

# SIGNAL

# BLACK FRIDAY VS. CYBER MONDAY

PG. 5

by Danielle Castillo

*Veteran's Day* pg. 3  
by Randel Montenegro

*Homeless Drive* pg. 12  
by Paula Sanchez Luna

*Christmas Lights* pg. 4  
by Alyssa Patterson

*Theater Expansion* pg.14  
by Conor Demings

*Imposter syndrome* pg. 6  
by Aliyah Stoeckl

*Balancing School and  
Work* pg. 15  
by Christopher Correa

*Gratitude* pg. 8  
by Kerry Young

*Diversity and Physics*  
pg. 17  
by Danielle Castillo

*Recipe* pg.10  
by Alyssa Patterson



# TAKE A SNEAK PEEK AT OUR WEB STORIES

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## LA LETRA Ñ

### Geography Program Brings Accessible Events to Hispanic Community



The Geography Program is holding their annual Geographic Information Systems (GIS) Day on November 13th. During the day, panelists will discuss topics covering the intersectionality between geography, humanities, and social justice

## NEIGHBORHOOD

### 911 What's Your Emergency?



911 dispatchers find strength through the madness in their emotional jobs. California Highway Patrol Dispatchers explain how they managed to keep their neighborhood safe, while keeping themselves sane.

## SPORTS

### Forward Sadie Ortiz Scores Hat-Trick Against Cal State Monterey Bay Otters



The Stan State Women's Soccer Team won with a score of 3-0 against the Cal State Monterey Bay Otters on Thursday November 2. Visit our website for updates on future games.

## Our Mission

**Signal news strives with its reporting to empower fellow Stan State students and our community by advocating for truth and equality while celebrating our diversity.**

**“We want to formally and with great respect acknowledge that we are on the traditional lands of the Yokut Nation. Our campus, Stanislaus State, is built on the unceded ancestral lands of these Indigenous tribes. Thank you for letting us honor them and give our thanks to their ancestors and descendants for their constant and careful stewardship of this land.”**

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# Student Veterans Talk About Their Experiences in the Armed Forces

by **Randel Montenegro**



Veterans are able to share many stories about the operations and battles that they experienced. Soldiers often have to sacrifice their time with family for their country, and freedom. Some Stan State student veterans shared their thoughts about their experiences serving the country and what Veteran's Day really means to them.

Lambert Adi (senior, Computer Science) served as a Staff Sergeant in the U.S. Army, and he served in the U.S. Navy for 23 years. Adi served in the Gulf War and the War in Afghanistan. He explained how he joined the Navy and what he learned when serving his country. "I joined because I was in college in the 1980s. I decided to go on active duty; this way I can get a job, steady income. I joined the Navy as a plant engineer."

Adi described his experience while serving in the Gulf War and said that he learned a valuable lesson of what it takes to serve the U.S. Navy.

"I really learned respect for others. [That's] what we cared about. At the time, we were having problems in Iran and the Persian Gulf. My ship was tasked out to ship out eventually. Since I was on a guided missile cruiser, anytime the carrier went out, and we were assigned to it, we had to go into it. We are part of its protection," Adi said.

"There was word coming out from the pipe that there's a chance that we are heading out in the Persian Gulf if it escalated. Well, me being part of Iran, my father was totally against it. He's like 'no you don't need to do this.' He showed up on my ship one day...to tell them [superior officers] he doesn't agree with them," Adi explained, adding, "I got called up to meet with the Captain and the X-O [Executive Officer]. My dad turned around his chair and was like 'what are you doing here.'"

Adi described that his dad went on to explain how he did not believe it was right for him to go to the Persian Gulf and possibly fight against his own family members that might be in the Iranian army.

"I looked at my dad and said, 'I don't know what family members you are talking about, but these people [U.S. Navy] around me; this is my family. These are the people that I know. These are the people that I am going to fight alongside with,'" Adi added.

It was in that moment that Adi realized his loyalty was to the United States and what this country stands for. "I learned a lesson about myself. I knew where I stood in the world, kind of. Besides being a father, a husband, on top of that, I was an American. This was my country even though I wasn't born here."

Daniel Bolser (first-year graduate, Business Administration) served in the U.S. Army as an E-4 for three and a half years. He shared his experience as a soldier. "I was deployed in Afghanistan in 2014. My experience was like every other experience... You learn, you get stronger, mentally and physically."

Zach Chituras (senior, Biology) served as a Specialist in the U.S. Army for four years. He served in Korea from 2011 to 2015. Chituras shared his experience of what it was like serving his country. "It's a time of growth for me, I went straight out of high school. That's where I got my head straight on everything and was able to learn values that I used in life."

Chituras explained how his time in the Army helped him gain direction. "You learn what you want to do in life. Even if you don't want to stay in the Army. You come out with a direction you want to go. It allows you to mature," Chituras said, adding, "It gives you a sense of responsibility which gives you accountability."

Our Stan State student veterans have some words of advice for fellow veterans.

"Just keep up the fight. Stay Strong and support one of the other. Remember why you are doing it. Remember why you are doing the job, it's important to remember why we are doing the job, why we are defending this country, why we are going to these countries to help even though it's not our war," said Adi.

"Be proud of what you did. There's a lot of people who don't try and take the oath, or it's not something they are proud of. Be proud of what you did. If you need help there's other veterans out there who are willing to talk, listen and anything that you need" Bolser said.

Chituras added, "For the veterans out there, I want to thank them for their services and continued service to their country and the hard work they poured in...I like mostly to thank my father and grandfather, who are a huge influence in my life. My grandfather in Vietnam [War] in the Navy. My father served in Desert Storm [Gulf War]. My mother was in the National Guard during Desert Storm. I like to give them a big thanks for their service and for raising me."

We would like to thank our veterans for their service, and their dedication to our country. ■



**Zach Chituras (senior, Biology) served as a Specialist in the U.S. Army for four years. He was deployed in Korea from 2011 to 2015. (Signal Photo/Randel Montenegro)**

