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REGIS UNIVERSITY

HIGHLANDER

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Friday December 7, 2012

Getting lost

in Denver...

Two staff writers embark on a game in which you hop on a bus, roll dice, and get off at the numbered bus stop of what you just rolled. Their first adventure took them to the Denver Government Center, the second, to Federal Heights.

Pages 6 & 7



"It was probably my favorite class last year."

"I wasted my time."

"It was a joke."

"It made me a better writer."

Writing analytically:

A research summary of Regis' First Year Experience



Jessica Zanetell
Staff writer

When questioned about what they thought about the Writing

Analytically course at Regis and the corresponding spring courses during the 2011-2012 school year, this year's sophomore students had mixed feelings.

To assess the First Year Experience at Regis and to plan for the future, John Hickey, associate dean, Regis College, conducted a research summary of the current undergraduate program. By using focus groups, student and faculty surveys, writing assessments and document analysis, Hickey was able gauge the success of Regis College's freshman year Writing Analytically classes along with the corresponding courses in the spring.

Setting aside this year's freshman class, the 2011-2012 incoming class was the largest in Regis history. They held the highest average ACT score and high school GPA. Based on student surveys, when members of the class were asked about their motivation for attending Regis, financial assistance was listed as the top reason.

"Given the limitations of our campus facilities, continued attention to our financial aid awarding policies and academic reputation is vital to bringing in a class," said Hickey.

Overall, Hickey's research proves Regis' First Year Experience a strong success. Student surveys show that the majority thinks it was a good introduction to college life and academics. The fall Writing Analytically class is considered, by most, to be beneficial, and although some practices like multiple essay drafts do not necessarily carry over into other classes, students believed they learned important critical reading, research and analysis skills that prove useful in other courses.

English faculty conducted writing assessments in each Writing Analytically class and evaluated them using an internally developed rubric. These assessments showed improvement between the first and second drafts of student essays in the categories of organization, content and research/citations, further supporting Hickey's findings.

The corresponding second-semester course was a bit more difficult to evaluate. The course focuses on oral communication, and while various courses do find ways to incorporate the spoken word, these skills are not always used in the classroom.

When surveyed, many students suggested that the second semester course did not build off that of the first. Hickey explained, "Most first semester class themes are narrower than the scope of the spring paired course. However, on a broader level, several faculty explicitly carried the

theme of critical analysis across the two courses, as was noted by the more astute students."

While oral communication and the continuity of themes may not have been evident to the students, the cohort experience is clearly the program's greatest success. Students surveyed felt there was less anxiety during the second semester when asked to do uncomfortable tasks, like speak in front of the class or share personal experiences.

However, both faculty and students were aware of the downside: Any group dynamics that evolved in the first semester carried over to the next. Students echoed this with statements like, "We already knew who was going to talk during class, so we didn't have to."

Based on all the focus groups, assessments and surveys, Hickey determined that overall, this program is successful, the skills learned transfer to other classes and students enjoy the opportunity to have a second semester class with the same peer group. He suggested that some improvements be made, especially in the areas of intentionality and impact. Regis College needs to be more intentional in relaying the goals of the courses to students participating in the First Year Experience and also design courses with a greater impact to create a more memorable course with more engaged students.

Regis in service: Denver Rescue Mission



Lauren Aemmer
News editor

With a God-centered philosophy and a commitment to serving people

at their physical and spiritual points of need, the Denver Rescue Mission is one of the city's oldest non-profit organizations. For 120 years, the mission has provided shelter, food, health services and rehabilitation to those in need.

The Rev. Joshua Gravett of the Galilee Baptist Church established the Denver Rescue Mission's roots when he opened a rescue home for women in 1892. Since then, the Mission's location has hoppedscotched around the city, often occupying multiple locations to provide different services such as housing, a men's rescue and a faith outreach. Today, the Denver

Rescue Mission operates out of four locations, The Crossing, Lawrence Street Shelter, Champa House and Harvest Farm.

Denver Rescue Mission's The Crossing, Champa House, and Harvest Farm are all rehabilitation and transitional housing communities, though each location houses a distinct and differing program. The Crossing caters to homeless individuals and families, most of whom are in various outreach or rehabilitation programs like the STAR transitional program. The residents at Champa house are all single mothers and their children, striving to learn self-sufficiency.

