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New buildings surface around campus.

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The latest in movies and music.

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REGIS UNIVERSITY

HIGHLANDER

a biweekly publication

Serving the Regis community since 1888



Volume 94, Issue 1

www.regishighlander.com

Wednesday, February 29, 2012



Candidates field questions during the annual RUSGA debates. From left: Jason Kosloski, Paul Narey, Grant Robbins, Will Sabin, Terese Cabanting and Garrett Carrica.

The Times, They are a Changin'



Robyn Kelly
Editor-in-Chief

Walking into Walker's Pub last Wednesday evening, I felt the anticipation in the air; the lights were dimmed, the music low, and a conglomerate of finely dressed flourishing politicians gathered by a table of cookies (which were delicious, mind you), pumping themselves up for the night's events. Wednesday night marked the restart

of a great Regis tradition: the RUSGA Debate of Elected Officials.

The candidates for the RUSGA presidency, vice presidency and chief justice filed into their seats as the current Chief Justice, Regis junior Morgan Nitta, explained the rules. Student Body President, Josh Kniss, a senior, started the event with the State of the University Address.

Kniss reviewed the many advancements invoked by RUSGA in the academic year thus far. Items included better communication on campus through a partnership

"Think hard about who will most accurately represent [you] and the rest of the Regis student body," said Josh Kniss, student body president.

between RUSGA and the Office of Student Activities; the support of a co-advisor for each cabinet member; a leadership retreat in the fall for student leaders on campus leaders; and increased communication between RUSGA, the University and its students. Also included was the implementation of the WeCar pro-

gram; bike safety and storage; a discussion about a pool pass system so that Regis students can use the pool at the Berkeley Community Center; and developing an increased sense of unity and school pride with the Student Involvement Committee. A major highlight, Kniss said was the renovation and re-opening

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Walker's Pub in a new, larger space in the Student Center. For more on the RUSGA initiatives, visit the association's website at <http://www.regis-gov.org>.

At the conclusion of the State of University address, Kniss encouraged every student to "think hard about who will most accurately represent [him or her] and the rest of the Regis student body."

Morgan Nitta resumed her position at the podium to facilitate the rest of the event. The candidates were first asked to introduce themselves before being posed with a series of questions. Each candidate had an opportunity to answer the questions.

Following the question-and-answer session between Nitta and the nominees, questions from the audience were read aloud and answered accordingly. As to be expected, parking was an issue at the hearts of many of the questions. Also at the forefront of the discussion was a

desire for a more integrated community at Regis. The candidates praised RUConnected as a platform of a mass media messaging, and each chief justice hopeful agreed that having experience on Regis' Judicial Board should be required for the highly sought-after position. All candidates stressed the importance of knowing the needs of current and prospective students.



importance of knowing the needs of current and prospective students.

Elections are underway and will end tomorrow evening, Thurs., March 1, at 11:59 PM. Students are encouraged to review each candidate's resume and platform to make an informed decision. Undergraduate students received a link to the ballot via email. "Your voice is the most powerful voice on campus. Please continue to make your voice known!" said Kniss.

Vice President candidate Dan Ott answers questions during the RUSGA debate.

Contact the Highlander

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Our Mission:

As the staff of the Regis University biweekly publication, the Highlander, we intend to serve the campus and the neighborhood by providing a forum for news, information, and the exploration of 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 highlander@regis.edu by 7pm every Friday for consideration. All submissions will be reviewed to ensure suitability and quality of thought.

The views and opinions portrayed in the Highlander newspaper are the sole opinions of the Highlander staff and do not necessarily reflect the views of Regis University.

Meet the Candidates



DAN OTT & JEFF HASSEBROCK

Positions running for: Vice President and President, respectively

Years: Both are juniors

Areas of study: Jeff is working toward an honors degree in biology with minors in chemistry and history; Dan is pursuing a honors degree in neuroscience with a minor in philosophy.

Key platform ideas: Installation of a new integrated and innovative community at Regis, a focus on student programming and maintaining accountability as office holders.



JASON KOSLOSKI & PAUL NAREY

Positions running for: President and Vice President, respectively

Years: Both are juniors

Areas of study: Jason is a Marketing major with a minor in finance and is on the pre-law track; Paul is double majoring in Economics and Music Composition (he will be the first to graduate from Regis with that particular music degree).

Key platform ideas: Expand parking, increase community involvement and strengthen the amount of Regis student involvement.



GRANT ROBBINS & WILL SABIN

Positions running for: President and Vice President, respectively

Years: Junior and sophomore, respectively

Areas of study: Grant is pursuing a major in Biology; and Will is musing over a major in Biology with a minor in chemistry.

Key platform ideas: Facilitate a joint effort with the students to make Regis the best place it can be; recognize issues such as parking and student involvement; and bring leadership, teamwork, reliability and enthusiasm to their roles.



