

# THE PAW PRINT

Summer 2019 • The Student Newspaper of LCCC • Vol. 5 No. 4

## The Paw Preview

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Should college be free? Read about it in Hannah Mills' article.

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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 fall 2019 semester.

## Correction

In the spring issue, the "Volunteers Benefit Habitat for Humanity" article should read that "you can purchase a house through Habitat for Humanity's Sweat Equity program."

## The cafeteria's unsung warrior

**Vanittah Mwangi**  
Writer

Some warriors wear armor, some carry swords, but Deshawn Armstead, the grill cook at Lehigh Carbon Community College, doesn't wear armor or carry swords, unless you count his kitchen knives. But he is no less of a warrior.

When most of the student body are starting to wake up, Armstead is already at work. Throughout his almost 12-hour work day, he will be preparing food hundreds of hungry and sleep-deprived students.

If you have ever bought food at the LCCC cafeteria, you definitely have seen Armstead. You can recognize him from his smile and his charming demeanor. You might not have gotten his name, but you definitely felt better after meeting him.

"I always try to uplift the students that come through here," Armstead said. "Even if their day hasn't started the way they wanted it to, a little positive energy and encouragement will go a long way."

Still don't believe that Armstead is a



*Deshawn Armstead creating a sandwich order for a customer.*

warrior? Ask Alicia Steaman, the chef manager of the cafeteria.

"Deshawn is a very outgoing character, that is the main reason I hired him," Steaman said. "He is the first person I go to whenever I need something done."

After working in the food industry for nearly two decades, you would think some problems would arise or at least it might prove to be

difficult, but not for Armstead.

"I've been doing this for so long there isn't really a hard part," Armstead said.

So next time you are in the cafeteria do not be afraid to say hello to Armstead. You won't regret it.

**Photos by Vanittah Mwangi**

*Deshawn Armstead in the kitchen preparing food before the cafeteria opens for the day.*



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## THE PAW PRINT Contact Information

Please direct all questions, concerns, and comments to the following address:  
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## Words from the editors

### William Tkaczuk

Editor



When faced with ideas that contradict our own, the instinctive response is to defend what we believe to be true. It's difficult not to take opposing thoughts as a personal affront since their mere existence brings into question your own way of thinking. Maintaining an open mind takes humility, understanding and patience, traits integral to harmonious relationships. Unfortunately, this takes effort that it seems people aren't willing to make for others they deem adversaries of thought.

Differences lead to resentment, which leads to hate. These differences aren't limited to significant life decisions like religious beliefs or dietary restrictions either; hate is often directed towards people for reasons they have no control over, such as relationship preferences or their ancestors' winnings in the geographical lottery.

Grudges are held for generations because people stick with what they know and reject what they don't. No effort is made to bridge the gap between races and cultures because it's thought that divergent ideas are objectively wrong and only what they believe is right.

I believe that the world would be a more compatible place if people weren't as beholden to what they know. Of course differences will always exist while we all live different lives with different people. But if we embrace the beliefs of others we'll quickly realize that humans have more similarities than we give off at first glance.

### Hannah Mills

Editor

How do you want to touch the world? What do you want your legacy to be?

As a college student you may not be thinking about your legacy yet, but why not?

For me, I most desire to share truth with people specifically through my writing. Being an editor is an incredible experience because I have that opportunity to share and invest in others with my words.

I want to inspire and encourage people to have hope when they don't have any. I want to care for and love those around me.

When people think of you, what do they think about?

What makes you, you?

Remember that you have gifts. You are unique. You have talents. You can have a meaningful impact on the world today.

Everyone wants to know other people and to be known and understood. We all want to leave our mark on the world.

Is there a cause or group you want to get involved with but have yet to do so? Perhaps you have been meaning to volunteer but haven't gotten around to it? Is there something you have always wanted to pursue but haven't had the courage?

No one knows how long they will live. Make the most of the time you have and invest in your world.



## 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.

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 selects commencement speakers

**Shayna Frey**  
Writer

Each year, two students are selected to speak at LCCC's Commencement Ceremony, to wrap up the graduates' time attending LCCC, and end the year with inspiration and admiration for all future endeavors. This year's chosen speakers are 2019 graduates Veronica Rosenberger and James Dziedzic.

"Each year, I am so very impressed with our graduates who serve as speakers at Commencement," Peggy Heim, Dean of Student Support and Success, said. "It is remarkable that individuals with little public speaking experience prepare and present such meaningful, heartfelt speeches of congratulations for their graduating class members."

Veronica Rosenberger looks back on her time at LCCC, and shares how she handles the pre-speech stress.

"It is hard to choose what I enjoyed the most... I really enjoyed writing for The Paw Print and Xanadu, taking photos, and the friendships I made with other students.

"I have my coping mechanisms like aromatherapy, yoga, and meditation but they don't make the stress completely

disappear," she added. "They only alleviate it. The best way to cope with speech anxiety is to practice and prepare."

James Dziedzic shared his excitement and slight anxiety, while looking back on his time as a student at LCCC.

"I hope this achievement makes my kids proud of me, that's very important to me," he said. "I hope that seeing me earn my degree at my age shows them that if you believe in yourself, good things can happen.

"For me, I think I learned a lot about myself," Dziedzic continued. "I learned that I am capable of academic success, something I didn't excel in throughout high school many years ago. I also enjoyed seeing the hard work pay off with the grades I achieved and meeting new people."

The commencement is being held at the PPL Center in Allentown on Wednesday, May 15, 2019 at 7 p.m.



*Veronica Rosenberger*



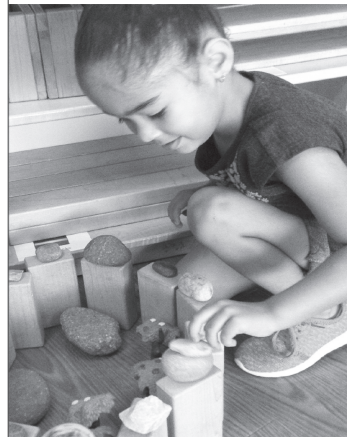
**Photo Courtesy of James Dziedzic**  
*James Dziedzic (right) with his father.*



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## H.S. debuts student-produced documentary

**Daniel Melin**

Writer

Nuclear radiation, chronic diseases, and government cover-ups are not the usual topics of discussion for a high school classroom. One Bethlehem arts school, however, decided to test the boundaries of its education.

