

THE PAW[🐾] PRINT

Winter 2018 • The Student Newspaper of LCCC • Vol. 5 No. 2

The Paw Preview

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Moviegoers, you could be going to drive-in theaters. Read Nico Peterson's article.

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The National Museum of Industrial History prints a great picture of papermaking's history with its newest exhibit. Read William Tkaczuk's article. *Page 18*

Wanted!

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LCCC celebrates Halloween

Lien Tran
Writer

Lehigh Carbon Community College recently held a Halloween party for students, faculty and staff to celebrate the holiday.

This was a small but great celebration that included a costume contest, a flashback dance of the 5K/Walk & Zumba by the staff, different kinds of food and drinks, and people taking pictures.

"I think the party is really cool," said Ava Lovas, one of the students who attended the party. "I love the music, and the people in charge seem really funny. Lots of amazing costumes and people."

It was a very nice, light-hearted gathering that allowed faculty, staff and students to relax and enjoy.

"It's great to see faculty and students having fun together," Thomas Meyer, Vice President of Academic Services and Student Development, said enthusiastically. "That is an important part of the college learning experience. And I am pleased to take part."

The party was neatly prepared with the help of Meyer, Susan Fread, Gene Eden and Tracy Williams.

Faculty, staff and students relished their time at the party. They were eating, sharing conversations, and sharing lots of laughter with one another.

"It is a wonderful turnout," Gene Eden, Director of Student life, said. "It is great to see students, faculty

and staff all come together for some Halloween festivities."



Photos by Lien Tran
Students enjoying games.



The costume contest at the Halloween party.



The flashback dance, performed by staff.

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THE PAW PRINT Contact Information

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Words from the editor

Veronica Rosenberger

Editor

One of my favorite quotes about beginning to use affirmations is from *You are a Badass: How to Stop Doubting your Greatness and Start Living an Awesome Life* by Jen Sincero and goes, "And yes, at the beginning it may feel like you're lying to yourself, but the truth is, you're living the lie, so the affirmations get you back to truth."

The way that we talk to ourselves internally is more important than how we communicate externally with others around us because how we communicate to ourselves sets the foundation for communication with others.

Did you know, the only places we see our own faces are in photos and in the mirror? The latter of those two is the only good place to have a face-to-face conversation with ourselves.

The mirror is a very convenient spot to practice positive self-talk. We see our faces reflected in the glass multiple times per day. The next time you begin your day, set a positive tone for the rest of it by using affirmations. Look yourself in the eyes and tell yourself that you already are exactly what you don't think you are but want to be.

"I am courageous, I am confident, and I forgive myself easily," are a few examples of affirmations. They can be about success. "I am able to achieve every experience that I dream of, and I have all of the resources I need to reach my largest goals. The opportunities I am seeking are seeking me, too. I bring enrichment to situations and people around me."

Affirmations can be about anything that you want them to be about. Only speak affirmations which bring about positive changes, please. Just seriously believe that

speaking them will alter your life, and your life will be altered.

If this is your first time talking to yourself in the mirror, it is probably going to feel unnatural to you.

Motivate yourself by remembering why you decided to try affirmations instead of giving up from the sheer feeling of discomfort.

Understand that the words which roll off your tongue affect your subconscious. Have you ever said, "I'm hungry," when you weren't really all that hungry and found that your stomach felt totally empty a minute later? The words we speak are powerful. If our thoughts are in regular font, the things we say are in bold.

Why the mirror is a better place to say affirmations than the common method of keeping your eyes closed to say them is because looking at yourself in the mirror creates a connection between the image of yourself and the positive words that you're saying. Keeping eye contact with ourselves allows us to be deeply intimate with ourselves, and really have a heart-to-heart conversation with ourselves. The goal of these mirror affirmations is to start seeing ourselves better. When you talk to yourself in the mirror, tell yourself I said "Hi," and that I think you're doing great.

More positivity? Yes, please.



Veronica Rosenberger

Information & Policies

THE PAW PRINT is a student-run campus newspaper, printed to bring its students and community comprehensive coverage of the news and events affecting our campus. The editors encourage interested students to become involved in the production of The Paw Print. Interested students should contact the newspaper via email (pawprint@lccc.edu).

Students and community can also access THE

PAW PRINT online at lcccpawprint.net. The newspaper will be updated twice per semester. PDF forms of the printed newspaper will also be accessible shortly.

The editors and advisors are the decision-making body of the newspaper and governs its operations. The paper is dedicated to accurately reporting on the activities and proceedings on campus and in the surrounding areas. Opinions and views expressed in the newspaper are those of the journalists and editors, and do not necessarily reflect the views of Lehigh Carbon Community College.

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THE PAW PRINT editorial policy reflects the ethics of college journalism. The paper, both as a whole and as the journalists individually, strive to protect and uphold this policy at all costs.

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news&features

Therapy dogs reduce stress for passengers

Emily Johnson
Writer

Airports are notorious for endlessly long lines, delayed flights, and lost luggage. Frequently, travelers move about the airport with a great deal of stress on their shoulders. In an effort to alleviate some of that stress for passengers, airports across the country have initiated therapy dog programs.

The Lehigh Valley International Airport launched C.O.P.E. (Canines Offering Passenger Encouragement) on December 28, 2015 as part of an on-going passenger amenity initiative. The primary function of the program is to give therapy dogs and their handlers an opportunity to provide relief and comfort to passengers.

"When passengers see a therapy dog, it instantly calms their nerves and makes them feel at ease," Paula Bonstein, Manager of Customer Experience at LVIA, said.

The local airport started the C.O.P.E. program with six handlers and their therapy dogs. Since then, the program has expanded to a total of 23 therapy dogs and handlers at LVIA. In addition to the therapy dog training, the handlers are also trained to volunteers provide general information and assistance to travelers.

The therapy dogs and their handlers are commonly seen in the Main Terminal and Departure Building. In a crowd, they can easily be spotted as the handlers and dogs wear a required garment with the C.O.P.E. logo.

"The dog has to enjoy socializing and be interested in humans," Sue Ann Reibman, a handler in the C.O.P.E. program, said.

The veteran

handler was the first to join the C.O.P.E. program at LVIA with her 5-year-old Maltipoo, Sherman. Reibman devotes her time at the airport to interacting with people who appear to be in distress and need a companion to brighten their day.

"Sherman has a natural talent in bringing a smile to people's faces," Reibman said.

