

# THE PAW<sup>🐾</sup> PRINT

Spring 2018 • The Student Newspaper of LCCC • Vol. 4 No. 3

## The Paw Preview

### Opinion

Tired of sitting in rush hour traffic? Cathryn Seibert argues for a better public transit system within the Lehigh Valley. *Page 10*

### Health & Fitness

Sitting in a windowless classroom got you down? Learn about visiting our natural neighbor in Ben Lewis's article. *Page 14*

### Style & Entertainment

Confidence starts with feeling good in your clothes. Read Natasha Hague's article on The Perfect Fit for Working Women. *Page 20*

## Wanted!

Do you want to see your name in print here in The Paw Print? Consider enrolling in Journalism (CMN 225) for the Fall 2018 semester. Help document student life and news while expanding your resume in the field of communications. Meet with your advisor and fit Journalism into your Fall schedule.

## First annual MLK essay contest winner announced

**Brianna Bittner**  
Writer

Dr. Martin Luther King Jr. created nationwide inspiration nearly 55 years ago with his "I Have a Dream" speech. This year, in celebration of Martin Luther King Jr. Day, the Diversity Committee kicked off the first annual Dr. Martin Luther King Essay Contest.

The prompt was as follows: "Dr. King delivered this speech 55 years ago. This speech helps the entire country to visualize and understand his dream of equality and social justice reform for our country. Based on his speech, how do you think Dr. King would view our country today in terms of equality and social justice? Please provide examples to support your position." The prize for first place was \$200 and the prize for second place was \$100.

The winner of the first Dr. Martin Luther King Essay Contest was LCCC student,

**"Dr. King would not be satisfied with present day treatment of minorities"**

*Excerpt from Henderson's winning essay*

Asia Henderson. In her essay she reflects on recent events in the world such as the start of the Black Lives Matters movement, Colin Kaepernick's peaceful protest which took the NFL by storm, as well as the tragic deaths of many people of color at the hand of the police.



*"We will not be satisfied until justice rolls down like waters and righteousness like a mighty stream."*

Henderson states that King would likely appreciate the actions of the Black Lives Matter movement and Kaepernick but would be disheartened by police brutality.

Henderson credits her inspiration to participate in this contest to her decision to reflect on society since King's death.

"I was inspired to participate in this contest because the prompt made me wonder just how much change has come since Dr. Martin Luther King's death," Henderson said. "Naturally most would assume a great deal has been adjusted, when in actuality, that is not so."

While strides have been made in the past years, it is clear that there is much more that must be addressed before we can infer that King would be satisfied.

According to Gene Eden, the Director of Student Life, this year's essay contest is just a small part of her vision to celebrate the life of the late Dr. King. She looks forward to piloting a "Day of Service" in honor of the mid-January holiday that is all too often forgotten.



**Courtesy of Gene Eden**  
*LCCC student Asia Henderson, winner of the first annual Dr. Martin Luther King Essay Contest.*

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## THE PAW PRINT Contact Information

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## Words from the editors

**Gianna Destefani**  
Editor



I've called Lehigh Carbon Community College home for the past three years. I was still a senior in high school when my best friend and I registered as dual-enrollment students. Fast-forward six semesters and I've learned a lot academically, socially and personally.

When I first started college, seventeen and scared, I was never sure of where I wanted to go or what I planned on doing when I got there. My first career path was in optometry, but once I realized that it wasn't for me, I felt lost. The anxiety of having no clue what I wanted to do with my life is something that everyone can relate to, so thankfully I had a lot of help and support from those around me. I changed my major to General Studies so I could dabble in a lot of areas to see what I truly enjoyed doing, and I ended up finding a home in Communications.

Since receiving my diploma this past December, I've had to deal with the next phase of graduating: transferring. After much inner turmoil, Kutztown University is the college that ended up winning the mental debate of where I wanted to be, and it's where I will be after I finish my remaining courses this semester.

With my time at LCCC approaching its end, I now reach out to my peers who are still deciding what they want: Deciding on your future can be overwhelming, but don't let it get the better of you. If you stay true to your interests and strengths, an answer will make itself clear.

**Cathryn Seibert**  
Editor



While the journeys of my fellow editors at Lehigh Carbon Community College are soon coming to a close, mine is only beginning. Just last August, I started my first semester at LCCC, and January marked the advent of my second. It seems like only a small amount of time has passed since then, but a year or half a year makes a big difference in the life of a community college student going for a two-year degree, and I can't help but look to the future when contemplating the past.

One year from now, I will be finalizing my transfer decision, preparing to move out, and, essentially, starting the independent part of my life. I won't live at home, drive to school, and see my family every day. While I anticipate this step forward, slowly I'm realizing that everything won't suddenly become easier when I move out. I'm facing the inevitable: I will miss home.

This realization has gradually led me to appreciate where I am now more than I have these past couple months, because once I settle wherever I end up, things may be different, but all my problems won't magically dissipate. I'm thankful that I have my family to help me through them now.

