

Regis University

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# Regis University HIGHLANDER

The Jesuit University of the Rocky Mountains

A Weekly Student Publication

Volume 87 Issue 1

Denver, Colorado

September 20, 2004

## Summer expansion only part of larger goal

Ed Bessenbacher  
Managing Editor

The campus of Regis University garnered many improvements over the summer months as part of The Campaign to enhance the school. Despite the many outward changes, Regis President Fr. Michael Sheeran S.J. stated that the goals of Regis would remain the same. "Our focus is going to stay on finding a kind of student who is a potential leader, and giving them a broad education," describes Fr. Sheeran.

Student involvement in The Campaign is crucial, according to Fr. Sheeran, and will be achieved through what are termed "planning exercises," in which

student government will be directly involved. "It is really important that students have input through student government," said Fr. Sheeran.

Construction on Main and Carroll Halls seek to add more to the quality and efficiency of the office and classroom space at Regis, but are just part of a much larger overall plan, according to Fr. Sheeran. One of the most prominent developments involves a new chapel where the O'Sullivan Center now sits, making it an "icon" for people in the area according to Fr. Sheeran.

For future phases of building, there are plans to further enhance Main Hall by making it the center of a "walking corridor" which would cut through the structure, con-

necting the Adult Learning Center to West Hall and the Student Center. In addition, planned is a \$9 million revamping of the Science Building and an eventual supplement to the available parking.

Regardless of the many physical changes, Fr. Sheeran believes people will develop, "More of a sense of consciousness about the intentionality of why we teach what we teach, the way we teach it" through the improvement of the campus.

**For a more in-depth look at campus improvement and department relocation, please see pages 6-7.**

## Freshmen class largest ever

Stephanie Johnson  
Staff Reporter

The 2003-2004 academic year marks Regis University's first undergraduate freshman class of over 400 students in its history. While the Admissions Department was aiming for 383 students, the most recent tally set the number at 403, comprised of roughly two-thirds women.

Vic Davolt, director of undergraduate admissions, explains, "This year's class is 5.7 percent larger than last fall. Also contributing significantly to our overall growth is our retention of first- to second-year students." Regis college enrollment is 1255 students, up from 1000 four years ago. The surplus of students is attributed to nursing student enrollment, which doubled from last year, causing Regis to reach its capacity of new students and stop admitting in early August.

Davolt records Arizona, California, Illinois, Missouri, Nebraska, and Texas as home states to a considerable number of the newly enrolled students,



Regis undergraduate students will find the paths dissecting the quad more crowded this fall, as Regis welcomes its largest freshmen class.

as well as 53 percent from Colorado. The diverse geographic draw is due to admissions counselors traveling to other states, Davolt stated.

Another mode of attracting students is marketing efforts through television, direct mail, email, and college planning publications. Davolt asserts, "Our promotional CD recently won a Bronze Quill award in Colorado for Electronic and Digital Communications."

Along with the significant

growth in student population come concerns involving different on-campus issues, including mailboxes and parking. Currently, there are 53 freshmen going directly to the mailroom each day to get their mail. Humphrey states, "Parking is another issue. And with the increased population, you recruit students further and further away."

Residence life had to complete some staff switching

**(continued on page 3)**



Dolores Huerta's work as a civil rights organizer has given voice to people who were often ignored.

### Activist shares experiences and hopes for change

Melissa Skotak  
Senior Reporter

On Friday, Sept. 10, 2004 Dolores Huerta spoke to the Regis University community about her experience as civil and women's rights activist and as a prominent organizer for the United Farm Workers. She left the Regis community with one overwhelming message: "si se puede" (translation: "we can do it").

As a continuing leader for social change, Huerta is currently concerned with the state of affairs in our country.

**(continued on page 3)**

### Inside

#### Feature



Where has the history department moved to? Find out on pages 6-7.

#### Sports



New intramural has students diving for safety. Find out why on pages 8-9.

#### Entertainment



Visit Denver's best-kept organic secret on page 11.







## Red carpet rolled out during banquet for generous donors

Melissa Skotak  
Senior Reporter

On Thursday, Sept. 16, the Fieldhouse was transformed into a white-linen, crystal glass, formal affair as Regis University hosted a dinner in appreciation of all funding given by donors. The event was precluded by a ribbon cutting ceremony in which Fr. Michael Sheeran S.J., President of the university, awarded specially engraved medallions for those who donated over \$100,000 accompanied by Student Body President, Andrew Cole, who represented the student body in their appreciation for money given to aid the university's improvement campaign.

Currently, \$40 million has been raised towards a \$75 million goal. This estimated budget will complete several campus projects including a parking structure for lot five that will add nearly 500 much needed spaces for the growing Regis community. The improvement campaign fund also includes future improvements for the Science Building, Loyola Hall, additional sports fields east of campus and the con-

struction of a new chapel. This is in addition to the renovation already completed in Main Hall and currently underway in Carroll Hall. The improvement campaign started to assist the university while its student population grows.

**R i c h**  
Cadwallader, 2004 graduate, attended the event along with his singing group of Regis students, Manhattan West, who performed as after dinner entertainment.

Two alumni sitting at a table together reminisced about the changes made at the university since they graduated in the early 1950s. Frank Correy, '53 graduate, and Coleman Dell, '52 graduate, remembered a time when Regis consisted of four buildings: Main Hall, Carroll Hall, the Regis Chapel (in a different form) and the old version of DeSmet hall – which at the time was a one-story building that served as the student center. Dell also commented on a differ-

ence in tuition costs; when he attended the university, the cost per credit hour was only \$10.

The keynote speaker of the event was Mr. Chris Lowney. Lowney was studying to be a Jesuit but left in 1983 and became an investment banker. He is currently living in New York City and is a consultant for the Catholic Medical Mission Board. Lowney's book, *Heroic Leadership: Best Practices from a 450-year-old Company That Changed the World*, touches on Jesuit principles and how they should be approached in today's world – both on a personal level and in the business world.



Banquet attendees listen to keynote speaker Chris Lowney share on how to incorporate the values enhanced by Jesuit education into daily life.

Photo by Sarah Martin

## Huerta: Political change must come from ground up

(continued from page one)

Friday she urged the audience to become more educated about current issues.

Most important to Huerta is to analyze where tax dollars are spent, especially in terms of education, healthcare and the job marketplace. "Creating wealth isn't bad, but we have to create the wealth for the people," said Huerta. She urged the audience to become educated and stimulate discussion, particularly this election year because "the most important day of your life is election day," according to Huerta.

