

THE PAW[🐾] PRINT

Winter 2019 • The Student Newspaper of LCCC • Vol. 6 No. 2

The Paw Preview

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Wanted!

Do you want to see your name in print here in The Paw Print? Consider enrolling in Journalism (CMN 225) for the spring 2020 semester. Help document student life and news while expanding your resume in the field of communications. Meet with your advisor and fit Journalism into your spring schedule.

LV Iron Pigs celebrate Halloween

Stephanie Heffelfinger
Writer

The Lehigh Valley IronPigs hosted the team's first Jack-O-Lantern Festival on Saturday, October 19.

People of all ages gathered at Coca-Cola Park in Allentown, PA to celebrate Halloween with a night full of pumpkin-carving contests, trick-or-treating, and candle-lit jack o' lanterns.

The festival featured live music and a variety of Halloween entertainment, such as costume contests, face-painting, horse-drawn hayrides, and palm and tarot card readings. There were also pumpkin-carving demonstrations by professional pumpkin-carvers around the stadium.

"I'm in the Halloween franchise. I've carved pumpkins all my life," Ian Fetterman, a professional pumpkin carver and owner of Ian's Pumpkin Carvings, said. "I work with a company called Fright Rags where the pumpkins get licensed, and they sell out in a matter of minutes."

Fetterman makes hand-carved, foam



Photo by Stephanie Heffelfinger
Carved pumpkins on display at Coca Cola Park.

pumpkins year-round and shipped to order at his business, Ian's Pumpkin Carvings. Fetterman's pumpkins take from 12 hours to a couple of days to complete.

Among all the lit jack-o-lanterns, the IronPigs concession stands were open and offering an array of fall-themed food and drinks like pumpkin pie, caramel apples, apple cider, and pumpkin funnel cake. There was also a variety of food trucks around the stadium.

As the sun went down, rows of jack-o-lanterns illuminated the IronPigs stadium. The festival ended with fireworks at 9 p.m. that were set to the beat of Halloween music.

"I had a lot of fun. My boyfriend and I loved the walking tacos, and the pumpkin funnel cake was really good," Alyssa Morales, a Lehigh Valley resident, said. "The jack-o-lanterns were so cool all lit up around the stadium. They should do this every year."



Photo by Stephanie Heffelfinger
Tables decorated with pumpkins for the event.

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THE PAW PRINT Contact Information

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Words from the editors

Alexandria Maaser
Editor

For more than six years, I have been reading novels by the author Sarah J. Maas. In middle school, I bought a book by her because I thought the cover was intriguing and oddly beautiful. Little did I realize that I had just gotten my hands on the biggest inspiration for my own writing and my favorite narrative I'd ever read.

Fast forward, Maas would be going on tour for her book in 2017. I begged my parents to take me, and so on a brisk September Saturday I was seated in a large gymnasium set up with more than two hundred chairs and I listened to Maas speak. Right before the end, they raffled off fifty tickets we received in our books for a chance to meet her. On the forty-seventh call, I was chosen. What would I say? How did I stop my hands from shaking?

The interaction itself went by in a blur. I walked up to her and she asked me about myself. I told her I was a writer, that her stories had helped me through all the troubling times I'd had in the last few years. What I remember best is her telling me to keep writing during those difficult times, and that someday maybe she'd be the one in line for an autograph and I'd be the one sitting at the table. I carried those words with me, and I still hold onto them when I need to push myself to write.



Rebecca Zeitler
Editor

Hang in there. I realize that that's kind of a cliché sentiment that calls to mind cat posters from a decade ago, but sometimes you just need to hear it. Or read it, rather.

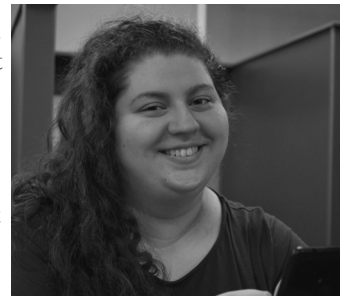
We're almost at the end of the semester. Wherever you go from there, that's one more semester completed than in August. Whatever hardships you're dealing with, whatever struggle or stress you may be facing, take a moment to remind yourself that you've made it this far.

It's easy to sometimes get buried by circumstances and responsibilities. It's easy to compare yourself and where you're at in your life to everyone around you. Sometimes it's hard to keep going.

Believe your dreams are worthwhile. It can be easy to tell yourself you're wasting your time, or your dreams aren't realistic. There are many people who give in to these sort of doubts and live to regret it. There are many more who never even try to reach their dreams. You're taking steps towards yours by working towards a degree, whether you're planning to transfer to a university after your time here or heading for your future career.

It takes a lot of time and effort just to succeed in college. We often balance jobs and family responsibilities on top of that.

You're here for a reason. Remember that. And hang in there.



Information & Policies

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

Students and community can also access THE

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

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

Community College.