## 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](mailto:pawprint@lccc.edu)).

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

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

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

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

# news & features

## Students benefit from internships

**Veronica Rosenberger**  
Writer

Internships are offered by Lehigh Carbon Community College to students. On-the-job experience, networking connections, a more respectable resume and a possible full-time job after graduation are all possible benefits of participation in the internship.

"About 80 percent of jobs are gained through networking," Shelley Maley, Internship Coordinator in the Career Development Center, says.

Internships may be paid or unpaid, and the amount of credits awarded to the student for the internship correlate with the amount of hours required, between 150-300 hours.

The connections made through an

internship at The Chamber of Commerce, Emmaus branch helped former LCCC student, Saschelle Simms, work towards her Bachelor's degree at Penn State Lehigh Valley and start her own business as a blogger. She even has her own business cards and website. Simms completed the internship over the summer.

"This internship was a great experience," Simms says. "It exceeded my expectation because I thought it would be a paper pusher type of internship. I was happy to be able to interact with higher government authority and be hands-on with the company and the community as well. I am so glad that I

did this internship."

Students interested in participating in an internship should start the planning process a semester early. A list of available internships can be found online with a Cougar Claw account. Different internships have different prerequisites, so meet with an advisor

for more information. Scheduling an appointment in the Career Development Center can be done by calling (610) 799-1090.

Various internships are available to fit different courses of studies. Some majors require students to take internships, but all majors can benefit from the experience.

Resumes can also be put together with the help of the advisors in the Career Development Center.

**"About 80 percent of jobs are gained through networking."**



*Networking is a benefit of internships.*



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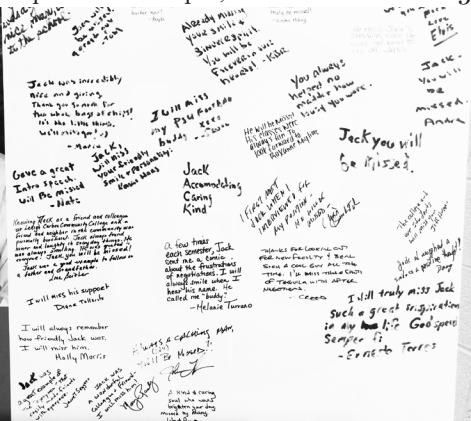
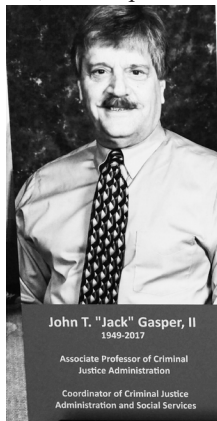
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## Remembering professor Jack Gasper

Alan Lovelidge  
Writer

Professor Gasper, or to those who knew him better, Jack, recently passed away over Christmas break.

On January 29 a blank whiteboard, intended for messages about the professor, with a picture of professor Gasper,



was left outside of the criminal justice and psychology office in the Community Services Center. Gasper worked as Associate Professor of Criminal Justice Administration, and Coordinator of Criminal Justice Administration and Social Services.

Students and teachers were given the opportunity to say one final goodbye to Professor Gasper in the form of the whiteboard memorial that was collected February 9 and given to his family.

Professor Jodi Rowlands of the criminal justice department at the college was able to

“He took a lot of interest in the students,” and “was very open,” Rowlands said. “He would help students with things outside of school ... for counselling type of advice.”

When asked to describe Professor Gasper in one word, Rowlands said that he was “dedicated, to students and to the college, and to his family too.”

This shows in the messages both signed and anonymous left on the memorial board in the Community Services Center. Students and teachers alike commented on his friendly personality, his smile and “sincere spirit,” or simply how Gasper will be missed. One anonymous student summed it up in a simple acronym.

**Jack  
Accommodating  
Caring  
Kind**

Photo by Alan Lovelidge

*The memorial that was located by the criminal justice her friend and colleague of 14 years.*

## Prepare for the Spring '18 Transfer Fair

Gianna Caruso  
Writer

It's less than two weeks away.

Make sure you're prepared for the upcoming Transfer Fair on March 22 in the Community Service Center at Lehigh Carbon Community College.

Transferring schools can sometimes be a daunting thought. Many students don't know where to start with all the options available to them. Ginny Mihalik, a transfer counselor and academic advisor here at LCCC, shares some knowledge for those confused about the process.

Mihalik says that the hardest part of the process should be “...deciding what you want to do and where you want to

**“The, ‘Start here, go anywhere,’ really works. We’ve got the stories to tell.”**

go. The application process should not be difficult as long as you're being realistic about where you want to go.”

A page on the LCCC website presents a list of all colleges that will be participating in the Transfer Fair this spring.

One way to narrow down the options is to do some research on the individual colleges. This should be basic information such as whether or not the college has your major, the costs and the location. Many of these factors can make or break a college.

The next thing to do is prepare a list of questions before the fair and to decide which schools you want to talk to. These are the more personal, in-depth questions about information that may not be easily available on the websites. Questions about housing, clubs and activities, scholarships and faculty/student ratios should all be



*Students at the Fall 2017 Transfer Fair.*

considered.

