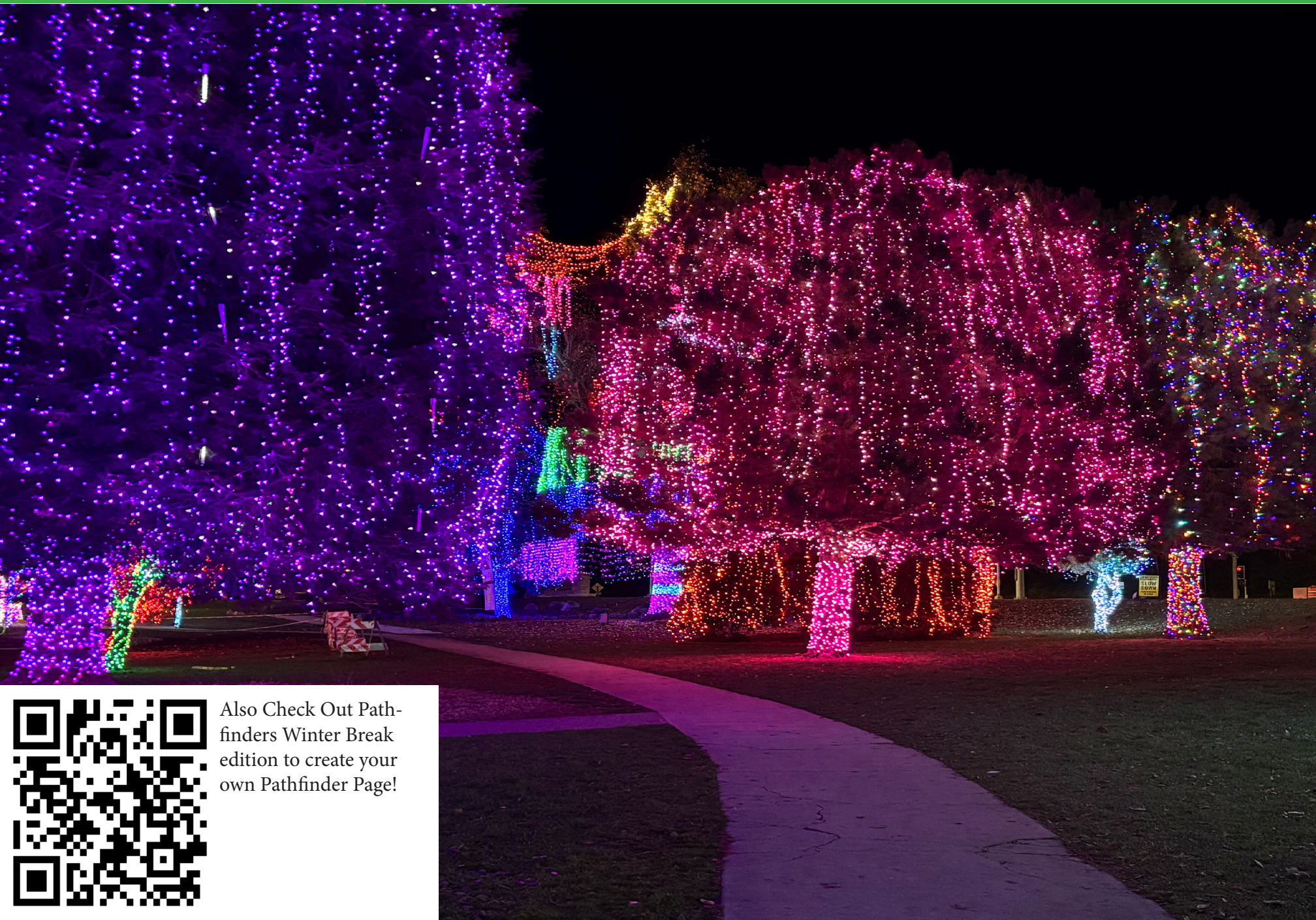


the PATHFINDER

Photo by Lizette Ohlund

Monday, December 2, 2024 Issue 9 Vol. 135



Also Check Out Pathfinders Winter Break edition to create your own Pathfinder Page!



Campus Captures



Coach Willie and the Lewiston High School Bengals (Above and right) By Jeremy Carlson



Locomotive park lights in Lewiston. (Around)

By Lizette Ohlund



Campus Captures



ABSOLUT Holiday photo shoot. (Above and to the right)



Jessica Riggs, A Turn Of the Screw (Right)



Join Us For Our Weekly Open Meeting!

