Welcome Back Warriors!
Warrior Move In Day

By Gracyn Richardson
of the Pathfinder

Wed. August 17 was a busy day for the LC State campus.

New student cars flooded the parking lots as Warrior Move in Day finally came.

Students with out of state license plates lugged their totes, bedding, and Amazon twinkle lights up into their cozy new dorms across the LC campus.

The day spread as far as main street in Lewiston, shutting down the main hill by Clearwater Hall, which allowed students to free roam the newly lawn-mowed areas.

Students of each dorm greeted the new faces with happy smiles and merchandise to represent their homes away from home.

The August heat was not absent...
from the day, however.

New roommates could be found huddled together under the scattered trees in the College Place parking lot to hide from the blistering rays.

The LC State bookstore held refuge for students to get a breath of conditioned air while also picking up their books for the semester, and more.

LC State upperclass students also stood close by major buildings, asking students if they needed help, guidance, or compliments for the new faces on campus.

The move-ins started to wrap up around 2:00 p.m. which left the new students of LC off to their new places to decorate for the year!
August 16, was a special day at the LC State Coeur d'Alene campus: Warrior Welcome Night at the DeArmond College and University Center was introduction day for our new students!

The event lasted from 5:00 p.m. to 7:00 p.m. with attendees walking the halls and enjoying a complimentary dinner and dessert. There were many information tables introducing the programs and clubs at LC State.

Every table that was stopped at, counted as an entry for students to win one of the two grand give-aways: an iPad and Macbook Air!

The winners of the two big giveaways were students Josiah Eberly (winner of the iPad), and Jessica Falsone (winner of the Macbook).

LC State President, Dr. Cynthia Pemberton, and Sr. Vice President, Dr. Andrew Hanson, were there to greet everyone at Warrior Welcome Night. Sharing their reflections, they agreed that the event was a success.

“I couldn’t be more pleased with the CDA Warrior Welcome Night event! It was well organized, informative and engaging,” Pemberton said, “LC staff and faculty did an outstanding job sharing information and insights about the services and supports available to help new students succeed.”

Pemberton offered her insights about the event and her concluding thoughts.

“The student turnout was strong and the feedback I received has been very positive,” Pemberton said, “We are off to a great start! Go Warriors!”

When asked what he thought about Warrior Welcome Night, Hanson replied with the following.

“I was so pleased with the energy and enthusiasm exhibited by our students in Coeur d’Alene last night,” Hanson said, and that the students’ enthusiasm was matched by “the staff who supported the program by being on hand to answer questions and discuss various campus services.”

Justene Garner, the director of student services at the Coeur d’Alene campus, was happy with the attendance and student participation at the event.

“We hope that they made great connections with all the different departments at the Resource Fair and left the night knowing they have an army of supporters who are eager to help them succeed in and out of the classroom,” Garner said.

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Garner shared her appreciation for Warrior Welcome Night.
to all of those who traveled from Lewiston to attend Warrior Welcome Night in Coeur d’Alene.

“We’re also grateful to President Pemberton, Sr. Vice President Hanson, and all of the other staff from main campus who drove up here to welcome our students to the Warrior family,” Garner said.

Student organizations such as the Warrior Entertainment Board (WEB) and the Associated Students of Lewis-Clark State College (ASLCSC) also attended the event and gave free gifts to those who visited their tables!

Hanson shared his outlook for the upcoming semester.

“The Warrior Welcome Night set the tone for what I know is going to be a successful, invigorating semester,” Hanson said.
Help is Here

By Ally G.
of the Pathfinder

Experiencing anxiety, stressed out about the upcoming school semester or just need help in solving a problem? The Student Counseling Center can help you with mental and emotional health counseling sessions.

Doug Steele is the Director of The Student Counseling Center, and encourages all students to take advantage of the free sessions provided by professional counselors at LC State.

"As is the case in most other areas of life, the sooner a student reaches out for assistance when they notice they are beginning to struggle, the better the outcome typically is for the student," Steele said.

For those that have never been to a personal counseling session, Steele addressed the stigmas that may surround the subject.

