

Olympic High School

THE TORCH

Student-Led Newsletter: Where Tomorrow's Leaders Speak Today

MEET THE OLYMPIC WELLNESS TEAM

BY ARA REZA



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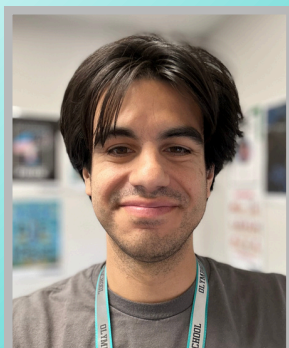
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Remembering September 11

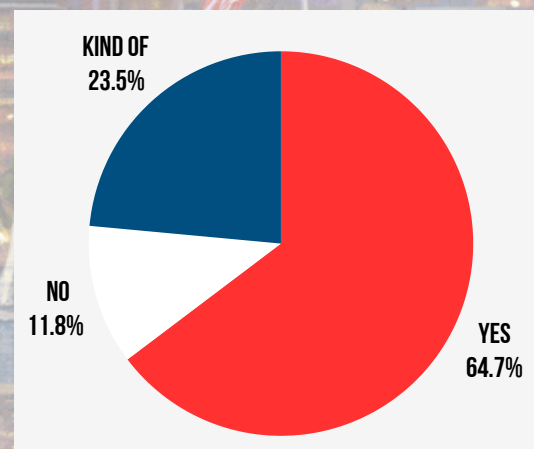
BY YARETZI DELGADO

A crisp, clear September morning changed the lives of everyone in America when symbols of American strength burst into flames and collapsed.

On September 11, 2001, coordinated terrorist attacks were carried out by a group of men against the United States. Four commercial airplanes were hijacked by 19 terrorists. Two of the planes, American Airlines Flight 11 and United Airlines Flight 175, were flown into the North and South Towers of the World Trade Center in New York City, causing both towers to collapse within hours. A third plane, American Airlines Flight 77, crashed in the Pentagon, the headquarters of the United States Department of Defense in Arlington, Virginia. The fourth plane, United Airlines Flight 93, was headed towards Washington, D.C., but crashed into a field in Pennsylvania after passengers attempted to overpower the hijackers. The attacks resulted in the deaths of nearly 3,000 out of those many civilians 416 first responders died that day. The tragedy led to widespread changes in the U.S. and global security policies.

After the events on September 11th, the Transportation Security Administration (TSA) was created requiring screening conducted by federal officials to get onto an airplane. Before that, security mostly consisted of walking through an airport metal detector to check for weapons. The events on September 11th also led to an increase in containerized cargo screening overseas and 100 percent checked baggage screening. By remembering this tragic event, we honor the victims and heroes, reinforce the importance of resilience and unity, and remain vigilant against threats to peace and security.


**OHS STUDENTS WERE SURVEYED AND ASKED
IF THEY KNEW ABOUT THE EVENTS OF 9/11
THIS IS HOW THEY RESPONDED**




BACK TO SCHOOL BLUES: NAVIGATING TEEN MENTAL HEALTH

BY KEIRI LOVOS

As the new school year returns some teens can feel extremely nervous to come back to school. Teen and adolescent mental health challenges can greatly impact the ability to learn and develop.

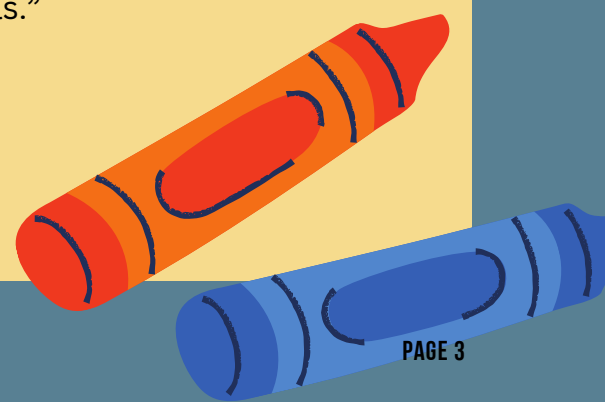


According to the World Health Organization (WHO), one in six people aged 10-19 have a diagnosable mental, emotional, or behavioral disorder, yet many of them do not receive the help they need. WHO also reports that globally, one in seven 10 to 19-year-olds experiences a mental disorder, accounting for 13% of the global burden of disease in this age group. In addition, The Center for Disease Control and Prevention reported statistics showing that during the last three years, mental health emergencies rose by 24% for children aged 5-11 and 31% for those 12-17 and a recent survey from the National Center for Education Statistics found that since the start of the pandemic, 70% of U.S. public schools reported an increase in students seeking mental health services at school. Therefore, as students go back to school, awareness of mental health should be an important part of every family and educator's back-to-school preparation.



