

Regis University

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### 2012 Highlander Vol 94 No 3 April 11, 2012

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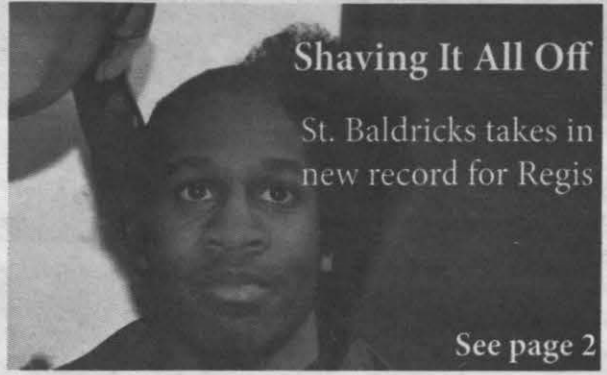
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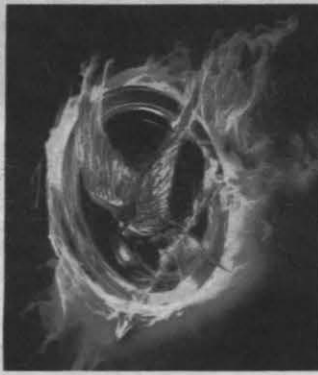


**Shaving It All Off**  
St. Baldricks takes in new record for Regis  
See page 2

**Remember Ranger Bucks?**  
Find out what happened to your off campus dining options  
See page 6



**The Hunger Games is Finally Here**  
Were the odds ever in the film's favor?  
See page 3



REGIS UNIVERSITY

# HIGHLANDER

a biweekly publication

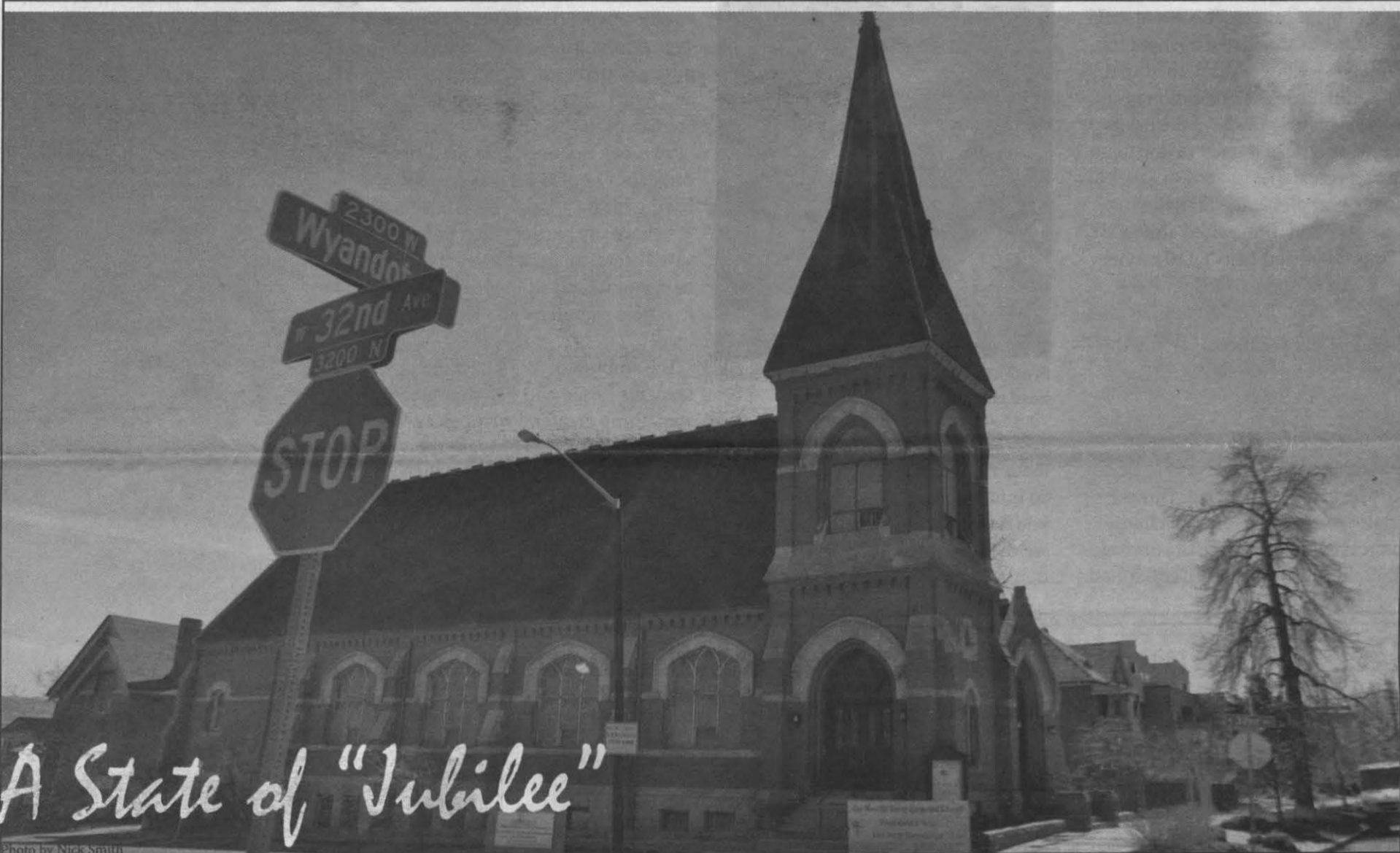


Serving the Regis community since 1888

Volume 94, Issue 3

www.regishighlander.com

Wednesday, April 11, 2012



*A State of "Jubilee"*  
Photo by Nick Smith

The Jubilee Center is located on the corner of 32nd and Wyandot.

