Olympic High School

THE TORCH

Student-Led Digital Newspaper: Where Tomorrow's Leaders Speak Today

MARCH 13, 2026
VOLUME 08 ISSUE 06

MONTHLY OBSERVANCES

Women's History Month

Women's History Month is important because it teaches us about women who made a difference. It helps people see the contributions of women in history, science, and society. It reminds us to treat everyone fairly and value everyone's achievements. The first Women's History Week started in 1978 in California. Teachers and community leaders helped spread the idea across the country. As more people supported it, the government expanded it to the entire month of March. It is celebrated every March in the United States. Women's History Month reminds us why equality is still important today. See what our journalism staff has in this issue to honor Women's History Month!

Arab-American History Month

Arab American Heritage Month is a month in April that celebrates the history, culture, and achievements of Arab Americans in the United States. About 3.7 million Arab Americans live in the United States. That means millions of people in the U.S. have roots in Arab countries and cultures. There are also 22 Arab nations. Arab American Heritage Month began as a way to recognize and celebrate the history and contributions of Arab Americans. It also helps people learn more about Arab culture and promotes understanding.

Inside This Issue:

Observances
Pages 1-6

Recipes
Pages 7-8

Sports
Pages 9-10

Finance
Pages 11-12

Spring Specials
Pages 13-15

Campus Celebrations
Page 16-18

Calendars
Pages 19-20

Student Reporters:

Isabella Hernandez
Ashley Massa
Brooklynn Eagles
Adrian Quijano-Brito
August Abbott
Julie Cabrera
Drew Gourley
James Mauritho
Adrian Davis

Bay Area
WOMEN IN HISTORY

By Brooklynn Eagles

Ruth Asawa



(1926–2013)

Ruth was a Japanese American who lived in San Francisco. Elevated public art in SF, strengthened arts education in public schools, advocated for community-based creativity, and inspired generations of Bay Area artists.

Diane Fienstein



(1933–2023)

Diane was an American Democratic politician from San Franciso. She was the first female mayor of S.F. and a strong supporter of gun control, She was one of California's most influential senators.

Joan Baez



(1941-)

American folk singer and activist who played an important role in the 1960s protest music scene in the San Francisco Bay Area. Through concerts and activism in the region, she helped make the Bay Area a center for civil rights and anti-war movements.

Kamala Harris



(1964-)

Served as District Attorney of San Francisco and later Attorney General of California. Her work on criminal justice and public safety influenced policies across the San Francisco Bay Area before she became a U.S. senator and the first woman Vice President.

IMAGE SOURCE: GOOGLE IMAGES

The Origin of St. Patrick's Day

BY AUGUST ABBOTT

This fun-filled holiday began from St. Patrick, patron saint of Ireland. He grew up in Roman Britain, but was kidnapped by the English at the age of 16. He was then sent to Ireland as a slave, but eventually escaped. He came back many years later to spread the word of Christ in Ireland, converting people to Christianity. He established many monasteries, schools, and churches all around Ireland. He passed away only 30 years after returning on March 17, 461. There were many legends about him, such as that he drove snakes out of Ireland, or that he explained the holy trinity by using a shamrock. After his death people of Ireland came to celebrate him every year on that day through feasts and parties.



The celebrations spread through emigration to the United States where more predominantly Irish communities, especially where there were Irish people in power, would celebrate using their money to host giant celebrations. For example, Boston held its first St. Patrick's day parade way back in 1737. Ever since then other states and cities have picked up the torch celebrating in their own way. In Chicago, every St. Patrick's day since 1962, they have dyed the river green in celebration. Food wise the holiday has been dominated by a famed custom of eating corned beef and cabbage, even sometimes having green colored beer alongside it. Now, the legend of St. Patrick is celebrated by millions every year.

CAESAR CHAVEZ DAY

BY ASHLEY MASSA



ABOVE: United Farm Workers Flag



ABOVE: Cesar Chavez



March 31 is Cesar Chavez Day. This is a day to remember Cesar Chavez and what he did for farm workers. On March 31, 2008, while serving as a senator, Barack Obama supported the creation of a national holiday to honor Cesar Chavez, recognizing his work as an educator, environmentalist, and civil rights leader.

