

THE PAW PRINT

Summer 2018 • The Student Newspaper of LCCC • Vol. 4 No. 4

The Paw Preview

Opinion

Have any questions about what it means to be an organ donor? Read Gianna Destefani's editorial in this issue. *Page 10*

Health & Fitness

Students "kick it up a notch" during a Tae Kwon Do class in Veronica Rosenberger's article. *Page 14*

Style & Entertainment

Time, money and work contribute to becoming an entrepreneur. Learn more about business boot camp in Alan Lovelidge's story. *Page 20*

Wanted!

Do you want to see your name in print here in The Paw Print? Consider enrolling in Journalism (CMN 225) for the Fall 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 Fall schedule.

Class of 2018 commencement speakers announced

Tabitha Centers
Writer

Lehigh Carbon Community College students, faculty and staff will return to the PPL Center in Allentown for the commencement ceremony on Thursday, May 17th.

Two students from the college were chosen to deliver commencement speeches at the annual event. Diana Fleming and Mickey Arce Jr. were selected from among many other students who also drafted speeches.

Fleming, a non-traditional student and mother of two, is graduating with a degree in Business Administration. While not only balancing school and her children, she also works and will be soon renewing her vows. She wants her children to know that they can face any obstacle coming their way and reap the rewards of their efforts.

When asked, if you could tell the graduating class one thing, what would you say, Fleming responded with, "Life is so finite, don't sweat the small stuff."



Courtesy of Mickey Arce
Arce, one of the 2018 commencement speakers, sits with Mickey Mouse, a famous Disney character who shares his first name.



Courtesy of Diana Fleming
Diana Fleming is one of the students who will give a speech at this year's commencement ceremony.

Arce is a traditional student with an unconventional path at LCCC. His major is Political Science and Philosophy. He was raised in Bridgeport, Connecticut and moved to Pennsylvania two short years ago. Arce is the first in his immediate family to graduate from college.

When Arce was asked what he would tell the graduating class, he said, "That they should be extremely proud of their success thus far. Every graduate was vetted by numerous individuals to determine if they were eligible to graduate, every graduate earned their seat to the ceremony and should attend the ceremony to celebrate their success."

Both Fleming and Arce are excited and honored to speak at the commencement ceremony. All graduating students and their family and friends are encouraged to attend.

2 THE PAW PRINT

THE PAW PRINT Contact Information

Please direct all questions, concerns, and comments to the following address:
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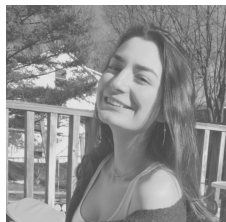
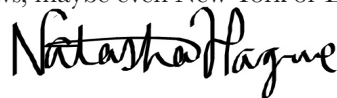
Natasha Hague Editor

As my journey at Lehigh Carbon Community College comes to an end, I have little time to savor the moment. I purposefully jam-packed my schedule to finish as soon as possible. Now that the moment is approaching and the hard work is seeing itself through, I feel as though there are some things I am really going to miss.

I have made so many wonderful memories at LCCC. When I remember every PTK bake sale, every mediocre slice of pizza and every newspaper activity has fondness about them. I have done so many things that are new to me. I joined clubs that mean something to me, and put in the effort to be a part of something. I started out at LCCC with little to no interaction on campus, by my choice. Now I can honestly say I can't wait to come to school.

Being a member of The Paw Print has by far been the greatest experience of my college career. As an editor I have had the opportunity to express myself while also helping my peers express themselves. I have had the chance to work as a team with the other editors to create something we can all say we are proud of. As a writer I have met interesting people and gone interesting places. I then had the opportunity to write about those things, and share them with the world.

All these moments have not only brought me joy, but experience and knowledge to follow me to West Chester and then, who knows, maybe even New York or Los Angeles.



Cathryn Seibert Editor

School. Work.
Housework.

It seems so often that these things overwhelm our lives to the point of excessive stress.

Keeping on top of deadlines and maintaining an overall orderly lifestyle should be a priority for all of us, but not to the point where quality of life is sacrificed.

There are so many times when I get caught up in these things, questions like "How can I be more productive?"

They come from a place of good intention; I want to make a better future for myself.

That, essentially, is what community college is about. It's a launchpad for your future. But always focusing on what comes next can take away from now.

Seldom do I stop to think "What could I be doing to make me happier today?" It may seem undisciplined or slightly hedonistic, and, yes, self control is important to success. But consistent, unwavering "work mode" is a recipe for burnout.

Just for a little bit, stop working or preparing for work. Don't check your email or answer your phone. Then, do something that makes you happy.

It's in those unplugged moments of downtime that we often find our greatest inspiration and passions that may have gone unnoticed otherwise. Who knows? You may even discover something about yourself that impacts your future more than you could have imagined.



Information & Policies

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

Students and community can also access

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

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

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

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

news&features

Political society holds gun control debate

Gianna Caruso

Writer

The Political Science Club held a debate on Gun Control in Community Service Center at Lehigh Carbon Community College on Thursday, March 15.

Ben Turrano, president of the political society and moderator, introduced the rules of the debate: there was a series of eight questions to be given to each team, representing both pro- and anti-gun control positions. The questions would be pertaining to the recent mass shooting that occurred in Parkland, Florida and the use of semi-automatic weapons, AR-15s and the control of them. Each team would have a two minute opportunity to state their position, and the opposing team would get 30 seconds for

rebuttal.

With that, the debate was on its way.

Mickey Arce of the anti-gun control team started by disavowing the “deeply polarizing” National Rifle Association, as it has become egocentric in nature,

“Although the debate ended in a stalemate, many of the audience members expressed that... they would be interested in having more open discussions about the topic.”

and stating that they would be advocating for no further gun control.

