

THE PAW PRINT

Summer 2016 • The Student Newspaper of LCCC • Vol. 2 No. 4

The Paw Preview

Opinion

On the 17th anniversary of the Columbine massacre, are filmmakers trivializing the event and victims by focusing on Amanda Scott?

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Health & Fitness

Student Athlete Council reaches out to LCCC students to get involved in the community.

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Style & Entertainment

Read about the movie match of the century. “*Captain America: Civil War*” will go up against...a “*Finding Nemo*” sequel?

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Good Luck Graduates!

As the semester comes to a close, *The Paw Print* staff would like to wish the best of luck to this semester’s graduating class. Congratulations on taking another step towards your goals. For the rest of you, look forward to more from us in October.

Making the vote count in 2016

Alicia Durst
Writer

In a poll of 150 college students, 62 percent of students are committing to vote in the 2016 presidential election. For many students, this is the first election they can take part in. So why are the other 38 percent of students choosing not to vote?

There are various reasons for not voting: not liking the candidates, feeling like their vote does not matter, and not being registered.

Registering to vote is a fairly simple process, considering it can be done online.

The online registration is linked to PennDOT’s Motor Voter system. This means that if applicants have a driver’s license or PennDot ID card, the signature can be linked to the voter record since it is already on file.

The voting age used to be 21 until the 26th Amendment took effect. People thought it was wrong for 18-year olds to have to fight for their country in the draft without having the right to vote. Young adults today are not taking full advantage of the 26th Amendment, despite the fight.

LCCC student Amanda Ritter is passionate about taking advantage of her right to vote.

“It’s the one time I can voice my opinion that somewhat counts,” Ritter said. “And it’s important for me to do so. Even if there’s a chance that the person I vote for won’t make it, I can say that I tried.”

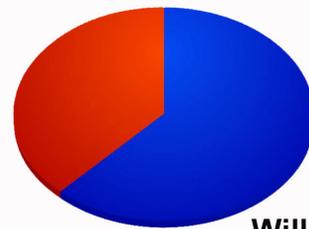
Rosey Pergosky, another LCCC student, believes that it is important to contribute her vote.

“It is an important election and every vote



LCCC Student Voting Poll

Will Not Vote: 38%



Will Vote: 62%

Poll by Alicia Durst

According to *CollegeStats.org* in a demographics survey 38 percent of youth voters identified as independent, 37 percent of students voted Democrat and 24 percent voted Republican.

Does not add up to 100 percent due to rounding

matters,” Pergosky said. If the wrong person gets in, this country can go downhill fast.”

Ritter and Pergosky will be happy knowing she contributed to their candidates of choice. If someone is silently cheering on a candidate and not voting, that person has no room to complain if that person loses the election. Everyone has the power to have their voice heard, even if it is just a whisper.

Register to vote: register.votesPA.com

THE PAW PRINT Contact Information

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

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Information & Policies

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

Words from the editors

Zach Kocis Editor



Blossom, spark, catalyze.
These are just a few of the words I could use to describe the personal and professional evolution of my relationship with *The Paw Print* this past semester. My predecessors have done a phenomenal job of laying the groundwork for this institution which I predict will remain a staple of the LCCC community for many years.

I am very grateful that this opportunity came to me. Being a part of the editorial staff of this newspaper has been a tremendous honor. It has brought challenges, frustration, experience, and success. We've made strides in the way our organization is run, and we've expanded our social media influence online through professional markets like Apple News.

I've enjoyed my semester as an editor for *The Paw Print*, and I hope to continue my passion for journalism with another newspaper in the future. I want to thank Professor Ed Rabinowitz for helping me recognize my potential and for helping me pursue it. I also want to thank our past and current staff, specifically Daniel Berrios and Caitlin Yaun, for being admirable colleagues and great co-editors. But above all, I want to thank our loyal readers for continuing to pick up copies of the newspaper. After all, if a story gets published but no one reads it, was it really ever written? We could not exist without you.

Caitlin Yaun Editor



When I first accepted the position of becoming an editor for *The Paw Print*, I began to feel immediately overwhelmed.

Although I was excited to mentor fellow students and grow as a writer, I was reluctant to take on such a heavy work load.

I initially found it difficult to balance three other classes in addition to devoting most of my spare time to crafting *The Paw Print*. After all, the reputation of the paper relies on its editors.

However, as the semester progressed, I began to develop a strict routine of organization and adhering to schedules in order to combat my stress.

I found that the more time I spent planning, the less time I spent panicking.

Now that there are only a few weeks left in the semester, I've become nostalgic about the time I've spent as an editor for *The Paw Print*.

I've learned that ebb and flow is natural; a lesson that I will carry with me throughout life.

In addition, I will miss the strong connections that I've made with the other editors as well as our faculty advisor. I enjoyed watching our relationships blossom as we began the semester as acquaintances and ended the semester as friends.

Becoming an editor was definitely worth combatting the hectic days and enjoying the more relaxed days. Overall, I will sincerely miss this position.

Students and the community can now access THE PAW PRINT online. The newspaper is updated twice per semester and is available at www.LCCCPawPrint.com. PDF forms of the printed newspaper are also accessible on the site.

