turned against Him. His friends ran away. One of them denied Him. He was turned over to His enemies. He went through the mockery of a trial. He was nailed to a cross between two thieves. His executioners gambled for the only piece of property He owned...and that was His coat. When He was dead He was taken down and laid in a borrowed grave through the pity of a friend.

Nineteen wide centuries have come and gone and today He is the Centerpiece of the human race, and the leader of the con't page 3.)

Celebration Begins For Jewish Feast Of Lights

With the arrival of December, there is a tendency to think of tinsel Christmas trees, Santa Claus, plum pudding, and the birth of Jesus Christ while next door someone may be lighting a candle in a gold menorah, singing hymns and celebrating the Jewish Feast of Lights or Chanukah.

This Jewish holiday begins on the 25th day of the Hebrew month of Kislev, and lasts eight days. This year, Chanukah begins on December 13 and lasts until the morning of December 20.

The story of Chanukah is a story of dedication symbolizing religious liberty. It all began in the year 165 B.C. when the Jews in Judea defeated the Syrian tyrant Antiochus IV, who was persecuting their religion. With this glorious victory, the Jews held festivities in a Jerusalem temple.

After cleaning the temple of Syrian idols, the Jews found only one small cruse of oil with which to light their holy lamps. But miraculously, the cruse provided oil for eight days until new oil could be prepared.

Today, the Jews celebrate this festival by exchanging gift.



Happiness Is . . .

HAPPINESS IS a warm smile.
HAPPINESS IS a good feeling inside you.
HAPPINESS IS finally finding that "special" gift for that "special" someone.
HAPPINESS IS feeling like you have accomplished something.
HAPPINESS IS a sunny day.
HAPPINESS IS having a substitute teacher when you didn't do your homework the night before.
HAPPINESS IS giving.
HAPPINESS IS caring more about someone else than yourself.
HAPPINESS IS breakfast in bed.
HAPPINESS IS a nine letter word.
HAPPINESS IS a room filled with laughter.
HAPPINESS IS being able to see the good in someone.
HAPPINESS IS finding something you thought you had lost.
HAPPINESS IS 3:10 on Friday afternoons.
HAPPINESS IS a new year and a fresh start.
HAPPINESS IS passing that dreaded test.
HAPPINESS IS making the newspaper deadline.
HAPPINESS IS knowing everyone is human just like you.
HAPPINESS IS being able to sleep late in the morning.
HAPPINESS IS losing 10 pounds.
HAPPINESS IS finally figuring out that math problem.
HAPPINESS IS being loved by someone.
HAPPINESS IS knowing you did the right thing at the right time.
HAPPINESS IS getting the car on Friday night.
HAPPINESS IS an "A" in chemistry.
HAPPINESS IS seeing other people happy.
HAPPINESS IS a night with no homework.

Create Inexpensive Presents Save Time, Money And Pain

Would you believe that you can make all your Christmas presents for under \$10.00 by letting your imagination run WILD creating unique gifts.

Macrame a choker for your best friend by learning the square knot or a simplification of the clover leaf. Buy some inexpensive trim, fold over one end, sew it down with two metal loops enclosed. fringe the other end of the trim, and you have a far-out belt for your brother.

If you dad wears long-sleeved french cuffed dress shirts, enamel him a pair of cuff-links by sprinkling different shades of enamel powder on a piece of copper coated with fire coat, and then placing the copper piece in a kiln where the colors melt into a beautiful design.

Delight your grandmother with an old-fashioned patchwork pillow. Simply sew together squares of various printed or solid fabrics, stitch the sewn patchwork to a solid back with right sides together. Next, turn the pillow right side-out and stuff with shredded foam.

Satisfy those boyfriends with a homemade tie. Simplicity offers a tie pattern for 75 cents. Choose a wild print, follow the directions and you'll have a tie worth double the actual price.

Visit the nearest beach or stream and collect smooth round stones. Paint a picture or design, (acrylics work best), spray with a clear lacquer and let dry. Your sister would be delighted to receive this unique paperweight for Christmas.

