LC State students rally at Round Up Parade

By Gracyn Richardson
of the Pathfinder

On Saturday, Sept. 10 LC State students partyed down Main Street in Lewiston at annual Lewiston Round Up Parade. Though students started lining up bright and early, lineup time which commenced at 9:45 a.m. they still stood prepared.

With the help of LC State’s Tate Smith and ASLCSC, students were informed of the march throughout the school week. Alongside a massive turnout, the college also dedicated its last Warrior Wednesday decorating the float for the parade.

As students waited until their float number was called, the new LC State College Warrior Spirit Squad studied up on their routines for the walk. As the number of floats before started to dwindle, tennis players, ASLCSC leaders, and other LC athletes made their way towards the crowds of awaiting families.

In previous years, the heat has been noted much warmer than it was this year, however there was a new element brought to the table. It was thought that the smoke from surrounding Idaho wildfires would play a part in the overall feeling of the parade, but that didn’t seem to stop LC Valley residents from supporting local organizations.

After weaving through horse droppings and the smell of car exhausts, students finally
breached the top of the incline
down into Main Street.

“Let’s go Warriors!” The spirit
squad cheered as children start-
ed to come into eye.

Some students grabbed gro-
cery bags of candies and treats
from Tate Smith and his crew of
helping hands to toss alongside
the roadway toward kids.

Children squealed as Toot-
sie Rolls and Dum-Dum’s were
tossed out into the crowds.

As students walked down the
filled street, names of faces from
the crowd were called by family
members sitting in the audience,
as well as applause from former
LC students.

“I am glad I didn’t get mauled
by children,” LC State student
Madison Shriver (mad-dawg)
stated after the walk concluded.

Students were watched giving
out suckers and lollipops to
those of all ages, while showing
off their school spirit.

“I had so much fun!” Smith ex-
claimed after the 21 minute walk
of fame.

As the walk concluded, some
students jumped onto the float
for a ride back to campus, while
others enjoyed the walk.

“Hop on!” ASLCSC President,
Caden Massey, exclaimed to
walking Warriors passing by.

All LC State students are en-
couraged to join next year in
participating in the Round Up
Parade, and watch out for the
next Warrior Wednesday for
more fun activities to be a part
of!
By Ally G.
of the Pathfinder

On Saturday Sept. 9, the LC State Warriors volleyball team claimed a victory over the College of Idaho Yotes at the Cascade Collegiate Conference!

According to the summary of the game written by Sports Information Director Alisha Alexander, LC State volleyball player Cassidy Nelson had twenty kills and eleven service aces! Alexander’s full report on the game can be found on lcwarriors.com.

Shaun Pohlman, the head volleyball coach, shared his thoughts on the game.

“I would say that we had moments of strengths, but I can’t say we did something that was a strength over College of Idaho the entire match,” Pohlman explained, and continued.

“We exchanged blows with each other, but if there was something that helped us get a little bit of an edge, it was our serving where we had 11 aces to their 2 and later in the match, our offense really shined and we were able to get 68 kills to their 49,” Pohlman said.

When asked, Pohlman shared his perspective on the unique challenges of being a volleyball player.

“Sometimes our players get caught up in the scoreboard which can lead to being focused on things out of our control,” he said, “We are encouraging them to instead focus on only giving their personal best toward the next point, then reset each time.”

This mindset he explains is a “short-term memory approach,” which allows players to not hold on to previous errors, but instead focus on the moment players are in during the game.

Pohlman emphasized the importance of a “growth mindset.”

“It is easy from the noise of media, parents, and peers to get caught up in the outcomes, but those are finite events,” Pohlman said, “An infinite or growth mindset allows us to take in all the information and helps us to learn about ourselves and improve over time.”

The LC State Warriors will be playing against Multnomah University Lions in Portland, Oregon, at 7 p.m. on Friday, Sept. 23. After that, they will be playing the Warner Pacific University Knights on Saturday, Sept. 24.

By Jeremy Carlson
of LC State

On Sept. 10, the NFL and boxing world collided to create a matchup that shocked many.

Former Steelers’ standout running back, Le’Veon Bell, faced off against the legendary Adrian Peterson, in a one-versus-one boxing match.

Bell and Peterson announced they would go head to head back in late June as they were not officially retired, and could potentially have interest from other teams in the league. Those factors didn’t seem to stop them from training.

