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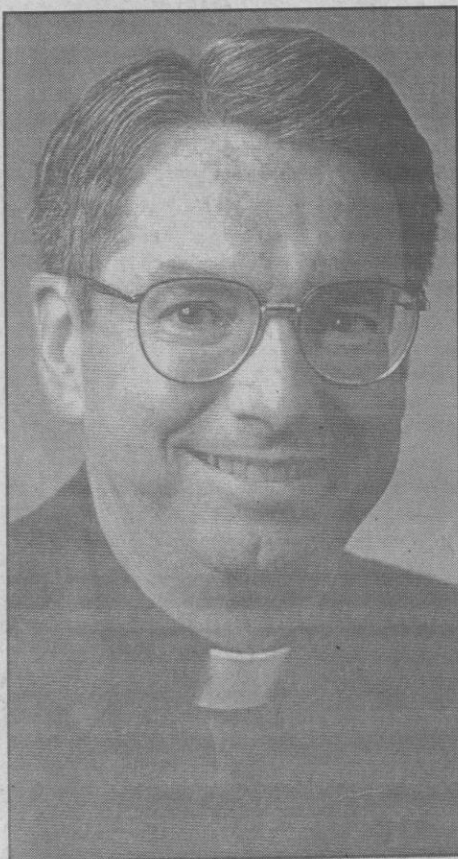
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Fr. Sheeran expands mission of service to others through Regis Institute for the Common Good

by Jim Magoonaugh



Through the Institute, Father Michael J. Sheeran hopes to connect Regis to the surrounding community.

Father Michael J. Sheeran is a man with many titles--administrator, teacher, colleague, and priest. "My duties extend beyond just the Regis University campus," Sheeran said. His primary responsibility at Regis University is that of fundraiser. Although he has limited direct interaction with students, he does enjoy any time that he has to spend with them. "It is unfortunate that I only get a chance to know a few students each year, usually those that I teach in my class," Sheeran said.

Sheeran, unlike most other university presidents, teaches a class once a year. Typically, he teaches a course entitled, "Political Theory," that discusses different theories of the ancient Greeks. He has an extensive teaching background, having taught for years at Regis University, Regis High School, and St. Louis University. Sheeran is the author of numerous articles, editorials, and book reviews. He has also edited several national and local periodicals, including *America* and *Catholic Mind*. His book, *Beyond Majority Rule*, a study of Quakers, is used by Quakers to teach new members their distinctive decision-making process.

Sheeran deals with a wide range of people, all with differing personalities and opinions. "The easiest way to work with people is to get to know them on a personal basis," Sheeran said. He believes that if people trust you, then they will follow your leadership

and support what it is that you want to get done. "He really wants to get to know you as a person," said Dr. Tom Reynolds, Regis University Vice President of Student Life. Reynolds explained that this personal approach is how Sheeran accomplishes goals and why his colleagues almost always support him in decisions that he makes about the university. One goal recently achieved is his long-held vision for the Institute of the Common Good, designed to bring together diverse community members. Archbishop Desmond Tutu's visit to Regis, in conjunction with PeaceJam activities, is first on the Institute's agenda.

Of all the roles that Sheeran plays, his primary role is that of priest. He was ordained in 1970, after entering the Society of Jesus in 1957. "He is a priest first," Reynolds said. He enjoys being a priest more than any other aspect of his life. Even though the priesthood is a major part of his life, it does not hinder his pursuit as a teacher or as an administrator. Sheeran explained that the priesthood offers him the opportunity to get to know people on a personal level. "I ask them about their kids or how a sick family member is doing," Sheeran said. With this in mind, he then feels that he will be better able to communicate his ideas about the university and its direction.

He is a huge asset to Regis. He is an administrator, teacher, colleague, priest, and something even more--a friend to all.

College tuition increases ahead

by Christy McFadden

Tuition rates increase every school year, and the 1999-2000 school year will be no different.

Every year, when the Board of Trustees meets early in the spring semester, they discuss the recommended rate increase for the upcoming school year. This year, no recommended rate has been assessed yet; however, for the 1998-99 school year, Regis tuition increased by 4.7% from the previous year. That may seem like a big chunk of change, but it's not, considering that for the 1976-77 school year, tuition increased by 25% from the previous year. According to a College Board survey, undergraduates at four-year, private schools like Regis, will see costs increase about 5% for the upcoming school year. In addition, students can expect a jump of between 3-5% in the cost of room and board.

"College affordability has become a growing national concern in recent years, not only for American families, but also for the federal government. Over the past two decades, the average tuition bill has climbed at double the rate of inflation," said Valerie Strauss, a writer for *The Washington Post*.

Even though increasing tuition rates mean that students and parents have to fork over more money to the college, Regis is still under the median tuition cost for all the Jesuit colleges and universities. The median price for these schools is calculated to be \$15,255 and, as of last year, Regis' tuition for Traditional Undergraduate students was \$14,900.

Plans underway to recognize student academic research with new Regis undergraduate publication

by Margaret Ahlberg

Upperclassmen and women know about the smelly, ugly perspiration that precedes every research paper. You're frustrated, aggravated, and never think you'll finish in time, so instead of working on your topic, you sit there kicking yourself for not taking the class pass/fail. The aggravating people out there who can effortlessly whip out a flawless research paper in about the time it takes to make a plate of macaroni and cheese are your nemesis. You start making a list of who would look nice in a pair of cement shoes, but sighing, you return to the task at hand. Nearly everyone has a social life and other commitments that lead to procrastination.

So, for those that slave over a cold PC until you finish in the wee hours of dawn, is

there a discernible Kudo? Give yourself a good whack on the back, then look no further than Gladys Frantz-Murphy. Rewarding the average college student's research paper, which at times, is much above average, is the goal of a student research journal Frantz-Murphy developed and will be published next spring.

Frantz-Murphy decided to get this collaborative effort underway last spring semester, while teaching Ancient Near Eastern History and a Women, Gender, and History seminar. "These papers deserve a wider audience," Frantz-Murphy said about the research papers her students turned in. She convinced Dean Stephen Doty to fund the student research journal.

"I wanted to establish a medium where student research could be published," Frantz-

Murphy said. "We have *Reflections* and *Millennium*, but there is nothing dedicated to research." The submissions must be research based. Outstanding student work may be recommended by Regis faculty for inclusion, as well as submitted by students themselves.

The editors will not accept essays, poetry, or other forms of literature. All submissions must be on a disk as a Word 97 document, as well as in hard copy. Other than being research based, there is no limit to the field or topic choice. Even a research paper on the mating habits of lava lizards could be included. Frantz-Murphy recruited Dr. Robyn Gronning, director of the Writing Center, and Dr. Deborah Gaensbauer, head of the Women's Studies minor, to serve on the journal's advisory committee.

This new student research journal needs

more than research papers. The editors are offering a \$50 prize for the most creative title and/or cover design. Entry deadline for the title/cover design contest is Friday, December 4. The deadline for submission of research papers is Friday, December 11. Both title/cover design ideas and paper submissions go to Frantz-Murphy, Carroll Hall history dept. office.

This is a great opportunity to have something of your own sweat and hard-thought work published in a scholarly journal. This may bode well for those of you interested in graduate school. A publication of this sort may make the difference in a future job search. The rewards may match those gained through internships and other experiential based programs. Direct inquiries to Frantz-Murphy at 458-4281.

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Ramblin' & rhymin' in a Regis state

by Melissa Chavez

The Ramblers bring a bit of the spotlight and glamour from the performing arts world to campus. The Regis University Ramblers have been a campus organization for four years. This year, they are looking forward to broadening their audience.

The incumbent president, Angela Hawkins, junior, is excited about this year. So far, it has promise. They've recently been invited to perform the national anthem at Regis sporting events, and will display a float in the St. Patrick's Day parade in downtown Denver for the second year in a row. Plans to perform for the senior citizens of Mary Crest Retirement Home are underway.

Next month, auditions will be held for the spring musical. The Ramblers have contracted with Tams-Witmark to produce "My Fair Lady". For information concerning auditions, contact Angela Hawkins at (303) 964-5096.

The Ramblers are ramblin' it up on campus as well. For instance, the Ramblers were the inspiration for two new course offerings this semester: Theatre Survey and Introduction to Drama. In addition, the University choir, to be directed by Barb Halladay, will start up in spring. Arrangements have also been made to perform "Bridge Over Troubled Waters" at this year's graduation exercises, a continuation of the outstanding performance they gave of the same song at the spring 1998 graduation ceremony. The Ramblers are ready to give some memorable performances.

