

THE PAW PRINT

Fall 2015 • The Student Newspaper of LCCC • Vol. 2 No. 1

The Paw Preview

Opinion

Dissatisfied with the distribution of wealth? Take a look at what presidential candidate Bernie Sanders has to say.

Page 10

Health & Fitness

Stressed out and ready to quit? Relax, we have the solution! Check out some helpful tips.

Page 14

Style & Entertainment

Wonder what your fellow students have to say about this season's *American Horror Story*? Read up in this story preview.

Page 20

Staff Blogs

Like what you've read and want to read more? Visit The Paw Print's Facebook page to read more about what your favorite writer has to say. Anything from a life-changing trip to Yellowstone to how someone parks their car. Updates every Monday and Wednesday.

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Students, staff shatter the silence

Misha Kotaskova
Writer

Lehigh Carbon Community College hosted its first Take Back the Night event at the Student Union on September 24, from 5 p.m. - 9 p.m. with a goal of raising awareness about the problem of violence in our community.

The 2014 Crime Statistics note that there were 66 reported attempts to commit rape or actual rape in Allentown. One in three women experience sexual violence in their lifetime. Although most victims of violence are women, 16 percent are actually men.

In light of these powerful statistics Take Back the Night was created. Community agencies such as KidsPeace, Crime Victims Council of the Lehigh Valley, and Turning Point of Lehigh Valley were present to raise awareness and provide education and support.

"Take back one thing...from tonight's event, take it back with you and pay it forward," one of the speakers, Director of Student Development, Peggy Heim, said passionately.

There was a lot to be taken from an event that shed light on the impact of violence on women, men, children and members of the transgender community. Personal stories of victims of violence left the faces in Student Union silent and teary-eyed.

The powerful statistics left Nicholas Croft, a student at LCCC, startled.



Photo by Misha Kotaskova
Yata Gant (left) and Ashley Bauer, LCCC students in Physical Therapist Assistant program, displayed their personal stories of victory on personalized t-shirts.

"I heard a lot of things I've never heard before," Croft says. He felt this event was very informative. "Take Back the Night taught me how I can take part in helping victims," Croft added.

Thespina Arcure, M. S., Clinical Program and Staff Development Specialist for KidsPeace, spoke of the cycle of violence.

"Children who experienced violence are adults today," Arcure says.

How do we stop this cycle of violence? The theme of this event was to be part of the change in the community. Educate yourself. Speak up when you see someone being mistreated.

For a personal story from a survivor check out the next issue of *The Paw Print*.

2 THE PAW PRINT

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Words from the editors

Lindsay Ehret Editor

It's easy to become overly stressed while attending college. Many students have heavy course loads and many also have part-time jobs. The stress can become too much, especially if you're someone like me, taking 18 credits in one semester. This is why it's extremely important to make time for yourself. Billy Joel once said, "If you are not doing what you love, you are wasting your time," and he was right.

This past summer I realized how important it is to do what you love. I was traveling and doing fun things every minute of the day. I was truly bringing out the truest version of myself, but now I have little time to do that. Long nights of studying take up most of my time, as I know it does for you as well, but no matter how busy you are, it's important to do something every day that truly makes you happy. What you love to do is who you are, and there is nothing more important than your happiness. It is your life after all.

So, I wish that you have a great academic year, but most importantly I wish that you find time in your busy schedule to do something that brings out the best you there is.

Daniel Berrios Editor

How do you follow a great opening act? It's the question I had when I met this year's writers of *The Paw Print*. We'd doubled our staff, added four more pages, and with that a lot more things to worry about. I didn't know if I could handle it. Then I started to get it. I got to read everyone's stories and I was reminded why I wanted to be an editor to begin with.

Taking over *The Paw Print* has been the single most fulfilling thing I've done in my college career. It is a true honor to bring the works of our writers to the readers of the newspaper both returning and new. I am pleased to continue our history, however short it may be, of excellence and know that you'll enjoy it.

Being part of a team, something greater than myself, isn't just fun, it's an experience I will cherish and a skill that I and those working on the newspaper will be able to use no matter where we go. As readers you all have helped to spread the works of over a dozen writers and promote creativity for any writer who might want to try journalism. So for that I say, thank you.

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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

Harvest opportunities at LCCC Job Fair

Caitlin Yaun
Writer

Are you a current Lehigh Carbon Community College student who's presently looking for a full-time, part-time or seasonal job? If so, take your best suit to the dry cleaners and mark your calendar for the end of October. On Thursday, October 29, the Career Development Center will be hosting its fall Job Fair from 10 a.m. – 2 p.m. in the Community Services Center on the Schnecksville main campus.

According to Tina Moyer, Director of the Career Development Center, the Job Fair typically attracts about 70-75 employers per semester and is held twice a year; once in the fall and once in the spring.

"As far as what majors they attract, it's always a little different," Moyer said. "I would encourage anyone from any

major to come because chances are there's something there that will interest them. We get education, we get science, we get health fields and we cover almost every school. There's something there for almost everyone."

With a database in the CDC of nearly 2,000 employers, there are many different types of businesses that apply for a spot in the Job Fair.

"We're constantly getting new employers in contact with us," Moyer said. "Our job fair is much larger than other local colleges in terms of numbers."

Gabriel Scott, an LCCC sophomore, recalls his experience at last semester's Fair and states, "It's a great way to get experience in a professional atmosphere, as well as a great way to make



Courtesy of College Relations
LCCC students at last spring's Job Fair

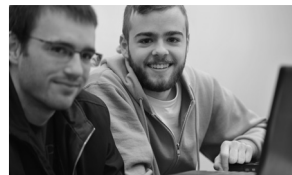
connections in your local area."