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# Black Friday vs. Cyber Monday



by Danielle Castillo

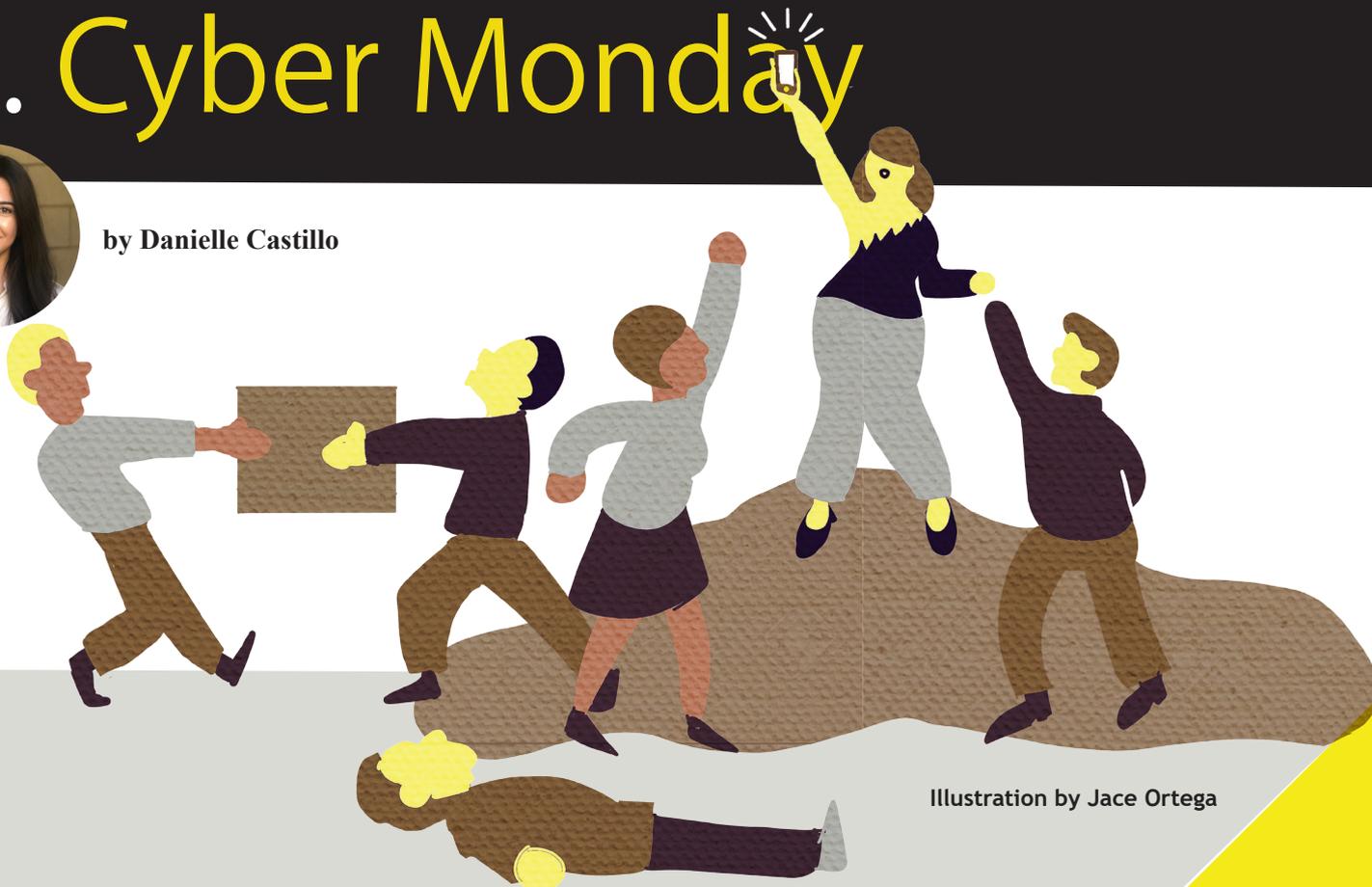


Illustration by Jace Ortega

When it comes to shopping for the holidays, everyone tries to snag the best deals they can get during Black Friday or Cyber Monday, but which one is better?

Black Friday can be recognized as the first day of traditional holiday shopping for the Christmas season, allowing shoppers to get the best deals. However, you do not just need to do all the shopping at stores, the comfort of your own home is an option too. Cyber Monday is the Monday following Thanksgiving, where you can get the best deals from your favorite online retailers.

With these types of deals, many college students are eager for these days to come so they can score the best Christmas gifts for their loved ones or for themselves.

Preferring Black Friday, Linsie Trujillo (senior, Communication), typically doesn't spend much as she spends her money on more reasonable things.

"I try to make it reasonable. I try to find a reason why I need it because there is a sale."

Sierra Marquez (junior, Sociology) has participated in Black Friday but prefers Cyber Monday. Marquez often goes to Best Buy and similar to Trujillo typically buys products because of the sale.

"My parents will get what we need, but I'll go for things I don't really need, but since it is on sale, I'll get it," Marquez explains.

Like Marquez, Adriana Magana (senior, Psychology) prefers Cyber Monday.

"I prefer Cyber Monday over Black Friday because I do not have to deal with the long lines, and I am able to look at items from the comfort of my home," Magana explains.

Students who work these busy nights may have a preference.

Alessandra Ramirez (senior, Psychology) has been working Black Friday for the past three years at Abercrombie & Fitch. Many may assume it is awful working during this time, but Ramirez thinks differently.

"I think it is fun personally. I think with my co-workers we know it's a stressful time but we make it as a party. We buy snacks,

everyone tries to help each other out. But then you work during Thanksgiving so you aren't with your family."

Ramirez prefers Cyber Monday because she is somewhat fearful to try Black Friday. From working in retail for three years, she has seen some shoppers get physical for a sale.