Obama noted that Chavez's legacy continues to inspire workers seeking fair treatment and wages. Support for the holiday grew through grassroots efforts. In 2011, as president, Obama again emphasized that Chavez's life offers important lessons for all Americans.

Several governments had already begun recognizing the day. Sacramento has observed Chavez's birthday as a city holiday since 1993, and Reno has celebrated it since 2003. A 2009 Nevada law also requires the governor to issue a yearly proclamation for the day. On March 28, 2014, President Obama officially proclaimed March 31 as Cesar Chavez Day.

To honor Cesar Chavez, many people go to marches, community events, or volunteer to help others. Schools talk about his role in civil rights and farm workers rights. Some people take the day to learn about Hispanic history. It is also a day to give back to the community. The celebration shows respect for his impact and legacy.

A Voice for Farmworkers



ABOVE: Peaceful Protests led by Cesar Chavez

By Julie Cabrera

Did you know in the 1930's, the United States paid farm workers $1.55 as their daily wage? Farm workers getting paid only $1.55 was a struggle for not only the farm workers themselves, but their families as well. People at this time couldn't even afford food or clothes because of their low pay. If you were working at this time, here is what the workers had to endure.

During this time, the U.S. held the National Labor Relations Act which granted protections to farm workers; however this only included those working for public organizations. Many farm workers at this time were working for private farmers and were excluded from the act and protections. This led to employers underpaying the workers, mistreating them, and threatening them with deportation if they wanted to protest. Many farm workers workers were immigrants, so the employers took advantage of it. Documented or undocumented, deportation was used as a threat to keep the workers from going against the unfair treatment.

The health risks were very high for many farm workers in the fields. This was because the growers simply ignored what basic necessities farm workers needed. These necessities included bathrooms, access to clean water, and housing. In 1960, California law stated employers of agricultural workers were to offer housing to them. Unfortunately, these housing situations were unfair to the workers. They had high rents for housing that lacked essentials like plumbing and cooking utilities. These problems made the average life expectancy for a farm worker in the 1960s, forty-nine years.

It's important to know what unfair treatment the farm workers endured to understand why Cesar Chavez helped them find their voices. Cesar Chavez began the farm workers movement, which was a movement of nonviolent acts to try to improve farm workers working conditions. He led things like fasts and boycotts to make his voice and many other voices heard.

IMAGE SOURCE: GOOGLE IMAGES

APRIL

National Poetry Month

April is National poetry month. So I decided to do a recap of one of my favorite poets... Tupac!

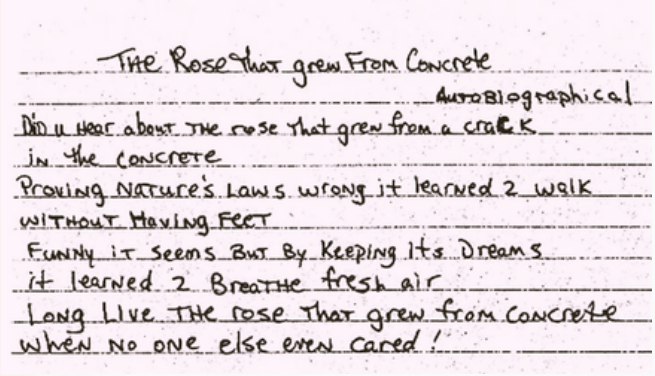
~Drew



Tupac Shakur; Rap Artist, Actor, and Poet. born Lesane Parish Crooks, June 16th, 1971. Both his mother (Afeni Shakur) and father (Billy Garland) were members of the Black Panther Party, a revolutionary party associated with the black power civil rights movement. From early childhood, he was surrounded by people, including family members who had some serious criminal convictions. His music would go on to reflect his upbringing, leading the gangster hip hop scene, talking about violence and cop killing. Selling over 75 million records, he became one of the worlds best selling artists. Rolling Stone magazine ranked him 86th out of the top 100 artists of all time. Influenced by his Black Panther roots his poems found themes of poverty, injustice, and hope. Tupac attended Baltimore School of the Arts, where he studied acting, poetry, and dance. By the time he was 11, he had already begun writing poetry, including a collection of haiku named High Cool, which was dedicated to his late activist godfather, Jamal Joseph.