Christmas Trees: From Beginning To End

By Ed Wortham

Although it is not known when decorating an evergreen tree as a symbol of Christmas started it is widely believed that the custom originated in Germany. The earliest references to a tree trimmed with ornaments is dated 1604, when some of the people of the Alsace (then ruled by Germany) decorated the branches of fir trees in their homes with paper flowers, fruits, sweets and shiny objects.

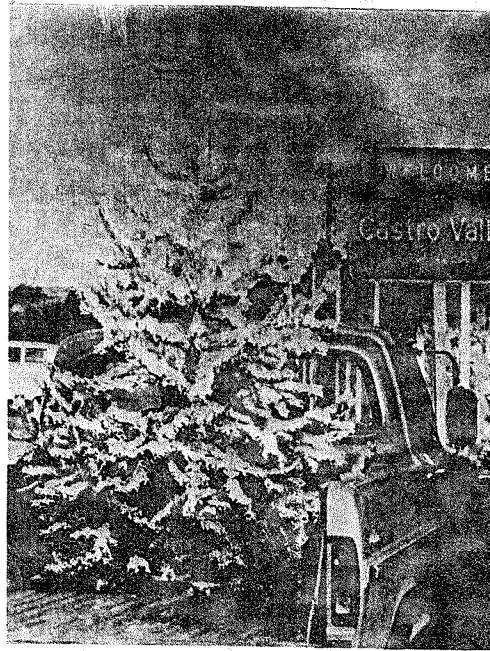
Since then, the tree tradition has spread all over Europe, and ultimately to the United States, where it has become big business.

Today, the industry provides for many jobs including the buying, selling, making, growing and cutting of trees. In turn, it proves to be satisfying for many families during the Christmas season, whether they have a chopped, artificial or live tree.

C.V. trees come from all over the U.S. Calif., Mich., Oregon, Utah, and Montana provide a variety of trees including White Fir, Silver Tips, Lodge Pole Pine, Bull Pine, Monterey Pine and Scotch Pine.

The grower raises trees on a tree farm similar to the way a garden is raised. Come harvest time either the tops of the trees are cut or the whole tree is cut and then replanted with a seedling. These are then sold to tree lots which act as retailers in your neighborhood.

Most of our Christmas trees come from National Forest Service operated land where the Forest Service will choose a sector of land and send the tree cutters in to chop down a given number of trees.



FLOCKED CHRISTMAS Tree "Comin Into Castro Valley."

Some cutters cut only the full, high quality trees, while others cut almost anything.

Devastating results can occur and do. But the forest eventually grows back, if cared for. After the chopping, the cutters sell their trees on a wholesale basis to the local tree lot. After selling

to the people, the tree lot will usually make a net profit of 100% to 200% on each tree.

The inflationary trend adds to the problem of the tree lot. As shipping costs, insurance costs and the cost of a license to sell Christmas trees rise, so do the prices of trees.

Distance trees are transported is an important factor of the price. For example, a Christmas tree in Los Angeles is two to five dollars higher than in the Bay Area.

For the conservation minded person, an alternative to buying would be to purchase a live tree and reuse it from year to year.

Whether one buys a "live" or "dead" tree, Mr. John Konalakis, Manager of Mt. Shasta Trees on the corner of Lake Chabot Rd. and Somerset Ave. in C.V. says, "The decorating and buying of Christmas trees is an old tradition that provides an electrifying happiness for all families!"

While the plug of happiness is connected during the Christmas season, will the plug be disconnected when the Christmas trees are taken to the dumps?

Cathy Kolda Chosen Gemco Representative

Friday, December 10th was an exciting day for Cathy Kolda, CVHS senior.

Cathy was chosen from 14 applicants to represent the school for the GEMCO scholarship.

The 14 students were interviewed in three groups for the chance to represent her school. Out of those three groups six students were chosen as semi-finalists. The semi-finalists each made a brief speech on the topic, "Economic Principles of the American Free Enterprise System"

Editorial

Freedoms Re-Examined

In the time of trials and turmoils that we live in today, many thoughts still do deserve a little re-examination. And this joyous holiday season is as good a time as any to stop and reflect upon them.

