Olympic High School

THE TORCH

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Celebrating AAPI Month

By Jayden Flores

Asian American and Pacific Islander (AAPI) Heritage Month is an annual celebration in May that recognizes the contributions, history, and cultures of Asian Americans and Pacific Islanders in the United States. (AAPI) Heritage Month includes a large range of ethnicities and nationalities, including those from East Asia (China, Japan, Korea), Southeast Asia (Vietnam, Thailand, the Philippines), South Asia (India, Pakistan, Bangladesh), and the Pacific Islands (Melanesia, Micronesia, Polynesia). In June of 1977, U.S. Representatives Frank Horton of New York and Norman Mineta of California introduced a resolution to establish Asian Pacific Heritage Week, to be celebrated each year at the beginning of May. In 1992, Congress passed Pub. L. No. 102-450, which permanently designated May of each year as "Asian/Pacific American Heritage Month." The month of May was chosen to commemorate the immigration of the first Japanese to the United States on May 7, 1843, and to mark the anniversary of the completion of the transcontinental railroad on May 10, 1869. The majority of the workers who laid the tracks were Chinese immigrants. Some well-known people in the AAPI community include Patsy Mink, who was the first woman of color and Asian American elected to the U.S. House of Representatives, Anna May Wong who was a pioneering actress, she was the first Asian American star in Hollywood. Kamala Harris who was the 49th vice president of the United States. Lastly, Jackie Chan, a Hong Kong actor, filmmaker, and martial artist famous for his acrobatic stunts and comedic timing in films like "Rumble in the Bronx" and "Rush Hour". During AAPI Heritage Month in the Bay Area, there are various celebrations highlighting the contributions and culture of Asian Americans and Pacific Islanders. Events range from cultural festivals and performances to art exhibitions and educational workshops. You can check out your local library or city websites for information.

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EDITOR:
Jayden Flores

Jewish Holidays

CELEBRATING JEWISJ HERITAGE MONTH

BY JAYDEN FLORES



Shemini Atzeret and Simchat Torah

Shemini Atzeret is mentioned in the Torah, and so is an anomaly in the rabbinic holiday category, but it was the rabbis who imbued it with meaning. Originally described in the Torah as an eighth day of the pilgrimage festival of Sukkot, the rabbis declared that Shemini Atzeret was to be celebrated as a holiday in its own right. The second day was later called Simchat Torah, the day of rejoicing in the Torah, on which the ritual reading of the Torah is completed and begun all over again. (In Israel and in many contemporary liberal communities, Shemini Atzeret and Simchat Torah are celebrated simultaneously on one day, not two.)



Yom Kipper

Yom Kippur is described as a day on which the Israelites are to practice self-denial (later understood to mean fasting and the refraining from several other activities) and to seek expiation for their individual and communal transgressions.

This is a biblical holiday that is mentioned in both the Torah (such as Passover) or other books of the Hebrew Bible.



Yom Hashoah

Yom Hashoah, or Holocaust Remembrance Day, was created by the Israeli Knesset (Parliament) to remember the approximately six million Jewish victims of the Holocaust in Europe.

Click any image to learn more about each notable Arab American!

Celebrating Arab American Heritage Month

BY JAYDEN FLORES



Donna Shalala

Donna Shalala served as the U.S. secretary of health and human services from 1993 to 2001, becoming the longest-serving individual in that role and significantly advancing public health initiatives. Under her leadership, the department expanded healthcare access, improved health outcomes and implemented important reforms, including the Children's Health Insurance Program.



Farouk El-Baz

Farouk El-Baz, an Egyptian American geologist, played a crucial role in the Apollo space missions, helping to select landing sites on the moon and training astronauts in lunar observations. His contributions to space exploration have earned him numerous accolades, including NASA's Apollo Achievement Award. El-Baz's work extends beyond space science



Danny Thomas

Danny Thomas, a beloved entertainer and philanthropist of Lebanese descent, founded St. Jude Children's Research Hospital in 1962, revolutionizing the treatment and research of catastrophic pediatric diseases. His vision ensured that no child would be denied treatment based on race, religion or their family's ability to pay.