THE ROSE THAT GREW FROM CONCRETE

The Rose That Grew from Concrete is a collection of poetry written by Tupac Shakur, released in 1999. It showcases his raw talent, intimate thoughts, and message of hope. Composed around age 19, these poems reveal the artist's vulnerable side, acting as a mirror to his life, struggles, and ultimate resilience against difficult circumstances.



The Rose That grew From Concrete

Autobiographical

Did u Hear about The rose that grew from a crack
in the concrete
Proving Nature's Laws wrong it learned 2 walk
without Having Feet
Funny it seems But By Keeping its Dreams
it learned 2 Breathe fresh air
Long Live The rose that grew from Concrete
when No one else even Cared!

Tupac's poem uses the image of a rose pushing through concrete, something that shouldn't happen in the first place. A flower isn't supposed to survive without soil, sunlight, or care, yet this one still manages to grow. That mental image becomes a way of showing how people can rise and develop even when their surroundings make it almost impossible. The concrete begins to be a symbol for struggle and the rose became a symbol of strength.

What stands out to me is how Tupac doesn't focus on what the rose is missing, its damaged petals or rough edges. instead, he celebrates the fact that it grew at all. as if he's saying people shouldn't be judged by the environment they grew up in but by what they manage to push through and achieve anyway. That growing up around negativity and hardship doesn't erase someones potential.

IMAGE SOURCE: GOOGLE IMAGES

St. Patty's treats

By Ashley Massa

Click an image to find the recipe!

Lucky Charms Rice Krispy

To make Lucky Charms Rice Krispies, melt butter and marshmallows, then mix in the cereal. Press it into a pan and let it cool. They are sweet, crunchy, and really good for a St. Patrick's Day treat.



Shamrock Cookies

To make shamrock cookies, use sugar cookie dough and cut it into shamrock shapes. Bake them and add green frosting or sprinkles on top. They are sweet, soft, and fun to eat for St. Patrick's Day.



Mint Brownies

To make mint brownies, bake a boxed brownie mix and let it cool. Spread mint frosting on top and add green sprinkles if you like. They are rich, chocolatey, and taste fresh with the mint.



SPRING RECIPES

By Ashley Massa

Click any image to find the complete recipe!

Honey Lavender Scones

Honey lavender scones are tender, lightly sweet pastries with a subtle floral flavor that feels fresh and springy. Mix dry ingredients with a pinch of culinary lavender, cut in cold butter, stir in honey and cream, then shape, cut, and bake until just golden.



Lemon Asparagus Pasta

Lemon asparagus pasta is a bright, fresh dish with tender-crisp asparagus, zesty lemon, and a light olive oil or buttery sauce. Cook pasta and asparagus, then toss with lemon juice and zest, garlic, olive oil, and Parmesan until glossy and fragrant.



Mediterranean Chickpea Pasta Salad

Mediterranean chickpea pasta salad is a hearty, fresh mix of pasta, chickpeas, and crisp vegetables tossed in a lemony olive oil dressing. Cook the pasta, then combine with chickpeas, cucumber, tomato, red onion, herbs, and feta, and toss with lemon juice and olive oil.



SPORTS

By Adrian Quijano-Brito



In the United States, over 1 million students play high school basketball. According to Stack Athletes, the odds of them making it to Division I college basketball are only about 1.0%.

Division I is the highest level of intercollegiate athletics sanctioned by the NCAA, featuring over 350 universities with the largest budgets, highest attendance, and most athletic scholarships.

There are approximately 5,607 Division I men and 5,048 women basketball student-athletes. Only about 17% to 19.1% of active Division I players will make an appearance in March Madness in a given year.

March Madness is the NCAA Division I Men's and Women's basketball Championships, a high-stakes, single-elimination tournament held every spring to determine the national college champion. The nickname "March Madness" captures the chaotic, exciting, and unpredictable nature of the single-elimination NCAA College basketball tournament.

The field features 68 teams, out of those only 31 get in by by winning their conference titles. The rest of the 36 get in based off of their records. The teams are revealed on "Selection Sunday," falling this year on March 15, 2026. The tournament is famous for its "upsets," where low-seeded underdogs defeat power house programs to bust the millions of fan-submitted brackets used to predict the winners.

