



# The Bulldog bulletin

Volume 2 • Issue 15 • September 20, 2021

A Biweekly CSM Student E-Newsletter

## Register Now for the Virtual Family Science & Astronomy Festival!

### Virtual Family Science & Astronomy Festival +Makerspace

**Saturday, September 25, 2021  
12-9 pm**

An annual event that brings the wonders of science to our community through virtual live sessions and recordings!

CSM's annual Family Science & Astronomy Festival + Makerspace will once again be held virtually on Saturday, September 25, from 12 noon to 9 pm. Hear from a distinguished group of CSM faculty, staff, and community presenters in sessions devoted to science, astronomy, and Makerspace.

The day's keynote will be given by Dr. Pablo Sobron of the SETI Institute from 5-6 pm. Sobron will take viewers along on his journey to discover life on the Red Planet. Learn about his experience as a member of NASA's Mars 2020/Perseverance Rover Science Team and their mission to seek signs of ancient life on Mars.



[View the Day's Schedule](#)

[Register Now](#)

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### IMPORTANT DATES

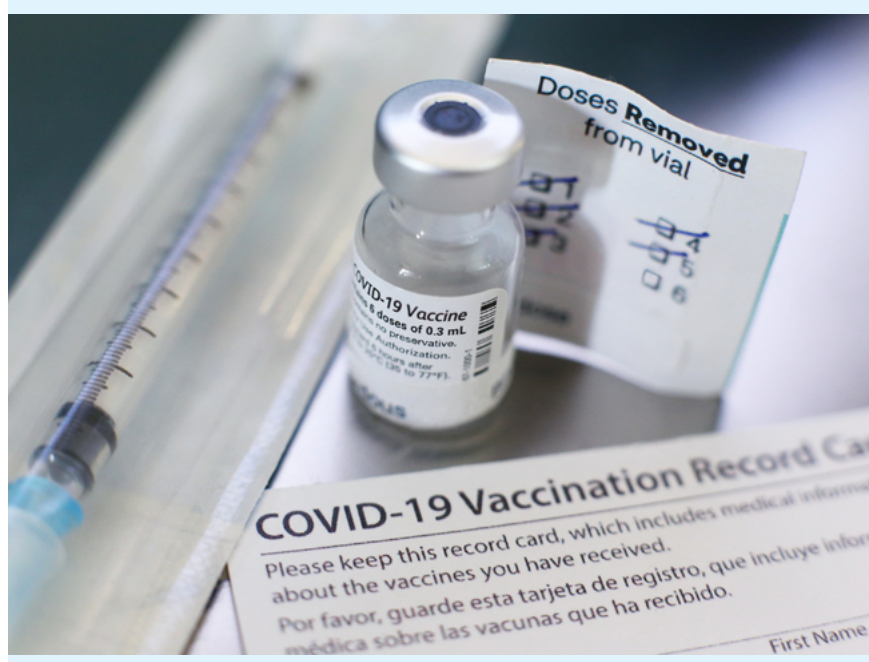
**Last day to apply for Fall 2021 AA/AS degree or program certificate**  
Friday, October 1

**Flex Day - No Classes:**  
**Professional development day for employees**  
Wednesday, October 13

### STAY UP TO DATE WITH CSM STUDENT GOVERNMENT

[View ASCSM Agendas & Minutes](#)

## Student Vaccination Status Reporting Begins November



In preparation for the Spring 2022 semester, Cañada College, College of San Mateo and Skyline College are requiring all students to be vaccinated in order to take in-person courses, and receive in-person services (Admissions and Records, Counseling, Library, Tutoring, etc.). If you wish to take in-person classes and receive in-person services, you must provide proof of vaccination or your documented reason for a medical or religious exemption. If you do not provide proof of vaccination or if you are not approved for an exemption, you may only take online courses and receive virtual and remote support services.

Starting in November, you will be asked to upload your COVID-19 Vaccination information in WebSMART. Again, this is in preparation for the Spring 2022 term, and will not impact your classes and services this Fall 2021. You will receive instructions for uploading vaccination information as we get closer to Spring 2022 registration.

For more information about Vaccination requirements, please see the [Student Vaccination Information Website](#).

