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Thursday Thrills LaserQuest

Ben Closson
Staff Reporter

120 Students signed up between 2:30 and 3:00 pm on Thursday, October 21 to go shoot each other with Light Amplification by Stimulated Emission of Radiations. The concept was so wildly popular that even though many who signed up didn't show up, over 130 participants climbed into two buses and one Regis van to ride their way to glory.

The bus ride from Regis to LaserQuest was noisy. It sounded an awful lot like a South American soccer team on their way to a match or home from a victory, except with the singing in English instead of Spanish.

When the students arrived, all waited around for some time, wondering what to do. There was punch and lemonade available, as well as pretzels and other "munchable handsnacks".

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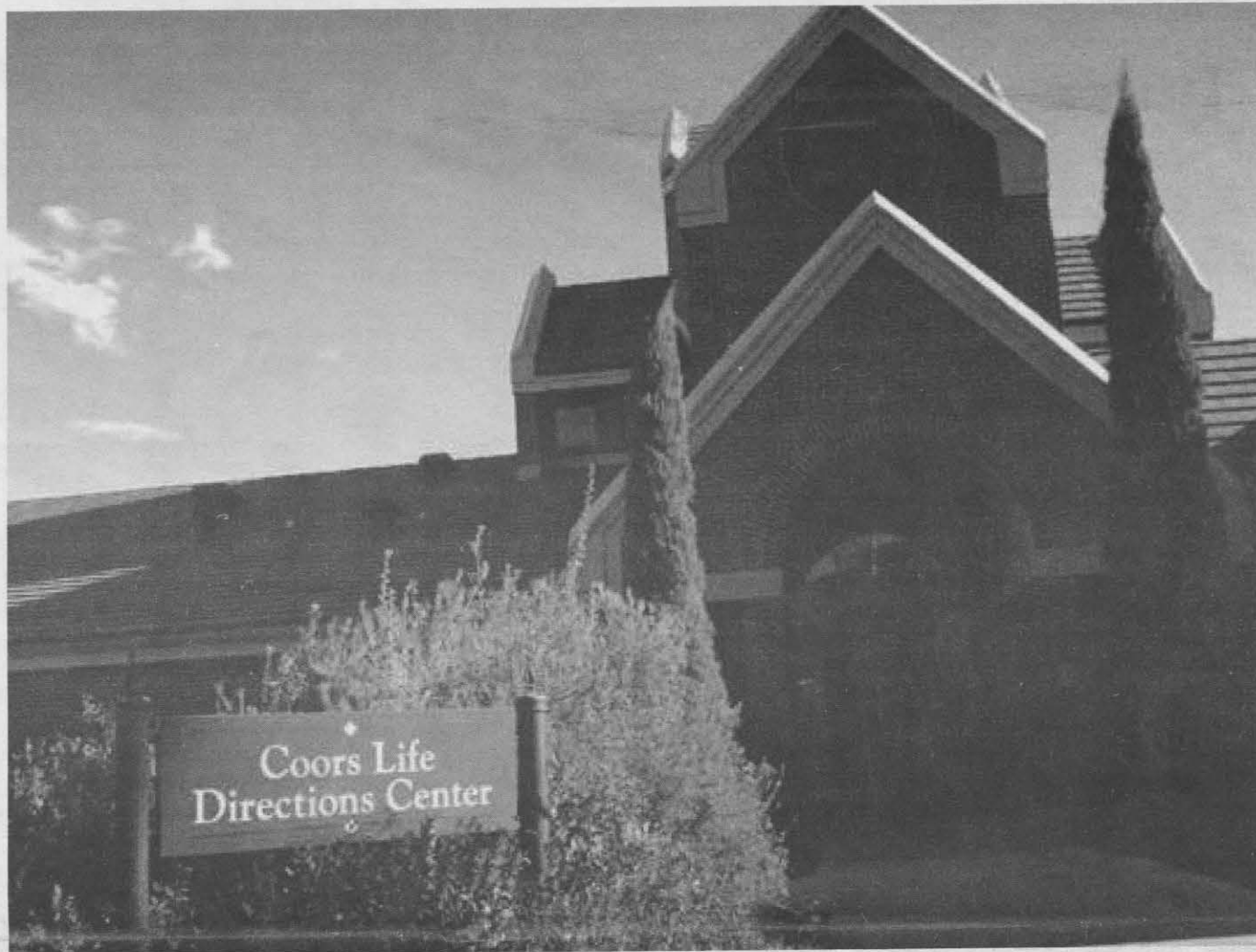


Photo by Angela Shugarts

As the flu season approaches, the Student Health Center staff are ready to help stop the spread of the illness by offering flu vaccinations to students. The Student Health Services office is located in the Coors Life Directions Center near the Career Services office.

Regis takes a shot at the flu

Candace Powell
Staff Reporter

Flu season is setting in and the close quarters of the Regis dormitories allow students to easily trade germs.

Contagious viruses like the flu are active year round, but as the fall and winter roll around students are more vulnerable to them. With the weather getting colder, people are spending more time inside and in closer proximity to each other, causing germs to spread.

So far this school year the Student Health Center has administered approximately 450 flu shots. Faculty

were administered to students.

This number is down from the 700-800 shots that were given last

Vaccinations are so common people forget what the actual disease looks like and they don't realize how important it is [to get immunized].

received the majority of the immunizations given, and only 150 of the shots

year. This is most likely because of the H1N1 threat of 2009, which scared many people into receiving a vaccination.

Less and less people are getting vaccinations each year. Stefany Cartensen, nurse practitioner at Regis University, says, "People forget. Vaccinations are so common people forget what the actual disease looks like and they don't realize how important it is [to get immunized]."

Vaccinations have gotten a lot of bad publicity through the media, and many people believe that immunizations can cause autism or other diseases. "There is a fear about not knowing what is in the vaccine. A small, portion of people may be effected by [the side effects], but it could also be from something else," says Cartensen.

Student Health Services is still offering flu vaccinations to students for \$20.00. Health Services also offers vaccinations for Hepatitis B, Meningitis, HPV, MMR, Tetanus Diphtheria and Tetanus Diphtheria Pertussis.

Continued on page 2



Photo by Angela Shugarts

Student Health Services offers a wide range of reading material to help the Regis community learn how to stay healthy this winter season. Information about the health care clinic here at Regis as well as urgent care centers is also available so students, faculty and staff are aware of all options to receive medical treatment.

NEWS/FEATURE

Internship Highlight

Regis student swims with the fishes at Downtown Denver Aquarium - Page 3

FEATURE

Diversity Week 2010 is here

A preview of diversity events to come - Page 4

PERSPECTIVES

Assessing the 2010 elections

Jimmy Sengenberger explains the election results and their implications. - Page 6

ARTS/CULTURE

ASN Halloween Highlight

Alpha Sigma Nu members sweeten the spooky Halloween season at the Children's Museum "Trick Or Treat Street" for service project. - Page 11

SPORTS

Freshman Rangers win 2-0

against New Mexico advancing in the RMAC Tournament - Page 8

LaserQuest continued from front page

...Eventually, in an effort to get things going, a worker called out for anyone interested in playing the first round to come get an "activation key" on a first-come first-serve basis.

Many students scrambled to get in line first, butting in front of each other, not minding the crowd touchy-feely dynamics. However, one group of students patiently waited on the far end of the room for the crowd to die down before getting into line.

When told they could not bring purses and other personal belongings into the "maze," students were directed to deposit such things in a random side-room. It seemed that the room is obviously used primarily for children's parties consisting of pizza, soda, cake and ice cream during birthdays.

The night dragged on for some, but for others seem to go by in an instant. Some students climbed onto the bus hours before the building closed. Once 50 students were ready to be driven back to campus, they took off. Other students played a few more rounds before being instructed to leave.

Overall, most students appeared to have had a really good time, and were excited that this Fall Semester thrill tradition has been continued from previous years.

Shot at the flu continued from front page

Medical Assistant for Regis University health services, Judi Trumble, states, "I think it is very important for college students to get the vaccine, because people are in such close contact and some vaccinations have eradicated diseases out there."

This flu season Student Health Services would like students to focus

on staying healthy by getting lots of sleep, eating well, washing their hands and getting the flu shot. Cartensen says, "If you are sick, stay home. Don't push yourselves, because nobody else wants your cold."

Student Health Services is open Monday through Friday from 7:30 a.m. to 5:00 p.m. (however it is closed during lunch). For more information call (303)458-3558 or use the link under Student Life on Regis.edu.

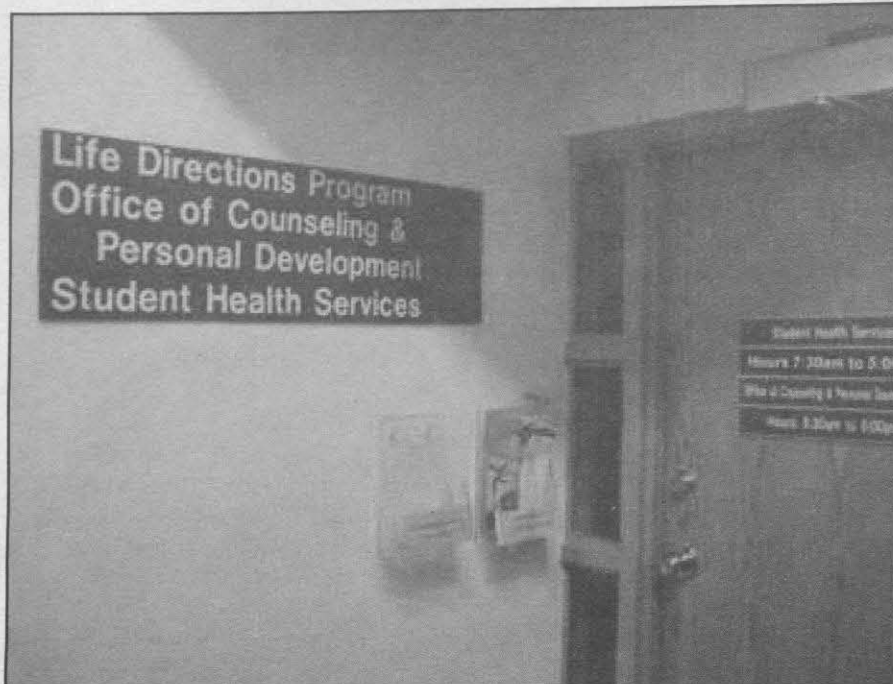


Photo by Angela Shugarts
Student Health Services, pictured above, is inside the Coors Life Directions Center. Upon entering from the west doors the office can be seen directly to the right before the Career Services Office.

LPE's Communication Department Pizza Advising Luncheon a Success

Dr. Janna Goodwin
Associate Professor of
Communication

Incoming majors, minors and seasoned Communication students gathered around tables in Carroll Hall's Regis Room on Monday Nov. 1 at the Communication Pizza Advising Luncheon to enjoy good food, conversation and receive academic advice from Communication faculty.

The Communication Department likes to get majors and minors together in the same room around advising time to hand out materials, offer help to students looking at their course schedules and to highlight study abroad, summer program and internship possibilities.

"I'm a Junior this year so it was very helpful to have the handouts telling what classes were required and when they were offered, that way I could make sure I was on track for my last semesters leading up to graduation," says Kristen Cabanting '12.

After many years, the now-iconic "Comm Department Pizza Advising Luncheon" draws a crowd. Last Monday's event, sponsored and organized by the Communication Honor Society (Lambda Pi Eta) members, was a smashing success.

This is LPE's first year hosting the luncheon, but LPE Chapter President Angela Shugarts thinks it will become an LPE tradition. "It's a great event," she says, "It provides Communication students with an opportunity to hone their areas of interest academically and professionally by working with faculty in a fun environment. LPE members were excited to coordinate the event this year as a way to give back to the Regis community and support the fantastic Communication faculty."

By having students, professors and representatives from the intern-

ship and study abroad offices present, "students were able to make informed decisions on courses and make sure that they stood on track for graduation," says Senior LPE member Dyana Gutierrez.

