

January 13, 2021

To the KVCC Community:

We are all trying to digest the attack on the US Capitol building in Washington, DC just a few days ago. The loss of life is horrific; five of our fellow citizens are dead as a result of this assault. Our seat of national government has been ransacked and our elected officials and staff members threatened with grave harm. There is still much to learn about how and why this took place. Many believe that such events can only happen abroad and cannot happen here in our country. Well, it did happen here at home and we will need to look deep inside ourselves, our institutions, and our communities to better understand how we got here and how we can develop a way forward together as one country, one people. It is important as a college, one dedicated to learning, science, exploration, skills, service, and - above all – truth, that we embrace our core values while denouncing lawlessness, violence, vandalism, misinformation, and intolerance.

All of this is taking place during a pandemic in which our country has now lost 380,000 lives in less than one year due to coronavirus and we continue to lose 4,400 per day. This public health tragedy persists with the recent surge in virus transmission just as vaccines are being administered. Maine has seen peak transmission rates in recent weeks, reminding us that we must remain vigilant and respectful of each other as the spring semester begins.

Such a moment in history may seem too much to bear at times, but it is important to remember that our country has shown remarkable resilience in its darkest hours. KVCC is built precisely to help the people of our region to forge on, acquire greater skills, and increase our ability to rebound and prosper.

I'm profoundly grateful to the faculty, staff, and students at KVCC who have shown incredible strength through the past year; now it is time for courage to meet the year ahead. We are fortunate to be part of a caring community with the capacity to dig deep within ourselves to find the resolve to do better and be better.

With every good wish,



Richard Hopper
President
Kennebec Valley Community College

January 13, 2021

Dear KVCC Community:

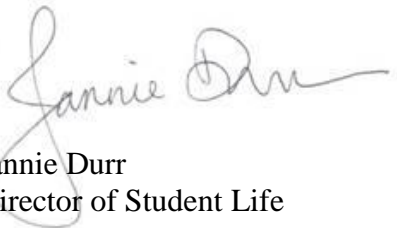
We would like to share the resources below that you may find helpful at this time.

- [8 Science-Based Ways to Beat Negativity | Psychology Today](#)
- [Talking to Kids About the Attack on the Capitol | NEA](#)
- How to reach your Congressional Representatives- [Contacting Congress](#)
- How to effectively talk to Congress- [How to Contact Congress \(scribd.com\)](#)
- This resource is a guide for analyzing news and being mindful of one's response: [How-to-know-what-to-trust-DIGITAL_092320.pdf \(newslit.org\)](#)

If you are concerned about your mental health and having difficulty coping with stress, KVCC has support for you. To check out TalkCampus click [here](#).

KVCC also offers Counseling Services or can help you get connected with a counselor off campus. If you are interested in these services, please reach out to Melissa Clement at mclement@kvcc.me.edu for more information or to schedule an appointment click [here](#).

Cordially,



Jannie Durr
Director of Student Life