Parents and teachers should communicate with the child to understand what they are going through and create a safe place for them to talk about concerns they have. KTVU 2 News reported that the best way for parents and teachers to help students deal with the anxiety that comes along with going back to school is to direct them to resources that can help them address their feelings because fixing the problem for them won't help them learn the coping skills they need. While the expectation is that schools provide education, they also provide opportunities for youth to engage in mental health health services.

At Olympic, we have the Wellness Center right on campus with several mental health professionals who can support students struggling with coming back to school. They provide students with resources to cope with mental health concerns and create a safe space to talk about their feelings. Emilio Pedrona, the Licensed Clinical Social Worker in the Wellness Center said, "We are here to encourage students to engage with other students, and learn different types of coping skills."



GAME ON OR GAME OVER?: VIDEO GAMES & TEEN MENTAL HEALTH

BY ELIJAH SHILLINGFORD

When talking about gamers, there is no age limit. Children, teens, and adults all love playing video games. In fact, revenue in the gaming market worldwide is forecasted to reach \$455.30bn in 2024. But, do you know the negative and positive effects that gaming can have on your physical and mental health?

According to Harvard Health, gaming has been associated with sleep deprivation, insomnia, and circadian rhythm disorders that occur whenever your body's "clock" doesn't work correctly or sync with day and night. These negative effects can be caused by gamers playing long, late-night gaming sessions leading to a disruption in sleeping patterns and less quality of sleep. It can also lead to physical health injuries including Carpal Tunnel Syndrome, which causes numbness, tingling, and pain in the hand and forearm. This condition can get worse over time.

According to Avera.org, studies show that teens with gaming disorders typically spend eight to 10 hours a day or at least 30 hours a week playing video games.

But gaming can have some positive effects when the average time playing is kept below the recommended amount. Gaming can even be a healthy way to stimulate your brain. North Boulder Counseling reports that it can help improve problem-solving skills because video games give players complex challenges and puzzles that require creative problem-solving. These skills are transferable to real-life situations, helping solve academic problems and everyday challenges.

They also reported that video games can improve concentration because many of them require sustained attention and focus, which can be useful in school and professional settings.

It is important to remember that gaming only benefits you if you limit your use to no more than seven hours a day. So the question is, how many hours do you spend playing video games every day?

Survey From OHS Students

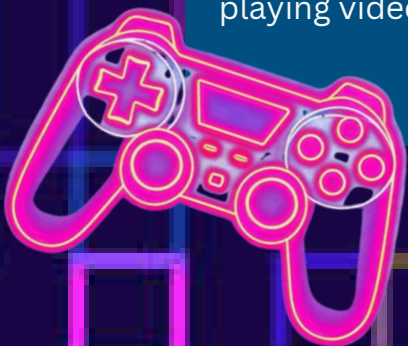
Jonathan James, 12th Grade: 1-2 hours

Bryan Moreno, 12th Grade: 1-2 hours

Sylas Vasquez, 12th Grade: 5 hours

Jezzibelle Morel, 12th Grade: 5-6 hours

Brian R., 12th Grade: 6 hours



OVER YONDR?

BY JARED GALLAGA SANCHEZ

Yondr bags were created for a few purposes. Those purposes are mostly to limit students' phone use at school. But other places use Yondr bags too such as sold out arenas, weddings, film sets, courthouses, etc.

The company began a decade ago in 2014, in San Francisco, California. Yondr bags are being implemented in schools to face the issue of student cell phone usage.

Phone use can be a big issue for some people, especially younger people. Teens ages 13-17 are in the developing years of life and things like social media can affect some of them. Lack of guidance from trusted adults or just general knowledge about the internet sometimes leads to phone addiction. Overuse of cell phone usage can lead to things like anxiety, depression, negative self-image perception, and communication issues.

People say a benefit of the Yondr bags is that when people are off their phones, it encourages them to be mindful of themselves and their environment.

Yondr bags are being used in all 50 states of America and 27 different countries.

I interviewed some students on campus about their opinions of the Yondr Bags and this is what they said: "They're alright...you can be less distracted without them [cell phones]." - Jeremy Nunez

Victor Ramirez said, "We should at least be able to use our phones during lunch... not getting distracted is good though; we need them to focus."

