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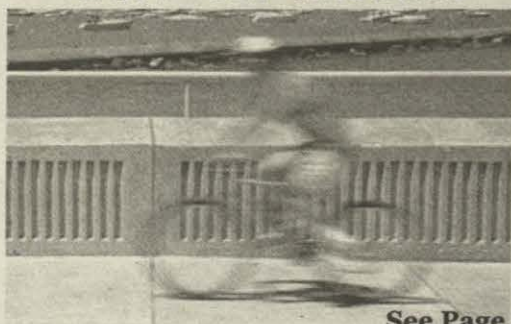
# Healthy Living

## STAY FIT... LIVE HEALTHY!

Get a check-up at the 9Health Fair to get on track.

See Page 3

### CAN'T GET AROUND?



See Page 3



Regis University Library

APR 8, 2008  
JESUS, LAUGHS, AND GOOD FOOD RECEIVED

Recall your last late night Chipotle run with friends. Fr. Dan reminds us that Jesus is always with us, especially in the everyday, simple pleasures of life.

See Page 7

REGIS UNIVERSITY

# Highlander

a weekly publication

Serving the Regis community since 1888



Volume 90, Issue 23

www.regishighlander.com

Tuesday, April 8, 2008



## HAPPY ARE THE PURE OF heart

AT THE HEART of El Salvador, a country whose history is riddled with social, economic, and political struggles, are its people and beautiful culture. Regis community members are encouraged to support Romero House, an intentional justice-centered community of Regis students, in their efforts to "experience the connections between one's faith, education, and the life experience of the poor." The group will travel to El Salvador this December.

PHOTO BY Graham Hunt

## De Roux advocates peace through mediation, communication

**Brandon L. Blessing**  
Staff Reporter

On Thursday, April 3, Reverend Francisco De Roux, S.J., shared his experiences of working towards peace in Magdalena Medio, a region of Colombia torn by poverty and violent conflict. His lecture concluded this semester's Catholic Speaker Series.

In addition to the lecture, De Roux also met with several individuals and groups on campus, said T.J. Bowen of the Institute on the Common Good. De Roux's message, according to Bowen, is a valuable one because it "integrates Ignatian spirituality with peace and development." De Roux also made various classroom visits, drawing some students, like Peace and Justice junior Missy Garduno, to hear more.

"When he spoke in my class he was very interesting and had a lot of insight

regarding mediation. I was hoping to learn more about his life," she said.

De Roux was introduced by Paul Alexander, director of the Institute on the Common Good, as a man who "exemplifies what the Catholic Speaker Series is about and what the Institute on the Common Good is about." Alexander honored De Roux's tireless efforts towards peace and development. "The complexity of De Roux's work makes the work we do seem easier," he said.

De Roux began by telling the audience about his homeland. Colombia, a country of over 44 million people and the world's largest producer of cocaine, is plagued by violent warfare, drug trafficking, and economic crisis. "Behind Sudan and the Democratic Republic of Congo," De Roux added, "Colombia has the third largest number of internally displaced people."

Magdalena Medio, in central Colombia, is one of the nation's most troubled regions. Due to its valuable natural resources such as gold deposits and the Rio Magdalena, Colombia's largest river, there is a constant battle for control of the region between the National Army of Liberation, paramilitary groups, and FARC guerillas. This "long-term, man-made, humanitarian disaster," as De Roux referred to it, has left the countryside littered with active anti-personnel mines and has trapped the region's one million inhabitants in a constant state of poverty and unrest.

De Roux, who had studied economics in Paris and London and was living in the capitol of Bogotá, was drawn to "live with the people in this conflict and participate in their lives and suffering" and moved to the region, he explained.

In an attempt to promote economic

and social development, De Roux created the Programa por la Paz y el Desarrollo del Magdalena Medio (PDPMM). Founded in 1994, the initiative has drawn support from the European Union and has earned De Roux the National Peace Prize of the Colombian Press in 2001, as well as the Human Rights Award from the Lawyers Committee for Human Rights that same year.

Through the program, De Roux is "committed to developing economic and social resolutions" to the conflict in the region. To illustrate, De Roux borrowed the metaphor of the bonsai tree from Nobel Peace Prize winner Muhammad Yunus, whose establishing of "microcredit," small loans based on trust between loaner and borrower, continues to help thousands escape the grips of poverty.

See De Roux on page 2



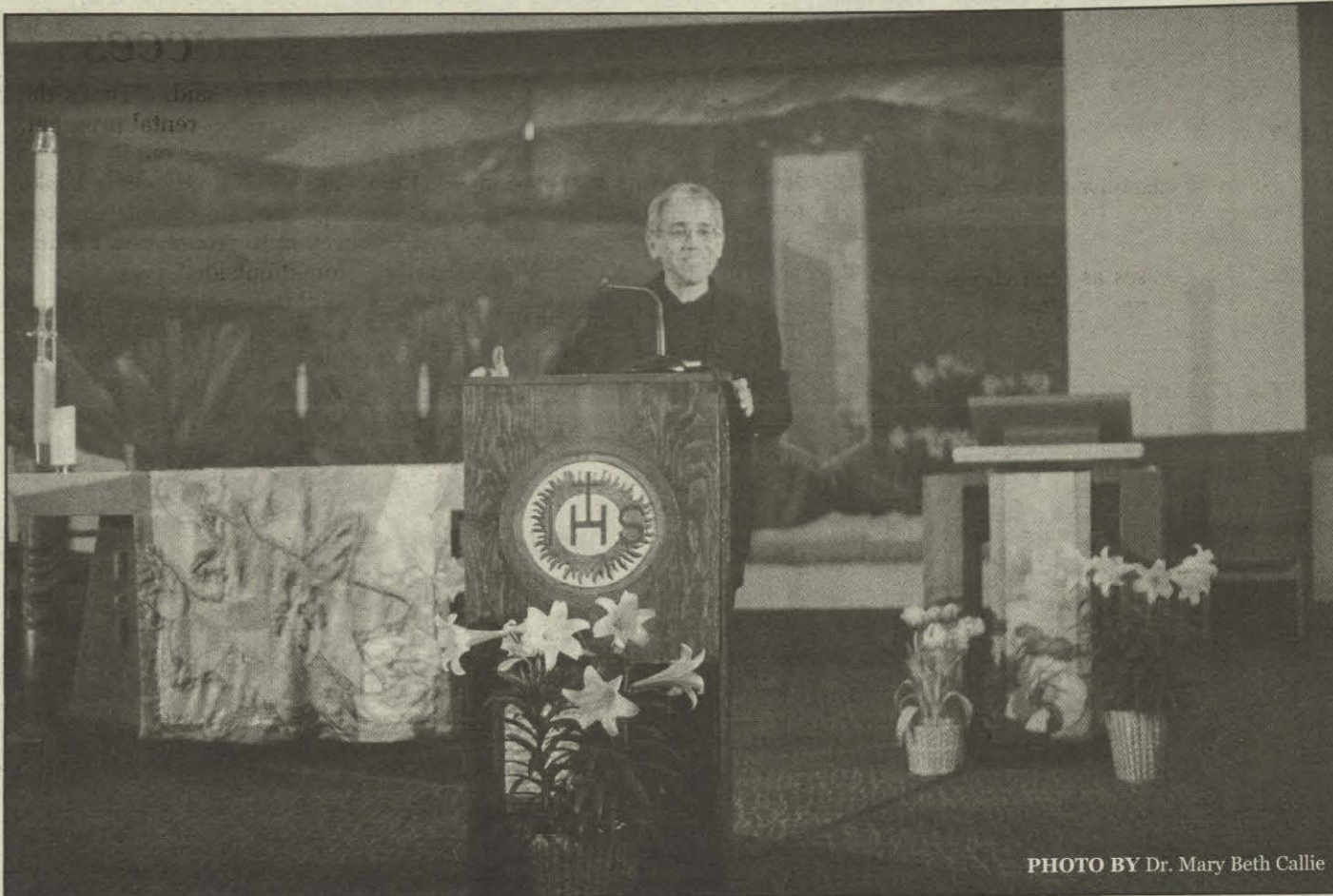


PHOTO BY Dr. Mary Beth Callie

**FINDING COMMON GROUND** Fr. De Roux, S.J., spoke last Thursday night in the St. Francis Regis Chapel, about bringing peace to one of Colombia's most poor and dangerous areas, Magdalena Medio. De Roux believes in finding common ground between enemy groups, which in turn, fosters dialogue and understanding.

### De Roux from front page

"A bonsai mango tree can't develop into a tropical mango because its branches are cut and roots are confined," said De Roux.

For him, the conditions in the region, like the cutting and confining of the bonsai tree, have stifled the social rights and economic development of the people. To create change the program focuses on improving peace in the region through mediation while improving development through cooperative, local, sustainable initiatives.

In particular, mediation, for De Roux, requires a focus on "human dignity, human freedom, and human rights," he explained. He continues this framework to guide his work in Colombia.

