

The Bulldog bulletin

A Biweekly CSM Student E-Newsletter



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Message from ASCSM Public Relations Board Member Annabella Johan

Welcome to our Spring 2021 semester! If you are a returning student, welcome back and we hope you had a great winter break. If you are a new student, welcome to our campus and we wish you luck on your first semester. Despite being remote for this semester, we are excited to meet you and look forward to building our sense of community through virtual platforms. We encourage every student to join as many clubs as they'd like at our campus, we'd also like to invite students to join ASCSM.



The Associated Students of College of San Mateo (ASCSM) is the official representative student government organization at College of San Mateo. We are responsible for assessing and meeting student needs by representing the student body in the decision making process of our college. We are also based at the Center for Student Life and Leadership Development. Our organization consists of the ASCSM Senate and its four boards, being: the Advocacy Board, the Cultural Awareness Board, the Programming Board, and the Public Relations Board.

The ASCSM Senate appoints students for a variety of leadership positions of: President, Vice President, Finance Director, Student Trustee, and 14 other senators. Elected students may also serve on the College and District participatory governance committees, such as the Institutional Planning Committee (IPC). As for our boards, the Advocacy Board focuses on researching political issues and advocating on the behalf of students on the local, state, and federal level. The Cultural Awareness Board plans, organizes, promotes, executes, and evaluates events that recognize and celebrate the unique diversity of the CSM community. The Programming Board provides a broad range of campus events, including co-curricular, cultural, and social activities. The Public Relations Board is responsible for planning and coordinating the promotion for all ASCSM events and activities.

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IMPORTANT DATES

Lincoln's Birthday: No Classes
Friday, February 12

Presidents' Day: No Classes
Monday, February 15

Last day to apply for Spring 2021 AA/AS degree or program certificate
Friday, March 5

STAY UP TO DATE WITH CSM STUDENT GOVERNMENT

[View ASCSM Agendas & Minutes](#)

Joining ASCSM will open you up to more opportunities. Other than getting involved in our student community at CSM, it will also improve your hard skills (like strategic planning) and soft skills (like leadership development and team-building skills). Moreover, ASCSM may also serve as helpful training for your future careers in the professional field and your contributions in representing our student body may further boost your outstanding portfolio to future employers.

If you are interested in being part of ASCSM, you can join us at any time throughout the year. If you would like more information on our officer roles or boards, you can either check out our website at <https://collegeofsanmateo.edu/ascsml/>. If you have any other inquiries, feel free to email us at ascsml@smccd.edu. You can also find us on Instagram @_ascsml.

We hope to hear back from you all, and wish you all a successful spring semester!

Reflecting on Black History Month Through Two Inspiring CSM Alumni

Archie Williams (CSM Class of 1935)

1936 Olympic champion, 400 meter run

Pilot, flight instructor and trainer of Tuskegee Airmen

Meteorologist with the Army Air Weather Service, retiring as lieutenant colonel

Math and computer science teacher for 22 years

“Every race that you run is a final.
If you don’t win, then it is final.”

Archie Franklin Williams '35 (1915-1993) grew up in Oakland. His parents rented their third-floor rooms to UC Berkeley students, including one who “would give us younger kids a whack on the rear if we got to be a nuisance” during studying. Archie got indifferent grades at in high school but dreamed of flight and excelled at building model airplanes, once winning an award from the *Oakland Tribune*.

In 1934, the East Bay did not yet have a junior college. So Williams enrolled at CSM (then San Mateo Junior College) with the goal of transferring into Cal’s engineering program.

At CSM, Williams laid the math and science groundwork that would help him to become one of the first African-American flight instructors, one of the first Black meteorologists, and a STEM teacher. As an educator, he was so beloved that a movement was launched in 2017 to rename his former workplace, Novato’s Sir Francis Drake High School, after him...



Archie at the blocks for the 220-yard dash for SMJC in 1935.

[Continue Reading Archie’s Story](#)

Les Williams (CSM Class of 1939)

First African-American twin-engine bomber pilot

Member of World War II-era Tuskegee Airmen

Entrepreneur, dancer and dance-studio owner

Attorney in San Mateo County for 30 years

“We told each other, ‘We’re going to be the best. We stuck with that, and we helped each other.’”



Capt. Les Williams, right, with members of his B-25 bomber crew in World War II

Unlike many of his peers, Leslie Alan Williams '39 (1919-2015) had not dreamed of becoming a pilot before faced with the World War II draft and the option of flight school. Williams was a budding tap dancer, and he dreamed of following his hero Bill “Bojangles” Robinson on the stage.

