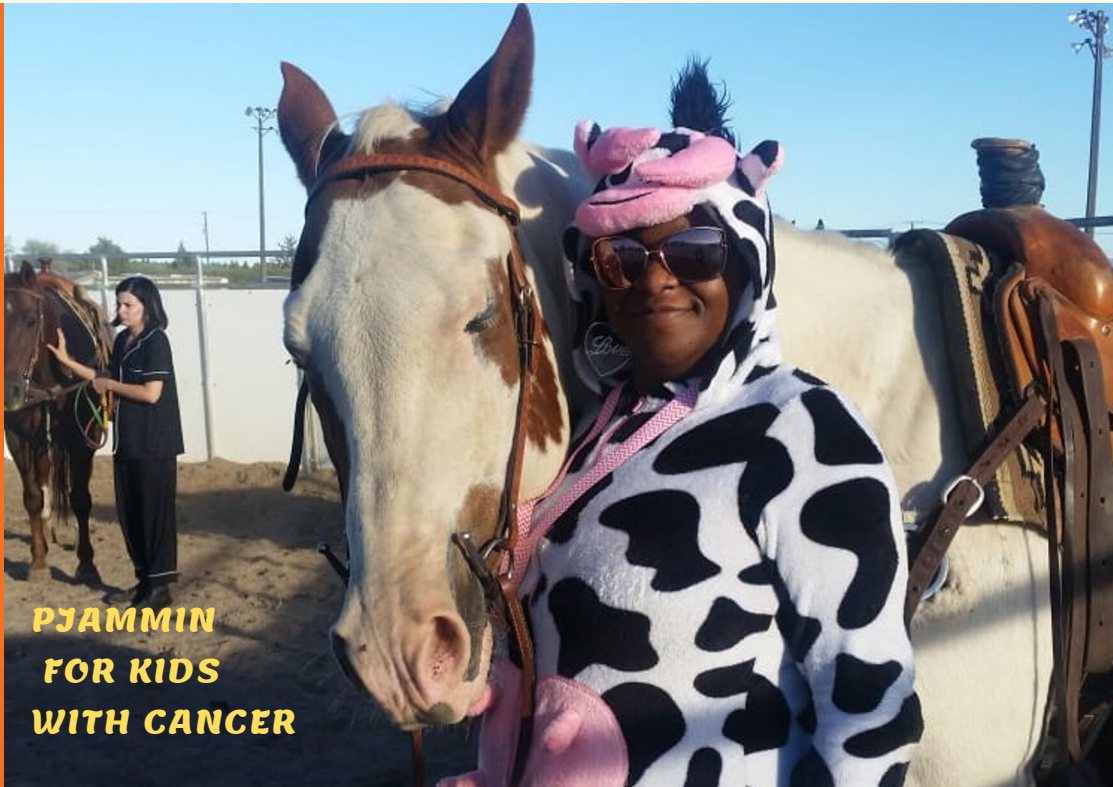




THE PAW

The latest news and updates from LCC Student Ambassadors



**PJAMMIN
FOR KIDS
WITH CANCER**

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Join in-'Coug Activities

by Student Ambassador Team

The college "vibe" is strong at LCC and students are trying new things. September was full of events and many students joined in. Events ranged from wearing PJ's on campus for Pjammin for kids with cancer to Cougar Cooking After Dark.

Whatever a student's interest may be, here at LCC there are plenty of activities, events and workshops to attend to learn, met new people, experience new things and have fun. It's awesome to be a part of a campus that offers such a rich campus life. So many students are taking time out of their busy schedules, stepping out of their comfort zones, and meeting new people to become apart of the campus life.



Chef Cougars Cougar Cooking Lessons

September Cougar Cooking lessons attracted over 100 students attending either the day cooking lesson that was held in front of the Board Room or attending the Cougar Cooking After Dark in the dorm kitchen. Cougar Cooking is a collaborative effort between Monteil/Cougar Cupboard, Student Ambassadors, staff and Snap-Ed, with a focus of dealing with student food insecurities while teaching students how to cook, budget and eat healthy.

During the interactive September cooking lessons students made homemade tortillas. Tara Bias from BaseCamp demonstrated how to make the tortilla from scratch, then students rolled the masa into a tortilla and handed them to the Student

Ambassadors-Mario, Brittany and Arthur to cook.

Once cooked, students topped them with all the fixings. The students enjoyed the demonstration, samples, raffle prizes and socializing. Mark your calendars for **October's Cougar Cooking:**

Pasta and Pizza.

October 9th:

**Day session-10am-1pm outside the Board Room
Cougar Cooking after Dark-5:30pm-6:30pm Dorm
Kitchen. All LCC students are welcome to attend
either session.**

ASB (Associated Student Body)

The Associated Student Body is excited to announce its recycling initiative effective immediately. All students, faculty, and staff are encouraged to dispose of all aluminum cans and plastic beverage containers in the designated blue receptacles placed around campus. The proceeds will benefit ASB in their effort to sponsor student activities and to offer a student scholarship. As a friendly reminder, ASB meetings are held on Tuesdays at 12:15 pm in room HU213 and are open to the public.

ASB welcomes any comments or suggestions for student activities. If you have any concerns please attend an ASB meeting or submit via email to asb@lassencollege.edu.





Students write self contracts- How to stay on track and succeed.

