



## Crafton Hills College to Add Cross Country Teams

The rolling hills around Crafton Hills College will soon transform into the field of play for new cross-country teams that will compete in the California Community College District Athletic Association.

Josh Estrada, 29, is the new head coach for the sport that will express the spirit of the school mascot: Ryker the Roadrunner.

“This is a brand-new team,” he said. “We are recruiting both women and men and we are starting from ground zero.” He has a year to recruit and train a team with competition starting in August 2022. Cross Country will be the third competitive sport for Crafton Hills College, along with swimming and water polo.

Estrada, who lives in Redlands, said he is already starting to get calls from high school coaches who want to recommend athletes. “We expect to see an influx of runners who will choose Crafton Hills because it is close to their homes,” he said. “This is another opportunity for students to have an outlet to be active and to have a place to belong.”

Estrada ran two years of cross country at Redlands East Valley High School after friends convinced him it would be fun. “I ended up falling in love with it,” he said. One good thing about the sport is that athletes can set individual records in addition to team records. So even runners



Photo: Head Coach, Josh Estrada.

in new programs can stand out quickly in the regional and state rankings.

He earned his bachelor’s degrees in kinesiology and psychology together after deciding that he liked to know what motivates people to compete and succeed in sports.

He has 12 years of coaching in local running clubs, so he knows some of the athletes already. Most recently he was the cross-country coach at Hillcrest High School in Riverside, building a program from scratch.

“It’s a huge passion and I’ve seen a lot of success in coaching and in my methodology of coaching,” he said. “I like to see the students develop into something more than they themselves were able to perceive. I like to see them understand their own potential and how far they can go, not only in sports but in scholastics or in another personal

goal.”

Estrada described coaching as a career that fell into his lap rather than one he had to chase. He thought Hillcrest just wanted to consult with him about building a cross country team. When he arrived, administration said, “You’re the most qualified to coach the team, so how about it?” He did well there, and he found coaching was a good fit for him, so he stuck with it.

He also works with physical conditioning of students working at Crafton’s Fire Academy program. So, he was nearby and well known when Crafton needed a new coach.

Prospective athletes who are interested in joining the team can reach out to their current coach, or they can reach out directly to Crafton Hills College at [CHC\\_info@craftonhills.edu](mailto:CHC_info@craftonhills.edu).

## LifeStream Returning to Campus!

Since 1997, Crafton Hills College has hosted 121 blood drives and collected 4,544 pints of blood. Potentially saving the lives of over 12,000 people. Mark your calendars to help continue this legacy.

Giving the gift of life through blood donation is easy!

- 1 Sign up for an appointment at [lstream.org/Yucaipa/](http://lstream.org/Yucaipa/)
- 2 Arrive at the bloodmobile in the campus quad where you will sign in, complete a brief questionnaire about your health history, and a licensed LifeStream

staff member will check your blood pressure, pulse, temperature, and iron levels.

- 3 Your blood is drawn by a skilled medical professional using new, sterile, and disposable material.

That’s it! You will have made a lifesaving difference in the lives of patients in need.

Donate from 10 AM – 4 PM on:

August 17	September 21
August 18	September 22



## *President's Circle*

*2021 - 2022*

The Crafton Hills College Foundation's prestigious President's Circle reaches 94 members.

In celebration of the Crafton Hills College 50th Anniversary in September 2022, the Foundation has set a goal of reaching at least 100 President's Circle members.

Contributions made by this generous group of leadership donors annually provides support to meet the most immediate challenges facing CHC and advances the Foundation's mission of "enhancing educational excellence."

Membership in the President's Circle is open to donors who contribute \$1,000 or more to the fund within the fiscal year. To join, visit [craftonhills.edu/presidentscircle](http://craftonhills.edu/presidentscircle)

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Photo: CHC Alumna, Alexandra Jabr.

## CHC’s Alexandra Jabr is Molding the Next Generation of First Responders

Crafton Hills College alumna Alexandra Jabr wants to help first responders build more compassion and empathy while working in the field.