Bell announced he was ready for the match with a series of tweets he posted in August. Posing in his practice headgear and blue boxing gloves, Bell looked ready for war.

The caption read, “Locked in just 14 days away!!!” Peterson, on the other hand, took the opposite approach, with no commentary about the matchup.

Bell appeared to be the favored between the two before heading into this fight—not only because of his age, but the impressive videos posted on his social media account.

When the day of the fight had finally arrived, Bell and Peterson made it through the first four rounds, growing weary as their strength was put to the test. The skilled athletes held the match close, and it was not until round five that Bell changed the game.

Le’Veon Bell threw a powerful right jab straight into Peterson’s face, which resulted in him falling to the floor of the ring.

That was the moment of the fight, which ended up giving another accolade Bell can brag about: a boxing technical knockout.

Immediately after the fight, Bell took to Twitter to exclaim, “I TOLD YALL I AM LIKE THAT!!!!”
The New England Patriots get sacked in Miami

By Robert Petrie of LC State

Ahead of the NFL slate of Sunday’s games, the New England Patriots decided to head down to Miami five days early to adjust to the humidity and the heat. The Patriots have a past with struggling down in Miami against the Dolphins, so they thought they would change things up a bit. However, these efforts fell short, resulting in the Patriots losing 20-7 to the Dolphins.

During the first quarter the Dolphins went up 3-0, then they brought in their A-game in the second quarter for 14 points to go up 17-0. Moving into the third quarter, the Patriots finally scored their 7 points while the Dolphins scored 3. Patriot quarterback, Mac Jones, was sacked twice and hit three times during the game which resulted in a sustained back injury. After the game, X-rays came back negative according to Ian Rappaport.

Tua Tagovailoa is now 4-0 against Bill Belichick and the second quarterback in NFL history to win his first four starts against Belichick. The only other quarterback to accomplish the win is Hall-of-Famer, John Elway, according to The Palm Beach Post.

Dak Prescott’s Injury is calling for Resiliency from the Cowboys

By Tyson Chapman of LC State

Head coach of the Dallas Cowboys Mike McCarthy said, “Our theme this year is resilience.”

After Dak Prescott broke his right thumb in the Dallas Cowboys 19-3 loss to the Tampa Bay Buccaneers all the Cowboy fans were worried about the state of their team going forward. McCarthy states, “We knew we were going to have challenges. You can’t get to where you want to go without them. We got a bunch in Week 1. We’re just charging forward.”

Prescott is projected to be out for six to eight weeks with the possibility of having surgery coming up. From this comes a new leader to keep the resilience high in Cowboys nation quarterback Cooper Rush who started one game for the Cowboys last season beating the Minnesota Vikings 20-16 in week 8.

Sad to say but the Cowboys are pretty used to life without Prescott since he has been drafted.

Tight end Dalton Schultz stated “The way I see it, it’s just a storm. You got two choices. You can either run away from the storm or you can run right into it. I know, myself included, and everybody in this locker room, is running right into that mother—er. That is just our approach.”

Into the storm, the Cowboys go for the 2022-23 season. “We’ve got to take care of business while Prescott is on the sideline,” running back Ezekiel Elliott.

It is clear to see that the only thing holding back the Cowboys will be their ability to win games with or without Prescott. Fans are excited for what is to come this NFL season.
Gaming Club Smash Bros. Tournament

By Caden Massey
of the Pathfinder

The Gaming Club held a Super Smash Bros. Ultimate Tournament on Sept. 9 at 5:00 p.m. in the Student Union Building TV Lounge. (Pictured)

The bracket was single elimination, best of 3 matches. The tournament had a fairly good turnout with eleven participants and a handful of spectators.

The bracket was won by Mr. Weatherman (AKA Bryant Cano). When participants were knocked out of the bracket they spent their free time playing some Fall Guys.

Gaming Club has an event every Friday in the Fall semester. More information can be found on the Do More App and on the club’s personal Discord. Contact Bryant Cano for more information.
By Caden Massey
of the Pathfinder

On Aug. 31, LC State’s Laura Buckley of Sodexo Dining Services conducted a meeting regarding the “culinary council.”

What is the culinary council? Buckley noted that the culinary council is an experimental open forum for students to give us their input on the meals and food service experiences that are available for them on campus.

