

MONTHLY REPORT TO THE BOARD OF TRUSTEES

December 2018



3 Peaks Challenges: From Peak to Valley



Two 3 Peaks Challenges were held over a two week span to deepen engagement of CHC faculty, staff and students. It was a small but mighty group who ascended Mt. Baldy on Saturday, October 27, and a cadre of 69 who volunteered their time at the Redlands Family Service Association on Saturday, Nov. 10.



The group helped RFSA sort over 20,000 lbs of food donated by the community.

Three Peaks Challenge events are organized to challenge students in some capacity and remind the entire campus community that students are more likely to succeed when they summit the three peaks: Engage, Learn and Advance.

This is Crafton.

Janine Ledoux--3 Decades of Health & Fitness @ CHC

Janine Ledoux's fascination with health and fitness can be seen from the moment you step into the Fitness Center at Crafton Hills College.

When she's not wielding questions from her students or helping improve their form, the professor of kinesiology and health can be seen taking in a few sets of her own using equipment strategically placed inside the space.

Nutrition and health are two subjects that have always interested Ledoux and led to a 30-year career at Crafton where she works with students to develop a physical and mental healthy lifestyle. "I've always been fascinated in food and what it does to the body. But it wasn't until I was in my undergrad program (at Bridgewater State College) nutrition came alive to me. And then I liked the

whole fitness aspect to it all, so it was like the best of both worlds," Ledoux said.



She began her career in health and fitness back east before coming out to California to obtain her doctorate at Loma Linda University. Her plan was to head home and get a teaching job but she applied for a part-time position at Crafton and was hooked.

"I thought I'd stay here for a few years and then leave," Ledoux said, "but I loved the diverse student population and small college atmosphere."

Decades later, Ledoux is doing more than just teaching health and nutrition. She has developed a family

of her own on campus and works behind-the-scenes to support students with hardships by creating opportunities for them, she said.

"I am really passionate about feeding hungry students," Ledoux said, adding CHC now has a community garden and an active food pantry – COACH Cupboard - to help tackle those needs. "I want to bring more attention to our students in need and that comes through volunteering. I want to make sure their basic needs are met and be that person who will listen and advocate for them.

"That's just who I am," she continued. "And that is such a blessing to me because while I have always loved my job, I feel like I'm making a bigger difference."

This is Crafton.

Christian Lovell--Fitness Center 'Works Out' for Him

Christian Lovell wants to help others discover a passion for maintaining a healthy lifestyle.

Since hitting up the Fitness Center at Crafton Hills College, the 20-year-old Yucaipa resident has already lost several pounds and is on his way to major in kinesiology with a focus on physical therapy.

Developing a workout routine and diet plan that works best for him took time, but now that he knows what works best for him, Lovell wants to do the same for others.

"I've been overweight since I was a little kid and I have a bum knee that sometimes dislocates itself to the point where I have to pop it back in. It wasn't from an injury but can happen when you're overweight," he said.

Working out became a priority for Lovell after starting college and a job that required him to "stay fit," he added. And to maintain his progress, Lovell incorporates new exercises and diets into his routine tailored to help him either lose weight or gain muscle, or both.

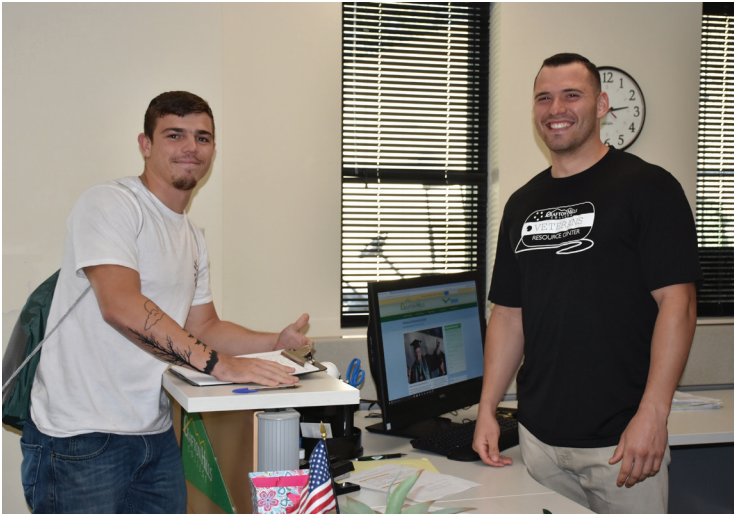
Lovell did not know CHC's Fitness Center existed until his second year at Crafton when his friend introduced him to the space. And although he is about ready to finish his studies at CHC and move onto a four-year university, Lovell plans to maintain his progress elsewhere but will miss the center tremendously, he said.

"I like this space because it has more of the equipment I need, and I see better results here than in a 'regular gym' given the access to equipment," he said. "Even though I have plans to start my own gym eventually and start doing personalized workouts for others, I will be back over time."



SBCCD Board President Joseph Williams invited area community and K-12 leaders to tour Crafton Hills College on October 25. The tour included the Child Development Center, Public Safety & Allied Health Building and Aquatics Center. They also heard testimonials from four Crafton students. The leaders who participated left with a better understanding of our programs, our facilities, and our students. New ambassador Roadrunners!

Veterans Resource Center Gets \$100,000 State Grant



Additional aid in support of the student veteran population is on its way thanks to a new grant recently approved by the California Community Colleges Board of Governors.

CHC's Veterans Resource Center is among 59 VRCs in the state that will receive a portion of \$8.5 million in funding dedicated to help bolster veteran success in the classroom.

"Making a deeper investment in our system's Veterans Resource Centers runs hand-in-hand with our Vision of Success," said Board Chancellor Elroy Ortiz Oakley in a news release.

"The boost in these resources will certainly contribute to the overall success of our student veterans." Crafton will receive close to \$100,000 in funding from the Board of Governors grant with money being directed to several VRC initiatives already in place and a new mental health component.

"One of the things we felt we were lacking was a mental health aspect," said Steve Rush, a CHC veteran services certifying official and Crafton alumnus. "So, we wanted to get a jump on that and get extra help for veterans who are suffering from Post-Traumatic Stress Disorder."

Securing the one-time grant was a collaborative process with Rush working with a team of on-campus data gatherers and Joe Cabrales, CHC's dean of student services and student development, to make sure application requirements were met.

Additional dollars, he added, will be allocated to pay for additional veteran student needs not covered by the GI Bill, including transportation and fire academy tuition and fees.

The Veterans Resource Center at CHC first opened in August 2017 and assists student veterans with their financial aid needs and provides additional academic support.

Mark your calendar!

- | | |
|-------------------------|--|
| Wed., Dec. 5 | CHC Holiday Party, 11:30 a.m.-2 p.m.
@ Crafton Hall |
| December 8-14 | Finals Weeks |
| Dec. 25 - Jan. 1 | Winter Break: Campus Closed |
| Thursday, Jan. 10 | Flex Day for Faculty & Staff |
| Friday, Jan. 11 | InService Day |
| Monday, Jan. 14 | Spring Semester Begins! |
| Monday, Jan. 21 | MLK Day: Campus Closed |