## Service in the community



**Lauren Aemmer**  
Staff Writer

Walking into the 32nd Avenue Jubilee Center, one is immediately greeted by smiling faces. The beautiful, old Denver home has a welcome atmosphere that beckons many to return. The non-profit community center, as stated in its brochure, focuses on "improving economic, cultural, and educational opportunities for families and youth in northwest Denver" through after school and youth summer programs, community health-care, language acquisition, the Bienvenidos Food Bank and several other

services. Jan Pearson, Jubilee Center youth program manager, makes it a point to know each family that comes to her for help. Her enthusiasm and joy are apparent as she talks about helping one student improve her grades from D's and F's to A's and B's and how another student in first grade devoured pages and pages of a special math book she put together especially for him. Pearson's work reflects her personal motto: "The best thing you can give yourself is an education." Many of the students who visit the Jubilee Center come from low-income and immigrant families. "Their parents want them to learn but aren't always able to give them the help they need," says

Pearson. That is why the Jubilee Center's programs focus on helping both students and parents with a child's homework. In addition to the after school program, the Jubilee Center offers a nine-week summer program. Pearson works to make sure that the kids are having fun while learning at the same time. The program is meant to bridge the summer gap between semesters and help kids retain what they learned during the prior school year. These programs are open to students in grades two through seven, though Pearson has been known to make exceptions for first and eighth graders. She also helps high school students, but she expects them to

get involved by helping the younger students. To say that volunteers are an essential part of this system is an understatement. The Jubilee Center serves an area from Sheridan to I-25 and from 50th Avenue to just south of Colfax. With such a large area to cover, the Jubilee Center relies heavily on volunteers, many of whom are Regis students, completing hours for service learning or simply because they like to help. Freshman Claire Rader has been involved both with the Bienvenidos Food Bank as well as after school tutoring since Sept. She says that working with these "two different facets of the organization" has given her a "broader understanding of the

See Service on p. 2

**Service from front page**

organization as a whole."

Claire's Spanish skills get put to the test while she is working with the students and their parents, but she

embraces the challenge wholeheartedly. "Language can be a barrier," she says, but she does not let it get in her way. Through communicating in both English and Spanish, Claire now feels that she knows the people she

helps on a personal basis.

If you would like to volunteer or would like more information about the 32nd Avenue Jubilee Center, please call 303-477-3944 or email [info@jubilee32.org](mailto:info@jubilee32.org).

## Uniting against cancer



**Jessica Zanetell**  
Staff Writer

On Wed., March 21, Regis students and faculty watched as 11 students

voluntarily shaved their heads to help combat cancer. This event, held in Walker's Pub, raised a whopping \$7,400 -- well over the \$3,000 goal. The St. Baldrick's Foundation visits Regis each year to shave the heads of many who raise money to donate to cancer research.

This year alone, the St. Baldrick's Foundation raised almost \$20,000,000 and held 1,110 events where more than 40,000 people shaved their heads. The money raised goes directly into grants that support pediatric cancer research.

Since 2005, the St. Baldrick's Foundation raised over \$78,000,000 and has provided grants to over 230 institutions for clinical and laboratory research. As a result, clinical trials are available to more children, increasing their chance of survival. St. Baldrick's funds more childhood

cancer research than any other organization besides the United States government.

Freshman Jace Prokupek, organizer of the Residence Hall Associa-



**Freshman Thomas Wells agrees to have head shaved for St. Baldricks.**

tion (RHA) event, is sure that Regis made a difference. "We have raised so much money. I can't begin to tell you how shocked I am by the amount we've made. I have even gotten calls on my cell phone from people in

the community who saw this event on the news and want to shave their head. We have truly pulled off a great event," says Prokupek. There is also a personal tie for him to this organization. "My younger cousin suffered from Wilm's Tumor...so I know firsthand how important these organizations are. Their research and advancements have saved countless lives. St. Baldrick's is the main supporter of pediatric cancer research, and Regis has made a significant contribution."

Prokupek not only organized the event, but he also participated by having his own head shaved. He says, "I believe my participation has motivated others to do it as well. I love my hair, and if I am willing to part with it, others should be fine with being bald!"

The amount of money that Regis students raised and donated shows something greater. Prokupek explains, "I think this brought the campus together. We are a tight-knit community, and the significant contribution we have made really speaks to how charitable we are."

## Regis community comes together at the loss of a fellow student

**Highlander Staff**

Regis student Sarah Marietta passed away March 5. Marietta, a member of the dance team, was majoring in Peace and Justice.

The University community came together for a memorial service at the St. John Francis Regis Chapel on Sat., March 17. Members of the dance

team, friends from high school, family members, staff and faculty shared stories of her life.

To read more about Sarah, visit [www.regishighlander.com](http://www.regishighlander.com). Valerie Marietta, Sarah's mother, and Rebecca Hedley, Regis junior, provide reflections on Sarah's life and her impact on the greater community.



**Regis Junior Sara Marietta**

## Going without: TOMS One Day Without Shoes

**Jessica Zanetell**  
Staff Writer

On April 10, 2012, TOMS Shoes sponsored One Day Without Shoes.

Every year TOMS challenges people to spend their day shoeless in order to experience first-hand what it is like to live without shoes. Their ultimate goal is to spread awareness and educate people about their cause.

One Day Without Shoes is a way to bring awareness to global issues. Many children in developing coun-

tries do not have access to or cannot afford shoes, putting them at risk for disease and injury.

