



Crafton Hills College Continues to Build Swim Team Rosters with Athletes of All Levels

In the Crafton Hills College (CHC) men's and women's swim programs, there is a place on the team for everyone. From those with high levels of swimming ability to those with no competition experience, all are welcome to try out.

Courtney Eads, in her fifth season as head coach, said there is always a place for prospective student athletes on the team. The goal is to have athletes of all levels come out and have fun competing, enjoying their teammates, and feeling comfortable with themselves.

"I was initially drawn to coaching at CHC because I saw a tremendous opportunity to start a program from scratch and really mold it into something special," said Eads, who previously coached at Claremont High School and Claremont McKenna-Harvey Mudd-Scripps Colleges. "My favorite part is definitely getting to know the athletes every season. The team has been very different each season thus far, and it's been a lot of fun watching the program grow and exciting to see the team continue to thrive."

Since adding swimming to its intercollegiate athletics program in spring 2017 and



Photo: CHC women's swim practice.

competing as part of the Pacific Coast Athletic Conference, CHC has consistently grown its roster and is currently recruiting men and women swimmers for the spring 2021 season.

"I would absolutely recommend incoming students to join the swim team, said Austin Sparks, a current CHC men's swim team member. "I've met some of the best people along the way, and made the best memories going to away meets and traveling with them. Being able to race relays at our fastest against other teams and come out on top gave us a feeling that was unmatched throughout the rest of the seasons."

The College pool, originally used for the 2004 swimming Olympic trials, is home to the CHC swim team. This space can accommodate swimming in short or long course and water

polo. Additional amenities include a quality timing system and scoreboard, weight training facilities, locker rooms and multipurpose rooms for team meetings and group activities.

Students on the team receive priority registration to help schedule courses around swimming commitments. Team members are required to be full-time students at Crafton Hills College and/or San Bernardino Valley College and must register for a 3-unit Intercollegiate Swimming course offered in the early afternoon (12-2pm). They can expect to compete one or two times a week from mid-February to early-May.

Spring classes begin January 19, 2020. Interested swimmers should contact Coach Eads at ceads@craftonhills.edu or 909-389-3605.



CHC Roadrunners Step Up for Three Peaks Challenge

Crafton volunteers signed up for two-hour shifts on Saturday, November 14 to help Redlands Family Services Association provide vital services to low income, homeless and at-risk families of the region.

Each year, Crafton students, faculty and staff, as a Three Peaks Challenge event, help sort and organize donated food that will benefit needy individuals through the holidays. This year, the organization collected over 32,000

pounds of food during their annual food drive.

Our 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.

We congratulate our CHC Roadrunners for stepping up to help others.

Crafton Hills College Foundation Launches 'Because Of You' Fundraising Campaign

The Crafton Hills College (CHC) Foundation has launched a fundraising campaign to reach a one-million-dollar unrestricted endowment before the college celebrates its 50th anniversary in 2022. The slogan "Because of You..." was chosen to communicate the impact financial assistance makes in the lives of students. Success stories of CHC students and alumni are used to demonstrate the benefits of support. "It is rewarding to highlight the stories of alumni whose lives have changed through their connection to CHC," stated CHC President Dr. Kevin Horan.

The campaign comes at a pivotal time in the College's history. Dr. Horan, who joined CHC as its President in January of 2019, immediately recognized the role the Foundation plays in piloting innovative programs, supporting students, and helping the College adapt to the ever-changing needs of the campus. "Our community depends on Crafton to produce a well-educated and trained workforce to strengthen the economy," Horan stated. Crafton awards over 1,000 degrees and certificates annually. "Our alumni are the childcare professionals, teachers, emergency medical technicians, firefighters, and other essential professionals in our communities."

In discussing the role of the Foundation, Horan explained that the Foundation, established in 1973, currently holds 2.5 million in assets, the majority of which are restricted for scholarships or program support. Horan continued, "The Foundation has been focused primarily on establishing scholarships for students; however, this [endowment] fund will help the College reach a new level of excellence." An example of how

BECAUSE *of* YOU

Anthony is succeeding!

"The professors and counselors at Crafton Hills College were the first people ever, in my entire life, who saw value in ME!"

— Anthony Abate

Anthony Abate was a high school dropout who felt defeated by the education system when he entered the doors of Crafton Hills College. He had been bullied in the past and told repeatedly that educational success was not an option for him. On his first day, he arrived two hours early and almost turned the car around as the voices in his head convinced him that he would fail again.