GARRETT CARRICA

Position running for: Chief Justice

Year: Junior

Area of study: Garrett is pursuing majors in Chemistry and Mathematics.

Key platform ideas: Maintain justice, continue to make Regis a better place and continue the practices and legacy that has already been a major part of the Judicial Board.



TERESE CABANTING

Position running for: Chief Justice

Year: Sophomore

Area of study: Terese is working toward a degree in Communication Studies with a minor in Psychology.

Key platform ideas: Bring awareness to the rules and the Code of Conduct at Regis, and support the future Student Body President and Vice President.



DEXTER SCHILLER

Position running for: Chief Justice

Year: Sophomore

Area of study: Dexter is majoring in Politics and is a pre-law student.

Key platform ideas: Instill authority before the school year starts by organizing a Judicial Board training session for all of its members, and create and maintain unity between the Chief Justice and the President and Vice President.

Claver and Clarke Projects Fueled by Student Requests



Lauren Aemmer
Staff Writer

If you did not hear about them first semester, the construction projects on

Claver and Clarke Halls cannot have escaped your notice this semester.

Both projects started to take a definite shape within the last month. The structures are growing rapidly. With the increase in freshman class size over the last two years, it is not hard to see why Regis began to expand its buildings. What is not as well known is what these projects hope to accomplish, and how they will benefit the school.

The addition of Clarke Hall to Regis' main campus has elicited concern from many over the fact that it will primarily be devoted to the College for Professional Studies (CPS). Undergraduate students have been

particularly worried about the building's use, as its location has constricted an already-tight parking situation on and around campus. Despite the trepidation, Clarke Hall will provide several amenities for use by the wider University community. According to Michael Redmond, associate vice president of physical plant, from the start of the projects "the senior

a new café area, conference rooms available to some core classes and, as mentioned in an email from Karen Webber, vice president for administration, a "University-wide testing center, writing center, tutoring center, and the Office of Disability Services." In addition to these features, the consolidation of CPS operations into Clarke Hall frees up classroom and

meeting space for undergraduate, nursing and pharmacy students in Claver Hall.

The recently renamed Claver Hall (formerly ALC) renovation include restructuring this space according to student's needs. Some needs, like the pharmacy addition, renovation of the health professions area, and both renovation and addition



Clarke Hall: a building in-the-making.

leadership of the University wanted [Clarke] to be a University building, and not just a building that was solely... for one school." The additions incorporated into Clarke Hall for University-wide use will include

of classrooms, are fueled purely by academic needs. Other additions, including the performance hall, its green rooms and practice rooms, the multi-purpose room and the food court, are being built to fulfill re-

See Construction on p. 7

Letter from the Editor

Robyn Kelly
Editor-in-Chief

Growing up in Parker, Colorado, I never felt like I would make much of an impact on the world. I grew up in a safe, but sheltered community filled with cookie cutter houses that was home to an overly uptight homeowner's association and was situated in a generally crime-free area. Though I grew up in a "relatively normal" environment, there was nothing of seemingly great importance in my life story.

How that all changed when I was offered the position of Editor-in-Chief for the Highlander newspaper!

After hearing the news of my new position, and, of course, after busting out a rendition of several NFL stars' touchdown dances because of it, I decided that it was time to head to the office and begin sorting through previous editions of the Highlander. Copies strewn about in every nook and cranny, an organizational freak's worst nightmare, I cranked up my 90s playlist (Marky Mark and the Funky Bunch's "Good Vibrations" will never go out of style) and prepared myself for what I expected to be a tedious, unfulfilling task.

To my surprise, I found myself distracted by the numerous anecdotes of Regis' past. Each story was more compelling than the last, all documenting tales of Rangers coming together as a whole. Stories shared in 1944 included those of Regis students returning from World War II; others were from the time that women were first allowed to attend the University. The archives also included student reflections following the attacks on Sept. 11, 2001.

Reading the timeless editorials made me realize that the Highlander is not just another collegiate publication; it is a living method of narrative-based preservation that allows every Regis student to be heard. The Highlander is an innate part of the Regis legacy, thereby contributing to our own personal legacies (yes, even for those of us who grew up in cookie cutter suburbia). I, along with the rest of the Highlander staff, am working hard to make this legacy a permanent staple at Regis.

The Highlander is a student-run organization, and, after being on a hiatus, it is back and ready to serve the needs of its students. Please feel free to contact us with story ideas, responses to editorials, or questions and comments at highlander@regis.edu; or stop by our office in the basement of the Student Center and leave us a note in our mailbox. This Leap Day, let us work together in documenting our own history as we leap back into The Highlander!

The Season of Lent



Jessica Zanetell
Staff Writer

Considering today's modern culture of instant gratification and materialism, it is

almost strange to think of a tradition that promotes sacrifice, but on Feb. 22 at the St. John Francis Regis Chapel the season of Lent began with the celebration of Ash Wednesday. Several well-attended masses were held in the Chapel where many students received ashes.

