

Alexa Baker, Editor-in-Chief

Senior Stresses

EDITORIAL

I know that September is a hectic time for all seniors. Of course, there are a bunch of fun things like Homecoming and Hispanic Heritage Month events. However, a lot of the time, college applications end up taking over any plans to spend time with friends or really experiencing any of the fun things that they shouldn't have to worry about missing because they have been so busy. Not only that, but there's also Senior Board elections, class ranking, and tons of homework. It's hard to believe, but the first quarter is almost over already. Friends of mine who are AP students are especially going a little crazy over the amount of homework they are receiving on top of the college preparation they have to do. I definitely have been concerned over applying to colleges, letter of recommendations, as well as writing my personal essay. Even while writing this editorial, I am stressing a little bit while trying to finish it. I ended up missing a day due to a field trip during the week, and I had to work on a ton of homework that night, so I could not work on my story. A lot of the seniors here at T.F. North, and in schools all around the country, understand the weight of having to finish a ton of homework in one night. Some students have jobs and other responsibilities at home like taking care of their younger siblings or possibly even older family members. It is a difficult adjustment after being at home for three months and not being free to do whatever it is that you need to do. But, as it is their last year, seniors should make the most of it, even if it is hard to find the time.



Senior Alexa Baker, Editor-in-Chief
Photo credit: Karen Gutiérrez, Jefa de redacción



On the left is Jamiya Morgan with her story A Brave Doctor Visit and on the right is Grace Apata with her sketch of the English Rapper, Dave

Story by Na'Yanna Green, Assistant Editor-in-Chief

Creative seniors achieve milestones

Over the summer, while most high school students spent their time recharging for the upcoming school year, two very talented students at T.F. North spent their time creating history. From publishing books to having art displayed in the U.S. capital, seniors Jamiya Morgan and Grace Apata have done it. In June of 2026, Morgan published her first book called A Brave Doctor Visit. The purpose of this book is to help encourage children to overcome their fears of going to see the doctor. Morgan began mapping out her plans for the story toward the end of her junior year in high school. She began writing and illustrating this project in May, publishing it just one month later on June 3rd. The book is currently selling on Amazon for just ten dollars. She said, "My favorite part of the book was illustrating everything. I felt like it was really fun, plus I also got some inspiration from other books. So it was nice to see how other authors illustrated their books." Exactly one week

later, Apata got a chance to have her art displayed at the U.S. Capitol tunnel for a year through the Congressional Arts Competition. Her piece was a sketch of the well-known English rapper Dave. This opportunity that she was given happened completely unexpectedly. "Mrs. Weber simply turned some of my art in at a couple competitions like she always does, then she reached back out to me and said I was one of the winners," Apata explained. She was really excited when she found out that she was going to spend a five-day trip in Washington, D.C. "At first I was just excited to win, but when they said they were planning to fly me and my brother to D.C. for the whole weekend to experience the whole showcase, I was even more excited and extremely grateful," she explained. Overall, due to these achievements, these talented students prove that dedication and creativity can turn the summer break into something great.

Homecoming Activities

Find information on the Homecoming Dance & activities.

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New Faculty Members

Find out who some of the new teachers are here at T.F. North.

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Caldo de Quelite

Try this Guatemalan recipe fit to feed five people.

page 6

Letters to the Editor

Letters to the Editor can be sent to our social media handles or thorntonian@tfd215.org.

I really like the Guest Playlist portion in the school newspaper. I like it because it captures what the students here are listening to. Whether they're listening to it when they're studying, doing work, or just simply walking through the halls; they seem to be in their own world and comfort zone whilst they're listening to their own style of music. Alexander Valdez, sophomore

I honestly love the Guest Playlist part since to me I took it as a song recommendation. Due to that, I listen to DEATHMETAL by Panchiko, and it was actually good. I really loved the tone of the song. In all I think this part should be in future newspapers since it can introduce people to new music and can also tell people about what music they like and even how they are personality-wise. Julian Hernandez, sophomore

I really like how the newspaper added the club dates so I can join them for example, the Student Action Team. Vanessa Roa, sophomore

Message from the Jefa

Hello students and community. I am Karen Gutierrez, the Jefa de redacción and given that Hispanic Heritage Month has started, we would like to ask if any of our readers have any stories that they would like to share. Your stories help us celebrate the diversity, culture, and history that make our community unique. If you have a story you would like to share, please reach out to us. We look forward to hearing from you and celebrating Hispanic Heritage Month together! Karen Gutierrez

Story by Angel Diaz, Staff Reporter

The 2026 yearbook is out

Meteors, the 2026 yearbook is out. The yearbook can be purchased in Mr. Stephan's room (142). The yearbook costs \$30 in cash and no cards are accepted. The yearbook is a good way to reflect on the school year that just passed. "Making the yearbook was an enjoyable experience that provided me with amazing interviewing skills, and the accomplishment of finishing the yearbook is an unforgettable memory," said Ricardo Juarez Diaz, Editor-in-Chief of the yearbook. "I recommend all students purchase the yearbook; it is most likely going to last forever, and it also allows them to reflect and see growth," said Kiana Washington, the assistant Editor-in-Chief who also helped create the yearbook last school year.

A small number of 2026 Chronoscopes are available for \$30.

