Olympic High School

THE TORCH

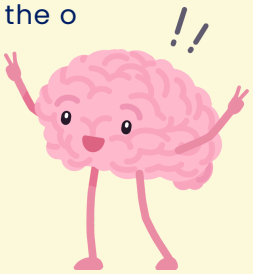
Student-Led Digital Newspaper: Where Tomorrow's Leaders Speak Today

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MONTHLY OBSERVANCES

Mental Health Awareness Month

May is Mental Health Awareness Month, which is a good reminder to pay attention to how we're actually doing; not just physically, but mentally too. For a lot of teens, life can feel like a constant balancing act between school, friendships, responsibilities, and thinking about the future. It's normal to feel stressed or overwhelmed sometimes, even if it doesn't always get talked about. That's why this month matters; it encourages people to be more open, check in with themselves and others, and realize they're not the o only ones dealing with these feelings. Taking care of your mental health might mean talking to someone you trust, taking a break when you need it, or finding small ways to manage stress. At the end of the day, it's important to remember that mental health is part ofoverall health, and getting support is okay.



Asian American & Pacific Islander Heritage Month

May is Asian American and Pacific Islander (AAPI) Heritage Month, a time to celebrate the cultures, histories, and contributions of people with roots in countries across Asia and the Pacific Islands.

This includes places like China, Japan, Korea, India, Vietnam, and the Philippines, as well as Pacific Island nations such as Hawaii, Samoa, Fiji, and Guam.

Each of these cultures brings its own traditions, languages, and perspectives. For students, it's a chance to learn more about different backgrounds, challenge stereotypes, and appreciate the diversity that shapes our communities.



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Tia Persaud

SOURCES

MONTHLY OBSERVANCES

The Torch Staff

Jewish American Heritage Month

May is Jewish American Heritage Month, a time to recognize the history, culture, and contributions of Jewish Americans—and to learn about the challenges they've faced, including antisemitism. With antisemitic hate on the rise, this month is also a reminder to stay informed and stand up against discrimination.

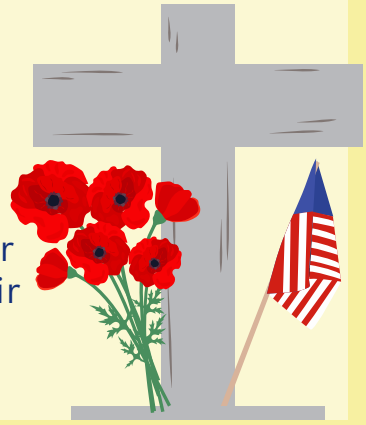
To honor this month, you can: read or watch stories by Jewish creators, learn about Jewish traditions and holidays, speak up when you hear harmful stereotypes, use trusted resources like the United States Holocaust Memorial Museum.

Building awareness is one step toward creating a more respectful and inclusive community.

Memorial Day

Observed on the last Monday in May, Memorial Day honors U.S. service members who died while serving in the military. The holiday began after the American Civil War, when communities decorated the graves of fallen soldiers—originally known as "Decoration Day." It officially became a national holiday in 1971.

Today, people honor the fallen by visiting cemeteries, attending parades, and participating in the National Moment of Remembrance at 3:00 p.m.
Many also place flags or flowers on graves as a sign of respect. It is a time to reflect on sacrifice, remember those who gave their lives, and show gratitude for their service.



Check YOURSELF!

By Emily R

Have you ever felt your body weak or in pain? Sometimes your mind can feel like that too. May is Mental Health Awareness Month and it is a good time to check on your own mental health. Taking care of your mental health is important because of all the difficult challenges you can suffer if you neglect it. Many students today experience mental health issues, which can make school and daily life more challenging. This page will share ways to keep your mind healthy!

Exercise



Impact exercise can work wonders for the mind and body, moving your heart rate, pumping.

Breathe Mindfully



Focusing on your breathing is one of the fastest ways to relieve stress. Test it out for yourself!

Meditate



Meditation is a way of training awarness and calming the mind to improve mental and emotional well being.

Eat Healthy Snacks



Eating healthy keeps your stomach satisfied and helps your brain function more effectively. Making it a simple, but effective way to support your mental health!

AAPI

FLAVOR

Asian American and Pacific Islander Heritage Month

By Alexis Sacks

click here!



Vietnamese Pho

A fragrant, slow-simmered soup.

Key ingredients: beef bones, star anise, cinnamon, rice noodles, herbs

Flavor profile: aromatic, savory, slightly sweet

click here!



