

# THE COUGAR

Spring 2018  
Issue 5

## Faculty Emeritus is just one title in the long list of Chavez's impressive resume

When Bernadette Chavez arrived in Susanville in 1972, she had no idea she would change so many lives or impact so many students. She didn't even know where Susanville was located, she just knew her hippy spirit loved the mountains and was ready for an adventure. Born in Richmond, California, Chavez was raised in a family that was service oriented. Her mother, a teacher, was from Beirut, Lebanon, and her father was from New Mexico.

Chavez knew her life's mission was to teach despite her mom telling her and her siblings not to go into teaching because "your work is never done". Chavez couldn't deny her calling, and neither could her two sisters, who also became teachers. Her brother, who is a writer/producer in Hollywood, and works with 'Dancing with the Stars', teaches periodically at UCLA.

Growing up in the 1960s, Chavez was accustomed to anti-feminist views but not comfortable with them. In high school, she excelled in physics, physiology/anatomy, and chemistry and considered becoming a doctor even though she knew the world expected her to be a housewife. She started modeling in the ninth grade until her junior year of college, and that led to pageants. She was crowned Miss Contra Costa County in 1966, but Chavez knew this wasn't the life she wanted, so she left modeling and pageantry and focused on her



**Bernadette Chavez retired in 2011 after teaching psychology at Lassen College for 38 years.**

education.

"At this point of my life, I chose to develop my brain rather than make money modeling," said Chavez. "My choices in life were never based on making money, only doing what I loved."

Chavez received her Associate of Arts from Contra Costa College and her Bachelor of Arts in Psychology from Chico State. She remained at Chico State to earn her Masters in Psychology. After graduation, she returned to the Bay Area to become a psychology research assistant at the University of California at Berkeley. She returned to Chico State where she

**CHAVEZ, 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

**May 7 through May 25**  
Cougar Countdown

**May 9**  
Annual Students vs. Staff Softball game, 12 - 2 pm, am at the LCC Softball Field

**May 10**  
Scholarship Awards Night, 6 - 7 pm in Student Union

**May 16**  
Wellness Day, 10 am - 3 pm in the Quad, includes an oxygen bar, ASB Fashion Show, chair massages, photo booth, and lots more

**May 25**  
Commencement, 5:30 - 7:30 pm in LCC Athletic Complex

# Lassen College Hosts Inaugural Alumni Day

Last year, the Lassen College Foundation (LCF) put new energy into developing and growing the LCC Alumni Association in order to connect and reconnect with the Cougar Family.

In an effort to generate excitement and enthusiasm for the alumni association, the LCF committed to hosting more events. On Feb. 3, the first Alumni Day was hosted on the campus, bringing together Cougars, from past and present, to celebrate Cougar Pride.

The day kicked off with a free breakfast in the cafeteria, and followed with an alumni basketball game, pitting former Cougars against the Public Safety officials from Lassen County. The Cougars were victorious and all survived without the help of oxygen.

The men's and women's basketball teams hosted their Golden Valley Conference foe, Feather River College, and following the game, alumnus and Susanville native Bob Shepherd, who is now a baseball scout for the New York Mets, gave an inspirational talk to fans.

The day closed out with a reception at The Boardroom Ale House in Susanville.

Plan to join us for the next Alumni Day this fall ... more fun (and details) to come.



# LCC Hosts 2nd Annual Women's Conference

More than 70 people joined together to celebrate Women's History Month at Lassen College on March 17 during its annual women's conference and luncheon. The theme of this year's event was persistence and empowerment and was dubbed, "Nevertheless, She Persisted."

The Sports Complex was transformed into an event center and honored local women, who have contributed to the community in wonderful ways. The attendees were treated to dynamic speakers and a showcase of essays by this year's Lassen County Office of Education Women's History essay contest winners. In addition, longtime Lassen College faculty member, Sue Mouck, was recognized as one of the Amazing Women of Lassen County.

This event recognized the legacy of Zellamae Miles, who passed away in January, and was named in her honor. Zellamae was the great granddaughter of Susanville's founder, Isaac N. Roop. Born in 1926 in Susanville, Zellamae is



remembered as an advocate, community leader and supporter, and historian.

Mark your calendars for next year's *Zellamae Miles Women's Conference* on March 23, 2019.

## Pep Rally Raises Up School Spirit

Staff and students jammed into the bleachers on Feb. 1 to kick off the new semester and go "Paws Up" with Cougar Pride after the long holiday break.

After the singing of the National Anthem, the LCF, in partnership with Kirack Construction, unveiled the Cody the Cougar mascot. Cody has been a fixture at sporting



events and school-sponsored programs since his unveiling and will make special appearances in town to rally support for the school, special events and athletics.

Throughout the rally, students competed in contests for prizes. To

close out the event, alumnus and Susanville native, Bob Shepherd, gave an motivational talk to staff, students and guests.

A fall 2018 pep rally is in planning to kick off the 2018-19 school year.

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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 Scho

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](mailto:lccfoundation@lassencollege.edu) or by visiting our website at: [www.lassencollege.edu](http://www.lassencollege.edu). Go to the "Support LCC" tab to sign up with our alumni directory.

## CHAVEZ, PAGE 1

worked as an administrator but longed to start teaching. A former classmate from Chico State was the Librarian at Lassen and kept encouraging or "bugging" her to apply for a Psychology teaching position. The College's President traveled to Chico to interview her and hired her on the spot.

