Diversions

Resorts gear up for winter sports season, page 6

Sports

Teams use ‘hot yoga’ to develop flexibility, focus, page 9

Mesa State College

www.mesastate.edu/crite

Volume 68 Wednesday, October 17, 2001 Issue 9

grand scales

A 77-pound, 15-foot albino python amazes an audience, Oct. 10, at the Wednesday Night Wanderings put on by the Mesa State Outdoor Program.

Distinguished Alumni to be honored at 2001 Homecoming luncheon

“Conman” broadcasting live on Oct. 18 to help round-up Homecoming activities.

Criterion Staff Report

The Mesa State Alumni Association has named five former Mesa State students as Distinguished Alumni for 2001. The five honorees will be recognized at a luncheon on Friday, Oct. 19 at 11:30 a.m. in Liff Auditorium.

They are Representative Gayle Berry, Chris “The Conman” Cohn, Gregory W. Hayes, Aden E. Hogan, Jr. and Robert G. Whittemore.

The “Conman,” who earned a mass communications degree in 1991, will be broadcasting live from the corner of 12th Street and North Avenue on Oct. 18 to help promote MSC Homecoming.

UTEC students bring honors at state culinary competition

Mesa State finishes third among 11 teams, takes home $1,000

Special to the Criterion

Mesa State College students and faculty from the Colorado Culinary Academy at UTEC brought home three awards from the Second Annual Governor’s Symposium Celebrating Colorado Cuisine held in Keystone, Oct. 6-8.

UTEC instructor and chef Jon St. Peter took first place in the one-pot beef competition with his braised flank steel roulade and tomato sage dumpings with Asian pear, green cabbage and sugar beet sauce.

The team of five students, who were participating in their first contest, earned a bronze medal in the American Culinary Federation (ACF) Culinarians of Colorado junior championship contest.

Their menu included a sea scallop, goat cheese and garden beet appetizer, roast duckling, romaine, opal basil, spinach and pear vinaigrette salad.

It also included a roast veal loin with rosemary infused potatoes, and a cognac green peppercorn entree. The dessert was a dark chocolate mousse with orange sugar crisp and macerated bananas. Andrea Pearson lead the team with a perfect score in preparing the dessert course.

The other student team members were Donnette Kovene, Geno Olivieri, Bernie Waag and Tim Wilczek. St. Peter coached the team, which competed against eight other teams.

They were Johnson County Community College, Overland Park, Kansas; Colorado Mountain College, Keystone; two teams from the Art Institute of Colorado, Denver, Salt Lake Community College and apprentice teams from ACF Culinarians of Denver, and two teams from the Broadmoor Hotel in Colorado Springs.

The Knoebel Culinary Cup team competition was held Sunday, Oct. 7 and Monday, Oct. 8. The teams, comprised of three professional chefs and a junior or apprentice chef, vied for a share of more than $9,000 in prize money and a traveling trophy.

The Mesa State team - Mesa State/Sodexho Executive Chef Matthew Dokupil, ice carving; UTEC Instructor/Chef Wayne Smith, pork Grilling; Kovene, Colorado lamb saute; and St. Peter, one-pot beef cooking - finished third among 11 teams and won $1,000. St. Peter won an additional $500 for his first place showing.

“The entire weekend was a learning experience with lots of chef demonstrations, guest lecturers and food dis’

Please see COOK, page 2

weather forecast

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Homecoming schedule has Western flair

Criterion Staff Report

Mesa State College Homecoming 2001 is riding in this week with several different activities and events. The hustle and bustle began on Wednesday, Oct. 17, and will continue throughout the weekend.

The following is a schedule of events. For any questions or comments regarding Homecoming, call (970) 248-1758 or e-mail at infodesk@mesastate.edu.

Wednesday, Oct. 17
• “Decorate a MSC Megaphone” sponsored by Activities Council; 10 a.m. to 2 p.m. in the College Center
• Soccer Game, Mesa State vs. Fort Lewis College, 3:30 p.m. at Bergman Field

Thursday, Oct. 18
• Volleyball Match, Mesa State vs. Western State, 7 p.m. in Brownson Arena
• Homecoming Blood Drive sponsored by Activities Council, 9 a.m. to 2 p.m. in the College Center

