



College Choices:

Check out some of your options after graduation.

See Pages 4 and 5



One Life To Live?

What some students would do if the world ended tomorrow.

See Page 7



Wrestling Hits The Mat

Season starts with a slam.

See Page 8

Albany High School

The COUGAR

Albany, California

December 15, 1999

Volume I, Issue 4

High School To Get SRO

by Amy Chen

Despite the Albany School Board's 3-2 vote in favor of introducing a School Resource Officer (SRO) program at Albany High, some students have yet to hear about plans to station an armed police officer on campus.

"I just didn't want to scare people that way," Vice Principal Randall Booker says in explaining the Administration's apparent reticence on the subject.

But without any formal or public announcement to date, some students understandably feel left out of the loop when it comes to the SRO.

Senior Amanda Mehl perceives the lack of outreach as being purposely excluded from the decision-making process.

"They should have asked the students because we are the ones who will have to live with this cop," Mehl says.

"We are the ones who will know if we're going to be able to tell all our problems to this cop."

Sophomore Jennifer Shih agrees, stating simply that "they should have asked for our votes."

As to why students were not polled before the decision was made, Mr. Booker attributes deadline pressure as one of the reasons.

In order to qualify for a federal grant, the District had to accept the program by Dec. 1.

Mr. Booker admits that he "would have liked to have had more time to be able to thoroughly educate teachers, students and the

SRO, see Page 7

Girls' Volleyball Makes AHS History



VARSITY GIRLS go where no Albany Volleyball team has gone before.

by Adam Phillips and Andrew Hara

In a paragon of volleyball at Albany, it's hard for a single squad to make its mark and stand out from all of the other storied teams.

But this year's Volleyball team has certainly left its mark by advancing to the state semifinals — closer to the championship than any team in Cougar history.

"I felt that the team went very far," says Junior Margaret Manson, a defensive specialist.

"It was a major accomplishment for the team to

make history at Albany High."

On Nov. 30, a strictly bipartisan crowd populated the gym at Menlo College.

One side was packed with Menlo supporters and the other side was filled with Albany fans.

There was no integration or love lost between the two strident sides as the stage was set for a vicious CIF semifinal rumble.

Able to overcome its past stigma of playing poorly to open a match, Albany quickly went up 5-1 in the first game. However Menlo

rolled off 14 straight points and took the opener 15-5.

Menlo continued its domination in the ensuing game. The stagnant Cougars put up little fight in a second game that went to Menlo, 15-7.

Albany fans were downcast going into the third game since Albany would have to take the next three games to earn its ticket to L.A.'s championship.

It seemed as though Albany was up to the challenge.

Seniors Laura Jensen, Lindsay Marshall and Theresa Esparrago turned up their level of play to

Volleyball, see Page 8

New Counselor Comes On Deck

by Tim Onweller

This year's trend has been the addition of new faces on the AHS staff.

The latest face belongs to Ms. Vicki Lilienthal who is filling the counseling position previously vacated by Ms. Nancy Harrington.

Ironically enough, Ms. Lilienthal is the younger sister of band director Mr. Tom Lilienthal.

"We always talked about working together," Mr. Lilienthal says.

"It's absolutely a dream come true. I think she is a highly qualified counselor and has a lot to offer this school."

In other family ties, Ms. Lilienthal has a daughter enrolled at AHS.

Senior Sophia Rivera is optimistic about having her mother as a counselor but notes, "It's going to be weird having her at school."

Ms. Lilienthal grew up in Marin County and earned a degree in Latin American Studies from UCLA.

"I'm very excited to be part of the AHS community," Ms. Lilienthal says.

"It's an exciting time of change. I'm happy to be part of it."

As a counselor for 21 years at Benicia High School and Half Moon Bay High School, Ms. Lilienthal cites a desire to work closer



MS. VICKI LILIENTHAL

to home as one of her reasons for switching schools.

Head Counselor Doug Kagawa understandably cannot wait to work with Ms. Lilienthal.

Without a third counselor, he and Counselor Janice Loy have "picked up the slack because we didn't want students to suffer. We wanted to meet their needs."

Senior Jenny Tasoulinh was one of the students suddenly left without a counselor.

"It was difficult doing my college application," she confides.

"If we had questions, we had to ask one of the other counselors who already didn't have enough time."

As Mr. Kagawa says, "I'm really glad to have a competent, enthusiastic counselor on board.

"She'll add a lot to our staff."

Campus Connection

* AHS may get a new class called Digital Recording Studio. It will teach students how to record live music, take it through the production process and end up with a CD. For more information, see Mr. Tom Lilienthal in Room 20.

* Congratulations to the five new additions to the AHS Cheerleading Squad. Jackie Maldonado, Thanh Huynh, Logann Gavey, Smadar Rubinsky and Davinn Lim will complete the squad for the upcoming basketball season.

* Congratulations are also in order for Senior Rosa Wang. She has qualified for a spot among 160 of California's best singers in All-State Choir to be held in March.

* Buy your Yearbook 2000 from Jostens by calling (888) 479-3336. There will be no cash sales in the Spring. Don't miss the biggest yearbook ever (224 pages!).

Biology Teacher Wins Prestigious Prize

by Chris Colvin

It's exciting for everyone at AHS when people we know are recognized and respected for their accomplishments.

Although these claims to fame usually have to do with the Volleyball and Science Bowl teams, this time that's not the case.

The driving force behind the Biology Department has recently been recognized for her excellence.

On Nov. 20, Ms. Lois Peterson received the Siemens Award for Advanced Placement at a ceremony held on the Georgia Institute of Technology campus in Atlanta.

She is one of just 20 teachers nation-wide to win the annual award and one of only three from the western United States.

"I didn't even know that I was nominated," says a still-excited Ms. Peterson.



HONORED TEACHER Ms. Lois Peterson models her plastic cell.

In Georgia, Ms. Peterson was in good company.

"Two twins gave a demonstration of their project," she describes, enthused by what she saw.

"They scanned a newspaper article into a computer and then the computer read it out loud."

Also, three teacher friends from the Atlanta area came to the awards dinner to congratulate her.

"She does a lot of good work and puts in quite a bit of time," says AHS colleague Mr. Loring Barker.

"It's great that she got recognized."

An AP Biology teacher for over 20 years, Ms. Peterson has also contributed to the improvement of AP Biology all across the nation.

She was a member of the Science Advisory Board and the SAT II Biology Committee.

She also contributes questions for the AP test and helps grade the exams.

If that isn't enough, she also helps at workshops for other AP Biology teachers.

"I had her for AP Biology last year," Junior Vincent Ramey says. "I got a five on the AP test solely due to her teaching."

"I know a lot of people who did really well because of her."

Along with a plaque prominently displayed in the Main Office, Ms. Peterson received \$1,000 which she will spend on a new computer.

"I think that recognition for teachers is sort of limited," Ms. Peterson says, "so this was real special."

"Working with bright, motivated students is great," she says, "but 'stimulating' other students to improve their skills and turning them onto the wonders of biology is even more rewarding in many ways."

As it says in her congratulatory letter: "Teachers like you, who take the extra effort to encourage talented students, embody the best of American education."

Year Two Thousand: A Year To Shut Down?

by Kathryn Robinson

*Y2K, or why not 2K, that is the question:
Whether 'tis nobler in the mind to suffer
The hype surrounding all the doomsayers' forecasts,
Or to take no note of these ridiculous claims at all,
shrug your shoulders,
And, by ignoring, end them?*

These may not be the precise words of Shakespeare's Hamlet but as the year 2000 approaches, they may very well become the soliloquy of our little hamlet called Albany.

No one really knows for certain what (if anything) will happen when the clock strikes 12 on Jan. 1, 2000 but many seem to have their own forecasts for that "fateful" day.

From religious fanatics connecting Y2K to the Apocalypse to computerphobes afraid of a World-Wide-Meltdown, many people are determined to believe that the year 2000 is, as that old song goes, "the end of the world as we know it."

So, what does this prognosis from all these practitioners-of-doom portend for Albany?

Will Anis' Slurpee machine at our local 7 Eleven stop running mid-slurp?

Will electric sharpeners stop grinding mid-pencil? Will the dentist's drill suddenly stop drilling mid-filling?

Perhaps more important questions are:
Will the carburetors of our cars freeze, forcing us to walk two treacherous blocks from home to school?!

