



the Cougar

We write history,
You make it.

FALL 2025

**ALBANY HIGH SCHOOL
ALBANY, CALIFORNIA, 94706**

HELLO READER,

As we return from Thanksgiving break and settle into our daily routines, we are honored to bring the latest issue of our magazine. This Fall Edition of *The Cougar* brings you closer to the people you see everyday. As we end the first chapter of our year as Editors-in-Chief, we are excited to share this work with you.

Throughout the beginning of the school year, we have had the pleasure of leading an ever expanding newsroom, growing our Instagram and web platforms and posting more frequently. None of these accomplishments would have been possible without our wonderful Editorial Board. Firstly, we would like to thank our Managing Editors: Darla Lawson, Sadie Nystrom, and Maya Osvald for directing our reporters, keeping everyone on task, and overseeing every article. Our Head of Sports, Judah Kupers, brought us more coverage of Albany sports and has done a wonderful job delegating to his reporters. Laura Garcia, our Head of Social Media, has made our Instagram account cohesive, creating beautiful templates and monitoring the creation of content. Our Head

of Layout, Nasiah Tesch, has spent meaningful time advising reporters and assisting in the creation of the visuals in this magazine. Finally, we would like to give a very special thanks to our adviser, Jessica Rhode, for working tirelessly to facilitate and oversee the production of *The Cougar* while bringing passion to the newsroom that pushes everyone to be their best selves.

We hope this edition of *The Cougar* brings you a new perspective on what it means to be a part of our Albany High School community. Grab a mug of hot cocoa, get cozy and enjoy the read!

Until next time,

Thalia Savage and Sisseline Lovejoy
The Cougar's Editors-in-Chief



TABLE OF CONTENTS

STEPPING INTO A NEW WORLD	3
TRASH TALK	4
MEET THE CAMPUS CREW.....	6
TJ'S FALL TREATS.....	8
REACHING NEW HEIGHTS	10
ROAR RESTORED	12
BEHIND THE COUNTER.....	13
FALL CROSSWORD	14
STAFF LIST.....	15

The Cougar is a student-led and written publication at Albany High School. We distributed free issues around campus.

If you would like to support printing and equipment costs, visit the QR code below!

Donate
Here!



CROSSWORD ANSWERS

1. Monster Mash
2. Homecoming
3. Apple Pie
4. Pumpkin Spice
5. Candy Corn
6. Turkey Trot
7. Sweater
8. Pumpkin Patch
9. Trick or Treat
10. Seniors
11. Chai
12. JackOLantern
13. Flag Football
14. Haunted House
15. Uggs

Stepping Into a New World

BY: SAMIPYA SUBEDI

Coming from Nepal—not knowing American culture, going to a new school, making new friends, learning new things—was challenging. I quickly realized that I wasn't the same as other students, because I wasn't fluent in English. I was placed in a class very different from the others, where I met many people like me. This was an ELD class, which stands for English Learning Development. I was in ELD 1 at Albany Middle School in 8th grade.

When I went to other classes, I felt different from other students. They seemed perfect; they asked questions, did their work on time, and understood everything the teacher said, just like I had back in my country. Although the people in ELD were nice, the feeling of not knowing English well, and not being able to do things as well as other students did, made it difficult for me to have a positive experience in ELD. I do have some sweet memories from my ELD class because of the people. I tried to make friends outside of ELD, but it felt like those people didn't want to be friends with me. I thought it was because I wasn't American like them.

I thought I didn't belong here. I tried to adapt to the new culture, but it was still hard to get along with people. I started comparing myself with other students. I wanted to be like them, so I began copying their habits. If they wore makeup, I wore it too. If they skipped lunch, I did the same. I thought this was how things work here. After enduring the guilt of not knowing English, the restless nights, and the tearful eyes,



From left to right: Ekrihya Thapaliya, Samipya Subedi, Aakankshya Giri, Shristi Pradhananga, and Sarupya Subedi at the AHS Diversity Assembly 2024.

I realized that I'm not different from others, but I never stopped comparing myself. In the beginning, I struggled to understand what teachers were trying to teach and tried to do homework but couldn't do it.

Coming to Albany High School changed my perspective because I met many new people. My whole experience changed. I started doing well in my classes. I began to understand different points of view. I realized that people can have thoughts and opinions that differ from others. Additionally, you don't have to be American to adapt and succeed in school. I saw that many people were kind and helpful.