William Randolph Hearst, a renowned journalist, clearly sums up our first thought: "All Americans whether rich or poor, fortunate or under-privileged, enjoy the greatest and most precious blessing any nation can give to its people — their freedom." Granted, war, poverty and bigotry are allowed to exist in this free country, but freedom is the one value that over half the entire population of the world has never experienced.

Mr. Hearst also pointed out, "Americans have the guaranteed right to go in and out of their country at will to say what they want, write what

they please, read what they will of our free press and worship as they choose without interference." These guaranteed rights enable non-conformists of society to dissent with the protection of the law of the land-Our Constitution. Conversely, governments in many countries of the world do not allow the existence of dissenters within their countries.

American troops in Vietnam are generally being withdrawn after numerous memorable peace rallies and demonstrations against the war. As a result of our country's action, peace in the Far East is finally in sight.

American 18-year-olds have the power to oust the political rulers of today and to vote in their choices for tomorrow's leaders. That is, of course, if we acknowledge our power

and we utilize our vote, especially in next year's presidential election.

Americans enjoy the luxury of our basic freedoms and other guaranteed rights. Be thankful that amidst the most trying period of our history, there are still many choices open to all for a richer and fuller life.

—Lourdes Pangelinan, Editor-in-Chief

Merry Spartans Make Resolutions For New Years

This is the time of the year that Guy Lombardo and his dancing senior citizens ring out the old year and make their New Year's resolutions.

What about the Spartans? What are their resolutions?

Theresa Millichich: "Keep my mouth shut."

Paul Brammel: "To get Mr. Spicknoll a toupee."

Robin Schmidt: "Not to get so toasted on ski trips."

Tom Miller: "Eat, drink, and be merry."

Debbie Miller: "To beat up Tommy Miller."

Jim Phillips: "Never to run cross country again."

Rick Canine: "Use my listerine twice a day."

June Voight: "Quit barking."

Jim Byers: "To drop my biology class."

Loretta Giannotti: "Stop making New Years resolutions."

Kerrie Christie: "Go on a strict diet."

Anneke Baelstray: "Better my life."



MEMBERS OF the Madrigals, Karen Brillsour, Peggy Riggs, Steve Griffin, Sharon Ralston, and Jeff Brussaly practice for a performance.

TV Special Features Madrigals

The Castro Valley-Canyon High School Madrigals will appear on a special KGO-TV program entitled "Young Sounds of Christmas," December 23 from 8 to 9 p.m.

This Channel 7 special will feature young musicians and vocalists from as far north as Marin and as inland as Ygnacio Valley. Only nine groups were asked to participate.

"I am very excited for my students," exclaimed Mrs. Phyllis Whyne, director of the Madrigals, "and I am satisfied with this year's group."

The Madrigals consist of 15 students from last year's combined A Cappella Choirs of Castro Valley and Canyon High Schools, who perform as a self-directed group. This year's student leader is Pat Johnson. The Madrigal members are chosen on the basis of accuracy of pitch, tone quality, sight reading skill, and the ability to blend with each other.

The students have performed on many occasions and have

many engagements lined up for the Christmas season. The Madrigals will not only carol through the halls of C.V.H.S. during the food basket pickup, but have programs for the naval officers and their wives at Treasure Island at the Moose Lodge for the Halfway House members, and they will carol at hospitals and convalescent homes.

Spring will be highlighted by a College Chamber Singers Festival where they will represent all Northern California High School Madrigal groups.

THE ACHAEAN

Oops, We Goofed

In our last issue, we named Ed Martinez as the sole head of scenic design and construction for ANNIE GET YOUR GUN. Actually Bill Wendland is jointly in charge. Bill was also in charge of construction for last year's musical production of CAMELOT.