After deciding where you want to go, all academic advisors are willing to sit down with any student to work out the finer details.

As Mihalik says, “We're here to help students get to that next step. The, ‘Start here, go anywhere,’ really works. We've got the stories to tell.”



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## Gabrielle Rutcosky elected PTK president

**Natasha Hague**  
Writer

Gabrielle Rutcosky was elected president of the Phi Theta Kappa Honors Society at Lehigh Carbon Community College this 2018 Spring semester.

Phi Theta Kappa is an Honor Society at LCCC. The students who are members must receive an invitation to join upon review of credentials. Phi Theta Kappa is an international honor society for schools that offer associate degrees. The charter at LCCC is a part of the Middle States Region.

As a community the members work on service projects each year. Last semester the charter at LCCC accomplished two service projects. The first was a Bingo night for Veteran's Day and the



second a donation drive for Peaceable Kingdom. Phi

Theta Kappa works not only with the community, but its members as well.

"[The society] is based on growth and success for scholarly students," Rutcosky said. "It provides students the ability to become true scholars and leaders." Rutcosky has been a member for one year and now has the opportunity to carry out that statement by her own means. She wants to show students the possibilities after graduating from LCCC by holding workshops for members on the transfer process, scholarships, business etiquette, networking, sustainability practices, recycling, and self-awareness.

"Since our numbers have been down with acceptance compared to how many students actually have the opportunity, I would like to implement a way to reach out to more students and educate them about our honor society and what it has to offer," Rutcosky said. "It could be life changing in many ways."



**Photo courtesy of Rutcosky**  
*Gabrielle Rutcosky, LCCC's new Phi Theta Kappa president.*

## Phi Theta Kappa helps local animal shelter

**Austin Lancsak**  
Writer

The Lehigh Carbon Community College Honors Society has gathered and donated items for the animal shelter Peaceable Kingdom in Allentown this winter.

LCCC's Phi Theta Kappa chapter has donated a cart full of goods to Peaceable Kingdom, an animal shelter located just off Route 145 in Allentown. Collaborating with the LCCC Psychology Club, barrels were located all around campus to drop off donations. Items such as blankets, animal food, cleaning supplies and toys were given up for



**Photo by Austin Lancsak**  
*Jessica Soellner and Rottweiler pup, Princess, sitting in front of donations.*

donation.

Celebrating the Phi Theta Kappa (PTK) 100th anniversary, LCCC's honor society chapter, Alpha Omicron Alpha, decided to relate one of the projects to animals.

While volunteering at Peaceable Kingdom was not allowed due to insurance reasons, the chapter decided to make a large donation to the organization. Peaceable Kingdom is a no-kill shelter, with animal adoptions programs including dogs, cats, kittens and bunnies. Donations are requested and appreciated.

Jamie from the dog adoptions team says, "With a website and Facebook page, an items list is present for needs. All donations are greatly appreciated and used. The public and groups from the area all donate and are very generous to this shelter."

Peaceable Kingdom is a volunteer-based organization with around 300 active volunteers. Volunteers work with each group of animals and help is always welcome. Visit Peaceable Kingdom's website and Facebook page to find more information: <http://www.lvpeaceablekingdom.info/>.



**Photo by Austin Lancsak**  
*Donations from Phi Theta Kappa*



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## College begins updating mission statement

**Tabitha Centers**  
Writer

Lehigh Carbon Community College is updating its mission, vision and value statements and seeking those who are interested in joining the focus group.

The current mission statement states “Lehigh Carbon Community College serves the community by providing high quality education that is affordable and accessible.” The vision statement for excellence at LCCC states, “Lehigh Carbon Community College will promote academic excellence, student achievement, and support of diverse populations as a comprehensive community college.” The values include learning, student development, instructional excellence, diversity, access, partnerships, employees, and continuous improvement. This can all be found in the LCCC 2017-2018 catalog.

The vision statement is provided so current and future students, staff and faculty know what the vision for the future at the college is. The mission state-

ment is to show what Lehigh Carbon Community College wants to strive and succeed for. And the values are to display what the core values of the college are and what drive the mission statement.

Every three years the college updates its vision, mission and value statements to keep up with the current events and ever-changing world around us; from economics to current events, and socioeconomical effects. To update the vision, mission and value statements requires a very lengthy process and it is a collaborative process between faculty, administrators, the community, focus groups, students, advisors and many more.

The current mission and vision statement is in the process of being revised. Lehigh Carbon Community College and



*LCCC updates its mission statement every three years, affecting students and faculty.*

Scott Aquila, Associate Dean of Professional Accreditation of Curriculum, invite you to become part of their focus group in the spring and fall of 2018. If you would like to become part of a focus group, you can contact Scott Aquila at [saquila@lccc.edu](mailto:saquila@lccc.edu).

## Comparing traditional sports to eSports

**Seph Robert**  
Writer

eSports scholarships are becoming more common throughout the United States and offered by colleges and universities. These scholarships are given to students for playing on teams set up by universities to compete in video games, set up in teams similar to traditional sports teams.