Living without shoes also contributes to a lack of education for some children. Shoes are often required for school uniforms, but if children cannot afford shoes, they are not able to attend school. In order to combat this, TOMS donates one new pair of shoes to a child in need for every pair of TOMS purchased. TOMS ensures its charity does not affect the local economy, gifting the shoes as part of

a large relief effort.

Health and education programs that already have a presence in the various participating countries partner with TOMS. To date, TOMS has given over 1,000,000 pairs of shoes to 23 different countries, including Peru, Cambodia, Rwanda and Haiti.

Going barefoot on April 10 is a good way to spread the word. TOMS encourages you to "go without shoes so others don't have to."

TOMS encourages people to take photos of their bare feet and to

See TOMS on p. 7

**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](mailto: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.

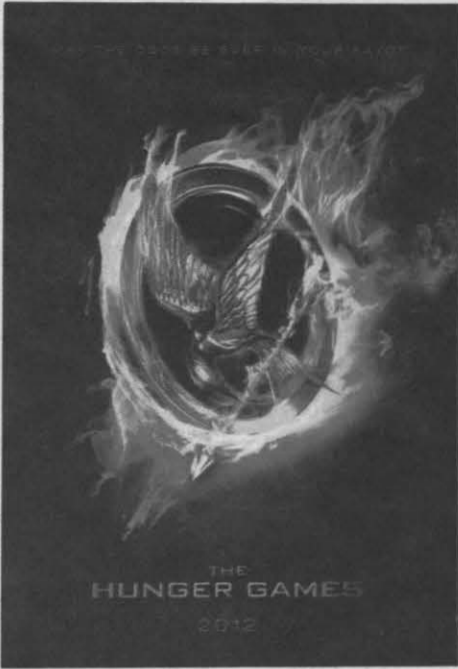
# Left feeling famished

The Hunger Games review



**Matt Burns**  
Movie Critic

While reading The Hunger Games (THG), I eagerly anticipated the screenplay to follow. Director Gary Ross managed to take the ideas and themes of the book and translate them to film, leaving the novel's childish edge behind. The strongest points of this film include the vivid setting of THG and Jennifer Lawrence's portrayal of Katniss, cementing the audience's love for the character. I really enjoyed the first half of the film, which takes place before the games begin. The film starts off in the famished District 12, observing the poor lives of coal workers who scramble for their next meal.



Courtesy of Google Images

The Capitol is shown next, including beautiful architecture and a diverse population of people with brightly colored outfits and makeup. The scenes that take place in the Capitol are my favorite because of the characters included: Caesar Flickerman (Games announcer), Effie Trinket (District 12 escort), Haymitch Abernathy (District 12 trainer) and Cinna (District 12 stylist).

A large percentage of the character development takes place in the first half of the movie. We meet Gale,

Katniss' best friend and potential love interest, but we only see his character for a short time after the beginning forest scene. The book does a much better job setting up relationships between the characters. The only relationship that feels real is that of Katniss and her mother, where flashbacks tell the sad history they experienced, evoking a sense of realism in the audience.

Once the actual Games start, however, the film completely loses me. What little character development exists in the early scenes is replaced with violence. These scenes are sub-par, in my opinion, probably due to the director's choice to shoot the film with a "shaky cam." This style makes the action scenes appear completely disjointed.

I eventually gave up trying to figure out what was happening in the action shots and focused on my favorite part of the film - the incredibly tense score composed by James Newton Howard. The score managed to put me on edge the entire time despite the film's overall inability to do so. In the end, I moderately enjoyed the film, but even its wonderful music could not earn THG a four-or-five star rating.



Rating system out of 5

# Sound bites



**Nick Smith**  
Music Critic

**Esperanza Spalding** - Radio Music Society

Esperanza Spalding is a relatively new artist on the jazz scene. She won her first Grammy in 2011, edging out Justin Bieber for the title of Best New Artist. Spalding, active in the music scene since 2000, became the youngest music professor at Berklee College of Music at age 20.

Radio Music Society is Esperanza Spalding's fourth solo release. This

title confirmed a naming trend introduced after her previous release, Chamber Music Society. Spalding is an accomplished jazz bassist, singer and multi-instrumentalist.



Courtesy of Google Images

With this album, Spalding showcases elements of pop, soul and funk while staying true to her jazz roots.



Rating system out of 5

# Rockin' out at: KRCX

**Nick Smith**  
Staff Writer

KRCX, Regis University's student-run radio station, provides an easy way for students to publicly share their ideas and musical tastes with the Regis community. Its shows range from talk to music programs, and KRCX allows any student on campus to host his or her own live show. As Denver's oldest college radio station, KRCX plays classical, metal, reggae and everything in between. Shows are broadcast 24 hours a day,

and you can tune in by turning your radio dial to 93.9 FM or logging onto KRCX.org.



The KRCX studio, where students host their own radio shows.

# Games Corner

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

Daily Squiggly SuDoku: Mon 26-Mar-2012 medium

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stake stake		BAD BAD
MYHEAD	skirt	AALLL

1. Cry all the way to the bank 2. The stakes are high 3. That's too bad 4. Eyes in the back of my head 5. Mini Skirt 6. All in all

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

# Alternative spring sports



**Kendra Tyboroski**  
Staff writer

Springtime in Colorado typically includes a good mix of snow, sun and just about every kind of weather in between. Those warm and sunny days are welcomed at Regis and give students an opportunity to lie on the grass and celebrate a mild tan. Spring intramurals started three weeks ago

and going on jogs now seems feasible with the later sunset and warmer temperatures. Still, there must be more to do around the outdoorsy city of Denver?

