

THE PAW[🐾] PRINT

Fall 2016 · The Student Newspaper of LCCC · Vol. 3 No. 1

The Paw Preview

Opinion

Being yourself is the best kind of beautiful you can be. Read from one of our editors why.

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Contest!

Want a chance to have your original artwork featured in The Paw Print and around LCCC? Design a flyer to depict student life for a chance to win a \$25 gift card. Submissions can be sent to pawprint@lccc.edu. The deadline is Oct. 17 and all files must be in .jpg or .pdf format. Good luck!

9/11 anniversary sparks reflection

Seth Strohl
Writer

September 11, 2001. The winds licked the city's towers. The mechanical whirs and buzzes of people hard at work droned below. American men and women. New Yorkers.

But at 8:46 a.m., the nation changed forever. Four commercial jets were hijacked. Two hit the World Trade Centers, one hit the Pentagon, and one crashed in a Pennsylvania field. The American dream was temporarily shattered in what would come to be known as the deadliest attack on United States soil in history. The American dream became a nightmare.

"I remember being in fourth grade," Jordan McMullan, 24, said. "We were pulled early from art class. Teachers were debating on if they should turn on the television or not. We saw the second plane hit the tower. Nobody understood... we were just kids."

The attack killed and injured nearly 11,000 people. These attacks were the catalyst for the 2003 invasion of Iraq and subsequent disposal of Saddam Hussein. This created a power vacuum, compounded by the Syrian civil war that gave rise to the so-called Islamic State.

"I was working at an Emergency Management Agency in Monroe County at the time," James Hauser said. "We worked with Homeland Security after the attacks to train people in CERT (Community Emergency Response Teams) to take care of themselves, things we'd never thought about before like explosives and chemicals."



Pictured above is a Tribute in Light done each year on the anniversary of 9/11. The attack on the World Trade Center and Pentagon changed America as we knew it.

This heightened security is a necessary measure despite many young people feeling their privacy is invaded and their rights impeded upon. But how is an entire generation born into mass surveillance supposed to feel at ease?

"There may be increased surveillance, but when it stops a bomb from going off at a university or little league game I think it's worth it," Brian Biechy, Chief of Police in Lehighton, said.

This paradox of privacy and security is one of the most important debates for the American youth. In an increasingly dangerous world it is up to the youth to shape the future. The American dream may have become a nightmare, but the nation will not stay asleep in the face of atrocity.

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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

Brooke Gimbor Editor



When I started attending LCCC last fall, I was a nursing major. I often found myself questioning if I was in the right major. Being unsure about my future was very unsettling and left me with feelings of anxiety and discomfort.

Going into my second year at LCCC I knew I needed to change my focus of study. I decided to choose a completely different path and began to pursue communications. I have always had a love for writing and decided to enroll in Journalism to continue my love for writing and become a better writer. I quickly learned that writing for The Paw Print was exciting and rewarding yet intense and demanding. The most rewarding part of writing for the newspaper is knowing that people other than my professor may appreciate and understand my writing.

At first I was hesitant about becoming an editor. I look forward to learning and growing as a writer.

Even being a communications major, I never knew I was going to find my passion in writing. Being involved with The Paw Print has not only helped me become a better writer, but has also helped me find a passion for writing. I'm overjoyed I have been the opportunity to be an editor, and I am excited for the challenges and opportunities I face.

Brooke Gimbor

Amanda J. Treible



Being a writer is who I am. I found my love of writing through great classic literature and poetry at a young age. Writing has always come naturally to me because I've read so much of it. I live to write.

Finding your passion may not be as simple as it was for me. It even took me until college to understand that it is what I'm meant to do. I urge you to take your time and find what your passion is.

I had a professor this semester who told a story about how she found her love for political science. It took her years of changing majors, backpacking Europe and working to find out she was really interested in her major. While it was not the most traditional way of doing things, it worked for her and she is very happy and satisfied with life.

Being one of the editors for *The Paw Print* is such an honor. I never thought that journalism was the type of writing I would be doing with my life, but I am happy I found it.

So many people have no idea what they are doing in life. And that's okay. Society pushes us to figure everything out the minute we graduate high school. That just isn't reality. Community college is a great first step. Take classes outside of your comfort zone. You never know where your passions may lie.

Amanda J. Treible

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 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

LCCC mascot gets a brand new name

Rhiannon Harwi
Writer

Last year, Lehigh Carbon Community College's Student Government Association held a "Name the Cougar" contest that helped celebrate the 50th Anniversary of the college. Why have a cougar as a mascot?

In February of 1968, members of the student government association each received a ballot at a meeting to place a vote for the school mascot. The choices were: a Highlander, a buffalo or a cougar. By March, the cougar had officially been chosen as the school's mascot through the collaboration of the Athletics and the College Program Board. Starting in 1975, a cougar named Neekee became a live representation of the mascot for

LCCC after the college relocated to Schnecksville. In the past, Neekee was able to frequently visit the school through the cooperation of her owners, who owned and operated 'Wampler's Wild Animal Farm' in Annville, Pennsylvania.

Last year, the mascot was renamed as part of the 50 year anniversary. Gene Eden, the Director of Student Life for the college, said that students were welcomed to submit names and eventually over 100 names were submitted. Later on, the SGA narrowed the choices down to seven names that they posted online to the LCCC portal page where all students could further choose the new name for the cougar. The final name choices were

Cornelius, Clarence, and Hendrix. Eventually, on May 1 at the Student Recognition and Awards Ceremony, the LCCC Senate announced that they had voted in favor of the name Clarence.

