

the PATHFINDER

Photo by Lizette Ohlund

Monday, January 20, 2025 Issue 10 Vol. 135



Did you know The Pathfinder has a digital page as well? Check out the LC State website Pathfinder page to see the most recent digital issue or subscribe to the mailing list by emailing ThePathfinder@lcmail.edu

Campus Captures From Fall 2024



ABSO Christmas Photo Shoot 2024 (Above)



Will Your Photo Be Next?



LC State Volleyball 2024 (Above)



Turn Of The Screw 2024 (Above)



LC State Volleyball 2024 (Above)



PathFinder Ghost Photos 2024 (Above)



LC State Welcome Fair 2024 (Above)



LC State Indoor Paint Party Dance 2024 (Above)

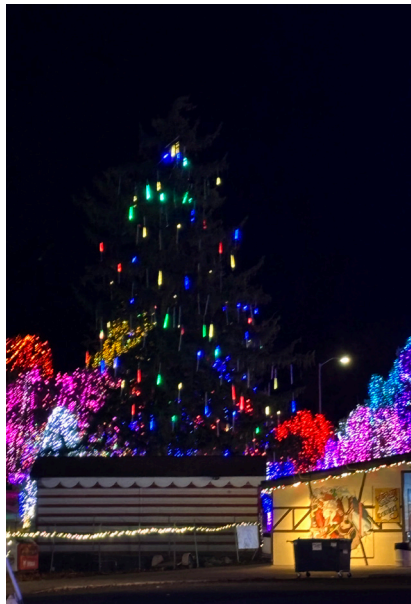


LC State Volleyball 2024 (Above)

Campus Captures From Fall 2024



Career Fair Booth 2024
(Above)



Lewiston Park Lights at
Locomotive Park 2024 (Above)



Lewiston Round Up 2024
(Above)



LC State Home Comming Shop-
ping Cart Race 2024 (Above)

CDA DeArmond Planting Party 2024 by the LC State Honor Society and Retired
NIC Staff (Below)



LC Athletic Recap

LEWIS-CLARK STATE COLLEGE ATHLETICS

2024-25 SCHEDULE/RESULTS

Jan. 8, 2025

RESULTS

DATE	SPORT	OPPONENT	RESULT
Dec. 20	Women's Basketball	Eastern Oregon	L, 81-71
Dec. 21	Men's Basketball	Eastern Oregon	W, 79-76
	Women's Basketball	College of Idaho	L, 58-56
	Men's Basketball	No. 2 College of Idaho	L, 85-69
Jan. 3	Women's Basketball	at Multnomah (Ore.)	W, 78-70
	Men's Basketball	at Multnomah (Ore.)	W, 90-72
Jan. 4	Women's Basketball	at Warner Pacific (Ore.)	W, 83-38
	Men's Basketball	at Warner Pacific (Ore.)	W, 73-60

UPCOMING EVENTS

DATE	SPORT	OPPONENT	TIME
Jan. 10	Women's Basketball	Bushnell (Ore.)	5 p.m.
	Men's Basketball	Bushnell (Ore.)	7 p.m.
Jan. 11	Women's Basketball	Corban (Ore.)	4 p.m.
	Men's Basketball	Corban (Ore.)	6 p.m.
Jan. 17	Women's Basketball	at No. 4 Southern Oregon	Noon
	Men's Basketball	at Southern Oregon	2 p.m.
Jan. 18	Men's Tennis	at Idaho	9 a.m.
	Women's Basketball	at Oregon Tech	3 p.m.
	Men's Basketball	at Oregon Tech	5 p.m.

