

**HOMECOMING**



Anslee Lechner | Argonaut

**CAMPUS SAFETY**

**Shining new lights**

*UI solicits planning firm to assess campus safety*

**Brandon Hill  
 Kyle Pfannenstiel**  
 ARGONAUT

The University of Idaho has joined with Vitruvian Planning to shed new light on campus safety. Vitruvian Planning, which specializes in public health and safety, receives funds from the Idaho Department of Health and Welfare.

Chris Danley, who represented Vitruvian Planning during a Wednesday morning presentation, said his firm's involvement with UI was the next natural step of improving campus safety following the introduction of Green Dot training.

"My impression is that it is a pretty strong and safe campus," Danley said. "I don't have a lot of reason to doubt otherwise. Most of the feelings that have been conveyed to us have underscored that. Having said that, there's room for improvement."

Vitruvian's presentation followed a survey of campus Tuesday night, where students and staff joined the firm in observing potential problem areas.

Danley presented data from a survey on student safety on the UI campus conducted by the National Collegiate Health Association. Less than a quarter — 24.3 percent — of female respondents felt safe traversing the campus at night. That number dropped to 18.1 percent when asked about the perception of safety in the broader Moscow community.

Danley said while survey results are not always reliable sources of data, this particular data set was a point of emphasis on which Vitruvian will base future decisions.

Emilie McLarnan, coordinator of violence prevention programs in the Dean of Students office, said the perception of safety can sometimes play just as large a role as actual safety.

"People's perception of safety is really important," she said. "That's a significant element, how safe do they feel, even if statistically they are unlikely to have anything happen to them. If they don't feel safe, then we have a problem."

SEE SHINING, PAGE 4

**Three cheers for tiers**

*UI Homecoming Committee creates tier reward system in hopes of increasing participation*

**Brianna Finnegan**  
 ARGONAUT

As Homecoming swiftly approaches, those tasked with planning the many facets of the week-long celebration are working around the clock.

But this year, the Homecoming Committee aims to shake things up in order to increase student participation in competitive events.

"We've created basically a tier system, so that the Greek houses can still compete, like they always do, but this year we've added two other tiers," said Mia Goodwin, adviser of the committee.

In the past, Homecoming has been known to draw significantly high numbers of Greek life participants in relation to those living in the dorms or off campus, but those on the committee said it is important for all students to be involved.

"Homecoming is for everyone. It's for students, it's for faculty and staff, it's for alumni, it's for friends of the university and community members," Goodwin said. "In the past,

we've really only had Greek houses compete. The thing is, it's always been open, but I don't think that was really expressed or marketed to everyone."

While it's unclear the exact reason why so many Greek life students get involved in relation to students who live either in the dorms or off campus, Goodwin said many have their own speculations.

"It creates a pride for the school. You want to have pride when you're going to a university. It really encourages you to do better as a student," said Dalton Poopathi, co-chair of the Homecoming Committee. "This week is kind of competitive in a sense and you're going against clubs and committees and those clubs and committees are nowhere near the size as Greek life on campus. Greek life on campus is pretty competitive by nature."

Whatever the reasoning behind the disparity, the committee agrees this is a problem and are working to change it with this year's new strategies.

"We're trying to get other parts of campus

involved with Homecoming, because in past years it's been really hard to get the dorm kids involved with it," said Kael Berkwitz, the marketing and graphic design chair. "A lot of my job is just to get people out there and get them to recognize that there are a bunch of activities that they can participate in. At the end of the week, if I just notice that there's been huge amounts of participation, then I'll be super happy."

The committee this year has worked together to come up with a system they believe will help fix this issue.

The first tier in this system is called the "Palouse Green Level" which is a team composed of 25 or more team members for Greek houses and other large groups. Teams in this tier are set to participate in all of the competitive events.

The second level is called the "Clearwater Level". These are average sized groups with 15 to 24 members meant for sports teams or other organized groups that may not be as large as those in the Greek system.

SEE THREE, PAGE 1



**CAMPUS LIFE**

**Free food, no questions asked**

*A partnership set on bringing perishable foods to the UI campus for everyone*

**Kali Nelson**  
 ARGONAUT

Every Sunday from August to November, Food not Bombs of the Palouse (FNB) has been giving out a free community meal to Moscow residents.

They gathered at East City Park Sunday at 2 p.m. to set up and start the cooking.

With camp stoves on either end of picnic tables, volunteers with the organization got to work chopping mushrooms, leeks, peppers and onions.

The group filled three tables at East City Park with various food items, cardboard boxes, paper bags and jugs of water.

It took about two hours for the group, but by the end there were two pots of soup, bread pudding for dessert and a salad, all free.

The organization, which gives out free community meals to Moscow residents is aiming to partner with campus groups to expand its reach.

FNB collects food that is close to its sell-or use-by date from Safeway or local businesses and gives it to community members said member Henri Sivula.

"We are doing weekly meals, we are working with the Women's Center, and now

I've talked today with the Center for Volunteerism and Social Action, so we hopefully will be working with the Food Pantry at large," Sivula said.

The group reached out to the Women's Center to set up a weekly drop off for vegetables, baked goods and sometimes meat.

Sivula said the unofficial motto of FNB is "rich or poor, stoned or sober" because the group does not ask for any justification from people receiving the food.

Sivula said the group agreed to partner with the Women's Center because of the center's reputation of being an inclusive organization.

"I said we would do one or two trial runs and see if we could distribute the food because it's all perishable, and so I was concerned we wouldn't be able to distribute it in a timely manner, but I said let's give it a go," said Lysa Salsbury, director of the Women's Center.

They agreed to a drop-off date of Tuesday, which will be adhered to each week. Salsbury said the Women's Center has moved to distributing food on both Tuesday and Thursday.

The food is open for all Moscow community members, Salsbury said. The amount of food and type depends on what Safeway



Kali Nelson | Argonaut

Henri Sivula is working on the second pot of soup for the community meal.

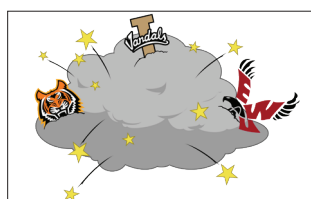
has for the FNB group to pick up, Sivula said. The group goes to Safeway on Saturday morning, Sivula said, and they usually get three or more shopping carts of food.

"So, they delivered a large amount of produce and some baked goods the first time and we just took photographs and distribut-

ed it via social media, I think we got like 45 shares of our first post, and the food was gone by the end of the day," Salsbury said.

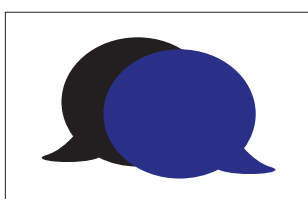
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Langrove offers residents unique flavor, experience.

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# FIND WHAT MOVES YOU

## Late Night at the Rec

# Dodgeball

Assemble your team for a battle on the court!



## Friday, Oct. 5

9 p.m. at the Student Rec Center

Free | Food | Prizes



### Outdoor Program

## OUTDOOR EQUIPMENT SALE AND SWAP

THURS NOV 8 6-8PM  
STUDENT REC CENTER



NEW AND USED EQUIPMENT, SEASON PASSES, AND RECREATION INFORMATION.

ADMISSION IS FREE. \$5 TO SELL YOUR OWN GEAR  
[uidaho.edu/outdoorprogram](http://uidaho.edu/outdoorprogram)

### Intramural Sports

#### Upcoming Entry Due Dates

|                   |              |
|-------------------|--------------|
| Dodgeball         | Tues, Oct 9  |
| Kickball          | Tues, Oct 9  |
| Volleyball        | Wed, Oct 10  |
| Floor Hockey      | Wed, Oct 10  |
| Swimming          | Tues, Oct 23 |
| 3 on 3 Basketball | Wed, Oct 24  |

For more information and to sign up:  
[uidaho.edu/intramurals](http://uidaho.edu/intramurals)

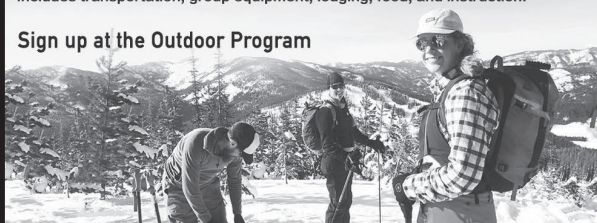
### Outdoor Program

# BACKCOUNTRY

## Skills & Avalanche Safety Course

Field Session: November 30 – December 2 | Cost: \$200  
Includes transportation, group equipment, lodging, food, and instruction.

Sign up at the Outdoor Program



### Health & Rec Fair



## Health & Rec Fair

Wednesday, October 17  
12 - 4pm at the Student Rec Center

Prizes | Food | Screenings | Health Education

### CPR Training

## PEDIATRIC FIRST AID TRAINING

Heartsaver Pediatric Adult/Child Infant First Aid, CPR and AED

**Saturday, November 10**  
9am - 4pm Student Recreation Center

Cost: \$60/Students, \$70/Non-Students  
Pre-registration is required

For more information or to register, contact the Campus Rec Office at (208) 885-6381



## University of Idaho

Campus Recreation

[uidaho.edu/campusrec](http://uidaho.edu/campusrec)

"Like" us  
UI Campus Rec

# A Crumbs recipe

## Quick-mix granola

Classes become harder, days become busier and nights turn into homework rather than dinner. However, a simple, homemade snack during the day can help fuel those late nights and make waiting for a real meal that much easier. This delicious granola recipe will get you through the week with a satisfied stomach and happy wallet.

### Ingredients

- 4 cups of rolled oats
- 1 1/2 cup of pecans or walnuts
- 2/3 cup of cranberries
- 1/2 cup of olive oil
- 1/2 cup of honey
- 1 teaspoon of vanilla extract
- 1 teaspoon of cinnamon
- 1 teaspoon of sea salt
- 2/3 cup of dark chocolate chips

Start to finish: 1 hour  
Servings: 6

### Directions

1. Toss the rolled oats, pecans and cranberries in a large bowl.
2. Combine the olive oil, honey and vanilla extract and heat in the microwave until the honey loosens. Whisk well.
3. Drizzle the honey mixture over the dry ingredients and mix well.
4. Sprinkle the cinnamon and sea salt over the mixture and stir again.
5. Spread the mixture on a large sheet pan in a single layer.
6. Bake in the oven at 350 degrees Fahrenheit until golden brown. Shake the granola every five minutes to avoid over baking.
7. Once cooled, toss in the chocolate chips.
8. Place into individual snack bags or reusable cups.

