

# THE PAW<sup>🐾</sup> PRINT

Winter 2016 • The Student Newspaper of LCCC • Vol. 3 No. 2

## The Paw Preview

### Opinion

It is never too late to earn your college degree. Find out from an editor how to find your path.

*Page 8*

### Health & Fitness

Love sports? Read about the upcoming season of LCCC's men's basketball team.

*Page 14*

### Style & Entertainment

Are you in the Christmas spirit? Read about Christkindlmarkt, the Lehigh Valley's prized holiday attraction.

*Page 18*

## Wanted!

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

## Looking forward to LCCC's future

**Grace Moyer**

Writer

The first 50 years at LCCC have officially come to a close. Since the day LCCC was founded in 1966, it has continued to grow each and every year.

What many people don't know is Lehigh Carbon Community College used to be Lehigh County Community College. Also, LCCC did not start with all five campuses. The school did not have its first off campus site until 1987 when the campus in Allentown was built.

Over the years the other campuses we know of today were added. When LCCC crossed the 25-year mark, they only had six clubs, now they have 30 including the dance team which they just approved.

"Fifty years ago they didn't even anticipate or think about the possibility of online



**Photo Courtesy of Justin Brosious**  
*Lehigh Carbon Community College celebrates 50 years in the making. Students and faculty look forward to the future of the college.*



**Photo Courtesy of Justin Brosious**  
*Students from decades ago on main campus.*

learning," Ann Bieber, the president of LCCC said. "Now, online learning is one of the fastest growing portions of college."

The future for LCCC is looking bright and will continue moving forward. The mission at LCCC serves the community by providing

high quality education that is affordable and accessible. Lehigh Carbon Community College values learning, student development, instructional excellence, diversity, access, partnerships, employees and continuous improvement.

Gene Eden, the director of student life, said, "We've been doing our leadership series. We're in our fourth year right now and each year we try to improve it.

"Personally, I would like us to really focus on opportunities for students to gain knowledge, experience, and a broad exposure to leadership," Eden said.

Just like any college or business, there is always room for improvement. Bieber is hoping to improve the increase of their student graduation rates so that student success is core to all that they do.

# 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

### Alicia Durst Editor

At this time a year ago, I was wrapping up my first semester as a college student. This year, I am wrapping up my semester serving as an editor for the Paw Print.

I have come a long way since then. I have learned many lessons, both in the classroom and life in general.

When I started college, I had no idea what I wanted to do or where I wanted to be. I came in undecided and unenthused. I had no want or desire to come to school. I felt as if I was wasting my time since I had no inkling of a path to follow. As the semester went on and I completed the Journalism course, I realized that I wanted to study communications. Communications has taught me many useful skills. I've learned how to become a better listener, communicate more effectively, present my opinions and how to write for every situation. On top of that, I have acquired editing skills.

Lehigh Carbon Community College has given me so many outlets to get involved in what I love. I am so glad I decided to become an editor because I was hesitant at first. I was nervous of the stress it would add to being a full-time student, but it was all well-worth it. There have been many lessons learned since I enrolled here, and I look forward to graduating in the spring and seeing how far my potential can take me.



### Amanda J. Treible Editor

This semester has been one of the craziest semesters I've had yet. I decided to take on more credits than I ever have before along with a more demanding job as a writer at a newspaper. I also trained a new puppy and somehow managed to have a decent social life between all of this. Despite my busy schedule, I believe this has been my best semester yet as well.

I finally know what I want to do in life and I'm pushing for it more than ever. Writing for both the student newspaper and a local newspaper has been all I could want. I have made huge strides in learning from experience this semester. I am also looking forward to transferring to a four-year college next fall to continue my education.

Starting at Lehigh Carbon Community College gave me the perfect stepping stone from high school to college. Moving onto a four-year college felt overwhelming straight out of high school. A smaller institution like LCCC gave me a great start and look into what college life would be like. I now feel prepared academically and professionally.

I can't wait to see where the next few years take me in life as a writer and as a young adult. I plan to travel and write in the years following college. Life experience is the best teacher and I plan to learn a lot after college.



*Alicia Durst*

*Amanda J. Treible*

## 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

## Students attend record-breaking job fair

**Daniel Hamm**  
Writer

Lehigh Carbon Community College hosted a historic job fair where a record 106 employers packed into the Community Services Center. The event occurred on Thursday Oct.

27, 2016 and ran from 10 a.m. to 2 p.m. LCCC students and alumni were all welcome and the job fair was also open to the public.

During the job fair many students had the opportunity to talk with employers about potential full-time, part-time, seasonal and internship opportunities. Also, the Career and Development Center at LCCC provided some free

amenities for anyone who attended. The job fair had live music, free hot dogs, raffle opportunities and everyone had a chance to win a \$50 gift card.

