

THE PAW PRINT

Fall 2017 • The Student Newspaper of LCCC • Vol. 4 No. 1

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.

Ireland study abroad: An opportunity to expand horizons

Cathryn Seibert
Writer

In May 2018, 20 Lehigh Carbon Community College students will embark on a four-week trip to Ireland, one of the longest study abroad trips the college has offered.

Students will have the opportunity to take a field Biology course as well as an Irish History and Literature class as they travel around the country from May 15 through June 11, visiting Dublin, Galway, Doolin, and Limerick. The trip is run by professor Creed Hyatt, who has taken charge of LCCC's study abroad program since 2006, along with other professors.

Hyatt, an avid traveler, believes this program is one of the best ways students can get started on visiting different countries.

"I think that for students here, there's no other way to do what we do in a way that's... a good entryway to international travel, if students haven't really done much before," Hyatt said. "It's very reasonably priced, and you know, such a good experience, in a way that you're not just sort of out on your own trying to figure everything out."

On the trip, students will balance their coursework with visiting sites like Christchurch Cathedral, the Guinness storehouse, and the cliffs of Moher, among others.

Hyatt has taken students in the past to



The Irish landscape offers an abundance of cliffs and sprawling views.



Studying abroad gives students an opportunity to learn more about the world and grow closer to their fellow travelers. Through LCCC's program, students have visited Rome, London and Ireland.

many different places, including Italy, the United Kingdom, and Spain, all shorter trips than the one currently planned. Hyatt hopes to expand the study abroad program into a full, five-week-long summer session in addition to shorter, two-week trips.

Susan Fread, Director of Academic Advising at LCCC, has gone on five study abroad trips with Hyatt, and feels "spending time in another culture changes you and broadens your perspective."

"It makes the world feel smaller in a way, you see the similarities that we share as members of the human race," Fread said. "At the same time you get to see all the wonderful cultural differences. It also gives you a better perspective of what is going on in the world, and the opportunity to see the U.S. from other countries' perspectives."

Hyatt feels "there's no way that you can really replace" the experience of studying abroad.

"It's a pretty guided trip, but there's a lot of free time where students have to figure things out on their own, and there's sort of no way to do that, to actually gain that experience, without actually doing it," he said.

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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).

Words from the editors

Saschelle Simms
Editor



This is going to be my last semester here at Lehigh Carbon Community College. I remember moving here from Florida in mid 2014 and debating what I wanted to do and if I should return to college. I'm glad to say that January 2015 was my first semester and I was able to finish something I started two years ago.

Throughout my experience in not only a new state, but in a new environment, I learned to embrace learning. Along the way, I was thrown with lemons, but I've managed to continue and turn those lemons into strength to fight against all odds.

For me, I'm able to say that my determination has been the key to me maintaining good grades. I always thought that my age would challenge me going back to college, especially since my high school graduation was almost 10 years ago. However, I think my age is what has contributed to my growth and superiority for college. Having experienced life already has helped me with time management, paying attention, and being able to help other students.

I've been a foster child, who was told I wouldn't amount to anything, but here I am graduating with an Associate's degree in Communication Studies. However, I'm not stopping there, I will transfer to Penn State for Corporate Communications. I am living proof that even though life throws you lemons, that you can still rise from any situation and make a positive outcome.

Saschelle S.

Daniel Hamm
Editor



Having a group of close friends is important as a college student. Everyone has acquaintances in life, but does everyone have a close-knit group of friends that they can hangout with? I've realized that it's really helpful to have a group of friends in your life around whom you can be yourself.

Everyone gets advice when you're growing up that "you have to find yourself." Some people don't find themselves until later in life. I have found that attending Lehigh Carbon Community College has allowed me to make some of my best friends. Personally, I didn't know who I was or what interested me until I attended LCCC. In high school, I didn't get too involved because I was confused about which club would fit me.

Getting involved at LCCC has allowed me to make inseparable bonds with people who have similar lifestyles as I. I haven't been too involved, but just by using the on-campus gym every day, I made a lot of friends. With some help from my family, I realized that I liked lifting. By lifting on-campus I was always around students with similar interests.