This was the highlight of the premiere of “The Fukushima Legacy,” a student-made documentary delving into the nuclear disasters at both Fukushima, Japan and Three Mile Island, Pennsylvania, at The Lehigh Valley Charter High School for the Arts on March 19.

Dozens of local residents, students, and school administrators gathered in the school’s theater to view the nearly 45-minute film, as well as participate in a Q&A with the film’s creators.

Led by the Audio/Video and Broadcast Production teacher, Mr. Damian Rhigi, several classes of students spent time outside of school researching, writ-

ing, and filming for the documentary. They also reached out to local college professors and experts in the field of nuclear energy to collect a broad spectrum of viewpoints.

“The biggest thing that I hope for people to take away from the documentary is [how to be] completely objective,” David Jerry, a former student in charge of post-production editing of the film, explained. “We really just want people to be able to step away from their own personal views and opinions when trying to get answers to things.”

Jerry is grateful that he has received the chance to grow his talents in video production through this project.

“The Fukushima Legacy” has broadcasted on PBS once and is currently avail-

able to watch on YouTube on the official “CharterArts” channel.



**Photo by Daniel Melin**

*David Jerry, former Charter Arts student and post-production specialist, walks through the editing process of The Fukushima Legacy.*

## Walk into creativity every third Thursday

**Collette Portner**

Writer

Mark your calendars and don’t miss out on a chance to experience some music, art and good food. Every third Thursday downtown Allentown shops and businesses will be opening their doors to the community.

The event is Destination Arts: Third Thursday, which is sponsored by the Lehigh Valley Chambers of Commerce. Admission is free. Many small retail stores, local restaurants, and even salons will participate in this event. They want

to reach out and connect with the community on a creative level.

These small businesses will be providing a new experience every time, so don’t expect to see repetitiveness.

A recent event was held at the Miller Symphony Hall on March 21, 2019. The doors opened to the public for the first annual orchestra short film festival. The community was given light refreshments and offered drinks while watching the films in a dimly lit, relaxing room.

“We decided to connect the viewing with the third Thursday, which we have been participating with since January,” Al Jacobson of Miller Symphony Hall.

More than 1,100 short films poured into the judges’ hands from submissions all over the world. A few films that made it into the finals came from Brazil, Germany and even as far as



*Miller Symphony Hall*



*The art District of Allentown*

Tokyo in hope of grabbing the first place spot.

Summer is quickly approaching and a great chance for everyone to get out of their comfort zones and experience what Allentown has to offer. Whether you choose to get in touch with your artsy side or listen to some live music and grab some good food, there will be something for everybody.





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## Students showcase their ePortfolios

**Emily Tedesco**

Writer

Students of Lehigh Carbon Community College gathered in the Community Service Center to compete for cash prizes at the ePortfolio Showcase & Awards event.

The showcase took place at 1 p.m on March 22, and gave students an opportunity to show off their accomplishments and express themselves through the eportfolios they have created.

Lauren Schwartz, Lehigh Carbon Community Colleges ePortfolio Specialist, hopes that these eportfolios will help students with future decision making.

“The goal would be for students to have a product they can use after graduation,” Schwartz said. “Whether it’s to transfer, for scholarships, or in the job application process.”

Out of the 41 students who entered the competition, eight finalists were chosen to present their eportfolios to the attendees and judges.

The four judges shared their appreciation for the entries they received before handing out the awards. David Lopez, one of the judges for the competition, acknowledged how helpful the eportfolio can be when it comes to job searching in the future.

“I’m super impressed,” Lopez told participants. “As someone who works in staff and recruiting, we hire a lot of college graduates, and one of the things those graduates struggle with is being prepared. You guys were prepared.”

After audience members and the judges expressed their gratitude towards the students’ efforts, the winners were announced.

The third place winner, Mary Wilhelm, received a \$50 gift card. The second place winner, Alexis Hill, received a \$100 gift card. The first place

prize went to not one, but two students, Abigail Leonardo and Thomas Croft, who each received a \$200 gift card.

No participant left empty handed though, since everyone received a participation award for competing in the contest.



**Photo by Emily Tedesco**

*The winners of the ePortfolio Showcase (Left to Right), Mary Wilhelm, Alexis Hill, Abigail Leonardo, and Thomas Croft.*

## Alternate options available for students

**Michael Reichenbach**

Writer

Coming out of high school, college just isn’t in the cards for some graduates. Many factors come into play when making this decision.

Getting certified in a certain area of work or obtaining a special license could be all it takes for some. Sometimes a few semesters can be what makes up

someone’s mind.

Shane Hackman, commercialized truck driver, had to go through special training to be able to drive commercial vehicles.

“I started off by going to special classes to get my class A Commercial Driver License (CDL). There you learn the ins and outs,” Hackman said. “Once you get past those classes you go through a ‘driver’s test’ so to speak.”

Hackman revealed that he went to college for three semesters and decided it wasn’t for him. Though the idea of going back to school has been on his mind.

“Even at 34, I have thought about going back to school,” he said. “When that

time comes, I’ll have to find a college where my credits are transferable.”

With a class A CDL, Ackerman is legally allowed to transport a truck containing hazardous waste, a 16-wheeler, and tankers. He can’t, however, drive a school bus.

On February 25, 2019, Xavier Morales found a life-long career after officially graduating from dealer school.

