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2012 Highlander Vol 94 No 2 March 21, 2012

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"2012 Highlander Vol 94 No 2 March 21, 2012" (2012). *Highlander - Regis University's Student-Written Newspaper*. 314.

<https://epublications.regis.edu/highlander/314>

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Students in Service

A different kind of spring break.

See page 3



Courtesy of Google Images

Popping Pills

The truth about exercise supplements.

See page 5



The Entertainment Corner

The latest in movies and music.

See page 6

REGIS UNIVERSITY

HIGHLANDER

a biweekly publication

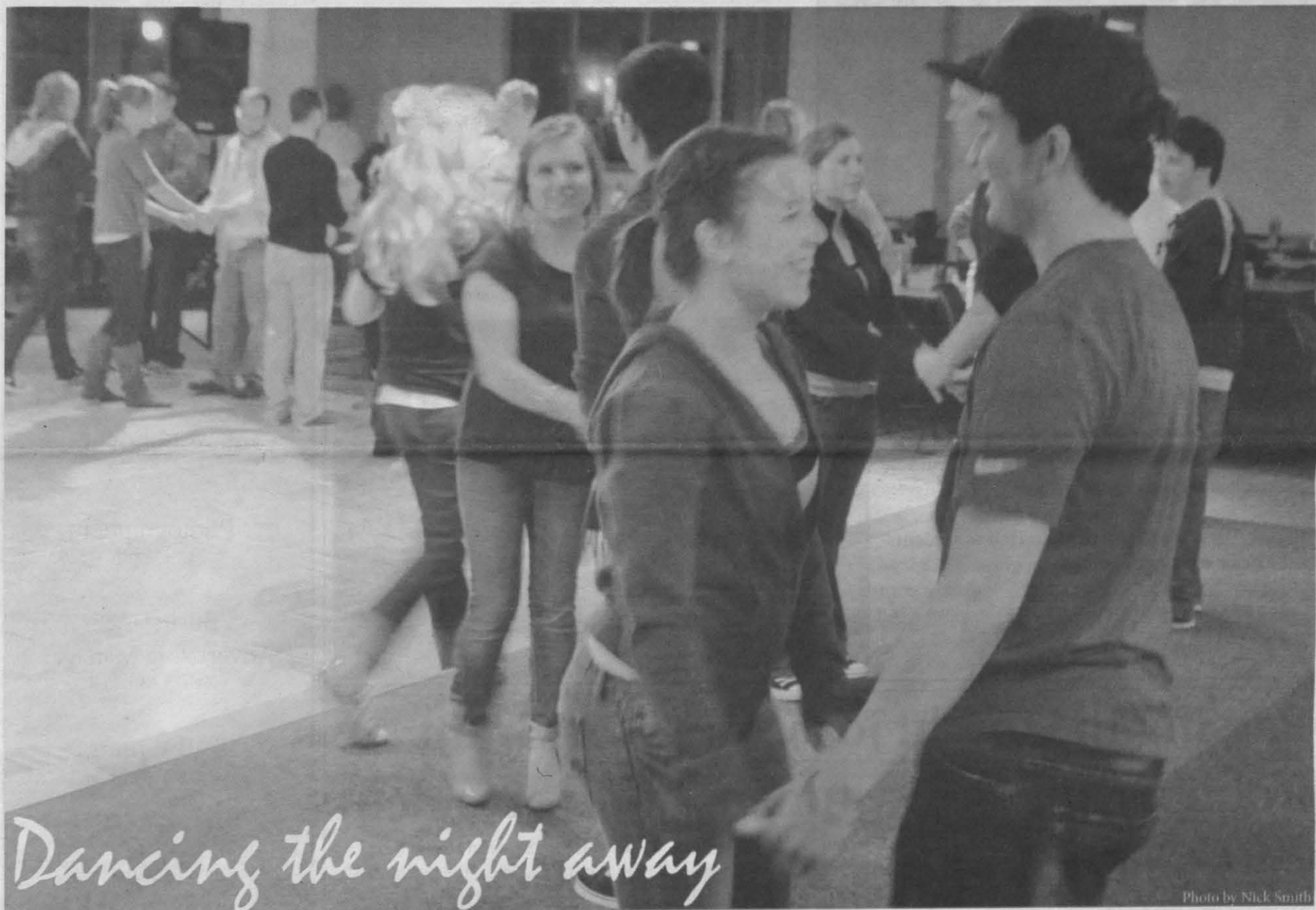
Serving the Regis community since 1888



Volume 94, Issue 2

www.regishighlander.com

Wednesday, March 21, 2012



Dancing the night away

Photo by Nick Smith

BreAnna Sterling and Andre Gonzales swing around the dance floor at this Thursday Thrills event.

Swing dancing comes to Regis



Lauren Aemmer
Staff Writer

Watch out Rangers! The new campus swing dance club will knock your socks off. Thanks to

Kateri Kramer, Hannah Jones, Mandy Filipi and Pete Rogers, learning how to swing can be done in your own backyard (or Pub, rather).

