

# THE PAW PRINT

Summer 2017 • The Student Newspaper of LCCC • Vol. 3 No. 4

## The Paw Preview

### Opinion

Do you want to learn about healthy living? Find out from an editor how to live a healthier lifestyle.

Page 8

### Health & Fitness

Love hot air balloons? Read about Bob Sparks journey on a hot air balloon.

Page 10

### Style & Entertainment

Have you heard about the town Centralia? Read about whether you should visit or not.

Page 10

## Wanted!

Do you want to see your name in print here in The Paw Print? Consider enrolling in Journalism (CMN 225) for the Fall 2017 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.

## LCCC students prepare to be this year's commencement speakers

**Dan Szewczak**  
Writer

It's that time of year. The graduating class of students are preparing for their future endeavors, but a certain group of individuals are preparing for something completely different.

During LCCC's commencement ceremony on May 18th, two students will give commencement speeches. The following 10 people applied to be this year's commencement speakers: Nikoleta Kalahanis, Jennifer Matuskowitz, Alexandra Gallagher, Alicia Durst, Cheyenne Kressley, Jarvis Schaffer, Rachel Keich, Andrew Atiyeh, Carter Dech and Amanda Jo Lazowicki.

Each applicant had their own reason for wanting to stand on the stage and address their peers. With public speaking being something that a majority of citizens fear, even more so than death, it takes a lot of courage to be one of the speakers.

"As cliché as it sounds, I felt a 'duty' to get up on a stage and speak to my classmates" applicant Carter Dech said.



*Nikoleta Kalahanis will deliver a speech during Commencement at the PPL Center on May 18, 2017.*

Like many others, Dech also believes they have a message they have learned throughout their time at LCCC, and they would like to deliver that message to the rest of the graduating class. Some applicants also expressed

their fear of public speaking, but they are confident they can give their speeches.

The next step for the applicants was to prepare to deliver their speeches to the selection committee. Some applicants said that they practice constantly, while others have more specific ways of going about preparing.

"I really have not prepared to give my speech in any particular way aside from reading it in front of a mirror and performing mouth exercises (sounds weird but they help)," Jennifer Matuskowitz said.

Each applicant has his or her own way of preparing, but it seems that the majority simply practiced in front of a mirror.

What makes this year's commencement ceremony a little more special is the fact this marks the beginning of the second 50 years towards the century mark for LCCC. Many applicants did not realize this but were thrilled when they heard this fact.

"It does make it more special. I think it is special already, and knowing this makes it even more extraordinary," Cheyenne Kressley said. The other applicants also shared the same feelings.

This year's commencement ceremony will certainly be a special one, and the students competing for the honor of being a commencement speaker are more than ready to make the event the best one in LCCC history.



*Alicia Durst will deliver a speech during Commencement at the PPL Center on May 18, 2017.*

# 2 THE PAW PRINT

## THE PAW PRINT Contact Information

Please direct all questions, concerns, and comments to the following address:  
pawprint@lccc.edu

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# Words from the editors

## Briar Rose Editor



The saying “time flies” couldn’t be more true. I thought my years at LCCC would drag on and feel like an eternity; but in all honesty, it feels as if I just started. I am now in my last semester and preparing for the upcoming graduation.

I was homeschooled throughout high school, so when I came to LCCC it was a transition and a whole new environment for me. It took awhile for me to learn all the different buildings and figure out where my classes were; but now I occasionally give out directions to students who are lost.

My first semester was a complete wreck. I was stressed out because I couldn’t decide on what I wanted to do, I wasn’t happy with any of the classes I was enrolled in, and I didn’t have much of a social life. But by my second semester, I did a complete 180. I finally decided on a major that was a good choice for me. Even though the classes weren’t easy I enjoyed each one that I was in and I made more friends than I ever thought. It’s a really neat feeling looking back to Spring 2015 and where I am now: Communications major at LCCC, editor for the Paw Print newspaper, and soon-to-be Kutztown University student majoring in Professional Writing.

With that said, don’t lose hope. Find your passion and go after it.

## Lexis Harner Editor



There are two types of college students. One group knows exactly what action plan to take throughout their college career, and the other group has no idea what direction they want to go in.

From the time I graduated high school, I knew I wanted to major in communications, and continue my education to pursue a career in journalism. The second that I was enrolled in interpersonal communication, I knew that I made the right decision.

Learning about the ways in which people communicate piqued my interest, my life was put into perspective during the fall of 2016, when I was enrolled in journalism. I learned the fundamentals of writing different types of articles, and how to get my word across in an effective manner.

For the first time in my college career, I felt I was on the right track. Granted, I enjoyed every class I had taken until that point, but journalism is what really made me feel like I was heading in the right direction in regards to following my dreams. Becoming an editor of this newspaper has shown me that as well.

Unlike myself, there are others who are unsure what direction they want to take in college. Some even find themselves conflicted when it comes to changing their majors. If you are one of these people, I want you to know that you will find what you are looking for.

## Information & Policies

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

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

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

Community College.

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

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

# news & features

## Nursing department opens clinical lab

**A.J. Gerry**  
Writer

The nursing department recently received some exciting new equipment that will help students in the department get additional hands-on experience.

