REMINDERS

**ANNOUNCEMENTS** 

COMMITTEE

HIGHLIGHTS

**SPIRIT & WELLNESS** 

### September 29, 2022

#### Submit Your College Voice News Here

All College Voice submissions are due by 12 p.m. the business day prior to each edition (Friday by 12 p.m. for Monday edition, Wednesday by 12 p.m. for Thursday edition). Special exceptions will apply. Please ensure all applicable links and attachments are included in your submission, and all information, links and attachments in your submission are correct and accurate.

Thank you, Office of College Relations

View Previous College Voice Editions

**QUICK LINKS** 

September 2022 President's Desk

LCCC Employment Openings

**Events** 

PA Commission for Community Colleges

"This Week" Student Newsletter Report Safety and Security Concerns

**Marketing Project Requests** 

#### LCCC's College Relations staff can turn your creative ideas into reality. Whether it is an event, a new program, a website update, a social media campaign or beyond, our staff will work with you to

get the best results. Submit Your Marketing Project Request

MINUTES

President's Cabinet

Leadership Team

**Board of Trustees** 

Academic Council

REGISTRATION STATUS REPORTS

**Lobby Hours** 

Resources. WORKING @ LCCC

To view registration status reports, go to the

Institutional Research link on Faculty and Staff

**Duplicating Center and Mail Room Service Window Hours** 8 a.m. - 6 p.m., Monday through Thursday; 8 a.m. - 5 p.m., Friday.

7:30 a.m. - 7 p.m., Monday through Thursday; 8 a.m. - 5 p.m., Friday. Courier services Monday through Friday to all sites.

**Bookstore Hours** Monday-Thursday: 9 a.m.-6 p.m.; Friday: 9 a.m.-1 p.m.; Saturday and Sunday: CLOSED.

Thursday; 7:30 a.m. - 5 p.m., Friday.

**Library Fall Hours** 

**CulinArt Hours ARC Main Café** 

p.m. Closed Fridays. Catering is available.

7:30 a.m - 9:45 p.m., Monday through

Weekly Menu

The Corner Cafe Open 8 a.m. - 1:30 p.m. Monday to Thursday. Open

Monday-Thursday: 7:30 a.m. - 2:30 p.m. Grill open from 8 a.m. - 2 p.m. Fryer items available until 2:30

8 a.m. - 1 p.m. on Friday

President

meeting.

meeting.

**VP Stefanie Nester** 

to schedule online meeting.

Dr. Ann D. Bieber

**Wellness Center** 9 a.m. - 6 p.m., Monday through Thursday and Friday from 9 a.m. - 4 p.m.

PRESIDENT'S CABINET MEMBERS OPEN

**OFFICE HOURS** 

Appointments can be made via Zoom. Email Tracy Bean at thean@lccc.edu to schedule an online meeting.

VP Dr. Cindy Haney 1st and 3rd Mondays from 4 to 5 p.m. and 2nd and 4th Thursdays from 4 to 5 p.m. Email Ronnie Blue

at vblue@lccc.edu to schedule a Hangouts

**VP Larissa Verta** Access virtual office hours on Mondays from 3 to 5 p.m.; Tuesdays from 9:30 10:30 a.m.; and Thursdays from 12:30 to 2 p.m., or email kbellross@lccc.edu to arrange a scheduled

and 4th Fridays from 9 to 10 a.m. Email Mary Decker at mdecker@lccc.edu to schedule an online meeting. **Dean Peggy Heim** Mondays from 3 to 5 p.m. Email PHeim@lccc.edu

1st and 3rd Thursdays from 10 to 11 a.m. and 2nd

Interim Dean Dr. Jodi Rowlands Wednesdays, 8 to 9 a.m. or 4 to 5 p.m. Email jrowlands@lccc.edu to schedule a meeting. Dean Dr. Andrea Grannum-Mosley

Mondays from 1 to 3 p.m. Email agrannummosley@lccc.edu to schedule via Hangouts.