Success at LCC can depend on staying motivated and persevering despite periods of frustration. It can be difficult balancing college, sports, life and work. During the August BootCamp, students wrote self contracts on how they were going to stay on track and succeed. These students addressed envelopes to themselves and sealed their contracts inside. Recently these self contracts were mailed to our students. We hope that you enjoyed receiving US mail, as well as reflecting back on what you wrote to yourself. The semester is almost halfway done and we encourage you to stick to your plan! STAY ON TRACK AND SUCCEED.

"STARFISH-You need to update profile".

Starfish provides students with a central location to connect to the people and services that can help students finish what they start at LCC. Log in to your MyLassen Portal from ww.lassencollege.edu and look for the Starfish link, click and you're in.

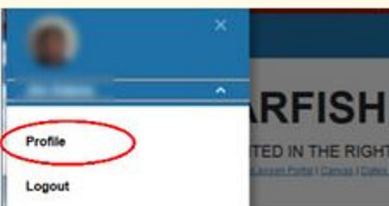
NOW THAT YOU ARE IN TO STARFISH, PLEASE UPDATE YOUR PROFILE.

Follow these easy steps:

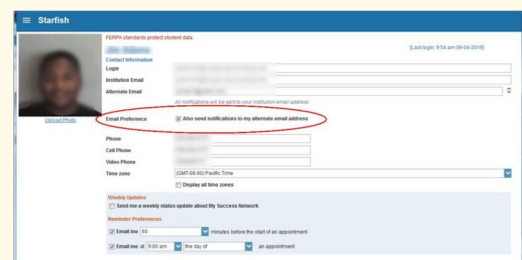
- Click on the Menu, then click your name



- Click on Profile



- Confirm that your LCC email address and your personal email address are correct.
- Check the **Email Preference** box to "**Also send notifications to my alternate email address**".



- Click the **Submit** button at the bottom of the page when finished



Faculty Spotlight

Colleen Baker

Colleen Baker was chosen by the Student Ambassadors for this month's Spotlight. Colleen has been working at LCC for 13 years and is an instructor who teaches World History, Cultural Anthropology, Cultural Geographies and Psychology 33. Her educational background is in Counseling, Adult Education, and she is currently pursuing a Masters in History.

Colleen is originally from a small town in Southern California. She is married to her husband of eight years and is a wonderful stepmother of two young adults Kaylynn 26, and Jacob 23.

Her hobbies include downhill skiing, mountain biking, volleyball, softball and staying active.

Outside of LCC, she teaches English classes at the local library and also volunteers at Lassen High School to help assist her husband with the girls volleyball team. She enjoys watching the show *The Walking Dead*.

Colleen is committed to helping students succeed and bases her assignments on being entertaining, valuable and encouraging her students. She helps her students by being open-minded, and giving creative assignments that knock students out of their comfort zones. She is very adept at teaching to the younger generation and is motivated by the unknown, and encourages people to stay positive through the unknown.

Words that describe Colleen are CREATIVE, SPONTANEOUS, OPEN-MINDED, POSITIVE, and FUN.



Student Ambassador Jessica and Instructor Colleen Baker

LCC Students Hike New Disc Golf Course

Carrie Nyman's class takes a trek to the brand new disc golf course that has been set up at Skyline Park in Susanville. This park is located close to the college and a great place to take in beautiful views and get some fresh air. If you're interested in starting a LCC Disc Golf club, please be sure to contact ASB.



RECAP-COLLEGE, CAREER & TRANSFER FAIR



Over 500 people explored their potential during the annual College, Career & Transfer Fair held each fall semester at the LCC Sport complex. Many college representatives and employers were on hand to highlight their programs and answer questions.

October & November Important Dates/Deadlines

October

Changes are being made to the Gunsmithing application process (Check the LCC website or contact ext. 8800 for current information)

November

- 4-8 Priority Registration for Spring 2020
- 9 Open Registration begins online-All Students Spring 2020
- 11 Veterans Day Holiday-NO CLASSES-Campus Closed
- 12 Open Registration begins in Admissions for Spring 2020
- 15 Last day for students to withdraw from Fall 2019 (full-term classes only)
- 27 NO CLASSES-Campus Open
- 28-29 Thanksgiving Holiday-NO CLASSES-Campus Closed

Upcoming LCC Events OCTOBER

Every Wednesday-English Writing Workshops 9am-9:50am in HU 213

Wed 10/02-EOP&S Your Personal Learning Style Workshop 3pm-4pm @ Basecamp

Wed 10/09-Cougar Cooking 10am-1pm @ Board Room
Cougar Cooking After Dark 5:30pm-6:30 pm @ Dorm Kitchen

Oct. 14-18-Undocumented Student Week of Action

Thur 10/17-Bagel Thursday 8:30am-11am Outside the LCC Board Room

Tue 10/22-Save Your Semester Workshop 12:30pm-1:30pm @ Learning Center

Mon 10/28-LGBTQ Workshop
Tue 10/29-Pride Night Celebration

NOVEMBER

Every Wednesday-English Writing Workshops 9am-9:50am in HU 213

Mon 11/04- EOPS Time Management & Self Care Workshop 12:15pm in BaseCamp

Wed 11/13-Cougar Cooking 10am-1pm @ Board Room
Cougar Cooking After Dark 5:30pm-6:30 pm @ Dorm Kitchen

Thur 11/14-International Student Celebration Day 11:30am-1pm Cafeteria

Thur 11/21-Bagel Thursday 8:30am-11am Outside the LCC Board Room

Tue 11/19-Staying Motivated Workshop 12:30pm-1:30pm @ Learning Center

TBD-Native American Heritage Month Activity