To commemorate Ash Wednesday, palms from the previous year's Palm Sunday are burned and infused with incense then mixed with holy water and blessed. The ashes are then used to mark followers of God with the shape of a cross on their forehead. When receiving ashes, it is common to hear the words, "Remember you are dust and to dust you shall return," a reference to Genesis 3:19. The ash signifies not only one's sorrow and repentance for sins, but also stands as a reminder of a person's morality. Originally, the tradition of receiving ashes was left only for certain

members of the church. Only people who made a public confession of sin and wished to be restored in the fellowship of the church at the Easter celebration were marked with the cross. Now this tradition has grown to include all members of the congregation as a reminder of their need for God.

Although it is one of the oldest traditions recognized by the Christian calendar, the season of Lent has also changed over the years. It began as a way for new members of the church to spend time concentrating on prayer and study before receiving the Sacrament of Baptism on Holy Saturday, the day before Easter; and also to prepare for the celebration of the resurrection of the Lord. Today, Lent has grown to encompass almost everyone. It is now seen as a time for simplicity, where self-examination and penance are demonstrated by voluntary sacrifices, which can be anything from giving up Facebook or texting, to not eating meat or even fasting during certain hours.

The tradition of sacrifice is representative of Jesus's forty days spent in the wilderness facing temptations that were meant to lead him astray.

Easter and Lent are both celebrated with the color purple which represents not only the pain and suffering of the crucifixion, but also the hope and rejuvenation celebrated on the day of Resurrection.

Over the years, the traditions of Lent and Ash Wednesday have changed, but it has always been considered a time of self-examination and a reminder of the need for God. It is not just a practice of abstaining from vices through the season of Lent, but a way to discredit the sins present in one's life. Making sacrifices is an important part, but more important are the reasons behind it. It is not enough to give up something for the forty days before Easter; something positive is meant to take its place. Lent is supposed to be a time of personal conversion in which people become less concerned with personal vices and distractions and put more time and effort into their relationship with, and in service of God. It is not meant to be solely a season of giving up material things, but a season of gaining something far more valuable.

Behind March Madness

Kendra Tyboroski
Staff Writer

March Madness evokes great excitement throughout the United States among basketball fans and betting enthusiasts alike. The NCAA reports that 30 million Americans participate in their office pools. In 2009, the US lost an estimated \$11.2 billion in worker productivity during March Madness. Making a bracket involves great methodology (or luck, depending on who is asked). Perhaps a reason for the obsession with this basketball tournament involves the possibility of winning. According

to athlete Bobby Carpenter, "March Madness is one of the unique things in sports where [previously unknown] good teams... Cinderella stories come out of nowhere to win a few games. It's something the nation really embraces."



The term "March Madness" originally described the Illinois State High School tournament, which involved 900 teams by the late 1930's. H.V. Porter, a high school teacher and eventual assistant manager of Athens High School, coined the phrase in a poem titled "Basketball

Ides of March" in 1939. Porter became revolutionary in the world of basketball by contributing to the design of the backboard and the elimination of laces in the basketball. Porter also wrote rules for high school basketball and football. The phrase "March Madness" did not gain popularity among collegiate fans until the 1980s, when it caught rapid fire. Since then, March Madness has been associated with a season of exciting upsets, Cinderella stories and some mad basketball skills.

Spring Season Preview: Baseball and Women's Lacrosse

Kendra Tyboroski
Staff Writer

The outlook for the spring season of baseball and lacrosse is bright; both teams return from a great previous season and have every intention of repeating their successes. The ladies' lacrosse team went 6-0 last season in the Western Intercollegiate Lacrosse Association (WLIA) and intend to do so again. "Our goal is to be repeat WLIA champions," said Sarah Kellner, head coach for women's lacrosse.

Baseball coach Dan McDermott feels the baseball team will share similar success. "I really feel like this

will be the best team we have had since 2004," he said. This is quite the statement because four players from the 2004 team went on to play professional ball.

"I really feel like this will be the best team we have had since 2004," said Coach McDermott

Both teams welcome new assets from all over the country, and both coaches agree that the combination of newcomers and experienced players will be a strength for the team. A strong chemistry will grant success for baseball, while melding as a team and strengthening team chemistry

will be important for the lacrosse team. A strong work ethic appears as a central theme for both teams. Both teams play in tough conferences, but they have confidence that their line-

ups have enough skill and willpower to overcome this.

"The most important aspect for a successful team is overcoming adversity. When faced with a challenge, [it's] looking it in the eye, accepting it and having the desire to conquer it. Whether the challenge is a difficult

drill in practice, a fierce opponent, recovering from injury, or rebounding after a loss, or succeeding success," coach Kellner said.

"Regis players are here for the right reasons," McDermott said.

Coach Kellner shared a similar sentiment, "The student-athletes here are extremely dedicated and passionate about their academic and athletic careers. These Student Athletes are self-motivated to reach their potential and beyond."

