Letter from the Editor

Experience is something no one gets by simply sitting at home. You get it by taking risks, finding adventure, and making moves you never thought you would. I never thought I'd be a journalist. I never thought I’d work for a newspaper which would eventually turn into a magazine. It never crossed my mind that one day I’d serve as managing editor of a student news organization on NIC’s campus; yet, here I am. The Sentinel has been my home for three years now and it will live on as the biggest part of my community college experience. Representing this beautiful campus and the surrounding areas throughout my time here has been one of those things that I’ll cherish in life.

To my past and present staff members: thank you! Thank you for making my experience at the Sentinel a wild, wild ride! You all deserve awards for the work you do. You’re the unsung heroes of journalism.

And now is the time to say goodbye. Goodbye to the crazy events I got to cover, like paintball competitions and student fame. Goodbye to the late-night production weekends and last-minute deadlines. I may not have loved it all the time but I appreciate every single moment I’ve had in and out of the newsroom.

Much love,
Kaylee Dinkel
Editor-In-Chief

Want to get published?

Join our staff

Are you interested in news writing, photography, editing, running social media accounts, broadcast journalism or graphic design? Come join the Sentinel, North Idaho College’s national award-winning student news organization. No matter what you are interested in doing we have a spot for you! Come learn, share and create with a staff of like-minded, yet diverse students.

The Sentinel has won individual and organizational awards, including the Society of Professional Journalists’ Mark of Excellence Award and the Associated Collegiate Press’ Pacemaker Award.

Check us out at www.nicsentinel.com
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A Dash of Hope

NIC Volleyball player Hope DeLeon and others talk about her arrival at NIC, the challenges of her first season and her overall positivity.

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Nate Pryor (right) and the North Idaho College mens basketball team won the 2019 NWAC Championship following a 31-2 season. Pryor, who arrived last fall as a heavily recruited athlete, would go on to lead the Cards in scoring, dropping nearly 19 points per game. Pryor joined NWAC Player of the Year RayQuan Evans to form arguably the best backcourt in the NWAC.

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Waking up in New York City is different than waking up in sleepy little Coeur d’Alene. There is a slowness here that doesn’t exist in the Big Apple. I woke up that first morning, rolled out of bed and started my usual routine of finding coffee. I wandered through the Marriott Marquis, watched people set up displays, found my coveted coffee, and headed back to the room. When my roommates and I were all ready, we headed down to get our passes for the conference, and went to the sessions of our choice. I went to one about getting a job in journalism, and learned about the importance of having connections. Professionals have a type of Rolodex, kind of like an actual one where you write down names and numbers, but you also have a relation; someone who can attest to your work. The more people you know, the more stories you have. The more stories you have, the higher you can climb in the writing world. I left the session feeling empty; I don’t have many connections, and as an overly shy person it is hard for me to put myself out there.

Later that day, I went to the lobby, and met with my media tour group. We headed over to the Fox News headquarters; it was amazing. We walked through recording studios, sound editing and graphic editing rooms. We learned about the work and struggles of being part of such a large news station, struggles like not being able to get the right graphics in the background or the inability to sync sound and picture. Somewhere between the magic of the news studio and the sight of five people crowded around computers, I came to the realization that I was happy with the peace of Coeur d’Alene. There’s something to those familiar sleepy mornings, the lack of traffic, a cup of coffee that doesn’t cost seven dollars and the slow trickle of news. I realized as my group hustled back to the hotel that my Rolodex will never be as big as I want, and my stories won’t always be mainstream. For now, the small-town stories and adventures will be enough of a rush for me.
Getting lost inside the Big Apple

Walking through these streets is a game; it’s all about getting the timing right. I listen to music and it helps keep me in rhythm as I weave around a mob of shoulders, avoiding eye contact at all costs. I avoid smiling so as not to give away my small town roots. I’m not in Idaho anymore.

I emerge from the scaffolding, just in time to dash across the street in the last four seconds of the crosswalk. On this side of the street, tunnels of steel beams and strangers resume to guide my way, and the game continues.

I let the long walk ahead of me serve as a catalyst for my reflection of this trip. Tuning in and out of my surroundings, I begin to think back on the last few days and how beautifully chaotic they’ve been, much like the city itself. I haven’t had a moment to myself since I got here; all of my time has been occupied attending the conference and exploring the city with my peers. Yet, in this culminating moment on my final day, I explore by myself and think back to all of the things I’ve learned, places I’ve seen, and people I’ve met.

I wasn’t quite sure what to expect from the conference. I was much more excited about sightseeing than I was about sitting in conference rooms all day learning about journalism, but I ended up learning a lot from the various speakers.

A freelance music journalist from California taught me that I can make a career out of combining two things I love; music and writing. A freelance travel journalist who traveled all around the world writing about different cultures, taught me a new technique for interviews. It happens to be a pretty good way to go about life in general; to be kind, curious and vulnerable. I learned things about myself too; I’ve always loved writing, but I’ve never really seriously thought about a career as a journalist before coming here and learning about the wide variety within the field and the endless opportunities it holds.

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I stop for a moment and look up to see the last sliver of the sun about to fall behind a building. I grab my phone to take a picture, but before I can, the sun disappears over the horizon of steel and glass.

A photo wouldn’t have done the scene any justice anyways; a photo couldn’t capture the sounds, the smells, or the vibe of the city. I guess I’ll just have to keep this moment in my head. I’ve run into this frustration a lot the past few days. Every photo I’ve taken has represented but a fraction of the beauty that was actually there. The Statue of Liberty decorated the dark sky the night I rode the Staten Island ferry, but on my phone it is just a vague green shape against a black screen. Times Square is a valley of radiant billboards, but it is impossible to fit them all into one shot. Even just walking through these streets, every block is picturesque, yet it’s impossible to tell from just a picture.

Everything is orange now. The building’s windows reflect the colors of the sky, and the city grows darker and colder every minute. My coat doesn’t do much against the city’s biting March air. I walk along the sidewalks grates to feel the warm air from underneath on my body as I walk, and force my tired legs to pick up the pace; I’ll have to hurry if I want to get there before dark.

Every bit of this trip has been beautiful in it’s own way, but the conversations which accompanied it all are what truly made every moment special. I’ll never forget Johanne Grindler, the enthusiastic artist Willow and I ran into selling his art in Union Square. Or Jimmy, the homeless man we met on the street who wouldn’t shut up about aliens. Even the people who came here with me were mere strangers a few days ago, but now I dare call them friends. I am blessed to have shared every unforgettable moment of this adventure with these people, and as much as I will never forget the things I’ve learned, or the places I’ve seen, I will never forget the people who were there every step of the way.