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

Marty Essen takes LCCC around the world

Amanda J. Treible

Writer

Marty Essen was the number one booked speaker for 50 months, according to the Association for the Promotion of Campus Activities, and brought his presentation, *Around the World in 90 Minutes*, to LCCC. His multi-media show, according to his website, features stories from his travels around the world and pictures of wildlife. He is also the recipient of several awards for his excellence in travel writing.

Essen started his world travels by accident. He and his wife decided to take a trip to Belize for vacation. He wrote an article when he arrived home about his travels for a local newspaper. It was then picked up by the biggest newspaper in the state and soon Essen was being recognized for his stories. People asked him when he would write another article. This sparked a “travel bug” in him and Essen planned another trip.

His presentation focused on rare and interesting wildlife. Essen spoke a lot about animals that have bad reputations. His second trip was to South America, specifically Peru. Essen was in close encounters with a lot of animals stereotyped as dangerous. He talked about piranhas and their reputation for being “man eaters.” Piranhas actually eat fins and generally would not eat a person unless the circumstances are intense.

His trip to Canada took him to the highest point someone can drive to in North America, Inuvik. One of Essen’s goals was to photograph a wolf. Though he never got a picture, he did have a close encounter with a wolf. Essen was standing in the



Photo by Amanda J. Treible
Essen stunned the audience with stories of his adventures, including when he survived a hippo attack.

middle of a road looking for a wolf he and his wife had just passed. He could hear the wolves howling around him, but none were in sight. There was a wolf standing directly behind him. Essen went to take a picture, but that slight movement scared the wolf off.

Essen had many other stories to tell and amazing photographs to share.

His newest book is a top seller in many categories on Amazon.com.



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Rescue Mission educates LCCC on LV homeless

Scott Dewalt
Writer

Jim Byrnes, CEO of the Allentown Rescue Mission, spoke about the challenges of the homeless and how the mission assists them at LCCC on March 30.

Byrnes talked about the stories and histories of some of their clients along with the process by which the mission aims to rehabilitate them.

“While they’re in the shelter they get counseled and decide what they would like to do...” Byrnes said about the services the mission provides for its clients.

While the mission provides 66 beds for homeless men, it encourages clients to enter a recovery program in the hopes of ending their homelessness.

Byrnes spoke about the ways in which the mission rehabilitates its clients. The process may begin with drug rehabilitation, sorting out social security concerns, among other things.

Clients may then enter the Christian

Living Program, a 16-week program designed to assist clients in becoming self-sufficient and independent. After a client has finished the program, the mission will assist them in finding housing and job opportunities.

Byrnes also spoke about the missions’ Clean Team, a program allowing its clients to work in the community. Byrnes also spoke about the DeSales medical clinic, chapel, and the mission’s food services.

An estimated 12.8 percent of people live below the poverty line in Lehigh County, with about 680 sheltered and unsheltered homeless in the Lehigh Valley alone.

“If you don’t have proper care for the homeless, it can be an even deeper problem than it is now,” Byrnes said about the importance of helping the



Photo by Scott Dewalt
Jim Byrnes speaks to LCCC students about the trials of homelessness.

homeless in the Lehigh Valley.

Byrnes encouraged the students to take part in the mission through donation of money or food, volunteering, or by informing more people about the organization.

For more information visit www.allentownrescuemission.org

PTK National Convention honors Peggy Heim

Danial Hafiz
Writer

Peggy Heim, Dean of Student Development at LCCC, received Phi Theta Kappa’s Distinguished College Administrator Award. Heim was honored for her work regarding student affairs, advising, athletics, public safety, and career development. The award is given out to college administrators nominated by the school’s Phi Theta Kappa chapter. LCCC’s chapter is Alpha Omicron Alpha. Heim was given the award at the Phi Theta Kappa 98th Annual Convention, which was held at the Gaylord National Resort



Peggy Heim

and Convention Center in National Harbor, Maryland. The convention ran from April 7 to 9.

Samantha Bowman and Donald Koch, Alpha Omicron Alpha chapter officers, were also in attendance as LCCC’s chapter was recognized with a plethora of awards. Donald Koch received the Distinguished Chapter Officer Award which is given based on the recipient’s demonstration of leadership, promotion of Honors in Action and other engagement in the Society and enthusiasm for the Society’s Hallmarks.

Phi Theta Kappa is the international honor society of two-year colleges and academic programs. Heim has been at LCCC since 2003 and focuses on student affairs while also looking for ways to empower, motivate, and inspire students to do their very best and complete their degrees. Heim was asked what this means

for her and the students at LCCC.

“I think it says much more about the students at LCCC,” Heim said. “I suppose on a very micro level the award affirms that students have found my support to be helpful to their efforts to achieve their goals.”

Unfortunately, there is a negative stigma about community colleges and their students around the country. But that stigma does not exist in Heim’s eyes, as she has been working with LCCC students since 2003.

“I have found the overwhelming majority of community college students to be incredibly hard-working, ambitious individuals who are balancing so many roles and obligations in their lives,” Heim said. “I am generally in awe of how students are able to do as much as they do. The motivation, drive and ambition of our students takes a back seat to no other college students.”

