Olympic High School

THE TORCH

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



OCTOBER 02, 2026
VOLUME 09 ISSUE 02



Indigenious Peoples' Day: October 12

Indigenous Peoples' Day celebrates and honors the cultures, histories, resilience, and contributions of Indigenous peoples in the United States. The observance began in Berkeley, CA, the first U.S. city to officially recognize Indigenous Peoples' Day in 1992; it is observed on the second Monday in October. It is not a federal holiday, but it is celebrated as a counter to Columbus Day, which remains the federal holiday on that date. The day allows us to celebrate Indigenous cultures and to learn about Native history and the lasting impacts of colonization.

Veterans Day: November 11

Veterans Day honors the service, sacrifice, and contributions of U.S. military veterans. It first started in 1919 as Armistice Day, marking the end of World War I. It became a federal holiday in 1938, and in 1954, the name was changed to Veterans Day to honor American veterans of all wars. It is a federal holiday observed every year on November 11. The day allows us to recognize and thank those who have served in the U.S. Armed Forces and to learn about their contributions to our country.

Filipino American History Month

Filipino American History Month celebrates the history, culture, achievements, and contributions of Filipino Americans in the United States. It is celebrated throughout October, marking the arrival of the first recorded Filipinos in what is now the United States on October 18, 1587, in California. The Filipino American National Historical Society first established the month in 1992. It is a time to recognize the important role Filipino Americans have played in shaping U.S. history and culture.

IN THIS ISSUE

Observances....1-4

Recipes....5-6

Halloween Special....7-10

Sports....11

Student Feature....12

Around the OLY Campus...13-18

Celebrations....19-20



Breast Cancer Awarness Month

By Estefania V.

Breast Cancer Awareness Month takes place every year from October 1st to October 31st to increase disease awareness, promote early detection, and support those affected.

The campaign began in October 1985 as a week-long joint effort by the American Cancer Society and Imperial Chemical Industries.

The pink ribbon became the universal symbol for breast cancer awareness in 1992, introduced through a partnership between SELF magazine and Estee Lauder.

Since then, breast cancer death rates in the U.S. have gone down, partly because of better early detection and treatments.

Did you know?

About 382,640 women in the U.S. are expected to be diagnosed with breast cancer this year—meaning most of us know someone who has been affected.

There is hope! When breast cancer is caught early, the 5-year survival rate is over 99%. Today, there are more than 4 million breast cancer survivors in the U.S.

1 in 8 women in the United States will be diagnosed with breast cancer during her lifetime.



Día de los Muertos

BY THE TORCH STAFF

Día de los Muertos, or Day of the Dead, is a Mexican tradition celebrated on November 1 and 2. People who celebrate remember and honor loved ones who have died and, according to tradition, welcome their spirits back for a short reunion. The celebration started from a blend of Indigenous Mexican beliefs and Catholic traditions brought by the Spanish. Its November 1 and 2 dates connect to the Catholic observances of All Saints' Day and All Souls' Day. November 1 traditionally welcomes the spirits of children, while November 2 welcomes the spirits of adults.

NOVEMBER 1ST REMEMBERING CHILDREN

November 1 is the day people honor children who have died. Families create ofrendas, or altars, with photos, toys, sweets, candles, and favorite foods to welcome their spirits home. Marigolds and candles are traditionally believed to help guide the spirits back to their families.

NOVEMBER 2ND REMEMBERING ADULTS

November 2 traditionally honors adults who have died. Families welcome their spirits back with ofrendas filled with photos, candles, marigolds, favorite foods, drinks, and meaningful belongings. Families may also visit gravesites, share stories, play music, and celebrate the lives and memories of their loved ones.

Symbols of Día de los Muertos

The Torch Staff

Día de los Muertos is filled with meaningful symbols and traditions used to remember and honor loved ones who have passed. From sugar skulls to marigolds, each has a special meaning rooted in Indigenous and Spanish traditions. Here a some of the many symbols of the important celebration.

