

EUREKA!



News By Columbia College Students For Columbia College Students



Columbia College's Current Accreditation Status

By Marina Acosta

As students, instructors or whoever we may be, we are entitled to be informed about the fundamentals of our institution—in this case, Columbia College. Students are entitled to know the accreditation status of this college, since they invest the entirety of their time toward a college education, and rely on the time spent at Columbia College to have a beneficial impact on their future lives—I know I do as a student. Nonetheless, as of late, it has been an ongoing question by the students of Columbia if our institution is accredited. Not to worry. Columbia is and has always been an accredited institution.

But what is the purpose of being an accredited college?

What does it mean? Let me point you in the right direction. Accreditation is a proven method for assuring that a higher education institution has the ability to offer a quality education to the men and women who will lead their communities in the future and to improve that quality over time. Columbia and its constituents strongly hold the conviction that, with high standards and peer evaluation, using those standards, community colleges and universities can supply a certificate or degree that its students and community can trust wholeheartedly. Overall, what is important is that our institution is going to follow through with the process and stay on top of anything the Accreditation Commission (ACCJC) indicates needs

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Student Art Extravaganza!

By Aileen Bales

Being a fellow Fine Arts major here at Columbia College I was very impressed by the whole student art show. I defiantly could not help observing each piece while I was helping to set

the show up with Lori Hanson. We obviously have some amazing artists at this college and I hope next spring we get even more admissions. I don't think artists, especially student artists, get noticed enough and this is a great opportunity to be seen. So take advantage of the lovely opportunities we have at Columbia. All the creative

students of Columbia College should keep it up and continue their great art.

If you haven't yet experienced the Columbia College Student Art Exhibition stop by the Rotunda in Manzanita building to check it out. Artwork from many different students working in a various array of

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EUREKA!

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DISCLAIMER!

The opinions, beliefs and viewpoints expressed by the various authors and participants in the publication do not necessarily reflect the opinions, beliefs and viewpoints of the Associated Students of Columbia College (ASCC) Leadership and Columbia College.

WANT TO CONTRIBUTE?

Do you have any comments or want to recommend something for an article? Are you interested in contributing to the newspaper?

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Accreditation...

improvement and will take immediate action so that we can be “reaffirmed.”

Being evaluated by the ACCJC can lead to an issuing of sanctions. Basically, sanctions are levels of severity pertaining to the College’s status in correlation to what they lack in the Accreditation team’s standards. First, there is **“warning,”** which is sanctioned when it is found by the ACCJC that an institution has “pursued a course of deviation from the Commissions Eligibility Requirements, Accreditation Standards or Commission Policies.” Columbia College is currently under a warning sanction—this is not necessarily a bad situation for our school, but only means that our school is bettering itself to better serve students.

However, being that our response team always stays on top of this issue in reassuring and improving our institution; it’s imperative to recognize those improvements and adhere to those goals made through this strenuous process. Columbia has already resolved four college recommendations and was prepared to receive this sanction knowing the process of remedying the ACCJC’s recommendations was underway, but not yet complete, before being issued a warning sanction. It is helpful that the accreditation team steps in to bring to light what we sometimes overlook, so that way students are consistently supplied with quality programs and education. The second level of sanction is **“probation”**: “when an Institution deviates significantly from Commission’s Eligibility Requirements, Accreditation Standards, Commission policies, or fails to respond to conditions imposed upon by the Commission including a warning”—MJC’s current status. The third level of the sanction is **show cause**: “when the ACCJC finds an institution to be in substantial non-compliance with its Eligibility Requirements, Accreditation Standards, Commission policies or when the institution has not responded to conditions imposed by the ACCJC.” Finally, the fourth level of the sanction is to **terminate accreditation**: “when the



Raleane Juarez

accreditation may be terminated,” if an institution has not satisfactorily explained or corrected matters of which it has been given notice.

It is important to know that just because Columbia has been issued this warning sanction it does NOT mean that its accreditation has been taken away or lost. It just means that accreditation will not be “reaffirmed” until all recommendations which warranted this particular status are resolved. Columbia’s response team issued a follow-up report last fall demonstrating its compliance in having efficiently resolved four college recommendations and two district recommendations. Once the Commission confirms that the remaining recommendations have been fully resolved, and remain up to par, the Commission will reaffirm our institution’s accreditation.