Will tractors, bulldozers and cherry-pickers stop dead in their tracks, condemning Albany High to be called "Portable High" forever?

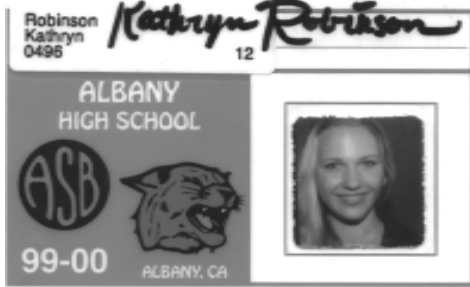
Will, in fact, the Earth stand still?

In my opinion, the apocalyptic prophecies might very well come true if mass hysteria wins out over common sense.

Let's face it, former President Franklin Delano Roosevelt was right when he said the only thing we have to fear is fear itself.

Society has not been trained very well to deal with emergency situations and has been trained even less in how not to create an emergency situation.

If any anomalous incidents do occur, they will represent a self-fulfilled prophecy created by the media



and our own gullibility.

History tells us that at the turn of the last millennium a thousand years ago, people filled the churches of Europe on New Year's Eve 999, terrified of what they thought was Judgment Day.

Farmers left fields unplowed, families abandoned their possessions and business and trade ceased abruptly.

It goes without saying that the world didn't end, though some people may have died of fright at the stroke of midnight.

As we approach the year 2000, history seems to be repeating itself.

Around this time some people are joining paramilitary groups and moving to rural land in upstate Minnesota. Others are putting together Y2K preparedness kits.

Pandering to the Y2K hype, thousands of businesses have sprung up and are making millions.

But we Albanian-savs are determined to ride out the storm!

The question is, as Hamlet would say:
Is the year 2000 a time for us to "shuffle off this mortal coil?" Or will things go on pretty much the way they have for the past 1,999 years?

My Magic Eight Ball says, "It is decidedly so!" Now the problem is, what was the question?

But for you metaphysical types dedicated to the idea that the Apocalypse is approaching, consider this anagram: Try unscrambling the letters in the phrase "Year Two Thousand" and you will find this eerie (and perhaps prophetic?) message: "A year to shut down!"

Is this really a message warning Albany and America to get ready or is it a mere coincidence? I guess we'll just have to wait and find out.

See you in 16 days... maybe!

Sign Says It All: No Trust

by Sanam Jorjani

"Only two students in store at a time."

AHS students have most likely come across a sign like this.

It's a sign meant to protect store owners from us unruly teens.

It's a sign that treats young people like they're outlaws before they've broken the law.

How big of a problem is this?

Surely it's something we can deal with for the next few years.

But when criminalizing youth enters our educational institutions, it creates devastating results.

We've all been harassed by adults because of our age.

I can't count the number of times I've walked into a store and gotten strange looks from storeowners or other customers.

It's almost as bad as when I walk down the street with friends and have people look at me as if I am a crime waiting to happen.

Personally, I'm sick of it. Not just tired of the stares but tired of people deciding that I'm doomed to do something awful just because I'm young.

Criminalizing our generation is a major trend these days.

The media is feeding fear into the hearts of people everywhere through its portrayal of youth as violent and out of control.

More images of crimes committed by young offenders are gracing movie and television screens.

People across the nation are growing exceedingly fearful of us, thinking we're all malevolent creatures that must be stopped.

It comes as no surprise then that administrators from school dis-

tricts across the country think it's necessary for an armed cop to be on campus. Even Albany has jumped on the cop bandwagon.

Oh my mistake, he's a School Resource Officer.

If this person is supposed to assist me, encourage me and guide me into the adult world with respect rather than ignorance, then why does he not trust me enough to leave his gun at home?

No one should be allowed to come into an educational facility and treat students as if they've already done something wrong.

If an administration says that our generation cannot be helped and has no hope for change, then they've given up on us already.

If they think there is no hope, why shouldn't the students? The decision has been made for us.

Those of you who have seen the movie *Light It Up* may already know this.

Though it's a movie, it portrays a sad but real fate for many low-income and minority youth.

The state doesn't want to waste money on their hopeless school. It's in a "bad neighborhood" so nobody respects it.

The day they enter, students are viewed as criminals. They're not given a real chance.

When teens aren't considered valuable enough to have decent textbooks, how can we expect them to respect their education?

Congratulations. A young man has just been deprived an education and placed into a role of crime.

I see this as a strong and shameful truth. Shameful because it is a reality for many.

Real because it must be changed.

We've all been harassed by adults because of our age. I can't count the number of times...

Letters To The Editor

Senior Class Secretary Wants Extra Five Minutes For Break

I remember my Freshman year. I had the opportunity to be part of Senorita Marilyn Imes' class.

Even if a person didn't take Spanish, everyone was aware of the almighty and powerful Ms. Imes (who for the record retired from the Albany High School faculty last June).

But for those Freshmen who didn't have the chance to meet her, I'll tell you a little about her.

Other than being one of my greatest teachers, she was steadfast in her policies.

If you did anything wrong, the infamous three fingers would be in the air.

"Tres Puntos."

In a matter of seconds, three of your points were taken away.

Doing something wrong would be standing up, touching the curtains, opening the windows, writing derogatory terms on the chalkboard or going to the bathroom.

Going to the bathroom would actually be a total of nine points because three for standing up, three for leaving class and three for coming back into class.

So even though she was a great teacher, every minute of being in that class was a danger to your grade.

Which brings me to the point of the five extra minutes.

Despite my love of being in that

class, I had to put up with five extra minutes allotted to the reading of the Daily Bulletin.

For non-Seniors, the Bulletin used to be announced over the PA system throughout the school by Dr. G, our former Vice Principal.

But now teachers are given the responsibility of reading the Bulletin.

Some do and some don't but everyone knows that the Bulletin doesn't take five minutes of class.

Why can't those five minutes be given to extend break?

Break is short enough as it is.

It seems like it's over the second I reach the Lunch Shelter.

I don't know what other people

think but I need that time to relax between classes.

That way I will be able to go to

fourth period fresh — and ready to learn.

Scott Kagawa
Senior

Kudos For The COUGAR

I saw the Nov. 10 issue of the newspaper and was very pleased to see someone chronicling AHS events and issues.

A number of the articles were very well written and all of them were informative.

Thank you for your collective work on The COUGAR.

Because the school is physically deconstructed, everyone is enduring various kinds of inconvenience because of it.

So on top of the usual "keeping in touch" functions for a school

paper, having The COUGAR as a way for opinions and concerns to be expressed is a good balance for the difficulties of the campus situation.

A final note: is there a way to get a copy of the paper mailed to me?

Laurie Glass
Parent

Editor's Note:

The COUGAR offers \$25 subscriptions to help underwrite our publishing costs. Back issues are available upon request.

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Popular Isn't So Cool

by Kathryn Booth

Does teenage popularity really deserve its own prime-time show? According to The WB network bigwigs, it does.

One of the most talked about new television programs on The WB this Fall is *Popular*, an hour-long show about two high school girls on opposite ends of the social spectrum.

In an attempt to portray the plight of real teenagers, the

show follows the daily lives of Brooke McQueen and Sam MacPherson, one "cool" and one "not." But the truth is, the writers are way off.

The first criticism I have of the show is that the actress who plays the outcast, Sam, is totally gorgeous.

I don't feel as though someone that beautiful accurately represents the underdog.

Not only are all of the actors on the show beautiful but they're all way older than the 15-18-year-old characters they are playing.

Second, the character Sam is always on a crusade to bring down the popular kids. I could just take this as an individual character that does not represent anyone or anything else but it appears that Sam is supposed to be representative of the whole "unpopular" crowd.

Although many "unpopular" kids may resent the "popular" kids,

they aren't part of an ongoing battle to destroy their lives.

Just because there may be a little jealousy or resentment between the two social groups from time to time, the presumption this show makes that all "unpopular" teenagers hate those who are "popular" is, for the most part, false.

Third, "popular" kids aren't as bad as television makes them seem. I'm not denying the fact that there are mean, snotty people out there, but just because someone is called popular doesn't make them a bad person. We seem to be forgetting that the real meaning of being popular is being well-liked.

Back to the review. The casting directors did a good job as far as finding talented actors: Leslie Bibb and Carly Pope are doing an excellent job as Brooke and Sam.

