By Lizeth Serecero
of the Pathfinder

On Wednesday, December 6th the Warrior Entertainment Board (WEB) had its last event of the semester. WEB partnered with Art Uncorked to put on a festive guided paint class. All the art materials were provided by Art Uncorked. A couple of weeks ago WEB posted polls on their Instagram story to have students vote on the painting for this event. The Grinch hand holding an ornament won in the end. The Grinch’s hand was already drawn on all the canvasses so the class could go straight into painting. Latin American Culture Club brought hot chocolates for students to sip on during the event. WEB will be doing a Welcome Back with WEB event during the first week of the spring semester. Stay tuned and follow them on Instagram for more details at @warrior_e_board.
This is Swiffer! Despite being paralyzed from the waist down, she is living her best, adventurous life! Her upper body strength is incredible, and she can not only pull herself up onto the couch, but she can also pull herself up an entire flight of stairs with just her front legs. She loves to cuddle and occasionally gets to go on camping trips and rides in her stroller with mom and dad. Swiffer is a very special and spoiled girl.

This is Gene! Gene spent the first few months of her life in recovery after contracting a respiratory disease that caused severe damage to her eyelids. Although she wasn’t expected to live through her sickness, she just celebrated her second birthday! Gene loves food and loves to go on adventures! She has her very own backpack that she gets to ride in while she goes on hikes and trips to Petco. Gene is very silly and sweet and will do almost anything for a treat.
Easy Recipes for College Students

College living is a complex combination of ups and downs. One thing that remains constant though? Cafeteria food. Worry not, even though college students are lacking certain amenities, (Anyone else missing easy oven access?) There are ways to get around it.

By Shaunasy Pashby
of the Pathfinder

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**CHICKEN BROCCOLI BENTO BOXES**

**Ingredients**
- Skinless Boneless Chicken
- Broccoli (frozen works best)
- Two cans of cream of chicken soup (10 3/4 oz)
- 15 cups Mayonnaise
- Lemon juice (to taste)
- Curry powder (to taste)
- Rice
- Shredded cheese

**Directions**
- Cook your chicken, you can do this in the microwave (Takes about 10 minutes). You will need about two chicken breasts, but other types work well. You will want to shred the chicken into bite-sized pieces.
- Cook your broccoli and cut it into bite-sized chunks.
- Mix cream of chicken, mayo, lemon, and curry. The more lemon added the richer the sauce will taste when cooked, the more curry the “warmer” it will taste.
- Make rice. (Put 2 cups of water into a pan and bring it to a boil. Once boiling, put the same amount of rice into the water and reduce it from the heat. Stir until all rice is wet then put a lid on it and leave it for 10 minutes. Let stand until rice is the consistency you want.)
- Layer your dish into bento boxes or similar containers. You can do this with the ingredients still warm or after refrigerating, it doesn’t matter.
- Rice on the bottom, then chicken and broccoli. Cover it all with the sauce and then blanket it with cheese.
- Microwave this for 3 minutes (or until cheese is melted)

**Notes**
- This is now ready to eat. You can eat it or store it and reheat it for another time.

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**BAKED POTATOES**

**Ingredients**
- Oil (any cooking oil works)
- Salt (any kind works, recommended sea salt)
- Potatoes

**Directions**
- Poke a few holes in your potatoes with a fork.
- Make a bowl shape with your foil and put in a potato, about a tablespoon of oil, and some salt. (You want your potato to be oiled all over and lightly salted)
- Wrap the potatoes in foil and place them in the crock pot. (You can make as many as will fit)
- Leave the crockpot on low for 8 hours.

**Notes**
- After 8 hours you can remove them. THEY WILL BE VERY HOT.
By Jenyce English
of the Pathfinder

Since the early 18th century, families have been coming together for what is now one of the most prominent holiday traditions. A Christmas tree is the heart of the holidays for many American households.

According to research by Nielsen, in 2022 Americans spent $984 million alone on real Christmas trees, and $1.01 billion on artificial trees. An average price of $75 a tree makes the Christmas tree industry a $2 billion business, on top of all of the other spending that occurs during the holidays. Buying a Christmas tree does not have to be that expensive though. Many Americans aren’t aware of the cost or the simplicity of cutting down their own Christmas tree.

