Welcome Back Panthers!

Spring Semester
January 24-May 21

By Jane Hernandez

Welcome to the Spring 2022 semester, Panthers!

We would like to thank you for being part of the Hartnell Spring 2022 cohort. As a reminder, Hartnell offers many helpful services, such as The Panther Learning Lab, Crisis Counseling, and student services.

Remember, at Hartnell College, students come first, and if you ever need guidance please stop by The Office of Student Life, and we would be happy to guide you to the right program or department.

May you have a successful Spring semester, and make sure to always place your mental health first.
Hartnell College Pop-up Pantry

**Spring 2022 Distribution Dates at 12:00pm**

- January 14 & 28
- February 11 & 25
- March 11 & 25
- April 8 & 22
- May 6 & 20

Hartnell College Parking Garage, 411 Central Ave.  
Hartnell College Student ID required  
One bag of food per student  
Contact the Office of Student Life for additional information at (831)755-6045  
mygarcia@hartnell.edu

Project Pink Bag

"Project Pink Bag" was created to help students who have no access to menstruation supplies on campus.

Simply grab a pink bag, and you will be supplied with the basic necessities to help you get through your school day without worry.

**STOP BY THE OFFICE OF STUDENT LIFE AND TAKE A PINK BAG (NO QUESTIONS ASKED)**

Need Money for Food?

Earn grocery money based on your income  
Up to $250 a month

Join us for our CalFresh Application Workshops

- January 12th & 26th
- February 9th & 23rd
- March 9th & 23rd
- April 6th & 20th
- May 4th & 18th

12:00 to 2:00pm  
C-101 - Student Center

**WHAT YOU’LL NEED:**

1. State ID
2. Social Security identification card
3. Proof of income (if any)
4. Address verification (Document/letter with name and address on it)
FIRST WEEK PHOTOS ON CAMPUS
by Apolonia Preciado Castillo
February is Black History Month! Check out our display of Black authors on the first floor of the library. You can take these books home for 2 weeks or read one of our e-books online. Who is your favorite Black author?

Library resources are available at the following:

- Contact circ@hartnell.edu or (831) 755-6872 for questions about your account, including registration blocks or returning library materials.
- Email reference@hartnell.edu, call (831) 759-6078, text (831) 290-6804, or use the chat box located on our homepage for research help.
- Our online resources are available to all Hartnell students and employees 24/7.
- Masks are required inside the library.

Library Hours:
Monday - Thursday: 8 am - 9 pm
Friday: 8 am - 4 pm
Saturday: 10 am - 2 pm
Follow us Facebook, Twitter, and Instagram
TimelyMD Mental Telehealth

Emotional Support When Students Need It

- Unlimited 24/7, on-demand triage mental health support, coaching services, and crisis management by behavioral and health professionals.

- Provides support for a variety of issues, including critical situations.

- Eliminates the possible days or weeks of wait time for a student to get emotional support.

- Removes possible stigma of a student walking into clinic seeking mental health resources.

Available February 16
Spring 2022 is ready for our sports with Softball, Baseball, Swim & Dive, and Track & Field!

See below for details on home matches and come show your Panther Pride!

**Softball Home Games**
- February 11 vs. Taft at 12pm
- February 17 vs. San Jose City at 2pm
- February 22 vs. MPC at 2pm
- February 24 vs. West Valley at 2pm

**Baseball Home Games**
- February 18 vs. Gavilan at 5pm
- February 21 vs. Cabrillo at 5pm

**Women's Basketball Home Games**
- February 9 vs. DeAnza at 5pm
- February 11 vs. Cabrillo at 7pm

**Swimming & Dive Home Meets**
- March 18 at 11am

**Men's Basketball Home Games**
- February 18 vs. Gavilan at 5pm
- February 21 vs. Cabrillo at 5pm

**Track & Field Home Meets**
- April 5 at TBD
- April 23 at TBD