"So far, when people hear the cougar's name, they love it!" Eden said.

The cougar is an integral part of showing the school's pride and appears at a variety of events at the college. Currently, no one is serving as the mascot, so if any students are interested in being the cougar and representing school spirit, they should contact Gene Eden at geden@lccc.edu or visit the Student Life Office in Berrier Hall, Room BH5.



Photos courtesy of Justin Brosious
Clarence the Cougar is an integral part of LCCC and its rich history. The cougar became the mascot after a vote was held by the SGA in 1968.



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Photographer Joe Edelman visits LCCC

Kevin Rodgers
Writer

A unique opportunity to learn some tricks of the trade from a seasoned veteran of the photography industry presented itself to the members of LCCC's photography club September 8 in the Alumni Center of the Library.

Joe Edelman is an award winning photographer who fell in love with photography as a 14-year old after being published in his local newspaper. Edelman has since made a success of his photojournalism career by winning state and national level awards for sports, spot-news coverage and fashion.

Currently, Edelman is focused on his career as a beauty portraiture photographer. His success has also led him to be a popular lecturer at various camera clubs and photography events as well as teaching a class on "The Art of Seeing" at Muhlenberg College.

Edelman's lecture to the aspiring photographers of LCCC's photography club consisted of a live photoshoot with

model Monae Mallory. Edelman took a multitude of photos while displaying the various camera elements such as aperture and shutter speed on the display for the entire audience to see. He went into great detail about the various pieces of equipment that he uses and brands that he prefers. Edelman also explained the importance of the placement of the lighting, color scheme of wardrobe on a model, and the importance of drawing attention to the eyes of a subject.

Edelman imparted his knowledge through various stories and displaying much of his own work.

"It either looks good, or it doesn't look good." Edelman conveyed a disregard for the science of photography. "You can't read in a book what looks good."

Edelman attributes his success to passion and that he is, "Much more



Photo by Kevin Rodgers
Edelman displays his photographic prowess by giving a live demonstration during the lecture.

focused on what's happening in front of my camera."

Edelman's wisdom was appreciated by the members of the audience as he answered their questions and settled some of the more specific quandaries. Edelman also suggests the use of his popular YouTube channel for further education in the art of photography.

Break time is beneficial for college students

Daniel Hamm
Writer

During a college student's typical day of classes, most will eventually have at least one break. Some students have longer breaks than others, but how students use their break is the key. Some students make a break beneficial, while others waste that time. However, some students define productivity different than others. Students want to get their homework done, but after

sitting through long classes, some enjoy participating in a hobby over break and then completing their homework at night.

LCCC student Briana Gehres uses her break to do multiple activities, while also being productive.

"I choose to spend my break in between classes by catching up with friends, eating, and mostly getting homework done," Gehres said. "Some of the benefits that I think come from having a break are that you have time to just relax and

benefits from having a break.

"I just eat my lunch and hang out with folks who are working at Berrier Hall," Pristash said. "I think it's harder to have back-to-back classes. Having a break helps me keep focus."

Both Gehres and Pristash agree that there are benefits from having breaks in between classes. College students all have overwhelming lives, especially students who have jobs and are full time students. These students would benefit mostly from a break, because chances

are that they don't get all their homework done the night before.

Even students who don't work during

Photo by Daniel Hamm

Aaron Morekin and Josh Alpha share their lunch while completing school work during their break.

soak in everything from classes before. Also you have time to do last minute work that you didn't finish before."

Another LCCC student, Drake Pristash, also enjoys the

college still struggle to finish everything in one night. Even though you might not always do homework over your break, having a break can be helpful. Having that kind of down time during the day can make college less stressful.



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New cooking classes spice up student life

Nicholas Fillman

Writer

Starting this semester, LCCC is offering its newest line of classes for those who are looking for a more advanced area of culinary education. The classes are included in what is now known as the Chef's Corner and are an introduction into the vocational aspect of cooking classes at LCCC.

For many years LCCC has been offering non-credit cooking courses for students who are looking to learn how to broaden their cooking skills and learn how to cook meals and baked goods. More recently those classes known as personal interest classes have been moved to two sponsoring partnership school districts at Catasauqua and Whitehall.

"We're trying to test the waters to see if there is a desire in this area... like in Bethlehem...for a culinary arts program," Barbara Platt, head of Workforce and Community education, explained.

Classes scheduled to be offered

include Chef Skills Salads, Chef Skills Stocks and Sauces, and Chef Skills Basic Cooking Technique.

Platt explained that just recently they had received the minimum number of student required to run their first class under the Chef Skills preface which is Knife Skills. The Knife Skills class started in September in the commercial kitchen that is located in the Community Services Center on main campus in Schnecksville.

All of the Chef Skills courses will be demonstrated by top notch instructors, some of whom were trained at the Culinary Institute of America and have an impressive culinary pedigree.



The personal interest courses run in the price range of \$35 to \$40 while the Chef Skills courses are more expensive

These classes are open to any and all students who are interested in furthering their education of the culinary arts and cooking skills.

Writing, English courses enjoyed by many

Harrison Haddad

Writer

Writing and English courses are popular among Lehigh Carbon Community College for a variety of reasons. In a world increasingly dominated by technologies such as the internet, humanities majors such as English and Communication Studies are becoming ever more useful.

"I like how the various English courses

are systematic and how they encourage critical thinking," says student Jake Taschler.