In the Lewis-Clark Valley, you can purchase a Christmas tree cutting permit for the Umatilla National Forest for only $7.50. That is 10 times less than going to a Christmas tree lot, and you get an experience that brings your family closer together. When a permit is purchased, it also comes with a brochure of how and where to cut your Christmas tree.

To purchase the permit, you can google “Umatilla National Forest Christmas tree permit” and it will be the first link that pops up. This will then lead you to a website called Recreation.gov where you can purchase the permit and even download your decorations to make. Once you have purchased the permit, you can print it off and you are ready to set off into the forest.

The best spot is near Anatone, Washington at the end of the small town, you take a right turn onto Mill Road and go about three miles. Then you will take a left onto West Mountain Road. You will continue on the gravel road until you reach an unmarked fork in the road and it turns to dirt. You'll take the right fork and travel up a hill and cross a cattle guard which marks the start of the Umatilla National Forest. Once you have crossed the cattle guard, any tree less than 14 feet tall can be cut.

It is best to look for a tree that isn’t in a group of trees. This will make it easier to cut but also allow for the tree to be fuller. After finding your perfect tree, you can either use a chainsaw or a handsaw to cut it down. To cut it down, you’ll want to find a spot no more than 10 inches from the ground that is clear of branches. If there are branches to the bottom, you can see them off to reach your desired cutting spot. It is important to pay attention to the top of the tree as you are cutting to ensure no one is standing in the direction it will fall.

After you have completed cutting your perfect Christmas tree, you can pack it to your car to be secured down. Tow straps or rope will work for securing your tree. If you are strapping to the top of a car, you’ll want to make sure that the rope or straps are wrapped around the tree once, and then secured to the sides. This will ensure that your tree will stay safe for the trip home.

Once you have gotten home with your Christmas tree, do any final trimming that is required for fitting the tree inside. Finally, place your tree in the stand, fill it with water, and begin decorating.

Although going to a Christmas tree lot might seem like the most convenient option, cutting your own tree is a much cheaper and stronger family tradition. Nothing will bring your family closer than trekking through the woods while it’s cold, and stumbling upon the perfect tree that makes it all worth it. As Clark Griswold said “The most enduring traditions of the season are best enjoyed in the warm embrace of kith and kin. This tree is a symbol of the spirit of the Griswold family Christmas.”
By Damian Demler

of The Pathfinder

Athletes strive for greatness to prove why they should be considered the best to ever do it. To be great you have to have the stats, accolades, and the championships/medals to prove it. Here is my list for top ten athletes of all time:

1. Lebron James, aka, the “Chosen One,” is going into his 20th season of his NBA career. Lebron has almost played four times the NBA average career length. Lebron is the all-time leading scorer and is continuing to break more records. Lebron was drafted straight out of high school when he promised Cleveland that he would deliver them a championship. After 13 years he had led the Cleveland Cavaliers to the greatest finals comeback and beat the 73-9 warriors. After 20 years James is a four-time NBA champion, 19-time all-NBA, 4-time MVP, 6-time all-defensive team, and has 2 Olympic gold medals. James continues to exceed all expectations and prove that even after 20 years of being an NBA player he can still perform at a dominant level.

2. Finding the passion at a young age, Micheal Phelps is the most decorated Olympian of all time. He has 28 medals, 23 of them being gold. Phelps became the first American male swimmer to qualify for five Olympic teams. In 2000, he became the youngest male Olympian since 1932 and his eight gold medals at the 2008 Olympic Games is an Olympic record. Phelps also holds 6 other world records. Phelps was named Swimming World’s World Swimmer of the Year eight times, and he won the Golden Glove award. Throughout his entire career, he only lost one fight by knockout. He was the first-ever three-time World Heavyweight Champion and he won 22 heavyweight Championship fights. Ali proved after a great career why he is nicknamed “the Greatest”.

