

THE PAW PRINT

Winter 2017 • The Student Newspaper of LCCC • Vol. 4 No. 2

The Paw Preview

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Wanted!

Do you want to see your name in print here in The Paw Print? Consider enrolling in Journalism (CMN 225) for the Spring 2018 semester. Help document student life and news while expanding your resume in the field of communications. Meet with your advisor and fit Journalism into your Spring schedule.

Superheroes help rescue students

Daniel Chua

Writer

Costumed heroes gather not to fight crime, but to show off their detailed uniforms. Comic book vendors flock to set up their stalls and sell their wares. Spectators come in to take pictures and interact with their favorite caped crusaders.

These are some of the many sights participants in the Lehigh Valley Comicon or LVCC experienced upon first entering the Community Service Center on Oct. 7. The Lehigh Valley Comicon is an event that appeals to all types of people. This year the LVCC was hosted at Lehigh Carbon Community College. Comic book merchants, cosplayers, writers and animators gather together to host this very interesting event.

The Community Service Center, that would normally be filled with students walking from class to class, was packed with people dressed as superheroes, intergalactic warriors and anime ninjas. Characters from the Avengers to a small Army of Star Wars Mandalorian troops posed endlessly for people of all ages to take pictures of their costumes. One participant who called himself the Dark Knight of PA was among the many who donned their super suits. The Dark Knight of PA wore a Batman costume that blurred the line between comic book and real life.

Professional writers, artists and anima-



Photo by Daniel Chua

The Dark Knight of PA watching over LCCC's campus.

tors from the comic book industry had booths showcasing their works and stories. Some feature guests were Jerome Blake, an actor from the Star Wars series and other Sci-Fi movies; Richard Laslo, a cartoon animator for Warner Brothers and Disney; Darren Auck, writer and artist for titles such as X-Men and Silver Surfer, along with many others creative individuals. Karen Rello has been running LVCC for more than 17 years and is dedicated to bringing together a community of artists, fans and professionals to help each other learn and grow from each other.

"We want to help the community," Rello said. "We like the way we can help the students practice their expertise and they can come and speak to our guests that have been working with Marvel or DC."

Rello wants students to meet professionals that share their interests and help them grow and learn in their respective industries. The next LVCC event will be held again at the CSC and will be on Dec. 22.



Photo by Daniel Chua

One of the many comic book vendors at the convention.

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Words from the editors

Saschelle Simms Editor



This semester, I made the best decision of my life regarding how I would complete my Associate's degree. For my last semester at LCCC, I went above and beyond and decided to do an internship for my Communications Media Practicum. I was able to count the internship as a three-credit course to substitute for my Public Relations class.

For my internship, I found the opportunity on the college's career link page. I already had a resume and cover letter from when I took Oral Communication and Presentations class, so I updated it and sent it to the email on the posting. This internship was at The Chamber of Commerce in Emmaus, PA. I sent my resume and received a quick response to set up the interview. I went to the interview and was hired right on the spot.

Some of what I learned in communication classes, I was able to apply to my internship. This internship was not a paper-pushing job. I was able to go out and build relationships with the public. I also helped plan events, be a social media coordinator, make flyers and send out emails.

This internship has helped me focus on what I would like to do within the communications field. With that in mind, I choose to go to Penn State Lehigh Valley and major in Corporate Communications. My future is in good hands, and it's all because of my prodigious instructors at LCCC knowing what will be a perfect fit for me.

Saschelle S.

Daniel Hamm Editor



I'm in the process of finishing my communications degree at Lehigh Carbon Community College this Fall. Over the last few years I've learned it's best to finish your associate's degree before transferring. If you don't finish your degree some credits might not transfer.

Along with transferring, graduating from LCCC can provide benefits for you as an LCCC alumnus. You will always have free library privileges at the main campus, use of the Career and Development Center and invitations to exclusive LCCC events. These opportunities are only available to those who graduate.

Personally, I'm excited to graduate from LCCC, because I have worked hard in my classes and an associate's degree will be my reward. Plus, I will have received two years of college education at a much cheaper rate.

I recommend finding a major you're interested in and graduating before you transfer. It's okay if you're here longer than two years, because when you transfer, your credits would transfer program-to-program.

Also, if you graduate from LCCC, you could possibly save money for your future kids. One of the alumni benefits is your children having a chance to win the Alumni Association Legacy Scholarship.

