New LC State Volleyball Coach

By Mercy Okediji
of the Pathfinder

LC State Volleyball announced Katie Hinrichs-Palm er as the 14th head coach for LC Volleyball on May 15, 2023. “I am thrilled to be the head coach of LC State volleyball. As an alum, it is an honor to serve the program that impacted my life during my collegiate career. There’s no place like LC State. It’s truly special,” stated Katie Hinrichs-Palmer.

Before coming to LC as head coach Palmer spent six seasons under the leadership of Coach Greeny at Washington State University (WSU), “where I saw our vision of returning to the NCAA Tournament come to fruition. Now they are one of thirteen programs in the country to go to the NCAA Tournament seven consecutive years in a row. I truly learned from the best.” From WSU, Palmer went on to be the associate head coach at Montana State University where she partnered with Daniel Jones to return the Bobcats back to a Big Sky Conference Contender. “Following my time at MSU, I was able to coach in one of the toughest conferences in the country, the WCC, as I was an assistant coach at Gonzaga. All 12 years of experience have prepared me for this time to lead LC State Volleyball,” Palmer stated.

Palmer had an incredible experience playing volleyball at LC State. Palmer played volleyball at LC from 2007-2010. “Four Conference Championships, four Conference Tournament Championships, and four appearances at the NAIA National Tournament. I had the opportunity to compete alongside not only All-Americans but also my life-long friends. Coming to LC State was the best decision for my growth as a volleyball player and also as a person. It’s my hope I create the same environment for the student-athletes who come through the volleyball program.”

When asked “What are your core values as a coach?” Palmer responded “I’m an educator. I believe it’s my job to educate and prepare young women in such a way to be career and community ready after their time at LC State. We have five core values that guide our program in everything we do: passion, integrity, servanthood, humility, and thankfulness. I’m excited for fans and friends to get to know our core values by seeing them lived out on the court, in the classroom, and throughout the community.”

When playing volleyball at LC Palmer aspired to be a lawyer. “When I played volleyball at LC State 2007-2010 I thought my career path was going to take me through law school with aspirations to be a lawyer. Instead, I went straight into collegiate coaching by joining the volleyball staff at Washington State University.” She also added, “It was clear from the beginning that my calling in life is to impact the lives of young women through the competitive environment of collegiate athletics. Over the past 12 years of coaching collegiate at numerous NCAA Division I institutions, I’ve gained the experience necessary to not only win on the court but win in the classroom and community.”

“Over the course of my lifetime, I’ve come to realize everyone has a circle of people. However, it’s the people in your corner that matter most. In my corner, I have my husband, Jordan Palmer, who relentlessly pushes me to be my best. I also have incredible mentors in Jen Greeny, Burdette Greeny, and Daniel Jones, who pour countless hours into my volleyball career. Lastly, I have a God who protects and provides.”

Palmer’s advice for students who are aspiring to be a coach is to “get in the gym now to listen to coaches, ask questions, and put in the thankless hours. As the years go on, I realize how little I know. Being a lifelong learner will allow anyone to continue to grow as a coach.” As the season begins Palmer is looking forward to connecting with students, staff, and faculty here at LC State. “The people are what make LC State special!”
Campus Captures

By Lizeth Serecero
of the Pathfinder

Captures of New Student Orientation and the first volleyball game of the season.
The Hacks and Secrets for a Successful Summer

By Matthew Stolley
of the Pathfinder

As the Fall 2023 Semester begins, students prepare for the first day of college with excitement. The energy of a new semester, connecting with new and old friends, paying tuition, purchasing textbooks, and ordering parking passes fill the air with enthusiasm. Housing, whether moving into a dormitory, off-campus, or setting up an online study area in your home, is also a traditional task before the first day of class.

Additional hacks and secrets to a successful semester include more subtle yet essential tasks. According to “Best Colleges,” there are six primary tasks to prepare for the first day. Whether the class is in-person, hybrid, or online, familiarize yourself with essential locations like the Canvas computer course management system and the campus and building layouts. Review the class schedule and syllabi for dates, times, learning objectives, and assignments. Select a calendar system that may include one or more tools: a cell phone, an online computer calendar, an erasable whiteboard, or a large paper calendar. Then, record the dates of classes, assignments, midterm and finals weeks, and important due dates. Special campus events posted and study times are helpful to schedule, too. Arrive early to the online link or in person, ready to learn with the school tools needed, the course textbook(s), a calculator, a notebook, and a favorite pencil or pen will make the first week of class successful. Select a seat that supports your learning style. Being closer to the front to hear, see, and avoid distractions is a positive habit. Being prepared to take notes is critical for collegiate success. Notetaking is a key attribute of a successful student; however, learning how to take effective notes can be a daunting process. Each person has their preference for efficient notetaking. Some students may prefer a laptop rather than a spiral notebook. Others may need a class notetaker if they have a 504 accommodation from Accessibility Services. Keeping notes organized and written understandably is crucial for assignment, project, or exam completion. Learning notetaking strategies early in the semester will assist you in all your classes throughout your col-
Hello everyone! My name is Ben Birdsell, and I recently had the pleasure of taking part in the Lewis-Clark State College Anthropology Field School: Ecuador Program of 2023! The program and its many locations ranged from Ecuador’s humid coasts, sprawling cities with millions of people, the gorgeous Andes mountain range, and the beacon of the entire trip, Cuenca, Ecuador!