Before attending, schedule an appointment with CDC consultants for helpful tips on how to prepare.

For more info on jobs relating to LCCC, visit The Cougar CLAW.



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4 THE PAW PRINT

Join the magical Disney College Program

Chandler Johnson
Writer

Lehigh Carbon Community College is offering students an opportunity to join the Disney College Program for a chance to earn credits while living and working at Disney.

The Disney Magic Kingdom opened in 1971, followed by Epcot in 1972, but did not have enough employees for the parks. It was decided to invite college students to come work so that they can earn credits and Disney would have enough workers. They invited 200 students from several schools, thus the Disney College Program began.

Walt Sweedo, a former faculty member at LCCC, held meetings for anyone who was interested in joining and explained what a student would have to do in order to get picked for the program. First, a student would need to

go to the Disney college program website and apply. If the application goes through then the student will be invited

to be an enrolled student, of any major, and must be 18 years or older. The program is looking for students who also have any kind of prior experiences, such as dorm life, a

job or career, or military. However, the main thing they expect from students is honesty.

If chosen, students will start training and working among 22 different work positions in the parks, such as custodial, merchandise, food, or cast members.

General jobs can be paid between \$9 and \$15 an hour.

Erich Hamil, a former LCCC student, shared his experience in the program.

Hamil was in Disney from January to May in 2009, working the monorails. According to Hamil, the experience was fun and has benefited him in his career.

"Yes, it was a lot of fun because everyone working is very positive and enthusiastic about their jobs," Hamil said.



to do a web based interview. The last step is a phone interview to determine if you will go.

"If you get this far, you have a 90% chance to get in," Sweedo said.

There are some requirements in order to join. Anyone who wants to participate must

Mid-semester blues? Connect with nature

Tyler Winston
Writer

The leaves are changing and there's a chill in the air; fall is in full swing. And as the semester kicks into full gear students struggle to keep up with their busy course load.

It is hard to maintain peace of mind when you're stressing about overlapping deadlines. But remember, as you dive deeper into the books it is important to make some time for yourself.

Getting a daily dose of the outdoors improves both your physical and mental health. It not only reduces stress but it

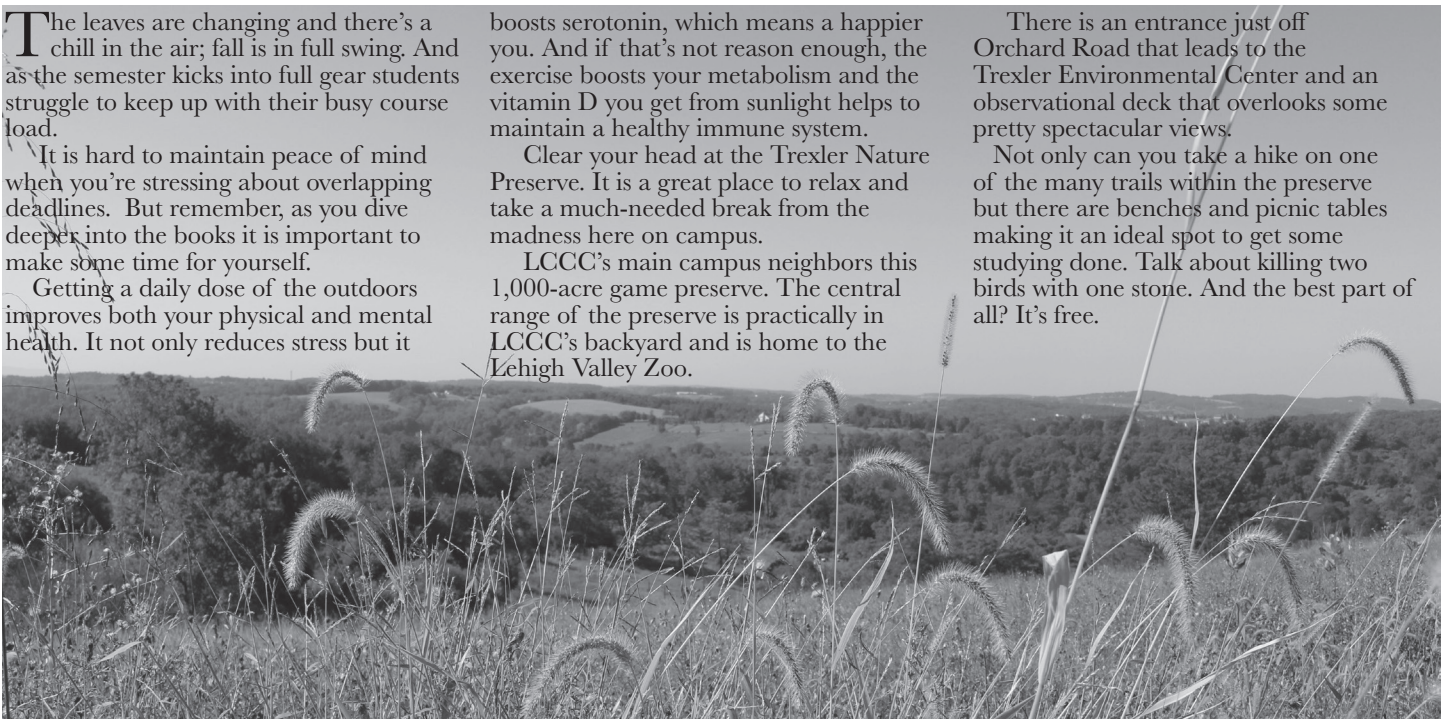
boosts serotonin, which means a happier you. And if that's not reason enough, the exercise boosts your metabolism and the vitamin D you get from sunlight helps to maintain a healthy immune system.