I would like to share my opinion on the school dress code policies for this new school year 2026-2027. I think that reinforcing the dress code was a good idea but also a bad idea for some students. I believe that even though there is a dress code, students will not listen and they will wear whatever they want because they feel like it's not as important as the staff and administration makes it seem. One of the main problems that I noticed was the rule of not showing stomachs or not wearing crop tops. I think that there is nothing wrong with showing a bit of skin but not overdoing it by wearing really short tops. I believe that the clothes that students wear shouldn't have to distract the education of others because they cannot keep their eyes or thoughts to themselves. I think that every student should dress the way they like but dress modestly and have appropriate clothes for school. I also believe that the way the staff is dress coding students is wrong because they don't dress code every single kid wearing a crop top or showing a little bit of skin they only dress code whatever student they see which I feel like its unfair towards the students who are not getting dress coded and are having even worse clothes on then the people who are getting dress coded. To end my response I think that it's good to have a dress code but it would also be good if everyone followed it accordingly or if the school would just let the students dress the way they like but also dress school appropriate to learn. Evelyn Gomez, sophomore



Important Dates

- 9/17 Parent Teacher Conf.
- 9/18 No School
- 9/23 Powderpuff Game
- 9/25 Homecoming Game
- 9/26 Homecoming Dance
- 10/12 Indgenious Peoples' Day
- 10/13 End of Quarter 1
- 10/31 Halloween



2026-2027 Thorntonian Staff

Staff Reporters:

- Idris Adewale
- Abi Andrez
- Sherae Casimiro
- Dakota Combs
- Kordae Crawford
- Angel Diaz
- Naleny Rosales
- Briana Santa Cruz
- Ariana Terrazas
- Dalylah Thompson
- Bryan Valtierra
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Established in 1925, the Thorntonian is produced by the Advanced Journalism students of T.F. North High School. It seeks to provide an open forum for all members of the District 215 community. Opinions expressed do not necessarily represent the official position of District 215 unless otherwise noted.

WE are PROUD to SUPPORT TFN!



Dine in or Carry Out

Thursday, September 17, 2026

Simply, present this flyer or mention TFN Junior Board/Visual Arts Club & Don Pedro will DONATE 15% of your food sales!



Spread the word ~ tell everyone you know!

316 Torrence Avenue, Calumet City

Call 708.862.7747 to place a carry out order or Dine in

NO DELIVERY ORDERS-UBER Eats/Doordash apply to this event

Donation is on FOOD sales only. Present this flyer upon ordering. No credit cards taken over the phone.

Story by
Dakota Combs, Staff Reporter

HoCo Dance Sept. 26

The 2026 Homecoming Dance will be on September 26th. This year's theme will be "Once Upon A Time." Before the student council chose the name for the dance, the original plan was to make it Halloween-themed, but because the dance was moved to September, the theme was changed. This event is exclusive to students who attend TFN only; IDS are required, and no outside guests are allowed. This big event will be held in the Purple Gym. The dance will start at 6 pm and end at 9 pm, but the doors will close at 7:30 pm. Tickets will cost \$25 in cash at the Parent Teacher Conferences; afterward, tickets will cost \$30 either at the bookstore or via a QR code that will be in the halls. Paying at the door is also an option. Students are reminded to come in semi-formal attire; stick to the theme with a whimsical/fairy-tale-like or a dark/enchanted vibe for the dance. The Royal Families for this year will be "Three D's: One Fairytale," which includes Dania Howell, Demi King, and Damyah Mitchem; "The Fantastic 4": Jacob Tullis, Kayla McCullough, Jaliah Robinson, and Ja'Zyria Willis, and "The Enchanted IV": Dalylah Thompson, Na'Yanna Green, Taniah Sanders, and Saniyah Scarelli. The winning Royal Family will be announced around 7 - 8 on the day of the dance.

Story by Camilia Winburn, Staff Reporter

Homecoming Spirit Week

Homecoming Spirit Week lasts from Monday, September 21 through Friday, September 25, 2026. For Monday, it's Media Monday. Students can dress up as their favorite piece of media from any book, TV show, or movie. Furthermore, Monday is also Glow Up Day! A class, team, or club can give their teacher, coach, or sponsor a makeover of their choice. The more glitter, the better! The staff member that contains the most likes on their makeover will win their class, team, or club four dozen donuts. For Tuesday, it's Fairy Tale Day and the Hall Dec Competition. The classroom or office with the best decorative entryway will win three cases of individually wrapped cookies. On Wednesday, it's Tim Burton Day. Students can dress up as their favorite Tim Burton character. The Powderpuff Game between the Class of 2027 and the Class of 2028 would face off during 7th period in a classic flag football game. Bracelets for the game are \$2.00, and students would need a bracelet in order to attend the game. In

Story by
Dalylah Thompson, Staff Reporter

Powderpuff returns

Powderpuff is back! The annual flag football game, played by junior and senior girls, is returning to T.F. North. Due to all the construction of our new field, the Powderpuff game was postponed last year. Now that there is a brand new field, it's time to watch the upperclassmen Meteor girls fight for a victory. This year, the Powderpuff Football Game will occur on September 23rd, during 7th period. To watch, you must have a wristband. Wristbands will be sold for \$2 from either Mr. Furmanek or Ms. Weber. Make sure to be on the lookout to grab one. The players this year are super excited. "I am most excited for meeting my teammates and making fun memories with them," said junior AnaLizbeth Arce. "I am most excited to practice with my teammates and make new memories," said senior Taniah Sanders. There is a big debate on which class will take the crown and become Powderpuff's winning team of 2026. "I think juniors are going to win 100%," said Arce. "Of course the seniors are going to win, class of 27 on top," added Sanders. Do not miss out on this exciting event coming to T.F. North.