Grand Canyon University in Arizona, or GCU, offers scholarships to students for playing for their eSports team. Ryan Horn, is receiving one such scholarship.

eSports teams often are structured and operate in a similar fashion to traditional sports teams. Each player fulfills a role on the team, with backup players for roles as well. Teams compete against each other, holding tournaments and scrimmages against other teams.

For the League of Legends team, Horn said the team will gather three times a week for three hours at a time.



**Photo courtesy of BagoGames.**

*The tournament stage of a League of Legends professional game between the teams SK Telecom T1 and Royal Club.*

On his own time, he will additionally play 10 to 20 ranked games during a week. This will add up to 30 to 35 hours during a week.

In many competitive games the skills of players are tracked through ranked games, where players are expected to try

their hardest and work to climb the standings of the player base. Horn ended the last playing season at Diamond IV, which would set him in the top 0.5 percent of players.

In comparison, Eric Pennella, a baseball player for Saint Vincent, said that his team will usually have practice five times a week. Players regularly work outside of practices at the gym as well. This would average 15 to 20 hours during a week according to Pennella.

The ease of access to playing and practicing for eSports allows players on those teams to practice more often than players for traditional sports teams. Between eSports and traditional sports different skills are valued. In traditional sports endurance and physical fitness are valued higher while in eSports game knowledge and reaction time is more important.



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# Opinion

## The value of public transportation

Cathryn Seibert

Editor

A Lehigh Carbon Community College student's life involves a lot of traveling. Whether the student lives 10 minutes or 40 minutes away from campus, finding a way to get to and from school is of primary importance since the college is not residential. In an environment where securing a parking spot is highly competitive and gas prices plus car maintenance are increasingly expensive, a public commuter train would make commuting a lot easier.

For many students, the default mode of transportation is by vehicle: car, SUV, truck, or the like. Some students also take the bus, for which LCCC has provided special passes to students.

While the bus is an alternative for students who don't have a car, those in charge of public transportation should look to the future and gain insight from other, more advanced system designs, in order to benefit its users.

For example, France has 1,056 miles of

high-speed train tracks in addition to regular routes that run all the way out through its countryside, according to a [tripsavvy.com](http://tripsavvy.com) article. Even closer to home, the SEPTA Regional Rail runs throughout the Mainline around Philadelphia, giving city and suburban dwellers access to all sorts of sites around that area.

Why does the Lehigh Valley lack a similar train system?

The Allentown-Easton-Bethlehem region is the third-largest metropolitan area in Pennsylvania, after only Philadelphia and Pittsburgh, according to Wikipedia. Both of the larger cities have robust public transportation, including subway, train, and bus routes that run regularly and are used by the thousands of college students in the area.

While some would argue that installing a train is too expensive or time consuming, or that LCCC is too far away



**Photo by Cathryn Seibert.**

*A view of the SEPTA Regional Rail tracks from the Lansdale station.*

to warrant a stop, the benefits outweigh the negatives. Not only would transportation costs to students and commuters in general be significantly reduced, Pennsylvania and the Lehigh Valley area would be taking a step in the right direction, investing in infrastructure, and following in the footsteps of other technologically advanced nations.

## Dylan redefines 2016 Nobel Prize

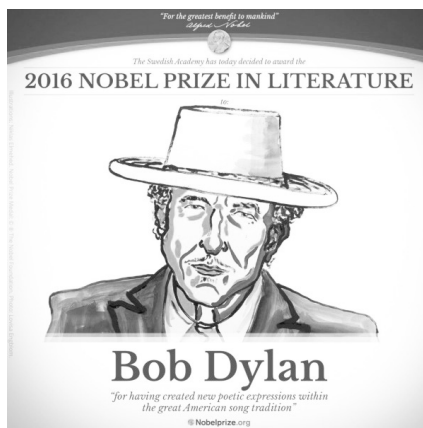
Natasha Hague

Editor

Imagine English class, dreading the walk to your seat, because you know that today your English teacher is starting the poetry unit. Thanks to Bob Dylan that year of poetry was a not-so horrible experience.

In 2016, the Nobel Prize of Literature was awarded to Dylan. Poetry is a creative way to express something. Dylan has songs that resemble a poetic-like structure while diving deep into the meaning of everyday life.

Dylan's songs are a work of intricate word play that are open to interpretation, just like any poem would be. Other than word play, poetry has an element of rhythm. Something is not a song unless there is some rhythm to accompany the words. Therefore, it makes perfect sense that when the



**Photo courtesy of patheos.com.**

*Dylan won the Literature Nobel Prize in 2016 for his poetic lyrics.*

words belonging to that rhythm have such a poetic voice they could be considered poetry, and therefore

literature.

Dylan took quite some time to finally accept the award and he was not present for the Nobel Prize Organizations banquet. Ambassador Azita Raji spoke on his behalf.

"If someone had ever told me that I had the slightest chance of winning the Nobel Prize, I would have to think that I'd have about the same odds as standing on the moon."

Dylan is not the only one surprised by his winning. Via Twitter, Pamela Paul says, "Still processing Bob Dylan winning Nobel Prize in Literature. So many deserving novelists."