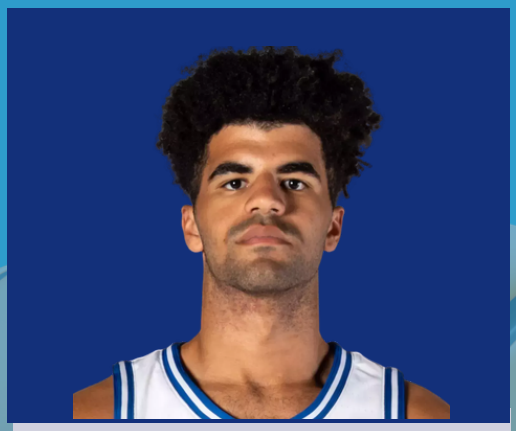
As of late February 2026, the Arizona Wildcats and Michigan Wolverines are the top favorites to win the Men's NCAA tournament, with Duke also highly ranked. Arizona is favored for its elite balance of youth and experience, top-tier defense, and marquee wins over Top-10 teams like UConn. However, for the Women's NCAA tournament, the UConn Huskies are the consensus favorite. They have shown consistent strength through the season holding the top spot in power rankings all season.

The 2026 National Champions will take home the gold-plated NCAA National Championship trophy and personalized commemorative rings, which typically are capped at a value of around $415 per person. Players and coaches also participate in the tradition of cutting down the nets to keep a piece of the physical mesh as a permanent memento of their victory. While athletes do not receive direct prize money, their schools earn "units" worth millions for their conferences, and the players often secure endorsement deals following their victory.

SPORTS

MARCH Madness

TOP PLAYERS



CAMERON BOOZER

Cameron Boozer is a versatile forward from Duke who scores in the post, from mid-range, and on drives to the basket. He combines strength, footwork, and a high basketball IQ to impact both scoring and rebounding. In March Madness, his ability to control the paint and deliver in clutch moments could be the key to a deep run for Duke.



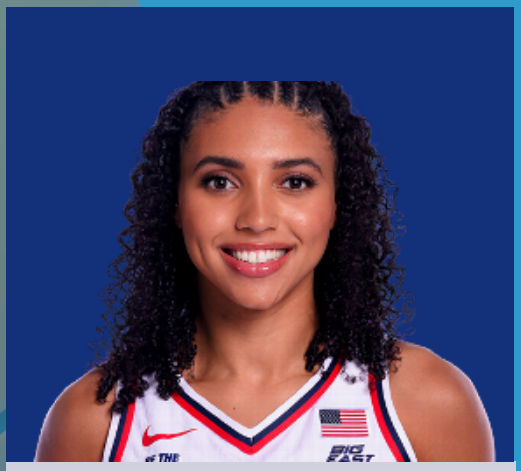
SARAH STRONG

Sarah Strong is a record holding, strong player. She has fifteen career honors and holds four records in the UCONN record books. Sarah had thrived in high school and made herself known in her freshman year of college by breaking old records. Her parents, Allison Feaster and Danny Strong both played professionally, making Sarah Strong continue her parents' legacy.



DONOVAN DENT

Donovan Dent is a fast, creative point guard for UCLA. He thrives in transition and keeps defenses under pressure, using his speed and ball-handling to get into the lane and create opportunities for both himself and his teammates. Because guards often dominate March Madness, Dent's playmaking and scoring could make him a standout performer.



AZZI FUDD

Azzi Fudd is a senior guard for UCONN, who is known as an elite shooter. Before Azzi started her college basketball career, she was No. 1 ranked recruit. When she was only in sixth grade, Azzi received her first scholarship from Maryland.

Finance

By James Mauritho

Good quality stocks to look at and possibley invest in it during the early months of 2026?

Stocks



Service Now

It's a leader in cloud-based enterprise software, with consistent revenue growth and a expanding market. ServiceNow has proven to be a reliable profit generator with strong margins and cash flow. The company is always innovating, expanding its product portfolio, and improving customer satisfaction, keeping it ahead of competitors.More companies are going digital, and ServiceNow's tools to help automate tasks and manage IT are becoming a very important tool to make businesses run more smoothly and save money.

Amazon

Amazon keeps growing, with strong sales in e-commerce, cloud computing, and even newer areas like grocery delivery and soon will be in pharmaceuticals as well.As more people shop online and businesses rely on cloud services, Amazon's services are essential for both customers and companies.With lots of massive sales and efficient always being efficient, Amazon has a good track record of making money.