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Job Fair attracts 100 Lehigh Valley employers

David Andrews
Writer

On Thursday April 7, LCCC held the Spring Job Fair in the Lisa Scheller and Wayne Woodman Community Services Center on the main campus in Schnecksville. Students and recent alumni were in attendance as they were “dressed to impress,” handing out their resumes to the 100 different local and regional employers and companies in attendance.

“The employers and companies that were there have full time, part time, seasonal and internship opportunities,” Tina Moyer, director of the Career Development Center, said. “The benefit for anyone looking for any of these opportunities is that they will be able to get in front of those employers who are looking to hire.”

Registration for the Job Fair was fast and simple. Students were able to register either before the Job Fair, or upon arrival. The Cougar Claw was a way for the students and employers to register for the



Photo by David Andrews
Student Noriani Estevez puts in a raffle ticket trying to win a 32" flat screen television at the Spring Job Fair held at LCCC.

Job Fair.

“Even if you aren’t quite ready for a job it is extremely valuable to research companies that are hiring in the Lehigh valley,” Moyer said. “Even if you plan on transferring to a four-year institution it is important to have options because you’re going to need a job eventually.”

Noriani Estevez, a student at LCCC, went to the Job Fair looking to find a job for the summer.

“It was great meeting people and having one place where I could find all these opportunities,” Estevez said. “I had so much fun talking to everyone and looking for potential jobs for the summer.”

LCCC holds two Job Fairs each year. One in the fall semester and the second one during the spring semester. If you have any questions about the upcoming Job Fair in October, 2016 contact Tina Moyer at cmoyer@lccc.edu.

Students benefit from attending Transfer Fair

Jane Sharkey
Writer

The circle of collegiate booths that gather on LCCC’s campus during transfer fairs do more than just take up space. Complete with smiling college representatives, these fairs give potential transfer students mounds of useful information.

During the 2016 spring semester, LCCC hosted a variety of colleges for multiple transfer fairs, all aimed at preparing LCCC students for transferring to four-year universities. On April 19, a joint general and health sciences transfer fair included 12 colleges.

According to Bret Krotee, the Associate Director of Admissions and Transfer Coordinator at Alvernia University, transfer fairs allow students to “explore their options in continuing their education.”

He explains that students in all stages of their academic career could benefit from attending these fairs, as the

college representatives will help students “navigate” the right courses to meet admissions standards. For all students, Krotee says that making use of these fairs will help with weighing the different aspects of potential colleges, such as cost and atmosphere.

Jan Yoder, the Assistant Director of Admissions and Transfer Coordinator from Mansfield University, also emphasizes the need for exposure to colleges in making the right transfer decisions.

“My goal is to match the student with the right program, to find the best fit,” Yoder explains.

She recommends students bring copies of their transcripts to these fairs, as some colleges will even review transcripts on the spot, sometimes offering application-fee waivers or even on-the-spot admission.

To learn more about these fairs and

to view upcoming dates, contact LCCC’s Transfer Center or scroll through the event calendar on the LCCC portal.



Photo by Jane Sharkey
The Cedar Crest College booth at the Spring 2016 April 19 Transfer Fair.

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Opinion

Millennial generation often misunderstood

Zach Kocis
Editor

When I was younger, I used to have to walk to school uphill both ways...in the snow." I'm sure most of you have heard a variation of that quote before, most likely from one of your grandparents' generation of baby-boomers. They, like many others, hold negative and misinformed perceptions of millennials. We're lazy, narcissistic and entitled; we take things such as staying on our parent's health care plans until age 26 for granted, and document every second of our lives with ego-centric social media platforms like Snapchat and Instagram.

Invariably, those stereotypes can be true but are often generalized. According to the Pew Research Center, in 2015

there were 75.4 million people considered a part of the millennial generation. This generation is one of the most liberal, open-minded groups of people in this country at the moment. Unlike baby-

"Many are liberal leaning, holding favorable opinions of gay rights and different minority groups."

boomers, many are liberal leaning, holding favorable opinions of gay rights and different minority groups, and are enthusiastic about social change. A great number of millennials even endorse a presidential candidate whose most extreme, radical ideas include free universal health care and free public college education. And yet this generation will also be poorer and more unemployed than any other generation in United States history.

So why is this generation worse off

than their parents? The cost of living has increased exponentially. A National Employment Law Project study found that while costs like healthcare, housing and college tuition have skyrocketed in recent years, median wages have fallen up to four percent in the past five years. But what's to blame? The Great Recession of 2008. According to RealClearPolitics, the recession brought job growth to a halt and cut job opportunities for recent college graduates. In fact, 12.4 percent of graduating millennials were not expected to find employment.

The reality is, millennials are faced with challenges that prior generations like the baby-boomers did not have to face. Although the word may hold a negative connotation for older generations, millennials are the future. It looks bright.

Rachel Scott movie causes controversy

Alicia Durst
Writer

The Columbine High School massacre occurred on April 20, 1999 in Colorado. The perpetrators, Dylan Klebold and Eric Harris, killed 13 people and injured 20 during their shooting spree. After inflicting death and terror on their school, Klebold and Harris committed suicide.

Seventeen years later to the day, "I Am Not Ashamed", a movie about the first victim, Rachel Joy Scott, was released. The release date was chosen for the 17th anniversary because Scott was 17 when she was killed. But doesn't that trivialize the other victims?