Story by
Sherae Casimiro, Staff Reporter

Meteors Welcome Ms. Taylor

Did you know there is someone new here at TFN? This year TFN welcomes a new assistant principal, Ms. Chelsea Taylor. Ms. Taylor's reasoning for joining the Meteors was the opportunity presented itself to her and aligned with her goals. She stated that working here at TFN has completed her cycle of working for District 215; she has worked at all three campuses. How exciting! She started her journey at North July 29, 2026 and before working at TFN she was a Dean at TFS and before she became a dean she was a teacher at TFC. She chose this career path because she's always loved working with students, and teaching was an easy way to work with students directly. She said that being a dean allowed her to explore supporting students but in a restorative way and perspective. Her goal for being a new assistant principal is to support not only students but teachers as well so there can be even better support for the students of TFN. Ms. Taylor has been doing her job for quite some time, teaching for 12 years being a dean for 3, and just starting her new life as an assistant principal. During her time here she's looking forward to learning new things about the environment and the culture of our school, and she can't wait to have professional fun. A fun fact about her is her love for food. Who doesn't love food? She says that she traveled all the way to New Orleans in April of this year to eat! We are so happy and excited to have Ms. Taylor here with us at TFN and cannot wait to see her progression and how she grows as our new assistant principal.



Story by

Bryan Valtierra, Staff Reporter

TFN's newest faculty members

The start of a new school year brings new faces to the halls of T.F. North, and this year several teachers are joining the staff. To help students get to know them better, the newspaper asked a few questions about their backgrounds, interests, and goals for the year. Ms. Alma Agosto joins the Social Studies and English Departments, teaching World History with Mr. Weber and English 10. Before becoming a teacher, she spent many years working as a paraprofessional. That experience inspired her to earn her teaching degree because she enjoys helping students learn and grow. This year, she is excited to build relationships with her students and become part of the T.F. North community. Outside of school, she enjoys traveling, spending time with family, and is fluent in both English and Spanish. Her advice to students is to always do their best, ask questions when they need help, and never give up on themselves. Mr. Jimmy Deignan is the new choir and guitar teacher. He credits his own high school choir director for inspiring him to become an educator. He hopes to create a welcoming classroom where students can grow through music and enjoy meaningful experiences together. One interesting fact about Mr. Deignan is that he previously taught in China. He encourages students to find something they are passionate about and give it their best effort. Joining the World Languages department is Ms. Lowery, who teaches all levels of French. She has always wanted to be a teacher because she enjoys sharing her knowledge with others. She looks forward to meeting students and becoming involved in the school community. Outside the classroom, she has completed the Chicago Marathon twice. Her message to students is that mistakes are a natural part of learning, and asking for help is one of the best ways to grow. T.F. North is excited to welcome these new teachers and wishes them a successful first year. Be sure to come back for issue 3 to learn more about the other new teachers joining T.F. North!



2026-2027 Theme
"What a Veteran Taught Me About America"

Student Entry Deadline: Oct. 31, 2026
 Patriotic Audio Essay Competition Grand Prize: \$35,000 Award

What is the Voice of Democracy Program?

Since 1947, the Voice of Democracy has been the Veterans of Foreign Wars' (VFW's) premier scholarship program. Each year, nearly 26,000 high school students compete for more than \$2 million in scholarships and incentives. Prizes and scholarships can be awarded at the Post, District, state and national level. National winners will be notified of their scholarship & placement. Students compete by writing and recording an audio essay on an annual patriotic theme. This year's theme is, "What a Veteran Taught Me About America"

**See Mr. Weber
 for more information.**



Guatemalan Caldo de Quelite Recipe

Story and Photos provided by Abi Andrez

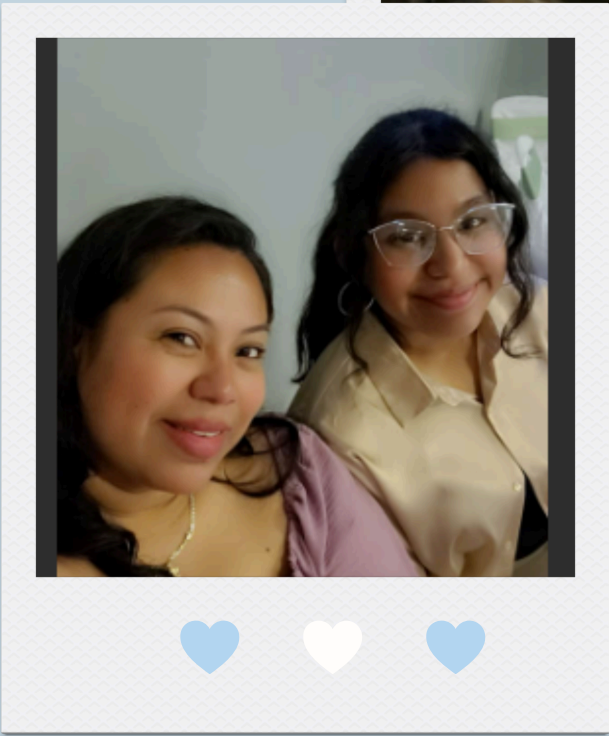
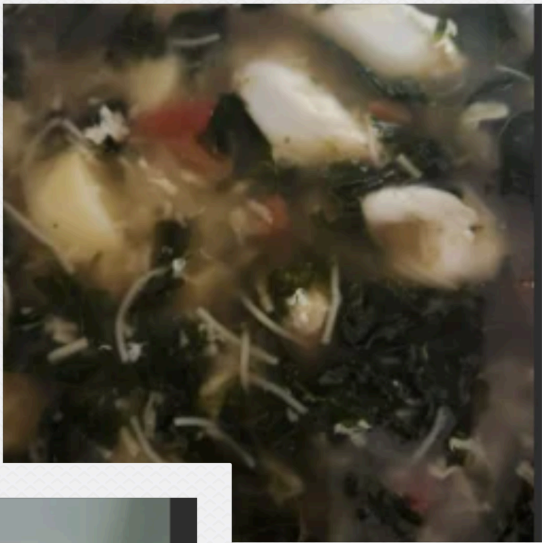
My family’s recipe has been passed down through generations.