Lynne Montrose, who coordinates the Academic Internship Program for students, spoke about the importance of "real-world" experience, especially for Communication graduates looking for jobs. Senior LPE member Melissa Piazza says "the luncheon on Monday was very informative and fun! It was exciting to hear about all the classes being offered. I also really enjoyed hearing about the internship opportunities from Lynne Montrose as well as from my colleagues first hand experiences at previous internships."

Montrose explained the many golden opportunities that exist in Denver, New York, Washington and around the country for students to learn about the industries in which

they're interested.

In addition, Allyson Morrison talked about the range of available summer classes on campus and Study Abroad Coordinator Mary Cook, generated enthusiasm, encouraging student to spend time studying abroad through one of the many international programs the Study Abroad Office provides.

The luncheon, which functions as a social event as well as a pragmatic one, demonstrates the kind of departmental community spirit of support and encouragement that helps to make Regis the warm, student-centered learning environment that it is. "The laid back environment made the process much less stressful, which is unlike any other form of advising I've been to," says Cabanting.

Angela Shugarts also contributed to this article.



Photo by Angela Shugarts
Dr. Arne G'Schwind and Communication senior Anna Magee wave to the camera during the LPE Communication Advising Luncheon held Monday.

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Our Mission:

As the staff of the Regis University bi-weekly publication, the Highlander, we intend to serve the campus and the neighborhood by providing a forum for news, information and exploring ideas.

Our publication is designed to cultivate awareness, understanding and dialogue about matters of community importance.

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Internship Spotlight 2010

Sharks and eels and stingrays oh my!

Ben Closson
Staff Reporter

Staff Reporter Ben Closson sits down with sophomore Nicolette Mineo to talk about her internship experience with the Downtown Aquarium.

Q: Can you describe for me exactly what you did for your internship? I hear rumors that it included diving into tanks to feed eels and sharks. And one annoying night of naming each individual stingray...

A: Yes, part of my internship involved diving into the shark tank to feed the saw nose sharks, eels, and southern stingrays. Volunteer divers are allowed to do this as long as they have a rescue diving certification and are trained properly to do so. As intern at the aquarium you are required to complete a project of your choice but it has to be beneficial to the aquarium as well. My project was creating a stingray identification system for the aquarist. I had to capture, tag and record the id numbers of 30 female stingrays that are located in the ray tough exhibit at the aquarium.

Q: Is it a paid internship?

A: No.

Q: How did you find the internship?

A: Regis Career Services. Thank you Lynne and Joy!!!

Q: What advice would you give to internship-seekers to get such a cool internship?

A: Do something you're passionate about and don't stop until you get it!

Q: Do you meet the required 120 hours? Go over? Do less?

A: I went over a lot because it is a minimum of 16 hours a week for the first semester and 20 hours a week for the second semester. I was the first person to ever do two semesters of an aquarist internship there and I acquired over 260 hours.

Q: How does the internship relate to your major? Does it expose you to things you have learned about in class?

A: First of all, I plan on ending up with a Bachelor of Science in Marine Biology (even if I have to study in Australia to do so!). But aside from that, this internship helped me gain a superb amount of knowledge and experience in general. In this field there is so much information that you are always learning something new and exciting. This internship gave me a great head start on what is to come in my future.

Q: Do you have any funny stories from your experience so far?

A: While working on my project for the first time I was wearing waders and my uniform in the water. I didn't realize that the stingrays like to swim really fast between my legs. Well, they did, and this had enough force to take me out! I got completely soaked from head to toe, which is why I now wear a wet-suit every time I go into that tank!

Q: How would you recommend getting such a good internship?

A: Basically the better you make yourself look the more likely you are to get where you want to go

Q: What is your supervisor like?

A: My supervisor was sweet but she also helped me learn a lot. On my evaluations she would always put on how I



Mineo is seen her hard at work maintaining aquarium habitats at the Downtown Aquarium here in Denver, CO.

can improve even if I did everything right because she said the best way to move forward is by continuing to improve yourself. She was always watching how I presented myself, whether she was around or not. However, she still made the internship a fun interactive learning experience.

Q: What has been your favorite moment so far?

A: My favorite moment is by far getting to feed and play with the octopus. I love her!!

Q: What moment did you like the least?

A: Cleaning out reptile tanks... Gross!!

Q: Are you still working at your internship?

A: I just finished my second semester there. I am now volunteering there as a diver and I am also helping out the

aquarist staff. I am considering going for a second internship at the Denver Zoo, and/or at the New York Aquarium.

Q: Finally, can you give us the general "Dos and Don'ts" of having an internship?

A: Sure!

Do:

Try to work independently (but if you aren't sure about something always ask!).

Go above and beyond what you are asked to do and show that you care.

If you get an aquarist position: Bring a lot of hand sanitizer because cutting up fish for feedings smells really bad.

Don't:

Use a cell phone at all while you work!

Bring friends and family in without approval

Reflections on an internship experience

Amber Alarid
Editor-in-Chief

Ask any senior and there is bound to be something that stands out in his or her mind from the time spent at Regis. I have been fortunate enough to have many great times at Regis that I will remember for years to come. One of the greatest things I have done is participating in the Academic Internship Program.

In the spring 2010 semester I made one of the hardest and most rewarding decisions of my life thus far. I moved to Maryland, taking a full time internship in Washington, DC with a non-profit called the Trust for the National Mall. Through the Washington Center Internship Program (TWC) I took a full time internship and two classes. However, my time in DC was not just about work.

One of the best things DC taught me was that work and learning can be entertaining and social. Often times

my professional and social lives crossed when I went to work events and saw what DC networking is all about.

I went to luncheons and balls and enjoyed gourmet appetizers and a party-like atmosphere; yet, while I was living the high life in a sense, I was meeting current senators, CEOs and ambassadors among others. You never knew when a casual conversation around the desert tray could turn into a discussion about goals and job opportunities. As a result of the experience, I have had the chance to take on another non-profit internship this semester.

Building upon my experience searching for grants with the development team at the Trust, I now research potential grants for other organizations. This semester I work at the Community Resource Center (CRC), an organization which offers support and resources to local non-profits.

My main goal for this internship is

to update and expand the Colorado Grants Guide, allowing non-profits across Colorado to find a comprehensive compilation of grants. After going through this process myself at the Trust it means a lot to me to be able to take part in helping organizations find what they need to be successful.

From my internship experience I have made plans for my future and I have dreams bigger than I ever could have imagined before my internship experience in DC.

The support of the Academic Internship office has also been invaluable and I hope many students will take advantage of it. Among many others, Academic Internship Director Lynne Montrose and Administrative Assistant Joy Detra have helped me through the whole process and have encouraged me to take the leap in all my internships. Montrose and Detra have never let me settle and no matter how out of reach I think an internship or career path may be.

Everyone at Regis still has time to have an experience like this and I encourage every student to do so. If you are a senior get on the ball and look for a short internship over winter break, and or the spring. If you are an underclassman take advantage of opportunities that place you even more out of your element such as taking an internship abroad or Washington, DC as I did.

Build your resume and impress future employers by taking an internship, but also use the experience to grow as an individual on a journey that involves more than a career path. I have amazing friends that I have made through my internships and I have mentors that have taught me a lot and there is no way I could have had that experience without taking advantage of the Academic Internship Program here at Regis.

INROADS Internship Opportunity

Amber Alarid
Editor-in-Chief

With the job market as tough as it is, students are looking for to get the most of their education in order to obtain a great job upon graduation. In honor of Diversity Week, the Academic Internship Office is holding an information fair for students of color to find internships in order to build resumes impressive to future employers.

On Tuesday, Nov. 16 at 4:00 p.m. (Main Hall 333) several organizations will be on hand to speak to students about all that an internship can offer. Among these things is experience on a resume, interview and application skills and networking.

Internships are available for students from every major at any stage of their college career. Before junior year internships can be taken for elective credit, after that internship can be

credited towards one's major.

Some internships even offer paid positions which are in addition to the college credit each student receives. Some majors even require some form of internship in order to graduate.

In addition to the opportunities here students are also able to spend a semester in Washington, DC, New York, or at another Jesuit university to complete an internship. The possibilities are endless.

Whether or not you are able to make it to the internship fair there is still time to find a spring or summer internship. Director of Academic Internships Lynne Montrose is available to discuss internships on a one on basis with students.

To make an appointment contact the Academic Internship Office at (303)964-5493 or stop by the Coors Life Directions Center.

Regis community to explore how "the world is our house" at Diversity Week 2010

Angela Shugarts
Associate Editor

This fall major changes are being made to the annual Diversity celebration here at Regis University, a tradition for the past six years. Rather than a one day affair, the festivities have stretched to encompass a full five days from Nov. 15-19. The event includes a series of speakers, class lectures, panels and markets that address issues of diversity.

Classrooms are opened to the Regis community and students, faculty and experts are speaking on campus. This is primarily due to popular *"The general student should be interested in the story of the person sitting next to them in class that they don't know..."*

demand from the greater Regis community who wanted to expand student participation and learning opportunities related to diversity education. "There was a lot of richness that was covered in one day so [expanding it to a week] gave us a lot more opportunity for programming and focuses for diversity," says Adam Barajas, director of multicultural affairs of RUSGA.

Extending Diversity Week provides students with the opportunity to learn about issues of diversity in a safe, academic environment where diversity is not just something you learn about it in one class but "...in philosophy class, in economics, in the things that we do every day but don't think about," says Sandra Mitchell, assistant vice president for diversity. Diversity Program Coordinator Sonia Del Real confirms the week long event allows the external and internal Regis community to take part in living and learning diversity. This week will allow the Regis community to "see how diversity issues are effecting society so that we as members of this society can find common ground to create an environment of appreciation," stresses Del Real.

The theme of Diversity Week was adopted from Jerónimo Nadal, S.J., who claimed "We are not monks!...The world is our house!" This quote reflects

Regis' Diversity mission statement and became the cornerstone of Diversity Week as more than 10 committee members from across all three schools and university services, began to plan the event over the summer. The conference theme aims to promote a growing consensus in society that claims diversity is all around and impacts everyone of all cultures and backgrounds, says Del Real.

"[The theme] flows from the exploration of different issues and cultures and it is about being at 'home' with those differences...It's about examining your interior and having that influence resonate within you beyond just

accepting [difference] but having it influence your life," says Barajas '11. The theme seeks to frame individuals mindset in a manner that fulfills the conference's objectives to provide exposure, solicit engagement and facilitate dialogue among members of the Regis community. Nadal's claim is, in many regards timeless, as society continues to become more dynamic, more diverse and more global. "Diversity is good business. Diversity is necessary for companies who want to be innovative as well as relevant," says Del Real.

In asking Regis' question "How ought I to live?" Diversity Week seeks to challenge the Regis community to frame and discuss that question within the context of living in a diverse community both on campus and in the world. "The general student should be interested in the story of the person sitting next to them in class that they don't know. A part of every person's story is their identity and cultural background. In order to fully answer the question 'How Ought I to Live?,' especially in a community, Regis students need to be able to understand where everyone comes from. [That includes understanding] the person living next to them and those on a global level as well," affirms Barajas.

By looking within and beyond the



walls of the Regis bubble, Diversity Week committee members hope students will examine themselves introspectively and in relation to others by actively participating in the events for the week.

Part of the purpose of Diversity Week is to attempt to build a more inclusive community among Regis students, staff and faculty. Even though Regis appears to be diverse on many *"Diversity should be alive every minute of every day to everybody."*

levels, Diversity Week aims to attend to concerns that are often ignored and go unseen on campus. "Ignoring something doesn't mean that we appreciate it and to give attention to the beauty and amazing aspects of culture is something that needs to happen and continue to happen at Regis," says Barajas '11. In order to express the complexity of diversity, "we have to acknowledge the fact that not everyone feels at home even at Regis...We want to open the doors and build a more inclusive community that includes everything that is outside and inside," says Mitchell.

She continues noting that when individuals and society at large continue to deliberately overlook particular

groups, crack stereotypical jokes and have a difficult time discussing certain topics, it is an indicator there is much work to be done. "It is just one step in this long journey of understanding, acceptance and appreciation towards inclusion," echoes Del Real.