The pro-gun control team was up next to introduce its position. The team wanted to emphasize that they were not

arguing for the ban, or confiscation of all firearms within the United States. Instead, they would argue for, “common sense gun restrictions and regulations on gun use and purchase with the aim of minimizing the misuse of guns within the United States,” as stated by Evan McKee.

The debate continued in an orderly fashion with each team getting the opportunity to express its beliefs. Although the debate ended in a stalemate, many of the audience members expressed that although they found gun control to be too polarizing of a topic for U.S. citizens to ever come to a consensus on, they would be interested in having more open discussions about the topic.



**Photos by
Gianna Caruso**

Above: The audience, including students and community members, watch debaters make their case.



Left: Mickey Arce gives the opening statement for the anti-gun control team.

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4 THE PAW PRINT

LCCC hacker team attends competition

Natasha Hague
Writer

Members of the Lehigh Carbon Community College hacker team attended the National Cyber League competition this past fall 2017. That's right, LCCC has a hacker team.

The hacker team is students at LCCC, most of which are in the network security class, but anyone can join. The regular season is where the students compete individually, without help from others to complete the challenges. Some of the challenges include:

cryptography, password cracking, and log analysis.

Cryptography is deciphering hidden messages, password cracking is cracking a set of passwords and log analysis is analyzing logs to see what hackers are doing.

During post season the members work together in teams two to five to complete the challenges. To participate in the post-

season, the members of the team must have competed in the regular season.

More than 3,000 students across the nation participate. They are then placed into brackets after scoring.

Eleven students at LCCC participated in the competition for Fall 2017. Of the 11 students Joanne Nacipucha, Joshua Urmy and Juan Parrales made it into the silver bracket of the competition. Urmy was the highest scoring student of the group.

"It's a team, we have hackers, we don't have padding, we have pencils," Sue Miner, team coach said.

The students meet in the class, but Miner supports them online. In the spring of 2019 LCCC will offer a Certified Ethical Hacker class which will also have a link to the hacker team.

The team is entered into the competition once a year and sometimes twice



a year. The competition is set up by skill level.

The competition is held by the National Security Agency. The NSA also recognizes schools that meet criteria to be National Centers of Academic Excellence in Cyber Defences. Miner is working with Dean of Communications Arts, Computers, and Technology, Richard Wilt and Vice President of Academic Services and Student Development, Dr. Tom Meyer to have LCCC become one of these schools.

LCCC students take on ePortfolio Showcase

Cara Crouthers
Writer

The ePortfolio Showcase, held on March 16 in the Community Services Center, gave students a chance to create a high-impact and professional web presence of their academic achievements and goals. Not only did students gain recognition from possible employers, students also had a chance to win up to \$200 in Visa gift cards.

Dane Santa, a non-traditional student majoring in Biology, won first place and received a \$200 gift card. In second place, Alicia Durst received a \$100 gift card. Durst is a returning student working toward an associates degree in TV/Film Digital Media Production. Durst was ecstatic when she won second place.

"It was very rewarding and an unexpected surprise," Durst said.

In third place, Cathryn Seibert received a \$50 gift card. Seibert is majoring in Communication Studies and is a member of the honors program at LCCC.

"I am so grateful for everyone taking

the time out of their day to celebrate LCCC students' academic excellence," Seibert said.

The ePortfolio Showcase had 40



Photo by Cara Crouthers
Showcase winners Santa, Durst and Seibert.

participating students who showed their ePortfolios to all attendees. There are two rounds of judging, one for content and one for presentation. The students who won the first round of judging are the top 9 and were picked to present based on the

quality of their ePortfolio content. The top 9 then present to determine the top three winners.

Each student brings a different and unique presence to the showcase. For example, sophomore Brianna Keiser is a Fine Arts major who won the Mark Klintzel Design Award through Healing Through The Arts. HTTA is an art competition that artists enter to donate their work to hospitals throughout the Lehigh Valley.

Building an ePortfolio greatly benefits students because they can keep adding on achievements throughout their college years, and this allows them to build confidence and to easily attain a network of faculty, employers and colleges.

The process of creating an ePortfolio is not easy, but students don't have to do it alone. With help from the Career Development Center on the Schnecksville campus, creating an ePortfolio becomes a breeze.

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6 THE PAW PRINT

High schoolers dual enroll at LCCC

Brianna Bittner

Writer

Imagine graduating high school with your Associates Degree. Now, thanks to a collaborative effort between Lehigh Carbon Community College and Tamaqua Area High School, students are able to make this a reality.

Tamaqua students are being given the opportunity to take classes at LCCC and Tamaqua to fulfill both their high school graduation requirements and earn a General Studies A.A. at the same time. These students will also be able to use the Morgan Success Scholarship, which is a scholarship given to graduates of Tamaqua who attend LCCC within the first two years of high school graduation. In order to apply for this scholarship, students must have spent at least two years at Tamaqua before graduating, apply to LCCC by the specific deadline, complete the Free Application for Federal Student Aid (FAFSA) and be enrolled in a degree-seeking program while taking at least nine credit hours

per semester. The process is simple; complete the Morgan Success Scholarship Information Form and submit it with a LCCC application before the deadline.

There are currently six sophomore



students enrolled in the program during its pilot year. The only requirement for the program is that the student is in 9th grade. Looking forward, TAHS guidance counselor Frank Dickman says that there are approximately 20 current freshmen who are considering enrolling for the 2018-2019 school year.

Sophomore Megan Schoener says she decided to take courses to be challenged, gain time management skills, and help prepare herself for the future. While she

was nervous about being intimidated at first, she quickly realized that the other students treat her as an equal and the professors are extremely helpful.

