Olympic High School

THE TORCH

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



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Meet the Olympic Admin Team!

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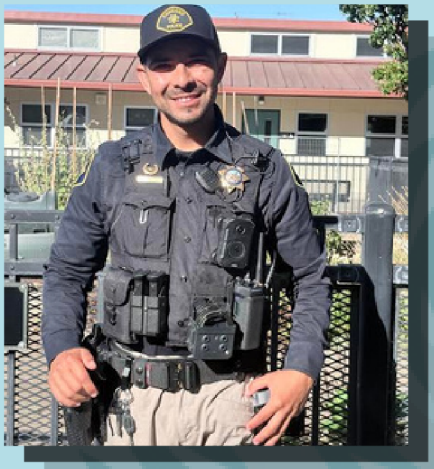
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FACES AROUND CAMPUS

By Sydney Williams

RAFAEL



Rafael is the new campus SRO. He grew up in Santa Rosa, Montgomery Village. So far, his favorite thing about Olympic is the students because they all have a different story to tell. Outside of work, he likes to work out and watch sports.

HECTOR



Hector is the new Campus Supervisor. He grew up in the San Francisco Mission District. His favorite thing about Olympic so far is the atmosphere, the students, and how everyone is so outgoing. In his free time, he likes to watch sports games. He is a 49ers fan.

MELISSA



Melissa is the new campus C.W.A. She grew up in the Bay, spending most of her childhood in Bay Point before moving to Concord. Her favorite thing about Olympic so far is the students and their interesting stories. She also likes the Joy Bound visits. a Outside of school, she likes to play the flute and violin. Sometimes she plays solitaire and Minesweeper.

SEPTEMBER OBSERVANCES

Labor Day

The first Monday of September, many people get the day off to celbrate the national holiday, Labor Day. But, do they know its meaning? The holiday has been celebrated nationally since 1894 to honor American workers who helped shape our country. In the late 1800s, the labor movement fought for fair wages, safer working conditions, and logical working hours. Today, the day is celebrated to recognize the workers who paved the way for workers' rights and to celebrate the people who continue to strengthen the nation.

September 11

On September 11, 2001, about 3,000 people lost their lives when the World Trade Center, the Pentagon, and Flight 93 were attacked by terrorists. Every year, on that date, we remember those whose lives were lost. It is also a day to honor the first responders and civilians who were courageous enough to help others in need. 25 years later, September 11 is still an important day in American history and a reminder of how people can come together during difficult times.

Constitution Day

Constitution Day is celebrated each year on September 17. This is the day the U.S. Constitution was signed in the year 1787. The Constitution is the document that set the framework for the United States government and it protects many of the rights and freedoms we as Americans hold today. This day is a great day to learn more about how our government works and reflect on the rights and responsibilities that come with being part of a democracy.

MEXICAN INDEPENDENCE DAY

Mexican Independence Day, September 16. This day is meaningful to a lot of people, but do you know about its history?

It all started with a man named Miguel Hidalgo. He was born on May 8, 1753, in Guanajuato, Mexico in a city named Penjam. Later in life, he worked as a Roman Catholic priest in the town called Dolores and in other church places like Colima and Valladolid. Hidalgo would later be known as a revolutionary leader, "The Father of Mexican Independence."

After about 289 years of Spanish rule in Mexico, on September 16, 1810, Hidalgo rang his church bell in the town of Dolores to gather the people. He talked about gaining justice. He spoke up against the Spaniards about how farmers and other workers were being treated poorly.

Hidalgo and the other important leaders had a plan. That early morning he gave a famous speech called "Grito de Dolores," a speech that was to call people to fight for freedom from Spanish colonial rule. Spaniards found out about Hidalgo's plan, known as the Querétaro conspiracy, through betrayals of certain people and confessions of nervous people; afterwards, Spaniards started arresting people. But Hidalgo's speech still encouraged people with shared anger towards the Spanish colonial government, and they revolted. Mexico did not gain its independence until the year 1821, but it is celebrated on the 16th because it marks the beginning of a fight for freedom in the year 1810 and lasted up to 11 years, a week, and four days, from September 16, 1810, to September 27, 1821.

Hidalgo was executed on July 30, 1811, in Chihuahua after being captured by a firing squad during the Mexican War of Independence.