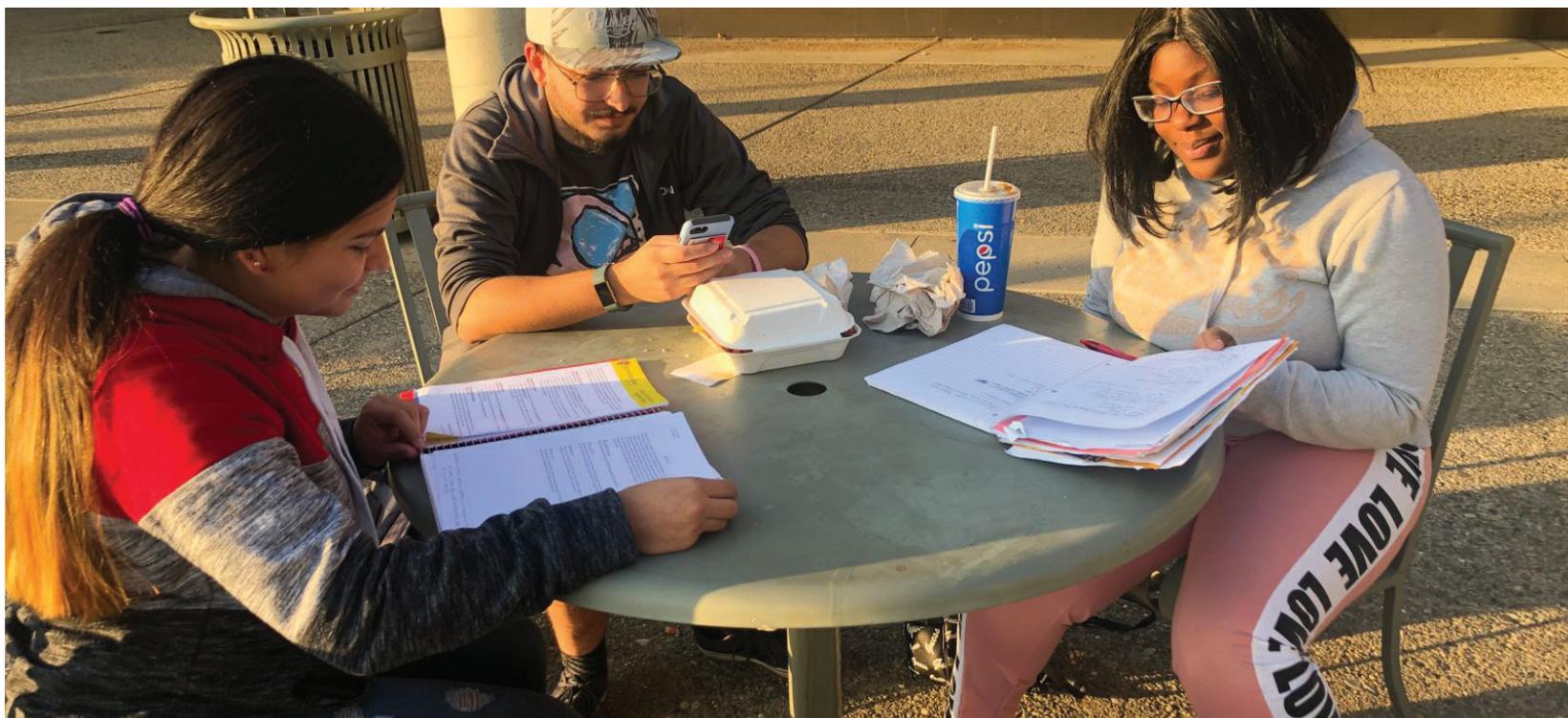
"I have done Cyber Monday, I like that a lot because I think it's safer. I don't know about Black Friday, I've seen some pretty crazy stuff," Ramirez continues, "I would tell people to not take it so seriously, especially because I work at a clothing store, you don't need to get aggressive. You don't need to be mean to employees. We're just here doing our job."

Let the countdown of holiday shopping begin! ■

# First-Gen Students Face “Impostor Syndrome”



by Aliyah Stoeckl



First-generation students collaborating on class work. (Signal photo/ Aliyah Stoeckl)

Students who are the first to attend college in their family are often suffering in silence as they face challenges of chronic self-doubt and questions of whether they deserve to be here or not.

Stan State has been working towards ending these first-generation tensions by creating new programs for first-generation students. These programs would provide resources to help guide and support student identity.

Impostor syndrome is a common psychological phenomenon of having doubts in abilities and experiencing feelings of being exposed as a fraud despite their success.

First-generation student, Vivian Dominik (senior, English), explains that she experienced the effects of impostor syndrome. “I’m going to school, passing my classes, but I’m also thinking, ‘No. I’m hanging on by a thread,’ and no one knows that I’m actually dying inside.”

These students often experience a lot of pressure and develop additional anxiety about feeling as though they do not belong in college.

“At first I wanted to take a semester off. Everyone knew I was the smartest one in my family, but I was stressed,” said Monserat Olvera (freshman, Criminal Justice).

Director of Student Support Services, Juanita Cruthird-Billups, insists that without the appropriate support, many challenges experienced by first-generation students can cause achievement gaps in retention.

“Many also have the difficulty of balancing personal and family obligations with academic priorities. While their family may value education, they often cannot help their students navigate the college environment,” said Cruthird-Billups.

First-Gen Friday’s are a new resource to help steer students in the right direction, along with Celebrate First-Generation programming.

The initial goals for these programs are to make first-generation students more included and to support them through the process of college life and to push against the barriers of mental health to success.

First-generation students are overcoming impostor syndrome by getting involved in these helpful resources.

Oluchi Okoro (freshman, Nursing) gave the following advice. “Take advantage of your advisors to help you fit in, so you don’t have to feel like you don’t belong here.” ■

# Estudiantes de Primera Generación Batallan el “Síndrome del Impostor”

por Aliyah Stoeckl  
traducido por Paula Sanchez-Luna



Los estudiantes que son los primeros en asistir a la universidad en su familia a menudo sufren en silencio cuando enfrentan desafíos de dudas personales crónicas y preguntas sobre si merecen estar aquí o no.

Stan State ha estado trabajando para poner fin a estas tensiones de primera generación mediante la creación de nuevos programas para estudiantes de primera generación. Estos programas proporcionarán recursos para ayudar a guiar y apoyar la identidad del estudiante.

El síndrome del impostor es un fenómeno psicológico común de tener dudas sobre las habilidades y experiencias de sentimientos de ser expuesto como un fraude a pesar de su éxito.

La estudiante de primera generación, Vivian Dominik (senior, Inglés), explica que experimentó los efectos del síndrome del impostor. “Voy a la escuela, pasando mis clases, pero también estoy pensando, ‘No. Estoy colgando de un hilo,’ y nadie sabe que en realidad me estoy muriendo.”

Estos estudiantes a menudo experimentan mucha presión y desarrollan ansiedad adicional por sentir que no pertenecen a la universidad.

“Al principio quería tomarme un semestre libre. Todos sabían que yo era el más inteligente de mi familia, pero estaba estresada,” dijo Monserat Olvera (freshman, Justicia Criminal).

La directora de Servicios de Apoyo Estudiantil, Juanita Cruthird-Billups, insiste en que sin el apoyo adecuado, muchos desafíos experimentados por los estudiantes de primera generación pueden causar brechas en el rendimiento en la retención.

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**“Muchos también tienen la dificultad de equilibrar las obligaciones personales y familiares con las prioridades académicas,” dijo Cruthird-Billups.**

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“Muchos también tienen la dificultad de equilibrar las obligaciones personales y familiares con las prioridades académicas. Si bien su familia puede valorar la educación, a menudo no pueden ayudar a sus estudiantes a navegar el ambiente universitario,” dijo Cruthird-Billups.

Los viernes de primera generación son un nuevo recurso para ayudar a guiar a los estudiantes en la dirección correcta, junto con la programación Celebrate First-Generation.

Los objetivos iniciales de estos programas son hacer que los estudiantes de primera generación estén más incluidos y apoyarlos a través del proceso de la vida universitaria y empujar las barreras de la salud mental hacia el éxito.

Los estudiantes de primera generación están superando el síndrome del impostor al involucrarse en estos útiles recursos.

Oluchi Okoro (freshman, Enfermería) dio el siguiente consejo. “Aproveche a sus asesores para ayudarlo a encajar, para que no tenga que sentir que no pertenece aquí.” ■



# The Healing Power of Gratitude

by Kerry Young



Thanksgiving is just around the corner, and people all over the country are starting to think about what they are grateful for. As Thanksgiving decor starts showing up in stores, we are constantly being reminded by tapestries, doormats and decorative throw pillows to give thanks.