Some may prefer to attend a four-year school, but if you start here it can only benefit you to graduate as well. So, support LCCC and complete a degree from this institution before moving on.

Daniel Hamm

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. 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.

THE PAW PRINT reserves the right to make changes and corrections as they are deemed fit, and will not promote or advertise any illegal products or services. The newspaper will not invade the privacy of people, involved or likewise, and will not print anything deemed libelous or in poor taste.

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.

news & features

LCCC holds Halloween costume party

Joseph Marte
Writer

Lehigh Carbon Community College held its honors scholars Halloween costume party on Tuesday, Oct. 31, 2017. Growing up, everyone always had the desire to dress up as their favorite superhero or villain. Students here at LCCC's main campus had a chance to dress up in their favorite costumes and attend the Halloween costume party. The event ran from 1 p.m. until 3 p.m. in the Academic Resource Center.

Every student who participated and attended the Halloween costume party had different costumes. Many costumes were creative and unique in their own ways. Some costumes ranged from Willy Wonka, a TV, The Terminator, a French girl and Ouija witch.

The students who participated in



the Halloween costume party were first introduced with a trivia game. Before the trivia game began, students were divided into two teams.

The trivia game mainly had questions regarding Halloween. At the end of the trivia game, the winning team received a prize. After the trivia game,

Photo by Joseph Marte

All of the LCCC students who attended the costume party as a group.

all participants were judged to see who had the best costumes. Every costume was graded on style, creativity and uniqueness. There were seven winners by the end. Every winner received a prize that ranged from cash to a beach towel.



Photo by Joseph Marte

Two LCCC students who attended the honors scholars Halloween costume party at the college.



Photo by Joseph Marte

LCCC students interacting at the Halloween costume party.

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Alumnus knows benefit of perseverance

Alicia Durst
Contributor

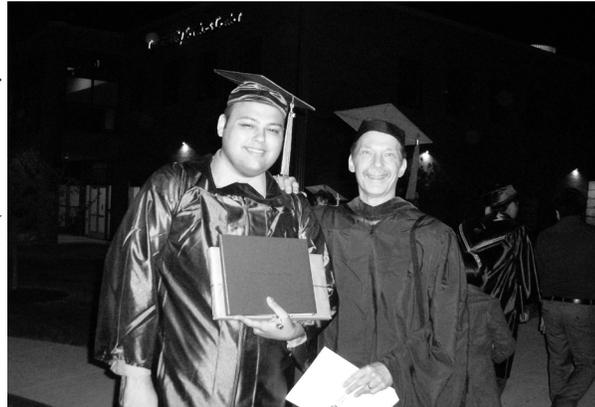
Lehigh Carbon Community College alumnus Daniel R. Omron is continuing his education at Penn State Lehigh Valley. Omron graduated from LCCC in 2015 with a dual degree in music production and communications. In spring 2018, Omron will graduate PSLV with a degree in corporate communications.

Omron is currently enrolled in courses to complete his degree at PSLV and has credited LCCC as preparing him for university classes through a challenging course load and low costs.

During his time at LCCC, he struggled with his communication courses. However, he fell in love with the subject after acing a project on the theory of organizational communication.

"That gave me a drive which made me more involved in my studies," Omron

said. "From that, I fell in love with various theories and academic research within the field of communication."



Daniel Omron (Left) with Professor Ed Rabinowitz at LCCC graduation.

Omron has two pieces of advice for students. The first is to understand why you are doing what you are doing.

"Whatever action you take has an influence on your future in some shape or form, and never forget the impression that it leaves on others, but most importantly yourself," Omron said.

The second piece of advice Omron gives is to always persevere. Right before his mother passed away from cancer this past May, he received a plaque from her with loving and inspirational words.

"Since then, the words she has written echo throughout my mind and give me that personal drive to continue in college and not delay my studies," Omron said.

Omron is unsure of post-graduation plans, but is open to any opportunity in his field of study.

Transfer fair opens doors for students

Daniel Chua
Writer

Today is going to be a little bit different for Cathryn Seibert, a student at Lehigh Carbon Community College. Seibert is looking transfer. A world of possibilities is open to her and they came together at LCCC's transfer fair.