Friday, Oct. 19
• Decorate a Football Cookie sponsored by Activities Council and MECHA, 10 a.m. to 2 p.m. in the College Center
• Residence Hall Homecoming Decoration Judging, 3 p.m. in the Residence Halls
• Former Student Leader Reception, 7 p.m. in Walnut Ridge Gazebo, Cost: Free
• MSC Jazz Band, 7:30 p.m. in the William S. Robinson Theater, Contact (970) 248-1233 for ticket information
• Pep Rally & Bonfire sponsored by Activities Council, 9 p.m. in the Saunders Fieldhouse parking lot

Saturday, Oct. 20
• Reader’s Festival (featured authors include: Kent Haruf, T.A. Barron & Molly Gloss), 8 a.m. to 4 p.m. in the Liff Auditorium
• Homecoming Parade around campus sponsored by Activities Council, 10:30 a.m.
• Homecoming Royalty coronation in the College Center, 11 a.m.
• Wild, Wild Brunch & BBQ, 11 a.m. to 1:30 p.m. in the Elm Street Grill or Campus Dining Hall, Cost: $6.50.
• Western Orthopedics and Sports Medicine - Mesa State College Homecoming Game, Mesa State Mavericks vs. the Orediggers of the Colorado School of Mines, 3 p.m. at Stocker Stadium, Mesa State students get in free with MAvCard

Fake IDs not hard to spot
Local liquor stores use technology to stop illegal purchases

By Kari Gulbransen
Special to the Criterion

Trying to buy alcohol with a fake ID in Grand Junction can be a difficult feat to accomplish. “We have a machine that verifies age and checks the authenticity of the ID,” said John Quigley, an employee at Andy’s Liquor. “We also check the seal, height, weight and watermarks on the ID as well.”

According to Kevin Caranna, manager at College Liquors, it is not too difficult to spot a fake.

Caranna, who is also a defensive coach for Mesa State College, said, “What we look for are the people who look nervous. Once they give us their ID, we look at the height, weight, picture and seal.”

He also said that at College Liquors they have no qualms about pulling a fake ID from somebody. In fact, they are offered a cash incentive for each ID they pull.

At Fisher’s Liquor Barn, catching somebody using a fake ID is usually not a problem. “We caught some chick trying to use someone else’s ID a few weeks ago,” said Matt Leman, an employee at Fisher’s Liquor Barn. “One of our employees knew the girl whose ID it was.”

“‘What we look for are the people who look nervous.’”
- Kevin Caranna, manager of College Liquors and MSC defensive coach.

James Dewey, who works at Horizon Liquors, said that they do not have major problems with underage people trying to buy alcohol from their establishment, but they still take a good look at each and every ID used.

He said the ID’s they generally find that are fake are suspicious because they are falling apart or peeling at the corners.

At College Liquors, the fake ID’s that have been confiscated are hung on a shelf behind the counter to proudly display the work the employees have done in catching fake ID users.

At the end of the summer this year, there were more than 40 fake ID’s hanging on the shelf. They start over each fall, and right now there are four gathered from just one weekend. Caranna said the fake ID’s that are most commonly pulled are from Colorado and military ID’s.

“We look at the birth date and expiration date,” said Darren Oxford, assistant manager at College Liquors. “In the state of Colorado, those (the birth and expiration dates) must match month and day. Most of the ID’s we have are just someone else’s ID that the person tried to use.”

Most stores will confiscate the ID, but if an employee is caught selling to a minor, they face fines. The first offense is a $1,000 fine for the store and a $500 fine for the employee. The minor could also face fines, but generally the stores confiscate the ID and the minor is expected to leave the store.

The employee does have the right to call the police, but Oxford said what College Liquor does is punishment enough.

“We just take the ID and hang it on the wall to embarrass the person,” he said.
Note: This Blotter is not only Mesa State College students. It comes from the Grand Junction Police Department from the Grand Valley area.

October 11
2nd degree burglary/Theft - Person(s) unknown unlawfully entered an unlocked garage on the 2600 block of Del Mar Drive and removed fishing equipment valued at $3,529.

3rd degree assault - A 17-year-old female was arrested and released pending charges after she was involved in a disturbance on the 1100 block of Texas Avenue.

Theft - Christina Closs, 25, was arrested and released on a summons after she attempted to remove items valued at $14.98 from the business located at 200 Reed Ave. without paying for them.

DUI - Dean Martinez, 21, was arrested and released on a summons after he was contacted on the 600 block of Orchard Avenue and found to be operating a motor vehicle while under the influence of alcohol.

October 12
3rd degree assault - Timothy Pennington, 39, was issued a summons, after he allegedly struck a subject in the head causing minor injuries. The incident occurred during a meeting on the 2400 block of Belford.