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

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

news&features

Lehigh Valley Zoo celebrates Halloween

Hector Sagastume
Writer

The Halloween spirit was in the air this October, as The Lehigh Valley Zoo did its yearly event Boo at the Zoo. It is an annual trick-or-treat event that has been going on for seven years and has become a tradition in the Lehigh Valley.

While walking through the zoo, Halloween decorations can be seen and candy stations were littered throughout the place offering guests a piece of candy. Together with the guests who were in costume, it seemed as if you were trick-or-treating in your neighborhood. Only this time you could stop and see the penguins.

There were plenty of other activities and games that guests could do while

at the park like pumpkin painting and even hand-feed a giraffe some lettuce. The event is fun, and what makes it better is that it leads to a good cause.

“It is a fundraiser for the zoo’s conservation effort. All the guests today at attendance are helping us to meet our conservation goals.”

“It is a fundraiser for the zoo’s conservation effort,” Julia Seeley, the event and volunteer manager, said. “All the guests today at attendance are helping us meet our conservation goals.”

The zoo does many other events

throughout the year, including some about animal awareness.

“We’ll have international sloth day where we have our sloth come out and do a meet and greet with the guests,” Seeley said.

There’s even going to be a winter event coming up for the zoo.

“Coming up in winter we’ll have our Winter Light Spectacular,” Seeley said when talking about other events that the zoo does. The Winter Light Spectacular has more than a billion lights throughout the zoo.

The Lehigh Valley Zoo is usually open from 10 a.m. to 4 p.m.. Starting in November till April it will be open from 10 a.m. to 3 p.m.



Photos by Hector Sagastume
Animals at the zoo.

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Campus events honor veterans

Hunter Gerhardt

Writer

Lehigh Carbon Community College hosted Faces of Honor in recognition of all active or inactive military service personnel during Veterans Awareness Week.

This year Veterans Awareness Week was observed during the week of November 11-15. During this week several events and programs were held at the college as a way to say “thank you.” Some events included the Veterans Day ceremony, Veterans Day luncheon, and Military Bingo night.

Leslie Bartholomew, the Director of Returning Adult and Veteran Services, helps make all of this happen.

“In my role, I have the

privilege and responsibility to provide this generation of students with an understanding of why it’s important to remember those who have served and what it means to sacrifice for your country,” Bartholomew said.

Last year, Bartholomew attended a

local event that was honoring veterans. They even had banners that they hung on the main street. This is what inspired Bartholomew to start her own event here at the college.

“Last year, I encouraged students, faculty and staff to submit photos of themselves or family members who have served or are currently serving in the U.S. Armed Forces to include in the first ‘Faces of Honor’ display,” Bartholomew said.

Faces of Honor was held in the Student Union Center for all to observe. Banners were put on display in the Student Union as well. All proceeds of the events will go to two LCCC Military/Veteran scholarships and the Women Veterans Empowered & Thriving organization.



Workshop empowers students to lead

Jeffrey McNally

Writer

Have fun, learn stuff, feel empowered.”

These words were a motto at the Leadership Empowerment Workshop held at LCCC on October 25.

The workshop featured motivational speakers, interactive seminars, a raffle, and lunch. It was free for all students to attend.

“You can be successful at what you do if you put your mind to it, I promise you.”

Workshops included in the series are designed to provide students with the ability to build on leadership skills and become a successful college student.

The program was led by Tony D’Angelo, the founder of Collegiate Empowerment, a nonprofit educational production company that helps students achieve success. D’Angelo’s main workshop focused on strategies for success as a student.

Motivational speaker, Alix Cohler, also led a seminar which focused on ways for students to develop a more dynamic life.

“Life’s too short to do things that you suck at,” Cohler said during her energetic presentation, “but you can be successful at what you do if you put your mind to it, I promise you.”

Cohler’s presentation included music and a high level of audience interaction.

Omar Wallner, a psychology student at LCCC’s Donley Center, was grateful he attended.

“They really laid out how to make plans for our future,” Wallner said.

This workshop was only one of many being

held at LCCC. The next is in November, with many more to come in the winter and spring semester. Future workshop topics include developing student strengths, and mental health awareness. Attendance is free, and students have a chance to win gift cards and LCCC gear from raffles.



Photo by Jeffrey McNally

Alix Cohler, motivational speaker for Collegiate Empowerment

Lowhill Food Pantry hosts gift program

Aviya Orth
Writer

The Lowhill Food Pantry, located at Christ's Church in New Tripoli, is going into its 10th annual Christmas gift program for the children of food pantry clients. The pantry presents



each child with a bag of gifts, along with a stocking filled with goodies.

In early September, clients of the food pantry fill out profiles for their children, giving names, ages and gift ideas. The food pantry then looks for sponsors for the children. Sponsors can be local churches, banks or other families in the area. The sponsors then look at the profiles that the parents have filled out, and they proceed to find three gifts for each child. The pantry also receives donations for the gift program from other outside sources.