Through the use of grants, LCCC allocated the funds to convert room SH11 into a high-fidelity clinical simulation lab. This lab contains two dummies, an adult-size and a child-size model, named Hal and Hal Jr., that can emulate real medical situations. They are computer controlled, and have a myriad of different features to help make each simulation seem more realistic. The dummies make noises, move, and even have artificial heartbeats.

Barbara Lupole, the Director of Nursing, says “These high-fidelity models allow students to develop useful skills such as clinical reasoning and thinking, without the risk of hurting a real patient.”

The nursing department has been working in tandem with other departments and qualified people to provide LCCC with such a cutting edge lab. People like Dr. Mary Catherine Brinker, Assistant Professor of Nursing, Erv Mease, Assistant Director of IT Support Services, and Carl Peckitt, Director of Facilities Operations. Operation and Management have worked tirelessly with the IT and facilities management department to set up the lab, and their efforts finally paid off in a ribbon-cutting ceremony that revealed the new lab in style. Scholarships were awarded, speeches were given, and at long last, the lab was opened.

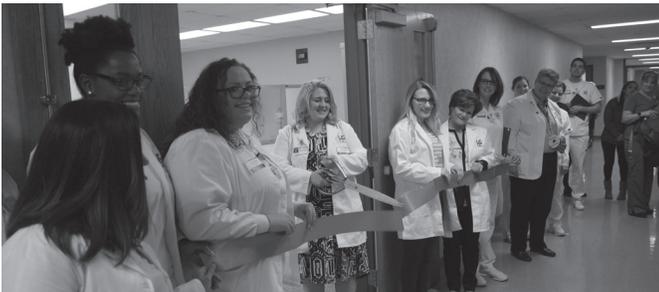
The names of the students who received scholarships are Megan Mc-

Gonagle, Ruth Leclerc-Matias, Katelyn Johnson, Stephanie Latta, Toiya Stella, Nora McLaughlin, Angela Allred, Joseph Ciminelli, Kathryn Ferullo, and Lisa Grant. The scholarships ranged from \$250-\$1000.

**The dummies make noises, move, and even have artificial heartbeats.**

If you or someone you know is interested in getting

involved in the nursing program, you should know it’s an affordable program that serves a vast array of diverse students. Although the academic requirement may be difficult, in one year you can be certified as a practical nurse, and in two years you can be certified as a registered nurse. Talk to an academic advisor or a member of the nursing staff to learn more.



**Photos Courtesy of College Relations**  
*Jennifer Kalenkoski (above), President of the LCCC Chapter of Student Nurses Association of Pennsylvania, cuts the ribbon to officially open the department’s new facilities. Nursing students (below), (l-r) Maddie Williams, Jenny Matuskowitz and Joe Ciminelli discuss the new facilities.*



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# 4 THE PAW PRINT

## Unity Wall brings students together

**Keegan Oscavich**  
Writer

The Unity Wall at the Donley Center, a windowed section covered in positive messages, quickly became a tangible way for students and faculty to be expressive and come together as a community.

The brainchild of Karianne Gelinis, Assistant Director of Literacy, initial ideas for the Unity Wall came from a movement starting out in subway systems. Within this movement, positive messages were being posted on subway walls. That feeling of community and goodwill inspired Gelinis to suggest something similar in which LCCC's Donley Center could engage.

After deciding aspects of the project--how it looked, submission criteria, and where it would go--the Unity Wall was on its way toward becoming a full-fledged avenue promoting support, unity, and positive outlooks.

As for the Unity Wall itself, that began

in February as a humble sign stating "Individually we are a drop. Together we are an ocean." The Wall quickly began to grow as students, staff, faculty and visitors alike all began contributing their positive thoughts promoting unity and support.

"That's the most encouraging thing about the Unity Wall," Erika Davis, site supervisor of the Donley Center in Allentown, said. "To see all of our students come together and really spread their messages of positivity and unity, that was extremely encouraging."

With the Unity Wall being an open form for expression, the reception has been surprisingly positive.

"We walk in and check out the new messages throughout the day to make sure that everything is good, and we haven't had to take down a single message. All messages have been positive, which is incredible," Davis said when

asked about Unity Wall postings.

Plans to take down the Unity Wall are currently being discussed. Instead of taking it down in April, however, it could be extended until the end of the semester, and there is enough support to have a similar avenue of expression as a permanent part of the Donley Center.



**Photo by Keegan Oscavich**  
*The Unity Wall as it stood after its first week of being established.*

## Parkland High School performs Pippin

**Chris Bungert**  
Writer

Parkland High School performed Pippin, the Tony Award winning musical by Roger O. Hirson and Stephen Schwartz in early April as their annual Spring musical.

This show is led by a Leading Player

to tell the story of a young prince named Pippin who is in search of meaning and significance.

Pippin and his father are based off of two real life individuals from the early Middle Ages, although the plot presents no historical

accuracy regarding either.

Parkland's performance of this show was directed by Frank Anonia, Parkland's chorus and choir teacher. Most recently, Anonia has directed musicals at Parkland High School such as Titanic the Musical, Into the Woods, The Wizard of Oz, and Phantom of the Opera.