Today, Mexico celebrates Independence Day kind of like the United States celebrates its Independence Day. The celebration has changed from small celebrations into huge national festivals that have military parades, fireworks, and political speeches; the day is also celebrated with food and music. A symbol of Mexican Independence is the Mexican flag, with each color meaning something different: green for hope, white for unity, and red for the blood of national heroes.

By Joab Fuentes Rosales

EL SALVADOR INDEPENDENCE DAY

El Salvador Independence Day, September 15. This day is meaningful and it's very important to a lot of people, but do you know about its history?

The Spanish conquest of El Salvador started in the year 1524 under the Spanish conquistador named Pedro de Alvarado. Under his direction, and others that followed, the Spanish conquered all of El Salvador and ruled by the Spanish Empire until September 15, 1821.

After some years of uprising and pressure from Mexico, leaders signed “The Act of Independence of Central America.” This act declared El Salvador and other Central American countries’ independence from Spain on September 15, 1821. Other countries included in the agreement were Costa Rica, Guatemala, Honduras, and Nicaragua.

This date is important to the people of El Salvador, and they celebrate with different traditions. Some traditions include parades, traditional music, cultural performances, and fireworks marking their freedom from Spanish rule in 1821.

El Salvador Independence Day is a very important date to the Salvadoran people because it marks the end of Spanish rule and celebrates the country's freedom, cultural identity, and national pride.

By Joab Fuentes Rosales



DID YOU KNOW?

El Salvador is the smallest and most intensely populated country in Central America

The country features more than 100 volcanoes along its landscape, earning the nickname the "Land of Volcanoes”

Hispanic Heritage Month Easy Recipes

Hispanic Heritage Month honors Spain and Spanish-speaking nations. Tap any image below to try these easy to make recipes!

By Joab Fuentes Rosales



PUPUSAS

Pupusas are thick, hand-formed corn or rice flour tortillas from El Salvador and some parts of Honduras; they are stuffed with tasty fillings such as cheese, beans, or seasoned pork, and cooked on a griddle. They are served with crunchy curtido (cabbage) and tomato sauce.



EMPANADA

A empanada is a baked or fried pastry that is filled with savory ingredients like meat or cheese, but it can also have sweet stuff like fresh fruit. The food originated in Spain and Portugal and later became popular across Latin America and the Philippines.



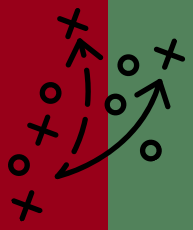
TRES LECHES CAKE

A tres leches cake its a spongy Latin American dessert made with three sweet mixtures of three different kinds of milk, and it is finished with a layer of whipped cream, sometimes dusted with cinnamon or topped with fresh fruits.

D.A.L FOOTHILL



With the 2026-2027 high school football season coming up there's the question on every student's mind: "Who will be the next Diablo Athletic League (D.A.L) Divisional champs?" First, what is the D.A.L? The Diablo Athletic League, or D.A.L., is part of the California Interscholastic Federation, which is the governing body for high school sports. The league has been around for 10 years and was made by combining the Diablo Foothill Athletic League (Acalanes, Capalindo, Miramonte, Las Lomas, and Benicia high schools), and the Diablo Valley Athletic League (Berean Christian, Clayton Valley, College Park, Concord, Mt. Diablo, Northgate, and Ygnacio Valley) high schools. It is the competitive league for high school sports across 13 regional schools in the East Bay. The D.V.L is split into three divisions: the Foothill Division, the Valley Division, and the Mountain Division. There's been some shake-ups in each division, giving any division a chance for a new champ. Let's take a Look at the Foothill Division. The Lafayette-based Acalanes Dons are coming off an undefeated 25-26 season along with a deep playoff run. Their coach, Coach Joel Isaac, even won the East Bay Times Coach of the Year. The Dons are looking to go back-to-back division titles. The Dons' success started back in 2023 when they secured the program's first NorCal championship and captured the CIF State title; since then, they can't be beat!



On to their rivals in Moraga, the Campolindo High School Cougars. The Cougars are bouncing back from a competitive 2025 season under veteran coach Kevin Macy. Their season came to an end with a loss to division opponent Clayton Valley. The Cougars off season has been all grid. Nothing has changed with the team roster, and maybe that's the key to their success. Now let's talk about a team that has been in the news recently.