With only a 10th grade level education, it was an uphill battle. Anthony worked with professors and counselors who not only helped him academically but also increased his self-confidence. Anthony soon learned that Crafton Hills College was exactly what he needed.

A scholarship awarded by the Crafton Hills College Foundation reduced Anthony's financial barriers. Able to focus solely on his academic success, he was accepted into the Crafton Hills College Honors Program and realized that nothing was out of his reach. Anthony used his new-found confidence as the commencement speaker on his graduation day from Crafton Hills College.



"For the first time in my life, people truly believed in me."

Because of donors like you, Anthony regained his self-value, acquired an education and will go on to do great things. As you can see, your donation matters!

the College has used unrestricted funds to bolster the success of students in the past is by providing the seed funding that established the College's Honor's Institute, now one of the gems of CHC. "This fund will give us the ability to be innovative as an institution. It will help us provide grants to faculty and staff for innovative programs and services that will ultimately benefit students and increase student success. Because it is an endowment fund, it will perpetually be

"This [endowment] fund will help the College reach a new level of excellence."

there for the life of the College and will always be a resource."

Many CHC students live with serious financial struggles, and over 60% need financial assistance to continue their education. The CHC Foundation raises funds to provide financial support to many of these students and reduce the anxiety they face so that they can focus on following their educational dreams.

Dr. Phong Nguyen, a medical doctor who volunteers as the Foundation's Development Committee Chair added, "These donations are not for lights and overhead, but for essential items that students need to succeed and graduate." Dollars raised by the CHC Foundation go directly to support students, and because of the low cost of attending CHC, donations go further than at private colleges. Nguyen continued, "About \$1,000 will cover the costs of a student to earn an EMT certificate, \$3,000 will cover tuition, books, supplies, fees, etc. for one student for an entire year, and \$4,500 will cover the expenses for one cadet to attend our Fire Academy."

To learn more about the CHC Foundation and its "Because of You" campaign and to offer support to Crafton Hills College, visit www.craftonhills.edu/endowment.



Photo: Jeff Okabayashi.

Guest Lecture with Avengers: Endgame Assistant Director

On Tuesday, November 10, 2020, the Crafton Hills College community was invited to attend a virtual guest lecture by Hollywood insider, Jeff Okabayashi, as part of Professor David Kano's

Communications Studies courses. Okabayashi has served as assistant director on a variety of blockbuster movies, including Marvel's "Shang-Chi" (set for a 2021 release date), "Avengers: End Game," "Spiderman," "Transformers," "Pirates of the Caribbean" and more.

Okabayashi delighted participants with a glimpse into his inspirational story, offered advice on several topics such as how to break into the industry, and answered audience questions about his personal experiences on the sets of his diverse projects. Born to Japanese immigrant parents, he shared the pressure he felt to become a doctor at a young age and how the decision to pursue his passion for film despite not having any connections in the industry was extremely difficult but integral to

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developing the work ethic necessary for his long-term success. "Success has a physical but also a mental component to it. If you can find the determination within yourself to grind a little more...practice a little harder than the people around you, you will filter out the competition," said Okabayashi.

Okabayashi also stressed the importance of being punctual, working well with others, and finding ways to remain resilient in times of stress. Audience members repeatedly thanked Mr. Okabayashi for his time and guidance. A student comment in the chat summed up the experience by stating, "This man is brilliant. Thank you for having him here to speak to us tonight."

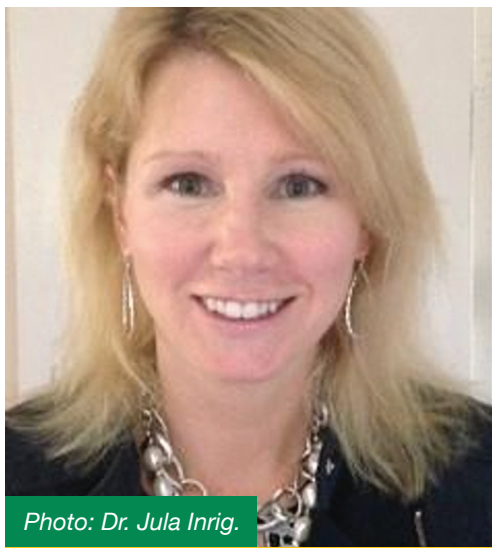


Photo: Dr. Julia Inrig.