Shoplifting - Bundon Sloan, 20, was arrested after he attempted to allegedly steal a pair of two-way radios from K-Mart. The radios were valued at $98.

1st degree criminal trespass - Person(s) unknown allegedly entered the victims vehicle while it was parked at 290/1/2 1/2 Road and removed items valued at $650 without the owner’s knowledge or consent.

Warrant arrest/Narcotics violation - Andrew Wescott, 36, was arrested after he was contacted on Hwy. 340 and Red Mesa Heights and found to have an active arrest warrant with a bond set at $750. He was also found in possession of less than one ounce of marijuana.

October 13
DUI/Accident - Jacqueline R. Martin, 31, was arrested on the 1900 block of North 7th Street after she was involved in a motor vehicle accident and found to be under the influence of alcohol.

Unnecessary noise - Eric Archuleta, 26, was found asleep in his car after he allegedly made continuous loud noise causing an annoyance to area residents.

Warrant arrest - Jarrod Rutters, 18, was arrested on an active Grand Junction municipal warrant after being contacted by the Mesa County Sheriff’s Office. Bond is set at $146.

October 14
DUI/Obstructing/Narcotics violation - Lauren Clark, 20, was arrested after she was found to be driving with a suspended license. During the contact with Clark, a passenger in the vehicle, Jason Steele, 18, ran from the officer. A foot pursuit ensued with Steele refusing commands to stop. Steele was eventually arrested two blocks away.

Warrant arrest - Mike Chacon, 22, was arrested after he was contacted on the 1100 block of North Avenue and found to be operating a motor vehicle while under the influence of alcohol.

October 15
3rd degree assault/Domestic violence - Kyle Cheal, 21, and Deborah Adams, 18, were both arrested on the 200 block of Redwood Court after they allegedly got into an argument and struck one another, causing each other injury and pain.

Motor vehicle theft/Vehicular assault - A juvenile male was detained after he was allegedly involved in a hit-and-run accident at the Mesa Mall. The investigation further revealed the vehicle involved was stolen and he nearly struck several people driving by on the sidewalk. In addition, the juvenile repeatedly gave officers false information regarding his identity.

1st degree criminal trespass - Michael Higgins, 18, and Collin Geery, 18, were arrested after investigation revealed they had broken into two cars on the 1300 block of North Sherwood Avenue.

Narcotics violation/False reporting/Warrant arrest - James A. Kelsey, 21, and Brian A. Mills, 42, were both arrested on the 1400 block of North Avenue after being contacted for a traffic violation and an investigation revealed Mills had an active arrest warrant out of Mesa County and was in possession of methamphetamine. Kelsey also gave officers a false name and date of birth during the investigation.

October 16
Narcotics violation/Warrant arrests - Maurice A. Choquette, 22, and April M. Ragudale, 19, were both arrested after being stopped for a traffic violation near 12th St. and North Avenue and both were found to have active arrest warrants. Further investigation revealed the Ragudale was in possession of drug paraphernalia and Choquette did not have a valid driver’s license.

Carrying a concealed weapon - Jared P. Schepermaker, 19, was arrested at the Mesa Mall after an investigation revealed he was carrying concealed weapons - a 2-inch knife and a folding knife - in a public place.

Warrant arrest - Elijah Seybert, 22, was arrested after he was contacted on the 200 block of Roosevelt Street and found to have an active warrant. Bond set at $2,000.

This student-run publication is funded by Mesa State College student fees and advertising revenues. Letters to the editor are encouraged, however, the editorial staff reserves the right to reject any submitted copy. Copy may be edited for grammar, space and content, including, but not limited to, the removal of any libelous or obscene content. All submissions must be typed, signed and accompanied by an address and telephone number. Anonymous letters will not be accepted. Letters must be submitted by noon on the Sunday before publication, and shorter letters may have a better chance for publication.

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Plane prank ends in arrests at Arkansas State U.

By Shannon Knebel
The Herald (Arkansas State U.)

Tuesday afternoon when Arkansas State University fraternity members dropped a water balloon from a low-flying plane in the Fowler Center parking lot.

Lance Shepard, Jason Gene Jones, Kyle Mitchell Keith, all of Jonesboro, and Jason Ryan Causey of Rector, were taken into custody after it was discovered that they had used an Arkansas State University airplane to play a practical joke.

Bob Simpson, chair of the Department of Theater Arts, reported to the USD that as he was standing outside the Fowler Center he saw the airplane flying lower than normal on campus at about 3:30 p.m. He witnessed a small object about the size of a baseball drop from the plane and stepped back to avoid being hit by it.