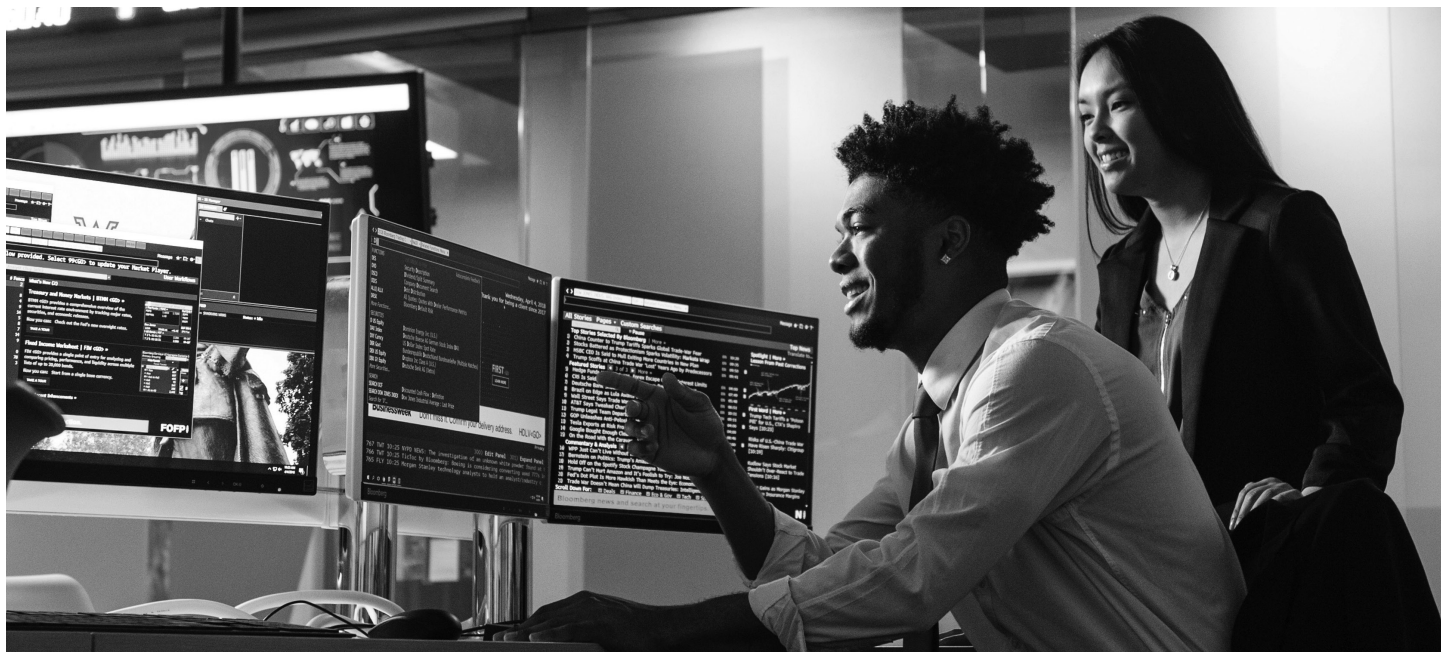
“I have a Pennsylvania gaming license,” Morales said. “I had to go through eight weeks of classes and when I passed that, I had a week of training on the live casino floor.”

“I’m pretty happy with it because not many people can say they have a life-long career at 20- years old,” Morales added.

To some, a college degree isn’t their path. Just remember there are always other options out there.







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## Burnt rubber never smelled so good

**Suli Contreras**

Writer

**H**elmet? Check. Seatbelt? Check. Adrenaline? Double check. A racer knows how to prepare before their wheels burn onto the track.

Nick Winton is a skilled racer, known for holding the fastest adult lap times at the Lehigh Valley Grand Prix. The LVGP has an indoor go-karting course that times its laps to the thousandth of a second by building transponders into each individual kart.

Winton's record is 29.006 seconds



**Photo by Lauren Pash**

*Winton's record on display at LVGP*

within the quarter-mile course. The LVGP designed the concrete path to have 11 turns, using barriers constructed of over 1,300 Goodyear tires from a single NASCAR race at Chicagoland.

"I believe that being focused, fit, posture, weight, seat and pedal position, not sliding or drifting into corners and taking them smoothly instead are all contributing factors to getting a much faster lap time," Winton stated.

He has held the record since October 2017 and still does to this day. Although holding this record for over a year, Winton strives to conquer his own times.

"I am still always trying to find a way to beat my own lap time again to see if I can get an even faster lap time than I already have, but I haven't come that close," Winton explained.

Other racers hold different records, including fastest two-seater, senior, and reverse lap times.



**Photo by Lauren Pash**  
*The lineup of LVGP's go karts*

The LVGP updates its track layout every two years. It will once again change the course in mid-April, and Winton hopes to make a new record with the new track design after its adjustments.

## Emmaus Farmer's Market launches season

**Madison Healy**

Writer

**T**he Emmaus Farmers Market is held in Emmaus and Easton and helps support small businesses. The 2019 full season starts in May and is every Sunday from 10 a.m. to 2 p.m.

The Emmaus Farmers Market is in the Emmaus Triangle, and a wide range of vendors are there, including those selling baked goods, beverages, condiments, and flowers.

Big Red Barn is a vendor at the market and is located in Emmaus. Big Red Barn produces and sells organic and

**Big Red Barn is a vendor at the market and is located in Emmaus. Big Red Barn produces and sells organic and natural peanut butter in many more flavors. Its newest release is a CBD peanut butter.**

natural peanut butter in many more flavors. Its newest release is a CBD peanut butter.

Deanna Seagreaves was selling the products at the stand.

"At the Big Red Barn, my daughter and son in-law make all of their own nut butters," she said. "These include cashew, almond, peanut, and all different flavorings. It's new that we're doing the CBD peanut butter. It tells you how many milligrams there is on the back of

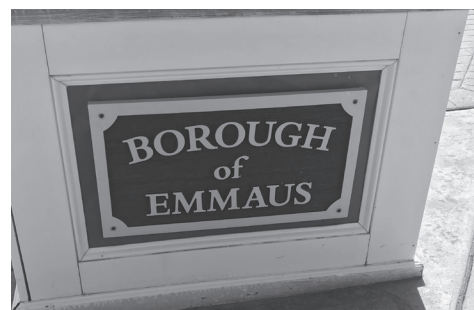
the butter. People are using the CBD oil for anti-inflammatory and pain relief type of properties."

Jen Schustler who is the Marketing and Events Coordinator for Emmaus Farmers Market was there selling their merchandise.