“I wanted to serve. I was very patriotic,” he told *Stanford Lawyer* in 2008. “And I didn’t want to get drafted because I thought that as a Black man I’d be drafted as an infantryman. And I’d seen so many infantrymen after World War I with amputated limbs. Dancing was my life. I thought—I’d rather crash and die than wind up unable to dance. So I set my sights on flying.”

Williams’ ambition, enterprise and luck eventually landed him in the Army’s Tuskegee aviation program, whose pilots became symbols of progress to millions enduring systemic racism in America.

Williams, '39, returned to his San Mateo hometown, building a dance studio on San Mateo Drive that flourished for 20 years. In his fifties, pursuing another dream, he graduated from Stanford Law School and practiced law for 30 years, notably in the San Mateo County private defender’s service.

He blazed a trail in all his endeavors, withstanding a culture of discrimination in the Army and even pushback in postwar San Mateo when he dared to build his own studio building instead of renting...

Continue Reading Les’ Story

CSM Black History Month Events

African/African American Latino Historical Alliances (Dr. Frederick L. Gaines)

Tuesday, February 23, 11:10 am – 12:45 pm

<https://smccd.zoom.us/meeting/84007499855>

Meeting ID: 840 0749 9855

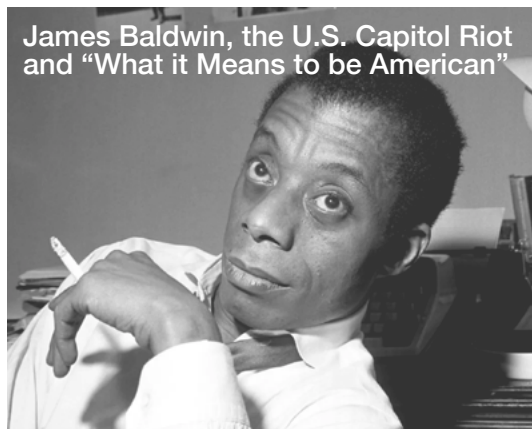
James Baldwin, the U.S. Capitol Riot, and “What it Means to be American”

Presented by CSM English Professor Jeramy Wallace

Tuesday, February 23, 2:00 pm – 3:30 pm

In his travels around Europe, James Baldwin experienced many complex interactions with both the Europeans and the other Americans traveling abroad, all of which affirmed how complicated it is to be African, American, and African American. One particular revelation was that race and nationality are contextual and are dictated by a place and its history. In other words, Baldwin discovered “what it means to be American,” and his experiences and writings can help us better understand how the U.S. Capitol – the people’s house – can be occupied by white nationalist insurrectionists. This presentation will start with a discussion of James Baldwin’s European travels and how his notions about “what it means to be American” can help us better understand current events. The presentation will be followed by Q&A.

Zoom: <https://smccd.zoom.us/j/87176089933?pwd=TEhURDIYZ3B4SlJiQXM5OW1qZXIjdzo9>



James Baldwin, the U.S. Capitol Riot and “What it Means to be American”

Umoja Community Mindfulness - Afro-centric Yoga and Meditation

Afro-centric Yoga and Meditation. Join the Umoja Community for an Afro-centric yoga experience with professional yoga instructor Brandon Stroud, founder and owner of B. Yoself Yoga.

Thursday, February 25, 2:30 pm – 4 pm


<https://smccd.zoom.us/j/88659813153>

Meeting ID: 886 5981 3153

A Discussion with Dr. Cornel West Recording



On January 28th, Cañada College, with sponsorship from CSM, hosted an important conversation with Latino Thought Maker’s Rick Najera featuring renowned speaker, author and Harvard scholar, Dr. Cornel West. If you missed the live webinar, a recording is now available.



Dr. Cornel West is Professor of the Practice of Public Philosophy at Harvard University and Professor Emeritus at Princeton University. Cornel West graduated Magna Cum Laude from Harvard in three years and obtained his M.A. and Ph.D. in Philosophy at Princeton. He has authored 20 books and edited 13 and is best known for his classics, *Race Matters*, *Democracy Matters*, and for his memoir, *Brother West: Living and Loving Out Loud*, and his most recent book, *Black Prophetic Fire*, which offers an unflinching look at nineteenth and twentieth-century African American leaders and their visionary legacies.