"I think that it is a great and eye-opening experience," Schoener said. "So far it has helped me manage my time, become more organized, and helped me grow up in the sense that I have my own responsibilities and need to put my priorities first, rather than always doing what is the fun thing to do."

Most of these students start their days at the high school for a period or two of class and then walk over to the Tamaqua Campus to take college courses and then end the day back at high school with a few classes.

While there are only six students who are currently participating in this specific program, there are an additional 65 Tamaqua students who are taking at least one dual enrollment course through LCCC.

NSF offers \$5,000 in STEM scholarships

Zaid Evans

Writer

The National Science Foundation-STEM Scholarship program at LCCC can open new doors. If you have an interest in science, technology, engineering or mathematics this is the program for you.

The program allows you to have fun with all types of activities like rocket launching. This program provides up to \$5,000 a year in scholarship money depending on financial need. It gives students the opportunity to do live mock interviews and helps to boost student resumes. Students will meet once a month throughout the semester to work on fun science projects. Principal Investigator, Deepika Khilaney, Assistant Professor of Physics School of Sciences, is continuing to expand the amount of projects the students are able to do. This summer Khilaney plans on taking FAQ classes to learn how to fly drones.

The STEM Club is open to all students. One of the big projects they are

working on is the tiered parking lot planting project. The club will replace invasive plants with native plants throughout the campus.

The future is bright for the students in this program. The goal is to keep them in the STEM field. You can either graduate from LCCC and stay in the program or after two years transfer to a four year school and still be eligible post-graduation for a job in the field. The graduation success rate for students who have completed this program is over 90 percent.

In order to be eligible for this program you want to make sure you meet all the requirements which you can find online at www.lccc.edu/NSF-STEM. The importance of getting and staying in the program is maintaining a good GPA. There is help if needed. Faculty mentors who manage the grant are happy to help students who are struggling. Co-Principal Investigator, Richard Snyder, Assistant Professor, Computer Science refers to his

job as "rewarding". The mentors enjoy the activities and even go on to get other certifications so they can give the students more fun projects to do.

Some of the program members have gone onto schools including Florida State, Princeton, Penn State, and Penn. A high percentage of students go on to work in the IT area for hospitals or chemical companies.

If this sounds like something that interests you here's what you need to know as far as deadlines. You must apply by July 1 for the fall semester and you will receive a decision regarding your acceptance during the summer. If you wish to apply for the spring semester the deadline is December 1.





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8 THE PAW PRINT

Service puppy draws a crowd to LCCC

Austin Lancsak

Writer

The LCCC Veterans Club brought smiles and laughs to students and faculty on March 14 with an event called “Picture with a Pup.”

The LCCC Veterans Club celebrated K-9 Veterans Week with “Picture with a Pup” in the LCCC cafeteria. Students and faculty gathered together to get their picture taken with a service pup from Tails of Valor. All proceeds benefitted Tails of Valor, Paws of Honor program.

Tails of Valor is a non-profit organization located in Coopersburg, Pa. The Veterans Club had more than 100 participants, all donating at least one dollar for a picture or baked good. All money raised from the event will also be matched by the Veterans Club as well. The donations will help Tails of Valor to provide service canines to veterans suffering from Post-Traumatic Stress Disorder (PTSD), Traumatic Brain Injuries (TBI) and physical disabilities.

The LCCC Veterans Club had a table filled with a variety of baked goods and homemade dog treats. All baked goods were made by members of the club as well as from the special education class at LCTI (Lehigh Career and Technical Institute).

Tails of Valor, Paws of Honor is a nonprofit that does not receive federal funding. It depends on general public donation, grants, fundraisers and volunteers. All puppies to become service dogs are rescues from the area. Dog breeds are normally a lab mix between the age of 4-13 months old. Its mission statement is, “We are dedicated to providing rehabilitation through non-medicinal therapies with service canines to veterans suffering.”

The Veterans Club has done multiple events including a Military Bingo, raising more than \$3,500, as well as supporting veterans on Military Appreciation week at the end of the spring semester.

The Veterans Club is constantly looking to recruit members, looking to help and grow. Iris Isbansky, a returning veteran to LCCC, expresses the impact it has on her life.

“I can tell you personally being a Veteran returning, it’s a big deal for me because I was able to make friends that I wouldn’t be able to make otherwise,” Isbansky said.



Photo by Austin Lancsak
Tails of Valor’s in training pup Geiger, posing in front of the booth at “Picture with a pup.”

Students benefit from spring job fair

Liam Miller

Writer

Lehigh Carbon Community College held its Spring Job Fair on April 5 on the main Schneeksville campus, which held 106 participating employers, making it one of the largest job fairs

among local colleges.

Job fairs are a fantastic way for students to meet

with potential employers, learn about opportunities available to them and, most importantly, start networking. Networking is by far not only the most important part of a job fair such as this, but also one of the most important aspects of the college experience. Networking sets students up for the future, making connections with like minded individuals and giving students the tools necessary to be successful in their chosen field and to make further connections in the future.

That was the goal of the past job fair, and indeed all past and future job fairs: Setting students up for future success. This goal, shared by the college, the employers and the students, certainly seems to have been met in the past, and hopefully will continue to be met in the future.

Networking sets students up for the future, making connections with like minded individuals...

“What students do in the summer is very impor-

tant to help market them, so when they graduate they can find a job,” said Judy Tierney, who was at the job fair representing Victaulic, a company that specializes in pipe joining units.

“Get yourself out there, put your name on some applications and find what jobs specifically you would like,” said Dylan Rynkiewicz, an alumni of LCCC who now works for Liquor Control.

Job fairs such as this one play an important part in setting the foundations for students to build their adult lives on, and in turn, for the future to be built on. Giving opportunities to those eager to continue to the next stage in life is not only helpful to everyone involved, it is essential.