Shepard took a small plane from ASU's flight training center in Newport and flew to Jonesboro where the men dropped the water balloons near the Lambda Chi Alpha fraternity house. Shepard, who attends both the Newport and the Jonesboro campuses, is a licensed pilot who in one of the flight training classes, said Chief Ken Cooper of the UPD.

"If they had done this at any other time, it wouldn't be such a serious situation," said Capt. Mike Archer of the UPD.

The incident is currently being investigated by the Federal Aviation Administration, Archer said.

Although it was just a prank, the FAA took the incident seriously because of the Sept. 11 terrorist attacks, said John Claybes, a spokesman for the FAA Southwest Regional Office in Fort Worth, Texas.

"It was a foolhardy thing to begin with. In today's world, this was just not a very smart thing to be doing," Claybes said. "It's probably not a violation of FAA rules, but it may be a violation of local public safety codes." Claybes said he doesn't know what, if any, action will be taken by the FAA.

The four men will appear in Jonesboro Municipal Court Nov. 15 for violating a city ordinance against dropping objects from an aircraft.

"Two of the passengers had brought water balloons from the fraternity house because we had had a water balloon fight the night before and they thought it would be fun to throw one at the [Lambda Chi] house," Shepard said. "Not thinking of the current U.S. situations, I did not say anything about it."

Utah State male pageant to fulfill tradition

By Safiyyah Balard
The Utah Statesman (Utah State U.)

(U-WIRE) LOGAN, Utah - One of Utah State University's traditional Homecoming Week activities is the male beauty pageant - Mr. USU.

This year's Mr. USU pageant theme is "Celebrating America."

Jami Voorhees, a senior exercise science major, is coordinating this year's pageant.

"The Mr. USU contest is basically a beauty pageant for the men of USU. It's hilarious. The contest is not based on looks, it's based on humor," Voorhees said.

Just like a real beauty pageant, Tuesday's event will feature several aspects of the contest leading up to the selection of the winner.

"The guys are going to do a dance. There will be a talent competition, a swimsuit contest and a formal wear question and answer session. It's really kind of Miss Congeniality style," Voorhees said.

Mason Smith, a junior business marketing major, is a contestant for Mr. USU. He is being sponsored by the Student Alumni Association.

"I think that it should be pretty fun and I just hope that me and the other guys can put on a good show. I'm most looking forward to the crowd's response to the dance we are going to do. I'm excited about the whole thing," Smith said.

Andy Dille, ASUSU activities vice president said, "I think it's just a spoof on beauty pageants. It's just a time for a bunch of guys to get up and make fools of themselves. An all around good time for everyone."

Organizers chose 12 men representing every class, freshman through senior.

"Our committee just pulled together a list of pretty well-known, funny guys. We tried to ensure that every group was represented and have as broad of a spectrum of diversity as possible," Voorhees said.

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U.S. foreign policy in Middle East should be re-examined

By Sharon Sullivan

Mayor Rudolph Giuliani rejected a $10 million donation last week for the Twin Towers Fund, one of many charity funds set up to benefit survivors of the terrorist attacks. He rejected the gift despite the fact there are children orphaned, families devastated, livelihoods destroyed, and immense amounts of rubble remaining. There were no strings attached on the money, but Giuliani didn’t like the opinions of the donor.

Wealthy Prince Alwaleed Bin Talal, from Saudi Arabia, offered a check for $10 million, including a letter expressing his condolences for “the loss of life that the city of New York has suffered.” The letter stated, “I would also like to condemn all forms of terrorism an in doing so I am reiterating Saudi Arabia’s strong stance against these tragic and horrendous acts.”

Meanwhile, Congress has approved or proposed spending billions of dollars for such things as:
- $40 billion: recovery and retaliation
- $5 billion: airline bailout
- $75 million: economic stimulus package
- $8.3 billion: missile defense plan, which “wouldn’t have helped on September 11, and won’t help in the immediate future,” according to Representative Diana DeGette.
- $49,000: annual pay raise for each member of Congress, passed quietly by the senate.

According to The Denver Post, Stanley Collender, editor of the Federal Budget Report, expects the federal government to spend as much as $100 billion more than what it takes in next year. So why in the world would Giuliani reject a $10 million contribution to the city’s relief fund?

Evidently, he was annoyed, writes Jennifer Steinhauser of The New York Times, with a suggestion made by the prince—one that is not only sensible, but shared by many Americans.