Kramer and Jones had the idea to start the club about a year ago. "I've always liked to dance," said Jones, "but

I was never super involved with it. Kateri is an avid dancer, so she kind of encouraged me to go and get into different types of dancing." Filipi and Rogers later joined the duo's efforts; Rogers serves as a dance instructor and faculty advisor for the club.

Due to swing dancing's contagious popularity, Rogers knew that it would be a matter of time before students started a club on campus. "Swing dancing is fun, exciting, and the music that you dance to is some of the best music ever composed. There are lots of things to be excited about."

"Swing dancing is fun, exciting, and the music that you dance to is some of the best music ever composed." - Pete Rogers Club Advisor

The club takes Regis' commitment to quality seriously by seeking the help of many professional instructors from the Denver metro area. "We want to be as professional [and] productive as possible, and that is why we are hiring the best of the best," says Jones.

"Denver is one of the top cities in the nation for swing dancing," says

Rogers, a swing expert. He has taught and done competitive swing dancing for the past seven years.

It does not matter if participants are beginners or experienced swing dancers. "We are all learners," says Filipi, a dancer of four years. She believes that "partner dancing is a great way to have fun. In a less cliché way, swing

Continued on page 2

allows you to socialize and be active."

On club participation, Rogers states, "The students should know that if they come out, they'll be gaining a wonderful opportunity to meet their classmates, learn to overcome their fears and learn how to really connect with people...not the kind of connection that happens through Facebook, but the kind of connection that happens when two people are creating something in the moment...which is amazing."

The club meets for lessons in Walker's Pub every other Sunday at 8:45 PM, and a shuttle to the Mercury Café is provided on the off-Sundays. The

next lesson will be held on March 18, and all lessons are free to attend. For further information, contact Pete Rogers, Hannah Jones or Kateri Kramer.

Experienced swing dancer Hannah Jones shows new Student Body President Grant Robbins her moves.

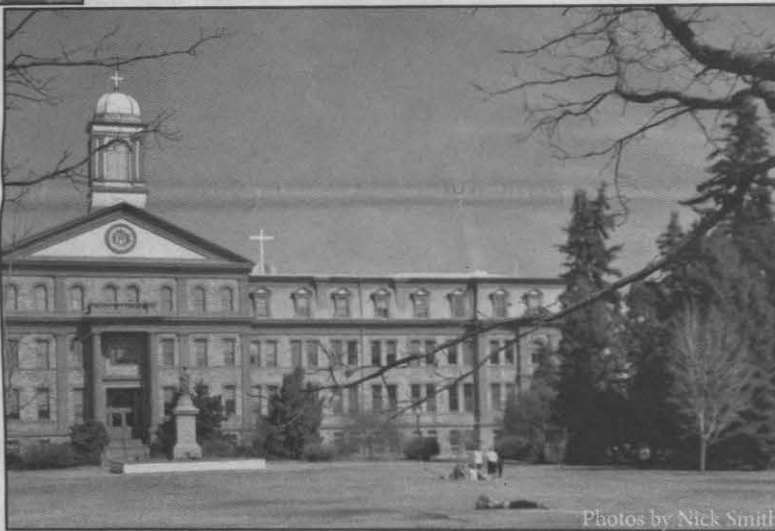


Photo by Nick Smith



Above - Angela Mercier and Jennie Babcock prepare an English thesis performance in the middle of the quad on a sunny Thursday.

Right - The sun shines on Main Hall as students get a head start on their summer glow.



Photos by Nick Smith

Passing the torch: Josh Kniss on Grant Robbins' future as student body president

Highlander Staff

As the current student body president, senior Josh Kniss, begins to wrap-up his term, the University welcomes Grant Robbins, a junior, to the Regis University Student Government Association (RUSGA) cabinet as student body president for the 2012-2013 academic year.

"I have the utmost confidence in Grant," says Kniss. "I believe that Grant entered into the campaigns with an open mind and a willingness to hear the views and concerns of Regis students. In my opinion, this is the best mindset that an incoming president could have." Kniss continues that, knowing Robbins personally, he is confident of the great work that is to come from the new cabinet member.

In his State of the Student Government address delivered at the Feb.

22 RUSGA Elected Official Debates, Kniss made reference to passing the torch from one elected official to the next. While such an experience could presumably be bittersweet, Kniss was ready for the transition. "I have enjoyed being a part of RUSGA and representing the student body, [but] I am happy to pass on my responsibilities to Grant and the future executive cabinet." He continued, "I have enjoyed the ride, but it is time for me to take my exit and let the next people take their turn."

Kniss' confidence in our incoming student body president assures students of a great school year under Robbins' leadership. "I feel that this year's executive cabinet has done great work. However, I also know that Regis has many people who can continue the work we have started as well as begin new projects and take on new initiatives."

Robbins expresses a strong desire not only to learn the method of Kniss' ways, but also to expand student involvement and communication between the students and RUSGA. With Robbins' strong sense of direction and impeccable willingness to maintain an open relationship with the student body, it is with much excitement that the Regis community welcomes the new student body president to office.

Congratulations to Grant Robbins, student body president, Will Sabin, student body vice president, and Terese Cabanting, chief justice of the student body, as they begin their journeys in office!

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.

