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A Bi-Monthly Student Publication

The Regis University

HIGHLANDER

The Jesuit University of the Rocky Mountains

Vol. 84, No. 2

Denver, Colorado

Monday, October 1, 2001

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MEMBER SINCE 1991

AC
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COLLEGIATE
PRESS

Computer access on campus: Is it enough?

by Geneva Corirossi

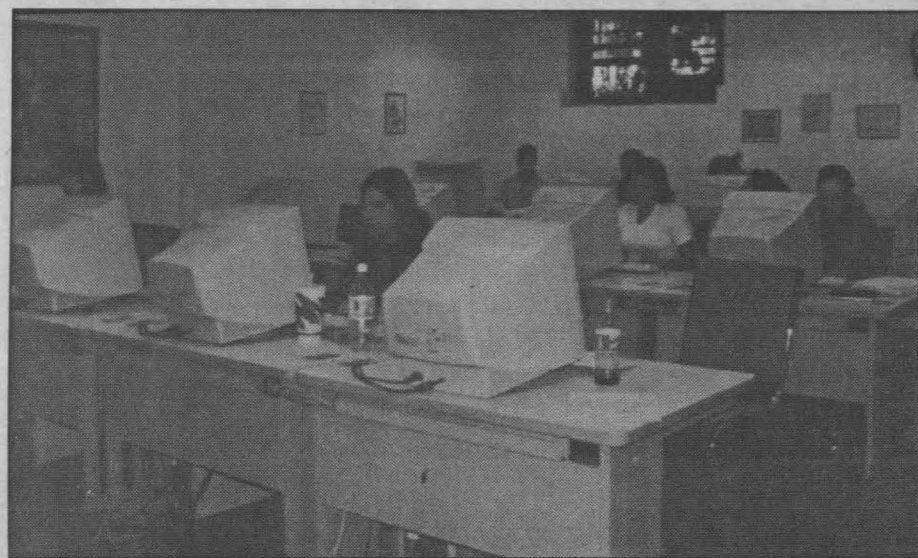
Computers are a necessity to all college students. Teachers demand typed essays and assignments every day, so students are left with no other option than to find a computer. Regis professors require clean, neat essays and hardly ever accept anything handwritten. Regis University offers its students 125 public computers across the Lowell campus.

The main location for students to complete their work is Carroll Hall, consisting of three 24-hour computer laboratories stocked with 38 computers. In addition, the library houses a number of computers for student use. Dayton Memorial Library's four floors hold a total of 48 computers. However, the main floor only allows online access to its visitors.

The three residence halls have one room each with five computers for use by residents of those halls. Finally, the Adult Learning Center offers two computer labs, each with 12 computers. In total there are 12 places on campus where students can access computers for their use.

Campus computers are easily accessible to any student. Regis University's Information Technology Services (ITS) staff feel that they have enough computers for student use on campus. From their perspective, the only time that the labs are overcrowded or busy is during midterms or finals.

However, students have a different outlook on the status of available computers. Only 50% of the students interviewed agreed with ITS that there are enough computers on campus. When selected students were asked if they thought that the computer labs were overcrowded on a regular basis, 60% said that it was a challenge to find an open computer to use when they needed it. All but 10% said



Students at work in one of the Regis computer labs. Photo by: Hayley Bierkle

computers for my own peace of mind. When my own computer refuses to work properly, as most computers do, I need to know that the campus computer services will be there for my use." This student found the campus computers particularly frustrating during midterms and finals, when stress levels are already high: "I have found it hard to gain access to campus computers. I have reason to believe this affects the quality of my work."

One solution to the perceived limited availability of campus computers is to check out different labs to find open computers. If students need a private place to work on computers, the Stride Lab is available for student use whenever needed. It is located next to the vending machines in room 11 in Carroll Hall, and can be reserved with a phone call to X4050.

Drug convictions limit student aid dollars

by Cory Meiser

A controversial drug law has placed scholarship money for students across the country in jeopardy.

Legislation passed under the Clinton administration bans college students with drug convictions from receiving federal aid. Under the rules, drug convictions are cause for automatic denial of federal grants and loans. However the law, expected to affect over 34,000 students this year, has come under criticism by a number of groups.

Most opponents say the act carries the drug war too far, for it subjects students to double jeopardy for their actions. Brad Phillips, Associate Director of Financial Aid at Regis, says many opponents think, "people make mistakes," and this legislation hinders the forgiveness process.

As well, opponents say the government is misapplying the law. According to Phillips, "The intent is to go after people who may have had a problematic history with drugs."

However, as applied now, the legislation affects a wider range of students. Any student who reports having a drug conviction is investigated. If the drug conviction occurred within a given time period, the student is automatically disqualified from receiving federal funding.

The risk for a community like Regis is potentially great. According to Phillips around 50 percent of Regis students receive federal aid. Should any of these students make a mistake, they run the risk of losing financial aid due to drug convictions.

Any student who reports having a drug conviction is investigated.

Phillips sees this as a relatively small problem currently at Regis because, as he says, the law "relies largely on self reported information." Theoretically, then, a student with a drug conviction can avoid being affected by the measure.

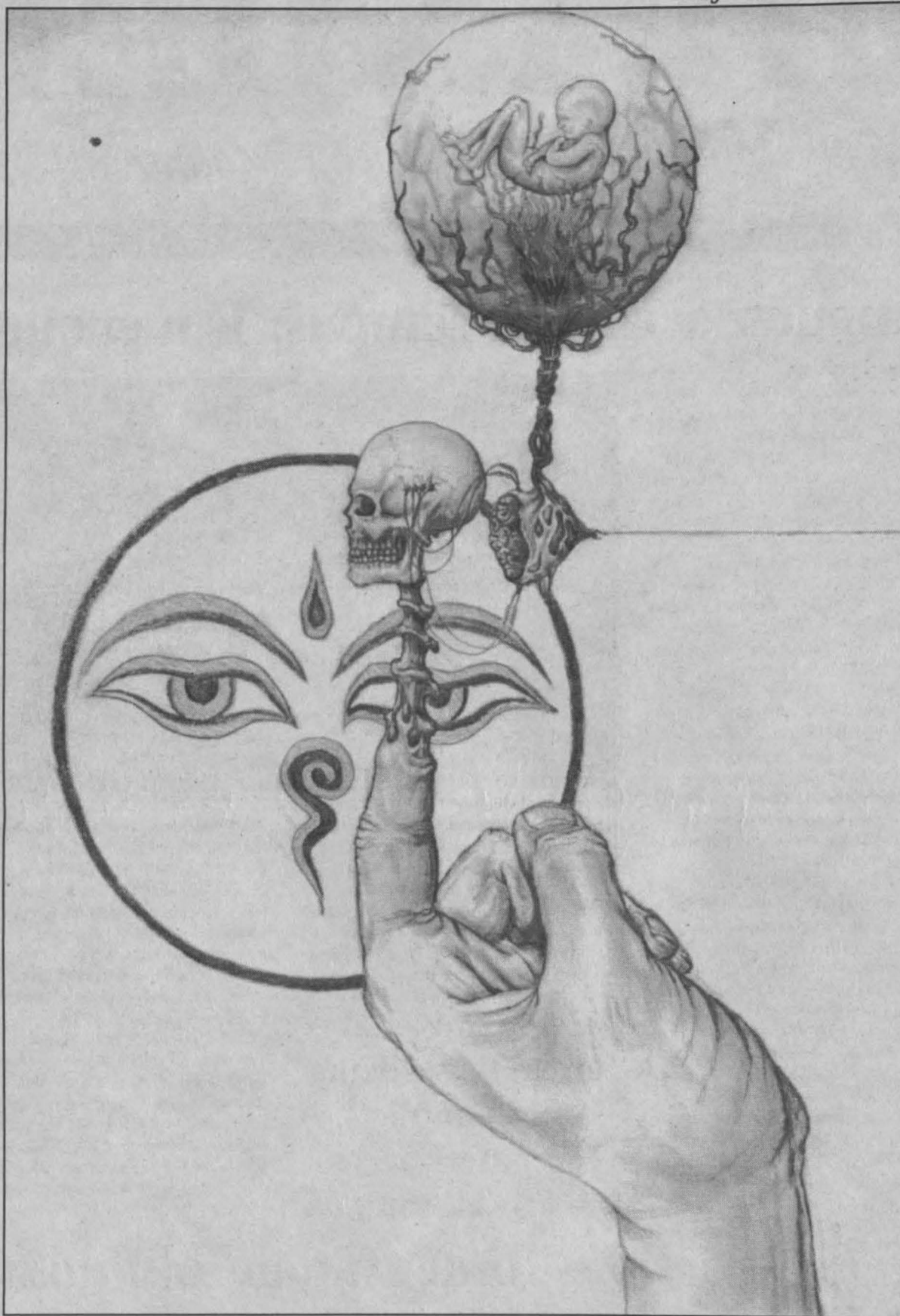
However, falsifying such information is a criminal offense punishable by a \$10,000 fine and/or prison time. As well, Phillips says the government may develop a system to check drug records in the future. If such were the case, the measure would likely affect more students, and possibly some in the Regis community.

As the law stands now, students convicted of drug-possession once are barred from receiving aid for a year after the conviction; a second offense stretches the period to two years. With three or more convictions students are banned indefinitely.

The measure is tougher on those who sell drugs. A single conviction for drug sale results in a two-year period of ineligibility. A second offense requires an indefinite ban. Aid can be restored if a student undergoes a government approved drug rehabilitation program.

BRAIN FLATULENCE

by Christian Van Minnen



TO UNDERSTAND HUMAN ERROR WOULD NOT BE HUMAN. HOLD FAITH.

Whaddaya Think??

The Highlander wants your input. Each issue will include a question about various topics, such as political issues, opinions, preferences, etc. Take this opportunity and tell us what you think.

What is the best example of the spirit of volunteerism that you have seen? (on or off the Regis campus)

Please E-mail your response to highlander@regis.edu

The Regis University

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EDITORIALS

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A Commentary on the September 21, 2001 Forum: The Destruction of the World Trade Center and Pentagon

Dr. Jim L. Riley, Ph.D.

