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see the backpage



Movie reviews, study tips, internship profiles, and a velvet bulldozer...

Just some things to keep you
avoiding your finals!

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REGIS UNIVERSITY Highlander

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Serving the Regis community since 1888



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Tuesday December 8, 2009

LEARNERS LIVING AS LEADERS AT REGIS

Ben Closson
Staff Reporter

Around campus there is a group of freshmen that do everything together. They eat most meals in the same dining hall, and for variety often go together to local restaurants. They sleep in the same residence hall, with the entire community residing in adjacent rooms. They study together, often in the same study room, helping each other achieve academically. They even take a course together. They are known as the Magis kids.

The Freshman Magis Experience is a group of students that live together in the same residence hall, take a one credit course together and participate in programming events, a portion of which are based on community service. For the past two and a half years, the Experience has been located in West Hall, giving freshmen students the opportunity to live in upper class residence halls.

However, this is not an integral aspect of what it means to be in Magis; Magis is a group of freshman who want to live as a tight-knit community within the broader Regis community in order to have a support network as they orient themselves freshman year. This program for first-year students is about grouping like-minded individuals together: learners that want to take their education to the next level through leadership, academic achievement and service to the broader community.

Guest speakers for the Magis program have been Diane Cooper, dean of students, and several counselors from the Office of Counseling and Personal Development. Tidenek Haile-Selassie, a freshman in the program, says that the speakers she most

remembers from this semester were Sandra Mitchell, the assistant vice president of diversity, and Dave Law, the director of Student Activities.

Magis, meaning "more" in Latin, was started in 2007. At first, there was no weekly class. The handful of students that were in the program that first year met during their free time every week to discuss how to get the most out of their college experi-

Alumni from the Magis Freshman Experience have agreed to continue programming for current Magis students. Some juniors and sophomores that were in the program as freshmen volunteer to organize community service events and other outings. These Magis alumni make up what is called the Magis Dream Team.

Chelsea Coalwell, a Magis alumna and member of the Magis

learn each others' names. The students participated in leadership, teamwork and trust-building activities that facilitated this process, but more importantly brought them together as a community.

This past September, one of the Magis service events involved the greater community by picking up trash at Red Rocks Amphitheater and Park. The participating students offered a couple of hours of their time lessening the impact visitors have on the environment. Another service event was the Race for the Cure.

Magis students are also involved in other ways. In class, they made blankets to donate to a group of senior citizens living with Alzheimer's disease. Some students then volunteered to make even more blankets in order to meet the substantial need. Lastly, two groups went separately to volunteer at the Denver Rescue Mission; some 600+ homeless men were fed with the help of these student volunteers.

In the words of current Magis student Jackie Mohr, "A group like Magis can have a greater impact that one individual attempting to do community service on their own."

While the Magis Experience may move to a freshman residence hall next year (either O'Connell or DeSmet), this is certainly not the end of the program. Magis means "more" than just having your own bathroom as a freshman. The future of the program is certain: with the profuse support network alumni have bequeathed to the heirs of their experience, the Magis legacy is sure to flourish for years to come.



PHOTO BY Grant Lundberg

Magis Dream Team and current Magis students with Njal Lundberg (front and center)

ence. This was a new program, separate from the Honors program, which focuses on "interdisciplinary study, small group interaction and individual student initiative." The Magis Experience focuses more on leadership and community service. Any overlap between students in the freshman Magis program and students in the four-year Honors program is purely coincidental. There is a separate application process for each, and the two organize activities separately.

Dream Team, says that doing community service together as a group is "like extreme bonding." She also points out that students chose to join Magis not only to do community service that they could accomplish on their own time, "but also because Magis focuses on reflection, which is another important Jesuit principle."

Another way Magis students bonded this year was the retreat they went on before the start of term. This event at a basic level helped everyone

Beyond the classroom, internships at Regis

Amber Alarid
Editor-in-Chief

The semester is drawing to an end, which means that Winter Break is nearly here. With the holidays fast approaching and many heading home to spend time with family and friends, the break will no doubt provide much to keep students busy. However, the break can indeed provide time for students to get ahead. One productive way for juniors and seniors to spend

the break is searching for an internship for the Spring 2010 semester. Sophomores can also get a jump on internship opportunities for the Fall 2010 term. It's never too early to apply!