Hailey Stewart  
can be reached at  
[crumbs@uidaho.edu](mailto:crumbs@uidaho.edu)

### Croctober



Avery Alexander | Argonaut

### CROSSWORD

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**Across**

1 Tax pro, for short

4 Major artery

9 Olympian's quest

13 Tiller's tool

14 Thick woollen fabric

15 Garden tool

16 Increased

18 Hamlin's \_\_\_ Oop

19 Arrow poison

20 Printing flourish

22 Image copier

26 Cattle raiser

30 Even (Poet.)

31 Love god

33 Tune

34 Tycoons

36 Forearm bone

37 King preceder

39 Union member

41 *Petticoat Junction* actress Benadaret

42 Family group

43 Shells out

45 Tolerates

48 Hourglass fill

49 Period

52 Role model

54 Framework, usually in a garden

56 Doctrine

58 It can be Dutch

59 Mexican bread

62 Horseless pool game?

66 Watchful

67 Beauty pageant wear

68 Rocky prominence

69 Minuscule

70 Scarf bandage

71 Avc. crossers

**Down**

1 Lounge type

2 Attack suddenly

3 Mediterranean arm

4 Chowd down

5 Hold title to

6 Soak flax

7 Caddie's bagful

8 Venomous snake

9 See 7 Down

10 Wise one

11 Linda \_\_\_

12 Like some humor

15 New England member

17 Chess pieces

21 Zodiac animal

23 Modern (Prefix)

24 Work units

25 Defeats mightily

27 Duffer's target

28 Actress

29 Swedish shag rug

32 Smacks

34 Required

35 A great buy

37 Jessica of *Sin City*

40 Sicilian resort

42 Bottle topper

44 Banned pesticide

46 Expel

47 Ham, to Noah

49 Duffer's lefovers

50 Spotted wildcat

51 Choir section

53 Salamanders

55 Zenith

57 Mermaid feature

59 Rocker Benatur

60 Yale student

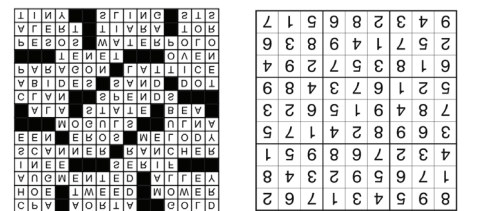
61 Cambodian coin

63 \_\_\_ chi (martial art)

65 Maid's cloth

### SUDOKU

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Create and solve your Sudoku puzzles for FREE. Plus online puzzles at [PRIZESUDOKU.COM](http://PRIZESUDOKU.COM)

### THE FINE PRINT

#### CORRECTIONS

No corrections.

#### UI STUDENT MEDIA BOARD

The UI Student Media Board meets at 4:30 p.m. the second Tuesday of each month. All meetings are open to the public.

Questions? Call Student Media at 885-7825, or visit the Student Media office on the Bruce Pitman Center third floor.

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The Argonaut welcomes letters to the editor about current issues. However, the Argonaut adheres to a strict letter policy:

- Letters should be less than 300 words typed.
- Letters should focus on issues, not on personalities.
- The Argonaut reserves the right to edit letters for grammar, length, libel and clarity.
- Letters must be signed, include major and provide a current phone number.
- If your letter is in response to a particular article, please list the title and date of the article.
- Send all letters to:  
301 Bruce M. Pitman Center  
Moscow, ID, 83844-4271

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## TECHNOLOGY

# Technology and peace

The 2018 Borah Symposium will explore technology's influence on peace and security

Hailey Stewart  
ARGONAUT

In its 71st year with the University of Idaho, this year's Borah Symposium will set its sights on modern approaches to securing peace and security Oct. 8 through Oct. 10.

Held every year since 1948, the Borah Foundation and Symposium explores the context of peace and security through honoring former Idaho Senator William Edgar Borah.

This symposium, titled Pax Technologica, meaning "peace through technology," will feature a keynote address from David E. Sanger, a national security correspondent for The New York Times and a three-time Pulitzer Prize winner 7 p.m., Oct. 8 in the International Ballroom of the Bruce Pitman Center. Sanger will discuss the theme of his newest book, "The Perfect Weapon: War, Sabotage and Fear in the Cyber Age."

Other speakers include John Anderson, the head of the UI Virtual Technology and Design Program, who teaches an ISEM 301 course titled "Gaming for Peace." Jane McGonigal, a game designer and author, will also talk on the role technology plays in the modern world.

Steven Daley-Laursen, co-chair of the Borah Foundation and UI professor of natural resources, said the theme of technology fit this year's symposium for two reasons: the

influence of technology on society and the increasing relevance of technology on war and peace.

Below is a Q&A with Steven Daley-Laursen and John Anderson.

## What makes technology so integral to the peace discussion the symposium tackles each year?

"Technology has altered our prospects and methods of communication for waging peace, and has transformed the way battles are fought and how they are reported and communicated between people and countries. This affects the safety of every person on earth and accentuates our ability to do both good and bad." — Laursen-Daley

"Virtual environments are fantastic tools that can help simulate and model very complex processes of life. They allow people the ability to examine how particular actions can affect the future and can provide positive democratizing effects on decision making. These worlds provide the ability to manipulate and interact with our environment in new ways that allow people the capability to view the world from a variety of scenarios and perspectives." — Anderson

## What should attendees expect from attending this year's symposium?

"Attendees should expect to learn something about the fundamental role of technology in today's waging of war and peace and also to have some fun. Our first keynote, Dr. David Sanger, will bring sobering and fascinating insights

into technology's role in national security and international gamesmanship, and our second keynote, Dr. Jane McGonigal, will bring brilliant notions and about the technology of gaming can be used effectively to captivate our wondering about and achievement of peace." — Laursen-Daley

## How does gaming fit into this year's symposium?

"Gaming technologies can help people understand potential risks that they may wish to avoid in the future and may provide information in such a way to allow individuals the ability to make decisions potentially against their own immediate self-interests for the benefit of future generations." — Anderson

## How have you seen the Borah Symposium change in size and scope?

"I've been fascinated and motivated by the symposium for the last sixteen years that I've been back at the University of Idaho. I'm so very encouraged by the consistent and enduring mission of the symposium to keep people focused on the possibilities for peace and the promotion and waging of peace. This theme is a personal and professional pursuit of mine, and so the symposium is a good match for my interests and passions and continually encourages me with hope for a peaceful future." — Laursen-Daley

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## STUDENT INVOLVMENT



Photo by Alex Brizee | Argonaut

Chelsey Marie Flores shows other students a finalized idea for the For Freedoms billboard on Sept. 28 in the Art and Architecture South

## Fridays are for freedom

Visual Art community to put on For Freedom event to promote the use of art as a political voice.

Ellamae Burnell  
ARGONAUT

The University of Idaho visual art community is partnering with the Pritchard Art Gallery to host a political display Friday.

For Freedoms' event is in confluence with the national campaign from 10 a.m. to 4 p.m. Friday Oct. 5, at the Art and Architecture North building.

From September to November, concurrent and decentralized public events like this are put on across the country.

For Freedoms events focus on the reflection of multiple voices with the mission to spark a national dialogue focused on art, education, commerce and politics.

For Freedoms was founded in 2016 by artists Hank Willis Thomas and Eric Gottesman, who were inspired by Norman Rockwell's painting of Franklin D. Roosevelt Four Freedoms in 1941.

A fourth-year studying art and design who helped plan the event, Ethan Coy said he sees the initiative as an opportunity to celebrate both the privileges offered in the U.S. as well as to create a conversation others may not be comfortable talking about.

"The group of people who have joined together in getting this project off the ground

have a big passion for activism, like many of our students," Coy said. "We have an amazing opportunity here because you often see campaigns that are solely art-driven."

Chelsey Flores, a fourth-year studying graphic design, who also helped plan the event, said she got involved in the For Freedoms because of her long-held passion of art and the role art plays in social change and politics.

"My hope for students is to question their views on voting and how it goes beyond just a day in November," said Flores. "It affects us all."

For Freedoms gives artists and designers a chance to make an impact with a voice that is for the people.

Coy hopes the event will help more students become aware and comfortable talking about politics and discourse. People will be able to come together and share their opinions though signs that will be displayed at a public installation.

Beverages will be provided as well as music at the event. A think tank and interactive art experiences such as balloon popping and sign writing will also be present.

Later in the day, there will be a safe space talk on the connection between politics and art. All are welcome to the event regardless of major.

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## STUDENT MEDIA

## KUOI to participate in National College Radio

KUOI holds open house to celebrate College Radio Day

Ellamae Burnell  
ARGONAUT

The University of Idaho's free-form radio station, KUOI, is throwing an open house event in celebration of College Radio Day from 9:30 a.m. to 9 p.m. Friday in the KUOI office on the third floor of the Bruce Pitman Center.

KUOI is joining hundreds of colleges across the country in celebration of student-run radio.

Public relations director for KUOI Tru Pierone said she hopes participating in College Radio day will help the station gain recognition.

"Radio is becoming a dated form of streaming and listening to music," Pierone said. "However, it provides an amazing opportunity for students to get themselves out there and share their unique tastes with the community."

Broadcasting since 1945, KUOI runs 24/7. Anyone regardless of major can sign up to DJ their own show which will typically run two or three hours a week. KUOI provides news via the Pacific Network and

Democracy Now!

Estimated population coverage for KUOI's 10-mile radius is around 15,000 and can be streamed online. KUOI is a nonprofit and non-commercial educational radio station.

The station is working on a crowd-funding campaign to purchase a new master control board. The current master control board has been used since 2000 and needs to be updated to better suit the needs of KUOI DJs.

KUOI has a vast physical collection of media with 67,272 hard copy items, as well over 900,000 songs.

At the open house, students will be able to request songs to hear over the air, tour the station and learn how to become a DJ. There will also be free CDs available.

"I love being a part of KUOI because it is such a fun environment," Pierone said. "I love walking through the station and browsing through walls and walls of eclectic music. It's never ending, and I can always find something new, no matter how old it is."

Ellamae Burnell  
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or on Twitter @EllamaeBurnell







Brandon Hill | Argonaut

UI faculty examine a campus map Wednesday.

**SHINING**

FROM PAGE 1

McLarnan said she often feels safe walking the UI campus at any time of the day, but she acknowledged her experiences might not apply to everyone.

Virtuvian's work comes as part of the Student Safety and Wellness Task Force, a 15-person panel created last semester after it became public that former athletic director Rob Spear mishandled reporting several sexual misconduct reports to the Title IX office, as required by school and national policy.

McLarnan, a member of the task force, said the group is still receiving feedback and developing recommendations that will be presented to President Chuck Staben. Recommendations will be presented at the end of fall

semester. Danley and McLarnan said Virtuvian's involvement, for now, includes gathering data to make more informed decisions in the future. The firm will return within the coming months to discuss further action. Danley said during that time, the firm will find out better ways to work with other entities nearby, such as the state highway department and the City of Moscow to better improve pedestrian traffic. McLarnan urged students and staff to attend Vitruvian's next visit to Moscow.

"They'll have an opportunity when they come back and have a chance to voice their opinions about campus safety," she said. "I think if students are interested in being a part of the next walking sessions, they can reach out to our office."

Brandon Hill and Kyle Pfannenstiel can be reached at [arg-news@uidaho.edu](mailto:arg-news@uidaho.edu)

**ASUI**

**ASUI Senate hears project updates**

*ASUI Senate meeting focuses on helping students have better well-being on campus.*

Ellamae Burnell  
ARGONAUT

ASUI President Nicole Skinner updated the Senate on her participation in last night's survey of campus facilities. Skinner walked a route with over 20 stopping points on campus in collaboration with other community members in consultation with the Virtuvian Planning firm. Throughout the walk groups marked areas where they believed safety alterations could be made through addition of lighting or other alterations.