While on our journey throughout Ecuador, every student had individual research projects that we had already preselected during the prior semester. After hours of research and a presentation at the Research Symposium at the beginning of May, we left for Ecuador to pursue our research first-hand. Projects ranged from observations of cell phone use, an analysis of gendered volcanoes, reproductive care access, expression of indigenous cultures through clothing, interactions of homeless women in society, and the impact of increased technological use on Ecuadorian adolescents.

Our group comprised many disciplines and majors, including Geology, Education, Social Work, Criminal Justice, and more! Anthropology Professor Dr. Kerensa Allison led the Field School and was assisted by Social Work Professor Dr. LaChelle Rosenbaum, English Professor Dr. Lauren Connolly, and Biology Professor Dr. Elizabeth Martin.

Although there is much to write about with our trip, the most impactful and essential piece I took away from the trip was connections. The longest stretch we stayed in one place during our three-week stay was in Cuenca. While we were there, we were graciously taken care of by host families. My host family was amazing! For me, Clara made the entire trip worth it, by sharing with me her excellent Ecuadorian cuisine, cross-cultural conversations, and ultimately our connection led to us to continue sharing stories and conversations to this day on WhatsApp.

Overall the trip was amazing, and I could not express more gratitude towards everyone involved, for undertaking the arduous task of planning three weeks of activities and creating such a terrific experience for everyone who went.

This trip not only opened my eyes to the world around us but it also displayed the beauty of not only the landscapes of South America but also the beauty that can be found in humanity, even among the vast language barriers and cultural differences.
Paroling Animals With Skills (PAWS) Program

By Ju Hyun Son (Jacy) & Angela Wartel
of the Pathfinder

Last semester, one of the two prisons that LC students visited was the Idaho Correctional Institution - Orofino (ICI-O), where the Paroling Animals With Skills (PAWS) Program outshone other activities. The selected incarcerated residents are given eight weeks to train shelter dogs who struggle with behavior and socialization or obedience problems. The hope is that dogs will be properly mannered to interact and play with future friends and families. Moreover, PAWS has partnerships with the Lewis Clark Animal Shelter as well as Canines With A Cause, Boise Bully Breed, and Faithful Fields.

"Part of the mission of the program is that both animal and man find success in all aspects of life – this program has and continues to change lives for incarcerated men and the shelter dogs."
- Lewiston Tribune about ICI-O

According to this article, the lives of the residents were changed through the PAWS Program. It started in 2014 in Lewiston and Clearwater Humane Society located in Orofino. Over time it expanded to not only include shelter dogs but also emotional support animals (ESA) for general services or for advanced training. The dogs are with the handlers daily who use positive reinforcement and never violence. Love and trust are the “key ingredients” as reported by Joseph Chavez, a resident from PAWS.

Angela Wartel, an Assistant Professor of Justice Studies and who also hosted the prison visit, adopted a dog from the PAWS Program at ICI-O back in 2019. She crossed paths with Hazel, a labrador retriever mix, when she was involved with an economic simulation during a guided tour of the facility. Professor Wartel stated, “Our brief interaction left an impression on both of us.” Two weeks later, she went back to the prison and saw her again. Her heartwarming presence captured her heart with evident excitement. She emphasized joyful whines and vigorous tail wagging. At that moment, she knew Hazel would be the newest addition to the family, their first dog. Hazel’s graduation was still weeks away, but that didn’t stop Angela from counting the days until she was home.

An adoption kit includes a PAWS Program Diploma, a handwritten journal of the training exercises and progress, and a guide to future training. The ICI-O participants can compile a visual guide featuring photographs illustrating hand gesture commands, for example; detailed explanations outlining the various training exercises they had completed.