The latter has been one of Parkland's most successful musicals, receiving 15 Freddy Award nominations and taking home six of the awards.

production stars Parkland's Reese Diaz, Mara Cohen, and Alex Atiyeh. Diaz, who is playing the lead, knows his way around a stage or two. In fact, this is not Diaz's first performance for Parkland. He portrayed Barrett in Parkland's production of Titanic last year landing him two Freddy nominations for Best Solo Performance and Best Performance as a lead actor.

Prior to performing at Parkland, Diaz has done shows for Civic Theater of Allentown and MunOpCo. Diaz has even performed on Broadway as a child in Mary Poppins.

The 2017 Freddy Award nominations will occur on May 11. The Freddy Award Ceremony will be broadcast live on May 25 on WFMZ Channel 69 or stream it live at [www.wfmz.com](http://www.wfmz.com). Tune in to see the winners and performances from all schools in the PA & NJ High School Musical Theater Competition.



**Photo by Chris Bungert**  
*(Left to right) Kelly Jean Graham (Choreographer) and Julia Sams (Stage Manager).* This year's

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# 6 THE PAW PRINT

## Combating sex trafficking in the Valley

**Keegan Oscavich**  
Writer

**K**im Checkeye, President of Truth for Women, Inc., spoke at a presentation held on LCCC's Schnecksville campus March 9, 2017 to spread awareness of sex trafficking.

The presentation lasted two hours with an audience of approximately 50 people. Focus was placed on the statistics regarding sex trafficking and how prevalent it has become in the Lehigh Valley.

Based on information Checkeye presented, sex trafficking is the fastest growing criminal organization in the world. Around 27 million people have been victims of trafficking globally, 14,500 – 17,500 are brought into the United States annually for trafficking purposes, and there are currently 300,000 American children at risk for trafficking.

With such statistics, it has become important for Checkeye to do everything in her power to put a stop to trafficking.



**Photo by Keegan Oscavich**  
*Kim Checkeye (right) address a colleague after the delivery of her presentation.*

“Creating awareness, we need to educate people on what trafficking is,” Checkeye stated when asked about the importance of being informed. “We need to educate and train ourselves on what trafficking is so we understand there is a need to protect our children, our daughters, our grandchildren, and the women in our communities.”

At the heart of the matter is the willingness to help others who are in need.

“Truth for Women runs the Truth Home, a therapeutic residential home for victims of sex trafficking,” Checkeye said regarding the positives of taking action. “For me, the most amazing things happen within that home. To see a woman who thought she was worthless come to a place of understanding and feel that she is worth something, that people love her and are willing to support her, there’s nothing better on the face of the planet,” Checkeye stated.

Checkeye’s organization, Truth for Women, supports the victims of sex trafficking through spreading awareness and helping the needy with the Truth Home. For more information on the organization visit [truthforwomen.org](http://truthforwomen.org). The organization also hosts fundraisers and other activities to raise awareness and funding for those in need.

## Non-traditional student goes back to school

**Jasmine O’Neal**  
Writer

**I**f you imagine the average college student being between the ages of 18 and 22, commuting from home/living on campus, and stressing over midterms, you may need to reimagine things.

Non-traditional students are not your average college student. They decide to come back to college later on in life for many reasons. Thomas O’Neal has experienced this first-hand.

O’Neal is currently 47-years old, but graduated from Kaplan University and Lincoln Tech in June of 2012 and November of 2013. He attended both schools online, majoring in medical office management at Kaplan and a medical assistant at Lincoln Tech.

Thomas decided not to attend college right out of high school because he was, “Tired of school.” He does regret not going after high school because he could have been in a different place in his life.

Instead of going to college, O’Neal

joined the Navy on March 8, 1988, nine months after graduating high school. He went to bootcamp which was located in San Diego, California. He went as a mess management specialist (cook).

O’Neal flew to a ship in Iran during the Persian Gulf War. The ship was called the U.S.S Nicholas F.F.G 47 stationed out of Charleston, South Carolina. The ship also took on the first prisoners of war. A missile blew 20 yards from the ship as well.

As of today, Thomas O’Neal is working as a medical technician at Lehigh Valley Network and a caregiver at Caregivers of America.

Being a non-traditional student has its perks. You know exactly what you want to do and are far more focused than the traditional student. You have also gotten a head start in cultural and general knowledge. Though it may be awkward for a nontraditional student to be in a

class full of 18 to 22-year olds, they’re all there for the same reason: to get an education.



*Thomas O’Neal*



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## Opinion

### Healthy choices make better living

**Briar Rose**  
Editor

In college we are busy and always on the go. We are either running from class to class, to our job, or rushing around trying to get our homework done in order to make time to do the things we actually enjoy. No matter what, we are always busy; but do we take the time to take care of what is most important, our health?

**Start packing fruits and vegetables to snack while on the go.**

It is so easy for us to just want to lay around and watch Netflix after our long day. I mean why not? We earned it. With that said, when is the last time we went outside for a walk, a hike, or bike ride? When is the last time we hit the gym? These things can often get pushed under the carpet, because when given

the option to do a physical activity or lay around, most of us will choose to lay around and sleep. At least, I know I sometimes easily choose that option.

Another thing we often forget to do is to eat healthy. It's much more convenient for us to stop at our favorite fast food restaurant or snack on some junk food. Not to knock these, because both are great; but we need to incorporate healthier foods as well. Start packing fruits and vegetables to snack while on the go.

