The Migrant Times

Jessenya Guerra
California State University, Monterey Bay

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The Migrant Times Newspaper

Rangel family snow trip 2019, group photo. Photo by Ismael Rangel.

Jessenya Guerra
Senior Capstone
Journalism and Media Studies
Creative Project
Umi Vaughan
School of Humanities and Communication
Spring 2019
For my family - past, present, and future.
Table of Contents

Project Proposal ........................................................................................................... 1

Capstone Project* ....................................................................................................... 4

Final Synthesis Essay ................................................................................................. 10

Reflective Essay ......................................................................................................... 13

Resume ....................................................................................................................... 16

*Note: The Migrant Times Capstone Newspaper starts on page 4 of the portfolio, however the newspaper itself is numbered pages 1-6 on the broadsheet.
1. **Provide your name and identify your area of concentration**
   Jessenia Guerra, Journalism and Media Studies

2. **Project Description:**
The idea for my project is to demonstrate my knowledge of diaspora through the creation of a newspaper. I will make one 6 page publication of a fake, or perhaps use the name and format of CSUMB’s newspaper, with all the stories, ads, and creative works being related to the Mexican diaspora. All of the pieces will be written, edited, and designed by myself.

3. **Alignment with Common Theme:**
All of the pieces will be related to the Mexican diaspora. For example, I have family members that work for the Migrant Education program in San Luis Obispo county. This education program was founded by second generation Mexicans to help those who are following in their footsteps.

4. **Purpose:**
The purpose of my newspaper is to inform and enlighten the general public of all the good that has come from the Mexican diaspora, rather than focusing on the bad. My family, specifically has made a large impact on the California Central Coast and I feel that profiling them for this newspaper is a great way to do so.

5. **Format Rationale:**
My format is a newspaper because I have worked on The Lutrinae the entire time I’ve been at CSUMB. This is a new skill that I learned here and something I hope to take with me into the workplace. A newspaper will allow me to use different types of articles, such as features and creative works to not only show the depth but also breadth of knowledge on the Mexican diaspora.

6. **Capstone Title:**
I am not sure if I can use the title The Lutrinae as I am editor-in-chief, but if not the working title of the publication is The Migrant or The Nomad. In reference to the traveling part of diaspora.

7. **Working Summary:**
My project will contain a plethora of stories, and other news related topics, related to the Mexican diaspora, and more specifically my family. I will be profiling family members to get a sense of their life related to how they have impacted California, and their local communities, as well as their perspectives of diaspora. I will also use my knowledge of
working on a newspaper to have content that is diverse and intriguing. I will write columns, include creative works by myself, perhaps have a photo journal or even games that represent this diaspora. The theme of diaspora will be present without being repeated so frequently as is done in academic writing or in this proposal.

8. **Expectations:** Articulate as clearly as possible the *specific expectations* associated with your chosen project, including a *detailed account of all deliverables*. Be sure to *align the project expectations with the appropriate assessment criteria* and include your understanding of all *documentation requirements* associated with the project.

This project will require that I write, edit and curate a number of articles, stories and other to fill a 6 page newspaper. For a 6 page paper I am expecting that I will need to write approximately 8, 500-1,000 word articles. The number of articles will vary with word count for each one. I will also need to write about 4, 500 word columns and have a creative works page. I do believe that this is doable for a 6 page, it will take a lot of work. The most difficult part for myself will probably be layout and printing. I have been practicing with Indesign for a while, which is what The Lutrinae is laid out on. I have taken graphic design classes in the past and I should be able to handle this, but I am a bit out of practice. Printing might be the most difficult because newspaper printing is costly. Hopefully I can find somewhere, such as staples or fedex that can print it correctly and on a similar paper.

9. **Specific Skills Required:** Demonstrate specifically *competency in the technical skills needed to complete the project in the proposed format* described and how you already have developed them. Be specific! For example, if you have chosen a digital story as the format for your creative project, how did you develop the skills needed to complete a digital story? Did you successfully complete Latina Life Stories? How did you develop competency in using editing software?

I learned all of the skills to write, edit, and curate a newspaper by working on staff at The Lutrinae. This was a new skill that I learned at CSUMB when I joined in August of 2017. I have been working as editor-in-chief of The Lutrinae since May 2018 and am fully prepared to do this. I am familiar with AP style and understand what it takes to write news worthy, feature, opinion or other stories/content. I am also currently enrolled in reporting. For lay out I have been working on that as a hobby. This is mostly unfamiliar to me, but I have a lot of friends who have offered to teach me the ins and outs, as well as staff at The Lutrinae that are willing to help me. I also have taken graphic design classes in the past, one on Adobe Photoshop, and one on Adobe Illustrator. I don’t think it will be too difficult to learn how to use.
10. **Next Steps:** What steps will you need to take to meet your project’s expectations, including preparation of all required deliverables? (be as specific as possible)

1) Outline - I need to outline all of the stories that I believe can be put into this newspaper and organize my stories ideas.
2) Research - I need to be fully aware of the meanings of diaspora and confirm that all of my stories are relevant and intriguing.
3) Meet with professor - After outlining my idea and doing my research I will have a meeting with my professor to ensure that my idea has a sound foundation
4) Interviews - I will set up interviews with whom my stories are about and their companies.
5) Take photos - I will take photos of the interviews or interesting situations for the paper
6) Write stories - I will take time to write out all of my stories
7) Edit stories - I will take a break to look at my stories as if they were not my own to edit them for AP style and newsworthy or important content
8) Format paper - I will spend, most likely a week or so, formatting the newspaper to what I think is good. I will also add in any ads that I feel will be intriguing or other design aspects.
9) Print paper - This may be more difficult than I hope for so I wish to allow a good amount of time to print

11. **Timeline:** Provide a detailed (and realistic) timeline for completion of each step required to meet the project’s expectations.