Photo by Liam Miller
Student Nathaniel Latham (right) discusses career paths with liquor control officers.



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10 THE PAW PRINT

Opinion

Be the hero you always imagined

Gianna Destefani

Editor

Being a superhero/vigilante is something that everyone has daydreamed about at some point. The idea of saving people and making the world a better place all while honing some awesome power to do good is something we have all wanted to do. Although none of us (that I know of) has super speed, the power to fly, or incredible strength, we have the potential to save lives in another

way.

Eight lives, to be exact. According to the United Network for Organ Sharing (UNOS), you personally have the potential to save eight lives by simply registering as an organ donor, which is why you should if you haven't already.

While some people may feel uncomfortable with the idea of your body being dissected after death, it is a great opportunity to save people whose lives depend on your healthy organs. Honestly, you have already died, so why not create some life after death?

The demand for healthy organs is so high that every ten minutes someone is added to the national transplant waiting list, according to UNOS. As of August 2017, more than 116,000 peo-

ple, including children, are waiting for a transplant, as said by organdonor.gov.

Honestly, you have already died, so why not create some life after death?

The fact that so many people are in need of something that can be easily provided

by having some green text at the bottom of your license is outrageous.

You may easily see my point here, but nothing will change unless you do something about it. Many people agree that it is important to be an organ donor. According to organdonor.gov, 95 percent of U.S. adults recognize the importance, yet the amount of them that registered as a donor is only at 54 percent. If your code of ethics align with these ideals, please do not be a hypocrite. If you want to be the superhero you always wanted to be, even after you have passed away, register to be an organ donor at <https://www.organdonor.gov/register.html> and help those eight people who need you.



No way Bobby Flay

Cathryn Seibert

Editor

Watching show after show on Food Network has become one of my weekly rituals. I'll sit down on the couch after school or work and watch back-to-back episodes of whatever happens to be on, whether it be "Barefoot Contessa" (my favorite), Guy Fieri's "Diners, Drive-Ins and Dives" or one of the network's many other programs.

Lately, I've turned the channel on right as "Beat Bobby Flay" has started. At first, I didn't have a problem with the show, but over time, it's become one of my biggest pet peeves.

Its premise is that two great chefs battle "in the ring" (the set is arranged like a boxing or wrestling arena) for the opportunity to beat Iron Chef Bobby Flay, first making a dish decided by Flay. That round's winner then makes their "signature dish" in a battle to see if Flay's

version is better than theirs. The whole time the hosts goad Flay; they don't want him to win. But so many times, he does.

That's just how great he is.

And at its very core, in its most concentrated essence, that's what the show is about: the great magnitude and talent of Bobby Flay.

Now, I don't know if Flay personally came up with the idea for the show. Its conception may have originated at the executive level, as entertainment with appeal to sensationalism; watching a master chef accomplish the seemingly impossible time and time again is certainly captivating.

But that same appeal is present in shows like "Iron Chef" and "Chopped: All-Stars", among others.

Ignoring the origins of "Beat Bobby Flay", its very existence is a testament to

a heightened level of egotism. Flay could have been content to just stick to competing in "Iron Chef" and judging on a variety of other shows, but he wasn't. Maybe it was about the money, maybe it was about the fame, or both.

But the fact that he let the show come into existence displays a level of smugness on Flay's part that is unhealthy.

Yes, he is decidedly a great chef, but a person can be extremely good at something and not need the spotlight all the time or feel the need to show up others who are also good at the same thing.

Despite these observations, I can't say that this show is actually a result of Flay's self interest or an effort by the network to pander to him or the fascination with his great talent.

No matter the case, I think I'm going to watch HGTV instead.

Women and video games: perfect together

Natasha Hague
Writer

Video games have been a well known target for sexist accusations, claims that women characters seem to have no depth and are in the story only to be a pretty face in a scandalous outfit. I believe that women in video games are not only privy to the story being told, but are the embodiment of "woman power."

Regardless of gender, characters in stories have a purpose, and games are like stories. When looking at a game series like Final Fantasy you see the intricacy of the story because of its interesting characters. The series has Yuna, Rikku, Lulu, Lightning, Sera and many more women characters who are not only crucial to the story line, but each with their own personalities, creating depth for these women characters.

Personality fits the outfit, illustrating characters is a way for artists to further



perpetuate their individual traits. Bayonetta is seen wearing a bodysuit and high heels with guns in them. She is also sassy and fierce. I loved this as a teenager. I thought it was so empowering to see a woman dressed like a woman and also kick butt.

Amber Rose is an actress/model who supports women in dressing however

they want. She embraces using clothing as a way to positively express a woman's sexuality. Each year she hosts a walk to support this concept.

Anita Sarkeesian, founder of the website Feminist Frequency, says in one of her youtube videos titled Lingerie is not armour, "[The outfits] are sexualised and completely absurd."

In certain games the first scene is the choice of gear you want for your male or female character. Often times the gamer gets to choose what their character wears, scandalous or not.

Games are a fantasy world made to help escape reality. Magic is not real, but the characters are, they have names and personalities. Games gave me the opportunity to connect with a strong independent woman character in many game cases.

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IN FOCUS

SGA members network, learn at student government conference

Daniel Hamm
Contributor

L ehigh Carbon Community College's Student Government Association recently attended an American Student Government Association conference at Moore College of Art and Design in Philadelphia. The conference was held on Saturday, March 24. Its goal was to help current SGA's across the country improve for years to come.

The conference included four training block opportunities, multiple networking breaks and a roundtable discussion, so students could hear how other student governments function. Thus, students could learn how to improve their SGA based off of what other student governments are doing.

