LCSC students compete at Model EU, pg. 5

Left: Dustin Ellis gives his speech at the Model EU at the University of Washington as UK’s Prime Minister.
Top right: Heidi Hughes plays the role of Minister of Interior negotiating with others from the Model EU.
Bottom right: Leif Hoffmann, Professor of Political Science who coordinates LCSC’s Model EU team, with Hughes and Ellis.

Photos courtesy of Leif Hoffmann
From the Editor

Move over Olympics!

Well the Olympics are over. They were fun while they lasted but I’m glad my favorite shows are back. And although, skiing isn’t my personal favorite, it is exciting watch and I’m glad that other people can ski well and honor their country by doing it.

But I’m not here to talk about skiing or the Olympics. I’m going to talk about something much more exciting and important, to me anyway, the Oscars.

Yes, ladies and gentlemen it’s that time of the year again. I couldn’t be more excited. This was such a great year so many great films, filmmakers, stories and actors.

It’s certainly a nail-biter too. Will “Gravity” take home the big award or will “12 Years a Slave”? It’s been back and forth all year with no clear front runner. The suspense!

For those who say that the Oscars don’t matter, here’s my response. They may not matter to you but it matters to the people who are being nominated. It’s their big night. The Oscars are the Olympics of film so to be nominated is a big deal to everyone from the actors to the cinematographers.

And I will be watching.

Kaylee Brewster

Skiing!

Well, I’m sure you all are sick of hearing about skiing (Kaylee, especially, but I went skiing this weekend! It was awesome!

I did a lot of trash talking and bet my friend, Katherine, that I could destroy her in a race. It was on. I was flying down the slope, knees bent, poles tucked back and under my arms. I was really bookin’ it. And here comes Katherine, passing me on the right. As soon as she passed, I think the tip of my left ski dug into a little rut of snow and was promptly ejected from my skis, and I went flying through the air. I landed on my face and skidded for a good while. When I finally came to stop, I just laughed, thinking, “Katherine is never going to let me hear the end of this!”

My second mom, Beth, was behind me a ways, and she said when she came over the top of the hill, there were “bits and pieces of Aaron scattered for 50 yards.” First a pole. Then a ski. Then another pole.

Moral of the story: don’t trash talk with your friend prior to a race. It proves to be a very humbling experience.

Aaron Waits

Opinion

Stretch the happiness muscle

It’s natural. It’s not a shameful experience. Society can, at times, make it seem as though depression is just a problem to be solved. It happens. It can happen to anyone. The point is not to “find happiness”—as if to say it had been lost or misplaced. The point is mostly to understand the feelings and know how to interpret them in a healthy way.

It’s okay to feel sad. Today might be a bad day and tomorrow might too. The ultimate goal is to find a way to keep negative thoughts in check so they don’t bloom into unrealistic monsters. You’re allowed to feel down. You don’t have to be happy every day.

The overall goal is to have a long-term optimism with realistic expectations of yourself and the confidence to move forward.

I know I have a tendency to project today’s problems into the future, as if there isn’t an ultimate solution. The illogical depression lets me believe that the problem will just continue to grow and wants me to believe I am powerless to stop it. The truth of the matter is that there isn’t one insurmountable problem. There are many small components that I must tease apart and make sense of on their own. It is time consuming and exhausting—especially when I’m already low on energy—but in the end it is worth the time it takes to address each small problem instead of letting the sum of the problems assault my senses.

I’ve found myself in somewhat of a funk lately. It is hard to get myself motivated to accomplish things, it is hard to battle the intimidation that is inherent in life changes like graduation, and it is hard to fend off the demons of the past while my sensitivity is high and my energy is low. Fortunately, I have found things that work for me to help me find happiness, page 3

The Pathfinder policies

The Pathfinder is the official student publication of Lewis-Clark State College, and operates under authority granted by the LCSC Communications Board. Responsibilities for establishing news and advertising policies and deciding issues related to content rest solely on the student staff. The views expressed in commentaries and letters are those of the individual authors, and not necessarily the views of The Pathfinder staff.

The Pathfinder’s offices are located on the LCSC campus in room 201 of the Student Union Building. All members of the campus community are invited to visit and share comments and ideas. If you would like to make an appointment to meet with the editor or any staff member, please call 792-2569 or email thepathfinder@lcmail.lcsc.edu.

Staff meetings are held every Tuesday at 6 p.m. Students interested in writing or layout, or anyone on campus who is just plain curious about what goes on at The Pathfinder may attend. The Pathfinder’s staff may be contacted at thepathfinder@lcmail.lcsc.edu with the staff member’s name in the subject line.

Deadlines for The Pathfinder are as follows:

Letters to the editor — 5 p.m. Monday

Press releases and public service announcements — 5 p.m. Monday

Articles, columns, opinion, profiles, stories — Saturday at midnight

Sports stories and reviews — Saturday at midnight

Submissions via email attachment are preferred.