Being in ELD wasn't different from other classes anymore because I worked so hard to improve my English. I started studying English outside of school, learning new words, and practicing speaking English at home. I moved from ELD 1 in 8th grade to ELD 3 in 9th grade through dedication and effort. Now

I see that learning English didn't just teach me a language, it taught me patience, courage, and understanding. Although I struggled during the first year, I was eventually able to do everything on my own. I understood my teachers and no longer needed help to complete my work.

Coming out of ELD was one of the best things that ever happened to me because I can proudly say I'm now in English 3. When I finally achieved this, I felt so happy and proud of myself. Though some things have not really changed, I still can't talk in front of the class because I get so nervous. I find English class really fun because I see others like me around.

It feels like many people in our school don't even know about ELD. Learning a new language is not easy, but the first language of many students is not English. Some people exit ELD fast and some take time. Everyone learns at their own pace and every step forward matters. 🐾

Trash Talk

IS RECYCLING ON OUR CAMPUS A HOAX?

BY: SADIE NYSTROM

When Albany High School students go to throw away their trash, they're faced with a choice: recycling or garbage. Trash from lunch trays, food scraps, and chip bags flood the recycling bins throughout campus. The trash and the recycling are side by side, but the garbage ends up filled with paper scraps and cardboard.

Picking the right bin may seem like a simple decision based on knowing what's recyclable. So how do all these bins end up so contaminated?

Recycling mandates are bigger than just Albany, they're statewide. Under California's Senate Bill 1383, all classrooms must have a recycling bin side-by-

side with the garbage can, giving students the option to separate their waste. Albany Unified School District implemented this policy, among others to improve sustainability.

Although these initiatives have led to real progress, it hasn't solved one of the most apparent issues for AHS students: recycling contamination.

Scot Jaffe, Director of Maintenance and Operations says that recycling is going well, because "All of the cans are labeled to remind the students what goes into the cans. So I think we have a pretty good record of separating, especially since we've been educating [students]." He adds, "the custodians are also responsible."

At AHS, when the custodians pick up the garbage, one of their jobs is to clean and sort through the bins, which can then be picked up by Waste Management. Jaffe explained that the recycling is collected in a clear bag, so Waste Management can see any possible contamination before pickup. If recycling is contaminated, Albany gets fined.

Allen Lewis, the day lead custodian, says, "It's basically all paper stuff here, and it just goes in the recycle Everything is already separated."

Conversely, Mazzy Howard, the night lead custodian, says, "No, we don't sort it." Then when asked about the contamination, "It's not real bad. But sometimes it [trash] do be fully in the recycling."

Despite this confusion, many teachers and students alike believe that all of the contents from both bins end up in the same location – the landfill.

Emily Surowitz, a social studies teacher, says, "I assume it just gets thrown away. It makes me sad because I know better, and then I wind up contributing to the problem."

Darren McNally, AHS principal, says, "The custodians will kind of sort it if they can. But the truth is, it's pretty hard, especially with food material, to appro-



Trash dumpster at AHS behind the gym.

Dumpster Drama

EDITORIAL

The writing of this article was sparked by the ongoing ambiguity of Albany Unified School District's waste management policies. Students consistently criticize our staff, blaming them for this problem, but have you ever considered our part in this bigger issue?

Recycling is often thrown out with trash due to contamination. We as students at Albany High School can reduce this by correctly disposing of and sorting out trash. This irresponsibility has been a pattern, creating a bad reputation.

We were banned from eating lunch at Memorial Park because of how carelessly students would just dump food wherever and expect others to clean up their mess.

As children of the Bay Area, a community that preaches ecological responsibility, we have been taught to take action to protect our planet. The blame put on the custodial staff when *our* waste is not recycled appropriately, is misplaced.

Next time you are heading to class, standing in front of the overfilled bins, take a moment to sort your trash and set a good example. It's time for us, as the student body, to take responsibility for the mess we've made. 🐾



Trash and recycling cans, with milk jug in the trash.

privately do that. So a lot of it does get contaminated.”

McNally states that the custodian's primary job is cleaning the classrooms and bathrooms, leaving little time for sorting. “It's not a priority for them,” he says. A lack of time, along with many staffing issues of the custodians, has left this issue low on the priority list.

Without a strong belief that the recycling bins actually make it to the recycling, people begin to disregard the labels on the cans, under the assumption that it's all going to the same place.

