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Regis University

# Highlander

a weekly publication



The Jesuit University of the Rockies

www.RegisHighlander.com

Denver, Colorado

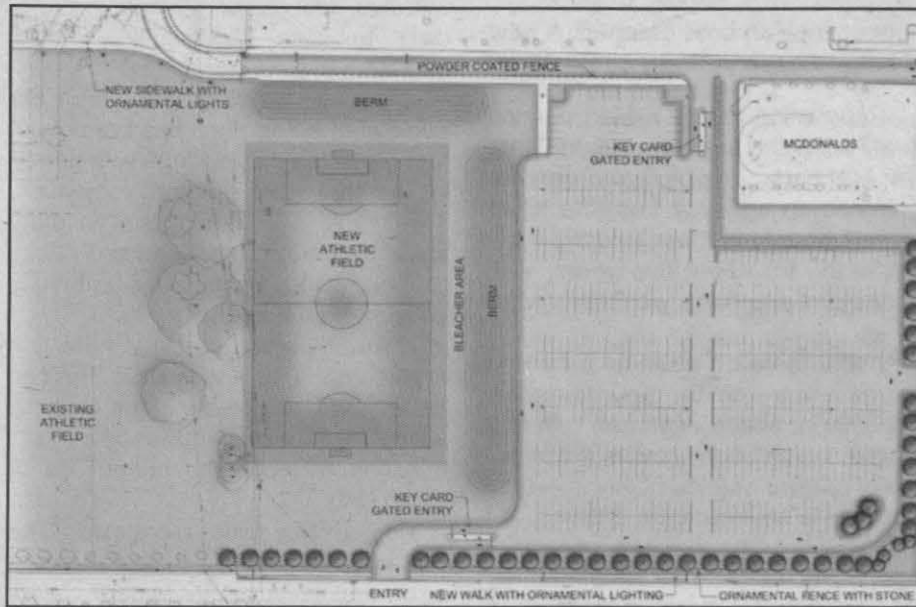
## Addressing the parking crunch: El Jebel shuttle, RTD eco-pass and new lots offer relief

Charlie McGlynn  
Contributing Reporter

Andrea Vecchiarelli, a Regis College senior, feels lucky to have morning classes because she gets to school before 8 a.m. and can find parking. "Stressing about parking may lead to being late for class, which makes your whole day stressful." Vecchiarelli commutes to school each day, from Golden, CO. Freshman, Jourdan Vigil, who commutes from Arvada, agrees, saying, "I hate even trying to look because [I feel like] it's a waste of time."

Like Vecchiarelli and Vigil, 654 other traditional Regis College students commute to school each day. Most drive rather than take public transit, bike, or walk. According to Lana Lechuga, administrative manager in Enrollment Services, of the 654, approximately 50 students drive from Lakewood, 38 from Littleton, and 97 from Arvada.

Currently Regis has 1,400 to 1,500 parking spots, depending on construction projects. Campus Safety has issued 1,850 permits to undergraduates (traditional College, Nursing, and Physical Therapy), about 800 to facul-



Graphic courtesy of Physical Plant and University Services

**The proposed K-Mart redevelopment plan, pending approval by the Board of Trustees this month. This plan calls for a new 500 space parking lot and an additional athletic field to replace the K-Mart building.**

ty and staff, and 13,000 permits to SPS students, who tend to be on-campus after hours.

Although permits do not need to be renewed annually, Campus Safety compares active student reports from ITS to its permit records every year, according to Campus Safety

Supervisor Aaron Hofkamp. Students who have graduated or moved on are then removed from the permit list.

Karen Webber, vice president of University Services, oversees Campus Safety and provides construction

See Parking on page 2

## Speaker to discuss stem-cell research and the Catholic Church

Maricor Coquia  
Staff Reporter

Fr. Kevin FitzGerald, S.J., chair of Catholic Health Care Ethics at Georgetown University Medical Center, will speak on "Cloning and Stem Cells: Confusion, Contention, and Convergence," this Wednesday at 7:30 p.m., in the Science Amphitheater.

Part of the Fall Catholic Studies Speaker Series, FitzGerald's presentation aims to raise ethically challenging questions concerning the value of human life and Catholicism, and its relationship with modern science and the community. FitzGerald's presentation also aims to investigate the dilemma between quickly advancing medical technology to Catholic ethical standards.

Tom Reynolds, vice-president for Mission, spoke of the series' purpose. "The point of the series is to give students and the community the opportunity to learn more about difficult moral issues. Through the program, we hope students can make more informed judgments."

Thomas Leininger, associate professor of Religious Studies, also spoke of the series. "In 1999, Father Sheeran wanted to help educate Catholics as well as the surrounding community of different and difficult issues. He wanted to help foster dialogue of the issues facing Catholics today."

Since then, the Catholic Studies Series has been inviting influential speakers, like FitzGerald, to speak to the Regis community.

FitzGerald, who has Ph.D's in molecular genetics and bioethics from Georgetown University, and is also the research associate professor of oncology at Georgetown Medical Center, will hopefully touch on the recent research done by scientist Hwang Woo-suk, who, according to the Tapei Times, "received international renown for cloning human embryos and extracting stem cells."

Mark Meaney, director of Health Care Ethics, said, "FitzGerald speaks

See stem-cell on page 2

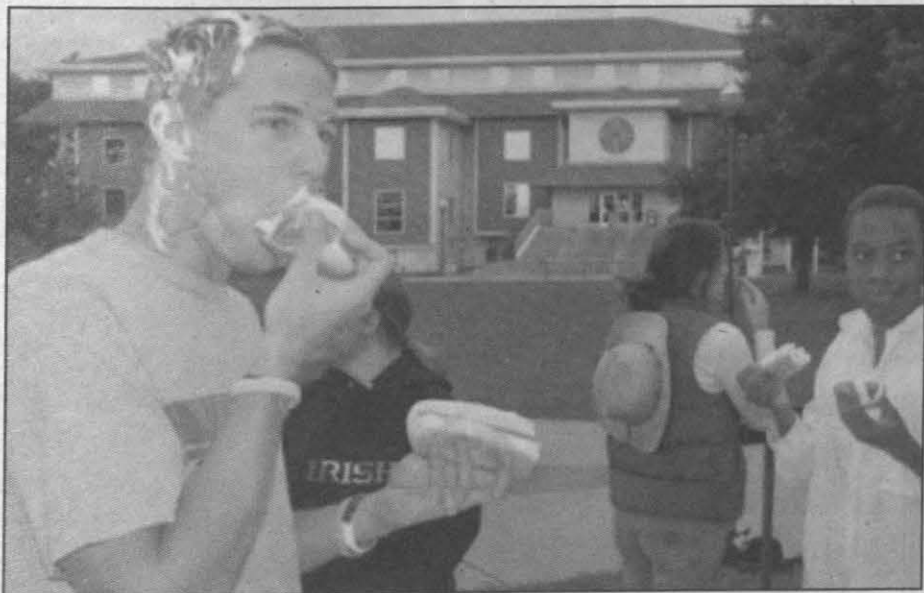


Photo by Graham Hunt

Freshmen R.J. Robins joins other Regis students in the hot dog eating contest at the City Slicker Olympics last Wednesday. Participants were encouraged to get into the spirit by wearing cowboy hats and flannel shirts. Despite chilly weather, the event was deemed to be a success for the third straight year.

## City Slicker Olympics gallops into quad

Alyse Warner  
Staff Reporter

The Boettcher Commons were transformed October 5 as the annual City Slicker's Olympics had all in attendance saying "Yehaw!" and "All right y'all!"

The annual event, hosted by the Residence Hall Association, invites residence hall members to partake in events such as tug of war, bag toss, sunflower seed spitting contest, hot dog eating contest, and the ever-popular pie throwing.

The President of RHA, Anthony Haug, noted that the event is intended to bring together everyone at Regis.

The City Slicker Olympics have become a tradition at Regis; however, organizers do hope to break the two year streak of chilly weather next year.



### Feature

Best of autumn in Denver

Pg. 6-7



### Sports

Kate Murphy sets all-time scoring record

Pg. 9



### Spotlight

KRCX finds new FM home

Pg. 11



Photo by Graham Hunt

An overflowing parking lot is a common occurrence all over campus. A new lot currently under consideration should help to ease parking congestion.

### Parking from front page

information to the Board of Trustees and Administrators regarding the expansion of Regis. In the past year, Webber has been working with Campus Safety, Physical Plant, and Student Life to develop a solution for the parking problem, as well as plan the future expansion of Regis. These solutions will also address the concerns of neighbors, who often feel they cannot park in front of their homes because so many Regis drivers park on side streets.

Bill Williams, director of Campus Safety since June 2004, explains that the University has begun to work on a number of short-term responses, and a long-term parking plan.

According to Williams, Campus Safety's first priority is the safety of people on campus; parking becomes a safety problem when vehicles get broken into and illegally parked cars can impede responses to emergency situations.