**The job fair helped soon-to-be-graduating students find openings in their field of study.**

Karen Werkheiser from Life Path, a service center for anyone with developmental disabilities, is no newcomer to LCCC's semiannual event.

"We've been here several times before and we find the quality of candidates good," Werkheiser said. "It's a nice atmosphere."

With many employers present at the job fair, a lot of students came out prepared to get an interview.

One LCCC student, Nick McGeehan, put the opportunity to good use.

"I would say I was looking to get around, see what jobs are out there, especially since there are jobs that would work around your school schedule," McGeehan said.

Both the students and the employers made the day a success because this year's job fair could provide something for everyone. Employers were able to find candidates and LCCC students could get interviews for desired positions. The job fair helped soon-to-be-graduating students find openings in their field of study.



**Photos Courtesy of Justin Brosious**  
*Students and employers took advantage of the opportunity to attend the record-breaking job fair at Lehigh Carbon Community College*



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## State school strikes generate awareness

Rhiannon Harwi

Writer

Many state schools underwent turmoil in mid-October as professors took a stand against the lack of state contracts in previous years. Teachers at schools like Bloomsburg University and Kutztown University were unhappy with how they were being treated and went on strike over the course of a week to protest.

Fortunately, unions finally received a contract, which was enough to end the strikes. However, students had much to say on the matter, whether viewing the strikes firsthand at a state school, or being community college students watching the events unravel from a distance.

One student who witnessed the strikes directly said the experience gave him genuine insight into what professors deal with.

"It brought to fruition that teachers do not have it perfect," Jose Gamboa, a freshman at Bloomsburg University, said. "It was completely unfair how they were treated. I am honestly so glad that their voices were finally heard, and justice was

served to them."

State school teachers had many reasons for their unions to go on strike. In addition to not having contracts, many teachers have had to teach at other schools and are not supplied gas to get there. Furthermore, some professors have to teach courses that aren't relative to their degrees, or they are only paid for certain amounts of hours when they would work far more.

Students at community colleges did not experience such events, but can still relate to ways that strikes bring about change.

"...strikes can become a necessary tool, if used right... [teachers] can be happier with their careers, and thus feel more motivated about teaching," Nick Croft, an LCCC student, said. "In turn, that gives students more bang for their buck because they can expect an education of



**Photo courtesy of Jose Gamboa**  
*Protestors gather around Bloomsburg University's campus during the state school strikes that occurred in October.*

higher quality."

While protests may seem fun for students who get time off from class, strikes bring awareness to how important it is for teachers to be treated fairly. Learning is a gift, and without teachers, that luxury is severely disrupted.

## LCCC gets half-priced bus passes

Kevin Rodgers

Writer

Discounted bus passes are now available to all 7,000 students and staff members at Lehigh Carbon Community College. This was a joint agreement between LANTA buses and LCCC. LANTA is offering the bus passes to Lehigh Carbon Community College at a discounted rate of 25% off. LCCC is taking another 25% off for students and faculty of the college.

"We are happy to work with LANTA

to make available to our campus community an even greater discount for those who choose to take the bus to class, campus activities or their jobs at our two locations in Lehigh County," said LCCC President Ann Bieber.

A 31-day pass which used to cost \$60 will now be made available to students and faculty for just \$30. The 10 ride-ticket which used to cost \$16 will now only cost \$8. Multiple colleges and public transit companies are making similar deals.

This arrangement also includes the addition of additional and more specific routes to Lehigh Carbon Community College.

Owen P. O'Neil, LANTA executive director, stated, "With

LCCC's campus in Schnecksville and busy downtown Allentown Donley Center, we believe there is a great potential for students and others on campus to take advantage of the convenience and economy of public transit"

"This makes an enormous difference in my daily routine and saves me money, what's not to like?" asked student Paige Morales on the impact of the newly slashed transportation costs.

This discounted rate for students and staff will help everyone who is currently utilizing the public transportation system. Also, if one wishes to simply cut down their carbon footprint and start using the bus system it is much more cost effective to the individual. So give public transportation a shot with the new discounted rates offered by LANTA buses and LCCC.



**Photo by Kevin Rodgers**  
*Students utilize the LANTA buses*



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## Mark calendar for spring blood drive

**Lexis Harner**

Writer

Most people are taught at an early age to share kindness by performing selfless tasks and good deeds in order to help other people in need. Every two seconds, a United States citizen needs a blood transfusion, and a single donation can help more than one patient according to [redcrossblood.org](http://redcrossblood.org).

The spring blood drive will be held on Wednesday, February 1, from 9 a.m. to 4 p.m. in the Student Union building. Walk-in's are welcome, but appointments are preferred.

Everybody is different, therefore, the blood donation process varies from person to person. For the average person, a pint of

blood typically takes anywhere from eight

to 10 minutes of time, however, this is not custom to everybody.

