Overcoming Imposter Syndrome

By Damian Demler
of the Pathfinder

Tracy Sutton, the lead therapist and clinical supervisor for Family Support Services of Northern Idaho, presented a talk about imposter syndrome at LC State on Sept. 20. Sutton’s goal was to help inform students about what they may be encountering and what might help to overcome imposter syndrome.

Imposter syndrome is the persistent inability to believe that one’s success is deserved or has been legitimately achieved as a result of one’s own efforts or skills. Imposter syndrome is a common thing especially in college and among students. Sutton told us to consider changing the way we think because it might benefit us as individuals.

“Everyone tries to compare themselves to others and it is bad for our confidence. We try to be like others instead of just being ourselves,” Sutton stated, “If you don’t own your own story you are powerless to change it. But don’t be afraid because if you fear failure you stop taking risks”.

Imposter syndrome rattles people’s self-confidence. It can also contribute to anxiety and depression. Many people struggle to manage their feelings and it can hurt their mental health and academic performance.

As college students we all have a lot on our plate and it can get stressful sometimes. By talking to people you trust–whether it is peers or mentors about your fears it can help you realize that imposter syndrome is normal and also irrational. If you don’t have supportive mentors or feel comfortable talking about this there are always different options such as individual counseling on campus.

Sutton is originally from Long Island, New York and loves what the Pacific Northwest has to offer. She enjoys nature and outdoor activities with her friends and family. She earned her Bachelor’s degree from LC State college in 2000 and her Master’s degree from Smith College School for social work in Western Massachusetts in 2004.

In 2013, Sutton was awarded the LeRoy Spaniol Educator Award for her contributions toward educating and mentoring new leaders in psychiatric rehabilitation. Tracey is currently the lead therapist and clinical supervisor for Family Support Services of North Idaho. She is the former chair of the Idaho Chapter of Participatory Rural Appraisal (PRA), and has facilitated numerous training for the Certified Psychiatric Rehabilitation Practitioner (CPRP) and loves training for the Children’s Certificate program. Sutton is committed to helping individuals understand their own behaviors, and teaching effective skills that offer support during difficult times.

Imposter syndrome is a real thing that impacts individuals in so many different ways. By reaching out to friends, family, or professionals you can get help dealing with stress, depression, anxiety and so much more. They can help you get through difficult times and help you for the better.
Constitution Day

During a panel celebrating Constitution Day, LC State professors took it upon themselves to inform those present of the importance of education within the United States, and the trials and tribulations that come with it.

By Matthew J. Kerins
of the Pathfinder

LC State was the site for a panel celebrating Constitution Day. The panel, held on Sept. 19th, 2023, highlighted public education and its connection to politics, religion and the economy.

The panel was put on by, and included, five speakers, all professors at LC State. These included Professor of History Amanda Van Lanen, Ph.D., Professor of Justice Studies Gene Straughan, Ph.D., Associate Professor of Teacher Education Royal Toy, Ph.D., Associate Professor of Political Science Kylee Britzman, Ph.D., and Professor of Political Science Leif Hoffmann, Ph.D. Each presenter shared a variety of topics, with each one giving their own thoughts and concerns around a specific concept involving the U.S.'s education.

The most common topic amongst them all was the idea that many concepts have been incorporated into, or have tried to be incorporated into, education. One of those concepts that has attempted to gain a foothold in education is religion. Professor Straughan spoke about the ways religion, specifically that of the Christian faith, has tried to permeate schools and public teaching. Straughan went into detail about how evolution, a scientific concept, was fought and pushed back against for years, but eventually accepted into school systems. However, religious groups rallied to introduce creation theory or intelligent design as a viable alternative.

As Professor Straughan brought up in his presentation, the Constitution’s First Amendment represents the idea of the establishment clause. The clause states that the government and its sectors are prohibited from respecting an establishment of religion. Straughan postulated that, when it comes to science, the ideas presented in class should be tested using the scientific method. For those interested in this topic, Professor Straughan teaches Constitutional Law every Spring Semester, and would love to have any student that might be intrigued by the subject.

Politics were also discussed as a factor in our country's education system. Professor Van Lanen stated that education has always been important to our democracy, though voting was limited to white, male landowners. Since the introduction of public education in Massachusetts in the 1830’s, the right to be educated has been an important part of our history. Multiple rights and bills have been approved to give more people the ability to be taught in school (e.g. the Civil Rights Act of 1964, which voided segregation between the Black and white communities).