So, if you're struggling to make closer friends, I would suggest finding a hobby. The friends I have made in Berrier Hall I still hangout with and talk to after they moved on from LCCC.

It's always hard, but I suggest to always do what makes you happy and eventually you will be happy as an end result.

Daniel Hamm

Students and community will soon be able to 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

Internships propel students forward

Alicia Durst
Contributor

College students are always looking for ways to gain experience before entering the workforce. Internships provide the opportunity to hone in on their particular field of interest, while teaching the skills needed to be successful in the industry.

Shelley Maley, Lehigh Carbon Community College's Internship Coordinator, helps students find internships. Maley says that internships can help develop the career readiness skills that cannot be learned in a classroom, such as professionalism, communication, teamwork and critical thinking and problem solving skills.

"Internship experience gives students a competitive edge in today's job market; em-

ployers like to see that potential employees have some job-related experience," Maley said. "They also enable a student to network; often times the connections that one makes during an internship

"[Interning] has helped me make a lot of relationships with contacts within the Chamber, not only for my internship, but also for my personal career goals."

can be helpful for their future job search. Eighty percent of jobs are obtained through who you know!"

LCCC student Saschelle Simms is currently interning at The Chamber of Commerce in Emmaus. As a communications major, she is helping to plan events, arrange and take the minutes at meetings while also managing social media platforms.

"[Interning] has helped me make a lot of relationships with contacts within the Chamber, not only for my internship, but also for my personal career goals," Simms said.

Internships are required in LCCC's Accounting, Business Management, Heating Ventilation & Air Conditioning, Hotel Resort Management, Human Services, Kitchen and Bath Design, Paralegal, and Vet Tech programs. If you are interested in finding an internship to complete the requirement or want to voluntarily complete one for job experience, contact Shelley Maley at 610-799-1090 to set up an appointment.



Saschelle Simms working hard at the Chamber of Commerce



Photo Courtesy of Teri McManamon
Emmaus Heritage Festival

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English professors go back to school

Daniel Chua
Writer

When you think of summer vacation, you might think of sun rays at the beach or a nice campfire under the starry night sky, but for Lehigh Carbon Community College's dedicated faculty it was hard work revamping and fine-tuning their teaching skills.

LCCC's English department went through a six-week course catering to students of all types of linguistic backgrounds and walks of life. The program, Research-Based Strategies for Supporting ELL in College English, basically taught LCCC's educators how to improve their teaching skills to all students, but especially students who do not speak English as their first language or second language learners.

Professor Jennifer Myskowski, who teaches English, proposed the program. Myskowski explains the need for the program by saying "we got to a point

where it was unclear to us how best to help these students achieve either getting through English composition or getting through developmental writing."



Professor Myskowski enjoying her role as a Lehigh Carbon Community College educator.

The program focused on how teachers should identify second language learners and help them excel in classes that would otherwise be challenging.

Not only was this program designed to help second language learners, the program taught LCCC's faculty how to teach all students.

"But, basically we wanted to do something that would benefit all students, not just second language students," Myskowski said. Because in our classes you are all mixed together which is the beauty of our classes. So, we wanted to create assignments that would be good for those students, but also all students."

Professor Myskowski is one of the many other educators who also enrolled in the program. LCCC is constantly pushing not only students, but everyone here on campus to reach a higher education.

Transitioning from community college

Dan Szewczak
Contributor

Transitioning from a community college to a traditional four-year university may be a scary thought for those making that transition soon. However, it's not as scary as some of you may think.

I, just like all of you, have walked through the hallowed halls of Lehigh Carbon Community College and I am now attending Bloomsburg University. The transition so far has been easy since I have had previous college experience and I am already use to the college life. However, there are some major differences that you experience when you transfer to another college.

The first major difference is the fact that I am now living on campus. Living on campus is an entirely different living condition than living at home and commuting to school. However, after a couple of days it starts to feel like home. It won't even feel like you're living on campus, but like you're living at home. You still need

to make sure to get up in time for class, that you attend class, that you get something to eat, and any other college obligations.

Another major difference that you experience is the numerous ways that you can get involved in college activities. This isn't a knock on LCCC, there were plenty of ways to get involved there, but there are many more clubs and activities that help you get accustomed to your new surroundings when you go to a four-year university. One thing that I recommend to do when you transfer is to get involved in any way that you can. I was lucky enough to transfer, and room, with a friend of mine who I made at LCCC, but getting involved on campus will only help you get acclimated quicker.