Ofrendas

Click Here



Many people make altars or “ofrendas” (offerings) in their homes to honor their loved ones who have died.

Every ofrenda also includes the four elements: water, wind, earth and fire. Water is left in a pitcher so the spirits can quench their thirst.

Papel picado, or traditional paper banners, represent the wind. Earth is represented by food. Candles are often left in the form of a cross to represent the cardinal directions, so the spirits can find their way.

Every state in Mexico has its own way of setting up its ofrendas. The most common ones have three levels, that represent heaven, earth, and the underworld.

Sugar Skulls

Click Here



Decorated skulls placed on the altar represent departed loved ones and remind the living that death is a natural part of life, not something to fear.

La Catrina

Click Here



The famous, beautiful female skeleton figure symbolizes that the rich and the poor are equal in the face of death.

Marigolds

Click Here



The famous elegant female skeleton figure symbolizes that the rich and the poor are equal in the face of death.

IMAGE SOURCE: GOOGLE IMAGES

Click on an image for the recipe!

Fall SWEETS



Apple Cider Spice Muffins

These apple cider spice muffins have deep apple flavor and a moist texture thanks to a triple-dose of apple: apple cider, applesauce, and shredded apple. A mix of warming spices shines through, while a roll in cinnamon-sugar adds the sweetest touch. They're like fall-favorite apple cider donuts, but in muffin form!



Chocolate Marble Pumpkin Bread

This chocolate marble pumpkin bread brings together two favorite flavors in 1 loaf: classic pumpkin bread, swirled with rich chocolate and finished with a crumbly chocolate streusel topping. Every slice is soft, moist, warmly spiced, and filled with pockets of chocolate flavor.



Snickerdoodle Blondies

A cross between a soft and thick snickerdoodle cookie and a chewy treat, these snickerdoodle blondies are filled with white chocolate chips and ribboned with sweet cinnamon-sugar. No dough chilling or individual cookie dough rolling required to get your snickerdoodle fix!

Alexis S.

Halloween Treats

CLICK ANY IMAGE TO FIND THE RECIPE

BY THE TORCH STAFF

ZOMBIE CUPCAKES



Make zombie brain cupcakes for your next scary party! A moist chocolate cupcake with rich vanilla frosting, plus a splash of neon green food coloring.

POISON APPLE



These black sugar-coated apples are the perfect way to spook out guests this Halloween.

WITCH FINGER COOKIES



Halloween where you can bust out all the special effects for costumes and décor, so why not your treats, amiright? Check out these delectable, slightly gory edible witch finger cookies.

HOCUS POCUS PUNCH



A spooky drink for spooky season! Try this Hocus Pocus Punch. Made with a mix of fruit juices. Perfect for a spooky party.

Tim Burton Movies!

The Torch Staff picks

Tim Burton is often called "Mr. Halloween" because he directed films like *The Nightmare Before Christmas*, *Corpse Bride*, and *Frankenweenie*. Filled with spooky, gothic, and whimsical themes, they have become Halloween staples. His signature dark, yet playful style has made his movies a go-to choice for Halloween entertainment.

Click any image to watch the trailer!

By Ayden Saller



Sydney Williams
Alice in Wonderland
(2010)



Ms. Prater
Edward Scissorhands
(1990)



Alexis Sacks
Corpse Bride
(2005)



Joab Fuentes Rosales
Sleepy Hollow
(1999)



Ayden Saller
Frankenweenie
(2012)



Anthony Meza
Beetlejuice
(1988)

IMAGE SOURCE: GOOGLE IMAGES

Ayden Saller

National Horror Movie Day

JOAB FUENTES ROSALES

Jump scares, dark alleys, haunting, and scary basements! October 23 is known as National Horror Movie Day and is important to some people who love to be scared. There are some people who don't find it as interesting, but the day is celebrated by people of all ages. The day began in 2023 and will be celebrated as long as there are fans of horror movies.