However, practicing gratitude is more than just buying decorations with the words “thankful,” “blessed,” or “grateful” on them.

Some members of the Stan State community have spent years thinking about what it means to be grateful and developing their own gratitude practices.

Lorie Wilson is a faculty member in the Kinesiology department, as well as the owner of Warrior Yoga, a yoga studio that offers a variety of classes to members of the community.

Through the emphasis on awareness, Wilson’s yoga practice has helped her become more in touch with her own gratitude. She explains that, to her, gratitude is, “Having an awareness of all the things that are working and going well, and having a mindful appreciation of all the gifts that we are given every day, from the simplest gift of being able to breathe, to all the other added things like family and friends.”

Dr. Stephanie Paterson, English professor at Stanislaus State, has also spent many years of her life practicing gratitude.

Dr. Paterson explains what gratitude means to her, “It just means being awake in my life and celebrating being alive.”

In their definitions of gratitude, Wilson and Dr. Paterson both emphasize its simplicity. Although it can sometimes feel difficult to find something to be grateful for in our busy and stressful lives as college students, Dr. Paterson explains that even the simplest act of gratitude can be beneficial to students.

“I’ve noticed with my students that there is a real rise in anxiety, and it concerns me. So I’ve made it [gratitude] an explicit part of my teaching, and they respond to it. They

need it. They’re so stressed.”

Dr. Paterson adds that she can see a visual change in her students after they do a gratitude exercise together. “I’ve had them do acrostic poems where they use their names and come up with something they are grateful for using the letters of their names. It changes the energy in the class.”

It’s no coincidence that Dr. Paterson’s students seem more relaxed after doing this exercise. Wilson explains why practicing gratitude has such a therapeutic effect on people.

“It [gratitude] shifts your attitude and mentality. It can help with depression and anxiety and fear. When the default (or natural response) is to see the negative,... gratitude can bring a different perspective, a positive perspective, and make life so much more enjoyable because you’re purposefully paying attention to what’s working and having a sense of joy and appreciation versus sadness and fear.”

Although gratitude seems like such a simple concept, deciding to embrace it as a practice can seem overwhelming.

As a first step, Dr. Paterson suggests writing down three things that you are grateful

THANKFUL

GRATEFUL

BLESSED

As the Thanksgiving season approaches, stores begin to set out their gratitude merchandise. (Signal Photo/ Kerry Young)



Thanksgiving signs instruct us to count our blessings. (Signal photo/ Kerry Young)

for every day. It might feel difficult to think of anything at first, but as Dr. Paterson explains, “It’s generative, so once you have that lens, you see more that you’re grateful for.”

Wilson agrees that starting small is a good idea when practicing gratitude. “The practice of gratitude is focusing on the simplest things that pop up. ‘I have a roof over my head; I have food to eat; the basics.’ Then all of the sudden everything starts to stand out. The color of the sky, my friend nextdoor. Everything starts to seem in your favor. It’s like everything is working for you rather than against you when you are looking for it.”

Even if you do not want to write a list, you can still find a way to slow down and count your blessings.

Wilson describes how gratitude is practiced from a meditative perspective.

“Pause and get present in the moment. What is actually happening in your body and in your breath? Notice what is going on in your mind. Recognize that you have thoughts, but you are not your thoughts, and that you can be intentional in your thinking.”

Whether it be in the morning before you’ve opened your eyes, in the five min-

utes before class, or the moments before you fall asleep at night, you can take a pause to check in with yourself and set an intention for how you are going to approach the day.

Danielle Simpson (senior, Psychology) is one student who has incorporated a gratitude practice into her own busy life as a way to combat the stressors that life brings.

“For me, when I’m struggling, when I’m going through something, my first tool is to make a gratitude list of everything that I’m grateful for because it helps me to drown out the things that I am currently not grateful for.”

Of course, there are always going to be bumps in the road, and we won’t always feel good about life. But Wilson argues that these are the times when the practicing gratitude is the most important.

“The problems are going to be there and the challenges are going to be there. Gratitude gives us the strength and optimism to face the challenges that we have,” says Wilson explaining that “What you focus on, you create more of.”

However, she also acknowledges the importance of letting your feelings be true.

“I allow myself to feel sad when I need to feel sad... I think it’s important to feel what

you feel and recognize it as a momentary experience and that it doesn’t define you,” says Wilson.

She suggests finding a soothing practice that you know works for you. “Sometimes it’s a pause; sometimes I need to take a walk; sometimes I need to put my feet up in sweatpants and watch Netflix. It varies,” Wilson says.

Most importantly, we have to remember that it’s okay to be sad, and challenges are not failures.

“I used to beat myself up when I was having unpleasant thoughts or feelings... Now I can even have gratitude for the challenging moments,” says Wilson, adding that when you don’t let the negative thoughts define you, they have less power over you.

There is no single way to express gratitude. Whether it be a list, a moment of awareness, or simply thanking your loved ones, practicing gratitude can make you see your life in a whole different light. ■

### Some things to be grateful for...

A hot cup of coffee ✓

An adorable dog in your life ✓

Great friends ✓

Cozy fall weather ✓

Delicious cookies ✓



by Alyssa Patterson

# Something Tasteful Will Make You Thankful

Thanksgiving is the time of the year where dinner hosts take advantage of recipes that have been passed down for generations. Thankfully, families from the Central Valley were willing to share their favorite recipes for others to enjoy for the holidays.

it should be done in about 2 hours.

## Rice Stuffing

Contributed by Jessica Marson

Much love and many ingredients are added to this family recipe. This is the first time this recipe has been written down and shared with the public. A meal from the Quiñonez family, originally from New Mexico.

Preparation: Gather 2 cups of rice, 4 cups of water, 1 tablespoon of garlic salt, cooking oil, turkey, celery, onions, halved olives, 3 eggs, pepper, and a buttered pan that is 4 quarts.

Step 1: Toast 2 cups rice in hot oil until golden brown

Step 2: Pour in 4 cups water and add garlic salt (approximately 1 tablespoon).

Step 3: Allow to simmer until rice is fully cooked. Allow the mixture to cool, then place into a big mixing bowl. Add finely chopped: turkey, celery, onions, and halved olives.

Step 4: Mix well and add stuffing box. Mix again and add turkey broth. Mix well. Now add eggs and garlic salt (if needed) and pepper.

Step 5: The final step is to place the mixture in a buttered pan at 425° for about twenty minutes or until golden brown and stiff to the touch.

## Fried Rice for Five

Contributed by Andrew Cabrera

"Bored of the basic Thanksgiving foods that are shared around the table? If Panda Express is just not cutting it this holiday season, take a look at my family's Fried Rice recipe."