In the comments section for the trailer, people bragged about how they were planning to dress in trench coats to see the movie in theaters, copycatting what Klebold and Harris were wearing during the attack. Was it really safe to go see the movie, especially on the premiere date?

The movie depicts Scott as a devout

Christian and focuses that as the reason for her death. There are reports that support Scott being asked about her faith, but the film depicts her as a martyr for the Christian faith. Does this mean she is more important than the 12 other victims who were killed that day?

should have honored the other victims as well. The movie is focused on the kind of person she was; it is not a movie reflecting the event as a whole.

According to various sources, Scott was indeed asked if she believed in God, to which she replied, "You know I do." Some believe that the boys targeted Christians, and others believe the attacks were random. Reports state that two girls were asked about God, Scott being one of them. She was not the only victim. There were 12 other casualties that day. It seems as if she is more important just because of her religion.

The trailer ends with Scott saying, in simple terms, that Jesus sacrificed his life for her, so she will do that for Him. I feel as if the movie takes this out of context, as she did not choose to die on April 20, 1999; her death was the result of an unfortunate event.



I feel like the release of this movie is unfair to the other victims. While it is depicted as a Christian movie that focuses on Scott's life and death, the filmmakers

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Retailer's plus-size ad sparks controversy

Caitlin Yaun
Editor

The latest campaign ad from plus-sized fashion retailer Lane Bryant has recently come under controversy, and for good reason. At face value, this new campaign titled "I'm no angel" seems to be progressive, empowering women



with curvy body types to take pride in their appearance and to value themselves regardless of their waist size. However, when examined beyond the surface, this supposed "body positive" campaign is actually causing more harm to the

women of America than promoting good.

After watching the "I'm no angel" campaign video for only a few moments, you'll quickly see that this advertisement is very anti-Victoria's Secret, hence the condescending name of the campaign. This video seems to be mocking the Victoria's Secret brand in its entirety, as well as the Victoria's Secret models and angels. What's more, the Lane Bryant campaign video even goes as far as saying that Victoria's Secret doesn't promote healthy or realistic body standards for women.

Since the launch of this campaign, Lane Bryant has received backlash from Victoria's Secret and its supporters. It seems that a war between the two brands has begun, as both companies compete for the title of the superior body type. What's more,

customers of both brands are extending the same type of hostility towards each

"However, when examined beyond the surface, this supposed "body positive" campaign is actually causing more harm to the women of America than promoting good."

other, which may be the most surprising outcome of all.

As a firm believer in the body acceptance movement, I believe that women should be judged for the content of their character, not the size of their jeans. As women, we should all unite to support each other to eradicate negative body image overall, but battling each other over which body type is superior will only further segregate women and cause more hostility between us.

After all, whether we're plus-sized women, average-sized women, or petite women, we are all undoubtedly, women.

Allegations revive dialogue about rape

Daniel Berrios
Editor

For some the name Toby Turner, better known as Tobuscus on YouTube, is as recognizable as celebrities such as Brad Pitt or Rihanna. The popular YouTube star has, over his ten-year stint on the video site, accrued more than 15 million loyal fans thanks to his popular videos, some of which have been praised by media sources such as CBS News and Wired and because of his energetic personality.

So it was a shock to many when on April 8, 2016 one of Turner's former girlfriends, April Fletcher, accused the YouTuber of drugging and raping her three years earlier.

"We need to show victims that they don't need to be afraid to report their assault."

Turner's fans, as with many audience members, were divided over the allega-

tions. Some rushed to the YouTuber's defense accusing Fletcher of seeking attention, while others universally condemned him.

This isn't new for many high profile sexual assault cases. For many the question becomes who has the most to prove? The accused or the accuser.

As Cathy Young, writer for Slate magazine, said in her 2014 article, "Rape is a repugnant crime—and one for which the evidence often relies on one person's word against another's."

Young goes on to warn against assuming that an accuser is always telling the truth or is always suspicious.