The educational component alone should draw the Regis community to attend the series of events during Diversity Week and Mitchell and

Barajas encourage students to seize the opportunity to learn. "It's a safe place to explore differences and commonalities," says Mitchell.

In addition, Diversity Week coordinators hope to open the doors to everyone during the week so students can revitalize their responsibility and commitment to understanding, accepting and serving one another on a daily basis. "Diversity Week doesn't end on Friday," says Barajas '11. "It's something that is always present." As human beings "we owe it to ourselves to go beyond just a week," says Mitchell. Diversity Week should be everyday, just as learning occurs everyday. "Diversity should be alive every minute of every day to everybody."

Rules of inclusion: how we can begin to break down barriers

Sonia Del Real
Contributing Writer

Shortly after the election of Barack Obama as the first African American president there was a controversial report issued by the Department of Homeland Security, which detailed the assessment over the threat of an increase in the recruiting efforts of right wing extremist groups as a result of the election and the poor economy. A barrage of headlines both on television news programs and newspapers further confirms the rise in hate crimes on people of color, race, ethnicity and sexual orientation. What does it take to change people's attitudes?

In other words, how do we teach our children to accept the differences of others when all they see is a volatile world where we are living out our biases, prejudices and racist attitudes on television and in film? The approach to finding a response to this question begins with the belief that every society has been blessed with those who have realized that something is wrong in the village with the way we treat each other. We, as humans, need to

take responsibility for our own attitudes towards others and our children's attitudes, which they develop by watching us. So, in response to this I am challenging others to live by what I am calling the Rules of Inclusion. These rules are designed to help us change our own attitude towards those who are different than we are.

We all have some apprehension towards those who are different. It does not matter if it is someone who is GLBT, African American, Latino/Latina, or someone who is disabled. However, someone's differences should not prevent us from treating each other with respect, dignity and equality.

The first rule is to share our personal stories to each other. In this way we are able to find the commonalities and the similarities so that we can begin to see that we are all connected in some way. The more we know someone's struggle or challenges the better able we are in our ability to relate to them. Thus, we begin to remove those barriers that prevent us from acceptance.

The second rule is to live with emotional intelligence, which is the

ability to recognize and manage our emotions as well as others' emotions. In other words, living with emotional intelligence requires us to consider how the other person may feel in a certain circumstance by asking the question of yourself, "What must it feel like to be the only African American in a predominately all white institution?" Or, "What must it feel like to have to lie to your family and friends about your sexuality and feel like you can't be yourself in any circumstance?"

The third rule of inclusion requires us to understand the facts and accept the empirical data that diversity and inclusion elevates all of us to greater heights. Diversity and the inclusion of diversity helps an organization become more competitive. We also know that when we foster an environment of inclusion we enrich our own experience.

The fourth rule of inclusion is to take responsibility for our own actions, attitudes and beliefs. Look beyond stereotypes. Question our biases and prejudices that still impact our ability to relate to one another. Looking beyond stereotypes is the key to taking

responsibility of the attitudes of others by looking at a person's potential.

The fifth and final rule of inclusion is to see the big picture. Consider that what we do today does have an impact on our tomorrow. Are we then passing on our stereotypes, biases and prejudices to others unsuspectingly? The next generation of diversity leaders will be the children who are watching us today. How do we want them to behave? Do we want to be responsible for their outdated attitudes or their forward thinking approach to diversity?

The five rules of inclusion make up the pledge that we can commit to live by to change the world one person at a time. So, pledge to live the five rules of inclusion by sharing your personal story with others and by living with emotional intelligence and understanding the facts and by taking responsibility and lastly, by seeing the big picture to help remove the obstacle to equality for all. These five rules will allow all of us to change the world one person at a time.

Diversity Week 2010 schedule of events

Monday, November 15

11:00 a.m. -2:00 p.m.
The Latin/Spanish influence
Enjoy special lunch items in the Student Center Cafeteria which celebrates
Food influenced by Latin and Spanish cultures.
Regular meal charges apply

6:00-9:00 p.m.
Diversity, Special Populations, and Forensic Nursing
Emergency Nursing (NR488I)
Cris Finn Science 313

7:00 p.m.
Opening Keynote: The World is Our House by Dr. Vincent Harding
This talk is free and open to the public.
St. John Francis Regis Chapel
Dessert reception and continued conversation to follow in Main Hall room 333

Tuesday, November 16

9:25-10:40 a.m.
The Chinese Economy (EC240)
Dr. Jim Richard Main Hall 304

11:00 AM-2:00 p.m.
Lunch with an Asian Flare
Asia is the world's largest and most populous continent with over 4 billion people, but her beauty and influence spans the globe. Enjoy lunch menu items that reflect the influence of Asian culture around the world.
Regular meal charges apply

1:45-3:00 p.m.
An Outsider's Critique of Philosophy: Eichmann in Jerusalem (PL270H)
Dr. Karen Adkins Loyola 3

3:00-4:00 p.m.
Teaching the Exceptional Student: How can teachers be inclusive of learning differences (ED401)
Dr. Heidi Barker ALC 205

4:00 p.m.
Internship and Diversity Information Fair and Panel:
Internships: The Pathway to Your Future
Talented ethnic minority students come learn about the Academic Internship Program and how an internship will enhance your future! Representatives from INROADS, HACU, and T-Howard will be here to speak with about internship opportunities and answer questions.
Main Hall 333

6:00-7:00 p.m.
Artist Talk: "Can You See Me?"
Come unwind and hear the artists speak about their pieces for the show.
Fire Place Lounge in the Library

Wednesday, November 17

11:30 a.m. -12:30 p.m.
Common Ground Prayer: In gratitude for our diversity
Newland Prayer Chapel in the St. John Francis Regis Chapel

11:00 AM-2:00 p.m.
R Village Peace Market
Get a head start of Holiday gift buying in this exposition of goods and talents from our local and global neighbors. This is a opportunity for morals to come into play through the economic buying power we have as consumers in this time so close to the Holiday and gift buying season. Come check out groups from in and around Regis

showing off their talents and programs in R Village.
Faculty Lounge

1:00 p.m.-2:15 p.m.
Nursing Students with Dyslexia
Learn about this project that promotes networking for nursing students with dyslexia. Presented by Antoinette Suggs in the Carroll Hall: Regis Room

2:30 p.m. -3:45 p.m.
Tai Chi and Health
This session will focus on the practice of the slow, gentle and graceful Tai Chi movements to reduce our physical and mental stress. Presented by Yan Wu in the Mountain View Room

6:00 p.m.
Film Screening and Discussion
"What's Cookin'?" in Ranger Grille
In LA's Fairfax district, where ethnic groups abound, four households celebrate Thanksgiving amidst family tensions.

Thursday, November 18

10:00-11:50 a.m.
Cultural Humility in Introduction to Pharmacy Practice
Jodie Malhorta in ALC A185

11:00 a.m.-2:00 p.m.
R Village Peace Market in the Faculty Lounge

The African Diaspora
Enjoy special lunch items in the Student Center Cafeteria which celebrates food influenced by Africans and people of African descent throughout the world. Regular meal charges apply

12:15 p.m. -1:05 p.m.
Disability Etiquette (PC240)
Sandra Mitchell/Sonia Del Real/Joie Williams to speak in Main Hall 306

2:00 p.m. -3:30 p.m.
Religion, Gender and Social Change
This session will look into the underlying sources which reinforce the practice of female genital cutting and mutilation and the sources of religion and culture which seek to suppress the views of women. Presented by Kelsey Schmidt in Carroll Hall: Regis Room

4:00 p.m. -6:00 p.m.
MCA Faculty/Staff Happy Hour
Faculty and Staff are invited to join members of the Regis University Multicultural Faculty/Staff Alliance for a fun get-together in Main Hall 333

Friday, November 19

9:00 a.m.-10:00 a.m.
Allies in Action Breakfast and Keynote by Dr. Sarah Burgamy
Would it matter if a Civil Rights icon, sports hero, renowned scientist or other significant figure in history were gay, lesbian, bisexual or transgendered? Join us for an informal breakfast and keynote talk to end the exciting week in the Faculty Lounge.

12:00 p.m.
iPunto Final!
Brown Bag Diversity Forum
Diversity week has been filled with many speakers and has sparked new ideas and thinking. Now what? How can we help ourselves and others to feel more at home. Join in this wrap-up discussion in the Faculty Lounge to discuss next steps in the state of diversity at Regis University.

Enriching identity through diversity

Sandra Mitchell

Assistant Vice President of Diversity

Diversity (\də-ˈvər-sə-tē, di-), n.
1: the condition of being diverse : VARIETY; especially : the inclusion of diverse people (as people of different races or cultures) in a group or organization <programs intended to promote diversity in schools>
2: an instance of being diverse <a diversity of opinion>

Diversity is both a state of being and a state of mind.

"Diversity" is a term frequently tossed around with little thought to its meaning. Some use the term synonymously with mandates such as affirmative action. Others think this term only applies to racial differences or to differences that can be celebrated in food, dance and colorful "costumes." Others view diversity as a buzz word synonymous with political correctness. None of these ideas are necessarily incorrect.

In recent years many institutions such as Regis University have found a need for a deeper understanding of diversity as work to build an inclusive campus as well as a theoretical construct that is important to helping to continue the Jesuit traditional strength of high quality education.

Diversity addresses many dimensions of difference other than race, ethnicity, sex, and age, although we tend to focus on these because statistical information on these particular dimensions is most readily accessible.

Previous models of diversity "work" in higher education have

focused upon supporting underrepresented students (especially women and students of color) to help them to better "fit in" to the university environment. Often this work is viewed as charity and thus no distinction is made between diversity and charity. But diversity in the 21st century calls for initiatives that focus on changing campus environment and climate to be more inclusive in ways that will most

effectively accommodate differences represented by all of its members.

Diversity is both a state of being and a state of mind. Much of the work rightly focuses on how human beings with all of their differences interact with one another. It is about understanding that prejudice is an attitude which must be unlearned and discrimination is only one way that negative attitudes manifest themselves.

Regis University's Strategic Plan for an Inclusive Community is designed to expand upon the University's diversity initiatives with specific goals and objectives in order to lay a firm foundation for the University's continuing evolution as a welcoming, supportive, and inclusive environment for all. Work on aspects of this plan are well under way. The effort is based on several key assumptions that may be useful to many institutions in their thinking about diversity and how it may enhance institutional identity.

Diversity is not a goal. As a term it

means differences. It should not be used synonymously with the word goal, although as our institutions focus more closely on diversity work, this is often the case. Instead, diversity can be viewed as a necessary component for excellence by bringing in perspectives based on the experiences of human difference, not simply the differences in and of themselves.

It is experience that shapes the thought, feelings, and behavior of individuals. A diverse mix of participants brings an equally diverse mix of experience and thought to any topic.

Diversity of learners and teachers is an educational asset. Diversity of students, faculty, and staff can bring a richness to learning and teaching that surpasses what can be experienced and

Respect for self and others is critical.

learned in a homogeneous environment. However, enrolling a diverse student body does not guarantee that the intellectual and cultural life of the University will be enriched, as many institutions have learned. The differences in background, perspective, and experiences that members of a diverse community can contribute are enriching only if they are acknowledged, welcomed, and explored.

However, more and more institutions are focused on creating a campus environment in which people's differences are recognized and welcomed as positive contributions both inside and outside the classroom, residence hall or workplace. Regis University's plan focuses on creating a campus environment in which people's differences are

recognized and welcomed as positive contributions.

Exploring differences expands thinking. Speaking honestly and listening deeply (i.e. striving for understanding rather than simply political correctness) leads to the beginning of understanding and respect that is at the heart of multicultural learning and living. It is a rich source of learning if we invite it and nurture it.

Jesuit institutions are uniquely positioned to view diversity as the core of their world-affirming, faith-inspired commitment to build an inclusive community that values the dignity and contributions of all their members. Human differences should thrive in a learning environment characterized by the Jesuit traditions of mutual respect

and the pursuit of justice. Respecting our human differences, whether they are physical or philosophical, is what diversity is all about. It is not necessary that we all believe the same thing, but that we all must respect others' beliefs and opinions. Respect for self and others is critical.