Come hang out, have fun, and stay in the know.

Fridays at 11:30 a.m. in the Clubhouse (SUB/CSL 219)

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Willie Wilson: the Life Lessons of a College Student and High School Coach

By Jeremy Carlson

Whether hearing the crack of a bat sending a baseball 300 feet or completing the flood of assignments from professors, Willie Wilson is excited to face every day with a smile. Willie, a senior at LC State studying sports management, is a third-year Varsity and JV coach for the Lewiston High School baseball team.

Willie isn't your ordinary coach. He was diagnosed with cerebral palsy and wasn't able to participate in many athletic activities growing up. Surrounded by a family full of sports superfans, he was determined to be involved in one way or another. He chose the coaching route.

Coaching on its own is time-consuming enough, but pairing that with rigorous school work can be overwhelming. Juggling essays, classes every weekday, constant team travel, watching film, and developing practice plans seems like too much, right? Not the case for Willie. Willie believes that the pros outweigh the cons.

"Knowing that I'm helping kids develop in sports and life motivates me," said Willie. "Winning is not the most important thing. What is most important is individual development and becoming a good human being." He also enjoys being able to meet new people, which gave him a new love for

sports.

Willie believes his college experience has uplifted his coaching career. "Coaching classes and my internship have influenced my individual growth significantly. The LCSC athletic department has been wonderfully supportive," said Willie. He also added that meeting other coaches here at LC State gave him a better perspective on what winning baseball looks like.

A lot of good comes from coaching and being in college, but the hardest part of the baseball season is usually the beginning, as many new players only see him for his disability, and not as a coach.

"One of the most difficult aspects of baseball is the travel. We have many road trips from which we do not return to Lewiston until the early morning hours," said Willie. "The biggest challenge facing me as a coach is managing time. With coaching, travel, and schoolwork every week, if not every day, I often feel that there is not enough time to manage the challenges adequately."

"Balancing going to college and coaching can be very difficult. Each requires significant time, often maximum effort to complete the tasks." Willie explained. "Many people think I'm a player at away games."

From coaching players on the diamond and in the dugout to the classroom clicking away at his computer writing notes,

Willie has a smile on his face, knowing he's changing the lives of his players. His plate may be full, but so is his heart. The effect he's having on his athletes will last a lifetime.



Photos by Jeremy Carlson.

web

JOIN US AT OUR WEEKLY MEETINGS!

WEDNESDAYS AT 5:15 PM
CLUBHOUSE (SUB/CSL 219)