1) Outline - I am almost done with this step as of 2/18
2) Research - I will be working on this step to finish by the end of the week 2/23
3) Meet with Professor - I am planning on meeting with my professor Tuesday of next week 2/26
4) Interviews - I expect that this will take about a week to get all of my interviews, I can do most of them before or during spring break 3/4 to 3/25
5) Take Photos- I will do this simultaneously with the interviews 3/4 - 3/25
6) Write stories - I will do this simultaneously with the interviews as I get them 3/4 - 3/25 as many people know it’s easiest to write a story soon after the interview so all information is fresh in the brain.
7) Edit stories - this shouldn’t take too long as they are my stories and I know AP style fairly well 3/25-3/29
8) Format paper - I want to allow a good amount of time for this 4/1 - 4/12
9) Print paper - 4/15 - 4/19
The Migrant Times
May 2019
Issue
Jessenya Guerra’s Diaspora Newspaper Capstone
MIGRANT EDUCATION PROGRAM HELPS COMMUNITY MEMBERS IN SANTA BARBARA COUNTY

By Jessenya Guerra

Iñigo Garate was born and spent his early life in Spain. Garate was born with the title “Señor divisero de Tejada.” Many in America may not understand what a title is, or its importance, but with the title comes privileges, culture, and a family history. “I am not really sure how our family got it,” said Garate. “All I know is someone received it along time ago by Queen Elizabeth and our family has held the title ever since.” Garate says in the United States there is no recognition of the title and it is only when he is back in Spain that he sees the effect. The couple visit his home country when they can as the Garate family has a prominent presence in Spain with much land to their name.

“When we stay there we are waited on hand and foot and we are catered to,” says Rangel. After attending a school in Spain the couple recalls they were given their own personal servant to wait on them in the event, which is not common practice in America.

Garate moved to the Santa Barbara area of California with his family when he was child in 1980. Shortly after his parents acquired the proper paperwork and gave Garate a legal residency in the United States. “I was so young when it happened. I hardly remember it. I just knew that one day I should get my citizenship, before it wasn’t a problem and now understands how important documentation can be.

“Under any other administration I am sure it wouldn’t be a problem and now I feel that I can even if I wanted to,” he says. In the late 1990’s when Garate was in his early twenties he was working at a local gas station and sold cigarettes to a minor late 1990’s when Garate was in his early twenties he was working at a local gas station and sold cigarettes to a minor by mistake. This resulted on a misdemeanor on his record that has made getting his citizenship a little more difficult.

“If it wasn’t until the Trump administration that I realized I should get my citizenship, before it wasn’t a problem and now I feel that I can even if I wanted to,” he says. In the late 1990’s when Garate was in his early twenties he was working at a local gas station and sold cigarettes to a minor by mistake. This resulted on a misdemeanor on his record that has made getting his citizenship a little more difficult.

By Jessenya Guerra

As California has one of the highest rates of Mexican immigrants among the States, it only makes sense there are programs in place to help them get on their feet. One of these programs in the Migrant Education program. This program, specifically in Santa Barbara, has become a staple to the community and its members, becoming essential to the success of migrant children in the area.

The Migrant Education program aims to help migrant youth as they are among the highest category of students in need according to the State of California. These students are often neglected because they have to continuously change schools as their parents, who are farm workers, struggle to make ends meet.

The Migrant Education mission statement says, “Since 1966, federal and state laws in California have recognized the unique educational challenges migrant students face and have provided support for educational programs and services that are designed to help students and their families overcome the obstacles they face because of poverty and disrupted educational experiences.”

Minerva Rangel, a certified teacher and program specialist for Migrant Education, knows just how important this program has become.

Rangel, who has been working for the program 20 years, helps children through the program towards a high school diploma and even, with a college degree. “I am in charge of choosing the curriculum we use, choosing the books students will read, and writing lessons for Saturday school,” says Rangel. Part of the program involves a weekly Saturday school to get students the extra help they need to learn English, math, and anything else to get through the school year.

“The teach the students in English, they need to be able to speak against their competition students are encouraged to define in Spanish if they desire.”