A learning community that embraces a diversity of thoughts and ideas benefits all of its members. The discovery and discussion of different viewpoints is what makes a university unique. Knowing that we are called upon to be fully present and allow others to be likewise as we work together to do what we have been called to do. This is what makes Jesuit education distinctive.

Assessing the 2010 elections: A rebuke to President Obama?

Jimmy Sengenberger
Perspectives Editor

No matter how you slice it, the 2010 elections are undoubtedly for the history books. My fellow Republicans propped it up as a victory of 1994 proportions and a referendum on President Obama; Democrats saw it as the result of an anti-incumbency swing and the perennial economic ditch. The results are mixed, but Republicans undoubtedly came out the big winners. But how, specifically, should we assess the election results?

Colorado Outcomes

Since we're in Colorado, let's start with what took place here and why things turned out the way they did. To do so, there are several key races to consider: governor, U.S. Senate, the other statewide offices, and the state legislative races.

Women were critical in this election, and exit polls show that the Bennet to Buck ratio of women voters was 56 to 42 percent...

Governor: The victor in the Colorado governor's race was decisively Democrat John Hickenlooper, the mayor of Denver. This was not surprising to most analysts. Just months ago, 2010 was supposed to be the year the Republicans took back the governorship after four years of Democrat Bill Ritter, who declined to run for reelection. But the Republican nominee, Dan Maes, disintegrated under the weight of his own lies and deception, prompting former Congressman Tom Tancredo to jump third-party and attempt to save the day.

cent, a result stemming entirely from the way in which Bennet managed to manipulate the dialogue in this race. Indeed, Bennet accomplished two tasks.

First, he successfully distanced himself from Barack Obama, who endorsed and campaigned for him during the primary and tried to discourage Bennet's primary opponent, Andrew Romanoff, from challenging the incumbent senator in a primary match-up. Bennet avoided unpopular Obama like the plague. At no point during the general election did the president himself campaign here; moreover, Bennet said nothing of Obama's support for him except when asked.

Second, and most importantly, he managed to paint Buck as an "extremist" in ways that caused even the left-leaning *Denver Post*, which endorsed Bennet, to declare his attacks "dark

and alarmist" and "unfair." Bennet spent millions of dollars on advertisements which inaccurately suggested that Buck wanted to eliminate student loans, the Department of Education and Social Security and, most especially, that he is an ultra-prolifer when it comes to abortion.

While the abortion question is up for debate, the first three were patently false, as the *Post* pointed out way back in September. Despite the blatant falsehoods, Bennet kept hammering the deceptive claims, with particular emphasis on the personhood issue.

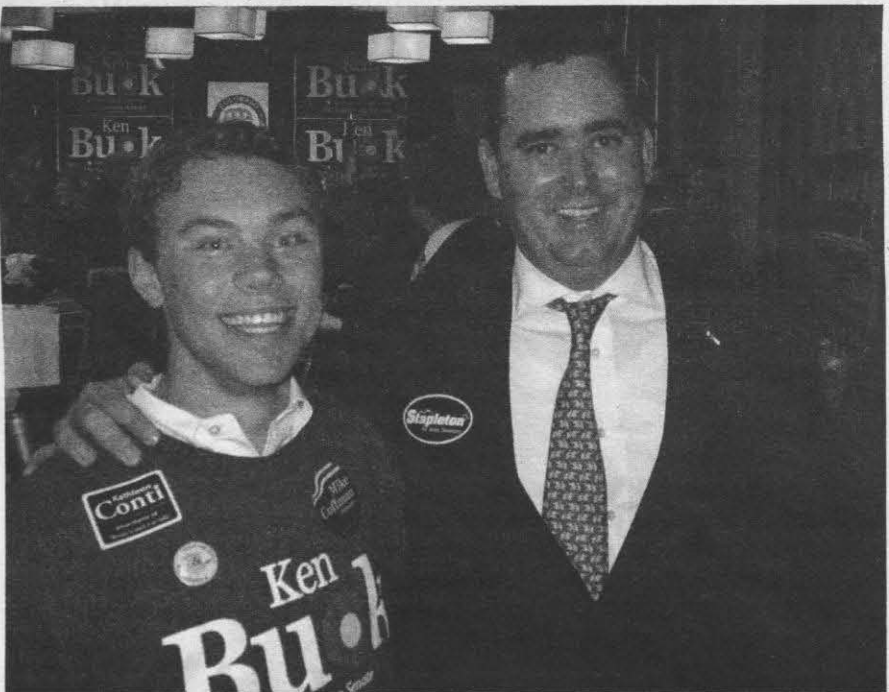


Photo source Jimmy Sengenberger
Walker Stapleton, the newly-elected Colorado State Treasurer, poses for a picture with Jimmy Sengenberger at the 2010 Colorado Republican Victory Party.

Regrettably for conservatives, Maes stuck around and still garnered a scant 11 percent of the vote, stealing away votes that would have made the race tighter between Tancredo and Hickenlooper had Maes withdrawn. There may still have been a 3-point margin of victory, however—but division in the GOP is to blame.

While Tancredo garnered most of the prominent Republican support, he still had to divert some of his attention from Hickenlooper to Maes for much of the fight. By extension, Hickenlooper won this race, but had Republicans rallied behind a single, qualified candidate, they would likely have won.

U.S. Senate: Republican candidate Ken Buck lost this vote to incumbent Michael Bennet by less than one per-

cent. And of course perceptions about Buck as a social conservative reactionary weren't helped with his word-choice snaffoo when he responded to a question about whether homosexuality is a choice during a debate.

It worked. Women were critical in this election, and exit polls show that the Bennet to Buck ratio of women voters was 56 to 42 percent, indicating that the abortion issue played a huge part in painting Buck as "extreme." This, along with the resounding defeat of the Personhood Amendment, Amendment 62, demonstrates that social issues do not play well in Colorado.

Buck ran an incredible campaign from a very small, truly grassroots effort to being within one point away from the thrill of victory—but the out-

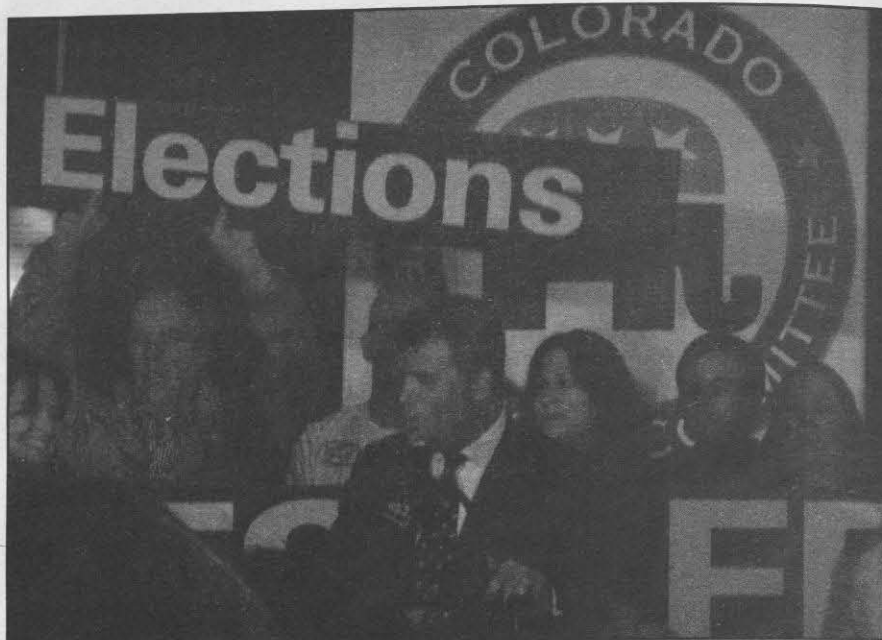


Photo by Jimmy Sengenberger

Attorney Scott Gessler declares victory as Colorado's next Secretary of State at the Colorado Republican Party celebration. The party took place on election night last Tuesday, November 2.

of-context manipulations of his campaign statements came back to haunt him. Bennet won on Buck's perceived failings, not Bennet's own strengths.

Other Races: Though Hick and Bennet won their races, Republicans secured several critical victories. Candidates Scott Gessler and Walker Stapleton won Secretary of State and State Treasurer, respectively, and Attorney General John Suthers secured reelection. These are big wins for Republicans and mean that Hickenlooper will be surrounded by Republicans in his administration.

Plus, Republicans narrowly took back the State House and are just one vote away from controlling the State Senate—this all two years after Barack Obama waged an 11-point victory in Colorado. Success for Colorado Republicans came at a hefty price—but it still reaped huge rewards in these other votes.

GOP Victories Across America

The brightest spot in this election for Republicans is the hurricane in the U.S. House of Representatives. Whereas in the 1994 "Republican Revolution," Republicans picked up 54 House seats, this time scored the biggest gains in 70 years—taking over a whopping 61 seats and ousting Nancy Pelosi as Speaker. Two of these pickups came in Colorado, where Cory Gardner (CD-4) and Scott Tipton (CD-3) trounced Democrats Betsey Markey and John Salazar, respectively.

In the Senate, Republicans picked up six seats—including major wins against Democratic incumbents Blanche Lincoln of Arkansas and Russ Feingold of Wisconsin. They also netted seven governorships out of the 26 total races—Democrats lost eight.

These include Ohio and Pennsylvania, two critical swing states that every political analyst says presidential candidates must win to gain or maintain the presidency—and they are two states that went resoundingly for President Obama by 5 and 11 points just two years ago. Not only that, but

[T]he 2010 elections clearly serve as a stunning rebuke to President Obama and his policies.

Republicans retained the Senate seat in Ohio and picked up the spot in Pennsylvania.

Analyzing the Results

In the final analysis, what do these election results mean, and are they comparable to the 1994 wave when Republicans had their "Revolution" after just two years of Bill Clinton?

In many ways, this election is com-

parable to 1994. The swing in the U.S. House was a whopping 61 votes today and 54 in '94. Republicans also gained six Senate pickups; there were eight in '94. Whereas the GOP picked up ten-governors this year, they also lost four to the Dems; in 1994 they gained ten but lost just one. But while they won 20 state legislatures in '94, they're set to gain 23 this year—more than 500 seats. These victories are critical for redistricting next year.

The House, Senate, governor and state legislative results thus render comparisons to 1994 as mixed, but still decidedly strong.

Regardless, the 2010 elections clearly serve as a stunning rebuke to President Obama and his policies. Yes, there was an anti-incumbent swing, but Republicans only lost seven previously-held congressmen or governors to the Dems; it wasn't incumbency.

Yes, with unemployment still above 9.5 percent and financial worries aplenty, the economy is top on people's minds. But Obama's policies—particularly the failed \$1 trillion in stimulus spending, which most Americans see as too much good, debt-financed money gone after bad—play into all of that. The stimulus package itself entailed \$800 billion in spending on the economy that most voters viewed as wasted. And after two years of a Democrat-controlled Congress and the presidency, Obama now owns the economy.

Even more, the healthcare law remains unpopular, with opposition consistently hovering at around 51 percent to 40 percent favorable. The latest RealClearPolitics poll average has plus 11.2 points in favor of opposition to the law.

And President Obama campaigned on a platform of "changing politics," but all the evidence indicates that he has done no such thing. Finally, Obama's approval rating continues to decline, with the average now standing at 50.1 percent disapproval.

President Obama, when asked whether his policies bear responsibility

for this defeat, continues to pin full blame on the economy and insist that he didn't "persuade" the public well enough by "making an argument that people can understand."

He can continue to be, as columnist Charles Krauthammer put it, "in denial" all he wants. But it is clear that this was a victory wave for Republicans—and a striking referendum on the president himself.

Whose fault is it anyway?

Kelly Rogers
Staff Writer

One of the things I remember most about the week my mother spent visiting me in Paris last spring was how struck she was by what the French could get away with.

It seemed as if everywhere she turned, she saw something that would've long ago been the subject of a lawsuit in America—yet, in France, nobody even looked twice. It got to the point to where we'd walk around pointing at things saying "Lawsuit! Lawsuit! Lawsuit!" Unreliable elevators, handicap-unfriendly metro stations, tiny, crowded, restaurants (code violations!), rude servers, bigoted cab drivers—you name it. That's Paris. Truthfully, that's a large part of the world.