LC State Basketball Scheduling

LC STATE MEN'S BASKETBALL 2024-25 Schedule

Date	Opponent	Location	Time
OCTOBER			
Oct. 18	Walla Walla CC (Scrimmage)	Lewiston, Idaho	4 p.m.
Oct. 26	at Central Washington (Scrimmage)	Ellensburg, Wash.	10 a.m.
NOVEMBER			
Nov. 1	Haskell vs NW Indian College	Lewiston, Idaho	8 P.M.
Nov. 2	Haskell Indian Nations University	Lewiston, Idaho	4 p.m.
<i>College of Idaho Tournament</i>			
Nov. 8	(N) Dickinson State (N.D.)	Caldwell, Idaho	2 p.m.
Nov. 9	(N) Providence (Mont.)	Caldwell, Idaho	2 p.m.
<i>Montana Tech Tournament</i>			
Nov. 15	(N) Carroll College (Mont.)	Butte, Mont.	4 p.m.
Nov. 18	at Montana Tech	Butte, Mont.	6 p.m.
Nov. 26	Walla Walla*	Lewiston, Idaho	7 p.m.
DECEMBER			
Dec. 6	at Northwest*	Kirkland, Wash.	2 p.m.
Dec. 7	at Evergreen State*	Olympia, Wash.	5 p.m.
Dec. 12	at Walla Walla*	College Place, Wash.	7:30 p.m.
Dec. 14	(N) Florida College	La Grande, Ore.	1 p.m.
Dec. 20	Eastern Oregon*	Lewiston, Idaho	7 p.m.
Dec. 21	College of Idaho*	Lewiston, Idaho	6 p.m.
JANUARY			
Jan. 3	at Multnomah*	Portland, Ore.	2 p.m.
Jan. 4	at Warner Pacific*	Portland, Ore.	5 p.m.
Jan. 10	Bushnell*	Lewiston, Idaho	7 p.m.
Jan. 11	Corban*	Lewiston, Idaho	6 p.m.
Jan. 17	at Southern Oregon*	Ashland, Ore.	2 p.m.
Jan. 18	at Oregon Tech*	Klamath Falls, Ore.	5 p.m.
Jan. 24	Evergreen State*	Lewiston, Idaho	7 p.m.
Jan. 25	Northwest*	Lewiston, Idaho	6 p.m.
Jan. 31	Warner Pacific	Lewiston, Idaho	7 p.m.
FEBRUARY			
Feb. 1	Multnomah*	Lewiston, Idaho	6 p.m.
Feb. 7	at College of Idaho *	Caldwell, Idaho	1 p.m.
Feb. 8	at Eastern Oregon*	La Grande, Ore.	4 p.m.
Feb. 14	Oregon Tech*	Lewiston, Idaho	7 p.m.
Feb. 15	Southern Oregon*	Lewiston, Idaho	6 p.m.
Feb. 21	at Corban*	Salem, Ore.	2 p.m.
Feb. 22	at Bushnell*	Eugene, Ore.	5 p.m.
<i>CASCADE CONFERENCE TOURNAMENT</i>			
Feb. 25	CCC Quarterfinal		
Feb. 28	CCC Semifinal		
Mar. 3	CCC Championship		
<i>NAIA NATIONAL TOURNAMENT</i>			
March 14-15	First & Second Rounds	TBD	
March 20-25	NAIA National Tournament	Kansas City, Mo.	

LC STATE WOMEN'S BASKETBALL 2024-25 Schedule

Date	Opponent	Location	Time
OCTOBER			
Oct. 20	at Washington State (Exhib.)	Pullman, Wash.	Noon
Oct. 25	at Idaho (Exhib.)	Moscow, Idaho	6 p.m.
NOVEMBER			
Nov. 1	Haskell vs NW Indian College	Lewiston, Idaho	4 p.m.
Nov. 2	Haskell Indian Nations University	Lewiston, Idaho	2 p.m.
Nov. 6	Embry-Riddle (Ariz.)	Prescott, Ariz.	4 p.m.
Nov. 7	Park-Gilbert (Ariz.)	Gilbert, Ariz.	4:30 p.m.
HOME TOURNAMENT			
Nov. 15	Puget Sound vs. EOU	Lewiston, Idaho	3:30 p.m.
Nov. 15	Carroll College (Mont.)	Lewiston, Idaho	5:30 p.m.
Nov. 18	Carroll vs. EOU	Lewiston, Idaho	2 p.m.
Nov. 16	Puget Sound	Lewiston, Idaho	4 p.m.
Nov. 26	Walla Walla*	Lewiston, Idaho	5 p.m.
DECEMBER			
Dec. 6	at Northwest*	Kirkland, Wash.	Noon
Dec. 7	at Evergreen State*	Olympia, Wash.	3 p.m.
Dec. 12	at Walla Walla*	College Place, Wash.	5:30 p.m.
Dec. 13	at Whitman	Walla Walla, Wash.	3 p.m.
Dec. 20	Eastern Oregon*	Lewiston, Idaho	5 p.m.
Dec. 21	College of Idaho*	Lewiston, Idaho	4 p.m.
JANUARY			
Jan. 3	at Multnomah*	Portland, Ore.	Noon
Jan. 4	at Warner Pacific*	Portland, Ore.	3 p.m.
Jan. 10	Bushnell*	Lewiston, Idaho	5 p.m.
Jan. 11	Corban*	Lewiston, Idaho	4 p.m.
Jan. 17	at Southern Oregon*	Ashland, Ore.	Noon
Jan. 18	at Oregon Tech*	Klamath Falls, Ore.	3 p.m.
Jan. 24	Evergreen State*	Lewiston, Idaho	5 p.m.
Jan. 25	Northwest*	Lewiston, Idaho	4 p.m.
Jan. 31	Warner Pacific	Lewiston, Idaho	5 p.m.
FEBRUARY			
Feb. 1	Multnomah*	Lewiston, Idaho	4 p.m.
Feb. 7	at College of Idaho *	Caldwell, Idaho	11 a.m.
Feb. 8	at Eastern Oregon*	La Grande, Ore.	2 p.m.
Feb. 14	Oregon Tech*	Lewiston, Idaho	7 p.m.
Feb. 15	Southern Oregon*	Lewiston, Idaho	6 p.m.
Feb. 21	at Corban*	Salem, Ore.	Noon
Feb. 22	at Bushnell*	Eugene, Ore.	3 p.m.
<i>CASCADE CONFERENCE TOURNAMENT</i>			
Feb. 26	CCC Quarterfinal		
Mar. 1	CCC Semifinal		
Mar. 4	CCC Championship		
<i>NAIA NATIONAL TOURNAMENT</i>			
March 14-15	First & Second Rounds	TBD	
March 20-25	NAIA National Tournament	Sioux City, Iowa	