Spam Musubi

A popular snack with Japanese influence.

Key ingredients: spam, rice, nori, soy sauce, sugar

Flavor profile: sweet-savory



click here!



Indian Butter Chicken

Creamy, mildly spiced curry.

Key ingredients: chicken, tomato, butter, cream, garam masala

Flavor profile: rich, slightly sweet, mildly spicy

click here!



Garlic Fried Rice

Key Ingredients: Cooked rice, Garlic, Oil, Salt or soy sauce, Eggs (optional but common), Green onions

Flavor profile: garlicy - smokey

IMAGE SOURCE: GOOGLE IMAGES

Cinco De Mayo Recipes

Cinco de Mayo is celebrated on May 5th and is often associated with Mexican culture, food, and festivities. The holiday actually marks the Battle of Puebla in 1862, when Mexican forces achieved an unexpected victory over the French army. While it is a relatively small holiday in Mexico, it has become more widely celebrated in the United States as a time to recognize and appreciate Mexican heritage, traditions, and community. It's also a great opportunity to share and enjoy traditional-inspired foods and recipes.



(Click on photos to get a link to the full recipes!)

Corn Salad

Time: 20 minutes

Corn salad is an eight ingredient dip to make. It consists of cold, freshly cut ingredients mixed together to create the most refreshing dip to ever try. Perfect with chips served on a hot day.

Tres Leches Cake

Time: 2 hrs 10 mins

Tres Leches cake is a light, soaked cake that is named after its three distinct dairy products (Tres Leches translates into "three milks"). The cake is soaked in a sweet milk mixture and usually topped with whipped cream and cinnamon. It's the perfect amount of sweetness, while also being very moist and rich.





Papas Con Chorizo

Time: Less than 30 mins

Papas Con Chorizo is the perfect dish for breakfast, lunch, and dinner! Easy to make, but it's so delicious. It consists of potatoes and chorizo mixed well together with seasoning. To make it even tastier, have a few flour tortillas to eat with the dish!

By Julie Cabrera

Recipes

MOTHER'S DAY

Mother's day is a special day to celebrate and appreciate mothers and mother figures for everything they do. It's a time to say "thank u" for their love, care , and support. Try one of the recipes below to make the mother in your life feel extra special. Click any image to find the recipe!

By Estefania Vallejo



Passion Fruit Mocktail

A refreshing and tropical drink perfect for celebrating Mom, this passion fruit mocktail combines sweet and tangy flavors with a light, bubbly finish.



Linguine White Clam Pasta

A perfect Mother's Day meal, linguine with white clam sauce is a classic Italian dish featuring pasta tossed in a light, flavorful blend of garlic, olive oil, white wine, fresh parsley, and tender clams.



Tres Leches with Strawberries

A perfect Mother's Day dessert, this treat pairs a light, airy sponge cake soaked in sweet milk with fresh, slightly tart strawberries. It's soft, moist, and balanced with a bright, refreshing flavor.



Dragon Fruit Mocktail

A fun Mother's Day treat, this dragon fruit mocktail is bright pink, refreshing, and lightly sweet with a tropical twist. Made with pitaya, it's as pretty as it is delicious and perfect for celebrating with something cool and fruity.

MOTHERS DAY & GIFT IDEAS



BY ASHLEY MASSA

Mother's Day is on the second Sunday in May each year. It started in 1908 when people wanted to honor moms and all they do. Today, it is celebrated in many countries like the United States, Canada, and the United Kingdom. On this day, people spend time with their moms, give gifts, or write cards. Mothers do so much and are always there. Even small things like saying thank you or giving a hug can mean a lot.



GIFT IDEAS



LETTER

Writing your mom a letter for Mother's Day is a nice and simple gift idea. You can tell her how much you appreciate her and thank her for everything she does. It is a personal gift that can mean a lot to her and show how much you care.



PHOTO FRAME

A photo frame is a simple and thoughtful gift idea for Mother's Day. You can put a special picture of you and your mom or a favorite family photo in it. It is something she can keep and look at to remember a happy moment.



COUPON BOOK

A coupon book is a fun and simple Mother's Day gift idea. You can make coupons for things like helping with chores or spending time together. It's a thoughtful gift that shows you care.

NBA PLAYOFFS

The NBA playoffs weren't always as big as they are now. Back in 1947, when the league was still called the Basketball Association of America (BAA),which was a separated league as they were a few basketball leagues around the country, the BAA being one of the biggest. The postseason was a lot simpler. There were fewer teams, shorter series, and way less attention. It was more of a straightforward way to decide a champion after the regular season wrapped up. As the league merged, expanded, and gained popularity, the playoffs grew with it. More teams were added, series got longer, and the competition became tougher. Over time, it turned into the high-stakes, must-watch event fans circle on their calendars every year.