Finally, the scaffolding ends and I have reached my destination, the oasis of the city... Central Park. I find a seat on a bench and shut up about aliens. Even the people who came here with me were mere strangers a few days ago, but now I dare call them friends. I am blessed to have shared every unforgettable moment of this adventure with these people, and as much as I will never forget the things I’ve learned, or the places I’ve seen, I will never forget the people who were there every step of the way.

Finally, the scaffolding ends and I have reached my destination, the oasis of the city... Central Park. I find a seat on a bench and rest until all of the orange in the sky is gone, and all that is left to illuminate the city are the lights.

Tomorrow, I will fly back to Coeur d’Alene, and by Monday I will be back in the newsroom with the rest of the Sentinel staff working on the next issue of the magazine, but the feels, the smells, and the taste of New York City will linger in my mind indefinitely.
Separation from your phone can cause anxiety. In an article in Time Magazine, Frances Jensen, chair of neurology at the University of Pennsylvania's Perelman School of Medicine, said that though smartphones are not the root cause of anxiety, they are an accelerant of the preexisting condition. And if our phones are accelerants of anxiety one would think college students, a very stressed group of people in the U.S.A., would be limiting their usage. Yet according to a new study by market research group Nielsen, American adults spend more than 11 hours per day on their phones. So limiting the time you spend near your phone may be what you need to de-stress; all you have to do is get through the phone withdrawals.

Specific colors can trigger certain emotions. Light blues and greens bring about a calming presence. Use pens and highlighters with calming colors rather than yellows, reds, and oranges, which trigger stress. When trying to sleep or rest, avoid rooms with loud vibrant colors; seeking out places with soft grays and blues can help relax your mind. This goes for light as well. Staying away from blue light, usually produced by phones, computers, and televisions is also optimal for better sleep and decreases stress levels.

Music isn’t always as calming as we think. Try finding natural silences, white noise, nature sounds, etc., instead. Music can be distracting. Your mind reacts in different ways to different types of music no matter the genre, so maybe it’s time to unplug from the noise. According to John Hopkins Medical University, there is evidence to support the fact that music keeps your brain healthy. It does this by giving your brain a workout. The study states that “music is structural, mathematical and architectural. It’s based on relationships between one note and the next. You may not be aware of it, but your brain has to do a lot of computing to make sense of it.”

Comfort eating works! Who knew? Overindulging on candy bars is not the answer, though. In a 2015 study was conducted testing stress levels in women. After comparing cortisol levels before and after a 12-day period of consuming sugar in their diets, stress levels were significantly lower. So next time you’re feeling stressed, treat yourself to something high in sugar, natural or processed.

Maybe you’re getting enough sleep, but are you catching those quality Z’s? Listening to music or having the television on while sleeping can seriously damage your sleep quality. As we sleep, we aim to reach the REM stage of consciousness. Doctors suggest a total of 1-4 hours of this quality of sleep total for a well-rested night. In order to reach this deeper level of sleep, it’s essential your brain avoid being disturbed by an outside stimulus, such as noise and lighting from the television or other electronic devices. Making sure your sleep is quality sleep can infinitely improve your happiness and well-being so maybe unplug or set a timer on your electronics to turn off after you have gone to sleep.

Illustrated by Willow Bottenfield

The North Idaho College Literary Arts organization put on a literature showcase earlier this semester in downtown Coeur d'Alene, the first ever Lit Crawl.

The event took place on February 22 and provided the opportunity for local writers, storytellers, and poets to orally perform their pieces for the community and fellow students. The pub/restaurant crawl included specially priced food, beer, and wine from each location of the walk.

“The night itself was fabulous,” Molly Michaud, North Idaho College English professor, said. “Each venue was packed, and the crowd comprised a great community as diverse and fantastic as the readings.”

Jeni Hegsted, owner of Emerge Gallery, Mark Anderson, poet laureate of Spokane, Aaron Cloyd, NIC English professor and founder of North Idaho College Literary Arts, Michael Koep and Tarin Leach began planning the first ever Lit Crawl. Honey Eatery and Social Club, Emerge Gallery, and Rustic, hosted the inaugural event. They envisioned bringing new nightlife and a new-found celebration for Literature to the Coeur d'Alene community.

The plan began as a way to give writers and visual art performers a chance to show their work in a new and supportive environment. The aforementioned committee drove this event forward with the plans to keep it local, fun, fresh and philanthropical. Supporting local businesses and restaurants by renting out space, allowing the hosts to advertise, as well as working out deals for food and drink not only help stimulate the local economy, but also allow a different crowd to take to the streets of Coeur d'Alene and enjoy the nightlife in a unique way.

“I loved the Lit Crawl and the different perspectives on life from the people using different art forms,” Addy Miller, NIC student, said. "I definitely see some future for events like this but not a very large one.”

Miller expressed concern for future crowd numbers and a decrease in interest from the community. She rose the opposing idea from
the NIC Literary Arts organization that the community “is not a big enough place to thrive.” However, Cloyd and his co-founders argue that because the community here is smaller and more close-knit, but expanding, the future of events like this is bright.

NIC’s Lit Crawl has an aim to help local restaurants that are struggling due to less human traffic and or location. Along with helping the local economy, the event planners are hoping to help groom those who would like to start reading. It is in discussion to start a poetry night for only high school students. The NIC Literary Arts program’s goal is to help people from all different walks of life to become better readers and oral reciters.

“The context and hope of this event is to make the literary arts accessible to everyone by taking place in these fun restaurants and bars,” said Hegsted, host of the first station at Emerge. “This is step one of getting more people involved and to broaden the reach of the literary arts.”

Hegsted said that one of their main reasons for choosing the locations they did was to create a comfortable environment for people who are not overly involved in any literary programs or communities. According to Hegsted, over 80 people showed up to the event and moved through each of the three locations.

Much of this new event was planned in assistance with Spokane’s art and literature community, with help from people like Mark Anderson, Spokane’s poet laureate, a position which tasks Anderson with planning literature events and projects for the Spokane community.

“Mark’s main work has been to bring our communities together, his big thing is collaboration,” Cloyd said. “Part of what we are trying to do as well with these programs is bringing people together and add onto what our community already offers.”

Anderson emphasized the importance of the communities of Coeur d’Alene and Spokane, forming a closer and more active relationship through events like the Lit Crawl. He stated in an interview that with more events like these, he hopes the people of the two cities can get used to and look forward to “making the trip” to and from Spokane and CDA.

“Tremendous representation of visual art.” All around town, residents, students and tourists see the sculptures, murals and local galleries displaying local artists work. The committee began to address the lack of literary art and the representation of it in the heart of Coeur d’Alene.

“Is missing right now is the other piece of art, the piece that is literature,” Cloyd said about CDAs efforts in the art community. “Our town and the boards we represent don’t fully engage in literature, we are trying to change that.”