Healthy ways to avoid those extra holiday pounds but still enjoy yourself

by Melissa Chavez

Halloween is over. You've eaten six pounds of black licorice that none of the kids would take and you think the nightmare's over! [Insert blood-curdling cry here] Did you forget? Thanksgiving is coming followed by Christmas, which means Aunt Velda's cheesecake, Mom's pumpkin pie, mountains of mashed potatoes and overstuffed left-over turkey sandwiches. It's just the beginning of a sweet dream turned nightmare.

The nightmare begins the minute you try to find something to wear to that awesome New Year's Eve Party and discover that you're behind has doubled in size or that your stomach is lapping over onto the sides of your belt. How do you stop this from happening to you?

You could say no to all that warm, home-cooked food and settle for rice cakes and break Aunt Velda's heart. Or you can enjoy eating all your favorite holiday treats and still look good for New Year's Eve. It just takes some thought and advance planning.

Here are a few tips that can help you stay trim this holiday season. After all, the holidays are also filled with mistletoe and celebratory kisses at midnight so you want to feel your best.

-Exercise is the key. If you're increasing the amount of food intake it makes sense to increase the amount of exercise? Jogging or walking don't require high-tech

equipment, so after eating that cheesecake run around Aunt Velda's block a couple of times. You might also escape momentarily from a house filled with people who remember when you got that marble stuck in your nose.

-Don't forget resistance training. The more lean muscle mass you have the more calories you can burn even at rest. Give your metabolism a boost by weightlifting at the local recreation center.

-Work with your metabolism, not against it. According to Patricia Blenkiron, Harvard Pilgrim Health Care of New England, skipping meals to make room for party foods doesn't help in the fight against fat.

"Metabolically, they [people who skip meals] set themselves up where they hit overload because they haven't eaten for a period of time," Blenkiron warns, and the sudden flood of excess calories has nowhere to go but to be stored as fat.

-Eat slowly. Don't let Uncle Mani's hovering make you eat faster. Savoring your food will help you feel full while consuming less food.

-Drink eight 8-ounce glasses of water per day. Drinking water makes you feel fuller and is good for digestion.

LEARN HOW TO BE A BETTER FRIEND

Check out *Listening Ear*, Regis' Peer Support Group!

Meetings every other Thursday 6-7pm in the LDC classroom: 11/19 and 12/23 or call 458-4962 for more info.

Reflections

Students, faculty and staff are welcome to submit their original creative writing, as well as black and white photographs, for consideration by the student editors of Reflections, the annual literary magazine of the University.

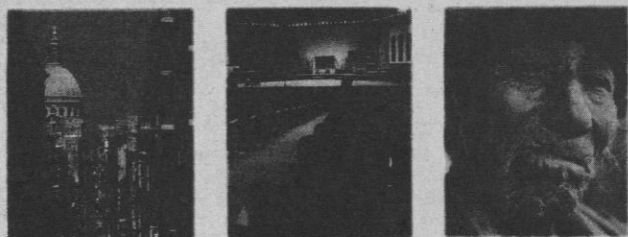
The deadline for submissions is December 3. Please call the Writing Program, *4924, if you have any questions or would like a copy of the guidelines.

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The Regis University *Highlander* is a bi-monthly student publication provided by the students of Regis University for the Regis community.

It functions as a forum to inform the community of events and persons relevant to Regis. It serves as a place for the expression of concerns and opinions. However, the opinions of authors may not necessarily reflect the opinion of the *Highlander* staff.

Content is reviewed and edited by staff members and the advisor to ensure the quality of ideas and suitability of content. Editorials reflect the opinion of the authors, which are not necessarily the opinion of the entire staff or of Regis University.

The editors of the *Highlander* will accept signed letters to the editor and print such letters, not exceeding 250 words, at their discretion. Letters will be edited for length, grammar, and punctuation. Personal attacks or inappropriate language will not be printed. The deadline for receipt of letters is 5:00 p.m. on Wednesdays before the week of publication.

Questions, concerns, or comments should be directed to Alma Meeker and/or Margaret Ahlberg, Editors-In-Chief, at (303) 964-5391 or at 3333 Regis Boulevard, Mail Stop 1-8, Denver, Colorado 80221.

Exec. Cabinet members earn stipends

by Bridget McElligott

The Regis University 1998-99 Executive Cabinet is comprised of 9 members. These members include three elected officials: President, Jim Magoonagh, Vice President, Dominic Villani, and Chief Justice, Ned Ewing. These members then elect the remaining members of the cabinet through applications and interviews. The additional cabinet members include, Molly Balfany, Program Activities Council (PAC), Patrick Buell, Student Involvement and Community Relations. Becky Case, Public Affairs, John Koumantakis, Finance, Richie Medalla, Multicultural Affairs Council (MAC), and Justin Walker, National Recognition. There are two other positions that are currently not filled. The duties of the former director of operations have been divided and dispensed to other cabinet members. The director of Nursing Affairs is on hiatus until a new director is appointed.

The Executive Cabinet is responsible for providing strong leadership and direction for the Regis College Student Senate. The Executive Cabinet makes decisions beyond the basic duties of the individual officers and as a collective body. Members of the Executive Cabinet meet a minimum of three times per month. They establish and disband committees and dispense funds within the guidelines established by the Student Senate. In addition, they examine but are not limited to, political, social, educational, and student-oriented issues and actions that are presented

before the Student Senate for discussion and vote. All the Executive Cabinet members are required to be present at all Senate and Caucus meetings.

The three elected officials and the appointed officials receive a \$425 stipend each semester. Stipends are budgeted out of the student activity fee monies. A \$150 stipend each semester also goes to various sub-committee members. Thirteen PAC sub-committee members receive stipends. Class Representatives, two from each class, receive the smaller stipends. The Judicial Board appoints five members to the board along with four student advocates who also receive the smaller stipend each semester.

Some student committees provide stipends for their members directly from the committee budget. The two former committees of Student Involvement and Community Relations joined with the Athletic Affairs Committee to form the new Student Involvement Committee. This committee is composed of four people who are paid from the Student Involvement Committee budget. MAC has a group of four people who are also paid through their committee budget.

Executive Cabinet members must have a class standing of sophomore, junior or senior. Members must also have a cumulative grade point average of 2.5 at the time of election or appointment. Any officer, representative, or appointee that falls below this requirement will be placed on probation.

AVOID THE CHRISTMAS RUSH! PLAN AHEAD!!!

Regis University is about to execute a major upgrade to its administrative database management system. This update is scheduled to begin on **November 25, 1998 at 5:00 p.m.** and to **continue through December 7, 1998 at 8:00 a.m.** University student services (Admissions, Financial Aid, Registrar, Student Accounts, and Student Life) as well as other administrative departments will limit service provisions during this period. If you intend to do business with the University that may require access to administrative records, please make every effort to **complete such business before November 25, 1998 at 5:00 p.m. if you wish to avoid delays.** Specific issues, questions, and/or concerns about downtime operations should be directed to individual departments. Thank you in advance for your patience, cooperation, and support as the University takes this crucial step forward.

Student Research Journal

Title Contest

win \$50!

History Department's Dr. Gladys Frantz-Murphy is holding a contest to name a new Student Research Journal. Entries are due by Dec. 4, in her office in Carroll Hall. Logo design optional to accompany title submission.

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SKI PATROL CRAMPS BOARDER'S STYLE

by John Muir

Some Regis students have already dusted off their skis and snowboards and ridden the snow-impaired hills of Keystone and Loveland Mountains. Other, more patient, students believe that it is simply too early to get excited. Halloween weekend was the first skiing or snowboarding expedition for many Regis students, while others stayed home to avoid what they thought would be a wasted trip to the mountain.

Many Regis students have the Vail Resort three-mountain pass that enables them to go to one of the few mountains that are currently open -- Keystone. Despite the fact that only one lift was open on Halloween weekend, many Regis students made the best of less-than-ideal conditions on a misty, foggy, and dark weekend.

Dave Radford, a Regis Business major and a serious snowboarder of 13 years, said his first day of the season at Keystone was surprisingly enjoyable despite the one crowded run filled with eager skiers and boarders. "It was kind of like a people course," Radford said. "It was fun. But you couldn't go fast or jump or they would take your pass."

The "they" Radford refers to is the Keystone ski patrol. Due to the traffic jam nature of the hill, anyone caught going too fast or jumping could have his or her

pass revoked for the season. It was reported that at least two passes were taken from snowboarders who rode with excessive speed and then gave Keystone officials a hard time.

Regis sophomore Pete Simpson, who saw the incidents, claims that the scene was ugly. "The kids were swearing at the ski patrol. One of them tried to take off, but they chased him down," Simpson said. "They could have hurt someone."