Nate Jacobi, Faith and Justice Program coordinator at Regis, was reminded of the role young people have in creating a better world. "She spoke to the power people can have when they're organized and use simple non-violent tactics such as house meetings, boycotts and picketing," Jacobi said.

One event that Jacobi was referring to was the Delano grape boycott that began in September of 1965. Together with a group of farm workers in California, Huerta and Cesar Chavez saw the need to become more organized and take specific action for their cause. At first, a strike was organized among workers. But this act was not as effective as

had hoped, so Huerta led the group in a march from Delano, CA to Sacramento, CA. The march began with 67 people and grew to 10,000 marchers by the end. Huerta then led the group in a boycott that received nation-wide attention. Over 14 million people refused to buy grapes all over the United States and more rights were finally given to the farm workers. "Non-violence works," said Huerta, "we had no money, we just went out."

"I think it's wonderful that someone who has done so many great things remains so humble about the wonderful things she's done to change so many lives," said Sandra Mitchell, associate to the provost for diversity at Regis University. "We're honored that she was actually able to come to Regis. Hopefully we'll bring her back."

The message: take a stand. The method: nonviolence. She proved that change can be stimulated with appropriate leadership and organization; after a one hour speech the audience was transformed from a group of people sitting and listening idly to one standing on their feet and chanting the words, "si se puede."

## Freshmen: Large numbers create challenges for on-campus living

(continued from page one)

early in the summer to accommodate the imbalance of the sexes. Humphrey says "We had to realign the floors as far as the number of females per floor versus the number of males. But also we wanted a balance with the residence halls." As a result, there is an extra woman's wing in both O'Connell and DeSmet Halls.

In general, she states, "Of course with increased numbers, you give out less singles and students are coming to campus that typically don't share a room with anybody at home." There is not a lot of space to move people if conflicts do occur. To help the incoming class deal with a roommate, residence life staff went through a day of conflict mediation training.

Roommate contracts have also been implemented. Humphrey encourages residents to go through the information thoroughly, describing, "What we're trying to do is make sure that they're conversing with each other and actually dealing with the issues at hand."

### Highlander

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### Mission Statement:

As the staff of the Regis University student-run publication, the *Highlander*, we intend to serve the campus and the neighborhood by providing a weekly forum regarding pertinent news and ideas. Our publication is designed to cultivate greater overall awareness and participation in university events by providing consistent coverage of issues affecting those involved with Regis University.

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### Editorials

Editorials are the opinions of the author, which do not necessarily reflect the views of Regis University or the *Highlander*.

### Submissions

Submissions are encouraged from our readers. All submissions will be reviewed for appropriateness, content, and length by the Editorial Staff to ensure suitability of content and quality of thought. The deadline for receipt of letters is 5:00 p.m. on Tuesday.



# Managing Editor encourages students to make the best of Regis



**Ed Bessenbacher**  
Managing Editor

college hidden in a big city. How wrong I was. Of course, there are actions away from here that warrant the attention of the *Highlander*, but there is also an abundance of events that exist on our small campus that go undiscovered or unrecognized everyday.

Through the course of my time here, I have come to realize how truly fortunate I am to be a part of such a special place. My realization came in part due to my surroundings. Not many college campuses are also an arboretum with an amazing array of nature and foliage on constant display for anyone who wanders through, including the brave foxes trotting about in the late hours. Also, we have Main Hall as part of university grounds, an exceptional building and the highest point in all of Denver.

Anyone can look around our campus and feel proud to be a part of this school, but the pleasant looks are meaningless without the people to give them substance. Also, the Regis faculty is second to none in their variety and expertise. From Dr. Byron Plumley who is in forefront of the fight for justice in the world around us to the acclaimed poetic author Dr. Eleanor Swanson who is head of our English Department, the professors at Regis lend their

experience and wisdom to students on a personal level that is hard to find at larger universities.

Our athletic programs compete consistently on the highest level possible, recognized nationally as teams of quality and class. Equal to the hard work of our athletes and coaches, however, is their commitment to give back to the community around them. From arranging and participating in clinics for young athletes, to setting a citywide example for community service, sports at Regis are something to be proud of in many different regards.

As a new class begins its time here, and my class looks towards graduation, a question is being asked of each of us: what will we do to contribute to the uniqueness of this place? It requires very little of you to make an impact on this community; go to an Asian-Americans Association meeting, stop by a soccer game and clap for the team, take pictures for the yearbook. For our part, the *Highlander* will strive to stay as involved in the Regis community as possible. The staff is one of the most capable in recent years and has a vested interest in serving the people of Regis through this publication. Therefore, the *Highlander* will focus exclusively on events and

people that directly affect our community, and in a weekly format that allows us to stay more involved and up-to-date.

Expect more from the *Highlander*, but know that we expect to hear from you. When you read an article that peaks your interest, angers you, or makes you proud to be at Regis University, let your voice be heard in the form of submission. It's going to be a great year; be part of it any way you can. Thanks for reading.

Another year begins at Regis University, and our school continues to grow and improve with a larger student body and campus improvements. Are we as individuals doing all that we can to contribute to the community that makes Regis such a unique place?

In past years, the *Highlander* has struggled to live up to its potential as a student-run newspaper serving a close-knit community such as our own. The scope of the publication was confused, often reaching outside the boundaries of the Lowell Campus to what were seen as more important events occurring in the Denver, national and even world arena.

For a time, I didn't think that Regis was special; I thought that it was just another small

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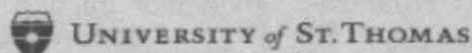
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Contact us for details.

## STUDENT AND FACULTY SPARC GRANT APPLICATION DEADLINE

**Please Note: The October 1, 2004 deadline for SPARC grant applications applies to BOTH faculty and students.**

The Sponsored Projects Academic Research Council (SPARC) is a group open to all faculty and staff persons who aspire to promote scholarship and research activities on campus. Members come from all three schools at Regis and represent all disciplines. The SPARC Council is chaired by Rick Blumenthal in the SPS. SPARC manages two sources of internal funding for faculty and students.

October 1, 2004 is the next deadline for student and faculty SPARC Research Fund Applications. Completed forms should be delivered to the Office of Academic Grants in Main Hall, Room 206.

The purpose of the Fund is to enrich and expand scholarly and research activities among students and faculty by awarding research grants. These grants supplement existing resources within the respec-

tive schools.

Undergraduate and graduate students as well as faculty in the School for Professional Studies, the Rueckert-Hartman School for Health Professions and Regis College are eligible.