Go to www.regisrangers.com/athletics for schedules and more information. Go Rangers!



Sophomore Brandi Collins credits her family among her "most devoted fans."

Player Profile - Brandi Collins



Hailey Barr
Sports Editor

Women's basketball player Brandi Collins has proven to be an extraordinary

example of a strong female athlete with her indomitable strength and spirit on the court. She "decided to hang up [her] hockey skates for basketball shoes" in fifth grade. That has been wonderful for Regis' basketball team, especially considering moments such as her game-winning, last-minute jump shot against Nebraska-Kearney. However, she credits her success to her family, coaches and teammates, stating that "without them, none of it would have been possible."

When it comes to the game itself, she has a special fondness for the

pre-game preparation and all the anticipation that comes with it.

This is fitting for a college sophomore, especially one with an interdivisional major with a focus in elementary education. Collins hopes to become a teacher and a coach and perhaps play professional basketball overseas one day.

For now, her biggest focus outside of school and basketball is her loyal fanbase: her family. In addition, she relaxes by camping, spending time with friends, watching Redbox movies and shopping.

This extraordinary player and potential future coach has an excellent piece of advice for aspiring athletes: "Work hard, and always play for love of the game, for that is much richer than anything you'll ever receive."

Ask the Pharmacist: Traveler's Diarrhea

John Turtle
Staff Writer

Send your health questions to highlander@regis.edu. Each week, 2013 PharmD Candidate John Turtle, of the Academy of Student Pharmacists-American Pharmacists Association, will answer selected questions.

Do you have plans for spring break? Will you be traveling to a tropical paradise? If you are planning to go out of the country in the near future make sure you are educated on the ever-so troublesome and notorious traveler's diarrhea!

Traveler's diarrhea is the most common ailment that happens when Americans visit developing countries. It rarely causes serious outcomes and is self-limiting, typically resolving itself within a week. Factors influencing traveler's diarrhea vary depending on the time of year.

You are at a higher risk if you have certain medical conditions (ex: immune compromised, inflammatory bowel disease). The bacteria that causes traveler's diarrhea are nearly always contracted by eating or drinking contaminated food and water. It can also be caused by viruses or parasites, but these causes are less likely. The clinical definition of traveler's diarrhea is "having at least 3 loose stools over 24 hours while being accompanied with abdominal pain, nausea, vomiting or fever."

The best way to dodge this menacing condition is by avoiding the most common bugs that cause it (E. coli, Salmonella, Campylobacter, and Shigella species).

The first treatment with any type of diarrhea is to rehydrate. When your body loses large amounts of water in a short time, it is important to increase fluid consumption. Many complications of diarrhea are due to loss of fluid from the body. The best agents for diarrhea-related rehydra-

Prevention

- Well-cooked food (dry, served hot)
- Fruits and vegetables that can be peeled
- "Peel it, boil it, or forget it"

tion therapy contain ingredients with electrolytes and carbohydrates (soda, Gatorade, fruit juice).

Alongside rehydration, another treatment option is Pepto-bismol*, which has been shown to dramatically reduce visits to the bathroom. Unfortunately, to achieve the maxi-

Ask the Pharmacist: Headaches

John Turtle
Staff Writer

It's time for midterms: You have been up all day and it is almost midnight. You have a headache and would like to know what medications work best for the underlying cause. First, it is important to consider what type of headache you are experiencing. The various types of common headache are tension type, migraine, and sinus.

Differentiation between headaches is fairly simple. The location of tension headaches is usually bilateral (all over the top of the head), has gradual onset, and typically lasts minutes to hours. Some can continue for days. Migraine headaches are unilateral, throbbing, have a sudden onset, and last for hours to days. Migraines are typically the most troubling out of the three. Sinus headaches usually originate from the face or forehead, have dull pain, and seem to be worse in the morning. These types are easy to diagnose because they go hand in hand with sinus symptoms (such as nasal discharge). They typically last for days and resolve simultaneously with symptoms.

Nutrition and agents that are not pharmacologically active should be sought-after to resolve mild symptoms. Foods containing tyramine (in aged cheese and red wine), phenylalanine (an artificial sweetener), monosodium glutamate (often in Asian food), caffeine and sometimes chocolate are dietary triggers that can cause headaches. Other triggers include magnesium supplementation and avoidance of hunger.

Medications can also cause headaches. Hormone and contraceptive medications often cause headaches in women. Other medications, like NSAIDs (non-steroidal anti inflammatory drugs) can cause drug-rebound headaches. These are easy to

diagnose because, upon discontinuation of the medication, the headache begins. In these circumstances, patients will experience relief when they resume use of the medication. The best way to resolve medication overuse headaches is to slowly taper the dose over a period of 14 days.