LCCC hosted a Transfer fair on Oct. 3 in the Community Service Center. The transfer fair featured 51 universities looking for eager young minds interested in transferring. The fair was a great place for students to gather information on their dream school. Penn State University, Temple University and Cedar Crest College were among the many notable schools there.

Cathryn Seibert is currently looking to expand her academic career. She has the task of selecting a school she would like to attend after LCCC. The choice is not easy. She will need to figure out where she would like to live, what schools support her major and how she would fit in with campus life; all while sticking to her

budget. Fortunately, the transfer fair will give Seibert the information she will need to make the right choice.

"It was rewarding to walk around and talk with different school representatives," Seibert said. "Honestly, the thing that is the most daunting about transferring, to me, is all the administrative work involved."

Students from all majors came to ask questions about what programs the schools hosted and the steps needed to be accepted into their university. One student, Sierra Mamay, was looking for the perfect campus environment to fit her needs.

"I'm not really a city person," Mamay said. "Temple is really good for my major,

but Philly has no grass. Grass is really, really important for me. I need grass."

Participants can also learn what their ideal transfer universities are looking for in future students to get a better idea if their selection will be the best fit for them.

"The bottom line for transfer students as far as I am concerned is that they are going to be able to come to Temple and be academically successful," Gary Johnson, a transfer

coordinator from Temple University said. "It doesn't mean I am looking for students with 4.0 averages, although that's nice. As long as we feel they can come to Temple and they are going to be academically successful and they are going to graduate."



Photo by Daniel Chua
A representative from Temple University.

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Collegiate Empowerment unites students

Cathryn Seibert
Writer

On Oct. 18, students gathered in the Lehigh Carbon Community College Alumni Center to watch Tony D'Angelo of Collegiate Empowerment present F.L.Y., a workshop aimed at helping students develop leadership skills.

Students received refreshments before they took part in the interactive session that addressed goals, positivity and self-determination, among other ideas. F.L.Y., or "You Can't Lead Others Until You Can First Lead Yourself," is one of several workshops Collegiate Empowerment, an "edutainment" company, offers. The company merges both entertainment and education in performance-based presentations to help college students "get what they want and need," according to the website. D'Angelo, originally from Easton, founded the company in 1995 and has taken Collegiate Empowerment all over the United States to present at different

college campuses.

He feels that "crappy [college] presentations" inspired him to start the nonprofit organization. During any given session, students get out of their seats, make a variety of gestures, and engage in discussion with their peers to help cement the ideas being addressed.

"We took principles of theatre, but applied it to 'edutainment,'" D'Angelo said.

Marion Barshinger, a Collegiate Empowerment performer, went to college for theatre and auditioned to present with the company. She feels that the set-up helps students "connect with [the content] in a deeper way.

"I find that I do use a lot of those trainings that I've had in the artistic per-

formance, but it's just changing a little bit how we look at it, changing our mindset, to bring it to, not just entertaining, but really having a conversation with the students," she said.

LCCC student Leslie Del Salto has attended four Collegiate Empowerment sessions, and believes the program has helped her learn that "grades don't define [her]. "[I] understood that if I can visualize something I can do it," she said.

D'Angelo and Collegiate Empowerment were scheduled to be back on campus on Nov. 15 to present "The Communication Experience." For more information on Collegiate Empowerment and potential future events, contact Gene Eden.



LCCC hosts 6th annual fall festival

Joseph Marte
Writer

Lehigh Carbon Community College held its sixth annual fall festival on Nov. 4, 2017, where 58 different vendors and crafters had a chance to showcase and sell their crafts. The fall festival was held in Berrier Hall on both upper and lower levels.

Approximately 150 people were in attendance at the festival.

The fall festival opened its doors at 9 a.m. and closed its doors at 4 p.m.. Many vendors and crafters such as Avon, Cooks Crafts, Porch Light Gifts, Joe Kool Comics and Trades of Hope made appearances. This festival was not only open for college students, but was open for the entire community to attend. In addition to all the vendors and crafters selling their crafts, there were many activities for the community to participate in. These activities included arts and crafts for

children, a car show, basket raffles and horse-drawn carriage rides. There was also a bake sale and food for everyone to enjoy.

The fall festival continues to thrive

and grow larger in attendance each year. It has become a positive environment for families and communities nearby to attend and share their experiences at the college. The fall festival helps the college because 100 percent of the proceeds benefit the scholarship fund. A variety of the proceeds come from raffle tickets and money that vendors pay for their tables to be set up.