"Students are sometimes wary of entering counseling because of the unknown factors involved or due to a possible skewed view of what counseling entails," Steele stated, "These misperceptions are often portrayed in movies, TV shows, and other media sources.

Steele explained that in other cases, some may avoid counseling because of experiencing or hearing about negative prior experiences. In most scenarios, he shared that students carry a mental and emotional burden on their shoulders.

"Most often, students tend to ignore using counseling services as they, like many others in our society, want to be self-sufficient and believe they should be able to address their problems or deal with their issues on their own," Steele said.

While the instinct may be to push down the feelings of anxiety or stress to continue trudging on, Steele cautioned that students should avoid doing so.

"Sometimes students ignore their concerns to the point that they begin experiencing adverse outcomes that negatively impact their semester and academic performance," he said.

How can this be avoided? Steele said that even one private counseling session can help.

"I would encourage any student, who begins to wonder if they might benefit from counseling, to seek out one of our counselors and schedule a brief, consultation visit," Steele advised.

Steele detailed that the first meeting opens the door for students to "discuss their concern" as well as allowing "the student to experience a counseling session directly, assist the student in problem-solving, and refer the student to other campus and community resources."

In the midst of any problems, or paralyzing feelings, Steele offered the three benefits that come with student counseling meetings.

"Stress and anxiety are a major part of life and often, at lower levels, are very useful for motivation and success in life," he said.

Steele continued, "when these become extreme or unmanageable, talking to a counselor can help students improve coping strategies and emotion regulation skills."

Instead of bottling mental struggles or emotions, Steele mentioned the importance of venting.

"The very act of unloading burdens to someone trained to listen and support can be useful for many students," he said, "Counselors also work to address possible underlying negative thoughts, beliefs, and behaviors that might be contributing to the students' suffering."

Counselors also teach students healthier ways to manage anxiety and stress.

"Often, counselors also utilize other mindfulness and breathing techniques that allow students to reduce stress and anxiety and that can be used by students to manage current and future symptoms of distress," Steele said.

"Appointments are typically scheduled within a week or two depending on schedules and student availability," Steele said. "We also can provide tele-counseling services if students prefer or need to access our services in that manner."

The Student Counseling Center's office is located at Sam Glenn 212. To make an appointment by telephone please call (208) 792-2211 or email counseling@lcs.edu.

For more information: visit https://www.lcs.edu/student-counseling.
Big Renovations, Bigger Possibilities

By Caden Massey
of the Pathfinder

LC State’s Music Building is currently in the process of being converted to a student residency for the coming year. This building will accommodate 20 students in a sleeping porch model living-learning community. According to President Pemberton’s August 8th Monday Message, “Walls have been painted, new carpet and flooring installed, bathrooms upgraded and expanded, furniture ordered and/or in place.” The Pathfinder has been assured that there will be showers, which was our biggest question.

The number one question on most students’ minds is, “What will happen to all of the music equipment in the Music Building?” According to President Pemberton’s July 11th Monday Message, “Music is moving to the center of campus to what has been the art studio (steam stack building) … We look forward to the energy and vibrancy this move will bring to the heart of campus.”

Some students have raised concerns over this move, however. A student who has asked to remain anonymous told The Pathfinder, “There is no way they are going to fit everything in that building. How are they possibly going to fit a grand piano in that one room?” It looks like students will have to wait and see the answer to that question in the coming months.

According to statements from RA Dakota Hall, “Debbie Kolstad will be in charge of the Music Building and acting as an overseer. RAs will not be doing rounds there, but Security does rounds around the off-campus housing, and will likely be doing the same here. From what I’ve heard, the Logger Football Team will be the primary residence.”

The President’s focus has been to make sure that students cannot say “no housing” as a reason they cannot come to school.

The Music Building will also be renamed at some point in the fall semester based on student input. More information on this to come in a future article, but until then, get brainstorming on good names.