Getting into the playoffs isn't as easy as just finishing the season anymore. The top six teams in each conference automatically lock in their playoff spots, but teams ranked 7 through 10 have to battle it out in the Play-In Tournament.

By Adrian Quijano-Brito

That's basically a last-chance fight to grab one of the final two seeds. Once that's settled, the real playoffs begin with 16 teams total. From there, it's simple but brutal: win your series or go home.

Seeding is supposed to give the better teams an advantage. The first seed plays the eighth, second plays seventh, and so on, all based on regular season records. But once the playoffs start, those rankings don't always mean much. Teams study each other more closely, adjust strategies and rely heavily on their best players.

At the end of it all, there's one goal: lifting the Larry O'Brien Trophy. It's the symbol of being the last team standing, and it carries a lot of history. Some franchises have built their entire identity around it. The Boston Celtics and Los Angeles Lakers have dominated over the years, stacking championships and creating one of the biggest rivalries in sports. Then you've got newer dynasties that have made their mark in recent years, showing that while history matters, every era brings its own dominant teams.

By Adrian Quijano-Brito

NBA PLAYOFFS

TOP TEAMS

SAN ANTONIO SPURS



The San Antonio Spurs are serious contenders thanks to one of the league's best development systems. Victor Wembanyama gives them a unique advantage, as his size can completely change games on both ends of the floor. If their team continues to grow and become more consistent, the Spurs could be a championship team!

OKLAHOMA CITY THUNDER



The Oklahoma City Thunder stand out for a lot of reasons. Their youth, depth, and versatility across the roster create a dynamic offense that is difficult to guard over a full series. The team also has a strong defense, which is a key part for playoff success. With continued growth and experience, they have all the pieces needed to see a championship in the near future.

NEW YORK KNICKS



The New York Knicks have built their identity around toughnes and defense, which translates well in the playoffs. Jalen Brunson provides leadership and clutch scoring, often stepping up in high-pressure moments. The roster is stacked with physical defenders and strong rebounders who can control the pace of games. Their ability to grind out wins and stay disciplined gives them an edge in close series. Team chemistry has also been a key factor in their rise as a contender.They have a realistic path to a deep postseason run.

DENVER NUGGETS



The Denver Nuggets are one of the most complete teams in the league. Nikola Jokić's all-around brilliance and ability to score, pass, and control the tempo make the offense both efficient. The team has strong chemistry, having played together through multiple playoff runs. Defensively, they are disciplined enough to hold their own and limit opposing stars. With proven success and continuity, the Nuggets have all the tools needed to compete for another NBA championship.

By Adrian Quijano-Brito

NBA PLAYOFFS

TOP PLAYERS

VICTOR WEMBANYAMA



Victor Wembanyama offers a something few players in NBA history can , especially in a playoff setting. he protects the rim and scores which creates matchup nightmares on both ends of the floor. Offensively, he can stretch defenses with shooting while still punishing teams inside with his length. Defensively, he can single-handedly alter an opponent's entire game plan. If he handles playoff physicality well, his dominance could take over a series.

SHAI GILGEOUS-ALEXANDER



Shai Gilgeous-Alexander's game is built for playoff basketball, where pace slows and shot creation becomes everything. He plays with exceptional accuracy, rarely forcing mistakes even under pressure. Defensively, he disrupts opposing guards in key moments. If surrounded by consistent shooting, he could dominate a playoff series.

JAYSON TATUM



Jayson Tatum has already proven he can perform deep into the playoffs against top competition. His scoring range allows him to attack defenses in many ways. He's also grown as a playmaker. Defensively, his size and mobility let him guard multiple positions. With experience and confidence on his side, he has all the tools to be the best player in a playoff run.

CADE CUNNINGHAM



Cade Cunningham controls the pace and creates opportunities for teammates, making him the glue of any offense. He has a polished scoring game that allows him to make tough shots late in games. His size gives him an advantage against smaller guards on both ends of the court. He has all the tools to emerge as a breakout postseason star.

By Zy Lamar

Name to Fame: Student NIL

Imagine getting paid for going to college and playing a sport you love! For many athletes, this is now possible because of something called Name, Image, Likeness or NIL. NIL is a legal concept allowing college athletes to receive money from third parties for endorsements, appearances, social media, and sponsorships. NIL began in 2021 when the NCAA approved a policy to allow college athletes to begin signing endorsement deals. Since then, many athletes notw chooose to finish their college careers and play college sports since they are able to become financially independent because of brand deals.