"We have one family that buys a pair of pajamas for every child," Bev Moyer, chairperson of the program, said. "And another person fills the stockings each year. We have lots of support for this program."

On December 16, all the sponsors drop their gifts off at the pantry in the morning, and the organizers of the program then sort through and place the gifts in the proper bags. Once the bags have been filled and addressed, the parents arrive to pick up their children's gifts.

"That's my favorite part, when I hand out the gifts to the mother or father."

"That's my favorite part," Moyer said. "When I hand out the gifts to the mother or father."

If you would like to get involved in the Christmas gift program or make donations to the food pantry, contact information can be found at www.lowhillfood-pantry.com.



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LCCC FYE

Be a completer with Phi Theta Kappa

Jessica Rape
Writer

Phi Theta Kappa's annual event, Nothing Sweeter than Being a Completer, is bringing awareness to the advantages that a student has when they complete their degrees or credentials. Every student that wrote their name, saying they commit to completing, got a candy bar. Students Alexis Hill and Brandon Batres from Phi Theta Kappa were able to talk about the event and the benefits of being a completer.

"It's something colleges do nationally to raise awareness through the organization to completing degrees and raising awareness on our campus individually about completing your degree and the importance of it," Hill said, on what the event was all about.

There are many advantages of being a completer. Many of them

benefit students financially once they graduate. Jobs that require a bachelor's degree will typically pay almost double of what a job requiring a high school diploma or equivalent would pay.

Phi Kappa Theta released an article on the multiple advantages of be-

ing a completer. One of the statistics showed that, on average, a student who completes an associate degree will earn \$5,400 more a year than a dropout. The unemployment rate is also lower with college, even if the student doesn't complete their degree, with 11 percent for less than a high school degree and 7.5 percent with a high school degree. While it would be 7 percent with some college but not degree, 5.4 percent with an associate degree, and 4 percent for people with a bachelor's degree.

Students who complete their degree at community college earn \$4.80 in future income for every dollar spent on education. This results in a 17.8 percent return if you invest into a degree with community college.



Photo by Jessica Rape
Brandon Batres and Alexis Hill handing out chocolate at LCCC.

Demolish hunger with build-your-own burger

Jacob Snyder
Writer

Build Your Own Burger was a great success last month. This little event took place on October 23 in the Science Hall at the Corner Cafe. The event was hosted by the school's cafeteria and took place from 11 a.m.-1:30 p.m.

For just \$7.25 participants got a burger, fries, side pasta salad, and a cookie.

They had a choice of a beef, turkey, and even a black bean burger with an array of buns from white to whole grain to choose from.

Every Wednesday the cafeteria offers a different special within the Science Hall. Past events have included a pasta bar and also a macaroni and cheese bar.

These Wednesday specials are a great way to grab a quick and also inexpensive bite between classes. They are also usually very customizable in what they offer, so individuals with certain dietary restrictions are welcome to enjoy the delicious food as well.

Many students seem to neglect the negative impact that going without a good meal can have on their day

and also their studies. College life can be very fast-paced and stressful, and unfortunately eating good food gets put on the back burner all too often.

In fact, the day of this event one student hadn't eaten a single thing all day. It was just after his first class that his hangryness started to kick in. For those who don't know what hangryness means, it is when someone starts to get angry or irritable because of feeling very hungry.

He was so relieved to finally get to the Science Hall and find a whole table of food and fixings to quench his hunger. He selected the black bean burger and some toppings, and within seconds had a whole nutritious and delicious meal right in the palms of his hands.

These Wednesday events hosted by the cafeteria are convenient, inexpensive, and appetizing. So, come Wednesday be sure you make your way over to the Science Hall for a tasty treat.



Photo by Jacob Snyder
The buffet of fixings for making a customized burger.



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Opinion

Reading, the perfect pastime

Rebecca Zeitler
Editor

I love stories. Clearly I'm not the only one, given the number of movies, video games, books, and other media that have been and continue to be sold. Possibly my favorite vehicle for storytelling is the written word.

There's something about a good book that just pulls you into its fantasy realm or its years long passed, and keeps you there even after you've put it down. This can be true for both works of fiction and nonfiction.

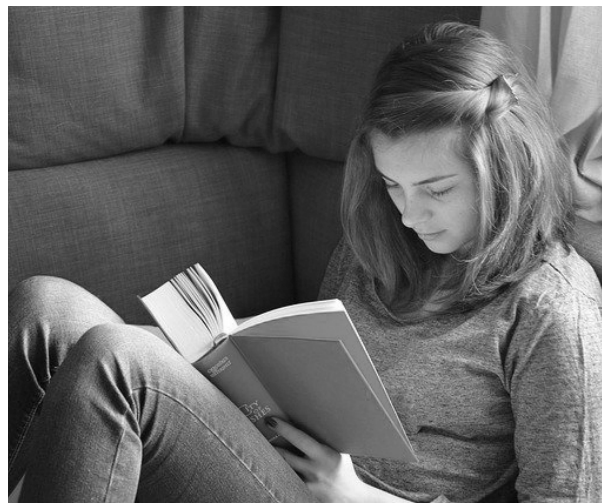
Books are easier to consume than many other forms of entertainment. They can be enjoyed in intervals of a few minutes without much detriment to the experience. They're able to be taken virtually anywhere either as a physical book or on any device with an e-reader app installed.