"When I speak of community, I really mean its people, not the institutions," De Roux explained.

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For De Roux, it is only when both sides realize their intentions are the same that dialogue is made possible. And De Roux knows he can't be excluded from the conversation.

"Institutions have broken down. After September 11, they have been trapped in a container of terrorist and counter-terrorist measures."

For De Roux, the situation is "more complicated" than such a framework allows for. "Dignity doesn't come from the state or society, nor does it come from the Church or having a Masters degree from Regis. Dignity is the absolute value of all humans," De Roux insisted. "It is absolute because everyone has the whole of it."

De Roux believes it's only by escaping the "container" in which the Colombian government views things as black and white, terrorist and counter-terrorist, that progress can be made. By not giving legitimacy to the guerillas or paramilitaries and by not taking responsibility for what is happening in Colombia, he believes the government was failing to affect change. But by respecting their dignity as people and recognizing their "obligation to respect and responsibility to protect," De Roux and his staff used dialogue with both guerillas and paramilitaries to help enact change.

De Roux's main strategy is to find a point of commonality. In particular, he helps the guerillas and paramilitary see what they have in common, that they are doing what they "believe is the best thing [they] can do for Colombia."

For De Roux, it is only when both sides realize their intentions are the same that dialogue is made possible. And De Roux knows he can't be excluded from the conversation.

In one mediation session, De Roux recalls asking the guerrillas and paramilitaries how they can claim to be "fighting for freedom" yet "act against freedom by kidnapping more than a thousand people." He also asked how they claim to be "fighting for life" but have killed hundreds of men, women, and children both directly and with prolific amounts of anti-personnel mines.

In response, the groups asked De Roux how the "Jesuits have educated

the ruling class who are now delivering injustice to the people."

While working towards mediation with these groups in an effort to reach peace, the program also focuses on developing the region to "involve everyone and create the income they need to produce welfare for the community." The program works to end the "corporate abuse of resources which has displaced thousands" as well as the current "lack of land, roads, or credit" which has forced people to grow and sell the coca plants used for cocaine.

Furthermore, in order to get a fair understanding of the region and the situation, program staff worked to create a map and distribute radios to various municipalities. They then proceeded to create "nuclei" in these communities to discuss and implement improvement programs. "To put it in terms of the Regis mission," De Roux explained, "development is all about how ought we to live." Through "putting the people first" and developing personal farms, which can "double the productivity of corporate farms," De Roux hopes to enable the people of the region to "produce the life they want to live."

After De Roux's lecture and applause from the audience, Tina Dowd, wife of Steve Jacobs, assistant provost of accreditation, and a Regis graduate, asked how De Roux was able to "personally sustain" himself in the midst of the conflict.

In response, De Roux expressed that he felt no anxiety for himself, only "for the many people involved." "In twelve years there I have only twice felt frightened," he recalled. "Silence, prayer, and mediation are central." Furthermore, De Roux explained that when a new staff member joins the program, he demands "they must dedicate one hour a day to themselves."

Story continued on page 4

### Contact the Highlander

3333 Regis Blvd, Mail Stop I-8  
Denver, CO 80221

#### Our Mission:

As the staff of the Regis University 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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### Our policies regarding submissions and editorials from the community:

Submissions are encouraged from our readers. Email submissions to highlandersubs@gmail.com by 7:00 p.m. every Friday for consideration. All submissions will be reviewed to ensure suitability of content and quality of thought. Editorials are the opinions of the author, and therefore may not necessarily reflect the views of Regis University or the Highlander.



## 9Health Fair to offer free, low cost health screens

Amber Alarid  
Staff Reporter

Regis University will be hosting the 9Health Fair on Saturday, April 19, taking steps in providing health screenings to the public (18 years of age and older) at little or no charge. This will be the 11th annual 9Health Fair hosted at Regis. The event will take place in both Loyola Hall and the Coors Life Center, from 7 a.m. to 12 p.m.

The mission of the 9Health Fair, according to event's website, is "to promote health awareness and to encourage individuals to assume responsibili-

ty for their own health." As of August 1, 2007, 9News, who sponsors the health fair, has celebrated helping more than 87,000 individuals. Students, faculty, and other community members are encouraged to attend the event.

across Colorado who have attended the fair. Among the stories are many who were entirely unaware they were victims of such illnesses as high cholesterol, or even cancer before being screened at the event. The site explains that providing such a service empowers an individual to take control of his or her health, especially in conversation with one's primary physician.

As in previous years, the fair will offer health screenings beneficial to those of all ages. Among the tests offered at no charge are human papillomavirus (HPV) screenings for women, and prostate exams for men. For those with more specific health

concerns, blood chemistry screenings will also be offered for a fee of \$30. Tests concerning oral health will also be available.

In anticipation of the 9Health Fair, fliers have been distributed around campus by the Regis Nursing Class of 2008, with nutrition tips to "avoid or lose that 'Freshman 15' or 'Sophomore 20.'" Some tips include: "Drink Wisely...Too many high caloric drinks may also increase pound." More tips will be available during the event.

For more information, please visit the event website at [9healthfair.org](http://9healthfair.org). Volunteer opportunities are also available for the day before and during the fair. For more information about volunteering, send an email to [krudw786@regis.edu](mailto:krudw786@regis.edu).

In particular, the 9Health Fair site offers real life testimonials of people

## Bike rental program a success

Rosanna Hardin  
Contributing Writer

Students and faculty now have a new way to get around town, thanks to the new Ranger Rental program implemented by the Regis Community Involvement Committee.

Students quickly took advantage of the program, renting the newly built bikes to participate on a ride down Clear Creek Trail this past Saturday, April 5. The ride officially kicked off the new bike rental program.

Sophomore Ashley Reiber had fun on the ride. "The day was awesome, beautiful, and warm," she said.

Junior Christopher Lanciotti also had a good time. "I read about the ride in the *Highlander*, and I made sure to sign up with Kathryn Redmond [director of the Community Involvement Committee] when she was in the Student Center on Friday."

"The last hill was tough," Lanciotti admitted, "but the ride was a refreshing way to take a break from the stress of school. Most of the time, I was just trying to keep up with Dr. Duggan!"

Dr. Tom Duggan, associate professor of philosophy, and John Hickey, assistant vice president of academic affairs, are avid bike riders and were glad to see students' enthusiasm for the new program.

The idea for a bike rental program started in the Fall 2007 "community"-themed COM 210 course taught by Dr. Mary Beth Callie, assistant professor of communication. The idea was developed and pitched to Student Activities and the Community Involvement Committee this spring, to promote sustainable options and ways to explore the neighborhood and beyond.

Sophomore Erika Tanaka particularly appreciates the ease of the new program. "I don't have my own bike because I wouldn't know how to main-

tain it myself," she said. "That's the advantage of the bike rental program; it totally takes the stress out of it."

Reiber agreed. "I used to have a bike on campus," she said, "but it was too hard to keep in my room, and I didn't want to store it outside."

But now, rather than worry about additional responsibilities with bike care, students and faculty can actually enjoy what's outside.

"I think it will really get people out and about. Biking is a great way to immerse yourself in the beauty Denver has to offer," Reiber added.

In addition to scheduled group rides, the bikes will also be available for individual rental.

"Group rides may be more comfortable for people who don't know the trails around here very well, but it's also nice for people who are more advanced to be able to explore by themselves," Reiber said.

Tanaka already has plans to utilize the bike rental program. "I'm going to go to 32nd and Lowell. It's too far to walk, but it seems like such a waste to drive; bike riding is practical and fun. It's something my friends and I can do when we just want to take a study break," said Tanaka.

"I'm sick of paying \$40 to fill up my tiny little car, so I took a bike down to Safeway last week. It was fun, and it didn't cost me anything," Lanciotti added.

He also hopes the program will draw out students who already have bikes. "Now that people with bikes know that they can get bikes for their friends who don't have them, I think that they will do more fun things around the neighborhood," he said.

"I'm keeping my eyes open for more group rides coming up," said Tanaka. "I want to sign up before everyone else realizes how much fun it is and grab all of the spots!"

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Hop on a hybrid to explore good eats, shops, and spots in our neighborhood and beyond...

Ranger Rentals

A Bicycle Rental Program

Brought to you by RUSGA Community Involvement Committee

For More information: Student Activities Office, x3505

Sustainable Regis 2008



Continued from page 2

Even if I were to call as director," De Roux said, "tell me you are busy." For De Roux, this time of contact with oneself and one's dignity is "the most important time during work."

Melissa Nieto, a young woman from Colombia who works for the Safehouse Progressive Alliance for Non-Violence out of Boulder, then asked De Roux how he is able to enter into dialogue with such powerful groups, and how the other party's "power to silence or kill" him affects his actions.

In his answer, De Roux honored the bravery of the people and the communities in working against these powerful forces. "Communities have empowered themselves to avoid being harmed." Nevertheless, De Roux admitted that "human lives and dignity are at stake, especially where people have organized themselves."