One solution to alleviating the parking problem has been instituting the RTD-Denver Eco Pass Program for faculty and staff, for no charge. Since January 2005, 372 faculty and staff members have taken advantage of the passes.

Another strategy for dealing with the problem has been the creation of the El Jebel parking program, which began last year.

The El Jebel, a Freemasonry Shrine located just west of the corner of Tennyson and 50th Ave., allows Regis to use its lot for free all day. Regis then contracted with a private shuttle company to provide service that takes students, faculty, and staff from the El Jebel lot to Regis at no cost. Faculty and staff—because they tend to be on campus all day—are provided with free lunch coupons to encourage use of the alternative parking.

The El Jebel program costs the University \$2,000 a week, which equates to about \$450 per class day. The shuttle runs every 15 minutes on school days until 6 p.m., making stops at the Student Center, Main Hall, the ALC, and the Life Directions Center.

According to Williams, the program has been a success, with about 60 to 150 cars parked at the El Jebel lot each day.

Another possible solution, says Webber, is building a multi-tier parking structure in lot 5 behind the townhouses, but no official decisions have been made.

A more immediate, but temporary, solution will go into effect next Spring. In February 2006, Regis will take possession of the K-Mart property. Regis has owned this land since 1887.

Renovation on the K-Mart parking lot will allow the area to accommodate over 500 cars. The plan also calls for a pedestrian walkway from the lot to the field house; Webber said this lot is temporary, for about five years, until other plans are made with the property.

Another solution could be a parking garage that costs approximately \$10,500 per space. A garage with 500 spaces, which barely covers the shortage of spaces needed at Regis, would cost five to seven million dollars, said Webber. These are financial resources that could be used for other university projects.

One way to discourage demand for parking could be to charge for parking. Parking is currently free at Regis because the Jesuits and other administrators do not want students to pay for parking on top of current tuition costs. 16 of the 28 Jesuit institutions charge students for parking, according to Williams. Still, Webber said that those schools had a hard time implementing the paid programs, due to having to conflict over who would pay and how much.

According to Webber, parking has never been an issue at Regis until now. Williams adds that the Administration has seen the problem first hand with parking near Main Hall eliminated during construction.

Vecchiarelli is glad that Regis is taking action to solve the parking problem, but wishes they had acted sooner now that she is a senior. Vigil said the new parking lot would make "a huge difference, it would mean less [need to park] in the neighborhood, and less

### Parking remedies

#### El Jebel Shuttle:

- El Jebel Shrine parking lot, west of Tennyson and 50th Avenue.
- Runs in a loop every 15 minutes, Monday-Friday, until 6 p.m.
- Stops at the Student Center, Main Hall, the ALC, and the Life Directions Center.

#### RTD-Denver Eco-Bus Pass Program:

- Currently available for faculty and staff, at no charge; includes local bus and light rail; express, regional, and skyRide bus service.
- Student Government considering a similar program for students (traditional college and nursing), for an additional \$28.38 activity fee, per student, per student.

#### Re-development of K-Mart space:

- Proposed plan is pending Board of Trustees approval
- 500 new spaces; walkway to campus.

### Stem-cell from front page

of a very timely topic. The research done in South Korea poses the question of human life, and how that relates to Catholics as being more [concerned] or more accepting of genetic research."

In *Company Magazine*, Summer 2005, Fitzgerald commented that the Church has an "enormous" role in genetic research. "When we're in that situation of wondering when life begins, when it ends, what is human life, the Catholic perspective can be most illuminating. When you're in doubt, you give benefit to the human being."

Fitzgerald, along with explaining the facts behind recent genetic research, will also address convergence, especially between "therapeutic cloning" and stem cell research.

Therapeutic cloning is when the nucleus of an egg has been removed, and replacing that nucleus with genetic material from another organism. The result is a blastocyst (an early stage embryo). This technique raises Catholic issues because an embryo is considered a human life.

"The important question here is if science can find a technique that can be ethically acceptable in the Catholic viewpoint," expressed Meaney. "It's a question of protecting human life or killing life."

As Tom Reynolds also stated, "The real issue is: How do we balance science and technology? Where do we draw the line between both?"

Meaney pointed out that such balance could be attained. "There's no question that the Catholic Church is supportive of genetic research...just as long as it protects or enhances human dignity."

Such questions, and other difficult issues will hopefully be addressed during Fr. FitzGerald's presentation.

"I hope students take this chance to learn about tough moral issues. We're not going to tell students what to think. We just want to inform them of what's going on," said Reynolds.

Meaney also expressed a similar message in context of the speaker series. "I hope students, going into this, will gain a better understanding of the complexity of emerging technology, and how that ties into ethical and moral issues," he said. "We are on the precipice of a leap in scientific advancement. I hope students will see how science will affect the Catholic view on genetic research."

**The Highlander is proud to announce the debut of our online version.**

Check out

[www.RegisHighlander.com](http://www.RegisHighlander.com)

**The online version will include additional content and an expansive campus calendar.**

### Contact the Highlander

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#### Our Mission:

As the staff of the Regis University weekly publication, the Highlander, we intend to serve the campus and the neighborhood by providing an outlet for the transmission of news and ideas. Our publication is designed to cultivate awareness, understanding and dialogue about matters of community importance.

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## Student organizations encourage diversity, culture and history

Maricor Coquia  
Staff Reporter

### BSA

The Black Student Alliance, a student run organization on campus, seeks to empower and educate students in accepting not only the African American culture, but of other ethnic cultures as well.

Sandra Mitchell, Associate to the Provost of Diversity explained, "Yes. We do want to empower students.... But it's not limited to just that. We want to offer support for any ethnic student," she said. "We want to educate people on the issues of diversity, culture, and history."

The Black Student Alliance began in the spring of 2004 as a means to raise awareness of the African American culture.

There was a BSA around the 60s and 70s," Mitchell said. "Students wanted to see it happen [again]. Students felt there was a need."

Like then, the primary focus of the group today is to "promote Black awareness in the campus community," explained Mitchell.

Tave Johnson, the president of the organization, avidly supports the group's purpose. "We want to educate students of the African American culture. We also want to increase diversity awareness," she said. "We want to encourage others of any ethnicity to

join the group. It's open to all."

Since the group started, the BSA has hosted numerous events to expose students to the African American culture and history. The BSA has brought in traditional African American dancers and singers, as well as hosted the "Tunnel of Oppression", where the frightening conditions of the slave ships were simulated. Black History Month (February) is also greatly celebrated.

"It's a rich, rich culture," said Mitchell. "We want students to know that Black history is more than just slavery."

"We want to educate students of the African American culture.

Alliance President Tave Johnson

The group is also very active in serving the community. For instance, the club plans to host a Halloween Carnival that will be held on Monday afternoon, October 31, in the Faculty Lounge.

"It's a really fun group," expressed one of the members.

Tave Johnson also spoke of how close the members have become. "Overall, the point of BSA is to have a place where students can feel comfortable. We want members to feel that they'll always have someone to support them."

*The Black Student Alliance meets every Thursday at 7:00 p.m. in the Regis Room of Carroll Hall.*

## Fr. Thomas P. Rausch, S.J. addresses the future of Vatican II

Andrea Silva  
Senior Reporter

Last Thursday evening, the second of five Catholic Studies Speaker events was held in the Science Amphitheater. Fr. Thomas P. Rausch, S.J. addressed current needs of the Catholic Church in his presentation "The Unfinished Agenda of Vatican II." Rausch, a professor of Catholic Theology at Loyola Marymount University, has studied many areas of Catholicism, such as Christology, ecumenism and the theology of priesthood. He currently has twelve books published, some of which are textbooks used for courses taught here at Regis.

Rausch began his talk acknowledging that Vatican II was instrumental at setting forth "the currents of renewal" within the Church. However, he believes that many issues that the Vatican II surfaced were left unresolved. For example, the Church is still uncertain what it will do about the shortage of priests, clerical celibacy, the role of the laity, and the formulation of doctrine in light of modern times. Rausch said that how these matters are resolved "could radically affect the Church's future."

Four decades later, Rausch views modern Roman Catholics having varying attitudes concerning Vatican II's effects on the Church: "Some Catholics feel that the Church has gone too far too fast, accommodating itself to the spirit of the times rather than challenging the times with its timeless truths.... Other Catholics are equally unhappy.... they feel that the Church hasn't gone fast enough; that it failed to carry out the reforms that were being indicated by the papal documents."

In order to fulfill the purpose of Vatican II, Rausch went on to propose that the Church needs to take action in three key areas. First of all, he said that the basic image of the Church and the metaphors that are used to describe it should be reconsidered. Next, Rausch called for a reform in the teaching on bishops concerning their hierarchical positions in the Church. Lastly, Rausch explained different situations that point to a need for different teaching on laity.

As he spoke of the different steps the Catholic Church needs to take, Rausch affirmed Vatican II for "providing the theological foundations to move the Church forward." He seemed to believe that the Church holds the desire and tools to be able to continue moving forward, but that it needs to be more deliberate in doing so.

