

EOPS Examiner: Spring 2022



EOPS
COLUMBIA COLLEGE

EXAMINER

SPRING 2022

A PUBLICATION OF COLUMBIA COLLEGE EOPS PROGRAM

COORDINATOR'S CORNER

Dear EOPS students,
As we wrap up the Spring 2022 semester, I would like to highlight a few updates and reflections of the year:

New faces: By now you may have already met our newest EOPS staff, Jennifer Hatler, Abby Sunday, and our student worker Alyssa Hix. These ladies have been a huge part our program process and communication between you, the student, and our team. With their warm smiles and helpful support we appreciate them and all they do for our students and team. Welcome Abby, Alyssa, and Jen to our EOPS Team!

Special Programs Celebration: On April 22nd, we had the opportunity to enjoy a BBQ meal with all our special programs in celebration of all the hard work done this academic school year. It was a wonderful time and we thank all those who were able to come by and spend some time with us!

Graduation: Congratulations graduates! We are so very proud of you! We look forward to seeing you at the graduation ceremony!

Summer EOPS: We will be having EOPS services this summer for continuing students! If you will be taking courses this summer 2022 at Columbia please call our EOPS office to make an appointment to meet with a counselor and receive your textbook voucher, gas cards, and school supplies.

Benjamin Peter Mahal: I would like to introduce you to the newest little member of the EOPS family, my son Ben! Thank you to our EOPS team who did a wonderful job in assisting and making sure the program kept on while I was on maternity leave!

We look forward to the Fall 2022 and working again with all of our amazing EOPS students. Great work to all and a special congratulations to our graduates! Have a wonderful summer!

EXAMINER

PAGE 01



WHY I LOVE HIKING

BY ALYSSA HIX

Hiking is a state of mind! For some folks, it might just be for physical exercise, others for the view at the top of the mountain, but for me, it's more than that. Every bit along the way is enjoyable. Here is why I love hiking. Marching up the side of a mountain is something that has always made me genuinely happy. Each time I jump in my car and drive to a new or even a previously hiked trailhead, I feel alive. It's a sense of freedom. I just know when I park my car at the compacted/tiny parking lot at the base of a mountain, a fun adventure awaits me.



The warm sunshine on your cheeks, the sound of the wind rushing through the trees above you, and the soft, yet crunchy feel of the trail under your shoes. Not only are these experiences delightful to have, but they are good for you, too!

Hiking is proven to have many health benefits, ranging from physical exercise on the trail, to emotional and mental relief that comes from just being in nature.

Continued on page 03

"Of all the paths you take in life, make sure a few of them are dirt."

-JOHN MUIR



EXAMINER

PAGE 02



Hiking for Mental Health

Being in nature can boost your mood and improve mental health. Spending some quality time in the great outdoors calms anxiety, reduces stress, and can lead to a lower risk of depression, according to a study done by researchers at Stanford University.

In addition to having mental health benefits, being outdoors opens up your senses to your surroundings and improves your sensory perception. Taking in the sights, smells, and feelings of nature has so many health benefits it can even be prescribed by a doctor.



With all the required coursework from being a hardworking student, hiking can definitely seem like a major addition to your already busy-bee schedule. However, I encourage you to not throw out the idea and experience it for yourself!

Nearby Trails

- Table Mountain, Jamestown
- Goodwin Dam Recreation Area Trail, Jamestown
- Peoria Flat, Jamestown
- Dragon Gulch Trail, Sonora
- Sonora Library Trail, Sonora
- Upper Natural Bridge Trail, Sonora
- Tuttleston Recreation Trails, Sonora
- Red Hills Trails, Red Hills
- Duchessa Mine Trail, Columbia
- West Side Trail, Tusculum
- Pinecrest Loop Trail, Pinecrest
- Carson Creek Trail, Angels Camp
- Angels Creek Trail, Angels Camp
- Lyons Dam, Twain Hart
- Columbia Ditch Trail, Twain Hart
- Gads Bath, Long Barn
- Indian Creek Trail, Groveland
- Smith Creek Lookout Trail, Groveland
- Hatheway Pine Flume Trail, Hatheway
- San Antonio Creek Falls, Arnold
- South Grove Trail, Arnold

EXAMINER

PAGE 03

CARE: COOPERATIVE AGENCIES RESOURCES FOR EDUCATION

What is CARE?

Cooperative Agencies Resources for Education (CARE) is a supplemental component of EOPS that specifically assists students who are single heads of households with children by offering supportive services so they are able to acquire the education, training, and marketable skills needed to transition from welfare-dependency to employment and self-sufficiency for their families.

Services offered: in addition to EOPS



Childcare Textbooks Gas cards Meals

CARE Spring 2022

Data and program updates

- We have 6 fully enrolled CARE students in Spring 2022.
- 5 Students received Arco gas cards and 2 students received Wal-Mart gift cards for school supplies.

How do I qualify?