The writers have created an exciting story line because they indulge the show's characters in every sinful passion a teenager could ever yearn for.

Overall, *Popular* is an engaging program. If I weren't so passionate about the show's lack of realistic elements, I would give it a good review.

But despite the fact that it is very entertaining, *Popular* is not to be compared with real life. It's just a TV show so don't take it seriously.

And whatever you do, don't take advice about your social life from *Popular*.

We seem to be forgetting that the real meaning of being popular is being well-liked.

The X-Files Steam Up The Screen, Finally

by Margaret Chan

It has finally happened. Viewers have witnessed the long awaited and belated kiss between Special Agents Fox Mulder and Dana Scully of the television series, *The X-Files*.

Six years of sexual tension between the duo have been resolved with a kiss in the Nov. 28 episode titled "Millennium."

Now in its seventh season, creator Chris Carter has taken the relationship of the pair to a new level.

Sure, we've seen Mulder and Scully kiss before but it has never been the real thing.

In last season's episode "Triangle," Mulder traveled back in time to 1939 aboard the Queen Ann and kissed a Scully look-a-like.

In the season four episode "Small Potatoes," we saw Scully almost kiss a Mulder mimic but of course the real Mulder burst in seconds before the devilish Eddie van Bluhnt could make his move.

And who could forget the poignant hallway scene in *The X-Files Movie: Fight the Future* when



READY FOR A CLOSE-UP, Mulder and Scully puckering up for the long anticipated kiss of the "Millennium."

Mulder leaned in to kiss Scully only to find that she had been stung by a bee infected with an alien virus?

We've seen the agents through thick and thin, battling monsters and aliens, mourning the deaths of their loved ones and revealing government conspiracies.

Though it seems that the agents have had sparks flying ever since Scully was assigned the task of "debunking" Mulder's investigations into the paranormal, the millennium kiss was out of pure and

genuine love rather than lust.

The kiss was a result of years of working together, saving each others' lives multiple times and most importantly, realizing that they could only trust one another.

There are those who have longed for this kiss for years now and were counting the days, hours and seconds until the pair locked their luscious lips.

Since the show debuted in 1993, the "shippers" (those who want Mulder and Scully to be intimately involved) and the "noromos" (those who believe that a relationship would jeopardize Mulder's quest to find the "truth") have duked it out in the hundreds of Internet chatrooms and mailing lists.

Though it is uncertain what the kiss will lead to, a smooch between two main characters of a long running television series has traditionally signified a death for the show.

Though the kiss was an intimate moment between the two, both know that advancing their relationship would defeat the purpose of their dangerous endeavors.

Toy Story Sequel Is Fun For All Ages

by Farnoor Foroutan

Toy Story 2 is better than the first one — a great and thoroughly entertaining film made for family enjoyment.

It is fun to watch with any age group of people, very wise and a prime example of human intelligence in the making.

It's about the adventures of a stuffed cowboy named Woody and a plastic space ranger action figure named Buzz Lightyear.

Woody is kidnapped by a greedy toy collector who needs him to complete his set from the '50s TV show "Woody's Roundup."

This is a theme that can reveal to young kids the strength of true friendship and love, exhibiting the need for love and the drawbacks of greed.

Toy Story 2 is a movie that is great even if you have not seen the first movie.

Issues of love, friendship and faithfulness beat in the deep heart of a light adventure.

This is a movie that allows us to think for a moment: Is this really what toys would be doing if I left the room?

In the next *Toy Story*, I anticipate a story about toys rebelling and taking over, which would



make for a fun show.

But for right now, this is a movie everyone should see regardless of age.

You just might find that it could teach all of us a little something.

Unjust Criticism of Dogma



by Waylon Bacon

Dogma is the new film from Generation X director Kevin Smith, father of cynical delights *Clerks* and *Chasing Amy*.

Dogma satirizes religion, and as with any film that does not adhere to the religious community's principles, it has received a lot of unjust and untrue criticism.

The film deals with two angels expelled from Heaven, played by Ben Affleck and Matt Damon, who find a loophole in God's plan and scheme to return to Heaven.

But since God is infallible, this will end the world as we know it.

The film was initially going to be released by the staple of independent moviemaking, Miramax Films.

But when controversy over the film's religious content broke out, Miramax got cold feet and dumped the movie, letting it sit in limbo for a while before it was picked up by Artisan Films.

Conservative Catholics and the sort called the film "blasphemous" and rude, their argument lying in such scenes involving a demon made of excrement and tequila-drinking angels.

But none of these critics bothered to do their research.

They never even saw the film, much like other religious "mockeries" in the past, such as Martin Scorsese's *The Last Temptation Of Christ*, or Jean Luc Goddard's *Hail Mary* (some protesters were so emphatic that they threw holy water on patrons as they entered the theater!).

In truth, the religious, and particularly Catholic community, should be praising this film, because it is in fact decidedly pro-religious (though not in a hokey way).

It points out both religion's flaws ("people took a good idea and turned it into a belief system") and benefits.

If anything, the film is filled with so much talk of religious dogma that any jaded viewer is bound to come out with something of a crash course knowledge of most of the world's religions!

And in an era when the subject is mostly laughed at or ignored, shouldn't this be a good thing for the Catholic community?

If protecting the faith is boycotting various movies and books and pointing out that certain TV personalities are gay icons, some serious reconsideration should be in order.

Biggie Is Ready To Be Born Again

by Jesse "Platter Man" Sung

To some he was the king of Hip Hop, well-known for bringing gangsta flows mixed with that 'playa-ism.'

His presence was felt through just two albums, which have both become classics.

Christopher Wallace, aka The Notorious B.I.G., aka Biggie Smalls, aka Frank White, had left some old recordings in a cappella formats after his untimely demise two years ago.

Unlike his famous industrial rival Tupac Shakur, Wallace did not die leaving hundreds of finished tracks yet to be released.

The Hip Hop world was left with bits and pieces, scattered verses that the slain rapper had recorded but never officially put to use.

But with modern technology and a very devoted friend, Sean "Puffy" Combs, the Notorious B.I.G. will have a third album release that is sure to hit BIG.

With production mixed into the recorded verses by D-dot (aka the Madd Rapper, "Hypnotize," "All About the Benjamins"), Puff



Daddy and others, *Born Again* is a very diverse album.

Breaking down the album guest list we have Lil' Kim, Lil' Cease, Snoop, Busta Rhymes, Too Short, Nas, Ice Cube, Hott Boys, Eminem and many more of the industry's hottest artists.

But no matter how smoothly mixed, most of the songs just don't seem natural and production lacks anything that stands out.

Heads might be feeling most of the tracks just because it's B.I.G., no doubt about it.

But most of the CD is the "sav" B.I.G. prior to *Life After Death*, his second album, which had commercial flavor to it.

The first single "Dead Wrong" just shows that the hardcore B.I.G.

is the victor of this album.

"Notorious," the follow-up, is heavy on the airwaves as well.

Several tracks are bangin' and some are very hot.

Standouts may very well be the "Dead Wrong" remix featuring Eminem who comes fierce.

Also, the track featuring the Cash Money clique "Check It" is worth a few loops.

B.I.G. has this track "Would U Die 4 Me?" featuring his first cadet Lil' Kim and his main man Puff doing the hook which is scorching.

On this track, Kim put her verse on after B.I.G.'s death but it shows the splendid editing done on this album.

Born Again has 17 tracks total. The last track is hauntingly recited, spoken-word, by Biggie's grief-stricken mother.

Although it's inspired, *Born Again* isn't the best of the B.I.G. album trilogy.

But overall, the Notorious one is back as much as possible.

The fact that he is *Born Again* will definitely keep your CD player steaming while the season turns to freezing.

Get The Real Scoop On Financial Aid

by Kathryn Robinson

Feeling a little squeezed by all the extra expenses this year?

Your last year of high school, as those of us who are Seniors are coming to realize, is quite a costly one.

From purchasing your last year-book to applying to colleges, the dollars add up to quite a large sum.

In addition to these expenses how many of you are even more stressed out by the fact that, after this year, you may have to start paying for your education, housing, course materials and food?

Unless Mom and Dad are there to bail you out, you may find yourself in bottomless debt.

Well, financial aid can help!

Financial aid helps students meet the expenses of a college education that includes tuition, books, course materials, fees, housing, food and transportation.