The transition from community college



to a four-year university is honestly not hard at all. If you have any worries about making the transition, then my advice is to not worry because it is a smooth process, and the members of your new home will be there to help you out every step of the way. If you want any more advice or have any questions, feel free to contact me at dszewczak09@gmail.com.

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LCCC students enter the BCCS Program

Saschelle Simms
Editor

College students tend to spend their summer time either relaxing on the beach, or at work. However, seven students from Lehigh Carbon Community College spent their summers on a full scholarship to Bucknell University participating in a Scholar Program for six weeks. For the program, the students lived on Bucknell's campus, took two courses, and participated in campus activities.

In order to apply for this program, students are required to have a GPA of 3.5 or higher, have 12 completed community college credits, have low income financial status, demonstrate leadership qualities and have problem solving skills. To be eligible, a student must complete an application, get two letters of recommendations, and one essay. Once that is all completed, students have a face-to-face interview with the Dean Caro, who is the Dean of Admissions at Bucknell University.

One LCCC student, Aldaine Alphonse, described her experience as something different because she has never been to a four-year university before. During her six-week session, she enrolled in Social Psychology of Attraction and Romantic Relationship



Photo by Saschelle Simms
Aldaine Alphonse (left) and Mickey Arce (right)

and Statistical Literacy, which were both Psychology classes.

"It was vigorous, but productive," Alphonse said. "Taking two classes for only six weeks was very demanding and I had to make the balance between school work and group activities."

"The cohort was composed of 26 other hard working and determined individuals from five community colleges across the state, and Maryland," Mickey Arce, another LCCC student who participated said. "We became a very tight knit family towards the end, even though we all walked in as strangers."

Arce took the same two classes as Alphonse. Arce is planning to transfer to Bucknell in Fall 2018, where he will enter as a Junior because that is who they normally accept.

"It's going to be your greatest academic test to date," Arce said when asked what advice he had for future participants.

First generation students battle stress

Josephine Subervi
Writer

First generation college students deal with stress and conflicting feelings on a daily basis. These feelings of stress may be college-related, or for other reasons.

Nikolas Talarico believes that monetary issues are probably the reason why most first generation college students don't graduate. He believes that the reason why it is monetary issues is because their parents don't have enough money.

"I got a promotion my first semester and so I had to learn how to do a bunch of new stuff while I was just starting college. So, that was a little hard."

In his college experience, he has never felt any kind of anxieties and says that he is a pretty centered person.

There are some first generation college students who do feel overwhelmed

in their college experience. Jake Hess is one of them.

"I got a promotion my first semester and so I had to learn how to do a bunch of new stuff while I was just starting college. So, that was a little hard," he said.

Logan Downing did feel a little anxiety because it was his first time being in college, he didn't have a direction in which to go, and that he had to make it himself. He didn't feel any pressures to go to college from family. For him, it was self motivation. What made him feel overwhelmed was the transition from high school to college. He believes that the reason why most first generation college students don't graduate is because they don't have anyone to keep pushing them through the hardships.

An anonymous student said that he felt a little pressure from his family, because they greatly wanted him to go to college.

Although these college students come from the same background, what causes their stress and their feelings are very different.



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Opinion

Society relies too much on technology

Saschelle Simms
Editor

When is the last time you had a question, and searched for the answer by opening a book? Or when was the last time face-to-face communication was your top priority?

I assume your answer would be, not lately. Today's society has become so reliant on technology to the point that people are beginning to lack those thinking skills that once made us feel alive. Society is dependent on technology to the point where it dominates

our thinking and behavior, which makes us lack the use of our human brain.

Facebook is not a social network anymore, because people aren't really going

out and socializing. We might as well call it un-social network because we believe that the best interaction can take place online. A study was done by a student at Penn State University that revealed

77 percent of society relies too much on technology.

While we do use technology daily, it has made life much easier. We can now work at home, stay connected with people from all

around the world, earn degrees in the comfort of our own home, and research any unknown information we desire.