In an ideal world Joy Detra, with the Academic Internship program, suggests that students begin searching for an internship at the beginning of the semester before they would like to get an internship. This does not, however, mean that those

who get a late start are excluded from this opportunity. According to Detra, the deadline to register for an academic internship is the same day as the add/drop deadline for the Spring 2009 semester, Jan. 26, and if students start now they still have a chance to secure an internship before then.

Early birds and sophomores alike, though, have the perfect advantage to begin looking for an internship for the Fall 2010 semester. For sophomores academic internships are still a

possibility in the spring, but only for elective credit. Sophomores looking to get credit towards their major must instead look to the not so distant future of their junior year.

See "Internships" page 2

Internships continued from Frontpage

Academic internships are a common way for students to gain work experience and impress future employers. In fact, the Academic Internship Program claims that one out of every two Regis graduates has done an internship, and those who have completed an internship are said to receive a wage averaging about 8.9 percent higher than those who have not. Yet the experience provides more to students than just a possible pay increase.

"I learned more in the work environment than in an actual classroom," says Angela Shugarts, a junior communication major interning at CBS, "...I've gotten to work with people who work in the television industry everyday...which was interesting and fun [because I could] hear what they had to say [which was] very educational. I have studied journalism throughout my time at Regis, so being able to use what I learned in class out in the 'real world' was very useful."

Will Gohl, senior, politics major, RUSGA president and recent Rhode Scholarship recipient, had a similar experience with his two internships while at Regis with a victim's

advocacy unit and the Fourth Judicial District Attorney's office. "[I've learned] that the law is about people, and I think it's something that's under-emphasized...lawyers are asked to apply the law to real people in real situations."

Academic internships require at least 120 hours over the course of the semester, but both Shugarts and Gohl exceeded those hours. Gohl attributes this to the fact that he did both his internships in the summer and he was passionate about the work that he was doing. However, Shugarts is currently at her internship, balancing 12 credits in the classroom along with her three credit internship. This meant that she worked nine hour shifts, three days a week. Both balanced their internship with other demands such as part time jobs or a regular class schedule.

For students interested in academic internships, both summer and regular semester internships are available. "It's never too early to do an internship and figure out what you want to do with your life," says Gohl, "it's something to start thinking about



PHOTO BY Joy Detra

Junior Angela Shugarts with Dave Aguilera in the CBS 4 Weather Center. Shugarts is currently an intern with CBS 4, receiving credit towards her Communication major for the Fall 2009 semester.

freshman and sophomore year." "Take advantage of it while it's here," suggests Shugarts, "why would you not do it? It's invaluable." To schedule a meeting to find out what internships

are available in your major contact Joy Detra at cdetra@regis.edu, or call (303)458-5234.

Q&A with interns Shugarts and Gohl

Angela Shugarts

Why did you choose the placement you did?

"I chose CBS because Kathy Walsh did a story on me when I was younger...and I felt more of a personal connection with the station than any of the other places I applied to. Everything came full circle for me. Also, CBS offered me something tangible I could walk away from the internship with. I knew the resume tape [assigned] would be very valuable to me and future employers."

What advice would you give other students considering an internship?

"I've learned it's very important to take initiative. Don't be scared to try something new, even if you don't know what you're doing."

How far in advance did you begin searching for an internship?

"I started looking about four months in advance. I applied to a lot of news stations so I wanted to make sure that they were not only receiving my application early, but that I would have more time to decide."

Will Gohl

What advice would you give other students considering an internship?

"It's not hard to partner internships with part time jobs. Sometimes the best [internships] are unpaid because your services are very appreciated. Don't be afraid of unpaid internships."

How far in advance did you begin searching for an internship?

Over the winter break before each summer of the internship Will would think of ideas about where he would like to do internships. Will began applying in about February.

What was the summer internship course like?

It was like an independent study according to Will. At the end of each term there is a big paper due to the internship advisor.

Final exam study tips

Audrey Keenan
Staff Reporter

It is a period of stress and anticipation, irritation and excitement. Finals week is upon us, meaning Christmas Break is just around the corner. But before you get to take your five weeks off from school, you'll need to complete your finals. Here are some tips to consider when studying and preparing for your finals.