Do you want to try a new comfort food recipe from Guatemala? I want to share my family’s comfort food recipe, Caldo de Quelite. Caldo de Quelite is a famous broth in my family and in Guatemala. This recipe is something like the Mexican version, but in Guatemala we add a little more of a twist; we add eggs, potatoes, and on the side we have tortillas and sausages. This broth is not just a comfort food, it is also a natural medicine because quelite is extremely high in iron, calcium, and vitamins A and C. The warm broth is not just a comfort food it is also traditionally used to fight anemia, aid digestion, and help recover mothers strength back after childbirth.

Ingredients (5 people):

- 1 liter of water
- 4 Potatoes
- 1 Tomato
- 1 Onion
- 1 tbs Consomme de Pollo
- 1 Sopa Maggi
- 5 Eggs
- 1 Branch of quelite

- Recipe:
1. In a cooking pot, put water to boil
 2. When the water has finished boiling, put sliced tomato and onion in a pot
 3. Put 2 tablespoons of chicken consomme, Maggi soup, and noodles- mix them together
 4. After mixing for 5 minutes, add the quilete
 5. Add the eggs that you desire to add, you crack the eggs open in the pot
 6. You also add potatoes, cut them in 4 parts, add them into the soup and let them cook
- If you want to add a little more to the plate:
1. Fry four sausages until browned and heat up the tortillas; once they are hot, roll each sausage inside a tortilla, toca-style
- Now enjoy this delicious rich soup!!!



GUATEMALA

Story by Naleny Rosales, Staff Reporter

My own path

As a Mexican American girl, there are certain expectations for me and stereotypical ideas about me. I live in 2 different worlds, whether that be I'm too "American" for the people in Mexico or too "Mexican" for the people in America. I'm not so different than any other kid, I have people who could relate to me. My dad is from Mexico, and my mom is a Chicana. She was born in America, but her parents came from Mexico. I am proud of where I come from and what it represents. I also feel a strong expectation to be an achiever, especially because of everything my dad has done for my family. He came to this country with almost nothing and worked hard to build a better life for us. Because of his sacrifices, I want to be successful and give him everything he deserves. I want him to know that all his hard work was worth it. I also want to give back to my mom, who has always supported me and believed in every one of my goals. As a Hispanic girl, I know there can be stereotypes about what I am supposed to be, but I don't want those expectations to define me. I want to create my own path, make my family proud, and show that my culture is something to be proud of, not something that limits me. Representing where you come from is always a great way to demonstrate what created you to become the person you are today and to never forget your roots.



Naleny Rosales, Staff Reporter

Photo credit:

Karen Erandeney Gutiérrez, Jefa de redacción

Story by Brianna Santa Cruz, Staff Reporter

Latina fashion in the Digital Age

During Hispanic Heritage Month, we celebrate the cultures, traditions, and people who have shaped our communities. For girls my age, culture is not only something we learn about in history class or celebrate during special events. We also see it every day through social media, music, fashion, and the people we look up to. Mexican influencers such as Dafne Jimenez, Kenia Os, and Jacqui Valdez are examples of women who represent a younger generation of Mexican culture online. Dafne Jimenez @dafnejm on Instagram is known for her lifestyle, fashion, beauty, and business. She shows how a content creator can turn her creativity into a successful career. She frequently broadcasts makeup tutorials, hair transformations, and "fit checks," giving her followers ideas for their own beauty and fashion choices. Kenia Os, whose real name is Kenia Gaudalupe Flores Osuna, has also become a major inspiration for Generation Z. She started as a content creator and has grown into a successful singer and entrepreneur, showing young girls that they can turn their creativity into something bigger. Her Instagram, @KeniaOs, is also a place where fans can see her unique style and beauty looks. From her outfits to her music, Kenia demonstrates how Latina women can create their own identity and express themselves. Jacqui Valdez, (@Jacqui.com), connects with younger audiences through Tiktok and lifestyle content, including fashion and GRWM style videos that give girls inspiration for their own style. Her content shows Mexican creators can use social media to share their personality, creativity, and culture with the younger generations. By sharing everyday fashion and beauty looks, creators like Jacqui make Latina style feel relatable and accessible to girls who may see parts of themselves in these influencers. Instagram and Tiktok allow Latina creators to influence trends, share their personal styles, and show that there is no single way to be Latina. Fashion can include traditional influences and modern trends. What makes these women inspiring is that they allow girls like us that people from our culture can succeed while still being themselves. During Hispanic Heritage Month, this reminds us that celebrating our heritage does not have to look one specific way. Latina fashion is more than just clothing its a way for young women to express who they are, where they come from, and who they want to become.



What it really means to lock in

Story by Ariana Terrazas, Staff Reporter

Growing up in a Hispanic household, every corner I turned to, I always heard, "Ponte las pilas para que tengas un buen futuro" which literally translates to "Put in your batteries." What it really means is to lock in. My parents sacrificed their future for me and my siblings. My father was born in Mexico and grew up here, while my mother was born here and grew up in Mexico. Neither of my parents lived a lavish lifestyle, they both lived in lower income households. My mother and her sisters started working at a young age because my abuelo wouldn't supply her family with money. My father

dropped out of high school in search of a better job because he hated working at a restaurant. Both of them started from nothing and became something. I understand growing up I never wanted to do anything except spend my time on technology. I wasn't a bad kid, but I definitely wasn't the hardest worker. I was lazy. I wouldn't do horrible in school, but I never met their expectations. Both of them went through unforgettable experiences while trying to pursue their dreams. They never got to live the life they wanted, but they still made the most of what they had

and I aspire to be like them. Until this day, they always sit me and my brother down and talk about our futures. They always say to us, "Que van hacer cuando ya no estamos?" which means what are you guys going to do when we are no longer here? The conversations always ended up in tears because its hard to imagine a life without the people who inspire and make me, me. Because of their sacrifices, I push myself to prove to them all that their hard work wasn't for nothing. Its important to reflect on these moments during Hispanic Heritage Month because it helps us connect as Latinos.