Sounds great, but where do we draw

the line when it becomes too much? Have we become that obsessed where we can't learn on our own anymore?

Technology does make life easier but people rely on technology just to get through the day. It provides entertainment, but too much entertainment is not good. Technology has control over society, instead of society having control over it.

Can you truly go a day without using any form of technology? What about going to meet someone face-to-face over a cup of coffee? It is possible, but we choose not to do so.

One day, technology will crash and no longer be of use. If that happens, would we even know how to go on with life? This technology will not last forever, so let's be prepared and begin to learn again.



Weight lifting: Mind and body benefits

Daniel Hamm
Editor

What is your opinion about weight lifters? Multiple individuals think that people go to the gym so they can brag about their body image. That can occur as a result of lifting, however a lot of people lift because it becomes an addiction, not a selfie contest.

In my experiences with lifting, the feeling it provides is more important than bragging rights. After six months to a year of lifting, I realized how negatively some people thought about bodybuilders. But I didn't care what others thought of me; lifting became a hobby I love. When I couldn't get to the gym regularly, it affected my mood.

There's a certain attitude I started having while in the gym. It was a place where I could block things out and focus on one goal. Also, lifting helps to relieve stress and elevate your mood.

Weekly exposure to weightlifting is good for your body and relaxes you afterwards. Lifting around three times a week is standard for these benefits. According to Bodybuilding.com, endorphins are discharged while lifting or running. Endorphins are what can enhance or improve someone's mood, which is why someone feels relieved after

exercising.

It takes a lot of work to consistently stay with exercising and juggle everything else in life, but the mood and body enhancers are worth the busy schedule. I've had to work around being a full-time student and lifting. However, usually I can make time for it and I strongly encourage this activity.

Personally, lifting has increased my self-confidence because I feel better about myself. Before I started lifting, I didn't feel comfortable with who I was, but I didn't know why. Once I was able to have a similar body to my peers, I was more confident to reveal who I am to others.

So, don't be quick to judge someone in the gym, because lifting becomes more of a lifestyle than a contest for who posts the best gym picture online.



Negotiating two different lives

Amanda J. Treible
Contributor

Face Negotiation Theory: How cultures manage their communication and the conflict that arises during communication. Face is a metaphor for the public image that people display.

Being a communications major, I have studied a lot of theories about communication between different cultures, individuals, and mediums. I haven't had much personal experience managing my faces, however, until this summer.

I decided to join the United States Army earlier this year. My whole family is either currently serving or is prior service. I felt a sense of duty to country as well. The Army has a very different culture than the civilian world does.

I shipped to Basic Combat Training on May 30. I graduated a long 11 weeks later on Aug. 18. I moved into college on Aug. 23. There has been a lot of adjusting all summer to learn how to have the face of a soldier, then be thrown back into civilian life and have the face of a college student again.

College is a great time. As everyone always says, it is the place where you can find yourself. You learn about your likes, your dislikes, what you're good at, what career is going to make you happy for

the rest of your life, you make friends, and you discover a lot about yourself through trial and error. You really do gain a lot of individuality during the crucial four years at college.

At BCT, this type of self-discovery is discouraged. Race, gender, and religion does not matter to the Army. It is an equal opportunity environment and each person is treated exactly the same. I have heard the phrase "we are all green here" so many times this summer. A lot of people don't understand the culture of the military. It is so hard to explain until you have gone through BCT yourself. I have only experienced a small taste of the stress of the military lifestyle. Each decision you make is life or death. Even at BCT, you are in environments where people can be killed or hurt due to your lack of attention to detail and lack of discipline. It's scary to know the type of power you have.

Moving between these two environments is strange. If you talk to me as a civilian in the

hallway, I am probably running late or have somewhere to be with coffee in my hand. As a soldier, I am at least 10 minutes early and I walk straighter, and with more purpose. I even respond to a different name in uniform. College is the time to find yourself and celebrate individuality, while in the military you have to put your individuality aside and become part of your unit for the good of the country and your battle buddies beside you.

"The soldier's heart, the soldier's spirit, the soldier's soul, are everything...It is not enough to fight. It is the spirit which we bring to the fight that decides the issue. It is the morale that wins the victory." -General George C. Marshall



Photos courtesy of Amanda Treible

Amanda Treible executing an obstacle at the Combat Confidence Course during the first few weeks of training. It was at this course the trainees learned to have confidence in their own strength and in their battle buddies.