Professor of Politics

Chairman of the Department of History and Politics

Regis University

On September 21, 2001 a forum co-sponsored by the Justice Education program and the Department of History and Politics was held at Regis University. Its subject was titled "The Destruction of the World Trade Center and Pentagon." Three speakers were to make a presentation regarding their interpretations and analyses of these events. The comments by Dr. Frantz-Murphy and Dr. Terry Schmidt were accurate,

insightful, informative, focused and balanced. The remarks by the third panelist, Mr. Larry Leaman-Miller, were different. For reasons given below, as a member of the Department of History and Politics, which in part provided auspices for this event, I wish to categorically and publicly disassociate myself from his comments.

In my judgment, his was an unprofessional and emotional presentation of a selective set of self-serving events suggesting that nothing but harm has been done by the United States to nations and peoples throughout the world. Mr. Leaman-Miller clearly intimated that the blame for the murderous attacks in New York and Washington, D.C. was to be found in U.S.

government actions. Paying but scant attention to the subject of the forum, he chose to direct the bulk of his commentary to a wholly one-sided diatribe against America and its policies.

His position was encapsulated by his final remarks and gesture (a hand raised Nazi salute) implicitly equating the United States with Nazi Germany. Such a contemptible and patently false allusion deserves, in my opinion, only censure and condemnation. It is not worthy of an academically grounded forum as this was intended to be. I was personally offended and professionally embarrassed to have such a presentation made by a speaker in an event sponsored in part by our Department.

Rebuttal on Terrorist Forum

by Julie Anne Lemieux
Regis University Staff

I was stunned by the anti-American sentiments expressed at the Forum on Terrorist Attacks held on Friday, September 21, 2001. While none of the panelists seemed to be brimming over with love for the United States, the first two panelists mostly presented background related to the attacks. The third speaker, Larry Leaman-Miller, was particularly offensive.

The coming together of the House of Representatives was compared to a Nazi regime, with the implication that there was a blind following of the President. Mr. Leaman-Miller seems to have missed the point: that Democrats and Republicans are all Americans who realize that this was an attack against America. Barbara Lee was praised for her dissenting vote against the use of force, yet if her constituency in Oakland and Alameda, California were any farther left, they would fall into the Pacific Ocean.

It is true that only America has used nuclear weapons. This also ended World War II, saving millions of lives, including Japanese lives. America immediately began rebuilding Japan, laying a foundation that has made it a strong nation today. If we had not first used the bomb, Germany would have; those of us left who were not exterminated because of our race or faith would be speaking German now under a true Nazi regime.

Leaman-Miller spoke of a myth that America always does what is right. I know that there are American foreign policies instituted which are oppressive toward other human beings and which most of us are not even aware of. Mistakes are made, but this is true of any human institution. The United States is still the best country in the world.

Although I am not an expert in political science, following are several examples of

sound policy decisions that I feel America has made or is making, which were condemned by Mr. Leaman-Miller.

Leaman-Miller argued for the arrest and trial of the terrorists, and although the United States is collecting evidence, this was an act of war, this is not a criminal court. He criticized the United States' support of Israel, but Palestine has no claim on Israeli land: Israel has occupied it for thousands of years. He adhered to a lifting of sanctions on Iraq, without mentioning that these were imposed because Iraq threw out U.N. inspectors monitoring weapons, because Iraq was shooting at aircraft in the no-fly zone protecting northern Iraq, and because the United States hoped that by undercutting Hussein, the people would get rid of him. He suggested investing our economy in Afghanistan, at the same time criticizing us for having already tried this approach in propping up the government in El Salvador.

To pour our economy into Afghanistan is tantamount to having invested in Germany during World War II and ignoring the Nazis. Instead, first get rid of the terrorists, then help the people of Afghanistan.

He criticized American policy toward Cuba, in which we blocked aid, hoping that the people would revolt against a communist threat.

He suggested avoidance of a massive retaliation. It seems to me that Bush is talking about a precision effort to the best of our ability.

I hope that this man is aware that American soldiers have fought, been incapacitated and died to defend his right to express a one-sided, misguided opinion, even to several hundred impressionable young people. God bless America, and God bless all people of good will.

Regis Students will never forget September 11, 2001

by Kathleen Coyne

The last few weeks have left an indelible image in my mind, as well as in the minds of the rest of Americans. September 11, 2001 is a day that will never be forgotten, especially by those of us born after the Cold War era. Some of the most important buildings in the United States have been damaged, and others have been destroyed.

At 8:45 a.m. EST, a plane hijacked from Boston en route to Los Angeles slammed into the north World Trade Center tower. A second plane, also hijacked from Boston to Los Angeles, hit the second tower 11 minutes later. At 10 a.m., the second tower to be hit collapsed. Twenty-nine minutes later the north tower collapsed. The five surrounding buildings, including World Trade Center 7 and the Marriott Hotel, either collapsed or were destroyed from the impact of the planes and the falling debris.

The media went into frenzy as soon as the second plane hit and the nation realized that this was a deliberate attack. Not only was the Arab community singled out as the terrorist group behind the attacks, but Osama bin Laden was immediately seen as the perpetrator. The people of the United States need someone to blame. Even if the wrong person is convicted, people feel safer going back to their normal routine. Osama bin Laden was an easy suspect for both the government and the media, which Americans easily and naively believe.

The nation experienced another attack six years ago. On April 19, 1995, the Murrah Federal Building in downtown Oklahoma City was bombed. This attack, the last "worst attack in American history," killed 168 people from a bomb in a rental truck that blew up the nine-story building. Right away, the media identified Arabs as the people behind the attack. The nation became infuriated with the Arab community, believing the media and what was said. The two people convicted for the bombing were actually two Americans, Timothy McVeigh and Terry Nichols.

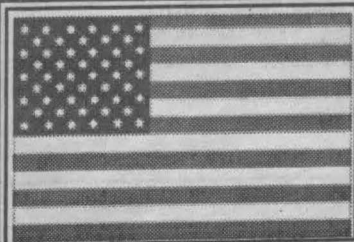
After thousands of people are still missing and hundreds are dead, two questions remain in people's minds: who did this and why? Osama bin Laden has the background and the money to execute an attack of this proportion. Born to immigrant parents in Saudi Arabia, bin Laden was not part of the upper class. His father started a company which is today worth \$5 billion. Studying engineering in college, he was

greatly influenced by one of his teachers who was deeply religious within the Islamic faith. When Saudi Arabia invited the United States into their country in 1990 to help fight Saddam Hussein and his invasion of Kuwait, bin Laden along with other Muslims were infuriated. The Muslim world was not used to people who are Christian, Jewish, listen to rock music, and women who drive and wear pants. Since then, bin Laden has supposedly been out to destroy America and its society as a goal. The media is telling everyone that this is a holy war. If these attacks on America were caused by Osama bin Laden, this is not a holy war. Osama bin Laden is a leader of Muslim extremists. Most Muslims believe in peace.

The United States has been at war with the Middle Eastern countries for years. After World War II, the Israelis had no land where they were welcome. Most people of Jewish descent were pushed out of their previous lands because of Hitler's regime. The United States helped establish the nation state of Israel and almost immediately recognized it as a country. The countries in the Middle East, mostly populated by Muslims, did not accept the Israelis or the United States' support for them.

To this day, Arabs dislike the United States. It could be that America has supported leaders in the Middle East such as the Taliban or Saddam Hussein and then turned against them. In 1996, the United States supplied Afghanistan with money and weapons. Now, the United States may be at war against our own machinery. Maybe our way of life disturbs them. Americans dress differently. Our women can freely wear halter-tops and mini skirts with a pound of make-up while their women can only show their eyes to the public. Our music is loud, our televisions louder, and Americans say what they want, whenever they want. Neither society is wrong, just different.

The United States is a different place today than it was one month ago. People are afraid to get on airplanes, worried about going to war, and worried that our financial situations are not secure. People need to go on with their lives. This was and is still one of the most horrible and unethical things that has ever happened to our country, yet people cannot cower in the face of evil. No one can put it better than Kristi Pfotenhauer, a junior at Regis who is studying in Spain for the semester, "I cannot let it affect [me] too much because that would be letting the terrorists win."



**Remember that
blood donations
are still needed.**

Visit:

**<http://www.bonfils.org>
to find the closest blood
donation center.**

Get involved with the new clubs on campus

by Rich Cadwallader

If you walked anywhere near the student center on Sept. 12 and 13 you probably noticed the club fair operating in full force.

And if you looked more closely, you probably noticed a few extra tables set up this year. Regis is expanding its range of interests this year with five new clubs. Club Volleyball, Residence Hall Association (RHA), Chess Club, Karate Club, and the Society for Creative Anachronism (SCA) have joined ranks with the rest of the Regis club community.

RHA is one of two new clubs this year that aren't quite clear-cut in their purpose. RHA is devoted to giving residents in the halls a voice about what happens where they live. Lisa Arling, who is second in command in the association, explains: "If you're a student here at Regis and have noticed things on campus that need to be changed (recycling, security, sodexo, etc...) RHA is the channel to go through to get improvements made." Every residence hall student is urged to participate. Arling says, "You have to come to one of our

meetings to get your voice heard! Our first meeting is on Wed. October 3 in the second floor of the Student Center and everybody better be there!"

SCA is another group whose purpose is not so well known. The Society is an international group whose goal is to research and recreate the middle ages. Many SCA groups meet on a weekly basis, where they make efforts to learn more about western civilization before 1600. Attending an SCA meeting is not a privilege afforded only to SCA members. Anyone is welcome to come and see what it is all about and find out if it is something that they would really be interested in.

All students are welcome to join any of the clubs. Club Volleyball, Chess Club and Karate Club are more than-willing to accept anyone, veteran or beginner, who wants to learn more about them and wants to have a good time doing it.

Anyone interested in these, or any of the Regis clubs, can get contact information at the Student Activities office on the second floor of the student center.

Regis is expanding its range of interests this year with five new clubs.

A cultural learning experience offered in London England

by Kiran Malancharuvil

Need to get away? The Office of Summer Session is offering an opportunity to do just that. From March 3 to April 15, 2002, 15-20 students can travel Great Britain with the Regis University Short-Term Study Abroad Program.