Because English and Communication majors encourage critical thinking and writing, many students in these fields choose to go into the legal profession to become lawyers, and many of them perform extremely well on LSAT tests.

"I enjoy English courses because how we can interpret literature," student Acacia Garcia notes.

Other students, such as Obed Nimley, are studying to enter professions such as Nursing, and they

simply take the required courses such as English writing, while at the same time enjoying it.

"I'm studying to go into Nursing, and I am taking English courses as a requirement, but I also enjoy them as well," he states.

From an economic point of view, more and more American and international businesses are looking for employees who have fine writing skills, which are refined through English and Communication Studies. Technical Writing, Journalism, and courses such as Introduction to Literature develop skills in writing, and teach the student to write with clear diction, free of any vagueness.

In today's ultra-competitive world, seeking proper writing skills at a cost-effective price at community colleges such as Lehigh Carbon, is definitely worth it.





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Opinion

Body image reality versus media perception

Alicia Durst

Editor

Body image and self esteem are a constant struggles for most college age people, especially women. Young women are barraged by images of skinny bodies, flawless skin and perfect hair. But why? Those images are not even real. Growing up, we are always told that real beauty comes from the inside. However, as we grow and change, we start to buy

perception. Every sketch done on the stranger's perspective was significantly more attractive than the self-reflection. It just goes to show how we point out our own flaws all the time and how sad that is.

The second video was centered on an average looking woman. She sat down and faced the camera. A makeup

do not even look like that. They don't even exist.

It is extremely difficult for some people to look past their own flaws. But, I'd like you to try something: try to see yourselves as others see you. When someone compliments you, take it to heart and say, "Thank you." Instead of spending hours on your hair and makeup, go makeup



into the media's images. We see flaws in ourselves that we never noticed before. But do others notice them?

We were shown two videos in my Interpersonal Communication class. One involved a sketch artist who sketched profiles for a police department. The artist never saw the women coming in. He asked each woman to describe themselves for him to draw. When they were done, he asked a stranger to describe each of the women. The artist then put the images side by side. On the left was their perception of their own appearance. On the right, a stranger's

team came in and did her makeup. Someone did her hair. They added wind. Suddenly, you have a photograph. That photograph was then manipulated by Photoshop. Her neck was elongated, they made her eyes bigger, they manipulated her face, and when she was completely unrecognizable, they were finished. That image became a billboard.

These videos spoke volumes to me. Being a young woman, I am completely susceptible to the media's games. I feel inadequate compared to these women. I feel bad that I do not look like that. But in reality, those women on the billboards

free and embrace your natural beauty. Wear your glasses. Rock your favorite band tee. Be unapologetically you. I am not just talking to the ladies here about self-confidence. Gentlemen: stop worrying if your car is nicer or if he has bigger muscles. Look at yourself and be proud of who you are.

Log off of social media, put down the magazine and look in the mirror. We need to see ourselves for more than what the media tells us we are. We do not need gimmicks to lift us up. All we need is a little confidence and an alternate perspective.

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Should students grade their teachers?

Brooke Gimbor
Editor

Let's face it, college is stressful. Not only are students adjusting to new surroundings and trying to make new acquaintances, but students face an immense amount of work. The workload is challenging enough, but dealing with a perplexing professor who is hard to understand is even more challenging.

Most students throughout their education have encountered a teacher who had trouble communicating the material to the class. Many college students can agree that having a professor who can't effectively communicate the material makes it hard to pass the class. Professors have their own way of



teaching the course material, which is obvious, but not all students can adjust to the way their professors understand the material themselves. Mike Wolfe, who is a current student at LCCC, admitted to having dealt with troubling teachers throughout his education.

"I remember being in high school and being clueless about the material because I had a teacher who did know how to teach it," Wolfe explained. "Throughout college I have encountered

a few bad professors and I always ended their class with a grade I was unhappy with. I couldn't help but think if I had a different professor if my grade would have been better."

Many students struggle when dealing with incomprehensible teachers or

professors, which is why students should have an option to grade their teachers at the end of each semester or school year. At the end of each semester a student should be given a worksheet made by the school administration allowing students to explain their professor's strong and weak abilities. Having a worksheet where students can explain their opinions on how well they were taught, and whether or not the teacher can effectively communicate the material can help immensely. Not only does it help future students, it also helps the administration by knowing how well its teachers are performing.

Having an intelligible professor is extremely important to student success. If students had the option to grade their professors, it would not only help students perform better, but may even improve their grades and ease some of the on-going stress a college student faces each day.

How social media is changing news

Amanda J. Treible
Editor

Social media has revolutionized the way we communicate. Most people today spend a lot of time on social media connecting with other people around the world. The way we get and share news has also developed with the changing world.

Think of how you hear about events. It isn't through the news on TV or by reading a newspaper. It is through a simple share, retweet or repost.

The recent protests in North Dakota have gained national attention through social media. By people posting the graphic images and videos of what is happening to those who practice their rights to peaceably assemble, more media attention has been focused on the illegal pipeline placement.

Gary Johnson is the Libertarian candidate for President this election. He

has gained a lot of attention and voters from advertising and videos he has posted on Facebook. Jill Stein, who is the Green Party candidate, has taken the same approach. In most elections you never hear of the third party candidates, but this year

ence to younger generations.

Apple has added an app that is on all iPhones called "Apple News." The app allows for you to read news articles and find news sources through a simple and easy-to-use app.

Another example is how posts go viral on a daily basis. There is a family in Tuscarora that gained national attention from news outlets because they have dubbed their child "Baby Trump." They dressed up their son as Donald Trump because he bares a striking resemblance to him.