Freshman Drew Jones attended the talk, and thought that Fr. Rausch "proposed fine administrative reforms, for instance, concerning oversight of finance in the dioceses and oversight in the moving of priests." However, Jones, who plans on one day entering the seminary, didn't agree with Rausch's request that the Church change its teaching on laity. Jones explained, "The spirit of his discussion was basically that the laity should be able to dictate what they want their church to look like."

The next event in the Catholic Studies Speaker Series will be held this Wednesday at 7:30 p.m. in the Science Amphitheater. Fr. Kevin T. FitzGerald, S.J. will speak on "Cloning and Stem Cells: Confusion, Contention, and Convergence."

### APAA

The Asian-Pacific American Alliance, a student-run organization, aims to promote multi-cultural awareness on campus. Like the Black Student Alliance, the APAA hopes to increase diversity awareness on campus and educate students of the many different cultures present among the student body.

The club's president this year is freshman Corey Sexton. "I want the club to be better than it was before. I want to increase the participation of not only Asians, but other minorities as well," he said.

The club's senator, Kyle Hudencial, expressed a similar message. "I want to help foster a positive image of APAA to the Regis community."

In particular, the group wants students to know that the club is open to anyone, not just to students of Asian or Pacific descent. "Membership is open to any full-time Regis University student," explained Sexton.

Similar to the Black Student Alliance, the APAA has hosted a number of events to expose and educate students of Asian and Pacific cultures.

Every year, for instance, the group sponsors Pacific Fest, where Polynesian dancing and Asian-Pacific

cuisine are highlights of the event. This year, a raffle or auction will be a feature at the event to help raise money for the victims of Hurricane Katrina and Rita. The group also aims to participate in a community service project each semester, such as wrapping gifts for Christmas. Large holidays such as Chinese and Vietnamese New Years, and workshops featuring aspects of certain Asian cultures, such as Tininkling (Filipino bamboo dance), will hopefully be part of the club's agenda this year.

Overall, the group hopes for students of other minorities and beliefs to feel confident in the power of organization.

Sandra Mitchell, the Associate to the Provost of Diversity explained, "We want to increase diversity. Through groups like BSA and APAA, I hope that other students will feel compelled to organize and support their cause."

Co Vice-President, Doan Tran, also hopes the club will foster more active participation from students. He expressed at one of the group's meetings, "I want to keep the club going. I want everyone to talk and have a good a time."

*The Asian-Pacific American Alliance has meetings every Monday in the Student Center (2<sup>nd</sup> Floor) at 5:15.*

**To commemorate the 60th anniversary of the end of the Second World War the Regis Center for the Study of War Experience is proud to announce an evening of 1940's era Big Band music and song. Saturday, November 5, 2005 Student Center Dining Hall!**

**The World War Two era Big Band Dance begins at 7 p.m. and features the music of the Dean Bushnell Orchestra for your listening and dancing pleasure till 9 p.m. Other area musicians will participate as well.**

**Free admission to the Dance for Regis students with ID.**

**All proceeds benefit the operations of the Regis Center for the Study of War Experience.**

## Bastion of power: critical developments at the Pentagon

Justin Goldman  
Opinion Editor



Last September I had the opportunity to visit an Air Force Colonel I knew in the Pentagon and was able to see what happens in the respective rings of this amazing structure. One thing is for certain: no other location has the capacity to project power the way the Pentagon does. Two recent occurrences here are important in my view.

First off, under pressure from Congress, the Pentagon last Wednesday released regulations that were well overdue. These authorized unit commanders to reimburse soldiers who purchased protective equipment. Second, Marine General Peter Pace was sworn in as the new Chairman of the Joint Chiefs of Staff.

The issue of adequate protective equipment was enhanced by the comments of Secretary of Defense Donald Rumsfeld when he was speaking to soldiers at a Kuwaiti forward operating base in December 2004, as they were preparing to enter Iraq. An Army Specialist from the Tennessee National Guard asked, "Why do we soldiers have to dig through local landfills for pieces of scrap metal and compromised ballistic glass to up-armor our vehicles?" Secretary Rumsfeld's response, "As you know, you have to go to war with the Army you have, not the Army you want," sparked widespread criticism.

This brought the issue to the minds of Americans, particularly with the images of fighting in Fallujah during November 2004. I find myself referring to the words of President Eisenhower just days before President Kennedy took office: "This conjunction of an immense military establishment and a large arms industry is new in the American experience. The total influence economic, political, and even spiritual -- is felt in every city, every State house, every office of the Federal government." He warned of the military-industrial complex. It is truly a dereliction of duty when we have a \$445.5 billion Defense Appropriations bill for fiscal year 2006, yet we have ill-equipped combat forces on the ground in Iraq.

The issue of properly equipping our combat forces for operations involved in the Global War on Terror is a very serious issue. I can only speak from my experience in the Marine Corps. We were taught that the Marine Corps is organized, trained, and equipped to provide a force-in-readiness. I can tell you that when we inserted into both Afghanistan and Pakistan, we did not have Kevlar strike plates in our flak jackets. Such plates are inserted into the jacket and spare lives that would otherwise be taken by bullets or shrapnel. A few weeks into Afghanistan we were given one plate each. The jackets can hold two, one in front and one in back.

I have to commend Senator Christopher Dodd, a Democrat from Connecticut, for his efforts that brought the Pentagon to issue reimbursement regulations for military personnel who purchase equipment in which to protect themselves. The program allows reimbursement for equipment such as combat helmets, ballistic eye protection, hydration systems, and tactical vests, including a variety of body armor. It is disappointing that

these regulations come nearly a year after Congress passed legislation that made the reimbursement the law of the land. In spite of a budget of such scope, the Pentagon could not grant the resources to address this issue until now.

On the second point, Marine Corps General Peter Pace has taken command as the new Chairman of the Joint Chiefs of Staff. He is the first Marine to hold the military's highest uniform position. He replaces outgoing Air Force General Richard Myers who angered Senator John McCain in his final hearing on Capitol Hill by stating that the Iraq struggle is "a complex situation that is not well-understood by folks who fought in Vietnam." Personally, I am glad Senator McCain is in the Senate with his harrowing experience as a POW in Vietnam and that General Pace served as a rifle platoon commander with 2nd Battalion, 5th Marines in Vietnam.

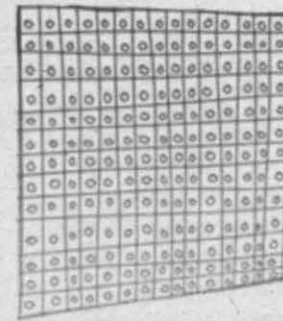
I think having a Marine in the highest post will be beneficial (I am biased towards the Corps). I will say that outcomes in the Global War on Terror largely depend on the actions of soldiers and Marines operating on the ground. I believe that the most critical actions come from ground operations in this conflict. According to Mark Burgess of the Center for Defense Information, in Iraq we are, "engaged in a mix of lower-combat, lower-risk peacekeeping and higher-combat, higher-risk peace enforcement." The best lesson for today's operations is General Krulak's three-block war concept.

General Krulak was the Commandant of the Marine Corps from July 1995-June 1999. "In one moment in time, our service members will be feeding and clothing displaced refugees, providing humanitarian assistance. In the next moment, they will be holding two warring tribes apart, conducting peacekeeping operations and, finally, they will be fighting a highly lethal mid-intensity battle, all on the same day, all within three city blocks."

According to General Myers, "Defeating the Iraqi insurgency is as important to the United States as winning World War II was 60 years ago." Significant aspects of this challenge are a result of our mistakes, but this does not reduce the severity of the situation. I think General Pace understands the immense challenges that our forces face on the ground.

He served as the Vice Chairman to General Myers so he understands the workings of "official" Washington. If we are to succeed our leadership must have a greater level of candor when it comes to the precarious situation on the ground. This lack of frankness drove Vietnam Veteran Senator Chuck Hagel, a Nebraska Republican, to say, "The White House is completely disconnected from reality." Although confidence in our leadership in Washington is quite low, I believe General Pace will serve with distinction as the principal military advisor to the President, the Secretary of Defense, and the National Security Council. I believe his experience earning a Navy Commendation Medal with Combat "V" for Valor and the Combat Action Ribbon have forged his character. His mettle will be tested as the highest military officer in the land.

## Der Kugelschreiber



By Jacqueline Kharouf

Welcome to the Mailroom! Here's your combo and your tweezers. Good Luck!

## How ought we to live?

### Expanded conversation on GLBT issues essential to safe learning community

Martin Garnar  
Contributing Columnist

*Martin Garnar is a reference librarian and associate professor of library science at Regis University.*

I've worked at Regis for almost nine years. Since the beginning, I've been open about being gay, but would only offer this information when it came up in conversation naturally. When meeting new colleagues, they would often notice my wedding ring and ask what my wife did. Rather than launch into a tirade on heterosexism and the dangers of assuming everyone is straight, I would just smile and reply that my husband worked for the city government. I never got a bad response from this tactic, and usually achieved the desired effect of breaking down those initial barriers and starting the process of becoming friends.