She recently published an article in *EMS World Magazine* exploring the subject and talking about how real-life experiences shaped her career.

“My greatest lessons in this area did not come from graduate school,” she writes in the publication’s March 2021 edition. “We will never overcome being uncomfortable with death notification skill as long as we ignore a need for it.”

Jabr explained that she felt the need to explore the subject further while reading a Pediatric Advance Life Support (PALS) instruction manual. One topic stood

out the most: A chapter titled, Coping with Death (Optional). “Why don’t we ever teach this subject,” she asked an instructor. He replied, “The class did not have time to cover it.”

This response did not satisfy Jabr. She credits her friend for advice in such circumstances: “See a need, fill a need.” “At the time I wrote the article,” she said, “I didn’t think anyone felt the same way as I did, until I put it out there. I felt like, here’s something we don’t talk about because we don’t get taught this. I recognized that there’s a flaw in this system.”

To help, Jabr created a series of classes on the subject through Emergency Resilience, an online platform she founded to help people in the medical field navigate tough subjects - like addressing death. Her course work is available for a small fee and intends to “shift our culture into becoming more proactive and resilient to the challenges and adversities our vocation inevitability experiences,” Jabr said.

“Empathy,” Jabr explained, “is one of those things that can’t always be taught, but that does not mean we can’t try. I wanted to create an introduction to awareness of the subject and prepare first responders to better handle ‘real life.’”

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While Jabr is dedicated to a career in the EMS field and education, her path to get where she is today was not easy. She began attending Crafton Hills College in 2004 but wouldn’t graduate until 2014.

At the time she began attending CHC, Jabr said she was too indecisive to focus on one career and she did not think she needed a degree to become an EMT or a firefighter.

“My mom died at 18. My dad was overseas. And my sister was the only person to go to,” Jabr said. “I was running around feral trying to figure it all out because I did not have a solid idea of what I wanted to do. I just panicked.”

In 2012, Jabr decided to pursue a higher education “aggressively” and soon found herself succeeding beyond her expectations. In addition to the quality EMS programs at Crafton, Jabr also credits the College’s faculty and sense of community for her success.

“It felt natural coming back because it’s home,” she said.

In addition to her small business, Jabr teaches at Victor Valley College, where she enjoys molding the next generation of first responders. She also works alongside fellow Crafton alumni, which she calls an extension of her Crafton experience.

She knows that while there were many bumps in the road, her success is due to grit and determination, which is something she hopes inspires others to keep going. She encourages students in this line of work to continue their education beyond the certificate program to finish their degrees. A back injury changed her career path from being a front line EMT to teaching EMTs, and she says that her education and teaching gave her a purpose to keep going.

“Those who can’t do teach – that is a positive spin I put on the situation,” Jabr said. “Had I not had a degree that allowed me to teach, I wouldn’t be where I am today.” Currently, Jabr is working to obtain her doctorate in grief counseling.

To learn more about Jabr’s work or to purchase her course, visit [www.emergencyresilience.com](http://www.emergencyresilience.com)





Photo: David Avila, CHC Fire Academy Alumnus.

## CHC Alumnus David Avila Endows Scholarship to Support CHC Fire Cadets

The Crafton Hills College Foundation is able to offer financial assistance to students every year because of the generosity of our alumni and friends. This year, a newly endowed scholarship fund has been established by CHC alumnus David Avila to support CHC fire cadets in perpetuity.

Avila, a graduate of the CHC Fire Academy Class No. 3, in 1983, spent 32 years in the fire service in both Riverside and San Bernardino Counties before retiring as Cal Fire Battalion Chief for the Riverside County Fire Department in 2011.