Ibtihaj Muhammad

Ibtihaj Muhammad made history as the first Muslim American woman to wear a hijab while competing for the U.S. in the Olympics, earning a bronze medal in fencing at the 2016 Rio Games. She is also an outspoken advocate for diversity and inclusion, using her platform to challenge stereotypes and promote greater understanding of Muslim Americans.

IMAGE SOURCE: GOOGLE IMAGES



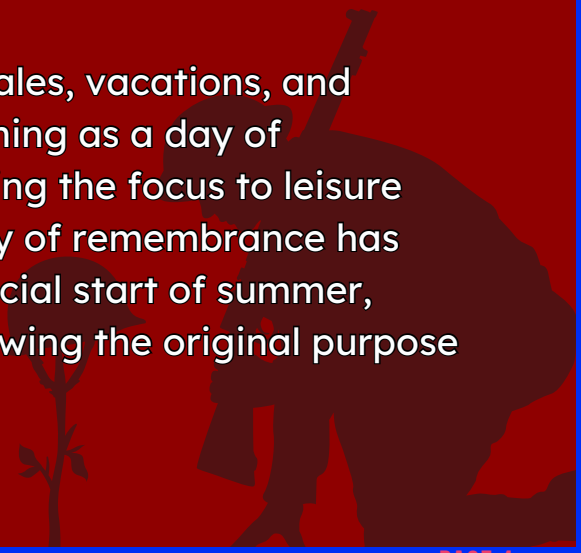
MEMORIAL DAY

Jayden Flores



Memorial Day, originally known as Decoration Day, emerged in the years following the Civil War in the late 1860s as a way to honor those who died in service to the country. Memorial Day evolved from honoring Civil War soldiers to commemorating all American military personnel who died in service. For decades, Memorial Day continued to be observed on May 30th, the date General Logan had selected for the first Decoration Day. But in 1968, Congress passed the Uniform Monday Holiday Act, which established Memorial Day as the last Monday in May in order to create a three-day weekend for federal employees. The change went into effect in 1971. The same law also declared Memorial Day a federal holiday. Traditions for Memorial Day include visiting cemeteries and memorials to honor fallen soldiers, placing flags on graves, and participating in parades, while also observing a national moment of remembrance at 3pm, local time, a moment of silence is observed to remember those who have died in military service. Some people even wear red poppies as a symbol of remembrance. The red poppy came to symbolize the blood shed by those who fought and those who continue to fight for our country following the publication of the wartime poem, “In Flanders Fields,” written by Lieutenant Colonel John McCrae, M.D. while serving on the front line in World War I, to honor soldiers killed in battle.

The commercialization of Memorial Day, with sales, vacations, and summer festivities, has diluted its original meaning as a day of remembrance for fallen service members, shifting the focus to leisure and consumerism, what was once a somber day of remembrance has become increasingly associated with the unofficial start of summer, barbecues, and weekend getaways, overshadowing the original purpose of honoring those who died in service.



MENTAL HEALTH
AWARENESS MONTH

By James Mauritho

Every May, we celebrate Mental Health Awareness Month to remind people how important mental health is. It started way back in 1949 with a group called Mental Health America, and since then, it's become a big deal all over the world. The point of the month is to make people more aware of mental health problems, get rid of the shame around it, and make it easier for people to get help. Mental health disorders have the potential to affect everyone; depression, anxiety, and overwhelming stress can mess with how we think, feel, and act. These problems are super common, but we don't talk about them enough. A lot of people keep quiet about their mental health because they're afraid of being judged. That's why it's so important to talk more about it. If we talk about mental health, it helps make people feel less ashamed and more willing to get help if they need it. One other big reason why this month matters is that not everyone has access to mental health care. Therapy can be really expensive, and not everyone has insurance that covers it. This makes it even harder for people to get the help they need. By raising awareness, we can push for better resources, more affordable care, and more funding for mental health services. Mental health is just as important as physical health, and we must treat it that way. We should create a world where it's okay to talk about mental health problems without feeling embarrassed. The more we talk about it, the easier it is for everyone to get help when needed. Mental health shouldn't be something people hide or feel bad about.