Wednesdays from 3 to 5 p.m. Email EReichardt@lccc.edu to schedule online meeting. Dean Dr. Kelly Trahan

Interim Dean Eike Reichardt

to schedule an online meeting.

**Dean Scott Aquila** 

**CIO Joshua Mitchell** Tuesdays from 11 a.m. to noon. Email JMitchell10@lccc.edu to schedule online meeting.

Mondays from 3 to 5 p.m. Email KTrahan@lccc.edu

Email Saquila@lccc.edu to schedule an online or face-to-face meeting

**ADMINISTRATIVE** 

**UPDATES** 

Phi Theta Kappa Parking Space Raffle

until Oct. 5. The winner will receive a reserved, front row parking space in parking lot C until Jan. 30, 2023! Tickets are \$2 each or 3 for \$5. Tickets can be purchased by emailing Gene Eden at geden@lccc.edu. Thank you for your support of our chapter.

LCCC's chapter of Phi Theta Kappa is holding a Parking Space Raffle/Fundraiser and tickets are on sale now

#### Walking Challenge Join the LCCC community to help build a better, healthier and happier culture. We want to share a fun strategy that can help you or a group be sure that you're taking care of yourself in October by walking for 29 days. You will

Don't Forget to Register for Spirit Committee October Events

access to your workspace.

**ANNOUNCEMENTS** 

receive a reminder email every Monday to enter your steps for the previous week. We will also share top results in College Voice each week. Reach out to Ronnie Blue at 1086 or vblue@lccc.edu with any questions. View the attached flyer for more information. **Halloween Office Decorations** 

Join the fun and decorate your office or desk for Halloween! It's time to crank up your Halloween creativity and enter the Spirit Committee Halloween Decoration Contest. Decorating will happen from October 1 to 22 and voting will occur the week of October 24.

You will need to register your department if you want to enter the competition. Click here to register. Prizes will

be awarded for 1st, 2nd and 3rd place during the week of October 31. There is a new twist this year ... we will be asking students to vote on the best decorations!

Please keep in mind that decorations should be FUN and work appropriate. Also, do not block windows or

EIH October Business Boot Camp Business Boot Camp, presented by the Entrepreneurship and Innovation Hub will be held October 10 - 14 from 3:30 - 5 p.m. on zoom. View the attached flyer for more information and to register.

Volunteers Needed - Fall Fitness Fest LCCC Foundation is seeking volunteers for our Fall

Bump...set....BOO!

FOUNDATION

Interested? Please contact:

Staff vs Student Game

Lehigh Carbon Community College

Fitness Fest, 5K Walk/Run, and 10K Run on Saturday, Oct. 29, on the main campus in Schnecksville (Halloween-themed). For staff volunteers, please fill out Fall Fitness Fest-5&10K October 29, 2022 JOIN NOW 4525 Education Park Drive Schnecksville, PA 18078

the leave request form on the portal under "Faculty and Staff Resources" – "Forms" – "Employee Payroll and Benefits" - "Leave Request Form". Check "other" and write in "Foundation Volunteer" and have your supervisor sign it. There are multiple volunteer opportunities on both Friday, Oct. 28 and Saturday, Oct. 29. \*\*Please note: Classified staff may volunteer to help at an event and must have supervisory approval if they are switching days. The day they switch out must occur within that pay period. Please use this link to register to volunteer.

Contact Pamela Matias, at pmatias@lccc.edu for more volunteer information.

Calling all faculty/staff interested in playing the 1st Annual Staff vs

Click here to sign up and provide t-shirt size.

