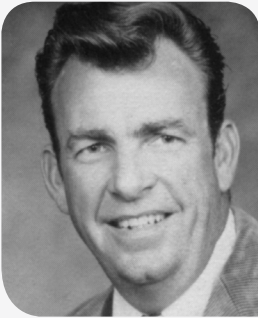


BOB HERROLD

Bob Herrold is remembered as a man who gave back to others. He did it for decades as a pool manager for the Glendale Unified School District (GUSD) at Glendale, Hoover and Crescenta Valley High Schools and later as a coach at CV. Herrold was also a respected referee locally, and became a well-respected referee in the Pac-10 and for a professional league internationally.

Herrold was born in Glendale and attended Hoover High and Glendale Community College, and played basketball at both schools. Herrold moved back to the area to coach swimming and water polo at Hoover and CVHS, and is credited with starting the swimming and water polo programs for the Falcons in the early 1960s, which became one of the most successful in Southern California for boys' and girls' teams. The many league and CIF Southern Section titles won by Falcon swimmers and teams is a testament to the workout programs Herrold brought to the school over 40 years ago.



Herrold created and ran the summer and winter youth programs at CVHS and is considered a mentor to many of the Falcon coaches that followed him. That list includes Don Abshear, Rick Van Adelsberg, Pete Loporchio, Peter Kim, and Jan Sakonju, who have all extended their thanks to Herrold

for his commitment to the school.

By the time Herrold retired from the GUSD in 1984, he was already entrenched in his second career as a respected basketball official who worked for years in the Pac-10 conference, as well as several NCAA Final Four events, and also professionally in Europe.

In a 2000 Glendale News-Press sports column written by Chuck Benedict, Herrold described his transition into the world of basketball officiating. "After officiating church league games, where I was pressed into service as a novice, I joined the Basketball Officials Association, where one tries to learn the rules of the game." Herrold was a member of that association for 20 years. "I scrambled for assignments at any level to practice those rules and procedures. I did church leagues, high school leagues, everything. After a few years, I had been a referee in many places including Glendale Parks and Recreation and for high school and junior college games. I was a referee five times in the LA City Championship game and a couple of CIF Championships."

Herrold also held the title as supervisor of officials for the West Coast Conference for 14 years and ultimately worked about 35 Pac-10 games per season, and 50 college games total.

In the interview with Benedict, Herrold talked about working games with some of the great college coaches of that era and why he did not want to work in the NBA. "I did some NCAA Final Four games, but I turned down NAIA and the NBA because of the hectic travel schedules. I stayed mostly in the home area doing college basketball at its top level for 20 years until 1983. I worked games that Bobby Knight, Dean Smith, and John Wooden coached and enjoyed players like Lew Alcindor (Kareem Abdul-Jabbar) and Bill Walton when they were playing; they were quite different personalities."

Bob Herrold passed away in May of 2005, in Auberry, CA. Herrold left many fond memories of his days at CVHS. His induction into the class of 2011 for the Athletic Hall of Fame is very deserving.

GARY BECK

During the 1970s, Crescenta Valley High School fielded football teams stocked with boys who grew up as neighbors playing youth sports together. When they reached high school age, they then became Falcons.

In 1973, many of those players were in attendance at Citrus College when the Falcons won their only CIF football title, a 14-7 win over Monrovia High. It was then and there when Gary Beck decided to become a Falcon. Beck came from a Catholic home and admitted that St. Francis was in the mix, but the lure of attending CVHS with his friends was too much to pass up.

“Growing up in La Crescenta, on the same block where the Goorjian family lived and knowing that all these kids in the neighborhood were going to CV was just a great motivator for me to become a Falcon.” Beck played varsity football from 1974 to 1976. “When I was in junior high, the varsity football team won the CIF title and it was just awesome watching them play and wanting to accomplish what they did.”



Beck is considered one of the best running backs to ever play for the Falcons. Beck earned Foothill League Offensive Player of the Year as a junior and senior in 1975 and 1976. As Beck joins the other Falcon greats enshrined in the CVHS Athletic Hall of Fame's Class of 2011, his accomplishments say as much for the teams he played on as they do for him as an individual.

Playing in a backfield with 2010 CVHS Hall of Fame inductee Mike McCall at quarterback and benefiting from the blocking of 2011 CVHS Hall of Fame inductee John Mirch on the offensive line, Beck helped lead the 1975 Falcons to an 8-2 mark. The 1976 squad finished 12-1 and advanced to the CIF semifinals.

While Beck and his teammates came up short of their goal to win the CIF title in 1976, they did start the season with 12 consecutive wins before losing to Temple City 35-21 in the CIF semifinals. Beck regards playing on those teams and for those coaches, among the highlights of his life.