Studies have shown that a person holding or petting an animal will cause lower blood pressure, and the release of strain and tension, according to Therapy Dogs International, an organization that helps place therapy dogs.

"I hope by my efforts and other volunteers in this program, we've improved the experience of airports and traveling," Reibman said.

Therapy dog enjoys the attention from two young passengers.



Photos courtesy of Colin Riccobon
A therapy dog wearing the signature C.O.P.E. bandana.



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Students earn benefits in National Guard

Lien Tran
Writer

For those who want to obtain a new experience in addition to college, becoming a United States National Guard member could be a good option that students can take into consideration.

The Army National Guard is a small branch of the U.S. Army that helps during natural disasters, states of emergency and hurricane relief. Being a member of the National Guard is a lot of work, yet there are many benefits that almost no other careers could seem to provide.

"I love it a lot, because we get to help community and also college students with lots of benefits," Sergeant Alexandra Avila, member of the National Guard for six years, said. "The National Guard

offers 100 percent paid tuition to any state funded university, community college or accredited tech school. It also offers low cost medical benefits and low cost life insurance."

A person can join the National Guard and still be able to go to college to achieve his or her degree. After completing the Basic Combat Training and Advanced Individual Training, the

trainee can go to school full time.

During the 10 to 16 weeks of BCT, the trainee will learn technical training, how to survive, how to become a soldier, how to put weapons together, how to shoot and how to be part of a team.

Not only does the National Guard provide a lot of benefits, it also gives a person flexibility that fits their desires.

"As a member of the National Guard,

you can serve your country, go to school full time, and even work a regular job while being close to home," Avila said.

Being in the National Guard requires a lot of determination and effort, but the payoff makes it all worthwhile.



Photos courtesy of the National Guard



Veterans club promotes awareness

Nolan Cope
Writer

Making the transition from serving our country in the military to studying in the classroom can be an extreme culture shock and can be difficult for some veterans. There is a large veteran population at Lehigh Carbon Community College, and every day you likely pass one on campus. The Veterans Club aims to promote awareness of that veteran population, and educate students on why honoring them is so important.

The Veterans Club holds meetings every second Tuesday of the month in the Veterans Lounge, located in the top floor of the Science Hall. The club provides an opportunity for veterans and active military members to come together, share personal experiences, and be able to network with other veterans

and members of the LCCC community.

"There's more that brings us together than that which divides us," Leslie Bartholomew, director of the club, said. "The Veterans Club wants to find those things, take advantage of them, and give back to our community."

Veterans Awareness Week started on November 5 at the LCCC Schnecksville campus with the introduction of the Faces of Honor Photo Display, which was displayed in the Student Union, and honored members of the military from the past and present.

The rest of the week entailed interactive presentations from both Sharon Engdahl, founder of the Mental Wellness Awareness Association, and Michael Hawkins, former Military Police

Investigator turned CEO of Netizen Corporation.

Veterans Awareness Week came to a close on Saturday November 10 with Military Bingo in the Community Services Center where all proceeds benefited the Lehigh Valley Health Network Veteran Health Program.

The Veterans Club will be awarding a \$500 scholarship to an LCCC Veteran or military student for the Spring 2019 semester.

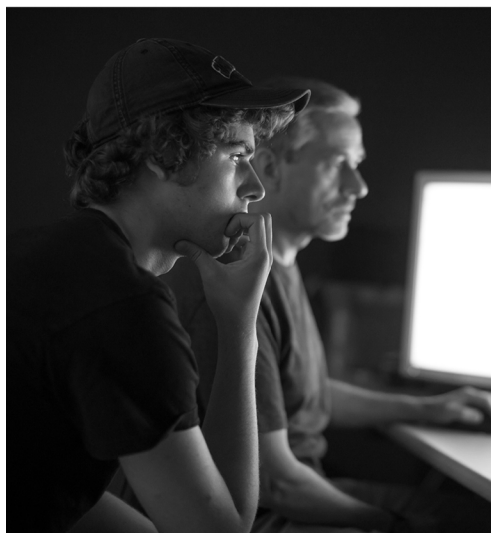
"We're really proud to announce this spring scholarship. This is just one of the many benefits of being a Veterans Club member, and we are always looking for more people to join the family," Bartholomew said.



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Fall fun raised funds for Food Pantry

Nolan Cope

Writer

Runners, dancers and vendors participated in Lehigh Carbon Community College's first annual Fall Festival 5k and Zumba event on Saturday October 27 despite the rainy weather. Students, faculty and the rest of the LCCC community came out to raise money and awareness for new scholarship opportunities, but most importantly, the school's new food pantry program, The Cougar Cabinet.

After completing a 3.5-mile run around the LCCC Schnecksville campus, runners participated in a two hour Zumba class led by Zin instructors Tessa and Pedro Ayala, and Zumba Jammer Caressa James.

"That Zumba class felt more like a party than a workout, and I left feeling great physically and mentally," Chris Fayocavitz, sophomore student, said.

Forty-two percent of community college students reported food insecurity meaning they lack access to nutritional food or have reported feeling extreme hunger pain, according to a survey done by the Wisconsin Hope Lab and Temple

University.

"We realized that in some cases it's difficult to cover all the necessary expenses and still be a good student", Silvia Vargas, director of the Fall Festival, said. "Students are choosing between buying books and eating."

There is a Cougar Cabinet on all three LCCC campuses, but the main one is located on the bottom floor of Berrier Hall where it takes canned food donations daily.

Through funding from the LCCC Foundation and the United Way and in partnership with The Second Harvest Food Bank, LCCC is able to provide students with the opportunity to receive food items once per week to supplement their food supply. Students do not need to provide any documentation of need, but must have an LCCC ID card and complete a declaration form, which is available at the pantry. You do not need an appointment to use the Cougar Cabinet, and walk-ins are highly encouraged.



Photos courtesy of Calderon Photography

Runners begin their 3.5-mile run around the campus.



Carol Obando-Derstine (right) and her son Elijah prepare for a two-hour Zumba class.

Finding a future at the job fair

Hannah Mills

Writer

Lehigh County Community College hosted a job fair on November 1 in the Community Services Center on the main campus.

There were more than 100 employers who are actively looking for employees for full-time, part-time and internship opportunities. Some of the larger companies that attended were Uline, Lutron, St. Luke's University Health Network, Lehigh Valley Health Network, Coca Cola and the U.S. Military.