Treatment for a headache warrants a patient-centered, headache-type-specific approach. Acetaminophen, NSAIDs and aspirin are effective for the treatment of certain headaches. It is important to administer the medication early in the onset, as this will result in a quicker resolution, and it will prevent the worsening of symptoms. Often, headache symptoms progressively become worse or can resemble a cyclical pattern. An interesting solution many patients prefer is Excedrin. The combination of aspirin, acetaminophen and caffeine seems to alleviate symptoms quickly and is effective in certain populations. Different individuals respond differently to headache therapies, and certain medications work better than others on a patient-by-patient basis.

Important considerations with the use of NSAIDs include gastrointestinal [stomach] upset, bleeding, and drug interactions. Avoid gastrointestinal upset by taking the medicine with food or milk. Bleeding and drug interactions can be minimized by a quick consult with your doctor or pharmacist.

Disclaimer: This column is not intended for use to self-diagnose or self-treat. Rather, it is intended for the general education of popular health topics. Before taking any medication, or when you have questions concerning a particular health condition, always seek a medical professional.

Adapted from: Handbook of Non-prescription Drugs: An Interactive Approach to Self-Care. "Headache" Chapter 5.

Headache Info

Types of Headaches

Tension headaches

Stress, emotion and other stimuli such as studying.

Migraine headaches

Neuronal and vascular factors. Fatigue, oversleeping, caffeine, alcohol, menses and changes in pressure can manifest in a migraine. Some believe that personality features such as perfectionism or compulsiveness can result in migraines.

Sinus headache

Occurs with infection or blockage of the paranasal sinuses.

Available Without Prescription

Ibuprofen (Motrin®)
Naproxen (Aleve®)
Aspirin

When to See a Doctor

- Severe head pain or headaches that persist longer than 10 days
- During pregnancy
- Less than 8 years of age
- High fever or signs of bad infection
- Liver disease or chronic alcohol abuse
- Headache that is secondary to other causes
- Symptoms of migraine without diagnosis of migraine

mum benefit, you must repeat doses every 30 minutes. This is not a convenient schedule when you are on vacation! When compared to Imodium*, a similar medication, Pepto-bismol* has been shown to aid in symptoms of nausea more than diarrhea symptoms. Imodium* is better for treating traveler's diarrhea. It begins working within four hours of ingestion and may be repeated until maximum daily dose is achieved. Questions about over-the-counter products? Ask your pharmacist!

Antibiotics have proven to benefit travelers experiencing diarrhea. Sometimes, the medical professional will reserve antibiotic treatment of traveler's diarrhea for special need

populations. When given in a timely fashion, they can help resolve symptoms and get you off the toilet and onto the beach!

Depending on severity, the length of antibiotic therapy varies. Some doctors will prescribe three days' worth of antibiotics and instruct the patient to discontinue taking the medication after the initial 24 hours and resolution of symptoms. It is important to ask your pharmacist for recommendations when taking antibiotics.

The combination of Imodium* and antibiotic therapy is beneficial and has been shown to quicken response and reduce duration of symptoms. If you want antibiotics before traveling,

visit a doctor and explain your travel plans. A doctor can easily call in a prescription to a pharmacist before your departure. If you develop diarrhea while traveling, the antibiotic and Imodium* will be ready for use immediately!

Precautions:

- Do not use either of these medications if you experience bloody stools, have a fever over 101.3° F, or in young children.
- These medications slow the movement of the bowel system (antimotility). Therefore, they can be associated with worsening of some infections by increasing the gastrointestinal exposure to the bacteria. In

See Traveler's Diarrhea on p. 7

Recruiting Goes Hollywood

Act of Valor review



Matt Burns
Movie Critic

Act of Valor is a movie that both succeeds and fails from its selling point. The actual

NAVY SEALs are very bad actors, which is to be expected, but they are believable when they are shouting out their commands and orders, as the dialogue feels very natural. This film would have been much better had it left out all of the character stories and laid-back interactions between missions, because the dialogue and its delivery felt very stilted.

The script is by far the weakest point of this film, as it is filled with just about every war film cliché you can imagine, short of "a war-torn soldier about to retire but brought back for just one more battle." The character of Rorke demonstrates this idea, as he is a man that is about to take leave due to his pregnant wife back home. A stronger script with

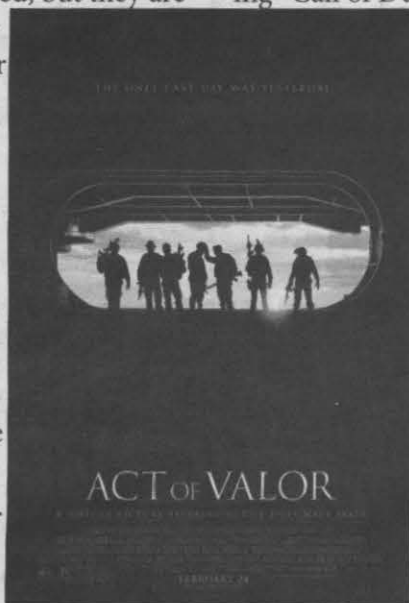
either zero character arcs or strong character backgrounds and arcs would have made this a much better film.