Clear your head at the Trexler Nature Preserve. It is a great place to relax and take a much-needed break from the madness here on campus.

LCCC's main campus neighbors this 1,000-acre game preserve. The central range of the preserve is practically in LCCC's backyard and is home to the Lehigh Valley Zoo.

There is an entrance just off Orchard Road that leads to the Trexler Environmental Center and an observational deck that overlooks some pretty spectacular views.

Not only can you take a hike on one of the many trails within the preserve but there are benches and picnic tables making it an ideal spot to get some studying done. Talk about killing two birds with one stone. And the best part of all? It's free.



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All are welcome at LCCC's Veterans Club

Robert Sepulveda

Writer

If you were to ask a veteran what was the toughest challenge that they have had to face, you would get a wide variety of answers. Some veterans would recount a story from their days in the service. Other veterans will tell you that the transition from military life to civilian life is quite the challenge to undertake. To put things into perspective, soldiers treat and think of one another as family. They feel bonded as well. When they come back to the civilian world, they tend to feel lost and alone. There are measures in place to combat this feeling.

On the main campus such a measure is in place, the Veterans Club. Sadly, not many veterans know of this club, but those who do know of the club pass its praise to other fellow veteran students. The club offers a space for vets to meet with advisors, use computers and meet with other veteran students.

Club member and Vietnam veteran Harry Beers highlights that "the club offers a chance to be with those who have like

minds." Beers also goes on to say to all fellow veteran students that "They don't have to feel alone and lost in the crowd."

Another member and former Marine Helen Hrabal shared a story about the community that the club has created by saying, "Last fall a friend of mine and fellow Marine that had gone missing was found dead in Leighton.

His family had been having trouble with finances. I had brought up to the club that the proceeds from the fall bake sale could go to his family and we were able to raise almost \$300 which was able to help his family purchase an Urn for him."

No veteran deserves to feel alone and lost in the world. The Veterans Club of LCCC openly invites all veterans to come and feel at home. Harry Beers puts it well "All military are family."

For more information about the club please contact veterans@lccc.edu. You can also read a related blog at www.facebook.com/LCCCPawPrint.

The club offers a space for vets to meet with advisors, use computers and meet with other veteran students.



Photo Courtesy of Harry Beers

Harry Beers remembers when he was invited to attend meetings of the club. He remembers how welcoming the whole affair felt. It's what he enjoys about the club.

Some things are more lost than found

Tyler Jones

Writer

You just lost your flash drive. Your homework was on there, the homework that makes up 25 percent of your overall grade for College English. It is possible someone found it and turned it in to the proper authorities. You might be wondering whom those authorities are and where to find those proper authorities. Have no fear, lost and found is here!

Located in the lower level of Berrier Hall in the game room is the Lost and Found department of Lehigh Carbon Community College. Lost and Found items are also placed in the Public Safety Office located in the basement floor of the Student Services Center depending on their value.

According to public safety officer at LCCC, Frederick J. Bainhauer III, "Things of nominal value are kept in Berrier Hall such as gloves, hats and clothing items."

At the higher end of monetary value student public safety officer Georgiana Musselman states, "Wallets, credit cards and cellphones are kept locked up in the Public Safety Office."

As you can imagine people do hate losing things. "Some people come in a little upset especially concerning cell phones, notebooks and flash drives."

Musselman says.

One sad truth that Musselman noted is that, "Lots of items are dropped off and not many are picked up."

There are three things Musselman says to keep in mind to reduce the chance of losing something and remedying the situation if you happen to.

"The lounge area, cafeteria, bathrooms and computer labs are often places where people leave things," Musselman says.


She adds, "Spring Semester seems to have items lost more frequently." And that, "Security and Lost and Found take descriptions of lost items and names in case you lose something."

All hope is not lost when you have lost something dear to you.



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8 THE PAW PRINT

Plant a seed with Botany Club members

Tyler Jones

Writer

You can't go anywhere without running into nature. Nature is everywhere. Although nature is everywhere, there is still much to learn about plants and their importance. There is a place where you can get a little extra green on those thumbs.

Enter Botany class, where the enthusiasm to learn more about the world around us is contagious. Located in SH008 on the Lehigh Carbon Community College Schnecksville campus, Botany is taught by Professor Teresa Heisey, a science professor at LCCC. The class meets on Tuesday and Thursday mornings for lecture and Mondays for a lab. You can take Botany as long as you have taken and passed the prerequisite BIO 110 General Biology I.

Professor Heisey hopes you take away an appreciation for plants and to spreading curiosity after attending her Botany class.

The students in her Botany class are just as enthusiastic as Professor

Heisey. When asked why someone should take this class, Kyle Gischel, a student of the Botany class said, "You can obtain beneficial knowledge for outside the classroom."

The students are looking forward to learning new things. Zach Arruda, another Botany student, says he hopes to learn how to develop a practical appreciation for plants.

Botany is of great importance because, as Alexandra Gallagher, another botany student, states, "The importance of botany and taking the course is that as a culture, we are very zoocentric, or focused on animals or humans only."

If you've been wondering where you can find any interesting plants on campus, Christine Cillo noted that the ginkgo on campus happens to be a fossil tree.

There are talks of a botany club.

"The students are most definitely interested and beginning discussion of a botany club to expand what they are exploring in class and help to cultivate

and explore more plant life on campus, as well as be able to explore potential for adding plants to campus," Gallagher says.

Some food for thought: As a student noted, a better overall understanding of botany concepts helps in understanding the impact of climate change and global warming.



Photo by Tyler Jones

The Botany class cultivating their knowledge during their weekly lab.