LC STATE BASEBALL 2025 Schedule

Date	Opponent	Location	Time
OCTOBER			
Oct. 18	Washington State (Exhib.)	Lewiston, Idaho	6 p.m.
JANUARY			
Jan. 30	(N) Ave Maria (Fla.)	Lake Myrtle, Fla.	11 a.m.
Jan. 31	(N) St. Thomas (Fla.)	Lake Myrtle, Fla.	7 a.m.
Jan. 31	at Southeastern (Fla.)	Lakeland, Fla.	3 p.m.
FEBRUARY			
Feb. 1	(N) Tennessee Wesleyan	Lake Myrtle, Fla.	3 p.m.
Feb. 4	at Warner (Fla.)	Lake Wales, Fla.	2 p.m.
Feb. 5	at Webber International (Fla.)	Babson Park, Fla.	TBD
Feb. 14	Western Oregon	Lewiston, Idaho	1 p.m.
Feb. 15	Western Oregon (DH)	Lewiston, Idaho	12/3 p.m.
Feb. 16	Western Oregon	Lewiston, Idaho	11 a.m.
Feb. 21	College of Idaho*	Lewiston, Idaho	1 p.m.
Feb. 22	College of Idaho (DH)*	Lewiston, Idaho	12/3 p.m.
Feb. 23	College of Idaho	Lewiston, Idaho	11 a.m.
Feb. 28	at British Columbia*	Vancouver, B.C.	2 p.m.
MARCH			
March 1	at British Columbia*	Vancouver, B.C.	1/4 p.m.
March 2	at British Columbia	Vancouver, B.C.	11 a.m.
March 8	Eastern Oregon (DH)*	Lewiston, Idaho	12/3 p.m.
March 9	Eastern Oregon (DH)**	Lewiston, Idaho	11/2 p.m.
March 14	at Corban (DH)*	Salem, Ore.	1/4 p.m.
March 15	at Corban (DH)*	Salem, Ore.	9/12 p.m.
March 21	at Eastern Oregon (DH)*	La Grande, Ore.	12/3 p.m.
March 22	at Eastern Oregon (DH)*	La Grande, Ore.	12/3 p.m.
March 29	Oregon Tech (DH)*	Lewiston, Idaho	12/3 p.m.
March 30	Oregon Tech (DH)*	Lewiston, Idaho	11/2 p.m.
APRIL			
April 4	Warner Pacific (DH)*	Lewiston, Idaho	12/3 p.m.
April 5	Warner Pacific (DH)*	Lewiston, Idaho	11/2 p.m.
April 11	at College of Idaho*	Caldwell, Idaho	5 p.m.
April 12	at College of Idaho (DH)*	Caldwell, Idaho	12/3 p.m.
April 13	at College of Idaho*	Caldwell, Idaho	10 a.m.
April 18	at Bushnell (DH)*	Eugene, Ore.	2/5 p.m.
April 19	at Bushnell (DH)*	Eugene, Ore.	11/2 p.m.
April 25	British Columbia (DH)*	Lewiston, Idaho	3/6 p.m.
April 26	British Columbia*	Lewiston, Idaho	Noon
April 27	British Columbia*	Lewiston, Idaho	11 a.m.
MAY			
May 2-5	Cascade Conference Tournament		
May 12-15	NAIA Opening Round, presented by Avista	Lewiston, Idaho	
May 23-31	Avista NAIA World Series	Lewiston, Idaho	

For more information check out LCSC's Basketball Page!