# STOP THE SPREAD

## REMINDER

**Help to keep our college community healthy and safe:**

- Monitor daily for signs of [illness](#). Stay home if sick and report to appropriate instructor or college staff
- Report any household or community COVID-19 positive exposures ([reporting procedures](#))
- Wear a required [face covering](#) at all times while indoors. The face covering should have at least 2 layers, completely cover your nose and mouth, and fit snugly against the sides of your face
- Sanitize hands and works spaces frequently to reduce the spread of germs

## Student Virtual Town Recording

On September 7, students joined CSM's Student Virtual Town Hall to hear updates on ASCSM, getting involved on campus, upcoming events, vaccines, masks, the fall reopening plan, and Wellness Center resources. If you missed it, check out the recording:



## CSM Art Faculty Selected as 2021 Artist in Residence at UCSF Library

Congratulations go out to Pantea Karimi who was selected as the 2021 Artist in Residence at the University of California San Francisco (UCSF) Library. This is a coveted position with only one artist per year selected.

Pantea will use this opportunity to research the UCSF Library's archives and create artworks using the UCSF Makers Lab tech facility. See the announcement and a brief interview at the UCSF Library blog link:

[Read More](#)





# Digital Media Professor's Art on Display at San Mateo Public Library

Vera Fainshtein

**"Traveling Through Time"** art exhibit

Exhibit Dates: September 2 - October 30.

Artist Reception: Sunday, September 26 (3:00 pm to 4:45 pm).

Detailed information: <https://www.cityofsanmateo.org/calendar.aspx?eid=15220>



VERA FAINSHTEIN  
ARTIST RECEPTION

Laurel Room, September 26, 2021, 3:00-4:45pm



# Ask the Doctor: COVID-19 Vaccine Misinformation

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

**Dear Doc:** There is a lot of misinformation about Covid-19 vaccinations out there. How do we know what to believe?  
–Dream Team

**Dear Dream Team:** I had the privilege of speaking with a group of very bright students earlier this semester. Some had personal experience with Covid-19; some had experience with vaccine side effects. The most impressive thing was that they were not afraid to ask the tough questions about Covid-19 and vaccinations. Here are some of their questions.



1. *What's the best vaccine and why?* The best vaccine is the one that you can get. All three vaccines (Pfizer, Moderna and Janssen) are **safe and highly effective** against death from Covid-19. Covid-19 accounted for 2.8% of all deaths in 18–29 year old's in 2020.
2. *I've been healthy the past year, going to the gym, and haven't gotten sick. Why should I get the vaccine?* The Delta variant. It is much more transmissible than the original strain. There is concern that it may cause more severe disease, especially in younger age groups. Unvaccinated people are at high risk for getting infected; and they are more likely to spread the virus to others compared to vaccinated people. Getting vaccinated is the safest way to protect yourself, your friends, and your family. Thank you to the brave soul who said out loud "It's not about you." You are exactly right.
3. *How was the vaccine developed so quickly?* The mRNA technology has been around for at least 20 years and has been studied in other viruses like rabies and Zika. Once the SARS-CoV-2 genome was sequenced, scientists used it to create a vaccine. Every vaccine has to go through 3 phases of FDA clinical trials. Instead of completing one phase before advancing to the next, scientists conducted overlapping trials to test for safety and efficacy. The government and private companies cooperatively invested in early manufacturing of the most promising vaccines, while waiting for all the data to be fully analyzed and approved. No steps were skipped. Once the vaccines were found to be safe and effective, they were authorized for Emergency Use. The Pfizer vaccine received full FDA-approval for those 16+ on 8/23/21.
4. *How do we know what to believe?* When you are reading a headline, ask yourself: Who wrote the story? Do they work for a particular company? Where are they getting their information? (reliable sources: CDC, National Institutes of Health, Johns Hopkins Univ., Mayo Clinic, UCSF, etc.) Go directly to the source and look at the data yourself. Does it make sense to you? If you still have questions, talk to one our clinicians at the health center. We can help you wade through the reams of information out there so that you can properly assess your own risk factors and make the best decision for yourself.

Schedule an appointment by emailing [csmwellness@smccd.edu](mailto:csmwellness@smccd.edu), calling 650-574-6396, or by visiting the [Wellness Center website](#).



# Active Minds Hosts Wake Up Documentary Film Screening

*Wake Up* is a feature length documentary about the suicide epidemic in the United States written and directed by Nate Townsend.

In June 2014, Ryan Candice, a high-achieving student at the University of Missouri, took his life days before his 21st birthday. Shocked and saddened, his friends set out to learn and educate others about one of the fastest growing causes of death in the country. *Wake Up* interweaves the stories of four different frontlines of suicide prevention across the country, highlighting some of the communities most affected by the epidemic.