The Music Building is located on the corner of 11th Ave and 7th St., directly across from the Pi’amkin-waas. The building is a few short minutes from campus and accommodates parking for these students.
Over the summer, Warrior Entertainment Board (WEB) took substantial efforts to start the year off right.

This comes as a response to a lack of participation during the COVID-19 pandemic.

The LC State WEB is a student organization that works to put on events for the campus community.

The organization consists of a team of Lead Programmers and Student Street Team members.

WEB members create events and provide entertainment including but not limited to concerts, movies, comedy nights, dances, magic shows, hypnotists, and numerous other events. WEB is responsible for events like Mr. LC, Plant a Buddy, Easter Egg Hunt, Stuff a Buddy, and many others over the school year.

According to WEB Co-Chair Lizeth Serecero, “The summer goal for WEB was to give it a new life. In the last few years, participation dropped not only in events but also with people wanting to be involved on campus in general. We wanted to make WEB more known and visible. Redoing our social media pages and creating a TikTok account were part of it.”

She went on to say, “Our office was also not very welcoming and almost felt like a storage closet. During the summer we worked on redesigning the office and its layout. We repainted, bought shelves, redid desks and countertops, and overall gave it a more inviting feel. We also redesign the logo. We wanted something that was more modern and easier to print on things.”

“We also worked closely with our Student Involvement coordinator, Kristin Myers, on how to create a team atmosphere for the upcoming year. We worked on creating new templates for the event planning process. Organization was the theme of the summer for us. We wanted to have a detailed guideline for events. We also added two specialized Lead positions: A Warrior Zone Lead who will work with athletics to help out with Warrior Zone and a Social Media Lead that will oversee the social media pages.”

The Pathfinder asked Kristin for her remarks. Her response was, “I think my goal for WEB this summer was to get us set up for the upcoming school year and refreshing and reorganizing the office so it’s more user-friendly for the WEBers and welcoming to all students.”

This year’s Co-Chairs are Liseth Serecero and Sarah Yenor. The leads are Vanessa Serna, Marabelle Basurto, Madison Shriver, and Cristal Reza. Street Team member Kerby Cole claims to be “very excited” for what’s to come.

“We are very excited to have a new team this year,” said Lizeth.

“We are hoping to bring more entertainment to campus. We are also wanting to grow our Street Team. We plan on having more incentives like being able to get credit for it as well as exclusive merchandise.”

Students looking to get involved with Warrior Entertainment Board can visit the WEB office in SUB/CSL 218 or visit them every Wednesday at 4:30pm in SUB/CSL 143.

WEB is always looking for Street Team members and interested students! Don’t forget to check them out on Instagram with the tag @warrior_e_board to learn about upcoming events.

The Pathfinder is Hiring!

If you are interested in making money while sharpening your reporting and writing skills, email us at thepathfinder@lcmail.lcsc.edu
Book Reviews: Stalking Jack the Ripper

By Madelyn Hutchison
of the Pathfinder

Hello everyone! Let’s get down to business, shall we? Today I’ll be reviewing a book titled Stalking Jack The Ripper by Kerri Maniscalco, pictured below.

For those that are new, I’ll be giving a rundown of the author, the plot of the book, and give my own personal opinions about the book.

About the Author: According to her website, Kerri Maniscalco grew up in a haunted house in New York City, thus her dark fascination with gothic settings and themes began. Once she grew up she started going to school in New York City, studying Fine Arts before she later transferred to study Communication Design.

Then later she switched schools and majors, studying Criminal Justice and science courses. Growing up, her father was a chiropractor and as such, she was exposed to multiple books on human anatomy, and from there she became interested in forensics.

Thus, Audrey Rose, the heroine of this book was born. The Stalking Jack The Ripper quartet was Maniscalco’s debut series starting in 2016 and she has received multiple awards since its release. She wrote all of this while experiencing symptoms of chronic Lyme Disease.

The plot: as you can imagine, this book is not for the faint of heart. Jack the Ripper belongs among the serial killer sickeningly named ‘Hall of Fame’. Among names like The Zodiac Killer, The Night Stalker, Ted Bundy, The Hillside Stranglers, and John Wayne Gacy.