Before considering to donate blood, there is a check-up process that one must go through to ensure that they

are eligible to donate. These credentials include certain height and weight requirements, and depend heavily on possible diseases or conditions that somebody may have. Whether or not the donor has fresh tattoo's and piercings can also affect the donation process. However, if one does not experience any difficulties during the check-up, they are okay to donate.

Donating blood is not only a relatively

**Whose life will you help save?** quick process that can help save other people's lives, but it

has also been proven that by donating blood, most donors have a reduced risk of heart disease, cancer, and can even burn calories, according to [lifehack.org](http://lifehack.org).

"There is someone out there who



needs a blood donation," Richie says "It just feels good to know that I can help someone in need by taking some time out of my day to do something as easy and simple as donating blood."

Whose life will you help save? If you are interested, visit <https://www.donorgiveapint.org/donor/schedules/driveschedule/37432> to make an appointment, or call (800) 223-6667.

## The Parkland Group lends a helping hand

**Briar Rose**

Writer

As college students we are always looking to be part of something and meet new people. Why shouldn't we? That's what college is all about, right? LCCC offers many different clubs and groups that we can join that fit with our interests. One of LCCC's groups that is not as well-known around campus is the Parkland Program.

The Parkland Program was founded in September of 2011. It is a group of high school students with special needs who come to LCCC for a change of environment and more social interaction. The group is overseen by Professor Joe Davis. Professor Davis has a passion for working with special needs students and has been working with them for more than 17 years.

The Parkland students meet every Tuesday, Thursday and Friday. On Fridays from 8:30 A.M.-11:40 A.M. the Parkland students spend time with their mentors, college students who volunteer their time with the group.

During this time together they do a variety of different activities that vary each week. Some of these activities may include watching movies, playing games or doing crafts. Currently, there are 12 Parkland students and 12 mentors who are part of this group.

"The mentors are the program," Davis says. "For those interested in mentoring, you can always stop in for a visit to see how you like it. It is a great way to examine a possible career in special education."

What exactly does a mentor do? The Parkland Program mentors serve many roles. First off, they are positive role models. Secondly, they help assist Parkland students who have social and emotional development and support their academic skills. Lastly, they truly help make the lives of others better and worthwhile.







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# Opinion

## It is never too late to earn a degree

Brooke Gimbor  
Editor

What do you want to be when you grow up?" I'm sure everyone remembers being asked that question at least once by your parents or relatives. Most children would respond with confidence and creativity saying a fireman, a movie star, a doctor or an astronaut. As you have matured and learned a little more about life, I'm sure your answer to that question became much more complex with more of a careless response. Most teens and young adults hated that question, avoiding it at all costs.

Thinking about what you want to do for the rest of your life can be very unsettling for anyone. But, being undecided about your future is quite common. It's okay to not know what you want to do. High schoolers especially have a hard time making a decision about their future.

High school is where your whole focus on your future changes. That's when the question about what you want to do when you grow up becomes a reality. College can be an intimidating topic for students. I was one of them. Everyone always seemed to be asking each other what college they would be attending in the future. Every time I was asked that question, I felt embarrassed that I didn't have an answer. I feel as if some teachers push college on their students as the only smart opinion



after high school. A lot of students are put under pressure to make a decision on whether or not go to college and what to study in very little time. That's why more high school teachers should express that taking a year or couple years off before attending college is completely okay.

It's normal to take as much time off as you need before completing your degree.

Many college students enter their first year as being undecided and constantly stress about their future career paths. I went into my first year at LCCC as a nursing major. Two years later I am now majoring in Communications: Public Relations. I'm overjoyed that I found what I wanted to do, but

starting as a nursing major set me back in my current major. Finding something you're passionate about isn't easy and can take a long time. If you are unsure about your future, waiting to attend college until you find your passion is ideal.

There are many options today that help struggling students and adults achieve their goal of earning a college degree. Community college especially is a very good option for people who want to come back and earn their degree. LCCC is a prime example of a college that meets the needs of anyone wanting to come back and continue their education. It offers financial aid and flexible class schedules including online classes.

It's normal to feel unsure about your future. So, don't be scared to further your education. You will find your passion, no matter how long it may take, and you will earn that college degree.