See happiness, page 3
Senate Summary

Meeting held Feb. 18

Dallas Callahan
of The Pathfinder

- Associate Justice, Jennifer Johnson, resigned from her position in the ASLCSC senate, due to personal conflicts.
- Mackenzie Sorenson and Alex Oliver were appointed to the open positions of Associate Justice, and they were sworn in by Chief Justice, Kevin Reynolds.
- ASLCSC created an internal committee for the student benevolence fund to help students in need.

First Uncommon Reading Series for 2014 hits campus

Erin Mack
of The Pathfinder

Accompanied by hot coffee, students, and faculty, literature lovers gathered Thursday to participate in “Coffee with Kafka,” the first meeting of the “Uncommon Reading Series” on campus this semester.

A group of about 15 gathered in Jitterz and were a part of a lively discussion led by Dr. Peter Remien on Franz Kafka’s “First Sorrow.” The Uncommon Read is a unique campus experience because it allows students and faculty to gather in a casual setting to discuss a pre-chosen story. Each meeting is led by a different faculty member.

Remien commented on the event, “Even though I was officially leading the discussion, I learned a lot about Kafka’s ‘First Sorrow’ from everyone who contributed. Kafka is wonderful because his stories are so full of meaning, but they never offer definitive answers.”

The group will continue reading short stories out of “Short Shorts: An Anthology of the Shortest Stories” throughout the semester. The next story being discussed by Dr. Louis Sylvester will be “A Clean, Well-Lighted Place” by Ernest Hemingway, Thursday, March 20 in Jitterz. All students and faculty members are welcome.

Resume workshop to take place for students

Lindsey Keatts
of The Pathfinder

Do you know what a CV is? Do you have one? Whatever your answer, below are many tips for making one up or improving the one you have.

A CV (curriculum vitae) is an academic résumé. A regular résumé is used to help lay out your professional qualifications to help get a job. A CV is similar, except that it outlines your academic qualifications. Usually, they are used for graduate school, for applying for academic positions, or for personal records of achievement. However, in most other countries they are required for any job.

Wednesday, the social sciences division and the political science club came together to host a free CV workshop to help students make or improve their CVs. The workshop was open to all students, and included several faculty members from the social science division who were prepared to give advice and help on students’ CV drafts.

“Organization is the key. It needs to be consistent and easy to read. It does not need to be flashy. It is also important to have diversity in your activities, whether it is speaking another language, work, school, or volunteer experiences.”

Sometimes, CVs will include letters of reference. It is important to always be sure to double check the people who are giving you a reference. You need to check that they will give you a good reference, not just a reference. Also, make sure your letter writers have plenty of time, usually more than a month in advance of when you need the letters. Also, be sure to differentiate between character references and academic references.

It is very important to know when to use a CV or when to use a résume. If you are unsure or need help constructing your CV or résume, your advisor can help or point you to resources to answer your questions.

From happiness, page 2

that peace I was talking about. I know I have a supportive family, significant other, and friends. I know that getting exercise will help to relieve stress and get better sleep, and I know that the healthy food I eat gives me quality energy to get me through the day.

It has taken me quite awhile to understand these ebbs and flows in my mood. It isn’t always environmental, it isn’t always hormonal, or brain chemistry oriented, but it is always something I know I can handle. Depression is a challenge to prove to myself that I can make positive changes. All I know is what I’ve learned from trial and error and observation. I don’t have much, but I know I have hope. Hope, like happiness, can’t be lost or misplaced—they’re more like muscles that need only to be exercised to become stronger. At least that’s my theory.
New scholarship will benefit LCSC women’s basketball program

Donation in memory of Dr. Robert Colburn

Staff Report

An anonymous donor has created a $40,000 endowed scholarship in memory of Dr. Robert Colburn to benefit the LCSC women’s basketball program. Dr. Colburn and his wife Betty were major contributors to the college and sponsors of LCSC women’s basketball program for over 20 years.

Dr. Colburn was a founding member of Lewiston Orthopedic Associates, the first orthopedic clinic in the Lewis Clark Valley. He was also instrumental in bringing many first-time and innovative orthopedic techniques to the valley and the Pacific Northwest.

Dr. Colburn’s family was in attendance at the LCSC women’s basketball game Saturday night and an announcement about the new endowment was made during halftime. Members of the team are encouraging donations to grow the endowment.

The anonymous donation was made through the Lewis-Clark State College Foundation. The Foundation’s fundraising effort Campaign LCSC - Celebrating the Past, Creating the Future is approaching its goal of $12 million, having raised over $11,400,000 thus far.

Gifts to Campaign LCSC can be made online, by sending a check, donating stocks, or even donating agricultural commodities. To make a gift, please go to www.lcsc.edu/giving/ or contact Mary Hasenoehrl at mhasenoehrl@lcsc.edu or 208-792-2458.
Honorable mention received at the Model EU Simulation

Hoyoung Seo
of The Pathfinder

At this year’s West Coast Model European Union (MEU) at the University of Washington Feb. 7 and 8, Dustin Ellis, LCSC student, received an honorable mention.