Meanwhile, Professor Britzman talked about how our country’s primary political parties, Republican and Democrat, view today’s education system. For instance, a majority of Democrats believe public schools have a positive effect within the U.S. (72%), while a majority of those in the Republican party believe that it has a negative effect (61%). “These disagreements among [the parties] make it harder to find consensus when it comes to decision-making about public education in the U.S.,” stated Britzman via email.

Another component of our country that has a hold on our education is the economy. Professor Hoffmann gave examples of how the U.S. (and other countries like the United Kingdom and Germany) handle their students to prepare them for the workplace. For instance, Hoffman stated that, in the U.S. and U.K., our education is based on teaching general skills. Professor Toy added that, in the U.S., only 14 out of 20 people born in 1983 graduated high school in 2001. Of those, only 10 started college, and of those, only 5 earned a BA by 2007.

Education is a right within the U.S., as the presenters made very clear. Though, many within our country still argue how much of it needs to be ratified, or left alone. “Education has always played an important role in American democracy,” Professor Van Lanen explained via email, “but Americans have not always agreed on which values to emphasize in educational settings.”
Climbing, Clean Up Day

By Emma Taylor
of the Pathfinder

The LC State Outdoor Adventures club and the University of Idaho (UI) Climbing club came together to celebrate National public lands day on Saturday, Sept. 23, 2023 with a day of cleaning and climbing at Granite Point, Wash. Adopt-a-crag service day and rock climbing was an educational and thrilling experience, whose purpose was to give back to our community while also having fun doing it.

The van departed from the LC State parking lot at 9 a.m. and after 45 minutes of driving six climbers from LC State arrived and met up with members of the UI climbing club. After getting to know everyone, climbers worked together to clean up as much trash as possible at the crag and the surrounding area. In the hour that everyone spent cleaning up, they found items such as rugs, lost shoes, and bags upon bags full of trash. Not only does cleaning up the area serve the community and future climbers better, but it also helps protect wildlife from harmful pollution. After a quick lunch break and photo op, the rock climbing could begin.

Rock climbing is an intense sport that requires both physical and mental strength. For many of the climbers from LC State, this was their first time experiencing such a thrilling activity. Before they got started, students received a free basic clinic to learn safety, belaying, and climbing techniques. Safety is unarguably the most important part of rock climbing. Climbers double-checked to ensure that their harnesses, helmets, and all other gear were safe and in good condition. They then went on to learn how to properly tie a figure eight follow through knot to secure themselves to the rope. Communication is also a key part of climbing safely, climbers learned to use words and phrases such as “on belay” and “you got me” to communicate with their belayer.

Belaying is used to support the climber and protect them from falling. Belayers learned to secure the rope to the belay device and how to use tension and slack to support their climber. The climber and belayer then double-checked that both had tied the knots and used the belay device correctly. While the climber is climbing, the belayer should maintain hands on the rope at all times and use tension to keep the climber from falling. Using the pull, brake, under, slide technique ensures that tension is kept on the rope.

After the climbers had learned safety, it was climbing time! Demonstrating what they had learned, climbers and belayers spent the next 2 hours working together to climb two of the fourteen routes at Granite Point. Each climber encouraged each other through falls, tumbles, and slips. Working through all the physical and mental challenges, each climber made it to the top of at least one of the routes. The weather was the perfect condition for climbing, not too windy and not too hot. Of course, just as a backup, LC State brought paddle boards as an alternative to rock climbing.

Adopt-a-crag service day provided a fun learning experience while helping our environment. A perfect way to give back to our earth on national public lands day.
Jean Arnold Exhibit on Display at Center for Arts & History

By Brycen Kempton
of the Pathfinder

The Lewiston Center for Arts & History unveiled a new exhibit on Sept. 21 by Lewiston-born, and current Pullman, Wash. resident, Jean Arnold, which was inspired by her upbringing in the Palouse region. Arnold’s artwork has been showcased in galleries and art museums all across the country, and she has won many awards including Best Palouse at the 2020 Palouse Plein Air Awards.

