

THE COUGAR

HAPPY
HOLIDAYS!

Fall/Winter
Issue 4

Wedemeyer Focused on Making Positive Impact in Nursing and Community

Julie Wedemeyer knows first hand that life can take some interesting twists and turns. The Lassen College nursing instructor and alumna experienced her fair share while growing up, starting from an early age. Born in Susanville, she was adopted at 21 days old and moved to Sacramento with her new family, where she lived until she made the decision to find her birth parents.

Wedemeyer was enrolled at American River College (ARC) in 1993, when she made the decision to reunite with her birth parents. The reunion went so well and with the blessing of her adoptive parents, whom she remains very close, the then 20-year old decided to put school on hold, and move back to Susanville so she could develop a relationship with them. Not only did she begin a relationship with her birth family, she met and married her husband, and started a family. Though the marriage didn't last, Wedemeyer knew she was home and had no intention of leaving.

While attending ARC, Wedemeyer was taking a few pre-requisite classes for the nursing program. She aspired to be an LVN, and after putting her education on the backburner to raise her family, she realized it was time to go back to school and Lassen College was the perfect choice.

"It really worked around my life's schedule and allowed me to work and still be involved with my



Alumna, Julie Wedemeyer, is now a full-time instructor for Lassen's nursing program.

children," said Wedemeyer. "Once I entered the LVN program, my schedule became a little more challenging, but it was still a wonderful program that allowed me to be home with my family."

Wedemeyer attended Lassen full-time while working as a licensed cosmetologist. When she graduated in spring of 2005, she was focused on getting as much experience as she could in nursing as an LVN, and then continuing on to earn her RN. In 2011, she graduated from the College of the Siskiyous with her RN.

She was immediately hired by Banner Lassen Medical Center to work on the med-surg floor,

WEDEMEYER, PAGE 4



Lassen Community College provides outstanding programs for all pursuing higher education goals. The core programs offer a wide range of educational opportunities including transfer degrees and certificates, economic and workforce development, and basic skills instruction. The college serves students, both on campus and in outreach areas in its effort to build intellectual growth, human perspective and economic potential.

SAVE THE DATES

Feb. 1 - LCC Pep Rally

Show your Cougar pride and honor our student-athletes while enjoying contests, giveaways, and a guest speaker. Time TBD.

Feb. 3 - Alumni Day

Celebrate with Cougar Alumni featuring an alumni basketball game, LCC men's and women's basketball games, and an evening reception.

Feb. 15 - Louis Price Benefit Concert & Dance

The Lassen College Foundation will host the annual Smooth Jazz, Gospel and Rhythm and Blues concert to honor Black History Month. Doors open at 6:30 pm. Tickets start at \$10.

Frightmare Forest Returns for 6th Sinister Year

This year's Sixth Annual Frightmare Forest hosted by the Lassen College Women's and Men's Basketball teams drew upwards of 1,500 thrill seekers over five days to the Shaffer Family Ranch in Susanville.

Dorinda Shaffer, the Head Coach of the LCC Women's basketball team, along with her husband Mark; Will Freedman, the LCC Men's Basketball Coach, and countless volunteers, spent weeks leading up to Halloween brainstorming, designing, organizing and building a two-mile path of terror that featured ghoulish characters, horror movie reenactments and other frightful scenes. This year's forest included some new themes; "Camp Crystal Lake", "Silence of the Lambs", "It" and "The Mummy" and some of the crowd favorites took scenes from the 2013 cult classic film, "The Purge", psycho clowns and a walk through the insane asylum.

The cost to enter Frightmare Forest was \$10 a person and the money raised helped to purchase the teams' travel gear and fund other travel expenses.

"We had so many people tell us they thought the decor this year was the best ever," said Shaffer. "We had a sixth-grade class from Diamond View Elementary School that studied ancient Egypt, volunteer to make props and man our mummy section. It was a huge success."



Campus Renovations Address Needs of Programs and Students

With any aging facility, continuous updates and renovations are not only a necessity but crucial to the happiness, health and well-being of those who work at and visit the environment. Last spring and summer, two major improvements were completed on the Lassen College campus. The Nursing program moved into their new space in March and the Cougar Dorm Café was completed in August.

Nursing was temporarily located in the College's boardroom for two months, until it was moved into the Creative Arts building, taking over the 2,264 square-foot former photo lab. Nursing instructors and students have been provided a completely remodeled, state-of-the-art education training ground, that includes a lab area, classroom with distance learning components (funded by USDA Grant), phlebotomy lab, a study area for students with computers, a director's office, three additional offices for nursing staff, and a storage/prep area for staff.