After completing graduation, Amanda Treible with her platoon Drill Sergeant, Drill Sergeant Fields. He has served numerous tours in Iraq and Afghanistan. Drill Sergeants are carefully selected to train incoming soldiers.

IN FOCUS:

Honors students bond at potluck dinner

Cathryn Seibert
Writer

First- and second-year Lehigh Carbon Community College Honors Program students gathered in the library on Sept. 13 to enjoy a potluck meal together. Advisors and professors who hosted the meal encouraged each student to bring a dish, snack or dessert to share. When everyone finished eating, the scholars gathered in different groups to play games, providing an opportunity for all students to get to know each other, regardless of year or program of study.

1.



2.



3.



4.



Photos by Cathryn Seibert

1. Students deliberate over what words to choose for a game of Scattergories.
2. Another group of students debates their Scattergories word choices.
3. Liberal Arts students enjoy the potluck with professor Creed Hyatt.
4. The potluck dinner was an opportunity for Honors students to interact with those outside of their year and designated major. First-year students bonded with second-year, as did Science and Technology honors students with those in the Liberal Arts track.

health & fitness

LCCC basketball season set to tip off

Daniel Hamm
Editor

From November through February, Lehigh Carbon Community College is entertained by men's and women's basketball. The home games are on-campus, located on the second floor of Berrier Hall in the gymnasium.

Both coaches already have an outlook on their team.

"We are going to be quicker than we were last year and I'm hoping that we're going to be a little deeper than we were last year," women's head basketball coach, Don Delich, said.

"I understand that discipline is the number one component for any success," men's head basketball coach, Dawud Abdur-Rahkman, said. "Through discipline we'll become better players."

Of course, both coaches have plenty of work ahead, as it's only October. However, there is one important key to success, which is team camaraderie.

"Truth, truth is the most powerful

component of any leader, of any success, of any organization, truth," Abdur-Rahkman said.

However, there will be some challenges this season for both teams.

"I think probably finding everybody's roles," Erick Marfil, men's basketball player, said. "You know everyone can't be the man, everyone can't be the star

player."

"We've got to stay healthy and we've got to of course do well in academics before basketball," Delich said. "We just can't afford to be dropping people because of injuries or academic issues."

The men's and women's teams will face challenges, but both experienced different off seasons. The men's team will have returning players, where the women's team lost some key starters.

The women's team does have a transfer student, Kat Alvarez, and the men's team has some nice freshmen that they can build around, too.

"I hope we play well as a team, work as a team, pass as a team and just be a team," Wynonna Wo, women's basketball team captain, said.

If both the men's and women's teams play as a team, they will succeed. It will be a long winter season, but it could be a memorable one for LCCC basketball fans.



Photo courtesy of Marjorie Beahm
Erick Marfil of the LCCC Men's basketball team.

Meet the new LCCC men's basketball coach

Daniel Hamm
Editor

For the 2017 Lehigh Carbon Community College men's basketball season, the college decided to hire a new coach, Dawud Abdur-Rahkman.

LCCC had a vision of hiring someone who knew the area.

"I grew up in Allentown, Pennsylvania," Abdur-Rahkman said. "I moved around a lot. I wasn't born here, but I moved here with my parents when I was 6-years old from the South, deep South in Georgia. I went to South Mountain Middle School and went to Louis E. Dieruff High School, so I'm an Allentown guy."

The experience of living in the area will help coach Abdur-Rahkman relate to his team. Multiple players are from the area, so their new coach will

be able to connect with them immediately.

LCCC also wanted a coach with some experience, and Abdur-Rahkman has basketball experience.

"I played recreational league, played for the army in Germany, in Korea and in Fort Ord California, one year Junior college basketball at Lincoln Technical Institute," Abdur-Rahkman said. "Also, I've played adult leagues all my life. Started coaching in the '90s, started with AAU



Photo courtesy of Majorie Beahm
Coach Abdur-Rahkman

and city league for the Salvation Army, coached at William Allen, Northampton Community College, Howard University, Muhlenberg and finally LCCC."