All schedules are subject to change. All times Pacific | Home Events | Postseason Events

LEWIS-CLARK STATE COLLEGE ATHLETICS

2024-25 SCHEDULE/RESULTS

NAIA TOP-25 POLL

SPORT	PRESEASON/ PREVIOUS POLL	CURRENT	NEXT POLL
Volleyball	N/A	N/A	FINAL
Men's Cross Country	No. 11	No. 16	FINAL
Women's Cross Country	No. 18	No. 18	FINAL
Men's Golf	RV	N/A	March 30, 2024
Women's Golf	No. 23	No. 25	March 30, 2024
Men's Basketball	No. 21	No. 15	Jan. 15, 2024
Women's Basketball	No. 14	No. 13	Jan. 15, 2024
Men's T&F (USTFCCCA)	N/A	N/A	Jan. 2025
Women's T&F (USTFCCCA)	No. 24	N/A	Jan. 2025
Baseball	No. 5	No. 7	March 5, 2024
Men's Tennis	N/A	RV	Feb. 12, 2025
Women's Tennis	N/A	N/A	Feb. 12, 2025

WARRIOR HONORS/MILESTONES

Jan. 7, 2025	Assitant AD/SID Alisha Alexander named 2025 CSC Rising Star for College Division
Jan. 5, 2025	Men's Basketball named Cascade Conference Team of the Week
Dec. 18, 2024	Ray Predrina announced as LC State Assistant Athletic Director for Marketing and Promotions
Dec. 17, 2024	Juliauna Forgach Aguilar named AVCA All-American Honorable Mention
Dec. 17, 2024	Natany Felix Guimaraes, Juliauna Forgach Aguilar, Esther Kailiponi and Makenzie Stout named CSC Academic All-District
Dec. 9, 2024	Alton Hamilton voted Cascade Conference Men's Basketball Offensive Player of the Week

Bonolo T. Arroyo Valenzuela Returns to LC Tennis Center as Assistant Coach

By Brooke Warthen

The LC Tennis Center is thrilled to welcome back Bonolo T. Arroyo Valenzuela, a former standout player and kinesiology graduate, as the new assistant coach. Bonolo's return brings a wealth of experience, a deep connection to the program, and an inspiring passion for tennis.

"I returned to LC because I love tennis, and I know LC is a very good place for me to grow my tennis experiences personally and professionally," Bonolo shared. Her passion for the sport, combined with her familiarity with the LC State community, makes her an invaluable addition to the coaching staff.

Bonolo is no stranger to success on the court. During her time as a player, she made a significant impact on the LC tennis program. A graduate of LC State with a degree in kinesiology and exercise science, she built an impressive resume filled with accolades and achievements. Her consistent performances earned her recognition as an ITA Scholar-Athlete, and she made history in 2023 as the third LC State Women's Tennis player to receive the ITA NAIA Arthur Ashe Leadership and Sportsmanship Award. Additionally, she was named LCSPYs Warrior of the Year during her senior season, further solidifying her legacy as one of the program's top contributors.

Reflecting on her transition from player to coach, Bonolo explained how her perspective has evolved. "My perspective on coaching has changed because now I am no longer a player. I have to learn how to guide and help different people with the same goal, and that means learning how each one operates and learning what motivates them." This insight reflects her dedication to understanding and supporting each athlete as an individual.

Since graduating, Bonolo has spent time reconnecting with family and friends, particularly over the holidays, recharging and preparing for this next chapter of her journey. Now, she is ready to bring her knowledge and enthusiasm back to the court in her new role.

"My objective for the team at the moment is to get to know the team as their coach—their needs and how we can both evolve as a team to meet our season goals," she shared. Bonolo's approach to coaching focuses on relationship-building, confidence-building, and helping players recognize their own talents. "I see myself helping and guiding the team in valuing themselves and noticing their talent and worth."

Bonolo's return is more than just a new role; it marks the continuation of a legacy. Her ability to connect with the players and staff, her vast experience on and off the court,

and her commitment to the sport position her as an ideal mentor for the team.

The LC Tennis Center is excited to have Bonolo back as a key part of the program. Her return signals a promising season ahead, filled with growth, teamwork, and a renewed sense of purpose. The team looks forward to thriving under her leadership and building on the tradition of excellence that Bonolo helped establish during her time as a Warrior.