Preparation: Measure out 1 tablespoon of oil and 2 cups of rice; scramble three eggs; take out soy sauce; and cut up as much meat (beef, chicken, shrimp) to add in.

Step One: Turn heat onto half, and heat a frying pan with about one tablespoon of oil per two cups of rice. Make sure you heat the oil with the pan, and not the pan first, because that can cause a flash fire as seen in places like Benihanas.

Step Two: After oil is heated up, add in scrambled eggs. After they are fully cooked, turn heat to low.

Step Three: Once the egg is fully cooked, then add in rice. If the egg is not fully cooked, then it will dye the rice, resulting from the rice in a yellow appearance. Make sure that the rice and eggs are fully cooked before adding the meat.

Step Four: After adding in meat, move everything around until everything is heated and ready for the sauce.

Step Five: The final step is to add in soy sauce, the more added the saltier it'll taste and the darker it'll be. Stir everything up and enjoy it!

## Dr. Pepper Ham

Contributed by Jessica Cattolica

Preparation: Gather an 8-pound spiral ham, a large package of prunes, and a twenty ounce Dr. Pepper bottle

Step 1: In a saucepan put in prunes and fill with Dr. Pepper until prunes are submerged.

Step 2: Then simmer on medium heat on a saucepan for twenty minutes until prunes and Dr. Pepper have created a glaze.

Step 3: Mash prunes as it simmers.

Step 4: Place the ham in an aluminum pan and put a glaze over the ham.

Step 5: Loosely tent with foil to cook on the grill or in the oven until fully heated through at 350°.

Step 6: The final step is to check on it often,

## Ponche

Contributed by Rena Luna

Since this recipe has been made by the Luna family for generations, they remember it very well. Mrs. Luna and her family wanted to make a note that to test ones cooking skills no measuring cups should be necessary.

Step 1: Start by boiling water on medium heat.

Step 2: Once the water is bubbling, throw in diced apples, guavas, pears, add sugar cane, cinnamon sticks, hibiscus, panela, pecans, star anise, and prunes.

Step 3: Boil for 30 minutes, it's that simple!

### Chocolate Chip Crunchers

Contributed by Jennie Patterson

"The fruit is the spirit of love." Gal. 5:22

Preparation: Gather 1/2 cup of shortening, 1/2 cup of butter or margarine that is softened, 3/4 cup of firmly packed brown sugar, 1/2 cup of sugar, 2 teaspoons of vanilla, 1 egg, 1 1/4 all-purpose flour, 1 teaspoon of baking soda, 1/2 teaspoon of salt, 2 cups of cornflakes coarsely crushed, 1 cup quick-cooking rolled oats (Quaker Oats), 1 cup of semi-sweet chocolate chips, and 1/2 cup of chopped nuts.

Step 1: Heat oven to 375°

Step 2: In a large bowl, combine shortening, margarine, sugars, vanilla, and egg.

Step 3: Mix well and lightly spoon the flour into a measuring cup. Level off!

Step 4: Stir baking soda and salt. Add corn flakes, oats, chips and nuts.

Step 5: Drop by rounded teaspoonfuls 2 inches apart onto ungreased cookie sheets.

Step 6: Bake at 375° for 8-10 minutes or until golden brown.

Step 7: Let cool for 1 minute.

### Zucchini Bread

Contributed by Jennie Patterson

"A recipe that was given to me by my dear friend Sandy Rowe, a wonderful woman who we will remember forever through our memories and her recipes."

Preparation: Gather 3 beaten eggs, 2 cups of sugar, 3/4 cup of oil, butter, and margarine, 3 teaspoons of vanilla extract, 1 teaspoon salt, 3 cups flour, 3 teaspoons of cinnamon, 1 teaspoon allspice, 1/4 teaspoon of baking powder, 1 teaspoon baking soda, 2 cups of grated zucchini, 1 cup of cut up dates, 1/2 cup of raisins, and 3/4 cup of walnuts.

Step 1: Mix eggs, sugar, oil, vanilla, and salt first.

Step 2: Add the flour, cinnamon, allspice, baking powder and baking soda to the egg mix.

Step 3: Add the zucchini, dates, raisins, and nuts.

Step 4: Bake for one hour at 350°.

### Pumpkin Pie

Contributed by Jennie Patterson

One of the most beloved pies, pumpkin pie, is a sweet and flavorful dessert. Jennie Patterson was taught this recipe by a member of her church, "I do not exactly remember how long its been since it was given to me," she said.

Preparation: Gather 2 eggs, 16 ounces of pumpkin, 2/3 cup of brown sugar, 1/2 teaspoons of salt, 2 teaspoons of pumpkin pie spice, 1 can of evaporated milk, and a 9" unbaked pie crust.

Step 1: Mix 2 eggs with the pumpkin, brown sugar, salt, and pumpkin pie spice.

Step 2: Stir into the can of evaporated milk, and pour it into the pie crust.

Step 3: Bake at 425° for 15 minutes.

Step 4: Bake at 350° for 45 minutes.

For many, Thanksgiving is a holiday to share thanks to family and friends, the time to reminisce of the past year's events, watch football, and eat great food. These recipes have been shared so they may become part of a new family tradition. ■

# The Homie Cooperative: Breaking Stigmas and Giving Back

by Paula Sanchez Luna



With colder months right around the corner, several Warriors are giving back to the underprivileged communities of Stanislaus County. One of these Warriors is, Georgina Salgado (senior, Ethnic Studies).

Salgado is the organizer of “The Homie Cooperative” and is taking donations for the homeless community of Modesto.

“It actually started over the summer, right around my birthday. I have this phobia of getting old and I just fixated on that so I realized my time would be better spent doing something for others instead of just sitting around and thinking about myself,” said Salgado.

The Homie Cooperative will be Salgado’s second supply drive. Her first supply drive was a school supply drive that took place over the summer.

“I think the first one was just timing. It was almost August so a school supply drive seemed like a good idea and everything sort of fell into place for it, so I went for it.”

The Homie Cooperative has been an idea that Salgado has had for quite a while.

“I tried to do something similar for my job a few years ago but I don’t think I was in the proper headspace for it so it didn’t quite turn out the way I would have liked. I think this time around I’m definitely more passionate about what I’m doing because I’m more aware of the needs of my community.”

Since starting the supply drives, Salgado has seen the community come together.

“It’s not just my passion either because I’m not the one donating all of these things, I’m just the delivery girl. Friends and strangers alike have been coming together to donate and spread the word.”

One of those community members that has helped Georgina is Sarah Fischer (junior, Communication Studies).

“Just being able to donate, and know that even just a little bit could help those in the community.”

Fischer explains how amazing this program is and how she admires Georgina being able to take time to start something like this to help people in the community.