Weighing in on Obama's free tuition plan

Reagan Landis

Writer

The majority of LCCC students have a general awareness of the benefits to continuing their education beyond high school. What they might not realize is that within the next ten years the minimum of an associate's degree will be required for six out of 10 jobs in the United States. Despite the significant financial savings to be had by choosing a community college for your first two years, the financial investment toward achieving those degrees can be a struggle. Even with financial aid, the average student will have accumulated nearly \$30,000 of debt in earning their bachelor's degree.

President Obama addressed this growing need last January when he proposed "America's College Promise" initiative in his state-of-the-union address. He believes the first two years of community college should be tuition-free for students who are able to maintain a 2.5 GPA while attending at least half-time, as long as they show steady progress and meet income requirements below \$200,000. The program outlines the need for cooperation from both the state and

colleges of both financial commitment and programming reforms, but the bulk of funding would come from federal sources.

This summer, according to the American Association of Community Colleges' website, Sen. Tammy Baldwin (D-WI) and Rep. Bobby Scott (D-VA) introduced to the Senate and the House a significant piece of legislation which, if approved, could provide a federal investment of nearly \$80 billion over the next ten years into the program. The plan outlines the federal government would pay for 75 percent of the national-average cost of community college, while requiring the states contribute the remaining 25

percent. Eligible students could receive benefits for up to three years. Community college leaders are joining the campaign Head's Up America in support of this initiative. LCCC President Dr. Ann Bieber

is active in working to find ways to create programs and share knowledge locally, along with the presidents of Northampton and Luzerne Community Colleges.

A brief polling of students on LCCC's campus showed a resounding positive reaction to this initiative. One student keenly noted "this might mean a lot more students will choose community colleges, which

will mean bigger classes and a harder time getting the class section you need", but still showed support.



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10 THE PAW PRINT

Opinion

Americans need a living wage to survive

Daniel Berrios

Editor

What is a full day's work worth? Going by the minimum wage that would be \$7.25 per hour or \$15,080 a year (40 hours a week, 52 weeks a year). However according to the Living Wage Calculator, an online tool that calculates the funds required to live in a certain area, Americans, let alone students, make nearly \$7,283 less than what they need to actually live in Lehigh County (\$22,363 gross for single adults).

Even in its infancy the minimum wage has suffered from heavy opposition, including arguments that we still hear today.

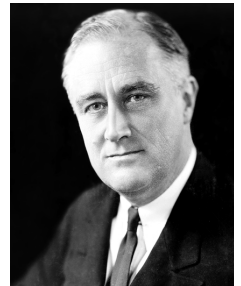
One argument against raising the minimum wage is that it will cost workers their jobs. However, according to a letter to President Obama from 600 economists, including seven Nobel Prize winners, increases in the minimum wage, "...have had little or no negative effect on the employment of minimum-wage

workers, even during times of weakness in the labor market."

What about effects on the economy; won't an increase hurt us? The simple answer is no. It's easy to forget that not only has the minimum wage been in effect since 1933, but that it has received at least 22 increases in its life span and according to the U.S. Department of Labor, "real GDP per capita has steadily increased, even when the minimum wage has been raised." Meaning that there has been no negative effect on the economy when the wage was increased.

The problem is clear: those people living on minimum wage can't survive. Are they lazy? No. Working 40 hours a week in the restaurant business or some other low wage industry doesn't suggest that, but that's what the wage and even some politicians suggest. Because we have fewer skills does that mean we don't deserve to live?

President Franklin D. Roosevelt on a "living wage" said, "...and by living wages I mean more than a bare subsistence level-I mean the wages of decent living."

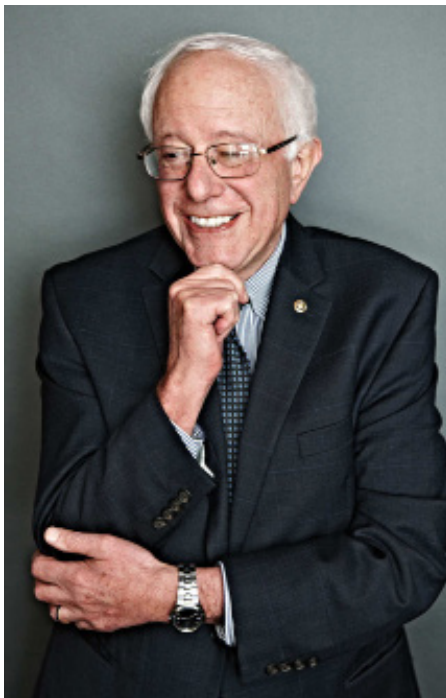


It is in everyone's interest, not just those who make minimum wage, but everyone, to support President Obama and other lawmakers in their attempt to increase the minimum wage to \$10.10 because as former President Bill Clinton said in 2014, "...people who make the minimum wage or near it are struggling to get by, they spend every penny they make, they turn it over in the economy, they create jobs, they create opportunity...It's just the right thing to do, but it's also very good economics."

Don't underestimate Bernie Sanders

Lindsay Ehret

Editor



The 2016 presidential election is approaching, and there is a great candidate who is still unknown to many. Bernie Sanders is a force to be reckoned with. From Vermont, and a member of the Democratic party, Sanders continues to show Americans why he should receive their vote.

Today, we have an extreme gap between the wealthy and the poor. Income inequality is at its highest. This would be one of Sanders' top priorities during his presidency. Sanders would make this a priority because he can actually relate to the working class, unlike the billionaire Donald Trump, who also has no previous background in politics, while Sanders has more than 20 years experience in Congress. Most importantly, Sanders cares deeply about the issues. He has no interest in the media or putting down other candidates, as Trump so often does with his harsh words. Sanders cares for the wants and needs of Americans. He expresses this in a quote from April 2015.