It is designed to supplement the amount of money you are able to pay for your college education.

Even if you think that you are probably not eligible for financial assistance, you should apply! What have you got to lose? We're talking about free money here!!

Financial aid is basically distrib-

uted on the basis of need. This is defined by the price of college tuition in relationship to the amount of money a person can afford to contribute to his or her college education. So if your education will cost more than you can afford, you are eligible for financial aid.

There are three types of financial aid that are available for college students:

The first is grant and scholarship awards, which are the most sought after because you don't have to pay them back.

This type of aid is available through the federal and state governments, professional and service agencies, private foundations and colleges.

Grants are distributed on the basis of need while scholarships are given either on the basis of need, outstanding achievement or both.

Loans are another financial fixer-upper. This type of aid is available to both parents and students.

Students with no established

credit usually qualify more easily for student loans.

You can usually defer paying off these loans until after you graduate from college and have a job.

Work Study Programs are the third form of financial help available.

If you feel that you can juggle studying and working, this may be the thing for you.

Work Study students must work at least part-time and must show progress in their studies.

The benefit of this program is that it allows you to work on campus and get to know people in the department for whom you work.

On the other hand, it pays only minimum wage and there is a limit to the number of hours you can work, usually 10 to 15 a week.

For some people it may be more profitable to get a job working off campus.

The money is yours if you qualify and you can't qualify unless you apply.

As they say about the lottery, "You can't win if you ain't in."

If you have more questions, you can call the Federal Student Aid Information Center between 9 a.m. and 8 p.m. at 1-800-4-FED-AID (1-800-433-3243), Monday through Friday, or visit the website www.emich.edu/publicv/coe/nice/cfaid.html.

Friendly Frugality

by Erin Danielson and Colleen Smallfield

Visit, visit, visit.

This is the advice those counselors and handy dandy college guides will give you about finding the perfect school for you.

Visiting the schools gives a better sense of the atmosphere than the sugar-coated, superficial descriptions offered in college view books.

We took their advice and embarked on a trek to the sunny shores of Southern California.

The first stop of our five-day extravaganza was lovely Claremont California, the home of the Claremont Colleges: Pitzer, Claremont McKenna, Scripps, Pomona and Harvey Mudd.

Like many other private colleges, the Claremont schools allow prospective students to spend evenings in dorm rooms with current students.

Our student hosts offered useful thoughts on their schools and advice about college in general.

For example, they told us what the necessities of college life are: popcorn makers, bottled water and towels.

Some denied or confirmed stereotypes about college.

Also included with the advice is free food. Dorm food isn't so good



SENIORS Colleen Smallfield (left) twosome — they even tune up th

when you're paying \$15-\$30,000 a year but it's great when it's free.

Another way to find out more about schools without having to spend the night is going to free informational events like UCLA's Bruin Day and UC Berkeley's Cal Day.

Similar programs are available at the other UCs.

We attended Bruin Day and scored some really good free salad and cookies. Unfortunately we had to pay five bucks for parking.

Also, the woman who spoke about the University's honors program made several comments that were far from being grammatically correct.

This just goes to show the state of higher education these days.

High School Diploma Vs. College Degree



by Chris Colvin

Amidst the expectations from our parents and our society that all high school Seniors should go to college, there are some who aren't convinced that college has to be the next step.

Just because society dictates the belief that success is only possible with a college degree doesn't make it true for everyone.

Consider the following questions and answers:

Q: I don't really enjoy school and I don't have the best grades, so should I still go to college?

A: The answer lies in a quote from *Research Synthesis: College for All*, written by David Boesl and Eric Fredland.

"You have to have determination to stick it out and if you are uncertain about your commitment to four years of college, you may want to think about pursuing an associate's degree from a community college or a certificate program from a reputable trade or technical school.

"In today's society, it is not bachelor's degree or bust."

Q: If I don't go to college, does it mean I can't make lots of money?

A: Bill Gates doesn't think so. He makes an awful lot of money despite the fact that he doesn't have a degree.

One study reports that in 1995 the real weekly earnings of college graduates were 1.2 times greater than that of high school graduates. You can bet that it's even higher

today because of the high demand for skilled workers, especially those who have shown that they can finish college.

But there's always the possibility of succeeding economically by doing something that doesn't demand a degree.

Q: Can I get a good job right out of high school?

A: This depends on your definition of a good job. If it means that you make a lot of money, it's possible but unlikely.

If it means that you enjoy and feel fulfilled by your work, then

"In today's society, it is not bachelor's degree or bust."

it's certainly possible.

Q: Is college really the only way to succeed in life?

A: No! The only person that can judge how successful your life has been is YOU. There are plenty of different ways to live a happy life and even make other people's lives better. And most of them don't require any kind of degree.

Q: If I don't go to college right after high school, does it mean that I can't get a degree later in life?

A: No! For many people this is a great way to go. Maybe right after high school you're not ready for college because you don't enjoy school or you'd rather just work for a while. Either way, putting off college could be better for you.

During your time away from school you might learn things

about your personality so that when you go to college you will know what you want to do. That way you can focus on that goal.

It's also true that many people go into the real world after high school and never find the opportunity to go back to college.

In making your decision you should think about reality and your long term goals.

Q: What happens if I flunk or drop out of college?

A: First of all, nobody should go into college expecting to flunk or drop out. According to *Research Synthesis: College for All*, over 600,000 people per year still don't complete college.

There are two ways to look at leaving college early.

First: some college is better than none. You probably will learn something either academic or otherwise during your college experience.

Second: you may take out loans to pay for your education and could be in serious debt, one that could be especially hard to pay off without a high paying job.

It is best to try to graduate from college if you start there.

In the end, we're the people who will determine what society deems important. But for each person it's different.

One of life's challenges, especially during your Senior year is deciding which direction to head in your adulthood.

No matter your decision, it should take some thought because you don't want to live to regret it.

UC, CSU Require

by Margaret Chan

Listen up college-bound Freshmen, Sophomores and Juniors.

Are you aware of new requirements and changes in policies for the University of California (UC) and California State University (CSU) campuses?

Beginning with this year's high school Freshmen, the currently distinct subject requirements for each system will become one joint requirement for both.

Starting with the Fall of 2003 undergraduate admission, the UC system will add a year of Visual or Performing Arts (VPA) to current requirements.

Art teacher Mr. Ed Hill believes this will be a beneficial change:

"Kids need to explore other sides of the academia, not just Math, English, Science and Social Studies.

"It [the VPA requirement] will broaden their horizons and teach them

creativity," points out Mr. Hill.

Current courses at Albany High School that satisfy the new VPA requirement include Symphonic Band, Concert Band, Jazz Band, Concert Choir, Advanced Chorale, Advanced Art and Study of Film: Careers in Screenwriting.

The CSU system will add two new requirements including an extra year of Laboratory Science and History/Social Science.

For Juniors and Sophomores, new UC policies will include an Eligibility in Local Context (ELC) plan.

Beginning with students enrolling at UCs in Fall 2001, the top four percent of the graduating class in every high school in California will be guaranteed a place in one of the eight UC campuses.

However, the guaranteed spot would not necessarily be at the campus of his or her choice.

The top four percent of each high school will be identified based on grade point average earned in subject requirement courses during Freshmen, Sopho-

First Person Introspective On

by Tim Onweller

Once again, it's that time of the year when Seniors gear up for college.

Shouldn't we be excited? College is supposed to be fun. We will get to meet new people, go to frat parties and get out from under the controlling arms of our parents.

But is that really the case? Is college going to be an easy transition out of high school?

What is living on our own going to be like? No more good home cooking.

We are actually going to have to clean up after ourselves, do the laundry, wash the dishes and clean the bathroom.

Now, is there something to fear?



I am skeptical about how I am going to like college.

If I go to a school out of state, how many times a year am I going to be

able to come home?

Homesickness will probably be right around the corner.

What about meeting friends in college? When was the last time we had the opportunity to make all new friends?

Are we going to know how? What if the people in college aren't your

...Takes On College



Erin Danielson and Erin Danielson are a thrifty pair. They use their own car to save money on trips.

By using the same thrifty skills you practice at home, you can find great things to do and explore while on the college search.

Southern California beaches have back entrances for those who don't live in the gated communities.