Elly Garcia said "It's a good way of being more active in the class. It helps expand students' attention-span. It's a good thing for students to not have to worry about what's going on outside of school. Elly has no issues with the pouches and says, "It's better for my mental health."

Most concerns about the bags come from some students, like myself. I personally don't always see the point of the bags. I think that a student is going to either work on their assignments or not, regardless if they have their phones. I think the Yondr bags are useful for those who need them. Maybe they could make it optional to get one and have the parents decide if their child needs one.

Click the image to watch *Merit Street's* segment about the topic featuring OHS Students



ANCIENT AZTEC PYRAMID:

MODERN DAY COLLAPSE

BY JARED GALLAGA SANCHEZ

In the humble state of Michoacán, Mexico, a Pyramid was partially destroyed by heavy rain near Lake Pátzcuaro. The pyramids in this area are over 1000 years old and were originally constructed by the ancestors of the modern-day Purépecha people. The Purépecha people are an Indigenous group of people in the northern state of Michoacan, Mexico. The pyramid is actually thought to have been used for human sacrifices to Curicaueri - the great fire, a sun god, associated with the sun and victory. Researchers from the Michoacan Center of the National Institute of Anthropology and History (INAH) stated that high temperatures and droughts caused cracks in the pyramid. When heavy rain came after three years of extreme heat, water seeped through the cracks and caused the structure to collapse on July 29. The day after archaeologists went to check out the damage and were focused on repairing it. Humans can help preserve these historical sites and artifacts by helping fight against climate change, droughts, tropical storms, etc, which can damage human history.



TOP VIDEO GAMES OF 2024

BY ELIJAH SHILLINGFORD



Helldivers 2- RATED T

Helldivers 2 is a 2024 cooperative third-person shooter game developed by Arrowhead Game Studios and published by Sony Interactive Entertainment. The game is the direct sequel to Helldivers, a 2015 top-down shooter. It was released for PlayStation 5 and Windows on 8 February 2024.



Final Fantasy VII Rebirth-RATED T

Final Fantasy VII Rebirth is a 2024 action role-playing game developed and published by Square Enix. The game is a sequel to Final Fantasy VII Remake and the second in a planned trilogy of games remaking the 1997 PlayStation game Final Fantasy VII.



Elden Ring Shadow of the Erdtree RATED M

Elden Ring is a 2022 action role-playing game developed by FromSoftware. It was directed by Hidetaka Miyazaki with world building provided by American fantasy writer George R. R. Martin.



Tekken 8- Rated T

Tekken 8 is a fighting video game developed by Bandai Namco Studios and Arika and published by Bandai Namco Entertainment. The game was released for the PlayStation 5, Windows, and Xbox Series X/S on January 26, 2024. It is the eighth canon release and tenth overall entry in the Tekken series.

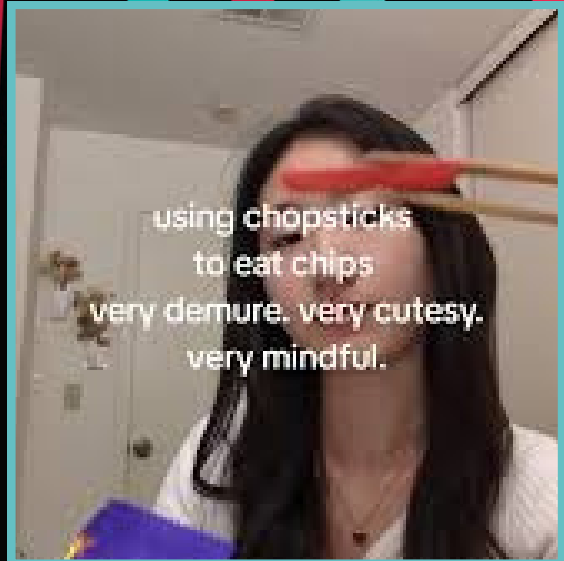
TRENDING ON TIK TOK

BY YARETZI DELGADO & ASHLEY SANCHEZ



JUST GIVE ME MY MONEY

The trend sees a group of people repeating a motif until the last person does it, and they are the victims of the prank. One by one, the group will say "Just give my money", and then the rest of the group jump, clap and cheer. It is unclear where the trend came from, but many credit its origin to Kai Cenat. A streamer with over 12 million followers on Twitch.