Sofi

SoFi is rapidly expanding in the digital finance space, offering everything from loans and credit cards to investing and insurance.As more people move away from traditional banks and want easy-to-use, all-in-one financial tools, SoFi's services are becoming increasingly popular.With products in multiple areas (banking, investing, loans, etc.), SoFi isn't dependent on just one type of business, which helps drive growth. SoFi has been improving its financials, growing its user base, and building up a solid brand in the fintech space.

Finance

By James Mauritho

TEEN INVESTMENT ACCOUNT

Interested in investing? Click on any image to learn more about these popular teen investment accounts!

Fidelity Youth Account

Designed for teens ages 13–17, this account has no fees and lets users buy and sell U.S. stocks, ETFs, and mutual funds. It also comes with a debit card and access to an educational learning hub. Parents remain connected to the account and supervise the activity.





Stash

Stash is a beginner-friendly app for learning investing. Users can create their own portfolio or choose pre-made options, invest automatically or manually, and get a simple introduction to the basics of investing.

Acorns

If you'd prefer to invest without the research and strategy required for choosing your own investments, Acorns may be the app for you. There is a small fee to invest, just $1 per month for amounts less than $5000 and a 25 percent fee for anything over that amount. Students use the service for free for up to four years.

All users just choose the managed portfolio they wish to invest in, and the choices are then made for you. It's a convenient and low-cost way to get started investing in your future.



OLY GARDENING CLUB

What is Oly Gardening Club?



Oly Gardening Club is where we garden, coming together to improve our campus, ran by Mr. Mansaray himself. Members work together to plant flowers, grow vegetables, and take care of the school's garden. It's a chance to step outside and learn practical skills like planting, caring for soil, and working with nature.

Better yet, students who need science credit can earn half a credit by participating every week. Gardening club meets every Wednesday at lunch, and no experience is required! just a willingness to help and learn. Whether you already enjoy gardening or want to try something new, joining a club is a simple way to meet people, learn skills, and make a visible difference around school.



To learn more about the Gardening Club, see Mr. Mansaray!

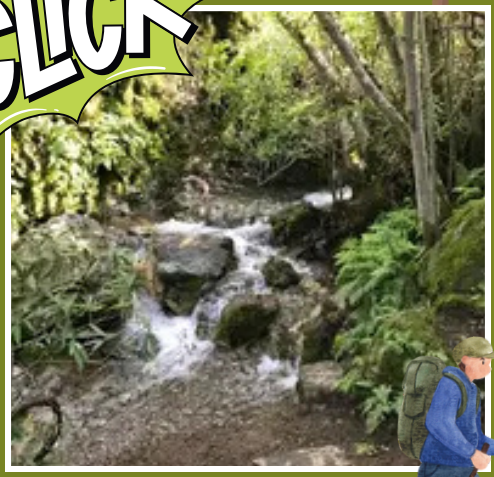
Get Outdoors

CONCORD, CA

By Ashley Massa

DONNER CANYON

Donner Canyon is a fun trail to hike in. The best time to go is in spring when the weather is nice and the waterfalls are flowing from the rain. It's a great place to walk, see views, and enjoy nature. Donerr canyon is 5-6 mile loops taking 3-4 hours to complete



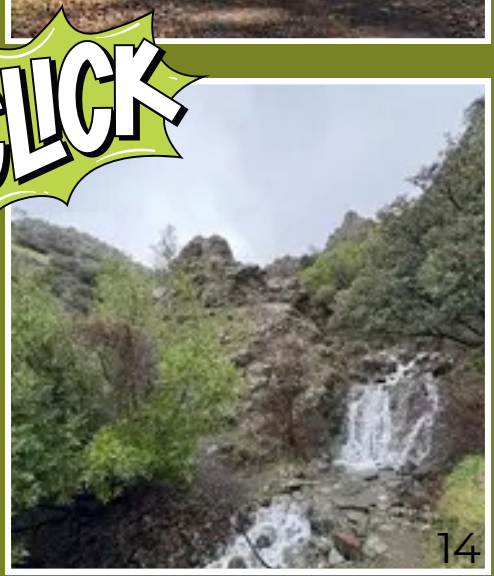
IRON HORSE TRAIL

The Iron Horse Regional Trail is a long path for walking or biking. It goes through places like Concord, Walnut Creek, and Danville. You can walk with friends, go on a little adventure, and maybe stop in town to get some food. The iron horse trail is one of the longest at 32 miles which takes 8-9 hours to complete