Along with her artwork of the Palouse, many of the paintings on display also showcase the human impact on nature, whether it be the expansion of urban development into scenic land, or the long-lasting impacts of former mining operations. The hint of abstraction within many of her landscape artworks adds a unique view to the geography we see in the region.

“Because the Center is an academic gallery, it is common practice to connect the art on view to the college’s curriculum. And while connections to art are often made through the humanities, I like to show work that relates to or is inspired by other academic areas of study as well,” stated, Emily Johnsen, Director of the Center, adding, “After all, the Center is a resource for the campus as a whole. It is a place where folks can visit to enhance their appreciation for and understanding of the arts. It is important that we offer something for everyone, to provide different entry points through which to engage with art.”

A unique aspect of Arnold’s artwork is her depiction of contour lines in much of the landscape that she paints. She has described this use of contour lines stating, “Contour lines seen in agriculture and mining describe the underlying landforms, but they also describe human use of the land—specifically they are industrial landscapes of the fossil fuel age. Human impact upon the land is a key theme in my art. Through different phases, I have often taken an ‘eagle’s eye view’ to capture a broad perspective”.

The Center will be on showcase through November 18th. The Center for Arts & History has free admission for the public and hours of operation can be found on the LCSC webpage.
WEB Trivia Night

By Gorden Boykins of the Pathfinder

Students gathered for an evening of knowledge, laughter, and camaraderie at LC State’s Trivia Night on Thursday September 21st. Dozens of enthusiastic participants gathered at LC State’s Student Union Building (SUB) to test their wits and compete for trivia supremacy. It attracted a diverse crowd eager to showcase their knowledge across a range of subjects, from history to pop culture.

Trivia Night featured a series of challenging questions, masterfully curated by Soccer Club in collaboration with the Warrior Entertainment Board (WEB). The categories were basketball/baseball, football, and soccer. The questions ranged from the easily accessible to head-scratching, keeping participants on their toes throughout the evening. People even started to huddle together, whispering theories and debating answers, all while the clock ticked away.

The atmosphere was electric, with cheers of victory and groans of defeat ringing out as each answer was revealed. It seemed everyone was trying to win no matter what the prizes were up at the prize table.

Even though the competition was fierce, Trivia Night had an undeniably friendly vibe. Many participants enjoyed interacting and finding common ground with other students they would not have otherwise met. After an intense evening of everyone trying to get the answers the fastest and come away with the win, three teams became winners after all of the madness!

Each team received tickets to a women’s soccer game at the University of Idaho and gas cards to cover the cost of driving up to Moscow. Overall, the night was a success and exceeded expectations. As everyone began to leave there were tons of smiles on students’ faces as they left the SUB. WEB and Athletics will work together for the next Trivia Night on October 26th in the SUB at 6pm.

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Photo by Lizeth Serecero
CDA LCSC Student Activities Shines in the DeArmond Center

By Matthew Stolley
of the Pathfinder

Have you ever wondered what is in the shiny silver and glass two-story building next to the Hubbard and River Streets roundabout entering the North Idaho College campus?

It is the new state-of-the-art CDA LCSC Branch Campus! Locally, it is known as the DeArmond Center, named after Bob and Leona DeArmond, who donated the land and funds to benefit the educational community. Construction began in 2018 and opened on September 11, 2019. The DeArmonds were ardent supporters of furthering education. The DeArmond Center’s shiny cement floors offset the stunning black-and-white photos of the old lumber mill. The photos tell the story of the DeArmond Stud Mill’s former glory as one of the valuable businesses of North Idaho. Currently, the DeArmond Center houses LCSC CDA’s Branch Campus along with UI, ISU, BSU, and NIC offices.

Inside the DeArmond Center, numerous ways to get involved shine, just like the vast picture windows allow the sun’s rays to stream through, lighting the gathering area, “The Fishbowl.” The classrooms are spacious with the latest technology, allowing a comfortable in-person environment. There are smaller breakout areas for gathering or studying throughout the building. These smaller areas have comfortable chairs, whiteboards, and desks with plug-ins for computers or phones. While the photos tell the DeArmond past, the Center’s goals are to meet tomorrow’s needs.