VERY DEMUR, VERY MINDFUL

Jools Lebron, a Chicago-based social media content creator, gained over 2 million TikTok followers when her "very demure very mindful" quote went viral. The phrase used to describe her makeup, hairstyle, and perfume was quickly embraced by other influencers, supporters, and celebrities.



WHAT'S IN MY BAG

Posting a video showing a favorite movie of yours playing on your phone inside your bag with the text "What's in my bag".



LET'S BE FINANCIALLY RESPONSIBLE

Posting a TikTok lip-syncing to a viral song then showing something you love to spend money on when the piano hits.

HISPANIC HERITAGE MONTH

AROUND THE BAY

BY: ASHLEY SANCHEZ

Click any
image to learn
more!



Pachanga!

Latino Heritage Month Celebration

Saturday, September 14, 2024

11:00 AM - 3:00 PM

50 Wembley Drive
Daly City



This is an event here in the Oakland Coliseum to celebrate Hispanic Heritage month where there will be a game against the Detroit Tigers. There will be folklorico and there are sign ups to be part of the folklorico dance!!!

Friday, September 6

6:40 PM



Saturday, Sep 14 2024 at 08:00 am to 10:30 am

Luna Mexican Kitchen, 1495 the Alameda, San Jose

This event will be held in San Jose there will be tickets online to attend in person or there are options to attend the event virtually.



Sunday, September 22 11am-1pm

Fountain Pavilion Park

It is an event celebrating Hispanic Heritage Month at The Veranda in Concord where they will be folklorico dancing.

HISPANIC HERITAGE MONTH

RECIPES



Horchata is a classic Mexican dessert drink that you've likely come across at your local Mexican restaurants. Although the ingredients might not seem like an obvious match for a beverage, this drink is incredibly tasty. The rice water mixes perfectly with the milk and cinnamon, creating a blend with just the right level of sweetness. It's truly refreshing.

Ingredients

- 1 cup uncooked white rice
- 4 cups water
- 12 ounces evaporated milk
- 1/2 cup milk
- 2/3 cup granulated sugar
- 1 tablespoon vanilla extract
- 2 teaspoons ground cinnamon

Directions

1. Pour the rice and water into a blender. Let soak at room temperature 3 to 4 hours, or up to 12 hours, until rice is softened.
2. Strain and reserve the rice infused liquid and discard rice, or keep the rice in the water (see recipe notes).
3. Add in the evaporated milk, milk, sugar, vanilla extract, and ground cinnamon in with the rice and water.
4. Blend on high until completely smooth. Serve chilled or over ice.



This homemade restaurant-style salsa is perfect served with tortilla chips or as a topping over your favorite Mexican food, like tacos, burritos, taquitos and so forth. Homemade salsa is the best party dish around!

Ingredients

- 1 1/4 lbs ripe Roma tomatoes* (about 5 - 6)
- 1 (14.5 oz) can petite diced tomatoes**
- 2 green onions,*** ends trimmed, chopped into thirds
- 1/3 cup chopped red onion (about 1/4 of a medium)
- 1 jalapeno pepper,**** seeded and roughly chopped
- 1/3 cup fresh cilantro (about a handful)
- 1 large clove garlic, roughly chopped
- 2 Tbsp fresh lime juice
- 1/2 tsp chili powder
- 1/4 tsp ground cumin
- Salt and pepper to taste

Directions

1. Combine all ingredients in a food processor and pulse in 1 second bursts until all ingredients are finely chopped.
2. Serve with tortilla chips. Note that salsa always tastes best after it's been refrigerated for a few hours, so if time allows let the flavors marinate together before serving.
3. Store in refrigerator up to 1 week

CELEBRITY BIRTHDAYS SEPTEMBER

BY ARA REZA

September 1
1996



Zendaya Maree Stoermer Coleman is an American actress and singer. Her accolades include two Primetime Emmy Awards and a Golden Globe Award. Time named her one of the 100 most influential people in the world in 2022

September 4
1972



Beyoncé Giselle Knowles-Carter is an American singer, songwriter, and businesswoman. Nicknamed "Queen Bey", she is regarded as a prominent cultural figure of the 21st century and has been recognized for her distinct vocal range

September 6
1972



Idrissa Akuna Elba OBE is an English actor, rapper, singer, and DJ. He is best known for roles including Stringer Bell in the HBO series The Wire, DCI John Luther in the BBC One series Luther, and Nelson Mandela in the biographical film Mandela: Long Walk to Freedom

September 9
1986



Adam Richard Sandler is an American actor and comedian. Primarily a comedic leading actor in films, his accolades include nominations for three Grammy Awards, five Primetime Emmy Awards, a Golden Globe Award, and a Screen Actors Guild Award



CELEBRITY BIRTHDAYS OCTOBER

BY ARA REZA

October 12
1968



Hugh Michael Jackman is an Australian actor. Beginning in theatre and television, Jackman landed his breakthrough role as Wolverine in the X-Men film franchise

October 17
1972



Marshall Bruce Mathers III, known professionally as Eminem, is an American rapper and music producer. He is credited with popularizing hip hop in Middle America and is regarded as among the greatest rappers of all time.

