



THE PAW

The latest news and updates from LCC Student Ambassadors



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Never Give Up

by Tutor, Sarah Taylor

Lately, I have been so overwhelmed by the stress of the semester and the extracurricular activities I face, that I have been so tempted to just give up and throw in the towel. It has taken many talks with the people in my support system to prevent me from going there. Let's be honest here, there are some days we all feel like giving up; that's just life. It is how we manage these feelings that makes all the difference in how we succeed.

I understand how real the struggle can be, and I am here to tell you that it can get better. Not only do I take 17 units here at LCC, I am also a full time mother of three young children, a part time tutor, and I struggle with Obsessive Compulsive Disorder. There are so many days where it seems so much easier to just give in to my disorder and give up on school, life, everything.

I'm telling you my story because I want to inspire you, and tell you that if I can do it, so can you. I want you to know that there is hope, there is help, and there is always a way. Giving up is never the answer. When you feel like the load is too much to handle, come and talk to someone, anyone. It could be your counselor, it could be Meggin, Jennifer, or it could even be me. A good support system is always the key to getting through the rough patches in life, and if you are unsure where to start, come on up to the Learning Center, and let us help you get pointed in the right direction. Best of luck to you all!

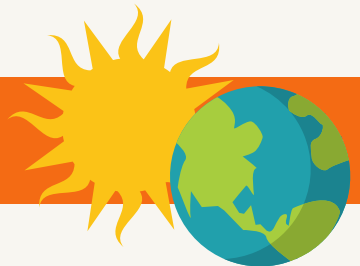


ASB



The Associated Student Body (ASB) from left to right : Russell Rucklos, Christian Richer, Cecilia Rivera, Eileen Richmond, Isacc Smith, Joey Peska, Cole Gamarath, Jessica Longoria, and Genevieve Santa

EARTH DAY 2020



Caring for Our Campus

The Student Ambassadors and ASB have been working with the LCC family to hold a two part campus beautification and Earth Day event in April. These two events will be a chance for our greater community members, students, staff, and faculty to become a team and make the planet better. We encourage everyone to join in these activities: Below are the dates. More details will be posted on LCC Facebook and the LCC website.

Saturday April 18th-Campus Beautification

9am to Noon at LCC. Meet at the "Circle".

- We will be planting flowers under the Lassen College sign at the main entrance, plus flowers at the 4 corners.
- The Dee Foster flower bed will be renovated to include a butterfly garden.
- Lunch will be served-Hot Dogs, chips and a drink.

Wednesday April 22-Earth Day

Noon to 1pm at the Center of Campus.


- Plant 3 trees near the Administration building.
- Take an Earth Day Tour of Campus and enjoy goodies at designated stops.

More details will be posted on the LCC website and LCC Facebook.



STEM Club

STEM
LCC STEM Outreach Club Now Recruiting!



Science * Technology * Engineering * Math

Meets every 2nd and 4th FRIDAY * 3 - 4pm in MS 114
Contact Yuting at yilin@lcccollege.edu, Office MS107, x8871 for more information!

Join the LCC S.T.E.M. (Science, Technology, Engineering, and Mathematics) Outreach Club!

We Meet every 2nd and 4th Friday each month in room MS 114 (Math/Science Building) from 3-4pm. Everyone is welcome to participate and share the passion for S.T.E.M. We hold outreach events to the community, discuss S.T.E.M. related career paths, and much more! Here at LCC S.T.E.M. Outreach Club we hope to inspire diversity in S.T.E.M. to engage in related fields.

This semester we look forward to the following:

- Participate in 8th grade week, and engage the middle school students with fun S.T.E.M. demonstrations.
- Bring in working professionals in the S.T.E.M. field to share their experiences (nursing, pharmaceutical, etc.).
- Reach out to local schools for a variety of S.T.E.M. outreach events.
- Hold astronomy and science night for student meetup
- Many other activities that engage S.T.E.M. student meetup.

Through the S.T.E.M. Outreach Club, we hope to encourage students' interest in S.T.E.M. related fields and inspire different career paths.

We hope to see you at our next meetings!
March 13th and March 27th.



Faculty Spotlight

Toni Poulsen

This month's spotlight shines bright on Toni Poulsen. Toni is a highly respected instructor to the students at LCC. She has taught for twenty-three years at LCC: 15 years instructing P.E., 8 years teaching History and Political Science. She has also coached volleyball for 10 years. Despite always having a "full plate", Toni is willing to step in when needed to help clubs and events.