First international Jesuit Commons: Higher Education at the Margins

"Think Tank" concludes with spirited discussions, poignant presentations

Donnie Veasey
Director of Media Relations

(DENVER) – The first international Jesuit Commons: Higher Education at the Margins (JC:HEM) Think Tank at Regis University came to a rousing conclusion March 8 with a final round of spirited discussions, poignant presentations and the promise of recommendations that will guide the organization's future in bring Jesuit higher education to those at the

margins of our society.

Jesuit Catholic higher education leaders and innovators, and staff from Jesuit Refugee Service from around the world were among 120 attendees at the four-day event March 5-8, designed to envision and chart the future of a program that for the past two years has been providing online education to refugees in Kenya, Malawi, and Syria. The desired outcome of the 'think tank' is to expand the vision and outreach

of JC:HEM to empower those at the very edges of our societies through access to Jesuit higher education so that together we may foster hope to create a more peaceful and humane world.

The final day of the conference featured a session on Learning and Synthesis, facilitated by author Paul Nakai and Mary McFarland, international director of JC:HEM and a Gonzaga University professor; a session on Commitments and Re-

sponsibilities for the Future with presentations by Fr. Michael Garanzini, S.J., president of Loyola University Chicago and Secretary of Higher Education for the Society of Jesus, and Fr. Stephen Privett, S.J., president of the University of San Francisco; and a closing session and forward steps by McFarland.

A fishbowl and large-group conversation the previous day proved beneficial for participants as well.

Continued on page 7

Despite midterms and cold warehouse temps, Regis students volunteer time for Project C.U.R.E.

Maricor Coquia
Staff Writer

On Wednesday, Feb. 29, 15 Regis students willingly endured an I-25 afternoon traffic jam to participate in Project C.U.R.E.—a service that supplies medical equipment to numerous, often impoverished, locations around the world. The service project took place at the Denver Warehouse in Centennial, Colo., just a few stoplights away from IKEA, the state's newly-introduced furniture sensation.

Upon arrival, Stephanie York, Project C.U.R.E.'s Denver Director of Operations, greeted the students. "It's great having such a large group!" claims York. She later explains, "The term C.U.R.E. [in Project C.U.R.E.] stands for 'Commission on Urgent Relief & Equipment.'"

Founded in 1987, Project C.U.R.E. is helping more than 120 countries,

reaching nearly all corners of the globe. Afghanistan, Turkey and Iraq to Costa Rica, Guatemala, Fiji and Thailand; these are just a few of the locations currently benefitting from Project C.U.R.E.'s efforts. (For a full list of countries helped by Project C.U.R.E., visit projectcure.org.)

The organization upholds its mission of 25 years to "identify, solicit, collect, sort and deliver medical supplies and services according to the imperative needs of the world." The 15 Regis students, members of Regis University's pre-med/health honors society Alpha Epsilon Delta (AED), view this service opportunity as a chance to continue Project C.U.R.E.'s mission.

After a brief orientation, the students divided into four teams. For two hours, they sorted boxes of medical equipment into marked bins. Even the warehouse's chilly temperatures did nothing to slow down the

volunteer effort; each student simply bundled up and got back to work.

Items ranging from common medical items like sterile gloves, band aids and alcohol swabs to surgery items like patient gowns, doctor masks, and intravenous fluid tubes and bags (commonly known for their use in an I.V. drip), needed sorting. Items for patients' personal use such as blankets, toothpaste, shampoo, soap and lotion were also frequently encountered and sorted.

AED president Cassi Konopasek says, "[Students] enjoy the event and find seeing the different medical supplies interesting." She adds, "They are also surprised by the items that would normally be thrown away here but can still be helpful in Project Cure health locations."

"The time went by really fast," comments second-time Project C.U.R.E. volunteer Shannon Quirk, AED's officer of membership.

"[Although] the sorting aspect of Project Cure is only the 'tip of the iceberg' when it comes to getting supplies overseas," says Nick Stephanus, a sophomore biochemistry major, "every small effort that is contributed adds up, and eventually the supplies are sent to those in need." He continues, "Everyone can help this project in some way. It doesn't matter how insignificant the task may seem; it is necessary for how this organization functions."

For more on Project C.U.R.E. and how to volunteer, visit www.projectcure.org.

For more on Alpha Epsilon Delta (AED), contact President Cassi Konopasek at konop012@regis.edu or Vice President Kathleen Ellis at ellis556@regis.edu.

In service over spring break



Jessica Zanetell
Staff Writer

While many use spring break as a time to relax, a group of dedicated Regis students

used their time to serve others in different parts of the United States. Groups traveled to Laredo, Texas; New Orleans, La; and San Diego, Calif. to help those in need.

It was Regis' second spring break trip to Laredo. The students and a staff chaperone worked with Habitat for Humanity to build a house for a family in need.

Although it was her first service trip, sophomore Tess Orrino described the experience as "one of the most rewarding experiences [I] could have." She added, "I gained a new understanding of how important a



Photos by Nick Smith

Home sweet home: Regis students partnered with Habitat for Humanity to build a new house for a Laredo, Texas family.

home can be in someone's life and to never take for granted the little luxuries that we overlook."