Students and faculty will spend one week in Stratford on Avon, birthplace of William Shakespeare, one week in Canterbury, and four weeks in London. The trip will focus on experiential learning techniques by studying literature through theatre and plays, history through visitation of historic sites throughout England, mass media through study of the BBC (British Broadcasting Network), British newspapers and a visit to London's Communication Center, and Religious Studies through visits to Canterbury Cathedral, St. Paul's Cathedral, and study of famous English Catholics. Classes will begin in the classroom for January and February and the learning process will switch to a more hands-on technique while in England.

The faculty members accompanying the students are Dr. Janellen Hill from the Communication Department, Fr. Edward Oakes from the Religious Studies Department and Dr. Mark Bruhn from the English department.

"It's a great way to study abroad and not have to be gone the whole semester," Tom Shugrue, head of the program said. "A student can keep their financial aid, including work study positions, and still study abroad."

Students will pay their regular tuition fees here at Regis plus an additional \$3000 for airfare, transportation, admissions and

accommodations, which will include stays at Bed and Breakfasts as well as in a hotel/apartment in London. Shugrue stressed

that scholarships and financial aid for students continue through this program.

Openings are still available. The program is most appropriate for juniors because one of the classes is a Junior Seminar, but everyone is welcome to inquire and apply. You can contact Tom Shugrue at (303) 458-4296 or visit him in the Office of

Summer Session in Loyola Hall, room 12. Applications should be turned in as soon as possible. The deadline is October 12, 2001.

"It's a great way to study abroad and not have to be gone the whole semester."

-Tom Shugrue



REGIS LEADERSHIP CORPS: Be Bomber!

by Courtney Malanify

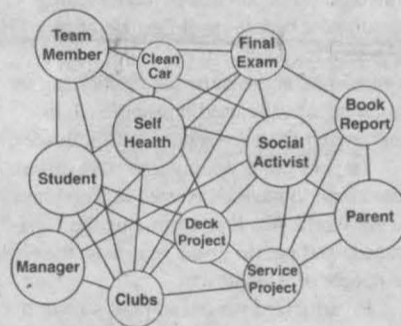
This year, Regis' Presidential Leadership Program got a transformational facelift. During the Fall 2000 and Spring 2001 semesters, the program tested pilot initiatives including a new program model, courses in paracurricular studies, and various cultural changes. Scott Campbell, who directs the program said, "Even the name has changed. We are calling it Regis Leadership Corps, a name that engenders the esprit de corps of its purpose and culture. Student reaction to the new initiatives has been really positive. Regis Corps is a powerful four-year commitment for students who want rigor and reward." Fall 2001 marks the implementation of these changes.

Life is a collection of meaningful projects...

Regis Corps-a collection of programs that include Presidential Leadership, Student Activities, and Student Government-is founded on a simple premise: our lives are an interconnected network of meaningful projects.

Our lives projects consist of roles that we fill and are driven by the goals that we want to achieve. Regis Corps impels Corpsmembers to design and execute better projects and in turn, better lives.

Life is a Network of Meaningful Projects



All projects require mastery of basic building blocks...

Projects, whether big or small, formal or informal, professional, personal or social, or private or public, adhere to basic principles that are universally applicable to the design and execution of any effective project.

Four Building Blocks of Project Design

Cultivate Learning	Build Capacity
Manage Mission	Lead Vision

What does it mean to be bomber? It means bomb proof-solid. A bomber person dares to dream, executes these dreams, and develops their authenticity.

A lot of people dream and a lot of people execute, but few dream big and go big. Regis Corpsmembers dream big and go big.

A lot of people don't know who they are. A lot of people don't like who they are. Regis Corpsmembers know who they are and cultivate their authentic self.

When you become authentic you give others permission to be authentic. Then, as a team, you can dream bigger and go bigger.

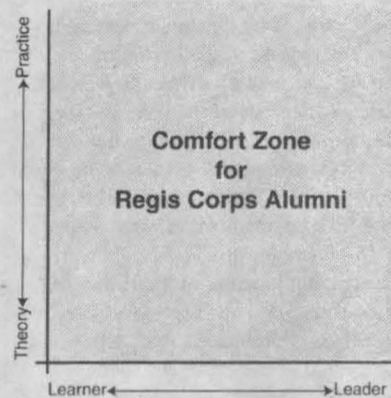
**Be bomber.
-The Regis Corps Credo**

Regis Corps develops people who can envision and execute the projects that make up meaningful lives.

Regis Corps is a curriculum, a process, and a movement that develops Corpsmembers into agents of change in service to others; not just young minds with an ethic of service, but capable leaders who can design and execute a project idea, regardless of the challenges and the difficulties.

Regis Corpsmembers engage in a rigorous didactic and experiential curriculum that expands their comfort zone so they are veterans of both theory and practice of project design and execution.

**Learners Becoming Leaders
From Theory to Practice**



As individuals who can cultivate personal and organizational learning, build vital capacities, manage the day-to-day mission of a project, and lead others to envision possibilities, Regis Corps Alumni truly exemplify the Regis University motto: Learners Becoming Leaders.

Top Five

Regis Corps isn't an exclusive program, anyone can apply. That is, anyone who is ready for rigorous challenges and rewarding experiences that require commitment and hard work. Regis Corps isn't another activity to put on your resume for posterity. Regis Corpsmembers place the Corps within their Top Five priorities (e.g., God, Family, Country, School, Regis Corps).

If you're searching for rigor and reward, contact us. Nominations for Regis Leadership Corps are starting October 1st. Please contact us if you are interested or if you would like to nominate someone.

**Regis Corps
Regis University
3333 Regis Boulevard J-12
Denver, CO 80221
303-458-3505
Top5@regiscorps.com
www.regiscorps.com**

Regis welcomes new additions to faculty

The newest asset to the Biology department: Dr. Franco

by Bea Bruintjes

It is time to welcome the new faculty members who have joined the Regis Faculty Community. This year there were quite a few departments who hired new faculty. Departmental faculty are not the only ones happy to welcome these new faculty members, but also the students find new professors offer additional perspectives and expertise.

The Biology department welcomes Dr. Marie Dominique Franco, assistant professor of biology. Franco has already become a vital member of the Biology community. Originally from France, Franco attended school there and earned her degrees in Immunology. She then came to the States where she completed a three-year post Doctorate in South Carolina and a two-year post Doctorate in Arizona. Franco previously taught at Grinnell College in Iowa, a college well known for its high academic standards, before she accepted a teaching position at Regis University.

It has taken Franco only a short time to build rapport with the students and to develop a great working relationship with the rest of the biology faculty. With her positive attitude and her novel

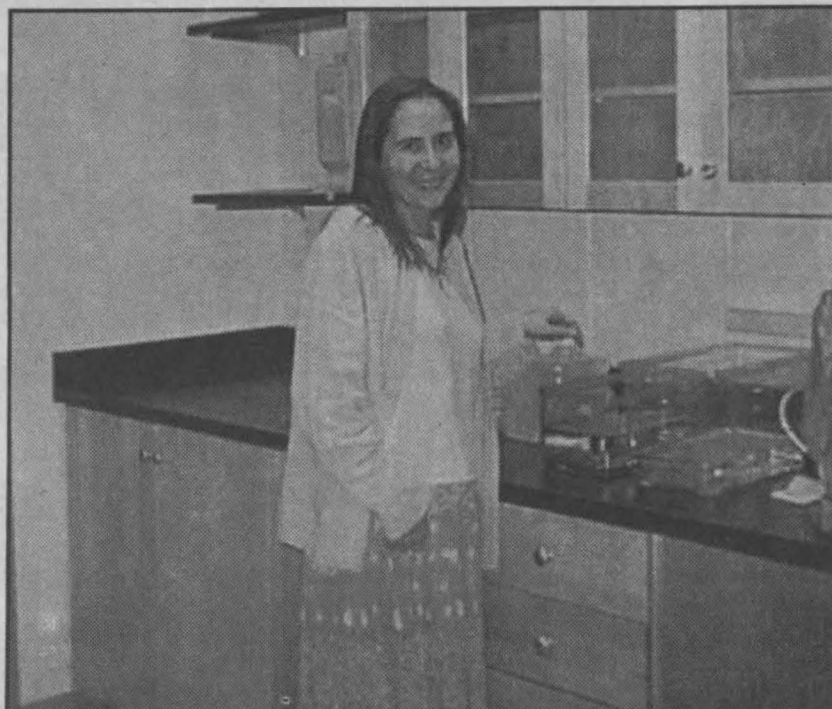
ideas for teaching she has been an excellent addition to the Biology department.

Franco enjoys exercise and the outdoors. Of course Colorado is an excellent place to exercise and enjoy the outdoors. Included in this passion for the outdoors is a love for hiking and skiing. Franco also likes to relax with a good book every now and then.

This fall, Franco is teaching Developmental Biology, Molecular Biology, Human Biology, Immunology, and Neuroscience. One of the reasons why she really enjoys

her work here at Regis is the size of the classes, which allow for interaction on a one-to-one basis with the students unlike larger universities that make it harder for students and teachers to interact on a more personal basis. She also commented on the exceptional spirit and honest values of both the Regis students and faculty. She finds that the relationships between the students and faculty create a sense of family. She says, "I love it here. The students and the faculty are very nice and everyone takes time to help each other."

...a vital member of the Biology community.



New professor Dr. Marie Dominique Franco

Photo by: Bea Bruintjes

"Arne" G'Schwind brings energy, spirit, entertainment and a true "teaching performance" to the Communication department

by Ariana Etter

There is a new face in Communication Department this fall. Dr. Arne G'Schwind is teaching three courses while maintaining his outdoor lifestyle. His energetic and lively outlook on life creates enjoyable classes. What other professor is on a first-name basis with his students and plays music before and after class, but good ole Arne?

G'Schwind was born in Nebraska and grew up there with three siblings. He currently resides in Fort Collins, Colorado where he received his Bachelors and Masters degrees at Colorado State University in Speech Communication. He attended Indiana University where he received his PhD in Communication Culture and Film Studies in 1998. He taught media classes at Colorado State University from 1998 to 2000.