Except he is often credited as the first ever documented serial killer and yet no one knows his name. This book is based on the information that is available, with Maniscalco’s fantastical touch.

The book follows a daughter of a famous fictional family, who is hell-bent on proving society wrong about what a woman should be like in Victorian Era London. Studying with her uncle who’s a mortician, and trying her best to understand why women in the West End are dying and finding out who the Ripper was. She isn’t alone though, she has the help of Thomas Cresswell, a sarcastic, flirty, Sherlock Holmes-type. A classic “Who done it?” Thriller.

It is essential to understand that while there is a culprit who gets caught in the end, this is fiction. These people aren’t real. While Jack The Ripper did exist, and while he did kill all of those women, and that this book started in fact, this book is fictional.

Audrey Rose doesn’t exist, no one men-
tioned in this book exists. Even the victims had their names changed, while their conditions were true, and how they died is a fact. That’s it.

My opinion: when I first saw this book in Barnes and Noble, and read the back cover, I rolled my eyes and was disgusted. It is a sad fact that many people often romanticize serial killers (Hybristophilia) and I was worried this book would do the same.

I read the first chapter and I thought it was going in that direction, but I prayed it wouldn’t and decided to give the book a shot. Besides, if worse comes to worst, I could return it and get my money back. I am so glad it didn’t turn out like I thought it would.

Every time I thought I got close to thinking I knew who the culprit was, I was proved utterly wrong. I also really enjoyed that while Audrey Rose wanted to research things deemed ‘unladylike’ she still liked traditionally feminine things. A lot of the time you either get a female protagonist who is completely feminine, or completely ‘I’m not like other girls.’ Very rarely is it both, and I appreciated it.

I also enjoyed that Audrey Rose is a woman of color. Her grandmother and mother were Indian, and it was nice when she mentioned traditional Indian meals and outfits. Maniscalco even wrote Audrey Rose with a chronic illness, which is why her father is so protective of her, which as a disabled person I understand what it’s like when people don’t think you’re capable of things. In short, Audrey Rose is a really strong character and written amazingly well. I would definitely recommend this book to anyone interested in the macabre. I will definitely be keeping an eye out for any more of Kerri Maniscalco’s works.
ACROSS
4. Topped with frosting, this handheld treat is popular at birthday parties.
6. You may find a toy in a box of this breakfast food.
7. You'll probably cry as you cut this ingredient.
8. This popular Italian dish was featured in the movie "Lady and the Tramp."
10. Many say that pineapple shouldn't be an ingredient in this dish with origins in Italy.
11. This cold drink is often sold at stands on the side of the road during summer.

DOWN
1. People usually sing happy birthday around this dessert!
2. Made from avocados, this dip pairs well with tortilla chips.
3. Just add water to prepare this meal that's popular amongst college students.
5. This popular American food is often served with French fries.
8. One version of this dish shares its name with a historic Roman leader.
9. Served in a tortilla, Tuesday is a popular day for this dish!

Answers on page 15

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The Pathfinder is Hiring!

We are looking for student writers who are interested in being active with LC State events! We offer free press-passes, paid articles, photos, and so much more!

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What is your life story?

Well that is a question that certainly encompasses more than 500-1000 words, however, I will give it a shot and share some highlights related to my education journey …

I struggled much of my academic life thinking I was dumb because learning did not come easy for me. In fact, during my early years – grades 1-3, I spent most of my time pounding chalkboard erasers during recess or standing in a corner with my nose against the wall as punishment for being disruptive in class.

Given this early start, to say the odds of me attending college, earning a 4-year bachelor’s degree, then a masters and ultimately my doctorate were long-shots!

Fortunately, while school was hard for me early-on sports were a place I excelled. I joined swim team at 10 years old, swam throughout high school and college, and even into adulthood – now. It was because of swimming that I was recruited to college in the first place.

I attended Willamette University in Salem Oregon, double-majored in Biology and Psychology, and earned 4-year athletic All American status as well as 3-year Academic All American Status.