Clayton Valley charter High school Ugly Eagles. The Eagles are looking to bounce back after losing the D2 championship to Monte Vista. The Eagles have been sweeping the offseason like no other team. After their loss, the team parted ways with head coach Nick Tisa and hired former De La Salle and longtime assistant coach Nathan Kenion, then got serra quaterback William orr. The Eagles look like a powerhouse this season for sure.

Next, we move into Benicia, where you find the Benicia High School Panthers. This team is looking to bounce back after their 2025 season came to an end in an upset loss to the No.7 seed in the playoffs. Benicia is being coached by former superbowl champion CJ Anderson, who's been putting a lot of work into the program, fundraising efforts, upgrading turf, revamping the weight room, and securing upgraded video scoreboard capabilities. The team hasn't won any important titles, but they could be winning very soon.

By KeSean Williams

D.A.L VALLEY

To the Valley we go!

Let's start with the champs, Orinda's own, Miramonte High School, Matadors. The Matadors are looking to defend their championship title, entering their third year under Coach Nick Aafir. The Matadors are the most likely to go back to back into a championship game. Jack White, Brooks Butler, Dave Greenstone, and Jackson Thompson, all seniors plan to return. The team also scored on transfer Julian Salter, a kicker/punter transfer from De La Salle. But the QB is the candy here Lane Dalton, dalton who was called up from JV last year, made a story like the bay area's own 49ers QB Brock Purdy, Dalton became a hero no one saw coming, getting called up after both starter carson blair and the backup to him went down so dalton was called up for the last season regular game then blazing through the playoffs securing miramonte section championship. Truly an underdog to hero story, with Dalton the Matadors will be a tough contender.

In Walnut Creek, Las Lomas High School, the Knights might be tough to beat this season. Last year, their season ended when a loss in the playoffs came from a 31-35 loss to Maria Carrillo High School from Santa Rosa. After that, they went with a coaching change, making longtime defensive coordinator Derek Clements head coach after former coach Doug Longero stepped down. Clements is coming in with a hefty 29-plus years of football experience. The Knights might be more than just a powerhouse this season. Definitely keep an eye on them.

Staying in Walnut Creek, to the Northgate High School Broncos. The team is looking for a playoff run after last season's loss in the quarterfinals to Richmond's Salesian College Preparatory. They haven't had any really big wins, but there have been some preseason players who are turning heads. Junior running back Micah Anum, junior receiver Bryce Ballard, and senior receiver Dax Gordon were named in the San Francisco Chronicle's 2026 preseason list of top Bay Area touchdown threats. Northgate will definitely be a top contender for the Valley Division Title and maybe even the Division 3 title.

Let's take it to the Mt. Diablo High School Devils, who are coming off a 7-4 season and are entering their 3rd year with head coach Fetuao Mua, who's been fueling the fire for this team. Last season, the team suffered from devastating news when when a arson fire hit their field in late August just before the 2025 season, but that did not stop the Devils at all. A player to keep an eye on is Christian Kuan, who led the team and league with 7 interceptions. There have also been some roster moves for the team; running back Mekhai Anderson and wide receiver Elijah Molnar transferred to Pittsburgh High School, and graduating senior Antonio Campbell III left for Laney College Football. But that shouldn't stop the Red Devils at all; definitely a team to keep a look out for.

Next, in Pleasant Hill, the College Park High School Falcons who finished last season with a disappointing 3-7 record. Coach Jack Schram, hired in 2024, spent 13 seasons at Miramonte High School. The Falcons might be an underrated team this season and still are in their "rebuilding stage." I definitely wouldnt count them out but wouldnt count them in either. The season is really up in the air for the Falcons.

By KeSean Williams

D.A.L MOUNTAIN

On to the Mountain Division

Starting with Alhambra High School, Bull Dogs are looking to settle into the Mountain Division. Last season came to a close with a dominant win over division rival Ygnacio Valley High School 57-8, but they still finished their season 4-6. A factor in that record was player injuries, especially head injuries. So parents took up the reins and started a fundraiser for player-protective helmets or guardian caps, which help reduce impact from helmet hits. The Bulldogs are looking to make a turnaround, and they should settle into the Mountain Division.