Specific guidelines concerning the competition are available on the Academic Grants' website. The website may be found by (1) going to the Regis University home page, (2) clicking on Academic Resources, (3) clicking on Grant Resources, (4) clicking on Regis Sponsored Grants and (5) clicking on the Student Fund or Projects Fund.

These guidelines have been revised. Applicants are urged to review the new guidelines and not rely on previous material.

Questions may be addressed to either Bud May (303-458-4206) or Rick Blumenthal (303-458-4304).



## A letter from the Student Government President



Photo by Sarah Martin

**Andrew Cole**  
Student Government President

Welcome back to campus everyone. Now that we are all back in Rangerland I wanted to write to all of you to let you know about some changes that we have made for the new school year.

In an attempt to unify the student body at large and the organizations that they make up, and in a practice widely used by other universities across the country, this year's Exec Cab has given a name to what was formerly loosely considered student government. Regis University Student Government Association, or RUSGA, is the name that we have applied to an already diverse and lively group of student organizations on campus.

The idea behind the name is one umbrella organization that all students on campus can claim to be a part of. The association is home to organizations such as Executive Cabinet and Student Senate as well as all recognized clubs and the campus media outlets, the

*Highlander* and KRCX. However, it is not for me alone to define.

The association is made up of all of the Students of Regis College and should take the shape that best serves their desires. We hoped that by creating an association that all students felt they were a part of, an ownership of the quality of life on campus would follow. That is to say that in creating the com-

mean something more than an acronym, but we need your input. Get involved with a club or organization. Come to a Senate meeting. Stop by the Exec Cab office on the first floor of the Student Center.

We want to hear what you have to say, and we are here to try to make things happen for you. Tell us your concerns about life on campus. Give us a good idea for a



A new name and image has been given to student government this year.

bined letters of RUSGA we hope to empower you as students to make the college experience what you want it to be. You have the ability to make Regis' campus the place that you feel it should be. And I, and the rest of Exec Cab are here to help make that happen.

Because of this I encourage you to get involved so that you may pursue your desires. As the leader of Exec Cab I can say that the eleven of us are committed to make RUSGA

Thursday Thrills. Help us make Ranger Day even better than it has been (Freshmen, I really can't explain it, you'll just have to experience it).

I wish you the best of luck with your studies in the coming year. Keep your eyes open for the new RUSGA logo and know that your student activity fee is being put to good use. And most of all, know that you have someone that is interested in what you want and is here to make things better for you.

## To the Editor

Throughout the first two weeks of school this year the New Voters Project was out registering students in front of the student center, in classes, and at events like Thursday Thrills. All the hard work paid off and with the help of numerous volunteers over 300 students are new Colorado voters. The New Voters Project is the largest grassroots mobilization of 18-24 year olds in the history of the country with a goal of registering over half a million young people nationwide to make them pay attention to us. In Colorado the goal is over 56,000 registrations and Regis has done its part to contribute to that goal. We should be extremely proud.

Now that October 4<sup>th</sup>, the registration deadline in CO, is nearing, a new push to Get Out The Vote is beginning nationwide and at Regis. Registering students is only half the battle of making them pay attention to us. As young, educated Americans we need to take advantage of our rights and spread the word to our peers that this election is about making the decision makers of this country hear our voices. The campaign will continue its efforts nation wide and at Regis and I urge you to get involved – or at the least get out and vote November 2, 2004!

Nina Cotton  
Campus Organizer  
New Voters Project

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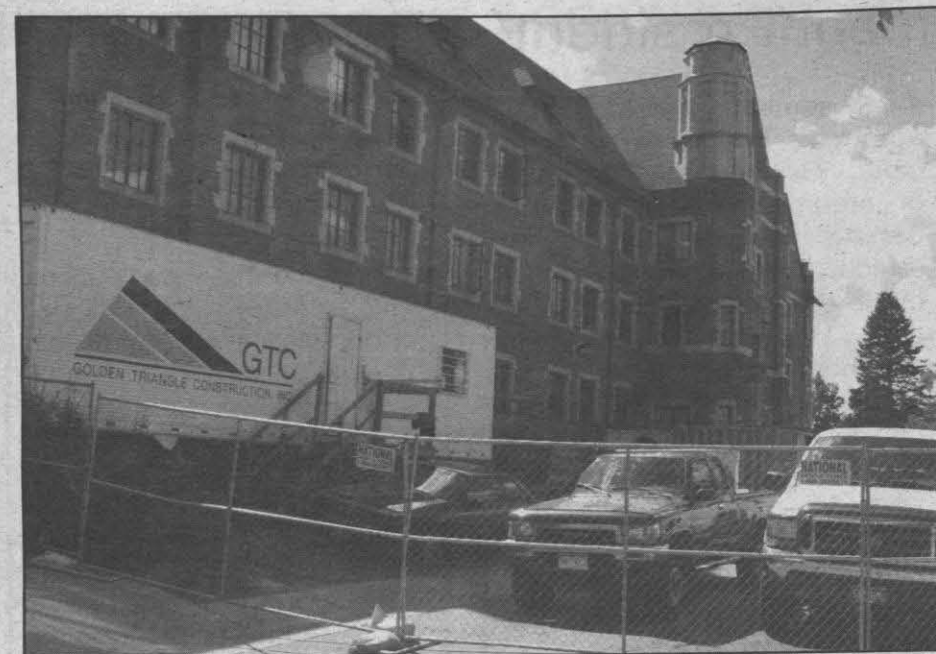
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A daily reminder of the construction occurring in Carroll Hall. Chain-link fences have been used to keep students clear on the work area, causing many detours and altered courses.

## Growth necessitates renovations of original Regis buildings

**Tamara Hackfort**  
Staff Reporter

As Regis University continues to grow, many of its original buildings need to be modified. Starting last spring and continuing into this fall, Regis has been busy revamping two of the oldest buildings on campus, Carroll and Main halls. Mike Redmond, director of Physical Plant and Capital Projects, explains that many dimensions of Carroll Hall had to be renovated to get the building back up to code.

Current renovations of Carroll hall include removing asbestos from the entire building, adding a second ADA entrance on the south side of the building, and adding Egress in the basement. Additionally, the entire building was air-conditioned, new doors were added, carpet was replaced, and technologies were put into the rooms, including a new computer science lab.