There are lots of ways you can help out when it comes to mental health awareness. First, you can start conversations. If you think a friend or family member is struggling, ask them how they're doing and really listen to what they say. Sometimes just talking about it can help them feel better. If someone you know is struggling, be there for them. Let them know you care. You don't have to have all the answers, but showing that you're there can make a huge difference. If they need help, encourage them to talk to a professional, like a therapist or counselor. Another way to help is by learning more about mental health. If you understand mental health problems and how they affect people, then the more you know, the easier it is to help others. Taking care of your own mental health is just as important. It's important to do things that make you feel good, like doing a hobby, going on a walk, listening to music, or learn something new, even if you may not be interested in it, and first, learn about it along with learning yourself.

At the end of the day, Mental Health Awareness Month isn't just about focusing on mental health in May; it's about making sure we all care about mental health all year long. So, always be there for your friends, family, and anyone who's struggling. We all deserve to be okay, and we should make sure no one has to deal with mental health problems alone.

Click any image to find the recipe!

Mother's Day Brunch Recipes

William Gorrell



Bacon Pancake Dippers

These delicious, quick, and easy recipe is all that you need to make a delicious snack for your Mother's Day brunch that almost nobody can resist !



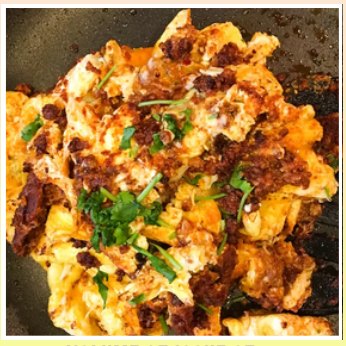
Huevos Rancheros

A perfect blend sweet and savory tomatoes and onions, and the combination of egg, beans and tortilla that's to die for



French Toast

A classic side dish that nobody and resist especially when paired with fruit



Scrambled Eggs with Chorizo

This is a perfect blend of meat, egg, and cheese that will certainly bring a smile to your mother face when you take this off the stove

IMAGE SOURCE: GOOGLE IMAGES

Click any image to find the how to make the gift!!

Mother's Day DIY Gifts

Sienna Koski



Flower Soaks

Makes bath time for mothers more relaxing and is a pretty bathroom decoration most mothers would love.



Breakfast in Bed

A great way to start the morning is a breakfast in bed for the best mothers. Let her see you make all the food with love!



Hand-Made Pop-Out card

Any mother would love and be more than grateful for a handmade card from the heart; it's never about the money, but the time and thought spent on the gift



Homemade Candles

Not only are candles a great smelling gift it makes a fun and pretty craft that anyone can enjoy doing and you can customize the scent to your mothers favorite.

IMAGE SOURCE: GOOGLE IMAGES

Happy Mother's Day

OHS COMMUNITY SENDS MOTHER'S DAY MESSAGES!

I would like to give a shout out to all of the mommies on campus. I would like to especially give a shout out to the mommies in room 40. Keep doing great work, MDUSD appreciates you! :)
-Anna Ramos

I love you mom you the best better than the rest put it to the test you could never be less. BARS!
-Aston Henry

Hola ma buen dia !!!!!!!!
-Juan Haro

Thank You for always supporting me and always believing In me. Thank you for everything you've done for me and keep doing for me. Your cooking Is always the best no matter what It Is. Have a good Mothers Day!
-Christopher Amaral

I love my mom and only my mom
-Damien Garcia

I want to thank mom for always being there and supporting me no matter what.Thank you for your love and support. She will always be loved by her kids no matter how many arguments or disagreements we have, thank you for never giving up when I was being such a difficult person.
-Citali Villafana

I appreciate my mom for all the love and opportunities she provides to me. she makes sure i'm happy and taken care of all on her own. without her i would've never been able to be the person i am she did a great job raising me and my siblings, and for that i love her very much.
-Jazmyne Ardebili

I want to thank my mom, for all the love and support you give me and my brothers. You are the heart of our family, the sacrifices you've made for us haven't gone unnoticed and I appreciate you for everything you do for us. All that I am or ever hope to be is thanks to you, I certainly would not be the person I am today without your love and guidance. I know I was troublesome growing up, sorry for all the problems and headaches I might have caused, I love you.
-Jayden Flores

Happy mothers day to my loving mother who has brought me into this world as well as all of the others who put in the work raising their children into becoming their best self. you put in a lot of time, work, and effort to give us the best life we can and you deserve the world for giving us yours, remember to keep being the best mother one can ask for
-William Gorrell

2017 Chevrolet Silverado 1500 Z71 4WD

BY ALEX ARCEO

CLICK ANY IMAGE TO LEARN MORE!