What is the goal of the council? The goal of the council is to make sure that we are doing our best to meet the culinary needs of the campus as a whole. This is your home away from home, you should never come in and feel like there is nothing you can eat, and hopefully you will also always be able to find something you want to eat.

Who is on council? From the Sodexo Side: Jeff Spinelli, unit chef. Laura Buckley: General Manager, rotating cook from our staff-different one each month.

From the campus side: Anyone who wants to join is welcome, but we would really like the focus to be on the students. So as things progress, we will be asking staff to take more of an observer role, and let the students and the cooks run the show.

Buckley will be there to moderate and take notes as well.

Did the council come to any resolutions for the coming year?

We want every student to be heard! We cannot accommodate everything, as much as we would love to. But the more people that come forward with the same issue, the more we will be able to know what is really wanted and lean into those.

More themed nights. The first one was a BBQ theme on Sept. 14 during dinner.

Buckley expressed that the council will always adapt. That is the main resolution, this early in the year.

“We will do our best to keep up with the food trends and the needs of the student campus. And we will always listen to you. We are here for you, and we want our service to show this,” Buckley noted to LC State students.
Lewiston Lighting
By Ryan Carelli
of the Pathfinder
Book Reviews: Burnout

By Madelyn Hutchison
of the Pathfinder

Given that college can be stressful for not only students but also staff, I saw Burnout: The Secret to Un-locking the Stress Cycle and knew immediately that I needed to read it, even if the self help genre isn't my personal forte or by any means my favorite genre. Let's dive into the history of the authors, the plot or reason behind the book, and my feelings about it.

About the authors: You read that right, authors. There are two authors who wrote this book, and interestingly enough the authors are twins.

According to their website, Emily Nagoski has a PhD, and travels all over the world to teach therapists, college students, medical professionals and so on about women's sexual wellbeing, and she even wrote a book on the topic titled Come As You Are: The Surprising New Science that will Transform your Sex Life.

Amelia Nagoski has a DMA (which for those who aren't performing arts majors, DMA stands for Doctorate of Musical Arts) who is an Associate Professor and Coordinator of Music at Western New England University.

Once they started talking about their professions, they realized that both of them dealt with interpreting feelings and that got the both of them thinking.

The reason/plot of this book: The reason for this book is pretty straightforward. This book follows two different women with two separate professions and how they struggle with anxiety and how stressed they can get because of how that affects them, thus burn-out. It also includes narration by the authors and their research.

Throughout the book you learn more about how to deal with stress in different ways because god knows dealing with stress isn't a "one size fits all" situation and how stress is different from a stressor. It also talks about how you need to learn about how to be compassionate with yourself, because we aren't robots who can go without food or sleep or connection or don't experience stress even if they give every ounce of themselves.

My Feelings: As someone who deals with Generalized Anxiety Disorder, it's very hard for me to put myself first.

I am always putting tasks before sleep, my friends feelings and situations before my own. Both of those things are great... but not when you're not sleeping and forgetting to eat, like I do. Or when I do finally sit down and let myself have a break, all I think about is how I can do so many other things with my time that are deemed more "productive."

Due to all of this, I was interested to see how helpful this "self help" book would be. To my surprise, I found it extremely helpful, and even though this book was mostly targeted towards women due to the societal standards we have to face every day, and how that stress is even worse for women of color, I would suggest this book for anyone.

It can enlighten anyone about the struggles of society for marginalized communities and you can also take away the possible solutions that might help you complete what the Nagoski twins refer to as "the Stress Cycle" and hopefully you’ll find something helpful when you’ve finished reading.
Whitehouse unveils plan for student debt relief

By Tyler Holden of the Pathfinder

On Aug. 24, the Whitehouse announced a three-part plan intended to provide financial relief to millions of Americans. In part due to the hardships caused by the COVID-19 pandemic, the Biden administration is also concerned about the skyrocketing costs of higher-education.

Since 1980, the cost of attending a public four-year college has risen more than 200%, and yet the federal Pell Grants have stayed the same since 1980.

Congress originally created the Pell Grant, first known as the "Basic Opportunity Grant" (later renamed after Senator Claiborne Pell), to help lower- and middle-income students achieve a higher education.