North Idaho Literary Arts will soon be looking to employ a “Writer in Residence.” This position would charge the person who takes it with planning more events like the Lit Crawl, and to come up with other projects and events celebrating local literature and writers in the community. The organization is looking for a distinct artistic and literature-centric vision for the community that would be executed over the next three years. More is coming to Coeur d’Alene’s literary arts community in the coming months and onward to inspire participation, support and love of literature.

The next Lit Crawl will be May 19 in downtown Coeur d’Alene, and another two are scheduled for the months of August and October of 2019.
and that’s what I like about social media. Today’s LGBT climate in the often times they don’t want to engage with us because they don’t even think that’s the hardest part; we always try to engage with the youth but if you’re an LGBT youth and you’re in a place like California or Portland, or this area, especially when the youth in general just don’t want to stay in Idaho. I think it’s gotten attention recently for both good and bad. It’s really hard in didn’t come out until I was 18, right out of high school, and now I’m only 21. How has the LGBTQ community changed here over the years? 

Cordes-Synder [fellow GSA member] and we are creating flyers and templates for the drag show to advertise around Spokane, CDA and NIC.

I mostly just attend meetings as I don’t have a leadership position in the club. When they need any help in relation to Cardinal Sync or event planning, I have pretty good knowledge about that from being in student government. Currently, I’m helping with the drag show along with Kelsey. When they need any help in relation to Cardinal Sync or event planning, I have pretty good knowledge about that from being in student government. Currently, I’m helping with the drag show along with Kelsey Cordes-Synder [fellow GSA member] and we are creating flyers and templates for the drag show to advertise around Spokane, CDA and NIC.

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Currently I am studying generals. [I’ll] just transfer to a university to work on a sciences degree, I don’t really know what it entails as I haven’t talked to an adviser yet, but it sounded interesting.

I'll mostly be working with nonprofits since I was 14, and then I started going to school here and I was still kind of hiding it. I didn’t even start going to GSA until like midway through my first semester, but then I found some people who weren’t straight and weren’t cis, so I was like, okay, I can do this again. So far everyone I’ve talked to who is in an administrator position has been wonderful. Everyone’s been very helpful and comfortable to talk to and ask about it, so it’s been alright.

Are there communities in addition to nonprofits that you’d want to help communicate with each other?

I also really want to work with one here, but I also want to make sure that what I’m doing is also being kind of – I don’t know if I want to say “community leader” – but I want to be in touch with different communities, even minority groups as a whole, especially just helping them to understand different perspectives because minority groups experience oppression, but they experience it differently. Someone who is gay can’t understand what someone who is black experiences, but that doesn’t mean that they don’t both experience oppression, and they both should be able to understand. “Hey, this person has a hard life, and this person has a hard life, so let’s try to understand each other.”

We’re all human, right?

If a big part of your identity is based on judging others or hating others or being afraid of others, then I think you need to examine that and I think you need to understand why you feel like that and if that’s something that’s justified, especially if they’re generalizations. It needs to know that you have faults and that you might not be treating people the best or that you might not be thinking the best but that doesn’t mean that you’re inherently bad or that you’re evil, it just means that you have room to grow, just like literally everybody else at all times, it’s just a new way to improve.

I just hope that people here in this area continue to grow and develop. We all can get along and feel safe here and enjoy this place together.
I've had in choir all my life, and I kind of play piano. A lot of my songs end up with ukulele; there's an atmosphere that I match up with. Bill be cool to learn guitar! I have dreams playing guitar, shredding so hard, but ya know, my fingers just don't wanna do the thing. Maybe one day.

Do you want to talk about your experience being gay?

Well to elaborate, I identify as a biromantic homosexual. I'm definitely a gay man. I've been in choir all my life, and I kind of play piano. A lot of my songs end up with ukulele; there's an atmosphere that I match up with. Bill be cool to learn guitar! I have dreams playing guitar, shredding so hard, but ya know, my fingers just don't wanna do the thing. Maybe one day.

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Have you ever had to experience being gay?

No, I've never had to experience being gay. I'm a singer-songwriter, so this coming summer I have a bunch of things coming up. I was basically. I'm working on a bunch of stuff, so that will be fun. As of right now, the pop up art show downtown, and then Pride in the Park this summer.

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Well to elaborate, I identify as a biromantic homosexual. I'm definitely a gay man. I've been in choir all my life, and I kind of play piano. A lot of my songs end up with ukulele; there's an atmosphere that I match up with. Bill be cool to learn guitar! I have dreams playing guitar, shredding so hard, but ya know, my fingers just don't wanna do the thing. Maybe one day.

What do you play?

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A beautiful view was one of the reasons Hope DeLeon, a Caldwell, Idaho native, said she wanted to come to Coeur d’Alene, and play volleyball for NIC.

“I love the lakes and the trees,” said DeLeon. Growing up, the only sport DeLeon was interested in was volleyball. She traveled up to Coeur D’Alene for a tournament, and instantly fell in love with the area. DeLeon wasn’t recruited by NIC originally, though; instead she had to contact the coaching staff herself. DeLeon was initially nervous about reaching out, but a bribe of a new pair of shoes from her father turned out to be just the push she needed.

“She sent us a video,” assistant head coach Robin Reese said. “She was fast, and nothing hit the floor around her.” That video grabbed the staff’s attention, and the recruiting process quickly took off.

“One of the first things [head coach Kelsey Stanley] and I look for in recruits is if they’re good people, and she fits that to a tee,” Reese said. “She’s someone you just want to be around, and that you definitely want to be a part of your program.”

Since coming to NIC, DeLeon quickly established herself as the libero on a highly competitive group of volleyball players. “[DeLeon]and I are very close with each other and it was really fun to compete against her for the same position,” teammate Kynzey Mitzel said. “Honestly it was really fun to play in her position, and have her still cheer me on.”

DeLeon’s first season of volleyball with NIC started really well for her and the team, but then the injuries started piling up. Player after player seemingly went down with injury, and for most of the season the lineup was never consistent.

“It was a tough season with injuries but our attitudes were always positive,” DeLeon said.

DeLeon tore her ACL in October, the middle of the season, after partially tearing the same knee the year prior. She tried to tough it out, she probably played for longer than she should have and what her body was telling her to do,” Reese said. “It was really hard on her to stop doing what she loved to do, but she was full of positive energy even in her hardest times.”

The volleyball team went on to finish fifth in the NWAC tournament with DeLeon operating in more of a coaching role for the second half of the season.

“She was very helpful with her teammates, and sees the court really well,” Reese said. “She was super encouraging, and never said a bad thing.”