The conference started with students filling out connector cards with their contact information. That way, if anyone met other students who they felt could help them later on in life both students could exchange cards and stay in touch.

The training block workshops surrounded different types of learning strategies in a student government. These included goal setting techniques, ethics and integrity, organization effectiveness, conflict resolution, team building, delegation, training and development, meeting management, and special workshops created for SGA advisors.

"Attending this conference provided us with the opportunity and information to begin the process of breaking our mold and shaping our SGA into the

best version of itself that it can be," Alex Heffelfinger, LCCC SGA president, said. "We are already working to implement many of the ideas we heard at the conference in ways which will hopefully benefit the entire LCCC student body."

Along with the six SGA senators who attended for LCCC, Director of Student Life and SGA advisor, Gene Eden, attended the conference as well.

"I think any conference experience has a couple things that are beneficial," Eden said. "First, I think it's a great team bonding experience for the senators. Any time you travel with a group that [itself] brings the team together."

"I thought the workshops were really excellent and very focused on things that students can take back and apply right away. Whether it's personal improvement, improvement for their organization, or improve-

ment for their college."

According to an ASGA pamphlet, the training workshops were taught by skilled speakers who are accomplished education and business professionals. All of the speakers have also been former student government leaders or advisors.

All senators who attended are planning to help integrate what they learned at the conference into LCCC's student government.

"I think we'll see a lot of things implemented over the next five weeks," Eden concluded.

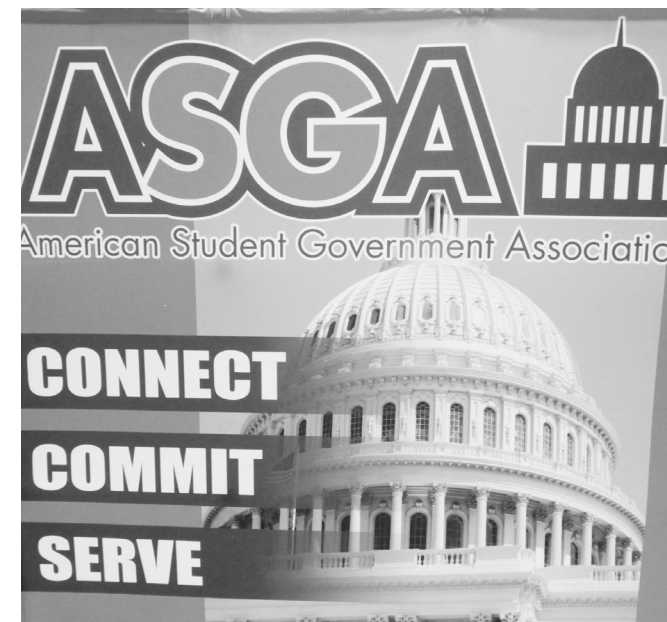


Photo by Daniel Hamm

The ASGA conference supplied the students with connector cards and advertising, which helped remind everyone to network with others.



Here we see the six SGA senators who attended the conference at Moore College, Philadelphia. Daniel Hamm (from left to right), Cheyenne McKinley, Alex Heffelfinger, Deanna Stoudt, Sebastian Buckley, and Mariama Jalloh.



ASGA banner promoted to connect, commit and serve in Student Government.



Moore College, Philadelphia had decorated the Great Hall with several banners which stressed the slogan: "Improve Your Student Government."

Photos by Daniel Hamm

14 THE PAW PRINT

health&fitness

Students learn Tae Kwon Do

Veronica Rosenberger

Writer

Students, kick it up a notch. And a Tae Kwon Do class held on Tuesday, March 27, in Berrier Hall, enabled students to do just that.

Students, faculty and staff met in the dance studio from one to two o'clock and practiced Tae Kwon Do for the first time ever. The class was a fundraiser for the Physical Therapist Association, or PTA club. The cost for the class was just \$7.

The class was taught by Diante Romain who received training in Tae Kwon Do at Kim's Black Belt Academy in Allentown. He started practicing at the age of 9 and accomplished the rank of black belt eight years later.

"It is probably one of the most rewarding things I've ever done in my entire life," Romain said. "It taught me so

much self confidence, gets you in shape."

The class started off with a lesson in



Photo by Veronica Rosenberger
Diante Romaine demonstrating front kick

the history of the school Romain attended, a brief history of Tae Kwon Do, and then stretches. The students were taught

the fundamental moves like guarding parts of the body, kicks and punches. They were also taught self-defense techniques like protection from someone grabbing your arm or shirt. Many students said they would take the class again because it was fun exercise.

There will be another chance to take Romain's class early in the fall 2018 semester. Also, Lehigh Carbon Community College offers the two, one-credit Karate/Self Defense classes, PED 160 and PED 161, which could count as general education electives.

If you're looking to start taking classes in Tae Kwon Do, Romain says, "Do it." Romain said Kim's Black Belt Academy is "by far the best place in the whole area, in the whole Lehigh Valley, I believe."

A look inside Berrier Hall, Wellness Center

Benjamin Lewis

Writer

With the culmination of every form of stress that college life inherently possesses, the last thing one would want to add to their plate is their first trip to the gym. It's commonly known that working out both reduces stress and promotes overall well-being, but few seem to capitalize on the services available to them.

Adjacent to the Community Service Center and Rothrock Library sits LCCC Berrier Hall, which includes the Wellness Center. The college's athletics center is named in honor of John G. Berrier, founding president of the college.

The ultimate purpose of the center is summed up by Director of Student Athletics Jocelyn Beck's mission statement, given in a previous interview with LCCC's Aspire Magazine,

"Through leadership, collaboration and teamwork, we will develop a fun and supportive environment filled with

a wealth of options through which students, faculty, and staff can empower their mind and spirit while nurturing their physical self. The Wellness Center will inspire our campus community to make a commitment to health and well being through personalized attention and services designed to foster participation in regular physical activity," Beck said.