The academy stands by its decision to name Bob Dylan the 2016 winner of the Nobel Prize for literature, as do I. If a song can make me feel the same way a poem or story does then I see no problem in defining it as literature.



# Assessing credibility in the news media

**Gianna Destefani**  
Editor

Throughout history, the American people have relied on the press to deliver the truth. Over time and as technology developed, it has expanded into the endless news sources we currently have. Now, the political climate is as intense and crazed as ever, and due to the vast varieties of sources, information can easily be skewed for one's best interest. However, it is one thing to be aware of some false stories, and it is another, dangerous thing to have our government constantly insist that historically credible sources spread "fake news."

Opposing consistently reliable sources is a slippery slope leading to censorship, and that's when abuse of power comes into play. The totalitarianism that thrived in World War II

had a heavy hand in censorship. The Nazi regime even resorted to burning books that conflicted with their ideals, attempting to eliminate any challengers,



*"Fake news" can often be found on social media sites, especially Facebook.*

according to the United States Holocaust Memorial Museum. Connect-

ing what happened in WWII with our modern-day abundance of information, the legitimately false stories flooding the internet allow themselves to be a seemingly perfect scapegoat for the government's agenda. While our current administration hasn't burnt down any Barnes & Nobles, the fear of history repeating itself is real.

Fabricated truths are everywhere. They're on social media, the news, and in the mouths of our families and friends. And while it is a growing concern, there is a silver-lining to the dark world of the media: fact checks. You can find these helpful tools on sites like factcheck.org and snopes.com, but don't limit yourself. Doing research the old-fashioned way is always the best tactic to not fall for any lies, no matter how much you want to believe a story.



## Where we promise your tuition never goes up.

This fall, new freshmen and transfer students will participate in ESU's Warrior Promise— Guaranteed Tuition Rate Program. The Warrior Promise is ESU's commitment to a guaranteed, fixed four-year tuition rate beginning with the term a student enrolls.

The Warrior Promise makes the cost of a college education predictable for students and their families, helps them manage college costs and plan financially for their student's education, and helps students remain focused on graduating in four years.

ESU is the only public university in Pennsylvania to offer its students a four-year guaranteed tuition rate.

**For more information on the ESU Warrior Promise and to apply, go to [WhereWarriorsBelong.com](http://WhereWarriorsBelong.com)**



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# IN FOCUS

## iCARE, 15 credit incentives inspire students

Lehigh Carbon Community College students Natasha Hague and Gianna Caruso recently received iCare Certificates of Recognition for their volunteer work in helping fellow students succeed in their course work.

Hague was recognized for helping a fellow student pass a course he might otherwise not have been able to, while Caruso's tutoring has enabled a classmate to improve her grades in two classes.

"I [volunteered] because if it were me I would hope someone would help me out," Hague said. "I was surprised to get the certificate, but it was nice to know I actually helped someone."

The certificates were presented to Hague and Caruso during a class in which they are both enrolled so that they could be appropriately recognized by their classmates.

"I volunteered because I knew she needed help," Caruso said of her willingness to lend a hand. "I never thought I'd get



Students Natasha Hague (left) and Gianna Caruso display their Certificates of Recognition.

a certificate for simply helping out a friend. But it's nice to recognize people for acts of kindness once in a while."

The iCare Certificate of Recognition program acknowledges those individuals who go above and beyond to help

students overcome college and course-related challenges. The program enables faculty and staff; for faculty to recognize students; for students to recognize faculty and staff; and for students to recognize each other.



Photo courtesy of Morgan Remaly  
Morgan Remaly

*"It is clear to me that Morgan cares for her classmates and she helped make the class a warm and supportive environment"*

- Professor Donna Gregory, who nominated Remaly for the iCare award

Remaly was nominated by her Oral Communication and Presentations class professor, as she "embodies the spirit of the ICARE program."



Photo by Cathryn Seibert  
Aldonair Alphonse

*"Classes were really, really hard for me... I had to take ESL classes, math classes... In my second semester here, I completed those 15 credits and I'm really, really, really happy."* - Alphonse on his journey to earning 15 credits

Alphonse and his family moved to the U.S. from Haiti in 2016. He is studying Business Administration and has an interest in innovation and design in economics and finance.



# health&fitness

## Tranquility within minutes of campus

**Benjamin Lewis**

Writer

Life as a college student could be best described as a symphony of stress, stress, and bit more stress. Lehigh Carbon Community College offers many services and activities to its students as part of their tuition, but as with most situations, the best things in life are free.

Nestled directly behind campus, the Trexler Nature Preserve and its accompanying gamelands offer a reprieve from the monotony of daily student life. According to Harvard Health, unplugging and spending time in nature will benefit both mental and physical well being. While many recognize this, it is far too often ignored.

As part of his estate, Harry C. Trexler commissioned the 1,108-acre preserve in the early 1900s with clear intent to both conserve wildlife and to offer residents a

place to enjoy what Pennsylvania truly is. Famous for his business prowess and fostering the programs which circumvented most ravages of the Great Depression, Trexler's fund has contributed to Muhlenberg College, Boy Scouts of America and Allentown School District. Stretching from Route 309 and connecting to Bake Oven Knob, there is no shortage of personal space to unwind and relax. Currently run by Lehigh County, the preserve is open dawn to dusk, 365 days a year, and is always free.