Student volleyball game! Thursday, Oct. 27, at 5:30 p.m. Costumes are encouraged.



and state. Also, feel free to share photos.

pay \$5.

for more information.

registrants will receive a free t-shirt. Free food will be available.

race virtually Oct. 23-29. Because this is both a live and virtual event, instructions differ, but registration can be made for either event here. LCCC's live event will take place on Saturday, Oct. 29, rain or shine, on a challenging, picturesque route on the college's main campus in Schnecksville. Registration begins at 7:30 a.m., with the 10K run starting at 9 a.m. and the 5k Run/Walk at 9:10 a.m. Prizes will be awarded at the conclusion. The first 100

The race is geared to motivate LCCC students and employees, as well as friends, family and alumni, and the community to get out and exercise, while raising funds to benefit LCCC students. Last year's Fall Fitness Fest raised over \$11,000.

Entry fee to the public for the 5K and 10K is \$25 per person. LCCC alumni and students, and the military with ID

Participants of the Virtual 5K Run/Walk or 10K Run can complete the race anywhere – in their neighborhood, on

the trail, around the track, and anytime between Oct. 23 and 29. Use a fitness tracking app or wearable device to

track your time. Once completed, download your recorded time and send results to foundation@lccc.edu no

later than 6 p.m., Sunday, Oct. 30. Results should include: Hr:Minute:Sec along with your full name, city/town

For more information, contact Jane Wilchak at jwilchak@lccc.edu or at 610-799-1929.

Using Academic Writer with Your Students If you require your students to use APA Style for assignments, then Academic Writer, a resource available through the Rothrock! Library, is a valuable tool. You can learn about using Academic Writer as an instructor on

# Slip, Trip, and Fall Prevention

Slips, trips, and falls account for a large percentage of medical incidents on campus and are the result from some a kind of unintended or unexpected change in the contact between the feet and the ground or walking surface. Attached are tips to aid in the prevention of slips, trips and falls.

session.

Development Day, but there will also be a live orientation on Wednesday, Oct. 12 at 11 a.m. View the attached

#### Life and LCCC Student Engagement and Inclusion are COME GET INSPIRED! excited to invite students, faculty and staff to join us for Join us for a VIRTUAL viewing the virtual viewing of the PA Conference for Women on

Friday, October 7

CSC 203 & 205

10 a.m. Keynote Speaker

Virtual Viewing of PA Conference for Women

Continental Breakfast will be served. 11 a.m. & Noon - Breakout Sessions 1 p.m. Keynote Speakers Lisa Ling Marlee Matlin Malala Yousafzai

Please register at https://tinyurl.com/LCCCPAWomen

Come get inspired! Stop by for a short time or spend the day with us. However, please RSVP to Tina Moyer at cmoyer@lccc.edu so we can have a count for food.

The LCCC Career Development Center, LCCC Student

Friday, Oct. 7, in CSC 203/205. Please see the flyer for

the line-up of fabulous speakers. A continental breakfast

will be served for the 10 a.m. keynote speaker, and lunch

will be offered for those attending the 1 p.m. keynote

Former Employee Dies Deborah A. Hock, who worked at LCCC from 1974 to 2011, passed away on Friday, Sept. 16. While at LCCC, she worked in Advising and Counseling. Deborah's obituary is posted online. **ADMINISTRATIVE UPDATES** 

COMMUNITY COLLEGE Brought to you by LCCC Career Developer

## Lisa Ling Lehigh Carbon

LCCC Student Life and LCCC Engagement & inclusion

## **Human Resources News** Click the see more button for the latest news and updates from LCCC Human Resources

# Click the see more button for the latest news and updates from LCCC Online Learning

**FOUNDATION** 

Saturday, Oct. 29, 2022

Movie Nights

Join us and donate to the

Theme Basket Raffle to benefit scholarships

and the LCCC Cougar Cabinet Food Pantry.

Fall Fitness Fest Theme Basket Raffle

Online Learning News

REMINDERS

Baskets are due by Tuesday, Oct. 18, to room SSC 112.