Within the building there are many individual rooms designated for almost every discipline of fitness. Upon entry to the lower level of the facility there are both machines and free-weights, along with squat racks and bench presses, fulfilling the need of both the recreational and avid lifter. Adjacent to the equipment the gym also offers about a dozen cardio-centered machines.

Although the facts surrounding the benefits of regular exercise are rather

apparent, the reason many avoid exercise tends to be the anxiety surrounding their first trip. While the college's website give a brief synopsis of the facility, that is often either insufficient for personal comfort and/or simply goes unheeded. Through a bit of supplemental explanation and a more visually informational review the prevailing anxiety will certainly subside.

The Wellness Center's hours are Monday-Thursday, 8 a.m. - 6 p.m. and Friday 8 a.m - 4 p.m., open to all students with an ID card and a wellness sticker, given at their first visit.



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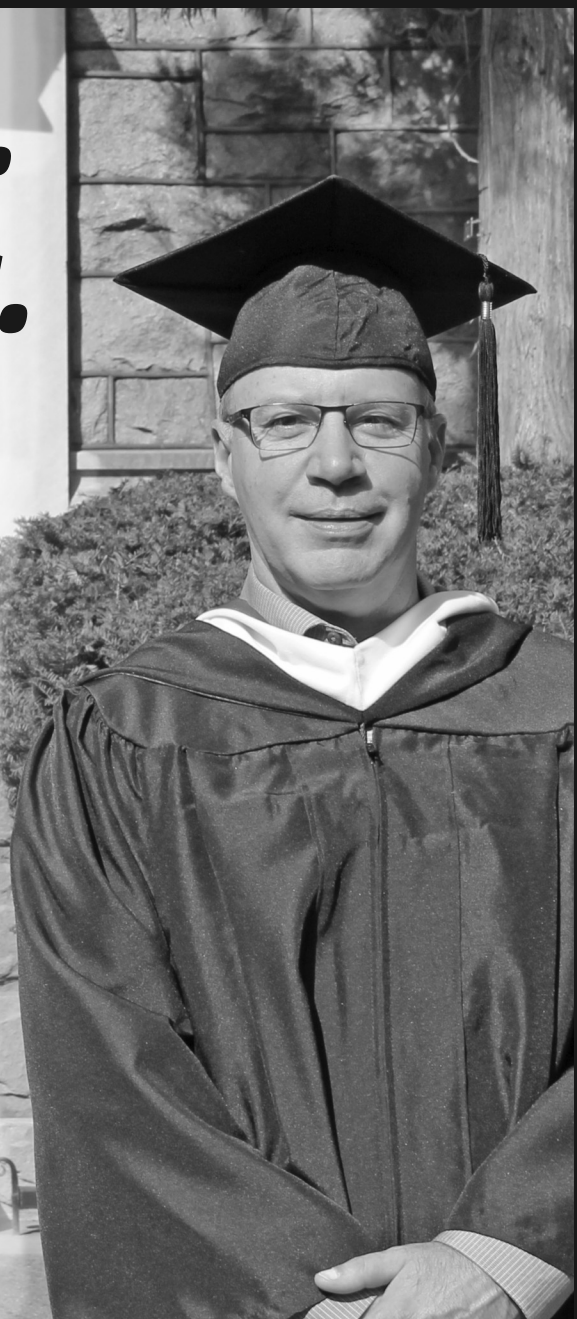
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Entrepreneur club hosts pool tournament

Seph Robert
Writer

Ahmed Blkoumy won the March Madness Pool tournament hosted by the Entrepreneur club on March 20. The tournament lasted for two hours before Blkoumy won the tournament. He has only been playing pool for a year's time, however he does play often.

The pool tournament was held in Berrier Hall in the Cougar Cade. The Cougar Cade is on the lower floor of Berrier Hall, holding pool tables and various gaming systems for students to use.

The Entrepreneur club is new, having been established in 2018.

The tournament was overseen by a referee. Most decisions or verdicts she had to make during the game regarded ball placement after scratches. Scratches are shots that either do not hit a pool ball or do not hit the shooting player's ball

first. After a scratch the opposing player may place the cue ball on the table within certain parameters.

After the tournament ended a few participants decided to continue playing, staying after most participants had left.

There are no set plans yet for another pool tournament, however, members of the Entrepreneur club did not dismiss the idea of doing a doubles tournament, where teams of two players face against each other.

The tournament was a part of March Madness event lasting from Monday, March 19 to March 23. The event included a Find the Box event on Monday, the pool tournament Tuesday, a 3-point basketball tournament Wednesday, and a March Madness 5v5 basketball tournament Thursday. Most events were held in Berrier hall, excluding the Find the Box



Photo by Seph Robert
Ahmed Blkoumy taking one of the tournament's final shots.

event beginning in the cafeteria.

The Entrepreneur club is new, having been established in 2018.

Recycling and the Recyclateria at LCCC

Veronica Rosenberger
Writer

As the semester comes to an end, it's important to be aware of the waste produced by our education. All semester long, students received paper handouts, paper packets, and you may be reading this newspaper from a piece of paper.

If you are not planning on keeping these handouts for future studies, you are probably looking to get rid of them. The responsible way to dispose of our old notebooks, folders and syllabi is to recycle them.

The college offers paper recycling through Cougles. There are paper recycling bins outside of the duplicating office located on the lower level of the Student Services Center. Paper can also be placed inside any recycling bin, which are located all around the campus. These bins are either brown or look like a huge Pepsi bottle.