Crowded slopes and less-than-ideal conditions were reasons cited by Regis students with a less-than-burning desire to ski this early in the season. Skiing enthusiast and Regis junior Dan Hamon felt that conditions were almost worthless. "With one run open and all those people, it wouldn't be worth it," Hamon said. "It'll really suck for a while."

Senior skier Wally Sheeta decided that driving up to the

wide-open and completely natural Loveland Pass was a better idea than going to Keystone. "We built some jumps and hit those for a while," Sheeta said. "It was awesome there, but I'll go to Keystone as soon as I get my pass."

Although most of Keystone Mountain was bare for the weekend, the open trail had a decent mixture of man-made and natural snow. "Surprisingly, the snow was good," Radford said. "But there's nothing on the sides except green grass."

While many skiers and snowboarders opted to wait for more snow in order to avoid damaging their equipment on uncovered rocks, Radford says it is possible to ride without causing severe damage to equipment. "My hopes are to get through the pre-season without ruining my (snowboard) base on rocks, and to avoid hitting people."

Junior Erin Salcone also feels

"It was fun.
But you
couldn't go
fast or jump
or they
would take
your pass."

- Dave
Radford



Submissions Policy

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Letters should be mailed to Attn: Highlander, 3333 Regis Boulevard, Mail Code 1-8, Denver, Colorado 80221-1099. Letters may also be dropped off at our office in the Student Center Basement.

Those who wish to submit articles, announcements, or photos are encouraged to submit articles by the Tuesday before publication, 12:00 p.m. Articles must be typed in Word Perfect 5.1 and identify the author. Disks and hard copies are encouraged.

Flash Much?

If you're interested in taking photos for sporting events, campus activities, or Regis life.

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FATHER TOM REPRESENTS THE EPITOME OF SERVICE TO OTHERS THROUGH GIFT OF COMPASSION

From Kansas City to Tasmania, Cummings finds friends and fellowship.

by Jason Beyer

Fr. Tom Cummings—what can be said about this inspiring man? "He taught me compassion in one hour," says senior Kitty Nangle. "He's part of the people. To him, there is no distinction between anyone. He influences people such that they become instruments of God's love."

What can one learn from this stimulating leader? "Leadership is a burden, a service," Cummings says. "Use influence, not power. Power is a false god, whereas influence is a saving action. Good leaders, like good lovers, do not command, but invite others to be all and do all for the Greater Glory of God."

In turning his insights to students, Cummings dares the student body "to become less complacent and more aggressively compassionate, and to see serious learning as a sacred challenge." He urges students to be "hungry for truth, for God, for integrity, [and] for a selfless life."

Cummings sees Regis University as a trinity in search of its identity. On one side, is the School for Professional Studies, the other the School for Health Care Professions, and bisecting the two is Regis College, the traditional undergraduate school. The key is to find mutual benefits wherein a mutual meaning among the three schools can be discovered.

Overall, Cummings believes Regis needs to ask what it means to be a Catholic university. Regis has a sublime history, he explains, but people need to be proud of it without creating isolation or authoritarianism. He stresses that Regis must be a model of ecumenism, a Church not against, but with.

"Education is to lead from darkness into light, from doubt into faith," Cummings says about his teaching philosophy. "It is a spiritual journey that touches both mind and heart." As anyone who has ever spoken to him or taken a class from him will verify, Cummings is a living encyclopedia of wisdom, love, and faith.

In describing himself, Cummings reflects upon his faith when God tells Moses, "I am the

one who will be with you always." For Cummings, this anecdote from scripture represents the interplay between infinity and intimacy; therefore, he defines himself as: "I am with you for others." Kathleen Brady saw this credo in practice at West Hall (where she is the SRD) when Cummings requested a birthday list so that he could call students and wish them a happy birthday. "People come to him for answers about any question," Brady says. "He cares for everyone genuinely and equally, from his closest friend to a stranger."

Fr. Tom, as people affectionately refer to him, began his vocation in spirituality in 1963 at Rockhurst High School teaching English. Humorously, he concedes that his first students are now 53. After three years, he left Rockhurst in pursuit of various degrees in theology.

In 1969, Cummings was ordained a priest. Until ordination, he was what is called a Jesuit Scholastic, and upon ordination, he became a spiritual director for other Jesuit Scholastics for the period of one year. Rockhurst called him back. Only this time, he served as Chair of the English department.

In 1976, Cummings left Kansas City for Australia. While "down under" at Cooperpede, he cooperatively explored Catholicism with aborigines. These aborigines lived below ground because of the intense heat in the Australian outback. His longest stint at living "down under" was three months. He recalls the difficult part was having only one pan of water for each week and then deciding how to use it.

To fill his days above ground, Cummings taught at a Jesuit high school in Adelaide and was also hired by the government to explain the Jesuit Secondary Education Association (JSEA) of America. JSEA organizes Jesuit

high schools in America by finding and providing a common vision of educational goals. In Cummings' words, JSEA seeks "to explicitly embody the vision and values of Jesus Christ so that we do not become citadels of comfortable conformity." Completing his experiences above ground included leading retreats in Tasmania.

One year after his sojourn in Australia, Cummings was called to take on the responsibility of being president of his alma mater, St. Louis University High School (SLUH). At 37-years old, he was responsible for the oldest Catholic school west of the Mississippi. Understandably, he was terrified at first. However, in retrospect, he feels the experience set him free. "I decided to be creative and ridiculous," he said. From 1977 to 1985, Cummings fulfilled his obligations at SLUH.

In 1985, Cummings desired a respite, but instead was treated to a mere eight-day layoff before assuming the presidency at Rockhurst. He held this position for eight years, and then got his wish for a respite—a sabbatical.

With free time on his hands, Cummings was relatively idle in 1993-94, which probably means he met with 100 people a day rather than 1000. Instead of the adventurous Australian outback or the refreshing atmosphere of the Midwest, Cummings found himself in northern California. Here, he taught Shakespeare part-time at Santa Clara University; helped in Stanford University's Campus Ministry office; and for fun, studied scripture and the Dead Sea Scrolls.

Since his sabbatical, Regis University has become the home where he now resides as both friend and advisor. Currently, he is Superior of Xavier House and blesses West Hall with his presence, or is it presents?

"Education is to lead from darkness into light, from doubt into faith."

LIGHTS, LESSONS, & CAROLS COME TO REGIS

by Campus Ministry

The Mass of the Holy Spirit was a marvelous event for the Regis community, with no little thanks to the many people who made such great music on that day. As the holiday season approaches, another energetic and tuneful All Community Choir is needed for Regis' 10th annual celebration of Lights, Lessons, and Carols. The title of this year's Advent ceremony is "The Christmas Women." Through music, scripture, sacred dance, and drama, the celebration will explore some of the biblical, legendary, and mythical women who are part of the Christmas story over the ages.

The rehearsals listed below are daytime rehearsal for any who can attend during the workday. Regular weekly rehearsals at 7:00 p.m. on Wednesdays, will continue to take place in the Chapel. A minimum of five rehearsals is requested, plus the mandatory full rehearsal on December 16, 1998. If you have any questions, please contact Ken Phillips in Campus Ministry at (303) 458-4059.

Date	Place
Wed, Nov 11.....	Faculty Lounge
Tues, Nov 24.....	Faculty Lounge
Tues, Dec 1.....	Student Center, 2nd Fl.
Wed, Dec 2.....	Main Hall, Room 110
Tues, Dec 8.....	Chapel, 8:00 p.m. warm-up Candlelight Mass, 9:00 p.m.
Wed, Dec 9.....	Main Hall, Room 110
Tues, Dec 15.....	ALC gymnasium
Wed, Dec 16.....	ALC gymnasium (FULL MUSIC REHEARSAL)
Thurs, Dec 17.....	ALC gymnasium, 7:00 p.m. (DRESS REHEARSAL, readers and dancers only, no music)
Fri, Dec 18.....	ALC, gymnasium 2:00 p.m. Music Warm-up, ALC, gymnasium 4:00 p.m. Ceremony

All rehearsals are at 12:00 p.m. unless otherwise indicated.

MODEL ARAB LEAGUE OFFERS STUDENTS DEBATE EXPERIENCE WITH POLITICAL ISSUES USING THE VOLATILE MIDDLE EAST

by Margaret Ahlberg

"They can hold all the peace talks they want, but there will never be peace in the Middle East. Billions of years from now, when earth is hurtling toward the Sun and there is nothing left alive on the planet except a few microorganisms, the microorganisms living in the Middle East will be bitter enemies," wrote Dave Barry, humorist.