See more >

See more >

Several dates are available to students to take part in roundtable discussions with Dr. Bieber. Schnecksville: 2:30

p.m., Monday, Oct. 3; Tamaqua: 12:30 p.m., Tuesday, Oct. 18; and Allentown: 11:30 a.m., Tuesday, Oct. 25.

LCCC Identity Services will require multi-factor authentication to keep your accounts safe. Schedule your

IT Services will also have MFA Enrollment Days Tuesday afternoons from 2 - 4 p.m., and Thursdays 10 a.m. - 12

p.m. in room 208 (Green Room) of the Community Services Center (please make note of this new location).

MFA Information and Faculty Enrollment Deadlines

jwilchak@lccc.edu

Our goal is 50 baskets!



Student Roundtables with Dr. Bieber

Please see the attached flyer for more information.

Lehigh Valley Association of Independent Colleges (LVAIC) will be hosting virtual events every Wednesday throughout the month of October as part of Cyber Security Awareness Month. To view the list of events and to

It's that time of year when we invite all departments to get

creative with their basket for the Fall Fitness Fest Basket

For more information, please contact Jane Wilchak at

the LCCC Cougar Cabinet Food Pantry.

Raffle.All proceeds from the raffle will benefit scholarships and

### Faculty Enrollment Deadlines: Faculty with last names starting with N-Z: Oct. 7

What happens if I do not enroll before the deadline?

How to Enroll YubiKey in LCCC Identity (Step By Step)

How to Enroll in MFA for LCCC Identity Video Instructions

MFA - Multifactor authentication FAQ

Stop by and get assistance enrolling in MFA.

What is MFA?

your mobile phone).

Why does MFA work?

**Sweat 4 Swag** 

appointment now to configure MFA by submitting a ticket.

service such as MyLCCC or BannerWeb. How does MFA work? This works by combining multiple pieces of proof of identity from different categories such as something only you would know (for instance, your password) and something only you have access to (a personal device such as

This method of keeping accounts secure works because while someone may get your password (like through

phishing) the chances of other factors being compromised at the same time is relatively low.

How to Enroll the Okta Verify App for LCCC Identity MFA (Step By Step)

MFA or multi-factor authentication is a way to verify that you are who you say you are when you access a secure

If you are not enrolled at the deadline you will need to enroll to access many LCCC services including myLCCC portal, Canvas and ALL applications configured to sign in with your LCCC identity (https://identity.lccc.edu) Helpful Links

SPIRIT & WELLNESS

# Wellness Calendar

Wellness News You Can Use

View the September calendar of wellness events here. "Our bodies are our gardens – our wills are our gardeners." William Shakespeare

Check out the September issue of Wellness News You Can Use. "Health is a relationship between you and your body." - Terri Guillemets

> 煤 Lehigh Carbon COMMUNITY COLLEGE

Captured by FireShot Pro: 29 September 2022, 10:28:42 https://getfireshot.com

FOR EVERY VISIT, BET YOUR CARD PUNCHED IN ORDER TO EARN YOUR SWADI SWEAT 4 SWAG REWARDS (ALL REWARDS ARE EXCLUSIVE TO THE WELLNESS CENTER). 1 WORKOUT = LC WRISTBAND - &S WORKOUTS = LC LONG SLEEVE
20 WORKOUTS = LC WATER BOTTLE - 75 WORKOUTS = LC SWEATSHIRT
35 WORKOUTS = LC ORAWSTRING BAG - 100 WORKOUTS = \$25 BOOKSTORE GIFTCARD
45 WORKOUTS = LC T-SHIRT - 125 WORKOUTS = WORKOUT WARRIOR

more information.

A one hour workout is 4% of your day - no excuses! Join the

Cougar Swag along the way. See Wellness Center staff for

Sweat 4 Swag punchcard workout program and collect

PUNCH CARD WORKOUT PROGRAM

VISIT THE WELLNESS CENTER. GET YOUR SWEAT ON! EARN FREE LEHIGH CARBON SWAG!!!