It got me thinking: why are we so lawsuit-trigger-happy in this country? Granted, it's important to have elevators that work and handicap-friendly environments of all kinds, but at what point do some regulations become too much?

I can almost guarantee the only places you'll find "Caution: Hot" on a cup of coffee in Paris is at McDonald's or Starbucks. It's a fine line between

reasonable and ridiculous when looking to sanitize a society.

The irony is that Paris—along with much of the world that isn't obsessed by the pursuit of a utopian civic environment—is a lovely place to be. It isn't perfect by any stretch of the means, but that's kind of the point.

The fact that you can't rely on anyone to bubble-fy life there doesn't ruin anything for its inhabitants; in fact, in my opinion, the knowledge that not everything is as perfect as it possibly could be makes for more responsible, aware citizens. You're going to be more careful and pay more attention to things in an environment in which there are variables. You're going to take more control of your own life and your own situation and not expect the state to nanny you.

Here, if I slip and fall on a wet store floor because they didn't have a sign out cautioning me against doing so, I could probably sue. In other parts of the world, it'd be my own fault and I'd probably be scolded and told to be more careful. To be honest, I'm not convinced that's really such a bad thing.

Allow me to reiterate: many of the regulations we have in this country, especially those concerning facility

modifications for handicapped individuals and judicial enforcement of racial/religious/ethnic/gender/sexual orientation tolerance are excellent things. Every member of a society deserves to be treated as such, and America has championed many of these groups' rights to equal living and treatment.

What I argue against is not the accommodation or acceptance of these peoples, but rather the slow, systematic stripping of personal responsibility that some of our society's more frivolous measures have led to.

Case in point: Caesar Barber, a 270-pound man from New York, filed a class action lawsuit against McDonald's, Burger King, Wendy's and KFC for contributing to his obesity. Barber reasoned that his two heart attacks and diabetes were results of the fast food chains' negligence to adequately warn consumers about the health risks involved in consuming their food products. Barber admitted to consuming fast food four to five times a week.

Fortunately, it seems that sanity prevailed. The New York Supreme Court threw out the case, leaving American consumers to fend for themselves with only decades of research

and easily-accessible caloric information to advise them against such frequent consumption of fast food. In case Barber's complaint doesn't seem all that unreasonable to you, let me be frank: limit your fast food consumption, otherwise it will kill you. The end.

Is this really what we've come to? Have we really degenerated into a society where we need that which has already been explicitly stated to be even more explicit? Have we really relinquished that much personal responsibility?

I have to wonder what the implications of these and other examples are for freedom itself. If we can't trust ourselves on an individual level to make good decisions, look out for our own well-being, and be wary of the risks involved in any situation, then how can we, on a larger scale, possibly be free?

If we—by establishing a risk-free society in which accidents are simply not allowed—separate responsibility from freedom, what we will end up with is a society that possesses neither. After all, life is real and messy. Why shouldn't our society be?

Car Review: Bentley Continental GTC

Corey Holton
News Editor

Imagine a two-door convertible that is luxurious enough to rival a beachside hammock, yet fast enough to keep up with a BMW M3.

If you imagined the new Ferrari California, you would be wrong. Let me introduce you to the Bentley Continental GTC.

I recently had the opportunity to drive a 2007 Continental GTC, and it almost changed the way I looked at Bentleys. The Continental is equipped with an engine so large it has its own orbit: a 552-horsepower V-12 with twin turbochargers.

This engine is powerful enough to propel a small cruise ship, and it needs to be because the Continental is a massive vehicle. It is to the automobile world what the Boeing 747 is to airplanes.

The GTC is gorgeous. There is no other way to describe it. From the glistening paint to the sweeping lines of the hood to the bright alloy wheels, this convertible oozes class. Bentley is known as a top notch coach builder,

and they did not disappoint with this model.

Recently, Bentley has been trying to move away from its image as a marque catering to wealthy old people and to create a fresh, new image of a company that builds true super cars. They did not succeed.

Inside the Continental GTC, the driver and three passengers are engulfed in soft leather. You read that right, three passengers; the backseats are large enough for grandma and grandpa to haul the grandkids along for a weekend in the Hamptons.

Every feature of this car is designed for comfort. The air suspension eats up every pothole in the road, the all-wheel drive system makes you feel safe in any weather and the stereo can fill the car with a sound so sweet you may think an angel with a harp is sitting in the full size backseat. It truly is a practical car.

If you do decide that you want to have a little fun, you can let the top down and press the sport button. As the soft top folds back by itself and the windows magically raise so you hair doesn't get blown about, the suspen-

sion firms itself up and the throttle becomes more responsive so that you might feel as if you are in a real sports car.

It is no small feat moving a vehicle that weighs as much as a small planet, but the Bentley's V-12 does an impressive job. As I changed lanes and stepped on the throttle, I had no idea we were going 80 MPH with the top down. This car is so smooth, the only indication that you are accelerating is the needle on the huge speedometer.

The thing is, no one will ever go fast in this car because only an old person would buy a Bentley. It's made for them so they can drive slowly in the passing lane on the way to Sunday dinner at the country club. It's just too big and comfortable to be taken seriously as a real super car.

I must admit that while driving the GTC down the interstate, I cracked a smile as I was switching lanes and saw other drivers ogling the convertible. It felt like I may be able to turn off the traction control and lose the back wheels around a corner, but I was in a Bentley. It's supposed to be a subdued land yacht, not a vicious pavement-

eating monster.

Even if Bentley has succeeded in making a gorgeous car that can rival thoroughbred super cars, I would never buy one. (In part because the "Situation" from *Jersey Shore* now owns one). If I was going to spend \$200K on a two-door coupe, I would buy an Audi R8 or an Aston Martin. These are real super cars. In the automotive world, you can't have your cake and eat it too.

Sure, the Bentley Continental GTC can keep up with smaller coupes that have racing pedigrees, but it's still a Bentley. Though they have made great strides in designing their cars to look less geriatric, there is still a lot of work to be done. Bentley may have accomplished this with their new SuperSports models that pack even more power under the hood and sport a very aggressive look, but only time will tell.

Even if Bentley doesn't successfully change their image to cater to a younger generation, that's perfectly all right with me. I am content in knowing that if I buy a Bentley when I am old, I can still go 200 MPH.

Rally to Restore Sanity delivers both laughs and message

Michael DeGregori
Staff Writer

Last weekend, thousands of people gathered at the Washington Mall to hear the popular comedians Jon Stewart and Stephen Colbert host the Rally to Restore Sanity and/or Fear. For the most part, the rally was tongue-and-cheek, featuring the same goofy humor familiar to fans of *The Daily Show* and *Colbert Report* and surprise celebrity appearances ranging from Ozzy Osbourne to the Mythbusters.

However, the tone got more serious at the very end of the rally when Stewart gave a fiery speech decrying the media and government for amplifying fears and demonizing political opponents.

After an impressive music performance by the Roots, the rally opened with the appearance of the Mythbusters, a two-man team who test urban legends on the Discovery Channel. The duo conducted a series of "experiments" on the crowd in a way which not so subtly showed off the rally's massive turnout.

After Stewart's and Colbert's dramatic appearances, the two engaged in a humorous mock battle over the direction of the rally, Stewart pushing for "Sanity" and Colbert on the side of "Fear." They each gave out medals to people they believed exemplified their message, sung a song together about what it means to be an American, then participated in a final battle, in which Stewart emerged victorious.

Even compared to the silliness of

the rest of the rally, the final confrontation between the two comedians was strangely surreal. Colbert summoned a massive puppet of himself the he dubbed "Fearzilla," but he was defeated when John Oliver, one of the *Daily Show* correspondents, emerged dressed as Peter Pan and enlisted the help of the crowd.

The highlight of the rally, however, was Stewart's final speech at the end, which he referred to as a "moment for some sincerity." Stewart spoke of how the media and Washington overhyped conflict and controversy in a way which projected a warped and inaccurate image of American society as a whole.

While Stewart's speech did have some humor in it, its message was clearly a serious one. Though the

speech was rather short, it did have many memorable lines and seemed well received by the crowd.

While the rally did seem strange and somewhat disorganized at times, it ultimately delivered what people expected of it: it was funny, entertaining and wrapped up in a meaningful way which stuck to the message. Stewart and Colbert work well together in making comedy, which is no surprise given their extensive experience doing so.

Overall, the rally was both enjoyable and worth watching for anyone who is a fan of *The Daily Show* or *The Colbert Report*, or who agrees with Stewart's message of taking the rhetoric down a notch.

Alpha Sigma Nu Halloween highlights: reflections of service

On Oct. 30, Alpha Sigma Nu (ASN) chapter members spent a Saturday volunteering at the Children's Museum of Denver's "Trick or Treat Street" event as part of the community-based service project this semester.

As a national honor society one of the commitments that ASN makes is to

uphold the Jesuit mission of "men and women in service of others," acting as role models for other students and community members.

Below are some reactions from ASN members to the experience helping out with the safe trick or treat event.



Photo by Katie Knez

Senior Alpha Sigma Nu member Lauren DeRosier helps with Halloween activities and games for local children.

Angela Shugarts

Associate Editor/ASN Chapter President

Volunteering at the Children's Museum "Trick or Treat Street" was really fun. I wanted to get ASN members out in the community doing something fun and impactful and the Children's Museum's event fit perfectly with this criteria. It allowed ASN members to give back to the Denver community in the spirit of service while strengthening and supporting local organizations. The Children's Museum's "Trick or Treat Street" was a wonderful and relatively inexpensive way for parents and children to spend the Halloween season.

I really enjoyed being able to interact with the children, see the adorable costumes and spend time with my fel-

low ASN members. This was a fantastic opportunity for Regis students to get out in Denver and make a difference in the lives of children and their families, who just wanted to have a safe and happy Halloween weekend. I would highly recommend other students volunteer for the Museum's many events held throughout the year. I love to do this again!

The Children's Museum of Denver is always looking for volunteers to help with their various projects, programs and events all year round. From facilitating arts and crafts to marketing and education internship opportunities, the Museum offers a variety of ways to get involved in the Denver community. For more information on volunteering contact volunteer@cmdenver.org or visit their website at www.mychildsmuseum.org.



Photo by Katie Knez

Alpha Sigma Nu members Katie Knez, Angela Shugarts and Lauren DeRosier sweeten the spooky Halloween season volunteering at the Children's Museum of Denver "Trick or Treat Street."

Katie Knez

Contributing Writer

I had no idea that it was such a huge event to which so many young children and their families attending. Angela Shugarts, Lauren DeRosier and myself were in charge of running various games at the museum carnival and handed out candy and other prizes to children.

This event is a great way for chil-

dren to have fun and get all kinds of delicious goodies, from candy to toothbrushes to juice pouches, all in a safe environment. This ASN service project exemplified one of ASN's core values of service because it provided the city with a well-organized, fun and safe event that occurred in one kid-friendly space. It was a great way to get involved with the outside community and make a difference. I had a great time!



Photo by Katie Knez

ASN Chapter President Angela Shugarts shows video-game character Mario how to play a bean bag basketball game at the carnival while his side-kick Luigi patiently waits for his turn.

Two Slices of Green Chile, Please!

Ross Lehuta
Staff Reporter

I think of Regis Pizza three times a day. These thoughts play out in one of two ways. Scenario A: Should I get Regis Pizza today? Then: No, I had it last night. Later: Damn it I should have gotten Regis Pizza! Scenario B: Should I get Regis Pizza today? Then: Of course I should. Later: Man, that Regis Pizza was good!

For those of you who do not know what Regis Pizza is let me enlighten you. Regis Pizza is a small, local business right across from school on the corner of 50th and Lowell. It is easily one of my favorite places to eat and I'm certainly no stranger to eating there. Regis Pizza offers an extensive menu including pizza by the slice, salads, sandwiches, calzones, strombolis, and pastas all at an affordable price for students.