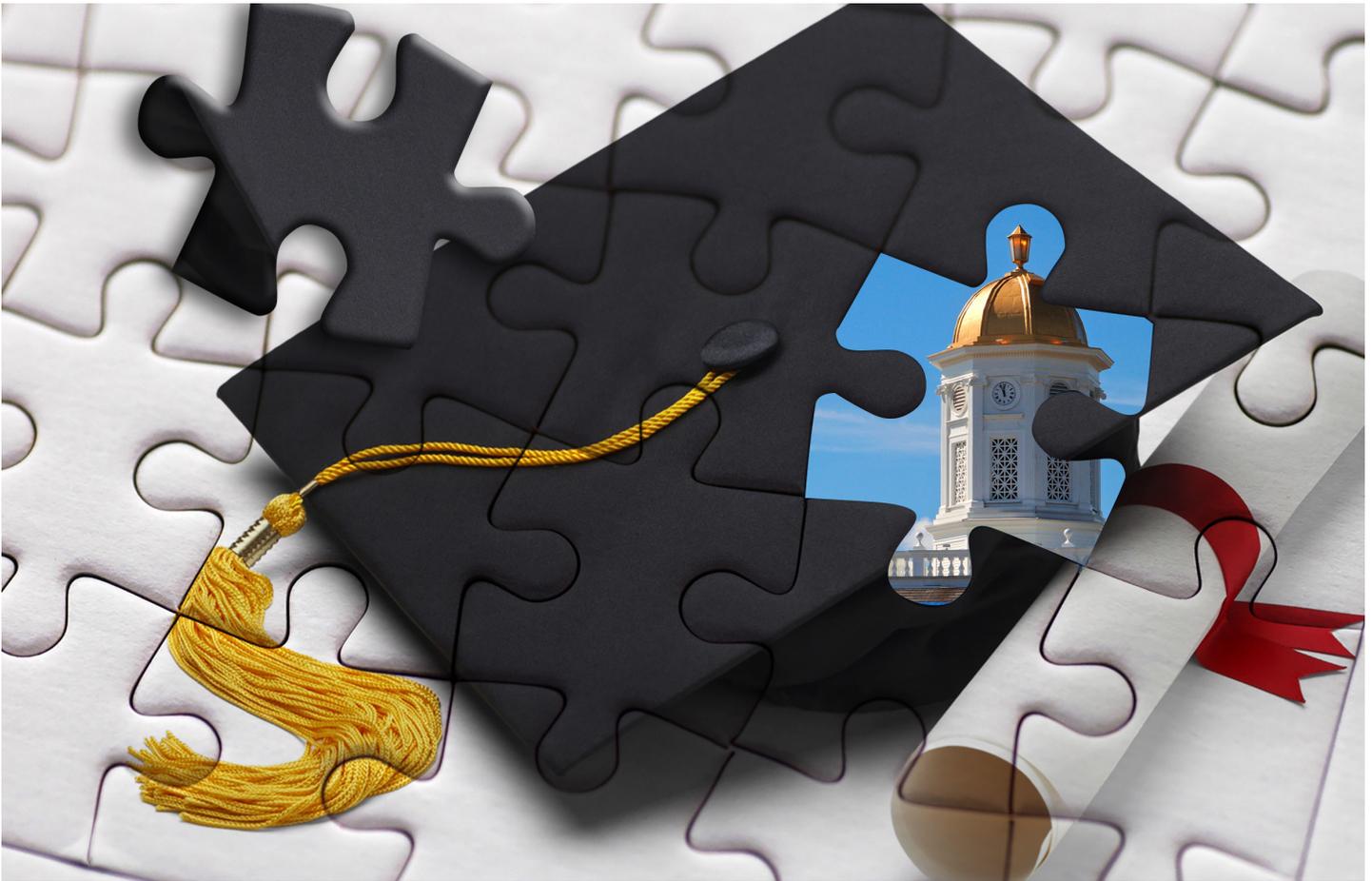
On the one hand assuming the former leaves room for false allegations, such as what occurred with U.K. teenager Jay Cheshire who, after being falsely accused of rape before being acquitted, committed suicide due to the stress of the investigation.

However, assuming that a victim is lying can exacerbate an already emotionally difficult and humiliating situation.

On the Howard Stern Show, Madonna explained why she never reported her rape. "You've already been violated," she said. "It's just not worth it. It's too much humiliation." A reason shared by many victims.

As a result we stopped having meaningful dialogues with one another. We began to fight about feminism and misogyny instead of realizing that the victims need to be cared for. We need to show victims that they don't need to be afraid to report their assault, nor should someone falsely accused be afraid of being hung in the court of public opinion.

But before that we, as a country, as a state, as a college, and most importantly as individuals have to be brave enough to have these conversations even if we fail.



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LCCC IN FOCUS: What does an LCCC education mean to you?

"It's a great starting point, especially in the honors society where I have people with the same goals."



Margaret Gehman

"An LCCC education means being prepared with the skills and knowledge needed to smoothly transition to a four-year university."
- Zach Sisson

"It's a really good establishment of being able to start somewhere and go anywhere you want."



Drew Labenberg

"It offers amazing, hands-on courses that help us build portfolios to get better jobs." - Jason Wegfahrt

"It allows me to network and create opportunities to further my education and career." - Anthony Wilt



Deandre Avinger

"It's an opportunity for something better."

"I like the small class sizes and the individual attention." - Mary Collier

"LCCC offers the chance to advance my studies and access outstanding, supportive faculty, all while making college affordable for me!"



Brittany Burda

health & fitness

Baseball star ponders past, looks to future

Amanda J. Treible
Writer

Trevor Musselman fell in love with baseball at the age of 5 and has been playing ever since. His dad, who was always a fan of the game and played himself, started Musselman's passion for the game.

Musselman overcame an obstacle that halted his career as a baseball player in his junior year of high school. He dislocated his shoulder and tore his labrum after sliding into first base. He played most of his junior year in high school with the injury. The injury was painful and required surgery to correct. He also needed months of therapy and training to regain his ability to move the arm.

After his surgery, he had to give up pitching and now focuses on his batting. "I...tried not to focus on the past, but focus on still being the best baseball player I could be and perform to my

capabilities," Musselman said.

Though his shoulder injury was a setback to his career, he is now successfully playing for the Cougars.

Musselman reflects about a game played last season.

"It was a night game and all of the lights were on," Musselman says. "I was up to bat and I ended up hitting a home run. That was probably the best moment I've had playing baseball."