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# 10 THE PAW PRINT

## Read a book, trash the Nook

**Alicia Durst**

Editor

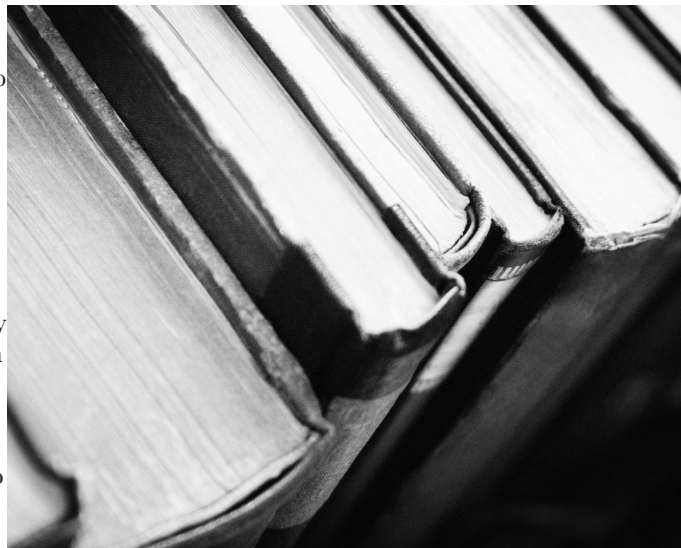
In this day and age, technology is taking over. The novelty has been taken out of reading. Books are a symbol of intelligence where the pages tell a story. However, the art of books is being replaced by mindless screens. We need to bring back that art form.

Being a writer, my dream is to publish a novel. My dream is to hold a book with my imagination scrolling through the pages bound in my hands. It is not to download an app and see my words on a screen. On a screen, they are just words. On paper, it is a journey. By fully immersing yourself into the world the author created in the way the author intended, you can get more meaning out of the story and a deeper appreciation for the craft of writing.

I want everyone to think back to elementary school. We had silent reading time where we were encouraged to bring in our favorite books. We delved into the Junie B. Jones books, Diary of a Wimpy

Kid and the Harry Potter books. The magic of Hogwarts is so much more vivid when being read off of pages versus a cold, sterile screen. Many people have nostalgic feeling toward their favorite books. The pages are bent, there are probably stains of the pages from treats that were being enjoyed at the time, and the smell of the book brings you back to when you first enjoyed it. The experience is not the same by going to your favorite bookshelf on your Kindle app.

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## Women are more than a stereotype

**Amanda J. Treible**

Editor

I get judged a lot for wanting to have a career and no kids. I don't really like children and don't think I'll want a family for a really long time. I want to be a writer and to travel a lot before I consider settling down.

For some reason, people think this

makes me less of a woman. I've gotten into serious debates with friends about how I should want kids and they ask me if my parents or my boyfriend is okay that I feel this way. I always respond with, "It is not up to them."

I think it is time we break the stigma that women should be only mothers and that men should only be breadwinners. We live in a very modernized world. I have nothing against mothers who stay at home or dads who work. But the idea that this is the only option for your future is not a realistic outlook on life anymore.

Another stigma that must be broken is if a woman does have a job and career, she must be a bad mother. A stay-at-home dad is no more of a better dad than a man who works. It is a double standard that men are great fathers if they stay with their children and women are bad mothers because they work.

My mom worked for some of my childhood and most of my teen years. We are very close and she is the best mom I could've had. I can't believe there are people who would consider my own mother bad because she wanted to have a job and degree.

My family is immensely proud of me because of my steps to go to college and have a career that makes me happy. My boyfriend is supportive of me working and not wanting a family for a long time. These are the people who matter and have a say in my decisions. No other opinions matter.





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# LCCC IN FOCUS: 5th Annual Fall Festival

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## Photos by Rhiannon Harwi

1-Crissa Andrew with the pumpkins she decorated as part of the kids' activities.

2-Vendors generously donated baskets and other items to be raffled off towards the end of the festival.

3-Custom tasty treats made by Mary Dworski of Sweet Finesse are displayed for the upcoming holiday season.

4-The Maciujec family-Sergio, Lee, Corrina and Roman-enjoy the family-fun at the fall festival.

5-Clarissa MacIntosh sold her nephew's homemade coffee that will be featured in his coffee shop that is opening soon.

6-Margaret DeCook shows her unique crafts at her stand Versatile Artisan.

7-Katie Kressley showcases handmade terrariums consisting of live plants and additional little trinkets.



# health&fitness

## Men's basketball team scores new coach

**Colin Benner**

Writer

For many athletes, the reason they get into sports at a young age, is because they have a passion for it. Getting into basketball could be for a variety of reasons, from enjoying the fast pace nature of the sport, to loving the camaraderie of being a member of a team. For the student athletes participating in the LCCC men's basketball team, the reasons why they play basketball may be different, however they all share the same goal, and that is to win.

The Cougars have a new head coach at the helm this season, so it should be fascinating to see how he can get these players to coexist and gel have a successful season.

The new head coach is Grant Whary. Whary comes over from being an assistant coach at Penn State Lehigh Valley last season. Whary has spent 7 seasons as a coach, both at the collegiate and high

school levels. Whary had been the assistant at Moravian, an assistant varsity coach at William Allen High School, and was the head varsity coach at Jim Thorpe High School.

Coach Whary will be looking to run a spread offense, where every player is a threat, along with a defense that is an attacking full-court-press style for the duration of the game.