Reading has some practical value as well as entertainment value. In 2009, Mindlab International at the University

of Sussex found that stress could be relieved by simply reading for a few minutes. Reading takes a certain level of attention, and it's thought that this shift in focus is what helps people relax according to The Telegraph, the online form of The Daily Telegraph, a daily British newspaper, which first reported on the study.

Including reading as a part of your bedtime routine can also help you sleep better, according to some reports. This seems to only apply to physical copies as the light from e-readers can actually wake you up. It's also suggested that less intense literature be chosen for this time of day.

There are numerous genres and sub-genres of books for any type of person,



any mood, or any particular alignment of the stars. Been a while since your last English literature class? Try "A Tale of Two Cities" by Charles Dickens or literally anything by Jane Austen. Essays optional.

Maybe you're feeling a bit more nineteenth century Gothic. Mary Shelley's "Frankenstein" is a must. The short stories of Edgar Allan Poe are also sure to please; I personally recommend "The Cask of Amontillado." Both pair well with dreary November afternoons.

Like fantasy series? "The Lunar Chronicles" by Marissa Meyer is a fun retelling of several well known fairy tales. George R. R. Martin's "A Song of Ice and Fire" exists for those who, like me, somehow managed to get through the last several years only knowing a handful of plot points. Be prepared; the first book, "A Game of Thrones," comes in at more than 900 pages long.

And finally, for those who prefer non-fiction, Maya Angelou's autobiography, "I Know Why the Caged Bird Sings." Angelou's account of her memories and experiences is captivating enough to even pique the interest of those who typically wouldn't read nonfiction.



Cartoons are not just for kids

Alexandria Maaser

Editor

Television comes in all different forms. We have a mix of live-action and animated shows in every genre to choose from. However, I've found that cartoons and animated shows are often shoved under the category of 'childish' before given any thought. Animation has grown into a larger market than just for children and I don't see people talking about it as much as they should.

I personally have always preferred animation to live-action. Around the time I started high school, I began appreciating animation more for the art that goes into making them rather than just the pleasing look of cartoons. It hit me that so much time and attention to detail goes into making animated television. Actors still need to train and learn their lines, but now there's a whole other aspect of creating the visuals for the show from seemingly nothing. I gained a whole new respect for the art, which only made me love it more. I found my-

self constantly looking for new animated television, new artists to support and new stories to devour.

In the last few years, there has been a huge jump in the number of shows for adults. Branching away from the known adult shows like "Family Guy", there are so many titles gaining awareness and popularity, especially for the animation world. A particular show I like, "Bojack Horseman", has been nominated for almost 30 awards, one being an Emmy, and has won 18 of them. This popular Netflix original was picked up for seven seasons and is well-known for being a cynical and down-to-Earth animated series.

Adult animation isn't the only highlight of this genre. Cartoons are still a main production

for a younger audience, but a few shows have been made for both children and adults to enjoy. Shows such as "Gravity Falls" or "Avatar: The Last Airbender" were marketed as children shows on kids' television networks, but they are threaded with more adult themes and messages that an older audience can appreciate and even take away from. This is just another magical element of the animated genre I find even more appealing, that even the seemingly childish shows have

stories all throughout them that the creators intended for more than their projected audience.

I hope that in the future, this stereotype of cartoons and animation only being for children will fade away and be appreciated for what they truly are: displays of art and storytelling.



Love can be an anxious endeavor

Daniel Melin

Editor

Starting a new romantic relationship can be a scary thing. It forces you to open up to a person on a level that you can't with people you just call friends.

It's a new type of vulnerability that you have to share with another person. To anyone, that can be a difficult concept to grasp.

For me, another, much more dangerous fear comes with it.

This past August, I entered a relationship with a man, not a woman.

While this is no issue with my family and friends, many people in the world think differently. The fear that I feel comes from the constant anxiety that some-

one might harm me and my boyfriend because they're homophobic. This is not something I've really had to think about before now.



with a lingering feeling that me and my boyfriend aren't safe out in public.

Last month was when my anxiety

Earlier this year, I read an article online about a lesbian couple in the U.K. who had been brutally beaten in the streets for expressing their affection in public. The story shook me to my core and filled me

reached its worst point. We were at a Starbucks, drinking coffee and holding hands, when a man began to approach us. As he did, I tensed up and my heart began to beat faster than ever before. Thoughts raced through me of how to defend myself and my boyfriend if this man decided to attack us.