Columbia College’s final report is due to the ACCJC by October 15, 2013. To the benefit of our College’s well-being, and to respond to the recommendations, our response team is taking steps to “Complete a full cycle of the development and assessment of student learning outcomes for all courses and programs. We also need to complete Program



Dr. John Leamy, Academic Senate President



ASCC Vice President, Matt Christman (at left) and Doralyn Foletti, Classified Senate President



Dr. Buckalew, acting Columbia College President, answers questions from the audience

Photo's by Brittany Cabral-Darone and Alicia Culp



Accreditation Focus Panel (Left to Right)
Student government Vice President Matt Christman, Classified Senate President Doralyn Foletti, Acting Columbia College President Dr. Buckalew, Instructor Raeanne Juarez, and Academic Senate President Dr. John Leamy

Review and develop sustainable evaluation mechanisms that lead to continuous quality improvement at all levels,” according to the Accreditation Focus Panel.

Personally, before I had attended the forum on Columbia’s accreditation, I wasn’t too sure about what this meant for our school and why so many students had been fussing about it. Having listened and done some research on its prominence myself, I now feel it is crucial to be aware of our institution’s accreditation, because in the long run that will impact our prospects. For instance, do you appreciate receiving federal grants, loans or other financial assistance to attend any college or university? To continue to receive those benefits, the institution you attend must be accredited. Say one day you apply for your dream job after having gone through a community college for your lower division education (associate’s degree) and a university for your BA and Masters— regardless of your effort in poring over books and notes for hours on end while attending the

colleges who offered programs that are specialized for your desired employment—your prospective employer is going to verify whether or not the college you attended was accredited to even qualify for the position, whether its government related or not. In the end, I came to realize how lucky I am to attend an institution that makes students their priority in assessing the fundamentals of the education they offer.

If you wish to learn more about Columbia College’s accreditation status amongst other colleges you can go onto the ACCJC website: www.accjc.org. Go to Directory and there you can view our school’s up to date accreditation status along with other pertinent information anytime. Also, on Columbia College’s website, under the keyword ‘accreditation’, you can view the presentation that goes into depth about the specific recommendations made to Columbia College, including the people involved in the efforts to make Improvements, address the recommendations, and more. ✕

Wired That Way

Co-Written by Jalin Cassidy and Grant Wells

The following article was submitted for publication by Grant Wells and Jalin Cassidy, and reflects a brief recount of the student workshop "Wired that Way." Co-presented by Grant and Jalin



Grant Wells



Jalin Cassidy

Grant Wells and I put together a workshop designed to not only better ones understanding of one's own self, but also on how to communicate effectively with other personalities.

Personality is defined as "a consistent tendency to behave in a wide variety of situations." For example, if a close friend describes you as "happy go lucky" then they are basing this assessment on many instances where they have seen this display of personality many times over. Distinctiveness is also important for one person may react in a certain situation,

when another person may not.

At the beginning of this presentation we introduced the concepts and the development of personality theories and testing. The group asked their own questions and guessed their own personalities.

Sigmund Freud is the forefather of psychoanalytic theory, but he is also credited for creating the Three Factor Model of Personality which included the ID, Ego and Super Ego. He assumed that these three levels of personality are the basis of how we react to all situations. He had many followers who split into different schools of thought, with the most notable ones being Carl Jung, Abraham Maslow, and Carl Rogers. Carl Jung was most significant as he surmised that people's personalities could be categorized on the information of how people go about their daily lives, and react to things which happen around them. His idea lead to Katherine Briggs collaborating

with her daughter, Isabell, in the 1930's to create a test to help people find suitable jobs for themselves. This resulted in the creation of the Myers-Brigg test—the first personality test.

The personality test that the workshop used is called "Wired That Way" which gives an explanation and meaning of different personalities and how they relate to one another. Students took the test, then shared their personality results as well as what they may have gained from taking it. After the workshop, each student had the chance to agree or disagree with the results, and explain why.