G'Schwind's wife of nine years, Stephanie, is the managing editor for the Colorado Review at

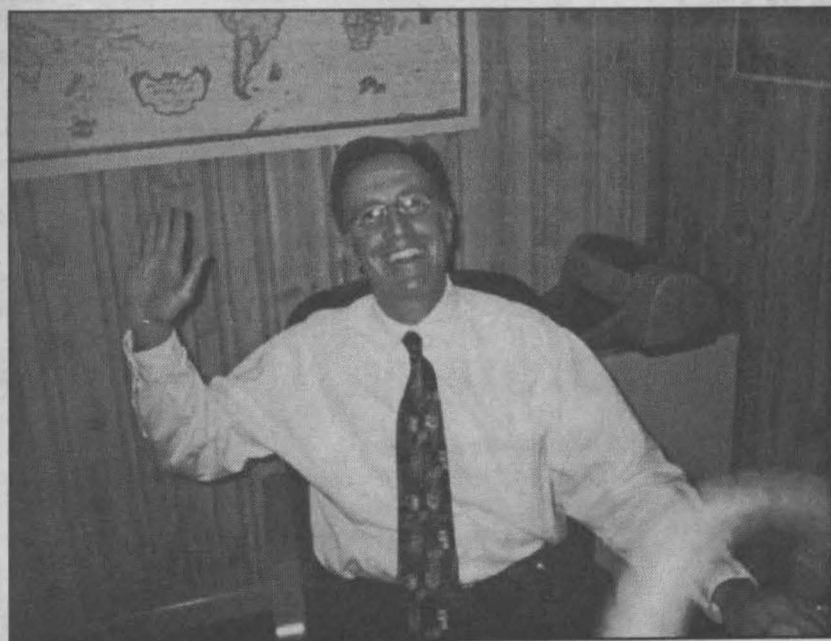
Colorado State University. In their free time they enjoy riding horses, kayaking, and skiing.

G'Schwind's active lifestyle is apparent in the classroom as well. He says he loves teaching because he believes it keeps him young and spirited. He appreciates the small class size and intimacy of Regis.

G'Schwind was a performer for 18 years and he believes that the entertainer in him shines through in the classroom. He sees teaching as performing, and that perspective helps to keep students interested and focused on what is being discussed in the classroom. G'Schwind feels that teachers can use education to make the world a better place. He feels that Regis encourages this sort of educational mission more than other universities. He finds that Regis provides students with an education,

and prepares them for work that contributes to a more peaceful world for themselves and others. G'Schwind says that it is important in one's life to try to make a difference and that's his goal in the classroom.

His energetic and lively outlook on life creates enjoyable classes.



New Professor Dr. Arne G'Schwind

Photo by: Ariana Etter

A love of Colorado draws Dr. James Seibert to Regis University

by Jaclyn Rostie

James Seibert, Ph.D., is a new Assistant Professor of Mathematics at Regis University. He joined the faculty at Regis after two years as a Professor at Willamette University in Oregon. Currently, Seibert is teaching two sections of statistics and a section of linear algebra.

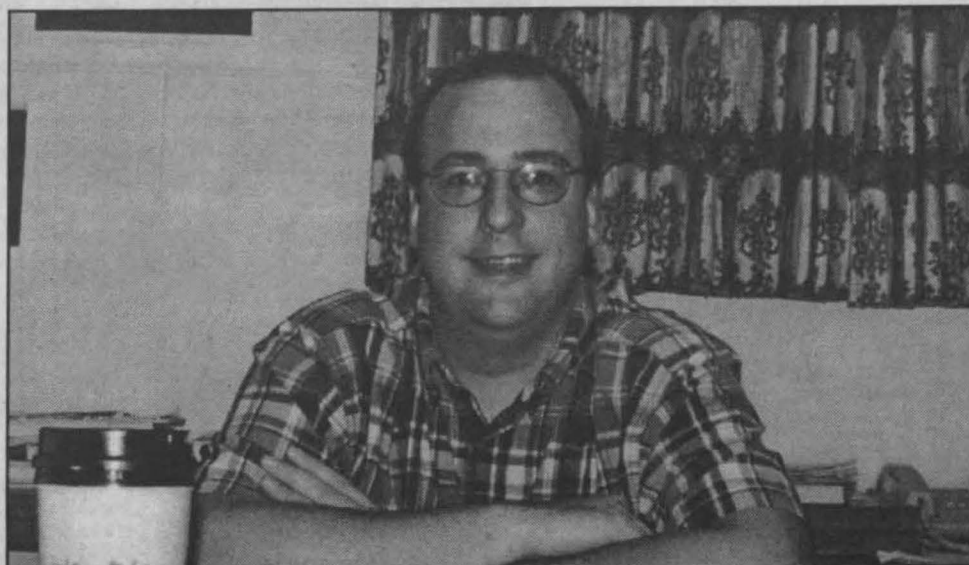
Seibert received his doctorate in mathematics from Colorado State University where his emphasis was in algebraic geometry. He also received his master's degree from CSU. Seibert completed his undergraduate degree in mathematics at Linfield

He enjoys disc golf and is a huge fan of football, baseball, and hockey.

College in Oregon where he also minored in physics and philosophy.

He chose to become a professor after being successful as a graduate teaching assistant at CSU where he taught one class every semester. Also, he was influenced to go into teaching by his Ph.D. advisor. Seibert decided to teach at Regis because he enjoyed being in Colorado while in graduate school.

Seibert is originally from Salem, Ore. He enjoys disc golf and is a huge fan of football, baseball, and hockey. He also rides his bike to school every day.



New Professor Dr. James Seibert

Photo by: Hayley Bierkle

5280~ What to do in the Mile-High City... ~5280

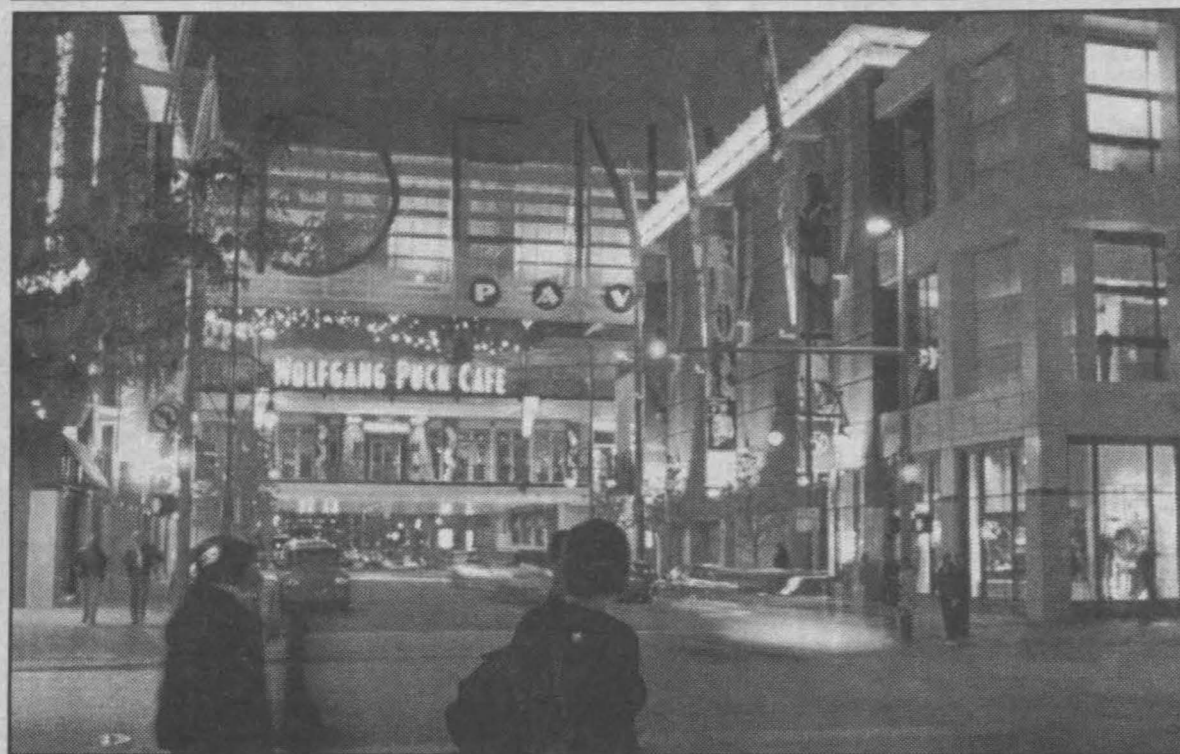


Photo Courtesy of: Denver Metro Convention & Visitors Bureau

Public transportation provides easy access to Denver attractions

by **Jeb Moyers**

Most every major city in the world has a form of public transportation. Denver's RTD system may not be as well known as London's Underground but it does the job. If you are without a car, the RTD can become your best friend.

The RTD can transport a Regis student to almost anywhere in the Denver metro-area. If a student wants to spend their day in Boulder, he or she needs only to walk up to Federal Boulevard and catch the 31 headed towards Westminster. At the Westminster PNR E get off and board the RTD B line, which will drop you off at the Boulder Transit Center 40 minutes later.

The RTD doesn't stop there. It's just as easy to get to beautiful Golden, Colorado. Again, walk up to Federal Boulevard and catch the 31 bus headed towards downtown via Federal. At the Colfax & Irving stop get off and walk across the street and catch the 16 bus, which will take you right into the heart of Golden.

For those students who want to get some shopping done the RTD can take you to all the top spots. The 16 Street Mall is just one 31 bus towards downtown. Get off at 16 Street Mall stop. Cherry Creek Mall on the south side is reached via the 31 headed downtown. Change routes at the Irving & Colfax stop to the 1 bus to Cherry Creek. The Flat Irons Mall is just a little trickier than the two other malls. Take the 31 headed towards Westminster to the Westminster PNR E stop then board the RTD B line towards Boulder. Take this bus to 120th Avenue and Wadsworth Parkway

where you board RTD bus 228/ Louisville taking you to the Flat Irons Mall.