Special Events Manager of Alumni

Relations and Institutional Advancement for the college, Jane Wilchak, is the host and founder of this fall festival. This

event has a lot to offer for families in the community nearby and a great way for people to



Photo by Joseph Marte
Families and students enjoying time at the fall festival

come together before the holidays. For more information, contact Jane Wilchak at jwilchak@lccc.edu.

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Opinion

Health is better than tobacco

Daniel Hamm
Editor

How many commercials are aired on television trying to promote a more healthy lifestyle rather than smoking? Every year health professionals try to advertise the negative effects of smoking, but are they really helping?

According to cdc.gov, cigarette smoking can be connected to 480,000 annual deaths in the United States alone. Along with the chances of a shorter life, nicotine consumption is associated with an increased risk of developing insulin resistance, type 2 diabetes and thyroid problems.

However, are commercials, reading materials in a doctors' office and ads helping to convince people to quit, or are they only promoting smoking more? This can be linked to the Agenda Setting Theory, which explains what the media wants the public to think or

talk about. Instead of quitting, people may only be talking about smoking more. Therefore, passing the habit along.

I think smoking cigarettes especially, is endangering too many lives in this country. Too many people experience the negative effects of smoking later on in life.

Instead of publicizing a problem, health professionals should be communicating with the public about a more effective way to control smoking.

Instead of constantly increasing tobacco prices, maybe tobacco sales should be more restricted. Stores need to begin to think what they value more: A customer's healthy living or an addicted

cigarette user smoking their life away.

Also, more people today are purchasing fitbits, but owning a device to track health logs while also smoking is a reflection upon people's values and actions. No matter how much someone exercises smoking will only hurt the person more. Cigarette smoking

harms nearly every organ of the body, causes many diseases and reduces the health of smokers in general.

In conclusion, smoking cigarettes is a choice people make, but it's also a reflection upon someone's character. I've experienced seeing someone have ill

effects later in life from cigarettes, so I would suggest finding another alternative which will improve your health.



TV shows could impact teenage pregnancy

Saschelle Simms
Editor

Throughout the recent years, there has been an increase in teenage pregnancy. But what has been the influence? TV shows such as 16 and Pregnant as well as Teen Mom have glamorized teen pregnancy.

An article in Slate magazine indicates that Teen Mom is not helping lower teen birth rates, but making teen motherhood look amazing. In the shows, we are presenting to teenagers that if you are pregnant, your family will be your backup support and help you.

These shows don't broadcast the realistic view of what teenage pregnancy is like and the struggle it is to continue their education after having a child at such a young age. There can also be financial problems placed on a young couple when they have to focus on getting a job rather than finishing school, because they have to provide for

their child.

Being pregnant at a young age affects society by having a lower risk of education between women and men because they don't get to finish school. Therefore, those affected have to get minimum wage jobs like working at McDonalds. Yet, the government will provide assistance with meals, WIC, Medicaid and cash supplements to help these teenagers. So, you have family support, government assistance and you feel you don't have much to want, but the child is being deprived in other ways.

These teen moms can be seen on magazines and on TV, but it just promotes teen pregnancy in a positive

manner rather than show the difficulties of raising a child at a young age. Some of these teen moms have gained celebrity status because they are 'Teen Moms'. By teenage girls looking at this status, they may believe that if they get pregnant, maybe they can be famous, too.



The impact is not considered when promoting these types of shows, and it increases the like-

lihood of teenage pregnancy within today's society, because we are so easily influenced by what we see on TV.

U.S. fails to qualify for world cup

Dan Szewczak
Contributor

For the first time since 1986 the United States Men's National Soccer Team has failed to qualify for the World Cup.

First, let's look at what went wrong during the qualification campaign. The campaign started back in November 2015. After starting with a 6-1 win the USMNT followed with a 0-0 draw and a 2-0 loss to Guatemala. This made it difficult to qualify for the final phase. However, the team rebounded with three victories, ensuring that they would advance to the final phase of qualification, "The Hex".

"The Hex" started with two defeats, which called for the firing of Jurgen Klinsmann and the introduction of Bruce Arena. After three wins, losses and draws the national team only needed a draw in its final game to

make the 2018 World Cup. Throughout "The Hex" the U.S. showed flashes of brilliance, but they ultimately didn't play good enough. In their final game, the U.S. lost 2-1 causing them to miss the World Cup. The players showed no desire to win, which was embarrassing.

