

# EUREKA!



News By Columbia College Students For Columbia College Students



## March In March!

ASCC and Columbia Students march upon the Capitol

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Student at Large, Dan DeGraf

"When you have Asperger's Syndrome, it feels as though your world is divided amongst unlike factors." Dan DeGraf elaborates on this when he allows us to speak with him on the subject. Asperger's syndrome is a form of high-functioning autism that was recognized by the World Health Organization in the 1980s and

### Face To Face

By Haley Pitzer

is based on the 1940s research of the Austrian pediatrician Hans Asperger. It is characterized by atypical behavior, difficulties in social interaction, and intense interests or fixations.

Asperger's Syndrome was still a very new diagnosis in the United States (only becoming an official diagnosis in the early 1990s) when DeGraf was a child. DeGraf explains that individuals with Asperger's just see things a little differently. It feels as though one is always in a foreign land or on another planet. While people with Asperger's seem odd to everyone else, everyone

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### 90 Unit CAP!?!

By Aiko Gonzalez

Over 8,000 students marched upon the Capitol to advocate the reestablishment of higher education while crying out chants of "students united will not be divided," but one intonation that rose above the crowd was the voices protesting the 90 unit cap limit.

The 90 unit cap limit is one of many proposals in Governor Brown's budget proposal that will reshape California's community

college systems. The cap would limit the units that a student can accumulate at a CCC (California Community College). Once students attain over the cap limit, they would no longer be covered by state-subsidized classes. Meaning, students who exceed the 90 units will be required to pay the full cost of instruction (about \$190 per semester unit versus \$46 per unit).

Understandably, many students do not agree with this cap limit, so what did the Senators have to say

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# EUREKA!

*EUREKA!* is a Newspaper run by students for students with support and guidance from the Associated Students of Columbia College (ASCC).

## 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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## Face to Face...

else seems odd to them. Rudimentary things that are considered 'normal', such as shaking hands, seem out of place.

"Everything we do is odd," he says.

"The main struggle for people with Aspergers is to figure out what is considered 'normal', and then to act accordingly." To clarify what it feels like to have this form of autism, DeGraf brings up the 1988 film, *Who Framed Roger Rabbit*, where stylized cartoon animation and live action film sequences are used to create the same universe. The world feels like a balancing act between two dimensions that only he can see.

DeGraf says he was always very eager as a child. When he thought of something interesting, he just "had to get it out there." He recalls that he sometimes had the tendency to get into other's faces when he was talking to them. The other children found it strange when they saw him fidgeting and speaking out, but to him he always thought he was doing the same things as them.

Asperger's did not become an official diagnosis in the United States until the early '90s, so when DeGraf was a child, he and his parents did not have a name for what was going on inside of his head. Other children would ask him what was going on, and he would tell them lies to "fill the void." "Maybe I didn't eat enough," he might have said at one point, or "maybe I didn't get enough sleep." Even after being diagnosed, there was no way to really explain to other little kids that his head just worked a little differently.

"My parents were proud people," DeGraf recalls, "they knew something was going on with their son that they could not explain." When he was nine years old, they took him to a center in Fresno. It was there that he was 'diagnosed' with Asperger's Syndrome. DeGraf made it a point to explain that his mother was never the type of individual to hold anything back. "She never made up pretty lies to explain away the aspects of life and death," he states. However, on that day,

DeGraf recalls that his mother was "very worked up," and that in his life he can only remember seeing her cry twice, and that day was one.

From that moment and to this day, DeGraf hates the term Asperger's "Syndrome." "Saying the word 'syndrome' just does not feel right. It sounds like this thing is making me die," he explains. "To a nine year old, the words felt like a death sentence." Asperger's is described like a disease when really it just means he sees things from a slightly different perspective. But the one thing that did change that day was that he now had a name for what it was that made him seem odd to the other children at school. However now he had to ask himself, "What do I say from here?" At the time he understood that most people have never heard the term 'Asperger's'; much less know what it is.

"It's not that it's misunderstood," DeGraf exclaims about Asperger's, "but that all the condition really needs is time for people to slowly learn and understand it." Just as he had to learn about personal space, other people just need to be patient. He says that he knows he can get a little "crazy" sometimes, but as long as people take a moment to help him understand he is willing to learn. This cooperation of differing perspectives can be a fruitful learning experience for all involved. ✖



Columbia College Student, Dan DeGraf  
 Photo by: Haley Pitzer

# March in March through the lens

Photo's by Brittany Cabral-Darone



Over 8,000 students gather at the Capitol's steps



ASCC Members Kim Morris (at left) and Yolanda Costarella march to preserve education



C.C. Student Aileen Bailes rallies for art



(Left to Right) Senator Tom Berryhill, Cassidy Winkles, Aiko Gonzalez, Matt Christman, Kim Morris, and Devon Rudd

about this? We (the Associated Students of Columbia College) met with four senators to get their viewpoint on the 90 unit cap proposal.