Another question came from Peace and Justice Missy Garduno, who asked if De Roux had "experienced any lack of support" from his local bishops or Church. In his reply, De Roux was grateful that he had "a very good bishop." Still, he regretted that he had not seen "a deeper commitment" on the part of the Colombian Church. In the midst of the "humanitarian crisis," De Roux admitted, he "expected a clearer position" from the Church which he had not seen.

Finally, Rev. Bert Chilson of St. Therese Catholic Church in Aurora, one of many priests in attendance who had themselves done missionary work in troubled regions of Colombia, asked De Roux how the "impunity of the violent, armed groups and the fear of the people, living in isolation and distrust" had affected involvement and action.

"How have you gotten people to stand up against these groups?" Chilson asked.

In his response, De Roux admitted difficulty in many communities where parents and families of men and women working for the guerillas and paramilitaries lived side by side with widows and orphans of those killed by the same groups. He explained how he and his staff worked for "community reparation" by spending time in a "recovering dignity" and having discussions before working with them to enact economic or social development programs.



### FIRST EVER COMMUNITY BIKE RIDE!

SEE THE NEIGHBORHOOD SIGHTS:  
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LOWELL, ETC.  
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AT 2 P.M., MEET IN LOT 3  
USE YOUR BIKES, GET YOUR BIKES  
FROM HOME, TRY A NEW RENTAL!  
INFORMATION AT THE STUDENT  
ACTIVITIES OFFICE!



**SOMALY MAM**, once a sex slave victim in Cambodia, now helps young girls, some as young as five years old, from the dangerous world of prostitution. Mam, through the Somaly Mam foundation, has saved over 3,000 girls in Cambodia, helping them "reintegrate" back into society, as St. Francis Regis did, by providing for the girls' most basic needs.

## Prostitution: Sexual Expression or Violence against Women?

**Kristi Schaefer**  
Contributing Writer

Even though you may walk by this sculpture every day, you may not realize that the relief image above our Student Center represents St. John Francis Regis engaged in his best-known work, working with women using prostitution as a means to survive.

In "The 'Regis' of Regis University," John J. Callahan, S.J. explains that, in the early 1600's, John-Francis Regis lived in a small, mountainous town in southern France and saw many people living without basic needs. He felt drawn to helping them and, although he worked with a variety of people in poverty, his most controversial work was with women in prostitution. John-Francis recognized that, in addition to being financially poor, they faced intense discrimination from the community for their reputations as promiscuous women.

He built safe houses for the women and, as a Jesuit, he was also concerned that the women have access to education. Because of his service, many women received not only basic needs, but a good education, and a safe place to stay.

In his time, not everyone agreed with St. Regis that prostitutes should be helped. Some of these critics burned down one of St. Regis' safe houses because they were so outraged that a priest would be associated with such sinful women. Prostitution remains a heatedly debated topic today, especially in feminist circles.

Long before the recent Eliot Spitzer scandal in New York, (where the former governor was alleged to have paid a prostitute \$80,000), scholars have long debated the legal and social implications of prostitution.

Despite the fact that almost everyone in the debate self-identifies as a "feminist," their opinions on prostitution vary widely. Looking at the debate in feminism that has been going on for years can offer some insight into the current discussion.

In the feminist debate about prostitution, there are three main schools of thought: "prostitution as empowerment" which exalts women's right to

choose to enter prostitution as a way of sexual expression; "prostitution as employment" argues that in our current society, prostitution is a viable form of employment, and finally, "prostitution as violence against women" which, at its most extreme, asserts that prostitution can never be made acceptable through any number of reforms.

The camp that argues for the empowering potential of prostitution is made up mostly of women and men who have been involved in a type prostitution themselves. Significantly, many of the proponents of this stance have been involved in off-street prostitution as opposed to street prostitution, which often takes place in brothels, massage parlors, apartments etc. Initial contacts are made on the Internet or by phone.

In contrast, street prostitution is initiated on the street and often takes place in a car, bathroom, or other semi-public place and is generally more dangerous for both the women in prostitution and their clients. Those arguing for the empowering potential of prostitution, like outspoken sex worker Carol Leigh, either ignore the experiences of women working in street prostitution, or they explain how different their experience is, often expressing disgust for street prostitution. Because of their more positive experiences with prostitution, such advocates often deny the harsh reality faced by women in street prostitution.

There is another voice in this debate that defends prostitution as a form of employment.

Many who adopt this argument are like many of the *Highlander* readers - college students short on cash who hear that working in an escort service isn't as bad as it sounds, and it's a quick way to earn money. Again, few in this camp have experienced street prostitution. Some point to the exploitative and demeaning nature of alternative employment like waiting tables or cleaning motels, where degradation and sexual harassment is not uncommon.

In a collection that highlights the stories of women in the sex industry, one woman explained her motivations to work as a stripper.

"If capitalism was structuring my work experiences, and if sexism was structuring roles within capitalism, what had I to lose by facing overt rather than covert realities?" she said.

This reaction is understandable but in terms of addressing the economic, social, or class problems, this response does nothing to challenge the structures of inequality, therefore keeping that structure unexamined and contributing to its continuation.

The third main argument regarding the nature of prostitution is that prostitution is a form of violence against women. This school of thought draws on the experiences of women in street prostitution where, according to hospitalization records, there are consistently higher rates of sexual and physical assaults compared to women not in prostitution.

Anti-prostitution scholar and activist, Melissa Farley, has found that women in prostitution also experience much higher rates of psychological trauma such as Post Traumatic Stress Disorder, which can affect a person long after leaving prostitution. Farley is not alone in stating that the majority of women in all types of prostitution are survivors of sexual abuse. The argument that women who enter prostitution do so completely by choice and are healthy, happy, consenting adults, does not match up with the finding that so many carry the burden of past sexual abuse.

In my effort to learn more about the debate regarding the nature of prostitution, I decided to turn to professional social workers who hear the stories of women in prostitution every day. In their work that recognizes the dignity of the women in prostitution, and offers them a way out, these people show the spirit of St. Regis is alive today. The results of those interviews will be published in the next *Highlander*.

Kristi Schaefer is a senior, double majoring in Women's Studies and Sociology. She works full-time at the Colorado Coalition for the Homeless and recently got accepted into York University's Masters in Social Work program in Toronto, Ontario.



# Ain't no one better than ME

Maribeth Waldrep  
Opinions Writer

After returning from a relaxing, spiritual weekend in the mountains, re-connecting with myself and with those around me, I stumbled upon the vicious, false claims made against me in this very publication. For someone who was entrusted with guiding others in their spirituality for three days, for someone who was entrusted with the SOULS of others for a weekend, I would have thought that my superiority amongst the Opinions staff would be quite clear. Unfortunately, Jess, Jacqueline, and Jen have clearly failed

“Unfortunately, Jess, Jacqueline, and Jen have clearly failed to recognize my exceptional leadership skills, personality, and good looks.”

to recognize my exceptional leadership skills, personality, and good looks. I believe it is time to address all the hearsay, set the record straight, and prove who the REAL queen of the Opinions section is.

First of all, my individuality is clearly one of my defining characteristics, which allows me to surpass the measly little conforming tendencies of this group. Take my name, for example. Three-fourths of our staff uses the letter “J” to begin their names. How original. I mean, c'mon, whose name begins with a J any ways? Jiminy Cricket? I, on the other hand, am clearly an individual, with a very special and different name. Not only have I embraced the use of an entirely new letter, I have embraced a unique spelling, and followed in a tradition of naming that is full of fellow geniuses. We M's are clearly one step ahead of the J's. Moses, Marie Curie, Mozart, Mahatma Gandhi, . . . I could continue forever, but, alas, my word limit demands I stop. This small detail in itself reflects my individualism, and fight against the mainstream, something my colleagues clearly only claim to value. Although one may believe that other members of this staff \*cough

Jen Janes cough\* follow their own drumbeat more than myself, they would be sorely mistaken. Failing to wear all black, share a cigarette after class, or work for a company that mass produces clothing so that we can all be exactly the same makes me stand out from this crowd, and unmistakably better than all of them.

Though Jess, Jen, and Jacqueline may share this page with me, they clearly do not understand what an honor it is to have their words printed next to mine. In fact, rather than await some prestigious accolade from the university to admire my various achievements, I've decided to dedicate

an award entirely to the most spectacular, creative person at this school: yours truly. The Stupendously Brilliant Student of the Century Award, the first of its kind, should be a wake up call to these three losers that I am the best of the best. I don't need the meager praise of outsiders to know how fabulous I truly am, and my fellow writers shouldn't either.

I am so much better than them that I don't even need to write my article the same week as them. I am far better than any silly deadline presented to me. And although they may believe themselves to be superior to my rants about politics or weight loss goals, they must accept the inevitable realization that I truly am God's gift to this world. I can't help it if rain sizzles off my arm every time I walk outside during inclement weather, or if I am possessed with superior knowledge of the world's everyday happenings. Rather than fight these talents and employ a false modesty, I have chosen to share my virtues with these supposed “friends,” whom I hope will one day accept my greatness with open arms. Until then, keep singing your praises. One day you'll realize who you should really be exalting.