With Mitzel taking over her position, DeLeon tried to relay as much help as she could to her teammate.

“I’m [Mitzel’s] biggest fan, and I always want to see her do super well,” DeLeon said. “I love being on the sidelines to cheer her on, and since it’s difficult to see everything that’s happening on the court, I try to help her where I can.”

“It was hard to lose her as a teammate,” Mitzel said, “but having her support on the bench was so awesome for me.”

The average recovery time for an ACL tear generally takes around nine months to a year and DeLeon is still in the midst of that recovery. The doctors told her the recovery time would be about a year to feel normal again, but DeLeon has her sights set on seeing the court this summer.

“I just don’t want to wait that long,” DeLeon said.

Off the court, DeLeon enjoys working at Dutch Bros, cranking some Eminem or chowing down on some Mexican food. She also noted how much she enjoys spending time with her teammates.

“I’ve never been on a team with drama but I’ve been on teams that weren’t super close,” DeLeon said. “This team is different though, we are like a family.”

DeLeon said that she looks forward to next season and the challenges that await her.

“T’m excited to see the type of athlete I can be at full strength,” DeLeon said. “I’m just really excited to get back on that court and compete.”

A DASH OF HOPE

NIC volleyball player reflects on an injury-riddled season and how her friends and hobbies have helped her stay positive

By Gerry McCray, copy editor

Photo by Kaylee Dinkel
It's 6 a.m. on a brisk February morning in Coeur d'Alene. The temperature gauge struggles to climb to double figures. The plummeting temps have brought about a sort of depression and lack of energy to a college campus that is usually blooming, but for Madi Mott, her energy and perseverance won't allow her to be complacent. She is chasing something and when that alarm goes off in the morning, she sees it as an opportunity to embrace the grind.

The Gladstone, Oregon product promptly heads to weights at 6:45 a.m. where she joins her teammates for an hour-long lift. Waiting no time, she arrives at the science building for her Chem 112 class. It's straight to the batting cage after that from 9-11. Statistics 253 occupies her until noon. For the next three hours, she works on her pitching before eventually joining her team for regular practice. Physical therapy sessions follow, often spanning up to an hour long. When she arrives home after 4 p.m., she is tested both physically and mentally by the challenge of completing the homework that seems to pile ever higher. For most, this daily lifestyle would be impossible; mentally by the challenge of completing the homework that seems to pile ever higher. For most, this daily lifestyle would be impossible; but she understands why it has happened.

Madi's perseverance stems from her upbringing. Her father's nudge has propelled Madi to excellence on the path. Later that same season, she would go on to win the 4A state title. In her first season, she went 29-1 with a 2.07 ERA, to go along with a 8:1 strikeout to walk ratio. As a result, she won both the first NWAC title in school history. When she first picked up a softball at the age of six, she couldn't have imagined a career like the one she is currently paving; but she understands why it has happened.

Madi's older sister, Danielle Mott, played in a U10 league when their father pushed Madi to play ball. For various reasons, she joined her sister's team, often playing against girls four years older than her. She was forced to grow up fast, but looking back, she saw it all as a blessing, as well as the reason she began to love the sport.

"I grew up that way (playing with older girls)," Madi mentioned, "so just playing with people older than me, my mind works so fast, and I have a high softball IQ. Seeing how they played, they taught me a bunch of stuff that I was able to pick up. I definitely fell in love with the game from a very young age, and I just liked being on the dirt. I'd be on there the entire summer instead of beach trips and pool parties. It was spent at the softball field.

The values she learned while playing with high school seniors at the age of 14 have been monumental. Madi alluded to the fact that there's a lot to learn from sports and softball specifically, but one tops the list for her.

"It teaches you so many life lessons about time management, disciplining yourself, and focusing on the process," she said. "But I think the biggest lesson I've learned would be to respect your opponent, respect other people. Just growing up that way, I know it is a really good value."

It's tough to envision someone not giving respect back to the humble kid from Gladstone. Her passion and discipline on the field mirror her dedication to her studies.

The term 'student-athlete' is ordered in the way it is for reasons obvious to anyone who has played sports. Coaches and teachers push athletes to focus as hard on their studies as they might on athletics. Some take that challenge; others do not. Madi is of the selected group that not only put in the work academically, but strive for greatness and dig deep to accomplish all that they can. Madi's pursuit of a Biology/Pre-Med major, all while competing in softball, is a testament to her work ethic.

Madi constantly keeps her eyes on the future. She hopes to become a physicians assistant in emergency medicine in the long run, but not until she attains her bachelor's degree and gains some experience by working as a paramedic to fill up volunteer hours. Right after that, she plans to enroll in grad school and work even more until she can finally become a P.A. Her upcoming step towards that will start next year when she takes her AA degree with her to Saint Leo University in Florida.

In everything Madi does, academically or athletically, it's her work ethic and desire that separates her. Her teammate Amesquita summed it up best.

"One thing I really think that defines her," she said, "is her determination to be great at everything, whether that be in school or on the field."
Roughly two decades ago, North Idaho College shut down the storied baseball program. The closure of the team occurred less than a half-decade after they had fielded the best baseball player to put on the Cardinal red and white.

Jason Bay, a Canadian-born outfielder, played for NIC from 1997-98. During his stint as a Cardinal, he would take over as the school’s all-time leader in home runs, hits, RBIs, runs, and batting average, among other statistics. Bay would go on to finish college at Gonzaga before taking his talents to the big leagues. After cracking an MLB roster with the Pittsburgh Pirates, he went on to hit over 80 RBIs, earning the 2004 National League Rookie of the Year award. In a career that spanned over a dozen years, Bay would become a three-time All-Star, as well as compile three Tip O’Neill awards, an annual award given to the top Canadian baseball player. Bay set a standard for Cardinal baseball. He gave the incoming players someone to look up to. That is, until those players no longer had the chance to cement their own legacy once the program closed doors after the 2002 season.

That same year marked the termination of the track and cross country programs as well. Christine Amertil, a five-time All-American athlete, was one of the final athletes to compete in track and cross country for NIC. In her two years as a Cardinal, she became one of the most decorated athletes to represent the school, and would follow that up by competing nationally for her home country of the Bahamas in the Olympics and World Championships. A three-time Olympian, she put forth her best effort in the 2004 Olympics, placing seventh in the 400 meters. She was named the Bahamas Female Athlete of the Year twice in 2003 and 2006.

For the past 17 years, NIC students and staff, as well as the Coeur d’Alene community, have wondered why these once successful programs haven’t been resurrected. There has always been a strong track and baseball community, the baseball side of things most recently evidenced by the Coeur d’Alene Little League team that beat Montana in the Little League World Series last summer. The city’s support was strong, and it seemed to reiterate the question of why NIC still doesn’t have a baseball program. In 2012, Athletic Director Al Williams pointed out one reason why the program was still inactive.