Last week as I was sitting enjoying the Regis Pizza lunch special, which includes a refillable soft drink, a salad, and a giant slice topped with, in my case, green chile (a personal favorite that I highly recommend), I wondered

what makes this place so unique and delicious.

In a quest for answers, I arranged a time to speak with Aaron Avila, the owner of Regis Pizza, who later told me about his passion for food and his love for Regis Pizza. Regis Pizza was sparked by a fleeting idea and long time dream of Avila's: one day, he was driving by the empty spot adjacent to Everyday and saw the free space as an opportunity to cultivate his passion for food and commitment to serving the community.

Cooking was something Avila was good at, and pizza was what he had practically perfected. Prior to opening Regis Pizza, Avila worked designing t-shirts as well as creating banners, signs, and posters for other small businesses. Equipped with the necessary skills, the opportunity, and the vision, he began to create a business surrounding the Regis community in the hopes of serving the Regis community. Regis Pizza first opened in May 2009, establishing itself as an exemplary model of a local business founded on dedication and commitment to great food.

Regis Pizza offers an easy-going atmosphere where people can enjoy great food as well as great customer service. The thing that makes Regis Pizza unique is the "care and quality that goes into our preparation" of the food, says Avila. Avila a native of Colorado, born and raised in Denver, receives all his ingredients locally, making Regis Pizza a great partner in local business. "People think 'don't trust the skinny guy in the kitchen'", says Avila jokingly, "but trust me I put a lot into my food."

The commitment to quality food is evident into the hard work put in to getting the freshest ingredients while maintaining a strong communal tie. "I get my produce and meats locally from other small businesses", says Avila who is a big promoter of building relationships in the community. Regis Pizza wants to develop strong community ties and build a concrete, lasting relationships with the people they serve.

One of my favorite things about Regis Pizza, besides the food itself, is the comfortable vibe it offers its customers. Regis Pizza does an excellent

job at creating a place where hungry guests feel comfortable eating and are not hesitant to come back. The restaurant offers pleasant areas, including outdoor seating, where people can sit enjoy lunch, interact with familiar faces, and try the new topping they've been waiting to try on their slice. Avila and the staff not only care about what quality of food you're eating, but they also seem to genuinely care about the customer.

All my experiences at Regis pizza have proven the quality and deliciousness of the food, but more importantly my recent interview there illustrates the hard work and genuine passion for good food and customer care that the employee's demonstrate on the daily basis. I realized there is more behind the tasty two slices I eat weekly.

I highly recommend that students, faculty, staff, parents, family, friends, and pretty much everyone tries Regis Pizza and enjoys the delicious food and friendly atmosphere, conveniently offered right across the street.

Cirque Du Soleil meets Western Stock Show in mediocre performance of *Cavalia*

Angela Shugarts
Associate Editor

Every now and then I visit the horse pasture a few blocks down from my house, which offers a kind of tranquil moment in time; a feeling I suspect was the intention behind the horse show *Cavalia*. Unfortunately, I am not sure that intention came to fruition in Denver. Now, I love horses as much as the next horse rancher, but *Cavalia* was an unimpressive equestrian performance to say the least. I can say it was not worth sitting for two and

show features 52 horses representing 11 different breeds, according to the *Cavalia* website. Horses engage in a series of interpretative dance like performances with human gymnasts and acrobats adapting to mediocre visual effects and moving to live music.

Audience members are packed like sardines into seats inside a tent located outside the Pepsi Center and can expect to pay \$15 for stale popcorn and flat soda. I did not know much about the performance beforehand except the fact that the show was extended to play longer in Denver and tickets were

...Cavalia was an unimpressive equestrian performance to say the least.

a half hours in a horse tent.

The performance can best be

unbelievably expensive ranging from about \$35.00 (to obtain a partially

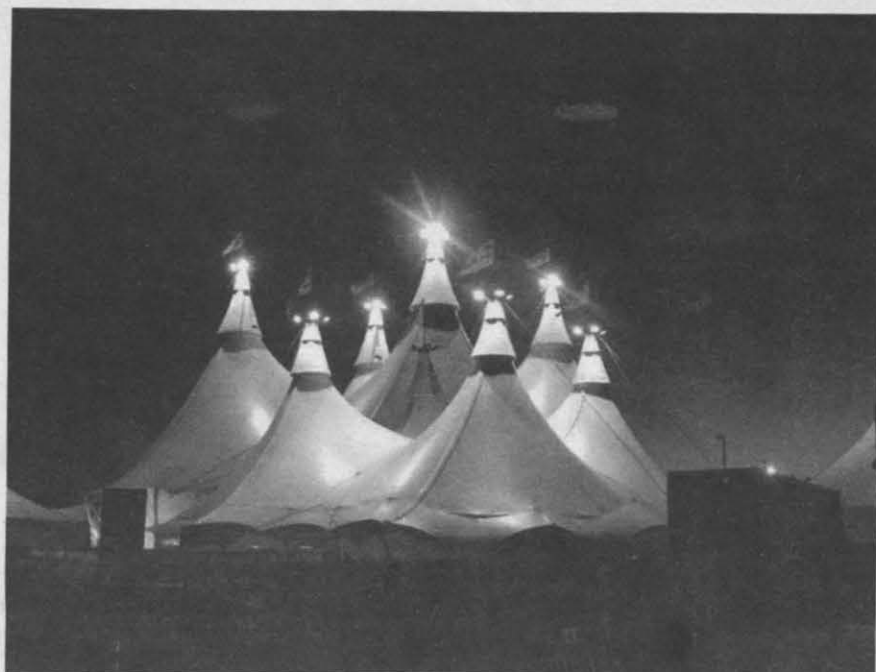


Photo by Angela Shugarts

Cavalia audiences and performers gather inside the largest touring tent, rising over 100 feet above the ground.

have attended the event during its eight-year run. Luckily, I obtained the tickets for free from a family friend, which alleviated the pain my wallet may have had to experience if I was truly an avid horse lover.

I expected to see a series of tricks where the horses jumped over poles lit on fire but came to find those tasks were done by the human acrobats that accompanied the horse actors. Fantasy folk music opened the show while a series of juvenile slide show images and video sequences unfolded on the

active treat for one and all," according to CBS in *Cavalia's* press kit, but I have to ask, were they watching the same show I was? If I wanted to watch horses run and walk I could easily jog down to the adjacent horse pasture from my house and see similar routines.

A series of strange, unrelated "stories" unfolded on the stage including tales about prehistoric horses to ancient Roman culture. The *Cavalia* website claims the "bold presence" of the horses "raises the bar for spectacu-

If I wanted to watch horses run and walk, I could easily jog down to the adjacent horse pasture from my house and see similar routines.

screen.

As if the awkward aesthetics were not enough, audiences watched a recording of a live birth of a horse (which, though considered miraculous by some, was not an image I desired to see). After reading ancient prophecies that paid homage to the history of the relationship between horses and humans written by historic and literary figures, horses ran across the stage followed by human performers dressed in 18th century frocks and trousers.

Throughout the show, over 60 horses walked and ran across the stage mundanely but that was compensated for by the series of overly caffeinated four foot tall acrobats who bounced around the stage on trampolines, atop horses and between flying trapeze.

The show is described as "daring, delightful, fun and fantastic, beautifully paced and wonderfully alive. A cre-

lar entertainment in the 21st century," but I beg to differ.

The horses are not doing much but "being present" on stage while audiences are attracted to the spectacular movements of the human tumblers. Granted, the sheer size and physical build of a horse limits its ability to move extravagantly around a confined space, but the *Cavalia* producers should reconsider casting horses in the show and advertising them as primary performers in the show.

Most of the performance was dominated by human characters who used the horses as props rather than attempting to highlight the beautiful relationship that exists between humans and horses.

Show times run until December 12, 2010. For more information on *Cavalia* visit www.cavalia.net.

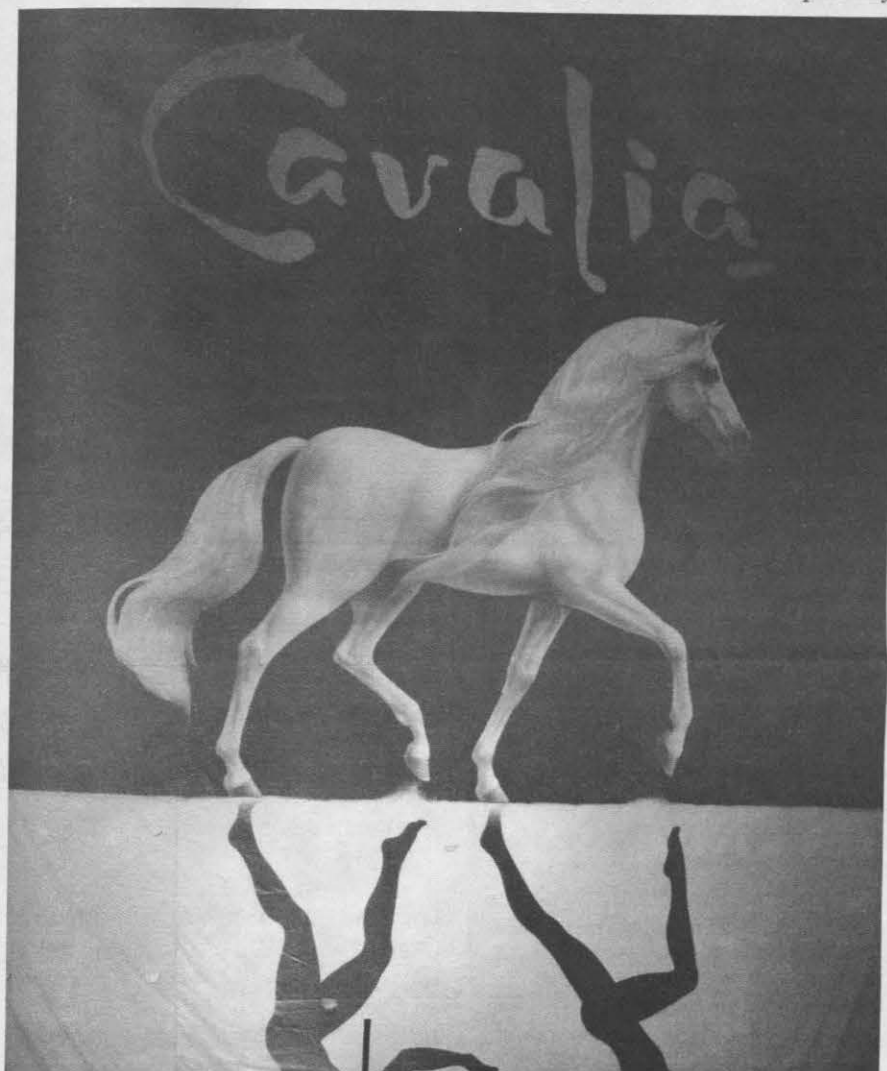


Photo by Angela Shugarts

Cavalia blends equestrian arts with acrobatic spectacles and multimedia techniques to highlight natural bonds between horses and humans.

described as a hodgepodge event where Cirque Du Soleil meets the Western Stock Show. 34 artists, acrobats, dancers and riders come from Canada, France, the United States, Morocco, Kyrgyzstan and Russia. The

obstructed view) up to \$200.00 (where audiences can interact with the horses after the show).

However, this is a drop in the bucket for noted celebrities like Justin Timberlake and Courtney Cox, who

Book Review: *Growing up Bin Laden*

Kelly Rogers
Staff Writer

He's the Hitler of our generation. He's a crazy extremist, a hate and fear-mongering madman who poses under the guise of religious piety, and he's one of the most feared people in the world. But who really is Osama bin Laden?

Growing up Bin Laden, authored by bin Laden's first wife Najwa and their son Omar with the assistance of American author Jean Sasson, paints a revealing, complicated portrait of the most wanted man in the world. Najwa, who—at the advice of her son—asked her husband for permission to leave Afghanistan just weeks before September 11, 2001, begins the story by describing her betrothal and mar-

riage to her first cousin, Osama. She then trades off narration with her son Omar as the two describe everything from the days of living in wealth and luxury in Saudi Arabia to family survival exercises in Sudan and, eventually, their occupation of rugged caves in

"Seeing photos of the bin Laden children in 1980s garb playfully posing around their homes in Jeddah and Khartoum make it difficult to believe who their father is."