The direction and cinematography were both solid. The action scenes, for the most part, were well-shot and exhilarating, all except for the scenes in which the film switches to imitating "Call of Duty" by employing a

"first-person shooter" mode of filming. I do say that that the greatest quality action scene of this movie is the first set piece that takes place in the jungle with the extraction of Roselyn Sanchez.

Despite the criticisms, I still think *Act of Valor* is worth watching, as it is the closest you will get to witnessing exactly what the NAVY

SEALs are trained to do without becoming one yourself. It is truly something to behold, and I respect the heck out of them for it.



Courtesy of Google Images

★★★★ Rating system out of 5 Stars

Sound Bites



Nick Smith
Music Critic

Van Halen – A Different Kind of Truth

Released on

February 7, 2012, Van Halen's highly anticipated twelfth album, *A Different Kind of Truth*, is the first album from the band in over a decade. The album is a refreshing kickback to classic eighties hard rock as well as Van Halen's "Brown Noise" sound. Eddie Van Halen's solos are just as wild and over the top as any fan of the band would like them to be. *A Different Kind of Truth* is the first album to feature guitarist Eddie Van Halen's son, Wolfgang, on bass; he is the replacement for former bassist Michael Anthony. Former Van Halen singer David Lee Roth also returns to the band for this album, making this his first Van Halen record in twenty-eight years.

★★★★

Rating system out of 5 Stars

The Fray – Scars & Stories

The latest release from Denver band The Fray, *Scars & Stories* reinforces a distinct sound that is unmistakably theirs. This album employs their tried and true sound that they have been using since their start. *Scars & Stories*, however, neglects to show innovation.

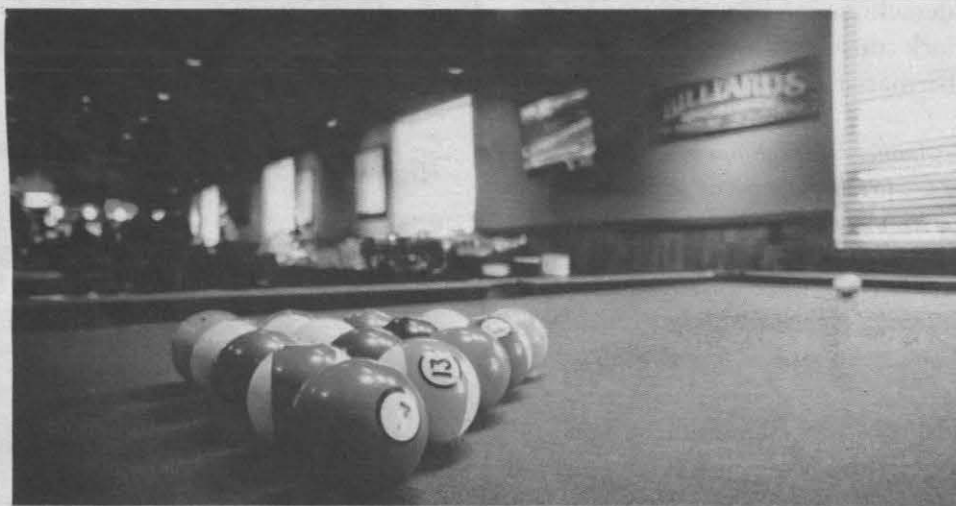
★★



Band of Skulls – Sweet Sour

Band of Skulls is a relatively new band on the music scene; their first release debuted in 2009 with *Baby Darling Doll Face Honey*. Ever since, they have been gaining popularity at an alarming rate. *Sweet Sour*, the band's sophomore release, does not disappoint. The alternative blues-rock band follows in the footsteps of bands like The Dead Weather and The Black Keys while still putting a unique spin on the genre.

★★★★★



RUSGA, Physical Plant and the Office of Student Activities worked hard in December and January to bring you the new Walker's Pub in the Student Center.



Photos by Brett Stakelin

Staying Local for Spring Break?



Chelsea Mitchell
Business & Advertising Manager

Staying local for spring break this semester?

Don't fret! There are many things to do in the beautiful state of Colorado that will ensure that you have a good time over break. While 16th Street Mall is a fun place to go, you may be looking for something new. I have compiled a list of fascinating things to do around the Denver area, beginning with a couple

of museums.

The Museum of Nature and Science has a variety of exhibits and can definitely become an all-day event. You can also visit the Molly Brown House Museum to learn about her life and the events leading up to the sinking of the Titanic.

If museums do not interest you, then try the Denver Zoo. Located in Denver's City Park, the zoo is always a great place to go for a day-long event.

Animals do not peak your interests? Visit the Denver Botanic Gardens. If you attended Regis' Snow

Ball dance, then you are familiar with this hidden gem. If you did not go, then go check it out! The venue features a number of different gardens that represent all corners of the globe.