“We’ve always been in support of baseball in the community, but it’s kind of a moot point to try and have a baseball program without a field,” Williams said.

The Meyer Health and Science building was constructed in 2005, towering over the grounds that once saw Jason Bay swing the bat and legendary manager Jack Bloxom win nearly 600 games. The building positively impacted NIC academics but left the prospect of baseball’s return in doubt.

That question was sought to be answered when the board of trustees met for their March 2019 meeting. The board would announce whether or not they would officially agree to expand athletics. After a year of intense review and deliberation, the committee finally came to a conclusion.

“Given the results of this study and the current needs of the existing athletic programs and facilities, it is the recommendations of this committee that North Idaho College postpone the pursuit of expanding the athletics program at this time,” the committee wrote.

The committee presented every variable that adding these new programs would cause and at the end of the day, they calculated that at the time-being, the smartest decision was to leave things as-is. NIC boasts a number of quality sports programs, and as a whole remains very successful. The committee advised the athletic department to focus on sustaining that success and improving their current deficiencies.

“It is further recommended the college continue its focus on providing greater equity and opportunity in each of the existing sports, and improve and upgrade existing facilities,” the report stated.
a relic. The Coeur d'Alene Press compared the back-to-back champion men's basketball team having to play in the gymnasium to “putting the Mona Lisa in a garage.”

The gym also fails to provide a collegiate-level regulation court and, as former wrestling coach Pat Whitcomb has said, it fails to accommodate disabled students, such as double-amputee wrestler Hasaan Hawthorne.

In an interview following his leave, Whitcomb said that heads of the athletic department failed to address his constant push for equipment, such as ramps, to make it easier for Hawthorne to climb up to the wrestling room on the gym's upper floor. The wrestler has to be carried up and down the steps to get to and from practice. The combination of that and the ancient gymnasium led to a situation that has become a story of its own.

In a recent board of trustees meeting, NIC Vice President of finance and business affairs Chris Martin discussed the prospect of a new gymnasium. He acknowledged that the need for a new complex is necessary, and a larger 123,000 square-foot building would be the answer. Martin discussed the financial situation, noting that NIC has nearly $10 million saved up for this project. The building would be situated across from the wastewater treatment plant.

Another project is Memorial Field. While this isn’t connected to NIC financially, the softball team has been affected by the construction on the baseball stadium and field. While a majority of the field has been completed, the next step of reconstructing the grandstand has yet to be finished. As a result, the softball team has been forced to play home games at Post Falls High School, which affects their ability to practice, recruit, and bring in a viable home crowd. Because their 51-3 season from a year ago took place in a neighboring town at a high school field, it failed to bring a level of excitement to campus.

Something else that has been brought up in the last six months is the dramas of the wrestling program. There had been an investigation leading up to the eventual firing of Pat Whitcomb, the NIC Athletics Hall of Fame coach, who was in the midst of his 22nd season. Investigators concluded that there had been fraudulent academic activity within the wrestling program, and that Whitcomb had known about it. The former coach denied this and noted he was shocked when the investigation began.

Whitcomb’s worries over the last several years until now have included everything but academic violations. He had repeatedly asked school officials if they were planning to shut down the wrestling program and replace it with baseball. Whitcomb said that he had been told time and time again that these were rumors that carried no weight. He told the community after his firing to “just sit back and watch this unfold now.”

As mentioned earlier, Whitcomb was also frustrated with the fact that athletic officials declined to assist him in following the proper steps to make things more accessible for Hawthorne. The former head coach said that when he began to let officials know about this “specific-student situation,” things began to become tense.

When the firing was presented, Whitcomb was offered two options: he could resign and be paid the rest of his contract through the end of June, while also promising not to speak negatively about the college, or he could choose to be fired and only receive two weeks of pay. The coach stuck with his beliefs and decided that by choosing the latter, he would continue to prove that he had done nothing wrong. He sent a message to the community and those who were listening.

“Never be afraid to fight for what is right,” Whitcomb said. “No matter what the cost.”

The cost for Whitcomb was his job, and the same went for assistant Keri Stanley. The aftermath has left Brandon Richardson as the interim head coach of the program.

The effects of the wrestling dramas have put a damper on the otherwise-successful athletic department. The programs that NIC boasts are some of the top in the NWAC, and even nationally. There is a lot to be proud of as members of this community and supporters of NIC athletics. It is with the interests of the general public that Al Williams and the rest of the department make their decisions, and hopefully in the coming years, everyone can look back on these times and see that the right decisions were made.

Every player that dons the Cardinal red and white is pushed to strive for excellence on and off the field, and no matter what programs are active in 15 or 25 years, the hope is that this same push is being made then.

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Projected Sports Costs
By the Numbers

Graphic by Rebecca Pratt
Before diving into which facilities the committee is specifically speaking of, it's important to understand exactly why the committee came to its conclusion.

Upon constructing a 10-member committee lead by VP of Student Services Graydon Stanley, subcommittees were formed to focus on three specific areas: developing and disseminating a stakeholder interest survey, obtaining data on the academic success of student athletes at NIC, and conducting a financial viability and impact analysis.

The committee researched three sports to add to their athletics program based on the survey's most popular picks; baseball, track, and cross country. Due to Title IX rules, NIC couldn't start up baseball alone. If they were to start up baseball, they would be required to start up the other two programs as well. The committee decided that the easiest route to take was to look at what the startup of all three programs would entail.

The most important thing to look for when starting up any organization or program is the financial situation that presents itself immediately and in the long run. There are several variables to this, such as the number of students that would enroll as a result of expansion and the cost of facilities to house these programs.

Baseball’s total startup cost projected to a total of $57,547. Uniforms would eat up more than half of that at a little over $32,000.

Track and cross country wouldn’t require as much in terms of uniforms, projecting a price of $10,865 and $9,040, respectively, but the equipment cost of track is staggering. Requiring over $150,000 in equipment purchases, starting up this program would force the school to take one huge, committed leap. Cross country would require a much smaller investment.

The committee took into account scholarship money, travel costs and coach salaries to arrive at a projected revenue. They computed the NWAC averages for these numbers, estimating that a head coach and an assistant coach would cost $83,000 a year for each sport. The scholarship money and tuition aid handed out would cost an additional $90,000 for baseball and track, and almost $40,000 for cross country.

In total, the projected revenue was nowhere near the positive line. Each year, NIC would lose $65,667 to baseball, $45,390 to track, and over $100,000 to cross country. As the projections show such a large disparity, it was tough for the committee to draw up good reasons to gloss over those large numbers.