Attached to the letter from the prince was a press release stating, “However, at times like this one, we must address some of the issues that led to such a criminal attack. I believe the government of the United States of America should re-examine its policies in the Middle East and adopt a more balanced stance toward the Palestinian cause.”

“Our Palestinian brethren continue to be slaughtered at the hands of Israelis while the world turns the other cheek.”

My brother, who is a doctor in New Orleans, donated $50 to the relief fund. He strongly objects to U.S. foreign policy in the Middle East. Will Mayor Giuliani reject his money?

To disagree with a particular foreign policy is not to justify the attacks. These horrendous crimes against humanity must be punished to the fullest, and within the confines of international law. But it would be foolish not to ask ourselves what could compel so many people to take such horrible, drastic actions. One only has to examine the historical facts to get an idea of what breeds the hatred.

The U.S. continues to support an illegal Israeli policy which goes against the United Nations’ mandates for recognition of Palestinian rights and return of their lands. Many Americans would like the government to stop supporting Israel in that manner. It’s a policy that has created hopelessness, poverty-stricken Palestinian refugees and angry, bitter Arabs all over the region.

People from all over the world suffer from the policies of our government. The murders of peasants, Indians and church workers in Central America has gone on for decades. Thousands upon thousands of people have been tortured and murdered by “death squads,” who are financed and trained by the United States right here in our own country.

Our tax dollars go to operate the School of the Americas, in Fort Benning, Georgia — an institution that has trained more than 60,000 Latin American military and police officers. Its curriculum includes counter-insurgency, military intelligence, interrogation techniques, sniper training, infantry and commando tactics, psychological warfare and jungle operations. Several SOA graduates have gone on to become brutal dictators and assassins in their own countries.

Along with any military action taken against terrorism, we must examine our own foreign policies around the world. Perhaps we’re not hated so much for what we have but for what we’ve not allowed others to have (such as democratically elected leadership when it conflicted with our business interests). A murderous madman like bin Laden wouldn’t have so many followers otherwise. The truth and reality is, as long as people are suffering so greatly, none of us are safe.

Giuliani should put the good of New York City before his own personal politics.

Baseball: nothing more than a game

Take me out to the ball game, take me out to the crowd, buy me some outrageous overpriced snack foods and commercialize every aspect of the game, take all the importance away from the actual game itself, “Cause it’s root, root, root for whichever team happens to be winning (and is owned by Ted Turner at that particular moment), if they don’t win, all the money being spent on commercials will have been for naught, ‘cause it’s one, two, three million dollars per second of game time that those guys are getting paid to play at the old ball game!

I think I messed up the rhyming there. I never was very good at that.

Oh fellow Americans, autumn has come, and she has brought with her Halloween, hockey and the Major League Baseball (sponsored exclusively by Coors, Gatorade, Coke, and Turner Broadcasting) World Series! Tune in and be amazed by the prowess and skill of the advertising executives as they plaster their logos all over America’s favorite pastime (and continuing national sport, football fans!).

I love baseball, don’t get me wrong. I played little league for a few years, and while I never had a run (or a hit, for that matter), and I never made a decent play, it was fun. Why? Why would I enjoy losing? Why did I keep playing even though I was scared of the ball? Because it was just a game. Nothing more. Our team was sponsored by local business owners (and women) whose kids played on the team. We didn’t get any endorsements from Nike or Reebok. We were kids, playing a game, and winning and losing wasn’t the most important thing.

So what’s the difference between us and our game, and major leaguers and their game?

Admittedly, they’re excellent, extremely talented players, but it seems to me that they have sold out to Adidas and Spalding.

Whatever happened to the glory days of baseball, when players had names like “Three Fingers” Mordecai “Catfish” Lefty” Brown? Whatever happened to the days when baseball players took the field because they loved the game? Baseball is a metaphor for life. Well, it used to be. It symbolized the never-ending struggle for men to continue to be boys. That passion and love of life that makes you want to be a kid again.

I’m pretty sure Ken Griffey Jr. and Mark McGwire are smart baseballs, otherwise they wouldn’t play it. I’m also pretty sure they like getting paid millions upon millions to play a game, I wonder which one they like more. It’s not hard to guess.

I wish baseball players could just play for the love of the game. I know if they did. The Babe would be happy. So would Jackie and Hank and Mickey and Willie and Joe. Don’t know who I’m talking about? Maybe it’s time for you “baseball fans” to learn what it means to love the game more than the money. As for me, maybe I’ll go oil up my glove.
Colorado warms up for winter

Resorts gear up for 2001-2002 ski season

For some odd reason, it always seems like fall doesn’t last long enough for Colorado. As soon as the leaves start to drop, the snow begins to fall in the high country. Last weekend was no exception for Keystone, Loveland, Vail and many other major ski areas.