I worked myself up for nothing, however, because the man just wanted to tell my boyfriend that he liked his glasses.

After this occurrence, I started reevaluating the fear that I felt. It was getting the best of me, and it was prohibiting me from having a good time outside of school and work. I realized that I don't want to live life that way.

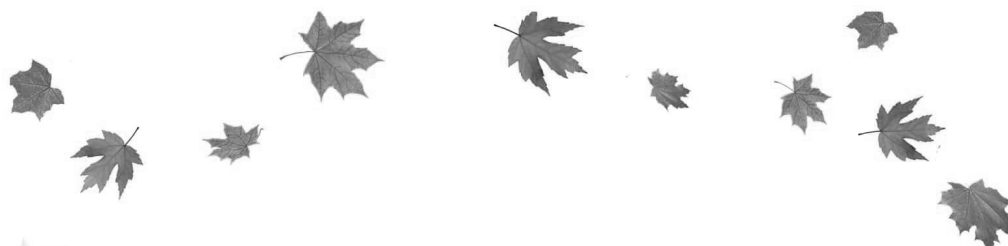
The fear won't ever go away, not when people are still beaten to death for loving who they do. But for now, I'm learning to ease the fear and to not worry so much about the consequences of my love.

IN FOCUS:

This holiday season, I am thankful for...



"My happy relationship, and for the good health given to my family and my closest friends." -Ethan Rounds, student



"My family, job, kids, and my life in general." -Dave Torrens, staff



"My access to education and having opportunities to take hold of the career and lifestyle I want." -Daniel Melin, student

"My friends, my family, and my relatives in good health." -Jessica Beck, student



"The happiness and promising future that has revealed itself to me this year." -Alexandria Maaser, student

"The sacrifices my mom makes, when my father helps me with my technical issues, my sister always making me laugh, my boyfriend always being there for me, and my best friend always being the shoulder I can lean on." -Brandi Harrington, student



"My dad and my girlfriend always being there for me." -David Giovinetto, student

"Sleep." -Rebecca Leitler, student

"My family, my husband. I'm very thankful to have them with me." -Diane Cannon, staff



"A good education and food." -Brandon Giacobbe, student



health&fitness

Students give alternative milk a try

Claire Patterson
Writer

Plant-based milk has “udderly” grown in market share at the local grocery store. These days, the trend of consuming milk made from plants is not just for individuals who are lactose-intolerant or vegan; many believe they are a healthier choice.

Cow’s milk is naturally rich in protein, calcium, potassium, and several B vitamins. It’s usually fortified with vitamins A and D and contains lactose, a type of sugar, but no added sugars.

According to plant-based milk carton labels, ones with “original” or “plain” often



Photo by Claire Patterson
After sampling, Rita Beavers records her preferences in the q-scan survey and receives a free pencil.

contain added sugars. Other ingredients include tricalcium and disodium phosphates. These stabilizers add calcium and phosphorous to the milk, but the additives may increase the risk of kidney and heart disease and may contribute to bone loss. Additionally, carrageenan, a seaweed extract used as a thickener, can cause inflammation.

However, plant-based milk can provide individuals with healthier nutritional values. At Lehigh Carbon Community College, sampling was conducted on campus. Soy milk was recognized as the top

tasting milk. This milk has a beany, nutty flavor that is not bitter. It is an excellent option for vegans who may use it as a protein source. Beware, soy is a common allergen that could trigger unwanted symptoms.

Almond milk came in a close second. LCCC taste-testers noted a slight almond flavor but not a chalky taste. This unsweetened milk is great for calorie-conscious individuals, and most brands are fortified with calcium and vitamin D. Coconut milk was obvious in taste and held a mild texture. This milk is an excellent replacement for dairy in cooking. Nutritionally, it can help reduce bad cholesterol. Mostly disliked, oat milk was noted as slightly sweet and thick.

How do you eat, organic or conventional?

Aviya Orth
Writer

Are you confused about the differences between organic and conventional? Most students express confusion on this topic.

Organic vegetables are not genetically modified, and are grown without pesticides and synthetic fertilizers. Organic meats, milk and eggs are from animals that were not fed antibiotics or growth stimulating hormones, and most likely pasture raised.

Conventional vegetables are genetically modified and raised with the use of pesticides. Animals that provide conventional meat, milk and eggs are fed antibiotics and growth hormones.

There are logical arguments on both sides of the spectrum. While there are more organic options now available, organic foods tends to be more expensive than the standard product.

“Organic foods promote good causes,

but it’s so expensive,” Cindy Le, a student at LCCC, said. “It’s just too inconvenient for most people.”

“Organic foods are way too overpriced,” Evelyn Betances, another student said. “It’s supposed to be healthier, so I feel like it should be less expensive.”