On September 14, 2023, the Business Students Organization (BSO) hosted an internship fair called “Meet The Firms.” Northwestern Mutual, Magnuson McHugh Dougherty Certified Public Accountants, and Anderson CPA participated. The CDA BSO Club meets in the DeArmond Building every other Thursday between 5:00-5:30 PM. The LCSC DeArmond Building hosts many fun activities and events for students. Twice monthly, on Wednesdays from 6:30-8:30, the new LCSC Smarty Party Club hosts free food, games, and activities to promote campus study nights. Come on down and get smart at the “Smarty Party.”

The LCSC Honor Ambassador Society hosts monthly events featuring supplies and free dinners! Save the dates for “DIY Craft Night” on November 3, 5:30-7:30. The annual “Gingerbread Building Competition” is set for December 8, 5:30-7:30. These events provide supplies and free dinner for LCSC students and their families. These events also have supplies for those little kid hands too. AHS is also sponsoring Mental Health Week, October 9-12. Look for the upcoming details in the LCSC newsletter, emails, and campus posters.

The members of these groups and the LCSC Student Senators are continually planning future events. Check out the DeArmond Building and Reader Board of events. It’s a great way to enjoy campus life, meet new students, and socialize with LCSC classmates.
Monique Ferrell at LC State

By Logan Foster of Talking River Review

Poet Dr. Monique Ferrell will be at the Center for Arts and History on Tuesday, October 10, at 7 p.m. as LC State’s fall visiting writer. The event, sponsored by LC State’s Humanities Division and the Rosehill Estate, is free and open to the public.

Monique Ferrell is an award-winning writer who has authored several poetry collections: “Attraversiamo” (2016), “Unsteady” (2011), “Black Body Parts” (2002), as well as an upcoming collection from NYQ Books, “Bone.” Her work has been featured in multiple noted journals, including LC State’s Talking River Review, among others.

Update on Kohberger Murder Trial

By Javon Jones of the Pathfinder

Bryan Kohberger, a former graduate student at Washington State University, is on trial for the stabbing deaths of four University of Idaho students: 21-year-olds, Kaylee Goncalves and Madison Mogen, and 20-year-olds Ethan Chapin and Xana Kernodle, who were killed at their off-campus residence in Moscow, Idaho. Kohberger is charged with four counts of first-degree murder in connection with these four deaths.

Investigators have said they used cell phone tower data to track Mr. Kohberger’s phone on the night of the killings and obtained surveillance video of Kohberger’s car repeatedly circling the victims’ house that night.

Earlier this year, prosecutors acquired a search warrant for customer accounts at multiple companies, including Amazon, Apple, and PayPal. The name of the customer is redacted from the documents, along with details of what was found.

A trial date has not been set.
The Writer’s Guild of America (WGA) and Hollywood Studios have reached a tentative agreement after five months of the writers’ strike. The strike began in early May when negotiations were cut short due to what Hollywood’s Studios believed were unreasonable demands, and 11,500 writers were then left to go on strike.

The WGA was demanding that its writers have more consistent pay and clearer rules of accreditation with artificial intelligence (AI). Although the issue with AI is not playing out immediately, the WGA acknowledges that it is hard to regain ground given in previous contracts.

As artificial intelligence is starting to work its way into everyday life, it is important that the guidelines are made clear from the beginning. “It’s easy to marginalize what we do because it’s entertainment. And I get it,” writer and actor, John McClain said, “But I feel on some level we are, as far as this tech conversation is concerned, a bit of a canary in a coal mine. This is an important moment and we’ve got to really make a decisive stand.” AI has the potential to affect all facets of life from writers, to musicians, computer scientists, those within the education system, and so on. The decision that the WGA reached with Hollywood’s studios will affect how the rights of AI will play out in all other aspects of life.

The WGA shared that within the new contract, they would like to prevent material created from artificial intelligence from being considered “literary material” and “source material.” In turn this would prevent artificial intelligence from getting credit for works that are considered for awards, such as the Oscars. In addition, this would also protect works previously created that have the potential to be turned into scripts like video games and novels. Although it is not that simple.

It has been previously deemed in contracts between Hollywood’s studios and the WGA that “Any corporate and impersonal purveyor of literary is not a screenwriter,” according to Krysta Fauria, a journalist from the Associated Press. This means that anything not written by a person is not eligible for credit, so if a writer were to collaborate with AI they would not get credit. In addition, it has already been determined that AI cannot be copyrighted. All around, the determination for credit when artificial intelligence is involved will be a slippery slope.