On October 23rd, horror movie lovers celebrate the thrills and impact of the horror movie genre. The day was created by Christian Ackerman, a producer and writer for Vortex Cinema; Ackerman wanted a special day to celebrate the horror films and the fans who love the adrenaline rush. The date chosen to celebrate is October 23rd because it marks the birth date of a legendary filmmaker, Sam Raimi. He has directed classic films like "The Evil Dead" and "The Grudge." Raimi was known because he was the first one to use low-to-the-ground tracking shots and shaky cameras, giving the audience an adrenaline rush that no director had done before. That transformed the horror film genre. Some fans use this day to watch their favorite horror movie or host costume parties.

There's many reasons why people watch horror movies even though they're designed to scare us. Some say it helps a person face their fears in a fun environment!

People love that type of adrenaline rush; some of those people get really excited and anxious when they're into a horror movie. The scary or jump-scare scenes cause the person's heart rate to jump! According to the American Brain Foundation, people like to get scared because it triggers a rush of survival chemicals that quickly feed the brain with rewarding feelings because we know we are safe.

The first horror movie was a three-minute short film released in 1896 by a French illusionist and director, Georges Méliès. The movie was called "Le Manoir Du Diable," which in English is called "The House of the Devil" or "The Haunted Castle." The movie is about a bat that would fly in the castle and would transform into the devil.

The Horror movie genre has changed over time, moving from supernatural or fictional monsters to psychological because it is more like real world. That makes them even scarier to some people!



Click to watch *Le Manoir Du Diable*

So whether you like jump scares or psychological scares, be sure to celebrate with your favorite scary movie!

IMAGE SOURCE: GOOGLE IMAGES

JOAB FUENTES ROSALES

GLOBAL HORROR

EVERY CULTURE HAS STORIES OF MYSTERIOUS CREATURES AND LEGENDARY MONSTERS. TRAVEL AROUND THE WORLD WITH US TO EXPLORE SOME OF THE CREEPIEST LEGENDS FROM DIFFERENT CULTURES. CLICK ANY IMAGE TO LEARN MORE!



La Carreta Chillona is an urban legend from El Salvador. It is used by parents to keep kids from going out too late. A phantom cart made of human bones that drives around dark villages. Its screeching wheels warn that it is near. Some versions say it collects lost souls, while others warn that anyone who sees it may not live to see the next morning.

The Tiyanak is a creature from Philippine folklore that disguises itself as a crying baby. When someone stops to help, it reveals its monstrous form and attacks. Some stories also say the Tiyanak abducts children who wander alone. According to the legend, it may be the spirit of a baby who died before being baptized or given a name.





Bloody Mary is an American urban legend. It is said that if you look at a mirror in dark room and say "Bloody Mary" three or more times, a ghost may appear as a witch, bloody figure or a corpse and can do horrible stuff to the summoner. Some people connect the legend to Queen Mary I, who earned the nickname for executing Protestants.

HAUNTED LOCATIONS AROUND THE BAY

CLICK AN IMAGE TO LEARN MORE

The Queen Anne Hotel



San Francisco

Room 410 is said to be haunted by a Woman named Miss Mary Lake, the headmistress when the building operated as a girls' finishing school in the 1890s. This location might be the most famous of San Francisco's Haunted Hotels.

Banta Inn Haunted Bar



Tracy

The Banta Inn is widely known to be one of the most haunted bars in the state, the place is famous for visits of paranormal investigators and ghost stories.

Haskell House



San Francisco

In San Francisco's Fort Mason, Haskell House is one of the city's most haunted historic places. People have said they have seen a top-hatted man pacing the room, as well as bodiless figures or felt followed by something.

The Haunted Bay Bridge



San Francisco Bay Bridge

The Bay Bridge is said to be haunted by unreal California Highway Patrol motorcycle riders and an inexplicable hitchhiker on the upper and lower sides of the platform.

JOAB FUENTES ROSALES

By Ke'Sean Williams

GAME OVER FOR SONY?