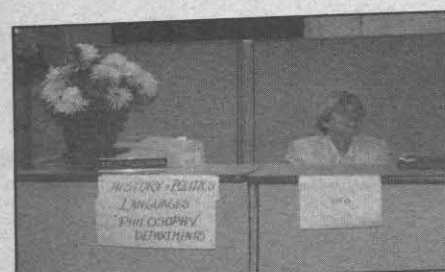
The Carroll Hall project was designed to be completed in two phases, according to Redmond, with the first phase from April to August being completed ahead of schedule. The third and fourth floors are completely finished and the offices have returned. The first and second floor offices will return in January. Redmond estimated that these new changes will allow Carroll Hall to continue functioning for 30 to 40 more years before any additional renovation will be necessary.

Main Hall renovation construction was completed on

time and under budget. The third and fourth floors were completely redone. New carpet and air conditioning were added to these top two floors of Main Hall and four new high technology classrooms were created. The rest of the newly renovated area is being used as office space. By reopening this half of the building, which was previously closed by the fire department, Main Hall has gained 3100 square feet of usable space that was being used as storage.

These renovations were part of a single-phase renovation project that cost the University \$2.5 million and took 8 months to complete. Regis College sophomore Kari Weickum had this to say, "Carroll Hall and Main Hall have always been my favorite buildings because of their beautiful architecture and exterior, so it is good to now that they are being renovated and will be beautiful for many years to come."

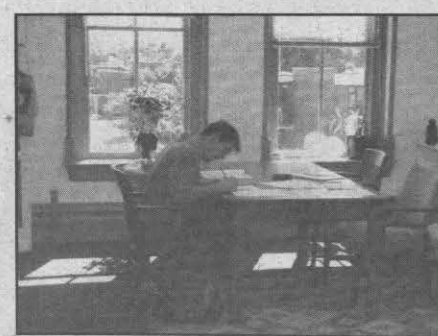
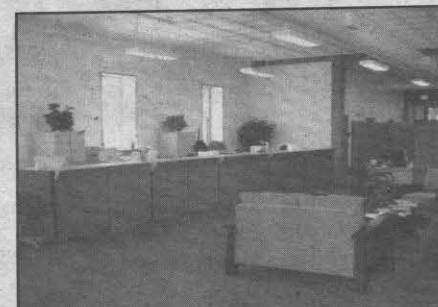
A second phase to Main Hall is tentatively being planned that would return the building to its original architecture and historic nature. This includes removing the two annex additions on the north side, attaching verandas, and replacing the cupola in addition to replacing the roof and an entire interior renovation. Redmond says this project is on hold until the finances are raised to complete the \$8.1 million undertaking. Golden Triangle Construction completed renovation to Carroll Hall and the Main Hall renovation was contracted to Turnkey Construction.



**Top:** Sally O'Laughlin remains her chipper self as she explains again that the Registrar has moved.

**Above:** Enrollment Services' new location exercises ghosts which once lurked in the upper floors of Main Hall.

**Below:** A student makes use of the new facilities allotted to the Commitment Program on third floor Main Hall.

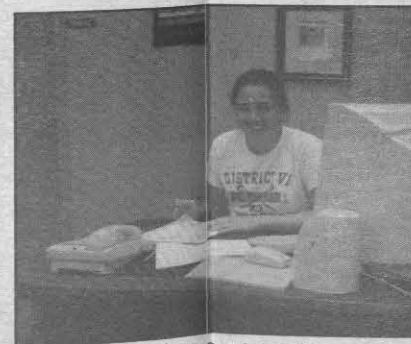


# Construction alters face of campus

O'Sullivan Center

Main Hall

Carroll Hall



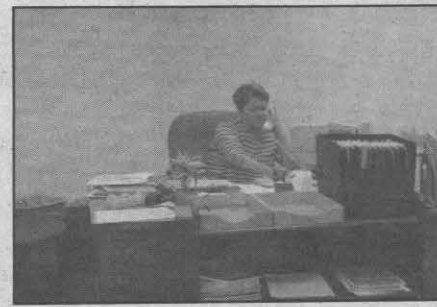
All photos by Sarah Martin



**Top:** A political science statue demonstrates the frustration of some from its new location in the O'Sullivan Center.

**Above:** The education department tries to remain organized amid the move.

**Below:** The sun shines through the window of the new Public Relations office in Main Hall.



**Kaiten Hannon** resumes an old work-study job for the English department in a new location, first floor Main Hall.

## Adjustment sends faculty into temporary diaspora

**Brooke Glasmann**  
Feature Editor

Returning students and staff may have had some difficulty locating department offices due to the ongoing construction at Regis University. This summer and last spring, Carroll Hall and Main Hall have undergone remodeling as part of the "Writing the Next Chapter, The Campaign for Regis University" project to improve the campus facilities and the quality of life of faculty and students.

As a result of the unfinished construction, the departments of Business, Education, English, Foreign Languages, History, Philosophy, Politics, and Religious Studies have been temporarily relocated to the first and second floors of Main Hall and the O'Sullivan Center until the remodeling in Carroll Hall is complete.

For many professors, moving to another building has meant a change in lifestyle and for some, a lack of resources including computers, desks, and books. When asked about the temporary office arrangements, Dr. Elizabeth Medina, of the Spanish Department, stated "I'm back in the Third World, so I feel comfortable. I went back to my roots. It's difficult." Although many professors were reluctant to comment on the transition, the general consensus was that the final reward of

newer, more inviting offices would outweigh the sacrifice of the short-term inconvenience. While these departments are feeling the stress of a new office location, there are other professors in departments that have not had to worry about the construction or relocation. For example, the staff in the science building has never had to deal with the pressure of moving. Dr. Stephen Cartier, of the Chemistry Department, states, "I feel badly for the inconvenience these faculty are experiencing. But, quite, honestly, I can't wait to be so inconvenienced if it means we will finally have a safe, modern, and well-equipped science teaching facility."

One change everyone has noticed is that of Enrollment Services and the office of the Registrar being moved to the fourth floor in Main Hall. In addition to academic departments being transferred to Main Hall and the O'Sullivan Center, other vital offices have been moved from the O'Sullivan Center to Main Hall. These offices include the Commitment Program, Customer Service, Enrollment Services, Financial Aid, Public Affairs and Public Relations, Registrar, as well as Student Accounts. Despite feelings of anxiety and confusion about office and department relocations, students and staff remain optimistic as this phase of construction in "Writing the Next Chapter" comes to an end.