 A group of approximately ten people, including players and staff, are walking along a paved path outdoors. They are all wearing light blue polo shirts with the LC State logo. The background features lush green trees and a clear sky.

Join Us For Our Weekly Open Meeting!

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

Mondays at 4:30 p.m. in the Clubhouse (SUB/CSL 219)

Follow Us On Instagram! @TheASLCSC

What's Happening In The World

World News

North Korea launches multiple short-range ballistic missiles into the Sea of Japan.

Thousands of people demonstrate in Seoul, South Korea, to protest against President Yoon Suk Yeol as he defies an arrest warrant from his attempt to institute martial law in December 2024.

Moldova's unrecognized breakaway region of Transnistria extends its state of emergency for another month due to an energy crisis following the suspension of Russian gas supplies.

The Armenian government approves a bill to launch a bid for the country to join the European Union.

The British government freezes the assets of neo-Nazi music network Blood & Honour, becoming the first far-right group in the UK to be sanctioned by the government.

The Bangladeshi IEDCR reports the country's first case of HMPV in Bhairab, Dhaka Division, Bangladesh.

The Copernicus Climate Change Service confirms that 2024 was the warmest calendar year since records began in 1850, with the average global temperature reaching 2.88 °F above pre-industrial levels, surpassing the 2.7 °F warming benchmark set in 2016 by the Paris Agreement for the first time.

The Prime Minister of Greenland, Mute Bourup Egede, says that his country "has a desire for independence" and he, in particular, is ready to speak with US President-elect Donald Trump.

Poland's government confirms that it will not comply with an International Criminal Court (ICC) warrant to arrest Israeli Prime Minister Benjamin Netanyahu for war crimes if he chooses to attend a ceremony at Auschwitz concentration camp later this month.

National News

AccuWeather releases a preliminary estimate of the total physical and economic losses caused by the ongoing wildfires in Southern California of between \$250–275 billion, a figure attributed to exceptionally high property values in and near Santa Monica, which would surpass their estimates of the costs of the entire 2020 United States wildfire season as well as Hurricane Helene in 2024.

The U.S. Securities and Exchange Commission announces that former WWE CEO Vince McMahon has agreed to pay a \$400,000 fine and reimburse \$1.3 million to WWE as part of a settlement to drop accounting fraud charges.

The state funeral for former U.S. president Jimmy Carter is held at the National Cathedral in Washington, D.C. All five living presidents, including incumbent president Joe Biden and president-elect Donald Trump, attend the funeral.

At least 939 CDCR inmates are deployed to fight the ongoing wildfires in Los Angeles County, California

The United States government imposes a new series of sanctions targeting Russia's energy sector, including the Gazprom Neft and Surgutneftegas oil companies.

U.S. president-elect Donald Trump is sentenced for falsifying business records, with judge Juan Merchan ordering an unconditional discharge, stating that imprisonment or fines could cause Trump to eventually have his convictions overturned.

U.S. Senate majority leader John Thune promises swift consideration of the Illegitimate Court Counteraction Act so President-elect Donald Trump can sign it into law shortly after taking office. Under the act, any foreigner who investigates, arrests, detains or prosecutes U.S. citizens or those of an allied country, including Israel, not under ICC jurisdiction would be sanctioned along with their family members.

Local News

LC State hires Nick Bogar as the assistant volleyball coach on Wednesday. Bogar will be on the bench next season to assist Head Coach Katie Palmer.

Two endangered gray wolves killed in Columbia County due to cattle depredation

As of January 11th, Kootenai County Fire & Rescue Engine 15 has been boots on the ground in Los Angeles County. According to the Kootenai County Fire & Rescue Facebook page, they have been assigned to Idaho Task Force 5. They are joined by Northern Lakes Fire, McCall Fire, Nampa Fire and Rock Creek Fire. Task Force 5 is assigned to the Palisades Fire.