“Hazel truly is an exceptional dog. She is very food driven, which makes it easy for us to motivate her. That said, one evening, my husband prepared a six-pound brisket, smoked it all day, and then left it to rest on the countertop.
Approximately 20 minutes later, he went to eat and was met with an empty counter. Yep, she devoured the entire brisket. Admittedly, the blame lies with us (specifically, my husband) for placing the tempting meal within her reach. Who knew a dog could eat so much so fast?" - Professor Angela Wartel

Hazel is five years old now. Hence, she is growing a gray snout, but she is a puppy at heart, according to her mom. She is ultimately the happiest when she claims the entire bed, embarks on car rides, or engages in spirited rounds of fetch. She would play ball until her last breath and more. With a fateful encounter within the prison’s walls, a cherished member was added to the Wartel family. Hazel is absolutely adored and living her best life. Professor Wartel is grateful to the PAWS Program trainers for their dedication, compassion, and hardworking training these days and for giving them a real chance at adoption.

“Animal shelters and rescue organizations are brimming with lovable dogs and cats eagerly seeking permanent homes throughout the region. There are even PAWS Program graduates waiting for adoption. If you have the financial ability and the desire to welcome a lifelong companion, consider adoption. Your new best friend could be waiting for you!” - Professor Angela Wartel
By Logan Foster
of the Pathfinder

Greta Gerwig’s Barbie is a bright, incredibly pink (and proud of it), reimagining of the story of the American icon. Barbie, the doll, was first introduced by Mattel in 1959. She carries an incredible amount of history and controversy on her little shoulders, and Gerwig’s film tries to reckon with it all.

Helen Mirren’s narration starts the film, telling us that the introduction of Barbie has solved all problems of sexism in the real world, or so the Barbies think. We are then dropped into Barbieland – a bright pink matriarchy dotted with life-size Barbie Dreamhouses, populated by Barbies of all kinds. There are doctors, lawyers, Nobel prize-winning authors and physicists, a Supreme Court, and even a Weird Barbie (she’d been played with too hard). And there are Kens. None of the Barbies need Ken, but the Kens desperately need the attention of Barbie. Every day in Barbieland is perfect until it isn’t. At one of her nightly house parties, Margot Robbie’s Stereotypical Barbie is struck suddenly by thoughts of death.

Everything gets worse from there. The next morning, her hair is mussed instead of perfect upon waking, her shower is too cold, her toast is burnt and her milk is sour, and instead of floating serenely to the ground from her roof, she is dropped straight to the ground. Worst of all, her feet have gone flat. She makes a trip to Weird Barbie (Kate McKinnon), who tells her a portal has opened and Barbie must travel into the real world to close it. Ryan Gosling’s Ken, tired of being ignored, accompanies her.

In the real-world, while Barbie becomes increasingly aware of the reality of sexism and the complexity of what it means to be human, Ken is delighted to discover that the world is seemingly run by men and horses. Barbie is told by Sasha (Ariana Gianblatt) that actually, Barbie has “set feminism back 50 years.” Meanwhile, Ken has made it back to Barbieland and has started to spread the patriarchy he discovered in the real world.

Unfortunately, Gerwig and script co-writer Noah Baumbach, spend the rest of the film telling rather than showing. The audience is hand-fed the message in a series of monologues and quips about what it means to be a woman in the real world that are admittedly moving but were delivered to us in such a way that they arrived lifeless. There are jokes told that are clearly meant to poke fun at Mattel (we are shown scenes of an all-male board room, debating ways they can box up feminism and sell it back to us), but fall flat when you remember that Mattel is making money off of these jokes.

Barbie has more highs than it does lows, however there are genuinely funny parts (Michael Cera’s Allan is consistently funny; a Ken is seen giving CPR to a stick horse during the battle on the beach; Ryan Gosling’s line reading of “Sublime!” got the hardest laughs out of anything in my theater), and they shine throughout the film. Ryan Gosling delivers one of the best performances of his career as Ken. There is a montage of the Barbies bating the Kens into discussions about sports, The Godfather, and makeovers culminates in the funniest gag of the film – all of the Kens playing Matchbox Twenty’s “Push” at their respective Barbies.

Barbie isn’t perfect, but nobody can be, even a plastic doll. It’s fun, it’s pink, it is a joyous celebration of womanhood and an existential take on what it means to be a human. As of August 16, Barbie has earned $1.2 billion globally. It is the first movie by a solo female director to ever cross the 1 billion mark. For all its faults, Barbie stands out as a triumph.
Oppenheimer, Christopher Nolan's haunting biopic of “the father of the atomic bomb,” J. Robert Oppenheimer, is an astonishing, monumental three-hour feat.