Another issue is the mislabeling of materials, or “greenwashing.” Not all products labeled as “recyclable” or “compostable” can actually be reused. When a material is labeled as recyclable without the proper facilities to reuse it, it becomes contamination.

In Albany, silverware labeled “compostable” contaminates compost

streams, as the composting facilities needed to break them down are not widely available.

In the city of Albany's Climate Action Plan, Albany set the long-term goal of achieving a 95% reduction in landfill waste by 2045. This goal, and many others set by the city, represent the broader visions from a sustainable future in Albany.

In addition to recycling, one way AUSD has worked toward more sustainability is to establish an Environmental Action Plan through a committee.

This committee, along with Jaffe, has helped initiate many new measures – transitioning to electric appliances, less single use plastic, creating separate metal and E-waste recycling, planting eco-conscious landscaping, adding centralized washers for reusable dishes in the cafeterias, and more. These are paired with ongoing efforts into how Albany can reduce its environmental impacts. 🐾

Meet the Campus Crew

BY: MAYA OSVALD, JANE KIM, AND ZEYANA TESCH-SAID

Hey there, Cougars! We have all seen our Albany High School campus supervisors walking the halls, but how well do you really know them? They keep the students safe, and help out the staff in countless ways, but who are they? Johnny Paulding, Josette Wheaton, and Josue Guevara are the wonderful people on our school's campus security team. Learn more below about the lives of our beloved campus supervisors!

Johnny Paulding

This is Johnny Paulding's second year working at AHS as a campus supervisor, but he is a familiar face to many because he had previously worked at Albany Middle School.

Wil Cason, student success coordinator says, "Behind



the dark sunglasses in his baseball team cap, Johnny's a soft teddy bear at heart. He loves our students."

Joanne Kim, senior, says, "Johnny is always just a positive face who walks around the school, you know, makes jokes, really makes me laugh. He also keeps us safe." She mentions, "We chat all the time about homecoming, and he tells me about how the staff actually did beat the students in the student versus staff knockout game."

Tenzing Chaknaksang, freshman, also has fun memories with Johnny. She says, "He listens to our jazz band when we rehearse, and he likes it! I appreciate the support."

Even though Johnny is a man of few words, he still wants to add that, "There's no place like the Bay Area. The weather, the weather, and the weather."

When it comes to working at AHS, he says, "My favorite part of the job is seeing you guys behave, and my least favorite part of the job is you guys not behaving."

And when asked if he could change any one thing about AHS, he says, "I wouldn't change anything, but I would like to add more school spirit. You just come here and then you just go. You're not cheering for anything. Not too many people at the basketball games, not too many people at the volleyball games, and not enough people go to the plays and things like that."

Josette Wheaton

Josette Wheaton has been working in security for twenty-six years, nineteen of those being at AHS. Leah Michael, Sophomore, says "she has had a very positive effect on me given the fact that when I see her, she's always asking me how I am."

Growing up, Josette wanted to be an attorney and, but her plan changed when she wanted her son to attend



AHS. She took a part time job here to keep her son in the district when he was a freshman.

She says, “[After he graduated,] there was a need for someone for the students. I connect with a lot of students and so I felt like that was important to kind of get into the youth.”

Josette loves the community and thinks of it as “one of the last places students can be outside and safe.” Even though she is happy here, she knows it’s not perfect. Josette says, “Racism still exists here. I mean, I deal with that on a day to day basis.” Josette said that throughout her career, she has been called the n-word, has been told to get out of Albany, and that she doesn’t belong here.

Despite all of this she still cheers up students who feel down. Maya Pirir, freshman, says, “she asked me about my day, and I feel like no one else does. So it’s really nice, and makes me feel seen.”

Josue Guevara

Josue Guevara has been working at AHS for four years, as one of the three campus supervisors. His job is to keep the students safe and behaving. He does this with a

welcoming smile and invitation to conversation, making people around him feel comfortable and secure.

Josue says, “I’ve done different kinds of security jobs, but this one, man, this would be one of the good ones.”

Tedra Grogans, one of the school counselors, says, “He’s just someone I feel like goes far beyond his position as a security person. He’s extremely helpful and nice. And sometimes he brings food, too, so that’s even better.”



When asked what his favorite part of his job is, Josue answers, “Talking to you guys. Making you guys feel comfortable.”

Outside of work, he says he finds time to “collect sports cards, but that’s about it.”