In Philadelphia, an LGBTQ activist photographs portraits of suicide attempt survivors. In the Intermountain-West, veterans from Iraq and Vietnam receive treatment at a renowned in-patient clinic.

A Louisiana couple loses their only son—a standout student at LSU—and decides to tour the country educating college students of the risks and signs of suicide.

Finally, a seemingly disparate group of politicians, gun lobbyists, and Harvard researchers take steps to combat firearm suicide in Utah—a unique collaboration with important and timely lessons.

*Wake Up* threads these stories into a single narrative that educates the public on America's most dire health crisis and inspires viewers to take action. With interviews from former Congressman Joe Kennedy (D-MA), renowned psychiatrist Dr. Thomas Joiner, and a number of other major players in the mental health field, *Wake Up* is the first film of its kind to introduce to the public America's ever-changing fight against suicide.

After the film screening, a discussion will take place.

The goal of this conversation is to...

1. Understand the prevalence of suicide
2. Explore the impact of suicide among different populations of people
3. Demythify the myths surrounding suicide
4. Empower people to speak more openly about mental health and suicide
5. Inspire action to raise awareness about mental health and suicide

Mental health resources will be shared.

## ***Wake Up* Documentary Film Screening**

Thursday, September 23 • 2:10–4:30 pm

Zoom link:

<https://smccd-hipaa.zoom.us/j/82255686835?pwd=KoxDUzhrWGFjLos4YzZhQlIUQUtqdzo9>

Meeting ID: 822 5568 6835

Passcode: 126618

"Stirring documentary  
gives a comprehensive  
look at suicide"

**VARIETY**

"Wake Up provides  
a strong reason  
to be roused."

**Indiewire**

"An important subject,  
explored with care."

**The Hollywood  
Reporter**

# COLLEGE OF SAN MATEO ACTIVE MINDS PRESENTS WAKE UP FILM SCREENING

Facilitated by Gil Perez, CSM Personal  
Counselor. E-mail [perezgil@smccd.edu](mailto:perezgil@smccd.edu)

for any questions.

*Stories from the Frontlines  
of Suicide Prevention*



PROJECT WAKE UP PRESENTED BY PAXEROS CREATIVE  
A FILM BY NATE TOWNSEND "WAKE UP"  
MUSIC BY ROBERTO MURGUIA SOUND BY MICHAEL FINLEY  
EDITED BY CHRIS JONES DIRECTED BY KYLE KRUPINSKI  
PRODUCED BY SEAN DRUMMOND & CHELSEA BO  
EXECUTIVE PRODUCERS ALEX LINDLEY & DANNY KERTH  
CO-WRITTEN BY CHRIS JONES WRITTEN AND DIRECTED BY NATE TOWNSEND

PROJECT  
**WAKE UP**

**Thursday, September 23<sup>rd</sup>, 2021**

**From 2:10 PM until 4:30pm**

**A discussion will follow after the  
film is screened and mental  
health resources will be shared.**

**ZOOM MEETING:**

**Meeting ID: 822 5568 6835**

**Passcode: 126618**

**[Zoom Link](#)**



## Check Out an Upcoming Active Minds Meeting



Join CSM's Active Minds, a student-run organization aimed to remove the stigma that surrounds mental health and offer an open environment for discussion of mental health issues and how to take care of your mental health and well-being.

Active Minds meets virtually every 2nd and 4th Friday of the month from 11:10 am-12 pm. Our next meeting is Friday, September 24.

Join Zoom Meeting

<https://smccd-hipaa.zoom.us/j/88531665967?pwd=eEdVZ3pzWS9TSU52ZDZSdXRlQ1Y1QT09>

Meeting ID: 885 3166 5967

Passcode: 845611

Questions? Email Gil Perez at [perezgil@smccd.edu](mailto:perezgil@smccd.edu)

## Mental Health Peer Educators Fall Hangouts



Hangout with the CSM Mental Health Peer Educators to find out upcoming events and opportunities and learn more about on-and-off campus resources, including:

- CSM Wellness Center (and other on-campus resources)
- Active Minds (mental health club on campus)
- Active listening and helping a friend in distress
- Healthy vs. unhealthy relationships
- Coping with depression and anxiety

- Sexual assault and consent
- Eating disorders and body image
- Self-care and stress-reduction
- Substance use and harm reduction
- Suicide prevention
- Other self-management and helping techniques

This is also a place to talk, connect, and make friends with your CSM peers!