In addition to the Lehigh Valley Zoo and education centers, this vast plot of land is separated into multiple ranges and interconnected by 13 trails ranging from under one mile up to nine. For those who have no interest in



**Photo by Benjamin Lewis**  
*The river at the Trexler Nature Preserve offers a welcome respite from stress.*

hiking, biking or fishing, the central range is available to take a leisurely drive through and features a breath-taking lookout.

## LCCC sports through the eyes of a Cougar

**Jack Pastir**

Writer

College is a trying time in many people's life. It is where people are given their first true tastes of freedom and responsibilities that the real world has to



offer. But this new responsibility can be a lot to manage, and many students can feel overwhelmed by it.

Managing your school work and academic life is a challenge faced by everyone, and The Paw Print sat down with LCCC Cougar's center fielder Gianni Sinatore to discuss balancing academics and athletics.

Sinatoro is majoring in math and is currently enrolled in five classes at LCCC. But Sinatore also practices with the baseball team three or four times a week, with early practices starting at 4:00 p.m. and ending at around 7:00 p.m., and late practices going from 8:00 p.m. anywhere from 10:30 to 11:00 p.m. Throw in complementary lifting sessions for practices with games on both weekends and weekdays, you've got a busy week. The grind never stops.

"Planning ahead is always crucial to managing time and work," Sinatore said about balancing sports with school. When asked if participating in base-

ball was a good way to anchor him to his studies, he said it works both ways. "School would be easier without sports, but you need to do well in school in order to play."

That is not to say that he is the model of scholarly athletic excellence, however. He always does his homework but admits that studying is not his top priority. Depending on the subject, he can look over material one or two times before becoming comfortable with it. He still suffers from the same distractions that plague millennial students everywhere. When not bettering himself in the classroom or on the diamond, you can find him battling for that prestigious Victory Royale in Fortnite or laughing at the antics of the Dunder Mifflin office on Netflix.

When asked how others could find a balance between their lives and school he answered simply, "When things have to get done, they need to get done."



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Douglas Kershner  
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## Tips on waking up early

**Cara Crouthers**

Writer

How hard is it to get up in the morning? You might think it's as easy as setting an alarm before bed and waking up to it the next morning. Most students manage to sleep through their alarms because their mind and body are exhausted. In order to save you from times like these, practicing pre-bedtime rituals will enable you not only to get a good night's sleep, but to wake up feeling refreshed.

Day in and day out we all get distracted by our phones and social media. If you eliminate electronic usage



an hour prior to going to bed, this will allow your mind to declutter and relax. There is a feature available on iPhones called "night shift" which adjusts the screen's colors to warmer hues, on the premise that this change can help people sleep better.

The main objective of a pre-bedtime ritual is to help your mind feel relaxed and ready to shutdown. This could mean getting a hot shower before bed or winding down with some tea and a good read. Other students say that tidying up their workspace and/or writing down thoughts before bed helps to keep them mentally on track and increases the amount of productivity students carry out on a daily basis.

For the early morning, drinking water when you get up helps hydrate your body and stimulates your senses faster than coffee would. Of course, having



a healthy breakfast is essential but try to implement light stretching in the morning as this can be more effective in waking up your body.

Lastly, when you set your alarm make sure the ringtone is a soothing song or one that helps motivate you. Hopefully by utilizing some of these tips, you can transform a stressful morning into a more peaceful and nourishing part of your day.

## LCCC offers more than just schooling

**Austin Lancsak**

Writer

No commitment, stress-free and fun environment. Lehigh Carbon Community College has that right on campus that many students don't even know about.

Lehigh Carbon Community College offers intramural sports to all students who are just looking to bring enjoyment and exercise into their life.

LCCC has offered over 15 intramural sports over the past two years. With

12 current intramural sports, LCCC is constantly looking to add.

Popular sports include volleyball, recreational basketball, table tennis, billiard tournament, flag football and dodgeball. With all these intramural sports, students are welcomed to participate in all.

Marge Beahm, Recreation Center Coordinator, says, "Come try it if you're available. It's a non-stress, participate-when-you-choose thing. Even if you have never played the sports. It's a great way to meet other students and to get involved with what LCCC has to offer."

Intramural sports offer students the ability to play a sport without the commitment of playing a collegiate sport at LCCC.

Equipment suitable for the sports is on campus and available at no cost.

During the semesters tournaments are conducted and prizes are awarded.



**Photo by Marge Beahm**  
*Lehigh Carbon Community College students participating in a pickleball tournament last year in The LCCC main gym.*

Schedules and dates will be posted when intramural sports will run on campus. To participate, sign up in Berrier Hall's lower lobby, right before walking into the Wellness Center.