Toni grew up in Susanville since the age of 4, and has always had leadership tendency and a strong interest in how government works. She is a graduate of Ricks College, a proud mother of 5 children and grandmother to 14 grandchildren.

Her hobbies include playing the piano, golfing, sewing, and mowing her lawn. She is very active in her church and leads the choir.

Toni is truly here for her students as she tries to hear the student's views, opinions and thoughts, and encourages active participation by her students. She integrates lessons into students' lives, so the knowledge sticks in their minds. She conveys very eloquently that the history of one's family or ancestry is of importance because we really are our ancestors and our children will be us. She motivates students to figure out who our family is, where we came from, why we came here, and challenges students to imagine going through history like our ancestors.

Words that best describe Toni: **PASSIONATE, RELIABLE, COURAGEOUS, LEADER.**



Toni Poulsen

Intramural Sports

LCC Intramural activities are brain breaks from studying and coursework. These activities are hosted every Monday and Thursday. LCC Intramural activities include: Texas Hold' Em, 3 on 3 soccer, Ping Pong, Foosball Doubles, and Kickball. These activities are designed and dedicated to students' enjoyment and amusement. All of these activities are fun and can get very competitive LCC Intramurals take away demands from every day life. Attending Intramurals will surely benefit students to interact with one another and will encourage teamwork! Who wouldn't want bragging rights?

For more information, please contact Beau at (530) 251-8879

Monday	2-Mar	Texas Hold 'Em	Lounge - 9pm
Thursda	5-Mar	3 on 3 soccer	Gym - 7pm
Monday	9-Mar	Ping Pong	Lounge - 9pm
Thursda	12-Mar	Volleyball	Gym - 7pm
Monday	16-Mar	Foosball Doubles	Lounge - 9pm
Thursda	19-Mar	Kickball	Softball Field - 7pm
Monday	23-Mar	Texas Hold 'Em	Lounge - 9pm
Thursda	26-Mar	Kickball	Softball Field - 7pm
Monday	30-Mar	Ping Pong	Lounge - 9pm

Cougar Pod on the Move

Sponsored by Student Ambassadors

"A mobile solution to increase engagement and build community"



Look For the Orange Pod

*Enjoy Student Time,
Get To Know Others, Build Community, Stay Informed and Have Fun!*

FRIDAY, MARCH 13, 2020
IN HONOR OF WOMEN'S HISTORY-"WOMEN WITH GAME"
LCC WOMEN'S SOFTBALL GAME
12:30 PM TO 1:30 PM FREE HOT DOGS, CHIPS & DRINK

THURSDAY, MARCH 26, 2020
KICKBALL ON THE LAWN NOON TO 1 PM.

LCC HiSET Graduates

On Thursday, March 5th, the LCC Adult Education Center held a graduation ceremony in Middleton Hall to celebrate the accomplishment of 3 HiSet graduates. The LCC Student Ambassadors presented each graduate with a candy lei to acknowledge their accomplishments and to share with them that you can do anything you put your mind to. Congratulations Adrian Tong, Skye Spillers, and Bryan Moreno-Mendoza.



Adrian Tong

Skye Spillers

Bryan Moreno-Mendoza



CONGRATULATIONS

Women's History Month



Women's History Month is celebrated each March, nationwide. In 1978, the Education Task Force of Sonoma County (California), arranged to have a week in March dedicated to women, calling it a "Women's History Week". This event drew others in and brought about similar observances within the county, which eventually grew to be recognized nationally. In 1980, a presidential proclamation was issued by President Jimmy Carter declaring the week of March 8th "National Women's History Week". Following this in 1987, congress then passed "Public Law 100-9" which stated that the month of March be dedicated to women and all of the contributions they have made for our wonderful country. Presently, we celebrate and honor women this month by educating ourselves and others on the wonderful things women have provided for our country, as well as empowering one another to strive for greatness. On our LCC Campus, we will be celebrating the determined, intelligent, and independent women by hosting three events:

- **Friday March 13th-Cougar Pod honors "Women got Game" at LCC Women's Softball Game with Free Hot Dogs, Chips and Drinks.**
- **Saturday, March 21st-Women's Conference at the LCC Sports Complex from 11 am-2 pm.**
- **Tuesday, March 31st-Student Craft Day in honor of Women's History Month (Stay tune for more details).**

Students, come out and honor our amazing women within this community!