Two players that are looking to capitalize on these offensive and defensive strategies are Small Forward/Power Forward Dotte Brown Jr, and Point Guard Erik Marfil. Both of these players have high expectations for both themselves and the team this season. Brown believes the team could make the playoffs.

"This year we as a team are aiming for playoffs," he said. "We want to bring back pride to the program."



Marfil also isn't shy about giving his expectations for the squad saying, "playoffs for the team".

Time will tell weather this team has the fortitude and drive to make it to the playoffs and beyond. Hopefully this team can play well enough to restore the roar of the Cougars, that has been missing recently.

## Counselor talks mental health on campus

**Harrison Haddad**

Writer

Mental health is a critical aspect of college students' lives, one that affects not only their general well-being, but also their academic achievement. Mental illnesses such as depression, ADHD, autism spectrum disorders, social anxiety, and other forms of anxiety are the most common ailments which afflict college students.

Paul Pontoski, a counselor at the LCCC Schnecksville campus, frequently deals with these kinds of common mental illnesses which affect students.

"I would say the most common mental disorder that I encounter is depression," Pontoski states.

Depression, a debilitating disorder that affects mood, energy, and cognitive functions such as memory and concentration, often is particularly devastating to students. Concentration problems often

make it very difficult for college students to focus in class and on texts for reading. Other side effects that come with depression, such as prolonged sadness and apathy towards other people and hygiene, pose obvious problems for students dealing with depression.

There are other illnesses which are similar to depression that afflict college students. These include disorders such as ADHD, Asperger's syndrome and social anxiety. ADHD often comes in the form of difficulties with maintaining attention, and procrastination. Asperger's syndrome largely comes in the form of having innate difficulties with socializing, understanding the intentions of others, and having rigid and narrow behaviors and interests.

Social anxiety, which involves anxiety when in or in anticipation of social situations, often affects college students, making

them fearful of joining groups, talking to their fellow students and to their professors, difficulties with making friends, and in general participating and getting the most out of college life.

Many individuals suffer from problems on a more holistic level.

"A lot of students come here because of difficulty with balancing college with outside commitments, like work and family," Pontoski notes.

In a generalized view, while there is an increasingly large movement nationwide to raise awareness of mental illness, there exists frequent misconceptions about it that are often perpetuated by the media, and by other groups and individuals. Nevertheless, many advocacy groups and individuals continually strive to remediate this situation.



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# 16 THE PAW PRINT

## Valuing peace and quiet can be beneficial

**Anastasia Delices**

Writer

Many people think that extroverts have easier lives but those people who place extra value in peace and quiet may be the ones succeeding in life. For the longest time, being called an introvert has been seen as something that needs to be fixed.

“Now that I think about it, it actually is stressful being so active,” Madeline Muth, a LCCC student, said. “I’m constantly on the move and find myself doing things even when I want a moment to myself.”

According to research, studies show that being introverted helps a person become more in-tune with themselves. While other people are busy talking, introverts are observing things others are oblivious too. Occasionally, those who keep to themselves can develop the skill of reading people. Although introverts may seem as if they are always inattentive, they are actually analyzing and thinking of innovative ideas to share

one day.

“Being anti-social I find that I tend to be more observant,” Katherine Jackson, a student said. “I also don’t get involved in gossip like most others do and I spend more time thinking about things than being active. People find me being more trustworthy because they know I don’t do much and I won’t run my mouth.”

Though the typical social person may gain their liveliness through mixing and mingling in groups, introverts are self-recharging powerhouses. They do not need to constantly put themselves out there to feel energized. Their energy is found through peace and quiet.

“I find that keeping to myself helps



me keep sane,” one LCCC Student said. “Instead of worrying over all these small things I have time for myself.”

The ability to listen to what each other has to say is great, especially in today’s world when people can’t seem to stop talking.

## Students enjoy intramural sports offerings

**Daniel Hamm**

Writer

All students at Lehigh Carbon Community College are welcome to participate in exciting intramural sports every week. These sports are a way for students to be physically active without having to commit to an athletic team sport.

Some of the intramural sports offered include billiards tournaments, dodgeball, flag football, recreational basketball, open volleyball, table tennis and more. A full list of the sports offered intramurally can be found at Go Cougar Sports website. Flag football is one of the popular ones because LCCC does not have a football team. This is a way for students who played in high school to still have a feel of playing football, but with flags.

LCCC student Chance DeLong takes advantage of the opportunity to play flag football.

“I really enjoy it,” DeLong said. “Football is my favorite sport and I

haven’t gotten to play since high school. LCCC allows me to do that once a week.”

DeLong also noted the competitive difference from playing football in high school and flag in college.

“It’s pretty different,” DeLong said. “Here in college it’s not physical and is more for fun. In high school it was more serious.”

Even though flag football isn’t physical, a lot of people including DeLong enjoy the activity. Other popular intramural sports include table tennis and recreational basketball. These are activities where LCCC students can have some down time from school and be physically active.