People don't read newspapers anymore because it is now online for free. Subscribers no longer pay for newspapers, advertisers do. I have seen this first-hand at a newspaper.

Social media has changed the way we connect with the world and news is no exception.



that is changing.

Twitter has recently added a "Moments" tab that gives you a run-down of all of the world events that happened that day. This alone has given news outlets more readership by expanding their audi-

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LCCC IN FOCUS: Amazing student experiences off campus

Alyssa Smith was recruited as a freshman to play on the LCCC volleyball team. She started at Lehigh Area High School and played from 8-11 grade. She is taking on a new position as setter this year. As a setter, she typically gets the ball in position for one of the row hitters to get a spike.

"I actually was not planning on playing, only because I wanted to focus on my school work," Smith said. "However, one day I got an email from Susan Fread asking if I wanted to play on the Volleyball team at LCCC and I ended up saying yes."



Photo Courtesy of Alyssa Smith
Smith sets on the volleyball court.



Photo Courtesy of Grace Moyer
Moyer skillfully executes a jump on the ice.

Grace Moyer started her ice skating career at a public skate with her family. She fell in love with the sport and started taking lessons. She has now been skating for 13 years. Her goal is to make a career out of ice skating, whether it is teaching or performing.

She represented LCCC at the U.S. Figure Skating Collegiate Competition this summer and won third place overall. This is a huge accomplishment as she went against schools with figure skating teams.

The ice is Moyer's place to be herself. It is where she can think about nothing but the performance ahead of her.



Photo Courtesy of Monet Tiberii
Tiberii during the Miss Pennsylvania USA 2016 pageant

"I started modeling when I was 13 years old but had to stop for a few years due to having heart surgery. After 2 years of recovering, I finally got back into modeling when I was 18 years old....I've competed in Miss Pennsylvania USA twice and placed in the top 15 both times. From there I won Miss Teen Lehigh Valley, which allowed me to do a lot of amazing events locally! This coming December I am competing in Miss Pennsylvania USA again, and I'm very excited to represent Allentown!"
- Monet Tiberii

Kayleigh and Jacobe Woods started dating in high school. The only catch was Jacobe lived in Canada. They first met when Jacobe came to Pennsylvania to go to prom with Kayleigh and attend her graduation. This past May, they started the immigration process. Jacobe moved down here and they got married.

"We started dating November 7 of 2011," DeLong said. "We first met May 5, 2015. Jake and I belong to this forum called VisaJourney and a casting crew saw our profile on the forum and dm'd us asking if we'd like to audition for the show [90 Day Fiance]."



Photo Courtesy of Kayleigh Woods
The Woods' are settling into married life well.

health & fitness

Colder weather positively impacts health

Briar Rose
Writer

Recent studies show that colder weather is beneficial to our health in many ways.

Although the colder seasons may be more uncomfortable, with cooler weather comes more opportunities to better ourselves not only physically, but mentally as well. Cooler weather provides a less hospitable climate for disease-carrying bugs such as ticks and mosquitoes. Exposure to cooler temperatures helps our body fight inflammation in our joints. It is important to remember to stay active during cold weather months to help lubricate joints and reduce pain.

Though we don't often associate colder months with losing body fat, it turns out cold temperatures help wake up a particular type of fat in our bodies called brown fat. Brown fat helps our bodies produce heat, while also burn-

ing calories more efficiently than white fat. For those who merely endure a few months of cold weather to get back to warmer days, they may not realize the impact it is having on their longevity, according to Hillcrest Medical Center.

Michelle Crowe-Malloch, Nutritional Therapy Practitioner, and owner of Hope in Healing Wellness and Nutrition Center, stated that the fall and spring seasons are the times of year that the body naturally goes through detoxification. With the moderate weather and the reduced stress on our bodies, it makes for an ideal time for all of your organ systems

to take inventory and cleanse. The cooler months are also an ideal time



Photo by Briar Rose contribute to the five Foundations of Health: digestion, minerals, blood sugar regulation, hydration, and essential fatty acids.

As we move forward into these next few months, don't let the cold weather intimidate you from going outside and doing the things you enjoy. Bundle up in your warmest clothes, brace yourself for the cold, and then go adventure.

The balancing act of sports and school

Nicholas Fillman
Writer

For many student athletes across the United States there is a delicate balance of finding time in between their rigorous practice and event schedule to complete work for their respective classes.

LCCC student Tanner Stufflet, a member of LCCC's baseball team, explained that students at LCCC have what are known as passports that require student athletes to perform 10 hours of studying over a two-week period. Study halls in the library are where Stufflet and many other student athletes utilize these designated hours to complete homework and study for upcoming exams. The

records of their attendance are checked by the school and reported to the coaching staff. Players face repercussions if they do not meet this minimum.

"The biggest problem for students is staying eligible," Stufflet explained.

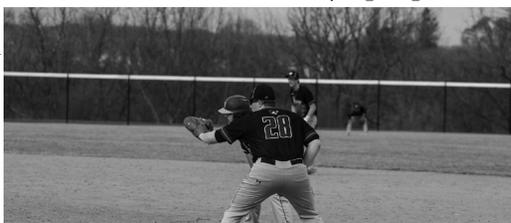


Photo Courtesy of Tanner Stufflet
Tanner Stufflet playing first base for LCCC

Students must keep their grades up in order to play for their respective sports. Stufflet explained that in the 2015 fall season the team started with 40 students, and by the spring of 2016 they were down to 20. Some were unable to continue while others were ineligible due to their grades.