# Attention: I am not a good person.

Jen Janes  
Opinions Editor

I have decided that karma is out to get me. I know what you're all saying, “But Jen, you are such an awesome person. You're wonderful and brilliant and smokin' hot and I so want to be you.” Yes, yes. I know.

However, the reason karma has set its loathsome sights on me requires a bit of a history lesson. There was a time when I was idealistic and wanted to change the world, but eventually I developed a really crappy attitude about doing good. Every time I showed kindness, gave generously of my time and resources, and took the time to really listen to someone else's problems, I was secretly fantasizing about taking an ice pick to their face.

This seems not to have escaped the attention of God, with whom I always had an odd sort of relationship. One day, I thought I heard a voice say, “Jen, my child, you have a crappy attitude, you're a crappy person, and you're a crappy Christian. Just give up, already.” This left me with quite the conundrum, because if I obeyed what I perceived to be the voice of God, I would be performing the duties of a good Christian, and would no longer be a crappy one. However, by obeying I would also be disobeying by discontinuing my Christian services. Yet if I disobeyed, I would be doing my duty by remaining loyal to my belief system, yet I would still be a crappy Christian for disobeying God.

While I wondered if it was really the voice of God, I realized that God has reportedly told people several seemingly crazy commands. I've heard rumors of God telling a guy to wear special underwear to protect him from loss of life and limb, as well as chafing. Perhaps my favorite example, though, is when God is said to have told a bunch of people to wander around a city and party like it was 1999 BC until the walls themselves crumbled out of sheer agony. In the end I decided to obey my heavenly command, because churches were also fond of teaching me that, when in doubt, my feeble mind

was just too puny to understand the ways of God.

This finally brings me to why karma is out to get me. After all this, my crappy attitude towards humanity came to full flower and I racked up more offenses against karma than the hyperbolic trailer trash of *My Name is Earl*. I have been trying to improve my karma lately, but alas, my crappy attitude has never left me. Every time I do things like try to rescue kitties or play with small children (or at least cup my cigarette when they walk by), I'm really feeling intense homicidal urges. So when I smile and wave at you, which I probably do whether I know you or not, I am actually seething with rage and imagining myself tearing out your hair clump by clump, using it to gag your screaming mouth, and smacking your head against a million-dollar boulder. I punctuate all my good deeds with muttered obscenities and I give back extra change at the convenience store by hucking it at the clerk's eye. I tip the pizza delivery guy well, but in pennies, and I scowl hideously while I rub puppies' tummies. I suppose karma works, then, because it gives me exactly what I give to others. It is good to me, but has a bad attitude about it.

Karma gives me an education so that one day I can rise from small town anonymity to petty bourgeois anonymity (because I guess that is somehow better), and then it creates a recession so that I'm just living in cockroach-infested apartment building anonymity. It gives me a fancy internship, but then tolls the bells of my doom while I walk home from performing my weekly services there every Thursday. It gives me the ability to do fairly well in school, but then makes me do things like bump into walls...hard, and wonder if my computer is broken when I just forgot to turn it on. Granted, the tolling bells coming from the nearby clocktower and the recession affect everybody, but let's not take the focus off of what is really important here: me. I will pretend to care that you are also affected by recessions and creepy tolling bells, but honestly, I just want to thank you.

# The world's worst advice is clichéd advice

Jessica Knapp  
Opinions Writer

Being that it is my last semester in college and I am about to take a big step into the world of grown ups, I have recently been the recipient of sometimes good, but most of the time unwarranted advice. What I have realized from all this advice is that there is a big difference between good and bad advice, and that clichéd advice is the worst possible advice anyone can offer.

This realization came to me when a good friend of mine told me the other day, whilst musing over what jobs to apply for and where to live when I move overseas, how I “have so much potential.” Now don't get me wrong, I love people telling me that I will create a world of change when I do finally decide to grow up. I don't think anyone could turn down that compliment. What I don't like about the “so much potential” comment is that I already feel like I am living up to a great deal of potential as is.

I mean I know that I could personally devote a bit more time to my studies

instead of reading or looking up the latest celebrity gossip online. But when someone tells you that you “have so much potential,” it makes you feel as though the life you are leading at that point is meaningless, and that, eventually, something will come along and jolt you awake and make you realize what a crap life you are leading.

The last piece of advice that is common for many people to hear is the “College will solve all of your problems.” For me, college did solve a lot of problems, when I was 18. Now that I am on the verge of graduating, college has created its own set of problems.

Not such good advice when you are trying desperately to find your place in the world.

There are, of course, other pieces of advice that drive me insane. Whenever I break up with a boyfriend or get my heart smashed but another worthless dreg, people always say to me (and this applies more to my elders than to anyone else): “When you get older you will find love.” Ouch. It is as though being 22 makes me the

unwanted magnate for loveless relationships and that at this age, I am not mature enough to handle love. If this were true, why are so many college graduates getting engaged?

I look at my parents as a specific case concerning how untrue this advice is. They met when they were 19, got married when they were 20, and have been

happily married for over 25 years. If love is only possible when one gets older, what is the point of even dating when you are younger or seeking out a possible life mate before the age of 28? Personally, I think there are no age restrictions to love, and the fact that someone tries to tell you there is only proves how unsuccessful in love they really are.

The last piece of advice that is common for many people to hear is the

“College will solve all of your problems.” For me, college did solve a lot of problems, when I was 18. Now that I am on the verge of graduating, college has created its own set of problems. Don't get me wrong, I love the world that college has opened up for me. It is just the fact that being in school for so long and learning so much makes one want to learn more, or to even try and solve some of the more complex problems presented by various classes. Plus, there are those people who found college to be too problematic and couldn't complete. In that way, did college really solve all of their problems? Or was it simply a way of putting off the real problems?

Either way, clichéd advice is most unwarranted at this time in my life. So just a fair warning to those who feel it is okay to pass judgment on my life: for the love of all things holy, please come up with something original and don't ever talk to me about potential or love. As far as those two go, I consider it more of a personal problem and would prefer to work it out on my own.



## Has anyone seen my stapler?

Jacqueline Kharouf  
Opinions Writer

Whenever I call home these days, it's the same old rag: "Did you get a job?" "Have you gone to Career Services?" And as much as I love searching the Internet for measly writing jobs (there are many, all with varying levels of anonymity and/or credibility) or trooping over to the Coors Life Directions Center to speak with the fabulous and ecstatic Lynne Montrose (hey Lynne!), I feel as though my life—oh, the life that looked so full of promise and graduate classes—will meander into the monotony of a regular office job (let's just say I'm not too excited).

There are many reasons why this inevitability is so unavoidable, though. It's not that I'm so lazy I can't go to Career Services, or that I am so distracted online that I can't post my resume—it's the economy. According to the Associated Press article "Huge Job Losses Set Off Recession Alarms": "Workers' pink slips stacked ever higher in March as jittery employers slashed 80,000 jobs, the most in five years, and the national unemployment rate climbed to 5.1 percent. Job losses are nearing the staggering level of a quarter-million this year in just three months." In fact, the article continues, due to the steadily increasing rates of unemployment, coupled with the economic crises in housing, credit, and finances, businesses are becoming more conservative with regards to spending and hiring: "Across the board, businesses have become very, very conservative," said Joel Naroff, president of Naroff Economic Advisors. More downbeat about their own sales prospects because of cautious consumers, employers are cutting back. "It only makes sense for them to run leaner if we are going into a recession or already in one" as Naroff now believes.

And so, with the economy on the fritz and the opportunities for a budding writer slowly dimming in the weird twilight of this "real world," there are only a couple of options still available: beg, beg, to remain a student forever or, beg anyone for any kind of job.

To appease my parents, who have given me the ultimatum that either I get a job or, if I don't, I return to South Dakota—oh pardon me for a moment (Dear Potential Employers, If you are reading this in order to research my background and/or follow-up on my claims of posting my work on [www.regishighlander.com](http://www.regishighlander.com), please carefully consider the following sentiment regarding my return to a certain northern state)...and I'm back!—I've

decided with the latter. Just as I cannot remain a student forever (I tried that, it doesn't work), I cannot ever really return to South Dakota where jobs for writers there are even scarcer than here.

This past weekend, as I vigorously shopped for a graduation outfit (I found a decent dress for less than \$40; yes, I'm amazing), I also browsed potential places of employment: Macy's, Nordstrom, Neiman Marcus, The Gap. I've even applied to these places online and, come Wednesday, I plan to return to these stores and complete some paper applications.

And though this isn't my first choice for employment, it is a choice that I made and I am fully prepared to stick with it. After all, if I really had a choice, if the economy wasn't so awful that I have to practically beg for a job I could have just as easily gotten straight out of high school, I would probably end up working an office job anyway. Like my new favorite television show, "The Office," I may be a Jim-type (or, let's face it, Pam-type) character dealing with a Dwight-type psycho, crunching numbers and filing papers in lieu of using my finer skills.