For many writers, how much they work depends on the prestige and experience they have. As protected by the WGA, writers have a minimum amount of work they must do. This on average is $4,546 per week for a span of 20 to 29 weeks which works out to be an annual range between $90,920 and $131,834, according to the 2019-2020 WGA season report. Although this seems like a lot, according to Pew Research Center the average middle-class American earns between $52,000 and $156,000. Competition for work from AI adds to the tension. This issue is not exclusive to the writers in Hollywood, and the decision agreed upon between the WGA and Hollywood’s studios will lay a precedent for AI in all aspects in the future.
“What Happened to The Student Loan Forgiveness Plan?” Biden v. Nebraska (2023)

By Ju Hyun (Jacy) Son
of the Pathfinder

In 2020, Joe Biden promised federal student loan forgiveness of up to $10,000 for borrowers who earned less than $125,000 individually and $250,000 as married couples. On top of this amount, an additional $10,000 was also promised for Pell Grant recipients, college students who qualify for serious financial aid to gain a bachelor’s degree. The $10,000 additional loan forgiveness was for loans, but was limited to people who received Pell Grants. In 2021, Joe Biden was elected as the president of the United States of America. He passed the student loans forgiveness plan invoking the Higher Education Relief Opportunities For Students (HEROES) Act, which states that the Secretary of Education has the authority to “waive or modify any statutory or regulatory provision applicable to the student financial assistance programs under Title IV.”

The Court ruled that it was unconstitutional under the Title IV for the Biden Administration, the Title IV provision does not permit a debt cancellation of half a trillion dollars, which is required for congressional authorization and falls under the “major questions doctrine.” Furthermore, it violates the separation of powers as well as the Administrative Procedure Act. Not only Nebraska but Missouri, Arkansas, Iowa, Kansas, and South Carolina filed against the Joe Biden Administration on September 29, 2022. Moreover, two students who don’t qualify for student loan forgiveness filed a lawsuit separately from the states in the Northern District of Texas.

The U.S. Supreme Court overruled Biden v. Nebraska on June 30, 2023, issuing a 6-3 decision regarding the student loan forgiveness program. President Joe Biden pledged to cancel student loans by employment of the Higher Education Act of 1965. Biden contrasted his loan forgiveness program to Trump’s Paycheck Protection Program (PPP), a $953-billion business loan program through the Coronavirus Aid, Relief, and Economic Security (CARES) Act to help certain businesses, self-employed workers, sole proprietors, certain nonprofit organizations, and tribal businesses continue paying their workers.

Although his plan was rejected, Biden was able to launch the Saving on a Valuable Education (SAVE) Plan on August 21, 2023. This new-income-driven repayment (IDR) plan will cut the discretionary income payments are cut in half for undergraduate loans, and the monthly payments will be weighted average between 5% and 10% of their income for both undergraduate and graduate students. If you want to sign up, go to the StudentAid.gov/SAVE website. It only takes about 10 minutes. You might already be enrolled if you have experienced Biden’s student loan programs.
Ukraine Update

By Etan Collins
of the Pathfinder

Have you been up to date with the latest news on the tragic war that has been taking place on Ukraine soil? The most recent conflict between these two countries started to boil up around Feb. 20, 2014, when Russia invaded Crimea. Fast forward to Feb. 24, 2022, when the Russian government decided to invade Ukraine once again, mainly triggered by political tensions and territorial disputes over Crimea and the Donbas region. The attack that the Russians committed on the people of Ukraine was so severe that they were forced to evacuate, leaving the president of the brave country to call for aid from other allied countries to help fight and take their country back. This attack resulted in the loss of many lives and caused significant damage to infrastructure and communities. This also led to strained relations between Russia and other countries.

On Sept. 19, 2023, President Volodymyr Zelensky traveled to New York to seek assistance from other countries and keep interest in the largest conflict in Europe since World War II. His goal for coming to the States was to gather help from the United States and any other allied countries to help their country to call for aid to evacuate, leaving the president of any stoppage, the Ukraine president did not move their hopes and prayers that the Ukraine president did the only thing he thought was necessary in order to save his country and his people. President Putin is not attending this session, but a representative will be speaking on the situation later in the week. Efforts were made to find a peaceful resolution, but the war left a lasting impact on the region and its people.