“My dad, Harry Beck, was one of the most influential people in my life as well as Roy Vujovich and Gordy Warnock. Add Dennis Gossard and Ken Biermann to that list because I would not be receiving this tremendous Hall of Fame honor if not for them and my teammates.” Beck was an All-Foothill defensive back in 1975 and 1976. “At CV Gossard was intense, Biermann was fair, and Gordy tied everything together for us. Many athletes at CV, including myself, have benefited from the great coaching that made us who we are today.”

Beck earned a full athletic scholarship to the University of Oregon after graduating from CVHS in 1977 and was a three-year letterman in 1977, 1980, and 1981. Beck transferred to San Diego State in 1978 but returned to Oregon after deciding it was a better fit for him. He earned a degree in sociology in 1982.

Beck has been involved in sports marketing for approximately 15 years and was the Executive Director of the Humanitarian Bowl from 2000 to 2007. Beck was the Vice President of Development for the 2009 Special Olympic World Games and lives in Boise, Idaho.

MICHELE LEE HAMPTON

If the game show Jeopardy ever created a question about a certain 2011 Crescenta Valley High School Hall of Fame inductee, it might read something like this: Who was a two-time high school All-American in swimming, went on to set NCAA records and earn All-American honors 14 times at Cal State Northridge, and helped the team win the 1982 NCAA Division II Championship?

The answer would be Michele Lee Hampton.



For most people, having a Jeopardy question created about them would be a dream. In reality, Hampton has worked as a freelance graphic artist for the popular program for the past 25 years as well as the Wheel of Fortune for 18 years. Hampton has also worked for the NFL Network for the past 7 years.

Arguably the greatest female swimmer to ever compete for CV, Hampton was a Falcon standout from 1979 to 1981 and made her mark in the pool competing in girls swimming and boys water polo. Hampton was a high school All-American swimmer and played boys water polo in 1980 and 1981.

Hampton's swim career took off at Cal State Northridge where she earned All-American honors 14 times and helped the 1982 team win the NCAA Division II championship. Hampton was inducted into the Cal State Northridge Athletic Hall of Fame in 1990 and said that being chosen to be honored by CV after so many years is a big thrill for her.

"It's hard to believe that so many years have gone by, but to be recognized as a Falcon and to have my family there will be very exciting. It is 30 years since I graduated, but a lot of my early success was because of the work ethic I learned at CV and I attribute that to the success I had later in college and beyond, so this really means a lot to me."

Hampton started swimming at the age of 6 with her brother Craig and sister Roxanne; the family swam together. Hampton's sister Roxanne still holds the CV school record in the girls 500 freestyle set in 1980. Hampton regards Coach Abshear as someone who motivated her to do well, made it fun to train and compete, and to get the most out of her abilities.

In 1981, Hampton turned disappointment into motivation when the scholarship she thought she was getting to USC was given away. Hampton accepted an offer to go to Cal State Northridge at the end of her senior year at the CIF Finals.

"That was a difficult time. I had turned down all other offers and then USC came back and said they had nothing for me and I should consider going somewhere else. I should have been ending my high school career on a high note at CIF but, I had no college plans until Northridge and Coach Pete Accardy made me an offer." Hampton, set four NCAA records when Northridge won the NCAA title in 1982. "It turned out to be the best thing that could have ever happened. We had great success as a team at Northridge and they had a great TV and Communications Department which was going to be my major and my career path. Things could not have worked out better."

Hampton qualified for the United States Olympic Trials in 1980 and 1984. After college, Hampton competed in masters swim competitions and triathlons while getting her freelance career as a graphics operator in television off the ground.

DONNA MAYHEW

Donna Mayhew began throwing the javelin, discus, and shot put under the watchful eye of her first throwing coach Edith Mendyka, at the age of 15. Donna's father thought it would be a good idea, because she had a strong arm throwing a baseball or a softball as a young girl. He thought the javelin would be a good sport for her to take up.

At CVHS, Donna earned a Pacific League Championship in the discus and also competed in the shot put and javelin, where she recalled that her best throw was about 135 feet.

Donna attended Glendale Community College (GCC) in 1979 where she won championships and set records. Donna was the Western State Conference champion in women's javelin in 1979 and 1980. Donna received the Outstanding Athlete Award and set a GCC school record of 167 feet, 6 inches in the javelin that still stands to this day. Donna was also the state community college champion and competed in the US Olympic Trials in 1980.



Donna transferred to the University of Arizona with a full athletic Scholarship. Donna placed third in the NCAA Nationals and was named All-American in 1983. In 1989 Donna was inducted into the University of Arizona Athletic Hall of Fame.