The group of 14 students had the opportunity to serve a family in one of the most impoverished regions in

the United States, spending four days living the Regis Mission of "men and women in the service of others."

Another group of students helped rebuild New Orleans from the devastation of Hurricane Katrina, one

of the most destructive hurricanes whose destruction is still felt on its seven year anniversary. 2012 marks the sixth year that students from Regis spent their spring break helping people along the Gulf Coast rebuild their homes.

Seven students worked with Via International in San Diego, Calif. where they learned about immigration issues and had the opportunity to serve.

Sponsored by the Office of Student Activities, service trips provide an opportunity for students to engage in something different from the stereotypical spring break experience.

"Traveling to cities to provide service is a once-in-a-lifetime experience," says Orrino. "I would recommend a spring break service trip to any student. I can guarantee it will be a trip that they never forget."

Hiking, running and biking; Oh, my!



Kendra Tyboroski
Staff Writer

Whether you're a tree-hugger, an outdoor enthusiast or simply want to explore all that the great outdoors has to offer, the Denver area has a wide variety of trails and parks perfect for the upcoming spring weather.

For a scenic hike, run or bike ride, look no further than the Sand Creek Regional Greenway, conveniently located in the heart of Denver. Over 14 miles in length, the trail begins at the

High Line Canal in Aurora, passes through the Denver metropolitan area and ends at the South Platte River Greenway in Commerce City. The historic Red Rocks Park in Morrison, Colo., provides an awe-inspiring view of Denver. The scenic area is the state's most recently acquired mountain park, secured in 1928. Red Rocks is another ideal location for your hiking adventures, and its amphitheater, completed in 1941, is home to many concerts (<http://www.redrocksonline.com/>).

Denver also offers many leisurely trails throughout the city if you're interested in trying something at a

calmer pace. Cherry Creek Trail totals over 12 miles and runs southeast from downtown Denver to Franktown. City Park, also located within downtown Denver, not only contains the Denver Zoo and the Denver Museum of Nature and Science, but also offers a nice path for runners or someone seeking a picturesque and effortless walk within a beautiful park. According to denvergov.org, Washington Park (lovingly known as Wash Park to those in the surrounding area) is arguably the most popular park in Denver, offering a fun way to get outside and exercise. Wash Park also lends itself as a popular

area for barbecuing and socializing. Acquired by the U.S. government with the 1803 Louisiana Purchase, Rocky Mountain National Park includes 350 miles of trails within the panoramic mountain range. Visitors are able to take-part in lake, summit and waterfall hikes just northwest of the Denver area.

The possibilities for outdoor activities in Regis' surrounding areas are seemingly endless. Parks and trails lend themselves as some of Colorado's best modes of exploration, especially with the prospect of warmer spring weather!

Pimp my workout, dorm room style

Kendra Tyboroski
Staff Writer

The hectic life that goes along with being a college student inevitably makes for chaotic schedules and little free time. Exercise and time to unwind not only rejuvenate the mind and body, but they also grant a much-needed break from classes and intense study regiments. The Fitness Center allows for typical cardio, endurance and strength-building exercises throughout many hours of the day, but quite a few of us tend to find reasons why we are not able to utilize the gym, such as, "I don't have the time" or "I'll work out tomorrow." With very little time available, how are we to balance our academic and social lives along with a regular workout regiment?

Student dorm rooms, though they may seem unconventional and a bit

odd to be used as workout spaces, prove themselves as locations for some speedy exercise, all within



Anna Hinton sits centering her Chi outside Carroll Hall.

the comfort and convenience of a student's own space. Yoga mats and exercise balls are great investments for college students. Not only are

they easily-stored, but they are versatile and can be used in a multitude of workouts.

In all seriousness, who wouldn't want to replace his or her desk chair with a giant, bouncy ball? Just make sure to keep that chair in your room;

not only is it University policy, but chairs are great exercise tools and can add variety to any workout if you're willing to get a little creative. Lunges, dips and elevated pushups can all be done with the help of a chair.

Sit-ups, push-ups and lunges are effective modes of exercise within a tiny dormitory space even without using an item of furniture. Small weights (10-15 pounds) take up very little storage space and come in handy if you are interested in strengthening your upper and lower body. Jumping jacks and running in place are also effective.

Remember, just because you may be short on time does not mean that there is no way to work in a quick exercise. With little equipment required and assuming you adhere to the basic rules of safety, don't be afraid to get a little creative during your next workout session!



Charlie Henderson unleashes a pitch on the mound.

Player Profile - Charlie Henderson



Hailey Barr
Sports & Health
Editor

Baseball's Charlie Henderson, pitcher and captain, certainly

bears the right to call himself a sports man. A true Coloradan, he appreciates the outdoors and anything sports-related. In fact, the Regis senior started playing baseball in his dad's backyard as early as the first days he could walk.

As a part of a family of baseball fanatics, Henderson grew up loving the sport. His favorite part of a game? The atmosphere. "Being outside, the smell of dirt and grass, the warm sunshine, the smell of beer and hot dogs," Henderson said, are some of his favorite parts. Henderson also enjoys basketball and several other sports.

