

Students commute to off-campus work

JANESSA CRUZ '19
STAFF WRITER

Wake up at 5:45 a.m., put on scrubs, breakfast on-the-go, 20-minute commute to work, run, study, repeat; this is the average day for a student with an off-campus job like Katrina Zicot, a senior biology major.

Despite balancing work and school, Zicot has managed to graduate early and walked in the spring of 2017. She is taking nine credits to complete her undergraduate degree this semester.

Last fall, Zicot landed a job at Wellspan on Normand Drive and the Good Samaritan hospital.

"I couldn't pass up the job because it was valuable work experience and I wanted to take advantage of that," Zicot said.

Although the work experience is worth it, the commute is sometimes a challenge for students who work off-campus.

"Traveling to Wellspan and back can be exhausting and stressful at times," Zicot said.

Zicot ran track and field while also working.

"Working while running competitively was a challenge mentally because on top of work and school, I also had to make sure to get my rest to perform well," Zicot said.

Off-campus jobs for college students prove to be a bit stressful because more time is used for working and commuting and away from studying.

"Working off-campus is more than an average student work study because I can't just take my schoolwork and study during downtime," Zicot said.

Junior criminal justice major Dallas Arner has also landed a job with valuable work experience, working as a security guard at various Hershey events.

"Balancing football with my job

at Hershey, plus working at the sports center keeps me busy," Arner said. "But I have honestly never managed my time better."

Most employers look for some sort of experience prior to hiring someone long-term.

"I highly recommend finding a job off-campus if it could build upon relevant work experience related to your undergrad," Zicot said.

Although working off-campus is a sacrifice and the commute may not be ideal, several LVC students have taken time developing time management skills and self-discipline to the next level.



Photo by: Janessa Cruz
ABOVE: Katrina Zicot, a senior biology major studies cat anatomy. Zicot works at Wellspan in Lebanon.

Burns to the rescue

HUNTRE KEIP '20
STAFF WRITER

When students are either sleeping or up late studying, one LVC sophomore works to save lives.

Sara Burns, a sophomore history major, is a nationally certified EMT and firefighter. She has been a firefighter for three years and an EMT for two years. Her interest for helping people began when she was a little girl.

In first grade, her house caught on fire. Because of this, Burns and her older brothers became interested in volunteering their time for fire safety and helping people in emergency situations. Volunteerism is a major part of Burns' life.

"My mom always told my siblings and me that we had to help those who cannot help themselves," Burns said. "That's what I try to do when I'm in the back



ABOVE: Sara Burns '20 at a fire training with her hometown fire company.

of the ambulance or on the scene of a fire call."

Burns gets paid for her services,

but also dedicates much of her time volunteering as a firefighter for her hometown fire company and the An-

naville-Cleona area.

While at LVC, Burns serves as an EMT for First Aid and Safety Patrol in Lebanon, Pa. Her shifts vary, but she works anywhere between 12-36 hours a week.

"I always try to work night shift so that I have time for my classes and studying during the day," Burns said.

She takes pride for her volunteer efforts and her friends acknowledge her work as well.

"Sara takes pride in firefighting and being an EMT. Even outside of her workplaces, she is always applying her skills to everyday things," Kaylee Kleffel, a sophomore physical therapy major, said.

After LVC, Burns plans to continue this track as a firefighter and paramedic in a big city.

Being a full-time college student, a firefighter and an EMT is a balancing act, but Burns would not change it for anything.

Photo provided by: Jill Ridley Mann

Students continue to give back



Photo by: ???

ABOVE: Annie McClain '20 helping at the Mohler Senior Center in Hershey, Pa.

HUNTRE KEIP '20
STAFF WRITER

At Lebanon Valley College, numerous student-led clubs and organizations create fundraisers and activities to give back to the local community, but one club differs from the rest.

Students Helping Seniors (SHS), formally known as Seniors Helping Seniors, is a club dedicated to helping the elderly community in the Annville area. The club focuses on ensuring happiness within the senior centers and nursing homes. Participants volunteer and provide arts and crafts, games and other activities for the elderly to enjoy.

"I chose to join SHS because I want the elderly residents to have companionship," TaKisha Faubert, a sophomore biology major, said. "If it were my grandparents, I would want them to have company."

The club is an opportunity to meet the local community surrounding the College, but students are given the chance to earn volunteer hours.