For those sports fans out there the RTD can drop you off and pick you up without having to pay for parking. To get to the Stadium of the two-time Superbowl champion Denver Broncos, one just has to jump on the 31 headed downtown and get off at the 17 Street stop. For those who are big on professional basketball and the Stanley Cup

If you are without a car, the RTD can become your best friend.

winning Avalanche hockey team, RTD can take you to the Pepsi Center. Take the 31 headed downtown. At the 32 Street stop get off and take the RTD bus 32/University Hospital headed downtown. Next thing you know you will be right in front of the Pepsi Center.

For students who like the nightlife, the RTD can take you to both the Denver Pavilions and Larimer Square. Denver Pavilions is just a simple 31-bus ride away. Get on at Federal Boulevard and get off at the 16 Street and Stout Street stop. To reach Larimer Square, take the 31 downtown and get off at 32 Street. Change to the 32 and arrive at Wazee and 16th Streets.

If you are interested in animals and fish the RTD can drop you off at the Denver Zoo or at Ocean Journey. The Ocean Journey route and the Zoo route are the same. Take the 31 headed downtown and board the 32. If you are going to Ocean Journey get off at the 15 Street and Platte Street stop. If you are going to the Zoo take the 32 until you get to the stop marked The Denver Zoo.

As you can see the RTD can take you to all the hot spots in the Denver area. For more information on schedules and routes log onto www.rtd-denver.com.

Where to go in Denver from A to Z

by **Quinn McCoy**

Tired of doing the same things over and over again? Looking for a new place to check out? Look no farther. Here is the A-Z guide of things to do in Denver.

A: Avalanche game. This one's a little pricey and hard to come by, but if you get the opportunity, go watch Roy, Sakic, and the defending Stanley Cup champs show em' how it's done at the Pepsi Center.

B: Bronco Game. The Broncos have a new home this year. Check out the new stadium--Invesco Field at Mile High.

C: Copper Mountain. This is one of the many ski resorts in Colorado. It's about an hour and a half west of Denver, and best of all it won't break the bank.

D: Dave & Busters. This is a bar, restaurant, and arcade for big kids. You must be 21 to get in, or be accompanied by an adult. The closest one is located at the Promenade, on 104th and Highway 36.

E: Elitch Gardens. This is Colorado's largest amusement park, and home of one of the last standing wooden roller coasters, the Twister. It's located in lower downtown off Speer Blvd.

F: Fiddler's Green. Check out a headlining band at this outdoor concert venue. Fiddler's is located in Greenwood Village off the Orchard exit on I-25.

G: Grizzly Rose. Learn to line dance or listen to some country bands at this local country bar. You must be 21 to get in every night except Sunday when all ages are welcome. It's located off of I-25 and 58th.

H: Hill Top. You can't go wrong with an old dive bar; good friends and colorful locals. Try this spot for a good ole time on 49th and Lowell, right down the street from campus.

I: IMAX Theater. Watch an educational documentary film on a jumbo screen with surround sound. The theater is in the Museum of Natural History off of Colorado Blvd., next to the Denver Zoo.

J: Jackson's Hole. Get a beer and watch a game at this Lodo sports bar. Jackson's is on 20th and Blake, downtown.

K: Keystone. Another popular ski resort, Keystone



caters to all the snowboarders. The resort offers a huge board park with jumps for snowboarders only. The mountain is about an hour west of Denver.

L: Lodo Bar and Grill. Go to the trendy Lodo bar on 19th and Market, and see a few familiar Regis faces. It's one of the favorites among the over 21, bar-going crowd at Regis.

M: Molly Brown Museum. This old mansion on 13th and Pennsylvania used to be the home of Molly Brown, survivor of the Titanic.

N: Natural Hot Springs. These spots are good for a nice relaxing dip in the natural spring water. A few of the most popular are Idaho Springs (about 45 minutes west on I-70) Glenwood Springs (about 3 hours west on I-70) and Steamboat Springs (3 hours northwest of Denver).

O: Ogden Theater. Catch a concert up close and personal. This small concert venue is perfect for a smaller, cheaper, more personal concert experience. The Ogden is on

East Colfax.

P: Pepsi Center. Located in lower downtown, next to Elitch, the Pepsi Center is not only home of the Avalanche and the Nuggets, but it also hosts many concerts and special events in Denver.

Q: Quiet time. Denver is not only full of fun things to do but there are plenty of scenic areas that are perfect for a little down time. Just jump in the car and head west to find your own favorite spot.

R: Red Rocks. This natural formation of red rock (hence the name) is an ideal spot for an amazing outdoor concert. If you aren't watching a show then take advantage of an easy climb. Head west on I-70 to the Morrison exit.

S: Sing-Sing. This interactive bar is located on 19th Street in Lodo. The main attraction is the dueling pianists, but, you must be 21 to enter.

T: Tabor Center. This is a mini-mall on the 16th Street Mall. You'll also find the popular restaurant The Cheesecake Factory there.

U: Universities. Meet some new people at other Denver schools, such as Auraria Campus, Boulder, School of Mines, and Denver University.

V: Van's Skate Park. This new skate park is located at the Promenade (104th and Highway 36). Try out the half pipe jump.

W: Water World. Denver's largest water park, located on 88th and Pecos, offers a whole day of fun. There are slides, tube rides, and wave pools, but you'll have to hit this spot before summer ends.

X: Xtreme Laser Tag. It's on 88th and Harlem across the street from the Westminster Mall. You can get a quick game of laser tag that's cheap and close to campus.

Y: The Yard. This funplex offers a wide variety of activities for all ages, including ice-skating, arcades, batting cages, and other fun stuff. The Yard is located on Arapahoe Road.

Z: The Zoo. The Denver Zoo is located on Colorado Blvd. It's the home of many animals that are caged for your entertainment.

Even with limited funds, you still have options

by **Theresa Keyser**

Living off Cup O'Noodles, counting pennies to buy a soda, gathering ten people's money to buy one small pizza, and not having enough money to go out are all typical financial dilemmas of college students. Lack of money shouldn't stop Regis Students from experiencing Denver because there are many things to do that don't cost a dime.

If you enjoy nature and the great outdoors, then local parks are the place for you. Most large parks offer a variety of free options, including bike paths, tennis courts, basketball courts, playgrounds, and open space for soccer, Frisbee, and picnics.

If you prefer a nightclub setting and you are age 21 or over, then you might want to check out the Hearthrob. The Hearthrob has two locations--10175 E. Hampden Ave and 2229 Blake St., next to Coors Field. Thursday nights at Hampden Avenue, Hearthrob is free entry and has free drinks. There is never a cover charge at the Hearthrob on Blake Street. Both locations play 70's, 80's, and 90's discotech.

The Deadbeat Club is also for the 21 and over crowd

who enjoy alternative and dance hits, with no cover before 9 p.m. on Saturdays. There are three dance floors and a patio to get your groove on.

For the 18 and over crowd, Polly Esthers might be the place for you. It is located at 2301 Blake St. On Thursday,

Lack of money shouldn't stop Regis Students from experiencing Denver...

Oct. 4 you can party in five feet of foam at the Ibiza Foam Party. College guys get in for free on Thursday nights with their college ID and all women are free. They play dance music from the 70s, 80s, and 90s.

For a more educational experience of Denver and

surrounding areas visit places like the Denver Mint, the Capitol, Budweiser Brewery, Coors Brewery, the Aurora History Museum and Celestial Seasonings. Each offers free tours. Celestial Seasonings is the nation's largest specialty tea factory and conducts free tours daily, excluding holidays. For more information on Celestial Seasonings tours call 303-581-1202.

The Denver Zoo is offering a free day on Saturday, Oct. 6 featuring Tropical Discovery and includes exhibits such as the Dragons of Komodo, and the Primate Panorama. For more information call 303-376-4800.

Poetry lovers can attend free poetry and verse readings at 5 p.m. every Sunday at the Buzz Fill 'Er Up Cafe at 1229 E Sixth Ave. For more information call 303-831-1077.

With the Race for the Cure approaching on Oct. 7, breast cancer awareness is heightened. Women are encouraged to get a mammogram to help aid in early detection. Women in groups of three can schedule mammograms with complimentary manicures and massages through Oct. 14 at the Cherry Creek Shopping Center. To schedule an appointment or for more information call 720-941-6866.

Prices might be high, but some students willingly pay up for entertainment

by **Kathleen Coyne**

Entertainment in the Regis area could use a boost, either by lowering prices or having Regis help. Attending school in a residential community is hard for college students. Even though Regis University is in a big city, entertainment is hard on students because of prices. Without a car, activities are pretty limited to hanging out at the Big K or maybe late on a Saturday night walking through the Taco Bell drive up window. If you can access a car, you have unlimited options, as long as your wallet can cover the costs. Even though one student will spend \$20 a week on entertainment costs, another will spend \$150. Costs might include concert admissions, alcohol, bar cover fees, sporting event entrance fees, movie tickets, eating out, and basically any money needed off campus.

Sophomore Jim Morrow spends about

\$50 a week. He thinks prices are reasonable, yet he obviously has a different weekend than junior Kayvon Siadat, who spends a lot of his money on concerts. Kayvon tries to go to concerts at cheaper theaters so he can attend more frequently. "The Bluebird Theater (on Colfax) is pretty cheap although the Fox Theater in Boulder and Fillmore have ok prices," says Siadat.

Junior Stephanie Culp thinks that businesses need to create special admission prices for college students. "College students travel in packs so the company would most likely get more business even with dropping costs a few dollars," says Culp.

Regis students seem to agree that downtown businesses, and especially ones in LoDo, have extremely high prices. Sophomore Patrick Bataillon is willing to pay a lot of money during the weekend. He likes to see movies, go to football

games, and go to bars. He doesn't have a problem with the prices around campus but he thinks, "downtown is ridiculously expensive!"

Junior Daniel Delaney agreed that downtown is costly. He loves to go to the bars in LoDo such as Falling Rock, Jackson's Hole, and the bar at Hooters but he thinks that going downtown needs to be an occasional thing. Delaney said, "Living off campus for the first time makes me spend so much money on eating out that it is hard to spend money downtown all the time."