Some of these had close to 100 positions that they are looking to fill. And among these jobs there was a huge variety from warehouse and customer service jobs, to IT internships and more.

The job fair is a wonderful opportunity for students.

"Maybe coming here I can find new opportunities," Amber Jones, a student

at LCCC, said.

The job fair was also a fun event for students. The job fair had a candy theme this year and there were lots of prizes and raffles. Employers had the opportunity to give students tickets to the raffles if they thought the students did a good job talking with them.

All the employers are looking for qualified people to hire. They also have certain characteristics that they are looking for in individuals. When talking to a potential employer, you should always dress professionally and bring an error-free resume with you.

"Practice your communication skills," Lauren McCabe, HR Generalist from Lutron, said. "Know what you're looking for...and then definitely do your research on the company."

"Integrity. You've got to be a team

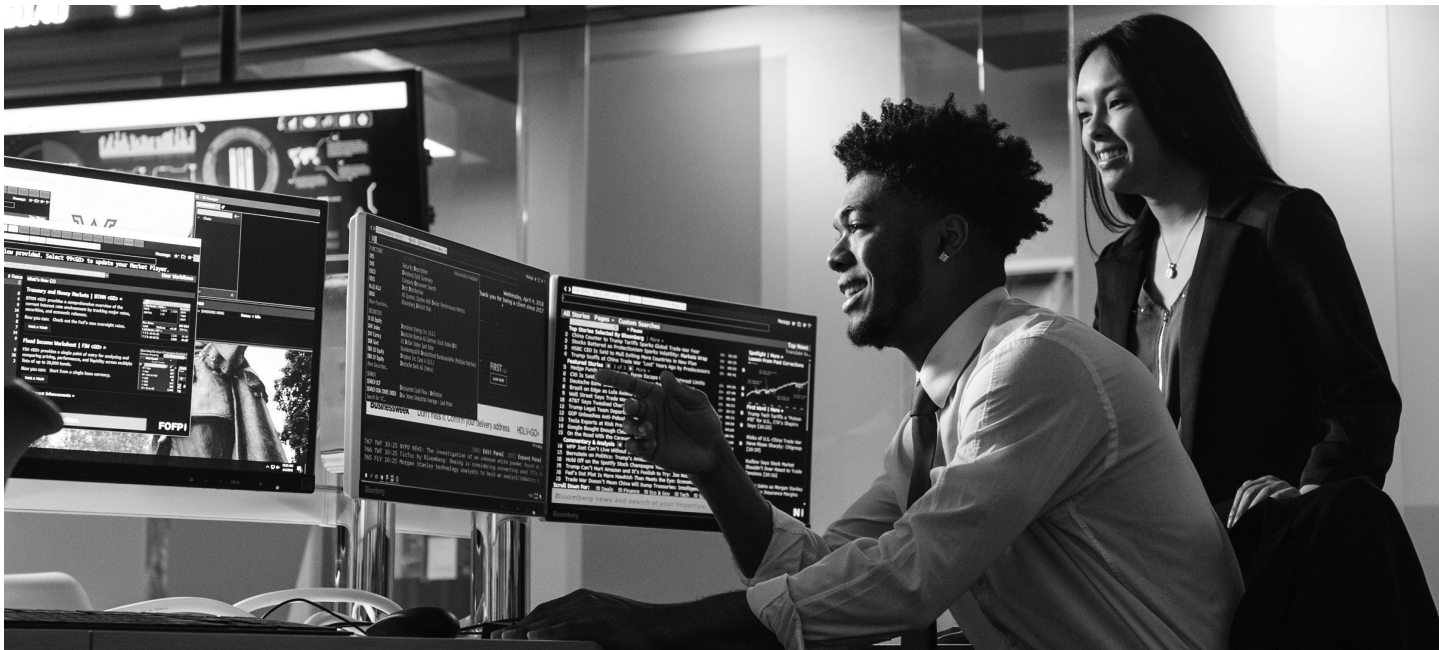
player," Sergeant Sean Dial of the Delaware Department of Correction, said. "Safety is always first."

The job fair is a great place for employers, alumni and current students to make contacts and find new opportunities.

If you missed the job fair this Fall, make sure to attend in Spring.



Photo by Hannah Mills
Sgt. Sean Dial speaks to a student.



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Anime Club fundraises for convention trip

Emily Johnson

Writer

The Anime Club hosted a fundraiser bake sale on the main campus of Lehigh Carbon Community College with proceeds going towards a trip to an Anime Convention in Atlantic City, New Jersey in June, 2019.

The LCCC Anime Club explores the



Photo by Emily Johnson
Zachary Hunsicker (left), Anime Club's Vice President and Lee Ann Holubek (right) host this year's bake sale.

culture of art, cosplay, and anime film. During club meetings, students unwind from their academic schedule and enjoy activities including observing anime films, playing video games, and having lively conversations about anime. The students in the club are encouraged to explore their interest in anime culture and cultivate friendships with fellow club members.

"The moral of the club is to be different, but include everybody so that there's a little something for everyone," Zachary Hunsicker, Vice President of Anime Club, said.

The club is designed for students with a shared passion for anime to have fun, relax, and connect with other students on campus. Students in Anime Club could also connect with people who share the same interest at the convention in Atlantic City.

The convention offers anime

enthusiasts to come out and support the anime community. Every summer, fans from all over the world come together to meet and greet voice actors, animators, and major studio companies.

"Often times, people at the convention dress up in cosplay and play characters," Tracey Williams, advisor of the Anime Club, said.

"The moral of the club is to be different, but include everybody so that there's a little something for everyone."

The AnimeNext convention is all about networking and is an event that the Anime Club looks forward to every year.

If you're interested in joining the Anime Club or learning more about it, contact Tracey Williams at twilliams@lccc.edu.

Honors Program offers students benefits

Victoria Mastroianni

Writer

The Honors Program at Lehigh Carbon Community College offers many options that benefit current and incoming students, including the honors projects, sections, scholarships and the Honors Scholars Program.

Susan Fread, Director of First Year Experience Student Success at LCCC, elaborates on the different options available for current students, and how it can enhance their experience at LCCC.