"There is a lot of sentiment that

enough is enough, that we need fundamental changes, that the establishment, whether it is the economic establishment, the political establishment, or the media establishment, is failing the American people."

For those who are familiar with Sanders, many think of him as a socialist. This has typically been thought of as a negative term, but Sanders disagrees. He believes socialism can be a good thing. In a recent interview on The Late Show with Stephen Colbert, Sanders uses Denmark as an example to why socialism works.

"What you have in Denmark is a society where government, as I believe it should be in this country, radical idea though it may be, should actually represent working people and the middle class rather than large campaign donors."

Although a bit radical and not what we're used to, Sanders would make an excellent leader. What we need for our country is someone who cares about the issues and is willing to do what's best for the American people. A vote for Sanders is a vote for change.

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President John G. Berrier (above) was LCCC's founding president and served from 1966 until his retirement in 1983. Berrier Hall on the Schnecksville main campus is named in his honor.

1966

The Old Lehigh County Court House (pictured below) acted as Lehigh County Community College's home for it's first three semesters from September 1967 to February 1969. The Allentown School District provided the additional rooms needed prior to the college's move to the Schnecksville campus.



1966

(August)

NASA's Lunar Orbiter 1 is launched and became the first U.S. spacecraft to orbit the Moon.

1976

(July)

The United States celebrates it's bicentennial.

1986

(May)

Top Gun, starring Tom Cruise, is released and becomes the highest grossing film of the year.

2016

President Obama visited LCCC at 11:50am on December 4th, 2009. He spoke to the students and faculty in Berrier Hall about the economic struggles facing the United States.



In 2014 President Ann Bieber (above) became LCCC's fifth president and is the first woman to hold the position. This past May President Bieber was recognized as one of the Women of Influence by Lehigh Valley Business.

The PPL Center in Allentown will play host to LCCC's 50th Anniversary graduation ceremony.

Students from recent semesters, as well as the Spring 2016 class, will be able to attend and participate in the ceremony occuring in May of that year.



2006

(March)

Twitter is launched.

2016

(November)

The 58th Presidential Election takes place.

health&fitness

LCCC Soccer: Snapshot of the season

Zach Kocis

Writer

7-0. That was the score at the end of the Bucks County Community College v. Lehigh Carbon Community College game on Tuesday, September 8.

Despite suffering that loss by a wide margin, the Cougars don't want to be written off just yet. In fact, they shouldn't. LCCC came back to win 4-1 against Valley Forge Military College, but was defeated 3-1 by Delaware County Community College. In defense of their topsy-turvy results, the team has had to adapt well, with many players having graduated and new ones filtering in.

Even though the team is primarily comprised of newbies and developing players, there was certainly no lack of technical ability and game knowledge on the field. One of the greatest strengths of this LCCC team is its will to dominate possession and fight for goals, with one or two players able to dazzle the crowd with their fancy flicks and tricks.

But according to Coach Abe Mamari, the players have to improve their shooting and focus on their defensive responsibilities. It appears as though the advice has been taken already, as the team scored goals in both games since the loss to Bucks. The presence of returning players Gabe Scott, Eric Mochamer and Tucker Pany added leadership qualities to a squad that came together for the first time this season. Unfortunately, Scott has been out with an injury, but still exemplifies his commitment to the game through team spirit.

Speaking of spirit, the home game attendance has been growing and should continue if victorious results hold for the Cougars. Coach Mamari stresses the importance of fan support for the team: "The fact that our students will show some school spirit and get behind our guys makes our players feel like they have more than just the team and the coaches they are playing for."

LCCC has an upcoming game against Middlesex County.



Courtesy of LCCC Cougar Sports
Forward Gabriel Scott in action for the Cougars.

For LCCC students and Cougars fans alike, there is much to look forward to in both the remainder of the season and the one to follow.

Managing stress is easier than you think

Reagan Landis

Writer

College life is often glorified as "the golden days" because young adults are freed from the confines of high school and are able to make crucial decisions regarding their future. However, making decisions that decide your future is no easy task and causes anxiety. Add the strain of social circles, work and class and you have a slew of stress, maybe even anguish.

Thankfully there are many ways to put your mind at ease regarding stress and managing the thoughts that come with it. Many college students find refuge from daily pressure with Netflix or online websites such as Facebook or YouTube. A lot of the time spent doing these decompression activities will feel lost or

wasted. Many know the feeling of guilt that often follows binge watching Netflix shows. However, there is another way to relieve the stress of school, one that only takes five minutes to complete and leaves the body feeling rejuvenated, healthy and flexible.

Yoga is, by definition, "a Hindu spiritual and ascetic discipline, a part of which, including breath control, simple meditation, and the adoption of specific bodily postures, is widely practiced for health and relaxation."

Most places which offer yoga classes are expensive, and often times out of the budget for a college student. Luckily for those looking to try a new way to decompress, yoga classes are offered

at LCCC and they count as a physical education class for those who are looking to get that pesky gym credit out of the way.

Amy Angelo, a yoga instructor at LCCC, said that there were simple poses that especially focus on stress reduction. "The simplest most effective pose to reduce stress is to lay on your back on the floor with the backs of your legs pressed up against the wall, called 'vaparita karini'. Also any type of forward fold, like 'uttanasana', as well as the breathing technique 'ujjayi breath' works both on the mental and physical level." She also recommends YouTube for those looking to learn or practice specific poses.

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16 THE PAW PRINT

School, work, kids: a temporary madness

Christina Mahurin

Writer

A young, energetic girl stood by the counter in the Lehigh Carbon Community college Bookstore thumbing through the pages of a book that bears the name of the college her mother attends.

"Put that back Katie! You're going to bend the pages!" the mother exclaimed.