Student Grace Moyer, a Lehigh Valley Performing Arts graduate, also has to remain eligible for her competitions as well,

although through a different course than Stufflet. Moyer must submit her grades to LCCC so that they can determine her eligibility to represent the college at her figure skating competitions. Moyer figure skates on behalf of her club, Penguin Figure Skating Club, and also represents LCCC at collegiate events.

"I focus mainly on skating first and school comes second for me," Moyer explained.

She has no required study hours.

The 2016 U.S. Collegiate Championships for figure skating would see Moyer place third among some of the country's best skaters.

Moyer and Stufflet have very different ways of balancing their school and sports lives and are both outstanding members of the LCCC student body.



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Families and friends enjoy recreational activity

Grace Moyer

Writer

Are you looking for something fun and different to do with your friends and family on the weekends? Ice skating may be the perfect fit for you. Friends and family gather together every weekend to go ice skating at the Steel Ice Center.

Alexis Rogers goes to open skate almost every weekend and says that her favorite thing about open skate is on Friday nights when they have the DJ.

"I love requesting music and skating under the disco lights," Rogers said.

Angela Davis, the manager at the Steel Ice Center, says that the busiest time to go to an open skate is the Friday night DJ dance party. All ages come to open skates at any time.

"Every weekend, I get excited to go skating with my friends and the new people I meet at the rink," Rogers said.

Davis also gives some helpful tips and

recommendations for people who have never gone ice skating before.

"Dress in warm thin layers, be sure to have gloves, start off with slow marching to get your balance, come in groups and have fun."

The Steel Ice Center offers both figure skates and hockey skates, two completely different types of skates based off of the comfort of the boot as well as the blade. Hockey skates have a rounder blade while figure skates have a heel in the back and a "toe pick" in the front.

"I have tried both and I prefer figure skates," Rogers said when asked which she prefers. "I think they are easier to skate in and more comfortable."

The Steel Ice Center is located at 320 East 1st Street in Bethlehem. Open skate takes place every day, but the weekends are the most popular times to go. Friday and Saturday nights are between 8pm and 10pm. Saturday and Sunday



Photo by Grace Moyer
Friends enjoying their time together ice skating.

afternoons it is from 1:30pm to 3pm.

The unsung people of the athletic department

Colin Benner

Writer

Andrew Johnson, 37, always knew he wanted to have a career in sports. Having played three sports in high school and participating in distance running at college, he has always had a passion for sports. What led him to be the athletic director at LCCC, however, was something that he could not have seen happening.

Johnson had originally planned to become a sports casting. He attended Mansfield University in upstate Pennsylvania.

"I got to my freshman year of college as a journalism major and I didn't really like it," Johnson said. "I had a professor that told me, and it's true, that most jobs go to the athletes, and you start at the bottom and it takes a long time to work your way up."

Johnson chose to switch his major to health and physical education, and transfer to Lock Haven University where he graduated with a Bachelor's degree. He also has a Master's of Sports Science in sports coaching from the United States Sports Academy.

Once done with school, Johnson spent 12 years as an assistant coach for the Widener University women's basketball team. He also has more than six years of experience as the director of wellness, athletics and recreation at Delaware

County Community College in Media Pennsylvania. He was hired as director of athletics by LCCC in March 2015.

Johnson talks about the job and what athletic directors do in general.

"We do everything from getting the water, lining the fields, sometimes coaching if you couldn't find a qualified coach, to fundraising and networking



Photo courtesy of Andrew Johnson

with alumni and making sure student athletes are doing the right thing," he says.

The road Andrew Johnson took to become the athletic director at LCCC was long and winding. Under his leadership, the Cougars look to be on the right path, and on the road to success.



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Mindfulness helps students relax and focus

Lexis Harner

Writer

Mindfulness, what is it? Mindfulness has been defined in a copious amount of ways, and the idea of being mindful sprouts from Eastern meditation practices.

Just as there are numerous definitions for the word mindfulness, there are infinite ways to achieve mindfulness. Most of these exercises are simple, take

three minutes to accomplish, and they can be done by anybody who is open and willing to take a second out of their busy lives to calm down. Simple exercises take breathing, listening, observation, and immersion into account. Every day, most people have the ability to listen, and whether we want to admit it or not, humans are very selective listeners. With mindfulness, one does not simply listen, one focuses on the sounds going on around them, and is aware of what is happening on a more neutralized level.

LCCC Professor Wendy Barron uses and incorporates the idea of mindfulness into her curriculum. Before the start of class, Professor Barron introduces an exercise and allows students who are interested in participating to have three to five minutes of class time to engage in being mindful.

“My journey began in graduate school, more than 20 years ago, when I took a t'ai chi course,” Barron says.

“From there I explored different forms of yoga and meditation... Today, I plan out the mindfulness practice in each class and try to tailor and connect it to the lesson, if possible.”

Students have been receptive.

“I feel like it helped everyone calm down and take a break from their busy and stressful lives, even if it was just for a few minutes,” one student said.

“I enjoyed it because it allowed me to calm down about what I was stressed about in class,” said another student.

Mindfulness, although not for everyone, is a very relaxing practice that may seem silly, but can be very helpful to students who are always on the go, and for those who are easily stressed out. Mindfulness provides an easy way to look outside of yourself, and can be done anywhere.