"I am the marketing and events coordinator for Emmaus Market, so I work on all of the advertising and social media posts," Schustler said.



**Photo courtesy of Morning Call**



**Photo by Madison Healy**



# Town Hall aims at variety of local concerns

Andria Ahrens  
Writer

State Representative Michael Schlossberg from the 123rd district hosted a town hall meeting where his constituents showed up with more than a few issues to fill up the hour.

The meeting began at about 7 p.m. Thursday, March 28 at the Congregation Keneseth Israel near Mulhensburg College, Schlossberg's alma mater. The meeting began with questions about charter school oversight-- where their funding comes from and goes, and curriculum standards.

"As written in '98, charter schools are meant to innovate and provide something public schools cannot," Schlossberg explained about the broken education system. "We give kids sub-

standard education... and then invest in the prison system." Allentown resident Tinku Khanwalker agreed.

"They're a good idea but the funding is an issue... it's \$60 million and it's coming from the Allentown School District fund."

The discussion turned to property taxes and how they fund public schools. One

man who objected to the existence of charter schools speculated, "if we get a democratic government that leans towards socialism and we get free college and healthcare... who pays for what won't be an issue."

Discussing structural policy issues turned the meetings attention to the

upcoming 2020 election. One constituent asked how Democratic leaders in Washington plan to reconcile with the party's "socialist" branch.

The electoral college, legalization of marijuana, Paris climate agreement, and minimum wage were also discussed at the meeting.

Schlossberg shared that, "nothing beats this... for an hour people can have all my attention and I can answer their questions."

He held another town hall on April 18 at 7 p.m. at Big Brothers Big Sisters of the Lehigh Valley, 41 S. Carlisle St., Allentown.

**"We give kids substandard education... and then invest in the prison system."**

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MKT1917 The Paw Print

## Opinion

### Should college education be free?

**Hannah Mills**  
Editor

The idea of free college education in America has been proposed by many people in recent years.

At first glance this might seem like an attractive option. Who doesn't like getting things for free?

Everyone knows that college is expensive, and there is a reason why the stereotype of broke college student eating Ramen noodles exists.

But while getting a college education is expensive and cutting down on cost would be lovely, there are some things that need to be considered first.

What would getting a free education look like?

What people often overlook is the fact that college education simply cannot be free. There is a cost involved. Instructors must be paid, textbooks and school supplies must be purchased, and assorted other expenses pile up.

If the college student doesn't pay for

these things, who does?

The typical go-to answer is the government.

But where does the government get its money from? Taxes.

Passing a bill to make college education free means that either tax dollars are being taken away from other programs or more taxes are being collected.

This may not seem like a huge problem to a college student. You need to remember though that you only spend a few short years in college. After that you might be footing the bill of free college education for those following in your footsteps.

I'm not saying that students should avoid seeking out financial help for their education. On the contrary. Scholarships and grants are great benefits to students. College is expensive but making it "free" simply isn't the answer.

Education is very important, but stu-

dents need to work for it. Literally.

I found that as I pay the tuition for my college education I am more invested in my studies and more motivated than if I had just been given my education on a silver platter.

So yes, college is expensive. But if you are truly motivated to get an education, you'll find a way to make it work no matter what it costs. And you'll feel an even greater sense of accomplishment when you receive your diploma and know how hard you worked to get there.



### The perils of perfectionism

**William Tkaczuk**  
Editor

We think of perfectionists as immaculate, albeit slightly neurotic people. That refusal to accept anything short of flawlessness can push them to tread new ground, improve the controllable aspects of their life, and produce an uncompromising rendition of what they've created in their mind. It can often lead to agonizing over minute details, souring

their experience of creating something they're actively passionate about.

This mentality can really apply to anyone; even as I type this paragraph I'm constantly backspacing, torturing myself as I try to find the most applicable words that still have a nice flow to them. But if the end product is a success then it could be argued that all of this extra effort and self-torment was justified.

But what I've described isn't the only type of perfectionist out there. They don't all have work to show for what they put themselves through.

Perfectionism can actually be dangerous. It's possible to be so uncompromising and so beholden to creating something with no imperfections that the process

of creation is seen as a task too daunting and overwhelming to even begin. If your fidelity to perfection is too high then you'll never do anything.

And this could be tragic.

There could be an entire population of creators and innovators that never got their start because they didn't want to sacrifice how gorgeous and perfect the idea is in their head for what the end product would really be. It's a fear of being less than what they want to accomplish that keeps them from seriously working towards a life where they're able to support themselves with fulfillment.

Accepting failures as the learning experiences they are is crucial to growing and honing skills. Don't be afraid to create bad things, they usually come before good things.





# The working world holds great importance

**Devyn Pugh**  
Editor

I have always been a really observant person. As I get older, I have become more observant and I start to find more things wrong with the world. One of these things is how well places of employment train their employees. Or, how not so well.

I think that cross-training is one of the most important aspects of a job. If you can cover someone's job when they call out, that is very important. That is how it should be. Everyone should know everything where they work. Not only cross-training but training in general. Especially if it's an entry-level job.

I feel as though employees are not trained as well as they should be. I go places, specifically retailers, and I see employees doing either nothing, or they appear to be working but are actually on their smartphones.

It might be really awful to say, but I feel like a lot of employees are becoming incompetent in the world and unaware of what is happening around



them. I recently experienced a change in jobs where I transferred within the company. When I went to my new place, they ran things a lot differently than my old job did but, they acted as though I knew everything. I didn't. I

was so lost. I knew how to do my old job, but now things were different.

It was really hard to transition, and working in that type of environment made it even more stressful and uncomfortable than it already was. I think that training for a job is something people should take more seriously. Even just the job in general. A lot of kids treat their first jobs as though it isn't important. It is. The first job you have will impact your whole life. That goes on your resume and can hurt you if you get fired.

Treat every job like your last. Learn everything that you possibly can. Work harder than you ever have before. The moment you get a job is when you start contributing to society and making an impact on the world around you. Make it worthwhile.