This is not to say writing isn't a highly prized and/or marketable skill—it most definitely is—but finding any writing job that allows for creativity or my Regis-flavored literary prowess is extremely hard. And so, after finding I couldn't find a writing job (at least not right now), I decided the alternative, such as working retail, or crunching away at a gray computer in a gray cubicle, could be actually kind of hilarious. I could, in my own sadly designed, cartoon-ish fantasy, actually be a character on a television show. My job could really be like "The Office."

And let's face it: who wouldn't want that? Who wouldn't want to work for a half-brained idiot with panache for insulting his employees on an hourly basis? Who wouldn't want to grapple with the forces of evil manifest in the strange beet farming simpleton that shares the bottom portion of your desk? These are things, I told myself as I wandered the slippery floors of a clean, well-lighted mall, to definitely look forward to. This isn't the rest of my life. This is part one of my life right now and deciding how to look at, however silly and improbable I make it, is a step toward realizing something even better.

Source: "Huge Job Losses Set Off Recession Alarms," The Associated Press, April 5, 2008; retrieved from *The New York Times* online ([www.nytimes.com](http://www.nytimes.com)) on April 6, 2008.

## THE SQUISHY AVOCADO

The world is a crazy place; people either love you or they hate you and things are definitely not always what they seem. This couldn't be more true this week as we review some rather unusual messages both from fellow acquaintances and the world beyond.

~ Blando

### Student speaks to dead through alphabet soup

Davie Kipling  
Avocado Writer

Sally Mason, a sophomore at University of Denver, claims to have communicated with the dead this weekend, and that she did so in a highly unusual manner. Although she declares to have no experience in the black arts, Mason asserts that the spirit world contacted her uninvited through her late afternoon snack. While enjoying a nice, warm bowl of Campbell's Alphabet Soup, Mason began to notice her letters forming concise, coherent messages. Though she dismissed the first message as a ridiculous coincidence, she soon began to realize that someone, or something, was trying to get her attention.

She explains, "The first thing I saw was 'Hi,' and I didn't think much of it. But then, the phrases started to get freakier and freakier." Once Mason saw the phrase "Boo Boo" spelled out in her soup, she knew that the reference was a more personal one. Mason further clarified that she believes the ghost of her grandmother, who frequently referred to her by this nickname, was trying to comfort her during a busy week of exams. While skeptics claim that her brush with the ghost world was more a case of wishful thinking, local psychics have embraced her experience and praised her ciphering skills. F.R.A.U.D., or Friends Reaching Across or Under Death, a local advocacy group for clairvoyants, hopes to help Mason shape her talent and one day help others find hidden messages from the dead in their daily lives.

Though the vision appears to not be as clear as the Virgin Mother's appearance at Cinabon a few years earlier, Mason does, in fact, believe in the validity of her claim. "I just know it wasn't a coincidence. I feel it in my heart," she explains. Although we may never know the truth behind her encounter with this other realm, perhaps we should all look a bit more closely at our soup from now on.



### Guest Advice Column

Dear Jerk,

These days, I'm having a little trouble keeping it clean. Well, I guess, what I mean is: I'm a vulgar person. I just love to swear, tell dirty jokes, and throw unwanted sexual innuendos at members of the opposite gender. As a formal title for a rude, obnoxious person, I thought you might have some advice on keeping a nice streak of vulgarity under control. (I don't really want to change—I'd just like a better handle on how to be an [expletive].)

Thanks,

A Nice [Expletive]

Hey Nice [Expletive],

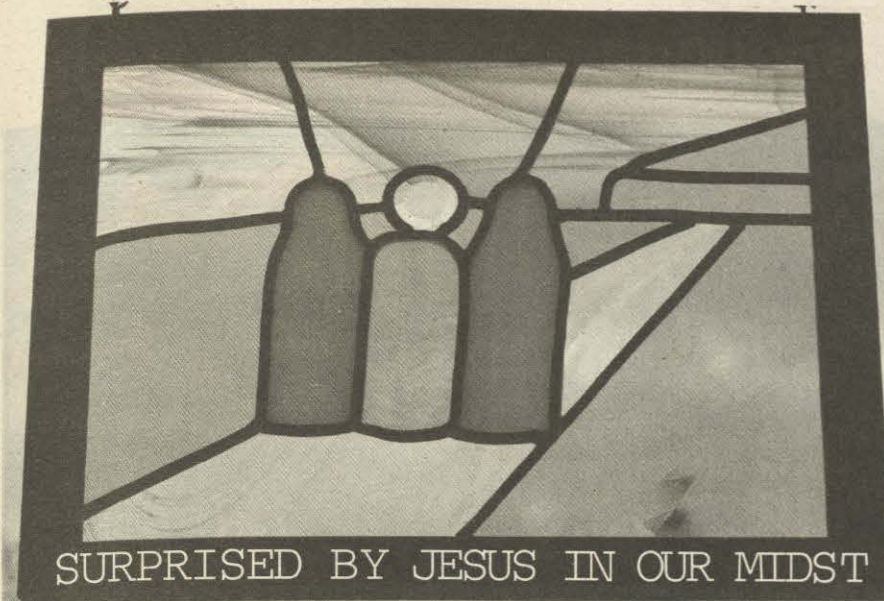
Being me is definitely much harder than it looks. Sure, I know I appear to be a genuinely nice person on the outside—I smile, I wave hello, I even ask how your day is going—but it takes a lot of inner control to seem decent and, underneath it all, harbor a jealous rage that can make you rude and unpleasant. If you truly like to be vulgar, and you enjoy using expletives in completely unnecessary situations, consider, first, when to unleash that vulgarity and, second, what level of repulsion you'd like to instill in your target audience. It's not enough just to be mean—you've got to choose the most perfect moment and then you, my [expletive] friend, can be a Jerk. For example, say you are walking across campus and you happen to see someone you don't particularly like. You're not sure if they've seen you or not so you decide to just keep walking like you haven't seen them. As you pass each other, the other person waving so obviously that planes have paused to look, turn completely around and walk the other way. It's subtle, but clear that you do not like this person—a little less obvious than swearing at them, but that, my friend, is the difference between a jerk and an all-out [expletive].

got opinions?  
We'd love to hear  
them!

SUBMIT YOUR THOUGHTS IN A 500-600 WORD ESSAY TO  
[highlandersubs@gmail.com](mailto:highlandersubs@gmail.com)

The Highlander does not accept anonymous submissions. Entries should be sent in by 7 p.m. every Saturday for consideration.





Fr. Dan Daly, S.J.

Homily, 3rd Sunday of Easter

Years ago I was on the faculty of Rockhurst High School in Kansas City. One evening, I was mingling at a social function and I struck up a conversation with one of the parents. I asked him what he did for a living. The question seemed to surprise him. Then he explained that he was the anchor of the 10 o'clock local news for one of the networks. There is nothing like making a complete idiot of yourself in front of the parents. I can sympathize with Cleopas and the other fellow who didn't recognize Jesus in the Gospel story today. I understand how that can happen. People don't always look the same up close.

That's one of the striking things about the story. That the two travelers on the road to Emmaus didn't recognize Jesus as he walked along with them. For months, perhaps years, they had gathered with the crowds to listen to Jesus speak, and they were struck by his words. They had seen him perform miracles and were convinced that he had come from God. They had put their hope in him. Just a few days earlier they had seen Jesus teaching in the Temple. Now he was walking right beside them, debating and discussing along the way, and they didn't even realize it.

Another striking thing about the story is that we know the name of only one of the travelers: Cleopas. The other fellow is anonymous. This imbalance is one of the reasons that scholars are convinced that Luke was not the first one to tell this story. If this were a Lucan original, he would have included both names. It is much more likely that this story had been passed along for 40 or 50 years before Luke included it in his gospel. By that time no one could remember the name of the other fellow in the story. I picture Cleopas and ol' what's-his-name up in heaven having a good laugh every time this Sunday rolls around in the Church calendar, Cleopas giving his buddy a hard time that the story-tellers forgot his name.

But it's good for us that ol' what's-his-name is in the story. It's a reminder that, after the resurrection, Jesus appeared to some rather ordinary folks: people who weren't movers and shakers, people who weren't famous. Just as importantly, it's a reminder that Jesus continues to walk with all sorts of his followers, most of whom are mostly anonymous, like us.

I think that a common mistake is to think that the Kingdom of God happens only in extraordinary places among extraordinary people. Yes, the Kingdom of God is growing in a refugee camp in Sudan, as relief workers provide food and medical care to people in desperate need. Yes, the Kingdom of God is at work in south

Source: <http://www.jsmtt.com/custom4.html>

central LA as police and government officials try to arrange a peace settlement between gangs. Yes, the Kingdom of God is growing among a group of cloistered nuns in an abbey in the middle of nowhere. But the Kingdom of God is growing in lots of ordinary places, too. It is growing wherever followers of Jesus are responding to his invitation to love, reconciliation, and service. And Jesus is right there with them.