Coach Abdur-Rahkman has the capability to lead a team to success.

"I would say so far, I am pleasantly surprised at the facility, the attitude of the players and the vision of the athletic director," Abdur-Rahkman said. "I'm happy to be here."

The new LCCC coach wants to lead the Cougars to success, but his real dream for the program is off the court. He has intentions of players graduating from the college; he doesn't want guys to just play sports here. The "coach Abdur-Rahkman" era has begun at LCCC.



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Tune in to your health before it's too late

Joseph Marte
Writer

What can you do without your health? You probably would not be able to do any of the things you love doing. I, myself, was recently in a hospital bed for a couple of days because of my health.

Over the course of four years, I have already received six to seven surgeries. Ten years ago, I was diagnosed with Crohn's disease, a chronic inflammatory bowel disease (IBD) characterized by inflammation of the digestive, or gastrointestinal (GI) tract. We as college students do not take our health too serious. We think that since we are young and invulnerable, nothing can hurt us. You never know what may happen any day at any given time. It's important to not take anything for granted in life, especially your health.

The first step to maintaining good health is eating right.

According to stateofobesity.org, "Nationally, nearly thirty-eight percent of America of adults are obese. Nearly eight percent are extremely obese."

By eating the right foods, we can prevent this. For healthy recipes, you want foods that you can grow. Eliminate foods with additives and preservatives that increase shelf life unnaturally. For example,

this means skipping out on processed meats, which tend to have a higher percentage in saturated fats and sodium. Also, cutting back on cookies, crackers, and pastries that have additives and are made with saturated fats, added sugars and preservatives.

Diet is important when striving to live in a healthy lifestyle because what we eat is ultimately how we will feel. You will reap the benefits by living a healthy lifestyle.



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When I decided to pursue a bachelor's degree in Business and Finance, I chose Muhlenberg's Wescoe School. I was attracted to their blend of prestigious academics and respect for adult learners. Cost savings were important to me so the ability to transfer credits I earned at Lehigh Carbon Community College was crucial. The process was effortless thanks to Wescoe's transfer policy and my helpful, communicative advisor, Lisa Lewis.”

— Corey Thrash '17



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16 THE PAW PRINT

Piercing could help relieve migraines

Lexis Harner
Contributor

Migraines affect approximately 16 percent of American women, six percent of men, and 10 percent of children who suffer from migraines each year, according to migraineresearch-foundation.org.

A migraine can be defined as a severe headache with sensory disturbance. Although symptoms vary for each individual, the most common symptoms are nausea and vomiting, sensitivity to light, sound, and even certain smells. Migrainetrust.org states that there are no known causes for migraines, in-fact, some people are genetically predisposed to having them. Migraines can be triggered from stress, lack of food, hormonal changes, and lack of sleep.

While some people are able to control their migraines with medication, others are turning to a more alternative

way of trying to soothe the pain.

There has recently been an uproar about a piercing known as the “daith.” A daith piercing passes through the ear’s innermost cartilage fold. This piercing works in a similar way to acupuncture, in the sense that the piercing runs through pressure points. When these pressure points are stimulated on the side of the head in which one experiences a migraine, some are able to feel relief.

Although there is no scientific

evidence supporting whether or not a daith piercing can alleviate migraines, there have been mixed opinions on whether or not the piercing actually helps reduce a migraine. A recent study has been conducted on blog.migraine-pal.com, where 31 percent of people found that their migraine severity had reduced greatly after having the piercing, 14 percent of people reported that they do not experience migraines at all, and 21 percent of people found that the piercing somewhat reduced their migraines.

Because everybody experiences pain in a different way, there is no supporting evidence on whether or not this piercing is merely a placebo, a fashion trend, or if it could actually be the medicine that migraine sufferers are looking for.



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Bands, dogs and zombies join students

Daniel Chua
Writer

Student life at Lehigh Carbon Community College is more active than you might think. Clubs at LCCC include a variety of interests and genres that appeal to virtually anyone. Each club is busy planning and organizing fun events for every student to enjoy. Donation dog shows, haunted houses, and even a battle of the bands--LCCC will have it all in the coming months of this fall semester.