THE ACHAEAN

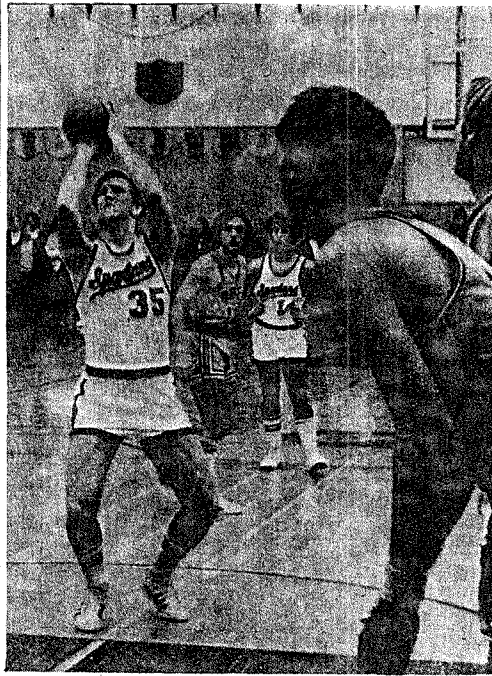
The Achaean

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SPARTAN FORWARD Lee Vail prepares to cut the cords with a free loss in the Moreau game as guard Al Oppenheim looks on attentively.

Cagers Depend On Brown

With one season of varsity experience behind them, the youthful 71-72 varsity basketball squad shows enough promise to capture the HAAL crown.

This year's team, comprised largely of juniors, boasts six returning players. Although the Spartans had a less than successful season last year, they showed great drive and determination toward season's end.

A large part of the squad's success will depend on 6'6" center **Dave Brown**. A highly publicized figure, his fame has not been detrimental to his performances. In a pre-season game versus J.F.K. of Fremont, Brown poured in 29 points while snatching 18 rebounds in a 75-56 Spartan victory. In a 91-78 loss to St. Elizabeth, Brown scored 20, although he fouled out early in the third quarter. Against Bishop O'Dowd, the Spartans toughest foe this season, Brown racked up 28 points in an 85-54 loss. An All-League and All-South County choice last year Dave is again expected to reach great heights in this year's HAAL play.

Guards **Bob Koury** and **Al Oppenheim** make up the backbone of the Spartan offense. Koury 6'1", is an essential component of the Castro Valley fast break as well as an asset on the boards. Bob has run up totals of 15 points against J.F.K. and a high of 20 in the St. Elizabeth game. Oppenheim, although diminutive of stature (5'7"), is the team's foremost ball-handler and dribbler. A threat from the outside, the junior captain has scored 12 points versus J.F.K. and 8 against St. Elizabeth.

Lee Vail and **Tom Vercelli**, along with back-up forwards **Bill Koivu** and **Gary Patterson** will be depended upon to round out the Spartan five. Vail, not previously known as a rugged rebounder has shown definite improvement over last year's performance. Although Lee doesn't get much chance to shoot from outside, he has developed a jump shot with which he scores at will. Against St. Elizabeth, Vail demonstrated his talents with a 16 point scoring binge. Vercelli will be able to do a good job of rebounding as well as complement the fast break.

Bill Koivu and **Gary Patterson**, both up from last year's junior varsity, are battling for a starting position at forward. Against J.F.K., Koivu scored 10 points in an outstanding performance. Patterson, just recently having returned from football, has not had sufficient opportunity to prove himself.

As always, a team's bench is a vastly underrated aspect of its ability. This year, the Spartans have an excellent bench. **Pete Putnam**, senior, a superb shooter and very quick on the fast break, will see extensive action this year as third guard. Guards **Mike Rocks** and **Scott Lipanovich**, from last year's JV's will provide a much needed depth in the backcourt.

Back-up centers **Dave Sudmeier** and **Bill Matthews** are forced to play in the shadow of star center **Dave Brown**. But knowing they will play only when Brown is injured or in the waning moments of a lopsided game does not stifle their determination.

