

DR. ANN D. BIEBER
**PRESIDENT'S
DESK**

NOVEMBER 2022



Lehigh Carbon
COMMUNITY COLLEGE



LCCC and Senator Patrick Browne Announce \$106,000 Diabetes Education Grant

Lehigh Carbon Community College and PA Senator Pat Browne announced the awarding of a \$106,000 grant to support diabetes education in Allentown's Hispanic community. The grant was announced by Sen. Browne and LCCC President Dr. Ann D. Bieber.

The \$106,000 grant, part of a state budget allocation from Sen. Browne, will support a year-long diabetes outreach

program to educate Allentown residents and LCCC students who identify as Hispanic on preventative measures, healthy

lifestyle choices and self-care strategies. The program will kick off in the fall 2023 with a free community health fair to be held at a city park and will continue through a yearlong education campaign that will include workshops and outreach. With support from the grant, LCCC will also stock its on-campus food pantry with diabetes-friendly food options to help its high-risk students. A dietician will lead workshops throughout the year on healthy food choices.

Materials and workshops will be offered in both English and Spanish.

LCCC students in health care will assist with the effort, gaining real-world experience. The college will also seek the support of community partners such as the health department, area health care providers and community agencies to support this educational effort. A nutritionist will help to create food bags at the college's food pantry that are specifically designed for a diabetic diet. More

than 45% of the students who have accessed the college's on-campus food pantry identified as Hispanic. Since opening in 2018, the pantry has served nearly 500 students and an additional 700+ family members.

More than 54% of Allentown's population identify as Hispanic. LCCC's student enrollment at the Allentown site totals 70%. The college has been designated by the U.S.

Department of Education as a Hispanic Serving Institution, with its total student enrollment of 28% Hispanic.

"The college is

excited about the opportunity to lead this community outreach that will positively impact the Hispanic community, and especially our students and their families," said LCCC President Dr. Ann D. Bieber. "The funds will allow us to make an impact with a variety of activities and workshops that will be offered throughout the year. Our entire college will be involved and will work closely with community partners to address lifestyle issues, education and healthcare."

"Diabetes continues to be a serious and growing public health issue for our state's population, especially amongst members of the Hispanic and Latino communities," Senator Browne said. "This new outreach and education initiative will help to inform residents of healthy lifestyle choices and preventative measures that can mitigate this harmful disease. I am proud to partner with LCCC on this important new program that will have a positive impact on our community's health." ■



2020 LCCC Graduate Finds Community and Support



"In 2016, I realized my calling. I wanted to establish a veteran's support group for women in the Lehigh Valley. I had all these skills from helping and teaching – public speaking, facilitating – but I didn't have the business skills to start my own non-profit. So I went back to school," recalled Jennifer Pacanowski, founder and director of

Women Veterans Empowered & Thriving (WVE&T) and class of 2020 alumna of Lehigh Carbon Community College (LCCC). "I had found my dream and my calling, I just needed to learn the skills to achieve my dream – and that's why I started at community college."

Ms. Pacanowski had tried higher education in the past. Immediately after graduating high school in Tobyhanna, Pa., she enrolled in a private college and struggled for the next five years, until she had \$40,000 in student loans but no degree. She joined the army to seek relief from the burden of her student loan debt. She served as a combat medic, accompanying convoys of supplies during transport in Iraq.

"The military was a challenging and quick but defining part of my life. It was training, then war, then the reserves," she said. "In 2007 I was diagnosed with severe PTSD. My transition back to civilian life was hard, but eventually I found a community of other people from the same background who were also struggling with their mental health. I just kept trying different things until something finally helped. I didn't give up."

Her second try at postsecondary education, Ms. Pacanowski said, was different. She said that at LCCC she found more support. "The community at LCCC was more supportive and helpful than I had ever experienced before," she says.

Since graduating with an associate degree in 2020, she transferred to Moravian University and earned her bachelor's degree. A resident of Bethlehem, Ms. Pacanowski is currently pursuing a Master of Fine Arts degree in Performance Creation while working full-time, raising two stepchildren and training bullmastiffs as a hobby.

WVE&T will hold [Student Military Community Empowerment Workshops](#) every other Tuesday this fall. All are welcome. Information on LCCC's veteran's services is [online](#). ■

ASD Students Have Debt-Free Pathway to Associate Degree Thanks to Grant

Lehigh Carbon Community College and PA Senator Pat Browne announced the awarding of a \$100,000 grant to support a collaboration between LCCC and the Allentown School District (ASD). These funds come from a grant obtained by Senator Browne through the 2022-23 budget process.



The Tuition- and Debt-Free College Pathway initiative will provide an opportunity for 25 at-promise ASD Early College students to earn an associate degree from LCCC without incurring the cost of a college education. In combination with additional sources, these funds will pay for tuition, as well as a \$500 textbook allowance for two years. Participating students who complete their degree at LCCC can then transfer to a college or university to complete their bachelor's degree. This pathway is streamlined through the 600+ articulation agreements LCCC has with 63 colleges and universities in Pennsylvania and nationwide.

ASD Early College students earning their high school diploma and college degree simultaneously are eligible for this pathway scholarship. Full-time students will start at LCCC in fall 2023 and are expected to complete their associate degree by the end of academic year 2025-26.