Clayton King, ASUI lobbyist, said the legislative report card should be ready to roll out by the end of October in time for midterm elections. Nearly all higher education legislation has been graded by University presidents across the state, King said. Applications have opened for the newly formed ASUI volunteer philanthropy board. The eight-seat board will work on outreach and other tasks for the upcoming

VandalThon, which was formerly a dance marathon event in support of Shriner's Children Hospital.

Zack Lamkey, marketing and special events chair for Vandal Entertainment, presented on the upcoming drag show "I Slay Cabaret" Friday Oct 12.

The event will feature runner up of RuPaul's Drag Rag season two as well as local performers. The event is free with VandalCard.

Director of Health and Wellness for ASUI, Dasyre Sires, gave an update on the new Vandal Health Coalition. The program has been revamped into three working systems: mental health, overall wellbeing and a marijuana working group in aims of providing students with information, much like alcohol awareness events that take place on campus.

Health and wellness staff created the three systems based on what they felt were the most important issues to look at this time, Sires told the senate.

Ellamae Burnell can be reached at [arg-news@uidaho.edu](mailto:arg-news@uidaho.edu) or on Twitter @EllamaeBurnell

**THREE**

FROM PAGE 1

These teams will not participate in all the events, but they do participate in most.

The smallest division is called the "Star Garnet Level" these are small groups of six to 14 members which may be just a group of students and their friends. Teams in this section only participate in half of the events.

This is the first year this tier system is being implemented, but the committee believes this is a step in the right direction.

With this tier system in place, some say students will be competing against teams similar in size to their own.

"There's an award for every group. They're all separated. They're not all competing against each other," Berkitt said. "I hope [the student body] is super happy with it. I think it's more fair across the board. There's more possibility for smaller groups of people."

However, getting a wide variety of students to participate in events is much easier said than done.

"We have encountered a lot of work and have been trying to see what will work and what might not work the best," Jake Milleon, co-chair of the committee, said. "This will definitely be a learning year for the committee but it's a step in the right direction, and we can be successful with persistence in years to come."

Besides the tier system the Homecoming committee is extremely excited for the new theme and small changes to the events themselves.

This year's theme is "As we were, as we are", based off of the 1960 edition of the University of Idaho's "Gem of the Mountains" yearbook collection.

Each team will be assigned a decade of University of Idaho history. In each decade is a significant development for the University of Idaho, such as the building of the Memorial Gymnasium in the 1920's and the upcoming construction of the Idaho Central Credit Union Arena. From here each team will be competing in events with their decade as a guide.

Some of these events include a photo scavenger hunt, window painting, Yell Like Hell (where students will be meeting in the memorial gym to yell the women's volley ball team to a win), a food drive, Most Vandalized Fan, Jingles (where students get on stage, sing, and perform skits), campus decorating, and of course the parade. There will also be a blood drive for the week of Homecoming. Students are encouraged to participate even if they are not competing. There are events like Serpentine, Bonfire, a firework show, Homecoming Royalty, and of course the football game against Southern Utah on Saturday Oct. 20.

A full list of the events, times, and locations will be posted on the committee's social media accounts on Facebook and Instagram as well as handed out on fliers.

Brianna Finnegan can be reached at [arg-news@uidaho.edu](mailto:arg-news@uidaho.edu)

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# ARGONAUT ARTS & CULTURE

## COMMUNITY



Jon Binninger of Landgrove Coffee explains and describes the selection of coffee available to Moscow Co-op customers.

Leslie Kiebert | Argonaut

## A Landgrove coffee craze

*Landgrove coffee brings local and freshly roasted coffee to the Moscow Co-op*

Meredith Spelbring  
ARGONAUT

Moscow is littered with coffee shops and caffeine outlets — from One World right off campus to a selection of Starbucks, both on and off the University of Idaho campus.

About 13 miles away from Moscow is Troy, home to locally owned and roasted Landgrove Coffee.

Jon Binninger and his wife, Hannah, founded Landgrove Coffee in 1998, but Binninger said he entered the coffee world several years prior with his brother. The two opened up a handful of coffee shops, Binninger said, including one in Boise. After several years on the cafe side of coffee, Binninger said he wanted to make the shift to roasting.

"I just wanted to get into the roasting side of it. I met my wife in 1997 and we ended up buying a roaster and just started throwing coffee in there," he said.

With no internet 'how-to' guides or ample resources to get them going, Binninger said he and his wife dove right in, taking the trial-by-error route to teach themselves about the roasting industry.

Now, nearly 21 years later, Landgrove Coffee is featured in coffee hot-spots around town, from the Moscow Co-op to One World. Landgrove is brewed in other cafes and shops across the Palouse and even across the country.

"We are not in danger of getting real rich, but we aren't starving either," Binninger said. "It's been a good company for us. It is working a lot."

After getting his start in the coffee world

at the forefront of cafes, Binninger said he knows how to operate and run a coffee shop. While the focus of Landgrove is on the roasting and delivery of coffee, Binninger said part of their business is also helping coffee shops with their day-to-day operations and how to best handle and sell Landgrove coffee.

"That has been really well received," he said of the service Landgrove aims to provide. "I think (it is) one of the reasons why people really like us. And they like dealing with the owners, people like dealing with the owners."

The three-employee business remains small at its core, something Binninger said is a piece he feels makes the business successful. "We have never wanted to get real big," he said. "You go from being a coffee roaster to more of a people manager, which isn't the direction we wanted to go. We do have one really good employee who takes a lot of the workload off of us. It's been great."

Right behind the produce sections lies the bulk aisle, where Landgrove coffee and a selection of other beans from across the region and world line the wall for customers to select. Not only is Landgrove coffee a staple of the Co-op coffee selection, but Rachael Guenther, Co-op Grocery buyer, said Landgrove provides the Co-op with much more than just coffee beans.

Guenther said Landgrove has put an emphasis on aiding the Co-op in best selling the coffee and supporting the business, from hand-delivering their coffee to the shop to providing the coffee grinders during the Co-op's remodel.

"They really do provide the best service that they can to our customer base as well as their own," Guenther said. "I would definitely say that (it is a really hands on relationship) and they really appreciate their



Binninger makes a pour over for shoppers at the Co-op

Leslie Kiebert | Argonaut

relationship with the Co-op and we really appreciate their relationship."

Binninger coziered his temporary coffee display table at the end of the bulk aisle Sept. 26 and Sept. 27, just steps away from the bulk containers holding his coffee beans. With three blends and pour-over setups prepared, Binninger stood and awaited Co-op shoppers to stop by and taste the coffee.

But he said his goal in the set up was not to simply sell coffee or give a big demonstration, but simply put a face to Landgrove.

"Basically, (I) just make connections with customers," he said. "It is mostly just the connection with the customers. And to educate people on coffee too — dark roast, light roast, weak, all these terms are confus-

ing to people."

In a coffee-crazed world, Binninger said people are easily hung-up on the knit-picky details of brewing the perfect cup of coffee. Instead of obsessing over minute details in creating the perfect pot, Binninger said he recommends keeping it simple and remembering the basics of a good cup of coffee.

"People go a little off the charts," Binninger said. "Be relaxed about it, use good water, 200-degree, good quality water. Fresh coffee and then just try to keep your brew timer 3-4 minutes no matter what it is."

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## COMMUNITY

## Celebrating activism with art

*Local artists hired to paint mural in honor of the ACLU of Idaho on Moscow building*

Clyde McCaw  
ARGONAUT

The American Civil Liberties Union of Idaho is celebrating 25 years of serving the state by creating a mural in Idaho Falls, Garden City and Moscow, conceptualizing civic activism and civil rights.

Moscow's grant-funded mural is being created by a team of local artists and will be placed on a portion of the Moscow Hotel in downtown.

"Moscow was a great fit due to public support, as well as the Human Rights Commission that has also been around for 25 years," said Kevin Kelpo, special projects manager and University of Idaho alum.

A call to action was released by the ACLU of Idaho in August, asking for Moscow artists to submit work. There were five finalists who were

given a \$200 stipend to come up with a site specific plan, chosen by a local committee.

The committee consisted of Carly Lilly and George Skandalos, co-owners of the Moscow Hotel, Sangria Grille and Maialina Pizzeria Napoletana, as well as Kathleen Burns, the City of Moscow Public Art director.

"Of the five artists we scored proposals based on the concept, technical ability, and how the work fit the project goal," Kelpo said.

Moscow resident Karen Rohn, a local art teacher, and Shogo Ota, a UI graduate, were the team the committee selected to create the mural.

Production of the mural began Monday, and Ota said he hopes to complete the mural by mid-October.

A rendering of the project was shown Sept. 18 during the kickoff

reception. The overall vision of the mural is to portray togetherness and the power people can have when they work together, he said.

"I hope people can see this and appreciate the theme. I hope people can come together and if they want to come together to spread a positive message they can," Ota said.

The ACLU of Idaho's Facebook page will be regularly updated with project information and press releases as the mural progresses in all selected cities. The ACLU of Idaho website, as well as the Moscow Department of Public Art website, will provide additional information on the project for those interested.

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Nina Rydalch | Argonaut  
Shogo Ota and Karen Rohn paint the outline of an ACLU mural that will be on the back of the Moscow Hotel.



FILM



Community members wait in line to attend "Back to Burgundy" at the Kenworthy.

Clyde McCaw | Argonaut

# French for the evening

Kenworthy Centre hosts 9th annual Palouse French Film Festival

Clyde McCaw  
ARGONAUT

University of Idaho and Washington State University students, as well as residents from the surrounding areas, can enjoy French films Tuesdays throughout October at the Kenworthy Performing Arts Centre.

The series, sponsored by UI and WSU, is a part of the 9th annual Palouse French Film Festival, which started in 2010. Tickets are \$5 per film, \$10 for a festival pass or free admission for UI and WSU students.

The festival began Tuesday with an opening reception, where attendees enjoyed wine, cheese and meats before the showing of the film "Ce Qui Nous Lie."

Sarah Nelson, a UI associate professor of French, worked with Sabine Davis, a WSU associate professor of French, to bring the festival back with the help of the Kenworthy and several local donors.

"We keep track of who comes, whether it's students or community members and it seems like it's always right about 40 percent students and 60 percent community members," Nelson said. "It's a great event that brings people together."

Sere Previto, an Italian and Spanish professor at WSU, was at Tuesday's film. She has attended the festival for many years and recommends people to view these films.

"The movies are great and people need to watch movies from other countries to understand another type of sensitivity that other people have



Clyde McCaw | Argonaut

A community member receives a ticket for the show.

towards life," Previto said. "I want to see that because I want to know these different kinds of people and it's nice to see how many variations we have."

Tuesday's film, "Ce Qui Nous Lie" (Back to Burgundy), is a drama and comedy, showcasing three siblings and their father's vineyard. One of the siblings comes back after 10 years due to their father's death.

On Oct. 9, "La Fille Inconnue" (The Unknown Girl) will show. The film is a drama following a female doctor who is determined to identify a dead woman after learning she died while ringing the doorbell at the hospital where she worked.