"Current students who are interested in honors and aren't in the program, College Honors let's them take five courses, either split sections, or honors projects to make a class honors, to graduate from that program," Fread said. "Any three or more credit course can be made into an honors class. In split section classes, everyone meets at the same time, but the syllabuses are slightly different for each group. The honors assignments will be more in

"I wanted to give back to my parents for all they've done for me. Not having them worry about my tuition was something I wanted to do. I wanted to accept a challenge as well."



depth, or their may be an extra paper, it depends on the teacher and what they do with it."

Shayna Frey, a student at LCCC, shared why she chose to become part of the Honors Scholars Program.

"I wanted to give back to my parents for all they've done for me, and not having them worry about my tuition was something I wanted to do," Frey said. "I wanted to accept a challenge as well."

If you are interested in enhancing your experience at LCCC and enriching your transcript, consider meeting with your advisor to discuss potential opportunities you have with the Honors Program.

To learn more about the different types of honors experiences LCCC has to offer, go online to <https://www.lccc.edu/academics/college-honors> and see which program or section you are eligible for.

Study abroad program heads to London

Emily Strohl
Writer

The Summer 2019 study abroad trip will take Lehigh Carbon Community College students to London.

The trip will be eight days long. The flight leaves on July 15 and returns on July 22, 2019. The faculty member who is traveling with the students this year is Professor Scott Keim. He is also teaching a Gothic Horror fiction class before the trip takes off in July.

The theme for the London trip is a gothic tour. Students will be able to experience a Jack-the-Ripper Tour, Sherlock Holmes Museum, Highgate Cemetery, and so many other places in London.

There will be a tour guide who will be present the entire time to take



students around to each place. Along with the places that students will be able to see with the tour guide, they will also get a free day to travel the city themselves at their own leisure.

Prices include airfare, transportation

to and from the hotels and airport, hotel accommodations, breakfast, a certain number of dinners, transportation to the historical sites, and the tour manager.

"On the trips, we did have to do journals," Myrena Frantz, a student at LCCC who went on previous study abroad trips, said. "They weren't really like a write what you did that day thing. It was more relating the things we would see and experience during the day to what we had learned about in class."

"You do not need to take the course to go on the trip," says Professor Scott Keim. "One of the female deans from the college will be with us on the trip. It's going to be a fantastic trip."



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Opinion

Bring back the drive-in

Nico Peterson

Writer

It's 5 p.m. on a Saturday night, you and your date want to go see a movie. Both of you get in the car and drive to the closest movie theater, but you only have \$20 and tickets cost \$24. What do you do?

Should you go home and just rent a movie? No, you want to see a new movie. On the trip home, you pass a drive-in playing the same movie but tickets only cost \$5. Wonderful. You can grab tickets and snacks for you and your date, plus you have your own private seat.

The drive-in has been dying over the past few decades. People find them to be cheap gimmicks of a past era. But that's not true, they are functioning antiques that could make a serious comeback with the support of movie goers.

Bring back the drive-in. Conventional movie theaters show digital copies of movies. Drive-ins traditionally show 35mm versions of movies, but that is also ending. Many drive-ins like Shankweiler's, America's oldest drive in, are installing digital projectors and sound

equipment to bring their screens into the modern age.

Those who oppose the modern drive-in will say that the weather could ruin your night at the movies if it's wet and cold. This is true for the unprepared. There are ways to beat the wet and the cold. For one, you could stay in your warm and dry car, only truly needing to get out if you want to use the facilities or if you want to get a snack. If you like the more open-air style of watching a movie, a simple cover of a propped-up umbrella and a blanket does wonders. There are people who even bring pop up canopies for them and their friends to share.

With rain comes another problem, mud, and it can be a serious issue. The way most drive-ins are set up, there are many pockets where water can collect and make the ground below muddy. A simple partial solution would be to lay down gravel or wood chips to help separate the mud from your shoes. While this does temporarily solve the situation, it

is best to wear unimportant, waterproof shoes as there is no permanent solution available aside from laying down concrete. Just be prepared.

Only we can bring back the drive-in. Only by attending these pieces of history can we keep them alive. Drive-ins are evolving, getting better, and modernizing themselves for our technology-driven world. Don't miss out on it.

Shankweiler's re-opens in the Spring. Let's give it a welcome back party and show that we all still care.



Did I choose the wrong major? How I knew

Veronica Rosenberger

Editor

First of all, the major which you choose does not dictate the hat which you will wear for the rest of your life. There's always time to change the road you're on. But if you can make that change sooner than later, you should. Lehigh Carbon Community College is a great place to be undecided because classes are inexpensive compared to other colleges, so spending an extra semester or two when you make a major change to your plans at LCCC is smart in the long run.

I feel passionate about the world going green so I originally chose Environmental Science to be my major, forgetting how much I struggled with science in high school and middle school.

A sense of accomplishment is what students should be getting when their professor compliments them on their work or when they receive an A, but instead I found myself thinking, "Please don't ask me to do another semester of this."

That's the college equivalent of being promoted at your job and dreading it.

But dreading another semester of a major that I didn't like was minuscule compared to a future of working in that field. I wasn't proud of my work because it didn't fulfill me, and I wasn't going to remain unfulfilled for the rest of my life.

What fulfills me is self-expression through words and aesthetics as well as nature and protecting it.

Communications is the perfect major for me, and I wouldn't have discovered that if I didn't make the switch from Environmental Science.

For some of the students reading this, doing artwork or making people happy may fulfill you. Choose an art major or a psychology major instead of something that promises a job with a generous income. Feeling full in your heart is much more important than feeling full in your wallet.

Relieved is how I felt when I left my advisor's office the day I switched majors. Excited is how I'm feeling about the classes I'm taking now. Satisfied is how I feel when I think about the work that I'm doing. You deserve to be fulfilled.

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Veronica Rosenberger
Editor

As a commuter campus, extracurricular events on campus are not as easily accessible to students as they would be for those who are dorming at their college. When speaking to graduates about their college experiences, I often hear that they were disappointed they didn't get involved in any clubs or organizations. Don't miss out on the full experience. Connecting with students on campus and fundraising are rewarding, and you may even learn something while in an extracurricular group. Often, alumni do not go back to college once they graduate. While you are attending, you have the opportunity to get involved. Why wouldn't you?

All clubs and organizations on campus can be found at www.lccc.edu/student-experience/clubs-activities, but here are a few to look into.

Anime Club

The LCCC Anime Club is a place for students with an interest in cosplaying, the artwork of manga, animations or anime, and the underlying culture to come together and express their appreciation in a group setting. For more information or to join, email Anime Club advisor Tracey Williams at twilliams@lccc.edu.