Actually, if you do it the right way, you can go downtown every weekend and not spend that much money. Ask Junior Geneva Corirossi and you will find out the key to going downtown is to get to know the managers, bartenders, and bouncers in at least one bar. "I know a bunch of people who work at LoDo's so I never have to pay for cover charges and rarely have to pay for my drinks. The only problem is that they are really strict on IDs and it is hard for even people who are 21 to get in," Corirossi said.

Well, if you are 21, have a good ID, and have the money, downtown is the place to be whether you want to drink, dance, eat, or just talk.

Many students think that Regis could help alleviate some of the entertainment costs. One of the easiest things would be to add more restaurants to the meal plan. Would the administration really have a tough time agreeing to put places such as Pizza Alley, Hamlin's, Chipotle, or Heidi's Deli on the meal plan? Sophomore Wick Swanton is angry about

the limited Regis meal plan: "I live off campus. I have a meal plan. I cannot even order Papa John's pizza unless I walk across the street and order it! You need to live on campus to use your meal card for it. Nobody even likes it. Why can't we have restaurants that we do like and are closer on it? Not just pizza."

Senior Brooke Jacobs asks why Regis, unlike other schools, doesn't offer transportation off campus. Jacobs wants Regis to offer transportation to downtown, skiing, and sporting events. Perhaps the school could arrange for cheaper student fare bus tickets to be bought on campus.

Junior Brent Waller suggests that Regis could serve as a ticket mediator. He thinks that Regis could buy tickets at a discounted group rate and resell them to students.



National ranking earned by three Fall sports teams

by Molly Marin

Most often renowned for its academic achievements, Regis University is beginning to get more recognition for its athletic excellence as three fall sports are nationally ranked. Women's soccer is ranked fifth. Men's soccer is ranked 18. And women's volleyball is ranked 14. The women's soccer team is leading this trio with its impressive #5 ranking and undefeated record of 10-0-0.

Third-year starting soccer goalkeeper Taresa Cavaliere is the anchor of Regis' unwavering defense, having allowed just one goal all season. Cavaliere, who also leads the RMAC in goals allowed average (GAA) at 0.11 attributes the success of the team to "awesome defense, a 4-3-3 lineup, and the contributions of the talented freshmen." On the offensive end, junior forward Arlene Basquez, who has ten goals and two assists, has led Regis. Basquez has teamed with freshman forward Katie Murphy, who is the team's second leading offensive contributor with six goals and six assists thus far.

On the men's soccer side, the team record might not be as impressive as the women's, but it's certainly worth mentioning as the Rangers boast a record of 7-3-1 overall and 3-3-0 RMAC. Sparked by the enthusiasm of Heath Kidd in goal, the Ranger defense has been tough to score on. A major reason that this team is so difficult to beat is the defensive efforts of Chad Mulliniks, Brendan Uniacke, Todd Morris and senior captain Alfonso Romero. In the midfield, Lance Snodgrass,

Alan Ramirez, and Kenneth Cortsen stabilize the field with their performances offensively and defensively. Finally, Patrick Lockerd, with five goals, and Ryan Mahany, with three goals, leads the squad this season.

The #14-ranked women's volleyball team has faced a difficult schedule so far this year but they have performed admirably with a record of 10-5 overall, 4-2 RMAC. The team's Second Team All-American, middle blocker

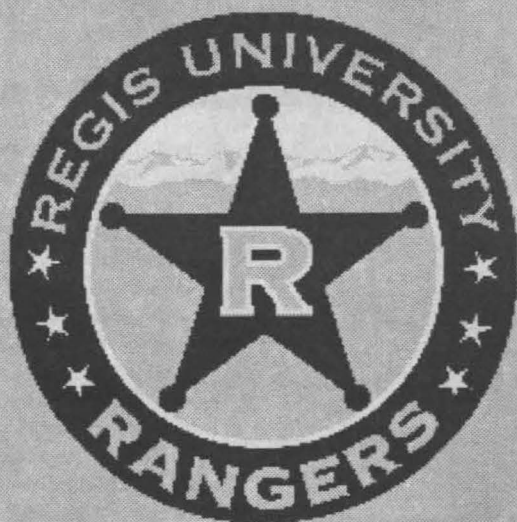
Renee Faubion has returned in her senior campaign as strong as ever. Faubion has 187 kills on the season and has dominated the net with 14 solo blocks and 25 assisted blocks. The talent does not end with Faubion as sophomore Julianna Bayley (234 kills, 201 digs), senior Nora Bernson (165 kills, 194 digs) and Wendy Brown (111 kills, 16 total blocks) provide a consistent effort each game. The team is thankful to have fifth year, red-shirt senior Tara Gonzales back as she rarely misses a second touch on the ball.

Regis University athletes are gaining the recognition they deserve.

It goes to show that hard work, dedication, and the display of the perfect effort does indeed pay off. RU Director of Athletics Barb Schroeder says, "This is the first time in my 21 years at Regis that three fall sports have been nationally ranked at the same time. Even with limited budgets, the coaches are recruiting the right types of student-athletes. It is telling that these players and coaches are purely doing it for the love of the game."

"This is the first time in my 21 years at Regis that three fall sports have been nationally ranked at the same time."

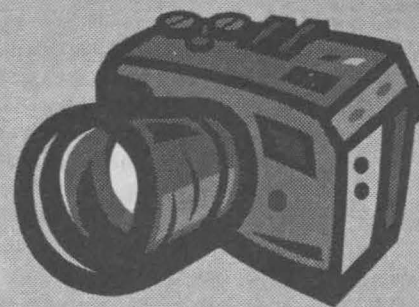
**-Barb Schroeder
RU Director of Athletics**



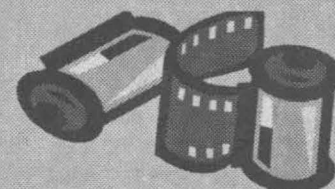
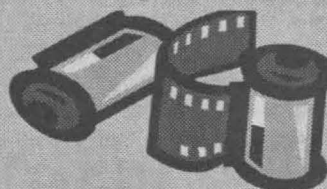
**LATEST TEAM RECORDS AS OF
THURSDAY, SEPTEMBER 27**

- ★ **WOMEN'S VOLLEYBALL: 11-5**
- ★ **MEN'S SOCCER: 7-3-1**
- ★ **WOMEN'S SOCCER: 10-0-0**

If you enjoy taking pictures and would like to see your photos in the Highlander, please feel free to make submissions.



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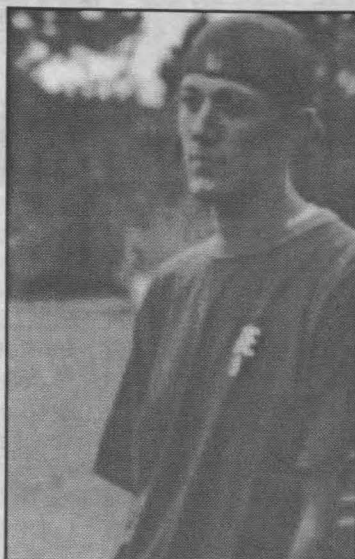
BY COREY ARTHUR

Where ya goin'?

With all the speculation surrounding Michael Jordan and whether he will return to the NBA this year, it reminded me of all the other players I would like to see play again and give us the thrills that they have given us many times before.

As for Jordan, I do think you will see him wearing number 23 for the Washington Wizards this season. As a matter of fact, earlier this month you could have visited the Wizards' home website and Jordan's name was right there on the active roster. The organization said that it was a mistake and soon thereafter had corrected the blunder.

Many people think that Jordan has nothing to prove and that if he comes back, he is only going to embarrass himself and take away from the six championship rings he already has. I don't think so. Jordan is, was, and for a long way down the road will be the best basketball player of all time. For all the critics, if the man doesn't think that he can return to his top form, then he won't come back. Jordan's class and heart will far out measure any spin move from Allen Iverson or pull-up jumper from Kobe Bryant or any of the others who are supposed to



Impressive record earned by Women's Soccer team

by Corey Arthur

Nobody's perfect, right. Well, the 2001 Women's Soccer team would like to prove otherwise. Thus far, the Lady Rangers have compiled 10-0 record (6-0 RMAC), and have earned themselves a number three ranking in the national poll as well as a number one ranking in the Midwest Region.

Eight of their first ten victories have come via the shutout. They have out shot their opponents 254 to 68 throughout the season as well as outscoring them 27 to 3. To call their play to point dominating would be an understatement.

After last year's squad captured the Rocky Mountain Athletic Conference Championship, there were questions coming into this season of whether or not they would be able to keep it together and perform at the same level. The Rangers lost two key seniors who hold the top two spots on the career-scoring list in Dani Thorn (49 goals, 22 assists) and Diana DiMatteo (27 goals, 29 assists). All Regis has seen happen offensively is Arlene Basquez racking up her 21st career goal in only her sophomore season and freshman Katie Murphy has produced 6 goals and 6 assists including a hat-trick against conference rival Mesa State.

In the back, Taresa Cavaliere is in her second year as the starting goalkeeper. Of the 3 goals that have been scored on Regis this year, only one has been while Cavaliere was in the net, but she would be

the first to tell you that much of the credit goes to the defense in front of her. On the outside, there is some youth, but along with youth, comes speed, and that is exactly what makes sophomore Rachel Wonner and freshman Ashley Blain-Hartung great contributors to this year's

success. In the middle, there are two converted offensive players who have found their calling in the back. Nicole Meyer, jr., and Mary Nell Kline, sr., more than hold their own and have not allowed much to break through.

There is plenty of experience in the midfield as third year starter Shantelle Wagner is the regulator in the center, and she is joined by fourth year starter Jessica Catekista on the outside. A number of freshman see playing time in the

midfield as well including Katie Hopkins and Allie Rausch.

The women's soccer team headed to Texas this weekend to take on the University of Incarnate Word University and will return home to host Barry University on Friday, October 5th, and 4:00 p.m. at Regis Field. All support from the student body is always greatly appreciated by the players and coaches.