Some other benefits from participating in these sports are that anyone can play at any time. Students don’t have to make



**Photo by Daniel Hamm**  
*LCCC students trying their best to make a defensive stop during a flag football game.*

a total commitment to the activity, which is nice because if you’re busy with homework one day, you don’t have to participate. In addition, intramural sports are a great way to make new friends.





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## style & entertainment

### Christkindlmarkt is a local holiday tradition

**Briar Rose**  
Writer

On Christmas Eve in 1741, Bethlehem was “christened.” More than 250 years later, it is now known as Christmas City, USA.

Around Christmas time, the city comes alive with holiday cheer and lives up to its name. Bethlehem offers many holiday attractions. One of the main events is the Christkindlmarkt.

The Christkindlmarkt has been a holiday tradition for many years now. The locals look forward to it and those who are not local to the area travel be part of it. There are more than 150 vendors who participate at the Christkindlmarkt, and each of them offer something unique and special to the event. If you’re looking for that perfect gift for someone, you’ll be sure to find something here. There is everything from food to jewelry to clothing and much

more. Besides the crafts and gifts, there is also a huge food court available and live entertainment, so be sure to look up their schedule online.

The opening weekends this year were Nov. 18-20 and 25-27. After that it is open Dec. 1-4, 8-11 and the 15-18. On Thursdays and Sundays it is open from 11 a.m.-6 p.m., then on Fridays and Saturdays it is open from 11 a.m.-8 p.m. You have to pay to enter this event and the prices vary with age. The event is free for those who are 5 years of age and under, \$5 for those who are 6 to 12 years

of age, and \$9 for 13 - years and older.

If you find yourself looking for something to do this Christmas season, get some friends or family together and go to the Christkindlmarkt.



### Social media affects users in unforeseen ways

**Seth Strohl**  
Writer

In 2016, social media has proliferated to the point of ubiquity. It is everywhere and everything is a part of it, with the quick snap of a picture of course. Our newsfeeds present endless moments - ones gone by and ones that could be. We fine tune our profiles like a work of art, altars of our own self-worship. Many people find it difficult to pull themselves away from the what-ifs and what-weres.

“I use it mostly just to stay in touch with family across the country,” Ryan Jones said, also a student. “But I know a lot of people who are glued to their phones...”

On the surface, social media is a wonderful new channel of communication. But upon closer inspection the truth is not as clear. As early as 1998, studies have found a

correlation between internet use and increased loneliness and depression. In 2013, a study from the University of Michigan found a correlation between social media and reduced happiness. Despite these studies and more like them, it is simply too soon to know long term effects that social media and the internet can have on the brain.

“You’d swear some people were literally addicted to Facebook,” Jones continued.

However there may be some merit to this statement. A number of studies from recent years have begun preliminary work regarding changes in the brains of people that are highly active on social media websites like Facebook. However it is widely debated on whether or not social media addiction is an addiction in



the traditional sense or more benignly habitual.

But again, the technology is simply too new to have the kind of decades-long comprehensive research needed for a definitive answer. Social media certainly appears to be altering both how we communicate and see the world around us. This hyper-connectivity shapes the youth as much as they do it, if not moreso. The unknown ramifications of all this is yet to be seen, but in an ever-changing world it is something we must adapt to and dominate before it dominates us.



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## Local paintball team's season comes to an end

**Gavin Lilly**

Writer

The Penndragons is a local paintball team that is starting to wrap up its 2016 season. Players share their passion and love of the sport to help show the public that paintball isn't just running around in the woods shooting paintballs at one another.

"We just started as a bunch of guys that liked to be out in the woods, and liked the military simulation battle part of the game," says Mike Horton, captain of the tournament squad of the Penndragon Paintball Team.

The team as a whole is divided into two squads. There is a squad for woods ball, where the team would play in large scenario based paintball. Covering hundreds of acres, the object is similar to modern day warfare. With the use of tanks and military camo, and non-explosive tactical equipment such as smoke bombs, the object of the game is



**Photo by Gavin Lilly**

*Penndragon paintball team aims at targets.*

to capture as many locations as possible. These games can last 15 to 20 minutes or they could last an entire day.

The other squad is the tournament team, or the speedball team. Speedball is a much more competitive version of woods ball that takes place on a field covered symmetrically with inflatable

bunkers with teams ranging from about three to five people. The object is to get the center flag to the opposite side to score a point.

"Paintball is an experience you will never ever forget," Horton says.

Many argue that they don't want to play paintball mainly due to the fact that it hurts when you get shot.

"It does hurt to get shot," explains Horton. "When you get shot with a paintball it's traveling at 190 miles per hour. It does sting."

With this idea in mind, paintball has many positive impacts on peoples' lives. People will learn cooperation, teamwork and communication from playing this game. It's a great way to have fun with your friends and family. Many players use it as stress relief after a long week of work to be able to go out and have fun playing paintball.