Soccer From The Sidelines

By Bill Monsen

If, someday in the near future you see a group of half-crazed, mud-soaked lads running hither and yon on that conglomerate of mud, slime, and crabgrass that we affectionately call a field, don't summon the men in white to cart the crazies away. Oh, no, my friend. These are not escapees from Agnew State Hospital. They are the carry-overs from cross-country, the has-beens, and the may-bes of the Spartan soccer team.

These modern-day warriors are indeed of hardy stock. Shunning the shoulder-pads and other protective garb, these soccer fanatics brave icy winds and freezing rains to play the game so close to their hearts. Armed with only P.E. shorts, soccer cleats, and those flashing feet of quicksilver they venture out to do battle with their arch-rivals from the H.A.A.L. This is not to say that soccer has no benefits. If and when you happen to score a goal, the fruits of victory are sweet, indeed! As you rush back to your position, stars in your eyes, and the cheers of the 17 people in the stands ringing in your ears, you realize that your hours of toil have paid off.

The integral parts from last year's now defunct Soccer Club have returned to bolster this year's team. That mover of men, coach extraordinaire, Mr. Norm Guest, is advisor of the well-toiled machine called the soccer team. Taking over Mr. Guest's position as coach is that fine strategist from Cal State at Hayward, Mr. John Holmstrom.

The most underrated players from last year's team, Marc Kiefer and Barry Brescia, have returned to action, along with Mike Kury, Bruce Raymond, Randy DeValle, Ed August, Bill Gulley, and Rick "The Ripper" Ripoll. Chris Glass, Ed Conner, and Todd Mandel share the goalie chores, and along with David Farahi, also supplement the already powerful attack. All in all, prospects for a championship team seem bright.

Come out and see the mighty Spartans next home game on January 4 against Harry Ells High School but come early because the six empty soap boxes fill up rather quickly.

There are two classes of people in the world; those who divide the people of the world into two classes, and those who do not.

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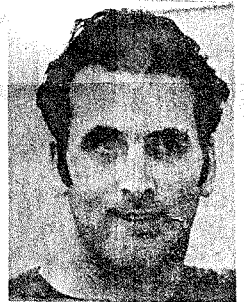
MERRY CHRISTMAS AND HAPPY NEW YEAR

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Mr. Steve Wilburn, a graduate from CV, has come back to his old school, but this time as a P.E. teacher and wrestling coach. (See story page 6, col 1).

C.V. Chessman

Remain Unchecked

Castro Valley High's Chess Club is leading the league with an unbeatable record so far this season.

They have defeated Canyon, Mt. Eden, and Mission San Jose High. Their next foe will be Dublin High and then Hayward.

The chess team is made up of five "board" or the top five players. These are: Mike Arne, Leo Schmidt, Stephen Martinez, Steve Clayton and John Huffer. Other members are: Chuck Stanton, Wayne McKenzie and David Guinasso.

Mr. Korstad and Mr. Cooke are the coaches for the Chess Team.

Merry Christmas bear, camel, gopher, catz, dude, port, star, nudy, zsa zsa, ugly
Happy Chanukah Mel and Wild Horse The Gwap

HAAL Mat Tournament Set Here For Tonight

By Jerry Cromer

"That was a long time ago," mused wrestling coach Larry Wilburn as he thought back to 1960.

Wilburn was a senior at CVHS then, and he was lucky enough to go to the state wrestling tournament held at UC, Berkeley.

"I was wrestling Tony Benitez from San Lorenzo High a real tough middle weight. I was lucky enough to place second in the meet," said Wilburn.

Wilburn is replacing Mr. Rice who coached the team to a second place finish last year.

As for the team, heavyweights Tom Ray, Frank Domingos, Ron Jones and middleweights Steve Thomsen Mark Kidd, Jeff Wood, Steve Wilhite, and lightweights Bob Lenhares, Tim Shantin and Ron Davidson are expected to carry the load for the varsity matmen this season.

Sophomore Bob Lenhares is the lone all league performer returning to action for the Spartans this season.

The CVHS invitational wrestling meet is tonight starting at 6 p.m. in the gym. All HAAL competition is expected to compete.