"Through Cougles in 2017, we recycled 21.43 tons of paper." Robin German, who works in Operation &

Maintenance, says.

Other objects such as binders and pencils do not need to be thrown away. If you are not looking to reuse them, they can be donated to the Recyclateria in the Fowler Education Center. Any school appropriate items, such as lamps or umbrellas, can be donated to the Recyclateria.

There, other students will be able to pick up and use those resources at no cost to them.

The Recyclateria saves green in two ways. It saves the planet by reducing waste and reducing the need for a new product off of a store shelf. It

also saves students money by providing resources at no cost.

The Recyclateria is located across from SH 145 in the Fowler Education Center.

Photo by Veronica Rosenberger
The wall above the Recyclateria in the Fowler Education Center. It





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Psych club educates on alcohol abuse

Natasha Hague
Writer

The Psychology Club and Counseling Center teamed up to educate students on alcohol abuse in the Lehigh Carbon Community College cafeteria on March 28.

"We are not here to say don't drink, we know that college students are going



Photo by Natasha Hague
Student Franklin Figueroa shooting a pong into student Lisa MacDonald dressed as a solo cup.

to drink," Secretary of the Psychology Club, Mary Collier, said. "Just make smart decisions if you do decide to drink, be educated and aware."

Reading material on non-alcoholic drink recipes was available to students. The pamphlet had recipes for coolers, smoothies, coladas and iced tea. The pamphlet was provided by the Pennsylvania Liquor Control Board.

Students also learned that some careers will not care if you have a degree if you also have an alcohol-related conviction. If someone is caught with a fake ID or driving under the influence, their degree for accounting, teaching and other majors won't help them get a job.

The packets were informative but the activities left a physical mark on the students who tried them.

"[The goggles] made me dizzy, I still feel nauseous," LCCC student Mackenzie Jurchenko said after trying one of three activities. The club had provided

impairment goggles, a pair of goggles that shift your eyesight when you wear them, giving the effects of drunkenness.

Students put on a pair of goggles and attempted to walk a path without drawing police attention. After walking, students tried a matching game with the goggles. Collier called out color and sign type. While the student dug through the pile Collier timed them, showing students their reaction time was reduced.

The last activity was to show how much a shot is versus how much students think a shot is. The student would pour out what they thought was one shot. Then Collier poured it into a measuring cup. On most occasions students learned they were pouring two or three shots, not one.

"I liked the shot one," Jurchenko said. "I didn't know how much a shot was."

Alcohol abuse awareness is an event held by the counseling center every year in the spring, usually around March.

Preparing for swimsuit season

Brianna Bittner
Writer

Swimsuit season is rapidly approaching. For some, this is the most exciting time of the year, while others are dreading the thought of even putting on a swimsuit.

The swimsuit industry is changing. Women have been introduced to role models such as Ashley Graham, Iskra Lawrence, Bree Kish and so many more. These women, alongside many others, are breaking boundaries in the fashion world and even more specifically in the world of swim.

These role models can be recognized as some of the faces of body positive campaigns for many different brands who have created lines of swimwear that are made for every body type. These brands include Aerie, Forever 21 and Swim Suits for All.

Aerie is the sister store of American Eagle Outfitters that sells lingerie and swimwear. In 2014, Aerie launched the "aerieREAL" campaign, which features

unairbrushed models. Since 2014, the campaign has become a movement of body positivity. In addition to not using Photoshop, Aerie often features its customers on ads and social media. It has also expanded sizing to give those who found the traditional sizes either too small or too big a chance to feel confident not only in the suit they would be flaunting, but to feel confident in the size of it as well.

At LCCC, students are seeing a difference in the mood of the upcoming season as well. Of 30 students surveyed, only seven stated they felt negatively towards the swimsuit industry. The rest, however, were all excited to have found, or find, a suit that will not only fit perfect, but boost their self-esteem.

Student Amber Cooper explained how role models and brands such as the ones above have helped her break out of her shell and enjoy shopping for her swimsuit this year.



"Although I haven't found 'the one' yet, I know there are so many options from so many different retailers," Cooper said. "I really think that body positivity is something that is shown in such a great way today, compared to the past. I'm actually really excited this year because there are so many options."

While this movement focuses a lot around the summer and swimsuit season, it's larger message is about making women feel comfortable in their own skin.

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style & entertainment

LCCC hosts entrepreneur boot camp

Alan Lovelidge

Writer

Students and experienced entrepreneurs alike came out to the boot camp held in LCCC's alumni center to listen to new ideas and learn some of the nuances to being an entrepreneur.

The event showcased speakers from both inside and outside the college including the college's own Tremayne Tatem, Entrepreneur Education Specialist; Nick Ward, a successful entrepreneur; and student host Lisa MacDonald, who used the event not only to learn about entrepreneurship, but also get practice and recognition for her own idea, as an abstract motivational artist.

MacDonald drew motivational art during the event that correlated with the event's speakers. She said that along with hosting she is "definitely networking, and learning how to network, and how to speak to people."

Tyler Laudenslager, another student in

attendance was awarded the Most Valuable Questions title due to his unique and insightful questions.

"I like to think outside the box all day every day," he said when asked about his unique questions.

Through the speeches it was communicated that to be successful you have to be willing to put in the time, accept the monetary risks, and not fall in love with a single idea. Students were walked through the legalities of creating and owning a business as well as the fine details of creating a business plan. When asked what the most important thing was when starting a business Nick Ward, who owns a successful cleaning business summed it up in one word, "sacrifice."

Toward the end of the event students were broken up into small groups and given the opportunity to pitch business ideas to a panel of judges. Some students had

existing small businesses that they were seeking advice on, and other students came up with ideas on the spot.