Moving to Walnut Creek, Berean Christian High School Eagles. The Eagles made headlines just days before practice in August with their newly signed Head Coach Matt Lisle, stepping down to take a Division 1 softball head coaching job at Southern Utah. This left Athletic Director La'Shawn Wells stepping in as interim head coach. As the season is coming to a start, no coaching hire has been announced. The Eagles ended last season with a 4-6 record, but are hoping they can get a permanent head coach and finish their season strong.

Now, we go to Concord and take a look at the Concord High School Bears. They are having an entertaining offseason as a QB battle is going on between junior students Braylon Monroe and Cade Court. The Bears are looking to continue being successful after a 7-5 record from last season. The Bears are definitely contenders to become a playoff team.

Finally, Ygnacio Valley High School Wolves. They are looking for a turnaround after a devastating 0-9 record last season. The Wolves are looking to break this losing streak with players like Senior defensive lineman Joseph Pongia, Senior wide receiver Dany Castro, and Sophomore quarterback Bailey McDonald. The Wolves could have multiple wins this season with this roster and talent, but for now it's up in the air.

By KeSean Williams

season forecast

By Anthony Meza



As the NFL preseason comes to a close, the San Francisco 49ers have lost a few players to injuries. In fact, they have been known in the past for being the most injured team in the NFL. The 49ers have lost a few key players to injuries, including George Kittle, the 49ers tight end, who injured his Achilles during the 2026 season in a playoff game against the Philadelphia Eagles. Although the injury ended his season, he was supposed to return this upcoming season around October.

After this injury, many people began to question all the injuries that plagued the 49ers. One theory was that because the practice field was next to a massive substation, the electromagnetic field was causing players' tissue to soften, making them more likely to get injured. The 49ers hired independent scientists who found the theory to be a "big nothingburger." Still, injuries continue to hurt the team, and out of the $316,297,175 in annual salary, $95,016,236 (25.74%) of it is paid to the injured players.

As of August 23rd, Kittle has been taken off the injury reserve and is questionable to play in their first regular-season game, taking place in Australia against the Los Angeles Rams.

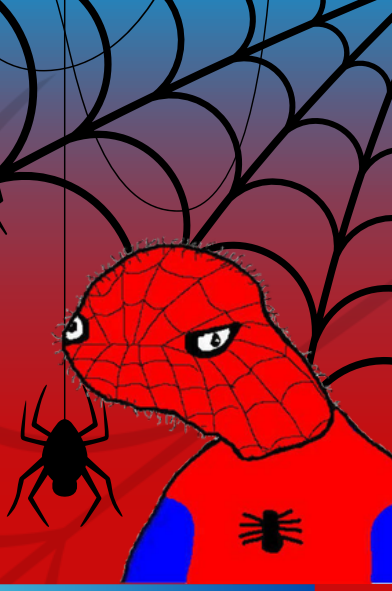
Other key players of the San Francisco 49ers include running back Christian McCaffrey and quarterback Brock Purdy. Looking forward to the new season, these two are xpected to impact the team. McCaffrey, the sixth highest ranked player in the NFL last season, is expected to return and continue his elite streak, but has missed some practices because of muscle tightness.

Brock Purdy, who came back strong from an early season injury to play in the playoffs and is expected to return this season and bring his on point passing and underrated rushing back to the 49ers' offense. Purdy has recorded 10 rushing touchdowns over the past three seasons and averaging an 8.6 yards per passing attempt in Kyle Shanahan's offense.

A surprising return to the team is Deebo Samuel, after being traded to the Washington Commanders in 2025, he has returned back to San Francisco on a one year contract. The rush to get Deebo back was mainly due to Ricky Pearsall's season ending injury. The 49ers were in need of some great wide receivers after Jauan Jennings and Kendrick Bourne had went into free agency after their contracts expired. Another surprising return was linebacker Dre Greenlaw whose last game with the 49ers was in the 2024 Super Bowl where he suffered an injury. After signing a 3 year contract withe the broncos but only after one season was cut to save salary space and was soon taken back by the 49ers.

This season has a lot of potential, but fans, players and management are all hoping the team can stay healthy long enough to make another playoff appearance. The 49ers have the talent, but the question on everyone's mind is if they can keep that talent on the field.