GUEST PLAYLISTS

Curated by
Naleny Rosales & Ariana Terrazas

Hispanic Heritage Month is here, so let's celebrate the music, culture, and traditions that make our community unique.

Do you have a song you would like to add to our next Hispanic Heritage Month playlist? Email your suggestions for our next playlist to thorntonian@tfd215.org. Be sure to use your school email address and include your first and last names and your grade. Only school-appropriate suggestions will be accepted. Please limit your suggestions to 5 songs per playlist. The deadline for submissions is 3:30 pm on September 23.

Mr. Perez's Picks:

"Por Qué Me Haces Llorar"
by Juan Gabriel

"Mojabi Ghost"
by Bad Bunny

"DEL Negociante"
by Los Plebes del Rancho de Ariel Camacho

00:0004:10





Chrishawn Crawford's Picks:

"Linda Mujer"
by Lil Rob

"Ella Baila Sola"
by Eslabón Armado

"Diamond Eyes"
by Deftones

00:0004:10





Zarahi Sandoval's Picks:

"Háblame de Ti"
by Banda MS

"Mejor Me Alejo"
by Banda MS

"Me Vas A Extrañar"
by Banda MS

00:0004:10





Arianna Madrigal's Picks:

"Te Vas Amor"
by Banda Corona Del Rey

"Viajando Por El Mundo"
by Karol G

"Baile Inolvidable"
by Bad Bunny

00:0004:10





Michael Hampton's picks:

"DtMF"
by Bad Bunny

"A Match Into Water"
by Pierce The Veil

"K"
by Eslabón Armado

00:0004:10





Alexa Baker, Directora editorial

Estrés de la clase de último año

Sé que septiembre es un mes agitado para todos los estudiantes de último año. Por supuesto, hay muchas actividades divertidas como el Homecoming y los eventos del Mes de la Herencia Hispana. Sin embargo, a menudo, las solicitudes universitarias terminan ocupando cualquier plan para pasar tiempo con amigos o disfrutar de las cosas divertidas que no deberían tener que perderse por estar tan ocupados. Además, también están las elecciones de la Junta de Estudiantes de Último Año, la clasificación de la clase y una gran cantidad de tareas. Es difícil de creer, pero el primer semestre ya está casi por concluir. Mis amigos que son estudiantes de AP están especialmente estresados por la cantidad de tareas que reciben, además de la preparación universitaria que deben realizar. Definitivamente he estado preocupado por las solicitudes a las universidades, las cartas de recomendación y por escribir mi ensayo personal. Incluso mientras redacto este editorial, me siento un poco estresado tratando de finalizarlo. Falté un día debido a una excursión durante la semana, y tuve que dedicarme a un montón de tareas esa noche, así que no pude trabajar en mi historia. Muchos de los estudiantes de último año aquí en T.F. en el norte, y en escuelas de todo el país, comprenden la presión que implica tener que completar una gran cantidad de tareas en una sola noche. Algunos estudiantes trabajan y tienen otras responsabilidades en casa, como cuidar a sus hermanos menores o incluso a familiares mayores. Es un ajuste complicado después de haber estado en casa durante tres meses y no tener la libertad de hacer lo que necesitan. Pero, dado que es su último año, los estudiantes de último año deberían aprovecharlo al máximo, aunque les cueste encontrar el tiempo.

Reportaje de Angel Diaz, Redactor de plantilla

Anuario de 2026 ya está disponible

Ya está disponible el anuario de la promoción 2026. Se puede adquirir en el aula 142, a cargo del Sr. Stephan. El precio es de 30 dólares y solo se acepta efectivo (no tarjetas). El anuario es una excelente manera de recordar el año escolar que acaba de terminar. “Elaborar el anuario fue una experiencia agradable que me permitió desarrollar habilidades increíbles para realizar entrevistas; además, la satisfacción de haberlo terminado es un recuerdo inolvidable», comentó Ricardo Juárez Díaz, editor jefe de la publicación. Recomendando a todos los estudiantes que compren el anuario; es algo que probablemente conservarán para siempre y que también les permite reflexionar y apreciar su propio crecimiento, señaló Kiana Washington, editora jefa adjunta y colaboradora en la creación del mismo.

Historia de Na'Yanna Green

Estudiantes de último año con creatividad logran grandes éxitos

Durante el verano, mientras la mayoría de los estudiantes se preparaban para el próximo año escolar, dos talentosas alumnas de TFN dedicaron su tiempo a hacer historia. Desde la publicación de libros hasta la exhibición de sus obras de arte en la capital de los Estados Unidos, las estudiantes de último año Jamiya Morgan y Grace Apata lograron destacarse. En junio de 2026, Morgan lanzó su libro titulado "Una valiente visita al médico". El objetivo de esta obra es motivar a los niños a superar su temor a ir al médico. Jamiya comenzó a planificar la historia hacia el final de su penúltimo año de preparatoria. Empezó a escribir e ilustrar este proyecto en mayo y lo publicó tan solo un mes después, el 3 de junio. El libro se encuentra actualmente a la venta en Amazon por solo diez dólares. Ella comentó: "Mi parte favorita del libro fue ilustrarlo todo. Me pareció muy divertido, y además me inspiré en otros libros. Fue genial ver cómo otros autores ilustraban sus obras." Exactamente una semana después, Apata