So where does the program go now. A new coach must be appointed since Bruce Arena resigned. The U.S. Soccer Federation will take its time, since this is a crucial move. Next, the country needs



to develop soccer players at a younger age. Our counterparts in Europe have academies set up to train kids starting at eight years old. In America, our national soccer league academies are not up to par.

There's also the issue with how expensive playing soccer is in America. We have a pay-to-play system where only certain kids can afford it. We also have a lack of high level coaching. The coaches that are training our kids aren't qualified enough. The future of our program isn't being properly trained to lead our national team.

Now we deal with the consequences. While the problems with our national team can be fixed, it isn't going to be easy.

Dubious and demur

Amanda J. Treible
Contributor

College is terrifying. I remember my first freshman year, I was like a little kid again. I got a brand new binder, planner, pens, pencils and textbooks. I was over-prepared, yet eager to learn. I was terrified of this new environment filled with people I didn't know. Thankfully, between that first day and my current status as a junior, I've discovered my passion for writing and journalism.

That first day of college doesn't compare to the most scared I've been since starting college. I had just transferred to Temple University after getting my Communications A.A. from Lehigh Carbon Community College. It was very exciting to move out of my house to a big city full of culture.

But, I had never doubted my passions so heavily until I had transferred to this intimidating place of higher learning.

I was also entering journalism

courses for the first time and was hit with the hard, cold reality that there is heavy competition in the world of journalism. There are talented writers, photographers and videographers everywhere, who want the same job.

For a couple of days I had considered dropping out of college. I thought, "I've chosen the wrong career path," and "I'll never make it in the real world."

Fortunately, I grounded myself and realized why I'm here. I got my first article printed in The Temple News, the school newspaper, and I'm several rounds in the application process toward a position on a national online magazine as a staff writer.

This encouraging news reminded me of my passion for journalism. These moments of doubt are normal. My dad told me on one of my hardest days, "We all have doubts and fears like that. Once you get over that hump, you're rewarded in ways you can't imagine."



I've always heard that the struggle and the hard work is what makes reaching your goal worth it all. These doubts and fears I have will make the struggle and stress worth it when I can write "journalist" as my occupation on my tax returns one day.

IN FOCUS: Spooktacular at Donley Center

The Donley Center held a Spooktacular event for students and their families on Sunday, October 15th.

1.



2.



3.



5.



Photos by Saschelle Simms

1. Making pumpkin faces
2. Children enjoying bonding while coloring
3. Erica Acevedo, who majors in Early Childhood Education, helping the students color
4. The pumpkin faces set up table
5. A few young men taking videos of the event and having a great time

4.



health & fitness

Awareness: Steps to positive mental health

Gianna Destefani

Writer

The mind is the body's powerhouse. It sends signals to nerves, processes information and essentially allows function. The most influential part of yourself should be treated as such, but caring for it is often forgotten or sometimes not even considered while being caught up in life. That being said, the stresses that come with being a student are ones that anyone can fall victim to.

Students are susceptible to various mental stressors due to dealing with the balance of school, work and personal lives. This is not limited to those with mental illnesses; those without often feel this pressure as well.

In more recent times, mental health awareness has been more prominent. Maria Justice and Moya Strope are two members of Lehigh Carbon Community College's psychology club, and both

are strong advocates for mental health.

"I learned from my classes and from my therapist, and from my life that everybody has ... stress [and it's] the number one thing and [can cause] everything to go spiraling down," Justice, president of the psychology club, said.

Coping with stress and mental illnesses can be difficult for some people, but both Justice and Strope advise to find a hobby and talk to someone about it. Justice's motto is, "just do anything that distracts your mind from your mind." If it gets more serious, seeking help from a professional is one of the safer routes to take. Strope states that LCCC offers free counseling to



anyone who needs it.

"A lot of people with mental illnesses and anything like depression, anxiety, schizophrenia, or what-have-you, they're [invisible illnesses], so how would

[professors] believe you?" Justice said. "You can't, unless you want to go personal and give them all your records. It gets very swampy. It's murky... but I believe that should be overlooked, that the benefits are ten times better."