## Beautification process enters new phase with giant boulders

**Chris Dieterich**  
Associate Editor

Landscape beautifications are currently accompanying the renovations taking place in inside Carroll and Main Halls this fall. Those familiar with the campus have surely noticed a few alterations, the large piles of decorative rocks certainly being the most conspicuous of these changes. Over the past summer, a privately contracted firm from Boulder undertook this burdensome project. The results, which are piles of enormous

boulders that have been placed with the intention of emanating aesthetic pleasure, rest just north of Carroll hall in the grotto and near the stairway leading to the parking lot.

According to Physical Plant Director Michael Redmond, the rocks are another step in the long-term effort to spruce up and expand campus. Some students seemed struck by the change upon return this fall. Junior Luke Stolz said of the rocks, "At first it seemed like kind of a strange way to spend a bunch of money, but the more I see them, the more I think they

look alright." Such a tepid response seems natural given that the work to the grotto area is far from finished. The crude look of the rocks is perhaps due more to the fact that complimentary improvements in the area are incomplete, rather than that the rocks themselves are ugly. Construction on the grotto area is on schedule to be complete by graduation day this spring, if not sooner.

The finished work will also include an extension of the 25-foot brick fire lane that runs through the quad, parallel to Carroll Hall. The brickwork will continue all the way

to the road barriers currently delineating the end of the road. A branch of this brickwork will also form the corridor that runs between DeSmet and O'Connell Hall.

This newly created pedestrian intersection is to have an artistic suggestion as well. The plan calls for a Regis University insignia to be etched into the cement between Carroll and DeSmet Halls. A large compass design will decorate the cement near the double doors north of Carroll. Finally, a new statue of St. Ignatius Loyola will watch over the quad from the area.



Newly placed boulders liven up the grotto and provide a tranquil sitting area. These are part of the ongoing Regis beautification project.



## Volleyball strives for strong start against tough RMAC teams

**Nikki Lawson**  
Sports Editor

If you have seen the tall, athletics, spandex-clad females around campus, you have seen the 2004 Regis University volleyball team. The Rangers are ready to extend their three-game winning streak and undefeated Rocky Mountain Athletic Conference (RMAC) record with two tough road matches against Nebraska-Kearney University and Fort Hays State University. Heading into the weekend, the Rangers are 4-6 overall, 2-0 in RMAC competition. On September 17 and 18, Regis faces off against the first ranked team in the country, Nebraska-Kearney, and the 15<sup>th</sup> ranked division II Fort Hays State.

Although the difficult matches are on the road, senior tri-captain Holly Yamada believes the team "can beat Fort Hayes if we work hard and get past Kearney if we play to our potential." She praises the

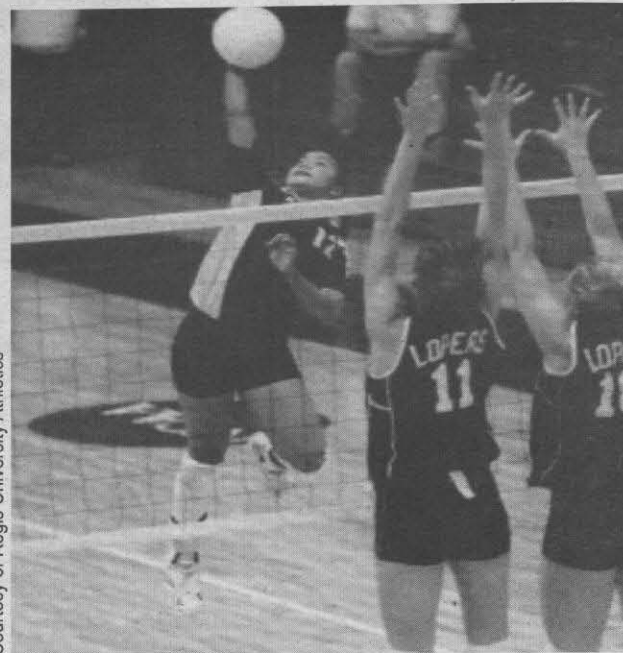
recent play of the team, citing how the Rangers "have begun to play as a team and that it is showing in our success."

Despite starting off slowly with only one win in their first seven matches, the Rangers are currently undefeated in conference play. The past two RMAC matches have been valuable for the Rangers in building team chemistry and confidence. They defeated Chadron State College 3-0 on Saturday, September 11 and smoked the Colorado School of Mines 3-1 on Tuesday, September 7.

Head coach Frank Lavarsha is pleased with the way the Rangers are playing together and explains that "with nine returning players and six freshmen, our team is both old and young." He recognizes the leadership provided by tri-captains Yamada, Senior Sarah Jackson, and Junior LaVanda Mireles, but is also impressed with the play of various first year players. Freshman setter Nikki Peniata and freshman libero Catherine Perez have

both contributed on the court.

The upcoming weekend matches will be a great challenge and test to see how much better the Rangers have become over the last 10 matches. The road will be tough because Nebraska-Kearney volleyball matches have been known to attract upwards of 2,000 fans and Fort Hayes is always tough at home.



Courtesy of Regis University Athletics

Holly Yamada kills the ball against Nebraska-Kearney Lopers' players eager to record a block.

### Upcoming Volleyball Home Games

Date	Opponent	Time
9/24	Colorado Christian University	7:00
9/25	Metro State	7:00
10/7	New Mexico Highlands	7:00
10/8	Colorado State-Pueblo	7:00
10/9	CU-Colorado Springs	7:00

## Men's soccer beginning to work together after rough start to season

**Renee Felton**  
Staff Reporter

Soccer is a team sport, so it seems ironic that the Regis University men's soccer team is focusing its efforts on playing as a team. But as the Rangers continue their season, they will concentrate on teamwork development and finishing what they start.

Captain Eric Tormoehlen and fellow senior Jose Rosales say that, while they are both anxious to get the first win of their final seasons at Regis (started 0-4), they put "more emphasis on team building."

Junior midfielder Guillermo Mazier agrees and stresses, "When everyone realizes that we play for each other and not just ourselves, we are going to be successful."

This year's squad, made up of two seniors, six juniors, six sophomores and eight freshmen, is young but talented. Coach Matt McDowell feels that the juniors "have proven themselves to be very good for us" and has confidence that this year will be no different.

McDowell, a Regis alum in his fifth year with the program, is excited about this freshman class that "is still inexperienced, but will be great in the years to come."

Everyday is a learning experience for the entire team. Freshman Aaron Mejia, out of Mullen High School, is eager to continue this season. He says he "wants to learn more about soccer by playing at the collegiate level."

After completing five of its first six contests on opposing turf, the team will come home for an eight-game home stand starting September 24 versus Colorado State University-Pueblo. The Rangers will stay in Denver and host the Regis University Invitational the first weekend of October.