Many people opt for the conventional diet due to these reasons. Organic foods are expensive, and finding a store that carries what you’re looking for can be inconvenient.

But conventional vegetables and meats are raised with pesticides, antibiotics and growth hormones. You’re eating those things when you eat conventional products.

“You can taste a difference,” Steffy Gallurdo said. “And when you eat



Photo by Aviya Orth
A harvest of organic squashes.

something healthy or organic, you don’t feel sick. You don’t feel guilty.”

Both sides of the organic vs. conventional debate have valid points. It comes down to personal conviction or preference.

Self-defense class promotes awareness

Stephanie Heffelfinger
Writer

The Psychology Club at Lehigh Carbon Community College held a self-defense class on October 22 to benefit Turning Point of Lehigh Valley for domestic violence awareness month.

The one-hour class was taught by eighth degree blackbelt Hanshi Bob Hollinger at the Berrier Hall dance studio on LCCC's campus in Schnecksville.

Hollinger trained in Tokyo, Japan for 17 years. He demonstrated a variety of self-defense techniques like yelling, blocking, and punching, and he taught the importance of using confidence, breathing through your stomach, loosening up your body, and being self-aware.

"The most important lesson to learn in self-defense is to be aware of your surroundings," Hanshi Bob Hollinger, instructor of the self-defense class, said.

Hollinger demonstrated techniques to

strengthen your arms, throat, and stomach. He volunteered for the class to help raise money for the Turning Point of Lehigh Valley. He often volunteers to give self-defense and karate classes and seminars to teach his training and raise awareness for self-defense.

"October is National Domestic Violence Awareness Month, so I thought a self-defense class would be a good way to raise awareness," Mariah Roman, Psychology Club President,



Photo by Stephanie Heffelfinger
Hollinger (left) demonstrates self-defense techniques with a student.

said. "Turning Point is a great non-profit organization that helps women that are being abused. They have a shelter and a 24-hour phone number to call for women in the area who need help."

Since 1978, Turning Point of Lehigh Valley has worked towards its mission— to eliminate domestic violence in the Lehigh Valley through empowerment, education, and engagement. This year, Turning Point is celebrating its 40th anniversary. During Turning Point's 40-year history, it has served more than 85,000 victims.

If you are a victim of domestic violence, call Turning Point's 24-hour helpline at 1-610-437-3369.

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Friday, October 4, 18 and 25
Friday, November 1 and 15
Friday, December 6

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Inhale, exhale: The benefits of yoga

Claire Patterson
Writer

Yoga means union and comes from the Sanskrit word yuj. The togetherness of mind, body, and breath are working to give you peace of mind, strength in body, and a joyful open heart.

Lehigh Carbon Community College students benefit from participation in a one-credit Yoga course offered this semester. Joe Flaherty, associate professor, physical education, instructs his students with “the idea that breath is life and the practice of yoga blends movement with the breathing. The focus or attention of yoga is the breath.”

Everyone assumes breathing is simple, and takes it for granted. However, most people breathe too quickly or hold their breath when faced with difficulty. Breathing is shallow when people are stressed. Yoga teaches you how

to breathe fully, which helps you stay focused and in control. Yoga breathing enables you to channel your mind and emotions so that you can be entirely present. By focusing on breathing, you eliminate mind distractions, and problems are easier to handle.

In class, basic yoga poses are linked together in a series, breathing from one pose to another in a fluid sequence. Breathing fuels the body to hold the poses longer. The poses are designed to help you energize, to create balance, or to fold, providing a calming, relaxing end to class.

Yoga begins and ends with deep, full breaths to generate awareness. The benefits of the course include improved energy, a peaceful mind, and decreased stress levels. Yoga creates balance and a sense of connection within yourself.



Photo by Claire Patterson
Kelsey German remains focused as she demonstrates the tree pose.

The psych class you never knew you needed

Jacob Snyder
Writer

Registration has begun for students attending Lehigh Carbon Community College for spring 2020. If you're not too sure what classes you would like to take, consider looking into the course Psychology of Human Sexuality.

This on campus course is only offered in spring semesters. For the 2020 spring semester the course is scheduled for Tuesday and Thursday, from 12:45-2:06 p.m. The course number is PSY 120, and CRN number is 15530.

Ann Turoczy, PhD, Associate Professor of Psychology and teacher of the course, emphasized that, “The point of taking the face to face class is to allow students to get an opportunity to talk more openly about sexual health and awareness.”

Students will take an exploratory based approach in covering a vast array of topics

from human sexual behavior, psychological research, sexual education, and human sexuality.