TOP EARNERS



Copper Flagg

DUKE BASKETBALL

$28 Million in Total Contract Value



Arch Manning

TEXAS A&M FOOTBALL

$7.1 Million in Total Contract Value



AJ Dybantsa

BYU Basketball

$5.4 Million in Total Contract Value

RULES AND RESTRIONS 2026

ALLOWED

- Social media endorsements
- Paid for personal appearances,
- Autograph signings hosting camps/clinics
- Promoting products.

NOT ALLOWED

- Pay for play, (payment for athletic performance)
- Using NIL as a recruiting inducement
- Compensation not reflecting fair market value

N.I.L pros & cons

By Zy Lamar

SUPPORTERS OF NIL:

- Allows for entrepreneurial opportunities, players can start their own brand and make a long-term name for themselves
- Athletes who are in a multi-billion-dollar industry now earn a fair share of something they help generate.
- Athletes can stay in school longer and continue education while earning income rather be forced to go professional early to make money.
- Can help level out the playing field smaller schools can attract talent through NIL making a more competitive environment for the game said by industry expert Scott Derdenger.

WHAT CRITICS SAY:

- NIL can create an imbalance, creating a pay-for-play culture that hurts the team.
- NIL might lead to frequent transfers because athletes can earn money through endorsements, so some may transfer to schools with better financial opportunities, more exposure, or stronger programs that increase their NIL value.
- NIL may also hurt team chemistry, as differences in earnings between teammates can create jealousy and shift away from the amateur spirit.

NIL STATISTICS



While there is no statistic on students who are staying in college for NIL, data shows a dramatic reduction in drafts and graduation rates reached 91% in 2024.

However, no one knows if that's directly a cause of NIL or broader systems. NIL 363 (peak), 2024 162 2025 106. now that there is less players in the daft older players are coming out of retirement players like qb Philip Rivers (colts), tight end Darren Walker (Dolphins) and defensive end Brandon Graham (eagles).



College NIL has evolved from a fragmented market into a structured multi-billion industry. The introduction of direct revenue sharing has changed how athletes are

TOTAL COMPENSATION	
34.0%	Posting Content
17.8%	Other Activities
15.9%	Licensing Rights
15.1%	Autographs
9.7%	Creating Content
4.8%	Appearances
1.6%	Doing Interviews
0.4%	Providing Instruction
0.3%	Selling Products
0.2%	Testing Products
0.1%	Chatting with Someone
0.1%	Supporting Causes



iompensated. the market growth has made it too approximately 2.3 billion- 2.5 billion. ncome power 4 athletes make modest amounts 66.5% earn less than 10,000 annually only about 0.3 make over 1 million

Legendary Kobe vs LeBron

By Adrian Davis

Both players have different playing styles. The thing that is important to Lebron James is encouraging and helping his teammates to become better players by his example of hard work and a positive attitude towards all. LeBron is more of a team player. He is focused more on scoring, defending, rebounding and passing. While Kobe Bryant's playing style is more individualized, focusing on scoring points on his own abilities. Bryant is known for dominating on the court by scoring the most points in each game, which has led to many wins and five championships. Even though they are both successful, they are different in several ways. Let's compare their all-around game, their MVP awards, points scored, and who has won more championships in their NBA career.

LeBron James is a professional basketball player who has played for multiple teams in his NBA career. He was traded to the Cleveland Cavaliers straight out of high school, and he played from 2003 to 2010 for the Cleveland Cavaliers. Then he got traded to the Miami Heat and played there from 2010 to 2014, then he got drafted back in Cleveland in 2014 and played with the Cavs from 2014 to 2018. Then he got drafted to the Los Angeles Lakers in 2018 to 2026. One important fact about his career is in the 2012 13 season, LeBron James became the youngest NBA player to score 20,000 points in his career at that time. He is known in NBA history that averaged 30,000 points, 10,000 rebounds, and 10,000 assists, also leading all players in NBA history in playoff scoring points. LeBron is especially strong in leadership because he helped and influenced the player around him to stay on their game. He helped his team win by being a team player, making them comfortable on the court. He doesn't put himself first.