Hands

A photo journal of Hispanic Hands outside of their stereotypes

Microaggressions

Hispanic’s speak against racist comments and actions at Splash Cafe

Chicannx Chatter

Chicannx share their views on speaking Spanish

Page 3

Page 5

Page 6
Letter from the editor

Hello all,

My name is Jessenya Guerra and I am a human communication major with a concentration in journalism and media studies. I chose to write a newspaper for my capstone project as it was a new skill I learned while I attended California State University, Monterey Bay (CSUMB). When I started at CSUMB in the Fall 2017 semester I was immediately intrigued with joining the newspaper, and wanted to start writing as soon as possible. However, as luck would have it, I joined the newspaper on campus as they were in the midst of transition from Omar Relin to The Lutrinae.

This transition led to a lot of waiting until my first story was published in the paper, but it was worth waiting for. Eventually, I worked hard enough for The Lutrinae that I was hired as Editor-in-chief. This has by far been one of my favorite parts of attending CSUMB and has changed the course of my career and solidified my connection in journalism and media studies. I poured my heart into the newspaper and learned lessons for a lifetime, so I decided to continue those lessons into my senior capstone project.

The stories that are contained within these pages are an expression of my love for journalism and a demonstration of the culmination of knowledge I acquired at CSUMB. There may be some fiction contained within as in the tone of voice in a column, or even fictional advertisements. However, the people interviewed, the events visited, and key points made are all non-fiction.

I can only hope that all of the news stories, columns, and creative works can effectively demonstrate what diaspora would look like in the form of a newspaper. The idea is not to understand the definition of diaspora and the theories behind it from this paper, but instead to see it in action, and to experience how diaspora plays out in everyday life.

This newspaper was written entirely inspired by my own personal diaspora, and how my grandmother was brave enough to bring her family to a new country to start a better life for her children, and grandchildren like myself. All of the content in this newspaper is either inspired by or in an interview with or about my family.

With love always,

Jessenya Guerra

Family

Hello all,

My name is Jessenya Guerra and I am a human communication major with a concentration in journalism and media studies. I chose to write a newspaper for my capstone project as it was a new skill I learned while I attended California State University, Monterey Bay (CSUMB). When I started at CSUMB in the Fall 2017 semester I was immediately intrigued with joining the newspaper, and wanted to start writing as soon as possible. However, as luck would have it, I joined the newspaper on campus as they were in the midst of transition from Omar Relin to The Lutrinae.

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With love always,

Jessenya Guerra

Family

Migrant mother recalls life in Mexico

By Jessenya Guerra

As it relates to my own personal diaspora, I sat down with my father and asked him about his life and his experiences as a Mexican in America.

John Guerra was born in San Diego, California in 1948 to Ramon and Joyce Guerra. His only sibling his older sister, Jackie Guerra, the family was just like any other nuclear family in the 1940s. Ramon Guerra was born in Santiago Papasquiaro, Mexico and was not a United States citizen when his second child was born. being the youngest Guerra, what he lovingly referred to as an “extension” due to his father being naturalized in 1973.

Joyce Guerra was born in Colorado and was, in fact, a result of mixing from her family line of German and Irish who came to the United States long before.

Guerra attended elementary, middle and high school in San Diego before joining the military almost immediately after high school. Guerra served in the United States army from 1988-1992 where he learned to appreciate and respect the country he served. Shortly after returning Guerra had his first child, Tyrion, before marrying his first wife Leticia Rangel in 1995.

Guerra had two children with his then wife before eventually getting divorced in 2005. Guerra then had another child, Jayce, and married his new wife Jennifer Dodson, and gained two more children from her previous marriage.

Talking about his relationship with hispanic heritage Guerra says, “Even though I grew up in a cross cultural home, in that era it was very simple.” Guerra was born in 1948.

Despite being fully bilingual himself, Guerra says he pushed to teach his children only English and that later Spanish opposition is teaching them both languages from birth. “Children who live in bilingual homes have such a hard time with either language, it was very firm that we wouldn’t teach one language and then the other,” says Guerra.

His emphasis being it is essential for his children to know how to communicate in one language. “It kind of proves my theory,” he stated while talking about his first daughter graduating from California State University, Monterey Bay with a bachelor’s in communication.

Guerra lives happily with his family in Santa Maria, California.

Father explains his life and heritage

By Jessenya Guerra

It is related to my own personal diaspora, I sat down with my mother and asked about her life and her experiences as a Mexican in America.

Leticia Guerra was born in April of 1948 in Mexico City, Mexico as Leticia Rangel Villalobos. She was the second daughter born to Anatolio and Nellie (Rangel) and would eventually be one of their 11 children. Six of their children were born in Mexico and grew up in Michoacan before emigrating to Monrovia, California in 1978, when Leticia was 10.

Guerra recalls that her siblings born in America are in fact different than those who were born in Mexico saying, “They’re more entitled, they don’t have the same work ethic that [the children] from Mexico have.” Guerra remembers feeling depressed when she arrived to the United States, kids her age were eating cereal and watching television all day, where her and her siblings went, “making our own toys, come up with plays, running through the field and swimming in the river.” Guerra explained as a child she wanted a life of watching television and eating cereal whereas now she knows the childhood she had was the better of the two.