The key to winning at home? According to Coach



Regis men fell hard in their Sept 8 RMAC opener with Metro State. The final score was 3-0 in favor of the Roadrunners.

McDowell, "it's a matter of being able to finish our chances." His team gets opportunities on offense but cannot capitalize. "We simply have to work hard, play hard and have fun. After that, the goals and the wins will come naturally," says McDowell.

Fans can catch the Ranger men in action on the University soccer fields as they make a push for the NCCA division II soccer tournament in November.

### Men's Soccer Home Schedule

Sept 24	CSU Pueblo
Sept 26	CU Colo Springs
Oct 1-3	Regis Invitational
Oct 1	Incarnate Word
Oct 3	St. Edward's University
Oct 7	Westminster College
Oct 10	Benedictine College
Oct 15	Colo Christian
Oct 17	School of Mines
Oct 31	Fort Lewis



Tommy Terrill works on getting past Metro's defense.

Photo by Sarah Martin



## Ron Crane: keeping the grass green with a smile

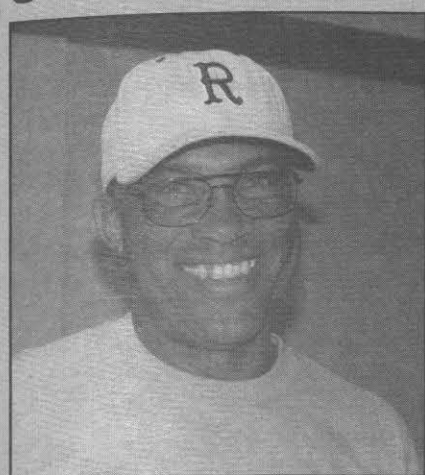


Photo by Sarah Martin

Ron Crane has been at Regis for the last 10 years. He has spent the last three as the facilities coordinator at Regis and before that he served as Regis' Lead Maintenance Mechanic and a Sodexo chef.

Interview By Nikki Lawson

**What is your favorite part of the job?**

Interacting with the athletes and students.

**Which season demands the most hours from you?**

Fall, both indoor and outdoor sports are going.

**What is your favorite sport to watch at Regis?**

Basketball, I played in college and my kids also enjoy going to the games.

**Who is your alltime favorite team?**

The Denver Broncos.

**If you could master one sport, what would it be?**

Baseball.

**What is your favorite fairy tale?**

*Hansel and Gretel.*

**What is your favorite piece of equipment?**

The mule.

**If you could win one sporting title, what would it be?**

The Superbowl.

**Which household appliance do you use the most?**

A skillet.

**What is your favorite T.V. show?**

"Everybody Loves Raymond".

**What is your one guilty pleasure?**

Smoking.

**Salt or pepper?**

Salt.

**Which hand do you write with?**

Right.

**What is your favorite gummy bear?**

The cherry/red one.

## Regis Dodgeball: A true intramural story

Mike Mahon  
Staff Reporter

As usual, the start of school brings with it the beginning of intramural action. In past years, the fall season has usually played host to flag-football, bowling, and volleyball as its intramural sports. This fall, volleyball has been removed from the lineup in order to make way for the introduction of dodgeball. This favorite pastime of many students is now being taken seriously as an official intramural sport.

"Intramural dodgeball," claimed Jeremiah Keelan, Intramurals Coordinator, "was actually considered before the movie came out." For the uninformed, there is a recent movie called *Dodgeball: A True Underdog Story*, which helped to launch the dodgeball craze that is sweeping the nation. Jeremiah went on to explain that volleyball had to be taken out because of a lack of participation. Volleyball had only attracted about four or five teams, while dodgeball already has ten teams signed up.

While the history of



Dodgeball players leap into action in first week of intramural season.

dodgeball (a.k.a. "Sniper" in the former Soviet Union) is obscure and maybe self-explanatory, the rules of the game can be clarified. At the beginning of each game, each team stands on the back line of their respective sides of the court, and the balls are placed on the half-court line. Here at Regis, the games will be held in the Ranger Dome, thus placing each team on one of the baselines under a basketball hoop. They will remain there until the referee blows the whistle after a count of three. When the whistle is blown, each team's players sprint to the half-court line to retrieve the balls. After taking the balls back to

their respective baselines, there are two ways to get your opponent out. First is the "direct hit" method, in which a player struck anywhere on their body. Second, a player is out if he/she steps over the half-court line.

While holding true to most of the accepted rules of the game, Regis dodgeball deviates in a few ways. For example, in most dodgeball games, a player is out if the opposing team catches his/her thrown ball. At Regis, "the player is not out, but the opposing team has the opportunity to bring back a player that has already been called out." Also, it is a mandatory rule that each team has at least six players but no more than ten, and at least one of the players that starts the game must be a female. It is unclear as to what would happen if one team were completely made up of females. I guess nobody else noticed that rule.

If you are interested in some serious dodgeball, come to the Ranger Dome on Tuesdays and Thursdays anytime between six and ten o'clock in the evening. You're sure to have a ball!

## Women's cross country finishes highest in Regis history

Mike Daly  
Staff Reporter

The Regis University Cross Country team started out their first race of the season on Sept. 11 at the Lobo Invitational Cross Country meet in Albuquerque, NM, racing against Division I and II schools from southwest and south central United States. The men's team placed 10<sup>th</sup> (out of 11 teams) and the women's team placed sixth (out of 12 teams).

The women's cross country team, according to Coach Mike Mittelstaedt, "Did the best the cross country team has ever done at Regis by getting first against the Division II schools in our district." The women have a big team this year, which includes five new freshmen and one new sophomore.

According to the captain of the girl's team senior Janey Beulke, "We raced well this past meet and our goal for the season is to make it to nationals. I think that we have a good chance to make it. We have a new team this year but so far they are performing really well and will continue to improve as the season goes on."

Beulke finished first for Regis and 23<sup>rd</sup> in the race. Anna Hacker and Stephanie Paine, both freshmen, finishing 37<sup>th</sup> and 42<sup>nd</sup> place, respectively, followed Beulke close behind.

Junior runner Ryan O'Neill comments about the women's team that "they have a strong team unity and it gives them a certain strength. The women's team brings more attention to the program. With more attention we get more support and with more support we

might get more funding. Hopefully the program will continue to improve."