3. Muhammad Ali was an American professional boxer. Nicknamed “the Greatest,” he is regarded as one of the most significant sports figures of the 20th century and is often regarded as the greatest heavyweight boxer of all time. He held the Ring magazine heavyweight title from 1964 to 1970. Ali had a pro record of 56-5 and won a gold medal in the Olympics along with the Golden Glove award. Throughout his entire career, he only lost one fight by knockout. He was the first-ever three-time World Heavyweight Champion and he won 22 heavyweight Championship fights. Ali proved after a great career why he is nicknamed “the Greatest”.

4. Michal Jordan was drafted to a very unsuccessful Chicago Bulls team and turned them into a dynasty. He was integral in popularizing the sport of basketball and the NBA around the world in the 1980s and 1990s, becoming a global cultural icon. Jordan is a 10-time scoring champion, 9-time all-defensive team, 5-time MVP, 2-time DPOY, 6-time NBA Champion, and 2-time Olympic gold medal winner. Jordan is one of two players to have won three NBA championships in a row twice. He has proved why he is arguably the greatest 2-way player of all time and one of the best to ever do it.

5. Usain Bolt is a 4-time record holder, an 8-time Olympic gold medalist and is the only sprinter to win Olympic 100 meter and 200 meter titles at three consecutive Olympics and two relay gold medals. He is the most successful male athlete of the World Championships. Bolt is the first athlete to win four World Championship titles in the 200 meter and is one of the most successful in the 100 meter with three titles, being the first person to run sub-9.7s and sub-9.6s.

6. Wayne Gretzky played 20 seasons in the NHL for four teams from 1979 to 1999 and a record nine Hart Trophies as the most valuable player in the NHL. Between 1981 and 1994, he won the Art Ross Trophy, presented to the NHL’s season points leader, 10 times. Gretzky was named the MVP of the Stanley Cup playoffs in 1985 and 1988, receiving the Conn Smythe Trophy. In addition, he earned the Lester B. Pearson Award (now Ted Lindsay Award) on five occasions; the award is given to the NHL’s “most outstanding player,” as determined by National Hockey League Players’ Association members. The
Lady Byng Trophy, awarded for sportsmanship and performance, was presented to Gretzky five times between 1980 and 1999. Gretzky was inducted into the Hockey Hall of Fame in 1999, and into the IIHF Hall of Fame in 2000. He was an inaugural recipient of the Order of Hockey in Canada in 2012.

7. Bo Jackson is an American former professional baseball and football player. He is the only professional athlete in history to be named an All-Star in two major North American sports. Jackson's elite achievements in multiple sports have given him the reputation as one of the greatest athletes of all time. He played in the NFL for the Los Angeles Raiders and in MLB for the Kansas City Royals, Chicago White Sox, and California Angels. Even though he doesn't have the accolades or the stats he is the only athlete to play in two major North American sports.

8. Lionel Messi is an Argentine professional footballer who plays as a forward for and captains both MLS club Inter Miami and the Argentina national team. Widely regarded as one of the greatest players of all time, Messi has won a record eight Ballon d’Or awards and a record six European Golden Shoes, and in 2020 he was named to the Ballon d’Or Dream Team. Until leaving the club in 2021, he had spent his entire professional career with Barcelona, where he won a club-record 34 trophies, including 10 La Liga titles, seven Copa del Rey titles and the UEFA Champions League 4-times. With his country, he won the 2021 Copa América and the 2022 FIFA World Cup. A prolific goal scorer and creative playmaker, Messi holds the records for most goals in La Liga, most hat-tricks in La Liga and the UEFA Champions League, and most assists in La Liga and the Copa América. He also has the most international goals by a South American male. Messi has scored over 800 senior career goals for club and country, and has the most goals by a player for a single club.