She was married in 1995 to John Guerra, who was fresh out of the military. Together they had a daughter near the end of 1996, Jessenya. In the same year, Guerra recalls applying for citizenship in the United States. “It cost $500, there was ceremony, I didn’t have to take a test because I went to high school here. They asked me how many stripes on the flag, but then they represented – but overall it was very simple.” Guerra said there was a large difference between the process of gaining citizenship in the late 1990s than there is today.

Leticia and John Guerra had a second child together, Nicolas, in 2004. During which Leticia Guerra was attending a local community college to earn an Associates Degree in Accounting by mid 2006. After a separation and eventual divorce from John Guerra, Leticia Guerra earned a Bachelor of Science in Childhood Education in 2012 as the single mother of two. All the while passing on or teaching her own Culture and religious traditions to her children.

“I think any aspect of the Mexican culture is important for my [two] children to learn because that’s who they are. It is so hard to tell them, in even things certain things here in the States compared to the way they are back in Mexico,” said Guerra. Guerra emphasized the traditional Mexican Christmas is very different than the American Christmas, and no matter how they try to celebrate it, it will always be different. However, she said it is still important for her children to embrace as much of their hispanic culture as possible.

Guerra often thinks about retiring back to Mexico, but said she wouldn’t if her children have lived here in the United States. Guerra lives happily with her family in Atascadero, California.

Leticia Guerra recalls applying for citizenship in the United States. Guerra lives happily with her family in Santa Maria, California.
News

Continued from pg 1

It is not uncommon for the program to provide breakfast, lunch, and sometimes work with outside entities to provide clothes and toiletries for the students. “We get donations from Direct Relief International but they connect our families to some of these resources from Direct Relief International. Through her experience working at the Migrant Education program Rangel observed that many of the families going through the program were undocumented, but emphasizes that the program does not request legal status. The Migrant Education Program has staff available today for students to be assessed if eligible but emphasizes that the program does not request legal status. The Migrant Education program.

Continued from pg 1

Garate-Rangel and her sister, Minerva Garate, explained the man was driving the wrong way on a one-way parking lot and was unable to get the parking spot he was after, Garate-Rangel who was driving to the restaurant pulled into the spot as she was driving the correct way in the lot.

It wasn’t until recently that she found San Luis Obispo, an area that prides itself for being fair and liberal, has started to outcast her and her family for being Hispanic. Garate-Rangel says there have been an increasing number of small examples of racism over the years that she didn’t recognize as microaggressions until recently. Garate-Rangel explains that the day the man not only ruined their table, but also went as far as to sit at their table to force the women to move. “There were other tables available in the restaurant, but for some reason he wanted our table,” she said. She also explained that there were other groups of people in the restaurant at tables similar to theirs. “It was incredibly disrespectful, he really thought he could intimidate us into moving tables as if this were the 1960s. We have a right to be here and eat unbothered by prejudice or intentional or unintentional, that communicate hostility, derogatory, or negative prejudicial slights and insults toward any group.” These microaggressions are embedded into American society so deeply that often times they become difficult to identify. However, Garate-Rangel’s situation was a clear demonstration of how microaggressions focused on racism can keep members of a minority group from living their lives normally. The man mentioned earlier may not have realized he was being racist, or perhaps he did, but by targeting the only Hispanic group in the restaurant and undermining their right to eat in peace, he directly caused them harm.

Migrant Education

Continued from pg 1

The group soon realized they were the only Mexicans in the restaurant and all the other families were white. “It was really disgusting to see others around, who were white, not using their [privilege] to help us,” Garate-Rangel leaks there was nothing short of intimidating the man they could have done to make him leave. Eventually, the man stood up from their table to get his food and gave up his mission to find a table to eat. “It was incredibly disappointing, he really thought he could intimidate us into moving tables as if this were the 1960s. We have a right to be here and eat unbothered by prejudice like him.”

Microaggressions are defined by Derald Wing Sue at Psychology Today as, “brief and commonplace daily verbal, behavioral, or environmental indignities, whether intentional or unintentional, that communicate hostile, derogatory, or negative prejudicial slights and insults toward any group.” These microaggressions are embedded into American society so deeply that often times they become difficult to identify. However, Garate-Rangel’s situation was a clear demonstration of how microaggressions focused on racism can keep members of a minority group from living their lives normally. The man mentioned earlier may not have realized he was being racist, or perhaps he did, but by targeting the only Hispanic group in the restaurant and undermining their right to eat in peace, he directly caused them harm.

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Citizenship

Continued from pg 1

Garate says that even though with his legal residency he is allowed to collect food stamps, welfare and other forms of government assistance, he does not. “If they see I am using the government’s money then they see me as lazy to accept my citizenship application. No just don’t.” he said. Garate says when completing the paperwork to become a citizen the American government requires all new citizens to denounce their former country of origin. This would mean any children born to Garate and his wife would not hold the same title as they do if he were to become a citizen. “It is a hard decision for me, on one hand I could legally vote and have a say in the country I have lived in for most of my adult life. On the other hand my future children wouldn’t have the same experience as I do when returning to my homeland.” Although the Garate family doesn’t anticipate children anytime soon, the thought is still daunting for them as the title carries a rich family history.