Unlike a loan, students do not need to repay the Pell Grant, providing critical financial support. In 1980, a Pell grant would cover about 50% of the tuition costs a student may have. Nowadays, the Pell grant covers less than 30% of tuition costs.

Along with the rising costs of tuition, student debt in the US has exploded: the federal student loan debt now stands at $1.6 trillion. This rapid increase in debt began after the 2008 global financial crisis, also known as the Great Recession. From 1995 to 2008, student debt increased from just under $200 billion to $600 billion.

However, from 2008 to 2017, in just nine years, the debt went from $600 billion to $1.4 trillion. With over forty million borrowers, student debt is a cause of stress and worry for the millions of Americans shouldering this monumental debt.

The Whitehouse released a fact sheet that outlines the reasoning behind the debt relief plan, breaking the information down into key points:

- Debt cancellation up to $20,000 for Pell Grant recipients, and up to $10,000 for non-Pell Grant recipients. To qualify borrowers must make less than $125,000 ($250,000 for married couples). The pause on federal student loan repayment will be extended one final time through Dec. 31, 2022.
- "Make the student loan system more manageable for current and future borrowers by:’ Cutting monthly payments in half for undergraduate loans. Payments will be capped at 5% of a borrower’s discretionary income.
- Proposing a rule that borrowers who have worked at a nonprofit, in the military, or in a federal, state, tribal, or local government, will receive appropriate credit toward loan forgiveness.
- “Protect future students and taxpayers by reducing the cost of college and holding schools accountable when they hike up prices.”

The focus on Pell Grant recipients is worthwhile – of all students who received a Pell Grant, most came from a family with an income of $60,000 or less. In fact, only 7% of Pell Grant recipients came from a family with an income of $60,000 or more.

This means that around twenty-seven million borrowers (60% of the overall borrower population) will be eligible to receive up to $20,000 of debt relief. Estimates are that under the proposed guidelines the 43 million borrowers will be provided with relief, including outright canceling the full amount of debt for about 20 million borrowers.

Under this program 90% of the debt relief will specifically go to low- and middle-income borrowers making less than $75,000 a year.

The program as proposed is comprehensive, seeking to provide relief for those who need it – while also laying the groundwork to prevent predatory loans in the future.

Over the last four decades, colleges have been raising their tuition annually despite no increase in educational advantages. Without providing a comparable benefit to justify the rise in tuition costs, many see this pricing scheme as predatory.

The Department of Education has begun to withdraw authorization for accreditors behind the worst for-profit schemes in recent times, as well as compiling annual watch lists aimed at giving students better access to information about debt outcomes for college programs around the country.

With such complex ambitions that have as of now unclear consequences for not just borrowers but all citizens of the nation, talking heads across the country have been weighing in on the proposal with opinions ranging from hopeful to pessimistic.

In the end, only time will tell if these measures are significant enough to truly help those who need it.
ASLCSC Update

By Nikolous Bertling
of the Pathfinder

Sept. 6, 2022:
- ASLCSC Council participated in the Roundup parade after they decided in the 9/06 meeting to join in a float with WEB and march alongside LCSC’s student athletes.
- President Massey expressed that he wanted to start inviting more faculty and admin personnel from around campus to join in the Tuesday meetings.
- Vice President Hall has continued to research legacy project ideas and there are some really good ones coming into the works.
- In New Business, the council discussed club grant requests and granted Spanish Club $50 and Gaming Club $70.
- Warrior Zone had great success and the first Volleyball games of the season had a great turnout for the student section.
- Miss LC Registration has opened and a reminder that Yard Games will be held on Sept. 30.
- In Media Relations, LCSC Soccer Club meets Tuesday and Thursday nights at 6:30 p.m. Homecoming planning is underway, and the Pet Show planning has also begun.