George's Light Lunch, a great place to eat

Gavin Lilly

Writer

George's Light Lunch on Third Street in Bethlehem is a family-friendly light lunch deli, owned by Joe Pearl and Bill Eaton, best known for their amazing cheese steaks.

“George's Light Lunch has been around for sixty years,” says Bill Eaton, Jr., son of one of the owners, and manager, “and has been a pinnacle to the Lehigh Valley for their cheese steaks, especially the steak sauce which is what it's known for.”

After the threat of being closed because of the original owner having health related issues, the current owner, Bill Eaton who at the time was just a customer, didn't want to lose his favorite steak sandwich, so his partner Joe Pearl and he decided to purchase the all rights to the deli, including the original cheese steak and the recipe for the infamous sauce.

After only being open for two years, the family owned deli is still growing.

They work to create ideas to help bring in more customers every day, such as food specials, student discounts and even live music.

“Great food, family atmosphere,” says Bill, a local regular customer. “Can't get enough of George's.”

After trying the food out for myself, I ordered what everyone recommended to me which was the regular cheese steak special which comes with fries and a drink, and have never had a more delicious cheese steak. With the use of fresh rolls, vegetables and meats, I have never been more excited to go back to a restaurant and have another.

“We're looking to create a one of a



Photo by Gavin Lilly

The signature George's cheese steak, recommended by most, with its homemade fresh sauce, fresh meat and bread roll.

kind sandwich,” Eaton Jr. says. “We're back better than ever, and we're looking to keep a piece of history still alive in the south side of Bethlehem.”

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Center Valley | Bethlehem Area | Lansdale Area

LCCC to host 5th annual fall festival

Rhiannon Harwi
Writer

Lehigh Carbon Community College is holding its annual autumn craft showcase on November 11 and 12 at the Community Service Center. The free-admission affair runs in two parts and starts on Friday night with a VIP event that is hosted for the sponsors and friends of the college.

The exclusive first night runs from 5 pm to 8 pm and features live music, raffles, a wine pool, hors d'oeuvres and vendors. The second part of the festival opens up the event to the community and features a variety of activities that everyone can enjoy. In addition to the vendors selling items, there is an area for children to participate in arts and crafts, a car show, basket raffles, and horse-drawn carriage rides. The community event runs from 9 am to 4 pm on Saturday.

Jane Wilchak, Special Events Manager of Alumni Relations and Institutional Advancement for the college, is the founder and host of the festival.

"We really wanted to engage community, our students and their families, our staff and faculty, and this seemed like a good fit," Wilchak said about originally organizing the event.

The festival has received positive turn-outs and continues to get bigger every year. It is a beneficial event for the college, run mainly by volunteers and donations.

"One-hundred percent of our proceeds benefit the scholarship fund," Wilchak says of the variety of contributions that come forward from this event, including the raffles tickets sold and the money that vendors pay to have their tables set up.

"We're seeing the growth trend in it because it's something that's affordable for people," Wilchak said. "I just think it's really been an all-around, good



Photo courtesy of Jane Wilchak
Children and adults engaging in arts and crafts at last year's annual fall festival.

fundraising event for us to do in the community and showcase our campus and what we have here."

The event has much to offer to the whole family and is a great way for people to get excited about the upcoming holiday season. For more information, contact Jane Wilchak at jwilchak@lccc.edu.

The diner that has the Lehigh Valley raving

Anastasia Delices
Writer

Whether you're in the mood for an old-fashioned burger or just a warm slice of apple pie, the East Penn Diner has it all.

"I'll tell you what," says longtime customer Sheryl Washburn. "Emmaus closes up by five or six o'clock at night and this is one place you can get good food."

Only a two-minute drive away from Emmaus High School, located on Chestnut Street, sits the big blue diner. Owners George and Ody Draklellis can't help but smile while they discuss the magic spell they have cast upon the Lehigh Valley.

"I think we try to add a little more personal touch to the restaurant," Ody says. "We hold our food to a higher standard. George and I are happy and positive people who try to make that pass along to the customers."

One thing's for sure, these brothers knew what they were doing when taking

over the former Emmaus Diner.

"To me the word diner means that it's there all the time," George says. "Being open 24 hours just makes sense."

From the simple stainless steel to the blue neon lights, the atmosphere seems just right for a dinner night out.

"The goal was to make it elegant but not overly elegant where it takes away from the diner theme," Ody says. "We wanted it to be for the family but we didn't want it to be too old fashioned. We wanted it to appeal to everybody and I think we accomplished it."