Tora Bora.

The book's revelations are magnified by a family photo spread provided by Omar bin Laden. Seeing photos of the bin Laden children in 1980s garb playfully posing around their homes in Jeddah and Khartoum make it difficult to believe who their father is. Reading Omar bin Laden's recount of handling automatic weapons, being encouraged

to volunteer as a suicide bomber, having to choose a husband for his twelve-year-old sister and watching his father shoot his beloved canine companion in the head all as a teenager is really quite heart-wrenching.

His accounts of these and other

atrocities, paired with the careful, cautionary observations of his mother Najwa, make for a revealing collection of insights into the bin Laden family dynamics and the sickening predilections of their infamous patriarch.

I finished *Growing up Bin Laden* no longer feeling so afraid of this man—this monster who we've all come to loathe and fear. It is often noted

that education has the power to demystify, and learning more about Osama bin Laden taught me that, although powerful and destructive, he is not an entirely unstoppable force. He is a terrorist, a mass murderer and a textbook psychopath, but, ultimately,

he and his cause will die in a cave. Bin Laden isn't stupid, but he is pathetic.

His power to divide and inspire hatred is contingent on his ability to remain an enigma—something his once-favorite son and first wife have rejected and sought to undermine by revealing what it was "growing up Bin Laden."

'The Gallery' stuns with soulful lyrics

Mae Buer
Staff Writer

Tucked away in the corner of a little strip mall in Boulder sits The Rock and Soul Café, a small Mom and Pop venue filled with Rock 'n Roll memorabilia and the best coffee for miles in each direction.

In this intimate setting, New England-based indie rock group The Gallery played a small, spur-of-the-moment show for the 8 or 9 of us willing to sit through frustrating sound checks in pursuit of some genuine enjoyment of music.

The four-man group skillfully set up their stage and began playing. Their stoic attitudes and uncomfortable-looking faces melted into pure musical enjoyment as they worked their way through a small set of just-recorded songs.

In a moment of genuine passion, vocalist Brendan Cooney's face crumpled as he sang undeniably touching lyrics from their newest project, which is currently in the process of being mixed.

As the short set ended and the band packed up their things, the four friends shared a meaningful look that

said, "Great show, guys."

I talked to the guys after the show and found them to be generous and very down-to-earth. They described their sound as "lyric-driven indie rock," and cited as diverse bands as Coldplay and Bob Dylan as their influences.

In the hour that I got to speak with the band, their answers were honest and personal. The four met in college and wrote music based on personal experiences, as well as ones that were relatable to their fans.

They see themselves gaining more fans and releasing at least one more album before the end of next year, and hope to go on another tour before the year's out.

"Our favorite part of touring is traveling and talking to the people that we meet," lead guitarist Shea Brennan says in a soft voice, his eyes alight with excitement. "It's really great to meet new people and hear what they have to say about our music."

When I suggested that they play at Ranger Day here at Regis, bassist Dave Mozdzanowski laughed enthusiastically. "If you can get us booked, we'll be there."

Ask Aspen: The advice guru

Dear Aspen,

My friends and I have had an ongoing debate that I would like you to help settle. I have wondered for some time and can't seem to find an answer, what is our Regis mascot? What do we use to represent a "Ranger" at sporting events and such? I have gone through all my Regis shirts, notebooks, etc. and have found no evidence as to what our mascot is.

Please help my friends and I settle our debate, and help set the record straight for everyone on campus.

Sincerely,

Looking for some school spirit but a little confused

Dear Ranger Fan,

I am so glad you asked! As it turns out, the Ranger and I are quite close, and I am happy to clear up the common misconceptions surrounding the existence of our mascot and what it looks like. So that the Ranger is easily recognizable from now on, I have included a recent photo of mine where I caught up with the Ranger.

Now, I will acknowledge that your

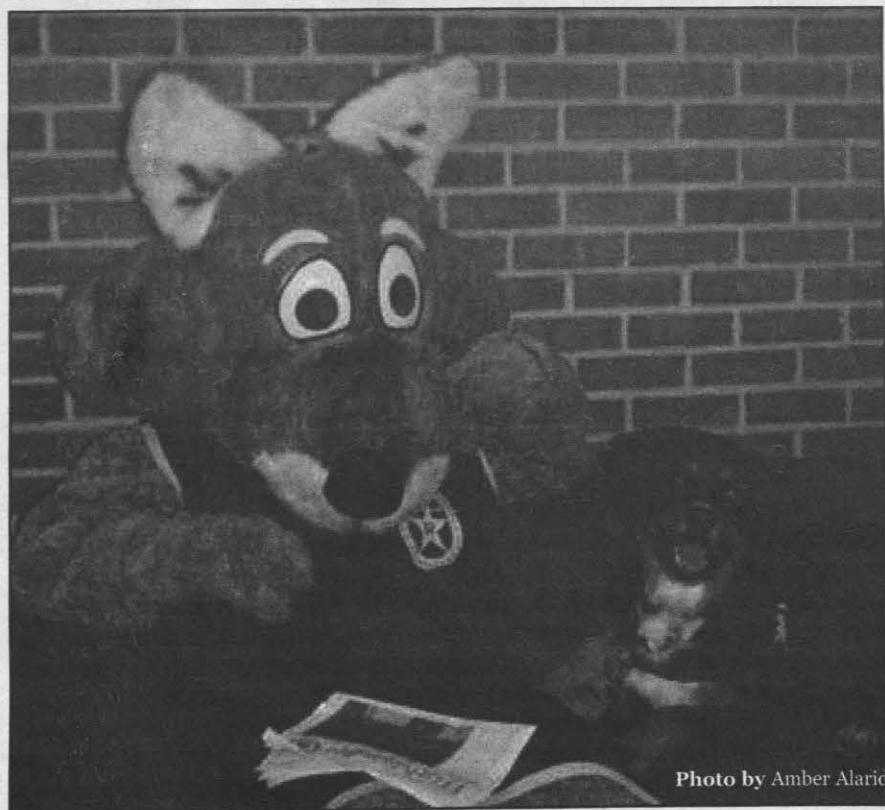
confusion is understandable considering the Ranger is often thought to be a cowboy, but is actually a coyote. This common misunderstanding may be due to the fact that the Regis Rangers mascot is not often represented.

In fact, the most often represented symbol on Regis paraphernalia is the Ranger badge (a traditional, western sheriff style badge with a large R in the center). The badge is usually easier for students to recognize as a Ranger representative than the actual animal costume Regis uses for sporting events. Why is the mascot a coyote and not a cowboy? This is in an effort to remain gender-neutral when representing all students at Regis.

You can find the Ranger making appearances at athletic events, and even loaning his image to a life size replica in the undergraduate Admissions Office.

I hope this clears up your confusion Ranger Fan. Thanks for submitting your question.

Yours Truly,
Aspen



Aspen and the Regis University Ranger mascot relax on the couch reading *The Highlander* together.

Snow may be hard to predict in Denver, but your future sure is getting clearer

By Resident Psychic Miss Know It All

Scorpio (Oct. 23-Nov. 21) This week is all about catching up on assignments you have put off until now. Midterms threw you off, and you have been avoiding your reading ever since. Well, now would be the time to back peddle because there is a pop quiz in your future and you can't afford to fail so close to the end of the semester.

Sagittarius (Nov. 22-Dec. 21) You are already making plans for your birthday and your ducks are almost in a row. This will give you plenty of time to save up for a party bus and refine the guest list. However, in all your planning it's likely that you will forget one of the small details...Remember on the night of your birthday to bring your wallet. After all, forgetting your ID could ruin the whole elaborate evening.

Capricorn (Dec. 22-Jan. 19) The love of your life is waiting just around the corner. Keep your eyes peeled because you never know when you will find this great love. Now, I know what you're thinking, but you are wrong....This new love will most likely come in an unexpected form. My guess is it will be in the form of a shelter puppy. Now would be a great time to go volunteer your time walking dogs to blow off some steam after the stress of midterms.

Aquarius (Jan. 20-Feb. 18) Did you get in a fight with a friend recently? Now might be the best time to settle disagreements before it gets too late in the semester and there is no time left to enjoy your rekindled friendship. Sure, you may not be able to forgive your best friend fully for showing up to the Halloween party with the same costume as you. And goodness knows if there was a Regis fashion blog you would be on the ever embarrassing "Who wore it better" list, but take comfort in the fact that you wore it better...Well, at least that's what we'll tell you in an effort to make you feel better.

Pisces (Feb. 19-March 20) Trying to avoid a particular song lately? Don't try too hard because songs like that are like dogs: they can smell your fear and they will naturally gravitate towards you. Remember that song you changed in the car on the way out on Halloween? It came on several times that night when you were out and about and had no control. This is likely to keep happening so you might start learning the words and singing along, after all it is a great dance tune.

Aries (March 21-April 19) Decision 2010 is over and there is nothing you can do to change the results now. Thankfully, you have already started focusing on your own personal Decision 2011: what on earth are you going to do with your life. Don't we all love thinking about that. Yet as graduation looms ever-closer, you have no choice but to start thinking seriously. Look at the silver lining: if your first choice doesn't work out, there's always the time honored tradition of becoming a carni.

Taurus (April 20-May 20) Nothing can spare you from the embarrassment you will feel this week when you put your foot in your mouth during a class discussion. Forget about it, we have all read something out loud terribly wrong. Take comfort in the fact that tomorrow it will be someone else and you will be on the laughing end. Until then, lay low, you may have offended the person sitting next to you.

Gemini (May 21-June 20) Okay, so maybe you couldn't make it on *American Idol*, and no one has ever claimed that you prove that America's Got Talent, but your lab partner sure enjoyed your rendition of "Total Eclipse of the Heart." Maybe if it weren't 2:00 a.m. your roommate would have found it amusing as well. This might be a good time to spend more time in the library while your roommate cools down. In your defense, how were you supposed to know there was a test in your roommates 8:00 a.m. class?

Cancer (June 21-July 22) Halloween was rough on you and as has been commonplace lately, you may have made a bit of a fool of yourself. Enjoy the fact that the holiday is over and you won't be asked to dress up in costume again for quite a while. At least there were more wardrobe malfunctions than just you. At least you can now count yourself among a famous few such as Janet Jackson who will enjoy 15 minutes of renewed fame because of this costume slip.

Leo (July 23-Aug. 22) You can continue to blame it on your alarm clock all you want, but by now your supervisors and teachers are on to you. It might not be a bad idea to set several alarms from now on just in case. After all, you know you aren't going to slow your school/social calendar down anytime soon, so probably the only thing you can work on is not sleeping through your alarm and keeping plenty of Rockstar in the fridge.

Virgo (Aug. 23-Sept. 22) You are usually known for your grace and modesty. Well...usually. Unfortunately, you recently were seen taking quite a stumble down the library stairs in front of a packed quad and letting loose a stream of words that would not be aired on an Orbit commercial in front of a campus tour. Maybe heels aren't a great idea for you no matter how good you look while standing steady before taking the plunge down the stairs.

Libra (Sept. 23-Oct. 22) This month set aside some of your dough to take yourself out shopping. After recently discovering that your workout clothes are incredibly unflattering and in fact appear to make you look larger in all the wrong places it might be a good idea to pick out some more updated workout clothes. Yes, you are bound to look sweaty and downright gross when you are working out, but you don't need to make it any worse by looking like you just stepped out of a Richard Simmons workout video.

READ THE HIGHLANDER



THE REGIS RANGERS MASCOT DOES!

Freshmen push Rangers ahead of New Mexico Highlands 2-0 to advance in the RMAC Tournament

Brianna Workman
Graduate Assistant, Sports Information

Coming off of a 1-0 loss to Fort Lewis on Sun., Oct. 31, the Rangers claimed a 2-0 victory over New Mexico Highlands in the RMAC Tournament semifinal game to advance. Rachel McMahon scored her fourth goal of the season to put the Rangers up 1-0 before CC Rinehart scored her second goal to increase the lead and victory to 2-0.