After college Donna continued to compete at a very high level. In 1986 Donna won her first US National Track and Field Championship in javelin and placed 6th at the Goodwill Games in Moscow. Two years later she won the US Olympic Trials with the 3rd longest throw in US history. This led to Donnas' first Olympics in Seoul, Korea where she placed 7th in 1988. It was a great finish considering she had been sick before the Games began and missed her bus going to the preliminary rounds, forcing her to do her warming up on the way to the stadium. Donna qualified for the finals on her very last throw at the preliminaries. Donna once again became a finalist at the 1992 Olympic Games in Barcelona.

Donna was national champion in javelin in 1986, 1988, 1989, and 1992 through 1995. Donna was Olympic Festival Champion in 1987, 1989, 1991, and 1993, and the US Olympic Trials Champion in 1988 and 1992. Donna's personal record of 208 feet 10 inches, is the third best all-time for an American woman, and she is only 5 foot 3 1/2 inches tall. Donna was also the Silver Medalist in the 1991 Pan Am Games in Havana Cuba.

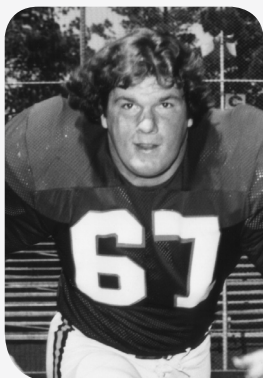
Fitness continues to be part of Donna's life. Donna is working as a nationally certified personal trainer in Montrose, and lives in La Crescenta. Donna is getting kids interested in javelin through coaching and javelin clinics; she trains young and old and has prepared disabled athletes for the Paralympics. Donna also works for the City of Los Angeles Parks and Recreation Department, and represents an organization called Impact Personal Safety for Women.

It has been almost 40 years since Donna threw the javelin for the first time, yet she remains one of the best female javelin throwers that the US has ever produced. Donna got her start at CVHS as a Falcon and is very deserving of induction into the CVHS Athletic Hall of Fame Class of 2011.

JOHN MIRCH

John Mirch is getting happier every day. John is very happy to be cancer free after a diagnosis of Murkle Cell Cancer 7 months ago. John is also happy to be back home in La Crescenta to be honored as member of the Crescenta Valley High School Athletic Hall of Fame's Class of 2011.

A mainstay on the offensive and defensive line for the Falcons, John Mirch was the 1976 Foothill League Defensive Player of the Year for the 12-1 CV team that won the Foothill League title and advanced to the CIF semifinals.



An all-around athlete at CV, Mirch was on the 4 x 440 league champion relay team. Mirch also competed in the 100-yard dash and the shot put, where he was the league champ and school record holder and finished fourth in CIF. John was also a 4-year starter at Santa Clara University.

“Despite the health setbacks I have faced over the past several months, I feel like I’m in a very good place right now and I am very optimistic about what the future holds,” said Mirch from his home in San Jose. “Thanks to the unwavering support of family and friends, I am grateful to be honored by CV and am humbled to be chosen to be a hall of famer ahead of many deserving athletes who could have been selected ahead of me.”

Mirch recalled in detail how he first walked into the football office at CV in the summer of 1974 and said that he wanted to play football for the Falcons. CV was the third high school that Mirch attended after his family moved to La Crescenta from Alexandria, Virginia.

Along with Gary Beck, Mirch started for the Falcons as a sophomore in 1974 at center and developed a bond with many players including quarterback Mike McCall, for whom he attended the 2010 CVHS Athletic Hall of Fame ceremony when McCall was inducted. “I was glad to be there for Mike and we have remained close to this day.”

“That is what made CV so special. The coaches who mentored us and the players who befriended us and made us work hard to keep up the tradition of what it means to be a Falcon.” Mirch was a 3-year varsity starter and All-CIF as a senior. “Jay Chase was a great friend to me and still is someone I see when I come into town.”

Mirch said he also considered former head coach Gordon Warnock a special friend and was glad to see him at last year’s ceremony before he passed away a few months later.

Beyond football, Mirch said competing in track and field was a great experience at CV. It helped him develop into a more confident athlete and person, in a way that was quite different from what he experienced playing football.

“Football is more about being aggressive and physical, and I was looking for a different outlet to express myself in a different way. I found it in track and field. You still had to work hard and I know I did because being a sprinter who also threw the shot put was a little bit unique, but I think I did pretty well in both events. I was proud to be a team captain in that sport and also helping the team win a Foothill League title.”

