Good morning @SWC Professionals,

A few updates as we go close out the month of February and go into our weekends. I hope you all have a restful weekend with family and friends. As we monitor the news reports and issues associated with COVID-19, I hope you will take extra care. This is becoming very serious and requires our attention. The California Department of Public Health recommends the following steps to prevent the spread of all respiratory viruses:

- Washing hands with soap and water.
- Avoiding touching eyes, nose or mouth with unwashed hands.
- Avoiding close contact with people who are sick are all ways to reduce the risk of infection with a number of different viruses.
- Staying away from work, school or other people if you become sick with respiratory symptoms like fever and cough.

**COVID-19 (Novel Coronavirus) – Update from the Chancellor’s Office**

The Chancellor’s Office sent out the following link to the California Department of Public Health’s guidance for all California agencies, [https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Immunization/nCOV2019.aspx](https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Immunization/nCOV2019.aspx). There is no direction to cancel public events and California Department of Public Health Director Dr. Sonia Angell yesterday morning said that the current public threat in California is low. NBC San Diego provide an overview of the difference between the common flu and the COVID-19 virus that I thought I would share.

**nCoV2019**

[www.cdph.ca.gov](http://www.cdph.ca.gov)

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**Link to NBC San Diego News**

**Black History Month Reflection**

This month we celebrated Black History Month with a broad range of activities through our Arts and Equity programs. Thank you to the student leadership of Soul Sisters, Umoja and Black Student Union for enriching our campus and sharing Black culture and student experiences throughout the month. The theme of this year’s Black History Month was African Americans and the Vote, so I want to include a reminder that California’s Primary is next Tuesday, March 3 and encourage everyone to exercise your right to vote.
Volunteer Scholarship Readers Needed

Can you volunteer for approximately four hours for two weeks in March to read scholarships? All scholarship reviews can be done online at time that is convenient for you (and even in your jammies). The Foundation is awarding more than $145,000 in scholarships this Spring. Volunteer readers have the privilege of hearing the many stories of resilience that are shared by students through the application process. Please contact Amy Bosler in the Foundation office to sign-up!

Recognizing Southwestern College Champions

The City of Chula Vista is hosting their 6th Annual Chula Vista Champion Awards on Saturday, February 29. Some of our very own Jaguar family will be recognized for their incredible work. Congratulations to Student journalists Katy Stegall, Brittany Cruz-Fejeran and Justin Dottery who will receive Chula Vista Champion medals this weekend at the Chula Vista Elite Training Center. Also earning Chula Vista Champions medals will be the college’s communications team of Lillian Leopold, Brenda Mora, Ernesto Rivera and Alexandra Demontano. Earning an
individual Chula Vista Champion Medal is reading professor Dr. Sylvia Garcia-Navarrete. Southwestern College will also be represented by Zaneta Encarnacion who will be the co-emcee for the ceremony. Go Jaguars!

does the inaugural CV Champions with awardees Sun student journalist, ASO, SWC Foundation and Governing Board Member Griselda Delgado providing support)

All progress takes place outside the comfort zone. Michael John Bobak

Respectfully,

Kindred

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Vulnerability is our most accurate measurement of courage.

Brené Brown

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