



The Bulldog bulletin

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A Biweekly CSM Student E-Newsletter

Ask The Doctor: Covid-19 Exposure

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

Dear Doc: My boyfriend tested positive for Covid-19. Now I have a cough and I'm afraid I might have it too. What should I do?
-Freaking Out in Fremont

Dear Freaking: I understand your concern. A Covid-19 exposure can be unnerving. Fortunately, CSM has a [plan](#) in place for our students, staff and faculty. First thing you should do is **stay at home**. Do not come to campus. Next, notify all your instructors that you had an exposure and are having symptoms. Common Covid-19 symptoms include: cough, fever, headache, fatigue, among others. Most people have mild symptoms and recover. About 20% of people may develop shortness of breath or chest tightness between days 4-8 of the illness. If this happens, seek medical care immediately. Things can go downhill quickly. If you have a risk factor such as obesity, diabetes, smoking, pregnancy, sickle cell, or are unvaccinated, you are at high risk for developing severe symptoms. Do not underestimate Covid-19. It has killed over 4.7 million people worldwide.

After letting your instructors know what is going on, go get tested. There is a testing site on the CSM campus, but if you live in Fremont, you can find free Covid-19 testing on the [Alameda County public health website](#). Test results usually take 2-3 days. Because you have symptoms, you should stay at home for at least 10 days from when your symptoms started, or from the day you tested positive, whichever is first. Protect the other people in your household by isolating yourself during the full 10 days. Notify the SMCCCD Covid-19 Health Officer, Ray Hernandez, for instructions on when it is safe for you to return to campus. You may reach Mr. Hernandez at hernandezr@smccd.edu.

If you need medical advice, or want to learn more about Covid-19 clinical trials involving monoclonal antibodies or antiviral medications, schedule a free appointment with student health services at the [Wellness Center](#).



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IMPORTANT DATES

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

Veterans' Day - No classes
Friday, November 12

*The Spring 2022 Schedule
of Classes is live*

Check it out!

CSU/UC Transfer Filing Period is Now Open

The filing period for students wanting to transfer into the California State University and University of California systems for Fall 2022 is open on the following dates:

- The Fall 2022 priority application filing period for CSUs is October 1, 2021 – November 30, 2021.
- The Fall 2022 application filing period for UCs is November 1, 2021 - November 30, 2021.

For additional information please visit the CSM [Transfer Services website](#).

CSU Application

UC Application

CSM Safe Zone Alliance



The Safe Zone Alliance (SZA) aspires to facilitate a safe place at College of San Mateo for students, faculty, and staff to be themselves, regardless of gender identity, gender expression and/or sexual orientation. We celebrate our diversity, promote awareness and raise consciousness through regular meetings, on and off-campus activities and events, and social action. We believe that we can serve a transformative role on campus and in the lives of all members of the College of San Mateo community when we can safely and proudly be ourselves.

Please e-mail both SZA Co-Advisors if you're interested in joining:

Michael Vargas (he/him/his/el), General, Veterans and Honors Counselor, vargas@smccd.edu

Gil Perez (he/him), Personal Counselor, perezgil@smccd.edu



Hello! My name is Gil Perez and I am a Personal Counselor at College of San Mateo. I am dedicated and committed to helping students see for themselves, the gifts and strengths in their inherent, authentic selves. I strive to understand students' lived experiences from their perspective so that they feel seen and heard in order to know what their unique needs are to thrive and succeed in the community college environment. I believe in my students, see the best in them, and look forward to providing guidance and support to all SZA club members.

Hello! My name is Michael Vargas and I welcome you to join CSM's Safe Zone Alliance (SZA) – our club for LGBTQ+ and questioning students and allies. My approach to counseling is to address the whole person, not merely the “student.” Anything that affects student success is a concern to me, whether that is food or housing insecurity, equity gaps for BIPOC and QTPOC persons, or mental and relational wellness. When basic needs are met, students can focus on achieving their educational and career goals and dreams. While it may sound corny, I believe that College of San Mateo can be like Disneyland – where your wishes and dreams really can come true.