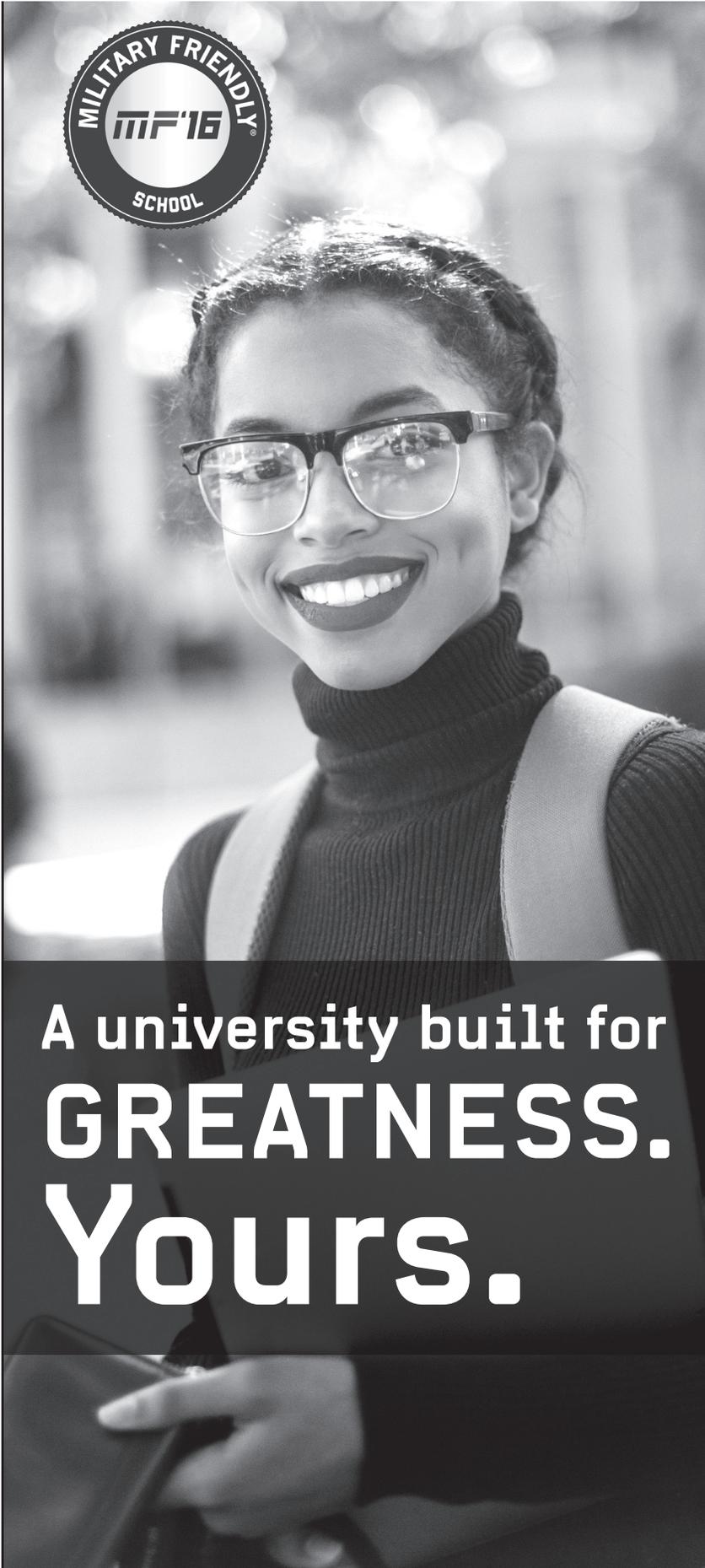
The menu offers a wide variety of entrees, with choices including a broiled seafood combination platter or steaming steak fajita sizzlers.

Customers get the choice of sitting



Photo by Anastasia Delices
East Penn Diner neon lights shine bright.

at the marble-topped counter or a wide comfortable booth. Either way they can enjoy a scenic view out of the large glass windows while enjoying a cup of coffee. "EPD is great," says LCCC student Thalina Caicedo. "It's literally the perfect place to get breakfast after a workout or just get junk food late at night. It's all around the perfect chill spot."



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Students Fight Back visits LCCC

Lexis Harner

Writer

Students Fight Back will be visiting LCCC for the second year in a row on Thursday, October 13.

Every year, approximately one in five women are raped, and one out of every ten rape victims are male. Students Fight Back is an organization that travels across the country to inform college students on sexual assault, and to provide a gender-neutral program that teaches self-defense mechanisms to students, and empowerment, in hopes to better prepare students for the event of a potential attack.

Sexual assault is a rapidly growing offense that affects American citizens of all ages, in many different ways. Most college students are worried about balancing busy schedules, studying for exams, and trying to live as efficiently as possible; the dangers of



sexual assault do not even cross their minds. Most students who attend LCCC may even believe that because it's a community college, sexual assault does not affect them in the same way that it would affect students who attend a university. However, sexual assault is an ongoing dilemma in the United States that could unknowingly affect anyone, at any place, at any time.

When this happens, a lot of victims find themselves struggling, and become very vulnerable. Students Fight Back focuses on safety tips, setting boundaries with the offender, provides basic self-defense training and tutorials on how to ground fight, as well as a vast amount of information on what to do in certain scenarios that can happen on or off campus.

If you are interested in attending this event, please visit the LCCC Alumni Center, rooms AC 107 and 108 at 6:00 pm on October 13. If you are unable to attend the event and are still interested in the program, please visit studentsfightback.com.

Michael Phelps' coach releases motivating book

Grace Moyer

Writer

Are you someone who has struggled with finding motivation? Bob Bowman, a highly successful Olympic swim coach, wrote the book "The Golden Rules" to provide readers with his wisdom for achieving success. Swimmer Michael Phelps was trained by Bowman, and has succeeded tremendously through his programs.

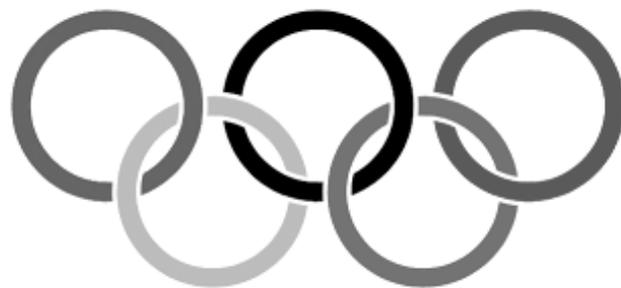
The book is filled with stories through a coach's perspective as well as an average, working person's to help support the points he is trying to get across to the reader. Even though he talks a lot about swimming and gives stories about his students, he also relates his "10 steps to world-class excellence in your life and work" to the reader and what their goals may be.