The European Union (EU) is an international organization with powers very similar to nation states, pursuing common politics, especially in the arenas of trade and commerce. As of 2013, 28 countries belong to the EU. The European Union and its predecessor, the European Community, started out as a way to overcome the divisions of the European continent and as a lesson learned from the catastrophe of WWII.

The annual competition is hosted by the University of Washington’s European Union Center of Excellence. The mission of the center is manifold and includes, in addition to hosting the simulation, to research European integration as well as EU-US relations, to organize academic conferences on related topics and to provide EU study opportunities for students and faculty.

The Model European Union is specifically a simulation of an European Council Summit. Teams made up of two current undergraduate students play the roles of representatives of EU member state delegations, the European Commission, the European Central Bank and the European Parliament. At the 2014 Model EU, participants negotiated issues of concern for the Greek Presidency of 2014, crafting a Banking Union for Europe and the reform of the EU’s migration and refugee policy.

Many different universities participated in the competition, such as the University of Washington, Brigham Young University, University of Wisconsin-Madison, University of Colorado - Boulder, University of Victoria, University of Arizona, Claremont Colleges, and LCSC.

This was the second year that LCSC students participated. Last year, Sandra Kelly and Amy Cooper participated in the competition, respectively, as the Austrian head of government and minister of finance.

This year saw two other LCSC students participating; Heidi Hughes, playing the role of the UK’s Minister of the Interior negotiated with the other 27 EU countries on the future of migration and asylum policies for Europe, and Ellis, playing the role of David Cameron, UK’s Prime Minister, discussed a banking union.

Ellis joined this competition because he has an interest in European Politics and wants to compete with top students from other schools. Hughes wants to get an opportunity to discuss political issues with new people.

“It was a trial by error. It was nerve-racking at first because it required getting used to the jargon and rules, but within five minutes of debating it made a lot of sense and I quickly was able to pick up on different countries' stances, that had real world implications,” Hughes said.

Ellis received an honorable mention award. His speech suggested the British attitude on the banking union and migration policy. He vitalized that by depicting a clear image of British attitude.

“British psychology has been shaped by its geography. It’s an island nation, independent and sovereign. Britain can no more change this sensibility than it can drain the English channel,” Ellis said. He also mentioned history in there between Britain and Europe, referring to Caesar’s legions to defeat Nazism. Britain helped shape European history, and Britain has been a part of Europe.

“To win this competition, a player needs tenacity. It takes time to research and write the papers required for the competition. It takes someone willing to go above and beyond the normal class load, because this is a purely extracurricular activity. Most importantly, it takes someone who isn’t afraid to communicate with people because, in the end, that’s what politics is all about,” Ellis said.

What makes the honorable mention award won by Ellis more remarkable is the fact that LCSC is, to a certain degree, an underdog at the annual competition.

Those with more questions or interests in participating next year are encouraged to contact Professor Hoffmann in Spalding Hall 304 or at lshoffmann@lcsc.edu.
“Pompeii”: kind of like “Titanic” but with volcanoes

Kaylee Brewster
of The Pathfinder

Have you seen “Titanic”? Then you’ve seen “Pompeii.” Take out the sinking ship and add an exploding volcano and everything else is pretty much the same.

Milo (Kit Harington) falls in love with Cassia (Emily Browning). The problem? He’s a slave and she’s… well not. And then Corvus (Kiefer Sutherland) comes in to spoil their relationship.

And there’s an exploding volcano.

I could give more details, but seriously people, this is “Titanic.” Perhaps more fighting, but its “Titanic.” You could write a very long paper on how “Pompeii” is “Titanic.” But this is not that paper, this is a review.

I will say that “Pompeii” isn’t as terrible as I thought it would be. Much of it was actually entertaining. Then it would get boring. Then Jack… I mean Milo would fight. Then the fight would get too long, then it would be boring again.

As I have already explained this story is not a revelation. It’s no original, so the basic plot is predictable. I mean, absolutely nothing, nothing, shocked me. I knew from the beginning exactly what would happen, it’s like I’m some kind of film prophet. No, it’s not that, it’s just that I’ve seen a lot of movies and certain plot lines have a way of repeating themselves over and over. No, it’s not that, it’s just that I’ve seen a lot of movies and certain plot lines have a way of repeating themselves over and over.

But as I mentioned before some parts were entertaining, just not enough. If there were more of plot maybe it would be better. At least the plot made sense. For the most part.

Characters seemed to have logical motivations for what they were doing or not wanting to do.

Also, the fact that the giant mountain erupts hardly becomes an issue until halfway through the film. Much like “Titanic” it’s more of the backdrop for the conflict, than a driving force. Much of what happens would have happened with or without the spewing volcano.