Following the most recent peace effort in the Middle East, the Wye agreements signed just two weeks ago in Maryland, terrorists attacks have resulted in many deaths. And it comes as no surprise that considerable opposition to the agreements exists even in Palestinian Benjamin Netanyahu's own Likud party.

The Middle East's historical pattern of rule, authoritarianism, and violent history, firmly intertwined with religion, has made it one of the

most volatile regions. It is not the safest place to live, but it is one of the most interesting regions in the world to study.

The Model Arab League (MAL), established in 1982 by the National Council on US-Arab relations, is an upper division history class, taught by Dr. Gladys Frantz-Murphy that focuses on Middle Eastern Affairs. The MAL is a simulation of the real League of Arab States.

The class is "Like a model UN," said David Nazarro, a senior who is MAL secretary-general for spring semester. For the class, students have to write a resolution on a specific agenda.

For example, in the Economic Affairs committee, a resolution could be written on the implications of the Asian economy on the Arab economy. Then at the MAL meeting, where other schools participate,

students lobby for support for their resolutions.

Regis participates in at least two MAL meetings, one local and one usually in California during the spring semester, when the class is offered.

Last year, the delegates traveled to UC-Berkley, and Jennifer Jahnke, Sean Cronin, and Ben Mayo all received outstanding delegate awards.

Also, Regis was awarded outstanding delegation honorable mention, which is quite an honor given the tough competition from larger schools such as Brigham Young University and UCLA.

The simulation takes place over

a three day period, usually from Thursday to Saturday, continuing from about 9 a.m. till 5 p.m.

Participation is selected among five committees: Economic Affairs, Palestinian Affairs, Security Affairs, Social Affairs, and Political Affairs. At the MAL meeting, the committee chair presents the group's resolutions and attempts to persuade the representatives of other "countries" that their resolutions will promote the general interests of the Middle Eastern countries. Those resolutions that are passed are sent to the actual

"They can hold all the peace talks they want, but there will never be peace in the Middle East."

League of Arab States in Cairo, Egypt.

MAL meetings follow parliamentary procedure. This may seem intimidating to some people, but Nazarro has observed that everyone catches on quickly. "Almost no one comes to college with knowledge of Middle Eastern affairs," Nazarro says. "This is a non-stressful environment that teaches you a lot. You pick up stuff without even noticing it."

The Model Arab League is interactive learning that challenges your abilities to analyze events, outcomes of specific policies, and shape resolutions that succeed in promoting the general interest. Your critical thinking skills are honed by applying textual and theoretical knowledge to real world situations.

If you are interested in enrolling in the course, consult Frantz-Murphy, #458-4281.

Regis Students to protest the infamous School of the Americas

by Mary O'Neill

Six members of the Regis community will depart November 20th to join a national prayer vigil and protest against the US Army School of the Americas (SOA), located in Ft. Benning, GA. The event is organized by the SOA Watch, a nationwide grassroots movement dedicated to closing the school.

Students Stephen Sweeney, Keefe Davis, Angela Garcia, Jill Anderson, Paul Woody, and Romero House Coordinator Mary O'Neill, will travel to Columbus, GA, where they will join with 4,000-5,000 others who have been lobbying US Congress to close the school.

The Nov. 21-22nd event marks the 9th anniversary of the brutal Jesuit massacre in El Salvador. The United Nations later found that 17 of the 23 officers guilty of the massacre were graduates of the SOA. The SOA Watch has documented more than 600 human rights abusers in Latin America who graduated from the school.

"I anticipate that the benefits of this trip will be far reaching. Those of us witnessing this atrocious institution first hand will be educating Regis, Denver, and the region about this misuse of our country's finances and military expenses," Paul Woody, sophomore, stated.

The School of the Americas is a US Army training facility widely known as the "School of the Assassins" in Latin America because of widespread human rights abuses committed by its graduates. The US Army asserts that the training of Latin American military promotes democracy in the region. Yet, the SOA Watch points out that whenever human rights abuses have been investigated in Latin America, the names of the SOA graduates appear.

Challenging authority

by Margaret Ahlberg

Christopher Jones never thought he'd spend six months in an American prison for standing up against human rights abuses. But, in the land of the free, home of the brave, he did.

Jones, a Portland native, was accepted into the anthropology doctorate program at Tulane University. However, he missed the beginning of the semester because he was convicted of misdemeanor trespassing last March. Jones was given a six-month sentence and a \$3,000 fine.

Why was this overachieving 23-year old, who had done undergraduate work in Belize with refugees from Guatemala and El Salvador, trespassing on someone else's property? In November of 1997, Jones was one of 2,000 people protesting the School of the Americas at Fort Benning in Columbus, Georgia.

The School of the Americas is known by

Little boy's struggle with autism is a constant learning experience for those who love him

Mary McCafferty

Ethan Predovich is a sweet three-year old who loves to hide behind the trees in his backyard, like a small wild animal. When you catch his eye he darts off to find a new out-of-the-way spot, rustling the leaves on the trees as he runs by. At first glance, Ethan is a cute little boy who just seems to like playing by himself. However, as you get to know him, you realize that Ethan is different from the other kids his age. He does not talk much, preferring his own company to anyone else. He usually has an object in his hands, such as a spoon, which he intently stares at as he waves it in front of him. He communicates his wants by pointing to objects and making grunting noises. He used to throw terrible tantrums for no apparent reason, often harming himself by continually banging his head against the floor or wall. It was these symptoms that led his parents, Sonja and Richard, to seek help. After a consultation with doctors, it was discovered that Ethan has Autistic disorder, more commonly known as Autism.

Autism is a bio-neurological life-long disorder of the brain, which is not curable but can be treated through therapy. It used to be thought that Autism was the fault of the mother for not bonding with her child, but this theory has been refuted in light of evidence that indicates "genetic, traumatic, viral and/or chemical causes." There may also be a genetic predisposition to Autism or a possible biochemical imbalance in the brain. It is usually detectable by the age of three through these general characteristics of symptoms: problems communicating and processing

information, lack of socialization and language skills, and unusual, obsessive behavior. Autistic individuals often do not engage in eye contact and may show no emotional

attachment to those around them. People with Autism may seek out rigid structure in their lives so that even something like new furniture could throw their world into chaos. Some throw regular tantrums because they have no other way of expressing their needs.

According to some articulate adults with Autism, the world they experienced as children was constantly

unpredictable and chaotic. Because their sensory systems are more sensitive, they experienced noises as being too loud, smells as overpowering and touch as unbearable. Their peers often frightened them, and because they could not find words to express themselves. They had to kick and scream to be understood. "Their apparent withdrawal and rigidity had the purpose of simplifying experience to reduce the terrifying confusion."

Ethan's parents and three therapists are working with Dr. Annette Groen on a behavioral therapy program that takes place in the Predovich's home. The therapy program is based on a study done by Dr. Ivar Lovaas of UCLA. The findings of the study attest that

"full-time intensive discrete trial early stimulation (behavioral modification) can improve the behavior and functioning of 30-50% of Autistic children to the point that they

can function normally without special support in regular classes." Basically, this therapy is designed to help Ethan become fully functional in home and school settings, which is done through procedures such as discrete trials, rewards for correct responses, prompting and other techniques. Ethan currently works on skills such as matching, nonverbal imitation, puzzles and receptive language development.

The goal is for Ethan to receive 30 to 40 hours of therapy per week. Each therapist works in two to three hour blocks with a minimum of six hours per week. After each hour of work, the therapist and Ethan take a 10 to 15 minute break. Ethan's parents are still looking for one

or two more therapists to work with him. Students pursuing education or psychology careers stand to gain valuable knowledge and experience should they choose to volunteer. Also, based on reports of other parents who have implemented this program for their children, the successful results are exciting for the therapists to witness.

Therapists should be dependable, willing to take direction and feedback, have a genuine interest in children, and be enthusiastic. Educational level and prior experience are not crucial. All training is provided. Please call either Sonja or Richard at 303-431-6847 if interested.

"Autistic individuals

often do not

engage in eye

contact and may

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attachment to

those around

them."

"The goal is for Ethan to receive 30 to 40 hours of therapy per week."

many Latin Americans as a training center for violence. The skills graduates learn at the school, located at Fort Benning since 1984, have been used on un-armed civilians back in their home lands. It is also widely believed that graduates of the school have been responsible for the assassinations of political figures in Latin America. Although all the students at the school

are foreign, American taxpayers contribute \$4 million a year to the school's operation.