Garate says it would take years of saving and planning before he could apply for citizenship. He would wait for the next Presidential administration as he anticipates the next President to be more lament towards those seeking citizenship. Stories like Garate’s are commonplace in America nowadays. For information on the path to citizenship visit https://www.usa.gov/house/us-citizen.

Felix’s Fishy Friday

Are you and your friends or family celebrating Lent? Felix’s has the fishy dishy on any Friday during lent!

Mar 6 - Apr 21, 2019. Not valid with any other offer

March 5th is Felix’s Fishy Friday! The spot had a fishy review! Source: Felix’s Facebook page.

A scan to QR code to visit San Luis Obispo county website and learn more about the Migrant Education Program.
Making the perfect sope, cutting corners or pure genius?

An American way of crafting a Mexican classic

By Jessenya Guerra

On Saturday, May 11 Grammy award-winning artist La Santa Cecilia visited Guadalupe to play music for students of the Migrant Education program. La Santa Cecilia is a “modern-day creative hybrid of Latin culture, rock and world music,” according to the band’s Facebook page. The group consists of six members from all over the world, although they proudly state they are from Los Angeles or the City of Angels.

The group was invited to Guadalupe city hall to play music for children of the Migrant Education program, Saturday as a way for children to celebrate their diversity. Inez Garcia, a teacher for the Migrant Education program and attendee of Saturday’s festivities said, “This is a really great opportunity for the kids. These are kids who are growing up with one parent here, and another in Mexico. It’s important for them to see they can celebrate both cultures.”

Flattening a sope by hand may seem simple, but the key to the perfect sope is to maintain a perfect circle while also being evenly flat. This is nearly impossible to do by hand while also ensuring your hands don’t dry out the dough if you haven’t been trained how to do so since birth. Since making sopes by hand hasn’t been the most successful for myself we have developed an easier method that could help.

This new method helps to keep a consistent shape and size to the sope, while also making sure it retains the desired moisture. The method also reduces the amount of time spent on shaping the sopes to make a flavorful cooking process. It should also be fairly simple for Mexican families because it has simple ingredients.

La Santa Cecilia makes a point, not only to celebrate biculturalism, but also to challenge politics and social issues in the United States. The band gained a lot of steam in 2017 when the Disney film Coco hit the box office with their track “Un Mando Raro” on their soundtrack. Again the band was recognized early last year where they won their first Grammy in February for Best Latin Pop Album.

La Santa Cecilia continues to make music and is expected to release a new album soon.

Community

La Santa Cecilia performs concert in Guadalupe

By Jessenya Guerra

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Making the perfect sope, cutting corners or pure genius?

An American way of crafting a Mexican classic

By Jessenya Guerra

If you are Hispanic, or even just a casual lover of Mexican food then you are probably familiar with sopes (soap-pls). They are a common traditional dish that many Latin cultures have perfected in their own diverse ways.

Growing up sopes were always a breakfast food served with beans, queso fresco, and whatever salsa my mom chose. As a kid, we were taught to enjoy them and they can house any topping one desires.

Over the years traditions get passed down, one of the most common being the traditional method of flattening sopes. The original method is that any Mexican elder in your family would have to be flattered by hand. Flattening a sope by hand may seem simple, but the key to the perfect sope is to maintain a perfect circle while also being evenly flat. This is nearly impossible to do by hand while also ensuring your hands don’t dry out the dough if you haven’t been trained how to do so since birth. Since making sopes by hand hasn’t been the most successful for myself we have developed an easier method that could help.

This new method helps to keep a consistent shape and size to the sope, while also making sure it retains the desired moisture. The method also reduces the amount of time spent on shaping the sopes to make a flavorful cooking process. It should also be fairly simple for Mexican families because it has simple ingredients.

The items needed are only a traditional sope dish and a sandwich sized ziplock bag. The dough makes sense as it is used to make the meal, but many may be questioning why the ziploc bag?

To start we take the ziploc bag andrip along the left and right sides of the bag. The ziploc portion of the bag is not necessary, but can also be done with certain wraps, however the sandwich ziploc bags are the perfect size and easier to use.

After rolling the perfect portion of dough into a ball we place it in the center of the bag onto a clean flat surface, like a countertop.

We then press the dough with the palm of our hands. Sometimes the sope still doesn’t have the required evenness with this approach and it needs a personal touch.

With the dough and bag on the counter we press the dough with our fingers to the desired thickness and roundness, this allows the bag to keep the moisture in the dough rather than being sucked into our fingers.

We then gently lift the dough from the bag onto each side. This is easier done by separating the bag from the dough rather than vice versa.

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Dear Abby,

My abuela, simply put, is racist. I have a lot of respect for her because she brought my family across the border, and has worked really hard to get where she is now. However, since I started dating my now girlfriend, she mapped asking me to come around. I know this because my girlfriend is African American and my abuela just does not understand how we could be together. The biggest problem is I think my girlfriend might be the one, what should I do?

Sincerely,
Color-blind lover

Dear Color-blind Lover,

Congratulations on finding someone so special! I can see how this might be difficult for you. My abuela is in the same way, and I know it comes from ignorance and not a place of harm. Perhaps you should take it as a personal jab your abuela how you feel about her, knowing that things are more long term could encourage her to make things more civil between the two of them.