"Rodin" will show Oct. 16 and is set in France during 1880. The romantic drama is about Rodin, a famous French sculptor, and his romance with a student, Camille Claudel.

"We're always looking for some-

thing light-hearted to end the festival on an up note and we definitely got one," Nelson said.

The festival will end Oct. 23 with "C'est Quoi Cette Famille?!" (We Are Family), a comedic take on French family life. Bastien has seven half- and step-siblings from four different sets of parents. He never knows where he is going to stay, which he soon grows tired of and starts a revolution, putting the children in charge of where they stay.

"Everybody should come to talk about the movies and compare it with our culture," Previto said. "It is important to see our culture from the perspective of another and if we can learn from them, it can enrich our world."

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MUSIC

# Revved up and ready to

Women-led band ties their American roots back to family

Alex Brizee  
ARGONAUT

Hawthorne Roots began strumming their souls with music four years ago, sticking together ever since. The musical talents of sisters Madeline and Emma Kelly began at home — though their inspiration soared when they moved out west to Montana. The sisters found the rest of their band there: bassist Dustin Crowson, guitarist Lucas Mace and drummer and vocalist Michael DeJaynes.

All questions are answered by Madeline Kelly on behalf of the band.

**Why are you an all-sister band?**

"There's no harmony quite like family harmony, and so, we incorporate a lot of harmonies into our band, and that's something that one of the main parts of our band that's important. She and I have been singing together our whole lives, and she's my older sister, so ever since I could start making sounds we've been singing together."

**When was the first time you remember singing together?**

"I don't necessarily remember that moment, but when that photo was taken of me, it was like before I can even remember that we were singing together."

**Why did you move from the Northeast to Montana?**

"Even though we grew up being musical back home, maybe the west was the inspiration we need to start making a living out of it."

**Do you plan to tour outside the Northwest?**

"We're a group of wanderers. We all want to see new places, we want to play new venues — the sky's the limit. We'll play as far and wide as we can."

**Does the band have any unique traditions before a show?**

"We make each other laugh. We have this silly band handshake that we made up over the years and it's really dumb, it just loosens us up right before we go on. We just remember to have fun, and although we work hard and take this job seriously, we can't take ourselves too seriously."

**What made you choose Moscow, Idaho, as a place to stop and play?**

"As an independent band, what we do to figure out what steps we need to take in all aspects of the music industry as we look to our peers and we look to role models. Some of the bands that we've met along on the way have played at Jonn's Alley."

**You've branded your genre as 'Revved Up Roots Rock,' why not just stick with roots or rock title? What made you create your own genre?**

"We really don't feel like we fit in one particular genre, and you know, a lot of musicians say that today and I think it's true today. There's so much blending of different styles and turning into your own ... Hopefully it makes sense to people once they've heard the music."

**Why did you choose to be an independent band?**

"What we're trying to do is learn — learn all the aspects of the industry before we sign on to anything with anybody. Really make sure we're comfortable with who we are, what our sound is."

**What makes playing in a women-led band unique?**

"We're collaborating on working together which in the end that's what we all want."

Hawthorne Roots will be playing at John's Alley 9:30 p.m. Friday. They are promoting their new album "On Second Thought," which is available on Spotify and iTunes.

Alex Brizee  
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arg-arts@uidaho.edu or  
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COMMUNITY

# From Dead Head to Vogue

*Tye Dye Everything brings color to Moscow community*

Avery Pittman  
ARGONAUT

Tye Dye Everything owner Arlene Falcon can tie-dye just about anything — T-shirts, socks, boxer briefs, tennis balls, elk hides and drum heads.

For 20 years, Falcon and her four employees have been mastering the craft.

The colorful little shop in the heart of downtown Moscow came to be after Falcon attended a Grateful Dead concert in Eugene, Oregon, in 1987.

Inspired by all the psychedelia and tie-dye tees, Falcon said she made a move to make and sell her own tie-dyed items.

A couple years later at the 20th annual Woodstock festival in Spokane, Washington, she said she sold everything she made, coming home with \$200.

"I turned to my husband at the time, and said, 'Wow, maybe we

have something,'" Falcon recalled.

Eventually, attending events and bartering at fairs lead to a business shop of her own and goodbye to tie-dyeing on her kitchen counter, she said.

The first workplace Falcon said she set up was a screen printing shop, equipped with washers and dryers in the back — perfect for tie-dyeing.

In 1999, Falcon said she bought the current shop on Main Street and has been working hard ever since, building a name for her business.

Earlier this year, Falcon said she received an email from Vogue UK requesting 50 samples of her work for a photoshoot.

Falcon, too busy with her own work and not too interested in the offer, said she ignored the email.

A day passed when a follow up message appeared in Falcon's inbox. This time, however, she said she took up the offer, bartering the sample items down to 25 and shipping the works to the magazine.

Several months later, British singer Lorde had her team reach out to Falcon after a Vogue UK



Olivia Heersink | Argonaut

Tye Dye Everything, owned by Arlene Falcon, in downtown Moscow opened in 1999.



Arlene Falcon

Instagram post displayed a model in a pair of Falcon's handmade rainbow overalls, she said.

After Falcon's overalls were featured in the magazine, the singer told her she fell in love with the dyed creation, so Falcon sent her two pairs. After the full-page spread in the fall fashion issue of Vogue UK, Falcon and her busi-

ness gained more publicity than she ever expected, she said.

Falcon was on KREM 2 News Sept. 20 following the magazine feature.

"I was so shocked," she said. "I couldn't believe it."

Since 1987 concert, the Grateful Dead remains her favorite band, Falcon said. She hosts a show on

Moscow's local radio station, 90.3 KRFP, where she plays '60s music, reminding her of the colorful times that led her to where she is now — Tye Dye Everything.

Avery Pittman  
can be reached at  
arg-arts@uidaho.edu

GAMING

## 30,000 swift steps to success

*Ninth annual Vandal Overnight provides unique gaming experience at UI*

Max Rothenberg  
ARGONAUT

Jacob Flynn's smartwatch typically reads 30,000 steps by the time Vandal Overnight Games ends. This Saturday will be no different.

The 9th annual Vandal Overnight Games, hosted by ITS and marketed as "the largest community gaming event at University of Idaho and on the Palouse," will run Saturday from 10 a.m. to 12 a.m. in the Bruce Pitman Center.

Flynn, the event's co-founder and Information Technology Services (ITS) essential services lead, said he helps put out "fires" and makes sure the many different activities run smoothly throughout the day.

The event is free and open to the general public, and full-time UI students in attendance can win a \$1,000 scholarship.

There are a number of new activities, including Quidditch scrimmages and an escape room, hosted by the Lewiston-based Just In Time Escape Rooms.

Flynn said the escape room takes place outside in a bus, and involves up to eight people solving a

murder mystery.

"I haven't done it myself — I really just hope I can find 30 minutes at some point to run it," Flynn said.

While the event has previously been held in the Idaho Commons, Flynn said the venue change was necessary.

"Every year we're asked about how many people attend the event, and we always have to estimate," Flynn said. "Ultimately there's 15 entrances to the Commons, and when we count 500 to 600 wristbands and 1200 meals, we have to find some average in there. Meanwhile, the Pitman Center has three, which makes it much easier to track and give us an accurate count."

Square footage remains approximately the same, and Flynn said while it took time to redesign the layout, there is more than enough space to accommodate the various activities.

Additionally, he said student feedback had a tendency to voice confusion on where to find different activities.

"We consistently hear, 'I don't know where to find anything, I can't find stuff to do,'" Flynn said. "That's because we're on the fourth floor, third floor, TLC, all over the place. Being able to have everything mostly on the same floor will really help attendees find what

is going on."

Flynn said food was initially a concern as well, since the Pitman Center lacks a food court. However, ITS is providing much of the same free food for the event, and students can expect a variety of options.

The Moscow-based Palouse Board Gamers will also be in attendance, providing more than 200 games for anyone, either by themselves or part of a group, to play for free.

Club founder Sherri Haight said the board games offer a more tactile experience for those interested, and club members will be on hand to answer questions.

"Even a video gamer is going to get a very different experience here," she said. "A lot of us don't enjoy online board games, since even if you're playing against another person, you're not getting that face-to-face, tactile experience."

Haight founded the club in 2006, and said she always looks forward to meeting new members and figuring out what games they enjoy.

Palouse Board Gamers meets every week at Shari's and typically attracts up to 30 members, with many bringing their own games.

"For many years, my games were the club's only options," Haight said. "Now we have so many enthusiastic

people who bring their own games. Some of these are so expensive, I'm really proud they're all dedicated enough to risk their property that way."

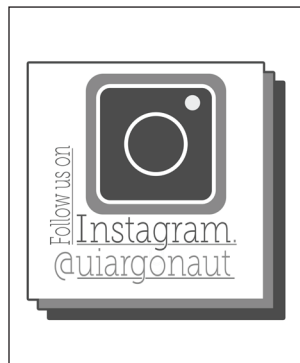
She said there are games for every possible mood and situation — games that can be played in 10 minutes or over the course of six hours. Additionally, she said the club always tries to include a mix of hot, new games and older classics for those unfamiliar with board games.

"I don't want anyone to feel intimidated — we're in the golden age of board games," Haight said. "There's such a plethora of wonderfully designed games for all player groups. Even though they might seem expensive, you're getting a great experience that will last for years and years."

Other Vandal Overnight activities include virtual reality booths, karaoke and a variety of video game tournaments — League of Legends, Dota 2, Super Smash Bros. and Mario Kart.

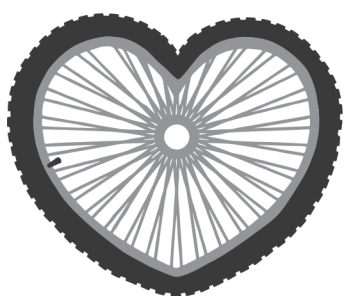
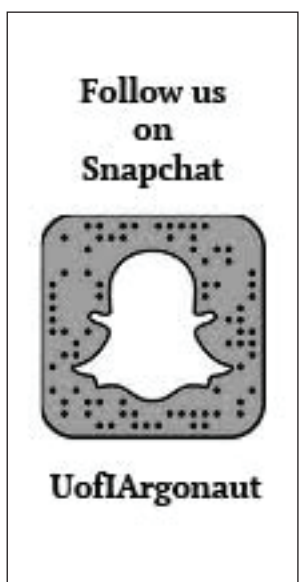
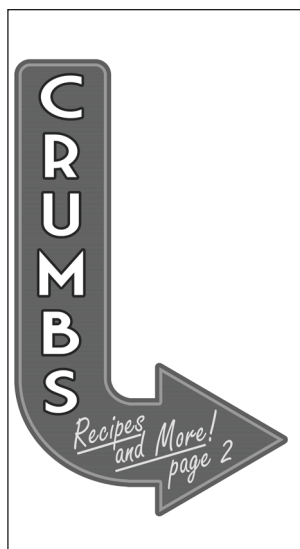
"When you find a game you like, you're locking in years of great experiences with you and your friends — it's worth a look to find something, anything," Haight said.