He received the Athlete of the Week award from the Eastern Pennsylvania Athletic Conference for his outstanding performance the week of March 15, 2016. He was also named to the EPAC All-Conference Baseball Team in 2015.

Musselman has received scholarship offers from different schools. His top choice is to play at Delaware Valley University.



Photo courtesy of Andrew Johnson
Trevor Musselman has big expectations for the 2016 season. He is positive about this season and hopes to make it to the playoffs.

Good nutrition boosts athlete performance

Yesenia Ramos
Writer

You have practiced hard for the big event. You feel ready but there is just one thing lacking: proper nutrition that will keep you going throughout the competition.

"Athletes are not supposed to eat right before an event because their stomach gets upset in the middle of the event."

According to the online Oxford Dictionary, good nutrition involves the process of providing or obtaining the food necessary for health and growth. Proper determination of nutritional needs and athletes requires knowledge of the athlete's body fat composition and daily caloric expenditure.

The most important thing to

remember when designing a pre-event meal is to stick with foods your body recognizes, instead of trying something new. Another important reason to practice proper nutrition before an event is to prevent hypoglycemia (low blood sugar) which symptoms include dizziness, nausea, fatigue, muscle weakness and blurred vision.

Rachel Refenes, head coach of the women's volleyball team at Lehigh Carbon Community College, always makes sure her players follow healthy eating habits.

"By eating healthy, the girls have more ability to play a whole competition without any continuous fatigue," Refenes said. "Drinking water is one of the most important steps of nutrition. Every athlete has to make sure they drink

extra water the day before, two to three glasses before bed, and one to three glasses five to ten minutes before the event and remember that they have to re-hydrate after the event."

Jassel Santana, a former student athlete at Louis E. Dieruff High School in Allentown, shared his advice about eating well before an event or competition.

"Athletes are not supposed to eat right before an event because their stomach gets upset in the middle of the event," Santana said. "I personally had my meal preparation every time I had a competition."

Good pre-game nutrition helps maximize your ability to compete. As an athlete, think about how good nutrition keeps your body in good condition during a competition.

Graduating from LCCC?

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16 THE PAW PRINT

LCCC celebrates children and educators

Amanda J. Treible
Writer

Lehigh Carbon Community College celebrated its twenty-ninth annual Week of the Young Child April 9-16, 2016. Each April, the National Association for the Education of Young Children sets aside a week to celebrate and honor the education of young children, their teachers and their families.

The children's events are very successful, bringing children from all over the Lehigh Valley and Carbon County areas. The Stretch-n-Grow program is a fitness program aimed at children from 18 months to 12-years old.

The Stretch-n-Grow program brought 180 children and chaperones to Berrier Hall on April 13. The activities started out with a cardio warm-up of running, jumping jacks and stretches. The children then went through different obstacle courses and activities, such as kicking soccer balls, throwing toy basketballs, and different balancing games.

The Stretch-n-Grow fitness classes are an international program that teaches children about eating healthy, their bodies, and exercising. The students majoring in Early Childhood Education pay for the children's events through fundraising. The students are also involved in workshops and volunteer at different events held at LCCC for WOTYC.

This year's speaker, Dr. Jean Feldman, is internationally recognized as an Early Learning Educator. She is a member of the NAEYC and the author "Survival Guide for Preschool Teachers," "The Complete Book of Indoor and Outdoor Games and Activities," and "Transition Time."

The WOTYC is strongly supported by



Photo by Amanda J. Treible
Children participate in a stretching activity during Berrier Hall festivities.

college staff and administration, as well as the surrounding communities.

"It is a testimony to the college and how welcoming we are to all ages and people," says Laura Segatti, a teacher in the School of Education at LCCC.

Student Athlete Council begins club outreach

Brooke Gimbor
Writer

The Student Athlete Council at LCCC is working hard, encouraging students to become involved.

This is the first year of the Student Athlete Council at LCCC. Student Athlete Council member, Madison Marshall, is working hard to set the foundation for the committee for upcoming years. The Student Athlete Council is working on getting involved in various programs, such as the Special Olympics. Students are encouraged to join the council to help the committee get involved with other programs and activities. Although anyone is allowed to join the council, the committee does request having two athletes from LCCC to represent their team on the council. However, the council does not expect each member to be an athlete here at LCCC. The council is working on getting more non-athlete students involved.

"Having students that are not athletes



could be very beneficial to the club," Marshall explains.

The Student Athlete Council has been getting involved with many programs going on at LCCC. The council recently got involved with the "It's on Us" campaign that encourages pledging to keep women and men safe from sexual assault. This pledge means you will not be a bystander to sexual assault, but be a part of the solution. The student athletes on the council came

together and created a video that helps support the campaign, which you can find on the "GoCougarSports" LCCC webpage. The council is also working on getting involved in the Special Olympics programs around Lehigh and Carbon counties.

"Nothing has been set yet since this is our first year, but we are working vigorously to create a permanent place in the Special Olympics for LCCC athletes and students," Marshall explains.

The Student Athlete Council meets occasionally during the school semester to discuss these matters. Meetings are held in Berrier Hall and anyone is welcome to attend, committee member or not. All students are encouraged to get involved in the Student Athlete Council to help set a solid foundation for the future committees. Students can get involved by contacting the Athletic Director and Advisor, Andrew Johnson.