In solidarity,

Michael Vargas, SZA Co-Advisor — Gil Perez, SZA Co-Advisor
Safe Zone Alliance, College of San Mateo

 : [@csm_sza](#)

Sparkpoint Food Pantry Reopens to Students & the Community



CSM FOOD PANTRY

WALK-UP WINDOW @ BLDG 17

- Masks are required
- Reusable grocery bags are provided
- Interest form must be completed during first visit

CSM STUDENT PRIORITY

ACCESS HOURS

MONDAY, 12-5PM

TUESDAY: 9AM-5PM

WEDNESDAY: 9AM-5PM

COMMUNITY HOURS

TUESDAY, 12-5PM

WEDNESDAY, 9AM-5PM

WE OFFER
FREE FRESH
FRUITS,
VEGGIES,
EGGS, MILK,
AND MORE!



Additional Food Resources

Dial 2-1-1

GET CONNECTED **GET ANSWERS**
FREE SERVICE, CONFIDENTIAL



Questions? Email CSM Sparkpoint at csmsparkpoint@smccd.edu

Free Flu Shots: October 12 & 14



Free Flu Shots for CSM students, staff, and faculty!

Located in front of Building 10
** Walkups only

Tuesday, October 12th
11:30am to 1:30pm

Thursday, October 14th
8:30am to 10:30am

CSM Nursing Students will be
administering shots (while
supplies last)

An assortment of free food and
drinks will be available



Scan to learn more about the CSM Wellness Center.
Questions? Contact us by emailing csmwellness@smccd.edu
or call (650) 574-6396

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* *San Mateo County Community College District (SMCCCD)* **COVID-19 VACCINATION** **POP-UP CLINIC**

College of San Mateo, Beethoven Lot 2
FRIDAYS | 12 - 4 p.m.

OCT
15

NOV
5

DEC
3

DEC
24

REGISTER AT
myturn.ca.gov

MAKE AN APPOINTMENT!

- 1 Visit **myturn.ca.gov**
- 2 Click on "*Make an Appointment*"
- 3 When asked for address, enter *College of San Mateo*

- 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, visit:
bit.ly/freevac21



Views of Race, Reparations, and U.S. Settler Colonialism from the Place of Blackness in the Pacific Northwest

A Lecture by Dr. R. Xach Williams
Thursday, October 7, 11:10 am-12:25 pm

[Register Here!](#)

This paper will engage with contemporary national calls for reparations for chattel slavery in the US through a regionally specific framing of histories of blackness in the Pacific Northwest. In the wake of the state-perpetrated murders of Breonna Taylor and George Floyd and the subsequent protests against police brutality across the nation, the US has experienced renewed conversations around the meanings of race, violence, and inequality in US society. However, what is often lost in national discussions of race and violence are the ways in which race functions in differentiated ways across space. By approaching a national conversation on reparations through a regionally specific lens, this paper intends to demonstrate the potential of a multiscalar approach to account for nuanced and regionally differentiated meanings of blackness, white supremacy, and power, and to highlight the importance of theoretical approaches that identify connections between structures of chattel slavery and settler colonialism in the US.

R. Xach Williams is the UCSD Black Studies Project 2020 - 2021 Post-Doctoral Fellow. Originally from Seattle, Dr. Williams received his PhD in Ethnic Studies from UCSD in 2019 and before that completed a BA in Comparative Ethnic Studies at Washington State University in 2011. Dr. Williams's dissertation titled *Didn't It Rain?: Religiosity, Swingin' Jazz, and Black Community Formations in the Pacific Northwest* explores the ways that material conditions of anti-black racism, segregation, and exclusion affect the development of the Pacific Northwest from the mid-nineteenth to the mid-twentieth centuries. In addition to academic writing, Dr. Williams is also an emcee and hip-hop lyrical composer under the name Xyz(X), using music as a medium to explore the meanings and experiences of being black in the PNW.