Truth be told, John Mirch has a lot to celebrate as a member of the CVHS Athletic Hall of Fame Class of 2011. Being back home to celebrate this honor with family and friends is something he can be very happy about.

GENE SUTHERLAND

Growing up in the 1950s and 1960s, everyone in La Crescenta knew the Sutherland family. The five siblings, Darrell, Gary, Gene, Dale, and sister Donna were a great sports family in the city at that time, producing standout athletes that are still revered to this day.

While Darrell and Gary had tremendous high school careers at Glendale High and eventually played major league baseball, Gene, who is being honored as an inductee into the Crescenta Valley High Athletic Hall of Fame Class of 2011, paved the way for success for future Falcons as a member of the school's first varsity basketball and baseball teams.

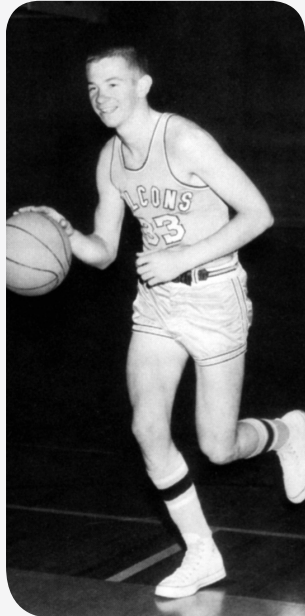
"We knew even back then that what we were accomplishing as the first varsity class of athletes that the CV produced in 1963 and 1964 was a big deal not only for us, but for the hundreds and thousands of athletes that would follow in our footsteps," said Sutherland. "For myself, I was fortunate to get great coaching in basketball from Ed Goojjan whom I consider to be one of the best coaches I ever played for. He made everything we did seem important, from playing in our little gym, to wearing the Falcon uniform proudly."

"I take pride in being considered for this hall of fame honor as much for everything I have done as to where it all started at CV."

While being the first Falcon basketball player to earn All CIF first-team honors in 1964 is an accomplishment he is very proud of, a visit to the small gym by a prominent college basketball coach changed Sutherland's life forever in January of 1964.

"The Foothill League was very strong in those days and John Wooden from UCLA came to scout Bill Sweek from Pasadena High in our small gym on campus with a few of his assistant coaches. I had received scholarship offers from USC and Cal Berkeley at that point, but Coach Wooden started actively recruiting me, and it was hard to say no to him and UCLA. My playing time was limited as a Bruin, but I think overall it was a great experience playing on two national championship teams in 1967 and 1968 and playing for Coach Wooden and all of those great players was a something that will always be nothing but a positive memory for me."

Gene said that his limited playing time at UCLA gave him thoughts of transferring, but he loved college life at UCLA, where he met his wife Janice and continued to work as hard as he could during practice. He would just have to be satisfied with his limited role on one of the greatest college basketball teams of all time and enjoy the ride.



GREG VASQUEZ

One of the best baseball players to ever wear a Falcon uniform was not the biggest on the field, standing 5 foot 6 inches, but he played much bigger on the field. Greg Vasquez was an outstanding baseball player for the Falcons in 1979 and 1980. Vasquez earned All-Foothill League honors as a junior and senior and was All-CIF in 1980.

Vasquez recalls his days at CV fondly and said that playing for the Falcons and being inducted into the school's hall of fame means a great deal to him. "It is a great honor to be inducted into the Crescenta Valley High School Athletic Hall of Fame because my family and friends will be there to celebrate this special occasion. CV has a great athletic tradition and I am honored to be part of it. I attended a CV baseball game recently and sat with Ken Biermann and Dennis Gossard, two coaches and people that I have always looked up to. I am so proud to be a Falcon as a former player and coach."



Vasquez played varsity baseball for 2 years under Head Coach Randy Siebert as a sure-handed shortstop. Vasquez was one of three Falcons to earn All-CIF honors that year and helped CV advance to the quarterfinals of the CIF playoffs. Vasquez was selected to play in the Southern California All-Star game following his senior year and was named the MVP of the North-South series.

Vasquez earned a full baseball scholarship to the University of Hawaii and played there from 1981 to 1984, where he earned All-WAC honors and was team captain as a senior. His Hawaii teams were WAC champions in 1982 and 1984.

Vasquez said he had scholarship offers from several top schools such as UCLA, Cal State Fullerton, Arizona State, and Oklahoma, but felt very comfortable at Hawaii and is proud of what he accomplished there. Vasquez's personal records include most doubles in a game with 3, most double plays in a season with 24, starting 70 games in a career, and tying an NCAA record by reaching base 13 consecutive times.