- Unless you absolutely need the Internet for studying, go somewhere without access to computers. You won't be able to distract yourself with Facebook, YouTube or any other Internet diversions.

- While eating chips and candy might be easier and faster, take the extra time to make a healthy meal. You will actually save time in the long run because eating healthier meals will help you concentrate for longer periods of time.

- Take study breaks. You might be tempted and able to study for twelve hours straight every day, but once the time comes to actually take your finals, you will be mentally exhausted.

- Schedule time for exercise. Exercising is a productive study break and an excellent stress reliever.

- Learn to say no. Don't feel obligated

to join study groups that you know will not benefit you. Don't feel obligated to go out with your friends just because they invited you.

- If you haven't already, learn time management. You will not have enough time to do all of the studying you need or would like to do, so choose which classes you should devote the most time to first, and use leftover time to study for your other classes.

- Don't become over-stressed about finals, but likewise don't be too relaxed. Keep in mind that finals are only one component of your total grade, so don't make more of finals than is necessary. However, finals are often worth a larger portion of the grade than other assignments, so doing well on them is important.

- If you have a break during the week from finals, use it to study instead of going out. No matter how talented you think you are at recovering from a fun night, it will affect your cognitive abilities.

- After a final is over, let it go. Start studying for the next exam, or do something relaxing to celebrate, but don't agonize over previous exams. If you are concerned about your grade or the exam, make an appointment with your professor to discuss these issues.

Seeing New Moon? "Big, big mistake"

Luke Curtis
Staff Reporter

I've never read a *Twilight* novel. I've never taken the time to actually understand what *Twilight* is about. I don't know if I ever want to take the time to actually understand what *Twilight* is about, because I feel it would be too insulting to Bram Stoker and Richard Matheson. The farthest I'm willing to go is seeing the movies—and the first *Twilight* film wasn't half bad. It was mainly exposition, which is one of my favorite things if done correctly. I enjoyed meeting the characters; I enjoyed how they lived and functioned within the town of Forks, Washington. So I decided upon seeing the first that I would see *New Moon*, the second in the series. Big, big mistake.

New Moon was, in all honesty, awful. It felt like the movie was adapted from the online conversations of two angst-filled teenage lovers. I love you, I can't be with you, I have to go away, you'll never see me again, I need you, don't leave me, blah blah blah. That's the whole film, and it's just recycled over and over for two hours. At one point I think I had a seizure, actually. I asked the person next to me, and they said I just screamed, "This is an absolutely ridiculous movie" and sub-

sequently started writhing on the floor. C'est la *Twilight*.

Apparently this movie was adapted well from the book, too, which really makes me question Stephenie Meyers's ability to write. I don't know if this segment of the story was supposed to be filler, but that's how it definitely felt. Edward, the main vampire, is missing throughout the majority of the film. That leaves Bella (Kristen Stewart) to carry the movie for most of the part. The problem with this is if you can't even deliver a line without looking like you just swallowed poison, you probably shouldn't have the most time on screen. The only saving grace is Jacob (Taylor Lautner), whose character is actually somewhat interesting. Besides that, this movie is just garbage.

So, if you haven't gotten the hint thus far, don't bother with this film. It's not worth two hours of your life, it really isn't. I'd suggest going to rent Bram Stoker's *Dracula* (fast-forwarding through the Keanu Reeves parts, of course) and watching that instead. At least it's cheaper and you won't feel like you've completely wasted your night. Let's hope the next two films in the *Twilight* saga somehow redeem this franchise. But I highly, highly doubt that they'll even come close to doing so.

The night of nog

Three time Nog-Off champion returns to defend his title

Brett Stakelin
Photo Editor

Shawn "Griddles" Edwards, Regis University senior, will enter the university dining hall Tuesday night with one goal in mind, domination. Edwards will be attempting a feat no man or woman has ever successfully accomplished at Regis, a clean sweep of the annual Nog-Off Competition. What is this 'Nog-Off,' you may ask. With every semester's end comes the Final's Breakfast; a late night meal of pancakes and eggs to serve as a break from studying, and one last get-together before the year's end.