As with exercising, we need to make time to eat healthy. If we think about it, it really doesn't take too much time.

The bottom line is, you will not only feel better physically, but you will also feel good mentally.



### Is figure skating a sport or not?

**Grace Moyer**  
Editor

Figure skating has two different aspects to it. The technical side, which is where the athleticism comes into play and then the component side, which is where the artistry comes out of the skater. Both of these things are what make figure skating so unique, athletic and powerful.

Yet, some people will argue and say that figure skating is not a sport because of the artistic side of it. But what I think people don't realize is how many endless hours it takes to be a competitive figure skater. I do it myself. We train just as much as people do with other sports. Yes, figure skating is artistic, but how boring would it be to watch skaters go up and down the ice jump after jump with nothing in between? As a competitive figure skater who is working on perfecting triple jumps, I for one know

that it takes a great amount of strength and athleticism to complete it.

I have been a competitive figure skater for 13 years. The amount of times



I have fallen is beyond me, but I know how much strength and courage it takes to get right back on your feet and try it again. There is a lot of thought that goes into each program that every skater puts out there. There is also a set of rules that we have to follow just like in every other sport. Of course, figure skating is one of few sports where participants get "judged" based on their performance, but that doesn't make it not a sport. Figure skating is also one of the most watched Olympic sports.

There is a lot of time, energy, strength and training put into this sport. Figure skaters train just as hard as any other athlete does. Don't let the pretty dresses or cool costumes take away from the athleticism that we put out onto the ice. It's a lot harder than it looks to be athletic and graceful at the same time.

# For the record, go buy one

**Rhiannon Harwi**  
Editor

Music-- it is one of the most unique and artistic ways of expressing written poetry incorporated with eloquent, stylistic rhythms. So many diverse periods of time have brought about extraordinary artists and genres: rock n' roll, disco, R & B, and countless others. However, while music has always seemed to be "in" no matter what generation is present, the physical sharing of it has not.

With the arrival of the Internet, apps like Pandora and Spotify, and more convenient music-listening devices such as iPods, music became digitalized, and purchasing it lost the years-long tradition of people actually going out to stores to physically buy it. Since obtaining it became so much easier, the days of acquiring CDs and vinyls seemed like a lost art for a while. Owning physical copies of music no longer had the razzle-dazzle charm it

used to have.

However, if there's one new craze I can suggest for anyone to get back into, it is starting to make tangible music-



buying a "thing" again. Two years ago for Christmas, I received my sky blue Crosley record player and I have been obsessed with it ever since. I grew up with parents who were adolescents in

the '70s when music legends were all the rage and buying new records was an exciting and big deal. Because I have been accustomed to putting on records for so long, I really do have a grand appreciation for collecting albums.

Once I got my Crosley, I could not wait to start my own collection. To me, the process of going out to record stores, browsing, purchasing, and finally going home and listening to an album is completely wondrous. It really is a completely different experience when you actually, physically own the music rather than electronically have it. Although listening to music through any platform is, and should be, enjoyable, letting the tunes of a record flow through a room on a player is just something else. Investing in this lost art form will make you regret that you did not start listening to physical albums earlier.

# The Beatles: over-rated or timeless?

**Lexis Harner**  
Editor

Everybody remembers the first time they heard their first Beatles song. While millions fell in love with the dynamic, ever-changing style of the band's discography, others were left feeling a sense of discomfort. The Beatles are one of the most influential bands of all time, and many bands today would not be who they are without their legacy; but are the Beatles really that great?

Being as influential as they are, I find them to be equally as over-rated. I can appreciate them for being a very



chameleon-like band, but I do not believe they deserve the recognition they are given.

Compared to other musicians from today as well as the '60s, the Beatles had nothing special going for them when it came to playing instruments. Saying that any of them were the best guitarists, percussionists, or even vocalists is much of a stretch. Some may argue that one does not have to be talented to make good music. However, artists are thrown down every day for not sounding good enough regardless of how great their songwriting may be.

The Beatles were not the first band to be considered rock 'n' roll, and they

were not the first band to influence artists across the board. Simply putting out a few ballads does not make them amazing. Some of us forget the fact that cancerous songs such as "Yellow Submarine," and "Help!" exist, as well as their off-putting psychedelic and experimental phases.

Being a foundational band does not hold the same meaning as being an amazing band. For example, look at David Bowie. Although I identify as a huge Bowie fan, I am willing to admit that most of his career was built off terrible songs that magically hit the charts.

Although I can appreciate the legacy that they have left behind for musicians old and new, I do not feel the need to fall in love with a washed out, over-rated, and over-played, commercialized band that was strictly created by the media.

## health & fitness

### Learning a lesson from Bob Sparks

**Ryan Rubio**  
Writer

Have you ever wondered what the Lehigh Valley would look like from a bird's eye view? The rolling hills and beautiful mountains would seem to be endless, yet for one local resident getting to see the Lehigh Valley from above is a common occurrence.



From a young age, Bob Sparks knew he had a talent for singing which he thought would be his career. After his 1950 high school graduation he would spend 25 years in the entertainment

business, even becoming the entertainment director at Mount Airy Casino. However, his dream suddenly changed one afternoon in 1966.