SPIDER MAN



"Hey guys, have you ever seen that really old movie Empire Strikes Back?" – Peter Parker, Spider-Man: Homecoming

I haven't seen that old classic either, but I was one of many who went to see Marvel's latest chapter, Spider-Man: Brand New Day. This new chapter introduces several characters, including Jean Grey, who is played by Sadie Sink, best known for playing Max Mayfield in Stranger Things; originally from the X-Men comic series. ut first, let's swing into the comics. In the 2007 comic that inspired No Way Home, Peter asked Doctor Strange to erase everyone's memory of him to protect his loved ones.

Then, in the 2008 Brand New Day comic, Peter is left dealing with the consequences. His marriage to MJ has been erased, leaving her with no memory of him. Peter is suddenly broke, lonely, and struggling to get by in New York, with no Avengers or safety net. Let's swing back to Jean Grey, who certainly stirred up some emotions. MJ has forgotten Peter, but after asking to remember him, Peter discovers she is being mind-controlled by Jean. Despite their rocky start and even trying to kill each other they eventually become an unlikely team. Through it all, Peter learns that being a hero isn't about power alone, but about the choices you make.

Peter's love life isn't the only thing that gets complicated. In a touching scene, Peter and Ned Leeds reunite and perform the handshake they created years ago. To Peter's surprise, Ned remembers him. After everything Peter has lost, this moment proves that maybe not every connection is completely gone.

In the end, Spider-Man: Brand New Day isn't just about fighting villains or swinging through New York. It's about moving forward when life doesn't go as planned. Peter may have lost people, relationships, and pieces of his old life, but he still chooses to be Spider-Man. No matter how tangled his life gets, Peter always finds a way to untangle the web and swing into a brand new day.

by: Sydney Williams



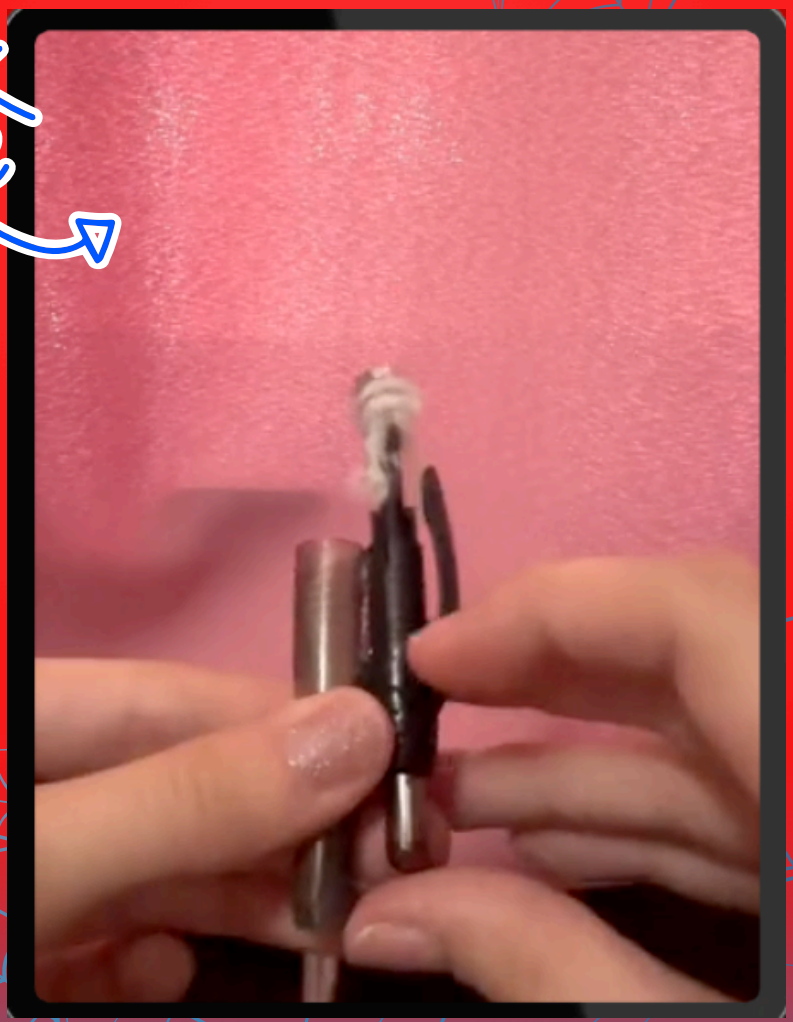




DIY WEB SHOOTER

Ever wondered what it would be like to have your own Spider-Man web shooter? Check out this DIY tutorial and see how everyday materials can be turned into a fun superhero-inspired creation. Click the video to watch the process and see how it turns out!