After Willamette spent about a year in Hawaii, coaching swimming, scuba diving and working with the Dolphin Language Learning Program at Kewalo Basin Marine Mammal Institute – affiliated with the University of Hawaii.

From there, I returned to the mainland, again coached swimming, and while working full-time pursued and completed my Masters degree from Southern Oregon University in Interdisciplinary Studies (Physical Education, Sport Psychology and Nutrition). From there my personal life choices took me from Oregon, to Virginia, to Nevada. In Nevada I coached swimming at the club, high school, masters and collegiate levels (NCAA DII); and took my first doctoral classes at the University of Nevada-Reno.

After Nevada I took a position at Linfield College in McMinnville Oregon, as the head women’s and men’s swim coach (NAIA and later NCAA DIII), assistant athletic director in charge of women’s sports, aquatics director, and an instructor and later assistant professor teaching physical education classes.

The Linfield College story is a book (quite literally: More than a Game, published in 2002 by NE University Press) that spanned a decade. It was while at Linfield that I began attending Portland State University (while working full-time) to pursue and complete a doctorate degree in Educational Leadership.

From Linfield my academic career took me/us (I met my late husband Tim while at Linfield) to Idaho State University (ISU) where I served over the course of a decade as a faculty member, department chair, associate dean of the Graduate School and later interim dean of the Graduate School; as well as being granted the first of two Fulbright awards.

As a U.S. Fulbright Scholar my husband and I spent a year in the Republic of Malta where I taught at the University of Malta in Msida and consulted with the Ministry of Education on educational leadership.

From ISU I was recruited to apply for, was offered and accepted the position of Provost/Vice President for Academic Affairs at Dickinson State University (DSU) in Dickinson North Dakota. It was while we were in North Dakota that my husband passed away after suffering and battling cancer for over 10 years. From DSU I was recruited to apply for, was offered and accepted the position of Vice President for Academic Affairs at Colorado Mesa University (CMU).

While at CMU I was awarded a second Fulbright. This time as a Fulbright Specialist to the Kingdom of Jordan to consult on educational leadership with the Jordan University of Science and Technology.

And then…once again in response to an academic recruitment query, I explored, applied, and was honored to be offered and accept the position of President of Lewis-Clark State College.

My life has been characterized by fits and starts, twists and turns, challenges, hardships, joys and accomplishments. Growing up I didn’t even know what a college president was, let alone have any idea about, or intention to, become one.

What I have done; what I do even now day-in and day-out, is work hard, give it my best, and remain ever mindful of the fact that “…opportunities are limited.”
Now that the semester has begun, keep up with the latest campus news on *The Pathfinder* Instagram account, @lcsc_pathfinder!

The Pathfinder Instagram account will be hosting giveaways, contests, and more in the upcoming semester. Join the online community and connect with fellow Warriors!

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By Gracyn Richardson  
of the Pathfinder

As my fourth and final year has begun, I cannot help but reminisce on everything that I have learned here at LC State.

How the basement vending machines in Sam Glenn will eat your money and lick their fingertips while doing it, the strange immaculacy of the women’s restroom on the top floor in the administration building, and to always buy the damn parking pass.

On a more scholastic note, my professors at LC State have been nothing but understanding, collaborative, and kind to me and my classmates.

There is one thing that stood out to me the most with my professors that my high school teachers mis-spoke… They are so cool!

It may be the humanities department, however, my definition of schooling has drastically changed since I threw that first cap into the air.

I used to view school as a job, a place that took a huge chunk of my day and ate it up like a vending machine. However, since the first semester of my freshman year of college, school started to become a place where I could ask questions on subjects that I cared about and wasn’t forced to learn, and would receive answers from someone who had dedicated their lives to that subject.

If I could go back in time however and give my 18-year-old self some advice before stepping into school as a first-generation full-time college student, there would be a few things that I would say:

I know I sound so dorky, uncool, and weird when I say this—but seriously go to those niche free events that the school puts on.

I waited to go to any sort of “extracurricular” activity (aside from it being extra credit for a class) until my junior year—and it still was because I was involved in the setup of it for a class. However, after going to that event, I got to take photos of people involved in the entertainment.