In September of 1997, the U.S. Defense Department admitted that manuals used to train soldiers at the school included outlawed practices. According to the Pentagon, manuals suggested to trainees that individuals could be controlled with fear, assault, and death threats. "All the manuals used by the School of the Americas are approved by the Army, and the school has never done those things [executions and physical abuse], ever... I'm flabbergasted," Major Gordon Martel, spokesman for the School of the Americas, said.

The Defense Department's admission of knowledge of past wrongdoings in the instruction towards the trainees at the school gives people like Jones reason to protest its existence.



Peace activist Christopher Jones says the SOA symbolizes the United States' callousness and greed.
Photo: KEITH COLLIER

There's no excuse for not giving giving thanks a little early

by Alma Meeker

Thanksgiving is coming up. For almost everyone that means a huge turkey, mashed potatoes, stuffing, and the perennial pumpkin pie. But for many others, Thanksgiving is a time when there's little on the table. They don't have enough to eat at any time of the year. While it's easy to think of family and friends at this time of year, it should be just as easy to think of those less fortunate.

According to a U.S. Census Bureau poll conducted in March of 1996, the amount of people living at or below the poverty level in Colorado was 8.8%. While this figure is relatively low compared to other states like Mississippi (23.5), that makes for every 1 in 10 people in our state. Many of these individuals are children who don't have the option of being gainfully employed. While the problem of poverty in our state, nation, and world may seem overwhelming, there are several options that each of us can exercise in order to make a difference. Oxfam is one example of a way you can act as a component towards a solution. This year marks the 25th

annual Fast for World Harvest campaign. As one of the largest anti-hunger campaigns in the country, Oxfam encourages fasting to promote the issue of hunger. The Fast takes place on November 19th. Contact Bret Kramer in the Campus Ministry office for more information. The Oxfam website is another tool you can use. Visit Oxfam at <http://www.oxfamamerica.org>.

If missing lunch is out of the question, there are other things you can do to help end hunger. The Salvation Army offers services to the homeless and needy. Contact them at (303) 297-3408, and see how you can help. Samaritan House helps battered women as well as those in need. Call (303) 294-0241. The Broadway Assistance Center, in conjunction with St. Joseph's Church helps the homeless and the needy year-round. If you would like to help out at their food bank or soup kitchen, call Mike McManus at (303) 893-4108.

Giving is the greatest thing you can do for yourself and your community. Remember, one person CAN make a difference.

Helping students is all part of the job for Dean Doty

by Mary McCafferty

Stephen C. Doty, Academic Dean of Regis College, grew up in Chicago, Illinois. He attended St. Mary of the Lake Seminary in Mundelein, Illinois where he became interested in philosophy. He got his masters and Ph.D. in philosophy from De Paul University.

His first teaching job was at a private girls school on the north side of Chicago, called Alvernia. This is where he discovered his passion for teaching. His teaching interests include continental philosophy, literature, and ethics.

Doty taught philosophy for 10 years at St. Thomas Seminary in Denver, which no longer exists. He came to Regis in 1982 as a member of the philosophy department. In 1995 he was made Academic Dean of the College, a job which encompasses much responsibility.

Joyce DeNovellis is Doty's administrative assistant. She has been working at Regis since 1979. She spoke highly of Doty, saying he is unique from the three other deans she has worked with at Regis. Although every dean has his or her own style, Doty stands out because of his deep commitment to and involvement with Regis students.

Doty is more interested in the lives of students than they may realize, taking time out of his busy schedule to meet with students for any number of reasons. DeNovellis remarked that Doty has a high sense of fairness, and that he is not bound by the strictness of rules when it comes to accommodating parents and students. "If Dean Doty is available, he will always

take students back to his office. He doesn't assume someone else in the office should do it because he is too busy," DeNovellis said. She also commented that the secretaries in the dean's office reflect the attitude and helpfulness that Doty himself conveys.

The dean oversees everything having to do with the well being of Regis college, the curriculum, student and faculty problems, and especially the budget. Doty described the major areas of his job. First, the overall responsibility for faculty, such as hiring and evaluating faculty, especially during the six-year probationary period for new faculty prior to applying for tenure, is one aspect of the job. Second, he works on developing the curriculum and scheduling issues. Third, and one of the biggest responsibilities, is the college budget, as well as serving on the University's Executive Budget Committee.

As dean, he spends a lot of time in liaison work with the other two schools at Regis, the School for Health Care Professions and the School for Professional Studies. And finally, dealing with students about financial aid issues, complaints, problems with classes or professors are another part of Doty's job.

The dean likes his job. "It has its moments," he says, although he has no long term desire to be in academic administration. Eventually, he would like to go back to being a part of the faculty.

Doty's favorite part of his job is curriculum development work, dealing

with strengthening the majors, honors program and core subjects. The least favorite aspect of his job is dealing with difficult personnel problems. He would like to see Regis become more ethnically diverse as a campus in its staff, students, and faculty.

He would also like to see the technological facilities strengthened, for example, more rooms like 310 in Dayton Memorial Library, where technologically updated classrooms would be available for general use. In the future, he sees Regis continuing to grow and improve as an academic institution and hopes the community atmosphere will continue, as well as the academic strengthening of the college.

For now, Doty's goal is to teach at least one course in philosophy a year, although he does not think he will be able to teach this year. He enjoys teaching several classes, including a class entitled Greek Tragedy, a class entitled Rules or Virtues?, as well as Continental Philosophy. His interests in Continental Philosophy lie in Nietzsche and Heidegger. His dissertation discussed Heidegger's interpretation of Kant.

Doty has been married for 31 years to Susan Doty, an adjunct professor of religious studies at Regis. They have two grown daughters, one who works as a legal librarian in Washington D.C., and one who is attending graduate school at UCD in public policy. His hobbies include cooking, playing tennis and being with his family.



Dean Stephen Doty

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Hole "Celebrity Skin"

Miramax

Rating: C

"Celebrity Skin," the latest release from Hole, is the first new material the band has produced in the last four years. With contributions from Smashing Pumpkins and Stevie Nicks, the CD has some credibility. Courtney Love, the lead singer has become a more mature woman since the 1994 release of "Live Through This," although her notorious self-pity is still evident in the song, "Reasons To Be Beautiful," in which she sorrowfully sings, "Love hangs herself, with the bed sheets in her cell... Threw myself on the fire for you... 10 good reasons to stay alive... 10 good reasons that I can't find... So sick in his body, so sick in his soul." One can feel the torment and helplessness Courtney felt after the suicide of her late husband Kurt Cobain, who ended his life in 1994. Absent from "Celebrity Skin" is the growl and raw, violent sound that she displayed in "Live Through This." Her sound is now a mainstream, less contrived one. "Celebrity Skin" is the best track of the CD with its brilliant guitar riffs and cheesy lyrics, "When I wake up in my make-up... Have you ever felt so used up as this?... Honeysuckle, she's full of poison... She Obliterated everything she kissed..." "Celebrity Skin" is worth buying if you are a Hole fan. It is definitely a disappointment compared to "Live Through This," but there were a few decent songs on the album.

- Tiffany Joy Davis

REM

"Up"

Warner Bros. Recording

Rating: B-

REM disappeared three years ago, after their drummer Bill Berry left in the fall of 1997. The remaining members of REM, Peter Buck, Mike Mills, and Michael Stipe considered dismembering the band for about three minutes, before they deciding to continue playing without Bill Berry. Michael Stipe said, "We wanted to continue making music. That's what we love." Each record they have produced has sounded incredibly different from their previous albums, and be forewarned, if you liked previous albums you may not like "Up." Their new CD "Up" really throws you a curve, it is a good late-night, by-yourself, in-the-dark kind of record. It has a mellow sound, and some songs are romantic, resisting a corny twist, "At My Most Beautiful," is a prime example. The loss of talented drummer Bill Berry really hurts the album, and I do not think REM will ever sound the same without him. "Up," lacks his musical talent, and sounds incomplete at times. I would suggest listening to the album before you buy it, or you might be greatly disappointed.

- Patrick Porsche

Phish

"The Story Of The Ghost"

Elektra

Rating: A-

After fifteen years, Phish's eighth publicly released album, "The Story Of A Ghost," is an amazing album. It is more mellow than previous albums, but it will still rock your world. The first time I heard "The Story Of A Ghost" it reminded me of Phish's previous album "Billy Breathes," recorded in 1996. In March of 1998, Phish went into a recording studio with nothing written and just jammed for four days. They kept track of what they liked, and took five and ten minute segments out of the forty-some hours of tape to create this great album. This allowed the band to do what they do best, JAM. Although Phish inevitably sounds better in concert, "The Story of the Ghost," does a wonderful job capturing the spirit. By now you probably know whether you like Phish or not. I would suggest giving the album a try, and then deciding, if you want it. I love Phish, but I do not enjoy listening to their CD's. I prefer to listen to bootlegs of shows.