Overall the event was a success, teaching students about entrepreneurship, and giving them the opportunity to talk and listen to people who have been successful in the field.



Photo by Alan Lovelidge
Lisa MacDonald and her art piece for the boot camp

Summer hotspots in Schuylkill County

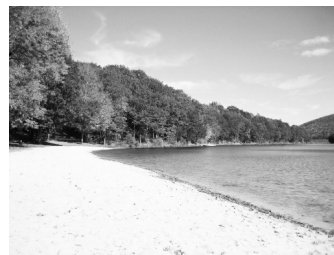
Cara Crouthers

Writer

The smoke rises towards the tips of the trees. Smiles and laughter are exchanged between friends casually. They're delicately passing graham crackers like an assembly line in a factory. The first delicious bite of marshmallow, chocolate, and crunchy goodness takes over all senses while the summer breeze brings relief from winter days past.

Survey findings from the 2017 North American Camping Resort, a study supported by the Kampgrounds of America, Inc., reveals insights to camping trends. It is reported that 81 percent of people enjoy the activities of camping such as hiking, fishing and kayaking.

Fortunately, Locust Lake and Tuscarora Lake, both neighboring and local campgrounds in Schuylkill County, offer alluring scenic picnic areas that host



Locust Lake (left) and Tuscarora Lake (right)

many activities for day trips and family reunions alike.

Whoever said camping had to be dirty? Locust Lake offers clean accommodations like bathrooms and showers neatly dispersed throughout the campground. People can park their RVs or camp-in tents the old fashioned way, but beware of the furry creatures that inhabit the woods around you. They are hungry and will eat the food you leave out even if it is

in a container. Locust Lake has an offshore mooring as well as multiple places to hike and fish.

Tuscarora offers clean bathrooms as well but it also has cabins customers can rent out if sleeping on the ground isn't for you. There's also a wide variety of environmental education and recreational programs. Through hands-on activities and guided

walks participants can gain an understanding for conserving natural resources.

Tuscarora is special for its offshore mooring where adults, teenagers and kids run wild in the summer sun. Parents must supervise children because there are no lifeguards on duty. Swim at your own risk.

With summer slowly approaching and bucket lists growing, adventure awaits at Tuscarora and Locust lakes.



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Making the most of your break time

Seph Robert
Writer

Making the most of the time between classes can be a challenge. Often students do not have enough time to go home and then back to LCCC, but students do not need to drive far to make the most of their breaks. Students have two options: focus on schoolwork, or focus on relaxing or passing time.

For students looking to get ahead of school work during breaks LCCC has numerous resources and places at students' fingertips.

Students can go to Science Hall room 150, or other rooms for specific departments to get free tutoring. Even if a student might be doing well in his or her classes it doesn't mean that helping to make sure that a concept is fully understood is not a good idea.

LCCC also offers computers for use in the library, along with 'quiet rooms'

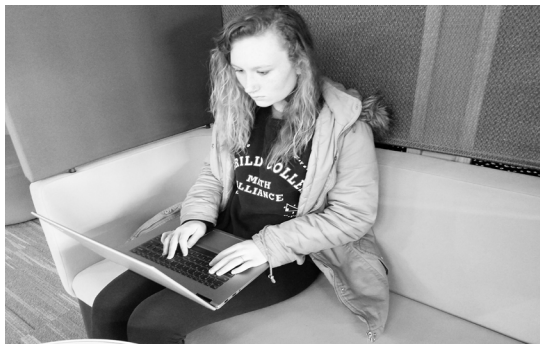


Photo by Seph Robert
Madeline Holzheuser waiting in between classes at LCCC.

where students can study without interference from others talking or making noise.

Students do not have to work on school work in between classes. On campus at LCCC there are places for students to sit and talk or interact with other

students in the Academic Resources Center, Science Hall and Student Services Center buildings. Students also have access to Berrier Hall, with sports centers and the Cougar Cade to spend time in.

Getting off campus is a good idea as well. With summer approaching local parks become an option for students to spend breaks time.

The Covered Bridge Park in Whitehall is six minutes from campus, giving students enough time to spend during a break. The park offers four baseball fields, four basketball courts, and four combined soccer and football fields throughout the park along with walking trails and a butterfly garden.

Whether students are looking to get ahead on school work or pass time during class breaks, LCCC has numerous options for students to choose from.



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Golf team aims for low scores, high spirits

Austin Lancsak

Writer

When thinking about college sports, some may leave this one out of the picture. At Lehigh Carbon Community College an intercollegiate sport in the athletic department is golf.

LCCC golf is more than just a casual round. It adds a team bond, competitive mindset, and golfing benefits.

LCCC golf is coached by Parker Lessel, a former golfer for the Cou-

“We need a competitive nature to push us as a team and as individuals.”

gars, who has been coaching at LCCC for 15 years. The team has had some shifts from the fall season to the spring. With four golfers in the fall season, the Cougars put up a fight in their matches, improving with each one.

As the fall season ended, and cold weather came, the practices came inside. LCCC moved into the spring season with

only three golfers returning. Sophomore Erik Lessel, freshman Blake Kelly and freshman Johnathan Frace all looked to improve their game and do better this spring. LCCC picked up two more golfers for the spring season, who both plan to make an impact this year.

“We’re glad to have more golfers come out and help our team. We need a competitive nature to push us as a team and as individuals.

This game is filled with ups and downs, and having others there to ask questions can only make me better,” freshman Blake Kelley said.

LCCC golf has partnerships with top name brand Titleist for golf equipment, and uses the facilities of Olde Homestead Golf Club for practice and home matches.

The LCCC golf team looks to keep the scores low, and positivity high as it finishes out the end of the season.



Freshman golfer Johnathan Frace hitting his tee shot at the Northampton Invitational.



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