Max Rothenberg  
can be reached at  
arg-arts@uidaho.edu



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| Daily 3D 9:35                              | Sat-Sun (10:45)        |
| •Smallfoot                                 |                        |
| PG Daily 2D (3:30) 6:10 8:45               | Sat-Sun (10:40) (1:05) |
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| Daily 3D 9:35                              | Sat-Sun (10:45)        |
| •Hellfest                                  |                        |
| R Daily (5:00) 7:30 9:50                   | Sat-Sun (12:00) (2:30) |
| •Night School                              |                        |
| PG13 Daily (4:30) 7:15 10:00               | Sat-Sun (11:10) (1:40) |
| •Smallfoot                                 |                        |
| PG Daily 2D (3:35) 6:10 8:45               | Sat-Sun (10:40) (1:10) |
| A House with a Clock in the Walls          |                        |
| PG Daily (4:00) 6:30 9:00                  | Sat-Sun (10:50) (1:20) |
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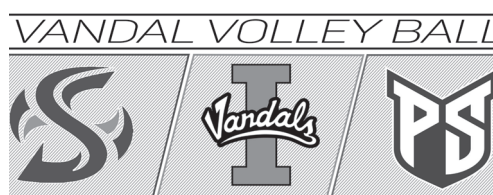
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Complete the wellness passport and you can be entered into the bike drawing.

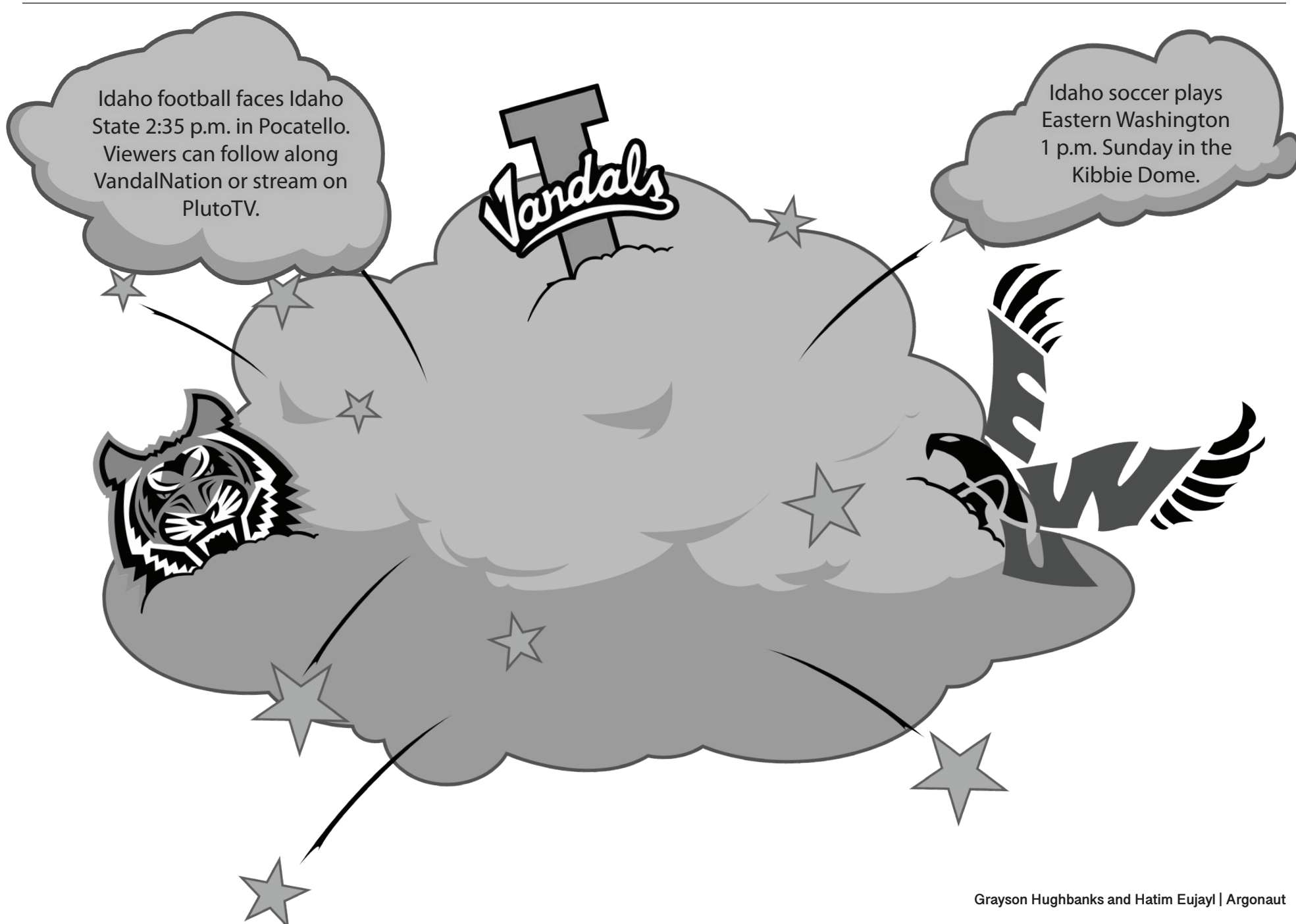
Thank You ASUI for donating the bike.



# SPORTS



Idaho volleyball returns home to take on Sacramento State and Portland State  
PAGE 9



Idaho football faces Idaho State 2:35 p.m. in Pocatello. Viewers can follow along VandalNation or stream on PlutoTV.

Idaho soccer plays Eastern Washington 1 p.m. Sunday in the Kibbie Dome.

Grayson Hughbanks and Hatim Eujayl | Argonaut

## FOOTBALL AND SOCCER PREVIEW

# Revisiting the rivalries

Chris Deremer  
ARGONAUT

Rivalry week seems to have arrived for the Vandals.

Idaho football is set to travel back to Pocatello for the first time since 1997 to rekindle the rivalry against the Idaho State Bengals.

Idaho State comes off a big win against Northern Arizona to make the Bengals 2-0 in Big Sky play, giving them a huge boost of confidence coming into this week's game.

The Vandals come off a dominant win against Portland State to get their first Big Sky victory. Now, Idaho looks to take down the in-state rivals on Saturday.

Idaho Head Coach Paul Petrino said he understands the magnitude that comes with the Battle of the Domes rivalry.

"This is basically a state championship," Petrino said. "I think there will be a lot of excitement, and should be a great atmosphere."

It has been 10 years since the last time these two squads met. Idaho took the win back on Sept. 6, 2008 with a score of 42-27. The Bengals have not grabbed a win against Idaho since the 1995 season.

The Idaho teams have faced off 39 times over the years, with the Vandals leading the all-time series 28-11, including 11 of the past 12 meetings.

Petrino said preparation is key when it comes to rivalry games, such as the contest to come.

"I've been in a lot of rivalry situations and games," Petrino said. "You do different things to get ready, talk about it all week, then take that field with all the excitement and fire you can."

Junior wide receiver Jeff Cotton said he looks forward to being a part of his first rivalry game.

"It's exciting, especially it being an Idaho versus Idaho State game," Cotton said. "With it being an instate game, I think it's one of those games you wish about and dream about playing."

Idaho will look to grab their first road win of the season. Idaho's only wins thus far have come from inside the confines of the Kibbie Dome.

Time will tell if Idaho can have the same success in the dome-away-from-dome.

Idaho State comes in 2-0 at home this season, while scoring over 40 points a game in both contests. The Vandal defense needs to make the Bengals uncomfortable in the Dome to give Idaho an edge.

"The defense needs to stop the run,"

Petrino said. "I think a huge factor in this game will be which team can run the football better. That could be a huge factor in who wins the game."

Idaho senior running back Isaiah Saunders has been the backbone of this offense, showing week after week he can carry the workload this Vandal team puts upon him.

Saunders is averaging nearly 95 all-purpose yards a game and has broken 100 all-purpose yards throughout the past two games.

For Idaho to win this game, Saunders looks to be a key factor not only on the ground, but through the air as well.

Idaho State running back James Madison will be a force to be reckoned with for the Bengal offense. Madison averages around 107 yards rushing this season so far, and the Idaho defense will have to stop the bulldozing

running back.

The Bengals come in to Saturday with the third best scoring offense in the Big Sky, averaging 45 points a game so far this season. Idaho ranks eleventh in the Big Sky, averaging only 13 points a game.

That statistic already puts Idaho at a disadvantage, and showcases why this Vandal defense needs to put on the show of a lifetime if they want to continue to dominate the rivalry.

Idaho will have their full arsenal at hand Saturday, with the quarterback combo of junior Mason Petrino and sophomore Colton Richardson back and healthy once again.

If Idaho falls behind early, this may finally be the chance for Richardson to show off his cannon of an arm.

One thing for certain is that senior defensive back Dorian Clark and the rest of the Vandal defense will be ready to finally be a part of the state rivalry.

"Being able to experience the rivalry for the first time is going to be fun," Clark said. "Being able to finally see what the rivalry is all about is exciting for me."

Idaho will travel to Holt Arena to take on the Idaho State Bengals Saturday, Oct. 6 at 2:35 p.m. in Pocatello.

Chris Deremer can be reached at [arg-sports@uidaho.edu](mailto:arg-sports@uidaho.edu) or on Twitter @Cderemer\_VN

Zack Kellogg  
ARGONAUT

Two Big Sky rivals are set to take the turf Sunday, in what could be a huge game for both schools — Eastern Washington versus Idaho in the Kibbie Dome.

Idaho is now midway through its Big Sky schedule, with head coach Jeremy Clevenger and a veteran squad looking to hit their stride at the perfect time.

The Vandals have a 2-1-1 record and are sitting at third in the conference standings, playing a host of solid programs including Northern Colorado, the No. 2 team in the Big Sky.

The Eagles are currently the reigning Big Sky Champions and look to defend their place at the top of the conference throne, but their record is 1-2-1 in conference this season.

The Eagles will face their

regional rivals coming off a loss against Northern Colorado.

"We played about as poorly as we could today, and UNC punished us," EWU Head Coach Chad Bodnar said in a news release. "We got beat in every aspect of the game today and look forward to getting home and back to work on Tuesday."

Idaho and Eastern Washington's recent history has been one of games coming down to the wire, decided by the slimmest of margins.

In the last meeting between the programs last season, the Vandals and Eagles met during the final game of the season, where the Vandals handed the Eagles their only loss of the season.

In the last six meetings between the two programs, the final scores have all been decided by one goal or fewer.

"I think it will be a tight game and a close game," Clevenger said. "Both teams are fighting for standings in the conference, and the nice thing is that we are home and we will be able to use that to our advantage, but it could be decided by a goal or two."

Then there is Pete Showler, who some may remember as former head coach of the Idaho soccer team.

Showler was at the helm of the Idaho program for 10 seasons, from 2005 to 2014, where he became the winningest head coach in school history and led Idaho to its best record in school history,

with 14-7 in 2010.

"I have had great conversations with Pete, and I think he is still a great advocate for Idaho soccer," Clevenger said. "I think when you spend somewhere for 10 years, it never leaves you...I have a lot of respect for (Showler), and it will be fun to play against him."