9. Tom Brady is a former American football quarterback who played in the NFL for 23 seasons. He spent his first 20 seasons with the New England Patriots and was a main reason why the franchise's dynasty was so successful from 2001 to 2019 under head coach Bill Belichick. In his final three seasons, he was a member of the Tampa Bay Buccaneers. Brady is a 7-time Superbowl winner, 3-time MVP winner, 3-time all pro, and selected to two NFL all decade teams. Brady holds many major quarterback records, including most career passing yards, completions, touchdown passes, and games started. He is the NFL leader in career quarterback wins, quarterback regular season wins, quarterback playoff wins, and Super Bowl Most Valuable Player Awards, and the only Super Bowl MVP for two different franchises. Additional accolades held by Brady include the most Pro Bowl selections and the first unanimous NFL MVP. The only quarterback to dominate separate decades, Brady is also noted for the longevity of his success. He was the oldest NFL MVP at age 40, the oldest Super Bowl MVP at age 43, and the oldest quarterback selected to the Pro Bowl at age 44. Brady is widely regarded as the greatest quarterback of all time and one of the greatest players in NFL history.

10. Serena Williams is a former professional tennis player. Widely regarded as one of the greatest tennis players of all time, she was ranked world No. 1 in singles by the WTA for 319 weeks, including a joint-record 186 consecutive weeks, and finished as the year-end No. 1 five times. She won 23 Grand Slam women's singles titles, the most in the Open Era, and the second-most of all time. She is the only player to accomplish a career Golden Slam in both singles and doubles.
Paying College Athletes a Safety Net

By Javon Jones of The Pathfinder

The name Sam Bowie draws up a complicated story of potential, unrealized promise, and the effect of injuries on an athlete’s career in the history of basketball.

Even though Bowie’s career is overshadowed by the fact that he was chosen in front of Michael Jordan in the 1984 NBA Draft, picturing a different Bowie without any injuries to his career highlights a player who had the potential to be among the finest to come out of college. With the rise of name image likeness partnerships, the playing field has shifted, and athletes now have a financial safety net, especially in the event of injury.

Athletes can now leverage their brands to earn endorsement deals, sponsorships, and other ways to make money thanks to the introduction of NIL rights. This new source of income acts as an essential safety net, particularly for athletes like Bowie who may experience unanticipated difficulties like career-altering injuries.

Sam Bowie’s story serves as a moving reminder of how easily an athlete’s career may be ruined by circumstances outside of their control.

The “No Fun League”

By Gorden Boykins of the Pathfinder

A disturbing trend has emerged in the NFL’s 2023 season, raising eyebrows and sparking debates among players and fans. Several players have questioned the fairness and proportionality of the league’s disciplinary measures, especially the fines it is imposing on them.

People are most concerned about the fines for minor infractions. We’re seeing more and more instances of players getting hefty fines for uniform violations or mild celebrations after a big play. In addition to being excessive, critics say these fines damage the spirit of the game, making it hard for players to express themselves and connect with fans. This sometimes makes the game no fun, and also why some people refer to the league as the “No Fun League”.

We miss the days when end-zone celebrations were vibrant expressions of a player’s personality. The looming threat of financial repercussions has made players hesitant to do anything beyond the ordinary. Sportsmanship is often cited as the reason for excessive celebrations, but detractors say the NFL’s rules are doing more harm than good by dampening players’ and fans’ spirits.

Many are questioning whether the NFL’s celebration policies are suppressing the spirit of football and the sheer joy and excitement that comes with winning. Hopefully, in the future, there will be a new set of rules set into place where players can start to express themselves a lot more than they do now.

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By Matthew J. Kerins
of the Pathfinder

Late. I have to rush out of the house as I gather my things, say goodbye to my pets, and rush down to the car. Have I forgotten anything? I got my laptop, my iPad with shows downloaded, toothbrush, clothes, books, etcetera. I’m ready to go.

8:15 p.m. I’m on the way to the airport. Have to get there in time to turn in my bag, get myself through check-in and TSA, and get to the gate. And the drive to the airport is already an hour. Instead of panicking though, I breathe in, put on a podcast, and focus on driving. It’ll be fine.

9:15 p.m. I get to economy parking. Section 13, take a picture for later. That’s when I realize the bus driving by. I just missed it, and the next one is in 15 minutes. Fantastic. But, I still take a breath, put my headphones on, and wait for the next one. It doesn’t take long, as there’s not many people in the lot thankfully. I get to the ticket counter, turn in my bag, and run through the motions. I’m in a hurry. Grab my tickets and head to check-in and TSA.