The acting and characters aren’t terrible either. The actors deliver their lines without sounding like robots or overly emotional. The characters are cardboard characters at best, but they’re not confusing. They know what they want and they are trying to get it.

Milo is trying to get revenge for his family and freedom for himself. Rose… wait, wrong movie, Cassia is trying to… be pretty? She wants to live and wants to love, I guess. OK, her character might need a little work. And she doesn’t want to marry Corvus, that much is clear.

Although their characters lack strong emotional connection with each other and even with the audience they still have one important quality: likability. They are characters that the audience can rally behind and will to fight and live.

But that could possibly be just because Corvus is a really bad dude. Kiefer Sutherland proves that he can be a big bad baddy just like his daddy (Donald Sutherland playing President Snow from “Hunger Games”, for those lacking the connection). He is everything a cliché Roman general villain should be. Ruthless. Cruel. Manipulative. Sinister. Treats women badly. Just… evil really. He walks on the screen and you just want to punch him. No. You want to kill him.

So is that we want Jack and Rose… Milo and Cassia to win? Or do we want Cal to drown… wait, Corvus to burn alive?

The special effects are of particular note in “Pompeii.” I kept waiting for the slow-motion aaamnnnnd speed it up scenes but those didn’t really happen (maybe one). The main effects were used to create the city, then destroy it.

And man, when Paul W.S. Anderson wants to destroy a city with a massive volcano he pulls out all the stops. Sometimes it felt like a little much, possibly to create more conflict. Possibly because it looks cool… yeah most likely that. Sometimes it looks real. Sometimes it looks and feels fake. But 90 percent of the time it does look cool and terrifying.

“Pompeii” is what it is. It tells the audience “this is what kind of movie this is” and it does that kind of movie. It delivers on all its promises and doesn’t try to be more than it is. It’s a movie we all saw in 1997 (and the years following).

So is it a good movie? Depends on what you want. If you want a guilty pleasure action-romance, exploding volcanoes, massive visual effects and evil Romans, then you’ll be happy. If you want a serious exploration on the lives of the people of “Pompeii” and the tragedy that happened the day they all died, you’ll probably be better off with a PBS documentary. “Pompeii” doesn’t really shed too many tears for the lives lost in ancient Italy.

“Pompeii” is what it is, does what it does, nothing more.

Oh, and don’t expect a tearful Celine Dion song to close out the credits.

Retelling Miraclemen provides a darker story than the original.

Derek Yon
of The Pathfinder

Older comic books are pretty campy to modern readers. In recent years, beloved characters like Spiderman and Superman have been revisited with more modern ways of telling a hero’s story. Instead of seeing Batman in spandex with a teenage sidekick in slippers, we have a more realistic vision of Batman in Christopher Nolan’s “Dark Knight” movie series.

Nolan and Zach Snyder (“Man of Steel,” 2013) are not the first visionaries to reboot an older, cheesy franchise. Alan Moore and later Neil Gaiman revived a pretty famous character from the 1950’s named Miracleman.

These two writers changed the landscape originally created by Mick Anglo, and gave the hero a much darker storyline than what anyone in 1956 would have been used to. Legal battles over the rights for Miracleman have kept the title under anyone’s radar until earlier this year.

I recently read a re-released issue 1&2 of Miracleman that could very well put this dynamic character back on the map. Marvel Comics is releasing all of the issues, complete with behind-the-scenes information that only a real insider like, uh, Neil Gaiman himself could provide for readers.

The reason this comic means so much to fan-boys, is the introduction of the antihero.
**Video Game Review**

**Remember me? Probably not**

Brandon Roberts  
_of The Pathfinder_

First off, I'd just like to say, to all Playstation 3 owners out there who haven't tried Playstation Plus yet, that you have got to try this service out at least once. Not only do you get some good discounts and exclusive game trials, you also get access to free games. Even better, once you acquire those games, then you technically get them for life as long as you continue the Plus service. And if you decide to end it but later come back, it's no worry because whichever games you “purchase” will still be waiting for you to download again and again.

The reason I mention this is due to the most recent addition to the lineup, “Remember Me,” which was released last year by Capcom for the PC, PS3 and Xbox 360. Set in a dystopian future of 2084, where memories have become a druglike commodity for the right price, you play as Nilin, a “memhunter” who has had her own memories erased. Determined to find out about her past, she joins a group called the “Errorists,” led by the enigmatic Edge, to subvert the Memorize corporation’s control over the general public.

Playing this particular game reminds me a little bit of the “Batman: Arkham” series, as many of Nilin’s attacks and dodging controls seem to draw heavily from the Caped Crusader. However, what makes this unique is Nilin’s ability to unlock “Pressens” for her combos, allowing her to deal extra damage, regenerate health, or make the cooldown of her abilities end more quickly. She moves rather fluidly as well, so it becomes rather easy for players to dodge away from enemy attacks (if they are paying attention, that is). There are also small segments of the game referred to as “Remix,” where Nilin can change a person’s memories to her wishes, as well as “Remembrance” moments that allow her to utilize the memories of others to get past obstacles.