- Patrick Porsche

Beck "Mutations"

DGC

Rating: B

Beck releases his fifth full-length album in a style all his own. When I first got my hands on this CD I could hardly wait to play it. Being a huge Beck fan and having the chance to preview it seemed too good to be true. However, upon listening to it the first time I felt a little disappointed. The musical feel of this album did not produce the level of intensity I first expected. For anyone who thinks of Beck as that guy who sings about turntables, microphones, and losers, do not even waste your time listening to this, I guarantee disappointment. It even took me a few times to fully appreciate how good this CD is. Rhythmically, this CD remains unique and fairly experimental. Beck also includes a wide range of noises and harmonizes them together exceptionally well. It is not all too common to hear synthesizers, guitar, and a harmonica blended together so beautifully. This CD reminds me a lot of another CD, entitled "One Foot in the Grave." This album, as does "Mutations," maintains a strong folk and country feel. The main difference between the two is "One Foot in the Grave" does not rely on the computer-assisted recording found in "Mutations" to produce the same effect. At the same time, it is impossible to neglect the fact that Beck actually pulls this off quite well. I wish I could give this CD an A, but I feel that it needed more energy in places. Also, I recommend purchasing or at least listening to some earlier Beck, for example "Stereopathic Soul Manure" or "One Foot in the Grave," before buying this album. But if you are a long time Beck fan, you should definitely give it a listen.

- Kevin Berman

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MOVIE REVIEW: HALLOWEEN H2O

by Tiffany Joy Davis

Halloween H2O

Rating: D+
"This movie sucks"

The 20th anniversary of the first "Halloween" movie has been celebrated by the release of the film, "Halloween H2O." As a connoisseur of the "Halloween" flicks, I have bad news for you, THIS MOVIE STINKS! What a way to end a legacy.

Michael Myers, the homicidal, Knife wielding mad-man needs to be resurrected, and quickly! It can not end this way...there must be a "Halloween 8" to make this right! Ok, I shall now gain composure and finish the review. Jamie Lee Curtis and rap star L.L. Cool J. star in the final "Halloween" film. Jamie Lee Curtis portrays Keri Tate, A.K.A. Laurie Strode, who faked her own death in a car crash. Wrong, Keri is hiding out in California from the madman himself, her brother, Michael Myers. 20 years of running from a fruit loop has taken its toll on Keri, and she has resorted to hitting the bottle. Keri is now the dean of an exclusive private school and a hallucinogenic woman, who is having continual visions of her looney brother. Soon, the bloodshed begins again, and those hallucinations turn into reality. After Keri's lover/shrink is murdered, as well as a slew of her students, she must stand tall and confront her brother one on one. Let's just say that Michael Myers finally gets a dose of his own medicine! There are rumors circulating that there could be another "Halloween" flick. Hopefully the producers of this film will realize that this was not the extravaganza that the die-hard "Halloween" fans were craving. I would recommend seeing "Halloween H2O" only if you want to stay updated on the "Halloween" series.

MOVIE REVIEW: THE MIGHTY

by Sarah Riney

The Mighty

rating: C-
"Cheesy"

Miramax's latest release is getting mixed reviews depending on whom you talk to. Some think it was a heartwarming story about a child's imagination while others feel it was a superficial, overly sentimental bore. Senior John T. Martin said, "It was the first movie in a long time that made me cry."

The movie "The Mighty" was the story of two not so strapping young fellows, nicknamed by classmates "The Freak and The Mighty." Max Kane (Eldon Ratliff), aka The Mighty, is an over weight boy with a learning disability. Kevin Dillon (Kieran Culkin- MAC's little brother and spitting image only with black hair) aka The Freak, is brilliant but suffers from a fatal and crippling disease. Together they have the brains and strength to challenge the local bullies in the tradition of King Arthur and his knights. This powerful duo are also neighbors. Ratliff lives with grandparents (Gena Rowlands and Harry Dean Stanton) after his father murdered his mother. Culkin lives with his mother, who is played by the de-glamorized Sharon Stone. Stone makes a surprising appearance playing a character much unlike her usual type cast. Other faces you might recognize are Big Bad Meatloaf and Gillian Anderson from the X-files. The movie attempts to take viewers on a mythical adventure of good and evil from a child's perspective. It is meant as an uplifting message for children, urging viewers to be yourself and you shall prevail. Unfortunately, it was a poor attempt. There are much better alternatives in the theater.

Go to movies?
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Call Patrick Porshe at *5391 for more info.

Classy and Spohisticated: Fourth Story Restaurant & Bar

☆☆☆☆☆

reviewed by
Jim Magoonagh

After a hard week of hitting the books and eating food that leaves something to be desired - I have one suggestion for the weekend - hit the books again while eating at one of Denver's finest restaurants.

The Fourth Story Restaurant & Bar (2955 E First Ave- at Milwaukee Street), is located directly over the Tattered Cover bookstore. It presents a cozy atmosphere with a great view that over looks Cherry Creek Mall, a table next to the window after dark is the best. Your dining experience is enhanced as soon as you walk in the door. The 'library like' atmosphere is a great place to unwind. It also has banquet facilities, if the need arises.

David Steinmann's skillful cooking compliments the style of his restaurant. He has an extensive menu that leaves nothing to be desired. He creates wonderful vegetarian dishes as well as dishes that include fowl, beef, and pork.

There are a few entrees, along with a soup, and a salad that can't be missed. Start with the tasty Hearts of Romaine Caesar salad, be careful this is large enough to feed two. Move on to a wonderfully spicy split pea and ham hock soup that will play with your taste buds. For your entrée Steinmann's smoked duck carpaccio should be you first choice, it is a duck prepared with a sweet jam sauce that falls apart in your mouth. However, if you're not quaked up for duck, there is a goat cheese ravioli smothered in a smooth cream sauce that will also leave you satisfied. After dinner, if you can still move, try the vanilla crème brulee, again don't attempt this dessert by yourself.

To have with or before dinner there are 45 plus reasonably priced wines to try. Also, there is a new beer, Barmen, that Coors is test marketing at the Fourth Story. It is a smooth, non-filling pilsner that is sure to make a splash when it is marketed throughout the states. After dinner, there is a wide range of after dinner scotches to pick from, try the Pinch 6yr.

This is a perfect place to take that special someone that you are trying to impress. Everything down to the wait staff is top of the line. This is not the cheapest thing for a college student to do, however, if you do love good food this is the place to be in Denver (actually Cherry Creek). So don't forget to hit the books this weekend, at the Fourth Story Restaurant & Bar.

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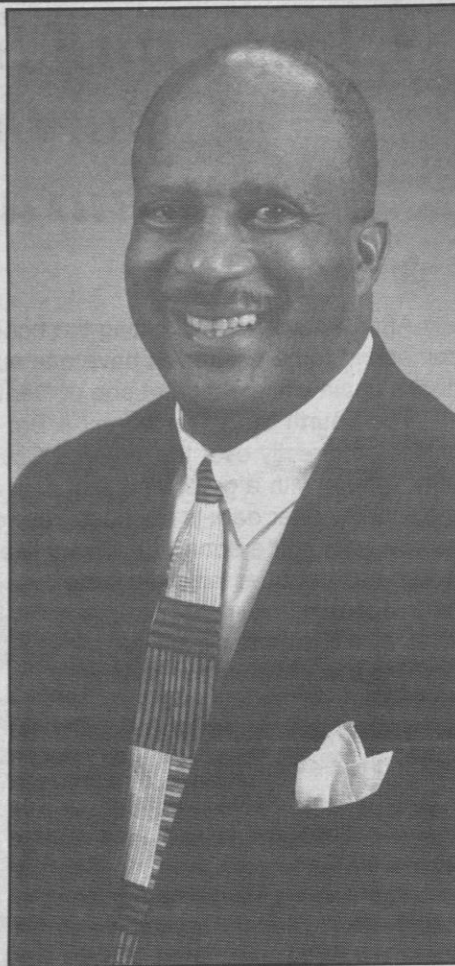
RMAC Men's Soccer

School	Conference				Overall				
	W	L	T	Pct.	Pts.	W	L	T	Pct.
Ft Lewis	8	2	0	.800	24	10	4	1	.700
CU-CS	7	2	1	.750	22	10	3	1	.750
The Met	6	3	0	.666	18	10	6	0	.625
Regis	4	5	1	.450	13	8	6	1	.567
CCU	4	6	0	.400	12	6	10	0	.375
USC	2	8	0	.200	6	7	10	1	.416
CSM	2	7	0	.222	6	7	8	0	.466



RMAC Women's Soccer

School	Conference				Overall				
	W	L	T	Pct.	Pts.	W	L	T	Pct.
MSU	9	1	1	.864	28	13	3	1	.794
The Met	7	2	1	.750	22	15	2	1	.861
CCU	5	2	3	.650	18	11	5	4	.650
USC	5	5	0	.500	15	7	8	1	.468
Regis	4	6	0	.400	12	7	9	0	.437
Ft. Lewis	3	7	1	.318	10	5	10	2	.353
NMH	0	10	0	.000	0	2	12	0	.143



Men's basketball coach, Lonnie Porter, is a man that has been recognized for his service and dedication.