Is Patrick Mahome’s Career Over?

By Kassi Weston
of the Pathfinder

Quarterback for the Kansas City Chiefs, the first ever football player in the Super Bowl era with at least 400 yards, a passing touchdown, and 60 yards with a rushing touchdown all in the same game. He is considered to be the best Quarterback in the NFL, beating out veteran Quarterbacks like Aaron Rogers, Tom Brady, Drew Brees, etc. all by the age of 26. Patrick Mahomes is a household name, and a player to watch out for.

Well this was the thought up until his injury at the Chiefs vs. the Chicago Bears game during week three, September 17th. Chiefs held their own with a 34 - 0 lead in the first half, but just before the halftime break news came out that Patrick Mahomes severely injured his ankle and was out for the rest of the game. According to CBS News, “Mahomes, who played through a high sprain during the Chief’s first half, but he didn't move much in the pocket on his final throw, then shook his head in frustration as he came off the field.”

The run that caused his injury was supposed to be the largest halftime advantage of his career, going 15 of 20 for 169 miles. The player was taken by surprise when the Bear’s defender made contact with Mahomes’s leg from behind where he then accidentally rolled over it. Mahomes hopped and limped across the field for a bit and was not immediately taken out of the game. This is the same ankle Mahomes injured with a high sprain during the Chief’s divisional round with the Jacksonville Jaguars. According to Kristen Wong from FanSided, “However, given that the star quarterback was able to walk it off after and didn’t require immediate medical attention could be a comforting sign for Chiefs Kingdom.” Fans are sending out their hopes and prayers that the young Quarterback heals up quickly. So far there aren’t very many updates on the player’s injury.

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Yarros’s “Fourth Wing” has a Chokehold on the Readers Everywhere

By Madelyn Hutchison
of the Pathfinder

If you’re on BookTok like I am, chances are you have heard the name “Rebecca Yarros” and the title of her book “Fourth Wing” in practically every other video with people gushing or arguing over this book. Well, I read it so you didn’t have to.

For now, about the author: According to her website Rebecca Yarros started writing while her husband was deployed for the third time, she wrote her debut novel “Full Measures” in 2014. From then on, she churns out a book, or sometimes even two, every single year, with twenty books out currently and two more to be released soon.

Most of Yarros’s novels are standalones, however, she has some trilogies, and a longer series called the “Flight & Glory” series. Regardless of whether the books are trilogies or standalones, all of them are romance books. And while “Fourth Wing” has its romance elements, it also has fantasy and war elements as well, thus a little out of her comfort zone but the book skyrocketed quickly to the number one spot on “The New York Times” bestseller list.

In between writing, Yarros is raising her six children with her husband who has now retired from the military. After they adopted their youngest child, they started their own non-profit called One Octo-

by, which helps families navigate the trials and tribulations of the foster care system after their own experiences.

As mentioned before, Yarros stepped away from the pure romance genre and dipped her toe into the romance-fantasy genre with her newest release, “Fourth Wing.”

The plot of “Fourth Wing” is an interesting one. Violet Sorrenail, who at twenty years old is the youngest daughter of the commanding general of the war college, has always been rather small and frail. To the point that her bones break at the slightest shove to the ground due to her mother falling ill while she was pregnant. While the syndrome isn’t specifically stated in the book, Yarros does confirm that Violet has Ehlers-Danlos Syndrome. It is because of this fact that Violet wants to follow in her father’s footsteps and trains to become a scribe, someone who would write and read about everything for future generations.

However, when Conscript Day comes, Violet’s mom forces her into the Rider’s Quadrant where people train their bodies and their minds to the limit every day in hopes that they could bond with a dragon during an event called Threshing, if they can’t they are burned alive, that is if they don’t die during their training first. The readers join Violet as she becomes stronger, somehow defying all the odds at every turn. During an event called The War Games at the end of the year, where each group is put to the test with imaginary scenarios, Violet is faced with the question of whether she is on the right side of history and if everything she has ever been told was a lie.

OP:ED: I’m going to be honest and say I was nervous when I first started this book, because no offense to BookTok, but usually their suggestions aren’t my personal cup of tea. However, when I heard the book had dragons, magic, griffins (the enemy fly griffins instead of dragons), and war, my interest was piqued. And while love stories typically aren’t my thing, especially love triangles between the childhood best friend and an apparent “bad boy,” which is also what this book is, I found it a lot more compelling than others I’ve read in the past.