However, this game does share its own set of problems. The Remix segments are fun, but they aren’t used often and don’t feel like they live up to their fullest potential. Combat also can become rather repetitive, and more often than not, I found myself rolling my eyes and thinking, “Come on. Let’s get moving here.” The story, while a good attempt at a dystopian future, feels far too linear and slightly unbelievable for anyone to become completely immersed by it. The graphics, also, appear grainy and rough in comparison to other games at the time of its release, though whether or not that was a preference of the developers to set some kind of mood is debatable.

In all, “Remember Me” is a decent experience and a good way to kill some time, but it doesn’t strike me as a game that is really all that memorable. Still, considering how this was a forty-dollar game that I (technically) got for free, I’m not really complaining about all that much.

Overall Game Score: 7 out of 10

**Music Review**

**The stripped down magic of Band of Horses**

Kelsey Randles  
_of The Pathfinder_

When a group of high caliber musicians like Band of Horses releases an acoustic album the question is not “if” a music lover should buy it, but “When does presale start?” And, “Can I get it on vinyl?” I asked myself the latter two of course, and put in my order for a freshly pressed album as soon as possible.

Three exceedingly long weeks later, I arrived home from school to find a square cardboard box sitting on my porch. I am not ashamed to admit I sprinted to my front door, and ran inside to my stereo as I opened up my new vinyl. Carefully setting the needle on the untouched LP, the sound of clapping and laughter met my ears as track one began. Oops, I forgot to mention, not only was I about to listen to an acoustic set of some of my favorite songs, but they were recorded live at a concert held at the celebrated Ryman Auditorium. This was the best thing to actually experiencing the performance live.

Band of Horses have found themselves nicely filling a niche of the indie rock genre, producing music that fulfills all the requirements of rock and roll, but at the same time is unique and beautifully poetic. All of the songs featured on the album are great originally, but by performing them acoustically, Horses lend the tracks to a more lyrically-focused rendition for listeners. I am in no way exaggerating when I declare every track on Acoustic at the Ryman terrific, but I do have my favorites, which I hope you will listen to and enjoy as well.

Track 3 begins as the initial chords of Detlef Schrempf are played on the piano, and it does not take long for the crowd to recognize the melody and start whooping and hollering.

Lead singer Ben Bridwell’s Neil Young-esque voice shines through, singing his listeners to a breaking point in a relationship: “Well take a little walk when the worst is to come / When I saw you looking like I never thought / And say you’re at a loss or forgot that words can do more than harm.” Bridwell's lyrics remind listeners of the power the spoken word has, especially when those words come from a loved one. He also succinctly states how quickly your viewpoint of a person can change after a single event or action, making it impossible to return to the way things were.

The solo piano continues as Bridwell’s aching voice tells his listener to “take it as a song or a lesson to learn / And sometimes soon be better than you were / If you say you’re gonna go, then be careful / And watch how you treat every living soul.” Not only is Bridwell’s voice beautiful, but so are his words for saying goodbye.

Coming in on the last track of Side A is my favorite Band of Horses song, No One’s Gonna Love You. Part stunning love song, part sad realization of a vain attempt to keep a relationship alive, I am inclined to say the live acoustic version is better than the original I have been obsessed with. Bridwell shows off his singing prowess, as one acoustic guitar plays the melancholy chords. Two lovers are “reeling through an endless fall / We are the ever-living ghost of what once was.” As the relationship continues to crumble, they still are reminded of what they once had, making it impossible to say goodbye. Bridwell packs as much emotion as possible, his voice cracking just slightly, when he sings “But no one is ever gonna love you more than I do / No one’s gonna love you more than I do.” Repeat button, please.

This review took longer to write than any other I have done this year because I could not stop listening to, and thinking over, all of the songs on Band of Horses’ Live at the Ryman. I have so much to say about every track on the record, and listening to the album only compels me to one day attend a real live performance by the band. And good news for the cash-strapped college student, YouTube has the full album streaming for free. So, there is no excuse to not give the album a listen. I dare you to not find at least one new favorite song.
Food Review

Tired of cereal? Try these microwave eggs

Jennifer Johnson
of The Pathfinder

I dread those mornings when a bowl of cereal just may not be enough to get my day going. It seems there is never enough time to make breakfast. Now, there are times I have something premade or I eat a piece of fruit. Then there are those mornings when I just need more. I did some searching for some fast filling breakfast tips. I found one that I never had considered before, microwave eggs. I had to test this concept.

I sprayed a small microwave safe bowl lightly with some cooking spray. I scrambled three eggs with two tablespoons of milk together with a fork. Then, I looked through my fridge. I found some sliced mushrooms and diced red peppers. I added those and about a half cup of shredded cheese to it. I laid a damp paper towel over my bowl and put my concoction in the microwave for one and a half minutes. Fluffed them with a fork and turned them back on for another 45 seconds. They were light and fluffy. These super yummy scrambled eggs were just what I needed to get my day going. Next time I think I will roll them up in a tortilla for a breakfast burrito.