WATERFALLS OF MT.DIABLO

The waterfalls at Mount Diablo State Park are fun to explore. The trails go through trees and rocks, and the waterfalls are best after winter or spring rains. You might see deer, rabbits, or birds along the way. Bring friends and have an adventure. This hike is about 5.47.9 miles usually taking 3-5 hours



Wildflowers IN BLOOM

In and around the Bay Area wildflowers are beginning to bloom from the East Bay Hills to the costal landscapes there are a few places aroud the Bay to see Wildflowers in Bloom

By Adrian Davis

click here!



San Francisco Botanical Garden

Explore 55 beautiful acres of landscaped gardens and open spaces that showcase more than 8,000 different kinds of plants from around the world.

click here!



The Bay Area Ridge Trail, Orinda

There are great views of Mt. Diablo from various spots, along with hillsides of lupines, poppies, mule's ears, blue dicks, and checkerbloom.

click here!



Tilden Regional Park, Seaview Trail, Berkeley

This is a beautiful hike with great views in all directions that is very popular, especially with dog owners. There are loads of lupine bushes, poppies, paintbrush, mule's ears, and other wildflowers that bloom throughout the spring.

click here!



\Pt. Reyes National Seashore, Laguna Trailhead, Marin County

There are so many great hiking trails at Pt. Reyes, but I like to take the Laguna Trail to Coast Camp and then head south on the Coastal Trail.

Happy Birthday

March

Miguel P.B.	03/04
Armando F.	03/08
America C.G.	03/08
Joaquin I.O.	03/12
Makhi D.	03/13
Mateo F.	03/13
Ignacio M.L.	03/16
Mojtba A.	03/16
Zaria W.	03/17
Omar L.	03/22
Adrian V.B.	03/22
Ms. Wimmer	03/23
Nayeli B.	03/25
Felix C.Q.	03/26
Keylin M.G.	03/27
Joana R.Z.	03/27
Cinthya H.	03/28
Mr. Giordano	03/31



Happy Birthday

April

Charles W.	04/01	Raphael P.	04/20
Ulises C.T.	04/02	Edwin R.A.	04/21
Jade S.M.	04/02	Julien L.	04/21
Ivette S.M.	04/05	Kevin M.	04/21
Tania A.Z.	04/07	Esteban C.	04/22
Jacklyne M.R.	04/08	Alondra G.C.	04/22
William K.	04/09	Ms. Townsend	04/22
Ms. Melanie	04/09	Giovanni G.	04/25
Adrianna C.	04/11	Mr. Jim	04/25
Mr. Soto	04/11	Yuleni V.C.	04/26
Yaremi H.N.	04/15	Nathalia O.G.	04/29
Sydney W.	04/25	Brea K.	04/30
Kelcey A.	04/17		
Areli R.L.	04/17		
Mr. Emilio	04/17		
Mr. Ananos	04/19		

Credit Crushers

By Isabella Hernandez

Term 5

Jaylene A.
Christian A.Z.
Azusena B.
Nayeli B.
Anthony C.M.
Bryce D.
Adrian.
Brooklynn E.
Eleazar F. H.
Isaiah G.
Katherine G. E.
Tiffany G.
Cinthya H.
Joaquin I. O.
Owen K.
Ziyeer L.
Zayuri L. V.
Belen L. T.
Ashley M.
Kelly M.
Ignacio M.L
Andres N. M.
Jesus O.T.
Jaleesa P.
Miguel P.B.
Tia P.
Yarixy E.G.
Priscilla R.
Areli R.L.
Mareli S. S.
Carlos S. C.
Maryjane S.
Nayra S.
Ileanna T.
Litia T.
Juan T.
Miriam V.
Citlali V.R.
Ash W.
Jacob Z.

A Daily Dose of Observances

March 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!



A Daily Dose of Observances

April is also full of fun national and global observances, with many days set aside to recognize unique ideas, important causes, and everyday joys. From celebrating simple pleasures to highlighting meaningful traditions, these observances offer a chance to pause, try something new, and enjoy a little lighthearted fun. Whether you're looking to brighten your day with something silly or discover celebrations happening around the country, this calendar provides a small moment of enjoyment for each day throughout the month of April