CLICK HERE







Obsession

BY AYDEN SALTER

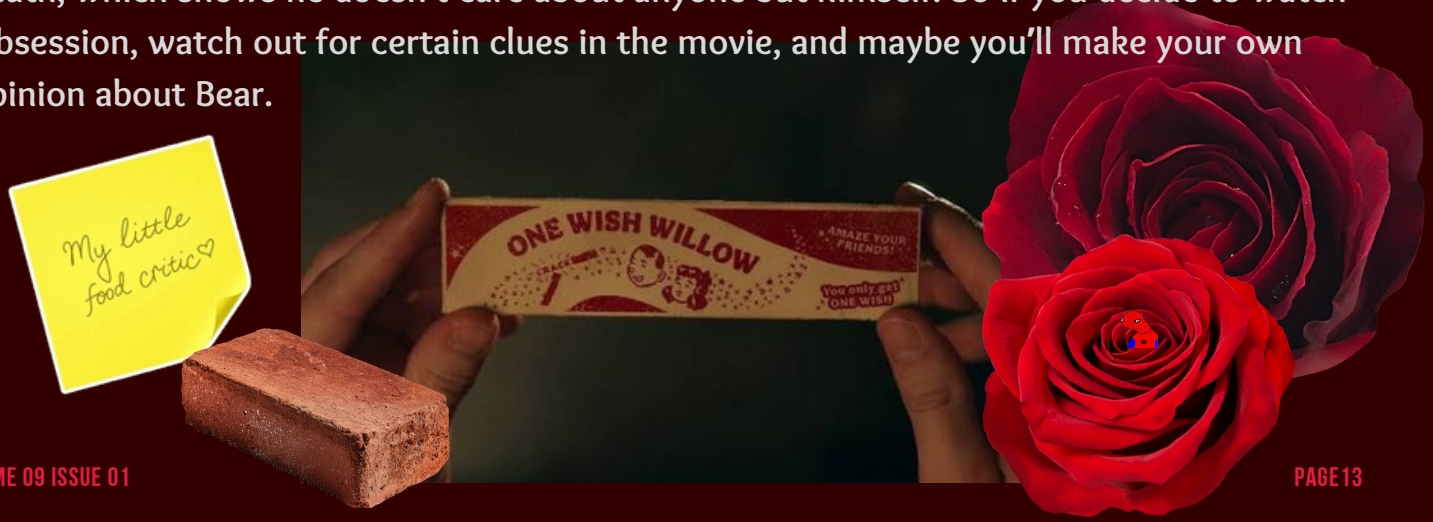
Love gone wrong. Obsession is a horror movie about the main protagonist, Bear, who is in love with his friend Nikki, but it is unrequited. Bear makes a wish that she would love him more than anyone in the world because he was too scared of her rejecting him. People who like realistic magic and psychological horror would be interested in Obsession because there's a lot of blood and constant changes around Nikki.

It did surprisingly well at the box office for a low-budget film, bringing in 488.1 million dollars worldwide and 263.4 million in America.

The main plot in Obsession is about an insecure, lonely "nice guy" named Baron, whom everyone calls Bear. Bear is in love with his friend and coworker Nikki. He wants to ask her out but was too scared. He decides to bring her a gift and ask her out. Bear goes to a crystal store to buy her a necklace after hers fell down the drain. He ends up buying and using the One Wish Willow on Nikki to avoid rejection, which makes her obsessed with him.

If you have watched Obsession, you might think that the One Wish Willow is the true problem, but in my opinion, Bear is the true problem. After he finds out that Nikki is possessed by the wish, he still doesn't do anything to help her because he doesn't want to draw attention to himself.
Some people defend Bear because they believe he did nothing wrong and didn't know the wish would work, or some people believe that the wish was showing Nikki's true feelings.

Nikki's obsession eventually leads to hurting Ian and Sarah, Bear's best friends. The empathy for his friends doesn't exist in the movie, except when Bear is affected by their death, which shows he doesn't care about anyone but himself. So if you decide to watch Obsession, watch out for certain clues in the movie, and maybe you'll make your own opinion about Bear.