The woman, who appeared to be in her late twenties, frantically fumbled for her wallet while with her other arm she held a stack of books for classes that ranged in subject from History to Modern Psychology. It was a clear illustration of just how difficult it must be to balance parenting and all the challenges and demands of being a full-time student.

According to the National Center for Education Statistics, more than 20 percent of all undergraduate students are parents, two-thirds of whom are also employed.

Certified Occupational Therapy Assistant and former Lehigh Carbon



Community College student Traci Hicks recalls this busy time in her life.

"It was really difficult to keep myself motivated to continue, but whenever I wanted to quit I would think of how much my family would benefit from my degree. The key was having realistic expectations for myself. I learned to accept the achievement of a good grade rather than an exemplary one."

When asked what kept her striving to achieve her goal, Hicks answered, "Having support and encouragement from my family was crucial." She explained that even a little thing like getting help with household chores went a long way to alleviate the workload.

"In the end, all of the stress, hard work, and long nights of finishing assignments was worth it," Hicks said with a smile. "I've earned a degree, and that's something I've always wanted to do. The madness is only temporary, but the end result is very rewarding."

Is October a big sports month or a distraction

Warren Rubio

Writer

October has long been seen as the best month for sports. Between the MLB playoffs, NHL and NBA regular seasons starting, and the NFL regular season in full swing, it's no wonder this has been the sentiment held by many. But with all this going on, could the opposite view be suggested? Is October the biggest distraction, especially to college students with so much on their plates?

In a recent study conducted by The Paw Print, a random sample survey of the student body found 76 percent of Lehigh Carbon Community College students chose watching a sporting event over taking the time to study. Furthermore, the same study found that 62 percent of students have chosen to stay up late to watch a game and paid for it the next day. One can't help but wonder how much better the grades of these students would be if that time was spent studying and getting proper rest the night before. Fortunately, the survey also showed statistics that were in favor of October being the best.

Although many students admitted staying up late to watch a game, 74 percent still went to work or school despite being so tired. This shows that the students still have school or work as the primary concern as opposed to sports. Additionally, the amount of time spent on either watching the games or doing research for their respected fantasy teams did not interfere with time spent with loved ones or supersede that precious time. In fact, the study only found five of the fifty students surveyed spent more time dealing with sports instead of their loved ones.

The results were somewhat shocking in that the distraction idea was preconceived as being more overwhelming. The fact that students weren't letting these sports become the big distraction they could have been is great news. It means LCCC's students have great heads on their shoulders and are actually quite good at balancing work and play. So pull up your favorite chair and snacks in front of that 50-inch television and continue to



Photo by Warren Rubio

Is watching sports a hobby or my main activity in life? Am I using sports to distract myself from larger issues in the real world?

enjoy your October sports LCCC students, you deserve it.



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The salad bar, a healthy choice for students

Misha Kotaskova

Writer

The lunch hour approaches and students mingle in the school's cafeteria, deciding between all the food choices. What is it going to be today? The sandwich perfectly wrapped in a triangle shaped container? Or the greasy burger and French fries fried to golden perfection? Or will it be the tasty muffin on the run in between classes? Oh wait! What's that big rectangular shaped object so conveniently placed in front of the pizza station?

Taaadaaaa. The salad bar with color-coded tongs has made its way to Lehigh Carbon Community College's cafeteria.

"CulinArt is really into eating healthy and they want to be able to guide our customers to make the right choices for lunch. That's why the color coded tongs," Staff Manager of all Cafes on campus, Alicia Stehman, points out.

Salad is not for everybody. It's also not the easiest meal to eat for students on the go like Devon Wieder.

"I usually get something I can eat fast

versus salad, which takes a little bit longer to eat," Wieder says.

But salad lovers are out there. Students like Thanh Tran enjoy cafeteria salad as part of their healthy lifestyle routine.

"After class I go to the gym, workout and then I come here for salad for lunch," Tran said in between mouthfuls of food.

Another student, Amanda Carl, enjoys all the choices that the salad bar encompasses. "It's easy to create a healthy balanced meal..." Carl concludes.

Janelle Lacey, Registered Dietician and Licensed Dietician Nutritionist for CulinArt Group, points out the nutritional value of fresh fruits and veggies and their beneficial impact on a good gut health.

"If we're not taking good care of our gut, we're not taking good care of our brain

either," Lacey, adds.

Students, the salad bar has been created for your enjoyment. Have a salad. And feed your brain.



Photo by Misha Kotaskova
The salad bar fuels a day of learning for students like Amanda Carl.

LCCC Men's Baseball team takes the field

Kevin Ewell

Writer

A fresh start is on the way for a group of talented and competitive student-athletes. With tryouts recently coming to an end, the Lehigh Carbon Community College men's baseball team is working tirelessly throughout the fall to prepare for the upcoming spring season.

The Cougars, unfortunately, did not have the perfect season this past spring, ending with an overall 15-17 record. However, that is not without its upside. Three student-athletes were recognized for achieving "EPAC All-Conference honors" in May, which not only is an honor to the team but also to the college as a whole.

The team will not only practice throughout the fall, but it will compete in a

series of games against other teams in the conference in preparation for the upcoming



season. The players refer to these games as "fall-ball", and they are certainly more beneficial to the players because now the

In addition to an extremely busy fall-ball season and months of practice ahead, a trip will be made to Myrtle Beach a week prior to the start of the season to play several exhibition games.

"The trip to Myrtle Beach is a great opportunity to face opponents we are not familiar with, and therefore a chance to show our talent," said sophomore Chad Cury.

However, the team has a lot of work to do before the players can begin thinking about their pre-season trip. It's just the beginning of what the players truly believe will be a phenomenal season.