Reportaje de Naleny Rosales, Redactor de plantilla

Mi propio camino

Como joven mexicoamericana, existen ciertas expectativas e ideas estereotipadas sobre mí. Vivo en dos mundos distintos: a veces soy demasiado «americana» para la gente de México o demasiado «mexicana» para la gente de los Estados Unidos. Sin embargo, no soy tan diferente de cualquier otra joven; hay personas que pueden identificarse conmigo. Mi padre es de México y mi madre es de Chicago. Ella nació en los Estados Unidos, pero sus padres provenían de México. Me siento orgullosa de mis orígenes y de lo que estos representan. También siento una gran presión por triunfar, especialmente debido a todo lo que mi padre ha hecho por nuestra familia. Él llegó a este país casi sin nada y trabajó arduamente para construir una vida mejor para nosotros. Gracias a sus sacrificios, deseo alcanzar el éxito y ofrecerle todo lo que se merece; quiero que sepa que todo su esfuerzo valió la pena. Asimismo, quiero retribuir a mi madre, quien siempre me ha apoyado y ha creído en cada una de mis metas. Como joven hispana, sé que existen estereotipos sobre lo que se espera de mí, pero no quiero que esas expectativas me definan. Quiero trazar mi propio camino, llenar de orgullo a mi familia y demostrar que mi cultura es motivo de orgullo, no una limitación. Representar tus orígenes es siempre una excelente manera de mostrar qué te ha convertido en la persona que eres hoy y de no olvidar nunca tus raíces.



tuvo la oportunidad de exhibir su obra en el túnel del Capitolio de los Estados Unidos durante un año gracias al Concurso de Arte del Congreso. Su pieza era un boceto del conocido rapero inglés Dave. Esta oportunidad le llegó de forma totalmente inesperada. "La Sra. Weber simplemente presentó algunas de mis obras en un par de concursos, como siempre hace, y luego se puso en contacto conmigo para decirme que era una de las ganadoras", explica Apata. Se sintió muy emocionada al enterarse de que iba a pasar cinco días en Washington D.C. "Al principio solo me emocionó ganar, pero cuando me dijeron que planeaban llevarnos a mi hermano y a mí a Washington D.C. durante todo el fin de semana para disfrutar de la exposición, me emocioné aún más y me sentí sumamente agradecida", explicó. En definitiva, gracias a estos logros, estos talentosas estudiantes demuestran que la dedicación y la creatividad pueden transformar las vacaciones de verano en algo extraordinario.

Reportaje de Ariana Terrazas, Redactor de plantilla

Lo que realmente significa Enfocarse

Al crecer en un hogar hispano, donde quiera que mirara siempre escuchaba la frase «ponte las pilas para que tengas un buen futuro». Lo que realmente significa es concentrarse y esforzarse al máximo. Mis padres sacrificaron su propio futuro por el bien de mis hermanos y mí. Mi padre nació en México y creció aquí, mientras que mi madre nació aquí y creció en México. Ninguno de los dos llevó una vida de lujos; ambos crecieron en hogares de bajos recursos. Mi madre y sus hermanas empezaron a trabajar desde muy jóvenes porque mi abuelo no proveía dinero para la familia. Mi padre dejó la escuela secundaria en busca de un mejor empleo porque detestaba trabajar en un restaurante. Ambos empezaron de cero y lograron salir adelante. Recuerdo que, mientras crecía, no quería hacer otra cosa que pasar el tiempo con la tecnología. No era un mal chico, pero definitivamente no era el más trabajador; era perezosa. Aunque no me iba terriblemente mal en la escuela, nunca cumplía con sus expectativas. Ambos vivieron experiencias inolvidables mientras persiguen sus sueños. Nunca llegaron a vivir la vida que deseaban, pero aun así aprovecharon al máximo lo que tenían, y yo aspiro a ser como ellos. Hasta el día de hoy, siempre se sientan conmigo y mis hermanos para hablar de nuestro futuro. Siempre nos preguntan: "¿Qué van a hacer cuando ya no estemos?". Esas conversaciones siempre terminaban en lágrimas, porque resulta difícil imaginar una vida sin las personas que me inspiran y que han hecho de mí quién soy. Gracias a sus sacrificios, me esfuerzo por demostrarles que su trabajo no será en vano. Es importante reflexionar sobre estos momentos durante el Mes de la Herencia Hispana, ya que nos ayuda a conectarnos como latinos.

Receta de Caldo de Quelite Guatemalteco

Historia y fotografías por Abi Andrez.

La receta de mi familia proviene de generaciones.

¿Quieres probar una nueva receta guatemalteca reconfortante? Quiero compartir contigo la receta familiar de Caldo de Quelite. Este caldo es muy apreciado tanto en mi familia como en Guatemala. Aunque se parece a la versión mexicana, en Guatemala le damos un toque especial: añadimos huevos y papas, y lo acompañamos con tortillas y salchichas. Este caldo no solo reconforta el espíritu, sino que también actúa como medicina natural, ya que el quelite es una fuente excelente de hierro, calcio y vitaminas A y C. Además de ser un plato reconfortante, tradicionalmente se utiliza para combatir la anemia, favorecer la digestión y ayuda a las madres recuperar fuerzas después de dar luz.