As always, bowling is another source of hours of entertainment. We also went shopping at Ross on Sunset Boulevard, which had a pleasant blend of thrifty and class.

Exploring the cities surrounding the schools you visit is just as important as seeing the campus. The atmosphere of the surrounding area can have a great impact on your decision to apply.

Unless you have some sort of telepathic powers, you will need maps to find your way around each metropolis.

If you have car insurance, (and you should, you little rascal) your insurance company will give you free maps.

At AAA on University Avenue in Berkeley, the insurance agent gave us 13, which must have covered every county in Southern California.

And when you're heading down I-5 remember our advice for your trip: Like, love and forgive yourself and always schedule time for fun.

Tours are also free as well as informative. We suggest taking the tours but also running around on your own.

Through an intricate and well-executed plan, we only spent around \$80 each over the five days. Actually it wasn't very well executed but we still managed to be thrifty.

Staying with friends and relatives can also save you a lot of money. Try calling relatives you have never met or people you met at summer camp.

Contrary to popular belief, these people are usually very nice and welcoming.

We enjoyed staying with those from the upper crust in Los Angeles because we thrifty people take advantage of those more fortunate than ourselves.

UCs Crowd Out Students

by Linda Zhou

Will a higher acceptance rate put the UCs into a quandary?

With higher education in demand more students are lined up for UC campuses than ever before.

The UC system is committed to accommodating California's eligible high school graduates by assuring them a spot in at least one of the eight UC (readily available for undergraduates) campuses.

Although it helps us to know that at least one campus will take us under its wing, it will still be a challenge for the UCs to accommodate all incoming Freshmen.

Of the Seniors who applied for Fall 1999 admission, the UC system admitted 75%. To many of us, that is reassuring news.

The University admitted nearly 47,000 students for this Fall term, an increase of 8.1% from 1998.

So why are UCs so popular among students?

"I think that the UC campuses are very popular because they're well-known," says Senior Shiiyu Fujisaka. "They're much less expensive than most private col-

leges."

The cost to attend cream-of-the-crop UC Berkeley is \$15,044 per year. This includes tuition, housing, food, health insurance, transportation and other essentials.

You can find an impressive profile of the UC system by going to <http://www.ucop.edu/ucophome/commserf/profile>.

According to that website's California Master Plan for Higher Education, the UCs draw their students from the top 12.5% of the state's high school graduates.

Many newcomers find themselves sharing a tiny room with two roommates, leaving them with hardly enough space to work or breathe.

Many students at AHS have UCs at the top of their college wish list.

"They're all good schools," remarks Senior Angelica Romero. "They've all got something going for them."

"And it's close to home!"

So why all the fuss over future applicants?

At the rate the UCs are admitting students, it will soon become so overcrowded that they will be forced to make drastic changes in

the admittance process, which will result in many unexpected rejection letters in the mail!

Some campuses like UC Santa Cruz are trying to solve the problem of overcrowding by making more students share rooms than ever before.

Many newcomers are finding themselves sharing a tiny room with two roommates, leaving them with hardly enough space to work or breathe.

What's another possible solution? Well, the UC system is planning to build another campus.

Founded by Chancellor Carol Tomlinson-Keasey, the University of California at Merced will be the 10th UC campus.

Expected to open in 2005, it will also be the first American research university built in the 21st century.

We all love the idea of a high UC acceptance rate but do we really want them dragging us into a muck?

Hopefully, the "elite" UC system will come up with a solution to its problem... preferably one that won't be sending home a bunch of skinny white envelopes to perfectly eligible students.

...ments To Change

more and Junior years.

Students must complete at least 11 of the 15 course requirements in order to be considered for the top four percent.

With the passing of the ELC plan, students from disadvantaged schools in California will be given a fair chance to attend one of the top schools in the country.

Sophomore Sean Owens points out that "everyone who graduates at the top of a high school in California should be able to go to a UC."

Though the top four percent rule will definitely affect schools throughout the state, Counselor Janice Loy remarks that "it is not going to affect students here because the top students at Albany are already eligible to go to UC."

"It would mostly affect the rural counties of California."

Similarly, Counselor Doug Kagawa believes that the top four percent rule "won't impact us at all and is primarily for schools that don't send any students to UC."

Current CSU Requirements

- 4 yrs. English
- 3 yrs. Math
- 1 yr. US History
- 1 yr. Lab Science
- 2 yrs. Foreign Language
- 3 yrs. College Prep Electives
- 1 yr. Visual or Performing Arts

Current UC Requirements

- 4 yrs. English
- 3 yrs. Math
- 2 yrs. History
- 2 yrs. Lab Science
- 2 yrs. Foreign Language
- 2 yrs. College Prep Electives

New Requirements for Both Campuses beginning Fall 2003

- 4 yrs. English
- 3 yrs. Math
- 2 yrs. History
- 2 yrs. Lab Science
- 2 yrs. Foreign Language
- 1 yr. College Prep Electives
- 1 yr. Visual or Performing Arts

SATs Believed To Be Unfair

by Matt Haney

So what does SAT stand for anyway? The Scholastic Assessment Test? Or is it the Standard Army Training test?

Wait, I've got it, the Scholastic Aptitude Test. No, that doesn't sound right either.

The SAT has become so controversial that even its name is constantly brought into question.

Although the controversy over the name has been temporarily settled with the simple acronym SAT, many of the issues, debates and disputes surrounding the SAT are yet to have an accepted truth or solution.

One of the numerous controversies surrounding the SAT is the claim that it is culturally, racially and even gender biased.

Females, who receive grades in high school and college that are considerably higher than males, earn lower SAT scores by an average of about 40 points. African

Americans and Latinos score on average over 100 points lower than Caucasians.

The Education Testing Service, the organization that creates and puts out the SAT, has shown through research that by adding different types of questions to the exam, they can reduce or even reverse the score gap between females and males as well as between blacks and whites.

The other controversy surrounding this test is the claim that it lacks the tools to predict future performance, which is something testmakers claim it does.

Furthermore many believe that the test does not in any way measure the student's intelligence, ability or merit, but instead measures only the student's test-taking and guessing abilities.

Those who support the test see it as a common yardstick, an indicator that can fight through grade inflation and predict first year college grades.

Nevertheless, whether it is truly bias or unbiased, useful or useless, the test continues to hold a lot of weight when universities are reviewing applications.

Because of its importance in which path a student's life will follow, a stressful frenzy has developed surrounding this exam.

Many people have been led to assume that the SATs somehow predict your innate worth or whether or not you will succeed in life.

As a result of its importance for college admission and the myth that it measures how smart you are, parents spend millions of dollars every year on test preparation and other SAT related costs.

All of this controversy and obsession surrounding this test seems a little silly when you take into account what the test has been actually proven to measure. Maybe our nation's universities should start to realize how silly and unfair the process is as well.

...College Fears

type?

There is so much to fear.

As the acceptance date approaches, we have to make decisions on where we want to go.

That decision may be easy for some but for the most part it will be hard to find a place where you think you will fit in.

There are many factors that make it seem like your first choice college really may not be the place for you.

Friends from college have told me that it's a different lifestyle. It is something that we will have to get used to.

I don't know what college will be like for me but I am going to try it and really see how hard it is.

Seniors Recall SAT Horror Stories

compiled by Kathryn Booth



"The test proctors were evil. They didn't tell me what room I was supposed to go to and then they yelled at me when I asked."

— Rachel Townsend

"I was driving by myself to take the SAT and one of my tires went flat so I had to run all the way to Oakland Tech. By the time I got to the test center, I was all sweaty and hot and my pencil broke and I didn't get a good score. But that's okay."

— Amy Lee



"I think it's unfair that for the SAT II Listening Test, different languages have different numbers of questions. It should be the same. I took the Korean SAT II and it was extremely long — longer than the other tests!"

— Chi Pak



"When I called to see if my application had been received, they said they didn't know because there was a hurricane and they were disorganized. So I kept waiting to find out. Then on the day before the actual test, they said I wasn't registered at all!"

— Smadar Rubinsky



To Albany From Auckland, E-Mails From New Zealand

by Amy Chen

It's no secret that Albany High School students wake up every morning and trudge off to school looking more bleary-eyed than bushy-tailed.

Although Senior Lincoln Hurlbut is no exception to these morning rituals, chances are that he is greeted by New Zealand sunshine rather than our own Northern California fog.