Sharon Gonsalves representing Senator Anthony Cannella stated that Senator Cannella, "has no position on the 90 unit cap proposal as of yet." She did mention that Senator Cannella is, "dedicated to education," and that Cannella is aiming on promoting his Senate Bill SB-58 that would "freeze" unit rates for the next 7 years (the

time duration that Prop 30 will be in place.)

Brendan P. Hughes representing Assembly member Adam Gray stated that the proposal "...needs to be tweaked," but commented on how it would, "unclog the system of those professional students," saving the state about \$175 million.

Senator Tom Berryhill, however, was very vociferous about the cap limit and does not support the proposal.

He not only co-authored Cannella's SB-58 to stop higher tuition for seven years, but argues that Prop 30 should cover the costs of those students who are over the 90 unit mark, "...there is no need for a cap...the units shouldn't be capped..."

Our own local assemblyman Frank Bigelow does not support the 90 unit cap proposal, "especially at the community college level," stated Bigelow representative, Brandon Marchy.

The governor made this proposal in January, and it will not be until May that the full report will make everything clear about how Brown's education proposals will affect our Community Colleges. ✕

For further reading on the 90 unit cap limit and Senator Cannella's Senate Bill see:

90-unit cap— [http://www.lao.ca.gov/analysis/2011/highered/ccc\\_course\\_enrollment\\_012011.pdf](http://www.lao.ca.gov/analysis/2011/highered/ccc_course_enrollment_012011.pdf)

Senate Bill Sb-58— [http://leginfo.legislature.ca.gov/faces/billNavClient.xhtml?bill\\_id=201320140SB58](http://leginfo.legislature.ca.gov/faces/billNavClient.xhtml?bill_id=201320140SB58)

# Wellness Fair: Students learn how health matters

By Alicia Culp



Tori Palmberg talks to students about the importance of nutrition, and hands out yummy chicken noodle soup at the same time. Yum!

## ReThink Your Drink!

The Wellness fair is always fun to attend! The activities are focused on health, education, and relaxation. You can go and get refreshed by attending so many fun and wonderful activities: massages, water painting, tea socials, herbal demonstrations, drop-in counseling, and so much more. Plus it's very intriguing to see the many informative booths that are stationed throughout the Rotunda.

This Wellness Fair, however, had a special eye catching table. Lined with rows of shiny, colorful water bottles, the "ReThink Your Drink" table was a must to check out. Matthew Christman, from the Nutrition Club and the ASCC Vice President, explained to students what "ReThink Your Drink" was all about. He explained that through a generous grant from CA4Health and the Tuolumne County Public Health Department, and with the Student Health Services (the

Nurse's office) and the Nutrition Club here on campus, they were able to provide students with free stainless steel water bottles to help promote wellness. Once you simply take the pledge online—which only takes 3 seconds—you can get a free, shiny new water bottle.

- Moreover, the information that was presented was surprising:
- There are 16-18 teaspoons of sugar in a 20oz soda.
- Drinking a soda a day can equal an extra 25 pounds of weight per year.(Well that explains the freshman 15...)
- Nearly 50% of the average American's increased calorie consumption is from sugar-loaded beverages.

And there was so much more information as to why cutting back or giving up sugary drinks altogether is a good idea. The idea that sugary drinks are bad for you may seem like a common idea, but who actually stops and thinks that what you are drinking makes a big difference to your health? Drinks like soda, sports drinks and yes, god forbid, also energy drinks, are all loaded with sugar and—worse—"empty" calories. When we drink these, they can be more harmful to our health than what we may think and may lead to obesity, heart disease, and diabetes. So consider what you are drinking and choose healthier options instead (like water).

*I took the Pledge...did you? ✖*



Matt Christman from the Nutrition club and ASCC Vice. President tells fellow students Teanna Kosik and Danielle DeBartolomeo about the "ReThink Your Drink" pledge and other services provided here on campus.