As for the facilities, it would cost nearly $1.8 million to construct a new baseball field and nearly $2 million to assemble an all-inclusive track with a grass infield. If a turf infield was a priority, add another $2 million to that total.

On top of this, they found that the addition of these sports would not significantly impact future enrollment numbers.

A survey to decide what sports the school should consider adding was put out at the end of last year, and provided the information the committee needed. Other factors that the committee researched included what sports would be preferred, who would prefer these sports, what sports would be supported and what type of people indicated they would support that program.

Of those who took the survey NIC students made up about 35 percent of the total participants, nearly 20 percent were high school parents, 30 percent were current high school students and community members, and NIC staff members took up around nine percent. These groups made up more than 90 percent of all survey participants. In total, 1,744 people shared their input on the potential expansion.

Interesting and noteworthy numbers jumped off the page upon review. Only 26 percent of people thought that adding a women’s wrestling program was a good idea, but over half of the responses were in favor of a women’s track program. NIC faculty and booster members favored baseball most out of any potential sports, but the boosters said they wouldn’t give nearly as much support to the two cross country programs.

As for the support each sport would accumulate, it is important to know that this has been a glaring issue for NIC athletics for several years. Student involvement in NIC athletics is absent with events bringing little to no support from students. Not a single men’s basketball game was sold out, despite the team compiling a 31-2 record and going undefeated on the home floor. Soccer games fail to gain much of a crowd, and the empty gyms that volleyball and wrestling matches consistently bring out, despite the programs’ successes, is cause for concern. With that in mind, it was logical for the committee to provide this question to the survey participants. 355 students said they would want to see the baseball program return, and 27 percent said they would support it. This number might initially seem low but it is the highest percentage of support for any of the sports.

Less than 20 percent of those who said they would like to see track and cross country programs noted that they would support and show up to the meets.

Of the community members who voted on a return of the baseball program, nearly half of them promised support. Of those in the community who hoped for a track program, not even 30 percent would support it. The numbers not only give the committee reason to advise putting a hold on the expansion, but they also give a clue as to who and why those surveyed aren’t supporting any current athletics.

It would be difficult for the committee to see these numbers, analyze the costs, and develop a plan that gives the OK to proceed with the expansion. There are still too many questions, holes, and deficits to be confident in adding three new athletic programs.

There are facility issues that currently plague the college on top of everything else. Facility costs that would come with the new programs aside, there are several other major projects which are being discussed by NIC representatives.

Christianson Gymnasium was constructed in 1949. It was probably a state-of-the-art piece 70 years ago, but in 2019, it feels like

Photo by Gerry McCray

Constructed in 1947, the green grandstands of Memorial Field are in such a state of disrepair that NIC softball is forced to play "home games" at Post Falls High School. The stands were originally scheduled to be renovated last fall, but plans were shelved indefinitely with hopes of securing a cheaper deal.
RayQuan Evans (right) attacks the hoop amidst a swarm of defenders. He would lead the Cardinals to a 96-67 win against the Spokane Community College. In his two-year Career with NIC, Evans led the Cardinals to back-to-back NWAC titles. For his efforts this season, Evans was named 2019’s Reden Basketball Athlete of the Year and the NWAC East Region MVP.

Point guard Phillip Malatare (below) looks to make a play in the first half of a 114-84 win over Wenatchee Valley. Malatare headed to NIC last year after playing the Montana powerhouse Arlee High School. In his freshman season, Malatare earned a starting spot and put up numbers of 8 points per game to go along with 3.3 assists a contest. Coach SymonsElementsEvans to Malatare’s high basketball IQ and ability as his rising star.

Sophomore Alphonso Anderson, RayQuan Evans and Jarod Greene (above, left to right) celebrate after clinching an NWAC East Region title. The Cardinals finished with a perfect 36-0 record in region play. Anderson averaged 15 points per game and over 10 rebounds per game, and before the season commenced in Utah State out of the Mountain West. Evans committed to ACC powerhouse Florida State in April after his second-year campaign in which he averaged 18 points per game and 7.4 rebounds per game.

Second-year forward Iain McLoughlin (left) participates in cutting down the net after the Cardinals’ win over Spokane. McLoughlin has come a long way in two years. After getting few minutes in his first season, McLoughlin worked his way into a starting position this season.

Corey Symons deserves a lot of credit. Since taking over as head coach a half-decade ago, he has guided NIC to a 137-25 record, and brought in some of the highest-rated recruits the college has ever seen. Evans, Anderson and Pryor were all athletes that easily could have jumped to four-year programs straight out of high school, but Symons convinced them to sign with the small community college out of Coeur d’Alene, Idaho.

Through all his efforts, Symons has put NIC on the map, and compiled the talent that has this program set to be a national powerhouse for years to come. This year’s freshman class has the potential to be the best to ever come through NIC. That’s saying something considering the players that have played for the Cardinals in the last decade.

Looking back on a season that is a month in the books, the memories that the NIC men’s basketball team provided will stick for quite some time. The coaches and returning players would be the first to tell you that they aren’t satisfied with the recent success, and the work toward a three-peat is already underway.

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Seventeen-year-old NIC student Nadia Luhring never stayed in one place for long, moving constantly with her family from her hometown of Morton, Illinois, until three years ago putting down roots in Coeur d’Alene, Idaho. “I’m not meant for small town life,” Luhring said. Now leaning on that drive and intuition, Luhring will be spreading her wings to fly to Los Angeles, California for a summer internship at Darling Magazine, an L.A. based publication that dedicates itself to challenging cultural norms of beauty and fashion.

Luhring was told the big news during her visit to Los Angeles, over lunch with family friend Mercedes Curran. “I was excited and a little surprised because I honestly didn’t feel like I had earned it like a lot of other people who were applying for the internship. It was more like given to me,” Luhring said. Curran, an author at Darling Magazine, was the one who chose Luhring for the internship. Luhring’s stepfather had met Curran and her husband at a worship school during the time he would fly from Peoria, Illinois, to Spokane, Washington. Since then, Curran has kept up with Luhring and watched her grow into the artist she is today.

Luhring is the type of person who, if given the chance, would try every hobby possible. She said she’s never been afraid of trying new things, and at the age of 9 tried her hand at fire spinning. Her fire spinning days were short lived, and she is now focusing more on her art.

Luhring has recently been working with photography, writing and painting. Luhring first started painting as an outlet to help her through some tough times. “Through painting I definitely found a way for me to distract myself and find peace,” Luhring said.

Luhring’s summer internship will give her the chance to improve her photography skills, her favorite art form. The four week internship covers four categories; generals, fashion, photography and a wild card. Although her internship is only for the summer, she plans on moving to California. Luhring is hoping for a more permanent job with Darling Magazine, but is looking for jobs at coffee shops as a backup plan. She also plans on continuing to take classes online at NIC to get her associates in general education.