"I believe SHS is a great opportunity

for students to gain volunteer hours while having a good time," Annie McClain, a sophomore physical therapy major and Students Helping Seniors president, said.

Typically, group members visit local senior centers and nursing homes for an hour on Saturdays.

"Students Helping Seniors is a fun time with the elderly, but it's also beneficial because the club is one of a kind," McClain said.

Students Helping Seniors create smaller activities for the elderly, but the group also participates in bigger events throughout the year. SHS participates in the following events: Mohler Center Fundraiser, Happy Hearts at Londonberry Village, Elderly Awareness Week at LVC and Mental Illness Awareness day with Men's and Women's Tennis.

The club is appreciative of its volunteers and is always looking for more help. For more information on Students Helping Seniors and their monthly meetings, contact Annie McClain at agm001@lvc.edu.

Living spiritually

BREANNA KANE '19
STAFF WRITER

Spiritual Life at Lebanon Valley College influences the campus community by offering diverse activities that are open to everyone.

Natalia Smith, administrative assistant for spiritual life, service and volunteerism, skillfully keeps the events organized for the student body.

"One of the events coming up is the Henna Tattoo Workshop," Smith said. "Candy Sparks— she's an art student—is going to be leading the workshop."

Sparks also leads student-led mindfulness.

"She's tying mindfulness meditation to Henna body art," Smith said.

Every Friday night, Spiritual Life has a fellowship activity. Recently, the group sponsored a hayride and corn maize after dark. They're also planning laser tag, bowling and a visit to Sight and Sound Theater to see "Miracle of Christmas."

"Christian life at LVC pays for and develops these events, but these are not religion-oriented," Smith said. "They're just fellowship. Anyone can go, and it's just a fun time."

Student activities are mostly for

amusement, but Spiritual Life encompasses much more. For instance, Christian Life adopted a child through Compassion International.

"There is a financial commitment of \$38 a month to pay for the sponsorship," Smith said. "The problem is that the people who made the commitment to adopt the child are gone—they graduated. It's an all new group of students that have to keep it going."

To alleviate the struggle of raising funds, Smith extended the opportunity to the LVC community so that faculty and staff can contribute to the sponsorship. The sponsorship relies on donations as opposed to fundraising.

Spiritual Life also involves religious activities including student-led worship and Islamic Fellowship— both on Wednesday nights.

"It's interesting how we don't necessarily have specific services," Alex Mora, a music major with a concentration in sacred music, said. "Everyone who goes there is from different beliefs and denominations. It's kind of cool."

LVC hosts a variety of religious backgrounds in its student body, faculty and staff.

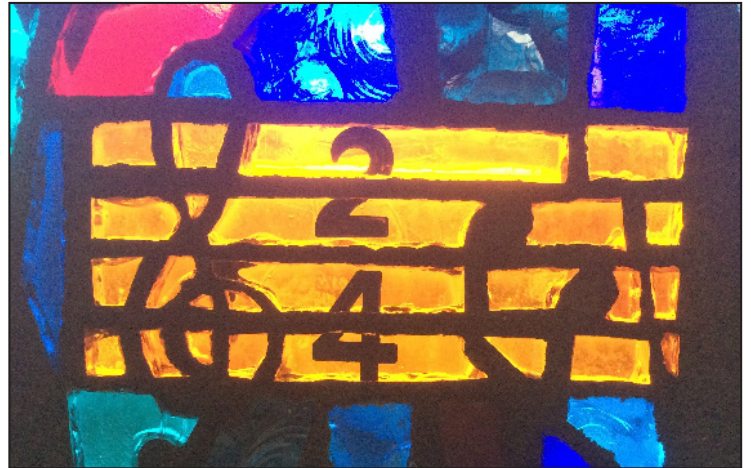


Photo by: Breanna Kane

ABOVE: Stained glass windows of the Lois Brong Miller Sanctuary in the Frederic K. Miller Chapel.

"A pastor from a local church comes to lead prayer in the prayer room on Thursdays at 11:30 a.m.," Smith said. "We have Catholic Mass on Sundays, and we have a rabbi who's one of the affiliate ministers."

The affiliate ministers come to campus from the outside to provide support to students who identify with a corresponding religion or faith. LVC

also invites representatives of different religious backgrounds to serve as panelists in the Interfaith Dialogue series.

Smith encourages students to sign up for Spiritual Life's events on Redbook to ensure they are properly planned, especially when they involve food and limited capacity.