This ambidextrous athlete knows how important it is to balance sports with academics. Henderson is pursuing an economics major with a minor in marketing. According to Henderson, the most important thing a student athlete can do is to learn to manage his time. "The academics here are not easy, and playing a sport is very demanding," he said. "Time management is key."

Henderson is unsure where his career will lead, but the sports-lover may put his management skills to use in coaching. Wherever he ends up, he says the journey will be well worth it. Many student athletes may like to repeat Henderson's summation of his college career: "I am very proud of myself and love being a student-athlete. I have grown so much as a person and as a player and am very happy with who I am today."

Ask the Pharmacist: Exercise supplements



John Turtle
Staff Writer

Send your health questions to highlander@regis.edu. Each week, 2013 Phar-

mD Candidate John Turtle, of the Academy of Student Pharmacists-American Pharmacists Association, will answer selected questions.

Athletes use a variety of products to increase performance. If used correctly, carbohydrate and protein products can contribute to the bodily responses and adaptations of your workout. The next time you are at the grocery or vitamin store (such as GNC) selecting a product for that extra boost during or after a workout, keep these basic guidelines in mind. Carbohydrate-based products are categorized by their high glycemic-indexes (GI). A high rating of glycemic-index, usually labeled as a number higher than 70, means that carbohydrates are rapidly absorbed by the body and are available for energy.

Complex carbohydrates cause less insulin to be released than products containing simple sugars (sugars with a higher GI than complex carbs). Why is this important? When insulin is released, it removes carbohydrates from your blood and puts them into the muscles (for energy) and liver (for stored energy to be used later).

In high-intensity workouts, some athletes consume carbohydrate-based supplements and products multiple times, because insulin circulates longer than the sugar consumed from one dose. High glycemic index products are best used for intermediate sprint-effort sports like football or soccer. They can be harmful to endurance athletes, because the stimulation of insulin release may ultimately lead to a "bonk" where their brain works just fine, but their legs stop working. The industry develops products that contain intermediate glycemic indexes so they can have a lesser insulin effect.

Athletes who wish to gain muscle mass often look to protein products for help. Protein is a building block of muscle, and supplement intake is beneficial to muscle development. Proteins are created from certain amino acids (another building block in our bodies), and some products claim to have amino acids specific for building muscle.

To maintain muscle mass, the normal adult should consume about one gram of protein per kilogram of body weight per day. For an active

Ask the Pharmacist: Obesity and caloric intake

John Turtle
Staff Writer

The old adage "calories in, calories out" is used and abused for quite some time. It was once thought that the amount of calorie consumption was the only correlation between weight loss and gain. Researchers all over the country, including those at the Harvard School of Medicine, agree that while the amount of calories consumed in comparison to the amount expelled is an important consideration when determining the causes of obesity, the "calorie equation" as it is sometimes called, is a bit flawed.

Calories: 101

Calories are the units of heat that measure energy. People often run into trouble when their energy intake exceeds their energy expenditure, causing the body to store the leftover energy as fat. For every pound of pure fat, there are 3500 calories of energy. If a person were to have a surplus of 20 unused calories per day, the calories would be stored as two pounds of fat per year.

Over the course of 10 years, this habitual excessive intake would lead to a weight gain of 20 pounds!

First of all, this weight gain model does little to explain the biological changes that the body undergoes throughout decades of life (i.e. changes with one's metabolism, blood pressure, etc.). Secondly, the model does not consider other influencing factors. It's true that some people are genetically susceptible to weight gain. However, the rising prevalence of obesity in the past 50 years strongly suggests that environmental factors are major contributors as well.

The National Heart, Lung and Blood Institute use people's body mass index (BMI) in order to define them as being overweight or obese.

adult, this intake should be increased to about 1.4 grams per kilogram per day. It is most beneficial to consume a protein product within 30 minutes of a workout, immediately after muscles are broken-down.

While many athletes claim that products containing specific ingredients like arginine help build their muscle mass, there is little clinical evidence that these help more than a proper diet. It is important to not substitute supplements for regular meals. Moreover, the most practical way to build muscle is by using proper training habits.

Be warned: Many nutritional supplements do not actually contain what they claim. This often occurs

BMI accounts for the height and weight of the individual, and BMI calculators and tables can be found online. Such a calculator will provide you with your BMI calculation and place your number into one of three categories: Normal, overweight or obese. However, these categories are not set in stone. Put more simply, the BMI value is a simple guideline for medical providers to quantify weight-to-height ratios. For example, a male of average height donning a muscular stature can easily be placed into the overweight category, because both muscle and fat contribute to mass. Because muscle weighs more than fat, a muscular athlete could be "overweight" by general BMI standards.

Possible Complications of Obesity

CHD
Hypertension
Dyslipidemia
Diabetes
CHF
Arrhythmia

Coronary heart disease
High blood pressure
High cholesterol
Type 2 (associated with obesity)
Congestive heart failure
Irregular heart beat

While obesity is a rising concern for many populations across the United States, preventing obesity in children is the concern of utmost importance; practicing healthy habits at a young age can help prevent serious health problems from occurring in the future.