Basketball coach Lonnie Porter is a man of legendary proportions

by T.J. Ceja

In 1977, disco was the rage, Jimmy Carter was entering his second year in office as President of the United States and the Denver Broncos were in the midst of their first Super Bowl season. In 1977, many of you weren't even born yet. In 1977, Lonnie Porter became the 10th coach in the history of the Regis University (then College) men's basketball program. What a ride it's been ever since.

Porter will begin his 22nd season at Regis when his 1998-99 Rangers open at Air Force on November 18. A ferocious competitor, Porter will again be stalking the sidelines of the Regis Fieldhouse when the team hosts Colorado College in its home opener November 24.

Porter brings a 366-223 career record into the season. He is RU's most successful men's basketball coach, having recorded 20 or more victories seven times in his career, including back-to-back 25-5 marks from 1994-96. In the 1990's, he has led the Rangers to a 157-70 record for a .692 winning percentage, making Regis the most successful Colorado collegiate men's squad in the decade. Incredibly, he's won the right way throughout his career. A stipulation in his contract with the school demands he graduate better than 90 percent of his players. Currently, his player graduation rate stands at 94 percent—a startling achievement at any level.

Porter's list of awards and achievements is vast. It includes the National Association of Basketball Coaches (NABC) Merit Award in 1990, an African American Spotlight Award in 1994, four conference Coach of the Year citations, a pair of regional Coach of the Year

awards and an Outstanding Young Men in America Award in 1974. In 1995, he was selected "Man of the Year" by the Regis student body and was appointed to a three-year term on the Colorado Sports Hall of Fame Board of Directors.

While Porter is grateful for the recognition he's received, he's very aware of the nature of athletics.

"The attention I've gotten is humbling because it points out how many people have worked hard to help me achieve many of my goals," said Porter. "But, until I've left the game for good, I won't ever rest on my laurels. We have far too much work to do to get ready for what's ahead."

Porter will take a team that features six newcomers into battle this season. He will rely heavily on veterans David Carey, Martin Glastetter, Latel Foy and Scot Gause as RU bids to post 20 victories for the fourth time in five seasons (20-7 last year). Glastetter, a senior post player, led the team in scoring and rebounding last year and will be counted on to shoulder the load for a smallish front court. Carey, one of four Rangers to average double digits in points (12.9), is once again the team's "quarterback" at point guard. Carey finished his junior campaign ranked second in the Rocky Mountain Athletic Conference in assists at 6.63 per game. As usual, Porter will demand the most of his players.

"It's simple. If we outwork and out hustle every team we play in every game, we have a chance to do some good things."

Expect to see some good things in 1998-99 from this man and his team.

Varsity women's basketball team anticipates wins in 1998-99 season

by Brooke Heid

The women's basketball team has high hopes for the season. The team is stacked with experience with two new transfer students, two freshmen, and there were no senior team members last season. Head Coach Linda Raunig reports that the team is practicing with more intensity and that out of two weeks of team practice it has only experienced one bad practice. "We hope to win the league and advance to tournament play. We have a lot of experience so the pressure's on," Raunig said.

Last year the team tied for 4th in the country in NCAA Division 2 play; for 3-point field goals made per game, they earned 7.4 points per game. Meshack Roads finished 4th in the country and Kelly Carmichael finished 36th for 3-point field goal percentage. Jenny Roderer was the team leading scorer and Deana Koskovich was the second leading score. The team unfortunately finished last in its league in rebounding, a statistic that "must improve in order to become a championship team," Raunig said.

Koskovich is a senior on the team who has been a large contributor on the court the past three years. She graduated from Doherty High School in 1995 where she was first team all-state and athlete of the year for her basketball team. At Regis Koskovich plays forward and guard. She has received quite a few honors during her time at Regis. Koskovich has been named academic all-conference all three years with her 3.8 grade point average. She is one of the team co-captains as well as one of their REACH (Responsible Athletes Making Healthy Choices) representatives. She was all-conference her freshman year, honorable mention her sophomore year and 2nd team all-conference her junior year. Not only is Koskovich a key link to the team's success she is also recipient of the Fuld Fellow. This Award was given to her for her outstanding excellence in academics, extracurricular activities, and leadership. Going into her senior season Koskovich feels the team has the ability to win the RMAC tournament. "The key to our success will be in the depth of our bench," Koskovich predicts.

On the court and under pressure

by Jason Beyer

Pressure. The word means something different to everyone. To a student, it means midterms or finals. To an adult, it means the IRS. And to the current Regis University volleyball team, it means competing in a national championship. With three All-Americans and an extremely talented bench, the Regis volleyball team is under pressure to win the big one.

For Melinda Almazan, senior, pressure comes from the national polls and from coaches scouting recent games. For Almazan pressure comes from everywhere. "People don't look at our competition as being good, and if we lose a game they'll ask what happened?" she reports. There is pressure on the team to win every game or they feel as if they're not living up to their potential. "Everyone is overlooking the other team's talent," Almazan says.

On the other hand, for Nikki Van Reusen, junior, the pressure resides inside herself. When she looks at this team and sees the amount of talent it holds, her goal is clear. "I want to help bring home the first ever national championship to Regis."

Both agree that it is time for the team to take the season more seriously. With the recent loss to Metro State, a strong conference contender and local rival, chances are that when crunch time comes, the team will not be playing in the comfortable confines of the Regis Field House. Van Reusen says, "We must become more focused on Regionals. Once we hit Nationals, we'll be all right."

But for right now, we have to take it one day at a time."

"At the beginning of the year," Almazan says, "it felt like we were at Nationals. We were competing against teams like West Texas, teams that are the best in the nation, and now we are only playing teams in the conference." This lack of consistent competitive play has plagued the team's overall performance. "We have to play our best, no matter who the competition is," Almazan says. After all, "If we're going to do it, this'll be the year," Van Reusen predicts.

What makes this team so good? Why are they among the elite? "Having three All-Americans has a significant impact, but we also have tremendous depth on our bench," Van Reusen says. Almazan adds, "I have to work hard at my position because we are so deep that someone could step in and take my spot." However, while the team provides its own internal competition, they remain friends. Van Reusen says the friendship helps because, "We can push each other, but being friends makes it easier."

An example of this interdependence among team members comes in Van Reusen's and Almazan's mutual highlight of the season play. In the win against West Texas, some of the players started off slowly. They were not playing up to the level needed so where do they look for inspiration? The bench. Others stepped up and through the team's concerted effort, all began to play exceptionally well. With that win, they began to see what it is going to take for them to win them all.

This team believes in each other. And they believe they will make it to Nationals.

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Women excluding women

by Erica Johnson

It seems to me, and many other women I know, that in general, women aren't very nice to other women. As a gender, we're very competitive against each other, and tend to only support our friends in encouragement and helpful knowledge. It seems difficult for women to enter into established circle of friends, unless the outsider somehow proves herself, in whatever capacity, to the circle of friends as good enough to be respected and allowed in.

For the last several years, I have been a hospital employee. Nurses and secretarial staff positions in hospitals are disproportionately filled by women, so hospitals typically employ more women than men. I have observed new nurses, and overall, they struggle for initial acceptance and kindness from their peers. My friends that work in offices say that this goes on in their working environment as well.

Why does this happen? I wonder if it is because women have, within the last couple of decades, begun to expand out, working toward personal fulfillment and achievement. This is quite the contrary from the days when women were truly suppressed. Do women feel that we need to protect the respect we've earned, and our precious positions we hold dear? Do we think that we risk losing these things to other women? This goes beyond work.

It also seems that when women are first introduced to each other, say from a mutual friend, that competition is almost instant. You women know exactly what I'm talking about. Are we really that insecure?