Whereas the first two locations are within Denver, Harvest Farm is a rural property in Wellington, Colo. that not only serves as a men's rehabilitation and transitional shelter, but also as a fully-functioning farm that grows crops to support those who

cannot easily obtain food on their own.

The Lawrence Street Shelter is the Mission's most well known location. Easily identified by the neon "Jesus Saves" sign hung on the corner of the building, this location provides emergency services to Denver's homeless. The services available here include an overnight shelter, soup kitchen and clinic. The shelter also provides food boxes and clothing, and it is the location where volunteers are the most necessary.

Service opportunities with the Denver Rescue Mission can be either short or long term and are needed year around. To see what positions are available, check out the website at www.denverrescuemission.org, and click the brown "Volunteer" tab at the top of the page, or call 303.953.3955.

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.

Surviving finals week: Oasis

Tanner Stuhr
Staff writer

"Oh no! I haven't started studying for finals and they are next week! How will I ever de-stress?" We have all been there. Procrastination is a tough thing especially when it deals with something as important as finals. It is not healthy for the brain and your well-being if you are constantly stressed and, as a result, your performance will likely suffer.

To combat stress of finals week, the Active Minds club is hosting Oasis. From 9-10 p.m., Tues. Dec. 11 at the Student Center, Active Minds will bring in several dogs for stressed students to play with.

Active Minds is an organization dedicated to helping students with mental health. One aspect of this is distressing.

"A lot of our programming is centered around de-stressing," said Morgan Slaughter, a junior and the Active Minds club president. "You can attend events to support our cause and make sure you're taking care of yourself mentally and physically."

There are several things that a student can do during finals week to improve his or her well-being. Many students will probably find it necessary to study for long periods of time. Be sure to schedule breaks!

Your brain functions better when it has a chance to rest and relax. Also, make sure you find a way to get some sleep. You will actually remember information better if you get the right amount of sleep.

Good luck with finals everyone!

Left me reeling



Kendra Tyboroski
Sports, Health & Wellness editor

As an amateur college writer for a small newspaper, the opportunity to be a part of a red carpet event is enticing enough. Add in local films, meeting the directors, actors, and marketing agents, and an excuse to buy a new dress, and I was beyond excited. Admittedly, however, I was not sure what to expect.

Individuals at the Starz Denver Film Festival have worked hard their entire lives, and these films have been promoted everywhere, from The Denver Post to The New York Times. With a photographer from Westword to my right, and PBS to my left, I felt out of my league. But, as I began to ask questions, I learned that hard work, amateur mistakes, and the willingness to take risks is why everyone was there.

Tom Bothelo, executive director of the Starz Denver Film Festival, offered advice that does pertain to filmmaking, but also to whatever aspirations someone has.

"Tell your story. Do what you can and involve your friends," said Bothelo. "Get out there."

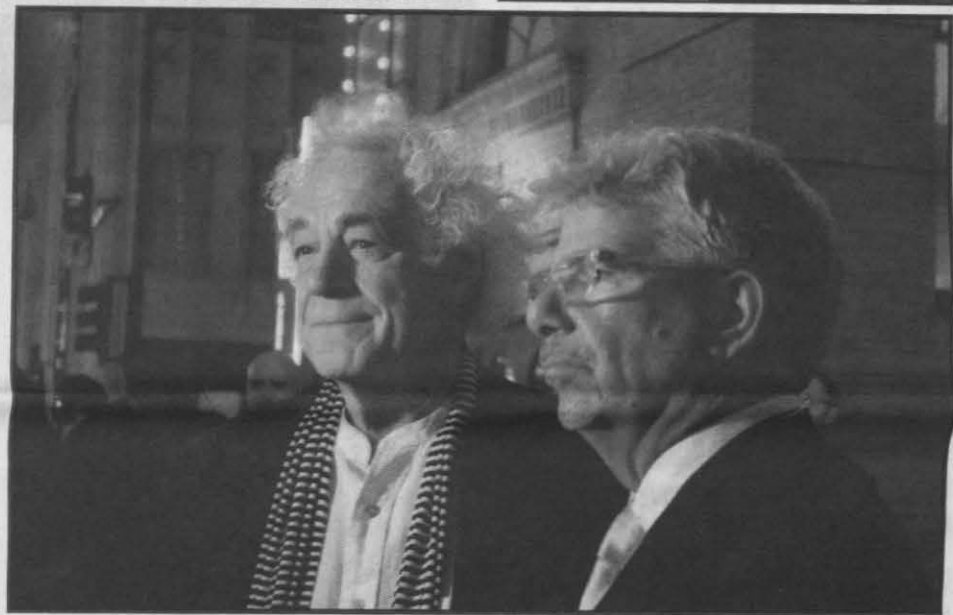
Dylan Wiley, the head of the distribution process for A Late Quartet, explained the simplicity of the film, which made it shine.