Entrepreneur Club

LCCC's Entrepreneur club not only encourages students with an interest in entrepreneurship to connect with fellow students who share their interests, but also offers the opportunity for students to speak with alumni and local entrepreneurs who have real-world experience. During Global Entrepreneurship Week, Nov 12 through Nov 16, students had the chance to speak to entrepreneurs in various fields such as graphics, fashion, technology, and food. Personal development as an entrepreneur is one of the club's goals, and it is achieved through workshops, trips, events, and sales. Advisor Amy Quick can be contacted at aquick@lccc.edu. Check them out on Facebook on their page, LCCC Entrepreneur Club.

GSA Pride Club

The Gender and Sexuality Acceptance Pride Club supports LGBTQ+ students on campus, creating awareness and acceptance through social activities. One of the goals is to help students cope with discrimination. Contact advisor Ann Turoczy, aturoczy@lccc.edu for more information.

International Student Association

International Student Association celebrates the diversity at LCCC. This association holds events such as the World Café and International Night where students bring food from their culture, play music, and dance. For more information, contact advisor Ruth Munilla at rmunilla@lccc.edu.

Art Club

Art Club allows students with an interest in creating art to collaborate or work independently in a studio in a group setting. Art club students also organize events such as 2017's Bob Ross Painting Party and Halloween Party. Student efforts encourage participation in events through their Facebook page, LCCC Art Club. Members of Art Club also support efforts to do good for the community through fundraisers. Email advisor Heather Werner, hwerner@lccc.edu, for information about Art Club events or to join.



Photos courtesy of
Gene Eden
Caitlyn "Cat" Neitz,
caricature artist and art
club member, wears face
paint for Halloween.

Physical Therapists Assistant Club

Students in the physical therapy field at LCCC can enhance their education by participating in this club. Tae-Kwon-Do lessons were held in the Spring semester and Fall semester on Nov 13. The funds raised by the admission price benefited the club. The advisors are Evelyn Petrash, whose email is epetrash@lccc.edu, and Anthony Fragrassi, whose email is afragassi@lccc.edu.



PTA club
at Physical
Therapy Day
of Service,
dinner for a
men's shelter.

Political Society

Since most students attending LCCC are slightly over the age of 18, these students are the future and are able to make their voices heard now. On Tuesday, November 6, the Political Society encouraged students to vote in the midterm elections. The goals of the organization are to keep students informed about political elections, to meet and discuss current political events and issues, and to promote student awareness of the functions of government.

Psychology Club

Students do not need to be pursuing an education in psychology for this club. "I took a psychology class and I thought it was interesting, considered studying it, so I thought it would be a good idea to join a club like that at LCCC," Cathryn Siebert, member of Psychology Club, said. Her favorite part of being in the club is the relationships of everyone in the club. For more information, email advisor Gary Andrews at gandrews@lccc.edu

health&fitness

LCCC foodbank turns into food pantry

Devyn Pugh
Writer

Lehigh Carbon Community College has opened a food pantry, The Cougar Cabinet, that provides food for any currently enrolled LCCC student.

The food pantry, located on the lower level of Berrier Hall in room BH5A, is open one day a week. Each week, the day and time changes. During the first week of every month, the food pantry is open on Monday from 8 a.m. to 10 a.m. The next week, the pantry is open on Tuesday from 11 a.m. to 1 p.m. The third week, the pantry is open on Wednesday from 2 p.m. to 4 p.m. and on the fourth week of the month, the pantry is open on Thursday from 5 p.m. to 7 p.m.

If students can not make it to the food pantry during these times, the student may contact Gene Eden or Tracey Williams. They are both located in room

BH5 on the lower level of Berrier Hall where their office is connected to the food pantry. Both Eden and Williams are willing to work with any student who may not be able to make it during the designated pantry hours.

"And, you know," Eden explains as she talks about the days and hours the pantry is open, "they are not set in stone, ... Tracy and I, if a student can't come in during the published hours, we will work with them to make other accommodations."

"Benefits I received from the food pantry are feeding the family, money saved, and not worrying about buying the items in the grocery store," an LCCC student, who has been helped by the food pantry, explains.

The Cougar Cabinet is only one

of hundreds of food pantries held at colleges and universities all around the country. It is a great opportunity for college students who may need a little extra help. All you need is an LCCC student ID and you can use The Cougar Cabinet.



Donate your blood and save a life

Victoria Mastroianni
Writer

Students and faculty members of Lehigh Carbon Community College showed their support by donating at the biannual Give a Pint Miller-Keystone Blood Center Blood Drive held on main campus in the Student Union, on October 25.

The Miller-Keystone Blood Center is the only blood supplier of the hospitals in the area, so when you donate in your community, it stays in your community. It is very important to donate because it is the only way for hospitals to get blood, there is no substitute for it. Without donors, there is no blood.

"It was good, didn't really hurt, and I am happy to help hospitals and donate blood," Frances Russin, a dual enrollment student at LCCC, said with a big smile. "I have had certain medical conditions and I wanted to thank the people and the hospitals that have helped me, and give

"...your generosity contributes to saving lives right here in our community. We're the only blood supplier to 22 hospitals in our region and we need 450 donors to meet the daily needs of transfusion patients."

back to them by donating. I know that they do need it a lot, and it's just helpful to give."

The Miller-Keystone Blood Center

website shares more in-depth information, crucial to understanding how important it is to donate blood.

"From cancer patients to accident victims, premature babies and more, your generosity contributes to saving lives right here in our community. We're the only blood supplier to 22 hospitals in our region and we need 450 donors to meet the daily needs of transfusion patients."

If you have the ability to donate and are looking to give back to your community, consider participating in the next blood drive on campus and save a life.



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ELC teaches children mindfulness

Jordan Veppert

Writer

A large replica tree stands in the middle of the classroom. Various real-world objects such as different sizes of horseshoes belonging to a Clydesdale, pony and racehorse as well as pinecones and pieces of trees used to make puzzles and an easel with a student's handmade painting, are a few objects neatly organized around the room. Can you imagine your child attending preschool here?

These different learning tools are not the only things that set The Early Learning Center Lab School apart from other childcare centers. The ELC uses mindful techniques with students, ages 3 to 5, to help increase self-awareness, self-acceptance and self-control. The program allows visitors to engage in some mindful techniques with their children on the first Thursday of each month.