“I think the drives are really good things for the community. With the last one being for school supplies for kids and this one being for homeless people, it’s so nice to see it happening in the community. I hope that Georgina continues to create different drives to help those in our community.”



Georgina Salgado’s first supply drive was a school supply drive for Orville Wright Elementary. (Photo Courtesy of Georgina Salgado).

# THE HOMIE COOPERATIVE

OCT 1 - NOV 19

Now accepting donations for the  
homeless community in the  
Modesto area

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HYGIENE PRODUCTS



SNACKS



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The Homie Cooperative is asking for donations for the homeless community of Modesto.  
(Flyer Courtesy of Georgina Salgado, designed by @artecmc)

According to the 2019 Stanislaus County Point-In-Time Count, homelessness in the Stanislaus County has risen to 1,923, with 250 of them being children.

Salgado's efforts to change the stigma around the homeless community is one of the reasons for the name.

"... My mom always referred to the houseless community as her homies because by removing the label of "homeless" or "houseless," you instantly remove the stigma and any classist behaviors. I turned it into The Homie Cooperative because people need other people, and we'll only be able to uplift each other by coming together and putting

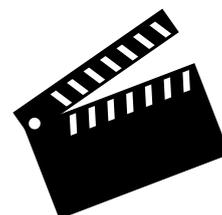
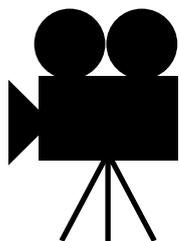
in the work as a collective."

Salgado will keep accepting donations until November 19th, and she is accepting clothes, hygiene products, and snacks.

Until then, Salgado is already planning the next supplies drive "I already have a few things in mind and I'm hoping to collaborate with different members and organizations in my community to make them happen since we all want to give back and uplift the community that gave us everything in the first place." ■

# No Such Thing as Too Many Movies: The Expansion of Modesto's State Theater

by Conor Demings



Is there such a thing as too many movies? Folks at the State Theater do not seem to believe so, as they will be adding an additional screen to their theater. The project is currently on route to finish by December 24, making it the perfect Christmas gift for downtown Modesto.

Kirstie Boyett, executive director of the theater, is very enthusiastic about the expansion. “Now we can use our regular programming, but we can show multiple films,” says Boyett. “If we’re required to run it clean, we’ll still be able to run it clean, but we can still show other stuff. It keeps the theater vibrant and it keeps downtown vibrant.”

The phrase “run it clean” refers to the process of a theater limiting its showing to one film for a designated time. Film distributors are the ones who dictate whether or not a film will be shown at a theater, and how long that film will remain in the theater.

“The way that distributors work nowadays is that, when they give us a good film, it means we can only show that film,” says Boyett, “It’s called running it clean and it means you have one film, two weeks, three times a day and that’s all you got.”

Film studios can be very precise when choosing theaters to show their movies. There are many factors that are taken into consideration, such as, previous ticket sales and the number of screens.

“For anything that came out in the past that are one-off shows, I have to reach out to the repertory,” says Matt Melling, marketing coordinator at the theater. “They handle all of the studio’s films. I ask them what the terms are, and they usually give me a set price. If the percentage of ticket sales are higher than the set price, then they go with the percentage. If the set price is not met, then the studio just accepts the initial set price.”

The expansion of the State Theater will include an additional 25 seats, separate from the the main theater. This new addition will offer multiple showings of different films, and hopefully encourage studios to distribute their films to the state.

“We like to believe the State Theater is part of the vibrancy of downtown Modesto, and the new theater will add to that,” says Boyett. “It will give multiple options of what you can do here on a weekend or week night.”

Boyett says the name of the new theater will be “The Jewel” because it is special and unique, just like a jewel. ■



The State Theater is lit up, welcoming people to come and enjoy the show. (Signal Photo/Conor Demings).

# The Struggles of Balancing School and Work During the Holiday Season



by Christopher Correa

Black Friday is known as the unofficial start of the holiday shopping season. Retailers draw in hundreds of customers each year by offering substantial, one-day-only sales. Special discounts continue to be offered and advertised right up until Christmas Day. It can be an exciting time for shoppers who are hoping to find the perfect gift at a great value, but for retail employees enrolled in school, the holiday season can be a struggle.

According to the National Retail Federation (NRF), 124.4 million people shopped at retail stores during Thanksgiving weekend in 2018. Additionally, the NRF reports that the holiday shopping season makes up about 20 percent of retailers' total annual sales.

As foot (and shopping cart) traffic rapidly increases during this time of the year, retail workers are left with a lot more responsibilities. This extra baggage can really add up, especially for the workers who are also enrolled in classes.

This time of the year tends to be when major assignments are due and preparations for final exams are in full swing. Finding time to balance schoolwork with retail work can be difficult and extremely stressful.

Shaelyn Pugliese (senior, Psychology) has worked at Rue21 for the past three years. With several years of experience, Pugliese is well aware of all of the problems that can come about. "We have encountered everything from grab and runs, to customers fighting over products, to counterfeit money." She also added how there have been instances that were so out of control, that law enforcement had to be contacted and get involved.

Pugliese elaborated on how dealing with these issues can cause fear and take a mental and emotional toll on her coworkers and her. "When theft occurs, we really can't do much about it because our lives may be at stake... Managers and associates also deal with customers getting mad at us because of something so minor or for something that is out of our control. We have to deal with customers verbally abusing us... it hurts us."

Zackary Plascencia (sophomore, Computer Science) worked at Kohls last holiday season. He says that business increased by three times the normal number, and that his stress levels rose by that same number. He also spoke about some health challenges he faced caused by the stress of working in retail during the holidays. "When you are a full-time student and work full-time during the holidays, you are never really home, and you get home late. Some struggles I encountered were finding time to eat and sleep."

Additionally, many of Plascencia's courses last year required him to attend mandatory meetings. These meetings forced him to use most of his sick days and eventually led to him being placed on work probation right in time for the holiday rush, meaning he couldn't miss more than three days of work. Being placed on work probation during a time when his school work began to pile up caused him to have even more worry and stress.



With the amount of in-store shoppers rapidly increasing during the holiday season, the number of responsibilities that retail workers have can pile up. (Signal Photo/Christopher Correa)

Additionally, many of Plascencia's courses last year required him to attend mandatory meetings. These meetings forced him to use most of his sick days and eventually led to him being placed on work probation right in time for the holiday rush, meaning he couldn't miss more than three days of work. Being placed on work probation during a time when his school work began to pile up caused him to have even more worry and stress.

Destiny Cuevas (junior, Criminal Justice) is a transfer student who recently began working at Victoria's Secret PINK, but has worked at Target near her hometown of Santa Maria the previous three years. She spoke about some of her past experiences and what she's expecting this year to be like at her new job. "At Target, the holiday season is a million times busier. A struggle I encounter is having two entire months blocked out, which means I can't request a single day off from November to December. So far, I have not had any troubles (at PINK), but my main concern going into the holiday season is my family. I have to miss the holidays with them for the first time ever."