With it only being October, ski areas are hopeful that more snow will move in quickly ... the quicker the snow, the quicker opening day will come. Snow machines, which are used to make artificial snow, were in action on the slopes of Vail, Loveland, Keystone and Breckenridge last weekend.

Vail, which has not set a predicted opening day, set up new deals and lift ticket costs for the 2001-2002 season. Vail hopes to entice skiers this winter with a Perfect 10 lift pass. The pass, consisting of lift tickets at Vail, Breckenridge, Keystone, Beaver Creek and the Arapahoe Basin, costs skiers $319 and allows them to ski 10 days at those five resorts.

Perfect 10 lift passes can be bought online at www.vail.com, or by calling 1-800-842-8062. Certain ski outlets throughout the state will also be selling the Perfect 10 pass. The sale ends on Jan. 31, 2002.

Vail will also be selling a Nordic Crossover ticket. The ticket allows skiers to split a one-day pass in half, using the other half for either cross-country skiing or a snowshoe lesson and tour with equipment included.

Powderhorn ski resort has also been gearing up for the season. Powderhorn, which is the closest ski resort to Grand Junction, has announced a Dec. 13th opening date. The mountain has not had significant amounts of natural snow this fall, but expects another good year of snowfall. Powderhorn also has deals going for students, and has a free day the first and last day of the season. The resort is also looking for stu...
Didion finds motivation for novels in politics

By Antero Garcia & Sophia Whang
Dailey Bruin (U. California-Los Angeles)

(U-WIRE) Los Angeles-

According to the acclaimed author Joan Didion and contrary to popular belief, politics is actually interesting.

"At first I thought politics was about stuff I just wasn't interested in," Didion said from her home in New York. "Then I started realizing it was a series of inventions or fables that were in some ways intended to draw a screen between it and me." The political process isn't intended to be in touch with the people with the electorate. As people become aware of it, it gives them the confidence to be mad.

Didion isn't the only writer to draw from inventions or fables. As an accomplished writer, Didion has already made more of novels, screenplays and political fictions. Didion has written more than a dozen novels, screenplays and nonfiction books, of which only "The White Album" has appeared on the bestseller list.

"The White Album" is a collection of essays about the 1960s. "The Other America," "Good as Gold," "The Women's Room," "In the Company of Women," "The Year of Magical Thinking" and "Runs With Scissors," "by Joan Didion" have all been published since 1969.

Didion has also started realizing it was a series of inventions or fables that she has already made more. As an accomplished writer, Didion is actually interesting.

"I think it's important to write the process of learning not to panic, to let it kind of flow at its own speed," Didion said. "It's also a process of learning that if you hit a wall, it's usually for a reason. Something's wrong in what you're doing but you might not know exactly what it is yet."

"This process applies to both fiction and nonfiction writing, and Didion notes she gets equal pleasure out of writing both genres. "Democracy" was one fictional novel in particular that Didion had difficulties writing.

"Sometimes you're writing on a novel that's so fun at all, like 'Democracy.' It just never took off," Didion said. "Some novels I have a good time writing. You get a real rush of energy in everything you see or hear or think about and everything just leads into the novel."

While novels seem to come together on their own, Didion feels that writing essays is much more difficult because of the required degree on analysis.

"Writing a novel is like a dream process," Didion said. "You don't plan it and you don't analyze it, it just starts coming."

Since her most recent book "Political Fictions," is not actually fiction, there was a greater degree of analysis needed than for a novel. Didion followed the presidential elections from 1988 to 2000, which made her skeptical about political processes.

"I got to the end of the 2000 election, and everyone was talking about Florida as if it were some kind of out-of-the-blue phenomenon that didn't have anything to do with the process," Didion said. "It seemed to me that it had everything to do with the process and it was exactly what I had been looking at since 1988," she continued. "I decided to pull these various pieces together in a way that lead up to Florida."
Teams get in touch with inner selves

MSC athletics try yoga to focus on flexibility, strength and health

By Rosanne Radcliffe
News Editor

Bikram’s the name, yoga’s the game.

Three years ago, Alexei Yudin, 48, from Russia, began one of the most intense forms of exercise that changed his life around: yoga.

Now, Yudin is introducing his life-changing experience to the athletes of Mesa State College and to anyone else interested in trying a healthier lifestyle.