Grogans says, “I don’t think they understand how passionate he is about wanting to keep students safe.” When asked for three words that would describe Josue, Grogans responds with: “Loyal, dedicated, and helpful.” 🐾

STUDY SNACKS

Maple Cold Foam and Pumpkin Cold Brew

6/10

The holidays tend to bring a lot of cheer, yet we all dread the midterm season. Instead of replacing your love for fall with hatred for studying, try making each study session a little bit better with a drink! Combining the fall flavors of the Trader Joe's Pumpkin Cold Brew and the salty-sweet Maple Cold Foam with some creamer of your choice will be sure to fuel your learning.

The stress will feel much more manageable when you accompany it with something that you love. We rated this study snack 6/10 because the pumpkin cold brew had a mixture of flavours that was a bit strong and did not pair well with the salty sweet maple cold foam. The cold brew is a good choice if you want a strong fall flavored coffee but not the best choice to pair with the maple cold foam.

FRIENDSGIVING

Butternut Squash Mac & Cheese

8.5/10

Friends and family are the basis for seasonal cheer. Nothing is better than gathering with all the people you care about the most for a holiday dinner. One standout is the Butternut Squash Mac & Cheese, which is a twist on a classic favorite. It's the perfect Friendsgiving meal, the slight sweetness of the butternut squash blends perfectly with the cheese, giving it that warm fall flavor. We rated this 8/10 because the sweet butternut paired with the savory cheese was a key combination.

Aine Forrest-Flahive, sophomore, says, "I've had the Butternut Squash Mac & Cheese and it's really good. I just think the little hint of butternut squash is really interesting and adds a little twist to mac and cheese, which is one of my favorite foods."

TJ'S FALL

BY: SELDON LHAMO AND LILA WEBER

As the seasons change, we find ourselves looking forward to traditional treats. The nostalgic smell of pumpkin pie in the oven or even the hot chocolate you have every new year. Trader Joe's may be a staple in your weekly shopping trip, but have you ever noticed that those foods contribute to your everyday moments?



On top of these treats, there are so many options at Trader Joe's. For example, the Ghost and Bat Crispy Potato Snacks. When asked if he had tried the Ghost and Bat Crispy Potato Snacks, Jefferey Nielson, English teacher, said, "Oh yes I have! [My son] Gustavo is a fan of those." The El Cerrito Plaza is a common hangout spot, so it would make sense that Trader Joe's is a popular stop for everyone.

TREATS

Choosing where to shop for those moments is essential. Alyssa Seo, senior, says, "I think there are certain things that are good to get at Trader Joe's, I'll go to Safeway if I want candy and I'll go to the gas station if I want a drink, but I think Trader Joe's has just the best snacks."



No matter where you shop, the food you eat is part of your daily tradition. From study sessions to movie nights, TJ's has a fall treat for every moment. Mixed treats combine to make culinary masterpieces that add so much to your fall memories. A variety of flavors from sweet maple to butternut squash makes it easy to celebrate the fall season in your own way.

MOVIE NIGHT

Maple and Sea Salt Kettle Corn and Chocolate Mousse Pumpkins

9.5/10

Movies can be a highlight of the fall season. From classics like *The Nightmare Before Christmas* to cheesy romance flicks, we all have some key memories from the autumn season. Popcorn is the classic movie snack and the most obvious choice; however, what about mixing it with a sweet maple flavor? This Maple and Sea Salt Kettle Corn is sure to sweeten your day if it is paired with the Pumpkin mousse cakes. A single bite of the moist chocolate cake covered in chocolate mousse ends up being the best dessert you could've asked for.

These treats are sure to make your next seasonally themed movie night so much better. We rated this 9.5/10 because the sweetness of both treats were great but a little bit too sweet for some. All in all, these were the best combinations we tried!

COZY NIGHT-IN

Pumpkin Bread & Muffin Mix

7/10

After a long week, sometimes all you need is a cozy night to reset. A cozy blanket near a fireplace, a warm drink, and something freshly baked can perfect your night. The Trader Joe's Pumpkin Bread & Muffin Mix would fit into your night perfectly. It's a gluten-free, tasty snack that goes well with any meal. We rated this 7/10 because the way we baked it, it turned out a bit dry.