STEM Center Links Students with Professionals

The Science, Technology, Engineering, and Mathematics (STEM) Center at Crafton launched a virtual industry spotlight speaker series in October. This monthly speaker series is designed to provide students with the opportunity to learn and draw career inspiration from STEM-related industry professionals.

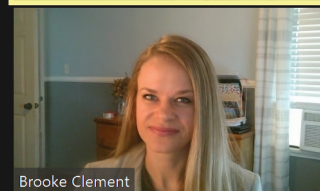
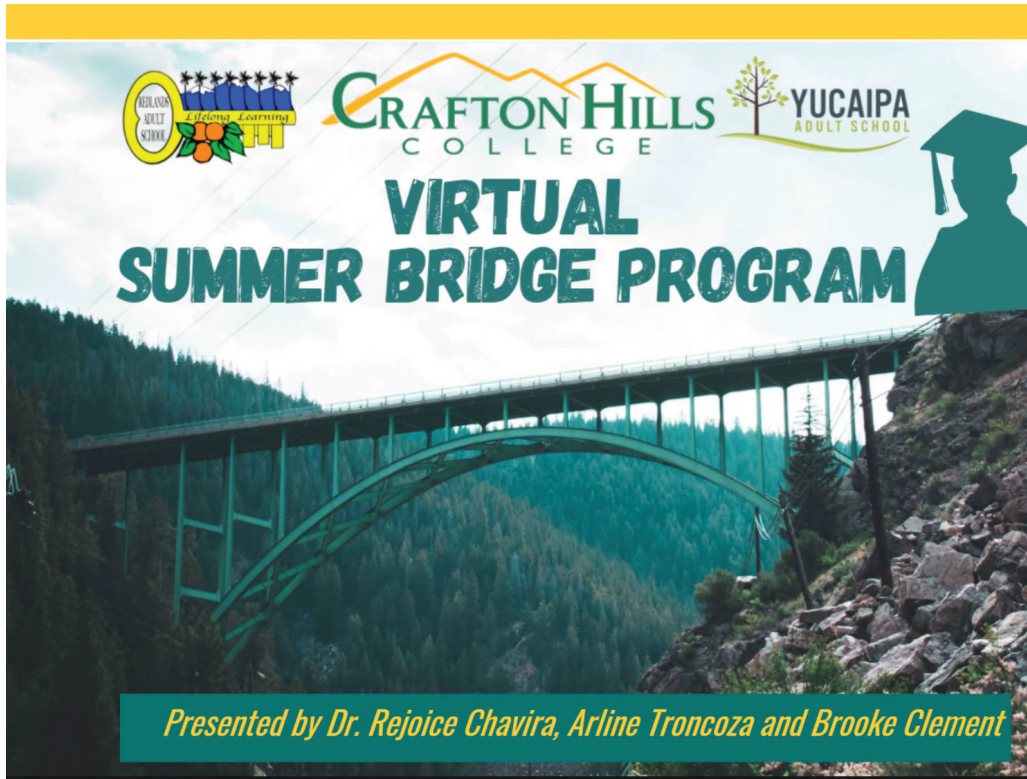
On Wednesday, November 18, Dr. Julia Inrig, global head of the renal center for excellence at IQVIA, a health information technology and clinical research firm, hosted a discussion for STEM students interested in medicine and medical research. Inrig spoke with STEM students, staff, and faculty via Zoom about the field of medical research and drug trials while sharing personal

"Students received advice about how best to prepare for entry into the fields of medicine and medical research."

educational and career experiences. Students received advice about how best to prepare for entry into the fields of medicine and medical research as well as a detailed account of what the day-to-day work in this career field would entail.

Each month, the center will bring in a different professional to highlight a STEM career path, outline the educational journey to that career, and offer advice to Crafton students. Next month's event will feature Dr. Josh Masih, a psychiatric nurse practitioner at SAC Health System.





Crafton Hills Counselors Present on Innovative Adult Summer Bridge Program at State Summit

On October 27, 2020 Crafton Hills College Director of Extended Opportunity Programs and Services (EOPS) Rejoice Chavira, along with Redlands Adult school counselors Arline Troncoza and Brooke Clement, represented the school at the statewide California Adult Education Program (CAEP) Summit. Joining other teachers, coordinators, administrators and support staff from across the state, Chavira, Troncoza, and Brooke Clement presented a program on their success adapting the long-running Adult Summer Bridge Program at Crafton to a virtual format. Developed in partnership with Yucaipa Adult School and Redlands Adult School, the Crafton Hills Adult Summer Bridge program has been serving students since Summer 2018 and has served 45 students in the last three summers, a number that now includes the more than two dozen students who entered the virtual program this summer.