Though I didn't start every conversation with an announcement that I was gay, I did become more comfortable with raising the question of sexual orientation at Regis. When asked if I would put a "Safe Zone" sign on my door, I readily agreed. These signs had a large pink triangle (what gay men were forced to wear by the Nazis in concentration camps) and were meant to indicate that the person's office was a safe place to talk about issues of sexual orientation. Shortly after posting the sign, an administrator (no longer at Regis) told me to take it down. When I asked why, I was told I couldn't have "political" messages on my door. At this point, I was untenured and didn't want to lose my job, so I took down the sign while he stood there. However, I then told the administrator that I was very concerned that Regis was sending a message that it wasn't safe to be gay or lesbian on this campus and that these people (including myself) weren't welcome. He became embarrassed, then asked me to put the sign back up because he didn't realize that I was gay and he didn't want me to think I wasn't welcome. So, the sign went back on my door, where it is to this day.

This incident with the sign was the

first of many to make me question the status of gay, lesbian, bisexual, and transgender (GLBT) people at Regis. Every few years, something happens on campus that tells the GLBT community that we aren't welcome, whether it's having "Die, Fag, Die!" scrawled on a student's message board or having your car windows smashed in. Though the appropriate administrators show quiet concern after these events, the necessary changes to our campus climate have not been made. Each year, the Regis Alliance (an official student group for GLBT folks and their straight allies) fights a losing battle with advertising our meetings, as signs are usually ripped down within hours of being posted. The latest incident of vandalism involved the destruction of a bulletin board in West Hall that advertised National Coming Out Day on October 11th. Parts of the destroyed display were then shoved under the door of the bulletin board's creator with threatening messages on them. This cowardly act of intimidation and harassment looks far worse when viewed in the context of the central question of our university's mission: How ought we to live? I can't believe that an acceptable answer would include "by targeting fellow human beings for fear and exclusion."

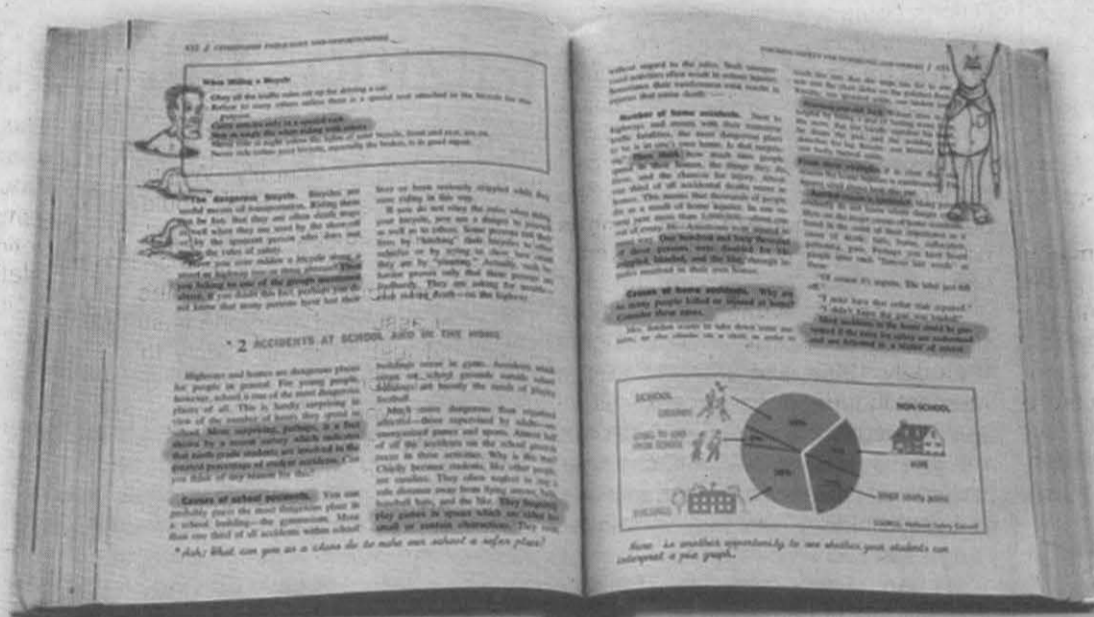
There have been significant changes at Regis since I first started working here. We now have an associate to the provost for diversity, who has done a wonderful job of creating dialogue about all issues of diversity, include sexual orientation. Using the university's Catholic heritage as the imperative for creating a community of respect, our non-discrimination clause for both employment and education was expanded to include sexual orientation. The Alliance has gone from being an unofficial underground organization to a recognized student group. However, these changes aren't enough if our campus climate still allows for the harassment of students. In the near future, there will be opportunities to discuss what's been happening and how we can address these incidents. I invite you to join the conversation. When you can put a face on this issue and see who's being hurt by what's happening time and time again, maybe together we can find a way to make Regis a place where all people are welcome to learn and work.

Check out the online version of the Highlander for expanded coverage of this issue, featuring an op-ed by Brittney Mathews and a response by RUSGA, at [www.RegisHighlander.com](http://www.RegisHighlander.com)

### COLLEGE SURVIVAL TIP

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## Feeding Fun at Denver Zoo

Fall/Winter Times:  
(Weather Permitting)

10:00 Tropical Discovery & Bird  
World open  
10:15 African Penguin Feeding  
10:30 Sea Lion Feeding  
11:30 Elephant Demonstration  
noon Red River Hog Feeding  
12:15 Gorilla Feeding  
2:00 Bird Bug Toss  
Predator Ridge Keeper Talk  
2:30 Sea Lion Feeding  
3:00 Tiger Feeding  
3:30 African Penguin Feeding  
4:30 Tropical Discovery & Bird  
World close

### Zoo Hours:

October-March, 10:00 a.m. to 4:00  
p.m. Daily

Upcoming free days: Wednesday,  
October 12 and Sunday, November 6

Information courtesy of [www.denverzoo.org](http://www.denverzoo.org)

## Haunted attractions in Denver metro area

Marlena Hargrove  
Staff Reporter

This October, Haunted Houses and other Halloween attractions can be found throughout the Denver metro area. Deciding which one to go to can be difficult, so here are a few suggestions on which ones to visit.

"Field of Corpses" received the *Haunted Denver People's Choice Award* in 2003 and 2004 and ranked as the 13th best Haunted Attraction in the nation in 2004. It is open on Friday and Saturday from dusk till midnight and on Thursday and Sunday from dusk till 10 p.m. Admission is \$13. "Field of Corpses" is located at 13251 W 64th Avenue in Arvada.

For a place closer to school, some attractions can be found at Six Flags Elitch Gardens. Both attractions, called "Brutal Planet" and "Screams From the Past" respectively, cost \$5 with park admission. They are open on Friday from 5 p.m. to 10 p.m. and Saturday and Sunday from 12 p.m. to 10 p.m.

"Spider Mansion," another haunted house, is located in Heritage Square at 18301 W. Colfax Avenue in Golden and is open on Friday and Saturday from 7 p.m. till 11 p.m. and Sunday through Thursday from 7 p.m. till 10 p.m. Admission is \$10.95

"The Asylum", a haunted house located in the Boondocks Fun Center, is another option. It is open from Sunday through Thursday from 7 p.m. till 10 p.m. and Friday and Saturday from 7 p.m. till 12 p.m. Admission is \$13.

A great way to get discounts at some these attractions is to purchase the "Freak Pass," available online at [www.haunteddenver.com](http://www.haunteddenver.com). This printable discount card can be used at participating attractions.

For more information on other Haunted Attractions in the Denver area, go to [www.haunteddenver.com](http://www.haunteddenver.com).



# Best of Au



Photo by Alyse Warner

An outlook over a part of the children's maze at the Botanic Gardens at Chatfield. This particular maze is free, but only for children. There is also an adult maze for \$8 for an adult.

## Denver Botanic Gardens at Chatfield provides "amaizing" fall activities

Alyse Warner, Staff Reporter  
Christina Lazzaro, Contributing Reporter

For the next three weekends, until October 31, Denverites can experience Denver Botanic Garden 6th Annual Corn Maze at Chatfield Nature Preserve. Located in Littleton off of South Wadsworth and C-470, tickets are just seven dollars for students. "It's five acres and has four miles of pathways," said Botanic employee Larry Viporman.

This past weekend, the 750 acre Gardens also featured its 17th annual Pumpkin Festival. A John Deere tractor took visitors to a pumpkin patch, where pumpkins still growing on the vine waited to be picked. Children searched for the perfect pumpkin while parents pulled radio flyers filled with the flawless pickings.

"The festival is very fun. The kids are running around in costumes, and

everyone is happy and relaxed because this is a place people want to be," says 10 year veteran volunteer Mel Larve.

Once purchased, the pickings could be dropped off at the pumpkin day care for safe keeping, so visitors could walk around the festival with ease.