TheMagical World of Unicorns

Unicorns aren't just mythical creatures; they've galloped through 5,000 years of human history, from ancient Mesopotamia to medieval Europe, leaving behind a trail of wonder and mythology.

By Ayden Saller

Unicorns first showed up in early Mesopotamian artwork, being considered the oldest known mythical creature between the Pegasus and Alicorn. Unicorns were then later seen in Chinese, Indian, and Greek mythology. The earliest Unicorn description was in Greece, during 400 B.C. by the historian Ctesias. The wonder in Unicorns is the belief that whoever drank from its horn was protected from stomach issues, poison, and epilepsy after.





The Pegasus came from Greek mythology, being the child of Medusa and Poseidon. After Medusa's head was cut off, the Pegasus sprouted out, which was later tamed by a warrior, Bellerophon. The Pegasus wanted to fly to heaven, but it failed and ended up at Mount Olympus. Later, it became the thunderbolt-bearer for Zeus. You can also find a Pegasus in the constellations during Spring.

Alicorns became popular through a show called, My Little Pony, and are important characters in the show, such as Princess Celestia and Princess Luna, but, first appeared in literature in the 1980s. In My Little Pony, Alicorns are seen as royalty and quite powerful, with powers such as, weather manipulation, flight, and intense magic from their horn.



SEPTEMBER

BIRTHDAYS

KeSean W. 09/01

David S.C. 09/06

Ms. Simone H. 09/08

Culan M. 09/12

Crystal G.B. 09/17

Ms. Felicity H. 09/17

Sarahi R. 09/18

Yuliana H.H. 09/20

Ariana G. 09/23

By Estefania V.

September Celebrity Birthdays



LILY TOMLIN

American actress, comedian, writer, producer, and singer. Born in Detroit in 1939, she started her career in stand-up comedy in local clubs before moving to New York City in the 1960s.



SALMA HAYEK

Mexican-American actress, producer, and director who broke barriers in Hollywood as a Latina actress. She moved to L.A. and achieved global fame for her portrayal of Frida Kahlo in the 2002 biographical film Frida, which she also produced.



GWYNETH PALTROW

Academy Award-winning actress, entrepreneur, and lifestyle innovator. Born in L.A. in 1972, she established herself in the 1990s and early 2000s in many mid-budget films.



AVRIL LAVIGNE

Canadian singer and songwriter known for her grungy pop-rock style and influence in the early 2000s. She earned the nickname "Pop-Punk Queen."

A DAILY DOSE OF OBSERVANCES

September 2026

SUN	MON	TUE	WED	THU	FRI	SAT
		1 Ginger Cat Appreciation	2 World Coconut Day	3 Baby Back Ribs Day	4 Wildlife Day	5 Cheese Pizza Day
6 Read a Book Day	7 Labor Day	8 Star Trek Day	9 Teddy Bear Day	10 Duicide Prevention Day	11 Patriotic Day	12 Chocolate Milkshake Day
13 Peanut Day	14 Eat a Hoagie Day	15 Double Cheeseburger Day	16 Guacamole Day	17 Constitution Day	18 Cheeseburger day	19 Talk Like a Pirate Day
20 Pepperoni Pizza Day	21 Day of Peace	22 Ice Cream Cone day	23 Day of Sign Language	24 Punctuation day	25 Lobster day	26 Pancake Day
27 Chocolate Milk Day	28 Ask a Silly Question Day	29 Coffee Day	30 Orange Shirt Day			

By Alexis S.

Astrology

By Estefania Vallejo

Virgo

August 23-September 22

Virgo is an earth sign and is typically represented by the symbol of a Virgin or Maiden carrying a shaft of wheat. Virgos are practical, analytical, and hardworking earth signs known for their meticulous attention to detail and deep desire to help others. Virgos are also associated with green and brown colors due to the earthy tones represented by nature, growth, and stability.

Lucky Numbers for September:
5, 15, 15, 23

Lucky Color for September:
Blue



Libra

September 23- Ocobter 22

Libra is an air sign represented by the symbol of the scales, representing balance and justice. Libras are diplomatic, fair-minded, social, cooperative, and gracious air signs, making it the only zodiac sign represented by an inanimate object. Libra's main power colors are light blue, pastel pink, and light green, which represent peace, balance, and love.

Lucky Numbers for September:
6, 15. 24

Lucky Color for September:
Pink