Students are very hardworking and have a lot of potential, and these expectations often come with stress, but it is something that most people experience and can learn how to manage. The first step is to just be aware.

Class provides toiletries for the needy

Cathryn Seibert

Writer

Since September, Lehigh Carbon Community College has partnered with the Lehigh Conference of Churches to gather various toiletries for those in need in the community.

The drive, which is managed by Professor Anthony Jefferson's Donley Center social work class, started at the end of September, and will conclude on Nov. 28. Accepted donations

include diapers, baby wipes and powders, gloves, hats, and socks, as well as hygiene products. The goal of the drive is to help anyone in the Lehigh Valley who does not have these basic items, and since the beginning of the semester, Jef-

erson's class has worked to accomplish that in their meetings.

According to Jefferson, the drive wasn't initially part of the class syllabus, but he "saw a potential in this class and an interest in the community," so he decided to present it to the class as an opportunity.

"They decided 'You know what? We can give back, we can help,'" Jefferson said.

While some students noted that the drive

wasn't receiving as many donations as they expected, Jefferson acknowledged that "there was a lot of call for relief and support throughout the country, in Puerto Rico and places like that.

"I can understand why people are

kind of torn, because there's so much need that's out there," he said. "We are truly grateful and appreciative to the groups and individuals that are giving to this drive."

Apart from the drive, students who enrolled in the class to learn case management and interviewing for social work, volunteer time at different places, including a local soup kitchen.

Student Jose Marcial felt the "impact [of volunteering] was amazing.

"I learned so much," he said. "I'm grateful that I had the opportunity to see firsthand what the community is doing for the homeless people. It was just a really, really outstanding experience."

Donations can be dropped off at the Donley Center on the first floor, or left in room ARC301B on LCCC's Main Campus. For more information, contact Anthony Jefferson at ajefferson@lccc.edu.



Photo by Cathryn Seibert
Jefferson's Case Management
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‘What the Health’: The food industry truth

Joseph Marte
Writer

There is a huge epidemic in the food industry that has caused many people to be diagnosed with diseases such as cancer, cardiovascular diseases and autoimmune diseases.

A documentary, ‘What the Health,’ discusses this epidemic. In this groundbreaking documentary, filmmaker Kip Andersen uncovers the impacts of highly processed industrial animal foods on personal health and discovers why health organizations continue to promote the industry despite countless medical studies and research showing deleterious effects of these products on health. According to ‘What the Health,’ one out of every four deaths in the United States occurs from cancer, and in the next 25 years one out of every three Americans will have diabetes.

A survey of Lehigh Carbon Com-

munity College students at the school’s gym found many are familiar with what they are eating and understand what is healthy. However, on the other hand, most students never heard of the documentary ‘What the Health.’

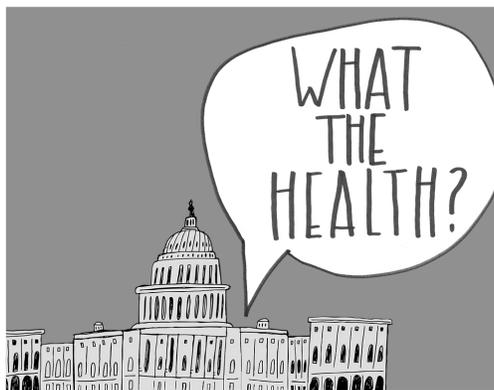
One student, Larisol Malena, mentioned that she has never seen the documentary ‘What the Health.’

“Even though I have never seen this documentary I am conscientious about particular foods that I eat,” Malena said.

“I feel like whenever I would eat fast food my stomach would hurt the next

day. When I eat salads and home-cooked meals that’s when I feel my absolute best. In addition to me eating more home-cooked meals and salads, I also exercise here at the gym. I feel much healthier when I am exercising, eating a balanced diet and getting enough sleep.”

Health is one of the most vital things in every one’s life. Without it people would not be able to do what they love or feel their absolute best. ‘What the Health’ aired on March 7, 2017. There is no update if there will be another



documentary.