In conclusion, Grant and I explained the importance of understanding our personality types, described how students can use this test to help work on their own weaknesses and improve them, and validated strengths they already possessed, while being able to accept other personalities and be attentive when communicating with others. ✕

Food and Fitness

Think Water

By Emily Quenneville

Summer is fast approaching which means going to the lake or beach, hiking, barbecues and long hot summer nights. In the midst of all of the heat and excitement your body is losing water fast! Typically the common thing to reach for, to cool down with on a hot summer day, is a cold soda or a tall glass of sweet iced tea. But do you know what the true effects of reaching for that tea or can of soda are? Shown on page five is the breakdown of what's really in your soda and what it could do to your body. Besides being full of sugar and high in calories sodas are typically high in sodium, phosphoric acid and caffeine which may lead to stroke, heart problems, osteoporosis, cancer,

obesity, depression and many other jeopardizing health problems. nutritiondata.self.com provides a breakdown of the average nutrition facts in a 21 ounce (or medium size) cola. It claims that there are an average of 180 calories along with 46.5 grams of total carbohydrates and 43.6 grams of sugars. "On average Americans consume 2.6 sodas per day," claims takepart.com. That ends up being a whopping 468 calories, 120.9 grams of total carbohydrates and 113.36 grams of sugars per day that the average American is consuming each day! It also comes out to nearly one fifth of a 2000 calorie diet spent on 2.6 sodas a day.

According to cancerconnect.com, "Researchers in Singapore followed 60,524 men and women enrolled in the Singapore Chinese Health Study. They collected information about diet, lifestyle,

and environmental exposure and followed the subjects for 14 years. During that time, 140 people developed pancreatic cancer. The data indicated that individuals who drank two or more sweetened soft drinks per week had an 87% higher risk of developing pancreatic cancer than those who did not drink soda." Pancreatic cancer is diagnosed in 37,000 Americans each year and has a less than 5% survival rate. With new research linking increased soda consumption to pancreatic cancer wouldn't it stand to say that soda is something that we should probably avoid? Instead grab a glass of crisp refreshing water to hydrate your body and keep you cool. Water replenishes your cells and naturally rejuvenates your skin keeping it healthy and hydrated. Drinking water instead of soda or other sugary drinks can cut hundreds of calories from your

diet each day making you feel leaner and refreshed everyday. If water gets boring dress it up with a few slices of lemon to increase your metabolism with a healthy dose of vitamin C and antioxidants or add some frozen berries to a glass of sparkling water for a naturally sweet and simply delicious and low calorie drink on a hot summer day. Get creative and make it a goal to get healthy and get hydrated this summer with water!

Here are three easy recipes for infused water!

Lemon Cucumber Water:

Cut thin slices of lemon and cucumber and place in a pitcher filled with water. Let steep for one to two hours. Pour into a glass over ice and enjoy!

Strawberry Basil Water:

Cut slices of strawberry and roughly chop 2-4 basil leaves and place in a pitcher filled with water. Let steep for one to two hours. Pour into a glass over ice and enjoy!

Raspberry Mint Water:

Place a handful of frozen raspberries in the bottom of a glass topped with fresh chopped mint leaves and a few ice cubes. Pour sparkling water into glass, stir gently, and enjoy!

Submit any questions to: equenneville@student.yosemite.edu ✕

What's in Your Soda?

Breaking Down That Pop

SUGAR (Sucrose) & CORN SYRUP
A 12 oz. serving of soda contains an average of 9 teaspoons of sugar, which can lead to weight gain, Type 2 diabetes, and metabolic syndrome — a set of conditions including high blood pressure, belly fat, high cholesterol, and insulin resistance.

ASPARTAME
The key ingredient in diet soda has been found to increase hunger, so while your drink is calorie-free, you may end up eating more.

CARAMEL COLOR
A brown coloring that contains 2-methylimidazole and 4-methylimidazole, chemicals that have been linked to lung, liver, and thyroid cancer in lab rats and mice.

SODIUM
Diet soda has been linked to an increased risk of stroke, and scientists think the high sodium content could be the culprit.

PHOSPHORIC ACID & CAFFEINE
Scientists speculate that the Phosphoric Acid and caffeine in soda contribute to osteoporosis.