What's Happening In The World

World News

The Banadir Regional Court in Mogadishu has issued an arrest warrant for Jubaland President Ahmed Madobe, accusing him of treason and violating the constitution. Vice versa, the Kismayo regional court of Jubaland has announced a \$100,000 reward for the arrest of Somali President Hassan Sheikh Mohamud accusing him of treason, undermining national unity, and conspiring with Al-Shabaab militia.

The Iraqi Ministry of Communications blocks access to the IMDb website, citing concerns of "immoral content".

Chief justice Andrew Cheung of the Hong Kong Court of Final Appeal rules to uphold housing and inheritance rights for same-sex couples in the city.

Russian President Vladimir Putin signs a bill into law banning the adoption of Russian children by citizens of countries where gender transition is legal. The bill also outlaws material that promotes childlessness.

For the first time since the start of the conflict, the Israeli military issues evacuation orders for central Beirut, warning residents of four neighborhoods to leave as soon as possible.

Multinational car manufacturing company Stellantis announces that it will close its van-production factory in Luton, England, putting 1,100 jobs at risk, citing the UK's economic conditions and the government's zero-emission vehicle (ZEV) mandate as reasons for its closure.

In auto racing, Formula One announces that General Motors will join the grid as a constructor under the Cadillac Team beginning in the 2026 season.

A winter storm floods refugee camps across the Gaza Strip, leading to several thousands of shelters being damaged or destroyed, and worsening refugee exposure to cold and illness.

National News

Secretary of the Security Council of Russia Sergei Shoigu pledges Russia's intent to build closer ties with the Taliban Government of Afghanistan, and states that the United States should lead rebuilding efforts due to its part in the War in Afghanistan.

An infant dies and at least ten other people fall ill in a listeria outbreak related to ready-to-eat meat and poultry products in California, United States.

A Norwegian man working as a guard at the United States Embassy in Oslo is arrested, on suspicion of spying for Russia and Iran.

California confirms its first case of Clade I mpox in a person who travelled to East Africa, becoming the first confirmed case of Clade I mpox in the United States.

Two people are killed and more than 570,000 people are without power when a bomb cyclone makes landfall over the West Coast of the United States and British Columbia, Canada.

U.S. federal judge Tanya Chutkan of the District Court for the District of Columbia dismisses the two criminal cases by Jack Smith against President-elect Donald Trump, including the classified documents case and the case involving Trump's efforts to overturn his defeat to President Joe Biden in the 2020 presidential election.

The United States Intelligence Community declassifies a document which accuses Russia of assassinating political opponents to President Vladimir Putin abroad.

Energy company Phillips 66 is indicted in a United States federal court on six charges of violating the Clean Water Act in Los Angeles County, California.

U.S. President Joe Biden approves of sending non-persistent anti-personnel mines to Ukraine, with Ukraine committing to not use them in areas with civilians.

Local News

A Columbia County grand jury on Tuesday returned a six-count indictment accusing the principal of St. Helens High School of failing to report alleged sexual abuse involving two teachers and failing to care for students under her supervision.

On Oct. 19, 37-year-old Lance Matthew Purser of Wenatchee was being held on suspicion of unlawfully possessing a firearm when he allegedly began vandalizing the detention pod where he and other inmates slept. Police say Purser and other inmates were upset over not receiving soda and ice cream with their meals that night.

As ski resorts across the Pacific Northwest begin to open, anticipation is growing for what experts predict could be an unforgettable season.

The City of Lewiston announced that it has taken a step toward resolving its ongoing contract negotiations with the Lewiston Fire Fighters, International Association of Fire Fighters Local 1773 Union.

A 12-year-old boy is in custody following a short pursuit in Central Washington that ended when deputies used a PIT maneuver to stop a stolen car.

Delays to complete the downtown Pullman reconstruction project are continuing as the work won't be totally finished until next year. The consultant firm that's been hired by the City of Pullman announced today that the entire project won't be complete until late January.

A trio of federal agencies are considering whether to pursue additional environmental guidelines for the Columbia River.

Lewis-Clark State Men's Basketball continued to make its climb up the NAIA Men's Basketball Coaches Top 25 Poll on Wednesday with a move to No. 21. The Warriors are 5-1 on the season, with the lone loss coming on a buzzer beater at No. 5 Montana Tech.