Nonetheless, it was a hit with other students. Talia Silverman, sophomore, says, "Yes, oh my god, it's a staple in my house. I have used it for bake sales, and you can't even tell that it's gluten-free." This mix is known for being light and fluffy, and also giving the impression of being homemade. You can add nuts or chocolate chips for a little bit of a twist to make it even tastier. Either way, this product is a must-buy. 🐾

All of her friends have commented on her impressive productivity. Alongside that, she also influences people around her to be better. Olivia Bernhard, sophomore, says, “She is so productive and she pours it onto other people.”

This year Kamada has started the AHS Climbing Club. She took inspiration from some of her teammates who had similar climbing clubs at their schools. She says, “They always talked about how great it was and it looked really fun, so I wanted to do that at AHS too.”

The AHS Climbing Club goes on monthly climbing trips to local gyms like Bridges Rock Gym and Oaks Climbing Gym. The Vice President Sophia Madamba, Sophomore, said that their club’s goal is, “to teach people to climb and get more people to start doing it.” 🐾



Kamada commits to the dyno.
Photo provided by Kamada family.

Why We Climb

“It’s meditative, it’s problem solving but it’s also physical and strenuous, and it’s a good balance of intense and calm.”

- Maxwell Prost, 12

“It uses so many major muscle groups such as, arm muscles, leg, and upper back.”

-Sarah Ward, Teacher

“The [climbing] problems are exciting and they’re a cool way to figure out how to do something.”

-Alyssa Seo, 12



Kamada eyes the zone hold. Photo Provided by Kamada family

Roar Restored:

THE COUGAR MAKES ITS COMBACK

BY: DARLA LAWSON PHOTO BY: OMAR JOHNSON

Less than a year after an article about the forgotten cougar of Albany High School, the mascot has returned. At the first home football game of the year, an anonymous AHS student came out dressed in full cougar attire.

Michelle Aselstine, a counselor and advisor of leadership at AHS, says, "We just dry cleaned it. That's it. I think they did purchase a new head, maybe like five years pre-COVID. But yeah, these are the originals from a long time ago."

Aselstine explains that before COVID, a person dressed up as the mascot fairly consistently, but because of COVID restrictions, AHS couldn't have a mascot even after everyone came back to school. Aselstine explains that with the cougar mask and a mandatory face mask it would not be smart because the cougar would have a hard time breathing and if multiple students wore the cougar mask it could spread germs. Even without a face mask, the current cougar says, "If it were a costume (because I'm a real cougar), I would say that it can be challenging to see and breathe."

The return of the cougar costume was largely a surprise to students. Aselstine states that the return was meant to be a secret and only she and the associated student body knew before the school year started.

The football team and other students were taken by surprise at the cougars debut. Football player Alton Tangsirikusolwong, senior, says, "I was like, 'Oh, shoot, it's a cougar. That's crazy!' I didn't know we were gonna have a mascot this year."

Another player on the football team, Oscar Spring, senior, had a similar reaction: "No one told us or at least no one told me [that there was going to be a mascot]. So it was surprising."

The cougar explains, "As I was roaming through Tilden Park last year, an Albany turkey let me know that AHS missed me."

Kai Tangherlini, freshman says, "I regretfully did interact with the cougar. It's very aggressive, It was like a real cougar. Did they put a real cougar in the cougar suit?"

Aselstine states, "Last year, I spoke to Mr. McNally to see if we could bring it back, because I feel it does bring a lot of school spirit." The cougar joined almost every home game at Albany and ran up and down the gym during homecoming, igniting laughter and returning high fives from watching students.

Summer Shen, junior, says that at the football game, "The cougar was cheering on the entire time and I was just wondering if he ever gets tired."



The Cougar poses at football game.

The cougar says, "My favorite part of being AHS' mascot is feeling the electric energy at games and school events." He adds, "No crowd ever seems to want to do the wave, but I'm working on it."

But the curiosity into knowing who the cougar is has gotten the best of a few students.

Students have tried to unzip the suit, and pull its head off, which chokes the cougar. Alex Brizzi, junior, followed the cougar after a homecoming event to find that it stays in character no matter where it is. He says, "Well, I expected that this person would just take off their costume after the event at lunch ended. But this person went around the entire school... [doing things] maybe some people would call corny or cringy, but I think this person was just really embodying the cougar... it was a little interesting watching them interact with a lot of people."