Cuevas feels that the abundance of hours is understandable, but wishes employers were a bit more empathetic towards their employees. "We're humans and have families. Plus, I'm sure not every single person has to work every single day for two straight months."

For those who are struggling with balancing their schoolwork with their job or who are worried about working during the holidays, Plascencia and Pugliese offered some helpful pieces of advice.



Plascencia explained how being put on probation at work, for missing too many days for school, was an important learning lesson. "You have to try to let the managers, or the person who makes the schedule, know what is going on with school ahead of time... I would say if you are a full-time student who works in retail, try your best to save sick and holiday hours because school things can come up a lot."

In terms of maintaining success in school, Pugliese offered the following advice. "Some good study tips I have picked up on from my other coworkers, who are also full-time college students, is putting the distractions away. I shut my phone off when doing an assignment, or I put it as far away from me as possible. This prevents me from opening social media or answering calls from my job. Sometimes I even request days off that I know need to be dedicated to school."

If you are dealing with stress, anxiety, or any other mental health issues, Stan State offers multiple psychological counseling resources for students, free of charge. ■

**Additional information about these services can be found at [www.csustan.edu/counseling](http://www.csustan.edu/counseling)**

Shaelyn Pugliese (senior, Psychology) has worked for Rue21 for the past three years. She describes how working during the holiday season can really take a toll on students, like herself. (Photo courtesy of Shaelyn Pugliese)

# Dr. Wing To Helps Add Diversity to the Physics World

by Danielle Castillo



Dr. Wing To has been a professor of physics here at Stan State for four years and is the liaison for the Cal-Bridge program that is offered here for students majoring in physics and astronomy.

Dr. Wing To moved to the states from Hong Kong when he was a child. Once he reached high school, he did not think he could go to college because, at the time, if you were undocumented you had to pay for out of state tuition.

“There was no way for me to afford a year of school, so after high school I went to work for five years but decided to give college a try,” Dr. Wing To explained.

He had studied computer science at a community college in Southern California and was advised to take a physics class so he could transfer to electrical engineering. However, after taking this physics class he realized his interest in it.

“When I took physics, that’s when I figured out. Physics can actually tell you how all the stuff works around us and I kind of thought ‘okay I want to do that more.’”

He majored in physics at UC Santa Barbara and began his research work of quantum information meaning. After receiving his degree, he started his PhD at UC Santa Barbara, studying elementary particle physics. This is the study of what things are fundamentally made of, it goes deeper than atoms and protons as it looks into what is in a proton or atom.

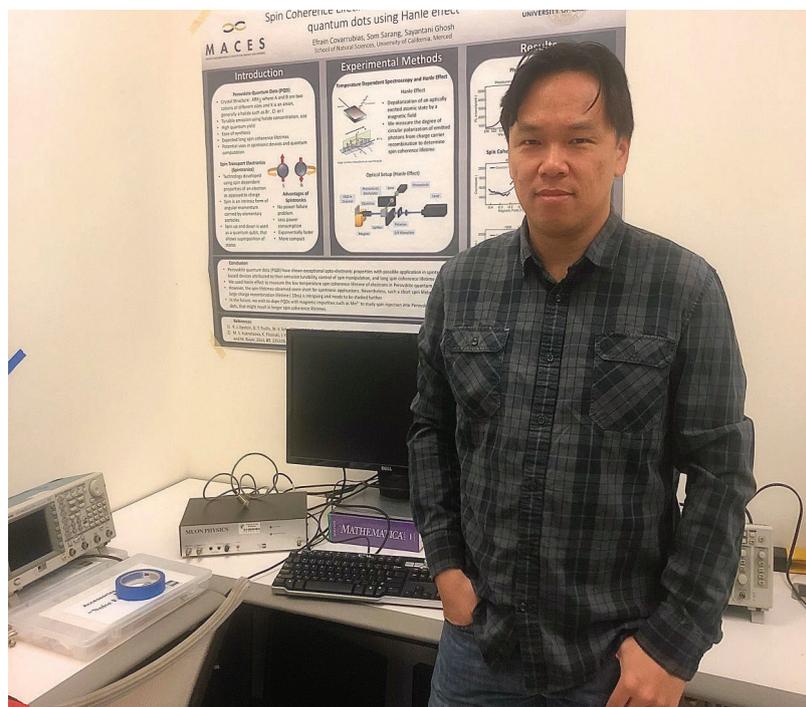
Dr. Wing To’s main focus of research is the Direct Detection of Dark Matter.

“We try to figure out what is inside a proton, to figure out fundamentally what the universe is made of. It happens that matter, like a desk, laptop, the air we breathe, is only a small fraction of all the matter in the universe, it’s actually 15 percent. The other 85 percent is known as dark matter.”

He begins to explain the reasoning of why it’s called ‘dark matter.’

“The reason why it’s called dark matter is because the scientist are in the dark about it. We don’t understand it at all, and that is why we try to study it here on earth with the direct detection of black matter experiment,” he adds.

Dark matter is looked at the galactic level, where we can see this effect through gravity. The issue is that since we are here on earth it is hard for scientists to sense the gravitational force of tiny particles. “The gravitational force of the planet is too large for us to observe the little tiny affect that dark matter has on us, but at the galactic level you can actually see it” Dr. Wing To explains.



Wing To in his physics lab at Stan State. (Signal Photo/Danielle Castillo)

Dr. Wing To explains how this type of study is like having a puzzle where you can’t find the answer but keep trying to solve it, “It’s like trying to do Sudoku all the time.”

Even with his love and interest for physics, he would like to see a difference in the field.

Cal-Bridge focuses on the percentage gap of women and minorities majoring in physical sciences.

“One of the things we observe in the data is that women and minorities tend not to major in the physical sciences: chemistry and physics and geology.”

He continues to explain the exact percentages.

“The general population of women if 50 percent and 20 percent are in physics, and the underrepresented minority is only six percent and their population in the U.S. is 31 percent.” He continues by explaining how, once people get to college, women and minorities tend to not want to do physics.

There is currently two Cal-Bridge scholars here on campus and those two are assigned to a UC mentor. They meet with their mentor twice a month.