9:40 p.m. Usually one feels rushed going through TSA, but with the limited number of people, thankfully it’s not that bad. The groans and moans of those behind me as I load my various devices into the tray aren’t present, so it’s a nice relief. But I’m still in a hurry, so I go as fast as possible. Get through, gather my things, and rush to my gate.

9:55 p.m. As I’m rushing, the flights listed on the board catch my attention. It was easy to find mine. “DELAYED,” displayed in big red letters. I sigh in relief. No need to rush anymore, no need to feel as if I was going to miss my flight. I release the tension within my body, deciding to grab a quick drink and read a book to pass the time.

10:30 p.m. It wasn’t until later that, as I took a sip from my drink, a wave came over me. My layover on the next flight is a mere hour. Questions fill my head. Would my plane arrive on time? Do I have enough to get a new ticket if I miss it? I can’t afford to stay a night in Atlanta, and my bag is headed to my final destination in Virginia. A new fear grasps at me now as it eats at my mind. Panic.

11 p.m. Time to board. After a bit, I get to my seat. The folks next to me at least seem nice. We chat for a bit. “Where are you headed?” “Virginia.” “That seems nice, we’re on our honeymoon headed towards —.” “That seems lovely, have a great time.” My mind was honestly occupied with other worries as we talked. It’s a three and a half hour flight, and hopefully that can take some tension off things. Honestly, it might’ve made it worse.

11:45 p.m. The plane is ready to take off. Wait, no, scratch that, they have to defrost the wings first. Fantastic. Once that’s done, we go down the runway and with a clang and thump, make it into the air. Meanwhile, I’m still worried about my next flight. I try to relax a bit though, but that’s hard on a cramped plane in the middle of the night. Instead I take out my iPad and watch some episodes of Hulu’s “The Bear.” Honestly, wasn’t the best idea. It’s an amazing show that’ll suck you in, but it’s also a very stressful show to watch. It just makes me worry more and more as I relate to the character’s time restraints and problems. I decided after three episodes to put it away and focus on sleeping.

1:45 a.m. Sleeping isn’t going very well. With all the noise of the plane, the rocking and shaking, and the thought of being late, I just can’t rest. I try a different show on my iPad, Netflix’s “PLUTO.” It keeps me distracted, and is still worrying to watch. But it still can’t keep my mind off the panic I’m feeling. Will my family be mad if I missed the flight? It doesn’t matter, stay focused. Hopefully the next flight will be delayed as well.

6:45 a.m. The plane is about to land, and nearly an hour after it was supposed to. I pack my things back into the bag, and breathe deeply in an attempt to calm myself. Now comes the worst part of the journey: Getting off the plane. It seems as though people rush it, while somehow taking their sweet time. But in a matter of minutes, I’m off. I look for a boarding schedule, and where my flight is. I see it’s across the airport, which isn’t ideal, considering how big it is. And then I see the words “ON TIME.” I’m going to miss my flight.

7:15 a.m. I’m in a rush. Running. Dashing. Sprinting. Everything in my power to make it to the plane as fast as I can. No time to stop and get a drink, no time to ponder. Just me in an adrenaline-induced haze as I scramble to the gate as fast as I can. What will I do if I’m late? I can’t afford another flight, can I? I can’t afford a hotel without asking for help. I stare down the hallways. Just a few minutes left before boarding ends. Will I make it? I don’t want to be stuck. I feel numb all over, the fear and panic truly taking over every part of my will and being. I just want to get there, please let me get there, please…

7:30 a.m. I’m in my seat. I’m ready.

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Nonfiction Can be Interesting: Sack’s “The Man Who Mistook His Wife for a Hat”

By Madelyn Hutchison
of the Pathfinder

Nonfiction is a genre that often gets overlooked. It’s a genre that gets called “boring,” “dry,” or the idea that one might as well read a textbook, but in actuality, nonfiction can be quite entertaining. For example, I’ve already done two nonfiction book reviews this semester, “Beyond Bad” by Sandra Lee and “The Trials of Walter Ogrod” by Thomas Lowenstein. That said, nonfiction isn’t limited to true crime either. This issue’s review is “The Man Who Mistook His Wife For A Hat and Other Clinical Tales” by Oliver Sacks.