"The newly renovated nursing center is the only one of its kind in our region," said Director of Nursing, Christi Myers. "The space was carefully created with student success in mind. Our amazing contractor (Knezevich Construction) and all LCC Maintenance staff that worked on this area took into consideration the needs of our growing programs. They created an environment that has been vital to the success of our programs and that is appealing and comfortable for our students."

To address the need for healthy food options for students that reside on campus, the administration, coaching staff and ASB identified the need to design an area to prepare meals when the cafeteria was closed. The concept quickly took flight and grew into not only a kitchen, but also a place for the students to gather.

The Cougar Dorm Café is a professional kitchen featuring stainless steel appliances, prep tables, a large sink, two microwaves, two induction ovens, and four hot plates. In addition, the kitchen includes pots, pans and utensils. The Café is open 5 pm to 10 pm and is monitored by a staff member, students and resident advisors.

"Offering access to healthy food options to our students is a top priority for the administration," said Lassen College Superintendent/President, Dr. Marlon Hall. "We wanted to create more than just a kitchen – an environment where our students can congregate, socialize and grow as students and young adults."

Built in 1970, the dormitory has been home to thousands of alumni. The two-story structure just went through a major renovation with new flooring, a sprinkler system and other upgrades. Lassen College is one of only 10 California community colleges that offers living quarters to its students.



The nursing program now occupies the old photo lab in the Creative Arts building.



Students living in the dorms now have access to a gourmet kitchen when the cafe is closed.

WEDEMEYER, PAGE 1

but moved to obstetrics, which had always been her passion. Her passion for nursing fueled another desire; teaching. Wedemeyer considered marrying her two passions with the motivation to help make improvements to a field she loved.

In 2017, the opportunity to return to Lassen Community College as an instructor presented itself when she contacted Celeste Wisner, a former colleague at BLMC and full-time nursing instructor at LCC, to see if the College was looking for help with the program. She was in luck, the program was in need of someone to teach maternity.

She was excited about the direction the nursing program was moving; the school was planning to build a new facility equipped with state of the art equipment and plenty of room for growing enrollment, and the curriculum had

recently been revamped by the Director of Nursing, Christi Myers and Wisner. Wedemeyer talked with John, her husband of 11 years, her birth and adoptive families, and her peers and agreed it was the perfect opportunity.

The new facility opened in winter of 2017 and features three full-time instructors; Myers, Wisner and Wedemeyer, all with different nursing backgrounds. The new training rooms allow students to be hands on and will better prepare the students for when they are working at clinical sites, and as they enter the workforce and begin interacting with actual patients.

"I couldn't ask to be a part of a better team," said Wedemeyer. "The passion that we share to make not only our community better, but nursing as a whole, is evident. I believe in how we teach our students. We are doing some great things with the nursing program and students at LCC."

emics Student Services 

Alumni Directory Registration Form

By submitting your information, you consent to receive information who in turn will donate \$20 to the Lassen College Foundation School

First Name *

Last Name *

Program

You are part of a group of more than 100,000 who attended Lassen Community College. In an effort to provide better opportunities, resources and services to more of our alumni and friends, we are creating exciting and meaningful changes to how alumni can get involved and support LCC students. Help us build our alumni network by emailing us at: lccfoundation@lassencollege.edu or by visiting our website at: www.lassencollege.edu. Go to the "Support LCC" tab to sign up with our alumni directory.

LCC Hosts FFA Field Day for Area High Schools



Lassen Community College hosted its annual FFA Field Day on Oct. 14 for 129 students from area high schools, including Modoc, Surprise Valley, Hamilton City, Herlong, Del Oro, Los Molinos, Loyaltan, Fall River/McArthur, Orland, Red Bluff, Lassen Union, Tulelake, and Westwood. Students competed in one of the eight contests; AET Farm Records, Ag Mechanics, Best Informed Greenhand, Farm Power and Machinery, Light Horse Judging, Floriculture, Vegetable Crop, and Vet Science.

"We were fortunate to have many staff members, community members, students, and former students who volunteered their time to support this event," said Alison Somerville, LCC Counselor and Articulation Officer.

This opportunity provided an educational experience for the students and many left with smiling faces as many were recognized for their knowledge in their field. LCC hopes to continue to support these students and build the program in the years to come.