Idaho certainly has the talent to match up with Eastern Washington and has impact players on both offense and defense.

The defensive line is anchored by senior defenders Kelly Dopke and Kayleigh Fredrick, and will be crucial to limit the shots taken on goal.

"Our two center backs Kelly Dopke and Kayleigh (Fredrick) ...they have really been the anchors on our defense," Clevenger said. "Been breaking up a lot of plays and been great in the air."

Senior goalkeeper Makayla Presgrave will also be an impact player to watch for. With at least a couple shots inevitably going to make their way toward goal, Presgrave will have to make sure she is on top of her game to help Idaho pull out the win.

On the offensive side of the field, Idaho will look to junior forward Myah Merino and senior forward Bridget Daley. Both players are leading the team in scoring and will need to use their speed and elusiveness to get open shots and find the back of the net.

"On the attacking side, I give a lot of credit to Myah (Merino). She just scored her third goal in four games and is just really starting to come on and be that goal scorer for us," Clevenger said. "(Bridget Daley) had a hat trick early on and I think she keeps on getting more confident ... I think once she gets another game like that under her belt, she's really going to skyrocket."

Even though the Eagles have a new look to the roster this season, Clevenger sees the culture that has been built in Cheney.

"I know (Eastern Washington) has a new group and they lost a lot of players from last year, but this is still a team that has experience of winning and it's going to be a fun game on Sunday."

Idaho will take on Eastern Washington 1 p.m. Sunday (Oct. 7) in the Kibbie Dome.

Zack Kellogg can be reached at [arg-sports@uidaho.edu](mailto:arg-sports@uidaho.edu)



Check back in with Vandal Nation Saturday and Sunday night for full rivalry weekend coverage at [thevandalnation.com](http://thevandalnation.com)



**VOLLEYBALL PREVIEW**

# A return to Memorial Gym

*Idaho faces a pair of interesting matchups in its return to Moscow*

**Jonah Baker**  
ARGONAUT

In a long-awaited return home, Idaho volleyball will have a pair of tough challenges in front of it.

The Vandals (8-8, BSC 2-2) will take on Sacramento State and Portland State in their first home conference matches of the season. The match against Sacramento State will be Idaho's first in the Memorial Gym since Aug. 25.

The Hornets (8-10, BSC 3-1) come to Moscow riding a three-match winning streak and pose a unique challenge to an Idaho team that is trending in the opposite direction. In their previous two matches — both losses — the Vandals were out-blocked and remarkably error-prone. Sacramento State is

usually a dominant team at the net, recording 2.6 blocks per set so far this season. Idaho boasts that exact same figure, but the advantage may be in the homecourt.

In matches away from Sacramento this season, the Hornets are only 1-4. Much unlike the Vandals, Sacramento State played host to two invitationals prior to conference play, but their record away from home suggests a possible weakness on the road. The Hornets also endured a grueling three-match stretch at the Boise State Invitational in which they were swept in all three matches played.

Senior outside hitter Mikaela Nocetti leads

the Hornets with 3.84 kills per set, including five matches with 20 kills. Senior middle blocker Lana Brown is a force for Sacramento State at the net, leading the Hornets with 1.27 blocks per set and a .285 hitting.

Idaho's second matchup will take place Saturday against Portland State.

The Vandals have not beaten Portland State since 2015, but Saturday's match will be a good opportunity to break that streak. The Vikings currently have a 1-15 record and have started 0-4 in the Big Sky. They have not won a match since their first of the season against Long Beach State. Portland State has

only forced two five-set matches and has been swept nine times.

Regardless of records, this is a game Idaho needs to pick up.

The Vandals can ensure victory by maintaining dominance at the net, which is exactly what they did not do in two losses against Weber State and Idaho State. Idaho will have to look out for senior outside hitter Jenna Mullen, who leads the team in points with 155 and 3.18 kills per set.

The Vandals will return home to Memorial Gym to play Sacramento State Thursday at 7 p.m. and the team will play again at home Saturday against Portland State at 7 p.m.

*Jonah Baker can be reached at arg-sports@uidaho.edu*



**FOOTBALL POWER RANKINGS**

# Big Sky power rankings: Week 6

*A win against Portland State keeps Idaho afloat in this week's Big Sky rankings*

**Brandon Hill**  
ARGONAUT

**UC Davis**

The Aggies maintain their top spot thanks to a bye. An upcoming matchup with Northern Colorado will likely keep UC Davis atop the list for another week.

**Montana**

A pure thumping of Cal Poly showcased the offensive prowess of Montana not yet unleashed this season. A three-touchdown performance by quarterback Dalton Sneed should make future opponents nervous.

**Eastern Washington**

The Eagles took care of business against Montana State, as expected. With 511 yards of total offense in Week 5, Eastern Washington should easily fly past Southern Utah next week.

**Weber State**

The Wildcats escaped this week with a bye. Next week, Weber State should prevail against a struggling Northern Arizona.

**Idaho State (+3)**

The biggest surprise of the season, the Bengals have steadily gained steam. With the team's first 50-point performance of the year, it seems Idaho State's offense finally arrived. Defensively, the Bengals have yet to

keep a team under 20 points, but time will tell if they can climb the ranks.

**Idaho (+1)**

While Idaho State has defied expectations, the Vandals have underwhelmed the Moscow faithful five games in. Winning record aside, Idaho has not established itself as dominant in a conference game, barely scraping by a dismal Portland State team 20-7. If Idaho can dominate the Bengals next week, it might finally be taken seriously in the Big Sky.

**Sacramento State (-1)**

While the Hornets may not have taken the field this week, their 2-2 record, coupled with a blowout loss to Montana last week, just doesn't hold up when compared with the two wins earned this week by Idaho teams.

**Montana State (-3)**

Quarterback changes are in the air, as both of the Bobcats' signal callers failed to maintain any kind of momentum against Eastern Washington. Troy Anderson carried most of the load Saturday, but an 0-2 touchdown-to-interception rate does not bode well for the future.

**Northern Arizona**

The Lumberjacks took advantage of an undersized Idaho State defense, notching 42

points in a shootout. However, giving up 56 points will not help Northern Arizona climb to the top any time soon.

**Southern Utah**

The Thunderbirds may be better than their 0-4 record indicates, but if they can't secure a win over Eastern Washington next week, their season will all but evaporate.

**Northern Colorado**

Northern Colorado was overpowered by North Dakota last week 38-13, and an upcoming game against UC Davis will likely result in an 0-6 record to start the season, further tanking their rank.

**Cal Poly (+1)**

A loss to Montana was all but expected over the weekend, but the Mustangs still managed 28 points against a staunch Grizzly defense.

**Portland State (-1)**

The Vikings' lone win against the College of Idaho, an NIAA team, speaks volumes. The team has yet to secure a win in the FCS for two years and Saturday's performance against a sluggish Idaho offense further exemplifies the team's inability to compete in the Big Sky.

*Brandon Hill can be reached at arg-sports@uidaho.edu*

| VANDAL NATION BIG SKY POWER RANKINGS |             |
|--------------------------------------|-------------|
| 1                                    | UC DAVIS    |
| 2                                    | U OF M      |
| 3                                    | EASTERN     |
| 4                                    | WEBER STATE |
| ↑ 5                                  | IDAHO STATE |
| ↑ 6                                  | U OF I      |
| ↓ 7                                  | SACRAMENTO  |
| ↓ 8                                  | MONTANA     |
| 9                                    | NAU         |
| 10                                   | SUU         |
| 11                                   | UNC         |
| ↑ 12                                 | CAL POLY    |
| ↓ 13                                 | PORTLAND    |

Connor Braese | Argonaut

**CASH FOR BOOKS**  
ALL YEAR LONG

**VandalStore**  
The official store of the University of Idaho

**CROSS-COUNTRY**

# Mastering the competition

*Idaho women take the victory, men take second*

**Meredith Spelbring**  
ARGONAUT

Idaho women's cross-country took home the victory, while the men took second at the Montana Invitational in Missoula Sept. 28.

The women grabbed the victory over six other Division I competitors, including three Big Sky squads, to finish with a score of 20.

The men's squad was the top Big Sky team, taking down Montana State, Montana and Eastern Washington. The men fell to Gonzaga, ranked eighth in the West Region ahead of the invitational. The Gonzaga men won with 15 points, taking the first through eighth top places in the men's 8k.

Senior Skylar Ovniczek led the way in ninth place with a time of 25:32.40.

Junior Fabian Cardenas finished in 11th with a time of 25:40.50, followed closely by sophomore Michael McCausland in 12th with a 25:40.80.

Junior Dwain Stucker took 17th overall with a 25:51.00. Junior Grayson Ollar rounded out the competition for the Vandals with a time of 25:51.40.

The women took the team victory; Junior Kara Story led the women, grabbing the individual victory in the women's 5k. Story took the win with a time of 18:05.60, almost a full 12 seconds ahead of the closest competition. Senior Andrea Condie took second overall with a time of 18:17.50. Sophomore Malaina Thacker placed third with a time of 18:31.20.

Senior Erin Hagen and sophomore Faith Dilmore took sixth (18:46.60) and eighth (18:57.90), respectively.

Idaho will take a few weeks off before traveling south to the Bronco Invitational Oct. 13 in Santa Clara, California.



*Leslie Kiebert | Argonaut*  
Idaho competes on the UI Golf Course

*Meredith Spelbring can be reached at arg-sports@uidaho.edu*

# Argonaut Religion Directory

**BRIDGE BIBLE FELLOWSHIP**  
Sunday Services

**Pastors:**  
Mr. Kirk Brower - Senior Pastor  
Mr. Kim Kirkland - Assistant Pastor  
Mr. Nate Anglen - Assistant Pastor

960 W. Palouse River Drive, Moscow  
882-0674  
www.bridgebible.org

**Moscow Bible Church**

Meeting at Short's Chapel  
1125 E. 6th St., Moscow

Sunday Worship Service — 10 a.m.  
Christ Centered  
Biblical, Conservative, Loving  
www.moscowbible.com

Pastor Josh Shetler, 208-874-3701

**ST. AUGUSTINE'S CATHOLIC PARISH**

628 S. Deakin - Across from the Pitman Center

www.vandalcatholics.com

Weekday Masses:  
Mon. & Thurs. 11:30 a.m.  
Wed. & Fri. 5:30 p.m.  
Sunday Masses:  
10:30 a.m. & 7 p.m.

Email: vandalcatholic@outlook.com  
Phone & Fax: 882-4613

**First Presbyterian Church**  
A welcoming family of faith

Sunday Worship 10:30 am  
Sunday College Group 6:30 pm  
at Campus Christian Center  
Wednesday Taizé Service 5:30 pm

405 S. Van Buren fpcmoscow.org  
Moscow, Idaho 208-882-4122  
Pastor Norman Fowler

**TRINITY BAPTIST CHURCH**

711 Fairview Drive, Moscow, ID  
208-882-2015  
Sunday Worship at 10:30 a.m.  
www.trinitymoscow.org  
College Dinner + Study Tuesdays at 6:30 p.m.