# Student Success: A Collaborative Learning Experience

By Tori Palmberg

Each semester, the faculty and staff of Columbia College offer students at large the opportunity to gain new insights and information about a variety of topics geared toward academic and personal success through Student Success Workshops. From Time Management and Organization, to Financial Literacy and Career Exploration—these workshops are designed to educate and engage students in the areas that are important to us.

Recently, I've had the opportunity to attend one of three Financial Literacy Workshops, presented by TRiO Program Director and faculty member, Anneka Rogers Whitmer. As students, we were encouraged to explore the behaviors

and attitudes we hold around money. The idea was to make connections about preconceived notions of money from our earliest childhood experiences, in the hopes of recognizing old patterns of thinking behind the ways we view spending and saving. Tips on developing a budget were also discussed, as well as ways to cut back on how much we spend each month. The workshop was very enlightening and informative.

The Student Success Workshop schedule for each semester is available online and is posted around campus. I would highly recommend taking advantage of any of the number of workshops that are still being offered. ✕

## Food and Fitness

### Let's Talk About It: Food and Fitness By Emily Quenneville

It seems like with every new season comes a new diet myth, or a new miracle food that supposedly reverses aging or helps you shed twenty pounds in under a week. So how do you know what is truly good for you and what could possibly hurt you? That's where I come in! I'm going to uncover all of the truths and myths of the health food industry so all you have to do is sit back and enjoy some peace of mind in knowing that the things you put in your body truly are good for you.

For every college student it seems the biggest concern is the Freshman 15 (or the Freshman 40). It's the inevitable weight gain that almost every college student seems to face during his or her freshman year. There's a lot to swallow your freshman year of college; a new home,

new city, new people, new experiences. All of that while trying to pass all of your classes and just survive on your own; it's a lot to take in! So who in their right mind would worry about the food that they're eating as long as it's cheap and tastes relatively good.

The fact of the matter is that eating healthy is perceived as a double-edged sword—you can never seem to win. The truth is though that you can win! Eating healthy isn't as hard or expensive once you break it all down! Every week this segment will reveal something new about the world of health and fitness based on questions that you have submitted. Whether it's staying in shape or finding a new healthy recipe to try for dinner, you'll find it all right here. We'll feature cost analysis breakdowns of your favorite foods and exercises that can get you fit and in shape for the summer season in no time! Submit your questions and they could be featured in the next article too! So get ready to

## Get Involved at...

**The Student Government (ASCC)** is a vital part of Columbia College Shared Governance process and activities. We are proud to participate in student government at Columbia College and are equally delighted to share our enthusiasm with you.

Why get involved? Represent interests of the Columbia College Students! Serve on committees with Columbia staff, faculty, and administration through shared governance. Participate in a state level representation of California Community Colleges through the CCCSA.

You can develop leadership skills, as well as plan campus activities. Enhance and enrich your academic career. Have fun, and make meaningful, long lasting connections with the student body, faculty, and staff.

Interested? Please Contact us at: 209.588.5270 Or visit <http://www.gocolumbia.edu/ASCC/>

discover the cheap and easy secrets to eating healthy and getting in shape fast! Submit your questions to: [equenneville@student.yosemite.edu](mailto:equenneville@student.yosemite.edu) ✕



**WE WANT YOU**  
TO GET HEALTHY!

# Upcoming Events

## April Student Success Workshops In Career Transfer Center/Manzanita 14

**3 Wed Preparing for Finals 11am–12 noon**  
Dave Chesnut, CalWORKS Program  
Finals are just around the corner...Are you ready?

**9 Tues. Interview with Confidence 2pm–3pm**  
Anneka Rogers Whitmer, TRiO Director. Learn how to prepare and participate successfully in the interview process.

**12 Fri. Relieving Stress 2pm–3pm**  
Lindsay Macon, TRiO Mentor  
Strategies and tips on how to keep your cool and energy up

**17 Wed Reflecting on Progress 12 noon–1pm**  
Susan Medeiros, EOPS Director  
Take a look back, learn from your mistakes and build on your success



THE HUMANE SOCIETY OF TUOLUMNE COUNTY

# Mardi-Gras

## MEOWNESS

### Champagne Lunch

Sunday, April 28, 12:00 Noon – 3:00PM  
Sonora Elks Lodge

Music featuring the Rod Harris Quartet  
Shopping • Hurricane Mimosas • Champagne  
Live Auction • Silent Auction

TICKETS MAY BE PURCHASED AT THE FOLLOWING LOCATIONS:  
Humane Society of Tuolumne County • 10049 Sierra Way • Jamestown, CA 95321 • 209-884-5488  
Pumfret Burpitts Thrift Boutique • 14312 Mono Way • Sonoma, CA 95370 • 209-533-7903  
Mountain Bookshop • 13709 Mono Way • Sonoma, CA 95370 • 209-512-6117