## Hamilton Crossings offers new shopping

**Nicholas Fillman**

Writer

The newly completed Hamilton Crossings provides many options for student shoppers who live in the area with stores that can assist in the professional and leisure side of student spending.

Four major stores within the complex are a viable option for students on a variety of budgets who are looking for an afternoon shopping trip.

Five Below is one of the new stores that offers a cost effective atmosphere for students who are on a tight budget and looking for a variety of other products, all for prices at or below the five-dollar range.

Target is another of the staples of the new complex and is the second location for the company within the Lehigh Valley. Target offers a wide variety of items for student shoppers from clothing, to school supplies, to electronics like TVs and the newest smartphones.

Dick's Sporting Goods is yet another store that is within the Crossings and also features its second location within the Lehigh Valley. Dick's offers everything that is outdoor oriented from seasonal items like swimwear and snowboarding equipment, to year-round sporting goods for soccer, baseball and football, and offers a wide range of activewear from name brand manufacturers like Nike and Under Armour.

The Philadelphia Rally House is a relatively unknown company for those in the Lehigh Valley.

The Philadelphia Rally House provides merchandise from all Philadelphia sports teams like the Flyers, Phillies and Eagles, along with



merchandise from the sounding colleges in the eastern half of Pennsylvania like Temple, Kutztown and Lehigh.

The Rally House also offers novelty items that range from sports team golf balls to listen plates, and cutting boards.

With the holiday season right around the corner the Hamilton Crossings makes for the perfect destination to find any gift for loved ones in addition to being a great everyday shopping location.





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## Sugar Hill is a home away from home

**Maria Diaz-Reyes**

Writer

A restaurant with the mixture of home, Asoul and jazz all in one. Sugar Hill Jazz House provides all of that in one place.

Sugar Hill Jazz House is one of the newer restaurants that opened as part of the Center City renovations in Allentown. What makes this restaurant a unique addition to Center City is that it is not in the heart of the city. This restaurant takes you off the strip which gives you the opportunity to see other renovations Center City has to offer. This is the first restaurant that Jerome and Mary King have fully owned on their own.

"This place is very diverse," Jerome King, owner of Sugar Hill Jazz House, said in an earlier interview. "We have people from all walks of life and I think that's the one distinguishable difference." Individuals call often and ask if there is a certain dress code they must adhere to when they eat here.

"There is no dress code here,"

King continued. "We don't want people thinking this is a high scale restaurant. We want them to think this is more of a comfortable place for everyone."

The menu consists of entrees with their home made barbeque sauce, or better known as their "bar-b-QUE" sauce. It ranges from burgers to ribs to soups and salad. It's also generously priced, so you can enjoy a night out to eat without breaking the bank. You will not walk out of this restaurant unsatisfied or unhappy.

The owners make sure that you are having a great time. They get to know you



**Photo by Maria Diaz-Reyes**  
*Entrance of Sugar Hill Jazz House, located in Center City Allentown.*

personally and leave a mark on your heart. You will be coming back for more after only one meal here. This restaurant is full of love and life, not to mention amazing food.

## Your backstage pass to "Symphony On Ice"

**Grace Moyer**

Writer

Have you ever wondered what it was like behind the scenes of an ice show? Well, look no further. From costume fittings to learning numbers, this is your backstage pass to "Symphony On Ice."

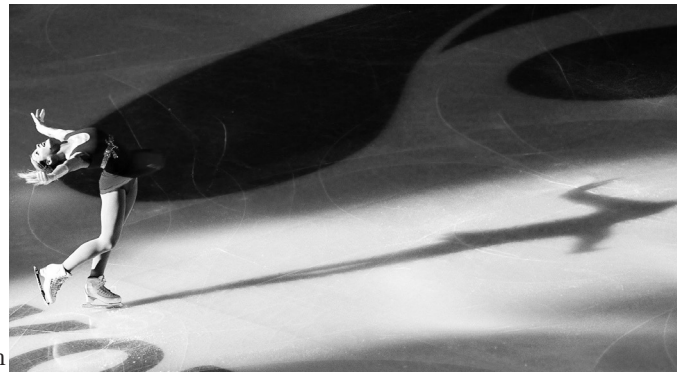
"Symphony On Ice" took place at the PPL Center in Allentown on Dec. 1. Figure skaters of all ages from Bethlehem skated to Christmas music played live by the Allentown Symphony. The 2016 U.S. Men's Champion, Adam Rippon, took part in the show as a special guest as well.

In preparation for the show, the skaters rehearsed every weekend. Before ice was available, they would practice the numbers off ice so there wasn't a minute wasted of rehearsal. Once ice was available, the skaters took what they learned off ice and brought it on ice. The group numbers were performed by a mix of boys and girls, and split by the skaters' level of ability.