**Evangelical Free Church of the Palouse**

**College Ministry**  
Tuesdays @ E-Free, 6-8 pm  
(includes dinner)

Sunday Classes - 9 am  
Sunday Worship - 10:10 am

4812 Airport Road, Pullman  
(509) 872-3390  
www.efreepalouse.org  
church@efreepalouse.org

**Augustana Lutheran Church**

Sunday 10am  
1015 West C St., Moscow  
moscowlutheran.org

If you would like your belief-based organization to be included in the religion directory, please contact Student Media Advertising representative Grace Wiese at gwiese@uidaho.edu



# Staff predictions

The Vandal Nation staff predicts the outcome of the Idaho soccer match versus conference foe Eastern Washington.



Meredith Spelbring  
ARGONAUT

**Meredith Spelbring — Idaho wins 2-1**

Despite a recent skid, Idaho has held serious momentum with head coach Jeremy Clevenger and the senior-packed roster. With the added momentum from home turf, Idaho will pull this one out over Eastern Washington and run away with the win.



Brandon Hill  
ARGONAUT

**Brandon Hill — Eastern Washington wins 2-1**

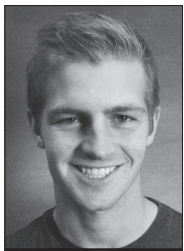
Rivalry games are always a knock-out-drag-out fight and this one will be no different. Unfortunately for the Vandals, Eastern Washington will come in with firepower, ready to avenge their loss last weekend and their loss to Idaho last season.



Chris Deremer  
ARGONAUT

**Chris Deremer — Idaho wins 1-0**

With a perfect record this season in the Dome, expect Idaho to come away with another home victory this season. This game will be an absolute grinder with the two Big Sky foes, but the Vandals will prevail against an Eagles team that struggles playing on the road.



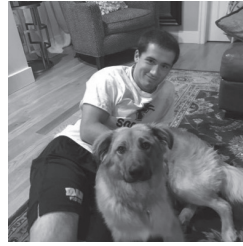
Jonah Baker  
ARGONAUT

**Jonah Baker — Idaho wins 2-1**

The Vandals are yet to lose at home this season, and Sunday's matchup could be another opportunity to add to that record. Idaho's defense should be able to stifle an Eastern Washington attack that has trouble scoring goals.



**@VANDALNATION  
TWEETS OF THE WEEK**



**@masonpetrino7**

Thank you to Mr. Hilinski for taking time out of his schedule to speak to us. Your strength and courage last night inspired us all. We promise to continue the discussion of prioritizing mental health. You guys will always be in our prayers @HilinskisHope

—The father of Tyler Hilinski visited Idaho this past week to discuss issues on mental health, making an impact on many Vandals.



**@NCAA\_FCS**

#4 FCS PLAY OF THE WEEK

Featuring: @VandalFootball

BLOCKED punt and a return for a TD!

—Idaho takes home the fourth-best play of the week with a blocked punt for a touchdown during Saturday's game.



**@VandalFootball**

Jeff Cotton is one of two players in the country to catch a TD in each of his team's first four games. #GoVandals

— Idaho hopes to win big in the upcoming matches in the early weeks of the season.

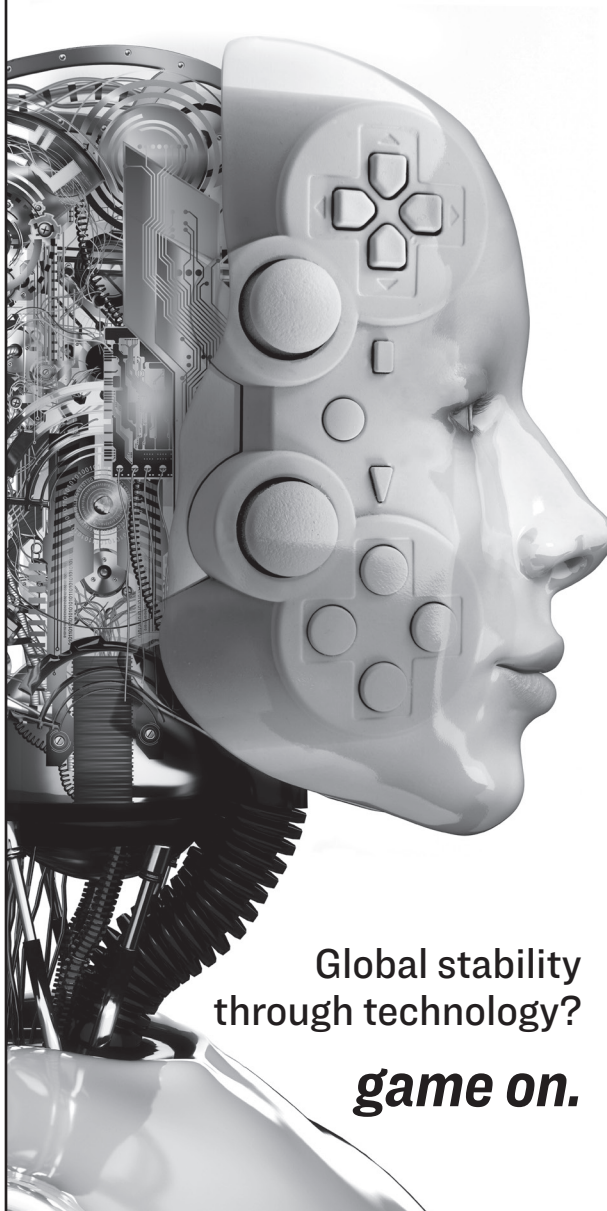


**@KellyDopke**

I am an aspiring doctor. I am a country music lover. I am a daughter, sister, and friend. I have strengths and I have weaknesses. I am more than just a student athlete. #NCAAInclusion #BigSkyInclusion

— Vandal Soccer's Kelly Dopke shows us why she is more than just a student athlete for Big Sky and NCAA Inclusion.



## 2018 Borah Symposium




# TECHNOLOGICA PAX

Global stability through technology?  
**game on.**

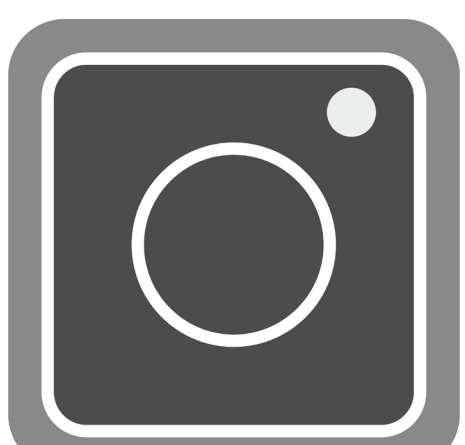
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|--|--|---|
| <p><b>MONDAY<br/>OCTOBER 8<br/>7:00 P.M.</b></p> <p>Opening Keynote Address<br/><b>War, Sabotage and Fear in the Cyber Age</b></p> <p>International Ballroom, Bruce Pitman Center<br/><i>Presented by David E. Sanger, Chief Washington Correspondent and Senior Writer for the New York Times</i></p> | <p><b>TUESDAY<br/>OCTOBER 9<br/>12:30 P.M.</b></p> <p><b>Renfrew Colloquium on Gaming for Peace</b></p> <p>Vandal Ballroom, Bruce Pitman Center<br/><i>Presented by John Anderson, Program Head of Virtual Technology &amp; Design at U of I</i></p> | <p><b>WEDNESDAY<br/>OCTOBER 10<br/>7:00 P.M.</b></p> <p>Closing Keynote Address<br/><b>The Role Technology is Playing in the Modern World</b></p> <p>International Ballroom, Bruce Pitman Center<br/><i>Presented by Jane McGonigal, World-Renowned Game Designer</i></p> |
|--|--|---|

All events are open and free to the public



www.uidaho.edu/borah



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## Symptoms of depression and anxiety are not a “normal part of life.”

Clinical depression and anxiety are **serious medical illnesses.**

**Two-thirds of people** suffering from depression and anxiety do not seek the necessary treatment.

**There are effective treatments for both depression and anxiety.**

The UI Counseling and Testing Center and Vandal Health Education are providing

## free, confidential screenings

to students and community members

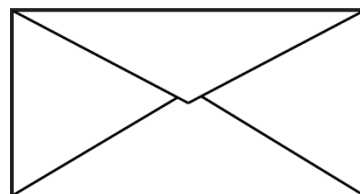
**10:30 a.m. to 2:30 p.m. Thursday, October 11 in the Idaho Commons**

*Participants in the screening will receive a free mood ring.*

The Counseling and Testing Center (CTC) offers FREE & CONFIDENTIAL counseling and psychiatric services for full-time enrolled students.  
208-885-6716 uidaho.edu/ctc



# OPINION



Send us a 300-word letter to the editor.

ARG-OPINION@UIDAHO.EDU

## OUR VIEW

# Everyone's responsibility

*Voting isn't just a right, it's a responsibility*

Current political affairs are dividing the United States — that much is nearly inarguable.

Those who support President Donald Trump and the GOP seem to be in a constant battle with those who do not, and vice versa.

Those who do not support the 45th president likely carry a long list of complaints and points to give as to why the president is a bad politician or why it is time for talks of impeachment. Those who fall in that group and are millennials must keep their list of gripes and complaints in mind as another cycle of elec-

tions quickly approaches.

Only 50 percent of millennials — people ages 18 to 35 — turned out to vote in the 2016 election, according to the Pew Research Center. The minimal turnout instantly silenced their democratic voices.

The U.S. Census states there were 83.1 million millennials in 2015. Given that information, roughly 41 million millennials neglected to cast a vote in the most important election in the country, 41 million voices not utilized in a crucial decision.

Maybe that is just 41 million votes for Trump. Regardless of political affiliation, in 2016 there were over 41 million voices unheard.

The right to vote and participate in the democratic process is one people fought hard for. In some countries, people might be fighting forever. It is a right those who came before fought for, yet it is a right many give up election after election.

Midterm elections are Nov. 6. In the next 33 days, voters in Idaho will prepare to vote for candidates vying for positions from district judges to governor.

While it can be easy for students to get wrapped up in the day-to-day of being a student, or simply overwhelmed by the political unrest flooding the news, it is important to be a part of the conversation, regardless of political stance.

For those who are not already registered to vote, there are plenty of options. Idaho residents can register to vote online. Students can go to [uidaho.turbovote.org](http://uidaho.turbovote.org).

The current political climate has gotten so heated it is easy to feel overwhelmed by the thought of keeping up with the news, let alone diving into the political scene.

But that doesn't mean it is not part of everyone's civic duty, including students. It is not who you vote for that counts — it's that you vote in the first place.

This November, don't be part of the 41 million not using their voice.

— MS

## Q & A

A CHAT WITH THE ONES WHO KNOW BEST



Nicole Skinner  
ASUI PRESIDENT

### In what ways do you encourage students to get out and vote?

This year the Department of Student Involvement is hosting a Party at the Polls, which will be a community-wide event close to the polling location — Latah County Fair Exhibit Building — with free food, entertainment, live music, games and more. ASUI Student Government is participating in voter registration drives hosted by the Center for Volunteerism and Social Action. The Student Government is also curating a higher education legislator report card that we hope to use as a voter turnout and voter education tool. We're attempting to be ambassadors for civic engagement in every way possible.