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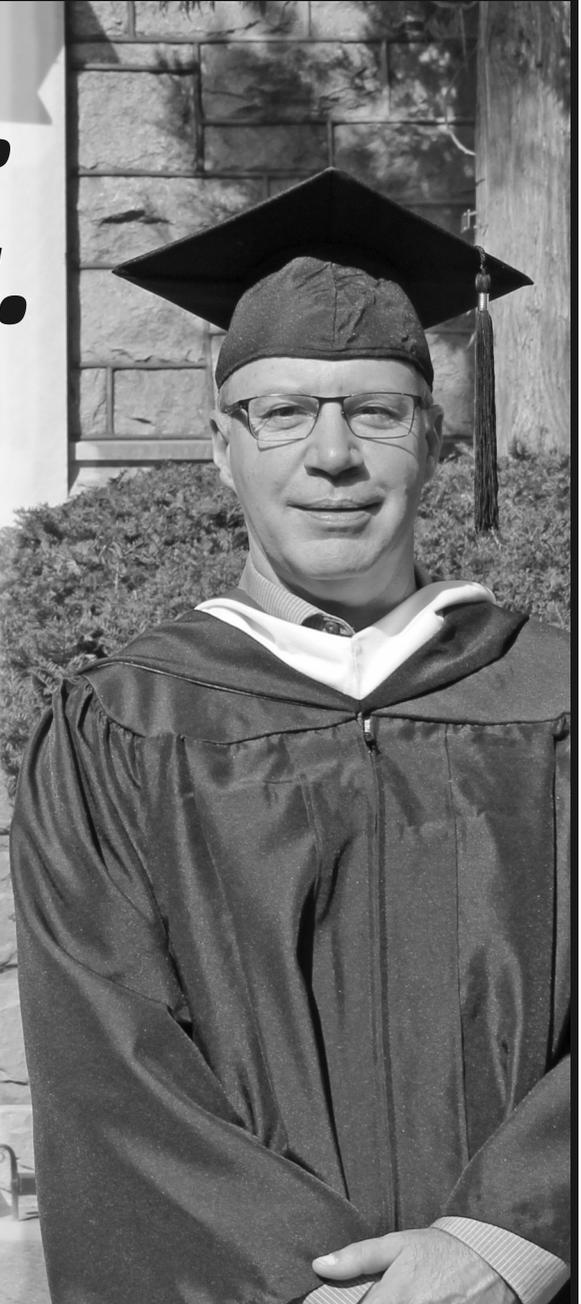
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16 THE PAW PRINT

First season of LCCC women's soccer

Gianna Destefani
Writer

In the Olympics, one of the most anticipated sports covered is women's soccer, but at Lehigh Carbon Community College, the sport is just recently gaining traction.

The athletes on LCCC's women's soccer team have just finished their first season ever. For the past few years, Cougar women's soccer had only been a club team, and this break-out team is paving the way for many more great games and seasons. Striker Samantha Brzozowski commented on the thrill of being on such a new and growing team.

"Our first game, I think we lost, but our second game we lost again," Brzozowski said. "It was 4-1 and I scored the goal. I guess I scored the first goal ever for LCCC. I didn't realize how big it was until someone told me that. [We are] like the first people to experience it."

Now an official athletics team with a new coach and their own website, records and stats, the Cougars are opening doors for years of women soccer players to come. With a new season ahead of them, the team will have more time to develop as a unit than they did this time around.

"Chemistry is a big thing for our team this year," Brzozowski said. "A lot of people got onto the team later in the season, so it was just hard to make a connection with those people, so hopefully we can get a good team together



Photo by Gianna Destefani
LCCC's Brzozowski against Lackawanna

before the season even starts."

The women's soccer team announced on October 16 that four athletes were voted onto the Eastern Pennsylvania Athletic Conference (EPAC)

All-Conference Team. The honored athletes

include Brzozowski, goalkeeper Carly Sasaman, midfielder Bekkah Harakal and defense Nicole Rusiecki. This is an award and not a separate team, despite the title. Other athletes from nearby community colleges also received this recognition. A banquet will be held honoring those voted on.

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‘Poorly Edited Podcast’ probes community

Daniel Chua
Writer

What started out as two friends sitting at a desk in a bedroom recording from a Rock Band microphone, turned into a team of students who now run a podcast that is broadcast live on the WXLV radio station.

The Poorly Edited Podcast is a student-run podcast that is broadcast live on WXLV, Lehigh Carbon Community College’s radio station. Storm Hutchinson, Patrick Lilly, Chandler Davis and “Coffee Guy” are the creative team behind the podcast.