Kobe Bryant was a professional basketball player who played for the Los Angeles Lakers for 20years from 1996-2016.. Kobe Bryant was drafted to the Lakers in the 13th pick by the Charlotte Hornets, but he was acquired and played for the Los Angeles Lakers. One important fact about his career is winning five championships with the Los Angeles Lakers. He is known for being a fierce competitor and was the third youngest NBA player drafted after high school. Kobe was especially strong in work ethic because he was the first one to practice and the last one to leave the gym. He helped his team win by being a dominating force on the court, also working on his game so he doesn't miss any shots.

One important difference between LeBron James and Kobe Bryant is that they both specialize in their plays in different ways. . LeBron is more focused on a team player mentality. He focused on passing the ball to his team getting assists to improve his teammates around him. He influenced them to run better plays instead of just focusing on scoring, while Kobe is more focused on an individualized player that dominates on the court by scoring and playing more offense then putting his team as his first priority. He worked on how to improve his game by scoring to win games. Another difference is Kobe Bryant for his entire career only played for one team, the Los Angeles Lakers. While Lebron has played for multiple teams throughout his entire career.

In conclusion, LeBron James and Kobe Bryant are both considered one of the greatest players in NBA history. They are similar because both are looked up to and influence other athletes by their game, but different because they both have their own work ethics and playing styles. Overall, I believe both players are good. It is hard to choose one as better than the other because they have both had incredible influence on the game.

NFL LOCKOUT?

By Ke'Sean Williams

No games, no whistles, just negotiations. The NFL is in danger of putting the entire league on hold. As the new NFL season closes in, there are talks of a referee lock out bound to happen in the NFL if their NFL Referee Association(NFLRA) doesn't agree on a new contract with the NFL. The current referee contract is set to expire on May 31, 2026.

Some issues being brought up by the NFL and NFLRA are pay raises, performance of referees, accountability, and contract structuring. The NFLRA is looking for an annual pay raise of 10%, while the NFL is offering 6.45%. In addition, the NFL is also pushing for performance accountability, meaning referees would be more closely evaluated on their job performance and could face consequences or changes based on how well they officiate games.

If the Referee Association doesn't get the contract they're asking for, the NFL already has a backup plan. The league could bring in replacement officials from college or even the UFL. They've also upgraded their New York headquarters with new technology to help review plays and penalties.
As of April 10, 2026, Jerry Jones has joined the negotiations along with other NFL owners. This could help move things forward since he has experience negotiating big contracts with players like Dak Prescott, CeeDee Lamb, and Trevon Diggs.

Still, a lot of fans are worried. If replacement officials are used, the quality of calls could drop, leading to missed penalties or bad replay decisions. For now, everything is still being worked out, so it's unclear what will happen next.

Rare Bloom in Death Valley

By Ashley Massa

The flowers in Death Valley don't bloom very often. It only happens when there is enough rain in the desert, which is rare, as wildflowers in Death Valley bloom about once a decade. Because of the dry conditions of the desert, flower seeds can stay in the ground for many years waiting for the right conditions to bloom. When good rain comes, and the temperature is not too hot, the seeds start to grow. This is sometimes called a super bloom, and it can cover the entire desert with flowers. It usually happens in late winter or early spring, but not every year. If it gets too hot or dry too fast, the flowers die quickly. That's why the bloom only lasts a short time and is hard to predict. Flowers in Death Valley bloom after about 1 to 2 inches of rain and do not last long.

These blooms are important for the desert ecosystem. They give food to insects and animals like bees and help pollination happen. The flowers also help keep the soil healthy for future plants. It shows how the desert can change when conditions are right.



Click the images to learn more



the truth about A.I.

By James Mauritho

Are you someone who uses A.I. to help with schoolwork or just for everyday random questions? If so, have you considered how AI operates and the negative effects of it? The answers might surprise you.

A.I. uses water to cool its data centers; the water used must be disposed of and cannot be recycled. The water is used because the electronic devices used to process information get really hot.

CPUs and GPUs are used to help AI learn from data and give answers quickly. CPUs are like the brain, organizing tasks and deciding what happens next step by step. GPUs are like the muscle, doing lots of heavy math work all at once instead of one piece at a time. When they work hard, just like a human runner needs to take a break and drink some water after running for a while, the data center needs to do the same.

Up to one conversation with AI uses enough water to fill a large water bottle; that water is evaporated, and 20% of it becomes wastewater, which can pollute your personal household water with dangerous chemicals that stay in your body forever.

AI also contributes to rising carbon dioxide emissions. Using AI requires large data centers filled with GPUs and other devices that need to use lots of electricity. This energy it uses increases greenhouse gas emissions, contributing to climate change.