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## IN FOCUS:

### Renovated bookstore opens for business

Follett is in the process of completely redesigning Lehigh Carbon Community College's bookstore. It is looking to improve students' overall experience finding their textbooks and supplies.

The planners behind the design took into account the needs of students and looked to provide the school with an inviting place to peruse. The bookstore still has opportunities for prospective student workers. Workstudy students provide assistance with finding textbooks and general customer service.

The bookstore used to keep its textbooks on a maze of shelves in the back of the store, something that students felt was a bit intimidating. The refreshed bookstore now features a much more inviting and open shelving design that allows students to easily and efficiently find their books for that semester.



**Photo courtesy of College Relations**  
*The space was completely emptied and redesigned from scratch.*

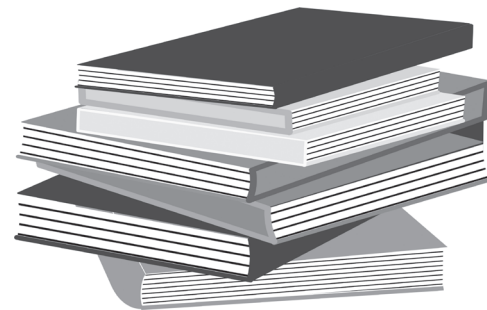


*Angela Clark (left) and Emma Gibbs are just two of the LCCC students currently employed at the bookstore.*

The bookstore still carries everything it did before the revitalization. The changes that were made only served to improve the store's overall shopping experience.



*No longer do you have to wander through labyrinthian shelves to find your textbooks.*



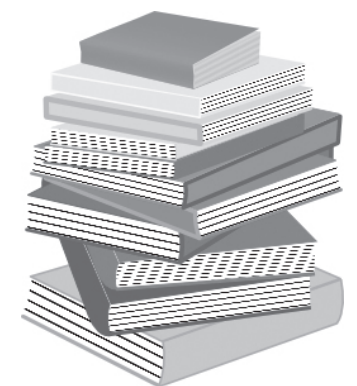
*"We just wanted to put a fresh look on everything; the store looked nice before but it looks better now. It's brighter, it's cleaner, it's more visually appealing."*  
- Zach Potter



*Zach Potter, the bookstore's new manager, is confident that it will maintain its level of quality during this transition.*



*The floor plan of the bookstore has been greatly opened, allowing for a more relaxed shopping experience.*



# health&fitness

## Reducing food waste makes world better

Cayla Novicki  
Writer

On everyone's list of favorite things, food has to be close to number one. But really, who doesn't like food?

Food waste is one of the biggest problems being faced when it comes to the environment.

According to the National Resources Defense Council, up to 40 percent of the food in the United States is never eaten. But at the same time, one in every eight Americans struggle to put enough food on the table.

Buying and eating just enough food for you and your family is a very important thing because the more food is thrown away, the more it builds up in the environment. The causes of food

waste or loss are numerous and occur at the stages of producing, processing, retailing and consuming. Global food loss and waste amount to between one-third

and one-half of all food produced.

According to the Food and Agriculture Organization, when

**Consumers can reduce spoilage by planning out their food shopping, avoiding potentially wasteful spontaneous purchases, and storing foods properly.**

food is thrown away, the food waste eventually creates landfills. Dumping food waste in a landfill causes odor as it decomposes, attracts flies and vermin, and has the potential to add biological oxygen demand.

In countries such as the United States and the United Kingdom, food scraps make up around 19 percent of the waste dumped in landfills, where it ends up rotting and producing methane, a greenhouse gas. Food waste can be bio-degraded by composting, and reused to fertilize soil.

One way of dealing with food waste is to reduce its creation. Consumers can reduce spoilage by planning out their food shopping, avoiding potentially wasteful spontaneous purchases, and storing foods properly.

Saving the planet is really one of the most important things to do and you can still do it when food is one of your top priorities.

## Bethlehem VegFest quickly approaching

Maria Rehrig  
Writer

VegFest is a popular event held in most major cities every summer

to celebrate, learn about, and taste all that veganism has to offer. Guest speakers, such as

James Aspey, popular animal rights activist and vegan, attend these events to inform the public about the food they are consuming and the clothing they wear.

Miley Cyrus, a vegan herself, attended a vegan restaurant last year called Fare Well and swooned over the taste. The restaurant ended up participating in the Washington D.C. VegFest.

The Lehigh Valley and surrounding areas are welcome to attend the upcoming VegFest in

Bethlehem that will take place July 13, 2019, 11 a.m. to 6 p.m. in the Historic Downtown District.

More than 6,000 people attended last year's VegFest in Bethlehem.

Aimee Theresa, filmmaker and vegan co-creator, posted a picture of the food

**"I had the best donut I've ever had at Bethlehem VegFest, period. The vegan wings were also killer and the sauce was delicious."**

on her Instagram with the caption "Bethlehem VegFest. Stuffing my face."

Another attendee said, "I had the best donut I've ever had at Bethlehem VegFest, period. The vegan wings were also killer and the sauce was delicious."

"VegFest celebrates the growing vegan culture and sustainable living practices throughout Bethlehem and the Lehigh Valley," according to the official Bethlehem website. "Our festival includes cooking demonstrations, renowned speakers, live music, as well as over 60 food, small business, and craft vendors from up and down the east coast."

Vendors for this upcoming VegFest 2019 include Vegan Treats, local vegan bakery, The Perk Up Truck, vegan restaurant, and even the Rockin' Good Health LLC Therapeutic Massage, to promote healthy living.



*VegFest 2018 drew in a diverse crowd of vegetable lovers.*



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## Disease spreads among deer population

Rebecca Zeitler

Writer

The zombie apocalypse has arrived, and it has antlers.

Chronic Wasting Disease, popularly referred to as “zombie deer” disease, is a disease that affects deer and other cervids, such as elk and moose. It attacks the brain of infected animals, killing cells and creating microscopic holes within the brain, according to the Pennsylvania Game Commission.

The disease is always fatal and has been spreading through the United States since its discovery in 1967. It was first found in Pennsylvania in late 2012 in Adams County, and has since spread as far north as Jefferson County and as far east as Berks County.