For example, Violet isn’t interested in the “bad boy” because he’s hot and toxic (which is usually how this trope goes) rather she has an interest in him because he actually believes in her capabilities and doesn’t treat her like she’s a broken china doll like everyone (including her second love interest, the best friend) do.

Another thing that stood out to me was the fact that usually when the main character does pick their love interest, the story suddenly shifts and becomes all about their love. Not in this case. Yes, there are still mentions of it because it is a fantasy romance book after all, but the plot still drives seamlessly forward, nonetheless.

In short, I really enjoyed this book, it’s an easy five out of five stars for me. I am not kidding when I say I devoured this book, I listened to the twenty-hour-long audiobook for this review, and I finished it in less than four days. I cannot wait to read the sequel later this year.
The Tangled Story of Rapunzel

By Kassi Weston
of the Pathfinder

The beloved Disney tale of the kidnapped princess with the magical, golden hair isn’t as pure as Disney makes it seem on the surface. One version of the story is very dark, but unlike most original Disney princess stories, the story of Rapunzel is tuned down.

Most people know how the Disney movie “Tangled” (2012) goes. A single drop of the sun fell from the sky, creating a magic golden flower that could heal the sick, and injured. Mother Gothel comes along, finds it, and uses it to keep herself young for hundreds of years. At least, that’s until a Queen becomes very sick, and the kingdom starts to look for a miracle. Despite her efforts to try and hide the flower, the kingdom finds the flower and takes it from Mother Gothel. She kidnaps the princess after she discovers that the child now possesses the powers of the flower.

This is already so much different than the book. In the story, Rapunzel’s parents aren’t royalty, they are poor people who live next to a witch. However, the mother does get sick, and the father tries everything to cure her. So, he climbs over the wall and steals Rampion. According to Medicinal Herbs, “The leaves are rich in vitamin C, they make an acceptable winter salad.” The father gives the leaves to his wife to help her feel better, it fortunately works, but she then starts to crave it. The father is constantly climbing over the wall to steal more and more of the herb from the witch. One night, the witch catches him, and knows that he and his wife have been blessed with a beautiful baby girl. So naturally, she wants the child since the father has been stealing so much of the plant for so long. The father has no choice but to agree to give up his baby girl.

Now in the movie, we see the floating lights and the fact that Mother Gothel is this abusive wanna be mom, who refuses to take Rapunzel outside. So, when Flynn Ryder comes into the pictures and enters Rapunzel’s castle because Maximus is chasing him, she sends Mother Gothel away to fetch her a different birthday present than going and looking at the floating lights. That’s when her life begins.

Well, not in the book. In some versions of the story, Flynn Ryder is a prince who came upon the tower because he heard a beautiful voice and he had to see where it was coming from. When he sees Rapunzel, he waits to see how he is to get to her, when all of sudden he sees the witch call to her by saying, “Rapunzel, Rapunzel, let down your hair.” And watches as beautiful golden hair flows from the high tower window. The prince waits for the witch to leave before he goes and tries it himself. He does this for many days, and they end up falling in love with each other. At least, that’s before the witch finds out what is happening. Everything in the movie after Flynn and Rapunzel meet in the tower, doesn’t happen in the book. The events in the book are actually very different. There is no “I See the Light” scene or town dance scene, worst of all there is no Snuggly Duckling. Even the endings are slightly different from each other.

Spoiler alert warning to those who haven’t seen the movie or read the book. At the end of the movie, Rapunzel figures out that she is the lost princess and tries to defy Mother Gothel. Only resulting in her getting tied up. Then Flynn comes to her rescue after having his own prison break with the help of the Snuggly Duckling gang and Maximus. He sees Rapunzel tied up and gets, literally, stabbed in the back by Mother Gothel. When Rapunzel tries to save him, he cuts her hair off so that way Mother Gothel can never use her hair again for her own personal gain. This results in Mother Gothel freaking out, tripping and falling out of the window, and falling to her death, but turns to dust before she can reach the ground.