Obesity is associated with many medical conditions such as diabetes and joint, respiratory and gallbladder issues. By documenting an increase in American obesity since 1960, the National Health and Nutrition Examination Surveys provided clear evidence for obesity's link to other medical conditions. The prevalence of obese adults has now reached one-third of the population, whereas in 1960 it was roughly one-eighth.

Change in everyday American lifestyle has also greatly contributed to obesity's rising numbers. Fast food

starter ideas, check out the articles by the Highlander's sports writer, Kendra Tyboroski. She gives some great tips on hiking and dorm exercises. Then, be sure to pick up the next issue of the Highlander to find out more about lifestyle modifications and possible pharmaceutical treatments to discuss with your doctor or pharmacist!

Causes of Weight Gain

Decrease in moderate physical activity
Increase in food portion sizes
Increase consumption of calorie-dense foods
Increase in hours at work
Decrease duration of sleep
Genetics
Medications

when the product does not include the proper amount of ingredients. Professional athletic associations warn that athletes are ultimately responsible for the substances they consume. Does this mean that all nutritional products are not completely truthful regarding the ingredients that they contain? No! There are plenty of reliable companies and independent laboratories that test products for quality control.

When competitively shopping for your nutritional supplement needs, websites are available for reference (consumerlab.com; usantidoping.org; wada-ama.org). If you do your research and consult with your medical professional, you should be able

to find the product most suitable for your workout.

Disclaimer: These column are 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 the advice of a medical professional.

The reel deal

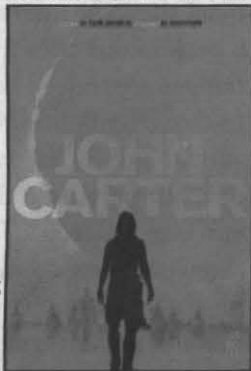


Matt Burns
Movie Critic

John Carter

Though entertaining, John Carter gets bogged down by a massive

amount of world history and traditions in just a two-hour run time. Had the film followed the Lord of the Rings route of three and a half hours, I think John Carter wouldn't feel so cramped and thus would be a much better film; the story meant to be told is quite interesting.



Unfortunately, the plot never really manages to grab your attention since the important plot points pass too quickly to sink in. The film's special effects are spectacular though, and the action scenes, though short, are also really quite good.

★★★★

21 Jump Street

A TV show adaptation done exceptionally right, 21 manages not only to earn all of its well-deserved laughs, but it also has an interesting story and loveable characters. Jonah Hill



and Channing Tatum have fantastic chemistry and joke delivery that makes the audience feel for and appreciate their bromance. This film is considered an action comedy. While the action scenes are serviceable, they have comedy peppered throughout, so they never become too uninteresting. This film jokes a lot about the troupes of 80s movies and does so in

Movie Posters Courtesy of Google Images

a way that is fresh and hilarious.

★★★★★

Casa de mi Padre

Will Ferrell's latest film is entirely in Spanish and completely idiotic, spoofing Mexican westerns and telenovelas. Ferrell's charisma carries the film, the script being loose and the direction shoddy at best. The jokes in this movie, mostly consisting of sight gags such as replacing characters or animals with mannequins and stuffed animals, are quite funny. The jokes work at first, but the film ultimately relies too much on them. They become a bit stale near the end of the movie.



★★

Silent House

For a movie that amazed film festivals by being shot in one single take, it barely manages to hold my attention for its short 88-minute runtime. I honestly forgot about the one-take gimmick for most of the film, because there is not anything

interesting that happens until the last 10 minutes. Although the movie seems chore-like to watch because of its slow story and terrible dialogue, the film is somewhat redeemed with the talent of the actors. Elizabeth Olsen proved herself a great actress in last year's Martha Marcy May Marlene and further proves it in this film, really getting audiences to believe her fright.

★

Rating system out of 5 Stars

Sound bites



Nick Smith
Music Critic

Bruce Springsteen - Wrecking Ball

Bruce Springsteen comes back strong with his latest album. Wrecking Ball, The Boss' 17th release, sounds familiar to a Springsteen fan, but it includes a modern twist. He is famous for writing honest music about working-class Americans, and Wrecking Ball is no different. Springsteen introduces characters in his songs and sings through their perspectives, often about the economic problems recently encountered by many.



Wrecking Ball is not just lyrically genius, but it also pays homage to the classic sound that Springsteen is famous for. The album includes piano folk ballads to full-band guitar-driven rock songs. With or without his famous E-street Band, Springsteen has a catchy album that is well-worth listening to.

★★★★★

Album Covers Courtesy of Google Images

People Under the Stairs - Highlighter

People Under the Stairs, a Hip-Hop/Rap duo hailing from Los Angeles, released their new album Highlighter on March 6, 2012.



The album, and the band for that matter, is quite different from popular hip-hop, employing traditional instruments like guitars, acoustic drums and keyboards. The music also has a more laid-back feel than the music of most mainstream pop and hip-hop artists.

The lyrical content from Highlighter comes from a much more emotional place than some pop music. People Under the Stairs began as a band in the early 90s and has made its name apparent in the rap genre. Highlighter is the band's eighth full-length release and their 13th album overall.