"Preparing for the show was a lot of hard work," Max Densky said. From waking up early to being cold to the bone, it was well worth it. I'm so glad I had this experience and I hope to do it again in the future."

Costume changes in between numbers can be extremely chaotic. Sometimes there is only 30 seconds to a minute to change into a completely different costume. But, before all of that, there has to be a costume fitting. First, the skaters have to get measured. Then, once the costumes are complete, the skaters try them on and take them to the ice for a dress rehearsal.

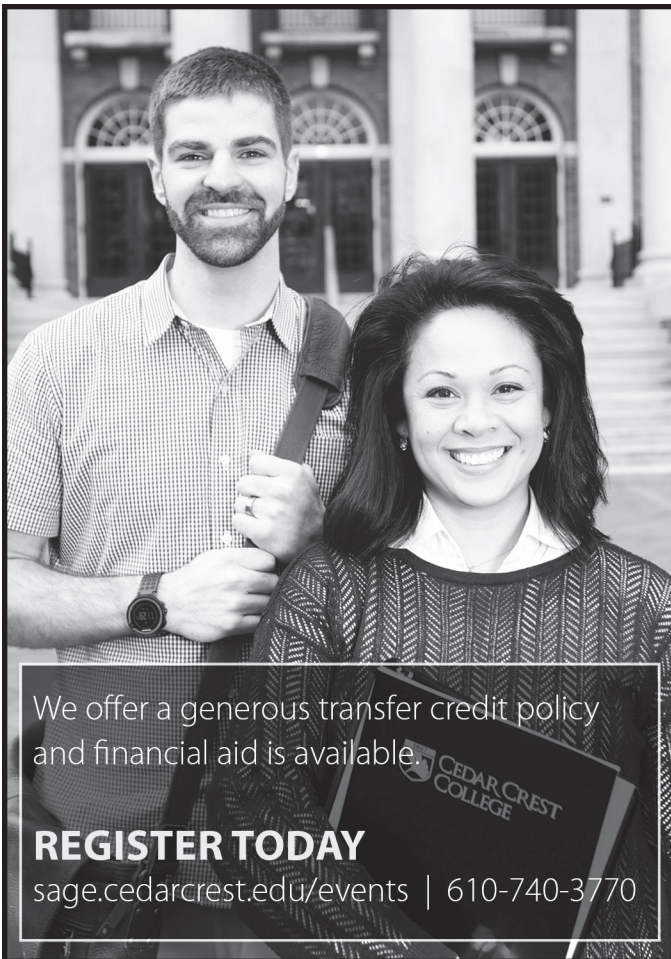
The big night finally arrived. You could feel the heartbeats of the nervous skaters backstage waiting for their time to



shine. Skaters took their places on the ice, the lights beamed down on them, the music started playing, and the show began.

"The days leading up to the show were exciting but also filled with an underlying buzz of nervousness," Mary Elizabeth Rossignuolo said. "It all happened so quickly and I was so in the moment that I was surprised when it was over."





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## Animal Adoption: beneficial for everyone

**Rhiannon Harwi**

Writer

Tons of bright eyes stare back at you once you enter any animal shelter. Dogs, cats, rabbits, and an abundance of other animals are constantly in need of finding their forever homes. Sadly, many people often overlook animals who undergo shelter life. However, adopting a pet from an animal sanctuary can teach students a great deal about responsibility and maturity.

The animals who find their ways into shelters are often ones who have undergone avoidable trauma, abuse and neglect. Despite what they have been through, these creatures can turn out to be the most rewarding, affectionate pets to own.

Students can benefit greatly from adopting pets who have not been given good lives from the start. Adoption is not only a morally-wise choice, it is usually an easy and much cheaper alternative to buying an animal from a pet store.

Peaceable Kingdom is just one of

many no-kill animal shelters. The volunteers there devote their time to make each day for pets better. Stephanie Kotz, a shelter volunteer for the past four years, relayed that adopting a pet is an eye-opening experience for students.

“It’s about learning that your needs as an individual do not always come first, but the great reward is that animals can give back such unconditional love and companionship [so] it’s all worth it,” Kotz said. “Adopting a pet also teaches us that we are capable of so much more love and a greater sense of caring than we ever realized.”

With adoption comes great responsibility. Once people select which animal they would like to take home, they need to learn to accommodate to that animal’s needs. They must also love their new pet unconditionally. It’s extra

important to give abused and neglected animals a smooth and comfortable transition in adjusting from shelter life to house life.

Adopting a pet from a shelter is an extremely rewarding experience. Check out your local animal shelter if you are interested in bringing a furry friend into your life. You won’t regret your decision.



**Photo courtesy of Peaceable Kingdom Inc.**  
*Peaceable Kingdom is a no-kill shelter located in Allentown.*



*Congratulations to LCCC student Donald Richards, whose drawing above won first place in The Paw Print Art Contest.*