While enjoying the Fall events, visitors can also take in some history. Homesteaded by Louis Bartlett in 1865, the land and the ranch house on the property was bought in 1866 by Frank Hildebrand, and then Edward A. Green in 1935. The property preserves a record of early Colorado farm life; the house and several outbuildings are listed on the National Register of Historic Places. The land also includes a barn and an authentic one-room schoolhouse.

To reach Denver Botanic Gardens at Chatfield, take W. 50th to Federal and turn right on Federal. Merge onto I-70 west and to C-470, via exit 260 to Colorado Springs. Merge onto S

Wadsworth Blvd, and then make a right onto Deer Creek Canyon Road. Follow the Corn Maze signs.

The Denver Botanic Gardens has another location on 11th and York Street, with 23 acres of 45 designed gardens and over 32,000 plants. October 17 is the last FREE DAY of the year. Both locations are always looking for volunteers, and can be reached by e-mailing [volunteer@botanicgardens.org](mailto:volunteer@botanicgardens.org).

For a listing of 2005 Corn Mazes and Pumpkin Patches, go to the CO Department of Agriculture's Information Site:  
<http://www.ag.state.co.us/mkt/farmfresh/cornmazes.html>



Photos by Laura Leathers

The autumn season changes the familiar green foliage at Sloan's Lake into a myriad of fiery shades.

# Autumn in Denver



Photo by Graham Hunt

Tractor rides and hay rides are also a popular attraction at many pumpkin patches and corn mazes. Rides on vintage tractors like this one are fun for the whole family and bring the riders back to a simpler time.



## Sampling the Best Hikes in Colorado



### Davidson Mesa loop

**Highlights:** An easy walk in the foothill plains  
**Near:** Louisville, CO  
**Distance:** 2.7 miles round trip  
**Elevation Gain:** 67 ft  
**Hike Time:** 1.5 hours  
**Difficulty:** Easy  
**Trail Condition:** Well-maintained trail  
**HikeType:** Loop.

**Summary:** This is a very easy walk in the plains by the foothills of Colorado. Take the main path out to the turnaround point and then walk the narrower trail back. On the way out you can view the mountains in their glory.  
**Trailhead:** Go to Louisville. From S. Boulder Rd, turn south on McCaslin Blvd. Travel 0.6 miles and then turn west by Washington Ave into the parking area. (Lat:39.97819 Lon:-105.16608)

**Best Seasons:** Year-Round  
**User Groups:** Hikers and Bikers

### Matthew Winters Park Red Rocks Morrison Slide

**Highlights:** Old cemetery, nice views

of Red Rocks Park and Denver metro area

**Near:** Golden, CO  
**Distance:** 4 miles round trip  
**Elevation Gain:** 660 ft  
**Hike Time:** 2 hours  
**Difficulty:** Moderate  
**Trail Condition:** OK, but a few difficult spots

**Summary:** Start from the parking lot and walk about 100 yards, cross a stream, and continue straight on the Village Walk Trail. After 0.4 miles, take the Red Rocks Trail to the south. You will see the Morrison Slide rising in the distance. As you get closer, you can see the trail switchbacking up the side of Morrison Slide. After another 0.6 miles, you cross a stream. Just after the stream crossing, you come to the junction with the Morrison Slide Trail. Go up the Morrison Slide Trail and you will be rewarded with a pleasant walk along the edge of a 20 foot cliff. A nice resting spot is found just before you start descending the other side of the slide. This descent is a challenging mountain bike trail, so watch out for the bike riders struggling up the fairly rough trail. When you reach the Red Rocks trail, go north to return to your starting point. Warning: Other than the two stream crossings, there is little

shade on this trail. It is best in the morning or evening.

**Trailhead:** From I-70, take exit 259. Go south about 0.1 miles and turn west at the entrance to Matthew Winters Park. Park in the small area. If the parking area is full, proceed across the road at the Park-n-Ride stegosaurus parking lot. (Lat:39.69 Lon:-105.205)

by Jefferson County Open Space (Jefferson County)

**Best Seasons:** Year-Round  
**User Groups:** Hikers, Dogs, Bikes, Horses

**Ranger Contact:** Jefferson County Open Space Parks, 303-271-5925

### Bear Peak

**Highlights:** Up a wooded canyon to a peak that overlooks Boulder

**Near:** Boulder, CO  
**Distance:** 6.75 miles round trip  
**Elevation Gain:** 2829 ft  
**Hike Time:** 4.5 hours  
**Difficulty:** Strenuous  
**Trail Condition:** Well maintained trail  
**HikeType:** Out and Back

**Summary:** This hike starts in the plains of the foothills along townee trail. It then connects to shadow canyon trail and enters a cool wooded

canyon. At the top of the canyon a short trail takes you to the top of Bear Peak. This peak overlooks Boulder.

**Trailhead:** From Boulder, head south on CO 93 for about 1.5 miles. Turn west toward Eldorado Springs and travel about 2 miles to the trailhead on the north side. (Lat:39.93857 Lon:-105.25835)

**Trail Guides for Bear Peak:**  
**Best Seasons:** Fall, Spring, Summer  
**User Groups:** Hikers

**Notice:** According to the Localhikes website, traveling in the backcountry can be hazardous. You are responsible for informing yourself about these hazards and taking necessary precautions. Information from volunteer localhikes reporters may contain errors or omissions. A current guidebook and proper equipment are essential for safe enjoyment of the hikes posted from this site and in this newspaper.

**Rather ride a bike than hike?**  
 Try the Cherry Creek bike trail at Confluence Park. The trail meanders along Speer to Cherry Creek Mall and beyond.

**Need to Rent?**  
 University Bikes  
 839 Pearl St.  
 Denver, CO 80203  
 15 minutes away \$15 for 4 hours, \$20 a day



## Cross country perspective

**Mike Daly**  
Contributing  
Columnist



As my senior year kicks off, I am running on the Regis Cross Country team for my fourth and final time. Last spring, our coach Mike Mittelstaedt told me that I have worked very hard for the past three years on the team and that I deserve a scholarship for my last year.

I am not one of the top runners on the team, but I run because I enjoy it and I have learned so much about running and life in general. But, with a scholarship comes responsibility. I knew that I had to work extra hard over the summer if I wanted to show my coach that I deserved the scholarship, and also to show my teammates that I was going to end my last year being the best runner that I could. Running on a college athletic team was one of my greatest opportunities. I will always be a college athlete—that is a privilege.

My role model at Regis has been Mike Mittelstaedt. He not only taught me how to run, but how to live a better life. The inspiration that he gives can be used for many things besides running. I use his inspiration to get through each day and am able to tackle any obstacle that stands in my way.

Something I have learned is that you do not need to be in the best shape to run or to become a great runner. The mental aspect has a lot to do with running better. People need to be in good

shape and able to run for long periods of time, but the mental is more important than the physical.

If someone does not have a good attitude and thinks that they will never be able to run a certain distance, then they will not be able to do it. That is the hardest thing for runners to do. I have had a hard time myself, but this year I am focusing on the workout or the race instead of on what is bothering me at school, or with my friends.

This year has the best cross country team with which I have participated. The men and women are very dedicated. They are serious about performing well for themselves and for their teammates. The support of my teammates has given me an extra boost of confidence to run well and to do well in life.

Most people think that running is an individual sport. On some levels it is, but if you choose to run competitively at a college level then it becomes a team sport as well. In a competitive meet, the top five runners on the team are the ones who score. While they decide how well the team does, each person must run his or her individual best. We all strive to become better in hopes of being one of the top runners for the team and the school.

My cross country career at Regis has been so much fun. It has been a privilege to run on a college athletic team. I thought that I would never be able to do that. I could not have done all I did without my coach and my teammates. I thank them for helping me to strive for my personal best, in running and in life.

## Program provides vital defense lessons

**Lauren Wojtko**  
Staff Reporter

The weekend of October 1-2, Robbin and Dennis Merta certified model-mugging instructors held their sixth Vital Defense for Women seminar in Broomfield. "Statistics show one in three women will be confronted with some sort of unwanted sexual contact in their lifetime—most before they graduate college," said Robbin Merta.

This weekend gives women a comprehensive overview of how crime happens, how criminals think, their motivations, and teaches self-defense techniques developed specifically for women.

Model-Mugging was founded in 1978 by martial artist Matt Thomas. By analyzing police reports, he found that 80% of women attacked ended up being brought to the ground. Since, on average, women only have 30% the upper-body strength as men, their best weapons are their legs. This course teaches women how to take advantage of that. It uses the fact that most men are not comfortable ground-fighting.

The first day of the course is a lecture on criminal psychologies, the timeline of an assault, and even watch personal testimonies from women who have lived through this kind of an attack. The first day is also interspersed with learning the techniques that will be used during the fight simulations the next day.

On the second day, students apply everything that they have learned. There are several fights which do not end until the woman successfully delivers a knock-out kick. The instructor wears specially designed body-armor enabling the women to hit him full-force without worrying.