Fall semester's Finals Breakfast is host to a traditional competition of epic proportions. It's a battle of mind over stomach. Contestants drink 1 quart cartons of the holiday delight we like to call 'egg nog.' The cold, thick, tasty beverage will grace the contestants with approximately 1200 calories per round. Dairy, sugar, and eggs. Lots and lots of dairy and eggs. Similar to the ever popular 'gallon challenge,' this competition often leaves contestants puking their guts out, rather than basking in the glory of their feats.

One man who knows more than Egg Nog glory than anyone else is the Honorable Shawn 'Griddles' Edwards. Attempting a 4-year sweep of the competition is no easy task. Weeks of training and mental preparation are vital to a successful match. A

hard man to track down, I was able to get only a few words from him.

BS: What is it about you that sets you apart from other contestants?

SGE: I love dairy. I love eggs. I love eggs mixed with dairy in a creamy holiday drink.

BS: Do you have any special tricks to holding down the nog, quart after quart?

SGE: Yes. I have a strict training regime, as well as meditation exercises that I use during the competition. It's a game. Be stronger, quicker, faster than your opponents. Be the ball. The Guards will be dodgeball champions again!

BS: Dodgeball? I thought I was asking you about the Nog-Off.

SGE: Oh, right, I got sidetracked. Abominable. I just try not to barf until I know I've won.

BS: So if you win, what will 4 consecutive Nog-Off victories mean to you?

SGE: Not much. My stomach will probably just hurt for a while. I hope I win. Is a hell of a lot of Egg Nog to drink and lose. No further questions please, its time for my afternoon training session.

The annual Nog-Off and Final's Breakfast will be held Tuesday at 9pm in the University Dining Hall. Prizes will be awarded to the top contestants, and signup will be available prior to the beginning of the event.