The cougar says, "I don't appreciate the unwelcome head yanking. I get it, you might want to see my handsome face up close, but it's not a mask. Friends, I'm literally a cougar." 🐾

Behind The Counter: The Innerworkings of the Lunchroom

BY: ZOEY OSVALD, LAYOUT BY: MICHAEL FINLEY

If someone asked you how your school food is made, could you tell them? A lot of students overlook the lunchroom, but there's actually a lot that goes on. The process starts when the ingredients are bought from corporations and local farmers; all produce bought is organic. Then the kitchen staff shows up to work from 6 a.m. to prepare breakfast and lunch for all the schools in Albany, a lot of which is from scratch. Because of this, it can take a long time. Some of the more complicated meals, such as the burrito bowl, take several days because they cook it from only simple ingredients. The meals they don't make from scratch, such as chicken nuggets or orange chicken, are a lot quicker.

Does our school waste food? Sabina Feinberg, the executive chef at Albany High School, said, "We try to make the right amount so we have a little bit extra, not too much, but we have enough for everybody, and then we are able to donate some items." According to Feinberg, they are careful about tracking how much of each food gets eaten, so they know how much to make for each meal. Currently, all food scraps that can not be donated are composted, but there are plans to start making vegetable stock out of scraps from produce.

Do you ever wonder why you have to take everything the kitchen offers instead of just a muffin or just fruit? Because school lunches are funded by the federal government, there are regulations that specify the components a meal must have for the school to be reimbursed.

For example, an approved breakfast must have a grain, a fruit, and milk, but often students only want a muffin or just fruit. Feinberg said, "I can't give out free fruit to everybody because I have to give out a breakfast meal, technically, to be reimbursed by the government for that meal." So to resolve this issue, Feinberg talks about creating a share table so that every student can take all the pieces of an approved meal and put what they don't want on the share table for other students to take.

How can students become more involved with the lunchroom? Whether you are a service student or if you're sharing your thoughts on meals, there are plenty of ways you can contribute! An easy way to do this is through the AHS food ratings on Instagram. The handle is ahs_foodratings. Feinberg said, "I really appreciate that input, and we've actually made a couple of changes based on what the people on the Instagram rating said, and so it would be cool if more people would join that." Everyone participating has really been making an impact. Because there is more staff now, she also mentioned wanting to start student taste testing and specials to help improve the menu.

The lunchroom is always working hard to ensure that students are getting the best food it can provide for the hundreds of students who are coming for breakfast and lunch every day. Feinberg said, "More and more students are participating, which I love, it's fantastic." 🐾



Mei Mei, a member of the kitchen staff, prepares lunch.



Fresh salads and sandwiches are set out in the lunchroom to be served.