If you are a gamer like me, you've probably played a Sony game. As the second-largest video game publisher, the Japanese games, entertainment, and electronics company has been making some recent headlines, and not in a good way.

First in the headlines, Sony recently announced it aims to stop making physical copies of games by January 2028; the response is not good. Gamers around the world are furious as they feel it means they will be paying full price for a game they don't truly own. Most people think that when you BUY a digital game, you actually own it. But in Sony's case, they clarified that gamers never owned the game; they were just borrowing it. So if Sony removed a game, the purchaser would lose access to play. In response, a group of gamers in Northern California sought to file a lawsuit against Sony to change their advertising. In Governor Gavin Newsom 2024's California law AB 2426, it is written that digital storefronts are prohibited from using words like "buy" or "purchase" for media files unless you actually own them forever, unless they clearly disclose that the buyer is only buying a license that can be revoked. The lawsuit argues that the tech giant did not properly advertise their products. Sony has not acknowledged the backlash, but its competitor, Xbox, is taking advantage of the news with CEO Asha Sharma, discussing a new way for gamers to keep their physical copies of discs while also still going digital with Xbox's new disc-to-digital system, allowing users to convert physical game discs into digital licenses by inserting the disc and claiming the license through the console's game menu. While this enables completely digital gameplay and cloud gaming, the digital license remains permanently tied to that specific physical disc and will transfer to another user if the disc is sold or given away.

The next shocking headline for Sony was that it will be breaking ties with Kojima Productions. Kojima Productions is a company known for its tactical espionage games like the Metal Gear franchise and Death Stranding. The breakup happened because Sony stopped funding Kojima's upcoming game, Physint. Fan reaction was not pleasant, some calling it the fall of Sony and others just flat out confused. After the announcement, gamers were left wondering what would happen next for Kojima Productions. Then, just a day later, XBOX announced its own partnership with Kojima Productions and the upcoming game Physint.

With Sony making major changes and XBOX quickly stepping in, the competition between the two gaming giants may be getting even more interesting. For now, gamers will have to wait and see what happens next.

Mermaids and Sirens

Whats the difference?

Imagine you're on a ship during a raging storm and you hear a melody coming from beneath the waters; the creatures creating those melodies are called sirens. In ancient Greek myths, they had the head of a woman and the body of a bird, and they lured sailors to their deaths. But as we know them now, they are half human, half fish. We usually call them mermaids, but there's a distinct difference between sirens and mermaids.

Sirens are hostile, using their angelic voices to sink ships of sailors; some say to eat them. Mermaids are, for the most part, peaceful. They live in the sea and may interact with humans with kindness or ignore them entirely. They started to get mixed up during the Middle Ages when monks and scholars who copied old texts began drawing and describing sirens with fishtails instead of feathers. Over centuries, the bird-body version faded away because artists, translators, and storytellers gradually blended their overlapping traits; eventually, mermaids and sirens were hard to tell apart.

Even though mermaids and sirens come from different stories, their similar appearance and connection to the sea make them easy to mix up. Today, people enjoy tales about both creatures, sometimes blending their stories to create exciting and mysterious ocean legends. Understanding their origins helps us see how these myths grew and why they continue to capture our imagination.

By Sydney Williams





IMAGE SOURCE: GOOGLE IMAGES

FACES AROUND CAMPUS

By Sydney Williams

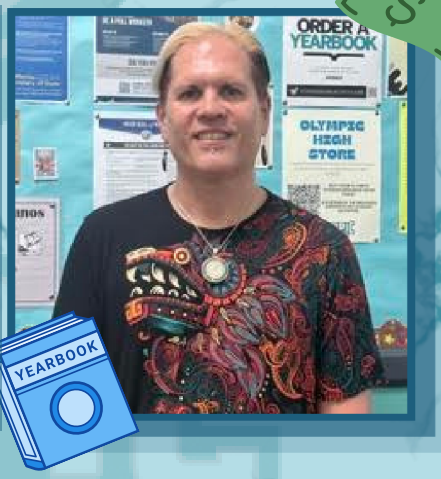
MS. CHANG



Ms. Chang is the art teacher on campus. She grew up in Orange County, South California. when it comes to Olympic she loves her students, their stories, how they're respectful; she loves connecting with them. In her free time she likes to play instruments, crochet, make ceramics, hang out with friends and go on walks.