Elizabeth Lipman, Director of the Early Learning Center Lab School



The Early Learning Center is located in the Science Hall on LCCC's main campus.

and teacher there, trained under the Parkland School District in a program called Mindful Kids, thus bringing the techniques to Lehigh Carbon Community College's Early Learning Center.

At the beginning of the ELC's

meeting time, students gather on the carpet, a ring of a chime is sounded, followed by three deep breaths. The children make two fists. One fist is holding a flower and the other is holding a candle. They alternate smelling the flower then blowing out the candle. The children do this three times, helping them calm down and get ready for their meeting.

LCCC's Early Learning Center Lab School is located in the Fowler Education Center next to Science Hall. The Early Learning Center bases its practices on Reggio-inspired values that give children the opportunity to challenge themselves and encourages discovery.

If you would like to visit the center with your child or contact the center for information on the Teacher Education hours, call 610-799-1165 or visit www.lccc.edu/ELC.



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Fall was a sports season to remember

Nolan Cope
Writer

With the 2018 Fall sports seasons coming to an end, all Lehigh Carbon Community College athletes, students and fans have something to cheer about.

Men's soccer returned to LCCC for the first time since 2016 led by first-year coach, Nicole Pietrobon, who also coached the women's team. Weather played a huge role in the amount of games that both the men's and women's team played. At one point, the men's team entered a stretch of only playing two games in a three-week period, so finding rhythm early in the season was a challenge, especially with all the new faces.

Freshman Dylan Fejes and Nicholas Khalil both led the men's team in goals scoring three each. Freshman forward Alexandre de Brito earned second team All-Conference honors when he scored two goals and led the cougars with 17 shots on target. Freshman goalkeeper



Photo courtesy of Andrew Johnson, Athletic Director at LCCC

Freshmen William Merk and Alexandre de Brito both earned All-Conference honors in 2018.

William Merk earned first team All-Conference honors and played a crucial role for the Cougars defense, making

numerous saves that helped the team in some close games. Merk totaled 123 saves on the season, good for second most in LCCC history and seventh place in the NJCAA this season. His 0.750% save percentage is also second best in LCCC history.

The women's team saw a similar fate as the men's having a handful of games canceled due to the weather. The Cougars women's soccer team ultimately ended with a 1-6 record, but first year coach Pietrobon is optimistic about their future.

"We had a lot of new faces this year but I loved the effort from our girls this year and am looking forward to seeing what they can do next season," Pietrobon said.

Sophomore Sam Brzozowski leaves the program scoring seven goals which is the most of any women's soccer player in LCCC history.

New year brings new goals for students

Jordan Veppert
Writer

As the holidays approach, we look forward to presents, family and the promise of a new year. Many people follow the tradition of making a resolution for the upcoming year so they can welcome the fresh start with a new and improved self.

The Paw Print traveled around main campus asking students what their New Year's resolutions are, and this is what they said:

William Hunsicker

"I want to walk again after being 14 years on my crutches."

William Tkaczuk

"Improve my sleep cycle."

Collette Portner

"Fluff more cats, a.k.a. pet more. Fluff em' up, love em' up a little bit more, and

get more cats in for this year."

Alex Schneck

"Go to more concerts."

Zachary Hunsicker

"Continue my journey to self improvement and get a job in the industry that I studied in."

Rosaline Vargas

"I want to be more open to God and hopefully that brings more love and peace into my life."

Kristen Bock

"Be more productive and get better grades."

Rhontha Meanh

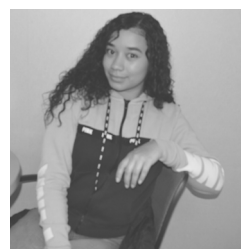
"Learn how to forgive, don't hold grudges and find true happiness."

William Hunsicker

William Tkaczuk



Collette Portner **Rosaline Vargas**



Photos by Jordan Veppert

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*Laura P.
Allentown, PA
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.....



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style & entertainment

Printing process documented in Bethlehem

William Tkaczuk
Writer

Paper is one of the rare inventions that has been around for thousands of years that we still utilize today. It's well-known that paper comes from trees, but the process of taking a freshly cut log and turning it into the crisp paper we use by the ream has gone through many iterations throughout the centuries.

The National Museum of Industrial History's Hot Off the Press Exhibit helps to limit the confusion surrounding paper's inception and document its importance throughout history. The museum is located on 2nd street in Bethlehem, and although this exhibit is no longer present, it was very popular with great attendance so it is very likely that it will return next year.

But the showing did more than

demonstrate how paper is made. It also focused on printing paper and looked at how the printed word revolutionized how knowledge spread throughout the world. The exhibit featured several printing machines that were integral to producing paper and printing books at an increased rate in order to meet the ever growing demand. Most notable were the Gutenberg Press and Linotype machines, both of which provided attendees with an in-depth and interactive look at producing print as early as the 17th century.

The museum also had rare printings on display such as the first German-translated bible printed in the colonies, showing viewers the end-product of the paper-making and printing process at the

during that era and demonstrating how the printed word, when properly taken care of, can stand the test of time.

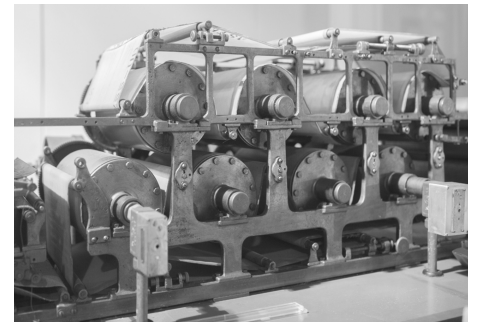


Photo by William Tkaczuk
Printing machine on display at National Museum of Industrial History.

Xanadu offers students creative outlet

Devyn Pugh
Writer

Are you interested in having your writing, artwork, photos or lyrics published in a magazine? Lehigh Carbon Community College has a literary magazine called Xanadu that enables students to submit their work and potentially become a published writer or artist.

Each year, Xanadu looks for more students to submit their work or even become a part of the staff. Each staff member submits something that they have been working on during the semester. The magazine is a great way to learn about the submission and publishing process.

"I joined it for writing," Ava Lovas, student and Xanadu staff member, said when talking about why she joined Xanadu. "I didn't know about the magazine."

"I knew about the magazine," Yeisiee Rios, another student with Xanadu, said. "But, I just like writing so, why not. I'm a poetry guy. I think it's a great way to publish your creativity."