For each chapter, Bowman has a rule and multiple steps to achieve that rule and to get you further toward reaching your goals. Even if you are not looking for any kind of motivation or ways to

achieve excellence in your life, it is still a good read to get to know the inside of an Olympic coach and Olympic athletes.

From college students to adults, it is a great read if you want to achieve greatness and succeed in life. Each step Bowman offers does take some mental and physical work though. If you are going to pursue reading this book, it is recommended that you pay attention to the detail being provided.

The stories Bowman provides the readers are very inspiring and motivating. They make you want to join an Olympic swim team even if you hate being in water. Bowman mentions how he has used 'the method' with Michael Phelps to help him break multiple Olympic as well as world records.



If you are a college student who wants to get a job or an adult who already has a job but wants a promotion, this book is for you. There are so many inspiring and motivating stories in there to help you.

Small cinemas face economic hardships

Seth Strohl
Writer

Cinema is deeply ingrained in American tradition – high schoolers go on a Friday night out, a man takes a woman on a date, college kids go with their peers. But that tradition is being endangered largely in part due to the rise of Netflix and other online streaming services.

“Netflix has absolutely been a burden for the cinema business,” Kelly Werner, assistant manager of Mahoning Valley Cinema, said. “It’s cheaper and more convenient.”

But not many people understand just why the cinema has to be so expensive.

“Ticket sales go mostly to buying

“I think people still come for the cinema experience, you cant get the massive screen anywhere else...”

new prints so we can keep new movies coming in,” Werner said. “Concessions are mainly what pays employee wages.”

Economic hardship compounded by technological advances cause many youth to opt to stay in.

“Business definitely isn’t what it used to be,” Werner said.

Despite all this Mahoning Valley Cinema stands in the same building of Carbon Plaza Mall it has for years.

“...I think people still come for the cinema experience,” Werner said.

“You can’t get the massive screen and surround sound like that anywhere else. I



think that’s what really makes it an experience and not just a novelty.”

For information or movie times log on to mvcinema.com or call the automated hotline at 610-377-8626.

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Center City Allentown brings about real change

Maria Diaz-Reyes

Writer

Center City Allentown has been going through renovations since the opening of the PPL Center in 2012. Since then, Center City has grown with many new businesses including restaurants, small shops, and a new apartment complex.

Sugar Hill Jazz House, is one of the newer restaurants that recently had its grand opening in early September. “That was absolutely amazing,” said Jerome King, owner of Sugar Hill Jazz House. “It was probably the best day in the business that I’ve ever seen...people being excited, people being happy. My staff was engaging and it was friendly.”

Center City Allentown is not only Hamilton Street. Sugar Hill Jazz House is located further down the strip which gives people a chance to explore more of what it has to offer.

“Sugar Hill Jazz House is one of the first restaurants to finally ‘get off the strip,’” said Priscilla Rodriguez, a

bartender there. She notices the difference of being right in the heart of all the action and being on the other side of it. “It’s exactly what Allentown needed,” she continued to say.

LCCC’s Donley Center is located in Center City. The renovations going on made it hard for the building not to get a makeover as well.

“Sprucing up Hamilton Street led to the sprucing up of LCCC,” said Erika Davis, supervisor at Donley. “We have a beautiful new front...we have chairs and tables outside now. It’s more of a result of LCCC wanting to have the same feel of a lot of these places out here.”

The renovations have also brought in more students to Donley Center

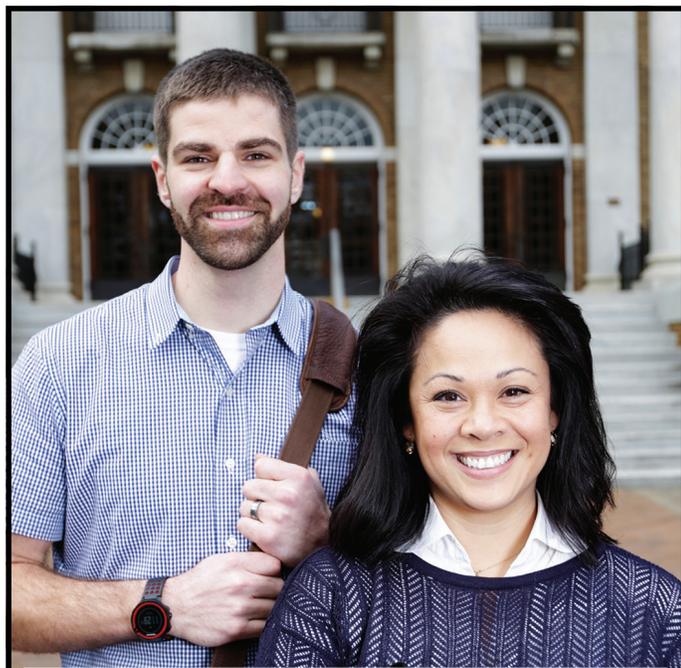
“The enrollment at Donley is up slightly from last year, which is great.”



Photo by Maria Diaz-Reyes

The PPL center building in Center City Allentown.

The renovation of Center City continues to bring more growth to Allentown as well as LCCC. Over the next several years Allentown will continue to see improvements like the development of the waterfront that is soon to come. The continuous renovations will hopefully bring a bright future to the city and Donley Center.



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