I met people that I had smiled at in passing for the last two years and found out that even at a smaller Idahoan school, there are people with the same interests as me. Not only can you meet people, but you also are exposed to things that could potentially be on your résumé.

Even though that word is thrown at you about 1,000 times during freshman orientation—it is important, I have also found out. Not only do the events help you gain experience and extra credit, but they also give you a sense of inclusivity—which I have found to be very rare in human life post-high school.

There are so many ways for you to make money on campus, it is sort of too easy to not take advantage of those opportunities.

I know I sound like an ad when I say this, but download LC’s app “Handshake,” you can upload your résumé, see posted internships (which yes, are also important—and there’s an internship for English students available on campus called the Talking River Review), and apply for on-campus jobs to pay off your loans.

Our paper, The Pathfinder, is also a simple, yet valuable way to make some money for your own experience.

Use the dang library! It has so many different resources that make your papers sound much more eloquent than the last-minute cited Washington Post article.

The library has two floors full of amazing, free material for you to use for anything that you need to research. It holds old archives of really interesting texts, computers to use if you’re laptop-less, and Spanish textbooks to reference for homework!

Not only do they have seemingly endless in-person material, but their online databases are also infinitely more vast than anything our parents or grandparents could have had access to.

College is a time for taking the time to find interesting and insightful information instead of the quickest and most accessible, and the library is a great place to find what you are looking for.

Explore LC’s campus! I am a Lewiston gal, born and raised, and I took countless trips to LC’s campus growing up that I thought I had seen it all. I was very wrong.

There are a few massive classrooms on the top floor of the Administration building that overlook the large sprawling lawn where you can watch kinesiology students run laps, the art students dress the trees for the Dogwood Festival, and an English class sit in a circle and read Moby Dick aloud.

The top floor of the Library has rooms that are designated for pure silence for a mental retreat. The Student Union Building has free Nintendo Switches for students to use during open hours (weekdays 7:00 a.m. through 10:00 p.m. and 10:00 to 10:00 weekends).

The SUB also has a Career Center for students in SUB 202 that has free clothes for you for interviews in their Career Closet. The Student Union Building is also the home of the headquarters for The Pathfinder, ASLSC, and KLCZ (LC State’s student radio). The campus goes on!

Overall, I am still learning new things about LC going into my senior year, however, I do wish my freshman year self knew all the intel I have now.

If I had had a bit more confidence and motivation to assign time out of my personal life to a campus that I am paying to attend when I was 18, I may have a few more dollars in my pocket and not in the stomach of a vending machine.

Lost puppy teddy found outside of SJH.
Campus Captures

By Gracyn Richardson
of the Pathfinder

This week while exploring campus after a long day of organizing for the semester, I captured a couple photos of LC State’s statues.
Staff
From the Staff

We wanted to start off the year with our favorite inspirational quotes:

“I am who I am today because of the choices I made yesterday,” Eleanor Roosevelt.

- Ally’s favorite quote

“Forever is composed of nows,” Emily Dickinson.

- Gracyn’s favorite quote

“You don’t lose if you get knocked down, you lose if you stay down,” Mohammad Ali.

- Caden’s favorite quote

Word on the Street
By Caden Massey
of The Pathfinder

“What are you most excited about this year?”

“I’m really excited for the football season to show the campus what the loggers are all about. UNDEFEATED SEASON!”

- Kevin Alejo
  Business Administration
  Freshman

“Going home where it’s not 100 degrees every day. #gologgers”

- Cody Kollat
  Exercise Science
  Sophomore

“I can’t wait to find my true love at LCSC @iphilli7.”

- Isaac Phillips
  Cyber Security
  Freshman

“That’s a great question. I think my classes and getting to know new people. Just enjoying my last year at LC and cementing my relationships. And Mr. LC”

- Travis Derrick
  Accounting
  Senior

“Getting straight A’s... again. Making new friends and connections and building a community!”

- Trey Buster
  Nursing
  Sophomore