FLAVOR ADDITIVES
Along with the sugar content and acidity of soda, flavor additives in non-cola drinks (such as ginger and lemon-lime versions) contribute to the erosion of tooth enamel.

Upcoming Events

Congratulations Graduates it's time to celebrate!

GRAD NIGHT!

Friday May 3rd
6:30pm–9pm
At Oak Pavilion

Reception to follow at Quirke Park



For more information:
Call 209.588.5111

Or visit <http://www.gocolumbia.edu/ar/graduation/>

Be on the look out for

CAR WASH!!

Throughout the Summer.

The Associated Students of Columbia College needs your help in raising funds, so we can continue to provide you with student services.

So be on the lookout at Wright's Tires and come support YOUR student government.



Sponsored by the Associated Students of Columbia College

Summer 2013 Registration Dates

April 15	Special Programs Registration
April 16	Continuing Student Registration
April 22	New Student Registration
April 23	Open Registration: All Students

Fall 2013 Registration Dates

May 15	Special Programs Registration
May 20	Continuing Student Registration
May 29	New Student Registration
June 3	Open Registration: All Students

Student Art...

mediums will be on display to delight you and your visual senses. “We love this event and we hope many people are able to come out this year and take a peek,” states organizer and instructor

Lori Hanson.

Also various works are for sale so come and see the Student Art Extravaganza on display in the Rotunda until April 26. ✕

The winners of the Columbia College exhibition are:

• Drawing

1st Jon Handrock—*Jamie*

2nd Israel Aguilar—*Nature Stipple*

3rd Terry Tuggle—*Life Drawing-Nude*

Honorable Mention

Daniel Ervin—*Dinosaur has a Bad Day*

• Photography

1st Aubin Trojak—*Napa Vineyard*

2nd Aaron James—*Mirror Ball*

3rd Rachel Carlson—*Yosemite*

Honorable Mention

Aiko Gonzalez—*Forever...*

• Painting

1st Rebecca Forbes—*Flowers*

2nd Mary Campbell—*New June*

3rd Sarah Gissler—*Guinea of Urbino*

• Derivative Ceramics

1st Israel Aguilar—*Empty Nest*

2nd Holly Jean Zeller—*Untitled*

3rd Cheryl Modrell—*Saggar-Rustic Black Bird*

Honorable Mention

Killa Parrot—*Grumpy Kitty*

• Sculpture

1st Michael Devlin—*Rose*

2nd TC Crawford—*Solid Engagement*

3rd Michael Devlin—*Hand Holding Rose*

• Mixed Media

1st Julie Davis—*First Bust with Jewelry*

2nd Chris Spracklin—*Diamond Spider*

3rd Trisha Lewis—*Buddha*

Honorable Mention

Bonnie Harrelson—*Face*

• Sculptural Ceramics

1st Rebecca Wilson—*Native Pride*

2nd Alona Sass—*Robot*

3rd Jon Handrock—*Hand-Rock*

Honorable Mention

Lindsey Myers—*Blackbird and Blackbird's Girlfriend*

• Functional Ceramics

1st Holly Jean Zeller—*Flower Cup*

2nd Holly Jean Zeller—*Untitled*

3rd Kayla F. Swenson—*Ceramic*

Honorable Mention

Andy Clemo—*Lucky Lavender Salad Bowl*

• Two-Dimensional Design

1st Pat Jennings—*Dogwood Flower*

2nd Nicholaas Wilson—*TEXTure*

3rd Barbara Narducci—*San Francisco Zoo*

Honorable Mention

Marcus Jensen—*San Francisco Zoo*



Various student works at the Student Art show, showcasing in the Manzanita Rotunda until April 26th

We Are C.C.

Student submitted Poems, Photos, Artwork and Comics



By Grant Wells



"Bloom into spring" Terri Martin

Select pieces from the Student Art Show Extravaganza



"Finch" Ashleigh Mitchell



"Temptation" John Handrock



"Setting World" Julia Davids

Do you want to see your artwork, poem, short story, creative writings, opinions or events in the newspaper?
Email your submissions and letters to the Editor-in-Chief,
Aiko Gonzalez, at: agonzalez76@student.yosemite.edu