Ingredientes:

- 1 litro de agua
- 4 papas
- 1 tomate
- 1 cebolla
- 1 tbs consomé de pollo
- 1 sopa Maggi
- 5 huevos
- 1 ramo de quelite

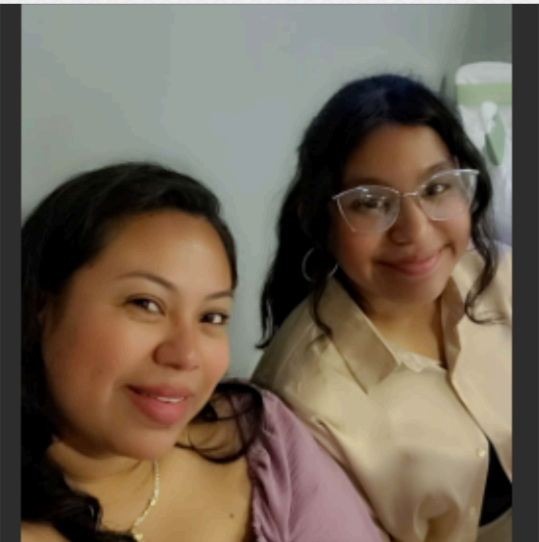
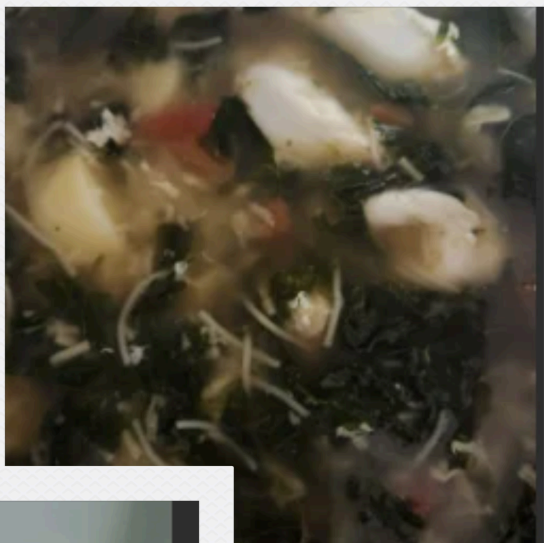
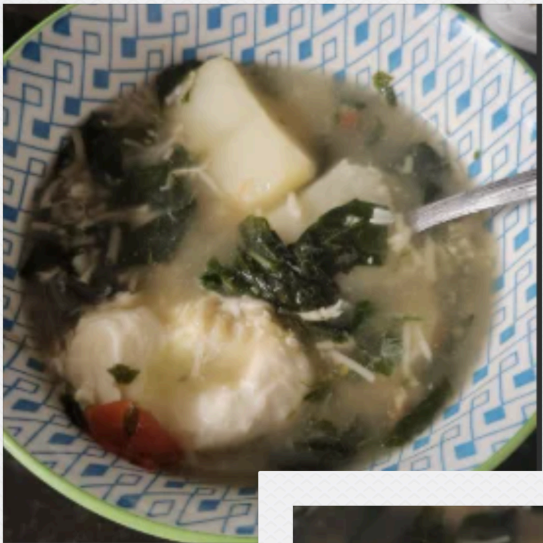
Receta:

1. En una olla se pone el agua a hervir.
2. Cuando esté hirviendo el agua se le pone el tomate picado y la cebolla.
3. Se ponen 2 cucharadas de consomé de pollo y la sopa Maggi y los fideos. Se mezclan.
4. Después de 5 minutos de haber mezclado le pones el quilete.
5. Añade los huevos que desees poner. Los abre y ponlos en la sopa
6. Añade las papas peladas y cortadas en 4 partes y ponlas en la sopa y deja que se cosan y listo.

Si quieres añadir un poco más al plato:

1. Se ponen 4 salchichas a freir hasta que esten doradas y calienta las tortillas; luego que estén calientes enrolla la salchicha como un taco dorado.

¡Ahora disfruta de esta deliciosa y sustanciosa sopa!

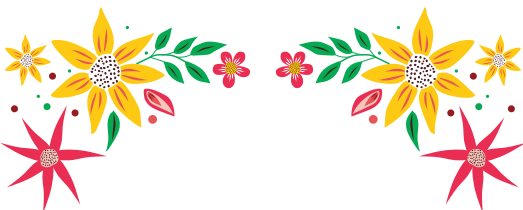


GUATEMALA

Reportaje de Brianna Santa Cruz, Redactor de plantilla

La Moda Latina en Esta Era Digital

Durante el Mes de la Herencia Hispana, celebramos las culturas, tradiciones y personas que han ayudado a formar nuestras comunidades. Para las chicas de mi edad, la cultura no es solamente algo que aprendemos en la clase de historia o que celebramos durante eventos especiales. También la vemos todos los días a través de las redes sociales, la música, la moda y las personas que admiramos. Influencers mexicanas como Dafne Jimenez, Kenia Os y Jacqui Valdez son ejemplos de mujeres que representan a una generación joven de la cultura mexicana en las redes sociales. Dafne Jimenez, @dafnnejm en Instagram, es conocida por su contenido de estilo de vida, moda, belleza y negocios. Ella demuestra cómo una creadora de contenido puede convertir su creatividad en una carrera exitosa. Con frecuencia comparte tutoriales de maquillaje, transformaciones de cabello y “fit checks”, dándoles a sus seguidores ideas para sus propias decisiones de belleza y moda. Kenia Os, cuyo nombre completo es Kenia Guadalupe Flores Osuna, también se ha convertido en una gran inspiración para nuestra Generación Z. Comenzó como creadora de contenido y ha crecido hasta convertirse en una cantante y empresaria exitosa, demostrando a las jóvenes que pueden convertir su creatividad en algo mucho más grande. Su Instagram, @KeniaOs, también es un espacio donde sus fans pueden conocer su estilo único y sus looks de belleza. Desde sus atuendos hasta su música, Kenia demuestra cómo las mujeres latinas pueden crear su propia identidad y expresarse. Jacqui Valdez (@Jacqui.com) conecta con audiencias jóvenes a través de TikTok y contenido sobre estilo de vida, incluyendo videos de moda y del estilo “GRWM” (Get Ready With Me), que les dan a las jóvenes inspiración para crear su propio estilo. Su contenido demuestra que las creadoras mexicanas pueden usar las redes sociales para compartir su personalidad, creatividad y cultura con las nuevas generaciones. Al compartir looks cotidianos de moda y belleza, creadoras como Jacqui hacen que el estilo latino se sienta cercano y accesible para las jóvenes que pueden verse reflejadas en estas influencers. Instagram y TikTok permiten que las creadoras latinas influyan en las tendencias, compartan sus estilos personales y demuestren que no existe una sola manera de ser latina. La moda puede incluir influencias tradicionales y tendencias modernas. Lo que hace inspiradoras a estas mujeres es que les muestran a jóvenes como nosotras que las personas de nuestra cultura pueden alcanzar el éxito sin dejar de ser ellas mismas. Durante el Mes de la Herencia Hispana, esto nos recuerda que celebrar nuestra herencia no tiene que verse de una sola manera. La moda latina es más que solo ropa; es una forma para que las jóvenes expresen quiénes son, de dónde vienen y en quiénes quieren convertirse.