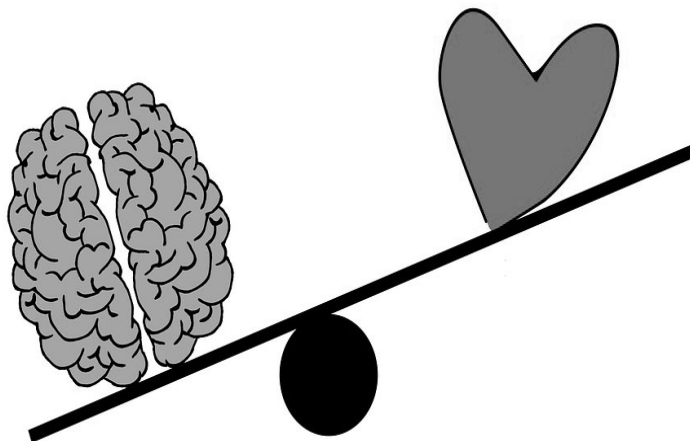
Though the course is listed as a psychology class, it actually counts as a three-credit general education course, with no prerequisites. In turn, this allows everyone and anyone to take this class without worry about whether or not it will fit into their requirements.

“The point of taking the face to face class is to allow students to get an opportunity to talk more openly about sexual health and awareness.”

Turoczy also advocates that, “We don't know what we don't know. The first two years of college are a good time to get this education.”

Many students are at a time in their lives where they are in a search of identity. This search brings students to many different avenues of society, and this course will definitely help navigate some of those avenues with more clarity and ease.

If you're looking for an innovative and enlightening course that really is like no other, this is the class for you.



Tips for building your credit

Jessica Rape

Writer

As students start to take on more adult responsibilities, building a credit for their future might be one of them. It's something many young adults struggle to build and find difficult to maintain. Tracey Richards, executive director of financial aid and scholarships, discussed when is the best time to start building your credit score along

with helpful tips on going about this task.

"You should start thinking about building your credit once you turn 18," Richards said.

This is important to do so when you go to apply for a mortgage or anything that involves needing credit, there's a good score that the student started at an early age to show they paid back any debt they had responsibly.

With many credit cards, there will need to be a co-signer. If the student is unable to find one, the best option would be to pay off any student debt they may have and apply for a credit card at a later date. Along with

a co-signer, there will also need to be a steady source of income to pay off the card's balance.

"The best way, when you're first getting started, is to make small purchases, pay them off, make another small purchase, pay it off," Richards said, on how a student should start building their credit. It is also important to acknowledge late fees, interest rates, and annual fees, which will be different for every credit company.

While building credit, students can apply for student credit cards with lenient rules and rewards for being a good student. A few are Discover, Bank of America, and Capital One. To be on top of your score, Richards recommends getting annual credit reports, which are provided at www.annualcreditreport.com once a year for free.



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style & entertainment

Media Center brings out student potential

Chanaly Rodriguez
Writer

Vinyl records spread across the wall, covering top to bottom. Vibrating colors bouncing from the keyboard and the vending machines rumbling as the kids make their selection. Prince dancing in the background as everyone crowds for the next performer. An enormous sign reading “WXLV.”

This is the vision of Peter Sabino, the Radio Station/Media Lab Aide.

Innovation determines greatness for the Media Center at LCCC. Located in the lower level of the campus, the XLV radio station provides full access for students to develop their knowledge in advanced technology, creativity in live streaming, and creating an authentic experience between an individual and a live band. Stationed equipment located in the lab gives opportunity for classes and clubs to multitask and network with each other. Further back, there is a



Photo by Chanaly Rodriguez
Jack Strini sitting in the booth where segments are recorded and streamed.

live room that consists of sound-proof panels with a usable drum set and pairs of guitars. More equipment is available for larger projects or productions if students see fit.

“All I need to do is to grow from here,” Sabino says as he intends to build a stronger foundation in order to

increase growth and student involvement.

Sabino is a former LCCC student who has earned his degrees in Art and Audio Engineering at LCCC. He gives praise to his fellow mentor, Professor Scott Tice, who recommended the position, for furthering his interest in the center, and later on running it under his control.

“I believe that student-teacher communication of the lab is such a key aspect of the structure that this can become,” Sabino says, encouraging fellow faculty to support by informing students about the opportunity.

The Broadcasting Center is the foundation for many students who have a passion for music. Sabino is certain that this resource can eventually make the radio station a local hot-spot for incoming freshmen and local artists.

Halloween brings community together

Victoria Redmond
Writer

Autumn, the season that passes by too fast to fully enjoy. Leaves changing color and falling, crisp air, candy, and costumes.

To kick off the autumn festivities, Catasauqua held its annual Halloween parade on Wednesday, October 23. Among those attending were residents of Catasauqua, people from different cities, and even pets. The majority of the people attending were dressed up, dogs included.

Catasauqua’s fire department started off the parade followed by local businesses, Central Catholic and Catasauqua high schools’ band and cheerleaders, and much more. Candy was thrown to the excited kids. People were selling

toy swords and unicorn headbands that light up. The atmosphere was fun and full of excitement.

“I did not attend the parade last year; it is held every year,” Karen Fehn, an American sign language professor at Lehigh Carbon Community College, said. “It was more fun when my kids were young. Seeing their reactions were priceless.”