Apply Now for 2021-2022 Scholarships

Applications are open for a variety of CSM scholarships that offer awards for incoming, continuing and transferring students. Scholarship awards range from \$100 to approximately \$2500

The application is available online at smccd.academicworks.com/opportunities and is due by Tuesday, March 2, 2021 by 11:59 pm.

The following items are required for a complete application:

1. Fill out the [AcademicWorks online application](#) completely.
 - Incomplete applications will not be considered.
 - If you are a new applicant, click the [Sign Up](#) button to create your account.
 - If you are a returning applicant, click the [Sign In](#) button to complete or update your scholarship application.
 - CSM students must use your college-issued my.smccd.edu email address to sign in.
2. Personal statement (3 short essay questions)
3. One letter of reference (**must** be submitted online by March 2)
4. All unofficial academic transcripts must be uploaded through AcademicWorks.

Need help filling out your application? [Attend a Scholarship Application Workshop](#) or watch our helpful videos on [SMCCCD Scholarship Application TV](#).

For more information about [scholarships](#), please visit CSM's Scholarships website, visit the [Financial Aid office](#), or contact the Scholarship Coordinator, Karen Chadwick at chadwick@smccd.edu.

For additional scholarship opportunities please view the [External Scholarships](#) page on our [Scholarships](#) website.

Ask the Doctor: Will Garlic Boost My Immunity?

This ongoing feature addresses common student health questions, answered by CSM College Physician Dr. Jennifer Yang.

Dear Doc: I've been eating raw garlic because I saw on TikTok that it can boost my immune system. Now my dog won't even kiss me. Does garlic really boost immunity?
Missing-the-Kissing

Dear Missing-the-Kissing: I am glad to hear that you want to optimize your immune system, but take care when following health advice from social media platforms. Some studies have shown that garlic, in various forms, can modulate parts of the immune system. So far, there is not enough evidence to support whether garlic can actually "boost" your immune system to the point that you will be better protected against infections. Raw garlic is generally safe in the amounts most people eat in foods.

Although it can cause side effects such as breath and body odor, heartburn, and upset stomach. And, as you have experienced, it may have detrimental effects on relationships with people, pets, and possibly vampires.

For a strong immune system, the best thing is to live a healthy lifestyle:

- Get 7–8 hours of sleep per night
- Eat a diet high in fruits and vegetables
- Exercise daily
- Avoid smoking and vaping, and
- If you drink alcohol, drink only in moderation.

For more healthy ways to strengthen your immune system, visit [this feature](#) from Harvard Medical School.

To schedule an appointment with the CSM College Physician or a Nurse Practitioner, please email csmwellness@smccd.edu or call 650-574-6396. Telemedicine appointments are available while classes are in session on Mondays, Tuesdays, and Thursdays from 9 am to 3 pm and on Wednesdays from 9 am to 4 pm.



Five Honors Project Students to Present at Honors Research Conference

The Honors Project is delighted to report that five students have been accepted to present their research projects this spring, at the 2021 UC Irvine Community College Honors Research Conference—to be held virtually, in March.

Here are the five students, followed by the courses and instructors for which they did their research projects:

- Isabelle Antaran – PHIL 100 (Jeremy Ball)
- Kyle Guanzon – CIS 255 (Kamran Eftehkari)
- Drew Marquiss – CIS 140 (Mounjed Moussalem)
- Andrianna Pellini – ENGL 110 (Rene Anderson)
- Kelsey Takaha – COMM 110 (Briana Avila)

A major academic event sponsored by the Honors Transfer Council of California, the conference “gives community college honors students the opportunity to present their academic work,” inviting “research-based presentations, posters, and creative performances reflecting inquiry into the humanities, sciences, arts, social sciences, and pre-professional programs.”

The virtual conference will take place March 25, 26 and 27. Learn more at

<https://www.honorstransfercouncil.org/the-conference-1>

Congrats, bravo—and thank you, to our Honors Project/CSM community.



Spring 2021 Club Fairs Coming on 2/18 & 2/24

Student clubs and organizations provide the opportunity to build community outside the classroom. As we continue to operate remotely due to COVID-19, these communities become even more important. At the spring 2021 Club Fair on Thursday, February 18 and Wednesday, February 24, from 4:30 pm to 5:30 pm each day, we will be showcasing the many different clubs and groups that students can join. These groups span the gamut from academically focused honor societies to cultural groups to general interest organizations. We encourage all students to attend the Club Fair to learn how to get involved.