Paintball, go-carts and rock climbing are all spring-time "out-of-the-box" activities offered throughout Denver. The American Paintball Coliseum, located only six miles from campus, off Grape Street, offers both indoor and outdoor paintballing at the largest venue in Colorado. They also recently added a \$5

discount for those with a student I.D.

Although go-cart racing may not fit the typical college budget, there are many places to experience this fun activity. Speed Raceway, located about ten minutes from campus, has high reviews from Yelp.com and provides different kinds of racing to try.

As far as rock climbing is concerned, you need not look any farther than our campus Coors Life Directions Center. Rock'n Jam'n, in Thornton, Colo., also offers memberships, limited punch passes or month pass-

es for the avid rock climber. Ranging from \$65 for a punch pass to \$540 for an annual membership, the pricing may seem expensive, especially for a college student. However, if rock climbing is something of interest, this is definitely worth considering!

Going on a walk or lying beneath the sun will always remain an option for springtime in Denver, but why not try something new this spring and enjoy this glorious weather before the inevitable and infamous spring snow?

## Frisbee: it's ultimate



**Hailey Barr**  
Sports & Health Editor

Spring is upon us, in all its sunny, grassy, flowery glory. It is tempting to spread out in the lush grass beneath a magnolia bush and ponder life—until a Frisbee comes soaring your way, that is!

While being a student athlete is a

rewarding endeavor, some students prefer the more relaxed atmosphere of intramural sports. This season, one of those sports is ultimate frisbee. Six teams (bearing some intriguing and clever names) toss the disc around and have fun. Matt Binder, a player for several intramural teams and a current member of The Discs of Hazard, discusses the nature of intramurals.

According to Binder, any intramural sport is "a good way to get to

know new people and get closer to people you do know. Even if your team sucks, it's still a fun thing." He looks forward to ultimate frisbee as a social outlet and stress reliever, not to mention a potential way to earn a championship shirt (and the prestige that comes with it).

However, intramurals have a famously relaxed atmosphere that focuses on having fun; winning, audience and everything else is simply a bonus. When asked if he would like

a bigger audience at Frisbee games, Binder replies, "It's obviously fun to just play it. You don't do it for the crowds, but anyone who's played a sport in front of a crowd knows that it's a lot more intense [and] exciting."

Dropping by a game of ultimate frisbee might be a good study break or a way to cheer on friends as the semester wraps up, that is, if you don't get caught up in the frisbee fever yourself!

## Play Ball!



Photo Courtesy of Ranger Athletics

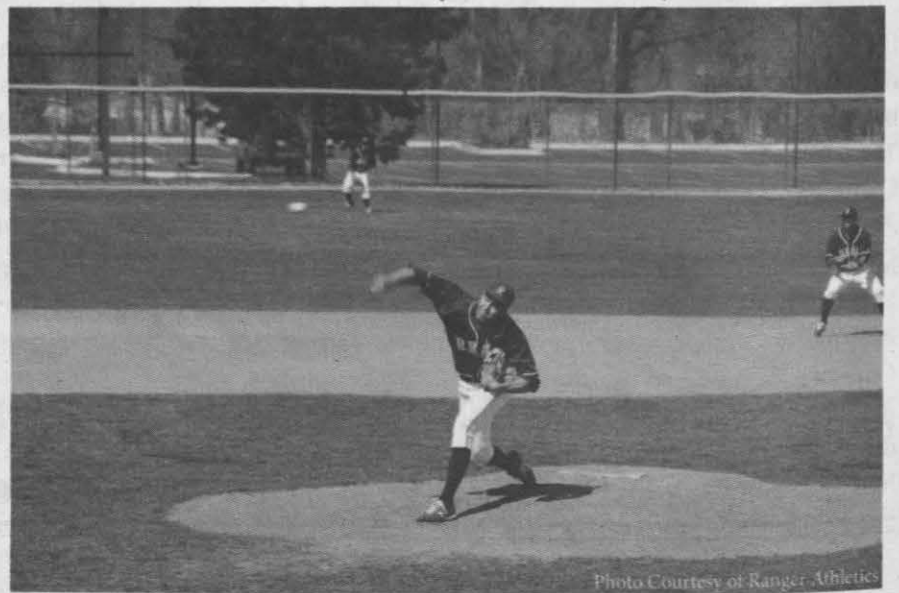


Photo Courtesy of Ranger Athletics

Left: Sat., March 31 - Rangers finished off their double header, winning the series 3-1.

Above: Senior Kyle Mack pitches a tough game against Mesa State.

## What's the cache?



**Anna Hinton**  
News Editor

Thousands of people around the country are pulling out their smart phones. It seems like they are merely texting, but sometimes that "texting" is a mask for their true actions.

In May 2000, a new experience came to life—geocaching. Simply put, geocaching is a high-tech ver-

sion of hide and seek. A person will hide a cache (container) with something inside, post the coordinates and tell people to go find it. It sounds much easier than it really is. Even though players have the coordinates, the people hiding the caches make it a challenge to find them. They do everything from painting the cache to look like a fake log so it blends into the forest, to burying it underground -- but this is what makes geocaching fun and challenging.

Many question the appeal of traips-

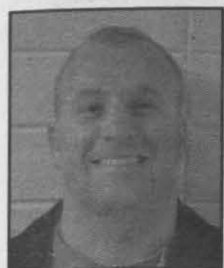
ing around the woods, searching for something that may never be found. I ventured out on a geocaching adventure to see what it is all about.