Oliver Sacks, before he died in 2015, was a British neurologist and best-selling author. According to his official website, Sacks came from a family of doctors and scientists, so it was only natural that Sacks went into a similar field. He went to Oxford University for his medical degree before he moved to San Francisco for his residency. Later, in 1965, Sacks moved to New York where he became a practicing neurologist, professor, and author. “The Man Who Mistook His Wife for A Hat” was not the only book Oliver Sacks wrote. Many of his books ended up on “The New York Times” Best Seller List including “Musicophilia: Tales of Music and the Brain,” which was written in 2007. He also had a book that inspired a movie that was released in 1990 starring Robin Williams and Robert De Niro called “Awakenings.”

He first started teaching in 2007 at Columbia University as a professor of neurology and psychiatry until 2012. From 2012 until his death, he was a professor of neurology at New York University. He also visited the University of Warwick from time to time.

“The Man Who Mistook His Wife for A Hat” was published in 1985 and tells various stories of case studies from his patients. The book is split up into four parts: “Part One: Losses,” “Part Two: Excesses,” “Part Three: Transports” and “Part Four: The World of the Simple” where he goes through different types of disorders with these sorts of effects. For example, in part one Sacks discusses different types of agnosia, memory loss, vision loss, and so on. In part two Sacks has cases of Tourette's, “Cupid's Disease” and cerebral tumors. On and on it goes. The book covers twenty four different cases, each with different disorders, how they may have developed, and what treatment he and the patient had decided to try. Some got better, some got worse, and some decided they didn't want treatment at all.

OP:ED: This book was on a list of books for Professor Anderson's Creative Nonfiction writing class in which we needed to read the book on our own time and do a presentation on it at the end of the semester. I picked this book because for one, I'm a psychology minor and so the human mind fascinated me and has continued to fascinate me over the years. The cherry on top was that last semester I had one of Professor Rust's classes where she explained that she had a condition called prosopagnosia, otherwise known as face blindness, and that if we ever wanted to know more about it, we should read “The Man Who Mistook His Wife for A Hat and Other Clinical Tales” by Oliver Sacks. After seeing the book mentioned twice in less than a couple of months, I decided this must be a sign and read it. I am so glad I did.

This book was incredibly interesting all the way through. There were some disorders I had some knowledge of and others I had no idea existed. It was also incredibly interesting, as someone with autism and cerebral palsy (two cases that show up in the book), to hear about the disorders from a doctor's point of view in the 1980s, and how much farther we have come with other disorders as well.

Overall, I'm glad that this book was part of a list of assigned readings because if it hadn't, I likely wouldn't have picked up the book and I would have missed out on the compelling stories of all these different case studies. An easy five out of five stars from me.
Winter

ACROSS

4. December 25th
6. A severe snow storm
7. Put this in the fireplace to stay warm.
8. You can do this on a frozen pond.

DOWN

1. Animals do this during the winter time.
2. Shows for snowy days.
3. A large piece of ice floating in the water
5. White pieces of frozen water that fall.
9. Wear this instead of a hoodie so you don’t freeze.
10. This will keep your neck warm.
Word on the Street
By Madison Shriver
of The Pathfinder
“What are you most looking forward to during winter break?”

“Going to Cabo for a beachy Christmas.”

- Paisley Schulte

“Home cooked meals.”

- Eryn Alcocer

“Getting more tattoos and being able to see my friends from back.”

- Jewel Fritos

“Probably just spending time with my family and going to the mountain to get our Christmas tree.”

- Kailani White

“Sleep. My goal is to get twenty four hours of uninterrupted sleep.”

- Daphne Buckland

From the Editors

Last week of school wooh! I don’t know about everyone else, but I’m ready for a break. Wishing you all a safe and happy holiday season. Stay tuned for spring semester!

- MadDawg