EXAMINER

PAGE 04



EOPS Spring 2022

Data and Program Participation Updates

EOPS has been busy serving continuing students and incoming new students. We served 85 continuing students and welcomed 41 new EOPS students in the Spring of 2022! Out of these 126 students, 119 held their required ed plan appointments within the allotted appointment time frame. Way to go EOPS students and staff!

Students utilized EOPS book vouchers in the new Barnes and Nobles bookstore.

Arco gas cards were given to students at \$50 each!

116 new student applications were processed in the Spring 2022 semester.



Be sure to stay in touch with EOPS staff for upcoming resources available for Fall!

Do you have a friend who could use \$300 for textbooks or required class materials? Scan the QR code!



Continued on page 06

EXAMINER

PAGE 05



EOPS Spring 2022

Grad and Scholarship Updates

EOPS will be honoring 24 graduates and 12 alumni who will be graduating in Spring 2022.

28 students earned scholarships through the Columbia College Foundation.
3 current EOPS students and 2 EOPS Alumni earned the Finish Line Scholarship awarded at \$5,000!
Congratulations to you all.
We are so proud of your accomplishments!



Updated EOPS graduation regalia for our students! EOPS sashes will be loaned to graduating students and given to those who are graduating with honors. We have updated our Medal regalia and EOPS cords that all students will be given as a gift. The cord has a custom EOPS charm that was designed specifically for the students in the EOPS program. (See picture)

EXAMINER

PAGE 06

The story behind the EOPS logo: The Nickel and the Nail

IN NOVEMBER 1971, THE EXECUTIVE COMMITTEE OF THE CALIFORNIA COMMUNITY COLLEGE EOPS ASSOCIATION (CCCEOPSA) ADOPTED THE NICKEL AND THE NAIL AS THE SYMBOL OF AID OFFERED TO MANY CALIFORNIA COMMUNITY COLLEGE STUDENTS THROUGH EOPS. THIS SYMBOL, THE EOPS LOGO, REPRESENTS A SUCCESSFUL EFFORT AT HELPING TO PROVIDE THE MOTIVATION AND MEANS FOR STUDENTS TO REACH THEIR EDUCATIONAL GOALS.



HERE IS THE STORY:

A YOUNG MAN IN THE DEEP SOUTH WAS WALKING DOWN A DUSTY ROAD TO VISIT A LADY FRIEND. ALL TOO AWARE THAT THE NICKEL IN HIS POCKET WAS ALL HE HAD IN THE WORLD. THAT EMPTINESS TORE AWAY AT HIS SELF-ESTEEM. BUT, AS HE WALKED, HE NOTICED TWO GNARLED HORSESHOE NAILS THAT WERE TWISTED TOGETHER AND LYING BY THE ROAD. HE PICKED THEM UP AND PUT THEM IN HIS POCKET, AND AS THE METAL JINGLED AGAINST HIS MEAGER FORTUNE, THE YOUNG MAN WALKED A LITTLE STRAIGHTER, WITH A LITTLE MORE PRIDE AND DIGNITY. IT IS IMPORTANT TO HAVE "SOMETHING TO JINGLE." EOPS WORKS TO ENHANCE SELF-ESTEEM, FOSTER PRIDE AND DIGNITY, AND MOTIVATE PEOPLE TO MORE EFFECTIVELY DEFINE AND PURSUE CAREER GOALS. THE NAILS TWISTED INTO A PUZZLE, SUGGESTING THE PROBLEM HAS YET TO BE UNRAVELED FOR HELPING PEOPLE WHO, BY CIRCUMSTANCES OF THE SOCIETY IN WHICH WE LIVE, HAVE BEEN LIMITED IN MEETING THEIR OWN EDUCATIONAL CHALLENGES.

EXAMINER

PAGE 06

Continuing Legacy Events at Columbia College

OUR FOURTH NATIVE VOICES EVENT WAS A HUGE SUCCESS!

STEPHANIE BEAVER-GUZMAN (HUPA/YUOK), SPECIAL PROGRAMS COUNSELOR

On Saturday, April 9, from 12-4pm at Carkeet Park at the college campus, we held Native Voices: Showcasing Indigenous Hip Hop. This was the fourth event of its kind but was the first of its size and kind at the college ever. We had food vendors, vendors (informational and merchandise), and the event was free to the public. It began with a cultural dance demonstration from Tuolumne MeWuk dancers led by Carlos Gelsdorff. Then, we got to hear an academic lecture from Dr. Melissa Leal (Ohlone) about Native Hip Hop. There were three performances, all by Indigenous artists: Richie Ledreagle (Miwok & Nisenan), Cisko (Lam Lenape) and H.O.S. Savage Fam (including Stevie G., Elem Pomo, Lil Jim, Nookack, and others), and Frank Wain (Sicangu Lakota). There is a great write up in the Union Democrat (By Guy McCarthy, published April 13, 2022) if you have a chance to read it.

This was an opportunity to bring the campus and community together and learn more about issues impacting Native people. There is a huge disconnect of Native histories being taught or shared in public school systems, and these events are a way to learn about tribal nation experiences and history from Native people directly. This particular event is expanding on our previous "lectures" and trying to share other methods of sharing those stories and experiences in a way to connect with many.