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

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

Rental Relief is Still Available

A graphic with a light purple background and a darker purple house-shaped box on the right. The house box contains a white exclamation mark icon and the text 'Apply before eviction protections end on September 30, 2021.' The main text on the left reads 'Get 100% of your rent and utilities paid.' Below this, it says 'The CA COVID-19 Rent Relief program is an official State of California sponsored program.' At the bottom left, it says 'Apply Now: HousingIsKey.com or call 833-430-2122'. At the bottom right, inside the house shape, is a yellow house icon and the text '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 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.

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. This webpage will be updated regularly as operation hours are adjusted to best serve you.



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



Virtual CSM Fall Transfer Week Coming Soon

Tuesday, October 12th 12:00pm – 2:30pm

Wednesday, October 13th 5:00pm – 7:30pm

Thursday, October 14th 12:00pm – 2:30pm

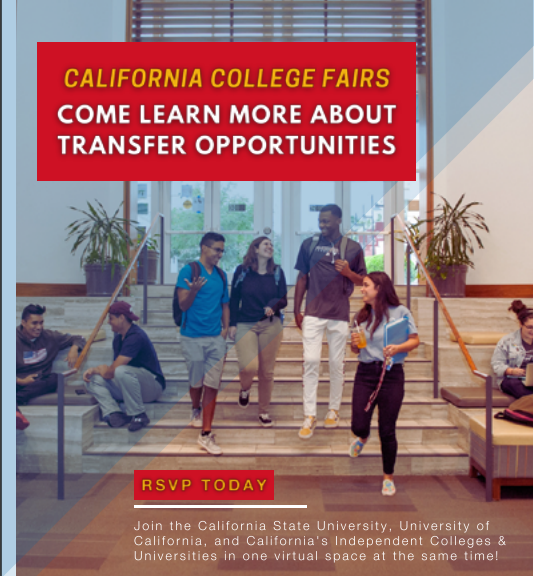
collegeofsanmateo.edu/transfer/transferday.asp

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

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!**






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**  **CSU** The California State University  **UNIVERSITY OF CALIFORNIA**

[Register Here!](#)

Labyrinth Student Academic Journal Wins Award

The Honors Project is delighted to report that *Labyrinth*, the award-winning student academic journal created and published by the Writers Project student club, has garnered yet another award: *Labyrinth* has won Third place, in the 2021 National Collegiate Honors Council Newsletter Contest, “student electronic” category.

According to one of the NCHC judges, *Labyrinth* was recognized again “for the sensible breadth of its contents and for its overall elegance” in “the second most populated category.” *Labyrinth* has previously won first place (2014, 2018) and second place (2017) in the annual NCHC Newsletter Contest.

Congratulations to all the student contributors and club members, but especially to student Editor-in-Chief Candela Graciera, along with assistant editors Courtney Warren and Umit Capanoglu (our current Chief Co-Editor, with Brittany Arriharan).

Thanks go out to faculty club advisers Sarah Mangin and Keira Travis, as well as to the Honors Project, the ASLT Division and the CSM administration, for all their support.

If any student would like to submit to the upcoming *Labyrinth* issue, visit labyrinth.submittable.com/submit

To learn more about the Writers Project student club, email writersprojectsubmissions@gmail.com.



The Great Shakeout Coming 10/21

Get Ready to Shake Out.

October 21, 2021

Shake
Out™

www.ShakeOut.org

The Great California Shakeout is an annual opportunity to practice how to be safer during big earthquakes. This year's drill will take place October 21st at 10:21am. Drop, Cover, and Hold On is the immediate action taken during an earthquake to protect students and staff from flying and falling debris. It is an appropriate action for earthquakes and explosions. The San Mateo County Community College District combines Drop, Cover, and Hold On with a secondary drill of Evacuation. Evacuation is implemented when conditions make it unsafe to remain in the building. This action provides for the orderly movement of students and staff along prescribed routes from inside school buildings to a designated outside area of safety. Evacuation is considered appropriate for earthquakes, chemical accidents, explosions, and fire. Evacuation is only required for the District Community that are participating on Campus Grounds. Evacuation may be practiced remotely, but is not required for the Drill.