As of February 2019, CWD has not spread to humans, according to the Centers for Disease Control and Prevention. However, there is concern

that it could in the future. The CDC warns against eating meat from animals known or suspected of being infected. It also has made a list of safety guidelines for those hunting in areas where animals have tested positive for CWD, available online.

“...I haven’t been too concerned yet,” Scott Keim, associate professor at Lehigh Carbon Community College and self-proclaimed avid hunter, said when asked whether he was worried about CWD. “I haven’t heard of any confirmed cases in Schuylkill County ... If it becomes a serious problem in Schuylkill County, I’d probably stop hunting in Pennsylvania.”

Despite the possible risk, the



Pennsylvania Game Commission encourages hunters to continue hunting in Pennsylvania, but advises them to be aware of Chronic Wasting Disease and to take proper safety precautions when dealing with animals and handling meat.

## Why some people choose not to vaccinate

Vanittah Mwangi

Writer

There is another alternative argument for anti-vaccination that does not stem from government conspiracies, but instead focuses on individual rights.

We have all heard the arguments that many have stated as to why they do not believe in vaccinations. Arguments such as “The government is trying to poison us,” or “Vaccinations are the root of all

autism,” or even “Vaccines are not tested on humans so they can not be trusted.” All of these claims have been proven false. But none of these is the reasoning behind why Stacy Sullivan-Methvin, 56, chooses not to vaccinate her children.

In Pennsylvania, children are required to be vaccinated unless the child has a medical or religious/philosophical exemption. However, that is not the case everywhere. In 2015, California signed SB 277 into law. This law will not allow any new personal and religious belief exemptions in California day care, preschool, and K-12 schools.

It might surprise many that Sullivan-Methvin is not only vaccinated herself, but

**“Take little pieces of what people tell you and listen to their experiences because you might need it later.”**

she is also studying to be a nurse.

“Why I’m so adamant about vaccination choice is not just because I don’t agree with vaccinations,” Sullivan-Methvin said. “...I believe that if we lose the freedom to choose what we want for our children we will continue to lose other freedoms...the more we turn our heads the more they will infringe on other rights.”

Sullivan-Methvin is not a radical “anti-vaxxer” as many people believe her to be. She just wants her viewpoints to be respected as much as she respects others.

“You have to learn to listen to people even if they don’t say what you want them to say,” Sullivan-Methvin said. “My father used to say, ‘Take little pieces of what people tell you and listen to their experiences because you might need it later.’”



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# style & entertainment

## Walking in the shoes of an author

**Alexandria Maaser**  
Writer

Many people dream of one day publishing their own book. Whether it be fiction, an autobiography, a scholarly book, or any other genre, getting a book published is considered quite the accomplishment. Kelsey Miller, a writer and speaker based in New York City, has accomplished this dream.

In 2016, her memoir “Big Girl” hit the shelves. Just last year, she also published “I’ll Be There For You,” a study on the hit show “Friends.” Currently, she is preparing for her next two book projects.

“...I always imagined I’d like to write a book one day,” Miller said. “I never imagined it as a memoir specifically, but that was the first opportunity I got — so that’s what it turned out to be.”

Miller also commented that writing a



**Photo courtesy of Harry Tanielyan**  
*Kelsey Miller, New York City’s hidden writing gem*

book was harder than she’d ever thought it would be, but it was an incredible privilege and she would not change a thing.

Despite being a workaholic, Miller said it is important to take time for the other pleasures in one’s life and to break away from working around the clock.

Her advice to young up-and-coming writers speaks a similar message.

“Well, I think ‘relax’ is probably good advice for anyone, but I would also say just give it a shot. And keep giving it a shot. Writing a book is a real feel-the-fear-and-do-it-anyway kind of thing.”

For Miller, her writing tends to come from an inspiration to delve into unfamiliar topics and histories. Writing, for her, is gifting stories to the world that have been left untold.

## Aspiring artists perform at coffee house

**Emily Tedesco**  
Writer

Coffee House Without Limits (CWOL), is offering a way for aspiring artists in the area to showcase their talents.

CWOL is an independent coffee shop located on 4th Street in Allentown that invites guests to sign up for its “No Mic Open Mic Night” that takes place every Tuesday at 7 p.m.

**“I know that performing music helped me grow as a person immensely, and I try to offer that same opportunity back to people as much and as often as I can.”**

Billy Mack, the owner of Coffee House Without Limits, has been operating this event for about three years now, and encourages new people to participate.

“I am a huge believer in the healing and growing powers of art and making that accessible to people,” Mack said. “I know that performing music helped me grow as a person immensely, and I try to offer that same opportunity back to people as much and as often as I can.”

Students can sign up at the shop and perform anything they’d like in front of a live audience, or listen to other live performances from local artists.

“Anyone is welcome to participate,” Mack said. “Our sign up sheet goes out at 7 p.m. There’s no pre-signing up - first come first serve. We welcome music, poetry, storytelling, comedy, and any other form of performance. If a musician is playing covers, we need



to approve them before they play due to licensing legality.

Coffee House Without Limits could be a great hangout spot for college students who take an interest in the arts, or in coffee. Consider attending the “No Mic Open Mic Night” and sharing your talents with the community or listening to others.

# Expand your cheese horizons

**Collette Portner**  
Writer

Not only is Whole Foods known for its organic and eco-friendly shopping experience, but it also invites the public to a crash cheese course which includes tasting. What's better than cheese?

Every Tuesday from 6 p.m. to 7 p.m. at Whole Foods in Allentown, Eileen Leiderman, a Certified Cheese Professional, hosts a relaxing, enjoyable class. Eileen chooses 6-7 cheeses she wants to debut to the public. In this course you will learn about the cheese and its history with recommendations on how to use the cheese. Get ready to learn about rare and expensive cheeses you never knew existed. Whether you're a beginner in the cheese field or you have some experience, this class can be appreciated by everyone.

This weekly class gives you a chance to consistently try something different and have your taste buds tingling with

**"I think it helps people to narrow down what kind of cheese they will like..."**

suspense. The cheeses are paired with wines and beer that are pre-selected to help enhance the experience.