**Jordan's class
and heart will far
out measure any
spin move from
Allen Iverson or
pull-up jumper
from Kobe
Bryant or any of
the others who
are supposed to
be the "next
Jordan."**

be the "next Jordan." I'm sorry sports fans, there never will be another one, so we can only hope that the original will be back.

In football, two of the best runningbacks ever (arguably the best) walked away from the game in the prime of their careers. Unfortunately for us, neither of them will be returning as Jim Brown has since seen his prime come and go, while Barry Sanders decided to be a spokesperson for a beer company thus preventing any kind of comeback. These two runners electrified fans and left defenders with their pants around their ankles year after year. Brown was the all-time leading rusher when he left to pursue an acting career (later passed by Walter Payton) and Sanders had passed Brown's number and would have caught Payton in the next season. I am not taking anything away from Payton, but Mr. Sanders was in my opinion the greatest back of all time.

Baseball will see two legends retire from the game at the end of

this season, both that have spent entire careers with one team, and unfortunately both without winning the World Series. Cal Ripken, Jr. hasn't done much except become the most reliable player in baseball history, while Tony Gwynn has only become the best pure hitter in the game since the great Ted Williams.

I would guess that this year should have probably also been near the end of the career of Kirby Puckett, who had to leave baseball due to a rare eye condition. This guy led the Minnesota Twins to two championships, and to see a man of his caliber have to leave before he was ready was truly disappointing. If Kirby were still around the league today, he would be a consistent 40 or 50 home run hitter as well as keeping his average around .330. Kirby was the complete package and I'm sure any Twins fans wouldn't have minded pushing Tony Hunter to right or left in order to make room for Kirby in center.

Despite losing great names over the years in all of sports, it is the time that we do get the opportunity to watch these players that we must be thankful for. These athletes have earned the right to be called one of the best.



**Come out and support your
Regis sports teams!!!**

See

C
A
L
E
N
D
A
R

**on back
page for
game
times.**

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CD Reviews

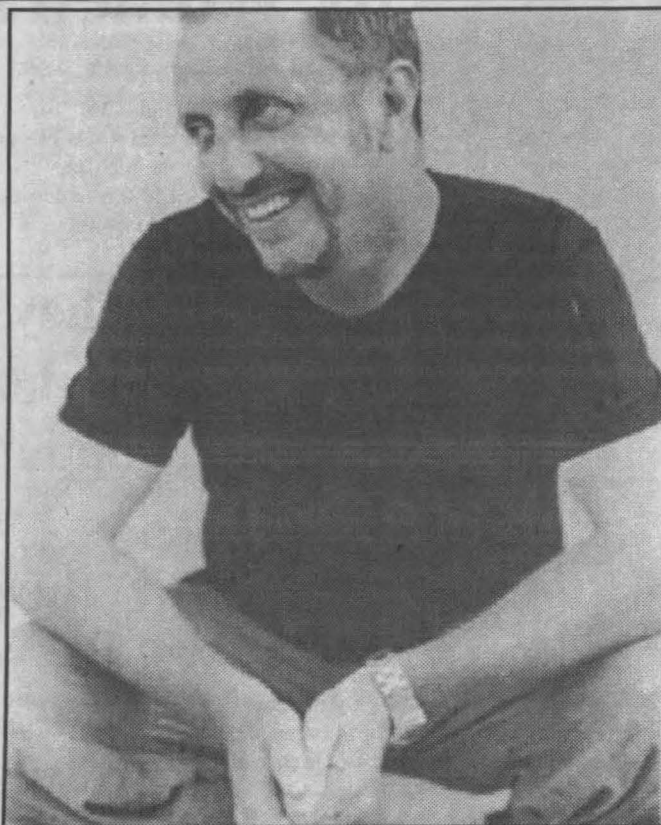
by Jay Stooksberry

DAVE RALPH NATURALIZED

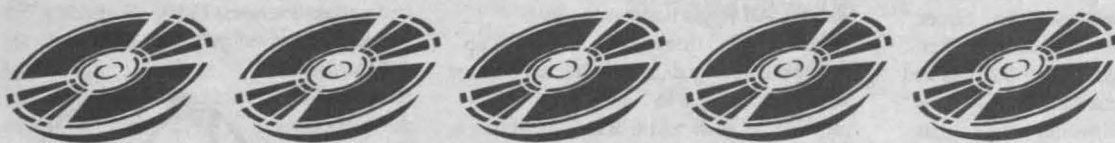
I think it is necessary to state my bias: I am not a fan of the dance/technologically-based musical trend that is sweeping the nation's dance clubs and raves off their grooving feet. I see this form of "music" as a dilution to the actual art of music making, and I will cheer wildly once the purging of this trend is completed and the style has been completely eradicated. I understand the amount of time that goes into creating a techno "song," but I still cannot get myself to swallow it without coughing it back onto my plate. With that in mind, I would like to review veteran DJ Dave Ralph's new double-disc release, *Naturalized*.

This album did anything but naturalize me into the realm of dance music (it was more of a deportation). I put the CD into my stereo and sat down to write this review. When I looked to my stereo to see how long this first track had been playing, I was surprised to find out that it was already on track four! That is how broad the range of diverse sounds this album offers. Of course, I am not a simpleton who cannot recognize the difference between each "song," but each track melts into the next one with the same beat repeating over and over.

I suppose my first quandary in reviewing techno is my lack of knowledge of the equipment used. There is the occasional "thump" and "squeak" that are pleasant to the ear. I just don't think I can offer any adequate description of any techno music without resorting to



onomatopoeias! The work of Dave Ralph does create a unique wall of sound, but it doesn't progress; it maintains a stagnant tempo throughout both of the discs. There is just one fundamental query I wish to raise: Who pops the works of Dave Ralph (or other DJs of his ilk) into a stereo, and casually listens to this thumpin'/bumpin' beat? This is definitely not the thinking person's music.

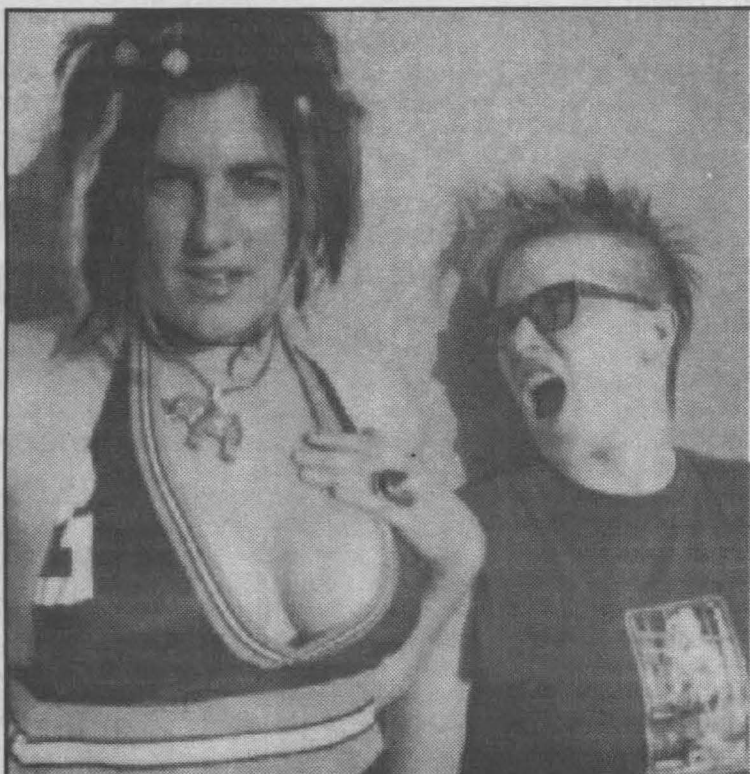


BITCH AND ANIMAL ETERNALLY HARD

Does it seem that many bands today emphasize one element of their music over so many others, such as message over instrumentation or vice versa. With the new release of *Eternally Hard*, performing artists Bitch and Animal have created a style of music that has so much friction and uncompromising elements that no specific quality dominates. Bitch and Animal's *Eternally Hard* is an intense perspective on modern politics-focusing primarily on gender and sexuality, but also including other topics like drugs, religion, poverty, and environment—that doesn't resort to lyrical poetry. The group's message is curt, which also parallels the elements incorporated into the music.

The instruments of Bitch and Animal vary from fiddle to steel drum to ukulele to ashiko drums to Hammond organ. The lineup is just as dynamic, too. The group includes, at times, more than simply the "Bitch" and the "Animal," such as backing vocals by Ani DiFranco who also co-produces *Eternally Hard*.

The musical variety, however, is less dynamic. The album's tracks can be categorized into two specific categories: The songs are either 1) a hip-hop-slash-beatnik tirade against the conventional, conservative view on sexuality (songs like "Best Cock On the Block," "Sparkly Queen Areola," and "Scrap Metal"), or 2) a mellow, still politically motivated, brand of folk



acoustic ("Traffic," "Passports," and "Miss Me My Dear").

The two diametrically conflicting styles do establish a sense of unity to *Eternally Hard*. In addition, the album is highly unpolished. Sounds range from harmony to cacophony in the midst of a singular song, which gives the album a very improvisational quality to its credit. I won't lie: An open mind is a prerequisite before listening to *Eternally Hard*. It can be an acquired taste too, but I can see Bitch and Animal being hard to swallow for many.

Restaurant Review: KFC

**Hasty and tasty,
or just plain nasty?**

by Kevin Kroh

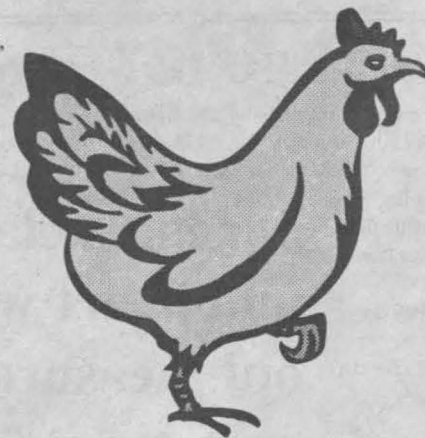
Perched on 38th and Federal, across the street from the old Federal Movie Theater (which nearly became a permanent palatial estate for 15 of us), a southern gentleman with token moustache and beard

pretentiously grins at traffic, offering greasy, salty and unhealthy food at an outrageous price. KFC—formerly known as Kentucky Fried Chicken—might be the worst evil on the lengthy

list of flatulent fast-food chains, simply because the food tastes absolutely delectable. This is my personal opinion of course, as I realize that a miniscule number of the population actually enjoys any cuisine amplified by grease, salt or MSG. But after getting the family meal deal #10, I can't help but truthfully tell of my ambivalent experience.