Inaugural Charity Golf Challenge Deemed a Huge Success



The Lassen College Athletic Boosters and Lassen College Foundation want to thank the following for their support of the inaugural Lassen Community College Charity Golf Challenge on Sept. 9, at Diamond Mountain Golf Course.



Atlantis Casino
 Baby Quasar Skincare
 Uptown Cinemas
 The Renaissance of Reno
 National Rifle Association
 Nicole Silvey – Massage Therapist
 Eagle Lake Campground & Marina
 Bottle and Brush
 Billington Ace Hardware
 IGA – Susanville Market
 Belle en Vie Salon & Day Spa
 City of Susanville

Diamond Mountain Golf Course
 1992 & 1993 Lady Cougar Basketball
 State Champs
 Derrick Clark – 1992 LCC Alumnus
 John Sullivan - 1993 LCC Alumnus
 Lassen Ale House at The Pioneer
 Tri Counties Bank
 Gary & Susan Felt
 Plumas Bank
 Morning Glory Dairy
 Edward Jones – Angie Crowley
 Susanville Rancheria
 Mary and Marlon Hall
 Lou & Yvonne Hamilton
 Nancy Cardenas
 Margie's Book Nook
 Sophie & Jim Wages
 Gold Run Cabinets and Door
 Golf Headquarters of Reno
 Countless Volunteers/LCC Athletics





Fall Sports Report

MEN'S SOCCER

The Cougars wrapped up the 2017 season with a Golden Valley Conference championship and plenty of accolades including a 9-1-2 record in the GVC conference. Carlos Eduardo finished second in the state for goals with 20, and 20 assists, Adolf Bitegiko finishing first in the state for assists with 24, and Lucca Lima ending with 17 goals. Carlos Eduardo was GVC Most Valuable Player, Adolf Bitegiko was GVC Offensive Player of the Year, and Head Coach George Kee received Coach of the Year honors.

WOMEN'S SOCCER

The Lady Cougars competed hard throughout the 2017 campaign and were able to transfer all of their sophomores to a variety of schools on scholarship. Lassen finished the Golden Valley Conference with a 3-9 record, and 5-14-1 overall. Emily Upstone and Brenna Mendonca were named GVC All-Conference.

VOLLEYBALL

The young Lady Cougars volleyball team, comprised of all freshman (nine) except for two sophomores, finished 3-7 finish and 7-19 overall. Sophomore Krysti Collier closed out her career at LCC in the top five in the conference with digs and digs per set, followed by Pilgrim in digs per set. Hearn finished second in blocks in the conference. Hearn and Pilgrim were honored with All-Conference Honorable Mention.

WRESTLING

With only three wrestlers on the roster, the team went 1-11 in duals. Freshmen Tevin Bailey (184-lbs), Cole Mair (285-lbs), and Jonathon Campos (174-lbs) all qualified for the CCCAA State Tournament. Bailey finished third at states and earned All American honors. He stormed into the postseason by winning the CCCAA North Regional and becoming LCC's first regional champion since 2008. Mair cranked out an 8-2 record in dual meets and placed third in the CCCAA North Regional, losing only to the #1 seed in the semi-finals and took third at States, also taking home All American honors. Campos came through big at the CCCAA North Regionals, fighting his way through his injury and managing a sixth-place finish.

Cougar Softball Serves Breakfast to Local Veterans for 6th Straight Year



The Lassen College Softball team, hosted the Sixth Annual Veteran's Day Breakfast at the Lassen County Fairgrounds following the Veteran's Day Parade on Nov. 11. The event was a huge success with more than 250 veterans and their families, nearly double from last year, gathering to enjoy a home cooked breakfast prepared by the softball team and countless volunteers.

"We received a ton of compliments on the food," said LCC Athletic Director, Glen Yonan. "But most of the compliments went to the members of the women's softball team. They bought the food with money they had raised and then cooked and served the food. They also decorated and cleaned the hall when we were done."

Yonan added, "But the biggest compliment they received, was how welcomed and appreciated they made all of the veterans and their family members feel. There were literally dozens of people who went out of their way to find me to tell me how they were graciously greeted and made to feel appreciated on a whole new level. These girls are to be commended for making these heroes and their families feel like the heroes that they are."

Lassen College Softball would also like to thank Tony Esparza, Sam Yonan, Brenda Hoffman and Kevin Jones for all of their help. IGA, Community Church and Starbucks for their substantial contributions as well as Jim Wolcott and the Lassen County Fair Board for the use of Jensen hall.