Senior Dan Hoffman came in first for Regis at 28<sup>th</sup>, while sophomore Jesse Hunter and O'Neill followed close behind at 56<sup>th</sup> and 76<sup>th</sup> respectively. According to junior Jesse Stephens, co-captain of the men's team, "This past weekend the boy's team did well as a whole but individually we have some work to do for the next meet and for the rest of the season." O'Neill echoes this sentiment, saying, "For the beginning of the year everyone did their best they could. We have to get more consistent in practice and in all aspects of running, especially helping each other out during the race."

The next race for the running Rangers is the Western State College Invitational in Gunnison, CO Sept. 16.

### 2004 Cross Country Schedule

Date	Event	Location
Sept. 11	Lobo Invitational (UNM host)	Albuquerque, NM
Sept. 18	Western State Invitational	Gunnison, CO
Oct. 2	Rocky Mountain Shootout (CU host)	Boulder, CO
Oct. 2	Colorado College Invitational	Colorado Springs, CO
Oct. 16	Dan Libera Memorial (UNC host)	Granby, CO
Oct. 23	RMAC Championships (CSM host)	Golden, CO
Nov. 6	NCAA II North Central Regionals (USD host)	Vermillion, SD



*refuse to choose:*

# RECLAIMING FEMINISM

## Regis University

Thursday, September 23

7:30 p.m.

Student Center Dining Room

Lecture followed by Q&A

Sponsors: Regis University,  
The Respect Life Office of the  
Archdiocese of Denver, and  
Endor — The New Feminism:  
Educating on the Nature and  
Dignity of Women

Same lecture will be presented at  
the University of Colorado  
Memorial Center  
Wednesday, September 22  
7:30 p.m.

SALLY A. WINN

*Vice President  
Feminists for Life of America*



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# Denver Botanic Gardens cultivate tranquility in the heart of the city

**Chris Dieterich**  
Associate Editor

The search for an adequate dose of peace and tranquility can be easily frustrated. Responsibilities of school and work combined with the stress of deadlines and long hours, all of which exacerbated by the whir of lawnmowers early in the morning and traffic jams, can be enough to give someone a bleeding ulcer. To avoid such traumas, most people need diversions of one form or another.

The Denver Botanic Gardens is a great place to revitalize a depleted soul. Essentially, the gardens consist of approximately 23 acres of *Fern Gully* meets *The Secret Garden*. For those particularly interested in horticulture, a visit to the gardens no doubt rivals an out-of-body experience. Diverse plant habitats exhibit more than 32,000 bushes, flowers and trees from all over the globe. Our Denver Botanic Gardens is recognized as one of

the top five botanic gardens in the United States.

The beauty of the gardens is that it attracts students, families, couples, biologists and loners in search of solitude, all with the same displays. A confluence of paved walkways, winding dirt paths and determined waterways compel visitors to get lost in this labyrinthine setting. Waterfalls provide the motive power for steady streams flowing from one end of the gardens to the other. This water compliments the foliage with a degree of continuity and sound. With the exception of several high-rise apartments to the northwest, the scenic integrity of the gardens is maintained by historic homes whose Wrigley-like vines have no trouble blending in. Also appealing is the abundance of benches ensuring that even when the gardens are crowded relative seclusion is readily available in some shady nook. During my visit several groups were even poised for sundown while enjoying evening picnics.

The Botanic Gardens are kept open year round. Multiple plantings take place in a given year so that different species are always in bloom. Different garden sections display plants according to their natural habitat. The Venus Fly Trap, long a personal favorite, rattled with



View of treetop perch within the Tropical Conservatory. The climate controlled dome maintains hundreds of the garden's exotic plants.

success during my visit to the Victorian Secret Garden. Perhaps the most impressive exhibit is the Tropical Conservatory. This dome-shaped building distinctly marks the Denver skyline. Within the conservatory, elaborate trails wind up to a crow's-nest perch camouflaged as an upper canopy tree limb. The featured attraction in the conservatory is the Cloud Forest Tree, which displays rare tropical orchids.

Currently featured amongst the artistic natural displays are contemporary stone sculptures done by the Shona people native to Zimbabwe. These sculptures are weaved throughout the gardens to pro-

vide a unique juxtaposition of natural and man-made beauty. This display will be featured at the gardens until October 31. The Botanic Gardens offer a myriad of events throughout the year, including summer concerts (this summer featured amongst others the Indigo Girls and Joan Baez) and mountain hikes. The entire month of December the gardens stay open until 8:00 p.m. luminously displaying ornamental lighting for the holiday season.

Certainly those looking for something new will appreciate the artistic natural displays of the Denver Botanic Gardens.

**The Denver Botanic Gardens are located at 1005 York Street (South of Colfax and north of Cherry Creek).**

**Student admission is \$8 dollars. Upcoming FREE DAYS are Oct. 18 and Nov. 1.**

## Dubbel Dutch turns local corner into quaint, European cultural experience

**Father Peter Wood, S.V.W.I**  
Guest Writer

When it comes to favorably stimulating our taste buds, it would seem that there is a virtually limitless range of food flavors to which we are drawn by nature. An off-campus, yet very nearby, eatery is a recent addition to the Regis neighborhood, joining the panoply of restaurant choices vying to satisfy our flavor hunger. This particular venue uniquely provides the additional, and well needed, aesthetic of authentic cultural color to the greater Regis environs. It is named "Dubbel Dutch," and it is found about three doors down from Hamlin's Café (Regis Blvd. and Lowell).

It's an unexpectedly bright splash of color that turns the head from the otherwise, "same-old" look of the surrounding streets. This place is the real deal: a slice of Holland attractively filled with imported gourmet Dutch cheeses, deli meats, chocolates, licorice, cookies, soup mixes, assorted jars of indigenous food and condiment creations and other packaged Dutch groceries, as well as collectible traditional Delft Blue porcelain gifts.

Many of the customers who have discovered the little shop are from the Netherlands, so from 9:00 a.m. to 6:00 p.m. you never know whom you might meet. A former Dutch colony, Indonesia, accounts



Dubbel Dutch provides comfortable outdoor seating and delivers to campus. 303.480.9100

for contributions of Indonesian packaged meals, suitable for dorm-style easy cook-ups.

The atmosphere in the shop is permeated with the aroma of what has to be some of the world's best coffee; rich and very smooth, a much sought-after characteristic of Dutch coffees. Once tasted, and at \$1.25 for a for a 10 oz. cup. This alone will make a return customer out of any true lover of java.