Ingredients:

- 3 eggs
- 2 tablespoons of milk
- Mushrooms
- Red peppers
- Shredded cheese
Public hearing of proposed student fees for the coming year

Staff Report

There will be a public hearing on proposed student fees for FY 2015.

The public hearing will be at 12 p.m. March 12 in Sac Hall Room 112. The hearing will gather input on proposed student fees to become effective with the Fall 2014. Students wishing to submit written testimony should send their comments to the Office of Vice President for Finance and Administration in the Administration Building.

This proposal includes an increase of no more than 2.0 percent ($32) per semester in the full-time fee. Revenue generated by the fee increase will be used to support the ongoing costs of the institution.

No changes to the Student Technology Fee, any of the Facility Fees or any of the Activity Fees are proposed at this time.

The proposal also includes increases to the credit hour fee for both part-time instruction and summer term instruction of $6 per credit hour (2.0 percent increase) and to nonresident tuition in the amount of $103 per semester (2.0 percent increase) and Asotin County nonresident tuition in the amount of $32 (2.0 percent increase).

The notice will also appear on the LCSC website at www.lcsc.edu.adminservices/budget-office.htm

Suicide prevention course comes to LCSC

Learn the signs and what to say

Sarah Garrison Taylor of The Pathfinder

“I wish I was dead! Who cares if die anyway?” Statistically, every 13.7 minutes one person dies by suicide, the act of killing oneself intentionally. Suicide is the second highest leading cause of death for Idahoans age 15-34. While suicide is one of the highest leading causes of death it is also the most preventable.

The thoughts of suicide come and they gnaw. When people bring up suicide, many others say, “That’s not something you should talk about.” There is a stigma behind the word. Yet, it is the second highest leading cause of death in Idaho, and that is exactly why it should be brought up.

If you or someone you know have or has considered killing yourself/their selves, don’t be afraid to seek help. Let them know they won’t be a burden, even if it is you. People want to help and there are resources available. There are many reason they, or you, may be feeling down and there is nothing to be ashamed about seeking help. Many of the victims of the thoughts of suicide suffer from depression.

Last Friday, Steve Button taught a class on Suicide Prevention with the methods QPR (Question, Persuade, Refer).

Some warning signs for suicide are (the more the greater the risk):

- Depressed moods
- Loss of interest
- Considerable Weight change
- Loss of major relationship
- Insomnia/Hypersomnia
- Agitated or slow behavior
- Talk of suicide
- Thoughts of worthlessness
- Withdrawal from friends/activities
- Faced with humiliation or failure
- Dramatic change
- Financial change
- Change

If someone you know is showing signs of suicidal behavior:

1. Question: Ask them if they are thinking or have ever thought about killing themselves.
2. Persuade: Ask, “Will you go with me to get help?” or “Will you promise not to kill yourself until we’ve found some help?”
3. Refer: Take them somewhere they can get help, call a hotline or 911.

There are many options for those considering suicide.

LCSC events for Women’s History month

Staff Report

LCSC is celebrating Women’s History month with an essay contest and presentations.

All LCSC students are eligible for the Women’s History Month Student essay contest. The essay can be up to ten pages of double pages of any topic relating to women’s history. A title page/cover sheet with first and last name and contact information must be included. To ensure a blind review process names should appear only on the title page/cover sheet. Essays should be left in the Humanities Division Office in Spalding Hall 111A by April 9. The winner will be recognized at the Senior Research symposium and received $150.

Dr. Amy Canfield and Dr. Marlowe Daly-Galeano will be presenting on “Why Women’s History Month?” Monday at noon in Sam Glenn 224.

Dr. Louis Sylvester will present on “Real Men are Feminists: Why Men Should Care about Gender Equality” March 6 at noon in Sam Glenn 224.

College is a time full of change and stress. Many individuals choose to end their lives when a major change such as a loss of a loved one or a relationship, struggles with career, school, or finances, and more pushes him or her over the edge. Things do get better but when some individuals feel trapped by pain suicide seems like the only option. Many who die from suicide, like those fighting cancer, are battling depression and just need help, because sometimes, people can’t help themselves.

If you are worried about someone thinking about ending his or her own life, ask questions, persuade them, and refer them to help. Remember, suicide is the most preventable cause of death.
LCSC men secure tourney spot

Sandra Kelly
of The Pathfinder

Going into the week, the LCSC men were flirting with not qualifying for the Frontier Conference Tournament, so to say they were feeling some pressure would be an understatement.

Adding to that pressure, first on LCSC's list of games was a battle between No. 21 Westminster, a team that entered the Activity Center with a 17-10 overall record and a 10-4 conference mark.

Needless to say, by the end of Thursday the Griffins had one more loss in their record as LCSC swept its Utah visitors, 89-83.