Chief Avila attributes his professional success to his life experiences and his training in the CHC Fire Academy. Avila explained that he was never an A student and that he had to put in extra-long hours and study harder than most to earn his grades. The Fire Academy was no exception. “I was competing with cadets who were legacies, sons and grandsons,

of career firefighters; Firefighting was in their blood,” continued Avila. His family members worked as farmers and small business owners. He also confessed that he had to deal with a little ethnic discrimination, too. However, these factors drove him to study and practice harder, not only to keep up but to prove

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he was worthy of becoming a professional. It was that spark that fired up his life.

That drive kept David moving up in his career. Through continuing education at Crafton, he earned an associate degree in Fire Science, and through the California Department of Forestry and Cal Fire, Avila enjoyed a multi-faceted career that included wildland and municipal fire station assignments, land use planning, fire marshal services, training, law enforcement, emergency command

center operations, and city fire chief. After retirement Avila won a seat on the Yucaipa City Council, where he served as a council member and as mayor during the Covid pandemic crisis.

Avila dedicated this legacy scholarship in the name of his mother, Dolores Martinez-Avila, who believed in him and encouraged him throughout his academic and professional career.

Avila hopes that this scholarship will assist those “everyday cadets who found that spark to do something great, to succeed as a firefighter despite the obstacles placed before them.” Specifically, Avila wants the scholarship to help a cadet who “has to practice longer, study harder, and gives 110%. A cadet who will benefit from this assistance so as to help keep their spark alive, and who hears the calling of being a firefighter, to do something greater than oneself with humility and respect.”





Photo: CHC Counselor, Jimmy Grabow and family.

## CHC stands with the AAPI Community

CHC's second annual conversation on race focused on violence against Asian Americans and Pacific Islanders. Chloe de los Reyes, Assistant Professor of English, and Madeleine Boone, 2021-2022 Student Senate President, hosted the event.

Boone explained, "Today's discussion will attempt to unpack some of these harmful myths and narratives with the help of our panelists. Most importantly, we are here to make space and to talk about the challenges that the AAPI community is currently experiencing as well as learn ways to offer support and to take action. It is our hope that, by coming together and engaging dialogue, we can move towards understanding and acknowledging each other's perspectives and experiences."

According to event organizers, both hate crimes and incidents of violence or discrimination against Asian Americans and Pacific Islanders have steadily

increased since the beginning of the coronavirus outbreak, and the community is particularly shaken by the growing number of attacks against women and older Asian Americans across the country.

The event, intended to help raise awareness

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of these harms and to stand in solidarity with the Asian American community and people around the world working toward an equitable society, provided an open forum for CHC students and employees to discuss matters of race and inclusion.

Held online, July 14th from 2pm-4pm, the hosts invited four panelists to answer questions about being a member of the AAPI, describe their experiences with their race suffering from general invisibility

in mainstream curricula and in mainstream U.S. narrative, and discuss how the model minority myth and perpetual foreigner narrative contribute to the current anti-Asian sentiments and violence.

Panelists included CHC counselor Jimmy Grabow, who is a Hapa Yonsai. Both sets of Grabow's grandparents were Japanese Americans born in Hawaii, and Hapa is a Hawaiian word used to refer to someone as mixed ancestry while Yonsai is a term used for fourth generation Japanese Americans. Like many other Yonsai, his mother's side of the family was interned in Manzanar and Topaz camps while some served in the 442nd Combat Regimental Team during World War II. Grabow became more interested in his culture and history when he attended CSU, Long Beach, joining the Japanese American Citizen League and conducting interviews of Japanese Americans who survived the internment camps.

Other panelists included recent CHC graduate Ashley Mascarenhas, who is a proud first-generation college student, representing her parents who are immigrants of Samoa and Pakistan. Another panelist was Naomi Sigg, Senior Associate Dean of Students at Case Western University in Cleveland, Ohio, an award-winning advocate for underrepresented and marginalized communities. Joining these was Michael Takeda, English Professor at Fresno City College, who drew from his personal experiences being a member of the AAPI community and teaching English in a public junior high school in Toyama, Japan.

The over 50 attendees were provided with information and resources to support AAPI students and colleagues.