Luhring knows that moving to California is going to be hard, but she’s not going to let her doubts stop her. “As of now, I just love it so much I’m going to stay regardless,” Luhring said.

Luhring excited to start her new life with the internship, she’s excited to follow her faith to a new church. Luhring was raised in a charismatic church environment and when she talks about her faith, she speaks highly of the spiritual giftings and the feeling of family in the church community. Luhring is currently a part of the Anthem church in Hayden and has plans to join the Mosaic church when she moves to Los Angeles.

Luhring has been following Mosaic for about five years and had the opportunity to attend one of their services. She said she felt as though she was already a part of the church and felt a sense of home while she was there. “This is my church family. It’s funny because when I was down there, that’s how everyone acted and it made me feel so warm inside.”

Luhring is looking forward to moving to a new, exciting place. She has experienced so much already in her young life and is ready to open the door to a new chapter. “I’m hoping for the future that this is just the next step. I don’t feel like I really believe in an end to a process,” Luhring said. “I’m hoping for a lot of growth and a lot of newness and definitely for a closer of one season and a beginning of a much better new one.”

-Nadia Luhring, NIC student

By Hana McMullen, staff writer
When you help the student who’s struggling the most in your class, everyone’s going to do better in your class.

When you help give the student with the quietest voice a stronger voice, everyone’s voice is going to get stronger.”

- Tyler White, NIC student

A DESIRE TO HELP

NIC student aims to better the lives of others on campus and in the CDA community through his talents in graphic design

By Kaylee Dinkel, managing editor

From his life in Southern California to moving up to the Pacific Northwest, NIC student Tyler White has been through many life experiences. After growing up in Carlsbad, California, White started his college career attending UC Davis and, after finding himself in what he said was not a good place mentally, decided he wanted something more from life.

“Even though I was pretty involved around campus and doing well academically, I just wasn’t happy and I struggled with mental health,” he said. White was advised to take a break from school and, through a transitional living program called Echo Springs, made his way to Bonners Ferry, Idaho.

“I was done living in Southern California, done living at my house, so I got the opportunity to actually move up here to Idaho and live in a house with some pretty cool, supportive people out in the woods and get away from society for a little bit,” White said.

There he was able to get his hands dirty with wood-chopping and gardening, among other tasks. After his time in Bonners Ferry, White chose to move down to Coeur d’Alene through the same transitional living program. White credits the reason that he’s still in Coeur d’Alene to the people he’s met in his travels.

“I could have left by now, but I love it,” he said. “The people I’ve met, the friends I’ve made. I’ve got a new family.”

White’s interest in graphic design has led him to work with various events and clubs around campus and CDA. One of those events was a math anxiety workshop led by Kristina Klassen where students could learn Klassen’s principles surrounding math-led anxiety.

White designed a type of advertisement for the event in the form of a food voucher that talked about the free lunch that was offered to anyone who attended the workshop.

White said there were almost twice as many students attending the workshop compared to previous sessions.

“People actually bought the tickets and put them on the table, ready for free lunch,” White said. “You didn’t need one, but it was that extra effect that brought people in the door.”

Aside from being involved in the math workshops, White also serves as president of the TRIO club on campus.

TRIO is focused on serving nontraditional students through college and onto universities and 4-year colleges that align with their educational needs, and open their doors to regular students who are looking for assistance as well.

“You can come to TRIO and we can find ways to get you the money and the resources to create a cool event or be a leader in an interesting aspect of change on campus,” White said.

During the spring semester, TRIO hosted multiple scholarship workshops that were advertised with printed dollar bills that featured information about the events.

White, who said he does all of the marketing and design for the TRIO club, designed them to catch the eye of anyone who might walk by, and hopefully entice them to attend the workshops.

He said that the event brought about one of the highest upticks of student scholarship applications in NIC history.

“That’s what I’ve always been passionate about and just creating interesting ways of marketing events,” White said.

Because of this, White also helped with an ugly sweater event that was held during fall semester, where North Idaho Hospice donated many sweaters and attendees were able to design ugly sweaters to be featured in a runway show later that evening. Awards were given, as well as a scholarship to an NIC student.

White said his main goals through the club are to create leadership opportunities for students and provide a platform for any type of change that they want to see come about on campus.

When he attends events, White said he sees a certain type of comradery come from it for the students of NIC, and that is why he is involved in TRIO and other student-driven events and workshops around campus.

“When you help the student who’s struggling the most in your class, everyone’s going to do better in class,” he said. “When you help give the student with the quietest voice a stronger voice, everyone’s voice is going to get stronger.”
Exercise: This well-known trick boosts memory retention, focus, and concentration—essential components for every college student. Despite the benefits, studies have shown most students neglect to maintain exercise when transitioning from high school to college. For those who continue to exercise amid distractions: you are rockstars.

Exercise options are unlimited, Amos said, but how can a workout be maximized to achieve the most benefit? Sadly, with access to enormous amounts of information on the web it is easy to be led astray.

With that in mind, the Sentinel asked the students of Nutrition for Health, Fitness & Exercise and their instructor Kelly Amos for their advice and expertise.

Unsurprisingly Amos and her students shared similar responses. They each expressed that a solid pre-workout routine will maximize any workout by preparing the body for stress. They offered two simple ways to accomplish this task: fuel and warm-up.

The motivation behind exercise may be different for everyone but the goal remains the same: to get results. Whether the preferred results are weight or health-related, going in with enough energy is key and the best way to fuel your body for exercise is to eat. Alexis Surver, a current student of Amos', said she prefers a light breakfast or snack prior to working out to give her enough energy to push her and to feel good when done.

"Your body needs energy to work hard and perform its best to benefit from the workout," Surver said. While Surver said instant oatmeal with strawberries or a protein bar are excellent options, fellow classmates Kinzie Hunter and James Anderson recommended peanut butter for its protein and fat content. It helps slow metabolism down and fills the body for a longer period of time.

Due to any day of static stretches before exercise. Today, science has found that the best pre-workout stretch is the dynamic stretch, sometimes referred to as moving stretches. Such activities include yoga and sprints.

"The purpose is to prepare your body for what you are going to do," Amos said. "You are basically rehearsing for your workout."

Dynamic stretches lower the risk of injury and increase flexibility and range of motion. Hunter said that a good warm-up gets her in the proper state of mind.

"I need food to have energy, which is important, but so is mental preparedness," Hunter said. "Both prepare me for what should be an intense workout.

There are times, however, when static stretching is necessary before, but Amos and her students agree that stretching should most-often follow a workout. Surver said she stretches after workouts to keep her muscles long and lean.