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Young entrepreneur pursues his dreams

Jane Sharkey
Writer

Imagine a young boy who comes to America having only known life in poverty. When he arrives here, the United States amazes him, and he watches movies such as “Star Wars” in wide-eyed astonishment.

This boy exists, and his name is Luis Bardales Jr. Now a young adult and entrepreneur, his story may surprise people.

“It’s one thing seeing it in a documentary, and another seeing it in real life,” Bardales explains, revealing the truth of poverty.

He started life at the bottom, having to survive through the impoverishment of Peru. Bardales then rose to harness

his passion for film into becoming an American entrepreneur : the sole director, producer, and editor of his very own budding company, LBJ Media.

Before coming to LCCC, Bardales attended Dieruff High School in Allentown, a district known for its rough environment. But his unique determination, a characteristic of someone who knows the harsh realities of poverty, served him well, and he stayed on a path to success.

“You have to show people that you’re actually worth something... Don’t just be what society tells you to be,” Bardales

says.

He even credits his current success to the struggles he’s had to overcome, explaining that his experiences have allowed him to truly understand others and their perspectives.

This talent for communication helps him as an entrepreneur and carries over into LBJ Media, as he aims to work with others to tell a story. Bardales explains that he wants to bring life to his clients’ visions through storytelling, versus simply waving a product at viewers.

As a final note, Bardales gives advice to people who wish to pursue entrepreneurialism:

“We’re taught that failure is a bad thing,” Bardales says. “But really it’s the beginning of the learning process.”

To contact Bardales and to learn about his work, visit www.LBJMedia.



Photo by Jane Sharkey

Nationwide, schools create art programs

Kelly Zahn
Writer

Lehigh Carbon Community College has many programs and areas of study to offer its students. With many new additions to programs like those in LCCC’s School of Computer Science and the Arts, students’ possibilities in the career world seem endless. LCCC is not the only school making progressive changes to its areas of study. Other

schools, both within the local Lehigh Valley community as well as nationwide, are now introducing art based programs to expand areas of study.

Many schools in the Lehigh Valley are embracing new and growing interest in the arts and media communication. One school that has just recently introduced a communications program is Cedar Crest College. Listed on their website are four possible pathways that break down each area of study. They offer New Media and Media Studies as majors and Communication and Film Studies as minors. For

students looking to transfer, Cedar Crest College would be a great opportunity.

Due to this growing interest in the arts and new media, this requires a need for teachers who know the industry and are willing to teach it.

For anyone who is part of LCCC’s School of Computer Science and the Arts

program and is involved within the Communications, Media and the Arts Division, there are opportunities outside of LCCC to help better expand your knowledge and education in your chosen field of study. With a continuously growing industry, there is no limit to where the arts programs may take you.



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2016's most anticipated movies hit theaters

David Andrews

Writer

This year is full of all kinds of movies, but what you may not know is that there are 26 jaw-dropping films coming out this year. From action-packed thrillers to hilarious comedies, you might just want to spend your summer in an air conditioned movie theater.

Based on a recent poll, "Finding Dory" was voted as being the most anticipated movie of 2016. With 100 people voting, "Finding Dory" was voted on a total of 54 times, getting more than half the votes. The movie depicts a character from a classic Disney movie "Finding Nemo". In this movie, Dory reunites with Nemo and Marlin in search of her lost parents. The movie will be released on June 17, and will be available in 3D.

Another highly anticipated movie,

"Captain America: Civil War," came in second place receiving 22 out of 100 possible votes.



This movie will feature Captain America and Iron Man parting ways, with Captain America in favor

of superheroes remaining free of government and Iron Man supporting government regulation.

According to Rotten Tomatoes, as of April 17, there were a total of 18 critiques with the average critic giving the movie 8.5 out of 10 stars.

"After watching the trailer I couldn't be more excited to watch this movie," Ben Shelley, a student at LaSalle University, said. "I'm a huge Batman fan, but I've been waiting for the new Captain America movie to be released ever since last Christmas."

Other movies yet to be released include "Rogue One: A Star Wars Story," "Suicide Squad," and "X-Men: Apocalypse." Most of these movies will be released this summer, but "Rogue One: A Star Wars Story" will be released around Christmas.

Radio station has waves of opportunities

Kelly Zahn

Writer

Lehigh Carbon Community College offers many opportunities for its students to succeed within their program of study. The music and sound production program at LCCC is one of the programs that both students and non-students benefit from greatly. From recording demos to live studio sessions, the music and sound production program truly provides for both academic and practical uses.

For both students and non-students alike, the radio station WXLV at LCCC provides opportunities worth taking advantage of. Chris Andrew, program director for the radio station, trains students within and outside of the major on how to become WXLV radio DJs.

"We have a 24 track digital recording studio," Andrew said. "A lot of that is used in our classes for training and teaching. We do have outside bands come

in and we record them for a small fee. We do it all here on campus. Some of the bands are students themselves."

The recording studio provides these services for bands looking to record

awry.

The bands aren't the only ones who benefit from all this. Students also greatly benefit from this experience.

Wendy Barron, coordinator of the Communications, Media and the Arts division, stresses how academics are integrated with this.