**Megan Bueno**

**Mondays, 10-11 am**

Meeting ID: 839 1554 3975

Passcode: 504581

**Michelle Aung**

**Tuesday, 1-2 pm**

Meeting ID: 568 422 0576

Passcode: MHPE

**Michelle Pena Garcia**

**Wednesday, 10-11 am**

Meeting ID: 847 8957 2115

Passcode: 680627

**Izzy De Oliveira**

**Thursday, 10-11 am**

Meeting ID: 832 8173 0490

Passcode: 942910

**Frankie Anguiano**

**Thursday, 1-2 pm**

Meeting ID: 950 3187 3790

Passcode: 3725

**Jack Nelson**

**Friday, 12-1 pm**

Meeting ID: 849 0340 2140

Passcode: 601071

## CSM Services Fall Hours Webpage

Students can view College services, the format they will be operating in, and open hours on the Fall Hours webpage at [collegeofsanmateo.edu/fallhours](https://collegeofsanmateo.edu/fallhours). This webpage will be updated regularly as operation hours are adjusted to best serve you.



The graphic features a blue and yellow geometric design. On the left, there is an illustration of a clock and a calendar. The text 'FALL 2021 SERVICE HOURS' is prominently displayed in large, bold, blue letters. Below this, a message encourages students to scan a QR code to see operating hours. The QR code is located on the right side of the graphic. At the bottom right, the 'College of San Mateo' logo is visible.

**FALL 2021  
SERVICE HOURS**

To see in-person and remote operating hours of campus services, please scan the QR code.

Or visit:  
[collegeofsanmateo.edu/fallhours](https://collegeofsanmateo.edu/fallhours)

College of San Mateo

## Districtwide Pop-Up COVID-19 Vaccination Clinics

Still need to get your COVID-19 vaccination? [Register now](#) for one of these on-campus pop-up clinic. You can also search the San Mateo County Health [Vaccine Schedule](#) to view all available sites.

### **FREE** *Drive-Thru* **COVID-19 VACCINATION** **POP-UP CLINICS**

<b>CAÑADA COLLEGE</b> Lot 7	<b>SKYLINE COLLEGE</b> Lot C	<b>COLLEGE OF SAN MATEO</b> Beethoven Lot 2
<b>TUESDAYS</b> 12 - 4 p.m.	<b>THURSDAYS</b> 12 - 4 p.m.	<b>FRIDAYS</b> 12 - 4 p.m.
<b>Sept 21</b>	<b>Sept 23</b>	<b>Sept 24</b>
<b>Oct 12</b>	<b>Oct 14</b>	<b>Oct 15</b>
<b>Nov 2</b>	<b>Nov 4</b>	<b>Nov 5</b>
<b>Nov 29</b>	<b>Dec 2</b>	<b>Dec 3</b>
<b>Dec 20</b>	<b>Dec 23</b>	<b>Dec 24</b>

- Open to students, employees, and community members
- Reservation preferred but no one turned down
- Pfizer and Johnson & Johnson COVID-19 vaccines will be available
- 12-17 Years Old: parental permission required through registration process
- Face covering required

For more information scan the QR Code or visit:  
**[bit.ly/freevac21](https://bit.ly/freevac21)**





## Rental Relief is Still Available



**Get 100% of your rent and utilities paid.**

The CA COVID-19 Rent Relief program is an official State of California sponsored program.

**Apply Now: [HousingIsKey.com](https://www.housingiskey.com) or call 833-430-2122**

**Apply before eviction protections end on September 30, 2021.**

**CA COVID-19 RENT RELIEF**

The State's eviction moratorium has protected Californians from evictions due to lost income. This moratorium is scheduled to end on September 30th, but those who have applied for federal rental assistance cannot be evicted for six months.

If you are behind on your rent, the COVID-19 Rent Relief Program provides financial assistance for income eligible renters and their landlords who have been impacted by COVID-19 and have past due rent, aid is available for unpaid rent dating back to April 1, 2020.

Many people don't realize they are eligible. Assistance is also available for unpaid utility payments dating back to April 1, 2020, or for future utility payments, which will both be compensated at 100% of cost, limited to a total of 12 months, and paid directly to the utility provider.

To find out if you are eligible and to apply, visit [HousingIsKey.com](https://www.housingiskey.com) or call 833-430-2122. In-language assistance, as well as help with eligibility requirements or filling out an application, can be obtained by scheduling an appointment with a local organization near you by calling 833-687-0967.