We could not have had this event without all the many volunteers from our college staff, administrators, and faculty. There were students and community members who volunteered, too. The event was sponsored by the Cultural Enrichment Committee, Extended Opportunity Program & Services (EOPS) Program, the Tuolumne Me-Wuk Tribe, the Chicken Ranch Tribe of Me-Wuk Indians, and Davis-King & Associates. We have received positive feedback and hope to make this a yearly event!

EXAMINER

PAGE 07



EXAMINER

PAGE 07

EOPS Students Awarded Scholarships

Annela L. Artano - CCC Finish Line Scholarship, Mick Grimes-Esher Scholarship, Slag Promise Scholarship
 Samuel M. Blackford - Front Porch-Esher Scholarship
 Eric M. Brockhoff - Roberto Hughes Memorial Scholarship Fall
 Chloe S. Cockshott - Adventist Health Sonoma Volunteer Scholarship, CCC Finish Line Scholarship, Walder Family-Esher Scholarship
 Taylor E. Dunlap - CCC Finish Line Scholarship, Lyle Scott Scholarship
 Collin R. Harless - Future Educators Scholarship, Pozi Resiliency Scholarship
 Heather M. Kitchell - P.E.D. Sisterhood, Chapter 18 Scholarship
 Angelina R. Hernandez - Bob and Julie Cowell Scholarship
 Alyssa L. Ror - Lorraine M. Yim Memorial Scholarship, Molly Cunningham Memorial Scholarship, P.E.D. Sisterhood, Chapter 18, Sonoma Lions Club, RM Dunlavy Scholarship
 Charles TP, Sonoma Lions Club, RM Dunlavy Scholarship
 Maria C. Jardo - Go Beyond TMD Returning Scholarship
 O'Angelo A. Madagone - Bob and Julie Cowell Scholarship, David B. Goldensberg Fine Scholarship
 Joseph Morales - Columbia College Classified Senate Scholarship, Osher Scholarship
 Jordan L. Miller - William F. Segerstrom Memorial Scholarship
 Bezelena S. Miner - Shannon Ray Art Scholarship, Slag Promise Scholarship
 Anthony Munroe - Gordon Carlson Memorial, Omega Psi, Alpha Iota Chapter, Gloria Vase Memorial, Roberto Hughes Memorial
 Robby J. Putnam - Linda Wadsworth Mohr Family Scholarship, Mary Kathryn Burke Scholarship, Osher Scholarship
 Angelina E. Rodriguez - Ernestine Miller Future Educators Scholarship, Go Beyond TMD Returning Scholarship
 Odessa A. Sanchez-Vila - American Association of University Women, Sonoma Branch, CCC Finish Line Scholarship, Music Encouragement Award, Oakdale Scholarship
 Sydney A. Shaw - Associated Students of Columbia College, Erin Lorcher Memorial Scholarship, International University Scholarship
 Sybil D. Valentine - Donald Albert Dean Memorial Scholarship, Irving J. Sydnors Memorial-Esher Scholarship
 Brandon E. Vargas - Ann Butler Family Scholarship for Hope and Equity
 Wayne A. Varr - CCC Finish Line Scholarship
 Moriah Wall - Donald Albert Dean Memorial Scholarship
 Brandon L. Williams - Slag Promise Scholarship
 Theodore S. Willis - Donald S. Brady Memorial
 Amber A. Wilson - Edward A. Elizabeth Johnson Memorial-Esher Scholarship
 Brian M. Wright - Front Porch-Esher Scholarship, Donald S. Brady Memorial

• Finish Line Scholars

EOPS JUNIOR

Sarina D. Olivera - Adventist Health Sonoma Volunteer Scholarship, CCC Finish Line Scholarship, Oakdale Scholarship
 Francine F. Phillips - CCC Finish Line Scholarship, Child Development Future Educators Scholarship, Elsie M. Brann Scholarship
 Georgia K. Sibley - Master Gardeners, UC Cooperative Extension Scholarship, Osher Scholarship
 Eric J. Taylor - Florence A. Wilson Scholarship, Steven A. Jump Memorial Scholarship, YCCD Leadership Team Scholarship
 Sage M. Zuccaro - CCC Finish Line Scholarship

EXAMINER

PAGE 09

EOPS GRADUATES

Spring 2022

★ Congratulations Students!

Barajas, Jazmin	Hanson, James	Padilla, Maya
Bradford, Joziah	Harless, Collin	Phillips, Francine
Bradley, Aly	Henson, Haley	Reeves, Elana
Cockshott, Chloe	Howard, Collette	Sanchez Silva, Odalys
Downing, Tecia	Lukowski, Jeffrey	Shaw, Sydney
Duran, Marian	Miner, Bezelena	Sibley, Georgia
Gorgulho, Joseph	Munroe, Anthony	Wise Kaelynn
Hannmerbeck, Madison	Olivera, Sarina	



WWW.GOCOLUMBIA.EDU/EOPS_CARE
CCEDPS@YOSEMITE.EDU
 (209) 588-5130

EXAMINER

PAGE 09