Sept. 13, 2022:
- Doctor Hanson has returned from vacation and hit the ground running with reminding the council that the State Board of Education will be on Oct. 19 and he is asking for representatives from CTE, WEB, Work Scholars, Res Life, and other faculty members to attend.
- More reviews for the Welcome Fair came out and Doctor Hanson described peoples reactions as “effusive.” He went on to say that students so far have praised the Student Success Center, that they are happy about the set up.
- Mackenzie from the Career Center came to ask for help in setting up booths for the career fair on Oct. 6.
- Currently there will be 66 employers coming to LC’s Career Fair and the turnout is looking better than years prior.
- The ASLCSC Council also voted to spend $200 on spices for the Food Pantry’s Spice Drive, hoping to kick off their event on the right foot. Providing students with seasoning.
- Jar Wars! The Jar Wars location is tentatively planned to take place at the Silverthorne Theater for the best viewing experience but backup plans have been made in case that location should not work.
- Homecoming week looks exciting, plans for campus decorating, cart races, face painting, Miss LC, an All Campus photo, kickball, and Tailgating will all be happening the week of Homecoming.
- Legacy Project Ideas have developed more, and the council ran their ideas by Doctor Hanson. Metal “LC” letters on campus for photo ops and landmarks that will stand at least 7 ft. tall.

Construction grade foam letters for events that students can bring to games or other campus events. Creating a gaming room in the SUB or even possibly converting the Bookstore into an arcade is on the table as expressed by Doctor Hanson.

The plan, if can be executed would bring the Bookstore into the western side of the SUB and making the Bookstore building an arcade. Plans to upgrade the volleyball court outside of Talkington Hall are making some headway as plans are fleshed out.

Finally, Doctor Hanson told the council of ASLCSC to keep in mind of a solar panel project. To be the first council that leads the action to more sustainable energy on campus.

In council reports, KLCZ hired another DJ, they also have plans for a valentines dance. Talking River will be attending a writing conference. Rough drafts for a racetrack for Homecomings Cart Races has been developed and plans for advertising is underway.

Lastly, Vice President Hall is trying to gather more information on students that need transportation traveling from Clearwater to campus to find solutions.

President Massey informed the Council that Gaming Club will be holding events every Friday at 5:00 PM and will almost always be upstairs in the SUB.

ACROSS
4. Look through the lens of this technology to see the moon and far off planets.
7. Alexander Graham Bell is credited with inventing this communications technology.
11. Henry Ford developed a way to manufacture mass quantities of this vehicle.
12. Speakers, smartwatches, and more rely on this wireless communications technology.

DOWN
1. Using both paper and ink, this technology provides a physical copy of that essay you wrote.
2. Computer programs that run on hardware.
3. Need to heat a meal up before running to class? This appliance is here to help!
5. A word for both something you see in the sky, and an internet-based storage method.
6. This household appliance with a screen lets you watch your favorite shows and movies.
8. Say cheese! This device lets you capture the moments you want to remember.
9. A word to describe moving images created by digital artists.
10. Listen to music, talk shows, and news transmitted from local stations using this technology.
Asking President Pemberton

By Cynthia L. Pemberton of LC State

“What’s one thing that you wished you would have done during your time as a student in college?”

I loved my undergraduate college experience. I loved my classes (I was a Biology/Psychology double major).

I loved the opportunity to be a student-athlete (I was a 4-year swimming All-American and a 3-year Academic All-American).

I loved the student clubs and organizations I was part of (I was an officer in the psychology club, participated in intramural racquetball tournaments, was a member of Alpha Chi Omega sorority for 2 years, etc.).

I loved my work-study jobs (Of course I lifeguarded, but I was also the animal-care lab assistant for both the Biology and Psychology departments).

I loved my college experience. So, what one thing do I wish I would have done differently? Hmmmm...

Largely because of the time/schedule demands associated with being a student-athlete, and wanting to compete all four years, I never took advantage of opportunities to study abroad.

In fact, one of the driving forces that caused me to apply to be a Fulbright Scholar (The Republic of Malta 2011-2012), and later a Fulbright Specialist (The Kingdom of Jordan, 2017) was the desire to have an extended international education experience.

Visiting places as a tourist is fun (I have actually traveled extensively, having visited – to date – a total of 28 different countries), but it does not compare to the all-consuming, fully immersive and life-altering experience of living and learning in another country.

I am incredibly proud of our international program opportunities; welcoming students from over 35 countries to live and learn with us at LC State; as well as our Study Away program that can accommodate student interests ranging from summers to semesters to year-long study abroad options.

While the pandemic put a lid on international education programs, we and the world are once again opening up to these opportunities.

So, whether you are interested in short- or long-term options, I encourage you to at least peruse our website information and consider how and when the option to live and learn internationally might work for you!
Barbarian resets horror standard

By Gracyn Richardson
of the Pathfinder

On Friday Sept. 9, the new horror thriller Barbarian made its debut on the big screen.