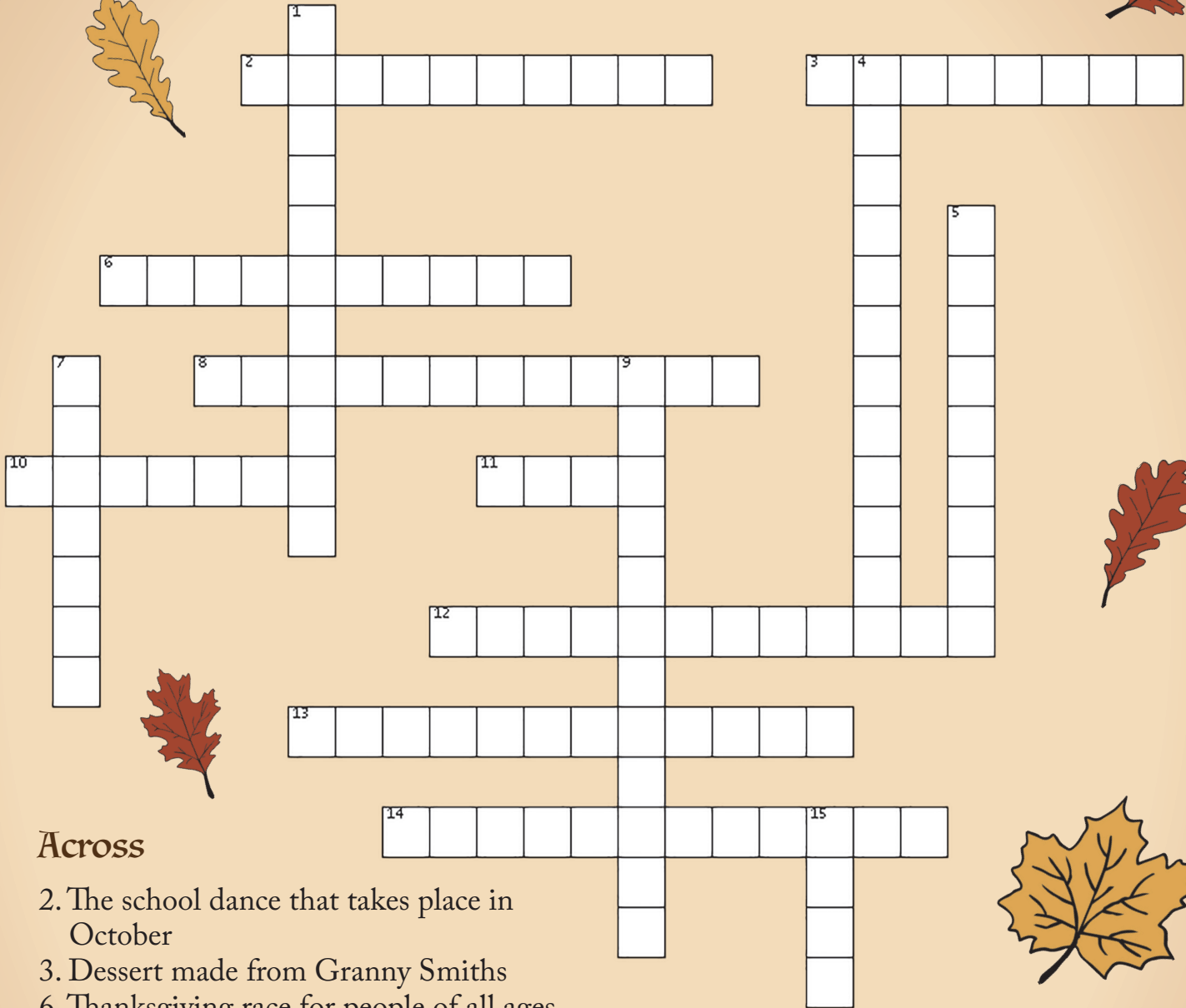
Just before lunch, Mei takes food out of the oven to be served.



Fall Crossword



BY: JOSIE JOHNSON



Across

- 2. The school dance that takes place in October
- 3. Dessert made from Granny Smiths
- 6. Thanksgiving race for people of all ages
- 8. The place to pick out the perfect pumpkin
- 10. The grade that won homecoming this year
- 11. A spiced Indian tea
- 12. A carved decoration with a glowing face
- 13. A game that girls compete in during homecoming
- 14. A frightening experience to do with friends

Down

- 1. A song that rhymes with "graveyard smash"
- 4. A seasonal fall latte flavor
- 5. A three color striped candy
- 7. Cozy knit outerwear
- 9. The catchphrase of candy collecting kids on Halloween
- 15. A popular cozy fall shoe 🐾



The Cougar Staff List

EDITORIAL BOARD:

SISSELINE LOVEJOY, THALIA SAVAGE

DARLA LAWSON, SADIE NYSTROM, MAYA OSVALD, NASIAH TESCH, LAURA GARCIA, JUDAH KUPERS

STAFF:

MICHAEL FINLEY, RAHIM HARA, JOSIE JOHNSON, OMAR JOHNSON, JANE KIM, SELDON LHAMO, LEO LOPEZ,

NINA MEIER-BOLTON, BRYN MICHENFELDER, ZOEY OSVALD, GWEN PINGREE, GOLDEN RANDOLPH,

TYLER SHEVELSON, SAMIPYA SUBEDI, ZEYANA TESCH-SAID, SUVI TROUTMAN, LILA WEBER

ADVISER:

JESSICA RHODE



Instagram:
@AlbanyHighCougar



Website:
<https://AlbanyHighCougar.com/>

Follow us on
Social Media!

Cover Photography by:

JULIAN RUIZ

*The Cougar is the student newspaper of Albany High School.
Opinion articles with bylines reflect the viewpoint of their respective authors and not necessarily the views of the entire staff.
Letters, questions, or comments may be emailed to ahs-journalism@ausdk12.org or mailed to The Cougar c/o Albany High School, 603 Key Route Blvd., Albany CA 94706.*



Want to advertise in our next magazine?

Contact us!

Email: ahs-journalism@ausdk12.org

Full color ads starting at \$45!