Animal News

History of Thanksgiving:

In 1621 the pilgrims were celebrating a routine English harvest when the Wampanoag tribe heard them shooting off guns. Concerned that there was a war underway King Massasoit sent 90 men to investigate. When the Wampanoag men realized there was no threat, they gathered deer meet and joined the festivities. The new found peace between the two groups were derived from tribe and trade rivalries as the Wampanoag realized an alliance would fortify their strength. This alliance didn't last as the Pilgrims ended up starting a decades long war ending in massacre of several neighboring tribes.

Cooks:

Then: 100% of the women, specifically 4 of them prepared all the food
Now: duties are split a little more evenly with 84% of men helping with the meal in some way, and 42% of men cooking the actual turkey.

Menu:

Then: the first Thanksgiving in 1621 most likely featured deer or fowl as the main dish
Now: turkey, a cranberry dish, mashed potatoes, and pumpkin pie

Football:

Then: The first official Thanksgiving NFL game took place between the Detroit Lions and the Chicago Bears in 1934, but playing football on this particular holiday can be traced back to 1869.
Now: Since 2006, this day has turned into a triple-game day with more than 30 million viewers tuning in post-feast

Drinks:

Then: 1919 introduces Prohibition which lead to many drinking in secret and not around the dinner table
Now: everything from apple cider mimosas, pumpkin pie martinis, and wine are enjoyed.

At the time, thanksgiving days were usually declared by governors or priests. George Washington frequently declared days of thanksgiving during his tenure as general of the Continental Army. Once he became president, the first national day of Thanksgiving in 1789.

What's Happening On Campus

DEC
WEEK 17

MONDAY 2
PATHFINDER ISSUE 9!!
9:30AM-> PATHFINDER MEETING SUB 225
6PM-7:30PM-> PAINT AND SIP

TUESDAY 3
6:30PM-8:30 PM-> VIDEO GAME TOURNAMENT DOWNSTAIRS SUB

WEDNESDAY 4
4:30PM-> MAGAIN THE GATHERING MLH 130
5:30PM-7PM-> SOCCER CLUB OPEN FIELD
7PM-8PM-> VOLLEYBALL CLUB OPEN GYM

THURSDAY 5
11:30AM-1:30PM-> POZOLE AND JARRITOS SALE @ DOKS
6PM-8PM HOLIDAY DINNER

FRIDAY 6
5:30PM-7:30PM-> GIGNERBREAD HOUSE CONTEST (CDA)

SATURDAY 7
9AM-3PM-> WINTER CRAFT FAIR

SUNDAY 8
7PM-8PM-> VOLLEYBALL CLUB OPEN GYM

NOTES:
CHECK OUT THE LC STATE DO MORE APP FOR MORE EVENTS!

DEC
WEEK 18

MONDAY 9
FINALS WEEK!
9PM-9:30PM-> LATE NIGHT BREAKFAST

TUESDAY 10
FINALS WEEK!
4:30PM-7PM-> HOLIDAY HYGGE


WEDNESDAY 11
FINALS WEEK!
4:30PM-> MAGIC THE GATHERING @MLH 130

THURSDAY 12
FINALS WEEK!
4:30PM-5:30PM-> GRAPHIC COMM CLUB MEETING

FRIDAY 13
FINALS WEEK!

SATURDAY 14
WINTER BREAK! SEE YOU ALL IN THE SPRING!

SUNDAY 15
CHECK OUT PATHFINDERS COOL WINTER BREAK ACTIVITY AND STAY TONED FOR THE WINTERBREAK SPECIAL EDITION!

NOTES:


Silverthorne's "The Turn of the Screw"

By Madelyn Hutchison

"The Turn of the Screw" was adapted by Jefferey Hatcher from the novella "The Turn of the Screw" by Henry James. It played November 7, 8, 9 and 14, 15, 16 at 7:30pm and again on November 10 and 17 at 2pm.

It was a two person show with Jessica Riggs, a Lewiston High School graduate, as The Governess; and Zachary Steadman, an LC State freshman, as many characters including the housekeeper, the uncle, the narrator, and the young boy Miles.

The plot of the play and novella: The story follows a young woman who answers an ad in the paper to be a governess to two recently orphaned children: Flora and Miles. The woman is interviewed by a man only referred to as "Uncle", where he explains to her that it is her job to protect the children and to never write to him about the happenings of the manor.