Directed by Zach Cregger, known for sparse cinematography, riveted the seats of audience members when watching the nearly two-hour-long flick.

The movie opens with a young, witty Georgina Campbell, who arrives at her Airbnb late in the middle of a rain storm.

Tension already starts building with sounds of screams permeating the air from the outside of the car, but then becomes deafened as the camera is engulfed inside the vehicle.

The young woman was depicted fidgeting through her phone trying to find the code for the lockbox at the front door.

Without having previous knowledge of the processes to get to and in an Airbnb, the situation is made very clear as she shivers in the cold struggling to get to the key to the front door.

She is eventually able to open the lockbox, but she finds that there is no key inside. She huffs and looks around the dark neighborhood to find nothing but that–darkness.

The eerie scene of empty home lights—not even a lamp in a window is laid before her, engulfs the atmosphere in complete darkness.

After trying to dial the customer support number and coming up flat, the woman starts to bang on the door of the house in hopes that there could possibly be the owner or the Airbnb operator inside.

Movement is seen inside the house, and eventually, the front door is opened by none other than horror stamp Bill Skarsgård, the Pennywise of 2017.

Just the presence of the actor sent shivers down the audience’s spine when they realized he was the one who was greeting the young woman.

Through nimble conversation, the two of them start to realize that their stay has been double booked by two different websites. Every movement that Skarsgård’s character, Keith made upon Campell’s character Tess, is meticulously double-fed by an underlying fear that he could be the monster of this movie.

Cregger portrays Keith as a young, wealthy entrepreneur who Tess has a little bit too much in common with. Every fact she states of herself somehow Keith has a correspondence in his own life which builds tension and fear that he is lying simply to get closer to her.

As the movie starts to progress, there is a dramatic shift from the start of the film, the middle, and the end. It is split up into three parts, the situation, the reason, and the resolution. The first part of the movie tricks the audience into thinking that it’s going to be that way for the rest of the entire movie, much like David Prior’s 2020 film, The Empty Man.

Though the shift is not as stark as Prior’s, it still throws the audience for a loop after starting to solvable to the horror just in the introduction.

Sparing the most important parts of the film, this immediate horror-born classic gives its audience an entirely new definition of monsters among men.

Like Ari Aster’s Midsommar, the ending is relieving. It is a movie full of tension, with a disgusting-ly feel-good ending that makes you glad the horror is over, while also appreciating the film you just watched.

Campbell gives her all in her performance as Tess, bringing the audience to their knees in some scenes with her grace, wit, and cunning mind.

With her screams, pleas, and anger, Campbell truly made the movie a masterpiece.

From the lenses that the camera were used during certain scenes that are portrayed back in time, to the sounds and music that are embedded throughout the entire piece, from start to finish Barbarian is the newest cult classic.
D&D Monsters with Josiah: Sahuagin

By Josiah Eberly
of the Pathfinder

In my opinion, one of the most exciting things that you can do as a player in Dungeon & Dragons is embarking on a voyage.

Sailing between continents, or searching for a hidden treasure stashed on a mysterious island can be both rewarding and challenging.

However among these boat rides, monsters lurk deep beneath the waves waiting patiently to sink a ship and devour all those on board.

The dreaded Sahuagin are a race of fish-like, bipedal humanoids that populate the deepest areas of the ocean. They are cruel and vicious, and often raid ships and villages off the coast in order to feed upon any poor soul they come across.

The Sahuagin have an affinity to sharks, sharing in their blood frenzy and using them to aid in their hunting.

Their societies are ruled by barons: bigger four-armed versions of Sahuagin, and the Priestesses of the shark god Sekolah.

The Sahuagin have a deep-seated hatred of Sea Elves and have been at war with them for generations.

Though the Sahuagin are close kin to sharks, they do not bear a close resemblance. Sahuagin skin is often a slate green color, with fins on their arms, face, and back. They use their mouthful of piercing teeth both for eating and combat.

With a tail and webbed feet for swimming, their hands are free to carry weapons or to drag sailors beneath the sea. Sahuagin clothing and armor are often made from the shells of deep-sea creatures.