If this trend continues, AI could significantly worsen climate change, which could mean more extreme weather events, rising sea levels, food and water shortages, and greater risks to human health. Already making it insanely difficult to meet global environmental goals. Without quick action to shift toward renewable energy and improve efficiency, the environmental cost of AI will become a more serious problem than it already is.

When someone uses AI to write things for them, it weakens a part of their cognitive skills and mental abilities that help creativity, ability to be calm ,memory, and focus. Using AI to help brainstorm is not an issue however, relying on it to write assignments, analyze, answer questions, etc weakens your abilities to critically think, be creative, pay attention, problem solving capabilities, motivation and effort, and even more. Usual examples of what happens when tasks are always done by AI would be: struggling to focus on reading, difficulty coming up with ideas, or slower learning when tasks are always done by AI.

However, when used responsibly, AI can support learning rather than weaken it and do it all for you. The main factor is whether AI is used as a tool to assist thinking or a substitute to replace thinking.

CLICK HERE!



HISTORY OF WAR IN THE MIDDLE EAST

KIMBERLY FLORES

BIG EMPIRE COLLAPSES

In 1918, the Ottoman Empire was a powerful, long-lasting Islamic superpower founded by Osman. The Ottomans ruled the Middle East for 600 years until they lost World War I. This left the region without a ruler. When this happened, many people fought over who should be the new leader. France and Britain, the countries that won the war, stepped in as the rulers. They created mandates(a formal statement of a command or injunction to do something) and drew lines on the map to create new countries like Iraq, Syria, and Lebanon but ignored how different religions and ethnic groups were forced to live together which caused many disputes that eventually started civil war.

WHY IT MATTERS?

These conflicts matter for several reasons. First, they affect access to oil, which can become limited and expensive during times of war. Second, conflict can create global risks, including cyberattacks and political instability. Most importantly, war destroys homes, schools, and communities, forcing many innocent people to flee for safety.

The effects of war are devastating. Schools shut down because it is no longer safe to attend, and markets close, making it difficult for families to find food. Many people are forced to leave their homes just to survive. Buildings and land are destroyed, leaving communities with nothing. Animals are also affected—pets are abandoned, and farm and wild animals lose their habitats due to bombings and explosions.



HOW IT IMPACTS THE WORLD

War in the Middle East also impacts other countries, including the United States. One major reason the U.S. gets involved is because of oil. Much of the world's oil comes from this region, and it is essential for transportation like planes, ships, and trucks that deliver goods. The U.S. is also involved in protecting its allies, maintaining stability in the region, and preventing conflicts from spreading or becoming larger global threats. When war disrupts oil production or trade, it can lead to higher prices and shortages, affecting everyday life in the U.S. and around the world.

It is important to learn about these events because they help explain conflicts that are still happening today. Understanding the history behind the borders and tensions in the Middle East helps people make sense of current events, global relationships, and why different countries get involved. It also builds awareness of how war affects people's lives and why finding peaceful solutions is so important.

ALCATRAZ

Power in Community

JULIE CABRERA

Around forty students from Olympic High School attended a field trip to Alcatraz Island in San Francisco on April 2nd. We left campus around 9:00 a.m. and traveled to the city, where we boarded a boat since the island was surrounded by water. The purpose of this visit was not only to explore Alcatraz as a former prison, but more importantly, to learn about Native American civic action and their fight to reclaim their island.

As we approached Alcatraz by boat, we immediately noticed large red-painted messages on a big wall saying “Welcome Indians” and “Indian Land.” These signs showed the 19-month occupation of the island by Natives. During the tour, we heard about nineteen Hopi men who were imprisoned on the island for refusing to send their children to boarding schools. These schools were made to erase their Native culture and to “civilize” them.

One of the most memorable parts of the trip was the audio tour of the prison itself. Walking through the cell blocks while listening to stories about former inmates made the experience feel real. We explored areas such as the cells, the library, and the yard, hearing about how those places were used while it operated as a prison.



Above: Historical Sign on Alcatraz

Besides the prison aspect, the most meaningful takeaway was learning about Native American history. The Occupation of Alcatraz showed how a community can come together to demand and bring attention to important issues. Although the occupation didn’t result in full control of the island, it successfully raised awareness and became a very important moment in the movement for Native rights.

In class, we learned about what motivates people to take civic action, and this trip gave us a perfect example. Native Americans spoke out and worked collectively to fight for what they knew was right for their community. Their actions show how the importance of working together, persistence, and using their voices to make a change.