The LC State Men's Basketball team sits at No. 21 in the latest NAIA Men's Basketball Coaches Top 25 Poll, released on Wednesday. The Warriors are 6-2 since the last poll on Dec. 11.

Democratic lawmakers in Washington are pushing this year to ban flavored tobacco products, with the support of the state schools chief.

14 LC State winter students-athletes earned Academic All-Cascade Conference honor for their work inside the classroom this fall.

Washington pushes to join Utah as the second state to lower the blood alcohol content to .05.

The House Education Committee is considering a proposal to ban most flags in public schools except for the U.S. and Idaho flags.

Opening arguments and testimony starts in case of Jacob Spray, who is accused of murdering his estranged wife last spring

Asotin County Jail expected to open in late April with room for 144 inmates and future expansion

In Wednesday's edition of the NAIA Women's Basketball Coaches Top 25 Poll, the LC State Women sit at No. 19. The Warriors are 6-2 since the last poll and have won four games in a row.

What To Watch?

Netflix:

1. The Secret Life of Pets 2
2. Carry-On
3. Ma
4. The Secret Life of Pets
5. Despicable Me 2

Netflix:

1. Missing You
2. American Primeval
3. Jerry Springer
4. RAW
5. Departure

HBO Max:

1. The White Lotus
2. Barry
3. Industry
4. Westworld
5. His Dark Materials

HBO Max:

1. Juror #2
2. Joker: Folie a Deux
3. Beetlejuice Beetlejuice
4. Trap

Amazon Prime:

1. It's a Wonderful Life
2. Merry Little Batman
3. My Old Ass
4. No Time to Die
5. Killer Heat

Amazon Prime:

1. Teacup
2. Yellowjackets
3. 1923
4. American Gods
5. High Potential

Peacock:

1. Speak no Evil
2. Blackwater Lane
3. The Nothman
4. Megamind
5. Twisters

Peacock:

1. Teacup
2. Meddling
3. Based on a True Story
4. Emerald City
5. Vampire Diaries

Hulu:

1. Hold Your Breath
2. Cuckoo
3. The Beast Within
4. Nightbitch
5. My Penguin Friend

Hulu:

1. High Potential
2. Death and Other Details
3. Tell Me Lies
4. Shadow Hunters
5. Normal People

Apple TV:

1. Trap
2. Apartment 7A
3. Wicked The Real Story
4. The Substance
5. Queer

Apple TV:

1. Little America
2. The Morning Show
3. Mythic Quest
4. Pachinko
5. Schmigadoon!

Campus Calender

JAN
WEEK 2

MONDAY 20

PATHFINDER MEETING @9AM

ASLCSC OPEN MEETING @4:30PM

BE ON THE LOOK OUT FOR PATHFINDER ISSUE 10!!

TUESDAY 21

TRIVIA WITH THE SOCCER CLUB @6PM
DOWN STAIRS IN THE SUB

WEDNESDAY 22

ABSO BI-WEEKLY MEETING @5:30PM

CLUB FEST WITH STUDENT INVOLEMENT @5:30PM

THURSDAY 23

COFFEE AND CAREERS WITH STUDENT EMPLOYMENT @NOON

LEADERSHIP LAB IN THE CLUBHOUSE @4PM

FRIDAY 24

WOMENS BASKETBALL AND MENS BASKETBALL

COME SUPPORT YOUR FELLOW WARRIORS @THE PIFCU GYM FROM 5-9PM

SATURDAY 25

LOOKOUT PASS SKI TRIP

WOMENS BASKETBALL AND MENS BASKETBALL

COME SUPPORT YOUR FELLOW WARRIORS @THE PIFCU GYM FROM 4-8PM

SUNDAY 26

RODEO AND EQUINE MEETING @4:30PM

NOTES:

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



JAN
WEEK 3

MONDAY 27

PATHFINDER MEETING @9AM

ASLCSC OPEN MEETING @4:30PM

TUESDAY 28

INTRAMURALS 6V6 VOLLEYBALL IN THE AUX GYM @ 6PM

WEDNESDAY 29

BACK TO BASICS: SIGNED, SEALED, DELIVERED. WITH STUDENT INVOLVEMENT @4PM

THURSDAY 30

INTRAMURALS PING PONG TOURNAMENT @6PM IN THE SUB

FRIDAY 31

WOMENS BASKETBALL AND MENS BASKETBALL

COME SUPPORT YOUR FELLOW WARRIORS @THE PIFCU GYM FROM 5-9PM

SATURDAY 1

WOMENS BASKETBALL AND MENS BASKETBALL

COME SUPPORT YOUR FELLOW WARRIORS @THE PIFCU GYM FROM 4-8PM

SUNDAY 2

RODEO AND EQUINE MEETING @4:30PM

NOTES:

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



Resolution To Reality

By Jadence Gingerich

At the very beginning of every year, on December 31st or January 1st, people all over start making new year's resolutions. Have you ever stopped to wonder what the most commonly made resolutions are? Or what percent of the population decides to make the same resolution as you do? A survey group decided to ask these very questions and take a poll of how people intended to make their resolutions realities.

To start off with the smallest percentage: Only 9% of people decided that they were going to take the journey to quit smoking. It can't be easy to do this, but all over social media we see new apps and people explaining how they do it and offering the support the 9% will need to make this resolution possible.

Secondly, 14% of the population made a resolution. I personally think everyone should commit more too. This small percentage said for the new year they wanted to spend more time with friends, family and close people they enjoy being around. This could be as simple as getting coffee or going for a walk once a week.

The next most popular was the 17% of people who want to do more exercising and it doesn't have to be as

hard as it sounds. Start by going on walks during the day or doing at home workouts, the gym isn't the only solution to more exercise.

Coming in hot with number three on the list, 19% of people decided to start eating healthier. This is one of the hardest resolutions to follow, especially in public or eating out. There is always something really yummy looking while cruising down the aisle at the grocery store and sometimes chocolate bars just jump into your cart!

For the second most favored resolution goes to the people who decided that they would save more money this year, including not eating out as much, not buying name brand of everything and looking for the best deals when shopping. This group holds 21% on the poll.

Finally the largest group and most common new year's resolution was no resolution at all. With 43% that decided they won't be making a resolution this year and I don't think we can blame them. 2024 wasn't my year so I didn't go into 2025 with super high hopes. I find it best to continue being myself, but improving small things rather than trying to become a new me. What are your new year's resolutions, or did you even have one?

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Venom: The Last Dance

By Jadence Gingerich

The Venom franchise started in 2018, when the first movie “Venom” was released. Now the third movie in the saga has come out and toed the line its predecessors set for it. To start off with the first, Eddie Brock, a journalist at something close to rock bottom, meets Venom and learns to live and function as one. They face the challenges of Carlton Drake, the CEO of the life foundation where Eddie is investigating. Carlton has all the symbiotes that we see locked in his lab and is using them as experiments as well as for his own gain later. I have seen this movie far too many times but what can I say, it was new, exciting and a little different.

Fastforward to the second movie we see them thriving together. They learn to fight together and how to survive and we start to see more humor. We see them face Carnage, which was created from the blood of Venom and join up with a new nemesis. The second movie was good but had some flaws. However, in the end it didn't matter. Both of these movies gave us the details and perfect line up for “Venom: The Last Dance.”

I went into this movie not wanting to get my hopes up. I was worried it might turn out to be alright but just not enough, but now I see how needed this movie was and how perfectly it was put to-

gether. We start off with Eddie and Venom on the run from the government, which is where the last movie ended. This opens up as a great lead that doesn't leave any irritation for the audience. We see Eddie and Venom working together and more humor than all of them combined. We are introduced to new threats and ways Venom might actually be beaten by his nemesis instead of just being able to tear them apart. We see them working together in new ways and having more fun than I would say they have ever had.