This class is set apart from other defense courses by the use of this body armor. In a personal testimony one anonymous woman said, "Part of the course involves a man in a custom-fitted padded suit that you fight, full force, until you 'knock him out.' Sounds intimidating? Relax. The class is phenomenal..."

"Starting in the very first class women will learn how to deal with the emotions of surprise and fear," according to the Vital Defense program. "In actual attacks, the initial reaction of a victim is to freeze in shock; her mind goes blank and she is quickly overwhelmed by the violence." The class is designed to counteract this "freeze response" and show women how to fight effectively.

Women age thirteen and up are encouraged to take this course. It is the only course in the Denver metro-area recommended by MESA (Moving to End Sexual Assault—the rape crisis team for Boulder County).

In addition, as Dennis said, "This is the only course which requires an instructor to be a rape counselor. It's a prerequisite to certification." This is important as many of the students are rape survivors. Robbin and Dennis have had at least one in every session they have taught at their school.

"Only four or five percent [of women] actually take a self-defense course," says Robbin Merta. With such a low statistic, women of all ages and physical ability are encouraged to participate in this experience.

The next sessions are February 18-19 and then again on April 15-16. For information on group discounts or for any other questions, contact Robbin Merta at 303-917-7143 or e-mail traditionalarts@comcast.net.

## NHL returns from lock-out

**Ryan Caulfield**  
Sports Editor

On Wednesday, October 5, the National Hockey League returned from a lock-out with the players that caused last season to be cancelled. The NHL became the first ever professional sports league to lose an entire season because players and owners were unable to settle on a collective bargaining agreement.

The NHL is a different league then when it left the ice last year. The first change is that it now has a salary cap like the NFL. This is to create parity between big and small market teams. The NHL's new collective bargaining agreement says that the salary cap is a 39 million dollar limit that teams are allowed to spend on players. Also, under these regulations, no team can spend less than 21 million dollars. Kevin Allen of USA Today says that the salary cap has caused about 25 percent of the players to change teams.

The NHL has also changed the rules of the game. They added a shootout to regular season games if the teams are still tied after 60 minutes and a four on four overtime period of five min-

utes. The shootout will make sure that there is a winner in every game this season. They also took away two-line pass off-sides. This rule limited teams from making long passes. Now, teams can make end-to-end passes creating more space for offensive players to work with and score. Also, the NHL made new rules limiting the size of the pads on goaltenders to allow more scoring.

The NHL is also starting the season with several new young players after the retirements of future hall-of-famers like Mark Messier, Ron Francis, Al MacInnis and Scott Stevens. The most notable new star for the NHL is rookie forward Sidney Crosby of the Pittsburgh Penguins. Crosby has been considered by many prospects to be the next "Great One."

After making all these changes, the NHL has returned, hoping to regain the fans that they lost over the lock-out. It is still uncertain whether or not these changes will improve the game and regain the support of the fans.

## Rugby tops Air Force Falcons

**Jacqueline Kharouf**  
Staff Reporter

Regis Rugby defeated the Air Force Academy junior varsity squad 41-14 Sunday, October 9. Dan Hattrup, coach for the Regis team, commended the efforts of the entire team for a well-played match, saying that they dominated the line-outs and deprived Air Force of possession. According to Hattrup, this domination gave the Regis team "more opportunities for the backs to look really good."

Hattrup also said the plays were well executed because of good individual efforts. Sophomore wing and fullback Derek Siegel was honored as man of the match because of his excellent offensive and defensive tactics. "Offensively, every time [Siegel] touched the ball he got a lot of yardage. Defensively, he was tackling

anything that moved, making big tackles one after another," Hattrup said. Hattrup also recognized the outstanding efforts of sophomores Mike Esser, Craig McCoy, and junior Kevin Campbell. "Esser had a great game in the loose play; he rucked really well," said Hattrup. "Craig McCoy and Kevin Campbell were also exceptional in the line-outs."

The Ranger offense, dominated by sophomores Nathan Brown, Jesse Lyshorn, Craig McCoy, Derek Siegel, freshman Brian Estes and senior Dan Propheter, as scorers for the match. Defensively, Regis only allowed the Falcons to score twice in the game. Air Force scored after a penalty was rewarded to Regis in the first half and scored after the start of the second half when their pack managed to break through the dominating Ranger defensive line.

## Ryan's weekly picks

**Ryan Caulfield**  
Sports Editor



In this section, I, Ryan, will use my omniscience in the field of sports to pick winners of every week. This week my picks will focus on....

### Dodgeball Intramurals

#### Lock of the Week

Shiny Balls will destroy That One

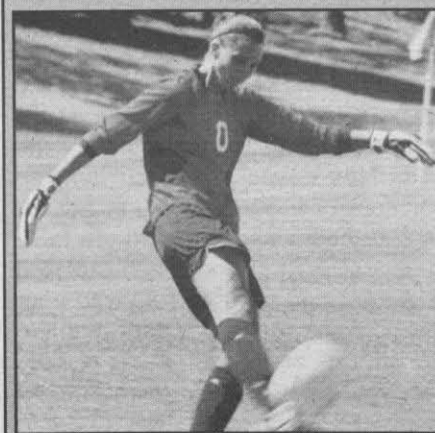
Team. The Shiny Balls will win because they clearly toss best.

#### Special Pick of the Week

The Losers will crush the Umpaloompas. I feel The Losers will overcome their self-esteem problems and beat the Umpaloompas.

**Ryan's Current Record: 2-2**

## Don't miss these upcoming matches



#10 Women's Soccer  
vs Fort Lewis (away)  
on October 23, 12 p.m.

vs #1 Metro State (home)  
on October 26, 3:30 p.m.

# Ranger Recap: Kate Murphy sets new record

Ryan Caulfield  
Sports Editor

## Women's Soccer

The women's soccer team defeated Incarnate Word, 3-0 on Sunday, October 9. The Rangers got all three goals from senior forward Kate Murphy. With the goals, Murphy became Regis' all-time career scoring leader with 54 goals. Ranger's junior goalkeeper Joann Humphreys recorded their eighth shutout of the season, making four saves in the game.

On Friday, October 7, the Rangers also defeated St. Edwards, 3-0. Junior midfielder Mary Luttroop put the Rangers ahead first with a goal at 23:53. The Rangers would then get goals from freshman midfielder Cassie Cornett and Murphy to put the game away. The Rangers are now on a six game winning streak with the wins that they picked up this weekend. Regis will play next at New Mexico Highlands University on Friday, October 14 and at Adams State College on Sunday October 16.

## Men's Soccer

The men's soccer team defeated Montana State University-Billings, 1-0 on Saturday, October 8. After a scoreless first half, the Rangers got on the

scoreboard with a goal by senior forward Cody Berg at 73:30. Sophomore goalkeeper Trevor Steege made three saves in the game and recorded his first shutout of the season.

On Sunday, October 9, the Rangers picked up their second victory of weekend by defeating Westminster College, 3-2. The Rangers got on the board first with a goal by Berg at 44:13. The Rangers would then get two more



goals from senior forward Sven Trautmann in the second half to take a 3-0 lead. Westminster College got back into the game with two goals by Dave Rogers. However, the Rangers were able to hold on to the lead and get their fourth victory.

## Women's Volleyball

The women's volleyball team went on a tough three game road stretch from Thursday, October 6 to Saturday, October 8. On Thursday they were defeated by New Mexico Highlands University in three games (30-27, 30-23 and 30-18). Freshman Tricia Leger had a match high 11 kills for the Rangers in the losing effort.

On Friday, the Rangers were defeated by Colorado State University at Pueblo in three games (31-29, 30-24,

and 30-23). CSU-Pueblo was led by Meagan Sater who had a match high 13 kills in the victory. The Rangers got 12 kills from junior Rachel Ross in the match.

The Rangers concluded the road trip on Saturday with a loss to University of Colorado-Colorado Springs in three games (30-18, 30-15 and 30-18). Kelly Angel led CSU-Pueblo in the victory with a match high 11 kills. The Rangers got eight digs from freshman Kristin Thompson in the match. The Rangers return home this weekend to host Mesa State College on Friday and Western State College on Saturday at 7:00 p.m.

## Women's Golf

On Monday, October 3, and Tuesday October 4, the women's golf team competed in the 2005 Regis University Women's Golf Invitational at Fox Hollow Golf Course in Lakewood, Colorado. The women finished in eighth place overall out of ten teams. The Rangers were led by freshman Victoria Ybarra who finished 25th with scores of 87 and 89. Freshman Natalie Blackburn finished in 30th place with scores of 94 and 90 while sophomore Victoria Leone finished in 32nd place with scores of 93 and 94 for the Rangers. The women will wrap up the Fort Hayes State University Invitational on today in Hays, Kansas.