### What advice do you have for students looking to research candidates?

I personally think open forums are the best way to learn about candidates because it allows you to interact with them but. If that's not an option, I would suggest that students browse candidates' websites and social media platforms or use a website like [ballotready.org](http://ballotready.org) that compiles information about candidates.

### What advice do you have for students looking to engage more in politics at the local or university level?

Students should make sure to check their student emails so that they can vote through the ASUI voting ballots for the fall and spring elections. Participating in local politics is very easy as well — you just need to register to vote, remain updated on when elections are happening, and educate yourself on the candidates. There are many resources that make it even simpler.

### Where can students go to register?

University of Idaho students can register to vote and get election reminders at [uidaho.turbovote.org](http://uidaho.turbovote.org). I love TurboVote because it contacts you when there is an election coming up in your district so it's an easy way to stay updated.

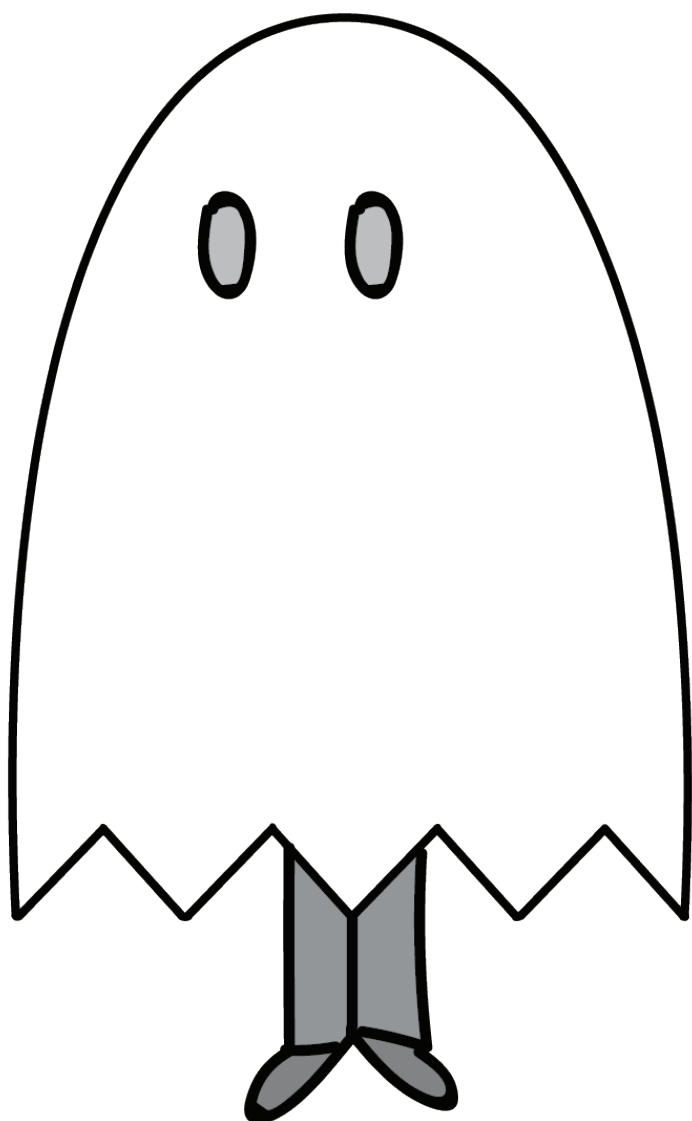
### Why do you think voter apathy is prevalent among young people?

A lot of young people feel like their vote doesn't count and I understand why. It's difficult to feel like individual votes matter in national elections, but it's still so important to vote. They don't realize that local elections are often won by around ten votes and that individual votes make a big difference in those outcomes.

### What changes do you think young people are looking for in their representatives?

In my perspective, young people are looking for candidates to be excited about. They're tired of candidates who play games or are dishonest about their motives. They want to vote for people who will unapologetically, enthusiastically advocate for them and they aren't afraid to make that clear.

# BRETT KAVANAUGH'S NEW COSTUME



White male privilege



Anslee Lechner  
ARGONAUT

# The female wave

*Make your vote truly count by turning out for women*

When January hit, the internet flooded with stories about women around the country vying for political offices — some looking to return and many others looking to dive right in.

In April 2018, 472 women entered House races. More than 50 women looked to enter their respective Senate races. Nearly 70 women threw their hat into their individual gubernatorial races, according to The New Yorker.

Of that original total, a record 256 women will be on general election ballots for Congress this November, according to The Seattle Times.

However, these names on upcoming ballots won't just represent females. They will represent women of color, members of the LGBTQA community, mothers and first-time politicians.

These attributes show women in office most often means diversity in office. Time and time again, we know that with diverse representation, constituents are more likely to voice their opinions and vote.

Of the 100 members of the United

States Senate, just 23 women hold seats. Of the 435 members of the House, just 84 women hold seats.

Idaho's four national leaders in both the House and the Senate are all male, and it has been that way for years.

While a majority of the women running for political office nationally are running on democratic tickets, it can feel nearly impossible to elect female voices into leadership roles in deeply-Republican states like Idaho.

However, change can be made on multiple levels.

Even if our state lacks chance in electing a female representative in Congress or to the governor's seat, we can help elsewhere.

Support candidates that bring diverse views and backgrounds from other states. Share their information on social media and help campaign in the last month from afar.

Not all support has to begin with top representatives. Engaging women at the ultra-local level — city council, school boards and town programming — opens a door early on for young women looking to

get involved.

Women are not just mothers, sisters, daughters and friends — they are leaders, decision makers, politicians and voices for those often unheard.

During last week's National Voter Registration Day, a record 800,000 people registered, according to CNN. That makes another 800,000 people gearing up to elect new ideas and change this upcoming midterm.

We have just over a month to make individual female voices count so that future female leaders can succeed. It's not enough to say change is occurring simply because we have seen a wave of females running for office. Until their campaign efforts come to fruition, that won't be enough.

No matter what your political affiliation might be, the leadership of the country has been largely male and white for too long, stifling diversity and opinion.

Think female Nov. 6 for a more diverse, more hopeful and more influential political landscape in 2019.

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# Millennials: killers of culture

*What's next on the very long list of things killed by our most-blamed generation?*

Big shocker, millennials took another hit last week.

According to Bloomberg, the widely-berated generation has caused the divorce rate to plummet, due to both waiting for financial stability and class inequality pushing marriage toward a luxury for the rich.

Regardless of true cause, millennials have received plenty of heat for ruining almost every pillar of society — from mortgages to golf and even wine corks. This kind of generational behavior makes it enticing to guess which parts of everyday life millennials could ruin next with their penchants for juice bars and sustainably sourced clothing.

## Dreams

Don't be fooled, I don't mean the kind of aspirations that constitute careers. When I say millennials might ruin dreams,

I mean there is a legitimate chance that the visions we go through during sleep may never be the same once millennials are done with them.

Two factors are sure to kill millennial dreams as we know them. Millennials are already working more and sleeping in less regular intervals, possibly throwing off the natural dream cycles and subconscious factors that go into the production of dreams. Since most millennials grew up with brain-dead cartoons doing their imagining for them, few would even be capable of the creativity necessary to dream like their forefathers did back when men were men and everyone had dreams that provided inspiration or forecasted the future (especially in soap operas).

The financial ramifications would be obvious. Without dreams, millennials would be actively killing the mattress and pillow industries, because millenni-

als would see even less of the benefits of comfortable sleep.

## Hair

Millennials are always looking for the next way to increase efficiency in their personal and work lives. Haircuts and styling cost each millennial a substantial sum of money and time over the course of a year, and low-maintenance hairstyles are coming into fashion.

Is it that unrealistic to project that all millennials will be voluntarily bald or rocking a buzz cut within the next few years? With so many constantly worried about their appearance in comparison to others, why not even the playing field as an entire generation and get rid of hair altogether? There is a non-zero chance that the pseudoscience diets and experimental drugs that are constantly linked to millennials will bald them prematurely anyway, so why not get ahead of the curve?



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Of course, this would also send hairstylists and beauty product companies into epic tailspins, adding two more industries to the millennials' list of kills.

## Generational labeling

We are clearly running out of ideas for naming generations, with generations X, Y and Z being the best that we could muster for the past 40 years. In addition to the dearth of clever monikers, the term "millennial" has been beaten into the ground through constant media exposure. It seems unlikely that future generations would want any sort of term to group them together at risk of being admonished for every possible failing in society.

## Ruining things

This one is self-explanatory. For their entire existence on this Earth, millennials have been ruining things like it is literally going out of style.

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## Finding your place in society Taking the steps to find your place is important

Finding your place within society feels hard enough, but moving to a new place can make it even harder. Figuring out where you belong on a college campus and within its surrounding community can feel difficult, but it does not have to be unreasonably hard.

Most people wish there was a part of themselves they could change. The person you wish to be is your "ideal self." The person that you are is your "actual self." Somewhere between your actual self and your ideal self lies your place in society.

After you compare these parts of yourself, you can find what you want to do to narrow the gap between them. This will make finding where you belong a little bit easier. Reflect on yourself as you are now. Answering honestly will lead to more accurate results.

Start with your physical location. Where do you live? Where do you work or study?

Where do you hang out? What are these places like? Your location provides the base for how you interact with the world.

Now, move on to the basic facts that define you. What do you look like? Where were you born? How would you describe your personal history? Establishing the truth of your past will help you understand why you act the way you do.



Alexis Van Horn  
ARGONAUT

Acknowledging your behavior comes next. Who do you call your friends? How do you act around different groups of people? Do you tend to take risks or stay where you feel safe? Understanding your personality will help you understand your actions.

After you reflect on your personality, think about your values. What do you believe? What is important to you? Why do you believe these things? Your values and beliefs are the core of your person. They may change with time, but they are your internal foundation.

Once you have reflected on these questions, take some time to think about how you want to be. Acknowledging the need for personal growth and change is an important part of finding your place.

Start with the physical aspects of your existence again. Where do you want to live, work, study and hang out? Why do you value these places?

Move on to the basics about yourself. What do you want to change? What do you want to look like? What do you want your history to be? Why do you want to alter these things?

Now, describe the behavioral traits that you want to have. How do you want people to see you? How do you want to feel and act? Why do you think these traits are important?

As a final portion of this step, analyze your beliefs. Why do you think the way you do? Do you believe there are things you should change?

At this point, you have analyzed yourself

from the angles of how you are now and how you want to be. Now, formulate goals based off of this analysis. What are the differences between your actual self and your ideal self? How can you reach your ideals? Which ideals seem unachievable?

At this point, re-evaluate what you have established as your ideal self to make sure these ideals feel realistic. After you have done this, write out specific, reasonable, measurable goals for reaching these ideals.

Your place in society starts where you are right now and extends to your ideal self. Your place can change over time. Ideals, goals, behavior and

physicality are not permanent. As life goes on, it always good to take a step back and re-evaluate where you are and what you want to do.

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OPINION

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