Eddie is forced to rely more on himself than on Venom

which is a different perspective, as well. Normally Eddie always calls on Venom in tough times, but in this one Venom isn't allowed to shift into his true form without initiating a threat upon himself. The movie also shows us new symbiotes never before seen, and shows us powers we didn't know they could have. Together they are forced to fight aliens and work with a team for the first time. We see them strive and struggle through these new challenges.

This movie kept me on the edge of my seat the entire time and I was never really sure what was going to happen

next. There was a lot of great suspense, but never the kind to make you jump because you were startled.

Overall the movie was given a 4.0, which I like to believe means it is a great movie! I could go on and on about my favorite parts and even the parts that brought tears to my eyes. This movie blew me away and I never expected to say that I cried during a superhero movie.

The ending was shocking and amazing with different twists and I hope they decide to make just one more film.

Interested in D&D?
Join us
Friday, January 24th
@ 5:00pm in SUB 225
to learn how you can get involved, whether it's partaking in the story or telling

Village Centre
C I N E M A S

WINTER CHILDREN'S MATINEE SERIES

Saturday and Sundays starting January 25 at Village Centre Cinemas • Showtimes 11:00 am w/a dedicated Sensory Friendly auditorium

Jackson's PAY IT FORWARD Foundation

Movie Title	Matinee Dates
The LEGO Movie	Jan. 25-26
Happy Feet	Feb. 1-2
The Iron Giant	Feb. 8-9
Space Jam	Feb. 15-17
The Neverending Story	Feb. 22-23

Getting Back In The Groove

By Craig Newsom

Routines can be an important part of life. Here's some tips on making sure your routine is benefitting you rather than running you ragged.

The New Year typically brings resolutions. Many of us make promises to ourselves that we know we won't be keeping. If you step back far enough it may look like some of us engage in a routine of making resolutions about the same things every year and yielding to the force of some invisible hindrance at about the same time each year. According to one survey reported by betterhelp.com only 36% of people manage to keep their resolutions past the first month of January, 9% to the end of the year. Rather than start a fresh routine we can take advantage of the routines we already have.

First off, let's look at what you're aiming at. A routine is a repeating set of activities that are integrated into our life style. Sometimes we may incorporate activities that serve a purpose for the moment but are no longer necessary for reaching our goals. It's time to examine the current rhythm of life and make sure every beat of the drum is moving us closer to the target. When we repeat a rhythm that doesn't move us closer to our goals, we're in a rut. So rather than jumping back into the same

routine that worked last semester or last year, let's get a tune-up.

Be intentional. Change up the order you do certain tasks and make note of the things you do maybe even unconsciously. (Why do I tap my toothbrush three times with my left hand and then three times with my right before I put it up? Who knows? Maybe changing the order in which you complete simple daily tasks could expand your neurosynaptic networks, help increase alertness and assist you with being more mindfully present. (If you're after that kind of thing).

It could be as easy as brushing your teeth before you bathe rather than after or having a glass of water before you have the first cup of coffee. Do ten pushups right when you wake up or change the order you get dressed in. Doing this just a couple of times will help you pay attention to what your current routine is full of, so you can nix the baggage and stay out of the rut. Be mindful.

The target. Now that we know what's already naturally a part of our daily/weekly and have reduced the number of operations to those that are necessary, we can look at adding new functions that will help us hit the bullseye. In 2018, James Clear introduced a technique called "habit stacking" in the book Atomic Habits. Habit stacking

CAN'T HIDE YOUR

WARRIOR PRIDE!