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style & entertainment

Season Preview: American Horror Story

G. Mickelson

Writer

October 7 will see the admittedly bizarre union of the runaway horror anthology show American Horror Story and pop singer Lady Gaga, whose horror credibility thus far has only extended to the murder of sensible fashion.

Anthology-style shows peaked in the 1950s and have been steadily on the decline since then as television shows moved towards situational drama and comedy formats with recurring characters and multi-season plot threads. American Horror Story's seasons are all self-contained stories than can be watched in any order. Horror media in general have not been traditionally successful either, which makes the success of American Horror Story all the more surprising. Some students attribute it to the flexibility a TV show has to build up suspense as

opposed to film.

"I like the fact that it's not crammed into a two hour movie and then the ending like, sucks," nursing major and horror fan Brandy Muth says. "I'm excited for Lady Gaga...maybe she will bring more viewers to the show."

In addition to Lady Gaga, cast veterans Evan Peters, Sarah Paulson, Kathy Bates, and Angela Basset are all returning for the fifth season, and naturally all playing different characters than they have in the past season. Psychology major Summer Goldie enjoys the fact that the cast remains the same while their roles change.

"I like that it's always the same teenage kid always playing a teenage kid," she says, referring to Peters.

This new season, subtitled Hotel, will begin with a detective investigating a series of murders across Los Angeles that leads him to the titular Hotel Cortez.

As the season unfolds the sinister back story of the hotel, originally built in the 1930s by a psychopathic serial killer, will be revealed.

Trailers on FX's website

have a few reoccurring images, such as a woman who appeared to be stitched

into a mattress with spikes driven into it and a pack of creepy looking children roaming around the hallways of the hotel. It will be interesting to see how these things tie in to the Cortez building.



LCCC Radio

Eric Otero, Writer

Just to the side of LCTI is a small building that many Lehigh Carbon Community college students drive past on their way to and from class. This building is the home of WXLV, the school's radio station.

WXLV is a "free form" radio station. They play a variety of music along with original programs. Ranging from classic rock, old school music such as Frank Sinatra, 80s hits, and more. For example, the Joe Sibilis Radio Experience, hosted by student Joe Sibilis, is a talk show that has interviewed people such as Jeff Foxworthy, Carson Kressley and Danny Aiello. Other programs include Dominick's Young and Dominate Sports Show, JJ's Decent Exposure Radio and more. Including main broadcasts, WXLV participates in events around school as well as Musikfest's Levitt Pavilion.

"Anybody can become a part of the radio station," Joe Sibilis said. "We don't require any majors, just students interested in radio."

Carry on wayward fans

Olivia Rose, Writer

Lights flickering, darkness rising, Land one parody of Shake it Off later, it's once again that time of year. Cue the tears and grab a box of tissues, season eleven of Supernatural is hitting the screen with a vengeance. The show, having just celebrated it's tenth anniversary back in September, is determined to keep its fan base on the edge of their seats for this pivotal eleventh season. Looking back on the previous seasons sets a high bar for the eleventh, but one that the creators have continuously met over the years. Season five is known to have the most heartbreaking finale in the show, easily reducing the audience to tears and leaving them in suspense for the coming season. While season five retains its title, season ten came close to causing the same level of reactions in the viewers.

"It's going to have more action and more drama," said Amanda Dissinger, a student at Lehigh Carbon Community College. "It's a totally drool-worthy thriller." With the eleventh season released right after the show's tenth anniversary the creators are left with having to once again one up themselves. The question becomes if they will turn back to the darker roots of the show's previous seasons, or keep to the dramatic thriller feel of the newer seasons. The fandom has spoken over the years, pointing to wanting the original dark feel of the show back.

With the recent premiere of the first episode, the new season starts off with great promise. Now the big question becomes, will we finally meet the elusive God in this season, or will the boys once more be stuck cleaning up divine messes?

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No Halloween plans? Here's an idea

Chandler Johnson

Writer

Halloween is less month away and that means it's time to dress up and have fun. The Lehigh Carbon Community College Art Club is hosting a party called the Costume Comic Bash on Friday, October 30.

The Bash will be held on the main campus in the Community Service Center from 7 p.m. to 10 p.m. The event is open to the public and admission is \$7, or \$5 if you like their Facebook page. The party theme is superheroes so the club would like people to dress up and come as their favorite heroes. According to Sara Barton, the Art Club president, costumes are not required for the event and you don't have to dress as a hero, but it is encouraged.

The Bash will have fun entertainment from music and dancing to photography. They will also be playing the Avengers Age of Ultron movie. In addition, they will be hosting a costume contest for anyone who comes dressed as a hero.

"You don't have to wear a costume,

you can wear any costume, but only superheroes can get prizes," Barton said.

The contest will be judged by Cloud City: Games, Comics & Toys, and prizes will be given for the most creative, authentic, and unique costumes.

According to Barton, the club plans to donate a portion of the ticket sale profits from the event to the Children's Hospital in Philadelphia. Half of the profits will go to the hospital and the other half will go to the club. They are hoping to donate at least \$300 to the art therapy department in the hospital.

President Barton has high hopes that the party will be a big success because many students are talking about it. She also mentioned a possible future event as well.

"If the party is a success, we do another one in the spring," Barton said.

The Art Club is hard at work with the preparations, but they are encouraging people to come out, have fun, and show their support.