"There are no loud noises, no explosions, just a movie that makes you think," said Wiley.

A Late Quartet indeed offers a lot to ponder. When beloved cellist Peter Mitchell discovers he has Parkinson's, the fate of a famous string quartet is in question. However, rather than coming closer, the four members unveil pent up anger, jealousy and lust. Still, the four members hold great passion for their art. Something can be said for those who never relin-

quish their dream, like the characters on screen, as well as the actors who worked so hard to be that actor.

The Denver Film Festival was an all-around exceptional and memorable experience, and I left recognizing how far hard work, determination and the willingness to begin as a rookie can take you. Being willing to be that new actor, director, or, in this case, amateur journalist, is a great place to start, and it may just lead to something bigger and better.



Adding intention and impact to Regis' integrative core

Jessica Zanetell
Staff writer

How ought we to live?

As students of Regis University, we've probably heard this question a few hundred times.

In order to help answer this very broad question, there is an integrative core: classes taught by professors of different disciplines, designed to help students learn how to deal with important complex issues of the ever-changing world.

John P. Hickey, associate dean of Regis College, conducted a research summary designed to evaluate how well the 2011-2012 courses of the integrative core were preparing students to deal with the "important multifaceted issues in an increasingly complex world," as described by Hickey in his research summary.

The results of the integrative core echoed the findings of his summary on the First Year Experience. The integrative core is fulfilling its goals, but could be improved with addition-

al intentionality and impact.

The integrative core consists of a series of classes that are taken in a student's junior and senior years, and are designed to present different types of questions than students are used to hearing.

"Students are learning about important issues that would not have otherwise and are taking away knowledge that will change the way they look at things," states Hickey in his research summary.

The four themes of the classes are Diversity and Cultural Awareness, Global Environmental Awareness, Justice and the Common Good, and Search for Meaning. The classes were assessed similarly to the First Year Experience. John Hickey used focus groups, student surveys, faculty surveys, writing assessments and document analysis to determine how the integrative core fulfilled the goals of integrative learning, theme focus, and future meaning.

Through conducting this study Hickey found that the intentionality of the courses could be improved.

Throughout the focus groups, students had mixed feeling about the core. Some described it as a class that stood out during their time at Regis, while others said it felt more like an English or Spanish class. Students responded more positively to core classes where a syllabus was used to clarify what the students should accomplish by the end of the semester. This made the class seem more focused and more strictly follow the theme.

The core can also be improved by adding factors of greater impact. "A liberal education frees the mind to ponder the great questions," Hickey says. To fulfill this, there needs to be experiences within the course that provide a bigger impact and stay with the students after graduation. Students reported that the classes with the most impact consisted of some combination of personal experiences, team teaching and guest speakers. By combining class topics with personal experiences, concepts could be tied to real life situations.

"Getting students to make con-

nections between the theories they discuss in class and the problems we encounter in the world gives them the ability to think in a more concrete and complex way," Hickey explains.

Students also thought the courses were most memorable when they were told to think in terms of their major. Throughout a student's college career, students often define themselves in terms of their major. Because of this, courses that stress the role of their major make a bigger impact on students.

Hickey's research summary showed that the integrative core is, for the most part, fulfilling its role in getting students think about the bigger picture and giving them valuable experiences to take with them after graduation. With improvements in intentionality and impact, the integrative courses may better help students understand "how ought they to live."