CAR DESCRIPTION

In 2017 Chevy created this monster of a truck. Chevy made this black Silverado look meaner and Chevy put thicker tires and off-road suspension for the truck. It also comes with Rancho Monotube shocks.



INTERIOR

The 2017 Chevy Silverado model comes with a screen for Bluetooth and maps. The inside of the truck is very roomy and has a brown interior mixed with this grayish black. On the wheel it has options to play the next song or to put an option to allow you to keep the same speed while on the highway.



ENGINE

The 2017 Chevrolet Silverado 1500 Z71 4WD comes with a strong 5.3 liter V-8 with 355 horsepower and 383 pounds-feet of torque. It's a very well reliable engine and has a very nice sound to it when a X-pipe or H-pipe is added.

IMAGE SOURCE: GOOGLE IMAGES

PLAYLIST PICKS

BY PRISCILLA REINHARDT



System Of A Down

An Armenian-American nu metal band formed in Glendale, California, in 1994. The band has hits such as "Chop Suey" and "Toxicity" while also being known for their political lyrics. Since 1997, the band has consisted of founding members Serj Tankian, Daron Malakian, Shavo Odadjian, and John Dolmayan.



Linkin Park

An American rock and nu metal band formed in Agoura Hills, California. The band rose to international fame with their debut "Hybrid Theory" in the year 2000. The band was active from 1996-2017 until Chester Benningtons suicide in July. In September 2024, Linkin Parks reformation was announced with new frontman Emily Armstrong.



Snot

An American nu metal band from Santa Barbara, California. Their only album released in 1995, "Get Some" with founder and lead vocalist Lynn Strait. The band started working on their second album, however, on December 11th, 1998, Strait got into a car accident and died. The band disbanded following Strait's death, with fellow band member stating, "We can't go on without Lynn. It's just bulls***t when bands do that."



Mish

An Australian Dj who's known for her dynamic sets infusing hard style and notable collaborations with Sickmode and Krowdexx. Shes preformed at major events like EDC Mexico and Tomorrowland.

IMAGE SOURCE: GOOGLE IMAGES

PLAYLIST PICKS

By Alex Areceo



Los Tigres Del Norte

One of the best bandas to come out of Mexico in 1968. They have sold over 40 million albums. They have also received Latin Grammy Awards and regular Grammy Awards.



Kid Frost

Started music in 1982 and is a Mexican Chicano Artist who lived in LA. In the song LA RAZA, he talks about Brown Pride and what Brown people go through.



Chalino Sanchez

The king of corridos .
He was the youngest of 8 children.
He shot and killed a man that raped his sister. His brother died at Tijuana in a hotel and that inspired him to write his first corrido.



Eazy E

Co founded ruthless records and started the group N.W.A with Dr. Dre and Ice Cube. He was a drug dealer using the money to co found a label. Eazy E best album is Straight Outta Compton