An American Field Service (AFS) Student Exchange Program participant, this 18-year-old is preparing to become an AHS Cougar again after studying abroad for a year at Rangitoto College in New Zealand.

"Tomorrow (Nov. 18) will be the last exam and day at Rangitoto which is sad and goes to show how quickly a year can pass," Hurlbut muses via e-mail.

He understandably harbors some mixed feelings about coming home in mid-January after spending a year away.

"I still remember stepping onto campus and thinking 'my god I'll never survive... I wanna go home!' or something to that effect," he says.

"Although school here has been quite a struggle for me, it's been very rewarding when I managed to pass!"

"Rangi," as Hurlbut affectionately calls his school, sits atop a hill and overlooks the Auckland Harbor and Rangitoto volcano.

A far cry from Albany High's view of BART tracks, this school boasts a student body of more than 2,200 and a permanent teaching staff of over 150.

"Rangitoto blew me away in the first few weeks I attended," Hurlbut recalls. "Getting lost in the immense campus was not something I'll soon forget."

"I measured one day, as I walked from class to class, and found that it took over seven minutes to get from one end of the campus to the other even when walking the most direct route."

Complete with such state-of-the-art facilities as an Olympic-sized rubber track, this New Zealand equivalent of an American high school has undoubtedly given Hurlbut the kind of education few AHS students will ever get to experience.

"My mother reckons that my accent hasn't changed much at all," Hurlbut says, "but at the very least I have



LINCOLN HURLBUT (left) shows off his Albany acting skills as a foreign exchange student in Auckland, New Zealand. He's due to return home in January 2000.

taken on some New Zealand colloquialisms."

Sprinkling his e-mails with local lingo like "mufti" (street clothes) and "tuck shop" (a place to get food), Hurlbut has clearly managed to weather through the initial culture shock of having to adjust to everything from the slang to the reversed seasons.

"School goes from mid-January until December, with a series of three two-week holidays between the four school terms," Hurlbut explains.

"There is a six-week holiday at the end of school during the summer. Remember, summer is in December in the southern hemisphere!"

Although Hurlbut notes how he used his own differences to break the ice, he admits that walking up to people and introducing himself "was anything but easy... No question about it. Having to make friends and survive school has made me a more confident person.

"A large part of being away from home is learning to try new things and not get frustrated over small or petty problems."

Hurlbut carries this newfound maturity into his extracurricular activities, playing rugby and cricket because he wanted "to try some 'genuine' kiwi sports."

He has even followed this adventurous streak off the side of a cliff by going bungee jumping with a group of friends.

His mother has sensed these changes in her only child and is clearly impressed by his transformation.

"You can tell he has gained a lot more maturity," admits Mrs. Rondi Hurlbut.

Though AFS policy discourages her from calling too often, Mrs. Hurlbut maintains contact with her son through e-mail and the occasional postcard.

"As parents, we raise our children to be independent," she says, reciting a friend's mantra that has helped her fight the empty-nest syndrome. "That's our end of the bargain — to let go."

Letting go has been equally hard for Hurlbut.

"Learning to live away from my parents was one of the most difficult tasks I had to undertake," he says candidly.

"I had to learn to rely on my host parents and accept the fact that they would never replace my true parents but that I had to treat them like friends or else we would never get along."

Despite these worldly revelations, Hurlbut still maintains a quirky sense of humor.

On his way to school every morning, he takes a 45-minute bus ride through the countryside and passes "sheep runs which I always find amusing compared to the residential sprawl known as Albany."

"As much as I love being in New Zealand, I believe Albany will always be 'home.'"

Sheep or no sheep, New Zealand may not be so different from the United States as one might think.

As Hurlbut describes, "Starbucks has become a really popular hangout for lots of the Seniors."

But almost as if to prove that he's still a Bay Area person at heart, he adds: "I know, Peet's is still better!"

Even in New Zealand, some things never change.

Vice Principal Amy Hansen Speaks Out

by James Liao

Think no one cares about education these days?

Think again — Albany's Vice Principal Amy Hansen has something to say to you.

A deep believer in quality education, Ms. Hansen decided to switch from teaching to being an administrator so she could better influence the quality of education.

After an illustrious 15-year-career as chairperson of the Chemistry Department at Berkeley High School, Vice Principal Hansen brings a firm but understanding attitude to Albany.

"School needs to have structure," she says about some students' disapproval of certain school policies.

She says students and the community need to be involved with the decision process but once rules are set, they should be obeyed.

Albany's Vice Principal also wants to establish that school is different than other aspects of life. She wants students to concentrate on school and not worry about petty issues.

"There is a place for protest," admits Ms. Hansen, but she wishes the protest would be less "me-centered."

This is one difference she recalls from high school students in her day compared to students going to school nowadays.



MS. AMY HANSEN struts her stuff on the Cougar campus.

"There were things that called out to teens to look outside ourselves," she says in a reflective mood.

"Civil Rights, the Vietnam War, a sense of the bigger. People of your generation sometimes seem to lack this."

"But I would hope that each and every one of you finds something inside yourself," she says, touching a hand to her heart, "to really believe in and stand for."

Dixon Dares To Make A Difference

by Chris Colvin

Joining a handful of new teachers this Fall, Albany High School has yet another new staff member on campus.

His name is Mr. David Dixon, the Tobacco Use Prevention Education (TUPE) Adviser and Students' Assistance Counselor.

Born and raised in San Francisco, Mr. Dixon earned a psychology degree and an MA in Clinical Psychology from San Francisco State.

He's also a licensed marriage and family therapist.

Mr. Dixon's experience is extensive, to say the least.

At El Camino High School, Mr. Dixon coordinated the TUPE program for two years.

"It went really well there," he explains, "so I'm going to try to duplicate the same kind of thing here."

The TUPE program includes a Peer Awareness category.

Students who sign up to be Peer Educators will learn how to publicize the dangers of tobacco by doing demonstrations and activities during regular classes.

Another group is a Mandatory Awareness group.

This will be offered as an alternative to suspension for students caught smoking.

Members of this group will learn about the dangers of tobacco.

"Hopefully this group will make people want to quit," says Mr. Dixon with great optimism.



Photo by Chris Colvin

STUDENTS' ASSISTANCE COUNSELOR David Dixon smiles with high hopes for his new tobacco prevention program, TUPE.

The third group is for people who know that they want to quit smoking.

Dubbed "I Quit" groups, "they'll last six to eight weeks," he explains. "We'll go over your per-

"Hopefully this group will make people want to quit."

— Mr. David Dixon on Tobacco Use Prevention Education (TUPE)

sonal tobacco use history, then set a quit date.

"After that we'll talk about how it all went."

All three groups will try and help stop teen smoking by "giving out information for when you make a choice about smoking," says Mr. Dixon.

As the Students' Assistance Counselor, he will be available to

each and every Albany student.

"He's very experienced," says Counselor Janice Loy.

"He seems like an easy guy to work with and he's got a good sense of humor."

Mr. Dixon will be on campus to help and counsel students according to their needs.

Issues that he has found common in high school are drugs and alcohol, violence prevention and sexual harassment.

Funded 20% by the TUPE grant and 40% by the District, Mr. Dixon will be on campus three days per week until the new year.

After that he plans to be on the Albany High School campus four days each week.

For now, his office is tucked into the Albany Adult School Office portable.

But that doesn't mean he's going to stay in the background.

If You Had One Day To Live...

by Margaret Manson

Dance shoes are on, party clothes are ready and expectations are high.

Students at Albany High School are preparing for the new millennium, making plans to party 'til they drop.

But they're all forgetting one thing.

Will the lights go out? Is Y2K just media hype or is the world really coming to an end?

New Year's Eve may be the biggest night of the year — but it may also be the last.

When asked what they would do if they only had one day to live, most students reply with some pretty wacky answers.

Junior Acacia Quien has these plans in mind:

"I'd go to the kitchenware sec-

tions of all the major department stores and knock over those huge pyramids of display glasses.

"I've always wanted to do that."

With a devilish smile on her face, Freshman Summer Jackson reveals a secret:

"If I had one day to live, I'd read a really good book, watch a really good movie and..."

When answering this question, some Albany students got into more detail.

"I'd have sex on Air Force One with Jennifer Love Hewitt," says Senior Chris Schweitzer.

"I'd rather not witness the end of the world."