Reportaje de

Dakota Combs, Redactor de plantilla

El baile de bienvenida de Sep. 2026

El baile de bienvenida de 2026 se llevará a cabo el 26 de septiembre. El tema de este año será "Érase una vez". Antes de que el consejo estudiantil eligiera el nombre del baile, el plan original era que tuviera temática de Halloween, pero debido a que el baile se cambió a septiembre, el tema se modificó. Este evento es exclusivo para estudiantes que asisten a TFN; se requiere identificación y se no permite la entrada a invitados externos. Este gran evento se realizará en el Gimnasio Morado. El baile comenzará a las 6 p. m. y terminará a las 9 p. m., pero las puertas cerrarán a las 7:30 p. m. Las entradas costarán \$25 en efectivo en las reuniones de padres y maestros; posteriormente, costarán \$30 en la librería o mediante un código QR que estará disponible en los pasillos. También se puede pagar en la puerta. Se les recuerda a los estudiantes que deben venir con vestimenta semiformal; mantengan la temática con un estilo fantasioso/de cuento de hadas o un ambiente oscuro/encantado para el baile. Las Familias Reales de este año serán "Three D's: One Fairytale", integrada por Dania Howell, Demi King y Danyah Mitchem; "The Fantastic 4", con Jacob Tullis, Kayla McCullough, Jaliah Robinson y Ja'Zyria Willis; y "The Enchanted IV", con Dalylah Thompson, Na'Yanna Green, Taniah Sanders y Saniyah Scarelli. La Familia Real ganadora se anunciará entre las 7 y las 8 de la tarde del día del baile.



Hola, estudiantes y miembros de la comunidad:

Soy Karen Gutiérrez, la Jefa de redacción y dado que ha comenzado el Mes de la Herencia Hispana, nos gustaría preguntarles a nuestros lectores si tienen alguna historia que les gustaría compartir. Sus historias nos ayudan a celebrar la diversidad, la cultura y la historia que hacen que nuestra comunidad sea única. Si tienen una historia que les gustaría compartir, no duden en comunicarse con nosotros. ¡Esperamos saber de ustedes y celebrar juntos el Mes de la Herencia Hispana!

Sports
SPOTLIGHT



Alicia Morrow and the cross country team have been improving throughout the season. Their main goal is to compete for a conference or regional championship, and Alicia is excited to see how far the team can go.

By Kordae Crawford, Staff Reporter

How is the season going so far?
“So far, we're looking pretty good. I've definitely seen a lot of improvement from all my teammates, from the girls and the boys.”

How do you guys plan to improve your season?
“I feel like the more we have been working out and getting our endurance up, we've been definitely doing well on that. So hopefully, at this upcoming meet Saturday, I should see a lot of improvement from all my teammates as I won't be running.”

What are you guys hoping for the rest of the season?
“We're hoping to get some more medals on our record, as the girls officially were able to win another big medal as a team for the first time since 2024 or 2023, and I'm just hoping we're able to do that as a team.”

Sports
SPOTLIGHT



Senior Striker David Lopez and the team have been working hard to put the pieces together. He has won a body armor championship. He was awarded all-conference twice and team MVP once.

How is the season so far?
“It has been a bit of a rough start, but I would say it is pretty good. We are still getting used to playing together and building chemistry. We have things to work on, but we have a lot of potential.

By Idris Adewale, Staff Reporter

What has been the most challenging part of the season?
“The most challenging part has been getting everyone on the same page. The season is new, so we are still learning each other's strengths and improving our communication.”

What is one goal the team has for the rest of the season?
“One of our biggest team goals is to compete for a conference or regional championship. It may be hard, but I believe if we work together and stay focused, we can make it happen.”

What motivates you the most?
“What motivates me the most is the end goal of becoming champions. I know it will be difficult games, tough practices, and moments where things don't go our way, but I want to look back at the end and know that I gave everything to try and achieve this goal.”

What are you looking forward to for the rest of the season?
“I am looking forward to seeing how far we go as a team...Hopefully the work we put in will give us a chance to end the season the right way.”

Upcoming
Sporting
Events

9/15
Boys JV soccer
T.F. North v. Evergreen
4:30 PM

9/15
Girls Varsity tennis
T.F. North v. Shepard
4:30 PM

9/15
Girls JV tennis
T.F. North v. Shepard
4:30 PM

9/15
Boys Varsity soccer
T.F. North v. Evergreen
4:30 PM

9/19
Girls JV volleyball
Tournament
8:00 AM

9/19
Girls JV cross country
Invitational
9:00 A.M

9/19
Boys JV cross country
Invitational
9:30 AM

9/19
Girls Varsity cross country
Invitational
10:00 AM

9/19
Boys Varsity cross country
Invitational
10:30 AM

9/21
Girls JV tennis
T.F North v. Eisenhower
4:30 PM