More in the mood for sports? Take a tour of Sports Authority Field at Mile High. The tour starts in the Colorado Sports Hall of Fame Museum, which is located inside the stadium. The tour lasts approximately 75 minutes.

Looking for an outdoor activity that will get your blood pumping? Check out Red Rocks! This amphitheater holds amazing concerts, but

it is also a great place to visit if you want to go hiking or biking on one of the many trails while seeing some amazing Colorado scenery. For more hiking options, visit www.dayhikesneardenver.com.

Still trying to find things to do in Denver? Go to www.Denver.org for other suggestions.

You might be staying local for spring break, but with so many fascinating things to see and do in Denver, you are guaranteed to have a good time no matter what kind of adventures strike your fancy.

Traveler's Diarrhea from page 5

mild cases and most patients, these effects are not observed and treatment with Pepto-bismol® and Imodium® are recommended.

- When to call a Doctor
- When taking antibiotics with Imodium, and symptoms persist longer than 48 hours
 - If you encounter bloody diarrhea at any time – DO NOT SELF-TREAT!

Disclaimer: This column is not intended for use to self-diagnose or self-treat. Rather, it is intended for the general education of popular health topics. Before taking any medication, or when you have questions concerning a particular health condition, always seek a medical professional.

Adapted from: Regis University School of Pharmacy Integrated Pharmacotherapy 11; student note packet. February 2012.

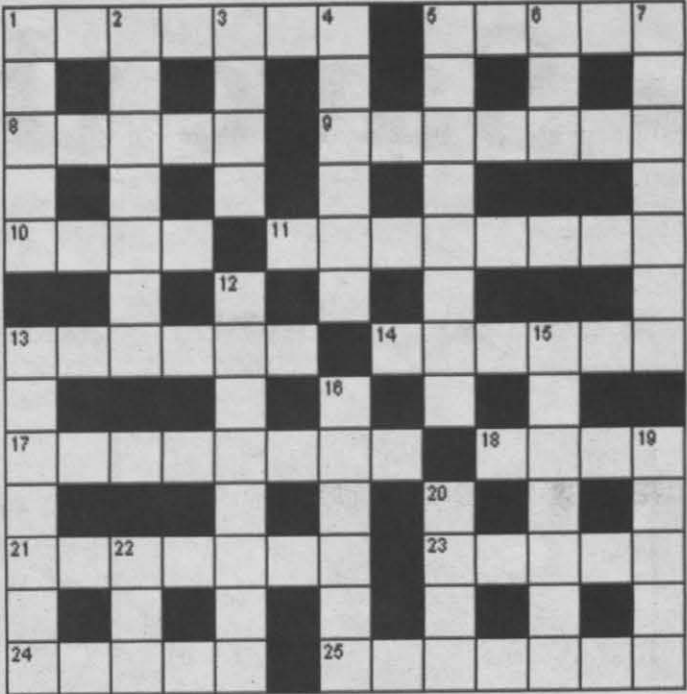
Construction from page 3

quests put forth by the student body. "I like that...what they're doing is a lot more than what we've got now" said Brenda Gonzales, a member of the Dean's Advisory Board. Redmond recently presented the projects to Gonzales and the rest of the Dean's Advisory Board. Members had a chance to learn about the Clarke and Claver projects and to ask questions of Redmond and his staff.

Planning for the Clarke and Claver projects only began about eight months ago, according to Redmond. The turn-around time from planning to breaking ground has been extremely fast, but Regis has gone to great lengths to take student, staff and faculty input into consideration. "They're thinking about us," Gonzales said of the school. "They're trying to make it a better environment for students."