While at an outdoor concert in the midwest, Sparks heard a noise from the sky and looked up to find a hot air balloon; he instantly fell in love. From that day forward he made hot air ballooning his life's work and began looking for classes. Sparks would take his first flight in 1966 with a man named Charles MacArthur from Connecticut, and by 1970 Sparks already had his pilot certificate.

After years of preparations, Sparks embarked on his dream journey; a transatlantic flight. Unfortunately, the balloon ran into a thunderstorm which increased its speed to an astonishing 87 miles per hour and forced Sparks into the water

near Newfoundland. Luckily, he built a boat with his safety net to keep him afloat and was later found suffering from hypothermia by the Canadian Coast Guard.

Sparks continued flying despite the bad experience and went on to set many records, including being the first person to fly over all of the Great Lakes. Currently 83, Sparks has logged more than 5,000 total hours in flight and his story is easily relatable.

Many times when people are faced with difficult situations they feel that the best option is to quit. Yet Sparks is a reminder that with the correct work ethic, anything is possible. Despite being thrown into the ocean by a thunderstorm, he continued to follow his dreams until they became a reality, and that is a life-lesson many people can learn from.

## The negative side effects of birth control

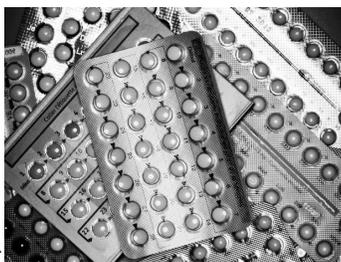
**Saschelle Simms**  
Writer

Birth control pills are the most popular contraceptive used by college students in today's society. Everyone may be aware of the positive side effects from using this form of protection, but what are the negative side effects and can they be dangerous?

According to the American College Health Association, nearly 40 percent of undergraduate females use prescription oral contraceptives.

Two students from LCCC have used birth control pills and have experienced negative side effects.

One 19-year old student stated that her main reason for taking birth control pills was to regulate her menstrual cycle. Her cycle did regulate after a few months but then became irregular again. Still on the pill, she was irregular and began to have terrible mood swings along



tacks on random occasions," she said.

Another student who is 27-years old has been taking birth control pills for 10 years. This past January 25 she was diagnosed with Pseudotumor Cerebri. She was placed on birth control to also regulate her menstrual cycle but her health has since declined. She has also had weight gain, and developed a thyroid nodule.

Since being diagnosed two months ago, she has had difficulty completing

with severe cramping but still no cycle.

"I began getting extremely depressed and having anxiety attacks," she said.

school assignments due to her condition.

"I receive assistance from the school since physically my reading and comprehension is not the same," she said.

LCCC offers Disability Support Services that include counseling, extended test time, and special accommodations. Those looking for services must first go through an intake appointment and provide documentation of the condition.

Abigail Vega Wright is one of the learning specialists at LCCC who offers these services.

"We provide services to those at any time," Wright said.

If a condition develops from birth control, services are available to students. In addition, with this type of support service, you can remain an active student at your college. For additional information contact Wright at 610-799-1618.

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# IN FOCUS:

## LCCC holds boot camp for aspiring entrepreneurs

The Business Entrepreneur Boot Camp, on March 24 and 25, was held in the Alumni Center on LCCC's Main Campus; enabling guests and students alike to learn more about entrepreneurship.

This event took place over a span of two days and was headed by Amy Quick and Stephen Walker. Many students came out for these meetings and several guest speakers presented as well.

During the boot camp, work shops were done in order to help the students get to know each other better and to think as a group during exercises regarding how or what an entrepreneur would do and the use of practical thinking.

"The importance of this boot camp stems from one big thing which is the fact that people naturally want to create and we are giving them that opportunity. This is a good jumping off point for them." - Stephen Walker.

1.



**Photos by Briar Rose Toth**

1. Group one getting to know each other and talk about similarites they share.

2. Students eagerly listen and take notes as the first lecture occurs.

3. Stephen Walker and Amy Quick show their enthusiasm for the boot camp.

4. Groups take part in a learning game to help get out of their comfort zone.

2.



"This is my first year attending this boot camp. I came this year because I wanted to learn how to pick people's brains. It's important to learn about entrepreneurship because society is changing and so are businesses." - Wilbur Rodriguez

3.



"This Bootcamp is important to me because I am a business major. In years to come, I want to be able to help entrepreneurs. In order to that, I need to know what they are thinking." -Simon Tomaszewski

4.



## Gluten Free: Weighing the Pros and Cons

Abigail Werner

Writer

Food, what would we do without it? It is used for nourishing our bodies and sometimes used to comfort them. Imagine having to remove one of the five food groups from your life whether temporarily or permanently. The term “gluten-free” has become more commonly used in grocery store products and restaurant items. But what does it mean? Is this something you should be trying?

The term “gluten-free” refers to someone who does not consume gluten, a protein found in grains and wheat. Some people have gone gluten-free to try to eat healthier, but many are gluten-free because their bodies cannot tolerate it.

**“Your body knows better than any test. If you feel significantly better without gluten or feel worse when you reintroduce it, then gluten is likely a problem for you.”**

Some symptoms of gluten intolerance are vomiting, constipation, gas, cramps, stomach pain or discomfort.