And more importantly, LCSC secured a berth into the conference tourney.

"When you have the shooters that we do, it can make things very easy offensively," LCSC coach Brandon Rinta said in a press release. "One guy gets in a rhythm and it bleeds over to other guys. We were making shots in that first half and it got everyone comfortable."

EJ Farris had the hot-hand offensively, scoring 28 points, but he also was a blanket on defense as he held Westminster's star, Tallon Robertson, to 13 points.

"I thought our guys played very well defensively tonight," Rinta said. "We were dialed in and communicating well. Everyone that went in there did something positive."

On Saturday LCSC played host to Western Montana, and while the pressure was off to make the tournament, it did have some pressure to leave the Activity Center crowd with good memories.

The Warriors did just that as they picked up an 83-67 win, and played what senior Jacob Champoux said was their best basketball of the year.

"The fact that it was Senior Night brought another level of excitement," he said. "And those are the times when you want to be on the floor. That's when the game is the most fun."

The Warriors seemed to have fun all night. Offensively, they passed with precision, and on defense every player swarmed to the ball.

The result was a 36-9 lead with just over seven minutes left in the first half.

"What really impressed me about those first 15 minutes was our defense," Rinta said. "It was fun to see our guys play defense like that, and it was without question our biggest opening defensive statement of the season."

Western finally began making some inroads through the LCSC defense, closing the gap to 42-20 at the half.

Farris led LC with 26 points, scoring 21 of them in the second half, but Brady Bagby added 14 points and six rebounds, Champoux had 13 points and Janaal Thomas led the rebounding effort with eight (he also had two blocks).

The win moved LCSC to 21-9 overall and 8-7 in the Frontier.

Next up, the conference tournament. And where do they play? Montana Western of course, in Dillon, Friday.

Women finish No. 2 in Frontier Conference

Sandra Kelly
of The Pathfinder

LCSC's women's basketball team closed out their regular season with a split this week - but it was a pretty big split.

All year long the No. 16 Warriors have been battling the No. 3 Westminster Griffins for supremacy in the Frontier Conference.

The Griffins came out on top, by only by a total of four points combined as LCSC lost to Westminster by two in Salt Lake City in January, and again by two last week, 67-65 in the Activity Center.

Saturday LCSC wrapped up the season with a 68-59 win over Montana Western, giving it the split.

The Warriors played brilliant defense against the Griffins, but for whatever reason, LCSC could not make on offensive rebound, but the Griffins did.

By the end of the night Westminster had a 21-4 advantage on the offensive boards, and a 17-4 lead in putbacks.

LCSC, which led by as many as 10 points midway through the second half, and even had a 64-59 lead with less than two minutes to go, but it could not hang to the lead.

Brittaney Niebergall, who finished the night with 17 points, had chance to win the game for LCSC as she shot up a 3 at the buzzer, but her attempt clanged off the front of the rim as time ran out.

Tanis Fuller led the LCSC attack with 18 points and three boards while Niebergall added six assists to her 17 points.

The Warriors had little time to lick their wounds. Saturday they took on Western, an 8-8 conference team.

LCSC cruised to a 41-18 lead at the break, and while they let up a bit in the second half, it never trailed and finished the regular season with a nice win.

Cazely Orlandi led LCSC with 19 points while Fuller had 11 points and nine boards. Niebergall added 14 points, seven assists and four steals.

The split puts LCSC at 25-4 overall and 12-3 in league play. Because it finished No. 2 in the conference it has a bye in the opening round of the tournament and will host a tourney game March 8 at 7 p.m.

LCSC tops Wolves with 10-inning thriller

Sandra Kelly
of The Pathfinder

It took a little extra, but the No. 2 LCSC baseball team closed out the weekend with a 6-5 win over the Western Oregon Wolves.

There was no dramatic game-winning homer, but when Raymond Pedrina scored off a passed ball with two outs in the 10th, the feeling was just the same.

Steve Thompson started on the mound for LCSC, but after giving up five hits and four runs - three earned - in just 1 2/3 of an inning, he was pulled.

That seemed to be the theme of the day.

Western Oregon starter Clark McKitrick also had a four-run inning, and was pulled, and by the time the game was over, 13 different pitchers had seen action.

Fortunately for Warrior fans, the final three LCSC pitchers - Joe Mello, David Murillo and Cody Chartand - were solid as they held Western Oregon to two hits and combined to pitch six innings of scoreless ball.

For a moment it looked as though LC was going to win the game in the ninth.

With runners on first and third, Jacob Cano tried to put down a suicide squeeze, but he missed the pitch and Jake Shirley was thrown out as he tried to get back to third.

Cano followed by hitting a single to center while Chris Woolley walked to load the bases.

But the inning ended when Western Oregon's Zev Egli struck out Michael Sexton.