And then there are the sandwiches. Made on chewy, toothsome and slightly crispy bread. A moderate menu of reasonably priced sandwich selections is typically Dutch. Among the diverse collection of

delights, certain sandwiches manage to swim upstream to deliciousness. One in particular, "The Salmon," is prepared with smoked salmon, light cream cheese, fresh cucumber slices, shredded lettuce. Another, "The Old Amsterdam," is made with Amsterdam cheese, lettuce, tomato, cucumber, and slices of hard-boiled egg. Some of the other sandwiches have Italian deli cold-cut meats or American influences such as avocado. The "build-your-own" option is also available.

Equally attractive to the customer is the genuine and welcoming atmosphere proffered by the proprietor, Eef Tulp, whose given name is pronounced like our letter "F" (which means "Eve" in Dutch). Eef moved from the Netherlands to Fort Collins, Colorado to work in a corporate setting. As a side-line, she began to offer foods and gifts from Holland over the internet. Her successful merchandising endeavor led to the decision to start a shop of her own. Eef is joined by three lovely Dutch employees, Josja, Sondra and Petra, all of whom work throughout the week.

One notable draw back to this cozy, mere slip of a shop is the real lack of indoor seating. Weather in Denver can be rather arbitrary, but on a sunny day the outdoor seating is charming. An important note is that delivery is available to all Lowell campus locations.



# The Regis Events Calendar

September 22 - October 4

## September

Date	Event	Time	Location
9/22	Speaker: Patrick Atkinson (Executive Director of The GOD'S CHILD Project)	3:00 PM	Mountain View Room
9/23	Thrills: Sword Swallowing	10:00 PM	Dining Hall
9/23 - 9/24	Concert: Norah Jones		Red Rocks Amphitheatre
9/24	Women's VB: Colorado Christian	7:00 PM	Fieldhouse
9/25	Women's VB: Metro State	7:00 PM	Fieldhouse
9/24 - 9/25	Starting Now Retreat	All Day	Estes Park
9/24 - 9/25	Urban Plunge Retreat	All Day	Downtown Denver
9/25	PT Fun Run, Walk and Roll	10:00 AM	Regis Lowell Campus
9/29	Juan Melendez (ex-death row inmate speaking about experience on Florida's death row)	3:00 PM	Science Amphitheatre
9/30	Juan Melendez, reaction and discussion	12:00 PM	West Hall B
9/30 - 10/2	Great American Beer Festival	All Day	Colorado Convention Ctr.
9/29	Women Ending Violence Effectively: Self Defense	7:00 PM	Fitness Center
9/30	Thrills: Talent Show	10:00 PM	Dining Hall

## October

Date	Event	Time	Location
10/1	No School / Fall Faculty Conference	All Day	
10/2	Cross Country: Rocky Mountain Shootout		Boulder
10/2	Cross Country: Colorado College Invitational		Colorado Springs
10/3	BOC: Six Flags Elitch Gardens	All Day	Downtown Denver

\*\*If you have any events you would like to post, e-mail them to [highlander@regis.edu](mailto:highlander@regis.edu)

## Weekly word time-waster

### Across

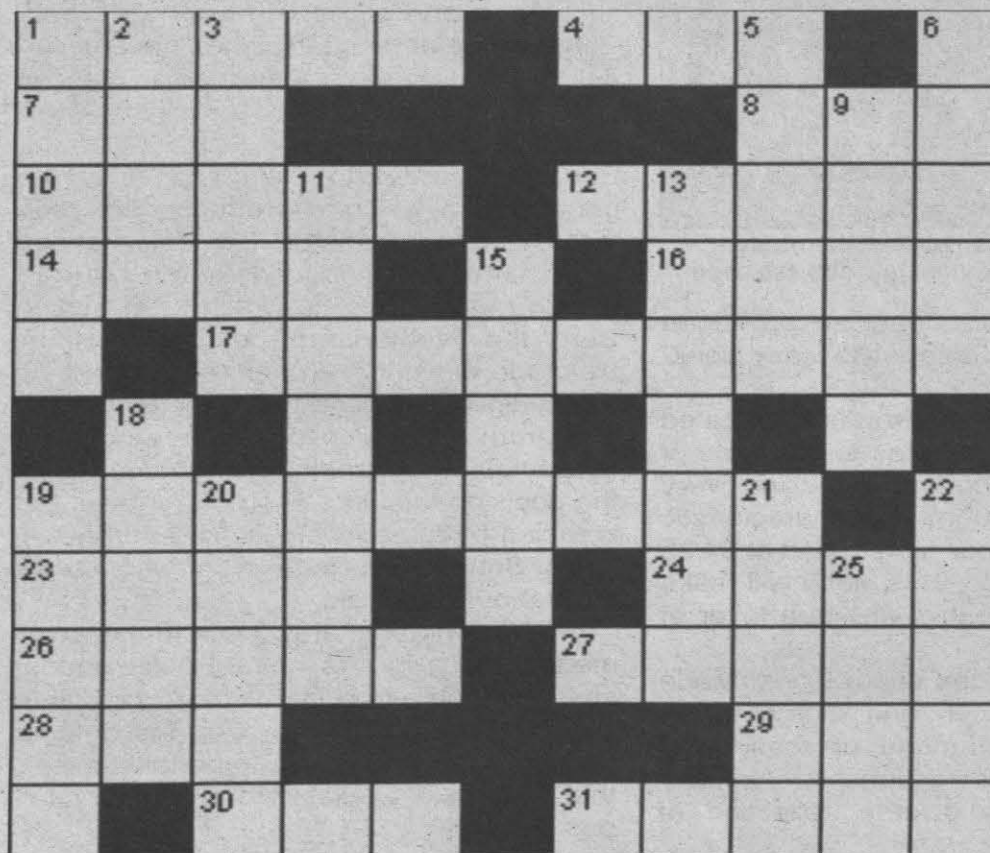
1. Indian warrior
4. Weep convulsively
7. Propel in a high arc
8. Fed

### 10. Divert

12. Machine tool
14. Flat-topped land formation
16. At that moment
17. Somewhere else

### 19. Part of the overall plan

23. Hood
24. Transfer of goods
26. Characters
27. Glowing fragment from a fire



28. Alcoholic drink
29. Twelfths of a foot
30. Scoundrel
31. Drench in clean water

### Down

1. Reproach
2. Eternal City
3. Misuse
5. Immerse in water
6. New Hampshire city
9. Not here
11. Recover
13. Belief that there is no God
15. Intense nervous anticipation
18. Male name
19. Leather ceiling loop for vehicle passengers
20. Sovereign
21. Small house
22. A piece of poetry
25. Eye component

### FOR RENT:

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Female preferred  
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White with tan top.  
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Power windows,  
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reach students and  
faculty interested  
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