While there are many food options for people who are gluten-free, it is still very difficult for people who have an allergy to gluten, are sensitive to it, or have celiac disease, to eat in some restaurants. LCCC offers

some options for the gluten-free such as salads, parfaits, and hard-boiled eggs but there are currently no options on their hot menus. LCCC had a monthly special of gluten-free foods before but they do not make special

food requests. Many restaurants also offer gluten-free options but they do not always clean their prepping areas which causes the risk of gluten contamination. How do you know if your body is being harmed by gluten?

“The single best way to determine if you are gluten intolerant is to take it out of your diet for at least 30 days, then reintroduce it,” Amy Myers M.D. said in an article on the Huffington Post. “Your body knows better than any test. If you feel significantly better without gluten or feel worse when you reintroduce it, then gluten is likely a problem for you.”



## Student shares impact of social media

Rodger Arnold

Writer

We are now living in a generation in which social media and mobile technology are used in everyone's daily lives. They are used in homes, outdoors, work, schools, and even maybe outer space! How can social media and mobile technology keep following us around despite having

no legs? Are social media and mobile technology a bad influence, or are they actually beneficial for this generation?

Abigail Kennedy is a student at

LCCC, and she majors in education. She thinks education is very important, therefore she takes it seriously. However, in this day and age, Kennedy is also a daily social media user. She has a lot of thoughts about the pros and cons of social media and how it impacts this generation.

“I am happy that social media exists,” Kennedy said, “because it profoundly impacts my life. Social media helps me communicate with people that I don't normally see every day, whether they live close by, or across the globe, and it also serves as a great way to receive all the lat-

est news with the tap of a screen.” Without a doubt, Kennedy overwhelmingly loves social media and mobile technology.

Despite her overwhelming support for social media, she also shares some concerns.

“Social media does negatively impact my education,” Kennedy explained, “because when I try to do my homework or work on a big assignment, my phone can be a big distraction. With the constant buzzing sounds of text messages and notifications, sometimes I can't help but to focus on my phone instead of focusing on my school work.”

Ultimately, Kennedy believes the impact is a positive one.

“In my opinion, it is safe to say that the world is better off with social media and portable technology.”



Abigail Kennedy uses her phone in the LCCC cafeteria, Schnecksville campus.

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## Students give insight on being transgender

**Jasmine O'Neal**  
Writer

Liam Frank, Laurence Dotter, and Alex Mumbauer are transgender. They're all female to male but are going through different stages of the process. They do however, deal with the same struggles when in society.

Liam is 20-years old and has known he was transgender since he was 6. "I didn't understand it until I was 11 or 12," he said. "My eyes were more open." Laurence is 23-years old and has known he was transgender for two years.

"I always felt different, even when I was a lesbian. I was always attracted to women, never men," he said. "I always wanted to be a guy."

Alex is 19-years old and knew he wanted to be a boy, but never understood it.

"In 2012, one of my favorite singers, Laura Jane Grace (born Tom Gabriel) came out as transgender and shared her story and I was like, 'Oh that's me!' but the opposite."

Alex is 19-years old and knew he

wanted to be a boy, but never understood it.

"In 2012, one of my favorite singers, Laura Jane Grace (born Tom Gabriel) came out as transgender and shared her story and I was like, 'Oh that's me!' but the opposite."

Frank began transitioning when he was 14-years old, and coming out to everyone made him feel free to be himself. He got upper surgery done in 2015 and has been injecting himself with testosterone for two years.

Dotter has only been transitioning for a month and hasn't gotten any surgery yet. He will be getting upper surgery done next year and the lower done after. Mumbauer plans to get his upper body reconstructed.

Both Mumbauer and Frank want to get

lower surgery done, but want science to be perfected before considering it.

Each of their families has been supportive of their decision.

"They were more supportive than I would've thought. It's hard for someone who doesn't know about it to understand but overtime they managed to realize I wanted to be myself," Frank said.

"It's taking them time for them to say my name," Dotter said.

"My dad's side of the family has accepted me for who I am and my mom's side knows but doesn't really support the decision," said Mumbauer.

Transgender is a foreign concept to most, but each of these individuals have been brave enough to come out as themselves. Coincidentally, that is transgender. Gaining understanding and acceptance is something that society hasn't fully grasped yet, but hopefully this story has helped you.



## LCCC's Pride Club welcomes everyone

**Chris Bungert**  
Writer

Pride Club is a club at LCCC that is open to anyone who is an advocate for the Lesbian, Gay, Bisexual and Transgender (LGBT) community regardless of their own sexual orientation.

Ann Turoczy, a professor at LCCC, took over as the advisor of Pride Club about five years ago. Some students approached her to advise the club because she is a big advocate for the

LGBT community and is a certified sex educator with the American College of Sexologists. Pride Club has done a lot over the years for LCCC.

Pride members have participated in different events on and off campus, such as talks, fundraisers, speaking in other classes, and arranged a display in the library.

Pride Club has also worked with LCCC President Ann Bieber on getting

the bathroom signs updated and having preferred names for students to be added to college documents. This was the biggest achievement for the LGBT community on campus.

In regards to future plans for the club, Turoczy leaves it up to the students on what events or activities they do for the LGBT community. Her main goal is to help organize students to come together for camaraderie and support.