The psychology club is hard at work organizing many events for the fall season. Maria Justus, the president of the psychology club, has many big ideas for events to come. Two of the major events students can look forward to being Battle of the Bands and adopt a shelter dog day.

Battle of the Bands is a show where

local bands come together and play music, and adopt a shelter dog day will have a local shelter will bring homeless pups to school in the hopes of them getting adopted. The battle of the bands is scheduled Nov 11, and adopt a shelter dog day will be held in October.

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Photo by Daniel Chua
Student members of the Art Club.

Cynthia Rodriguez, president of the art club, is working towards the 3rd annual Halloween Bash. The Halloween Bash is going to be zombie themed, turning the school into an apocalyptic wasteland with influences from the Walking Dead. Not only is the Halloween Bash a zombie dance, but it will also be featuring a haunted house.

Rodriguez discussed what the art club does with the proceeds raised from the event.

"We usually dedicate each semester to a certain cause and we try to raise funds not just for the club but for that cause," Rodriguez said.

This year's Halloween Bash proceeds will be going to a relief fund for hurricane victims in Texas. The Halloween Bash will be so fun, it's scary.

Film club brings student news to life

Gianna Destefani
Writer

The officers and members of Lehigh Carbon Community College's film club are creating a news program of the students, by the students, and for the students and faculty.

The show itself, aptly titled "LCCC News", will be dedicated to student life and sharing what is happening at the school, globally, or anything students can relate to, much like the Paw Print. This project will not only benefit those who will be watching, but especially those who will be creating it. It will provide opportunities for students who are trying to build a portfolio or a resume in production and post-production, as well as being on screen and broadcasting.

In addition to providing news and features, LCCC News will also have an emphasis on sharing the spotlight with its other clubs. Film club's vice president, Lamont Houston, and secretary,

Barbara Gallagher, reflected on how many of the clubs often go unnoticed or even unheard of. Gallagher discussed how the school's LGBT club had no advertisement for it, thus having little to no members.

"I also think it'll be good to help build awareness for certain clubs," Houston added. "...A lot of people... had no idea we had the basketball team, and apparently are on fire this semester."

"It's kind of like an in-general unifying

factor," Josh Brennan, film club president, said. "It's like a medium by which people that are involved in making it and

also people that are watching it can kind of come together and unite, 'cause like right now at LCCC there's like, I mean, there are like these papers and stuff but when it comes to like, video, when it comes to digital media, there's really nothing here that LCCC kind of calls their own.

The creation and the continuing of LCCC News is going to be good for just unifying in general, so it's really exciting."



Photo by Gianna Destefani
Film Club officers



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LCCC enters “The Drone Age”

Gianna Destefani

Writer

As technology rapidly develops, we can only try to comprehend the direction it will lead us in our lives. Lehigh Carbon Community College is helping guide students in this ever-growing technology by starting an on-campus course on operating a drone.

The Small Unmanned Aircraft System course teaches students all of the aeronautical knowledge they will need in order for them to pass the Federal Aviation Administration (FAA) test for the remote pilot certificate. Being one of the first schools in the area to offer a course like this, it is held on Main Campus in Schnecksville due to FAA regulations prohibiting non certified pilots flying at Lehigh Valley International Airport (LVIA).

Despite having a heavy focus in aviation, the course is not required for LCCC’s pilot degree programs. It

centers on recreation and commercial use of the drones, and can be applied to various fields, such as photography, news and law enforcement. In addition to these and many more practical uses, it may be useful if a situation goes awry and drones are involved, so having a remote pilot certificate will also mean having the upper hand. The course also has an emphasis on FAA regulations and safety, regarding coexisting in the air

with other aircrafts and several procedures and knowing how your drone operates.

“We are in the infancy of

what I like to call the drone age,” John Fries, instructor of the course, said. “I would encourage any student to consider the [drone] class because you never know how this career field will evolve.”

“If it sparks the interest and enthusiasm and passion for aviation, which it may very well now,” Mark Reimann, LCCC Aviation Instructor, said. “[I] would absolutely ... encourage students to continue their aviation training.”



Didn’t get in this semester? Stay calm, the course is scheduled to be offered every semester.

Photo by Gianna Destefani

Drone on display during course.



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