MR. SCOTT

Mr. Scott is the Government, Economics, Leadership and Yearbook teacher on campus. He grew up in Pleasant Hill. When it comes to OHS, he believes its the best school in the district and has the best students. In his free time he reads a lot; usually history and science fiction books.



MR. BREAM



Mr. Bream is the Silver Pathway History and Independent Studies teacher on campus. He grew up in Visalia, CA, and has been teaching at OHS for 21 years. He likes how staff at OLY can focus on students and their needs. In his free time, he likes to play music, go camping, go to the beach, and explore new areas.

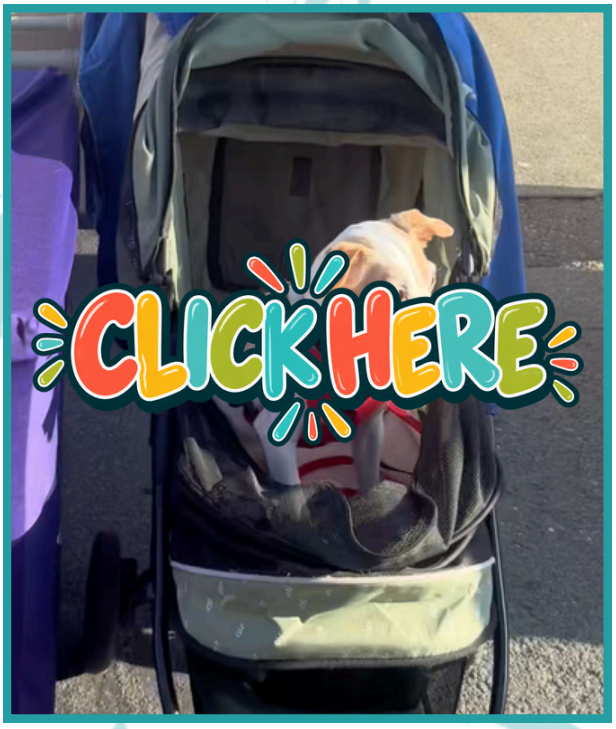
Back to School Night & Community Resource Fair

September 17, 2026

On September 17, OHS hosted its third annual Back to School Night & Community Resource Fair! Students and families enjoyed free dinner, free haircuts, fun games, a free thrift store, and access to local community resources all in one evening. It was a great night of fun, connection, and community! Click beow to see *The Torch* recap!

By Sydney Williams

















Joybound Pawesome Visits!

Twice a month, Joybound brings some extra fun to the OHS campus with visits from their Pet Hug Pack therapy animals! These specially trained dogs give students a chance to take a break, de-stress, and enjoy some quality time with a furry friend.

Many of the therapy dogs have their own rescue stories, making their visits even more special. Keep an eye out for the Joybound on campus twice a month on Thursdays!

CLICK BELOW TO SEE THE TORCH COVERAGE OF THE JOYBOUND PET HUG PACK!



CLICK HERE









By Ayden Saller & Sydney Williams





Looking for something new-to-you? Stop by Thrift or Swap, where OHS students can shop from a collection of gently used clothing donated by staff, all completely FREE! There's something for everyone.

Join us the second Wednesday of every month during lunch in Room 41.
Bring something to trade or just come see what you can find.
Donate it. Swap it. Thrift it. Take it home FREE!

Click below to see what the HYPE is about!