October 21
1980



Kimberly Noel Kardashian is an American media personality, socialite, businesswoman, and actress. She first gained media attention as a friend and stylist of Paris Hilton

October 20
1971



Snoop Dogg is an American rapper and songwriter who became one of the best-known figures in gangsta rap in the 1990s and is for many the epitome of West Coast hip-hop culture

HAPPY BIRTHDAY

September

Leonardo Garcia	9/6
Gonzalo Villasenor Gudino	9/7
Jacob Penvy-Judd	9/7
Ms. Simone Hernandez	9/8
Katia Juarez	9/14
Isaiah Mikkola	9/14
Heidi Campos	9/15
Gabriel Santellan	9/17
Brianna Gonzaalez	9/18
Henry Ruelas-Espejel	9/18
Yasmin Gomez	9/20
Joahann Contreras	9/21
Ms. Ryan	9/23
Jaezzibelle Morel	9/24
Layla Vanderver	9/24
Crystian Martinez Gonzalez	9/25
Aleza Larios Ramos	9/25
Edgar Caal Xona	9/26
Emilio Ayala	9/27
Maykeling Amador Calero	9/28
Ethan Travis	9/29

October

























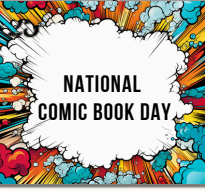



Kayla Hegarty	10/1
Adam Lanham	10/1
Iyanna Alford	10/2
Niyah Braggs	10/3
Jose Ruvalcaba Carbajal	10/4
Ms. Amanda	10/7
Leslie Sanchez Sanchez	10/8
Yaretzi Delgado-Serrano	10/9
Ara Reza	10/10
Pavel Olivio Plascencia	10/13
Alvaro Zavala	10/13
Monica Fliehmman	10/14
Ms. Prater	10/22
Norberto Lopez Padilla	10/23
Ms. Lori	10/24
Eren Gomez	10/25
Jesus Orozco Torres	10/29
Sione Taimani	10/29
Eduardo Escobar Ventura	10/30

National Day Calendar

Each day this month brings an opportunity to celebrate and recognize many themes and causes. From appreciating the changing seasons to honoring cultural events, September offers a chance to connect, reflect, and engage with daily observances. Explore each day's significance and join in the celebrations that resonate with you.

BY HEIDI CAMPOS

September

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 National Pink Cadillac Day 	2 LABOR DAY 	3 NATIONAL SKYSCRAPER DAY 	4 NATIONAL WILDLIFE DAY 	5  INTERNATIONAL CHARITY DAY	6 NATIONAL READ A BOOK DAY 	7 INTERNATIONAL BACON DAY 
8 GRANDPARENTS DAY 	9  TEDDY BEAR DAY	10 WORLD SUICIDE PREVENTION DAY 	11 23RD ANNIVERSARY OF 	12 NATIONAL CHOCOLATE MILKSHAKE DAY 	13  NATIONAL DOODLE DAY	14 NATIONAL EAT A HOAGIE DAY 
15 WIFE APPRECIATION DAY 	16 MEXICO INDEPENDENCE DAY 	17 NATIONAL GYMNASTICS DAY 	18 NATIONAL RESPECT DAY 	19  INTERNATIONAL TALK LIKE A PIRATE DAY	20 NATIONAL PUNCH DAY 	21  INTERNATIONAL DAY OF PEACE
22  FIRST DAY OF AUTUMN	23 NATIONAL fAmIly DAY 	24 NATIONAL VOTER REGISTRATION DAY 	25 NATIONAL COMIC BOOK DAY 	26 NATIONAL PANCAKE DAY 	27 WORLD TOURISM DAY 	28 NATIONAL GHOST HUNTING DAY 
29 NATIONAL COFFEE DAY 	30 INTERNATIONAL PODCAST DAY 