The Governess arrives with excitement at her first real job, when she notices something quite odd about the children. Flora doesn't speak and Miles knows a little too much beyond his years. While talking with the housekeeper about the children and the former governess, we learn

about the true horrors of the house.

The prior governess had a relationship with the Uncle's former valet. The two were inseparable, both literally and physically, even in front of the children. One day, the prior governess drowns herself in the lake, and the former valet climbs the tower and throws himself from it. The children find the man and are scared for life. The current Governess is under the belief that the ghosts of the former governess and valet are still haunting the manor, intent on touching one another again, through possessing the bodies of the children.

One leaves the theatre asking themselves if it was all real, or if the Governess was seeing things no one else was.

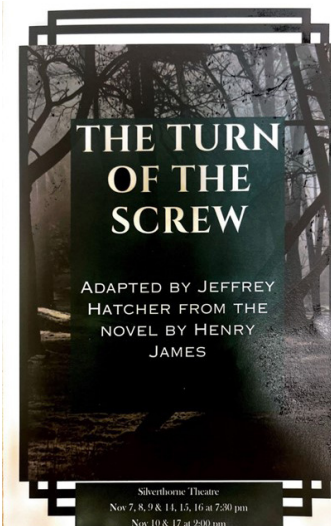


Photo By Madelyn Hutchison

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Silverthorne's "The Turn of the Screw"

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COME TO MEETINGS IN THE CONFERENCE ROOM
MONDAY MORNINGS AT 9



OP:ED: I'll admit, I was skeptical at first. I had never been to a show where the entire cast was two people before, or a show where there were so little props. But as the show progressed, I was pleasantly surprised. The story kept me on my toes with the music and the steady progression of the actors' voices getting louder and louder during stressful moments. I was incredibly surprised by both actors. Riggs brought life to The Governess, and it was clever how she slowly showed the character slowly descending into madness from what was happening around her. The shift from bubbly and carefree to downright terrifying in her anger was done rather beautifully.

I was also impressed by Steadman's performance. He had so many characters to play, and not a single costume change, and yet he made every character feel real. His vocal range was incredible and the subtle changes in posture and hand placement to show that he was a separate character was really well done. This is especially seen in a scene where he is leaving the scene as the housekeeper with her hunched back and slow movements to turn on his heel smoothly and return to the upright position with his hands behind his back to show that he was now Miles.



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The Balance Between School, Work, and Family – More Difficult Than Tightrope Walking

By Daphany Elonen

Many students struggle with the demanding balance of their work-life, school-life, and personal lives. According to the U.S. Bureau of Labor Statistics, as of 2022, 42.7% of students enrolled in college full-time have jobs, and 81% of students enrolled in college part-time are employed—with around 20% of students in college having children as well. It is a laborious time during our lives to be so consumed by different tasks at all times—when you are not doing your classwork, you are doing chores, when you are not doing chores you are at work, and between it all something is squeezed out—something important that you love and may yearn for more time for other activities. So how can you make time for anything besides school, work, and familial obligations? Listed below are a few suggestions.

1. Consider having your classes online instead of in person. When classes are in person, there is an obligation there to make time for that class. Between getting ready for the class, having your material ready to go in your car, finding time for lunch, and

travel time, it can be more of a burden than a blessing. Having your classes online may grant you flexibility in your schedule; instead of being forced to do your work at a certain time that may conflict with other obligations in your life, you can do your work at your own pace in the comfort of your house.

2. Have a set schedule. Although taking your classes online can give you flexibility in your schedule, that does not mean it completely frees up the time that you normally use at school. You must ensure that you have set aside some time, either on your days off, or a small amount of time each day, to review your class material, study, and complete your assignments.

3. Have a good support system. Sometimes our obligations pile up until we cannot complete them all by ourselves. It is important to have a friend or family member that can help you complete tasks, such as cleaning, child care, or studying.

4. Complete your classwork in a distraction free environment. When I am studying, I find it best

to study in a different room away from my daughter and phone. If either are near me, I cannot focus on my school work, and a two hour assignment turns into an all day on and off project. Make arrangements for someone to take care of your child (if possible) so that you can go to a library or a designated studying area for a few hours to complete your assignments. Try to keep your phone away from you and ensure that you have a study mindset. If you do not, you may find yourself looking for distractions or browsing the web when you should be doing your classwork.