"I think it helps people to narrow down what kind of cheese they will like, and this class helps make you aware of what cheeses are out there," said Leiderman "Cheese can be overwhelming"

The tickets to this cheese course are free but go extremely fast, so planning a couple weeks ahead may be beneficial. There are 25 spots available and always a full house. You must be 21 years and older because of the alcoholic beverages.

Not only will you be feeding your stomach but you will be feeding your brain.



**Photo by Collette Portner**  
*Cheese pre-packaged that can be bought at the cheese section.*



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## Softball team balances school and sports

**Megan Vrablic**  
Writer

There are an estimated 460,000 collegiate-level student athletes in the United States across 5,300 colleges. The rules and regulations for these students are all the same.

The LCCC athletics Code of Conduct for all sports participants states, "It is the responsibility of each student athlete to maintain good academic standing. Each student athlete must meet the eligibility requirements established by the National Junior College Athletic Association (NJCAA). This includes making satisfactory progress in classes and maintaining full time enrollment during each semester your sport is in season." This is often easier said than done as work as a full-time student can be difficult to manage on its own.



However, a group of LCCC athletes are doing their best to make it work. Members of the LCCC women's softball team have found a way to balance their life as athletes and what is required of them academically. Balancing what is expected of them is done by using their resources and holding each other accountable.

"Before the season started we worked our schedules out," sophomore Shannon Gallagher said. "Our coaches and professors are really understanding too. Some of our professors let us hand in assignments early, and our coaches schedule practices so we have time to focus on school."

The team also works as a support system. At practice on April 6, the team could be seen hitting and fielding, tossing around a football, and enjoying the sunny morning while working on skills together.

"We have positive encouragement from our teammates," freshman Cassie Burke said. "We make use of our resources and we study together. Our coaches also really value learning, so to everyone, that comes first."

## Students put body art on display

**Michael Reichenbach**  
Writer

Got ink? Lehigh Carbon Community College students beautify the campus with their original body art.

Looking around the LCCC campus, a glimpse of someone's ink can suddenly catch one's eye. This glimpse leads to an array of different stories behind the art.

Sometimes an iconic horror image can bring back special memories from one's childhood.

"I have a Michael Myers tattoo," Collette Portner said. "I love dark tattoos. I have always been a Michael Myers fan since I was little, but at the same time scared of him."

There are times where the simplest pieces have the biggest meanings behind them.

"It's dark, but it makes death look nicer than what it is," Ryan Rubio, who has a scythe and banner that reads "sooner than you think" on his right forearm said, "...then in like seventh grade I lost my grandfather."

Rubio continued on to say that when he was in high school, he knew a girl

who he had talked to every day, who left school one day and died in a car accident. He also had friends who died from overdosing on heroine.

They say family is forever, Jacob Quiles wanted to etch that statement permanently onto his skin.

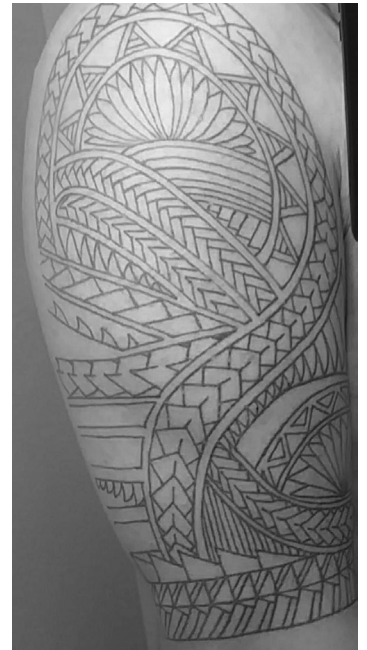
"...some parts of my family are from Polynesian descent," Quiles said. "Courage, guidance, power, ferocity and adaptability are found all over the tattoo."

The qualities Quiles spoke about are represented by the shark teeth found in the tattoo.

Every drop of ink has a meaning. The meaning, though, is special to the skin on which it is placed.



**Photo by Michael Reichenbach**  
*Ryan Rubio's Tattoo*



**Photo courtesy of Jacob Quiles**  
*Jacob Quiles' Polynesian tattoo*



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## Raising a paw for a good cause

**Julia Malave**  
Writer

The Lehigh Carbon Community College (LCCC) Foundation held its fifth annual “Raising the Paw” bingo benefit and shopping event on Saturday, March 30, on the main campus of LCCC. The event, which benefits the Jennifer L. Snyder Memorial Veterinary Technician Scholarship Fund, is sponsored by the LCCC Foundation and was held in the Community Services Center (CSC).

Raising the Paw Bingo and the Jennifer L. Snyder Memorial Scholarship were established by her family in memory of Jennifer Snyder, a 27-year-old alumina of the Veterinary Technician program at LCCC, and her unborn son. The event supported the scholarship fund in her name, continuing her passion and love for animals.

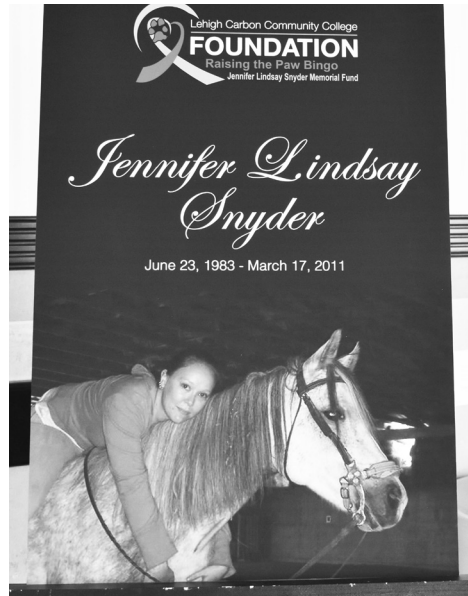


Photo by Julia Malave

The day was filled with games, raffles, food, and opportunities to win designer purses: Coach, Michael Kors, Kate Spade, Vera Bradley, and other popular brands. There was also an opportunity to take photos with the Easter Bunny, and an extravagant egg hunt along with activities and crafts for children sponsored by the LCCC Teacher Education Program. During the event over 2,000 eggs and prizes were distributed to over 150 children from our community.