Scholarship Applications



Every year from March to April the students at LCC have a chance to win scholarships that range from \$200 to \$2000. Scholarships can help students to continue studies here or at 4 year institutions. All you need to do is access the LCC Web page or go to the Financial Aid office to get the scholarship application packet. The application process is simple. When applying for a scholarship provided by a Lassen Community College organization or other organizations from the community you must submit your complete application form, Statement of Educational Purpose, and three recommendation forms to the Financial Aid office by the deadline. Deadlines range between March 23rd and April 17th. For International students, scholarship opportunities are the time to receive aid from the college.

Students, don't hesitate! Get applications turned in today. If you need help, please plan on attending the **How To Write Your Educational Purpose Huddle on Tuesday, March 24 @ Learning Center 12:30 pm-1:30 pm.**

Women's Basketball

The women's basketball season recently game to an end with a narrow playoff loss against San Francisco City College by two points. Head coach Derrick Jackson has been instrumental in leading the LCC women's team to the playoffs for the third year in a row. The Lady Cougars displayed great character throughout the season and on several occasions dug deep to come back with some awesome wins. Way to go Lady Cougs!



Student Life & Workshops March

Cougar Cupboard Open Every Tue, Wed,
Fri 10am-2pm.

ASB Tuesday Weekly Meeting @ HU 213
12:15pm.

STEM Club every 2nd and 4th Friday @
MS 114 3-4pm.

Dorm Club every Monday @ Dorm Lounge
11:45 am

Mon 3/2- Job Applications &
Interview Skills @ Career/Transfer
Center 1pm-3pm.

Mon 3/2- Intramurals-Texas Hold 'Em
@ Dorm Lounge 9pm

Wed 3/04-EOP&S Workshop-
Organizational Skills @ BaseCamp Noon.

Thur 3/5- Cougar Pod-Games on the
Green @ Noon.

Thur 3/5- LGBTQ Workshop
Basecamp 5:30 pm-7:30 pm.

Thur 3/5- Intramurals-3 on 3 Soccer
@ Gym 7pm.

Sat 3/7- LCC Baseball against Butte
(Double Header) @ Noon.

Mon 3/9- Intramurals-Ping Pong @
Dorm Lounge 9 pm

Wed 3/11- Cougar Cooking
Potato Bar 10 am-2 pm.

Thur 3/12- Intramurals-Volleyball
@ Gym 7 pm

Fri 3/13- Cougar Pod-LCC Women's
Softball Game 12:30 pm-1:30 pm.
(Women History Month
Celebration:Honoring "Women got Game")

Fri 3/13- LCC Softball against
Mendocino (Double Header) @ Noon.

Fri 3/13- LCC Meetup-Snowshoeing
Lassen 10am Lassen Park

Sat 3/14- LCC Baseball against Shasta
(Double Header) @ Noon.

Mon 3/16- Intramurals-Foosball
Doubles @ Dorm Lounge 9 pm

Tues 3/17- Parenting From Fear To
Love @ Fairgrounds 9 am-4 pm.

Thur 3/19-Bagel Thursday 8:30 am-11 am
@ Center of Campus.

Thur 3/19- How to Write a Cover
Letter 10 am-11 am @ Career/Transfer
Center.

Thur 3/19- Understanding Self Harm
@ Basecamp 5:30 pm-7:30 pm.

Thur 3/19- LCC Meetup-Board Game
Night 7 pm-9 pm Recreation Lounge

Thur 3/19- Intramurals-Kickball @
Softball Field 7 pm

Fri 3/20- LCC Baseball against Feather
River (Single game) @ 2 pm.

Sat 3/21- Women's Conference @ LCC
Sports Complex 11 am-2 pm.

Mon 3/23- Intramurals-Texas Hold
'Em @ Dorm Lounge 9pm

Tues 3/24- College Success Huddle-
Writing Winning Scholarship Essays @
Learning Center 12:30 pm-1:30 pm.

Tue 3/24- LCC Softball against Sierra
(Single Game) @ 2 pm.

Wed 3/25- Sexual Awareness @
Basecamp 5-7 pm.

Wed 3/25- LCC Softball against
Siskiyous (Double Header) @ Noon.

Thur 3/26- Cougar Pod-Kickball on the
Lawn Noon-1 pm.

Thur 3/26- LCC Meetup Taste of
Popcorn/Sip of Soda 7 pm-9 pm
Recreation Lounge

Thur 3/26- Intramurals-Kickball @
Softball Field 7 pm

Mon 3/30- Intramurals-Ping Pong @
Dorm Lounge 9 pm

Tue 3/31- Student Craft day in Honor
of Women History Month.