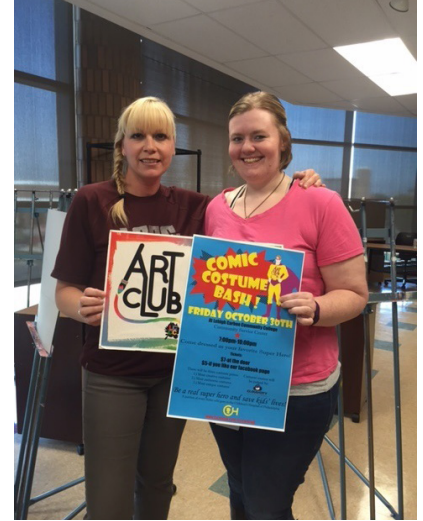


Photo By Chandler Johnson
Art Club President Sara Barton
on right and Adviser Heather
Werner on left

Is rock music gone or here to stay?

Warren Rubio

Writer

Rock n' roll has been around for 54 years, ever since the term was coined by Alan Freed in 1951. In 1979, amidst speculation the genre was dying out, Neil Young wrote "My My, Hey Hey" where he states, "...rock and roll is here to stay." And "...rock and roll can never die." One can't help but wonder though if this is in fact true. Is rock music alive and well and as prevalent in society and pop culture as when Young wrote this song in 1979?

Critics have long predicted the death of rock, much like many have prophesied Armageddon. In the 2000's film, *Almost Famous*, for instance, set in 1973, the cynical writer for *Cream* magazine, Lester Bangs, played by Philip Seymour Hoffman, says:

"...it's just a shame you missed out on rock n roll, it's over. You got here just in time for the death rattle, the last gasp, the last grope."

Bangs' prediction further shows just how long people have feared the

demise of rock. Were Young's lyrics from 1979 trying to hold on or reassure himself rock wasn't on its way out? The random sample survey



of LCCC's student body conducted by The Paw Print further reinforces the death of rock.

Of the 50 students surveyed, nearly 40 percent said their second least favorite genre was rock compared to the most popular genre hop-hop accounting for 46 percent of the votes. There is a voice on campus however that still has faith in the genre. Chris Andrews, Station Manager for LCCC's WXLV and LCCC alum, believes:

"I don't think it's dead...it's there and it exists."

Although Andrews has this strong belief in rock, he does also admit that it's not as dominant in society today and is shown even in the format of XLV itself.

"...going back to the past, XLV was probably at a time more rock."

Given the free form format XLV follows, giving the student DJs the freedom to choose the type of music they play, further shows the type of music our student body is listening to and unfortunately it's not rock.

Students eat pizza with LCCC president

Tyler Winston

Writer

Lehigh Carbon Community College President, Dr. Ann Bieber, opens the dialogue with students over a slice of pizza at the second annual "Pizza with the President" event. The event took place on Lehigh Carbon Community College's main campus on September 21. Initially, the idea of sitting down with the president of the college may seem intimidating, but the gathering was very casual and allowed student to voice their concerns, opinions, and suggestions about the school.

Students discussed an array of issues, from overwhelming workloads to the sometimes problematic wifi. Attendees shared their experiences with the services here on campus, such as the Career Development Center and opportunities for tutoring, as well as workshops and similar events to this one where students can get involved.

Natasha Zosky, a returning student to LCCC adds, "I would love to see something about opportunity, self-esteem, and confidence. I think that's something every student deals with."

And it's true. A lack of confidence can prevent a student from seeking the help

Photo by Tyler Winston

Students gather to discuss concerns and suggestions with LCCC President Dr. Ann Bieber, over a slice of pizza, at the second annual pizza with the President Event.



that is available to them on campus.

"We just want to make sure that students understand all of the opportunities that are out there," Bieber adds. "...we're all going to have obstacles and reasons that may or may not allow us to complete in the time frame we want. But we are here. We have a great support system to help you."

Additionally, students stressed the importance of getting involved on campus and benefiting from all the prospects LCCC has to offer students. Zosky reflects on the event saying, "It was very heartwarming to see my fellow students want to help involve our peers just as much as I do. My hope is that through administrative and peer outreach the next Pizza with the President event we can have over 50 students attend. That's 50 new voices, 50 new ideas, and a whole lot of pizza."

"We want to be sure that everyone knows that it is very important to all of us here at the college that you complete what you start," Bieber concludes.

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Documentary keeps Jenn's voice alive

Samantha Chubenko

Writer

On Friday, September 25, the Lehigh Valley premier screening of the documentary, "Finding Jenn's Voice" was held in the Lisa Scheller and Wayne Woodman Community Services Center on Lehigh Carbon Community College's main campus. The documentary gives insight to not only the life of Jennifer Snyder, a former veterinary technology student here at LCCC, but also to her and her unborn child's tragic murder by her married boyfriend David Rapoport.

While this may appear as an isolated incident where someone randomly snapped, the truth of the matter is that homicide is the number one cause of death among pregnant women. Snyder's heartbreaking story is not the only one to be featured in this emotional documentary; 11 other women who have previously been victims of Intimate Partner Violence, or IPV, shared their stories in order to help give a voice back for those have been silenced. Director Tracy Schott and I spoke about the documentary before the screening, and what entailed in making sure that the reality of their situations was told

with utmost honesty.

"I could say that, well, this is an unusual case because there was no history of domestic violence that we are aware of," Schott remarked, "and the researcher said ... that's not unusual. Up to 30 percent of women who are killed by their intimate partners have no previous history of domestic violence." Schott continued on, "Everybody's story's unique; everybody's story's similar ... I really tried to find survivors who had a piece of their story that helped to tell Jenn's story."

"Finding Jenn's Voice" is an important documentary that focuses on how relationships can appear loving and kind, but be quite the opposite up close. IPV is overwhelmingly underreported and offenders are often given lower charges if any charges are ever filed at all.



Photo by Samantha Chubenko

Pamphlets and information for Turning Point and the film, "Finding Jenn's Voice"

For more information about future screenings, the film, and IPV, you can go to findingjennsvoice.com or listen to the full interview and post-documentary panel recording on the Paw Print Facebook page.

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