For this endeavor, I decided to keep it simple and see how close the nearest cache was. To my surprise, it was right here on the Regis campus! This goes to show that you do not need to travel far to have fun with geocaching. With the coordinates in a smartphone, I was on my way. With some minor difficulties, such as getting the right coordinates, trying to find ways

around fences and actually locating the cache (these people are tricky - they really hide the containers) I eventually found the cache, attracting many weird looks as I searched the ground and lampposts.

With the increase in its popularity, offshoots of geocaching are springing up (i.e. Letterboxing and Urban Geocaching). This activity is a great way to get outside this spring, have fun with friends and be active. As my adventures show, geocaching is even available on campus!

# Ask your pharmacist: Obesity and caloric intake, round two



**John Turtle**  
Staff Writer

Send your health questions to [highlander@regis.edu](mailto:highlander@regis.edu), and each week, PharmD candidate

2013 of the Academy of Student Pharmacists-American Pharmacists Association, John Turtle, can answer them for you!

Population	Exercise
Children	60 minutes 5 days a week
Adolescents	60 minutes 5 days a week
Adults (for reducing chronic disease)	30 minutes of moderate intensity 5 days a week
Adults (to prevent weight gain)	60 minutes of moderate or vigorous most days a week
Adults (to sustain weight loss)	60 to 90 minutes of moderate intensity activity every day

Here are some recommendations for decreasing caloric intake.

The US population suffers from "portion distortion." Consuming too many calories ultimately results in weight gain. For the average 30-year-old male, the daily caloric intake could range from 2,200 to 3,000 calories per day, ideally decreasing as he ages. For younger adults, the daily allowance should be at a higher

level, because there is a higher rate of metabolism of these calories. healthy diet should only contain about 30% calories from fat and 55% from carbohydrates. In addition to monitoring these percentages, calories must be burned; therefore, physical activity should be part of your daily routine! The second table shows recommendations of exercise and how many calories are burned during a given workout.

Pharmacological weight loss treatments (weight loss pills) are generally not recommended for most people, because they are often unsafe. Many are designed to stimulate metabolism, suppress appetite and improve motivation. Unfortunately these medications are potentially addictive and are not necessarily beneficial to the body. In other words, it is not recommended to take the next wonder drug that claims to make you lose weight! It will make your body function differently and will not create sustainable, self-mediated weight

loss.

1 hr of Activity	Calories Expended
Bicycling at 6mph	240
Bicycling at 12mph	410
Jogging at 7mph	920
Swimming (50 yards a min)	500
Walking slow	240
Walking moderately	440
Jumping rope	720

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 the advice of a medical professional.

Interested in losing weight? Did you read the previous obesity article in the "Ask Your Pharmacist" column and want more information?

level, because there is a higher rate of metabolism of these calories.

It is important to consider where your calories are coming from. A

# Ask your pharmacist: Acne

**John Turtle**  
Staff Writer

Send your health questions to [highlander@regis.edu](mailto:highlander@regis.edu), and each week, PharmD candidate 2013 of the Academy of Student Pharmacists-American Pharmacists Association, John Turtle, can answer them for you!

School is getting tough. You are inside all day for classes and are stressed about finishing the semester. You find yourself eating delicious Taco Bell instead of a healthy diet because there is just too much going

Lifestyle Causes of Acne
Diet (high fat foods)
High -humidity environments
Some medications
Hormonal alterations
Stress / emotional extremes

on to worry about it. All these factors keep building, and what pops up?

A big zit! Have you ever wondered where they come from and why?

Acne results from both hormonal and genetic factors. First, microscopic secretions in the surface tissue of your skin cause a plug to form. Within this plug are tiny bacteria (normally living silently on your skin) that are able to grow at a quick rate. Then, the oily secretions of your skin build up, which cause the pimple to form. This also leads to a small amount of inflammation. This inflammation causes the redness and pain that accompanies the ever-so-attractive ornament on your nose. If you have some acne and cannot limit it with lifestyle changes, there are some treatment options.

The two most common over-the-counter products (available without a prescription) are benzoyl peroxide and salicylic acid. Benzoyl peroxide is a topical antibiotic that, when

used daily, is very effective in treating acne. Without a prescription, it is available from 2.5% - 10 % in strength. Higher strengths have the same effectiveness as lower strengths. Apply multiple times daily until mild peeling occurs. Adverse effects to this medication are uncommon, but you should be aware that overuse can cause bleached hair and clothing. If

Common Acne Products	
Benzoyl Peroxide Products	Stridex pads
	Clean and Clear
	Oxy acne wash
Salicylic Acid Products	Neutrogena
	Nature's Cure Body Acne Spray
Benzoyl Peroxide / Salicylic Acid Products	University Medical AcneFree Spot Treatment

you are wearing nice clothing, do not apply benzoyl peroxide products!

Salicylic acid is also available over-the-counter in strengths of 0.5% and 2%. This should mainly be used as a skin cleanser. Don't let this cleanser

stay on your skin all day long, so rinse the area thoroughly after use. The adverse effects of salicylic acid are common only at higher concentrations and can irritate the top layer of the skin.

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 the advice of a medical professional.

# Speaker Sonia Nazario

Author Sonia Nazario discusses her latest book about her experiences in Latin America during her visit to Regis University at the end of March.



Photo by Nick Smith



Photo by Nick Smith

# Ranger Bucks: The real story

Lauren Aemmer  
Staff Writer

## Ranger Bucks: A Much Bigger Loss Than Predicted

Despite Regis' best intentions, the decision to stop offering students off-campus money through their meal plans dealt a serious blow to its reputation as a school invested in the community. While the effect that this decision would have on the community was possibly not evident at the time, almost a year later it is painfully clear. The fact is, Regis' presence in the surrounding community noticeably decreased, and few are happy about it.