★★★

Rating system out of 5 Stars

TEMPERATURE	PAR 2	CHANCE
HEART	COLLAR HOT	THE HEAD SAND

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

Wuzzle Answers 1. Falling Temperature 2. Two Under Par 3. Broken Heart 4. Hot Under the Collar 5. Fat Chance 6. Head in the Sand

Wuzzles courtesy of wuzzlesandpuzzles.com
Sudoku courtesy of sudokublog.typepad.com

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

You say "I do;" I say "I won't."

Robyn Kelly
Editor-in Chief

Believe me when I say that I am not "anti-marriage." Coming from parents who will have a happy marriage of 30 years come May, there is nothing I want more, in terms of relationships, to find "the one" and end up as happy as my parents are. But how am I to know who "the one" may be when I am young and still living in the Regis dorms, figuring out who I am as an adult?

It seems that I cannot log onto Facebook without seeing another one of my friends changing their relationship status to "engaged" or posting photos of their recent wedding. With every "congratulations," I shamefully wonder just how long their young marriage will last.

Think I'm being too cynical? Consider it: Engagements have an impeccable way of leading to marriage, a concept that is taken much too casually in this day-in-age. Call me old-fashioned, but in my book,

"marriage" is always synonymous with "forever;" there are no ifs, ands or buts about it! With celebrities like Britney Spears having a 48-hour Vegas marriage and Kim Kardashian getting divorced after 72 days, marriage doesn't seem to be as permanent in 2012 as it was in my grandparents' generation.

Marriage is not something to act casually about, and with 60% of marriages between couples under the age of 25 ending in divorce, it seems that too many young adults carry this attitude (National Center for Health Statistics). If you are young and in love, what's the rush? Why not wait an additional three to five years to wed your sweetheart? If you two are truly going to be together forever, waiting longer to tie the knot will not impede that plan.

Love is a wonderful thing, but not all love should lead to marriage. We're all young; slow down and enjoy the ride!

Are your friends getting married? Tell us what you think.

The Highlander invites the Regis community to comment on the issue. Please include your first name, last initial, and your relationship to the University. If you'd rather use an alias, please let us know. Kindly send your responses of less than 150 words to:

highlandersubs@gmail.com

Limbaugh in limbo

Jelena Subotić

Arts & Entertainment Editor

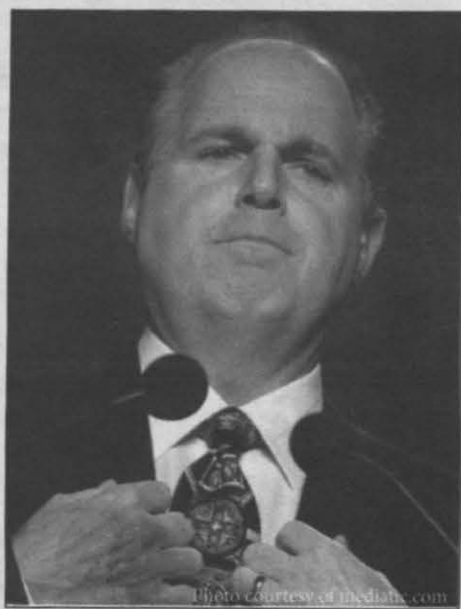
Though he is no stranger to controversy, Rush Limbaugh seemed to rouse an unusually higher-heated public response during the airing of his show on Wed, Feb. 28.

The controversy? Limbaugh used a number of sexually derogatory terms to describe Georgetown student Sandra Fluke, Fluke voiced her support of insurance-covered birth control in Congress under the HHS mandate.

Limbaugh's apology for his "use of insulting word choices" on Sat, March 3, which he later reiterated on Mon, March 5, did little to appease public opinion.

By the morning of March 6, 2012, advertisers including AOL, Allstate, ProFlowers, and SleepNumber, among others, had relinquished their support for Limbaugh's high-rated show. Several local broadcast stations also stopped broadcasting the show.

In response to Limbaugh's comments, the Women's Media Center (WMC) argues that the Federal Com-



HARSH WORDS: Limbaugh's comments about a Georgetown female student continues to stir much controversy.

munications Commission (FCC) should take Limbaugh off the airwaves. The WMC states that Limbaugh's content is consistently "inappropriate" and "not in the public interest."

Do you agree or disagree with Limbaugh?

The Highlander invites the Regis community to comment on the issue. Please include your first name, last initial, and your relationship to the University. If you'd rather use an alias, please let us know. Kindly send your responses of less than 150 words to:

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Cooking Time!

Free of gluten, full of flavor: Garbanzo Bean Chocolate Cake Recipe From the kitchen of Jelena Subotić

Whether you're gluten-free for health reasons or need an excuse to try a new take on a classic favorite, this cake is sure to please.

Ingredients

- 1 ½ cups semisweet chocolate chips
- 1 (19 oz.) can garbanzo beans, rinsed and drained
- 4 eggs
- ¾ cup white sugar
- ½ tsp. baking powder
- 1 Tbs. confectioner's sugar for dusting

The Fun Part

1. Preheat the oven to 350 degrees and grease a 9-inch round cake pan.
2. Melt the chocolate chips in the microwave for 2 minutes, stirring every 20 seconds.
3. Put the beans and eggs in a food processor or mixer until smooth. Add the sugar and the baking powder. Pour in the melted chocolate, and blend everything together.
4. Bake for 40 minutes or until you can put a knife in the middle and pull it out clean. Let the pan cool for about 15 minutes and then dust with confectioners' sugar. If you can resist the urge not to share, give some to your friends and enjoy!