That's where the other part of the gospel story comes in. Cleopas and what's-his-name are walking along the road of life. Jesus is with them and they don't even realize it. Jesus is there because they are his followers and his friends, because he is interested in their lives, because he wants to support and encourage them. Jesus shows up in our lives, too, for the same reasons.

Jesus is in the kitchen with a fellow who is fixing dinner for his family. The fellow is chopping onions and celery and talking to his daughter about the latest episode of Hannah Montana. Why is Jesus there? In part, it's because he so rarely gets to see the father of a family cook dinner. But mostly Jesus is there because he loves the little girl and her dad and is interested in their lives. Jesus is there because families are terrific, because family life is one of the best ways for us to love one another.

Jesus is sitting at a production department meeting around a crowded table covered with notepads, folders, and coffee cups. Jesus is not there because he loves meetings so much. Jesus is there because work is holy; it's a way that we serve one another. Jesus realizes that meetings are important. (He attended a few meetings, himself, with the Nazareth city council.) At meetings, some key decisions get made that will have a real impact on people's lives. Jesus is there because he's interested in what happens.

And Jesus is along for a late night Chipotle run with friends. Jesus is there because he hates to miss a good meal and he likes burritos. But mostly Jesus is there because of the friendship shared that night. He is very interested in that; he wants to be part of it.

These aren't earth-shattering events but that's the point. The Kingdom of God gets played out in all sorts of places in very ordinary ways. Jesus wants to be a part of all of them.

Of course, there are times when we fail to realize that Jesus is walking along the road of life with us. So, to help us remember, we do the same thing that Cleopas and what's-his-name did. We gather around a table as friends and fellow travelers to share a simple meal. And as we break the bread and pass it around we realize that Jesus is right here with us and has been with us all along.

## LETTER TO THE EDITOR

The op-ed piece, "Solidarity at stake if we boycott the Olympics" by Maribeth Waldrep (Mar. 25, 2008) was well-reasoned, persuasive, and invites a sympathetic ear for opposing a boycott, but, it is **not** the right position, in light of Beijing's recent crackdown on the Tibetans. A boycott, a worldwide boycott, of the Games **is** the appropriate response!

Ideally, the Games should focus on the athletes (free from politics); to celebrate sportsmanship; to demonstrate goodwill and international friendship—a laudable goal! But, has our culture's obsession with sports so occluded our judgment for the proper priorities in life? When a significant world crisis arises, there is an urgency that demands priority over a sporting event. Once again, the Chinese government has responded violently to peaceful protests. This crisis requires that a drastic response be taken!

China's oppression of Tibet has a long history, beginning with the Communist military invasion of 1950, followed by a destruction of the monasteries, most notably, the ancient Potala in Lhasa. In accordance with Mao Zedong's belief that "religion is poison...the opiate of the people," the Communists suppressed Buddhist worship and traditions, striking the heart and soul of Tibet's culture. Many who resisted the takeover were killed. At the time, the world, including the US and the UN, did little to help Tibet. The Dalai Lama negotiated for peace but was eventually forced to flee and a government-in-exile was established (and has resided ever since) at Dharamsala, India. The Chinese government continues its oppressive history with its recent attacks on Tibetans. If the world, once again, ignores the Tibet's plight by allowing the Games to proceed, unopposed, it is tantamount to approval for the oppressors; such an approval is immoral and irresponsible.

If the conflict involved mere "politi-

cal tensions" or simple "ideological differences" or "two opposing groups that just didn't like each other," then the Games could proceed, with everyone admonished to "make nice." Sporting events can (and often do) operate under such conditions, but, when a conflict escalates to violent bloodshed, particularly in the Olympic's host country, there can be no neutral venue for "sportsmanship."

When Jesse Owens competed in the 1936 Berlin Olympics, much of the world, including the US (by its own policies), didn't regard Hitler and the Nazis with great alarm; serious, legitimate, concern manifested itself some time later. If the world had expressed its outrage early on at the growing Nazi regime, by boycotting the 1936 Games, might history have been written differently? Would we be willing to sacrifice a few medals for such a possible outcome? Which is more important: lives or medals?

A worldwide boycott of the Beijing Olympics sends the message that China's policy towards Tibet is repugnant; that is the proper response for the world to take! Our "solidarity" should lie, first, with the Tibetan people before the athletes, regardless of how heartbroken some athletes might be—heartache is fleeting, healed by the passage of time. In contrast, a bullet through the heart inflicts a fatal wound and also inflicts extreme anguish in families and loved ones. If people require a visceral understanding of the horror and brutality, then look at the graphic pictures on Tibetan websites documenting the morgue pictures of those killed. After seeing their pictures, perhaps we will acknowledge that: **protecting LIFE for an entire people takes priority over promoting GAMES for a few!!**

Respectfully,  
Richard D. Belmonte  
Lakewood, CO

## Spring Break '08: houses, hammers, and a lil' fun in the sun



Kammie Naszkowska  
Contributing Writer

The white chalky substance had covered my legs almost completely, and the sweat was mixing with it to form a sticky paste. We had finally sawed the last power outlet sized piece of drywall off and could mount the board on the wall. Florida's humidity and the lack of air conditioning in the house were not aiding us in the completion of drywall hanging. Why was I doing this again?

Arlene, the Women Build site supervisor with the New York accent, told us to come outside because we had a surprise visit from the woman that was going to live in the house we were helping to build. As Arlene told her that the house was about a month ahead of schedule and that it would be finished by Mother's Day, she couldn't help but show her gratefulness. It was for her that the twelve of us from Regis and the twenty-something students from Virginia Tech were doing this.

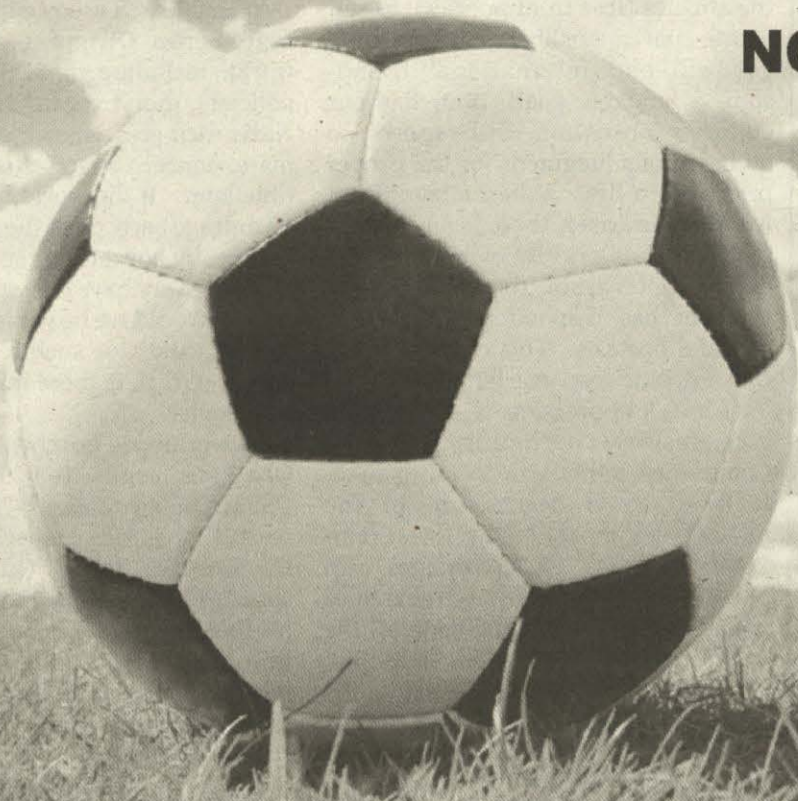
Another one of our supervisors, a tall, gangly man named West told us that the work we completed on the roof

and windows of the other house we were working on, shaved \$6,000 off of the homeowner's mortgage because we were volunteers instead of paid workers. Arlene told us that the volunteer work that Habitat for Humanity thrives on is what makes houses affordable for the chosen families.

The sense of community was felt not only amongst the volunteers and supervisors on the site, but also by many of the churches in neighboring communities. Our stay was planned by Mary, a woman who fostered collaboration amongst people with different religious backgrounds who were leaders at their respective churches. The hospitality and warmth we encountered from each and every one of the churches was a surprise to us all; we never ceased to excitedly talk about how wonderful everybody was and how welcome they made us feel. The last day we were in Stuart we were invited to Ray's house for dinner (Ray was a man at least 6'9" tall who like to tease). It was a great end to our trip; we saw first hand that the achievement of, and goodness in, people is remarkable when everybody works together towards a change they think is worthy.