The #10 includes ten pieces of the Colonel's original recipe chicken, three large side dishes (I got two mashed potatoes and gravy and one order of potato wedges), and six biscuits for

the incredibly steep price of \$15.99. First off, the original recipe chicken cannot be duplicated anywhere by anyone, so take that for what it's worth. Yeah, it may be a genetically engineered creature without a beak or feet to stand on, intravenously fed



hormones through a tube, but once you taste the multi-flavored skin draping over the meat, you're instantly south of the Ohio River. The mashed potatoes and gravy might be the best around and the biscuits are unparalleled

in this universe.

The sheer wantonness inherent in my praise of KFC warrants a delicious alternative chicken hut, but I have none to give. I immensely enjoy Chick-Fil-A, but one has to enter a shopping mall to get there and try the glorious free samples. Some of us won't cross that line, or the biological ethics line either. Ultimately, it seems as though taste must be sacrificed for making ethical choices in good faith, even when it comes down to the wonder-roast chicken of King

Soopers, or the Colonel's original recipe. But are there ethics in biscuits?

The mashed potatoes and gravy might be the best around and the biscuits are unparalleled in this universe.

Want to see a particular restaurant reviewed? E-mail us your opinions about some of the most appetizing (or least appetizing) restaurants in Denver.

Highlander@regis.edu

In search of quality eats? Look no further

You can find some of Denver's finest cuisine only blocks away from Regis

by Rich Cadwallader

The other day I heard a group of freshmen girls complaining about Sodexho's food. So of course I immediately started an argument with them about how Christopher Camp, Sodexho's new head chef, is doing an awesome job to go along with his awesome name. I didn't realize my own heartlessness until I was already several steps away from them and was much too full of pride and far too lazy to walk back and explain things. But I do remember being a freshman and I remember not really knowing the world outside of Regis' gates. I was aware that a world was out there, but wasn't entirely sure where to find all of the cool stuff. Plus, I was more than a little afraid of finding some of the uncool stuff that I read about in Newsweek.

It is a sad truth, but a person can only stand so much food from a single source. I remember, back in my younger, more foolish days, actually opting for fast food over my mom's cooking at home. My mom's cooking

is a lot better than Sodexho's, so it's really no insult to them that people want a break from them occasionally.

So to all of you confused, frightened, ignorant freshmen who want a break from Sodexho food, I have one piece of advice for you. Listen closely. Lowell Boulevard.

Now, I know what you're thinking. "What is on Lowell other than the Everyday and Busby's?" It's a little known fact, but Lowell has recently become a hotbed of culinary achievement. Go south on Lowell. It's a bit of a long walk, so find a friend with a car, or be a man and walk the eighteen blocks to 32nd Street.

For those average college students out

there with a complete lack of any real energy, you can stop at 44th Street. On the east side of the road you'll see paradise. (Not the bars.

It's a little known fact, but Lowell has recently become a hotbed of culinary achievement.

You're looking west if you see bars. Freshmen are too young to get in there. Could you please concentrate?) On the east side of the road sits Parisi's, a little Italian oasis. Order one of everything. Everyone I know has found something on the menu that they love.

So you've eaten one of everything at Parisi's and you're anxious for

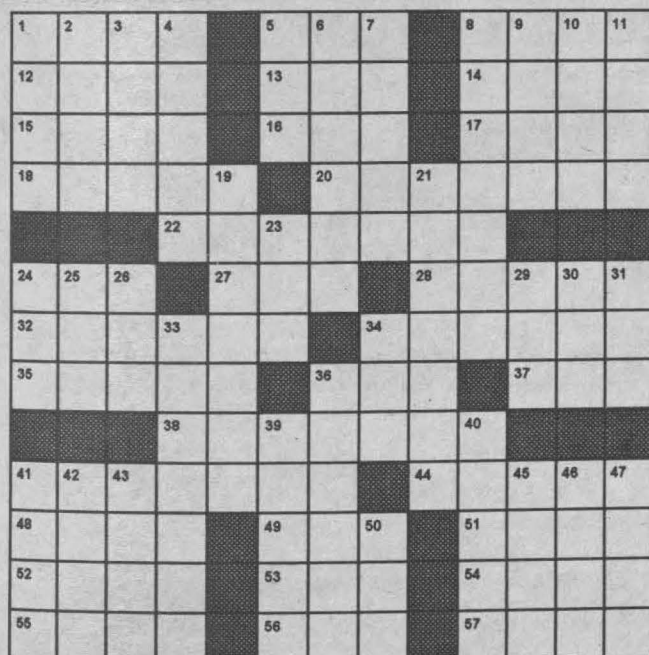
more? Go to 32nd! Heaven sits at 32nd Street! Sure, there are better restaurants in the world (I've actually seen several of them myself) but to a Sodexho saturated student, 32nd and Lowell is heaven! There is food

there for every possible taste. China West for Chinese food, Pizza Alley for pizza, Poggios for gelato and coffee. There is a sort of imitation Irish pub called Mead St. Station. Julia Blackbird's serves some fantastic Mexican. There's Chipotle, Soup & Juice, Heidi's Deli, and Common Grounds (more coffee). D'eggos specializes in breakfast. Stella's serves some more incredible Italian. Bang! serves a variety of plates with a limited supply of seats. Very few people have actually eaten at Bang! but I hear it's very nice.

So give Christopher Camp a break. I don't want to hear anybody else complaining about being sick of Sodexho's food until they've eaten at every single restaurant I've just mentioned. Twice. In future issues you can look forward to seeing a multitude of restaurant reviews from the Highlander staff. With any luck we'll cover most of those fine establishments along Lowell in more depth just to beat it into your heads that you need to try them out.



puzz104



The famous 32nd & Lowell.

File Photo

ACROSS

- 1 Bottom
- 5 Bit; scrap
- 8 Stop the flow
- 12 Range
- 13 Each
- 14 Microphone (slang)
- 15 Circle
- 16 Resort
- 17 God of War
- 18 One who takes another out
- 20 Without purpose
- 22 Musical performance
- 24 Fuss
- 27 Rough casing around seeds
- 28 4th Greek letter
- 32 Pertaining to an animal paw
- 34 Leaky
- 35 Tidbit
- 36 Age
- 37 Single
- 38 Uttering
- 41 Intertwined
- 44 Church platform

DOWN

- 48 Claim; charge
- 49 Beverage
- 51 From Gr. Ares (comb. form)
- 52 43,560 sq. ft.
- 53 Take advantage
- 54 Type
- 55 Footwear
- 56 Half qt. (abbr., pl.)
- 57 Pig pens
- 1 Poet
- 2 Melody for one voice
- 3 Remitted
- 4 Ready
- 5 Rhea
- 6 Fix
- 7 Feature
- 8 Lesser
- 9 Wheel
- 10 Squeezes
- 11 Snafu
- 19 Gave back
- 21 Virgin Mary

- 23 Dog
- 24 Just
- 25 Daughters of the American Revolution (abbr.)
- 26 Shout of approval
- 29 Card game
- 30 Wine cask
- 31 Enzyme (suf.)
- 33 Afternoon show
- 34 Hawaiian dish
- 36 Oldest
- 39 Slack off
- 40 Lens
- 41 Bad case of the ___
- 42 Wealthy
- 43 Air (comb. form)
- 45 Lope
- 46 Airy; aerial
- 47 Spoils
- 50 Copper or bronze money

Look for
the
answers to
this
puzzle in
the next
issue!

Calendar

October 1 - 14

Monday, October 1

-Romero House 4 pm

Wednesday, October 3

-Volleyball vs. St. Mary's Univ. 7 pm

Friday, October 5

 -Women's Soccer vs. Barry Univ 4 pm
 -Parents Weekend
 -RENOVARE
 -Caedmon's Call Concert

Saturday, October 6

 -Volleyball vs. Adams State 7 pm
 -RENOVARE
 -Cross Country @ Dan Libera Invitational,
 Greeley, CO

Sunday, October 7

 -Volleyball vs. Fort Lewis 3 pm
 -Mass 11am
 -Mass EC, Worship & Social 7:30 pm

Monday, October 8

-Romero House 5:45 pm

Wednesday, October 10

 -Meditation Techniques/Yoga 7pm, Faculty
 Lounge

Thursday, October 11

 -Thursday Thrills: Stupid College Tricks
 Challenge 10 pm

Friday, October 12

 -Women's Soccer @ Southern Colorado 1:30
 -Volleyball @ CU-Colorado Springs 3pm
 -Men's Soccer @Southern Colorado 4pm
 -Men's Golf @ Fort Lewis College Invitational,
 Durango, Co

Saturday, October 13

 -Volleyball @ Southern Colorado 7pm
 -Men's Golf @ Fort Lewis College Invitational
 Durango, Co

Sunday, October 14

 -Men's Golf @ Fort Lewis College Invitational
 Durango, Co
 -Men's Soccer @ CU-Colorado Springs 3pm
 -Volleyball @ New Mexico Highlands Univ. 7pm
 -Women's Soccer @New Mexico Highlands
 Univ. 12 pm
 -Mass 11 am
 -Mass 7:30 pm

**Have an activity you would
like included on the
community calendar?**

e-mail it to the highlander: highlander@regis.edu

Volunteer

Request for Volunteers, Tutors, and Mentors

The Colorado I Have a Dream Foundation, whose mission is to encourage the 100% high school graduation of potentially at risk youth throughout grades 4-12 in Denver Public Schools, is current seeking volunteer tutors and mentors. Contact Yvette Herrera for specific details on these opportunities at 303-861-5005 or log on to our website at www.cihadf.org.

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