IMAGE SOURCE: GOOGLE IMAGES

Credit Crushers

By Jayden Flores

Term 6

Adam Lanham
Alexandra Avelar-Torres
Arely Guzman Cruz
Aurora Lopez-Robles
Ashley Islas Rodiles
Alia Zaragoza
Andrea Toribio Arzate
Aldrich John Candasa
Alejandra Toribio Arzate
Angelysse Ochoa
Arturo Sandoval
Brian Ascencio Carillo
Briana Ramirez Guerra
Bella Sosa
Beautiful Taylor
Bryan Moreno Miranda
Carlos Rodriguez
Cynthia Ortiz
Cash Smith
Christian Canova
Ciara Gallegos
Diana Rodriguez
Denis Guzman Deleon
Diarrianna Harris
Dasheme Coleman
Dominique King
Daniel Vazquez
Elmer Ba Maquin
Emigdio Moran Villa
Elmer Andres Perez
Elijah Shillingford
Edwin Cibrian Andrade
Elly Garcia
Emilio Ayala
Elias Zuniga
Felix Cruz Quezada
Giovanni Zarate Garibay
Gasper Sanchez Caba
Israel Castillo Taleno
Julian D.J. Espejo Ceron
Johann Contreras
Julien Lopez
Jocelynn Mesa Salas
Jenna Gray
Jorge Zarate Ibarra
Joel Rincon
Jacqueline Magallon
Jaylen Dunkley-Wagner
Jose Balanzar Ojeda
Jayden Flores
Jorge Ruiz
Jorge Guzman
Juana Ochoa Alonzo
Jose Tolento Meza
Jeremy Nunez Ruiz
Jordan Ennik
Jose Xol Cac
Jose Salazar
Julia Navarro Ceja
Jonathan Williams
Jacob De Rosas Herrera
Julia Cardenas
Jeronimo Choc
Jesus Orozco Torres
Kate Mejia Zuniga
Kayla Hegarty
Katia Juarez
Kelly Miles
Kaylee Galvin
Layla Vanderver
Leslie Sanchez Sanchez
Leonardo Garcia
Leonel Luna Silva
Leslie Sanchez Sanchez
Litia Tufunga
Leyla Gutierrez
Marley Gonzales
Miriam Vazquez
Marcello Canas
Marcela Jose Menjivar
Neri Vac Sacul
Nahida Kirkham
Norberto Lopez Padilla
Nayeli Orozco Ochoa
Omar Lares
Oscar Gallegos
Prisila Lopez Torres
Ronnie Crawford
Roberto Villanueva
Rosa Prado Navarijo
Rechel Mora Largaespada
Santino Esquivel
Ronald Morton Jr
Savannah Knowles
Samir Azizi
Sofia Martinez
Stafford Williams
Turmaine Daniels
Toni Snyder
Vanesa Vazquez Rodriguez
Valeria Avila Ceja
Yazmin Gomez

Happy BIRTHDAY

By jayden Flores

Nahida Kirkham 05/01

Jasmine Gallegos 05/02

Arturo Sandoval 05/04

Ms. Bennie Ebias 05/06

Marcello Canas 05/09

Mr. Jorge Iniguez 05/09

Lily Lorona 05/11

Mariana Arzate Valladolid 05/14

Jorge Zarate Ibarra 05/14

Fatima Villa Vega 05/16

Ms. Davis 05/16

Mr. Duenas 05/16

Darrianna Harris 05/18

King Knowles 05/20

Dasheme Coleman 05/22

La'niya Jefferson 05/22

Neri Vac Sacul 05/26

Justin Bernardo Sanchez Manuel 05/29

Ms. Martin 05/29

A Daily Dose of Observances

May is filled with national and global observances, with each day dedicated to celebrating someone or something special! From recognizing everyday objects to appreciating life's little joys, these observances offer the perfect excuse to smile, step away from routine, and enjoy some fun activities. Whether you want to add a touch of humor to your day or learn about meaningful celebrations happening across the country, this calendar will bring you a daily dose of amusement and joy throughout the month!

By

May 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 May Day	2 National Play Your Ukulele Day	3 International Astronomy Day
4 International Permaculture Day	5 Cinco De Mayo	6 National Teacher Day	7 National Roast Leg of Lamb Day	8 Coconut Cream Pie Day	9 Lost Sock Memorial Day	10 National Shrimp day
11 Mothers Day	12 Full moon/ Flower Moon	13 Fruit Cocktail Day	14 Dance Like a Chicken Day	15 International Family Day	16 Pizza Party Day	17 National Armed Forces Day
18 National Visit Relatives Day	19 Barber Mental Health Awareness Day	20 National Rescue Dog Day	21 National American Red Cross Founder's Day	22 International Day of Biological Diversity	23 Lucky Penny Day	24 National Brother's Day
25 May Revolution Day	26 Memorial Day	27 Sunscreen Day	28 National Brisket Day	29 National Paperclip Day	30 National Heat Awareness Day	31 National Smile Day