Photos by Brett Stakelin

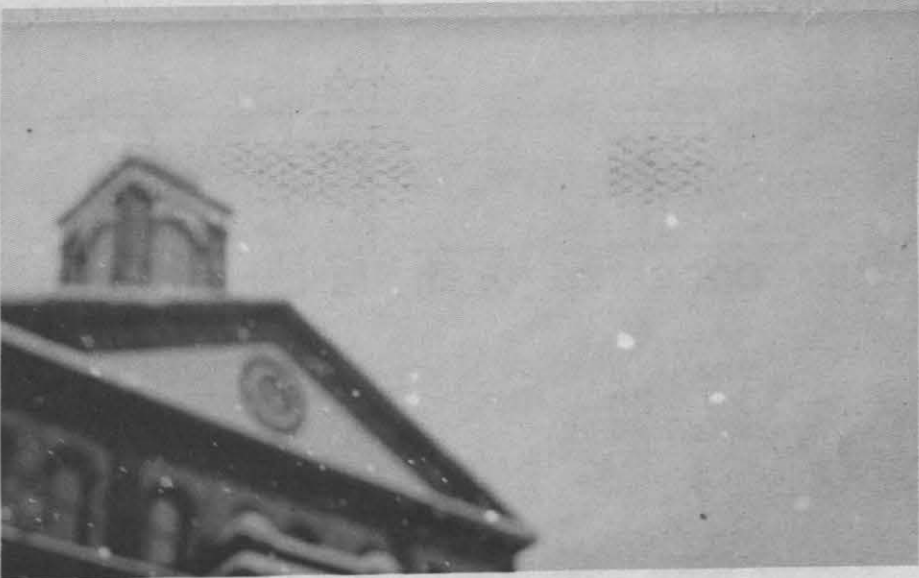


Across

- 1. State capital of Wisconsin (7)
- 5. Lombardy city (5)
- 8. The Friendly Islands (5)
- 9. Spanish city (7)
- 10. Muscat is the capital (4)
- 11. Capital of Malta (8)
- 13. Capital of Turkey (6)
- 14. World's largest desert (6)
- 17. West Indies island group (8)
- 18. Portuguese folk music (4)
- 21. State capital of Georgia (7)
- 23. Capital of Ghana (5)
- 24. One of the Lesser islands in 17 across (5)
- 25. Grand Canyon state (7)

Down

- 1. Paris underground railway (5)
- 2. Scandinavian country (7)
- 3. Former name of Thailand (4)
- 4. Capital of the Bahamas (6)
- 5. Strait between the Atlantic and Pacific oceans (8)
- 6. Currency of Bulgaria (3)
- 7. Falls between Canada and USA (7)
- 12. Formerly known as Ceylon (3,5)
- 13. Montgomery is the capital (7)
- 15. Corsican town and birthplace of Napoleon (7)
- 16. Carson City is the capital (6)
- 19. Nebraska city on the Missouri (5)
- 20. Indonesian island (4)
- 22. Currency of Romania (3)



Winter Wonderland on Campus

POLICY

party

party

party

party

WAGON

Tomorrow

WI

FE

OFF

OFF

5	4		2		9			1
			5					4
		7				9		
8				3			6	7
			6		5			
9	3			1				2
		1				6		
2					6			
3			1		7		4	9

Save the Date

February 29, 2012 - March 17, 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			29 4:00 - 6:00 PM Highlander Release Party, Walker's Pub	1 7:00 PM Catholic Speaker Series: "Astronomy, God, and the Search for Elegance" Regis Chapel 10:00 PM Thursday Thrills	2 7:00 PM Open Mic Night, Walker's Pub	3 11:00 AM & 2:00 PM Baseball vs. NM Highlands 1:00 PM Men's Rugby vs. Uni- versity of Denver
4 12:00 PM Baseball vs. NM Highlands	5	6	7 Looking for local things to do? Check out page 6!	8	9 11:00 AM & 2:00 PM Baseball vs. Colorado Christian	10 11:00 AM & 2:00 PM Baseball vs. Colorado Christian 12:00 PM & 2:00 PM Softball vs. Western NM
11 11:00 AM & 1:00 PM Softball vs. Western NM	12 2:00 PM Baseball vs. CSU Pueblo 7:30 PM Concert Series: Nan Shannon, Berkeley Church 8:00 - 9:30 PM Speakers with Altitude Mountain View Room	13	14 7:30 PM Faculty Recital Se- ries: Sticks, Strings, Hammers: Music for Viola, Percussion, and Piano, Berkeley Church	15 10:00 PM Thursday Thrills Main Cafe	16 7:00 PM Open Mic Night, Walker's Pub	17 Happy St. Patrick's Day! 

Stay connected for the latest information about activities and events on campus!



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Follow us on Twitter!

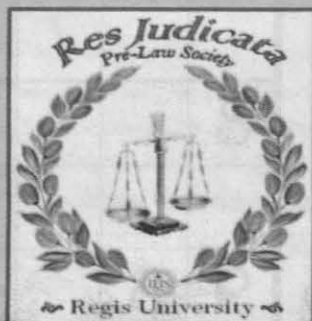
Have an event or announcement to share? Fill out the form online: www.regis.edu/RUConnected

Interested in law school?

(Or do you want to use the phrase "Boom, lawyered" in everyday jargon?)

Regis University Pre-Law Society

Every Wednesday,
5:30 PM in Loyola 3



Contact Jason Kosloski (koslo382@regis.edu),
Stefanie Casdorph (casdo118@regis.edu), or Dr. Dan Wessner
(dwessner@regis.edu) for more information.

"Be the change you wish to see in the world."

Mahatma Gandhi

MAKE A DIFFERENCE.

VOLUNTEER THROUGH

Father Woody's Haven of Hope

Contact Drew Jones at 303.964.5095 or
Dr. McCabe at 303.458.3572

Contact the Highlander's business and advertising manager, Chelsea Mitchell, at highlander@regis.edu if you would like a particular event included in the calendar or if you are interested in advertising. The Highlander currently accepts on-campus advertising only. For prices and guidelines, email highlander@regis.edu. Please include the nature of your request in the subject line of your email.