## Men's Golf

On Friday, October 7 and Saturday, October 8, the men's golf team competed at the U.S. Air Force Academy Falcon Junior Varsity Invitational in Colorado Springs, Colorado. The men finished in 6th place out of 12 teams. Leading the Rangers was Junior Miles Philpy who finished in 8th place with scores of 70, 72 and 77. Also, freshman Andy St. Louis tied for 15th place with scores of 73, 75 and 77. The men will conclude their fall season today at the University of Northern Colorado Invitation in Greeley, Colorado.



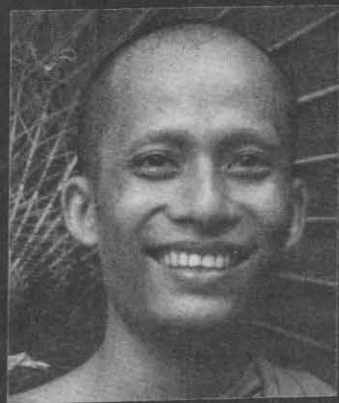
Rangers Miles Philpy tied eighth place for eighth place at the USAFA Falcon JV Invitational.

Photos courtesy of Regis Athletics

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# KRCX frequency finds new home

**Bridget McLaughlin**  
Contributing Reporter

In late August, Regis radio station KRCX (101.5 FM) discovered its frequency was being overpowered by KTUN, a Denver station. "I f- hate major market, Clear Channel based radio stations for the sole purpose that they have the finances to come in and knock out underdogs like KRCX," says Kevin O'Brien, music director for KRCX.

After several weeks without a frequency, KRCX recently found a new home at 93.9 FM. Since KRCX is solely funded by the university, it cannot compete with other stations that have the funds to legally license their stations. 101.5 FM filled the airwaves for seven years before the station was taken.

Originally found at 1530 on the AM dial, KRCX made the switch to FM in 1998. "Everything is a progression," says KRCX Advisor John Hickey. "There's a history here. You don't toss history because of obstacles—you

adapt."

The station began streaming music over the Internet in late February 2005. This has given off-campus students the opportunity to listen. As Hickey says, "We can reach thousands and thousands of people now."

"Streaming has become our main outlet to the world," says Lance Leonard, current Production Manager of KRCX. Streaming also appeals to alumni who were once loyal KRCX supporters and parents who are excited to hear their children rockin' on the airwaves.

Alumni who worked at the station years ago are beginning to listen online. "It's like the thrill of their lives to hear that we're still going," says Hickey.

With the recent setbacks, some might think that the station is losing ground. The staff of KRCX is determined not to let that happen. "We (college radio) are the only place left for true artists to develop in an industry that functions as a hit factory," says O'Brien. Not to mention all the real world applications that having a



Photo by Lance Uppercut

**Keith Smallwood, a.k.a. DJ Ksmall, gets his next track ready during the Ksmall hour.**

college radio station provides.

"Radio is a great way to augment what we learn in the classroom as well as preparing students for the professional world," says Hickey. "When you're on air you have to think, you have to speak clearly. It teaches public speaking skills and it really does build confidence."

KRCX has managed to thrive

despite their setbacks. "We started out on a carry current, running wires directly into the dorms. Then it was AM, then FM, and now the computer and cable. What's next? Satellite maybe," says Hickey. He is certain that the station will only continue to get better as time goes on.

*Bridget McLaughlin, '06, is General Manager of KRCX.*

## Heidi's Brooklyn Deli: a real neighborhood treat

**Abigail Jares**  
Contributing Reporter

Looking for a restaurant where you can "have it your way," but is not Burger King? Then take a stroll down to the corner of Lowell and 32nd Avenue, and check out Heidi's Brooklyn Deli. With its wide variety of food, deli-style atmosphere, and personalized service Heidi's is a great place to go with friends, family, or the

put their quarters in and collect their prize.

However, a gumball is not the only treat to eat; at Heidi's, a customer can have breakfast, lunch, dinner, or just an afternoon snack. At the counter, Heidi's employees greet customers with a smile and a "What would you like?" A colorful chalkboard menu—in pink, blue, yellow, and green chalk—lists bagels and spread, sandwiches, wraps, salads, smoothies, ice cream,

course, salmon. Heidi's even has the Grilled Veggie for health nuts and vegetarians. Employees recommend the Euro Melt, a sandwich with grilled tomato, fresh pesto, hot, bubbling bacon toasted on a wholesome croissant.

All sandwiches are prepared right in front of the customer, creating a classic lunch that is healthy and tasty at the same time. Heidi's workers customize the sandwich any way the customer wants; extra pickles, mayonnaise, tomato, mustard, or lettuce. The customer even gets the option of chips, potato salad, or coleslaw as a side. You want it, they've got it, and better yet, they'll put it on the sandwich for you.

Heidi's also helps the grab-a-bite-to-go customers. They rush in; breathlessly utter their order, and the Heidi's staff springs into action. It takes them only minutes to make the sandwich, ask "chips, slaw, or salad," and then the order, wrapped up in a yellow napkin and tucked into a red wire basket, is ready to go.

It is like fast food, without the grease and cholesterol, and a friendly worker who knows how to make a mouth-watering sandwich.

In addition to lunch and dinner, Heidi's also is infamous for its breakfast variety. Bagels galore! All the bagels are freshly toasted, smothered in cream cheese, and dressed with toppings, such as lox, jam, butter, or cheese. Heidi's "must-try" toppings include scrambled eggs, sausage, and bacon, but they also offer a "naked bagel" for those who prefer just a plain bagel. All breakfast items can be put in a to-go bag, and Heidi's employees, with a smile and wave, send customers on their way with a delicious breakfast.

Because of the friendly service, Heidi's has a lot of regulars. It is not the typical restaurant, crowded with

strange faces, but rather, it is an easy-going place that allows older customers to sit and read the paper, teenagers to grab a cup of coffee, and three year olds to try their luck at the gumball machine while licking ice cream cones.

Heidi's ice cream, or any dessert for the matter, is a great treat anytime. A sign explains "thirty two custom flavors when it's HOT! Sixteen when it's NOT!" Not in the mood for a cold treat? Try tiramisu, cheesecake, and freshly baked pies. Customers can also enjoy fifteen different lip-smacking smoothies to choose from, such as Summer Splash or Cranberry Crush.

Heidi's inviting environment was first introduced back in 1994, when Heidi and Steve Naples moved from Brooklyn to Denver and open "Heidi's

*With almost forty reasonably priced sandwiches to choose from, the hard part for customers is not finding something they like, but having to choose from all the appetizing choices.*

Ice Cream and Bagels" in Denver. After just a few short years, the shop grew into a full-blown deli, serving not only bagels and ice cream, but sandwiches, desserts, and salads as well. Today Heidi's has 10 metro Denver

locations, yet still possesses the warm, welcoming neighborhood feel it had in 1994. The bread is still baked daily from scratch, the sandwiches are still made fresh in front of the customer, and the ice cream is still hand scooped into the cone.

The personalized service, the good food, and the friendly atmosphere makes Heidi's a favorite in any Denver neighborhood. With its fast growing success, Heidi's is looking to expand nationally within the next couple years, but for now, Heidi's is unique to the Denver area.

Heidi's Brooklyn Deli makes the eating experience not just about the meal, but also about the company. It is a place to grab a bite to eat with friends, chat, and enjoy the surroundings.



Photo by Laura Leathers

**Heidi's Brooklyn Deli, on the corner of 32nd Avenue and Lowell Boulevard, is one of ten metro-area locations. The deli offers a warm, welcoming atmosphere with personalized service.**

Sunday newspaper.

Heidi's old-fashioned charm invites customers to feel right at home. A quaint sign painted on the window greets customers, and a small, outdoor patio with tables and chairs is surrounded by a short iron fence with small flower beds atop.

Inside, maroon walls display local art, antique signs direct customers, and booths are nestled in the corner, tucked away to provide comfort and privacy. Old-fashioned gumball and candy machines encourage children to

pies, and brownies. So much food, so little time!

With almost forty reasonably priced sandwiches to choose from, the hard part for customers is not finding something they like, but having to choose from all the appetizing choices. For Italian lovers, there is the Italian Sausage and Peppers, rich in sausage, peppers, and mozzarella. For Southerners, there is the Cajun Turkey with fresh avocado. New Yorkers might enjoy the Lox smothered in cream cheese, tomato, and of

## Tennyson art walk brings patrons out on the first Friday of every month

Local artist scene showcased once a month

**Sarah Morgan**  
Staff Reporter

The first Friday of every month on Tennyson from 6 p.m. to 10 p.m., the streets are crowded with art and music patrons. On both sides of the street, vendor stores also stay late to feature the works of local artists. Although some of the locations are strictly art galleries, others have different purposes during the event, such as hair studios.

Aside from being able to view local art, many of the boutiques also stay late so browsers may shop while viewing art. Even restaurants get on board with the first Friday art walk, offering drink and dinner specials as well as providing galleries with free food and beverages. Each year the first art walks draw between five and six hundred people and as each year passes the number of people has gradually increased.