Looking back on his playing career, Vasquez said that never getting drafted to play professional baseball out of high school and as junior and senior in college was disappointing at the time, but he put it behind him and concentrated on what he could do for others as a coach. Vasquez coached football and baseball for the Falcons from 1987 to 1992 and coached baseball at Los Angeles City College from 1993 to 2005.

"Coaching and working with young people was something that I thoroughly enjoyed. The chance to go back to CV and work with my mentors was a great opportunity and experience for me that helped me greatly when I moved on to Los Angeles City College. The situation in junior college was full of challenges because kids came from difficult backgrounds. We worked hard as a staff to not only coach and teach, but to get a high percentage of players opportunities to play at 4-year schools."

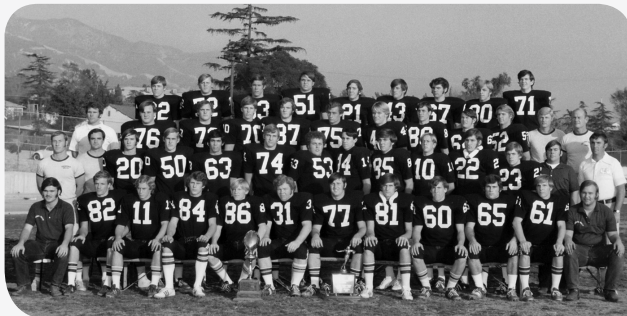
Vasquez has worked for the Department of Water and Power for 25 years and spends a lot of time with his wife Nadine and his 13-year-old daughter Deanna, who competes in VIP soccer, hip hop dance, and in the Special Olympics.

As a player and a coach, Greg Vasquez will always be remembered as a great CV Falcon.

1973 CVHS FOOTBALL TEAM

The greatest team in the history of CVHS Football was the 1973 team that won the CIF 3-A Championship with a 14-7 win over Monrovia High to finish the season 12-1. The Falcons beat Pomona, Thousand Oaks, St. John Bosco, and Monrovia to claim the championship. The Falcons were also Tri-Foothill League Champions and were coached by Gordon Warnock, who was inducted into the CVHS Athletic Hall of Fame in 2010.

The Falcons started the season with two non-league local wins, 10-0 over La Canada in the season opener and 20-7 over St. Francis in the game better known as the "Battle of Foothill Blvd." Those seven points allowed against St. Francis were the only points allowed during the first seven games as Foothill League foes Hart, Hoover, Glendale, Burbank, and Canyon High were all shutout victims over the next five weeks as CVHS improved to 7-0 overall.



To accurately gauge how CVHS was dominating their opponents during the first seven games of the 1973 season, the Falcons had shutouts in six of their first seven games and outscored them 200-7. Any resemblance to the 1972 season and the 5-4 record was gone as Mark Miller was named CIF 3-A Player of the Year and seniors Al Staie, Paul Steinbacher, and Art Chandless all received All-CIF recognition. Junior quarterback Brad Holland earned all-league honors at quarterback and strong safety.

"When our team came through CVHS, we were guided by a group of coaches who were as intense as they were passionate," said Mark Miller, a 2009 CVHS Hall of Fame inductee. "We had a history of failure against St. Francis, and our coaches held up the start of the 1973 game for 15 minutes until they finally had to go on the field first. Then our coaches led us on the field acting like they had just won the football lotto."

The CVHS Juggernaut continued to roll in week eight with a 41-7 win over Burroughs High that made the Falcons 8-0. A 14-7 loss to Blair High in week nine gave them a share of the league title and ultimately denied the team a perfect season.

Almost 40 years later, as this championship team gets together again to celebrate a great championship season, and its induction into the CVHS Athletic Hall of Fame's class of 2011, a few things stand out as brightly now as they did before.

Pomona High School was the Falcons seventh shutout victim of the year and fell 25-0 in a first-round CIF playoff game. Thousand Oaks fell next by the score of 36-8. The semifinal contest against St. John Bosco was slightly closer, as the Falcons prevailed 36-19. And then, it was on to Citrus College, practically a home game for the opponents from Monrovia High. But the Falcon faithful resident in Columbia blue made its presence felt among the 11,000 in attendance.

The 14-7 championship game victory over the Wildcats was CVHS's smallest margin of victory all season. The victory was due in large part to the play of Miller, a 5' 11", 170-pound dynamo who gained over 1,000 all-purpose yards that season alternating as a runner, passer, and receiver, and gained over 2,000 yards adding punt returns and kickoffs to his responsibilities, as well as playing defensive back.

Miller's 42-yard punt return in the championship game set up the title winning score for the Falcons. With this victory, the CVHS football faithful reveled in the once in a lifetime experience of winning a championship that would galvanize a team, school, and community who were witnesses to the greatest season ever.