"We first start by having a field trip in our Intro to Media Communications course," Barron said. "Students do a radio project and move on to an intro course. By the advanced course, they're taking their courses down at the station. Opportunities to volunteer and to be in an internship program exist as well. When they graduate, they can apply to be a paid student

worker. You don't have to be in these programs to be down here."

These opportunities are here for students and can easily be taken advantage of.



demos in order to promote their band name. The fee for using the equipment is \$25 per hour and both the band and the studio must sign a contract. These provide protection in case something goes



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Jim Thorpe: small town, big adventures

Brooke Gimbor
Writer

Have you ever wanted to take a summer road trip but didn't have the time or money to drive hours to the nearest beach? Then Jim Thorpe is the perfect place for you.

Jim Thorpe is a quaint, little town located in Carbon County, PA. Most people commonly overlook Jim Thorpe, being that it is a small, hidden town. What most people don't realize is that Jim Thorpe is packed full of amazing architecture, great restaurants, and a wide variety of activities and events for all ages.

Jane Kohler, who works in Jim Thorpe at the Visitors Information Center, helps give tourists information about the town.

"I love my job here in Jim Thorpe," Kohler says. "I enjoy meeting new people every day and helping them get to know more about what Jim Thorpe offers. I

even find myself rambling on sometimes because I love sharing information about our town with the tourists."

Most college students are on a budget and can't afford to take big summer vacations, which is why Jim Thorpe is the perfect alternative. Walking along Broadway Street you will find many unique shops offering inexpensive clothing, jewelry, and handmade items. The atmosphere along Broadway Street is peaceful with no shoving, pushing, or loud music.

Jim Thorpe also offers more than 12 delicious and inexpensive restaurants around the town. Some more expensive restaurants including Broadway Grille and Moya offer exquisite food with a classy environment. If you're looking to quickly grab a bite to eat visit Bear Appetit or Mollie Maguire's Pub and Steakhouse for a delicious meal at a great

price.

Many activities and events are held in town. There is a train ride that takes passengers on a scenic ride through the Lehigh Gorge Railway. The town also offers horse-drawn carriage rides, bike tours, whitewater rafting, camping, and skiing all for a great price.

No matter what age you are or what interests you have, Jim Thorpe is a unique town that offers endless activities that anyone can enjoy.



Students sound off on body art

Jasmine Pasternak
Writer

Body modification has reached back for centuries with changing opinions and styles. Students take historical techniques to a new level of understanding and knowledge.

Society has never shyed away from embracing piercings and tattoos. For example, nose piercings have been associated with Hinduism. Meanwhile, King Tutankhamun in ancient Egypt has been credited with inventing earlobe stretching.

Tattoos were once a long and painful process of manually driving needles into flesh. America transformed the world of tattoos by introducing a new, quicker

process. Samuel O'Reilly is credited with inventing the tattoo gun in 1875 from Thomas Edison's "Electric Pen".

Jake Kenealy, a student at LCCC, is a supporter of tattoos.

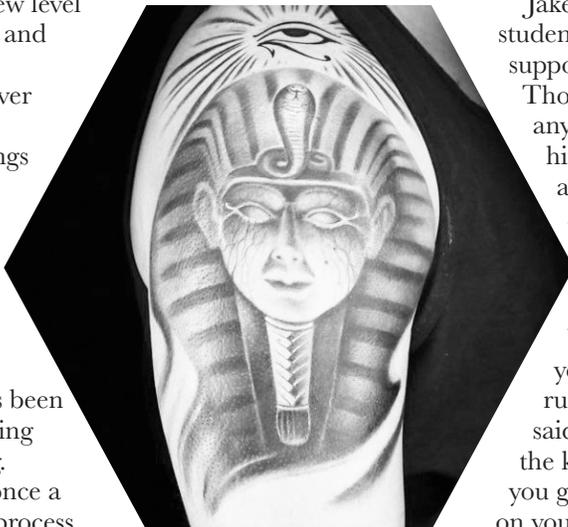
Though not having any tattoos of his own, he still appreciates the art of tattoos. "I think tattoos are a good idea, but they affect you in the long run," Kenealy said. "Depends on the kind of tattoo you get, how it looks on your body, and it might depend on where

you put it."

James Kuessler, a student at LCCC,

has multiple tattoos while pursuing his education.

"I think it's important to have tattoos in society," Kuessler said. "It gives people the opportunity to express themselves freely with their own art. They could look dangerous, or silly, or whatever to someone else, but to the person who has them it may mean the world to them."





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Students celebrate intercultural diversity

Amanda J. Treible
Writer

The Intercultural Student Association celebrated its third Intercultural Night on April 19 in the Community Service Center.

The night included presentations from students in the club about their countries and cultures, including Mexico

and Morocco. The Morocco presentation highlighted the relationship between America and Morocco.

The ISA also had traditional African dancers and drummers. They taught the crowd traditional dances and talked about the significance of the drums

in Africa. The drums are a means of communication to the people to serve as a warning or as a signal to gather at the palace. There was also a fashion show at the end of the night showing different traditional dress of other cultures.



(Left) ISA members pose in front of the photo booth set up for the evening.

(Right) Traditional African drummers perform and demonstrate a call to come to the palace.



Photos by Amanda J. Treible

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