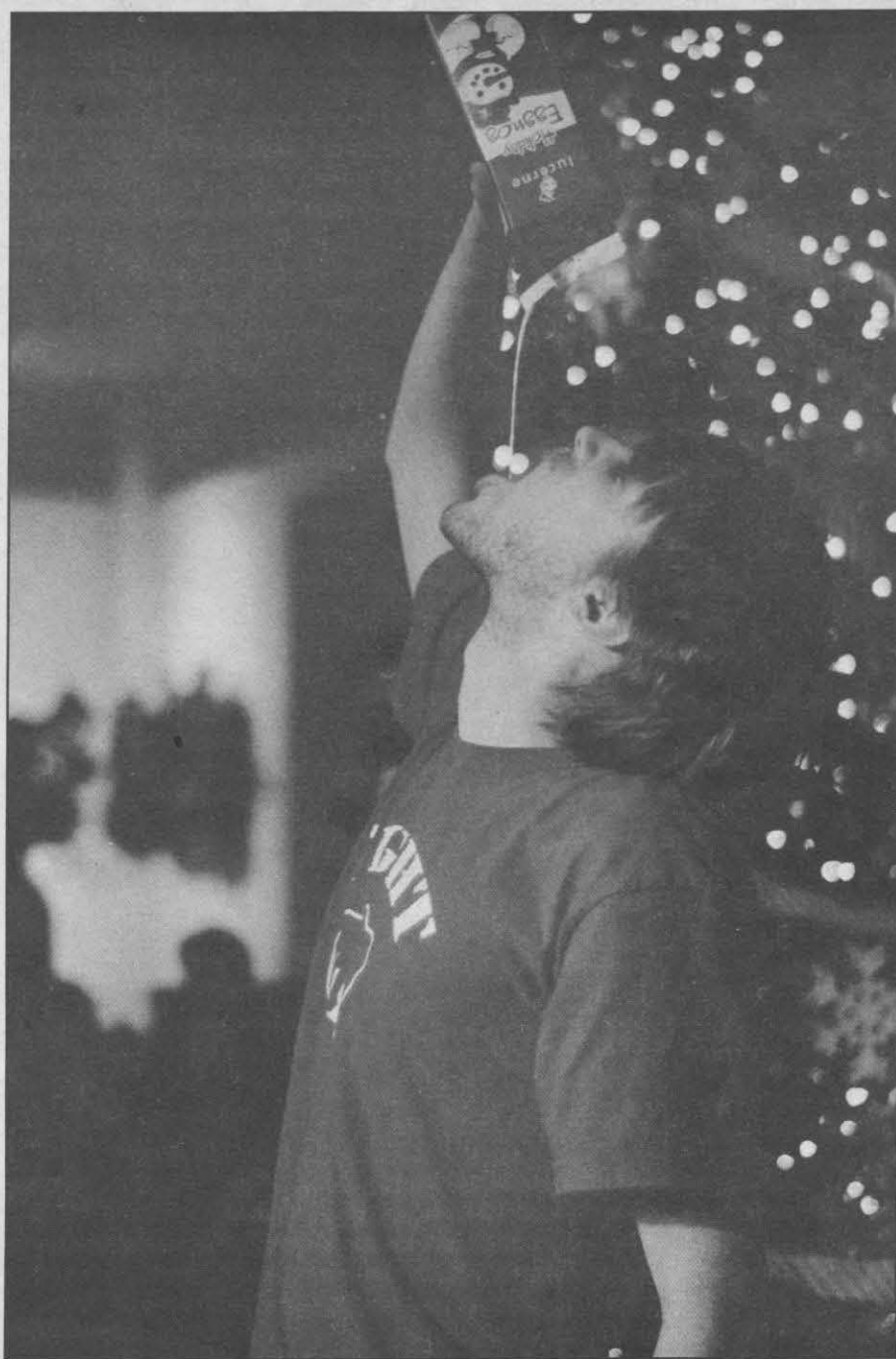


PHOTO BY Brett Stakelin

Senior Shawn "Griddles" Edwards polishing off the last of the egg nog at last year's finals breakfast. "Griddles" is the three time Nog-Off champion and aims to defend his title this year, Tuesday, Dec. 8 in the Regis University Dining Hall.

The third king of the blues: Albert "the Velvet Bulldozer" King

Jimmy Sengenberger
Perspectives Editor

When you hear someone talk about the blues, who's the first person you think of? If you're like most people, it's probably the legendary B.B. King, known as the "King of the Blues." However, as we revealed a few months ago in a profile of blues great Freddie King, he's not the only influential blues great to possess that last name.

Albert "the Velvet Bulldozer" King, the third "King of the Blues," was born on April 25, 1923, originally with the last name Nelson. Though unrelated to B.B., King actually shared the very same birthplace with him in Indianola, Mississippi. He was one of 13 children who were raised on an Arkansas cotton farm.

The man had what Rolling Stone magazine called a "mammoth physical presence"—he stood at 6 feet, 4 inches and weighed 250 pounds. A left-hander, he taught himself to play the guitar upside down—with the strings on the exact same way as a right-hand-player. This skill would later be exemplified by Jimi Hendrix, who King influenced big time and played with in the '60s.

He got his first guitar at the remarkable price of \$1.25—imagine getting something like that so cheaply today. His dad, Will Nelson, and the early blues greats T-Bone Walker,

Blind Lemon Jefferson and Lonnie Johnson kicked him off to a fiery start that in turn influenced so many future musicians of all stripes—from blues legends Stevie Ray Vaughan, Robert Cray and Taj Mahal to rock machines like Hendrix, Gov't Mule and The Allman Brothers' Warren Haynes, Eric Clapton and Joe Walsh of The Eagles.

In fact, SRV would call him "Daddy," and Clapton revealed that the main riff for his hit song "Layla" was directly taken from King's "As The Years Go Passing By." And one of King's contemporary's, John Lee Hooker, asserted him to be one of his all-time guitar favorites. Rock guitarist Gary Moore brought Albert in to join him on his *Still Got the Blues* album, even filming a high-voltage music video with the blues legend for a smoky rendition of King's song "Oh Pretty Woman (Can't Make You Love Me)."

While no relative of the "King of the Blues," Albert still received affection from his friend and America's most popular blues guitarist. "He wasn't my brother in blood," states B.B. King in his autobiography, "but he sure was my brother in blues."

Albert King moved north from his home in Osceola, Arkansas in the late 1940's, when he recorded the song "Bad Luck Blues" in 1953 for the Parrot label. Though he moved to St. Louis in 1959 in hopes of making some musical

headway, King didn't really start coming out of the woodwork until 1966. In that year he joined the Stax label, under which he recorded his famous song "Laundromat Blues" and two of the most highly-regarded blues songs in history, "Live Wire/Blues Power" and "Born Under A Bad Sign."