JC:HEM continued from page 3

That discussion included Father Garanzini, Lesley-Anne Knight, Jesuit Refugee Service International Administrative Council; Fr. Michael Lewis, S.J., Jesuits of Africa and Madagascar; Fr. Michael Smith S.J., MCD University of Divinity and Nakai.

The ambitious agenda also included a pre-conference on the first two days which focused on current JC:HEM education programs in Kenya, Malawi and Syria, and offered development and problem-solving discussions on topics such as curriculum, Ignatian pedagogy, human and fiscal resources, organizational structures, and technology. Luis Amaral, S.J., Kakuma Camp, Kenya; Clotilde Giner, Dzaleka Camp, Malawi; and Anne Ziegler, Aleppo, Syria; all also provided updates their respective camps.

Another major conference highlight included two keynote addresses featuring Vincent Cochetel, United Nations High Commissioner for Refugees regional representative for the U.S. and Caribbean, who spoke about "Lives at the Margins - The

United Nations Looks at the Future" and Father Garanzini, who spoke on "The 450-Year Jesuit Mission at the Margins."

Also among the "think tank" attendees were "Heroic Leadership" author and Jesuit Commons President Chris Lowney; Peter Balleis, S.J., international director of the Jesuit Refugee Service; author Paul Nakai who facilitated the conference; Fr. Gregory Lucey, S.J., president of the Association of Jesuit Colleges and Universities (AJCU); Fr. Charlie Currie, S.J., former AJCU president.

JC:HEM is an initiative of the Society of Jesus that brings Jesuit higher education to those at the margins of our society. JC:HEM works with the Jesuit Refugee Service and more than 15 Jesuit universities that has enabled more than 250 refugees to study courses online and on-site in partnership with a global network of Jesuit universities. Those refugees can earn a diploma in liberal studies and pursue community service learning tracks for a certificate of completion that benefit daily life in the camps.

Save the Date

March 21, 2012 - April 7, 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			21 7:00 PM St. Baldrick's Head Shaving Event, Walker's Pub 7:00 PM Sonia Nazario - "Women, Children, and immigration." St. John Francis Regis Chapel	22 6:00 PM Justice Bingo 10:00PM Thursday Thrills	23 6:00 PM Baseball Game Regis at Colorado Mesa Hunger Games Movie Premiere.	24 12:00 PM and 3:00 PM Baseball vs. Colorado Mesa 12:00 PM and 2:00 PM Softball vs. N.M. Highlands 1:00 PM Women's Lacrosse vs. Adams
25 11:00 AM and 1:00 PM Softball vs. N.M. Highlands 12:00 PM Baseball vs. Colorado Mesa	26	27	28 2:00 PM and 4:00 PM Softball vs. Colorado Christian	29 7:00 PM Ramblers presents "Dueling Doo-wops" 9:00 PM Community Trivia, Walker's Pub 10:00PM Thursday Thrills	30 3:00 PM Baseball vs. Metro St.	31 12:00 PM and 3:00 PM Baseball vs. Metro St. 12:00 PM and 2:00 PM Softball Adams St. at Regis 1:00 PM Women's Lacrosse vs. Fort Lewis
1 11:00 AM and 1:00 PM Softball vs. Adams St. 12:00 PM Baseball vs. Metro St. 12:00 PM Women's Lacrosse vs. Grand Valley St.	2	3 9:00 PM OAP Film	4 4:00 PM Men's Lacrosse vs. St. Mary's College 7:30 PM Music Student Showcase	5 10:50 AM Antero Winds 6:00 PM Baseball vs. Colorado Mines 10:00 PM Thursday Thrills	6 Good Friday - No Classes 12:00 PM and 3:00 PM Baseball and Colorado Mines 12:00 PM and 2:00 PM Softball vs. Colorado Mines	7 9:00 AM Campus Easter Egg Hunt 1:00 PM Women's Lacrosse San Diego St

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



Like us on Facebook!



Follow us on Twitter!

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

An invitation to

Regis College Seniors

TUESDAY, APRIL 10
or
WEDNESDAY, APRIL 11

6 PM - 8 PM
Student Center Faculty Lounge

Etiquette Dinner

- ◆ A five course dinner will be served
- ◆ Dress code is business attire
- ◆ Pre-registration is necessary and is on a first-come, first-served basis
- ◆ Cost: \$10 deposit to hold your reservation (cash, check, or credit card) which will be refunded only upon attending the event

RSVP to Career Services at 303-458-3508 or careers@regis.edu by Friday, March 30th
Sponsored by Career Services

It's Justice Week! Here's your chance to get involved!

"Like" RU Connected's Facebook post (for the Downtown Aurora Visual Arts Program) and money will be donated for every like.

It's that easy!

Don't forget to check out the other great events this week too!

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.