Whatever magic LCSC had in the ninth carried over to the 10th because Pedrina, in his first collegiate at-bat, singled off Wolves' closer Kody Stone. He then moved to second when Ryan Sells walked, and Cody Weiss hit a sacrifice bunt that moved the runners to second and third with only one out.

Friday LCSC defeated WOU 7-2, on Saturday it split with the Wolves, winning the opener 8-4, but losing the late game 6-1.

This week LCSC will travel to Portland, where it will take on Montana State-Billings, the University of British Columbia and Concordia University at the Porter Park Classic.

The Warriors will return home March 14 when it hosts the College of Idaho.
Off the bench

Dillon, where basketball dreams are made

Sandra Kelly
of The Pathfinder

It’s not often that I want to go to Dillon, Mont., and when I do it is to fish.

This week is different.

This week LCSC men’s basketball team is headed to the potato cellar gym at Western Montana to take on the Bulldogs in the opening round of the Frontier Conference Tournament, and if I could I’d be making that long trek to Dillon.

This game has the makings of a classic.

For starters, Dillon is out in the middle of nowhere (well, it’s actually in the middle of some of the most beautiful country in the world and some of the best fishing around, but that’s for another time). Dillon is tough to get to, and that gym, that green-tinted, chilly gym is not a friendly place for visitors.

And what makes it more enticing is the Warriors are fresh off their best game of the year, a game that saw them play precision basketball. It was a game where they played equally well on offense and defense, and a game where they wowed the crowd.

It was a game where they beat - you guessed it - the Western Montana Bulldogs.

Oh my, it was sweet.

“It was the best basketball we’ve played all year,” Jacob Champoux said.

“Anytime we’re out here in front of these fans it’s special,” EJ Farris added.

“What really impressed me about those first 15 minutes was our defense,” LCSC coach Brandon Rinta said.

Saturday’s game was one of the rare events where nearly everything went right, and on the losing end of that was Western.

That makes this next game even more exciting.

Western coach Steve Keller is, no pun intended, a bulldog. He was an intense and successful coach in Helena, one who always had intricate plays and disciplined players.

It was no surprise when he got the coaching gig at Western because as good as Keller was in the high school ranks, his personality is well-suited for college.

He is tough, feisty, sometimes comes across as a little mean and he can be arrogant.

But the man knows basketball. He has one of the best basketball minds I have ever seen, and I have no doubt he is planning something special for this tourney opener.

Rinta knows that.

“They’re too good of a team to just let us blow their doors off,” Rinta said. “They fought us the whole way and it got hairy there for a while.”

Expect more of the same Friday.

The Bulldogs will be aggressive, they will be physical and they will do everything possible to get into the heads of LCSC.

But if the Warriors can use Saturday’s win and build on it, they will respond, and that’s why Friday’s game could be a classic.

Rinta knows the Bulldogs will be gunning not just for revenge, but for a berth into the NAIA tourney.

Rinta knows all too well how tough it can be to play in Dillon, and how tough the travel is.

He also knows how tough his team can be. He saw them bloom last Saturday, and while it is hard to repeat perfection, the Warriors weren’t perfect - just close to perfect - and if they can fine tune just a little more, look out.

It will take extraordinary play to defeat Western twice in a row, and on its home court.

But that’s just why this game could well be a classic, and why Dillon is the place to be this Friday.
By Lindsey Keatts

Word on the Street

Major: Biology
Year: Junior
“Facebook chat, because it is easy to use and talk to people that I might not be able to talk to through texting.”

Cassie Cahial

Major: English
Year: Junior
“Creative Fox, it is a knock off of the old Super Mario Brothers.”

Hiram Diaz

Major: Nursing
Year: Freshman
“I like the casino games. I have this one app that is like a Clearwater River Casino app, it has all the same games they do.”

Chenloah Laststar

Major: Communications
Year: Freshman
“I like Pinterest. I can upload my own stuff and look at pictures and ideas, they have a lot of DIY stuff.”

Alexandria Scalise

By Lindsey Keatts

What is your favorite Smartphone or tablet app?

Sunday March 2nd
4:00 Resident Life Student Oscar (WCC)

Monday March 3rd
8:30 a.m Math Lab Open (MLH 320)
4:00 p.m Lewiston City Council Broadcast (LIB)
4:00 p.m WEB Committee Meeting (SUB225)
7:00 p.m Math Lab Open (MLH 320)

Tuesday March 5th
8:30 a.m Math Lab Open (MLH 320)
4:00 p.m NSLC Web Cast (SAC 115)
4:00 p.m Dance Performance (ADM THEA)
4:30 p.m ASLGSC Senate Meeting (SUB225)
6:00 p.m Note Tech Photo for Beg (SAC 144)

Wednesday March 6th
8:30 a.m Math Lab Open (MLH 320)
10:00 a.m Warrior Wednesday (Outside of the SUB)
5:30 p.m Note Tech Yoga (ACW 122)
7:00 p.m Math Lab Open (MLH 320)
7:00 p.m LDSSA Meeting (SAC 122)