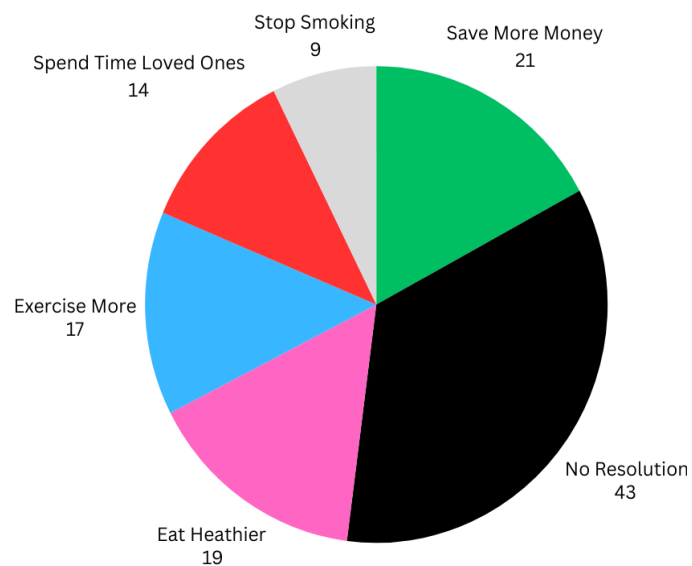


OFFICIAL CREDIT UNION OF THE

LCSC WARRIORS

Debit cards are only available to P1FCU members with an active checking account. Insured by NCUA.

involves plugging new functions into existing routines and effectively 'stacking' new behaviors on top of old ones. By inserting a new behavior in between two already conditioned ones, the probability of it becoming "habit" increases. What new habits could you add to your routine that will help you toward your goals this semester? Want to take habit stacking for a spin? Add just one self-care behavior into your fresh routine. Let's be nine-percenters!



LC Trap and Skeet Team Update

LC Trap and Skeet team has been raking in wins all fall and are excited to work for an even better future and already have a strong head start. The LC Trap and skeet team just finished its fall events with a competition involving LCSC, University of Idaho, Boise State, and Eastern Oregon University.

The overall winner for all combined events was Nate Mundy from EOU who hit 126/150 targets. However, LC was not far behind. Finishing tied for second was Dax Wareham from LCSC with a score of 122, and third went to Ollie Severs from LCSC with 121.

In individual events Ollie took first in trap singles with a score of 48/50, and second in trap doubles with 44/50. Dax finished first in skeet with 24/25.

The LC team is off to Las Vegas this week for the West Coast Conference Championship. We wish them well and will have a follow-up report when they get back.

LC Trap And Skeet Team
(Right)



LC's Dr. Hansen is congratulated by UI's Dr. Ericles

If you are interested in becoming part of the team contact Dr. Ken Wareham, team mentor/coach, in Spalding Hall 224. If you are interested in learning how to shoot clay targets sign up for KIN 140M Intro to Shotgun Shooting, which will begin March 5th this spring so you still have a few weeks to sign up.



Earlier in the year there was a shoot with UI and LC, in which the Dean of Students from each school were pitted in a head-to-head match. Dr. Andy Hanson from LC secured the win and bragging rights for the next year.

(See photo to the left)



Ollie Severs, trap champion



Dax Wareham, skeet champion.

the PATHFINDER pals

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Puzzle

This issues puzzle is something special. Can you find the following words within articles of the paper?

Ballistic Concentration Championship

Atomic Partaking Shotgun

Superhero Advisors Kinesiology

Unconsciously Chocolate

Bonus round, can you find the one misspelled word?

Snap a photo and tag the PathfinderLcsc insta if you find it!

Meet the Crew

Craig Newsom~ Writer for all things mental health. He's a interdisciplinary student who graduates this spring. #beesarecool



Emmett Demlow~ Sports writer who is a Sports Media Major in his first year of college.



Lydia Hellewell~ Shes an amazing photographer who is majoring in Graphic Communication. This is her first year.



Issac Elonen~ Writer. He is a junior studying for elementary ed and wrote last semester with his wife Daphany.

Brooke Warthen~ Writer and photographer. Shes a sports media major and her in junior year.



And Our Advisors
Seth Bradshaw (Left)
and
Dana Parsons (Right)