### Bon Appétit Comes To Regis

The decision to remove off-campus money from student meal plans was a small part of a much bigger decision to change food service providers. Prior to the 2011-2012 school year, Sodexo managed Regis' food services. Though Sodexo was the University's food vendor for 35 years, it became apparent that some of their practices were no longer ethical, especially those toward their employees.

In response to student concerns about these practices and the quality of food, Regis decided to consider other vendors. In 2010, the University assembled a task force of students, staff and faculty with the goal of finding a company that provides higher quality food and practices that meet the University's mission statement, yet still cost effective.

As they began looking for new vendors, rumors surfaced that off-campus dollars might disappear. According to Susan Layton, vice president of University Services, the approached vendors "were all surprised about the fact that we had students taking meal plan dollars off campus. They had not done that before."

Larger universities often have off-campus dollars worked into their meal plans, because they have a larger student population purchasing meal plans. Regis, on the other hand, only requires freshmen to purchase a meal plan. After doing some research, Layton says, "Out of all the 28 Jesuit institutions, we [Regis] offer the most declining balance of any, and I did not want the students to lose that money."

It became apparent that if the task force wished to find a company that could meet their food quality and ethical practice goals, they would have to choose between requiring all students living on campus to purchase a meal plan or eliminating off-

campus money. "We worked diligently with the company to say we want all these things, but we can't have the meal plan cost increase," says Layton. "We were able to achieve that with our selection of Bon Appétit."

Despite the loss of off-campus spending money, the University feels it made the best decision it could. Bon Appétit is a company that provides local, fresh and healthy food from Baker's Way, Fossil Creek Farms and Grower's Organic, among others. "We may not be supporting the local Chipotles," Layton claims, "but we're supporting the local farmers and the local ranchers for the meats and the fruits and the vegetables and all that." Bon Appétit's recent initiatives toward food justice further support the University's decision to make the switch from Sodexo. According

to Duke University's *The Chronicle*, Bon Appétit "recently committed to purchasing 25 percent of its meat and eggs from producers that treat their animals humanely and, beginning 2015, will no longer purchase eggs laid by chickens confined to battery cages or pork raised in gestation crates."

Another reason Regis chose Bon Appétit is their attitude toward their employees. According to Layton, "There were several employees that chose to stay at Regis, and we required the vendor to hire those employees that wanted to stay. They hired every one of those employees to continue doing what they had been doing before, whether it was washing dishes, wiping tables or actually cooking. They also received anywhere from a \$2.50-\$3.25 per hour raise, she continued. "In being able to do all of that, we had to say that all the food, all the income has to remain here [at Regis]."

### The Community Effect

Signs advertising "Ranger Bucks Accepted Here" no longer exist in local shop windows, taking with them the students that once gravitated to those locations. "We see a quarter of the student population we used to get, maybe an eighth," says Little Dave, a manager at McCoy's Restau-

rant. Since the start of the meal plan change, McCoy's revenue decreased by approximately 4,000 dollars per month.

A once-popular late-night hang out for students who needed a place to eat and visit with friends after the Grill was closed, McCoy's waits with baited breath for the droves of students that used to walk through its doors. "Mostly it's the upper classmen who [go there] now," says Regis sophomore Erin Ellis. "Freshmen don't even seem to know about it, or they think that it is too far away."

McCoy's isn't the only local business suffering from the loss of off-campus dollars. Venice on the Boulevard has been hit particularly hard by this change. "It has basically sent us into our second recession," says owner Eloisa Mooney.

Mooney, who came into ownership of Venice about five years ago, is saddened by more than just the loss of business. During the first year of her ownership, Venice served as the meeting place for the group of students who persuaded the school to add an off-campus money option to meal plans in the first place.

Now, she says, it "feels like a lock-out."

Students are just as miffed about the meal plan change as local businesses. Regis sophomore Shannon Hayes, who visited Venice frequently last year, says that she has seen what losing off-campus money has done to the coffee shop. "I think it suffers greatly when it comes to business," Hayes said. "This is unfortunate because, as a University, I would hope that we would support mom-and-pop shops, and it doesn't seem like we are doing that anymore." Hayes is not the only student with these concerns. "Overall, the environmental changes are wonderful," says sophomore Hannah Brece. "The food choices are more health-conscious, but I do really miss the Ranger Bucks. Dining out in the community was a huge part of my Regis experience last year, so without a plan that supports that, we are at a loss."

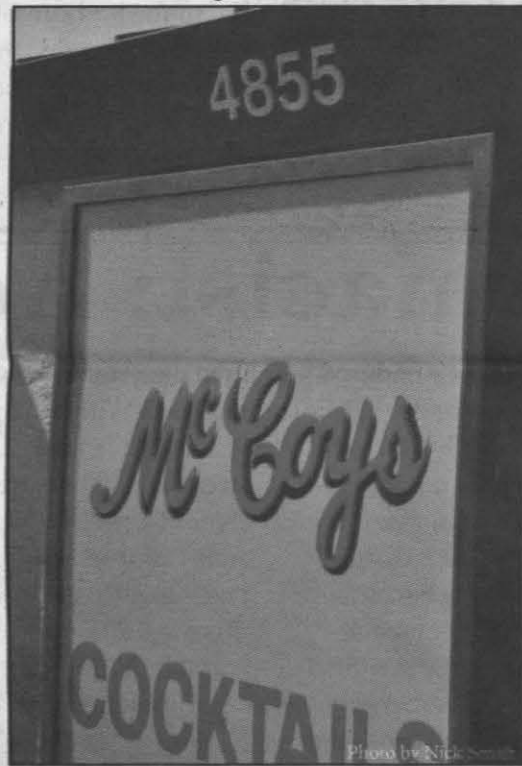
Brece's experience is one that many students loved about Regis.