When facing Sahuagin in combat, there are several tactics that can be used to help improve your chances of surviving. Keeping your distance with a ranged weapon is essential, because fighting a Sahuagin in the throes of a blood frenzy can be both terrifying and dangerous.

Avoid being dragged into the water, for the giant sharks that often accompany Sahuagin raiders make short work of anything that is not Sahuagin.

Try to bottleneck the Sahuagin as they board your vessel with a polearm or bow in order to reduce their numbers before they are able to attack.

If there is a Sahuagin Baron of Priestess present, focus your fire on them, for they pose the most serious threat, and defeating them may cause the rest of the raiders to retreat.

What makes a Sahuagin encounter so exhilarating is that if you are on a vessel, there is no way for you to retreat. You must defeat them, or else you will just become another one of their victims.

Sahuagin also limit what spellcasters are able to do, since fireball or other areas of effect spells will likely sink the ship along with all the dead Sahuagin.

However, this can also be used to create a plot twist, such as damaging your ship so much that your party becomes stranded on an island.

Having to find a way off a random island can challenge the party to use all of their ingenuity to find a creative way back to the mainland.

Poetry Corner

By Muhadsa Naqvi
of the Pathfinder

Twinkling on the sky
I just want to fly
To fulfill my goals
And conquer my soul

I'm on right way
Knowing everything is today
I'll always be brave
Untill going to grave

Not following the crew
Just Right path I knew
Why the skies wonder
Clouds began to thunder!

There's so much noise
Couldn’t hear any voice
Walking with the flow
Everyone learns to grow

Whenever you feel lost
Don’t give up at any cost
It’s the journey of years
With so many tears

Fill your heart with hope
You know you can cope
Just raise your wings
And remember all things

Collecting all the tools
Ignoring all the fools
What if something’s gone
Your journey is still on

If you're an LC student interested in seeing your work published, email us at thepathfinder@lcmail.lcsc.edu.
If you're interested in publishing your work in book format, visit talkingriverreview.com to be published in LC State's literary journal!
Many people think of Labor Day only as the time they get an extra long weekend, and don’t know about the significance of Labor Day. The day is about people uniting and fighting for the rights of people as workers.

It is widely concluded that since the initial fights and protests for rights as workers are over that those poor working conditions are no longer—when that is not the case.

Many unions are suppressed and companies have threatened to fire those affiliated. Additionally, inflation has increased in America at 9.1% just in 2022, the largest ever in 40 years, and wages have only increased by an overall 1.3%.

The middle class is shrinking, debt increasing and the homeless are increasing as well. The fight for proper compensation and working conditions is not over.
From the Staff

To break up the pattern of classes and assignments, I totally recommend joining a club! On Instagram, you can find a bunch of posts from clubs about fun events that are coming up.

For instance, the LC Gaming Club has been hosting game nights that are welcome to all students! Check out their Instagram account (@lcgamingclub) for more information.

- Ally G.

I often find myself disappointed in the level of spice in spicy food. I feel like whenever a food is spicy, it doesn’t really taste like anything other than spicy if that makes sense.

I can’t taste spicy food very well and it doesn’t really burn my mouth, so I think that restaurants are just making it spicy without adding flavor because they think no one will notice. But I notice.

I am cursed with knowledge because I’m the other one who can see past the spice.

- Caden Massey

Word on the Street

By Gracyn Richardson
of the Pathfinder

“How did you feel about the parade?”

“I love supporting LC, but I wish I got to sit on a throne on the float.”

- Caden Massey
Senior
Computer Science

“I was excited! There were a lot of people and groups and as someone from out of town it’s cool to experience the Lewiston tradition!”

- Coleby Kaufman
Senior
Computer Science

“This was my 5th year in the parade. It’s fun to be a part of and the community loves it.”

- Nikolous Bertling
Senior
Business

“Just like Nik this is my fifth year doing the parade. I think it’s a great way to get out and see the community. It would be better without all the horse poop.”

- Jaycob Atencio
Senior
Criminal Justice

“This was my first year in the parade and it seemed like a great crowd and opportunity for the community to get out and support.”

- Tanner Beltz-Childs
Freshman
Exercise science

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I can’t taste spicy food very well and it doesn’t really burn my mouth, so I think that restaurants are just making it spicy without adding flavor because they think no one will notice. But I notice.

I am cursed with knowledge because I’m the other one who can see past the spice.

- Caden Massey

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