Club Fair Day 1 – Thursday, February 18, 4:30–5:30 pm

Registration link: https://smccd.zoom.us/webinar/register/WN_H1GEzovQTTa3hjInN5Fpig

Club Fair Day 2 – Wednesday, February 24, 4:30–5:30 pm

Registration link: https://smccd.zoom.us/webinar/register/WN_LqRcUmKbTUqzFUPIntnLKw

Folks can contact csmstudentlife@smccd.edu for more information.

Join the Fighting for Immigrant Rights and Equity (FIRE) Student Club

Fighting for Immigrant Rights and Equity is a districtwide student club looking to not only highlight undocu-students, but provide tangible resources for their uplift and success in higher education. FIRE is committed to creating a safe community space for undocumented students and allies alike, while helping them to succeed in college and beyond. We recognize how difficult it can be to navigate higher education for all students, especially as undocumented individuals face roadblocks unique to their journey.

Beyond this, FIRE is here to expand the narrative on what it means to be an undocu-student and increase visibility for undocumented communities not typically in the spotlight. We are hoping that this club will aid in opening a dialogue around undocumented students, their struggles, and their successes in higher education in order to demystify the fears surrounding college. With this, we hope to push through a message of accessibility and eliminating the fear that can come with entering higher education and the professional world.

[Zoom link](#) for our weekly meetings is on Thursdays from 11 am – 12 pm.

Contact Oliver Elias Tinoco (olivereliastinoc@my.smccd.edu) if you have any questions about FIRE.



Smoke & Tobacco-Free Campus Virtual Events

Big Tobacco targets racial, sexual, and gender minorities and causes millions of preventable deaths every year. Only Fog @ Skyline is holding a two-part virtual event: Not on Our Campus, Not in Our Lungs on Monday, February 22, and Wednesday, February 24, with guest speakers who are organizing their communities and revising policies to fight against the negative consequences of tobacco in our communities. Through a social justice framework, we will discuss how tobacco industries target our communities and how we can fight back through a 100% Smoke and Tobacco-Free policy in our own San Mateo Community College campuses.

Event 1: Monday, February 22 • 11 am – 12 pm

We are honored to hear from the spoken word artist Tasha, "[SixFootah The Poet](#)", a Bay Area native and poet who moves spirits with her eye-opening poetry. Inspired by the iconic Maya Angelou, Turner uses her flow to address poignant topics, like the dangers of menthol and tobacco within the African American community. [Register now](#).

Event 2: Wednesday, February 24 • 3–4 pm

Highly respected leader in tobacco control and community activism, [Carol McGruder](#) will share her incredible experience as the Co-chair of the African American Tobacco Control Leadership Council (AATCLC) on how to develop community centered tobacco control policies. Another community-centered leader, [Bob Gordon](#) - the Project Director for the California LGBT Tobacco Education, will share his experience working with City College of San Francisco and their 100% smoke and tobacco-free campus policy. Our third panelist, [Lou Moerner](#), has extensive experience with working with Native communities on tobacco control and addiction.

Mark is a SMCCD alumni and a recent graduate from San Francisco State University where he majored in Psychology with a minor in queer studies. Currently, he is working alongside Skyline's staff, faculty and students to lead the initiative for a 100% uniform district wide smoking policy. [Register now](#).

They will all share how they use social justice to guide their amazing work in tobacco control.

NOT ON OUR CAMPUS, NOT IN OUR LUNGS

FEBRUARY 22ND 11AM -12PM
FEBRUARY 24TH 3PM-4PM



TASHA, SIXFOOTAH THE POET
SPOKEN WORD ARTIST



CAROL MCGRUDER
AFRICAN AMERICAN TOBACCO
CONTROL LEADERSHIP COUNCIL



BOB GORDON, MPH
CA LGBT TOBACCO
EDUCATION PARTNERSHIP



LOU MOERNER
NATIVE AMERICAN HEALTH

REGISTER

Mon 2.22 <http://bit.ly/notonourcampus1>
Wed 2.24 <http://bit.ly/notinourlungs2>

CONTACT: MARK@SFCOMMUNITYHEALTH.ORG



Headspace & San Mateo County Partner to Provide Free Resources

Headspace and San Mateo County Behavioral Health and Recovery Services are working together to provide FREE resources to help all who currently live, work, or go to school in San Mateo County! Meditation has been shown to help people stress less, focus more and even sleep better. Headspace is meditation made simple. [Why get Headspace?](#)

Sign up to access meditations, sleep sounds, and movement exercises designed to help you care for your mind — because in times like these, a little support goes a long way.

[Sign up here, ALL FREE through August 2021 for new Headspace members!](#)