Even if you didn't know about the magazine until now or maybe if you knew about it but weren't sure how to submit, now you do. The staff of Xanadu greatly encourages you to submit your work to the magazine.

If you are interested in submitting your work or showcasing your photography or art skills, join the staff of Xanadu at their coffeehouse event on Sunday, December 16. Keep an eye out for posters floating around the LCCC campus. This poster will tell you where the coffeehouse will be located and the exact time it will be taking place. Whether you want to be a published

writer or just have a passion for writing, join the Xanadu team. Submit your work, read it aloud, become a part of creativity.



Photo by Devyn Pugh
Ava Lovas and Yeisiee Rios work together on Xanadu.

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Drive-in hosts two nights of '90s horror films

Nico Peterson

Writer

Drive-ins. Just the word can evoke effervescent memories of youth from older generations and may even cause nostalgia for millennials born in the early '90s. Nostalgia and affordable prices of drive-ins could be a reason some are still open today. The convenience factor could also be another reason.

"With drive-ins you just grab a hatchback or some lawn chairs, pick up some take out and just go," Eli Hatfield, an attendee of Mahoning Drive-in, said.

This October, the Mahoning Drive-in held last party for the drive-in season, which ended in early November. It hosted a '90s horror party showing some of the most iconic horror movies of the decade. The event was on October 26 and 27, showing two movies on each night.

The drive-in also had the option to stay overnight, so it wasn't uncommon to

"With drive-ins you just grab a hatchback or some lawn chairs, pick up some take out and just go."



Photo courtesy of Mahoning Drive-In

see people bringing sleeping bags and even tents to the event.

All four horror films were shown in original 35mm over the two nights. On the first night they theater showed *Scream* and *Scream Two*, two of the more popular slasher mystery movies from the '90s. On the second night, it showed *The Craft*, a story about magic and witchcraft and finally the event ended with *I Know What You Did Last Summer* popularized as the only horror series Jennifer Love Hewitt has ever done.

Between the movies on both nights, there was a costume contest where plenty of people showed up to show off their best *Scream* and *The Craft* costumes. Finally, completing each night, there was a raffle giving away tickets for next year, gift cards and other Halloween themed gifts.

Train ride offers view of changing leaves

Emily Strohl

Writer

Sitting back and relaxing on a chilly Sunday afternoon is what the Wanamaker, Kempton and Southern Railroad had in mind for passengers on October 28, 2018.

The railroad ran four separate train rides on Sunday afternoon for passengers to experience the fall sights of Berks County. The train ran at 1,2,3 and 4 p.m. It was a very chilly day but that didn't stop people from coming out and enjoying themselves. The train cars were pulled by a small engine. The cars consisted of a regular train car, an open car so people could sit outside, and the caboose.

The ride was a total of about 40-45 minutes. It took passengers through the woods with beautiful sights of creeks and the changing leaves on the trees. There were open fields with mountains piled high with multiple colored leaves to be seen from miles away.

As the ride ended, the passengers received a little snack of either mini cheeseballs or pretzels. They also were able to pick out a mini pumpkin that had been left over from the pumpkin picking train ride from the week before.

The railroad is run by volunteers. They volunteer their time to enable the people of the Lehigh Valley to have an enjoyable time. The railroad is trying to raise money for a new steam engine. All of the ticket, food, and gift shop sales go to purchasing a new steam engine for future train rides.

"The people at the Kempton railroad are very kind and helpful," Doreen Strohl, fellow passenger, said. "We had beautiful scenery."



Photo by Emily Strohl

A view of the train that pulled the cars of the Fall Foliage Excursion train ride.

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Enjoy holiday light displays this winter

Hannah Mills
Writer

Have you ever wanted to support a good cause while enjoying the holiday spirit?

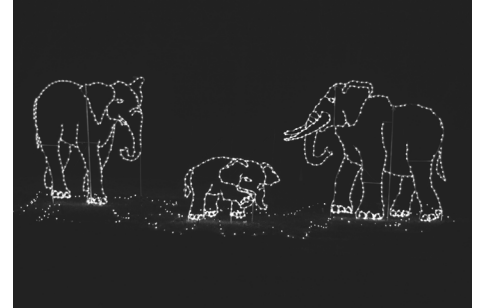
This year you can by going to the holiday light displays at the Lehigh Valley Zoo and the Lehigh Valley Parkway.

The Lehigh Valley Zoo is celebrating its fifth year of Winter Lights Spectacular. The entire zoo is decorated in holiday lights, and people can walk through and enjoy them at their own pace. The light displays will be open from November 9 to December 30. Hours are Wednesday through Sunday, 5:30 p.m. until 10:00 p.m. The admission price for adults is \$11-\$14 with a discounted price for children and members of the zoo. This display is a fundraiser for the zoo. In addition to the beautiful light displays all over the zoo, there are many other activities to enjoy. There are princesses

and other friends, and children can have their pictures taken with Santa as well.

Lights in the Parkway is located in Allentown at Lehigh Valley Parkway. People have been enjoying this fabulous light display for more than 20 years. This is a wonderful option when it is particularly cold because you can stay in the warmth of your car as you drive through this display. It is open November 23 until December 9, Wednesday through Sunday. From December 12 until December 28 the display will be open every night. Hours are 5:30 p.m. until 10:00 p.m. The admission is \$15 for each car. Larger vehicles will be charged more.

Visit www.lvzoo.org/event/winter-light-spectacular/ for more information about the light display at the Lehigh Valley Zoo.



Photos by Hannah Mills

Moravian music entertains and educates

William Tkaczuk
Writer

Learning about the early history of any city could be seen by many as dull, but when the music of that time is incorporated, it's given a burst of relatability and excitement.

This is the case at the Moravian Archives' Music and Instrument Making Exhibit, located on Locust street in Bethlehem. The showing is currently running on Monday through Friday from 8:00 a.m. to 4:30 p.m. and will be remaining at the Moravian Archives until May 2019.

The archives themselves are housed in a well-designed building, matching the sleek, rustic architecture of the rest of the campus. It doesn't get especially crowded during the day which allows for a more relaxed atmosphere that the curators and guides take advantage of when setting up and presenting the exhibits. The attention to detail and organization make it clear that a lot of time and effort was put into both finding and researching the artifacts for the exhibit, and putting that

information together in an entertaining and engaging way.