"If I had one day to live," says Sophomore John Hansen, "I think I'd kill Bill Gates."

"First I'd give him a haircut though."

Although most students at Al-

bany High School made a joke out of Y2K, some were more serious when posed with this question.

"I'd make sure to publish something," says Natalie Spautz, a Junior with fame on the brain.

"That way, if future life forms find it, I'll be famous!"

When it comes to the end of the world, not only students have something to say.

Art teacher Mr. Ed Hill has some crazy plans of his own.

"I'd eat all the cookie dough that my tummy can take and then a little more!" Mr. Hill says.

"I'm estimating around 400 pounds. Yup, that's the life."

Whether students and teachers take Y2K seriously or not, it has definitely made them think about what's really important.

Quick. You have one day to live — what will you do?

Students Find Jobs In The Real World

by Linda Zhou

Money! We all want some of that green stuff, don't we?

These days, more teens are sacrificing valuable homework time for jobs than ever before.

Research has shown that working more than 20 hours a week significantly interferes with teens' academic achievement and educational commitment.

So why are teens willing to spend their free (or not so free) time working when they could be hanging with friends or finishing up their homework?

One of the most obvious answers is the simple need for the possession of a certain green-colored substance.

Although the cash may sometimes seem like the only reason, there are other incentives for holding a job.

Some teens have things for which they have to take responsibility, such as owning a car, paying rent, even raising a child.

Senior Brandi Woolsey works at Noah's Bagels and logs in as many as 15 to 20 hours a week.

"I have a car to take care of and maintain," Woolsey explains. "The extra spending money is great, especially around the holidays!"

Fifteen to 20 hours is a lot of time for a student to work while trying to balance homework and other activities.

But according to Woolsey, her job at Noah's is more compliant to her needs.

"I think it's great because I get off at a decent time, which gives me time to do homework without having to go to bed really late," she insists.

Woolsey's old job at Maui Juice Company was more demanding, leaving her with ambivalent feelings since she was obligated to put in as much as 40 hours a week!

"Working at Maui was tough, but fun," Woolsey comments. "The hours could be long and I would get off really late which

meant I would be up late working on homework.

"It would cause me to be really tired and fall behind in my classes. And of course that meant bad grades," she comments.

Some teens like Sophomore Monica Cumming hold jobs because they like the idea of interacting with different people.

She likes the idea of a bustling restaurant and lots of customers going to and fro.

"It's really cool and it's really exciting," Cumming says. "There's a lot of people there so there's a lot of work to be done."

Parents have also played a role in encouraging their adolescents to get jobs due to the idea that jobs teach occupational, social and develop-

mental lessons still prevails.

Although teaching responsibility is an important aspect of the real world, understanding what is beneficial for you and what isn't is just as important.

For instance, if you feel as if you're coming back from work, tired and sluggish without any motivation to do your homework, then it's probably time to reconsider that after school job.

If you feel like your grades are going out the door, stop and think: What's more important to you?

If you feel this way but still want to hold a part-time job, try working no more than 10 hours a week.

It's also extremely important to know what's legal and what is not.

Take a quick look at what the Fair Labor Standards Act is enforcing, and make sure you follow it.

Sorry but if you are not 18 or older, you can't work hazardous jobs.

Hazardous jobs are defined as work that involves manufacturing explosives, coal mining, working with shearing machines, meat processing, using meat slicing machines, demolition as well as any job that exposes workers to radioactive substances.

We'll just stick with the "want fries with that?" routine.

Fifteen to 20 hours is a lot of time for a student to work while also trying to balance homework and other activities.

Campus Club Strives To Serve Albany Community's Most Needy

by Margaret Chan

Holidays are upon us again and no one knows the season of giving better than the Community Service Club here at Albany High School.

Headed by Presidents Lawton Mak, Aaron Roan and Shahrom Roshani, the club has held a number of activities to better not only our community but also communities halfway across the world.

Adviser and Spanish teacher Ms. Marge Atkinson states, "It's great that the students are helping to make the world a better place."

Roan also believes that "the Community Service Club makes our school and neighborhood a nicer environment."

Currently, the club is collecting canned goods and toys to help the needy during the holidays.

Because publicity has not gone according to plan, buckets have been placed in the Main Office for cans and the Library for toys throughout December.

For the moment, the club includes about 25 to 30 active members, a majority of them Seniors.

Mak expresses concern for this: "We need more underclassmen to be in the club."

"It's important that we have a mixture of classes in



COMMUNITY SERVICE CLUB stands with pride as they successfully pick up trash at Albany Beach on Coastal Cleanup Day.

the Community Service Club."

To raise money for victims of the Taiwan Earthquake, the Community Service Club sold paper links at 25 cents each or five for one dollar and was able to earn over \$200.

Earlier this year, the group ventured to Albany Beach located near the Golden Gate Racing Fields and spent Coastal Cleanup Day picking up bits of trash.

As one of the most popular clubs at Albany High School, the presi-

dents and other club members urge more students to join and help those who are not as fortunate.

"It's good to try and help people out," Mak remarks.

"Some people only do things if it benefits themselves. I have to admit, at first I joined the club because it looked good for college."

"But then I saw how the club was running and I wanted to make it better."

Senior Judy Yuann agrees with Mak and says, "Spending time to help people makes me feel good."

In addition to their holiday good deeds, they're also planning weekend Memorial Park and Campus Cleanups.

District Approves Controversial Campus Resource Officer

► SRO, from Page 1

community about the SRO program, but feels that "without education" students will hastily judge the merits or shortcomings of the campus cop plan.

Board member Mrs. Marsha Skinner holds another explanation for why students were not surveyed prior to the Nov. 23 decision. "In general, we don't make an effort to get a majority vote on every issue," Mrs. Skinner says.

"I don't feel it's necessary. Students are one component in what I have to weigh as a Board member."

Principal Gloria Galindo concedes that she is unsure of how students will be informed or educated about the SRO.

"Again, it comes down to 'How do we communicate?'" she states.

Ms. Galindo notes that four glass bulletin board cases will be installed around campus with the intention of closing the information gap.

Even so, she feels that communication within the AHS community is still an obstacle.

As to who should have stepped forward to educate students about the controversial SRO, Mr. Booker feels that "part of Leadership's job is to relay the news. But it's not necessarily their fault," he hastens to add.

ASG President Oriana Hair offers her explanation for why Leadership did not act as the messenger.

"We didn't tell the students be-

cause we never got a formal announcement of the decision," Hair says, emphasizing that it was a School Board decision and not ASG's call.

"We didn't realize that it was

"Students are one component in what I have to weigh as a Board member."
— Mrs. Marsha Skinner on why students were not polled

our responsibility [to spread the news]," concludes Hair.

According to Mr. Booker, the SRO's job description may include anything from serving as a guest lecturer on law to acting as a truancy mediator.

Although he agrees with some student perceptions that the SRO title itself is a euphemism for a campus cop, Mr. Booker hopes

that the presence of one police officer on campus might help to erase the stigma attached to law enforcement officers in general.

Mehl, on the other hand, expresses her discomfort with having an armed officer on a campus she finds relatively safe.

"I find it [the gun issue] very uncomfortable, maybe because I'm not used to being around guns," she says.

"I don't really see the point. It's not like one person can be everywhere at once."

Considering that an interview panel is still to be selected, Mr. Booker doesn't foresee having the SRO on campus until February at the earliest.

The interviewing committee will include students, though the number is yet to be determined.

Ms. Galindo says these students will not be exclusively from ASG but that "we're looking to get kids outside of Leadership."

Of the three students who spoke out against the SRO program at the Nov. 23 Board meeting, Mr. Booker applauds them for their initiative.

"It showed interest," he says. "That's school spirit, that's community, regardless if it's not my opinion."

"I just wish there were more." Student Board member Oscar Whelan shares Mr. Booker's view: "I think it's sad that we're making a decision without that input, the 800 students that it's going to affect the most."

Soccer Teams Anticipate Another Masterful Season

by Johnny Din

As a new season begins, the Albany High School Boys' Soccer program is fully loaded and prepared to overcome any new challenges the Cougars might encounter.

The team is no stranger to challenges.

Victimized by El Nino two seasons ago, the team was eliminated from the playoffs despite having an undefeated season.

Last season they were predicted to finish second to last in Alameda Contra Costa Athletic League play.