A short three minutes into the game, McMahon drilled one from the left side into the far post and past

Cowgirl goalkeeper Amanda Rose Johnson. Rinehart assisted on the play. This lead lasted the Rangers through the first half.

Less than ten minutes into the second half Rinehart scored her own goal when she received a cross from Meghan Stuart and sent it into the back of NMHU's net.

Regis outshot Highlands 22 to seven in the game while putting ten shots on goal. The Rangers forced eight Cowgirl saves and posted up for ten corner kicks.

#9 Regis men's soccer get tripped up in regular season finale to Mesa State 2-1

Jeremy Phillips
Sports Information Director

With a win today over Mesa State the ninth-ranked Regis men's soccer team would be the second seed in the RMAC Tournament and more importantly a bye in the first round. Unfortunately, the Rangers couldn't capitalize on some good opportunities and were upset by Mesa State 2-1.

Regis (13-2-3, 9-2-3) had more shots, 19-8, than Mesa State (10-6-2, 6-6-2) but senior Nathan Kafer's penalty kick goal 17 minutes into the second half was the only goal the Rangers could score. Bashiru Ali put Mesa State on the board first 7:03 into

the second half, scoring off a deflection.

One minute and 44 seconds later, the Mavericks' Steve Shaw scored what proved to be the game-winner as he dribbled through the Ranger defense and found the back of the net.

With the loss, Regis earns the third seed in the upcoming RMAC Tournament and will host CSU-Pueblo, the six seed, on Wednesday afternoon at 3:30 p.m. This will be the third time this season that Regis and the Thunderwolves will meet with Regis winning the first meeting in Pueblo 2-1 and also the second meeting in Denver 4-1.

Regis drops first match in eight games 1-0 to Fort Lewis

Brianna Workman
Graduate Assistant, Sports Information

After winning seven of their last eight games, and tying one, Regis dropped their final regular season game 1-0 to Fort Lewis College in Durango on Sunday. Although the

Rangers outshot the Skyhawks 15 to 12, Fort Lewis' Emma Cannis put one in the back of the Rangers' net in overtime to end the match 1-0 in favor of Fort Lewis.

Shots were evenly matched during the first half as Regis took five to Fort Lewis' six. Both goalkeepers made two saves in the first half as Regis had

Ellen Augsburger tending the net and the Skyhawks had Christine Schmelzle tending theirs.

The second half read a little differently as the Rangers put up ten shots, forcing six Skyhawk saves, while holding FLC to just five. However, none reached the back of Fort Lewis' net sending the game into overtime.

Nearing the six minute mark of the first overtime period, Regis recorded a foul setting up a free kick for Fort Lewis. Sara Egbom served the ball into Cannis for a header past Augsburger to end the game.

Up next, the Rangers will begin postseason play.

Regis volleyball falls to #9 Nebraska-Kearney in straight sets

Jeremy Phillips
Sports Information Director

The Regis University volleyball team ran into a buzzsaw in the form of #9 ranked Nebraska-Kearney, falling in straight sets, 25-16, 25-16, 25-12.

Regis (15-10, 10-6 RMAC) didn't have an answer for the balanced Nebraska-Kearney (24-4, 15-1 RMAC) offense, who lost their first RMAC contest of the year last night to Metro State. UNK hit .500 in the first set on their way to a .429 attack percentage

on the night. Regis meanwhile had 18 errors in 121 attempts and 31 kills for a .107 attack percentage.

Freshman Christy Henzgen led the Rangers with nine kills, while senior Kerry Grady chipped in with seven. Defensively Regis was led by senior

Erin Anderson with three blocks and fellow senior Devin Eckhardt's two. Eckhardt dished out 24 assists and also had eight digs.

Freshman Sage Martinson had a team-high 16 digs, while Henzgen chipped in with six.

COMMUNITY/CAMPUS EVENTS

Tuesday, November 9

"RU, CAN U" Food Drive

Yesterday began the ongoing food drive across campus to benefit those in need this holiday season. Look for collection bins all over campus and please help as much as you can. Only non-perishable items will be accepted. The food drive continues through Nov. 21.

Tapped

RUSGA's Sustainability Committee is showing the documentary "Tapped." "Tapped" is a documentary about the plastic water bottle industry. Come out and learn shocking and interesting facts about water and the bottles used. The event will be held in the Science Amp at 7 p.m.

Yearbook Photos

This is your one shot at getting your photo in the yearbook and getting free wings in Walker's Pub! Tuesday photos will be taken in the Student Lounge in the Student Center from 10:00 a.m. to 6:00 p.m.; Wednesday photos will be taken in the Ranger Grille between noon and 8:00 p.m. Wings are available from 4:00 p.m. to 6:00 p.m.. Take your photo in a costume and you can enter to win some of the \$300 worth of prizes up for grabs!

Starz Denver Film Festival

From Nov. 3-14, the prestigious Starz Denver Film Festival presents a programme of approximately 175 films including features, shorts, documentaries, animations and other experimental works. Showtimes and ticket prices vary by screening. For more information visit the Denver Film Society website www.denverfilm.org.

Denver Arts Week

Don't miss a week-long celebration (Nov. 5-13) of Denver's thriving arts scene, with special events, concerts, art shows, theatre, dance, street parties and prizes. Try something new and explore more than a dozen museums, 40 performing arts groups, six neighborhood arts districts and 100 art galleries. Discover for yourself why Denver is earning a reputation as a world capital of art and architecture. For more information visit www.denver.org.

Wednesday, November 10

Music Faculty Series Concert

Join the Music Department at Berkley Community Church for the second faculty concert of the year beginning at 7:30 p.m.. Support Regis faculty and students who have put in count-

less hours to perfecting their craft, advertising the concert series, and putting together the usual reception after the concert. This is sure to be a relaxing evening of music and comradery.

Thursday, November 11

Thursday Thrills

PAC is throwing a Swing Dance night! Come learn how to dance then show off your new moves. Event is in the Dining Room in the Student Center and starts at 10 p.m.

Women, Literacy, and Poverty.

At University of Denver Sturm Hall, Room 286 at 4 p.m., Humanities Institute Faculty Series presents Women, Literacy, and Poverty: Working with Writers at The Gathering Place. This lecture reflects on how the collaboration between a writing professor and women writers from The Gathering Place has helped overcome some of these barriers and has recreated community through writing. It also explores some of the ethical challenges that manifest in such community-based work. Presented by Geoffrey Bateman, lecturer for the Writing Program and interim director of Gender & Women's Studies. For more information contact kristin.altman@du.edu.

My Life with Carlos

When Carlos Berger Guralnik was murdered in 1973 by Pinochet regime, he was survived by his one-year-old son, German. My Life with Carlos documents German's search for the keys to his father's identity and the circumstances surrounding his death. His deeply personal journey unites his family while chronicling the horrors of Chile's dictatorial past. If you are interested in buying tickets please contact DJPC's office at (303) 623-1463 or contact (303) 964-8818. The tickets are \$12.00 each. The event will be at the Tirvoli Theatre on the Auraria Campus at 6:45 p.m.

Friday, November 12

Mercury Café Friday Night Poetry

Colorado's longest, ongoing poetry reading is at the Mercury Café every Friday night at 10 p.m. Readers of all ages are welcome and due to the proximity of the Melbourne Youth Hostel many international readers attend and participate. Poets may sign up to read by calling 303-294-9258. Mercury Cafe is located at 2199 California St.

Saturday, November 13

Weekend Programming: Free Zoo Day

PAC is taking about 20 students to the Denver Zoo! Make sure to sign up in the Student Activities Office. Look out for Dave Law's email regarding the time!

National American Indian Heritage Month Celebration

The event is held at St. Luke's United Methodist Church (8817 South Broadway Denver, CO 80129) at 6 p.m. An evening of family entertainment with storytelling, singing and dancing by all American Indian cast. Admission and parking is free. Sponsored by RMC Native Ministries, alterNative Voices, Red Elk Enterprises. For more information see <http://www.alternativevoices.org>.

Monday, November 15-19

Diversity Week 2010

This year marks the 6th annual Regis University Diversity Day conference and will take place November 15th thru November 19th. The conference has successfully grown to encompass a full week of ideas, issues and best practices in diversity for Students, Faculty and staff. The theme of this year's conference is "The world is our house: Towards being at home with our World." Sponsored by the Office of Diversity. Please contact Sonia Del Real at Sdelreal@regis.edu for more information.

Monday, November 15

RUSGA T-shirt Competition Deadline

RUSGA is sponsoring a t-shirt design competition for the traditional student body. The winning designer will receive a 75 dollar visa gift card, free shirt, and hundreds of students wearing their design! Pick up a t-shirt template in the RUSGA office or visit regisgov.org for the template!

Tuesday, November 16

Peace Market Comes to Campus

Are you in need of some holiday or birthday gifts? Do things like ethical treatment of workers and sustainable production rank high on your priority list? If so then the Peace Market is a great way to get all your shopping done in one place. Various vendors selling products ranging from food to stationary will gather in the Student Center Faculty Lounge from 10:00 a.m. to 2:00 p.m. Tuesday and Wednesday. For more information contact Andra Bickel at extension 5375 or abickel@regis.edu.

Close SOA Mass and Protest

The Social Justice and Spirituality Committee of RUSGA is holding a Mass at 5:15 followed by a protest at 6:15 p.m. Questions? Please contact schmi353@regis.edu

Wednesday, November 17

Support Art from Ashes by shopping at 10,000 Villages

Support nonprofit organization Art From Ashes (AFA) youth programs and global microbusinesses by shopping at 10,000 Villages fair-trade store in Cherry Creek from 5-8 p.m. 10,000 Villages carries unique, hand-crafted products from artisans in Asia, Africa, Latin America and the Middle East. Each purchase provides a 15% donation to Art from Ashes youth programs! AFA be there with youth poets to inspire some holiday love with support from Regis College Lambda Pi Eta (Communication Honors Society).

Thursday, November 18

Thursday Thrills

For this week's Thursday Thrills, PAC is having Speed Dating. Show up at 10 p.m. in the Dining Center in the Student Center to participate! Make sure to bring friends and enjoy the mingling!

Friday, November 19

Harry Potter Premier

For those Harry Potter die hard fans, if you can hold out until Friday PAC will take you! PAC is renting out an entire theatre for traditional students. So save your money and come see Harry Potter with PAC!

Saturday, November 20

Fr. Woody Wrap Party

Join Alpha Sigma Nu Denver Alumni and current chapter members in helping make Christmas memorable for those in need. The event takes place in the Student Center at 10:00 a.m. Contact Drew Jones at djones@regis.edu or call (303) 964-5095 for more information.

Weekend Programming: Geeks Who Drink

Once again the trivia game is coming onto campus! Play the trivia game for great prizes in Walker's Pub at 9 p.m. Sponsored by PAC

Monday, November 22

Senate Meeting

Come to a Senate Meeting and voice your concerns or opinions. The Senate Meetings are held at 5:30 p.m. at Main Hall 333.

Class Registration Schedule

Pre-registration will be located in the Office of Academic Records and Registration, 4th floor of Main Hall, during the hours of 8:30am-4:00pm. Class standing is determined by the number of credit hours completed as of the beginning of Fall Semester 2010. This does not include work in progress.

Senior (92 semester hours or more completed)

November 9 (Mon.)
8:30am-12:30pm A-D
12:30pm-4:00pm E-K

November 9 (Tue.)
8:30am-12:30pm L-Q
12:30pm-4:00pm R-Z

Junior (60-91 semester hours completed)

November 10 (Wed.)
8:30am-12:30pm E-K
12:30pm-4:00pm R-Z

November 11 (Thu.)
8:30am-12:30pm A-D
12:30pm-4:00pm L-Q

Sophomore (30-59 semester hours completed)

November 12 (Fri.)
8:30am-12:30pm L-Q
12:30pm-4:00pm A-D

November 15 (Mon.)
8:30am-12:30pm R-Z
12:30pm-4:00pm E-K

Freshman (0-29 semester hours completed)

November 16 (Tue.)
8:30am-12:30pm R-Z
12:30pm-4:00pm L-Q

November 17 (Wed.)
8:30am-12:30pm E-K
12:30pm-4:00pm A-D