You should also try some purposeful bonding time, set up dinner dates and other activities to show your abuela that your significant other is a person—not just a person of color. Something else that could perhaps help your situation is to find the abuela about the culture of your girlfriend and romanticize it.

Show your abuela there is beauty in diversity and there is nothing to fear or to be afraid.

Chicxun Chatter

Would you say that you speak Spanish fluently? Do you think knowing Spanish is important? The following four individuals are all first cousins.

By Jessenya Guerra

Like many Latinx women I grew up with a very Catholic mother. It was difficult to grow up this way because I believed for a long time that I would have premarital sex. I would be judged negatively. I know now this is not true, because I am writing this article today and am not a virgin. In fact, this column is a weak attempt to educate Latinx women about their bodies because unfortunately we are not taught by our families due to hundreds of years stuffing women about their bodies.

Today we are talking about pop smears and their importance. The average woman turns 21 years old should visit her primary care physician, gynecologist, or other healthcare professional to receive a pop smear. This test checks for cervical cancer in women according to the Mayo Clinic, “A Pap smear involves collecting cells from your cervix—the lower, narrow end of your uterus—that at the top of [the] vagina.”

This test only needs to be done every three years and is only to test for cancer. Although it can be uncomfortable for women, especially if they are vaginas, it is important to maintain proper preventive care. As someone who has experienced this before I can reassure that it is not so scary and doesn’t hurt.

It is definitely a sensation that I have only experienced during this procedure and not necessarily a positive one, I would much rather have another pap smear than shots in my arm. It is a necessary evil to ensure that my body is healthy.

There are many clinics in San Luis Obisp county that can provide pop smears for women between the ages of 21-65 for no cost. The Center is run by Community Action Partnership and has locations for walk-in or appointment in Arroyo Grande, Santa Maria, and at Xavier College. They also provide other services such as free condoms and birth control, pregnancy and STI testing, and even colonoscopies.

For more information on The Center please visit https://www.capals.org/departments/Health-and-Prevention/programs.

Come on down to Mario’s this Tuesday for an Italian twist on Taco Tuesday! If you bring this ad you will get your first three spikey tacos for $2.

Sex-ton Reproductive health advice for Hispanic women by Hispanic women

Reproductive health advice for Hispanic women by Hispanic women

Lorena Rangel, 16

Yes, I do think we speak Spanish fluently. It is important! Kinda. It’s very useful to know two languages. However, we have people translate now, and in the future we will [probably] have robots that translate in real-time. So far now I say yes, but in the future—whos?

Nicolas Guerra, 14

No, I don’t speak Spanish fluently. My parents never had time to teach me when I was a kid, it’s not their thing. They had always planned on it, but after they separated it was too hard for them. I can understand Spanish when I have a need that I am able to speak. But I think it is important for me to learn Spanish because it’s my history, and it’s my culture, you know? It’s the great if I were able to say more than just a few key words to get by.

Victoria Rangel, 25

I am fluent in the way that society asks us. As far as I know if we speak with family and Latino speakers, so I am not fluent. Being fluent means to me that a person not only understands the language, but means as well: all the little subtleties in the language that we understand because we truly know the culture. I think speaking Spanish is incredibly important; it helps us not only be able to communicate with a greater percentage of our population, but also a greater percentage of the world.

By Jessenya Guerra

It’s very easy to be caught up in your own ways, not seeing the effect that you have on the others and even the environment. As you know each week Sustainability Suesna aims to teach readers about how the smallest changes in their kitchens can make a difference. Now this week’s topic might not seem like a simple one, but it’s another one of those smaller things that people can miss, that adds up over time. This week is all about composting in the kitchen.

Growing up in Mexico composting was a way of life, not just a fancy hobby like it has become in the United States. Back in the day we had a large pile filled with worms that smelted out while that the plumbing at the YMCA erupted—which was far from the romantic view of composting now.

However, you don’t necessarily need a farm and a big ‘ol pile of worms to compose nowadays, just a few simple items.

In order to start you need to find yourself a good container. Goodwill is a great place to find a small container that isn’t see-through—unless you want to use all your old food scraps in the kitchen and don’t want to block the bank.

A good container will be no bigger than your favorite cereal box, and can have any shape or pattern that your little heart desires. This container will be where you keep all your food scraps on a daily basis before you are ready to compost.

Now what are food scraps? One great way my mother would tell me how to decide what could go in the compost pile was she would say, “Miéjito, if it came from the earth, and you won’t eat it, then you should give it back.” This has always been helpful for reminding myself what goes into my container everyday and can eventually end up being composted.

If that still wasn’t clear enough for you some of the things this refers to are: vegetable peelings, fruit seeds, egg shells, corn husks, and undesirable food clippings.

All of these things can live in your container on the kitchen counter until you decide which is the best way for you to compost. If you have your own farm, or enough land in your backyard—a full compost pile might be the best way to go.