This topic is important for us to understand because it shows how working with others in a community can make a meaningful impact on the world.

Lost History

JULIE CABRERA



C.A. Missions

Do you remember building a mission in 4th grade? What mission were you assigned? Many of us learned about the mission systems, but what do you really remember? Spanish missions reached California in the late 18th century with the intent to convert Native Americans to Catholicism and expand Spanish territory.

Although Spain introduced new religions and cultural practices, Natives were often treated harshly within the mission system. Native Americans who joined the missions were not allowed to leave without permission. They were required to build structures and farm in order to sustain the communities. If they disobeyed rules or attempted to escape, they often faced severe punishment from soldiers and missionaries.

The treatment of Native Americans in the California missions was inhumane. Spanish leaders and missionaries wanted to force Native Americans to adopt Spanish culture and abandon their traditional ways of life. They were required to learn Christianity, the Spanish language, and European customs. Their diets changed into sugar in milk, which, combined with poor living conditions, contributed to malnutrition and disease. Many Native Americans suffered from issues such as infections and tooth loss, and death rates in the missions were extremely high.

The mission system affected all parts of California, including what is now know as San Francisco. Mission Dolores, located in San Francisco, had the same goal as other missions. They wanted to spread Christianity among Native people. However, in the summer of 1795, around 280 individuals left the mission due to overwork, harsh punishment, and hunger. Disease was also a huge factor, with outbreaks of smallpox, measles, and diphtheria taking a heavy toll. This event shows how some Native Americans resisted mission life despite the risks. Today, Mission Dolores remains the oldest intact building in San Francisco, as an artifact from the Spanish and Mexican periods.

Why was mythology so important so important to Ancient Greek culture?

BY TIA PERSAUD



To the Greeks mythology wasn't just a collection of made up stories instead to them it was the foundation of ancient Greek culture. The myths the Greeks created explained natural events, guided human behavior, and helped people make sense of the world around them. The Greeks believed that the gods controlled everything around them which is why mythology was such an important part of their daily routines and decisions. By exploring why mythology was so important, it becomes clear how deeply it influenced Greek society, values and culture.

The ancient Greeks created myths to explain the world around them and make sense of natural events. Without scientific knowledge they believed that the gods were responsible for things like the weather, the ocean, and farming. For example they believed in Zeus, the king of gods and the controlling of lighting and thunder. They also believed in Demeter who they believed to be in control of the crops. These stories helped them understand and feel more in control of their surroundings.

The Greeks gave their gods human traits to make them more understandable and easier to relate to. By giving their gods emotions like anger, independence, and protectiveness, they were able to explain human behavior and experiences. For example, Artemis the goddess of the hunt who was known for fiercely protecting herself and punishing those who disrespected her. For example there was a hunter named Actaeon who accidentally saw Artemis bathing and since Artemis valued her privacy and purity so much she got so angry that she turned him into a deer and then his own hunting dogs who didn't recognize him killed him. These human-like qualities made myths more engaging and helped people connect to the stories. Because of this mythology became more meaningful and influential in Greek culture.

Mythology shaped what the Greeks saw as right and wrong by teaching lessons through the stories about gods and humans. Many myths showed that humans who acted with too much pride or disrespected the gods were punished which reinforced ideas like humility and obedience. However the gods themselves did not always follow these rules. For example Zeus often acted unfairly but was rarely punished showing that power and authority played a major role in Greek beliefs. Because of this mythology not only taught moral lessons but also reflected the idea that those in power are held to a different standard.

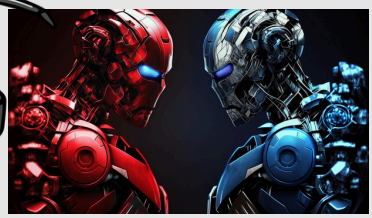
Greek mythology is still so important today because it influences modern culture, language, and storytelling. Also because it is very interesting to look back in time and see what people believed and held very important to them. Many books and movies are based on Greek myths like the Percy Jackson series. Greek mythology has also influenced art and literature. Because of this Greek mythology remains very widely known and still studied today.

Overall, mythology was so important to ancient Greece because it helped people understand their world, guided their behavior, and influenced daily life. These stories explained natural events and taught lessons about right and wrong. Greek mythology also shaped their values and the way they viewed power and morality. Even today these myths continue to influence modern culture and storytelling showing how lasting and impactful the ancient Greek culture is.

Why do flawed heroes make stories more interesting?