More than that, it was a way for students to interact with the community outside of direct service or volunteering. Students are told that Regis University's Jesuit Mission is to serve its local community, yet sometimes there is more to service than volunteering. As Brece puts it, "You have to identify with the community, and food is one of those places you can do so without a goal [in mind]."

Ranger Bucks were more than money to be used off campus. They were an incentive to reach out into the community, to identify with it and to become a part of it. The University's decision to eliminate Ranger Bucks instead of changing the meal plan requirements is understandable, but it does not minimize the negative effects on the community.

Paul Narey, Regis junior and recent candidate for student body vice president, shares student concerns over losing Ranger Bucks and is doing something about it. He is working to create a discount card for local vendors such as Venice and McCoy's that could then be sold to students.

"The goal is to get Regis and the community together," says Narey about his idea. He would prefer to do that by having the University come on board and incorporate the discount card in the meal plans that it offers, but he is also more than willing to start the business himself. Regis is surrounded by an amazing community of people, but you will never know it unless you step off campus every now and then. Yet without an incentive to go off campus, "You lose that college feel," says Hayes. "It's taken away an experience that I think is very important."



McCoy's, an off-campus eatery, experiences a loss with the absence of Ranger Bucks.

# 2012

## DAYS TO GRADUATION



### CELEBRATION

TUESDAY, APRIL 24  
4:30 p.m. WALKER'S PUB

Please join us in toasting to the Class of 2012's accomplishments and the transition from student to alumni.

# Inked, pierced and modified



**Jelena Subotić**  
Arts & Entertainment  
Editor

Considering that Regis is a moderately conservative univer-

sity, I have not seen many students with "crazy" tattoos or piercings unless they choose to hide them. And it makes me wonder, is having a tattoo or unconventional piercing really that "crazy?"

I believe there is beauty in such modifications. The young woman in a long skirt may have a colorful "tat" that covers half of her leg. Who knows? Perhaps our favorite Jesuit priests are covered in ink reminiscent of their wilder days.

Regardless of how people choose to show (or hide) their body modifications, their reasoning, as well as the history of this phenomenon, is absolutely fascinating.

Ruling out the occasional night in Vegas that results in a tattoo of a brazen butterfly or lover's name, the decisions involved in choosing body modifications vary greatly. Perhaps the most prominent factor in one's desire to get a tattoo, however, is the

**"Ruling out the occasional night in Vegas that results in a tattoo of a brazen butterfly or lover's name, the decisions involved in choosing body modifications vary greatly."**

passing of a loved one. People may search for a way to memorialize such an important individual, often doing so in the form of the deceased's favorite saying, a commemorative symbol or a portrait (Careful with this one: a bad artist could make your Nana look like a Tim Burton creation! Unless that is your intention, of course).

Yearning for visual representations of internal struggles or achievements are other popular reasons to get "tatted up." For instance, those who have overcome illnesses such as depression or alcoholism might choose a symbol to represent their recovery.

Of course, one cannot talk about tattoos without mentioning the ever-so-popular tats in Chinese or Japanese writing. This tattoo tradition is used (and misused) to represent emotions related to words like "courage," "love"

and "peace." Issues may arise when it comes to translation, because many words in either language do not necessarily have a precise English equivalent. On another note, ancient Chinese culture actually looked down on tattoos, as they were used primarily for delinquents. Inmates would get tattooed with the word "prisoner," and elusive warriors would also experiment with body ink.



Dennis Avner cat characteristics do not end at his appearance; he also enjoys climbing trees and eating raw meat daily.

Interestingly enough, archaeologists have unearthed tattoo-adorned mummies, proving that "tattoo culture" goes back much farther than ancient civilizations in Asia.

Given that the emergence of tattoos began in ancient times, I find it very plausible that religion would also have a stance on such a cultural symbol. Throughout history, Judaism, Christianity and Islam have all

frowned upon the practice of tattooing. The Book of Leviticus states, "Do not lacerate your bodies for the dead, and do not tattoo yourselves. I am the Lord" (19:28). "Many Christian denominations do not tolerate tattoos or piercings due to the belief that they are an attempt to change God's already perfect creation. Oddly enough, crosses are "one of the most popular and common tattoos that are found in today's society," notes the website, tattoo.com.

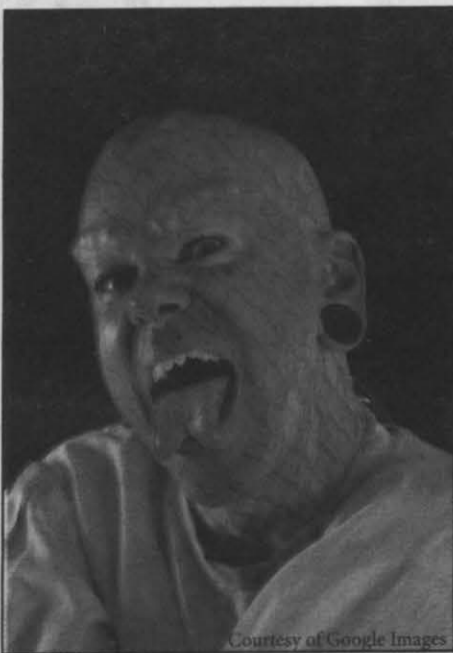
In contrast to tattoos, body piercings generally seem to be more accepted than tattoos in today's society. Perhaps this is because a piercing is not as permanent a body modification as an indelible tattoo.