## Share your Voice on Redistricting in San Mateo County

Every 10 years, local and county governments use new data from the U.S. Census to redraw their district lines to reflect how local populations have changed. Federal and state laws guide this process to ensure districts remain substantially equal in population.

This process is called redistricting. San Mateo County is currently doing this for Supervisor Districts.

Here in San Mateo County, the Board of Supervisors are full-time elected officials who oversee a \$3 billion-plus annual budget. The budget funds programs that include social services, public health protection, housing programs, property tax assessments, tax collection, elections and public safety. The Board of Supervisors also acts as the local government for residents who live in an unincorporated area, not a city.

Redistricting determines which neighborhoods and communities are grouped together into a district for purposes of electing a member of the Board of Supervisors.

In San Mateo County, the Supervisorial District Lines Advisory Commission, made up of members of the public, is holding a series of meetings to hear from you about where you would draw district lines. The commission is eager to engage all communities in the redistricting process.



## COUNTY OF SAN MATEO DISTRICT LINES ADVISORY COMMISSION

### What is Redistricting?

#### Why are Supervisor Districts important?

#### What makes your community unique?

Learn about the County redistricting process and tell the Commission where you would draw district lines.

**ATTEND A VIRTUAL MEETING:**

**September 8, 11, 13, 18, 20, 23**

### 什么是区界重划?

#### 为什么监管区很重要?

#### 什么使你的社区更特别?

了解县内区界重划过程并告诉委员会你会如何划地区线

**参加虚拟会议:**

**9月 8, 11, 13, 18, 20, 23 日**

**Details at / 详细信息: [SmcDistrictLines.org](https://smcdistrictlines.org)**

### ¿Qué es la redistribución de distritos?

#### ¿Por qué son importantes los distritos de supervisores?

#### ¿Qué hace que su comunidad sea única?

Aprenda sobre el proceso de redistribución de distritos del condado y dígame a la Comisión dónde trazaría los límites del distrito.

**ASISTA A UNA REUNIÓN VIRTUAL**

**Septiembre 8, 11, 13, 18, 20, 23**

**Detalles: [SmcDistrictLines.org](https://smcdistrictlines.org)**

# Virtual CSM Fall Transfer Week Coming in October

Tuesday, October 12<sup>th</sup> 12:00pm – 2:30pm

Wednesday, October 13<sup>th</sup> 5:00pm – 7:30pm

Thursday, October 14<sup>th</sup> 12:00pm – 2:30pm

[collegeofsanmateo.edu/transfer/transferday.asp](https://collegeofsanmateo.edu/transfer/transferday.asp)

Representatives from UC, CSU and Private/Independent Universities from all over the State of California will be available virtually to answer questions regarding transfer admission requirements, major preparation courses, minimum GPA's for high demand majors, student housing, financial aid, student support services and more!

Each day will have an **Admissions Application Workshop** and **Financial Aid Workshop** for UC's CSUs and Private/Independent Colleges and Universities.

Information about special transfer activities and events specifically for CSM students during the fall semester will also be available on the CSM Event Calendar by going to:

[collegeofsanmateo.edu](https://collegeofsanmateo.edu)

Students can also get up-to-date weekly emails by signing up for **Transfer eNews** including information on how to join the **CSM Transfer Club!**

[Register Here!](#)

## DO YOU HAVE QUESTIONS?



### Virtual Front Desk with a Student Ambassador

Need help adding or dropping classes? Want advice from a peer? Drop in through Zoom to speak with a student ambassador when it's convenient for you.

No appointment necessary  
Monday–Thursday from 10 am – 6 pm

[Connect with a  
Student Ambassador](#)

### Welcome Center

The Welcome Center is available for assistance with navigating the College. For help or more information on how to access services, we can be reached during in-person operating hours, via Zoom (daily drop-in hour), phone at (650) 574-6175, or text at (650) 793-0215.

[Visit the Welcome  
Center Website](#)



# **CALIFORNIA COLLEGE FAIRS**

## **COME LEARN MORE ABOUT TRANSFER OPPORTUNITIES**



**RSVP TODAY**

Join the California State University, University of California, and California's Independent Colleges & Universities in one virtual space at the same time!

Event	Date	Time
CCC College Fair – North	Oct. 12, 2021	Noon - 2:30PM
CCC College Fair – Evening	Oct. 13, 2021	5:00PM - 7:00PM
CCC College Fair – South	Oct. 14, 2021	Noon - 2:30PM



**AICCU**



**The California  
State University**