The exhibit begins by briefly documenting the settlement of the now Bethlehem area by the Moravians in the 1740s and the rich tradition of sacred music that they brought with them and shared. Music was an essential part of Moravian life, not only as a source of entertainment but also as a means of conveying theological and philosophical ideas and messages. It also features several well-preserved instruments from the time, including a 1763 cello made in Bethlehem by Moravian instrument maker and composer John Antes, which was only recently discovered and

is believed to be the oldest known cello available for viewing today.

Bethlehem locals should check out Moravian's Music and Instrument Making exhibit if they want to learn about the city's early history and the impact it's music had on it's growth.



Photo by William Tkaczuk
Exhibit room at Moravian Archives.

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After 16 years working at Lehigh County Community College, Nancy M. Kelley didn't have to worry that her lack of a bachelor's degree would jeopardize her job as an admissions representative and events coordinator. But she knew she'd never move up without one.

Until recently, that wasn't a problem, until Nancy began to focus on her long-term plans and her future.

"I always meant to go back and regretted that I didn't go back right after high school," said Kelley. Life happened: she had four children – including triplets. Over the years she held a variety of part-time jobs before starting at LCCC, where she earned her associate degree in communications in 2009. Then her father fell ill and Nancy spent several years caring for him.

Kelley could see that the educational requirements in the marketplace were changing, including at LCCC. "I got to a certain point where I couldn't go any further, and I could see that was the case everywhere," she said. "I was grandfathered into my position, but if I left I knew anyone they hired after me would need a bachelor's degree."

Kelley, who earned her Bachelor of Applied Science in Technical Leadership degree from Bloomsburg University

in May 2018, said she knew from the start that the program was perfect for her. She had looked into other schools, but BU's BASTL program was the only one that would accept all her associate degree credits. She worked full time, so the fact that half the classes were online and the rest taught at LCCC fit into her schedule.

"They made it very easy to complete the program," Kelley said. "I would spend my weekend on the online classes. I know that some people have a fear of online classes, but the professors were very accessible. I can't say enough about them. They were excellent."

In her job, Kelley frequently makes presentations. The BASTL classes on delivering information and about improved PowerPoint presentations, helped her immediately.

"It made me a much better public speaker," she said. "I became much more confident."

She learned how to tap photography services available on campus to produce more attractive and inviting PowerPoint presentations.

Kelley said what she learned will make her a better manager as she seeks to advance. She said learning about personality types, letting people work at their own pace



NANCY KELLEY

and conflict resolution will be invaluable to her career.

It also felt good to have her children, all of whom attended college, see her receive her degree.

Learn more at bloomu.edu/bastl

Pigging out at annual Bacon Fest

William Tkaczuk
Writer

The smell of bacon lingered in the smoky air on the streets of Easton, attracting many to its Center Square for a day of bacon, pork products, crafts and activities.

Hundreds of vendors and thousands of bacon-enthusiasts made their way to the seventh annual PA Bacon Festival, which took place on November 3 and 4. Attendees were asked to donate \$2 to benefit the Greater Easton Development Partnership, the organization that works to bring more events like Bacon Fest to Easton. Admission rewarded them with four streets of food trailers serving a variety of cuisines, an eclectic selection of musical guests, and artisanal goods like honey, candles and knit clothing.

Bacon Fest started small at Easton's farmer's market, but when its inclusion

increased the market's attendance dramatically it was decided that the event would need a bigger presence in the town. Last year, the event attracted more than 80,000 people to the area.

The event is now so popular that it attracts attendees and vendors from all over, bringing a diverse crowd of visitors to appreciate Easton's sights and people while feeding them a vast selection of bacon snacks and bacon desserts.

The crisp weather and clear sky made this weekend perfect for casually strolling from vendor to vendor, accumulating bacon accoutrement, but the event is held rain or shine and surprisingly people have come during past years when the event took place during a rainstorm.

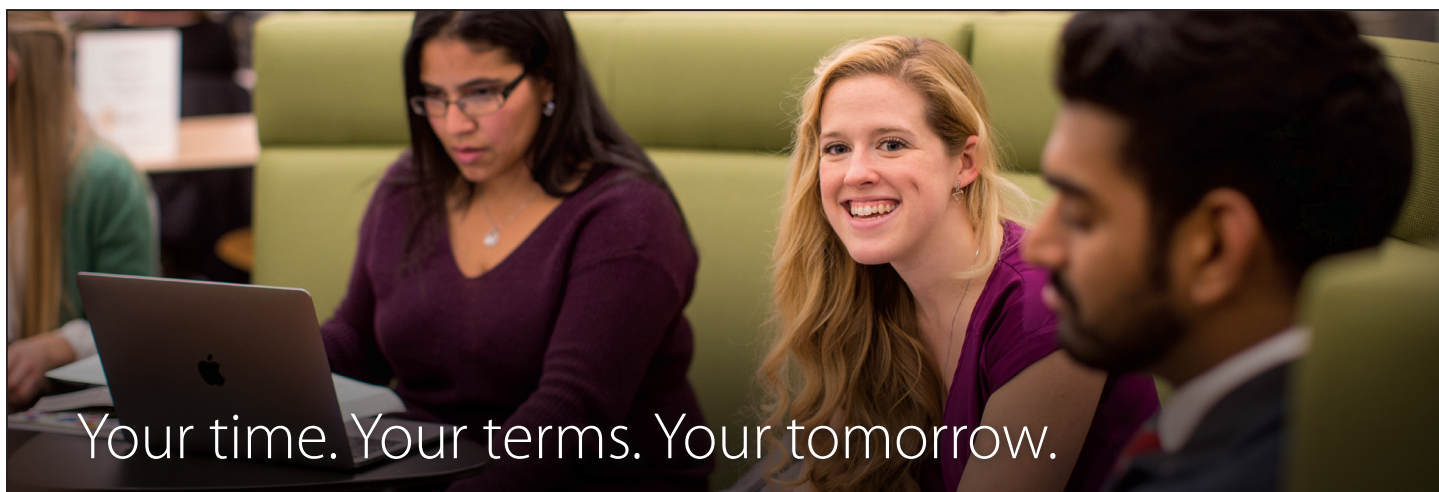
Most vendors return to the event year after year, and many claim that it's one

of their favorite events to cover.

"It's an event for everyone," said one vendor, "there's even vegan bacon for people who don't eat meat."



Photo by William Tkaczuk
Entrance to Easton's Center Square.



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