BY TIA PERSAUD



Flawed heroes make stories more interesting because audiences can connect to them easier because nobody is perfect. Characters who struggle with mistakes, emotions, and difficult choices feel more human and relatable. These flaws create conflict and add depth to the story. For example the Punisher (Frank Castle) his actions are shaped by his pain and anger making him complex. The Punisher does not view himself as morally grey and believes his actions are not only justified but necessary even though others would view it as going too far. This contrast between how he sees himself and how others see him adds depth to the story. Because of this flawed heroes feel more real and interesting.

Audiences relate more to flawed characters than perfect ones because they are easier to relate to and audiences are able to see parts of themselves in the characters. Perfect characters can feel unrealistic and unrelatable while flawed characters experience realistic and relatable things like failure, doubt, anxiety, insecurity, and personal challenges. These struggles make them more human and believable. For example the Punisher (Frank Castle) is driven by his anger and grief which shapes his actions and makes him complex. This shows characters do not have to be perfect to be meaningful. Because of this flawed characters create deeper emotional connections with the audience.

Character growth makes flawed heroes more meaningful because it shows how people can change over time and audiences like that because it is easy to relate to. Instead of staying the same they learn from their mistakes and improve.
For example Tony Stark starts off as selfish, arrogant, egotistical, and immature but throughout the story he grows into someone who cares about others and becomes more selfless. This makes their journey more realistic and relatable. Because of this, audiences connect more deeply with their journey.

Flaws create conflict within a story because they influence the way characters act and think. When a character acts out of anger, fear, pain, or pride it often leads to problems and challenges. These actions create tension and drive the story forward. For example Wanda Maximoff's grief leads her to create an illusion that controls an entire town trapping people and forcing them to act against their will. This shows how personal struggles can harm others and create larger conflict. Because of these flaws play a major role in shaping the story.

Flawed heroes feel more believable because to audiences they reflect real human behavior. Unlike perfect heroes they make mistakes and struggle with controlling their emotions. These imperfections make them seem more realistic and relatable.
For example Matt Murdock is constantly struggling between following the law as a lawyer and taking justice into his own hands as Daredevil. This internal conflict makes his character more complex and believable. Because of this audiences are able to connect with flawed heroes more easily.

Overall flawed heroes make stories more meaningful because they combine realism, conflict, and character growth.
Characters like Matt Murdock and Frank Castle show how flaws can shape decisions and create conflict. Their imperfections make them feel human and believable to audiences. These flaws make their stories more complex and meaningful. Audiences are able to relate to these challenges on a deeper level. Because of this flawed heroes are more believable and engaging.







HAPPY BIRTHDAY

May

Term 7

Yaretzi J.C.	05/01
Artem P.	05/03
Mr. Jorge	05/04
Mehran S.	05/04
Crystal C.C.	05/05
Ms. Bennie	05/06
Cash S.	05/06
John M.M.	05/07
Emily L.H.	05/08
DaSani F.	05/09
Jair H.	05/13
Mr. Duenas	05/16
Ms. Davis	05/16
Kayla C.	05/16
Ms. Rocchild	05/18
Athan R.	05/19
Anthony C.	05/20
Jacob D.H.	05/21
Khadija M.	05/21
Mariana G.	05/23
Jacobo G.	05/23
Damian S.	05/26
Owen K.	05/27
Oscar G.	05 /28
Lillyana P.R.	05/28
Ashlie C.	05/29
Antonio S. P.	05/30
Valeria O.G.	05/30

ESTEFANIA.V

Credit Crushers!

BY ALEXIS S

Jaylene A
Jazmyne A
Jason A.L
Andrew B
Azuscena B
Julie C
Esteban C
Sergio C.L
Julia C
Layla C
Fransico C.V
Jennifer D.A
Dora F
Eleazar F.H
Pedro F.M
Zakariya G
Isaac G.E
Isaiah G
Tiffany G

Cinthya H
Karen H.R
Mariana G.J.G
Owen K
Ziyeer L
Kevin M
Ashley M
James M
Ashley M
Jayden M
Ignacio M.L
Kevin M.R
Linda O
Valeria O.G
Coral P.T
Rapheal P
Adrian Q.B
Cynthia Q
Eduardo R.V
Athan R
Carlos R
Areli R.L

mareli S.S
Emely S.M
Nayra S
Marco T
Ileanna T
Litia T
Juan T
Danilo U.M
Adrian V.B
Estefania V.M
Miriam V
Citlali V.R
Mohammad E.Y
Yisel Z.H
Jacob Z

A Daily Dose of Observances

May is 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

ALEXIS SACKS