However, not all of us have access to those luxuries in California—some of us still have money to send to our families back home. So I am going to try my best to help you out. I know this is not true, because I am writing this article today and am not, in fact, in high school. This column is a weak attempt to educate Latinx women about their bodies because unfortunately we are not taught by our families due to hundreds of years stuffing women about their bodies.

We all know there is beauty in diversity and there is nothing to fear or to be afraid.
Diaspora

Here to there we moved,
Farther than we’ll ever return,
A home unknown,
For generations,
Living in our memories,
Babies crying,
Sweeping dust floors,
Heating mud ovens,
Barefoot through our minds,
Picking strawberries,
Working,
Day and night,
Belonging is a memory,
Children anchor to a hostland,
The politics of people,
Aliens in their home,
Years pass,
Plants grow and die,
And so do families,
We forget our home,
Not for long for-
Here to there we’ll move,
Farther than we’ll ever return,
A home unknown,
For generations

Sucker

We really did believe,
there was a chance,
maybe, possibly,
probably, hopefully,
potentially we had a chance.
A chance to make a change,
a change that could, maybe,
possibly, probably, hopefully,
potentially make a difference.
A difference that could help,
help that would,
maybe, possibly, probably, hopefully,
potentially give people hope.
Hope that if we make a stand,
A stand that could, maybe,
possibly, probably, hopefully,
potentially give people hope.

Border

It was almost impossible to live there. Live in a place where it was not possible for people to live. Live in a place where I had never thought that people could thrive, be alive, strive to be more than the destiny that was set forth for them.

People are lost until they are found within themselves. If you never give them the tools to go searching they will continue to be blind and lost. Their eyes are closed and they don’t even know. They don’t understand there is light after the dawn.

Children without direction they live and die in the same mud huts their parents lived and died in. They spread rumors and myths of a place that is different. A utopia where the streets are paved with gold and babies have full tummies. Many of them weep for solace, weep for peace, weep for the violence to end.

Two stand up, brave enough to travel far away.
Farther than any of them ever have before. Farther than they may have ever believed the Earth could go. Walking for days, no water, no food, perhaps worse than the home they know the journey is long and horrible. One of them dies.

The brave one, believes he has found it. His solace, peace for his family. Just over the fence, but he will climb to stop.

He is shot. The streets are paved with blood.
Final Synthesis Essay

Over the Spring 2019, semester I have worked tirelessly to perfect my capstone project and integrate it with the course theme of diaspora. I have directly contributed to the HCOM 475 section’s by raising critical questions about the course theme. When the class began I brought to the class’s attention the idea of telling one sided stories when it comes to race. Part of my capstone project is a photo journal that demonstrates stories different from what is commonly known about people of one race. For example, Mexicans are often shown working in fields whereas one imagine in my photojournal shows a young Mexican teen playing piano which is not a common story line for Mexicans. This was a topic I brought up within the class early on that other students were able to play with in their own ways and relate to their own projects.

Another topic I brought up in class was the generational line, part of diaspora involves having two generations born in the new homeland. My family is an interesting case as my grandfather brought his family with him in the late 1970s, my mother was born in Mexico but she has many brothers and sisters born in America. This brought up the idea of what a second generation is and whether or not my family, or other similar families, fell under the same circumstances.

There are many ways I have learned to work collaboratively and independently throughout this class. The main collaborative project was the group presentation my group did towards the beginning of the semester. Since there was a fairly quick turn around on the assignment, my group members and I had to coordinate tasks via email and work heavily on google docs. Not having the luxury of meeting in person to practice the group presentation left us to have clear communication constantly during each stage of the project. This group project also helped me learn from my fellow peers as I was unfamiliar with PowerPoint presentation. I also worked collaboratively when we conducted two rounds of peer reviews on our capstone projects. This
assignment was much more difficult than I had originally anticipated because people become very attached to their projects. This makes it fairly difficult to give feedback in a constructive and positive manner when feelings are so closely related.

I also learned how to work on my own for this capstone class. When we filled out our project proposals we had to create a timeline for our the development of our projects. The most difficult aspect of this class for me was to stick to that timeline and get all of my deliverables in on time. However this class taught me how to be consistent and get work done in a timely manner, this was definitely a project that could not be left until the last minute and required much planning and fine tuning. All of these things needed to be done in stages and required me to stay on task the entire semester.

My capstone project specifically demonstrates my understanding of diaspora in a variety of ways. The first way my capstone is directly related to diaspora is because I focused the project on my family. My grandfather moved his family from Mexico to America in the 1970s he emigrated to find a better life of opportunities and education for his children and grandchildren. As a Mexican-American I know there is so much more to the conversation of diversity and diaspora that isn’t being talked about because it isn’t mainstream. I wanted to focus my capstone on emphasizing all of the good Mexican Americans are doing in America rather than the bad. All too often Mexicans are viewed negatively in mainstream media mostly because of politics and policy. This is directly a form of isolation to keep Mexicans from assimilating in America which is one aspect of diaspora. I thought that by putting all of the good, interesting, or even pointing out the isolating behavior in stories throughout my capstone project I could tell a different story about Mexicans, one showing who they truly are and what they truly want.
I also wanted to highlight the blending of two different cultures within my capstone project as this is another fascinating aspect of diaspora. This is a more subtle theme in my capstone as it takes place the most obviously through the advertisements in the paper. One of the advertisements is for discounted spaghetti tacos at a local Italian restaurant. Food is a big part of the Mexican diaspora and probably the most integrated aspect of Mexican culture throughout America. The spaghetti tacos symbolize the meshing of a classic Italian dish with a classic Mexican dish. This shows how in America, the new homeland for many diaspora’s, can become a melting pot for different cultures and throughout the generations of assimilation fusion dishes such as spaghetti tacos are born.