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## Reggio education center showcased to public

**Benjamin Lewis**

Writer

Lehigh Carbon Community College's in-house Early Learning Center recently held its "Mindful Me" program to promote child enrollment. Organized and run by Elizabeth Lipman, administrator of the ELC, the program

occurs on a monthly basis. At its core, the program is an opportunity for parents to tour the facilities and have Lipman explain what separates the center from most others.



Immediately upon entry to the ELC, a sense of calming and comfort is actuated by subtle background music and a purposefully homey environment. When queried on the choice of modeling the center on the Reggio philosophy of education, assistant Ms. Daly did not skip a beat and replied that their goal was to empower the child. Rather than seeing their students as instruments of instruction they choose to have the children actively construct their own knowledge. With

**At its core, the program is an opportunity for parents to tour the facilities and have Lipman explain what separates the center from most others.**

the abundance of hands on activities for the children, they were given the opportunity to play, while completing tactile learning activities.

As the end of the hour-long program neared, a soft bell chimed and Lipman asked the children to clean up and prepare for their story time and mindful exercises. With not a hint of discontent that playtime was over, the children began to rearrange what they had moved, and at this point it became abundantly clear that the ELC may be on the right track.

The next Mindful Me program will be held March 1 from 2-3 p.m. in the Early Learning Center.

## Health Habits offers healthy options

**Veronica Rosenberger**

Writer

Business at Burger King and McDonalds is supported daily by students making lunch runs in between classes. Depending on how often a student makes these runs, this could be called an unhealthy habit.

Health Habits is a local small business in Schnecksville which is fully stocked with healthy food, supplements and natural alternatives to everyday beauty products. Sales items are always offered at a discount. The hours are Tuesday through Friday from 10:30 a.m. to 5:30 p.m., Saturday from 10:30 a.m. to 2:30 p.m. and closed on Sunday and Monday.

The owner over the last 14 years, Ed, offers customers nutritional advice from years of his own research and herbalism classes. Spending money now on healthy alternatives to fast food can save money on medical expenses

later.

"The store is small but has a lot to offer," Ed said. "We have the highest quality supplements and food. There is nothing in the store that I wouldn't ingest myself. With what we have been doing to the soil recently and the depletion of it's minerals, it's important that we take whole food supplements and eat healthy food."

Nutritional live blood cell analysis is when blood is drawn and a doctor can analyze it for possible nutritional deficiencies and diseases. This service is offered in the store six to eight times per year by naturopathic doctor, Gwen Ward. The next time to learn about your health via live blood cell analysis is April



**Photo by Veronica Rosenberger**  
*Photo of the outside of Health Habits.*

13, 2018.

Health Habits is located at 5350 Route 873, Schnecksville, PA. It is only a few minutes from the Schnecksville campus, next to Dollar General.

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# style & entertainment

## Nonprofit instills confidence in women

**Natasha Hague**  
Writer

The Perfect Fit for Working Women located in Allentown is a nonprofit organization with a simple goal in mind: providing limited income woman with clothes suitable for the workforce.

The Perfect Fit for Working Women is located on Hamilton Street in Allentown and is a referral only program. The program started in 2000. It is a place where a woman may go to receive not only business attire for a job interview, but job readiness skills training as well.

The program has helped more than 7,000 women in the Lehigh Valley prepare to enter the workforce. During an appointment volunteers will help pick out clothes and accessories for the woman to wear at job interviews. Once she

has been offered the job she can go back to The Perfect Fit for Working Women and she can then receive enough clothing for the first week of work.

The program is about empowering women and making them feel confident. But clothing is not the only thing available at The Perfect Fit for Working Women. There are purses, shoes and jewelry. There is even a selection of new makeup and toiletries. The range of options are available thanks to donations made by members of the community.

Donations can be made by appointment. The Perfect Fit for Working Women accepts current season, new or gently used business attire, along with any accessories.

"We try to make it as easy as possible. We meet donations right at the door," Sarah Barrett, Executive Director, said. The Perfect Fit for Working Women is an opportunity to possibly help yourself, as well as help others.



**Photo by Natasha Hague**  
*One of the many rows of clothing.*

## Theatre program blooming at LCCC

**Liam Miller**  
Writer

After many years, a theatre program has begun to bloom at Lehigh Carbon Community College.

This semester, LCCC has started to offer a three credit Introduction to Theatre class taught by professor Ben Peruso on its main campus, at, and in conjunction with, Tamaqua Arts Center and the Civic Theatre. The class focuses on the history of theatre, from primitive times, to ancient Greek theatre to Elizabethan theatre, all the way to modern stage productions. Students are also planning a live performance in front of an audience.

Peruso has taught the class on Main Campus many times. He says the goal of this is to start an actual theatre program here, as this class is a prerequisite to other classes in

the theatre program that LCCC intends to offer in the coming semesters.

"There's research that shows employers love to have people who have some



background in theatre," Peruso says.

This research states that there are cer-

tain attributes that are common in people with theatre backgrounds that employers search for, such as teamwork, responsibility and communication skills. This class is also a good choice for those interested in a career in the theatre and/or communications industry. It is taught by someone who knows the industry and who seeks to instill a passion for theatre and the arts in his students.