In the book, Rapunzel tries to convince the witch that she is in love with the prince, but the witch is so infuriated that the witch, herself, cuts Rapunzel’s hair. Which she then uses to trick the prince into coming inside the tower. Once he is inside, he doesn’t see Rapunzel and gets shoved back out the window and lands in some bushes filled with thorns caus-
This past week, I was talking to some people about Baldur’s Gate 3. One of the things that were brought up was the Mind Flayers. One of the people I was talking to did not know much about the Mind Flayers and was curious to know more about them. I figured that it would be a great idea to write about them as well.

The Illithids, or more commonly known as Mind Flayers, are a race of psionic world travelers. In ancient times, they dominated and enslaved countless planes, establishing colonies to continue growing their empire. Many of the races they enslaved were twisted and altered by experiments and through being mentally subjugated by a colony of Mind Flayers. At the height of their power, something happened to the Illithid Empire, causing it to crumble and collapse. Many of the enslaved races were able to break free of their bondage to either escape or to exact revenge upon those who dominated their very will. Some of the races, like the Githyanki, made a pact with dragons in order to give them an edge over the Mind Flayers. In the aftermath of their fall, only a few bastions remained of their once great empire, the major being a series of smaller colonies in the Underdark. There they lie in wait, seeking the glory they once had as they rebuild their army of slaves and cannon fodder.

Mind Flayers are roughly the size of a humanoid, with a slimy, lilac-hued skin and a face ending with four tentacles around the mouth. They can walk, but generally levitate to increase maneuverability. While they can speak, they are telepathically linked to each other and to the center of their colony, an Elder Brain. This Elder Brain is in fact a large brain that serves as the central nervous system for the colony, recording knowledge, acting as the leader, giving orders, and making plans to reinstall themselves as the masters of all other creatures. They abhor magic and will either execute or kill any member who practices it. Mind Flayers are fickle beings to do business with, for they might decide that it is in their own best interest to subjugate those who would wish to deal with them and extract whatever information they need along with the brain of the one they interrogate.

Whether alone or part of a colony, facing a Mind Flayer will prove to be a worthy challenge. They, and many of the abominations they make, are capable of blasting opponents with waves of psychic energy in order to disorient and detain their new slaves. The Mind Flayers may decide to instead use its tentacles to extract and consume the brain of those they have subdued, for they retain their mental powers by feeding off the intelligence and brain matter of other creatures. In order to defeat a Mind Flayer, an adventurer must either have high intelligence to overcome the waves of mental energy sent towards them, get in close and kill them quickly, or ambush them in some way. Mind Flayers are not physically imposing, so once they are trapped in melee, they often seek a way to escape or quickly succumb to physical blows. It is best to avoid using magic against Mind Flayers, for they are also naturally resistant to most forms of magic.
ACROSS
3. How did Jess get a black eye?
4. Which major character was originally scripted as a woman?
5. Where is Dean originally from?
8. What college does Rory ultimately attend?
9. Who is the main character?
10. What is the name of Babette’s cat that dies in Season 1?
11. What was Lorelai’s first job when she arrived at the Independence Inn?
12. In which season of the show do Lorelai and Luke first share a kiss?

DOWN
1. What is Luke’s nephew’s name?
2. Who took Tristan’s part in Romeo and Juliet?
4. Who speaks the first line of the series?
6. What language does Michel speak fluently?
7. What day of the week do all the Gilmores have dinner together?
10. What was the name of the private school Rory was accepted into?
From the Editors

It’s finally October! This is my favorite time of the year because of Halloween. I love all the pumpkin flavored snacks and decorations that are up this time of the year. The movie selection is also great for the season. A movie I always watch is “The Nightmare Before Christmas.” Here is one of my favorite quotes from Jack, the main character:

“I could conquer the world with one hand as long as you’re holding the other.”

- Liz

Word on the Street

By Mercy Okediji
of The Pathfinder

“If you could go on a sponsored trip, where would you go and why?”

“Italy...because I have family there and because it is one of the fashion capitals of the world.”

- Darriene Todd

“Umm a sponsored trip... Bora Bora because the water is clear and because they have pigs.”

- Angela Garcia (Right)
- Jenny Lopez (Left)

“Ohh let me see... South Africa. I love animals. Love Cheetahs.”

- Zach Elsos

“Greece, I think Santorini is so beautiful.”

- Heidi Moyo

“Sponsored trip? Bhutan. Because I heard it really pretty and chill.”

- Temi David