When asked what successful aspects of the program they shared in the presentation, the counselors emphasized those aspects that helped students develop a sense of

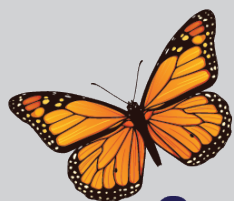
community and become comfortable with the online environment. This goal was facilitated through innovations such as a pre-summer bridge training, virtual field trips, integrated Zoom and Canvas discussions, and a long-term approach that sees staff working with students from high school diploma, through application to college. “We are able to develop a strong rapport with the students” this way, Troncoza, who works at the Redlands Adult School, said, and this allows “students to trust us and be vulnerable in an online environment.”

“The counselors emphasized those aspects that helped students develop a sense of community and become comfortable with the online environment.”

The students in the program appear to agree. In a list of anonymous comments, students expressed their heartfelt gratitude to both the instructors and program organizers. One student stated that the program, “helped me get my confidence back” and that it was “a very important part of moving

forward with my life.” Another student said, “Before the program, I had very little self-esteem” and then remarked that they now “feel confident and comfortable to take on my future education.” Other students felt similarly empowered by the program. In an emotional statement, one spoke to their renewed belief in the value of education, saying they had “learned that asking for help is a good thing, not a sign of weakness,” and concluded by stating, “I feel truly blessed. Thank you.”

The Summit presentation was well-received. After thanking the rest of the bridge team for their “passion for helping students,” Clement stated that the presentation succeeded in its goal of showing others that “it is possible to have a successful virtual summer bridge program.” Troncoza seconded this thought by adding, “we received a lot of positive feedback.” She continued by explaining how many participants expressed admiration for how the Crafton Hills representatives got students interested and commended on the passion and commitment that was poured into the summer bridge program.



California Community Colleges Support Undocumented Students



Undocumented Student Action Week

According to the Community College League of California website, California Community Colleges “support the largest number of undocumented college students in the state.” In solidarity with our undocumented student population and in partnership with the California Community College Chancellor’s Office (CCCO), Crafton Hills College hosted a series of events celebrating the statewide Undocumented Student Action Week, October 19-23.

Students participated in a variety of workshops on topics ranging from “How to fill out the DREAM application,” which allows interested students to apply for State financial aid, to a “Conversation on Current

State and Federal Immigration Policies,” hosted by the State Chancellor’s Office. A screening of the documentary Underwater Dreams was offered in conjunction with the One Book/One College effort. The film follows the journey of four immigrant

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students who built an underwater robot which defeated the team from engineering powerhouse Massachusetts Institute of Technology in a national competition.

The week ended with a workshop entitled “Know Your Rights,” hosted by our friends

at TODEC Legal Center. Participants learned about immigrant rights guaranteed under the Constitution and how to effectively assert them. Throughout the week, campus departments collaborated with community organizations on each of the presentations. Dr. Ericka Paddock, Director of Student Life, said that the presentations were intentionally designed that way. She said, “Regardless of their immigration status, we want all of our Crafton Hills College students to feel included and empowered. Whether they are in the classroom, utilizing one of our many student services or in our community, they are valued.”



Halloween Club Rush 2020

Students, faculty, and staff were treated to a spook-tacularly good time at this year’s virtual “Halloween Club Rush.” The event, held Friday, October 30, was sponsored by the CHC Student Senate in partnership with the Department of Student Life.

Audience members were immersed in the Halloween spirit through a variety of activities including a Halloween-themed costume contest and a trivia game featuring over \$1000 in prizes. To remain true to its face-to-face version, “Halloween Club Rush” offered students the opportunity to visit with a variety of clubs in virtual “rooms” designed to foster student engagement. The event also featured pre-recorded student and faculty performances that highlighted our

community’s many talents, including belly dancing with fire, singing and instrumental performances.

Although the campus celebrated Club Rush differently than it has in the past, the festivities were well received. Professor of Anatomy and Physiology Dr. Sam Truong stated, “That was a fun and exciting Halloween Club Rush 2020. The costume contest, the talent show (that cat in the belly dancer’s video), the Kahoot! Game... amazing!”