To get ready for the festivities, professor Fehn puts up Halloween stickers on her front door and a few pumpkins in and outside of her home.

Ada Colon who is from Bethlehem, attended the parade a second time this year. Colon went last year with her family.

Catasauqua’s fire department started off the parade followed by local businesses, Central Catholic and Catasauqua high schools’ band and cheerleaders, and much more.

“I love it,” Colon said. “It feels like Halloweentown and I love the Halloween vibe.”

This event occurs every year, and if you would like to learn more or would like to know of upcoming events, go to www.catasauqua.org or contact borough office by email which is info@catasauqua.org.

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The Big Orange invests in our community

Chanaly Rodriguez
Writer

Mountains of 2x4's, buckets of nails, an arsenal of caulking --floor to ceiling supplies for the do-it-yourself or professional builder. This is what to expect when we think of Home Depot, The Big Orange.

What many people are not aware of is Home Depot's mission for the community.

The company that prides itself on being the world's largest home improvement retailer excels in giving back. The Home Depot Foundation is a fund that offers grants to non-profit organizations to fund projects that include building playgrounds in low income communities. The "Build From Scratch" motto embodies the commitment of neighboring families, volunteers and employees coming together and helping to

improve the community.

"Built from all the right materials" is the investment of putting others before themselves. Since 2011, the Foundation has funded more than \$315 million in veteran causes and improved more than

The Home Depot Foundation is a fund that offers grants to non-profit organizations to fund projects that include building playgrounds in low income communities.

45,000 veteran homes and institutions.

Every year, Home Depot hosts its corporate-wide Fall Harvest Event in October. The Fall Harvest is held inside the store, accompanied with fellow associates who have laid out tables with

many craft projects to choose from.

Under supervision, parents have the time and trust to explore the aisles of seasonal merchandise as their children huddle together to be photographed in displays of fictional Halloween characters such as Frankenstein and Zombies of the Corn.

The kids workshop is intended to provide an interactive environment of critical thinking, cooperation with others, skill-building and exposure of future consumers to absorb the benefits that Home Depot has to offer and more.

This hands-on learning experience expands to adults as well, hosting four "Do-it-Herself" workshops monthly to help women grapple with a variety of home improvement projects.

How to properly prepare for finals

Ryan Rushe
Writer

It's the most wonderful time of the year. Finals week, the time of the year where every college student in the world hits the books extra hard, study guides are made, and stress is through the roof. However, finals week does not have to be all that bad if prepared for the right way.

Lehigh Carbon Community College professors have not only taken finals in their college career at some point, they also have some great tips for students getting ready for the task at hand.

"The first thing a student should do is to keep up with all their assignments during the semester so they can avoid cramming work in before finals and adding that extra stress," professor Janet Seggern says.

When finals week approaches it can be very tempting to spend all night studying before going into the actual final the next morning or later that afternoon, but believe it or not it can be more harmful than beneficial. If you spend all night studying your body will

be so exhausted that you will not be thinking as clearly while taking the exam. That being said, make sure you get some rest, and have something to eat beforehand as well.

"Make sure you go to the end of your chapter texts and read the chapter summaries," Seggern says. "A chapter summary can tell you what a chapter contains. Then go back and see what you know and what you still need to study."

This can be very beneficial as a study plan or guide. In preparation, making an outline of what you think is going to be on the final could prove to be beneficial. On occasion, the professor might give subtle hints on what kind of material will be on the final, so make sure to pay closer attention as the final date begins to approach.

When finals week approaches make sure to know what to study, read the end of the chapter summaries, don't



procrastinate, and get a good night's rest and a well-balanced meal before acing that big exam.

LCCC hosts Super Saturday seminar

Jeffrey McNally
Writer

The annual Super Saturday teaching seminar event was held at LCCC on November 2.

This fundraising event includes multiple workshops meant for teachers or students in the education field.

The main event was the Poverty Simulation workshop. Participants involved were divided into family groups, where they were given a set of parameters which outlined their family's financial situation. The parameters were unique to each group, and participants had to follow them in order to maintain a stable life and not go bankrupt.

The idea behind the simulation was to give participants the feeling of walking in the shoes of a family facing poverty for a month.

Tonia Breech, the coordinator and event leader, explained exactly what is

gained by participating in the simulation.

"We're helping teachers learn how they can be more sensitive to parents and children of poverty," Breech said.

Although the simulation was meant to be fun as well as educational for participants, Breech gave a reminder of the seriousness behind the event.

"This isn't a game for 43 million people," she said. "This is a lifestyle."

Melanie Wursta, an LCCC professor in the education department, was also involved in

coordinating the event.

"The goal is to sensitize us to the ways that poverty affects our community," Wursta said.



Photo by Jeffrey McNally
Tonia Breech, coordinator of the poverty simulation.



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