Vendor shopping was also available during the event. According to Jane C. Wilchak, special events manager/college relations, the Raising the Paw Bingo benefit expects to exceed its goal of \$10,000 due to the efforts of the volunteers, staff, and the community.

## GSA Pride Club offers space for LGBTQ+

**Daniel Melin**  
Writer

There are many experiences that bind college students together; similarities that make them feel like they aren't the only ones struggling.

The GSA (Gender and Sexuality Acceptance) Pride Club at Lehigh Carbon Community College, however,



Photo by Daniel Melin  
Jessica Kerridge, student at LCCC and vocal member of the GSA Pride Club.

searches for the strength in what makes every college student different.

The club meets on Tuesdays to act as a safe space for the LGBTQ+ presence at the college, as well as to discuss important social issues involving the progression of acceptance for the community.

“We do talk about important events that go on in the world,” Jessica Kerridge, an avid member of Pride Club, said. “And sometimes we do have our little downtime.”

The club members enjoy playing games in their downtime to learn more about LGBTQ+ terminology, flags, and history.

Kerridge also highlighted some of the upcoming club events, like the semi-formal “galaxy neon” themed dance on April 26. She also expressed her excitement for the annual “Pride in the Park” event at the Jewish Community Center of Allentown on August 18 at noon.

“I feel like it's important for people to be proud of who they are,” Kerridge continued. “It is very difficult to be proud of who you are because you're afraid of the social culture and being [a part of] the social norm, but I feel as long as you find that group or clique that you belong in, everything just turns out fine.”

For more information about meeting times and location, please contact Ann Turoczy, the club's advisor, at [aturoczy@lccc.edu](mailto:aturoczy@lccc.edu).



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## Kyle Smith: BASTL program taught leadership

Kyle Smith had worked for two years at Hazleton General Hospital before the Lehigh Valley Health Network acquired it in 2014.

While the hospital's name changed to Lehigh Valley Hospital-Hazleton, Smith's job – making sure the software supporting radiology and cardiology equipment ran smoothly – stayed the same, almost.

The 29-year-old Rush Township resident said it was clear he needed a bachelor's degree to advance in his career.

"There are a couple of different levels of hierarchy within the [Information Technology] department, and they did say I would need a bachelor's degree to get a promotion," said Smith, who earned his associate degree in Network Technology from Lehigh Carbon Community College in 2012.

Smith earned his Bachelor of Applied Science in Technical Leadership degree from Bloomsburg University in May 2017. He knew it would be a good fit.

The fact that the BASTL program would accept his associate credits was critical. It had taken him five years, with a slight break, to get the two-year degree because along the way he had switched majors. So he didn't want to pay in time or money for credits he already earned.

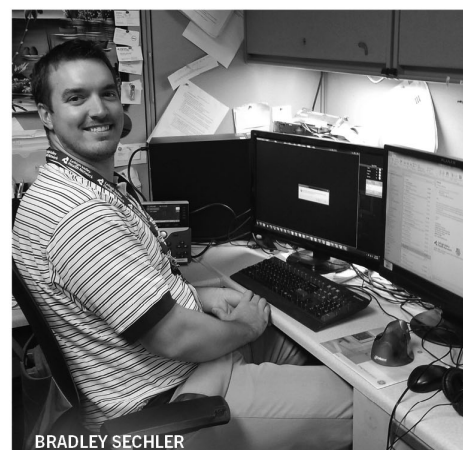
"From Hazleton, it's an hour commute to the college, so it worked that I could do the coursework online," said Smith, who began the BASTL program in the fall of 2014. "It definitely would have taken me longer to get my degree and been overall more difficult if so much wasn't online."

About a year ago, Lehigh Valley Health merged its various IT departments, and Smith said he believes having the BASTL degree helped ensure that he kept his position as a software analyst. He's also starting to lead some projects, drawing on what he learned in the program.

The communications courses on leading virtual teams and understanding various workplace personalities – and how they work best – were especially helpful.

"My supervisors recently said they wanted me to get into more project management and team leadership," Smith said. "As they started touching on the different points, I could remember going over exactly what they were talking about in my classes."

Smith, who recently married, said he is considering pursuing a master's degree. He said it's clear that no matter what his career future holds, having the BASTL degree is important.



"The higher you go, the more education companies are requiring," he said. "The skills you learn in the BASTL program are beneficial because they make you an asset to the company. You can be a great tech guy, but your ceiling is lower if you don't learn the management side, how to lead teams and work with other people."

Learn more at [bloomu.edu/bastl](http://bloomu.edu/bastl)



## Veterans club inducts four-legged members

**Suli Contreras**

Writer

The hallways of the ARC building filled with cheers of glee on March 19. The reason? Puppies, and lots of them.

The Lehigh Carbon Community College veterans club held a fundraiser in which students gathered to donate a dollar to receive a picture with a pup. Don't be fooled; these were not random adorable dogs from shelters. They were service dogs for veterans who have Post Traumatic Stress Disorder or any type of physical disability. Each one is named after a fallen soldier.

In total, \$378 was raised for this event. All proceeds are donated to Tails of Valor, Paws of Honor. The veterans club also donates \$100 from their own funds to the cause.

"Everybody is connected in some way, if not by a family member, you have a friend, and that's why we do these things,"

Leslie Bartholomew, fundraiser coordinator, said. "We want to promote awareness and educate students so we can appreciate who has sacrificed for our country."

When faced with ideas for the fundraiser, one LCCC employee talked about her connection with this organization through volunteering. The club realized that these puppies would be a great way for success of fundraising.

The club holds a fundraiser each fall and spring. Every year for a week in November around Veterans Day it celebrates veterans week. The club also partakes in military appreciation week every year in April called Remembering Everyone Deployed (RED). The club takes part in these activities to serve as a reminder that there are still people out there fighting. To participate in such events, it is as simple as wearing a shirt that says RED every Friday.



Photo courtesy of LCCC's Veterans Club  
LCCC student poses with puppy

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