Lo, a local artist, says that through the Tennyson art walk she has sold many pieces of her work and drastically increased her public exposure. For Lo, it is important that she shows up to the displaying of her works so that patrons are able to put a face with her works.

Overall, the Tennyson art walks



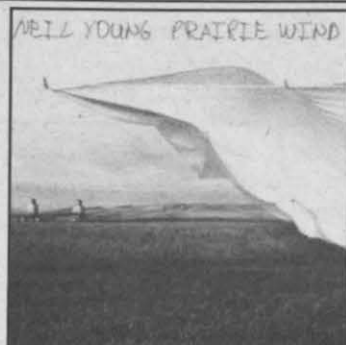
Photo by Sarah Morgan

**Tennyson Street's First Friday Art Walk features hundreds of paintings, drawings, photographs and jewelry from local artists.**

have provided members of the community with an opportunity to appreciate local art as well the unique variety of boutiques that Tennyson has to offer.

For more information on the Tennyson art walks, visit [www.berkeleyparkneighbors.com](http://www.berkeleyparkneighbors.com).

## KRCX Album Spotlight



**"Prairie Wind" by Neil Young**

**Kevin O'Brien**  
Music Director

An artist for all musical seasons, Neil Young returns to autumnal harvest mode on *Prairie Wind*, with homespun material and sing-song melodies that renew the spirit of some of his most popular releases. Yet the mood here is darker in its maturity than on *Harvest* and *Harvest Moon* and the arrangements have greater range and acoustic depth. The elliptical, epic "No Wonder," with its evocation of 9/11, ranks with the most ambitious songs of Young's career, while "Falling Off the Face of the Earth," "It's a Dream," and the bluesy title cut combine childlike innocence with unsettling experience. Young has released a lot of albums in different musical styles, but *Prairie Wind* feels like a homecoming, and ranks with his very best. You can listen to *Prairie Wind* all week long on the NEW X94, 93.9FM, KRCX. Online [www.krcx.tk](http://www.krcx.tk), and on the cable waves channel 14.

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## The Red Carpet Reeling It Back In



### Snatch

2001

Directed by: Guy Ritchie

Rated R for strong violence, language, and some nudity

104 minutes

Featuring: Brad Pitt, Benicio Del Toro, Ewan Bremner

Every week the Highlander staff votes on three movies from our recent but much forgotten past. This week, *Snatch* beat out *The Usual Suspects* and *American History X* for the top spot. *Snatch* has two main stories- one being about a big name criminal, Brick Top (Alan Ford), who wants to arrange a fixed boxing match. Brick Top's accomplices track down a famous gypsie boxer and try to convince him to lose. The second story is about a diamond heist that goes askew after the 84 -karat stone goes missing. In light of these events, the boss who was supposed to receive the stone comes to England to search for it. While the movie progresses, both stories blend together with a chain reaction of events. As Guy Ritchie's second movie, *Snatch* is a clever and witty movie with plenty of dry humor.

### Movie Quote of the Week:

**Last Week's Movie:**  
*Dead Poets Society* (1989)

**Name This Week's Movie:**  
*"I'll have what she's having"*

### Top Five at the Box Office

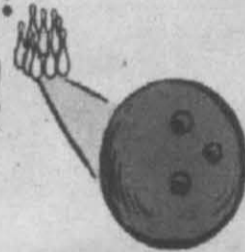
1. Wallace & Gromit: The Curse of the Were-Rabbit (\$16.1 million)
2. Flightplan (\$10.8 million)
3. In Her Shoes (\$10.0 million)
4. Two For the Money (\$8.4 million)
5. The Gospel (\$8.0 million)

## College Night



\$1 Games!

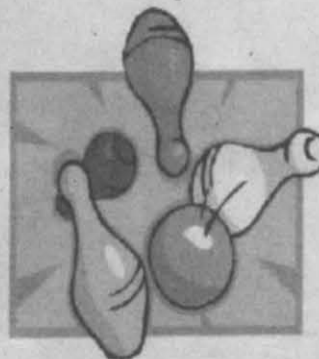
\$1 Shoes!



Wednesdays

@

8:00pm



Elitch Lanes 3825 Tennyson Denver CO (303) 477-1633

# Campus Events

Tuesday, October 11	- Health Career Fair / ALC Mtn Room 1:00 pm
	- Katrina Benefit Concert / DeSmet 5:00 pm
	- Coming Out, Being Out / Regis Room 7:00 pm
	- Black Dog Crossing / Berkeley Chrc. 7:30 pm
Wednesday, October 12	- Prayer for Tolerance / Pilgrim Chap. 11:30 am
	- Diversity Dialogue / Main Hall 333 4:00 pm
	- SHRM meeting / Main Hall 310 4:30 pm
	- Mi Gente meeting / Main Hall 220 5:00 pm
	- Fr Fitzgerald, SJ "Cloning" / Sci Amp 7:30 pm
	- Faculty Piano Recital / Berkeley Chrc. 7:30 pm
Thursday, October 13	- STAND meeting / Science 208 5:00 pm
Tuesday, October 18	- Mayor Hickenlooper Lunch / Cafet. 11:30 am

# Around Town

## ARTS & CULTURE

October 11-13	Searching for Wrong-Eyed Jesus / Starz Film
October 11-13	The Aristocrats / Starz Film Center
October 11-Nov. 6	My Way / Garner Galleria Theatre
October 12	Free Day at the Denver Zoo
	Sabeel Conference / Montview Presby. Church
October 18-23	Annie / Temple Buell Theatre
October 22	Free Day at the Denver Botanical Gardens

## CONCERTS

October 14	Bloodhound Gang / Ogden Theatre	7:00 pm
October 22	Chris Cagle / Grizzly Rose	8:00 pm
October 24	Simple Plan / Ogden Theatre	5:30 pm

## PROFESSIONAL SPORTS

October 12	Nashville at Avalanche / Pepsi Center	7:00 pm
October 14	Chicago at Avalanche / Pepsi Center	7:00 pm
October 16	New England at Broncos / Invesco Fld.	2:15 pm
October 19	Los Angeles at Avalanche / Pepsi Ctr.	7:00 pm

## COLLEGE FOOTBALL

October 15	UNLV at Air Force Academy	10:00 am
October 22	Kansas at University of Colorado	TBA
	Wyoming at Colorado State University	TBA
	Texas Christian at Air Force Academy	1:00pm

# Ranger Athletics

## WOMEN'S SOCCER

October 14	at New Mexico Highlands University	3:00 pm
October 16	at Adams State College	1:00 pm
October 21	at Mesa State College	3:30 pm
October 23	at Fort Lewis College	12:00 pm

## MEN'S SOCCER

October 14	at Colorado Christian University	1:00 pm
October 16	at Colorado School of Mines	2:00 pm
October 21	Colorado State University-Pueblo	3:00 pm
October 23	CU-Colorado Springs	2:00 pm

## CROSS COUNTRY

October 22	RMAC Championship / Golden
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## WOMEN'S GOLF

October 11	at Fort Hays St. University Invitational
October 17-18	at Mesa State College Invitational

## MEN'S GOLF

October 11	at Univ. of Northern Colorado Invitational
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## WOMEN'S VOLLEYBALL

October 14	Mesa State College	7:00 pm
October 15	Western State College	7:00 pm

# Classifieds

Check us out on-line at:  
www.RegisHighlander.com

### New Highlander contacts:

Ideas, tips, letters, op-eds  
hldrsubs@regis.edu

Calendar listings  
hldrca@regis.edu

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hldrads@regis.edu

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# Weekly Word Whomp

1	2	3	4		5	6	7	8	
9					10				
11				12		13			14
		15							
			16						
17		18						19	20
		21	22				23		
24	25					26			27
		28					29		
30						31			

- Down**
1. Male deer
  2. Covering for the head
  3. Communion table
  4. Blood vessel
  5. Genuine
  6. Female horse
  7. Inactive
  8. Male child
  12. Celebration of the Eucharist
  14. Speck
  17. Curve
  18. Next after the second
  19. Country in NE Africa
  20. Destitute
  22. Too
  23. US space agency
  25. Did possess
  27. Sever

## Answers to last week's Weekly Word Whomp

1	M	2	E	3	D	4	A	5	B	6	A	7	T	8	H	9	E				
10	C	11	O	A	S	T		12	A	I	L										
13	B	L	U	E	S			14	I	D	E	A	L								
15	E	A	T	S					N		P										
	R							16	M	A	Y					17	I				
															18	R	19	O	A	D	
20	T	A	R	O	T							22	S	I	N	G	E				
	O											24	O	P	E	R	A				
	N											25	S	P	R	U	C	E			E
26	G	E	E	S	E							27	K	N	E	E	S				

- Across**
1. Remove hair
  5. Wrong
  9. Story
  10. Bird droppings
  11. Loft
  13. Tendency
  15. One more
  16. Surrounded by
  21. Form of capital punishment
  24. Hot tapering pepper
  26. South Carolina town
  28. Burning of another's property
  29. Potato
  30. Supplement
  31. Tawdry