"I think it is important for students to get involved in clubs in general, but this club serves as a safe place of

acceptance," said Turoczy. "I hope that we will be able to get more student interest and support as we move into the next year."

For anyone who may be interest in joining the Pride Club, meetings are typically held every other Thursday in the Academic Resource Center in room ARC 311. Walk-ins are always welcome to any-



one who may want to join or just come learn more about the LGBT community.

These meetings are a safe place for anyone who needs it; members are

always there for support.

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# style & entertainment

## Students benefit from summer classes

**Rodger Arnold**  
Writer

Summer is a special time of year when students can run wild and free for three months. They are no longer bound by classes and assignments.

Some students choose to have a summer job, some choose to relax on a beach, and some even choose to take a trip to the Bahamas. Some, however, choose to take summer classes. Who in the world would choose to do that? Why?

Keegan Oscavich is an LCCC student who is no stranger when it comes to summer classes. He has previously taken summer classes, and knows what the pros and cons are like.

There is something about summer classes that encourages students to put their break-time on hold.

One of the main reasons why students would consider taking summer

classes is the amount of time it takes to complete them.

“The difference is that you’re taking a 15-week course in approximately



*Keegan Oscavich*

five weeks,” Oscavich explains. “If you can afford to take summer classes, and you know you’re not going to hurt your GPA, that is a good way to speed up your process toward getting your degree.”

Taking five weeks to complete one course isn’t an easy task, however.

Oscavich shared his experience of what taking a summer course is like.

“It’s a five week course instead of 15-weeks,” Oscavich said. “Everything is smushed together; the deadlines are a lot closer together.”

Despite the hardship that comes with taking a five week course, Oscavich is planning to be back for more.

“If you’re motivated and driven,” Oscavich said, “and you know what to expect going in, I think it’s definitely worth a shot.”

## What to keep in mind over summer break

**Ryan Rubio**  
Writer

As the summer season approaches, the weather will finally start getting warmer and most students will be able to wake up and not have to worry about schoolwork. This means free time for any outdoor activity under the sun, but make sure you are being careful while outdoors.

According to the U.S. Centers for Disease Control and Prevention, since 2010 there have been at least 20 heat-related deaths. While heat exhaustion is easily treatable, it can be deadly if not taken care of. This is why you



need to ensure you are drinking proper amounts of water if you are outside on a hot day. Drinking alcohol or taking certain medication can dehydrate you and thus increase your risk of heat exhaustion. If heat exhaustion is not taken care of a heat stroke can occur.

Heat exhaustion, however, is only one problem students may be faced with.

Another problem that students may not think of, but may affect them in the future is skin cancer.

There are three types of skin cancer and they all stem

from exposure to ultraviolet light.

Jim Surgeoner, Director of Public Safety at LCCC, was affected by the skin cancer called squamous cell carcinoma and needed 12 stitches after its removal. He warns that while being outside without a shirt may be nice, over time that exposure is bad.

“I used to go outside without a shirt a lot when I was younger,” Surgeoner said, “Now I make sure I have a hat on and I use sunscreen.”

He even noted that his dermatologist recommended the use of sunscreen every day, even when inside of the car.

While enjoying the summer is a great idea, make sure that you are safe while doing so. And if you feel your body getting weak, stop what you are doing and hydrate!

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## State police crackdown on local hot spot

**Dan Szewczak**  
Writer

What has become a popular tourist destination in the center of Pennsylvania is now becoming a heavily patrolled hotspot by police.

The town of Centralia, Pennsylvania has become famous for a mine fire that has been burning underneath the town for more than 50 years. What was once a small little mining town of

about 1,500 residents has turned into a near ghost town with only ten residents living there today.

Many travelers continue to flock to the town to explore the iconic landmark, the graffiti highway. However, due to ongoing safety concerns, state police are beginning to patrol the area and will arrest intruders for trespassing.

“It has always been private property,” Cpl. Corey Wetzel, a patrol unit supervisor with state police at Bloomsburg, said. “It was closed off for safety reasons way back in the ’80s. It wasn’t necessarily actively enforced, but the property owners and in this case, Pen-

nDOT, had requested some additional patrols in the area.”

The main reason for the increased patrols is for the safety of not only the visitors of the area, but also the few remaining citizens of the town.

“Our concern is for the trespassing on private property and for the safety of people,” Wetzel said. “At least once a year the fire department has some kind of rescue down there for someone who was victim of some kind of subsidence. We don’t want anyone to be injured while they are down there.”

Travelers can still visit the town of Centralia. However, they are risking their own safety and potential citations from police for trespassing.

If you plan on visiting the town of Centralia, you are doing so at your own risk. It is up to you: do you want to take the chance to explore a ghost town?



**Photo by Dan Szewczak**  
*The famous Graffiti Highway.*

## Hollywood remakes are anticlimactic

**Maddie Muth**  
Writer

King Kong. It. Friday the 13th. Jumanji. Baywatch. This year seems to be shaping up as the year of remakes, reboots and sequels. But some people are beginning to wonder if Hollywood is running out of ideas.

There seems to be a lack of original movies this year, with a good chunk of movies being either reboots or sequels. According to Stephenfollows.com, only 39 percent of movies released in 2015 were original, and not based off of older

movies. There will be 43 movie sequels, remakes, and reboots in 2017 alone. Twenty-one of them are in the third series or higher, according to Uproxx.com.