Ticket Prices: \$30 General Public • \$25 HSOTC Members  
Tickets will be available at the door on the day of the event

For more info contact Samuel Pearce at  
209.743.8274



Award-winning author  
**Pam Houston**  
Is coming to Sonora

Thursday | April 11  
Columbia College

2:30–3:30pm **Meet the Author**  
Columbia College Library / Tamarack Building

6:00–9:00pm **An Evening with Pam Houston**  
Reading, Book Signing, Q&A  
Columbia College / Dogwood Forum

Friday | April 12  
Central Sierra Arts Council

10:00am–12 noon **Writer's Workshop:**  
Turning the Stuff of Your Life Into Story  
KASA building (Kids Art Studies Academy)  
251 Barretta Street, Sonora

All events sponsored by  
Columbia College Foundation

*Are You ready for Finals?*

Don't miss **CRAM NIGHT!**

Wednesday April 24th

from 6:00pm - 10:00pm

In the Library

Come and enjoy good food and valuable  
study time with instructors and tutors on  
site!

Co-Sponsored by the ASCC and the  
Library

## registration alert

Columbia  
College has  
new early  
registration  
dates!

### 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

Graduating seniors who want to attend Columbia  
In Summer or Fall 2013 must plan ahead!

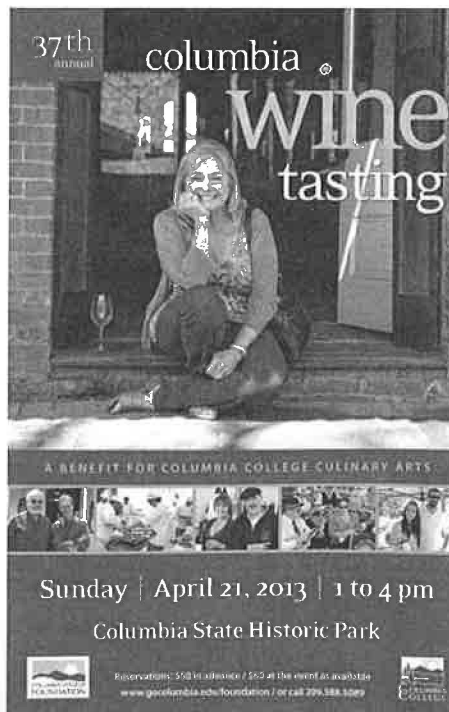
Students should apply to Columbia College in March/early April by going  
online to: <http://www.gocolumbia.edu/> and follow these links: Admissions  
& Records, then Admissions Application. After application is complete, a  
Student ID number will be sent. Students then need to take an assessment  
test and attend an orientation session on either **Sat., April 13, or Sat., May 11,**  
in order to register at the earliest possible date.

### Assessment/Orientation Dates

Saturday, April 13
Saturday, May 11
Tuesday, May 28
Saturday, June 15
Saturday, July 13
Wednesday, Aug 14

Please call 588-5109  
for more information.

Columbia College  
Counseling Office  
11600 Columbia College Dr.  
Sonoma CA 95370



37th annual columbia wine tasting

A BENEFIT FOR COLUMBIA COLLEGE CULINARY ARTS

Sunday | April 21, 2013 | 1 to 4 pm  
Columbia State Historic Park

Reservations: \$50 in advance / \$60 at the event as available  
[www.gocolumbia.edu/foundation/](http://www.gocolumbia.edu/foundation/) or call 209.588.5089

Reservations: \$50 in advance/ \$60 at the  
event as available. For more information:  
[www.gocolumbia.edu/foundation/](http://www.gocolumbia.edu/foundation/) or call  
209.588.5089

# We Are C.C.

Student submitted Poems, Photos, Artwork and Comics



"Chronos XIII"  
By "Battousai"  
Medium: iPad Art

## Closure

Often tis implored,  
when I subside to slumber  
The encounters I hath trialled.  
The memories I hath forged.

And when I sink,  
deeper and deeper  
within my ocean of dreary dreams.  
I grasp the truth  
which my mind hath withheld from me.

The forbidden truth  
unbeknownst to all,  
now tangible within my mind.  
Taunting me to heed what is to be told.