By 1968, and largely thanks to "Born Under A Bad Sign," the 44-year-old had emerged from smoke-filled juke joints and was playing in front of white audiences, performing on March 8 at the Fillmore East. He would go on to record such songs as the rap-like "Cold Feet" and the groove tune "Overall Junction."

King had a notorious temper and was known for carrying a .45 pistol at his side at all times. In 1983 he sat down with SRV for a televised jam session for the show *In Session*—but it almost did not happen. Albert King didn't remember who Vaughan was, though he later recognized him as "Little Stevie," this skinny teenager who'd join him on stage in Austin, Texas beginning in 1973. Well, since he did not recall who Stevie was, he was not ready to share the spotlight with this nobody—until he was finally convinced to go through with it. Moody indeed.

The legendary musician and Blues Hall of Fame inductee never benefited from a real education, yet he managed to rise to worldwide glory

anyway. "I can't read, I don't know how to write, my whole life has been one big fight," he once said.

From that fight emerged one of the most potent and recognizable guitar tones ever. King's thick Gibson guitar sound, ringing straight from his Flying V guitar named Lucy, is one of the most distinctive ever. He would often play very few notes, but he would let those notes just ring out long and strong with power and feeling. "Albert can take four notes and write a volume," guitarist Michael Bloomfield once noted. "He can say more with fewer notes than anyone I've ever known."

Sadly, much like heart failure killed Freddie King, a heart attack overcame Albert King in Memphis, Tennessee, just two days after his last concert in Los Angeles. The attack took the blues legend away from his friends, family and fans on December 21, 1992. He was 69.

Despite this tragic death, the mighty music of this Velvet Bulldozer and his influence lives on to this day in blues bars, on the concert stage and the iPod. And as far as this observer is concerned, it is with good reason that the Third King of the Blues continues to reign in the Kingdom of the Blues.



Freshman Kara Larson, post, driving against Adams State

PHOTO BY Brett Stakelin



School of the Americas protest, November 2009, attended by Regis students and faculty.

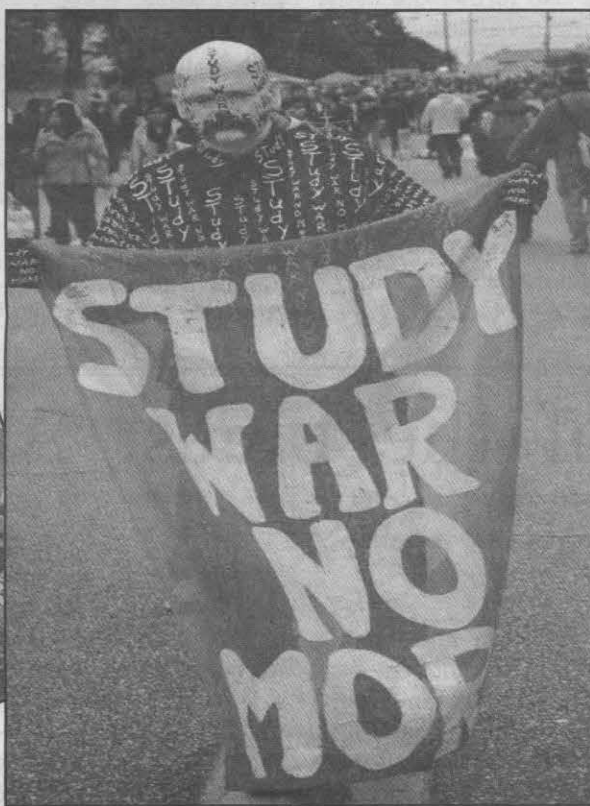


PHOTO BY Dr. Leonardo Palacios



PHOTO BY David Ordway
Mr. Lypao Cha from the Hmong Catholic Community at the Peace Market



Members of the choir at Lights, Lessons and Carols

PHOTO BY David Ordway



PHOTO BY David Ordway
Sister Ruth Routten from Earthlinks at the Peace Market

HAPPY HOLIDAYS FROM THE HIGHLANDER!