An adaptation of the 2005 Oppenheimer biography American Prometheus: The Triumph and Tragedy of J. Robert Oppenheimer, the film is a survey of Oppenheimer’s adult life. We follow Cillian Murphy as Oppenheimer from his time as a student of physics in Europe, years spent developing quantum physics programs as a professor in California, to remote New Mexico as the leader of the Manhattan Project, to the revoking of his security clearance for suspected communist sympathies in Washington D.C. Nolan gives viewers an in depth look at Oppenheimer's personal life – his fraught affair with communist Jean Tatlock (Florence Pugh), friendships with Isidor Isaac Rabi (David Krumholtz) and Albert Einstein (Tom Conti), and his marriage to Kitty Oppenheimer (Emily Blunt).

The movie is told in fragments. We are frequently thrown from vivid, full-color scenes to scenes presented in a stark black-and-white. We are told at the beginning that this is a “fission” (splitting into two or more parts) and a “fusion” (a joining of two or more parts). Oppenheimer is three hours long, but it doesn’t feel like it. Nolan paced the movie perfectly; no part drags too long.

The highlight of the film is the first detonation of the bomb during the Trinity Test. Nolan used entirely practical effects to simulate the bomb, and the result was jaw-dropping. The explosion was alarmingly beautiful and horribly loud. The explosion drags on in silence, and then the audience is hit with a wall of sound so loud it could be heard outside the theater. We are not shown any more detonations or any destruction that resulted from them, but the sequence we are shown is enough to get the horrible truth across.

One single question haunts the film – what have we done? A frightening possibility is posed towards the beginning: the scientists discover that there is a non-zero chance that the detonation of an atomic device could set the atmosphere aflame. The chances are minimal, but there was a chance. A scientist approached to join the project initially declines, saying he doesn’t want the result of all physics research to be a weapon of mass destruction. Oppenheimer was optimistic at first, believing that the development of atomic weapons would lead to a utopian world. Later, he vehemently opposes the development of the hydrogen bomb, a stance that would lead to the destruction of his career post-war. The last words of the film have Oppenheimer saying he feared they have brought about the end of the world. The audience is left to look at an image of fire, slowly overtaking the globe.

Christopher Nolan’s latest film Oppenheimer is a triumphant, anxious masterpiece. J. Robert Oppenheimer famously quoted “Now I am become death, destroyer of worlds” upon the detonation of the bombs. Oppenheimer leaves us there, with the image of a destroyed world, as the mushroom clouds the physicist was haunted by take over. Nolan could not have presented a better movie.
By Jonae Knopes
of the Pathfinder

Rock, Paper, Scissors by Al-ice Feeney will keep you on your toes and have you looking over your shoulder. The book is about a husband and wife that are needing to take a weekend getaway to try and reconnect.

One thing about our male main character, Adam, is that he suffers from a disease of facial blindness. He cannot recognize people’s faces, even his own wives…hence the relationship problems and the need for a weekend getaway. We learn quickly that this weekend getaway is not all that it cracks up to be… once they arrive at their cabin that is covered in feet of snow and is captured with a haunted feeling. The cabin begins to have an eerie feeling as soon as they arrive and the couple cannot seem to become comfortable.

As the reader, we begin to learn about the present and their experiences at the cabin, but we are also taken back through the 10 years of the couple’s relationship through letters written by the wife. She writes a letter to her husband every year on their anniversary, going through the highs and lows of their relationship, but she does not let her husband read the letters until this weekend. As their relationship starts to unfold, secrets are revealed.

I gave this book 5 stars and have been recommending it to everyone I know. I could not put this book down and was constantly wanting to know what was going to happen next. I usually do not gravitate to mystery and thriller books but this one is SO WORTH IT! The book was making my heart rate go up, at the edge of my seat, flipping through the pages. The plot twist will leave you speechless and thinking, “Why didn't I think of that?”

If you want a book that has twists and turns and an unbelievable ending, start reading Rock, Paper, Scissors.
ACROSS
2. What most people wear to the beach
5. They make sure you are safe
6. You might build it if you had the right tools
9. Cools you off when it's hot out
10. Used to dig in the sand
11. Wear these so you don't hurt your eyes
12. If you travel to Hawaii, you can swim with one
13. Most popular movie of this summer
14. A popular water sport that involves a rod

DOWN
1. An essentials if you're going on a trip
3. Hopefully you don't get stung by one
4. Name of a group of whales
7. Don't forget the s'mores, we're going...
8. Allows you to breath underwater
10. Use this so you don't get burnt!

Find the answers on our Instagram here:
From the Editors

Hello! My name is Lizeth but everyone calls me Liz. I am the new Editor of the Pathfinder. My major is Elementary Education with an endorsement in Middle School Math and a minor in Spanish. I start student teaching today and graduate in May. This is my first time working for a newspaper and I am very excited to learn and gain new skills! Hope you all have an amazing start to your year!

- Liz