# Get the ball rolling...

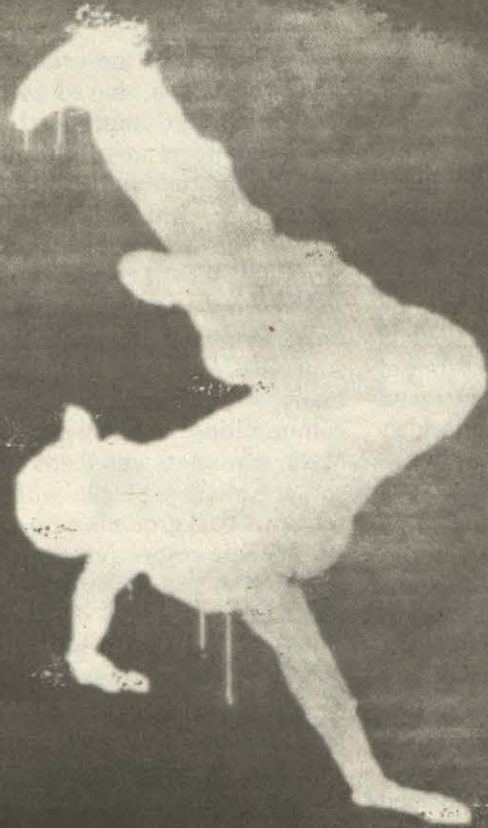


**NOW is the time to start looking for a summer internship! Stop by our office to get the ball rolling...**

*Coors Life Directions, Room 124  
cdetra@regis.edu  
303-964-5234*

**The Academic Internship Program**

## DANCE OFF. ARE YOU READY?



>> DID YOU SEE THE DANCING IN FRONT OF THE STUDENT CENTER LAST WEEK? THE DEMONSTRATION WAS PUT ON BY THE SOCIAL AWARENESS GROUP AT REGIS CALLED THE MOVEMENT. THE MOVEMENT BRINGS SOCIAL ISSUES TO THE FOREFRONT OF CONVERSATION ON AND OFF THE REGIS CAMPUS.

>> WEDNESDAY'S DEMONSTRATION WAS DESIGNED AS A PREVIEW FOR NEXT THURSDAY'S THURSDAY THRILLS. THE MOVEMENT AND THE MULTICULTURAL AWARENESS COMMITTEE (MAC), AND MI GENTE ARE SPONSORING A CAMPUS-WIDE DANCE-OFF ON THURSDAY, APRIL 17TH AT 9PM IN THE STUDENT CENTER AS PART OF THURSDAY THRILLS IN ORDER TO BENEFIT A FEW CHOSEN FOUNDATIONS.

>> AN EXTREMELY HUMBLE \$1 DONATION IS ALL THAT IS REQUIRED FOR ADMISSION TO THE EVENT. THERE WILL BE SOLO AS WELL AS PARTNER PERFORMANCES. ALL DONATIONS GO DIRECTLY TO THE FOUNDATIONS. COME OUT AND SUPPORT NOT ONLY YOUR FRIENDS, BUT THESE WONDERFUL FOUNDATIONS AS WELL. ALL DONATIONS ARE APPRECIATED, SPREAD THE WORD!



"My philosophy of bike riding is almost like taking a puppy for a run, except I am the puppy," Duggan said. "It is a new lease on life and let's me see how I can play with life."

Dr. Tom Duggan

Associate Professor of Philosophy

For the past 15 years, Dr. Tom Duggan has biked almost every day to Regis.

After years of joint impact from running, Dr. Duggan bikes to continue his exercise routine and to find a close parking spot. He also bikes to clear his mind and to avoid high gas prices.

Every Sunday Dr. Duggan bikes for 20 miles on the Clear Creek trail, either west or east. He enjoys the trail not only for exercise but to see Colorado's wildlife, such as blue cranes and foxes.

After a three mile walk, he also bikes for 45 minutes three times a week, which "increases [his] energy."



Sustainable Regis 2008



# NEW UNDERGRADUATE SCHOLARSHIP OPPORTUNITY!




**The Irish Community Scholarship Fund was established to promote awareness of Irish heritage and the impact of the Irish on the United States. The scholarship was made possible thanks to gifts from the Irish Community Center.**

Scholarship amount will not exceed amount for which recipients qualify for federal, state, external, and Regis aid and cost of attendance. Full-time undergraduate students must apply for the Irish Community Scholarship Fund by April 10 for the 2008-2009 academic year. The first round of scholarships will be awarded to at least one incoming freshman, as well as at least one rising sophomore, junior and senior.

Applications available at [www.regis.edu/financialaid](http://www.regis.edu/financialaid)  
For more information, contact  
Melissa Phifer, Financial Aid Counselor - 303-458-3520

3333 Regis Boulevard, Denver, Colorado 80221-1099  
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**REGIS**   
UNIVERSITY  
*Learners Becoming Leaders  
in the Jesuit Catholic Tradition*



# IT'S ALL GEEK TO ME

## ENOUGH "GEEK" INSPIRED CINEMA TO GET YOU THROUGH THE SUMMER

Oh how disappointing previous summers have been. My geek heart has no real place for pithy romantic comedies, or deep dramas. Why have the summer sci-fi lineups been slowly declining over time? Just when those of us who value a good super hero over an adaptation of a literary classic began to lose hope, my geek spirit was refreshed by the summer of '08. Here is a list of the upcoming movies that will make every trekie, warsian, and d&d fiend smile.

**May 2** "Iron Man" Starring Robert Downey Jr.

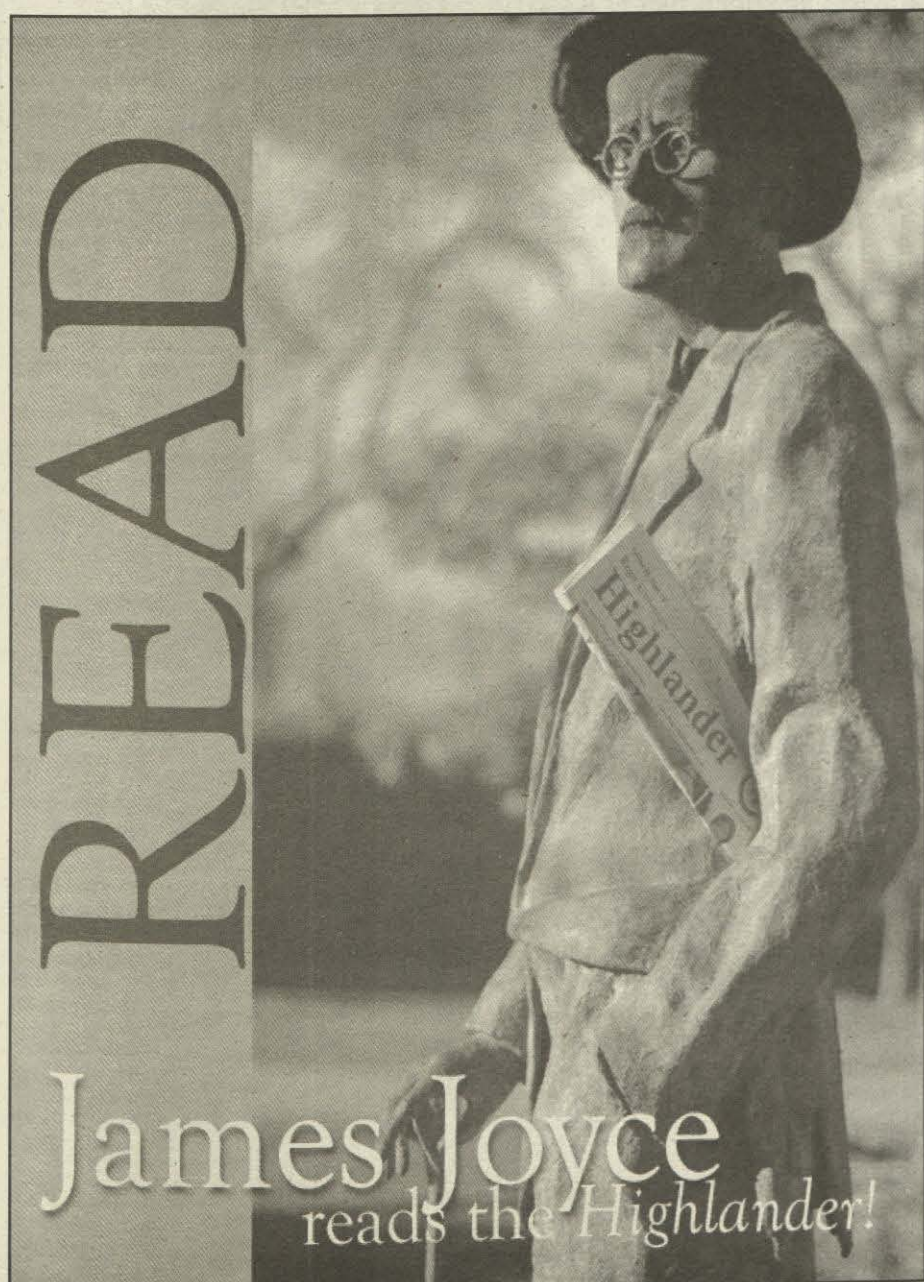
**May 22** "Indiana Jones and the Kingdom of the Crystal Skull" Starring Harrison Ford

**June 13** "The Incredible Hulk" Starring Edward Norton

**July 2** "Hancock" Starring Will Smith

**July 11** "Hellboy II: The Golden Army" Starring Ron Perlman

**July 18** "Batman: the Dark Knight" Starring Christian Bale  
2009 rumored "Halo"



# HOROSCOPES

By Jen Janes, Jacqueline Kharouf, Jess Knapp, & Maribeth Waldrep

*Mistresses of the Cosmos*



## Capricorn

(Dec. 22-Jan. 19)

You think you're so cool, with your new shoes, don't you?