In the end, it’s actually quite simple: Acquiring the necessary energy and a solid warm-up will prepare your body to perform at its peak ability to achieve optimal and desired results. These techniques are tried and true and are supported by science, but for those who feel hesitant to start a new routine, Amos, who understands the science herself, expresses nothing but confidence in the advice of her students.

"They are experienced with exercise and their gut," Amos said. "They know it works."

Alexis Surver, 20, Post Falls

Alexis said timing is everything and eating too soon is a recipe for disaster. Eating at least 30 minutes before your workout, she said, will give you more energy which, in turn, will maximize your benefits and help you feel good post-workout.

James Anderson, 20, Coeur d’Alene

For those who struggle to get to the gym, you’re not alone! Music can be a great way to get you ready for workout. When he starts to feel sluggish, James said he turns to a former team playlist to help him get pumped. "I listen to that playlist sometimes, when I don’t have any motivation, and it gets me going.”

Kinzie Hunter, 21, Reno

Kinzie, a former Cardinal soccer player, said that it is impossible to have a good workout with minor injuries. After suffering several knee injuries, she said she warms up on a step machine or does yoga during cool downs. "That, she said, are great ways to maximize workout in a low-impact way."
The road to North Idaho College

Students share where they came from and how they ended up here

By Catrina Martinson, features editor

"To feel the pull, the draw, the interior attraction, and to want to follow it, even if it has no name still, that is the pilgrim spirit. The 'why' only becomes clear as time passes, only long after the walking is over." - Kevin A. Codd

Life has a way of making you choose a path, even if you wish to stay where you are. Pressure to "do something" with your life is all around and inside of you. All 20-somethings are searching for a way to make money, get their names out there, and ultimately find happiness, but there are endless ways to do so, and no one knows this more than college students.

For many, University and junior college is an obvious avenue to venture upon. Although there are many concrete steps students take to get to college, the obvious avenue to venture upon. Although there are many concrete steps students take to get to college, the road to NIC is unique to each student.

Jene Wright-Martin

Wright-Martin moved here from Genesee, Idaho and is currently in his second year of college at NIC. Wright-Martin said he began college studying music, but as time passed, he realized that music wasn't the path for him. Wright-Martin said "I'm just trying to figure out what I really like to do." This semester, Wright-Martin has been studying outdoor recreation leadership. He said he's enjoying the program and thinks it's a good fit for him.

Jaysey Simons

Simons moved to Coeur d'Alene from Springfield, Utah in the fall of 2019 because she was offered a scholarship to play golf at NIC. Simons is in her first year of classes and said she has a few ideas of what to study but is focusing on generals until she can make a concrete decision. "I'm just a freshman, I don't know what I want," Simons said. Simons said she has considered the physical therapy program at NIC and athletic training, but she can't figure out which path is the right one for her. "It's a lot of pressure," Simons said. "I know that as a freshman I don't need to be thinking so far ahead, but everyone else seems to have it figured out and that makes me anxious." Although Simons said she is still struggling to find the right path, she is enjoying college and doing her best to stay calm until she has things figured out.

Taylor Panlasigui

Panlasigui grew up in Maui, Hawaii and moved to Coeur d'Alene in the fall of 2017 to begin college. Panlasigui said she chose to attend NIC for its softball program and affordable cost of tuition. Her first semester of classes, Panlasigui said she was pursuing arts, but later in the year she began focusing more on sciences. Panlasigui said she felt that she needed to find a career as soon as possible. According to Panlasigui, her uncle introduced her to the field of radiology awhile back by showing her around the hospital he works at. For about a year now, Panlasigui has been working as a radiology technician and says she is excited to see where this path leads her.

Deelan Cornichuck

Cornichuck grew up in Anchorage, Alaska and played for the varsity soccer team at his high school. During senior season Cornichuck was asked to look for a soccer program to play in the fall of 2018 he packed up his life in Anchorage and moved down to Coeur d'Alene to start the next chapter of his life. Cornichuck began the fall semester focusing his studies on computer science, but by the end of the semester Cornichuck said that he felt worn out by all of the hard math and overall difficulty of the classes, and hence decided that computer science wasn't the path for him. Cornichuck said "I'm just trying to figure out what I really like to do." This semester, Cornichuck is taking general classes and sampling out new subjects until he finds a path he'd like to follow.

Zachary Bowsky

Bowsky is a freshman at NIC from Spokane, Washington. Coming to college, Bowsky said that he had no idea what he wanted to study, and it's still worrying him that he didn't start his journey with a path he'd like to pursue, but he's keeping an open mind and trying to not let it worry him. Bowsky said, "You always hear people tell you 'you're so young and you have so much time,' but you can't just get up and try to figure things out." Bowsky said he's been focusing more on getting used to being independent and living on his own. "Leaving to live on your own is cool," Bowsky said. "It's kind of stressful at first, and it's weird putting yourself on your own schedule, but I'm slowly figuring it out." Bowsky said he's enjoying his journey in college so far, and remains optimistic that he will soon find his path.

Dorian Cornichuck

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Patrick Shaner

Shaner moved to Coeur d'Alene three years ago from Baltimore, Maryland, where he grew up. Shaner said that he had visited the area and checked out NIC before deciding that he would come here to study aviation. Since he started taking classes, Shaner said he has not changed his mind about his degree or his desire to become an airline pilot, so he continues to follow his chosen path with great confidence he chose the right one.
"It is the role of good journalism to take on powerful abusers, and when powerful abusers are taken on, there's always a bad reaction. So we see that controversy, and we believe that is a good thing to engage in."

"You can always edit a bad page. You can't edit a blank page."
— Julian Assange

"Great journalism will always attract readers. The words, pictures and graphics that are the stuff of journalism have to be brilliantly packaged; they must feed the mind and move the heart."
— Rupert Murdoch

"Journalism allows its readers to witness history; fiction gives its readers an opportunity to live it."
— John Hersey

"You don’t start out writing good stuff. You start out writing crap and thinking it’s good stuff, and then gradually you get better at it."
— Octavia E. Butler

"We don’t go into journalism to be popular. It is our job to seek the truth and put constant pressure on our leaders until we get answers."
— Helen Thomas

"Graphic design will save the world right after rock and roll does."
— David Carson

"Journalism can never be silent: That is its greatest virtue and its greatest fault. It must speak, and speak immediately, while the echoes of wonder, the claims of triumph and the signs of horror are still in the air."
— Henry Anatole

"The liberty of the press is a blessing when we are inclined to write against others, and a calamity when we find ourselves overborne by the multitude of our assailants."
— Walter Lippmann

"Writing well means never having to say, I guess you had to be there."
— Jef Mallett

"You can always edit a bad page. You can't edit a blank page."
— Jodi Picoult