So far, the MSC women’s soccer, softball and men’s basketball teams have all tried the heated 90-minute yoga course taught by Yudin at Bikram’s Yoga College of India, located at 2493 US Highway 6 & 50, #14 in the Cottonwood Mall.

The soccer team has already started their season, so they do not go on a regular basis anymore. However, with the regular softball season several months away, the team continues their off-season training and has adapted yoga regularly three times a week at 5:45 a.m.

“We have been going for about a month now and I can definitely see a difference,” said freshman outfielder Sarah Hudson. “It helps us with flexibility and I think that will help us on the field because it is proven that the more flexible you are, the less prone you are to injury.”

Getting up at 5:30 a.m., though, is not exactly easy, Hudson said. But softball coach Kris Mort said the benefits that have been showing are worth the disciplined hour.

“It’s tough at 5:45 a.m.,” she said. “It makes it difficult for everyone to get there, but we get a pretty good turnout. I can feel a major difference in myself. I feel better and I know that those on my team who go consistently feel better too.”

Although Mort said this yoga would benefit her team with balance, strength, flexibility and health, she said there is a bigger benefit that would help the girls when it comes game time.

“If they can complete focus for 90 minutes (of yoga), then 30-second intervals on the softball field shouldn’t be as big a challenge,” she said. “I think it’s healthy for your mind as an athlete.”

However, the basketball team’s first experience was not as positive as the “giants” barely endured the 105 degree heat during their yoga session.

“The team didn’t go in very serious, but he (Yudin) took it really serious,” said senior basketball player Chris Ellis. “We could be the most inflexible team in the country, and the guys started feeling the heat, so the combination didn’t really work for us. Some of the guys might go back, but I don’t think it’s something we’ll do as a team anymore.”

A former professional freestyle wrestler and coach of wrestling and swimming for 26 years, Yudin one day decided he wanted to find something that would help heal himself and others. In the mid-1990’s, Yudin said he was organizing health camps for pro-athletes using almost every form of exercise from cross training to acupunture.

“I was trying to find my fountain of youth,” he said.

He found it through Bikram Choudory, the man who founded Bikram’s Yoga. At the age of three, Choudory began his yoga training and at the age of 11 became the youngest yoga champion in India. His teacher, Bishmughosh, even told him to stop competing for the sake of the other competitors.

Choudory got in a car accident in his teenage years, which left him in a state where he was told he might never walk again. He began research with western doctors and scientists from the Tokyo University Hospital trying to find a way to restore himself.

His solution was this 26-pose yoga series that rejuvenates tissue and helps in the healing process of chronic ailments. With that, he established himself as a world expert yoga teacher.

One year ago, Yudin went to Bikram’s Yoga College of India and went through a “very intense” nine-week yoga training.

With the help of Dr. Michael Lebowitz, a chiropractor that Yudin was working with for his lower back problems, Yudin was able to set up his own yoga studio here in Grand Junction.

Dr. Lebowitz saw the difference in some of his patients who were participating in Yudin’s yoga classes from those who were not.

“It definitely helps with strength and flexibility,” he said. “In general, moods improve. (Patients’) sleeping habits are better and they are healthier.”

Yudin said this yoga is for everyone, not just athletes, but that this will help balance athletes with strength and flexibility.

“Lobsters are strong, but we don’t want lobsters,” he said. “We want jaguars, strong and flexible.”

For more information on Bikram’s Yoga College of India, call (970) 254-8585 or visit its Web site at www.bikramyoga.com.
Mesa State runners gear up for RMAC tourney

By Courtney Jones  
Sports Writer

This past weekend the Mesa State women's cross country team held the Desert Classic Open near Walter Walker Field Airport. No other Rocky Mountain Athletic Conference teams came to the competition because of this weekend's RMAC tournament in Kearney, Neb. but Mesa State still had a good workout.

Saturday morning was the open race in which interested community members could participate. Also competing were the Striders, a local running club. After the open race finished, the Mesa State team took to the course. Although the team was familiar with the terrain and parts of the course, it was a challenging 5K race, including a long uphill run. Molly Albano finished with a time of 20:48, followed by Rachel Macias at 20:58 and Laura Wilber at 21:16. Julie Meruet finished at 24:20 and Jessica Mico-Wentworth had a time of 25:00.

"I wish we'd had more teams, but nobody wants to race the week before RMAC," Albano said.

Jackie Castle sat out the race with a leg injury, but has continued to swim and cross-train, hoping to recover for the RMAC tournament.