The podcast runs for an hour every week. They talk to and interview people from the community who are working on creative projects. Some of the people who were on the show are Josh Brennan, LCCC’s film club president and Kaddy McAuliffe, a photographer and

makeup artist.

Chandler Davis, one of the founders, hopes the podcast will help the community by exposing creativity and talent that is already there.

“The podcast is a platform to find

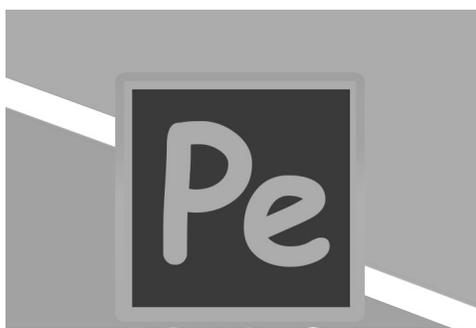
the creative people that are around here,” Davis said. “I mean, there are just tons of people doing so much

cool stuff and there is just no voice for it.”

The Poorly Edited Podcast team is getting involved with all of these different types of artists. Patrick Lilly, the technical coordinator of the podcast, uses the show as a way to connect with the people on the show.

“We also want to experience what they are doing for ourselves,” Lilly said.

If you are thinking about checking them out, you can find The Poorly Edited Podcast on Youtube, Facebook and Instagram. They broadcast live on Monday from 4 p.m. to 5 p.m. on LCCC’s radio station, WXLV.



The logo for the Poorly Edited Podcast

Music is important in the curriculum

Josephine Subervi
Writer

Students at Lehigh Carbon Community College have very specific reasons why it is important to have music in the curriculum.

One student, AJ Gerry, says that music is a tool to enhance lives.

“It helps me **‘It’s almost therapeutic in a way’**

get ready for the day,” Gerry said. “It helps me clear my head. It’s something that a lot of people use every day.”

Another student said that music helps people to learn more about composers and learn more about the history of music.

“Some people might have a major in Music Education,” the student said. “So, they might want to teach little children music or older children in high school or middle school and it will just prepare them to teach them. Maybe

one day they might want to become a professional musician. So, I think it helps and I think it should just keep going.”

Some students believe there are many ways music can help people. For example, student Brian Leahey says that music can help people not only express themselves emotionally, but reach certain emotional points in their life.

“Music has a way of unlocking certain feelings and emotions in a person and sometimes it even helps them reach certain conclusions about their own emo-



Photo by Josephine Subervi
LCCC Student, Brian Leahey

tions that they might not fully understand,” Leahey says. “It’s just great at pulling out specific feelings from people. It’s almost therapeutic in a way.”

Adam Smith, who plays the trombone, says that music is something fun to play around with.

“I get to be in a band,” he says. “I

go to several parades. It’s relaxing and enjoyable.”

Not only do these students think that music should be in the curriculum, but all of them who play instruments have firm views of how playing instruments makes them feel.



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Freelancers on the rise in today's economy

Amanda J. Treible

Contributor

Freelancers are taking over the job market with one out of three people working as independent workers, according to the Freelancer's Union.

If freelance workers continue to grow at this rate, half of the American job force will be a freelancer by 2020. There are currently 55 million people working as freelancers.

LCCC held a two-day Entrepreneur Innovation Bootcamp in October to help students turn their ideas into reality.

This trend is thanks to technology. Working independently has become more convenient and a lot easier to achieve thanks to websites such as Etsy, which allow independent artists to sell jewelry, makeup and home necessities. Other websites such as Upwork have made it easy for both companies and workers to find writers, graphic design-

ers, accountants and coders.

The ease of simply going online to find both workers and work has created a booming market for freelancers. It also allows the freelancer to work from virtually anywhere: The couch, coffee shop or on vacation.

The Freelancers Union gives independent workers a platform to ensure freelancers have the same rights, protections and professional benefits a full-time employee would have.

Freelancers Union also helps its members find health coverage, con-



nects you with other freelancers nearby, and lawyers. Being a member of the Freelancers Union also gets members discounts on insurance, help with taxes and how to manage payment.

According to Forbes, being a freelancer has many benefits. A freelancer

is less likely to get sick because most of the time they work from home.

A freelancer is also in control of whom they work with professionally. They are also in control of the workload they take on.

Freelancing is the future of the workforce. Getting an edge on the competition now will benefit in the future.



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