By Sydney Williams











CLUBS ON CAMPUS

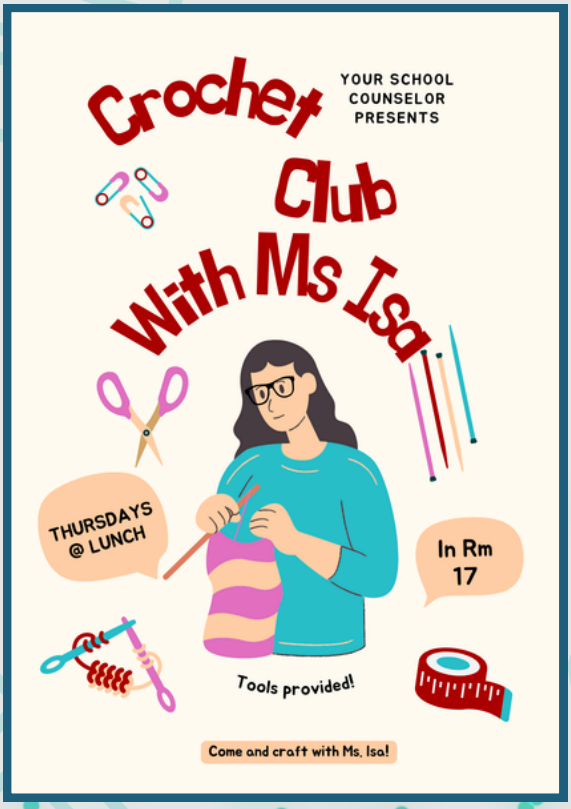




Have an idea for a new club? Take your idea to Ms. Melanie or Mr. Emilio in the Wellness Center!



JOIN US!



GRADUATING SENIORS!

FINANCIAL AID NIGHT

GET HELP WITH YOUR FAFSA OR CADAA APPLICATION!

OCTOBER 15
5:30PM-7PM
@ OLYMPIC HS, OCC



MUST BRING:

- SOCIAL SECURITY NUMBER (STUDENT'S AND PARENT'S, IF APPLICABLE)
  - IF YOU DON'T HAVE AN SSN, THAT'S OKAY, WE WILL DO THE CADAA INSTEAD.
- 2025 TAX INFORMATION
  - DIDN'T FILE TAXES? DON'T WORRY. WE CAN STILL SUBMIT AN APPLICATION, NO PROBLEM.

A financial aid application is a FREE and NECESSARY application for students to get done so that they may go to community college for free!!

Eligible students will also get money to help pay for their 2-year/vocational schooling!

CREDIT CRUSHERS

TERM 1

Adella D.
America C. G.
Angel H.R.
Angelo G.R.
Ayden S.
Benjamin F.
Braian C.Q.
Bryce D.
Crystal C.C.
Dominic R.
Ezequiel B.
Israel C.
Jacob Z.
Jenifer P.M.
Jennifer H.M.
Jesus M.Z.
Joab F.R.
Johana A.T.
Jorge C.
Juan V.J.
Karen H.R.
Kayla V.
Kelin Q.H.
Kimberly G.D.
Linda O.
Michalia V.F.
Natalie D.G.
Roxi R.
Sarahi R.
Sioneofa W.
Ulises C.T.
Zakariya G.

Credit Crushers are students earning 12.5 credits or more in Term 1.

OCTOBER BIRTHDAYS

Nolan R. 10/02

Andrew B. 10/04

Ms. Witczak 10/04

Juan B. 10/05

Adella D. 10/06

Ms. Amanda 10/07

Angelo G.R. 10/08

Victor G.C. 10/09

Officer Cherry 10/09

Ashley M. 10/11

Etimoni M. 10/13

Mx. Fliehmann 10/14

Alexis D. F. 10/16

Sebastian A. 10/17

Cornelio D.L.P. 10/17

Michalia V.F. 10/19

Leonardo V. 10/19

Jorge C. 10/20

Maddon H. 10/22

Ms. Prater 10/22

Francisco C.V. 10/23

Aiden H. 10/27

Juni C. 10/27