Well, you are being so obnoxious that the stars aren't even going to warn you about the pole you're going to smash into while you're walking along staring down at them. Idiot...



feminine side of you comes rearing its head. Spring cleaning is a fantastic thing, but don't let it get too far. After you've cleaned the bathroom

for the third time, sit down, relax and realize that you have probably killed enough germs in there to last a good three months.



## Aquarius

(Jan. 20-Feb. 18)

You've thought you were cool for years by wearing your collar popped up, and for

years the stars haven't told you how stupid you really look.



## Leo

(July 23-Aug. 22)

The writers strike is finally over and that new episode of *The Office* is finally here.

However excited you may be, do not let yourself get sucked into an all day and night marathon of seasons past. If you put off your homework too much in favor of the "real world" television has to offer, you will ultimately alienate yourself from your friends and family and be labeled "That freak who watches too much of *The Office*."



## Pisces

(Feb. 19-Mar. 20)

The stars advocate a life free from paranoia and filled with confidence and content-

ment. But now that Venus is in retrograde, the stars are on the warpath. You'll never see it coming. It could happen at your house. It could happen while you're snuggling up asleep with your little pillow. It could happen when you're placidly stooping at the drinking fountain to touch your lips to some nice cool water. Sooner or later, the stars are going to get you.



## Virgo

(Aug. 23-Sept. 22)

Although it says that "April showers bring May flowers," you feel that nothing will bring

back to life that lovely plant on your desk. Avoid over watering it and just throw it out: Spring is a time to get a fresh start, and that fresh start is just what you need.



## Aries

(Mar. 21-April 19)

Despite your previous assumptions, money does grow on trees.

The tricky part is just getting the money down. Remember, scissors cut paper and just as a less vibrant economy will cut into your paychecks, a duller pair of scissors will make it that much harder to get your money from the tree.



## Libra

(Sept. 23-Oct. 23)

While spending a lovely afternoon gardening with your neighbor, a long-standing childhood nightmare will come to fruition. Instead of controlling the plants, they will begin controlling you. Henceforth, the tune from "Attack of the Killer Tomatoes" will be permanently ingrained in your mind.



## Taurus

(April 20-May 20)

You hate to clean, but this week the stench from under your bed will become nearly unbearable. To stem the tide of nauseating fumes (and to find your roommate, who has mysteriously disappeared) you might want to invest in a sponge.



## Scorpio

(Oct. 24-Nov. 21)

After a brief failed attempt to immortalize your name in wet cement, you will

spend the day outside pondering life and Colorado's unpredictable weather patterns.



## Gemini

(May 21-June 21)

If you've been feeling under the weather lately, don't let it get you down. Although

your body is acting as though it is trying to reject one of your own lungs, you'll be fine—no one will come within 12 feet of you until you stop spewing slimy substances from your facial orifices, but you'll be fine.



## Sagittarius

(Nov. 22-Dec. 21)

Although some are blessed with natural good looks and style, you will discover that

you need a bit of a medical intervention to be a part of this camp. After participating in a new drug trial, you will have the breakthrough you have always wanted. Empty your bank account, and be prepared to spend this semester's tuition on the face you've always wanted.

## Cancer

(June 22-July 22)

With Venus entering your house, the



# COMMUNITY/CAMPUS EVENTS

## Wednesday, April 9

### Diversity Day

This year's theme is *Diversity Day 2008: Understanding and Celebrating Who We Are and Who We Want to Be*. Modeled after other national diversity conferences, the Regis University Diversity Day is comprehensive in scope of highlighting issues and strategies relating to civic engagement and social justice; a culturally diverse student body; faculty development; local and global perspectives on various issues and more. This year's conference features presentations from Regis University students, faculty and staff on a wide-range of diversity issues including lessons learned from participation in national conferences. Visit [insite.regis.edu](http://insite.regis.edu) for a detailed schedule of the day's events. For more information, Contact the Office of the Assistant Provost for Diversity at (2303) 964-5304 or [diversity@regis.edu](mailto:diversity@regis.edu).

## Thursday, April 10

### Student Spring Research Symposium

Regis University students are invited to submit extended abstracts describing their current research or scholarly work within the Sciences, Humanities, or Arts for presentation at the Spring Student

Research & Scholarship Symposium. The goal of the symposium is to provide students from Regis College, The Rueckert-Hartman School for Health Professions, and The School for Professional Studies with an opportunity to share their original work with fellow students, faculty, and the public in a multi-disciplinary setting. Visit [insite.regis.edu](http://insite.regis.edu) for guideline submissions. Questions? Contact [lpadgett@regis.edu](mailto:lpadgett@regis.edu).

### Sabbath Evening of Reflection

People of all spiritual traditions are welcome to attend this time of reflection (designed to help us pause in the midst of our busy schedules and create a special time to rest and renew) from 6:00 - 9:00 p.m. in Main Hall, room 333. Included in this event are: a light supper, quiet reflection, and guided mediation. Space is limited. RSVP by April 3rd to Kelly Darby at [kdarby@regis.edu](mailto:kdarby@regis.edu).

### Irish Community Scholarship Deadline

The application deadline has been extended for the Irish Community Scholarship Fund for the 2008-2009 academic year. ALL full-time undergraduate students are eligible to apply. The Irish Community Scholarship Fund was established to promote awareness of Irish heritage and the impact of the Irish on the United States. The first round of scholarships

will be awarded to at least one incoming freshman, at least one rising sophomore, at least one rising junior and at least one rising senior. The scholarship amount will not exceed the amount for which recipients qualify for federal, state, external, and Regis aid and cost of attendance. Application forms are available in the financial aid office (Main Hall 4th floor) or on the Regis University website [www.regis.edu/financialaid](http://www.regis.edu/financialaid). Contact Melissa Phifer, Financial Aid Counselor, at 303-458-3520 with additional questions.

## Friday, April 11

### Faculty & Staff Recognition Awards Ceremony

Come and celebrate all Regis employees and to honor the recipients of length of service and other special awards! The doors will open for breakfast at 8:00 a.m. and the presentation of awards will begin promptly at 9:00 a.m. in the Field House. If you are interested in nominating a faculty or staff member, please contact Kelly Burton at [kburton@regis.edu](mailto:kburton@regis.edu) or call x 4918. Nominations are due Thursday, March 20, by 5 p.m.

## Sunday, April 20

### Special Olympic Soccer

### Tournament

The Staff Advisory Council (SAC) is pleased to announce that the 6th Annual Special Olympic Soccer Tournament will be held on Sunday, April 20, 2008 on the Regis soccer fields. If you are interested in volunteering, please contact Carmen Owens, volunteer coordinator, at [covens@regis.edu](mailto:covens@regis.edu) or for questions, contact Denise Copeland, event chairperson, at [dcopelan@regis.edu](mailto:dcopelan@regis.edu). Volunteer spots are limited.

## Tuesday, April 22

### Colorado Rockies and Regis College Night

Come out and enjoy watching the Rockies on tonight at 6:35 p.m. at Coors Field. Special ticket prices are available for this night only to all Regis students, faculty and staff. Outfield box seats in section 146 are \$18 (regularly \$38) and Upper Reserved Infield seats in section U327 are \$11 (regularly \$20). Tickets must be ordered at least 4 hours before game time and the \$1 service charge is already included in the price.

To order tickets, go to: [www.coloradorockies.com/groups](http://www.coloradorockies.com/groups). Username: college08 Password: gorockies. If you have any questions, contact Jason Regan, at the Colorado Rockies, at 303-312-2227 or [reganj@coloradorockies.com](mailto:reganj@coloradorockies.com).

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## Summer Session 2008 . . . A Recipe for Success

- On-campus Courses
- Online Courses
- Academic Internships
- Independent Studies

### 1-2-3 Cookies

- 1 ¼ packages of Nabisco graham crackers
- 1 can sweetened condensed milk
- 1 ½ cups chocolate chips

Break the graham crackers into crumbs. Add sweetened condensed milk and chocolate chips. Pour into a buttered 9x9 square pan. Bake for 30 minutes at 350 degrees.

Office of Summer Session  
Loyola 12 • 303-458-4968  
[www.regis.edu/summer](http://www.regis.edu/summer)