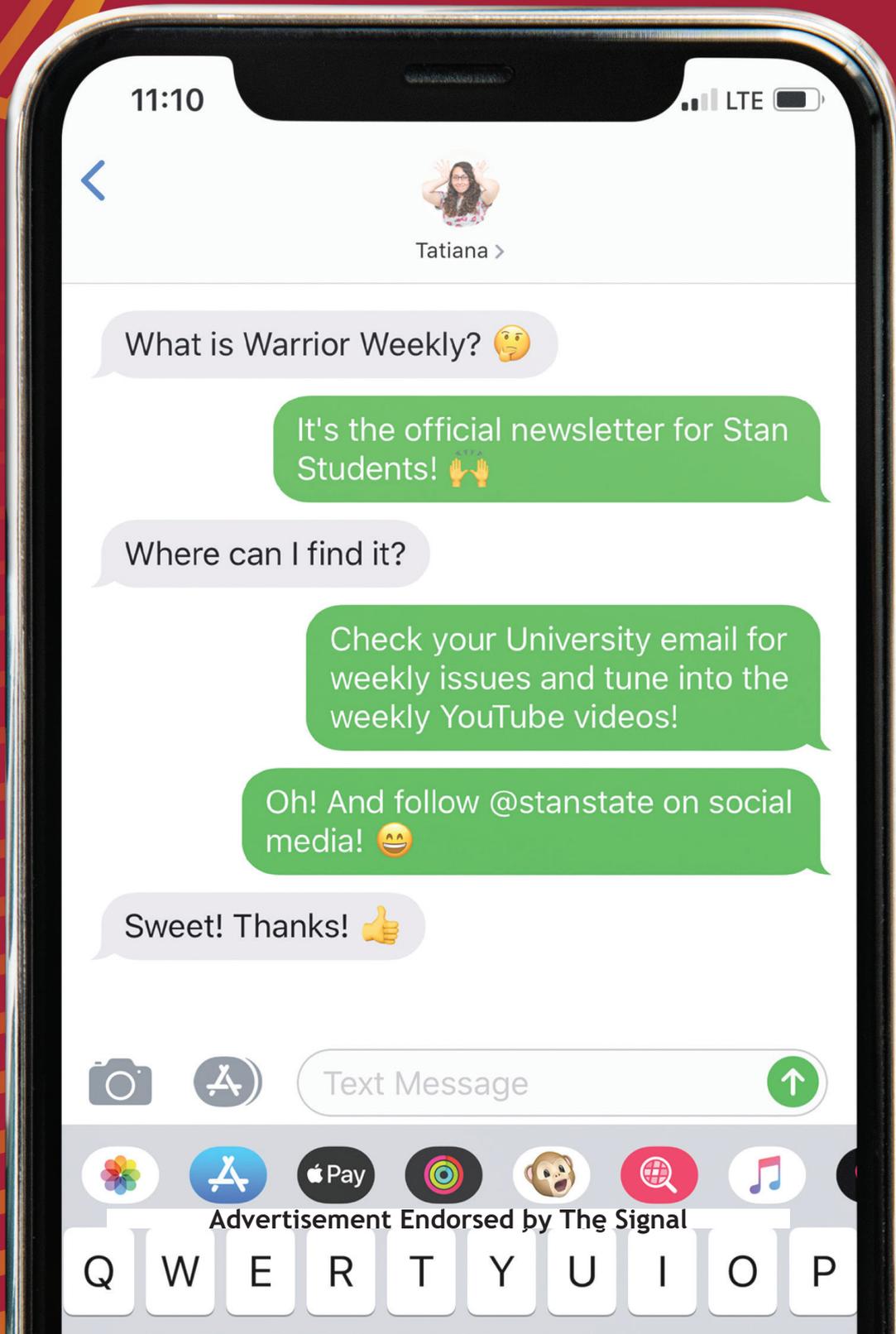
“Since I am here at Stan State, I know the student’s academics at Stan State very well, however, I have less contact in the research opportunities students might have and also knowing which graduate schools are looking for graduate students.” He continues to explain the advantage of this program, “This co-mentorship is nice because they get the experience of a research university and a teaching university.” ■



Happy Autumn!

Illustration by Ethan Hunt

# WARRIOR WEEKLY



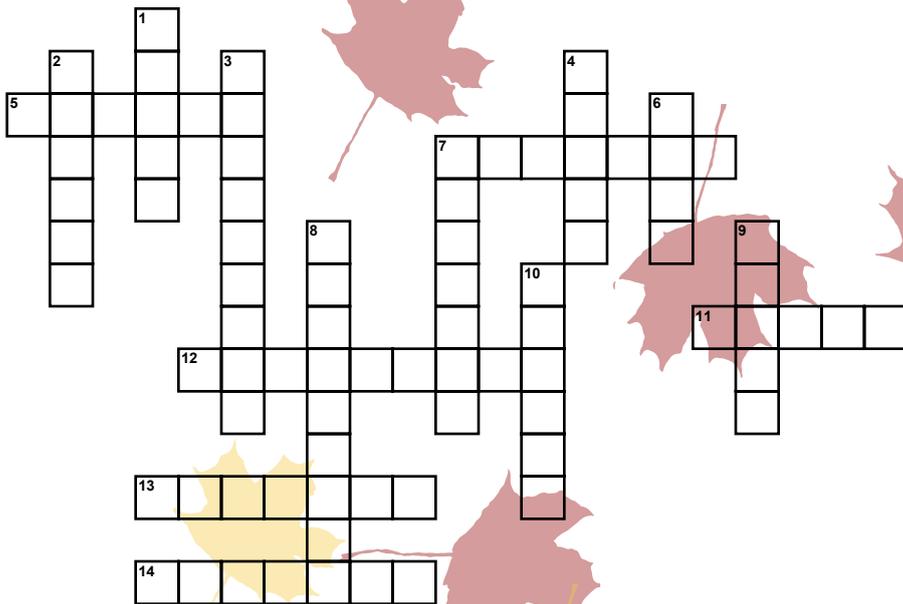
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# TALES of TITUS



by Jace Ortega

## November Crossword



### Across

5. The Holiday is celebrated by the U.S.A. Liberia, the Caribbean Islands and \_\_\_\_\_.
7. Dia de los \_\_\_\_\_ ends on the 2nd of November
11. The Annual \_\_\_\_\_ Thanksgiving Parade.
12. Name of Sachem or Paramount Chief of the Wampanoag tribe.
13. Which U.S. President is responsible for the proclamation of Thanksgiving?
14. The First \_\_\_\_\_.

### Down

1. Mashed potatoes and \_\_\_\_\_.
2. For most, Thanksgiving is about food and \_\_\_\_\_.
3. Attendees of the first Thanksgiving included 90 men from the \_\_\_\_\_ tribe.
4. Free \_\_\_\_\_ is a 2013 Thanksgiving movie.
6. Corn on the \_\_\_\_\_.
7. Americans buy 46 \_\_\_\_\_ turkeys each Thanksgiving.
8. Green bean \_\_\_\_\_.
9. More people have dies while shopping for Black Friday than \_\_\_\_\_ attacks.
10. \_\_\_\_\_ Americans taught the colonists how to survive.

## Find all 12 pies



Visit our website at  
[csusignal.com](http://csusignal.com)  
 for the October  
 Answers