My creative capstone project meets the published criteria and standards for assessment. Out of the mechanics portion of the criteria and standards it says the project format has been developed. Creating my capstone project in the format of a newspaper took a lot of planning and coordinating with content and purpose. I wanted certain stories to be more important and stand out over others, this was possible in the formatting of the newspaper. I was also able to develop and demonstrate my skills in inDesign that I acquired from working on staff at The Lutrinæ, CSUMB’s student run newspaper. For the substance portion of the criteria for assessment it says the project is clearly aligned with the concentrations in the major, my concentration is Journalism and Media studies and I couldn’t think of a project more fitting than a newspaper.
Reflective Essay

My senior capstone project is a diaspora themed newspaper called The Migrant Times. When it comes to aesthetics I wanted my newspaper look as similar as possible to a normal University newspaper so I modeled my paper after The Lutrinae, CSUMB’s student run newspaper. I did this by using inDesign an Adobe program used for formatting print media such as newspapers and magazines. I was fairly familiar with Adobe programs from my Associates degrees I earned at Cuesta College before transferring to CSUMB, but it wasn’t until I started learning journalism and working for The Lutrinae that I used inDesign. I designed the newspaper in Associated Press or AP style which is standard for all newspapers, this included things such as photo credits for all photos and column layouts. This was probably the most challenging aspect of my capstone. I had to craft the content of my capstone to fit perfectly on 6 pages of broadsheet newsprint, which I had never done before, only assisted with. It was definitely a challenge to fill all 6 pages with newsworthy, diaspora themed content, but I am very proud of the work I filled those pages with.

The purpose of my capstone was to entertain and inform people, not only about diaspora but the good the people in my family are doing for the community. I wrote my capstone for the CSUMB community thinking the audience would be my peers, my family, faculty and staff, and attendees of the Spring capstone festival. I kept this in mind while writing my new stories, as also compliant with AP style, I tried to keep my stories and articles at an easily readable level. This is to ensure anyone who might read my capstone will not be distracted by overly complicated words, phrases, or terms so they can focus on the true messages behind each article, photo, or poem. However, I was still able to integrate the main themes of diaspora into my newspaper just without the complicated and non-mainstream terminology.
When I first began my project I had planned on making an 8 page newspaper because this is ideal for a typical newspaper. When I began deciding what stories or aspects of a newspaper I wanted to include I started to realize an 8 page paper wouldn’t be practical for this assignment. In an 8 page paper one of the typical aspects would be a full page ad or perhaps games to entertain the readers, for a capstone project having a full page ad or games wouldn’t be necessary. I debated with myself for a while before deciding to have a 6 page paper without games or a full page and include two smaller ads instead. I made this choice because although games would add to the authenticity of a newspaper, I decided it could distract from the rest of the content. In addition when I planned out my article ideas and aspects of the 6 page paper I assumed I had enough content, however when I began to place all of my stories it ended up only filling 5 pages. This led to me having to pull together two community stories later on in my project than I would have hoped. Despite the initial lack of content, I still felt the overall paper came together nicely and the community stories add to the personality of the newspaper.

My newspaper covers many different aspects of diaspora which give it a larger social and cultural context. The front page story of the paper is about the Migrant Education program in Santa Barbara county and the resources it gives migrant children. This is a current topic because in the United States immigration is constantly viewed as an issue and California has been a leader for changing the narrative on immigration. The Migrant Education program, rather than continue to paint it as a negative, have decided to embrace those who come into California from Mexico legally or illegally. The second front page story about a Spaniard considering denouncing his title for American citizenship is another aspect of immigration that is not often portrayed or spoken about when it comes to becoming an American citizen. The photo journal in my newspaper titled hands is about telling a different story rather than the mainstream stories
about Hispanics. All too often we are only faced with a one sided story about Mexicans - that they work in fields or construction, and they are different from everyone else. My photo journal highlights the things about Mexicans that either are different than the common stereotypes or whatever is unique about that individual.

My work has been influenced by writers as I modeled my articles after other news writers and styles. As mentioned before my capstone is in AP style which is a culminated writing style by news writers and editors in the past. While working at The Lutrinae and learning more about journalistic writing I began to integrate AP style not just in my formatting but in the context of my writing. Part of journalistic or AP style writing includes having the most important information at the beginning of an article and ending with the least important information. This allows editors to alter the length of an article based on space available for the story in the paper. As I was the reporter, writer and editor for this newspaper I wrote the articles in this journalistic style of writing to allow myself as the editor this same luxury.