"This partnership is an example of the college's commitment to student success, creating an innovative pathway for students to earn their high school diploma and associate's degree without incurring debt," says LCCC President Dr. Ann D. Bieber. "ASD students will be able to fully realize their dreams of a college education."

"A skilled and talented workforce continues to be the bedrock of the American economy," Senator Browne said. "This program will help to ensure that our students have new pathways to obtain a high-quality education which will put them on the path to success. I want to thank LCCC for their commitment to the students of Allentown and for providing these outstanding opportunities."

Students and families interested in the pathway initiative can contact LCCC Office of High School Connections at dualenrollment@lccc.edu. ■

Prospective Students Invited to LCCC Fall 2022 Open House on Nov. 10



Prospective students and their families are invited to Lehigh Carbon Community College's in-person fall open

house on Thursday, Nov. 10, in the Community Services Center on the college's main campus in Schnecksville. The open house will be held from 6 to 8 p.m.

Admissions and financial aid representatives, academic advisors as well as faculty program coordinators will be on hand to answer questions. The open house is an excellent opportunity for prospective students of all ages to learn about degree and career programs, tour the campus, learn about scholarship opportunities and how LCCC can pave the way for an exciting and rewarding career or transfer to earn a bachelor's degree. Families are encouraged to attend with their prospective student.

- Meet with faculty coordinators about degrees and the many programs that interest you
- Learn about the LCCC admissions process, advising, transfer options, placement testing, athletic opportunities and more
- Attend presentations on financial aid and scholarships (offered in both English and Spanish), educational support and the Honors program
- Learn about classes and campus life
- Take a campus tour

Interested students should register at www.lccc.edu/openhouse or contact the LCCC Admissions Office at 610-799-1575 or admissions@lccc.edu. ■

Honors Students Visit Rodale Institute



LCCC Honors students visited the Rodale Institute to learn all about organic farming practices and their environmental benefits. Leading scientists in the field shared current research on methods for sustainable soil health and weed control in farming. The tour of the beautiful 300+ acre farm included hens, pigs, and the "weed zapper." ■

\$150,000 Grant from Justamere Foundation Supports LCCC Health Care Students

The Justamere Foundation has awarded Lehigh Carbon Community College a \$150,000 grant to support the Health Care Career Pathways project. Funds will pay for scholarships for students in noncredit and credit health care programs and will support the alignment of pathways for students, especially those from marginalized groups, to access career and training opportunities that may have been previously out of reach.

The grant corresponds with a larger project that LCCC is participating in to develop a structured pathway from the noncredit nurse aide program into the credit degrees in practical nursing, medical assistant and health sciences. Likewise, students in credit-based health care programs will have opportunities to add occupational credentials through noncredit classes. LCCC is part of the Noncredit and Credit Alignment Lab, a national consortium of 14 colleges working to streamline this pathway.

Training for entry level jobs can quickly propel people in the workforce; however, they may miss opportunities to advance in their careers if programs to attain higher skills and certifications are unavailable or out of reach. The ability to stack credentials is part of this model and supports students to keep moving forward by supporting them with scholarships to make it possible.

Guided career pathways combining credit and noncredit instruction, academic planning and success coaching are vital for working students to have a chance to improve their lives through education.

Scholarships will be awarded beginning in the spring 2023 semester.

The Justamere Foundation, based out of Exton, Pa., supports projects that remove barriers that prevent working people from being fully self-sufficient.

For information on the scholarship, contact Dr. Andrea Grannum-Mosley at agrannumosley@lccc.edu or Jennifer Leach at jleach1@lccc.edu.



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Dr. Ann D. Bieber

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Important Dates for November 2022

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| Nov. 1 | Education Programs Info Session, 3-5 p.m. |
| Nov. 1, 3, 8 | Parent/Guardian Info Session for ASD Students |
| Nov. 3 | Adult, Veteran and Returning Adult Student Info Session, 6-7 p.m. |
| Nov. 10 | Fall Open House |
| Nov. 11 | Veterans Day Ceremony, SSC Flagpole, 9 a.m. |
| Nov. 16 | Admissions Info Session at Tamaqua Site, 6-7:15 p.m. |
| Nov. 17 | Technology Programs Info Session, 3:30-5 p.m. |
| Nov. 23 | No Daytime or Evening Classes / Offices Remain Open |
| Nov. 23 | Virtual Info Session, 3-4 p.m. |
| Nov. 24-27 | College Closed |

LCCC Holds Parent/ Guardian Info Sessions in Allentown for ASD Students

Lehigh Carbon Community College will hold information sessions for parents or guardians of Allentown area high school seniors to prepare them for enrolling at LCCC. Families and students are invited to attend one of the sessions:

6 p.m., Tuesday, Nov. 1

2 p.m., Thursday, Nov. 3

11 a.m., Tuesday, Nov. 8

Sessions will be held in the 7th floor conference room at the LCCC Allentown site at the Donley Center, 718 W. Hamilton St. Spanish and Arabic language interpreters will be available, and refreshments will be served.

Participants will learn about the enrollment process, steps to register for classes, student resources to help students succeed, the Aspira first-year learning community for Hispanic/Latino students, success coaches, the college math readiness program and diversity initiatives. Admissions representatives will be on hand to answer questions.

Registration is available [online](#). For additional information, contact Tharsis Rodriguez at 610-799-1940 or admissions@lccc.edu. ■

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