"I would really love to see us integrate a full theatre program... that our students can move into the industry or move into a four year school and continue their studies," Peruso says. He hopes that this program is able to grow and flourish at LCCC, and that it helps students interested in the industry get one foot in the door and prepares them for the rest of their lives.





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# 22 THE PAW PRINT

## La Placita is the place to be

**Jack Pastir**  
Writer

If you're tired of the same corporate atmosphere and hour-long standoff between you and your toilet that comes with dining at Qdoba or Chipotle, then breathe a heavy sigh of glorious relief because, much like Biggie Smalls, The Paw Print has what you need. If you find yourself in Allentown and are looking for that authentic Mexican taste, head to 158 N 12th Street and support the family and locally owned La Placita.

Ana and George Rosales opened La Placita in 1998. La Placita is a small restaurant with only five tables but has walls filled with Mexican goods and merchandise, like seasonings and pinata. La Placita will satisfy any number of cravings of the Old Country. But Beti Rosales, daughter of Ana and George, says that the food is what draws in the most customers.

"I would say that 80 percent of

people come here for the food and 20 percent for the merchandise," she explained.

Previous diners won't be surprised by that statistic. Everything on the menu is an original family recipe brought to America from Puebla, Mexico, the Rosales' hometown. And you can taste that original family difference. George is to thank for the recipes as he's the one who mans the grill. The rest of the family will help George prepare the food, and you'll find either Ana or Beti waiting tables.

But it is not the food or the merchandise or the mysterious Hole No. 9 golf ball cleaner that decorates the middle of the restaurant that makes La Placita worth returning to. It's the people. Unlike most restaurants, the Rosales family will come to know you. Ana will ask how you are, or Beti

will ask you about your friends when you show up alone unannounced to conduct an interview. They'll take your orders with a smile and make you feel like more than just potential profit. And then they'll give you the best burrito you've ever had, which would forgive any such sins if they were committed.



Photo courtesy of La Placita website

*Sample of food from the menu*

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## Villain Arts Tattoo Convention comes to PA

**Cara Crouthers**  
Writer

From February 9 to 11 the Pennsylvania Convention Center hosted the 20th Annual Philadelphia Tattoo Arts Convention.

The Tattoo Arts Convention includes over 500 international and national tattoo

artists who come out to participate in live tattooing contests. Appearances were made from sideshow performers such as the Enigma, an American sideshow performer, actor and musician who went through extensive body modifications. These unique performances include activities such as sword swallowing, human suspension, burlesque dancing, and even traditional magicians. With that being said, the Philadelphia Tattoo Arts Convention is a judgment free zone where self-expression flourishes.

**...a judgment free zone where self expression flourishes.**

Customers may get tattooed by celebrity tattoo artists but most of them require you to call and book an appointment prior to the event. Other tattoo artists

accept "walk-ins" and provide professional service. More specifically, Mike Hanlon from Tattoo Galaxy located in Feasterville PA, was taking part in the Tattoo Arts Convention. He spoke about the health precautions tattoo artists have to take when preparing for a tattoo session.

"It's similar to the sterilization process that surgeons use, we mostly buy the needles pre-sterilized and shipped to the shop only to be used once," Hanlon said.



**Photo by Cara Crouthers**  
*Philadelphia Arts Tattoo Convention Spring 2018.*

If you enjoy an eccentric community that radiates positive self-image and mental balance through art check out the Philadelphia Tattoo Arts Convention next year in February. Also, there are other available dates located in different areas. Go to [www.villainarts.com](http://www.villainarts.com) for more information.



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# DISCOVER YOUR NEXT...





# 24 THE PAW PRINT

## Sugar Hill Jazz House has class

**Alan Lovelidge**  
Writer

When walking into the Sugar Hill Jazz House, located just a few blocks from the Donley Center in Allentown, one immediately realizes that they are in a different age. They have entered a different world, with smooth music playing, a vintage style, and a large mural of silhouettes dancing along the wall. You will find yourself at peace.

The large piano at the door greets you right before a host waits to seat you in one of two rooms. The first is the room where you are currently standing taking in the atmosphere. The second is a room with a similar vintage style, but in place of a bar and piano there is a jukebox, a small stage, and two pool tables towards the back.

After you have been seated you could order a beverage, and people “can be playing pool, drinking beer,

and listening to whatever they want to listen to,” says owner and chief chef Jerome King. When you have settled in you can take a look at the diverse menu that features a number of dishes focused on barbecue, or the Jazz House’s homemade barbecue sauce. The brisket and blackened catfish are the two most popular dishes. While those may be the most popular the Jazz House also serves wings, burgers, ribs, salads, and of course a hearty helping of loaded fries.

The Jazz House tries to have live music most of the week for entertainment, but on Fridays the restaurant will try to have a live band. While they have live music, the volume stays at a respectful level as not to impede on the



**Photo courtesy of the Sugar Hill Jazz House**  
*The illuminated outside of the Sugar Hill Jazz House at night.*

conversations of the guests.

With its unique style, delicious barbecue sauce, live music and friendly staff, the Sugar Hill Jazz House becomes a great place to take someone on a date.



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