Although there seems to be a consid-

erable amount of remakes being made, not all of them do well in the box office, and not all of them receive great reviews. In 2016, there were roughly 26 sequels and reboots made, and only

7 managed to have more successful opening weekends than the originals, according to fortune.com. So why keep making these kinds of movies? If they are not profitable and people do not like them, and movie theater atten-

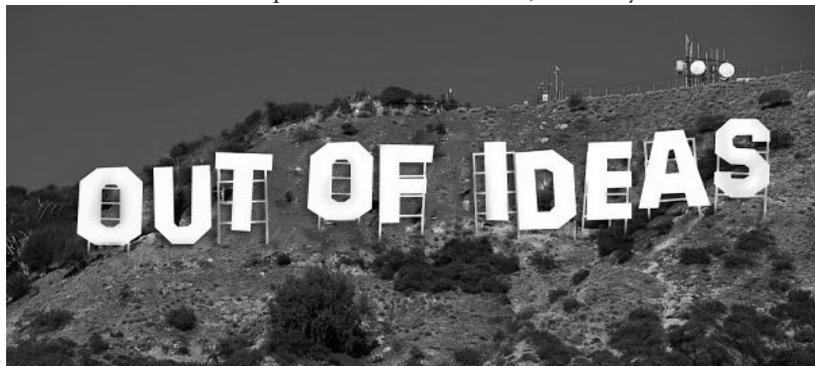
dance has been plummeting in recent years, why continue to churn out what everyone has seen before?

Well there’s the security of an audience for one. Remakes and sequels have

a set audience, a group that executives know will come out to see the movie. There’s also an issue with licensing. Reboots of relatively recent films come along often for a reason. With big blockbusters like Spiderman and characters belonging to the Marvel universe, studios have to continue activity with the characters or else they lose

their licensing, and Marvel can go film with it’s parent company, Disney.

Whether we like it or not, remakes, reboots and sequels are an ingrained part of Hollywood and it’s culture, and are not going anywhere anytime soon.





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## The Great Allentown Fair fetes 165 years

**Abigail Werner**  
Writer

As the sun begins to set over Allentown, Pennsylvania, the heat from the late August sun radiates from the pavement. Crowds of people have come together to celebrate the end of summer. The smell of popcorn, funnel cake, hot dogs and cotton candy waft through the air causing mouths to water and stomachs to growl. The Great Allentown Fair, held every year at the end of August and beginning of September, is celebrating 165 years. It is one of the largest fairs in the state of Pennsylvania and one of the oldest in the United States.

The Great Allentown Fair has been

popular among the locals and people from out of town for generations. Parents brought their kids, who have grown up to bring their own kids and continue that tradition. There are many events



and activities at the fair that occupy young and old. Pig racing, elephant and dog shows are a few fair favorites. Rides and attractions are set up to create entertainment

and enjoyment for the fair goers. Farm animals such as cows, pigs, ducks, goats, sheep, chickens and rabbits are entered in contests and for the delight of fair goers young and old.

Beside all of the regular shows, rides

and attractions, the Allentown Fair has hosted concerts and shows from many different musicians and artists. Music artists such as Carrie Underwood, The Beach Boys, Taylor Swift, Brad Paisley, Bruno Mars, and many others have performed here. This year, the Allentown Fair will host John Mellencamp, Rascal Flatts and Pentatonix. Prices may vary for each show but they tend to sell quickly due to the artist's popularity.

First held in 1852 for amusement and to showcase the advancements in agricultural engineering, the Allentown Fair has changed a great deal. The number of people who attend grows with each passing year. There is no better way to spend the end of summer than by going to The Great Allentown Fair.

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## Local band performing with big name acts

**Chris Bungert**  
Writer

Local band Vitruvia will be performing along with some big name acts, such as I See Stars and We Came As Romans. On Saturday, June 10, the band will be performing at Nightclub Reverb in Reading, Pennsylvania.

Vitruvia is a local band who formed in 2009 by cousins Dana Hinnersthit and Kris Morganti. The two have always been strongly influenced by music. When the band first came together, they were a trio, consisting of Hinnersthit, Morganti, and their drummer, Bobby. They later brought in a new guitar player, Nate.

The band then had the opportunity to go on tour; however a few weeks before the tour, their guitarist Nate passed away. The band choose to go on with the tour as a trio once again, where they headlined a majority of the shows.

After the tour, the band continued to look for a new guitarist. That is when they found Christian Howell. Hinnersthit was a little nervous at first due to Howell having Aspergers, but decided to give him a chance. After jamming with Howell, Hinnersthit and Morganti decided that Howell was just what they needed.

Soon after, Vitruvia's drummer Bobby chose to leave the band. That's when drummer Matt Bidoli contacted them.

Again, Hinnersthit was nervous about

bringing in a new member due to him only being 16-years-old at the time. However, after hearing Bidoli play, he was in.

Vitruvia pulls influence to their music from other artists such as John Lennon, As I Lay Dying, Queen, and many others. They do not classify themselves under one specific genre, but they want their music to have an inspirational message, although they do not wish to push their religion onto anyone.

Be sure to keep an eye out for them at a venue near you.



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