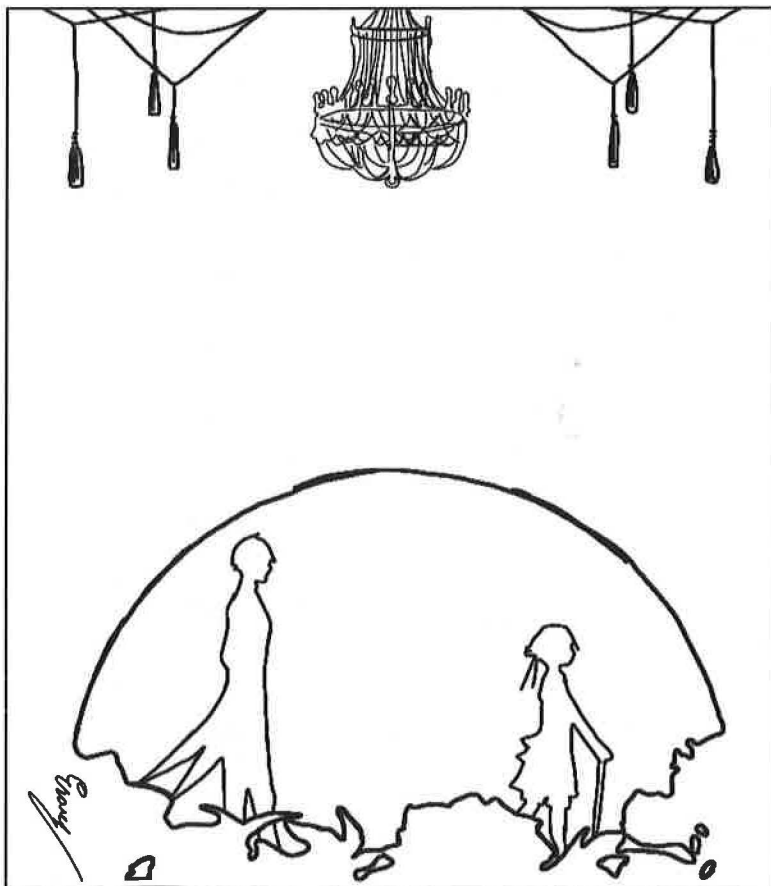
I wish it wasn't so!  
The double-edged sword which my mind now wields.  
The cruelty of enlightenment,  
which is now revealed.

For tis unveiled unto me  
the trueness of myself.  
The spurious experiences I thought I hath faced.  
The deluded memories I thought I did create.

Falsity...

For I can no longer recall the realness of it all.  
Tis all seems forged to me.  
As if I have recollected a story,  
a story that never was truly my own.

And now I see the end  
tis speeding to a close.  
This story is concluding,  
but another will unfold.  
~バトラー (batora)

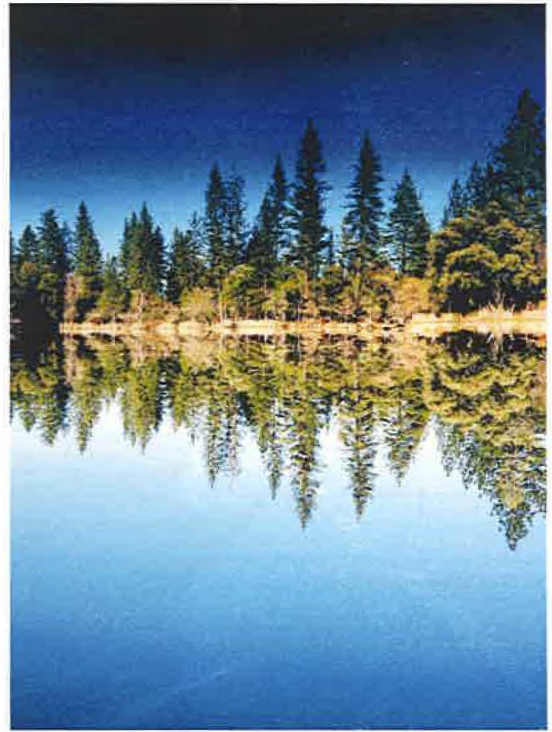


"Night Dreams"  
By "Battousai"  
Medium: iPad Art





"Lounging on the Lake" Caira McFarland



"Under Water" Alicia Culp



"Campus at Morning" R.T Wright

Do you want to see your artwork, poem, short story, creative writings or opinions in the newspaper?

Email your submissions and letters to the Editor-in-Chief,  
Aiko Gonzalez, at: [agonzalez76@student.yosemite.edu](mailto:agonzalez76@student.yosemite.edu)