Nose-piercing has been around for over 4,000 years, starting in the Middle East before gradually spreading all over the world. Such piercings are

mentioned in Genesis 24:22: "When the camels had finished drinking, the man took out a gold nose-ring weighing half a shekel, and two gold bracelets weighing ten shekels for her wrists." The phenomenon is also seen in Indian history with girls piercing their left nostril and often connecting the ring to another on the earlobe.

The piercing of earlobes is an ancient practice, proven by the pierced ears on the first uncovered mummy. Ancient societies believed that evil spirits entered through the ears and that earrings would distract them. It wasn't until much later that ear piercing was considered to be effeminate by Western culture. Though nose and earlobe piercings have ancient

roots, the navel piercing is a bit of an anomaly. Ancient accounts of navel piercing do not exist; the first visible occurrences found in the late 20th Century. With the advent of the bikini, belly buttons were suddenly exposed, and 40 years later, the area was sexualized with the belly button ring. In the early 1990s, model Christy Turlington walked onto the runway with her navel adorned with a small gold hoop piercing, eliciting a fashion fervor among many young



Eric Sprague shows off his lizard like attributes.

people. While most are familiar with tattoos and piercings, some of us may not know about new forms of body modification that are becoming popular on a global scale. For example, we all have probably seen someone with gauged ears, but what about someone

TOMS from page 2

upload them to Facebook, Twitter or other social media sites to help spread the word and start a discussion. Even better, if you have a Smartphone, you can download the One Day Without Shoes Mobile App.

Even though TOMS challenged people to spend a day barefoot to experience what life would be like without shoes, the main goal of One Day is to spread awareness of the millions of people living without shoes. TOMS fully believes in its cause and wants to educate people about this global issue.

with a gauged lip? Trends in body-modification appear to keep pushing the limits of body transformation. One such example is 53-year-old Dennis Avner of Nevada (AKA: "Cat Man"). He has devoted many tears and years to transform into a human tiger. Avner has undergone extensive tattooing breast implants; sub-dermal implants in the brow, forehead and bridge of his nose; a divided upper lip; and has filed and capped his teeth to match those of a tiger.

Another example is Eric Sprague, more commonly known as the "Lizardman." Sprague has undergone extensive tattooing, shaped his teeth like a lizard, had dermal implants and even split his tongue down the middle.

Personally, both examples indeed raise some questions: What drives someone to "modify" him or herself so drastically? Isn't being human enough?

As far as people like Avner and Sprague, looks from strangers might be those of amazement, wonder or even disgust. What I wonder is: what do people like Avner and Sprague see in the mirror? Are they proud of what they see? Or are they seeking a means to fulfill a psychological void? Does Avner celebrate his "tiger-ness?" When Sprague gazes into his reflection and sees the outward appearance of the "Lizardman," do positive emotions of self-acceptance really arise? I do hope so.

Surely, the responses that "crazy" tattoos and piercings attract have the potential to be awfully painful for the modified individual. However, as we go through our days, we must remember to appreciate the beauty and value of the individual behind the modifications. We must realize that all of us possess something that may seem "odd" to the foreign eye. Whether your modification is a tattoo, a piercing or something else, know that you are a special and unique individual free to live among the cats, lizards and even tattooed priests of this world.



# Save the Date

For Details visit [www.regis.edu/studentactivities](http://www.regis.edu/studentactivities)

April 11, 2012 - April 28, 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			11 6:30 PM "Tapped" Movie Showing 7:30 PM Faculty Recital Series: Antero Winds featru- ring Sarah Bierhaus	12 4:30 PM Yoga on the Quad 10:00 PM Thursday Thrills - OAP Film Festival	13 Step it Up! Ends 3:00 PM Baseball vs. Colorado St.-Pueblo	14 10:00 AM Community Cleanup 12:00 PM & 3:00 PM Baseball vs. Colorado St.-Pueblo
15 12:00 PM Baseball vs. Colorado St.-Pueblo	16 4:00 PM Powder Puff Football and BBQ 7:30 PM University and Con- cert Choirs	17 <b>RANGER WEEK!</b> 4:00 PM Scavenger Hunt - "Discombobulation"	18 9:00 PM Hypnotist Jim Wand	19 9:00 PM Dance Off in Dining Hall	20 7:30pm Jazz Ensemble "The Jazzuits" 8:00 PM Mr. Regis & Fireworks 11:45 PM John Rush The Human iPod	21 11:00 AM Ranger Day! 
22 12:00 PM Women's Lacrosse vs. Colorado Mesa 12:00 PM Hike in Boulder for Earth Day	23 Finals Prep Week	24 4:30 PM 12 Days' til Gradua- tion Event 7:30 PM Collegium Musicum (Sanctuary)	25 7:30 PM Chamber Ensemble & Soloists	26 10:00 PM Thursday Thrills	27 7:30 PM Student Piano Recital 4:00 PM Women's Lacrosse vs. Rollins	28 3:00 PM Men's Lacrosse vs. University of North- ern Colorado

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



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

**DON'T MISS OUT!**

Department of Fine and Performing Arts  
Music Program

Wednesday April 11th: *Antero Winds* concert, "Across the Channel:  
Music of France, Great Britain, and Japan."  
Starting at 7:30 pm

The event will take place at Berkley Church.  
Reception with delicious baked goods to follow the concert!

For more info, join the Regis Music Program Facebook group.

Three weeks until

**FINALS!**

For your finals week schedule, visit  
<http://tinyurl.com/d9qefkp>

Contact the Highlander's business and advertising manager, Chelsea Mitchell, at [highlander@regis.edu](mailto: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](mailto:highlander@regis.edu). Please include the nature of your request in the subject line of your email.