During her 44 years at Lassen, Chavez amassed an impressive resume. She received certifications in Positive Psychology, Post-Traumatic Stress Disorder, Spirituality and Healing, and Mind Body Medicine from Harvard Medical School. While at

from her students, meditation, and her life experiences to create everyday new lessons. She taught self-love and self-respect and helped students realize their potential and uncover the tools they needed to be successful in all of their relationships.

Chavez retired from teaching in 2011 but remains a permanent fixture at school

events. She remains in contact with many of the alumni and finds great joy in keeping those relationships active. She was and will always be a unanimous favorite among her former students, Lassen alumni and colleagues.

*A letter from Bernadette:*

*"Close your eyes... Drop your jaw... Relax... This is your time when you are in my classroom! Hello to all of my "daughters" and "sons" how blessed my life has been to have such an enormous Lassen College Family!! I was always so proud of each and every one of you. You always filled my heart every day. I was always so excited and I couldn't wait to share the latest theories, ideas and beliefs in the field of Psychology with each of you. You were the sunshine of my day. You were the reason I couldn't wait to get up in the*



*morning and go to "work". Teaching at Lassen College was a highlight in my life.*

*Now that I am retired and still living in Susanville, the "thing" I miss about teaching is all of You! I loved you all with my whole heart. I only wanted each and every one of you to love yourselves, trust your feelings and follow your heart. I knew if you learned those things you would be OK and have a "good life". I also wanted you to be well educated...to have a balanced awareness of the possibilities the world could offer you... to discover what you had to offer to the world...and then have the courage to GO FOR IT!!! That is what Lassen College was all about...opening doors for you ... learning to Believe in yourself!*

*To all of you who thought I could read your mind... I could! LOL! Be Positive! Keep in touch! Remember "We are all part of the Lassen Family" then, now, and always!"*

*Bernadette,  
Your "old Psych teacher"*



Lassen, along with her career as a Psychology professor, she also served as Director of Student Activities, counselor, President of the Faculty Association, President of the Academic Senate, President of the Lassen College Federation of Teachers, Advisor to all Clubs on Campus, and Affirmative Action Officer, in which she represented the College in all matters including Title Nine, fairness in hiring, complaints involving inequities and sexual harassment for the entire campus.

Chavez didn't rely solely on a textbook to teach her class, she used current events, the energy

# Motown Returns to Campus for Annual Benefit

The sounds of Motown could be heard around campus on Feb. 15 as Louis Price and Kenney Poulson returned to Lassen College to support the Lassen College Foundation (LCF) Scholarship Fund. The annual Benefit Concert and Dance was a huge success and thanks in part to our generous donors, a number of volunteers, Lassen College's Superintendent and President Dr. Marlon Hall, and the LCF.





## Winter Sports Report

### WOMEN'S BASKETBALL

For the first time in 10 years, the Lady Cougars made it to the CCCAA playoffs. They turned around last year's record of 4-21, a season plagued with injuries, losing four players to ACL tears, to finish 19-11.

Lassen upset state ranked conference foe Feather River College at home, to finish in second place in the conference. The Lady Cougars lost in the first round to Chabot College, but will only graduate three sophomores and are expected to contend for the Golden Valley Conference title next year.

Freshmen Maddie Camacho, Shayla Carrier and Jocelyn Gandara earned All-Conference honors. Freshman Hannah Carson earned Honorable Mention, despite missing the last four games to a knee injury.

### MEN'S BASKETBALL

The 2017-18 campaign was a roller coaster ride for the Cougars. The team started the year with a strong performance at the San Jose City College Tournament finishing 2-1 and bringing home the Consolation Championship trophy. After the strong start the Cougars were hit with the injury bug which delayed a lot of the development of the team as a whole. Lassen then lost eight straight games (seven of the those teams made the playoffs and two made the Elite 8) as they struggled to find their identity as a team.

Despite the adversity this Cougar team fought all year and found their stride towards the second half of the season. Lassen finished the year going 6-6 in their final 12 games which included a big road victory against Big 8 Conference member American River College by 12 points. The Cougars played their best basketball to finish the season winning two out of their last three games which included a 14-point win against College of the Redwoods, a close nine point loss against state ranked Butte College and then a 25 point win to close out the season against College of the Siskiyous.

Unwana Ekiko and Kameron Brandon were named All-Conference and Max Denham was selected Honorable Mention. DeMario Newman made the All-Defensive Team.

## Former Cougars Meet in the NCAA Sweet 16



Cherie Hogg, a 1992 alumna of Lassen College and member of the 1992 Lady Cougar State Championship team that went 35-1, is now an assistant coach with the University of Buffalo women's basketball team. In her sophomore season, Hogg was named to the All-State team and played for Gary Kloppenburg, who has also coached in the WNBA and NBA.

Buffalo faced the University of South Carolina (USC) in the Sweet Sixteen. USC is the 2017 National Champion. Fred Chmiel, who was an assistant coach with Lassen College men's basketball team, is now an assistant coach with the Lady Gamecocks. Chmiel coached under Kloppenburg after he took over the men's program in the mid-1990's.

USC defeated Buffalo, 79-63, to advance to the Elite 8 but lost to Connecticut in the next round.

Caleb Wood (below), Class of 2016, and the University of Penn basketball team made it to the NCAA tournament. They lost to Kansas in the first round. Caleb, a senior at the University of Penn, was named to the Academic All Ivy League team and was instrumental in their tournament bid.