The amazing thing is that I think women friends are the most precious relationships we hold. My women friends don't compare to anything else. They understand me better than

any man (and I love men, but face it, we're different breeds. You don't "get" us, but we love you anyway). There's a bond that women friends share. We're (usually) not lovers or wives to each other, so we don't have to play out those roles, and can be purely ourselves.

"[unlike women] Men don't generally treat other men in this instantly competitive manner"

My women friends, who accept my less appealing side, and love my numerous good qualities, are the people I know who will be there when I screw up, and who will also share my happiness.

Men don't generally treat other men in this instantly competitive manner. They mentor each other, and more often than not, still have close friends from their childhoods.

They seem genuinely happy to meet another guy to share a pitcher of beer with. I think this is a great quality that women need to adopt.

By making female-female relationships difficult to acquire in our lives, we limit our support from other women, as well as cut off any possibilities of what a person could offer us in the future, and vice versa. The more people we are associated with, the more we have to draw from. In addition, we weaken ourselves by not supporting our gender. How can we expect men to value us equally when we don't even support our own gender, but only certain individuals in it?

Kairos retreat transcends pressures of academia for participants

by Mara Naughtin

The Kairos retreat is a fairly new experience offered on campus that enables participants to gain a more complete understanding of themselves and, particularly, God's place within their lives. The retreat will be held the weekend of January 29-31, but interested parties may sign up during November 16-20 from 11:30-1:00 pm in the Student Center.

Candidates or participants in the retreat take a break from "everyday" life, and have the opportunity to be awakened to the love of God and peers. In addition, candidates also gain a deep understanding of themselves and how God fits into that understanding. They are given the opportunity to know people and God on a level that, otherwise, may be neglected. Candidates get to know other people in a deeper way than just that of acquaintances. Often, they learn more about others than they previously thought was possible.

The retreat originated in 1965, and the philosophy behind it is grounded in Christian incarnation theology. This philosophy encompasses the belief that God is very much

part of the "real world." Retreats like Kairos involve a great deal of listening and contributing to activities that take place throughout the weekend. It is also imperative that the community in attendance is supportive and active. With a community of that character, the candidates can more effectively look inward and find true worth as individuals in relationship with God, family, and friends.

As a former candidate and coordination team member, I can honestly say it was one of the most memorable and enlightening experiences of my life. Everything about the retreat is very secretive. This aspect is deliberate because candidates need to be able to experience the full effect of the retreat.

It enables the candidates to keep open minds during the retreat and to not have any expectations that aren't met. My Kairos experience was a special time in my life when I was able to know God and myself in a way I never could before. Not only did I gain an understanding of God, but I also gained a sense of how He relates to my family, my friends, and myself. I feel closer to God and all those who are special to me because of this experience; I have an understanding of what it means to really love someone and be loved in return.

If you are looking to gain a new understanding of yourself, others, and God, come and register during sign ups in November. It costs \$40 and scholarships are available for those who cannot afford the cost. The retreat will be held January 29-31. If you would like more information about Kairos you can contact Karen Smith in the Office of Campus Ministry.

Letters to the Editors

To Jessica Fawcett, Paul Woody, Alma Meeker, Matt Brozovich, and the entire Highlander staff:

Thank you for your brave and passionate comments published in the October 26, 1998 issue of the Highlander. You are to be commended for your critique of the events surrounding the beating and death of Matthew Shepard, and your willingness to stand up to the face of discrimination in all its subtle forms. Your passion, anger, and disbelief were loud and clear.

My challenge to you is take that well of compassion and let it move you throughout your lives. Each of you, in your brave leadership on this campus, give me hope that life for oppressed peoples will improve. You give me hope that eventually, individuals will be respected for who they are and what they offer to the world. And, I am hopeful that you will lead others toward a world where people are eager to learn about their differences and grow from the magical interchange that takes place when stories are shared.

Thank you—each of you—for showing this campus what it means to be men and women in the service of others.

Melissa River
MNM student and Regis staff

Dear Editors:

This is in response to the editorial, "Homophobia ain't just for Hicks anymore," written by Matt Brozovich in the last issue of the Highlander. I have only one word for Mr. Brozovich: YES! Not only was the piece well written, but it was also an intelligent commentary on issues confronting us today. Homosexuals are not the only people affected by the tragedy that occurred in Wyoming; we

all are. It is not easy to stomach the fact that a man our age, and not unlike any Regis College student, was killed in cold blood just because of something he represented—something that he certainly had already gone through a personal hell because of.

I was impressed with Mr. Brozovich's words: "homophobia is the fear of the gay on the inside, not the gay on the outside." Homosexuality shouldn't be threatening, and I look forward to a day when it isn't. But, as we saw with Matthew Shepard, homosexuality is still so threatening to some people that they are driven to take out their fear on an unthreatening person. No many people would be threatened by a 5'2", 110-pound man. It amazes me that the stigma of the label "homosexual" was so threatening to his attackers that it incited murderous hatred and violence.

"Every generation has its own disease." We are unfortunate because we are still plagued with the "diseases" leftover from former generations: hatred for various groups such as black Americans, Jewish people, Hispanic people, and so on. In this generation, we face the hatred of homosexuals as a whole new "disease" to try to overcome. Some people say homosexuality is a disease. They say, "God hates gays." Mr. Brozovich hit the mark when he challenged these people with their own golden commandment: "Treat others as you would like to be treated. Love thy neighbor as yourself." I agree 100%, and once again, Mr. Brozovich deserves kudos for openly and honestly addressing a topic that needs to be discussed—on our campus and in our nation.

Sincerely,

Darcy R. Fehringer
Senior

Voting is the way to change the world, get rich, and feel righteous

by Jacob Greuel

All of us want to change the world. Surrounded by the exploratory open-mindedness of the college atmosphere, we are a part of those associated with change in society. When we speak out on our issues, however, the "powers-that-be" sometimes muffle our voices. In fact, "the man" is always bringing us college kids down. They oppose our ideals, cut our cash flow, and condemn our morality. How can we fight the power? What can we do to change the world, get rich, and feel righteous? VOTE!

If you did vote in this last election, you helped create a government that—even if only to a slightly greater degree—represents your ideals; so thank you! If you didn't vote, you've probably got an alibi already in place (futile really, because you can vote for weeks in advance at handy places like the Safeway on 44th). But don't sweat it, the world won't end. It's just that it might not be as good as it could have been.

Obviously, it takes a lot of little votes to pass a law or elect a politician. So, as we all know, every vote counts towards our future. But why vote for a Green Party senator or an Independent district attorney when we know they probably won't win?

While one vote makes only a drop of difference in the ocean of politics, it contributes to the changing political climate of the nation. Future candidates look to the last election for trends in common opinion. Voting minorities receive attention from the press and the pollsters, which catches the eyes of lawmakers, and sometimes sparks debate on important, but ill-covered, issues.

"Did YOU vote in this last election?"

But the "domino effect" of voting extends beyond just the political realm—it reaches into our careers and our values. When we make laws that create or diminish opportunities or allocate public funds, we contribute to our daily lives. Push for more city parks, and increase your quality of life. Vote for or against certain taxes, and save some cash. Support your values by voting good laws and lawmakers into effect.

Before the next election, take some interest in your future. Pick up a newspaper, find out what laws and politicians are on the ballot, and discover what they mean for your life. Then vote! The nation and your future won't regret it.

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Clark Newman, Carroll Hall - Rm. 224, by November 16th.

C A L E N D A R

November 9

♦ Nonviolence talk and dinner at Romero House Call 964-9991

November 10

♦ Executive Cabinet @ 12:15pm open to all
♦ Soup and Scripture @ 5:00pm in the LDC

November 11

♦ Toning session @ 12:30

November 12

♦ Extreme Ski Movie Call *3505 for tickets
♦ Eric Paddock lecture @ 7:00pm in the O'Sullivan arts center

November 13

♦ Avalanche game (Tickets available in Student Activities.)

November 14

♦ Peace Jam
♦ Waterpolo Tournament

November 15

♦ Desmond Tutu address @ 1:00pm in the fieldhouse

November 16

♦ El Salvador mass at Romero House
♦ Student lead rosary @ 7:30pm, in the Grotto

November 17

♦ Kickboxing @ 7:00am, in the LDC

November 18

♦ Oxfam vigil and fast for hungry (Contact Campus Ministry @ *4153 for further info)

November 19

♦ International banquet (MAC)

November 20

♦ Swing Night

November 21

♦ Fr. Woody Wrap party, from 12-5pm (Contact Dr. McCabe *3572 for more info)

November 22

♦ Mistletoe Madness (Contact PAC at *5393)