5. Avoid procrastination. This is the most difficult on this list, as procrastinating is sometimes unintentional. Activities quickly compile during the week until you are left not checking Canvas until the day before the assignment is due. Family obligations, chores, work, and personal hobbies can cause procrastination, however it is important to at the very least read your assignments as soon as you can so that you can mentally prepare for those tasks and you can have a general idea for how long the assignments will

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take you to complete.

6. Take 30 minutes a day for self care. This can be anything—reading a book by yourself, taking a longer bath, getting a massage, going to the gym, or taking a nap. If you do not recharge your battery, you may not be able to complete tasks to the best of your ability. If you find the time, take up to an hour just for yourself. Make sure to treat yourself

often as well, as this is a very stressful time in your life and you deserve happiness.

Although balancing it all may seem impossible, it can be done with mindfulness of your schedule and obligations. The main points to take away from this article for a work-life balance are scheduling, avoiding procrastination, and self-care.

Holiday Humbugs

By Craig Newsom

Bah Humbug! That’s what some folks say when they don’t approve of the frivolity that often permeates this time of year. Some people enjoy the holidays, some can’t wait for them to be over and most of us are somewhere in between. There are plenty of titles out there about “surviving the holidays” most of them about some sort of self-care, getting along with family or shopping on a dime, but what’s the real scoop around holiday humbugs? For some, the holidays are hollow rather than happy, gloomy instead of glad and it’s a challenge

to be cheerful. Add to that the final projects coming due, the forgotten article to write and the annual dentist appointment, well “Bummersville, here we come.” Seems this time of year the population of that little town explodes.

For people who have suffered a loss during this time of year, the holiday preparations can be a reminder of what they are missing rather than what they have to be thankful for or look forward to. It’s super important that when we start feeling the humbugs we bring in reinforcements (friends). But being around others who appear

to be full of life and love and the peace and goodwill of the season can be taxing and feel like a lie when what you are feeling inside doesn’t match what you see on others outside. Let’s remember that the word ‘humbug’ really refers to an untruth or deceit. Sometimes our feelings aren’t telling us the truth, or at the very least not the whole truth.

The most powerful tool in your arsenal is your attitude. Believe it or not, you have total control over that. How you respond to others and yourself is up to you. Some say that if you ‘act as if’ such and such is the case

(like life is actually going to be ok) then you may begin to feel it. It’s worth a shot. Remember, some of the people you’re comparing yourself to may be feeling just like you do.

Look at how you do the holidays not just what you do. If a 4-hour sleigh ride with your cousin Ernie and his pet racoon aren’t your thing, try one hour over a nice coffee at a ‘humans only’ café. If the annual all day shopping affair turns you into an angry little elf try breaking up the shopping over a longer period of time. Maybe shop for one person at a time.

Be intentional, in some

little things. Take some time for yourself, sip the season in silence for a simple second instead of gulping gallons while you gallop through galleries of gifts.

Try to engage the season with some honesty about how you feel. When you are feeling hum drum and not so ‘rump-a-pum-pum’ drummer boy like, walking into a room of people pretending to be something you are not is no way to weather the wintery chill of the holiday humbugs. Be you. You’re way better at it than anyone else is.



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Letter From The Editor

. I hope everyone the best of luck on finals. Remember to be on the look out the for the Winter Special Pathfinder this break!

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Content Contributor Spotlight



Hello, my name is Daphany Elonen. I am a junior at LC State in the PACE Program. I am currently working on my Bachelor's of Science so that I can teach at elementary schools. I currently work as a paraprofessional at Fernan Elementary, and I have a two-year-old daughter who keeps me busy. When I do get down time, I like to go on a walk with my family and get a cup of coffee at one of the many coffee stands in North Idaho. I am new to the area, so I like trying out different coffee stands. Before coming to LC state, I served in the Air Force at Fort Gordon. My favorite activities in Idaho so far are frisbee golfing, pickleball, and rafting.

Check us out on our Socials

Insta-> @LCPathfinder

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Business Manager-> pathfinderbusmgr@lcmal.lcsc.edu

Editor-> Thepathfinder@lcmal.lcsc.edu

Meetings-> SUB 225 @ 9:30 Mondays