"The team hopes to be ready for the tournament," Albano said. "We should all do our personal best."

"Nothing in the world can take the place of persistence."

Talent will not;  
Nothing is more common than unsuccessful men with talent.

Genius will not;  
Unrewarded genius is almost a proverb.

Education will not;  
The world is full of educated derelicts.

Persistence and determination alone are omnipotent."

-Calvin Coolidge-

Upcoming intramural Sports Meetings for team captains and all interested players.

Indoor Soccer: Mon. 10/22 room 132
Basketball: Tue. 10/23 room 132
Wednesday, October 17, 2001

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**Football**

**Continued from Page 9**

In the second half, Fort Hays notched a safety after a downed punt left the Mavs on their own one-yard line. The Tigers followed with a field goal, making the score 14-3 in the third quarter.

At the start of the fourth quarter, the Tigers scored a touchdown, making it a two point game with 11:47 left in the game.

"Our defense was getting pretty tired near the end, but they had enough left to do what needed to be done," said defensive backs coach Robbie Owens, "We didn't take advantage of a few opportunities, but overall we played pretty well."

The Mavericks responded to the touchdown with a field goal, tying the game and setting up a contest in the closing minutes.

Robbie Owens, the Tigers head coach, said, "It was a hard fought game. We were fortunate to win."
By Hamilton Bohanan
Sports Editor

Volleyball sweeps weekend series, preps for RMAC rivals

We've got spirit, yes we do. We've got spirit, how about you?

On Thursday night at 7 p.m., the Mesa State women's volleyball team will host its first "The Great Dorm Spirit Contest" in Brownson Arena.

"We want to boost attendance at volleyball games and create school spirit," assistant coach Terrene Foutlz said. "We'd like the gym to become a rage cage, and make Western State pay the price just for showing up."

The Lady Mavs are coming off two convincing wins against Colorado Christian College and Chadron State College. "These games were a lot easier than we thought, and we were pretty much in control of every match during the game," said coach Rusty Crick.

"We passed extremely well as a team and served very well," said Crick. "These two aspects have been haunting us, so I was glad we did good."

The Lady Mavs recorded 12 service aces and only had seven serving errors. "Our serving kept Chadron State out of their offense, this made things easier for us," said Crick.

Jeanette Crosby and Jill Johnson had 50 kills between them. "Our middle was very effective against both teams," said Crick.

"I would say, that 65 percent of their points came off of our errors," said Crick. "We had a lot of hitting errors, that is uncharacteristic of us."

The Lady Mavs will host Western State College Thursday night at 7 p.m. in Brownson Arena.

Western State is currently ranked 12th in nation and they are first in the West Division of the RMAC. When the two teams met earlier this season, the Lady Mavs gave UCCS their first loss of the season. UCCS is also tied for second place in the West Division of the RMAC with Mesa State.

UCCS will be looking for redemption this weekend. "They are a very good all-around team and they are well coached," said Crick.

The Lady Mavs are currently in second out of seven teams in West Division of the Rocky Mountain Athletic Conference with a 7-6 record. "These next few games are very crucial for us, they will also determine if we go to the RMAC playoffs."

By Brian Miller
Asst. Sports Editor

Soccer hits road after conference split

The Mesa State women's soccer team headed into play last weekend at Bergman Field, needing a pair of victories to keep the pressure on opponents in the Rocky Mountain Athletic Conference. After shutting out Metro State College 2-0 on Friday, the Lady Mavs faltered against Colorado Christian University, falling 2-0 to the Cougars. The loss dropped Mesa State into fourth place in the RMAC with four games remaining in the season.

Mesa State hosted Fort Lewis Wednesday afternoon and will travel to Denver this weekend for a key matchup with Regis University. The Rangers are 8-0 in the RMAC, 14-0 overall, and are ranked third in the nation in Division II women's soccer. Regis handed Mesa State a 4-2 loss earlier this season at Bergman Field, but Mesa State has dominated the Rangers in Denver.

Friday Mesa State knocked off Metro State for the second time this season. Raina Fine and Chrissy McNulty each had first half goals for the Mavs, who were anchored by goalkeeper Lindsay Blose. Blose, the RMAC player of the week, snared six saves in the Mavericks victory.

On Sunday, Mesa State's luck ran out, as the Cougars capitalized on the Lady Mavs' missed opportunities. Rachel Foose and Matty Morton each scored in the first half for Colorado Christian. The Mavericks outshot the Cougars 19-7, but couldn't take advantage of their ball control offense.

Dracula

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