Senior Steve Thomsen is returning to action

this year for the varsity matmen after a knee injury put him out of action last year. Coach Wilburn was quoted as saying, "Steve is a fine wrestler. He should take league in his weight division this year so long as he stays healthy."

Coach Wilburn also singled out two freshmen, Mike Dieters and Ken Thomey, to be included in CV's future wrestling plans.

It will not be easy going for the wrestlers, as they go through a very strenuous training period.

The squad practices from the beginning of seventh period until 4:30 in the afternoon. They then go up to the track and run one mile. Afterwards, they go back to the wrestling room for more practice.

Not only must they go through a vigorous training schedule, but throughout the season, they must maintain a strict diet in order to wrestle in their appointed weight class. One pound over or under could knock a wrestler out of his weight division and keep him out of a meet.

The Spartans first league meet is on January 6, when they travel to Hayward to take on the Farmers. Traveling with the team will be the wrestling boosters and statisticians.



COACH Steve Spinola



GROG SEVERS Shoots A Free Throw

JV's Season To Be Jolly

By Dave Palizzolo

Santa has come early this year for Coach Steve Spinola and has left under his tree a real live junior varsity basketball team, complete with everything from tall, rebounding centers and forwards to fast, sharp-shooting guards.

After watching his team win their first three pre-season clashes, coach Spinola feels they are truly a gift from the jolly old man.

"The strong point has to be our rebound ability," commented the coach. "If we can keep up our good performances, we will come in second place this year behind Hayward."

Hayward is the tallest team in the league with two players that are 6'7 and one that is 6'5. Castro Valley has two players, Greg Severs and Kevin Eastman, who are 6'5.

According to Spinola, the leader on the court is Marty Peters. "Peters has natural ability on the floor, and is a natural leader."

Even though the offense that the JV's run is not designed to have one player do all the scoring, Marty scored 23 points in a pre-season game against St. Elizabeth.

Other members of the team include Jeff Jacobs, Eric Owning, Kevin Hall, Bruce Henderson, Brian Bohman, Jeff Glavor, Steve Severs, Ralph Nilsson and Dave 'Hondo' Foshahl.



DAVE BROWN

Athlete Of The Week Honors Go To Dave Brown

Dave Brown's two fine performances against JFK of Fremont and St. Elizabeth have earned him the Achaean's Athlete of the Week honors.

Against JFK, Brown dominated play entirely. His 29 points led all scorers and his 18 rebounds made him king of the boards. In addition, he blocked six shots and intimidated the JFK players to the point that they would venture no where near him.

What makes these statistics even more awesome is the fact that Dave was playing against the pride of the MVAL, 6'8" Kevin Stevenson, whom he limited to only four points.

Later that same week Brown tallied 20 points while playing only 2½ quarters before fouling out against St. Elizabeth.

With his eight rebounds against St. Elizabeth, Dave's rebounding average is 13 and his scoring average is 24.5.

Ski Fees Rise Sky High For Weekend Fun

The ski season is now open and C.V. students will be looking forward to the snow-covered mountains for Christmas vacation and weekend recreation. One thing they might be over looking is the cost.

Beginners especially forget how money can add up because they will have to rent most of their equipment. Ski rental runs between \$4.00 and \$10.00 for

a weekend and \$1.00 for poles. Boots cost between \$3.00 to \$6.00. Clothing isn't much of a problem, because many skiers ski in waterproofed jeans, but if you wish to rent ski pants and a parka it will cost about \$6.50.

Buying your own amounts to a lot more. There is a wide range of prices for skis. You can get a less expensive pair

for about \$35, but you can also spend over \$100.00 for more expensive skis. Boots can get pretty expensive because you should get good ones that fit. They run \$50 and up. Lace boots are a little less.

Gas for your journey will run about \$15 round trip.

Ski tickets run from \$6.00 to \$9.00 depending on where you go.

Hotels will cost about \$16 for four people. Staying overnight will make your food price go up. Plan about \$15 for four meals.

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