To prove that prediction wrong, the Cougars finished second place overall.

Though a quarter of the team graduated last year, the squad is



Photo by Abdul Jandali

BOYS' VARSITY Soccer squad has sights set on a league title.

still looking strong.

The Cougars are also welcoming talent from the Class of '03 in new members Andre Abreu, Robert Diaz and David Kessler.

All-Leaguers Adam Phillips, Garret Pock, David Avila-Silver

and John Holson are returning this season.

"Our team is pretty much the same as last year since we only lost two Senior starters," says Senior Holson.

"We've switched formation

around as well, stacking our offense while keeping our defense impenetrable."

Impenetrable indeed: Recently the team shut out St. Joseph's in a preseason match, 1-0, with forward Pock scoring the only goal.

All-League selection Leifa Mayers leads the AHS Girls' team into its new season.

The outlook is bright for the Lady Cougars, who return this year with only one player lost to graduation.

Furthermore, Freshmen Kaitlin Friedman and Meryl Phillips have made Varsity, bringing new energy to an already talented team.

Playing in the ACCAL, the team will face many competitive schools this season.

However, the team gave a glimpse of the dominance they

should have in league play when they blew out St. Mary's in a preseason match, 5-0.

The Lady Cougars opened up league play at St. Joseph's last Wednesday, winning 10-0.

"It was really fun," says Senior Morgan Theis. "But it gave us a sense of what we need to work on."

Both Cougar teams are extremely confident in their chances of winning the league crown this season and have sufficient talent.

The Boys' team is currently 1-0 while the Girls' team is 2-1, both undefeated in league play.

The only opponent with the ability to stop them from bringing home the crown is their over-confidence.

If that does not catch up to them, both teams will win league and go deep into the playoffs.

Lady Cougars Reach Final Round



THE COUGARS use communication to advance to the semis.

► *Volleyball, from Page 1*

make sure Albany wouldn't be swept. Albany won 15-13.

With one game to assure them, the Albany faithful — 60 parents and teachers and an equal number of students — started a cacophonous roar to aid the players.

Service vacillated as Albany and Menlo battled back and forth for every point.

Down 10-7, Albany won serve back then proceeded to rattle off six straight points to make the score 13-10 Albany.

Menlo then answered with three consecutive points to knot the score at 13 all.

Albany then scored once to give them a chance to put the game away but lost serve to Menlo which then scored two in a row to

flip match point against Albany, 14-15.

With backs to the wall and Menlo supporters making choking gestures, Albany fought off three match points with kills by Jensen, Marshall and Junior Alison West while getting stellar defensive play from Junior Shannon Brazil.

With serve in hand at 14-15, Albany scored once to even the match, then on its next serve scored twice to emerge victorious from the exemplary and frenzied fourth game.

Albany fans took the high road and gave a tumultuous cheer for the Albany girls as students yelled back at the now silent Menlo crowd.

Deadlocked at two games each, Menlo and Albany took a short break amid the deafening roar of

the crowd. Game five would decide who would represent Northern California in the CIF State championship match.

However, a confused, tired and disorganized Albany squad let Menlo gain an insurmountable lead at 1-9.

Albany battled valiantly to make the score 6-10 but in the end, powerful Menlo was too much and Albany lost, 7-15.

Most of the team broke down into tears immediately following the game and the tears were deserved as Albany played all-out.

For Seniors Esparrago, Jensen, Marshall, Abby McCullough and Stacey Phelps it was their last high school volleyball game.

"I'm so proud of every member of the team," says outside hitter Marshall.

"It was wonderful having so many supporters from the community come to cheer us on.

"It was a hard fought game and I think we could've played better in the first two matches but I'm not really sure the referees knew what they were doing."

For the rest of the team, the game marked a high point in Albany volleyball that they will try to replicate or surpass.

And for everyone, the game was a terrific end to a dream season.

It was a season that will be remembered as the best yet.

Boys' Basketball Has Depth To Spare

by Abdul Jandali

For the first time in a long time, the Albany High School Boys' Basketball program will be able to let every team member play.

That may not immediately appear auspicious but compared to recent years, the change is monumental.

"The past few seasons have been hard for members of the team," comments Senior forward Andrew Hara.

"By the end of the year we were reduced to eight or nine active players. We didn't even have enough players to scrimmage during practice."

With only eight to nine in the game, fatigue often wore down

players each game, and it showed during the third and fourth quarters.

"Often times we did well in the first few quarters," says

Junior point guard Ken Mimoto, one of five starters this season. "But after playing such a long time, your legs eventually get to you and you need to be replaced with fresh energy.

"The few bench players that we did have weren't very experienced," continues Mimoto, "so we were generally reluctant to substitute last year."

However, Coach Doug Kagawa says, "It's a new season and like every new season, you try to forget past records and statistics and be optimistic about the future.

"We have a new group of talented players this year and they've brought depth to the team."

Indeed.

Among the players to make an immediate impact on the Cougar depth chart is Senior point guard Daniel Cornist, a transfer from 1999 Utah State Championship runner-up, Hunter High School.

Also new to the team are Seniors

crafty guard Ashante Dell, defensive expert forward Warren Middleton and shooter Jeremy "White Chocolate" Anderson.

With the new conglomerate of talent, bench players have substituted early and often, providing fresh legs and much-needed rest for the starters.

However, Mr. Kagawa is still trying to augment the team's performance by adjusting to the new players' abilities.

"As a coach, you set up plays according to the qualities of the players," accentuates Coach K. "And this season we've got a lot of quickness.

"I'm still toiling over whether or not to use the conventional Princeton pattern or utilize our

quickness by applying a press setup to the offense."

Irrespective of patterns and plays, however, Mr. Kagawa has

already found success in the team's new crop of players.

Last Thursday, Albany hosted Tamalpais High of Marin County, considered one of the top Division IV teams in the state.

Playing against a front line going 6'11", 6'8" and 6'6", Albany appeared dwarfed by the eighth-ranked Bay Area team.

However, with near flawless execution Albany led throughout most of the game until a late rally by Tamalpais reversed the lead.

Eric McClain's desperation three pointer brought the Cougars within one, but was not enough as Tamalpais went on to win, 71-70.

The new depth exemplified in the Tamalpais game, coupled with a homecourt in the Middle School Gym, should provide ample reason for supporters to show up and get juiced for Albany.

And for the first time in a long time, Cougar fans can cheer for every member of the squad.

"We have a new group of talented players this year and they've brought depth to the team."

— Coach Doug Kagawa

AHS Shows Dominance On The Mats

by Kamran Javandel

Albany's Cougars dominated on Saturday, Dec. 4.

The Wrestling team, a perennial powerhouse since Head Coach Kermit Bankson took the controls 30 years ago, got started on the right foot in its first tournament of the year.

Albany pinned its way to a first place finish in the Irvington Tournament, which consisted of five dual meets. Along the way, seven Albany grapplers went undefeated to attain individual crowns.

Junior Newton Casemiro not only took first, but was also given a special award for having the most pins in the shortest amount of time.

Senior Ben Weinstein received Wrestler of the Week honors for



his outstanding performance, having gone undefeated in five matches. Four of his victories came from quick pins.

Weinstein was joined in the awards ceremonies by fellow Seniors Chris Schweitzer and Yaniv Plan, both of whom put together impressive 5-0 efforts to become tournament champions.

Sophomore standout David Yeaman also brought home a first place medal, as did Juniors Jovany Duque and Karl Moore.

Junior Marlow Rodriguez did

superbly as well, pinning his first three opponents in under a minute.

"I think we did okay for our first tournament of the year," said Junior Yaw Yiadom, a 1999 North Coast Section qualifier.

Though Yiadom and others look to get better, the Cougars did not leave much room to do so after their debut.

In its first dual meet of the day, the team posted a score of 81-0, meaning that all but one of Albany wrestlers pinned their opponents.

If the Cougars' performance at Irvington is any indication of things to come, look to see a new championship team picture on the gym wall come season's end.

At Irvington, Albany scored 340 team points while their opponents managed only 53.

This is, in a word, dominance.

CORRECTION:

We incorrectly stated in the Nov. 10 issue of The COUGAR ("Mr. Brown: Classroom To The Tennis Courts"),

that Mia Kitahara and Isobel Mills advanced to the ACCAL championships. We apologize for this error and any inconvenience it may have caused.