Ask the health writer: Muscle pain



John Turtle
Staff writer

Send in your health questions to 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!

Have you ever had a mild muscle injury that you were not sure how to treat? Ever wondered how acetaminophen or ibuprofen works in the body? There are some medications that can be used that do not require a prescription.

The general, the treatment approach to muscle pain and swelling is simple. These injuries can be self-incurred (hiking a 14er, biking, skiing too hard) or accidental (falling off your long board, getting hit by a snowball). Non-prescription analgesics (pain medications) will help, especially for the first three days following an injury. It is important to always seek a health care professional's opinion in the case of an injury that does not heal or is still

painful after treating with non-prescription pain medications. See the provided table for specific reasons to seek medical attention.

Acetaminophen (Tylenol®) works in the body by blocking processes in the nervous system. The benefits of acetaminophen are mostly lim-

four to six hours.

Non-steroidal anti-inflammatory drugs, or NSAIDs (Motrin®, Naproxen® and many others), work by inhibiting an enzyme that is involved with inflammation of the body. NSAIDs have properties that are anti-inflammatory and analge-

sure to take them with food or milk.

Responses of over-the-counter (OTC) analgesics vary from patient to patient. Therefore, recommendations depend on the safety of the medication in a specific patient. For example, if a patient is competing at a high level for an extended amount of time, taking NSAIDs is not the best option due to their effect on kidney function. Also, NSAIDs can have adverse effects on the stomach. Only take them for a prolonged period if your doctor recommends it. Acetaminophen, on the other hand, can cause liver problems if taken in large doses for an extended period of time.

Many OTCs contain more than one type of medication. Manufacturers do this in order to help decrease the number of tablets required. However, this can lead to over-medicating. Make sure to ask your pharmacist if the product you are about to purchase contains the correct ingredients. Always clarify the dose of medication with a healthcare professional to ensure you are not taking too much!

When to see a doctor:

If...

pain continues for a week with nonprescription treatment
your pain has a greater than 6 out of 10 personal score
pain has lasted greater than 2 weeks
pain becomes worse
you experience pelvic or abdominal pain
you have pain with nausea, vomiting, fever or signs of infection
you have a visually deformed joint, abnormal movement, weakness limb or fracture
you are pregnant or nursing
providing care for someone less than two-years-old

Photo courtesy google images

ited to helping reduce pain (rather than decreasing inflammation). Acetaminophen works to block the pain impulse that is generated in the body before it is sent to the brain. When taken by mouth, acetaminophen can start relieving pain in less than one hour, and relief can last

sic. There are numerous precautions to taking these medications, so talk with your pharmacist before purchasing at the store. When taken by mouth, NSAIDs can work in less than one hour and last four to six hours. These medications can cause your stomach to be upset, so make

History in the making: Men's soccer

Tanner Stuhr
Staff writer

The Regis University Men's Soccer team hit rarefied air, losing just one game and ending with one tie over the entirety of the season. "We're at a stage where we want to win everything but we have to take it one step at a time," said Martin Maybin, junior forward.

No matter how the rest of the year fairs, they already made Regis history. Men's soccer has never ranked number one nationally before to this year. "We always kind of had one eye on it, but once we got there, the pressure lifted a bit. One of our goals was the number 1 ranking so now we can focus on one game at a time," said Maybin.

There is one aspect that really has enabled the team to take that next step: Trust. "[The team relationship] is better than before. If you just practice together, it shows that you don't really like each other as much, but [this year] off the field we like each other as well. The deeper trust is the biggest part of it; I never trusted a defense behind me like our defense," said Maybin.

However, as straight as the road may seem, the team still has to over-

come everyday obstacles of living the college social life. "[The biggest obstacles are] the outside pressure from the University and social pressures. We don't go out anymore. We are focused, but people outside [of soccer] aren't as focused," said Ben Frederickson, junior midfielder.

Frederickson also cited how much the team has not only grown this year, but also over the past three years, because of the combined efforts of the team and coaches.

"Everybody came into preseason prepared. We had a fitness test at the start, and we crushed it, so we are able to really focus on ball skills," said Maybin.

Regis soccer finished the season shy of a national championship, but they made history for the University and for the team.

Your yoga pose of the week

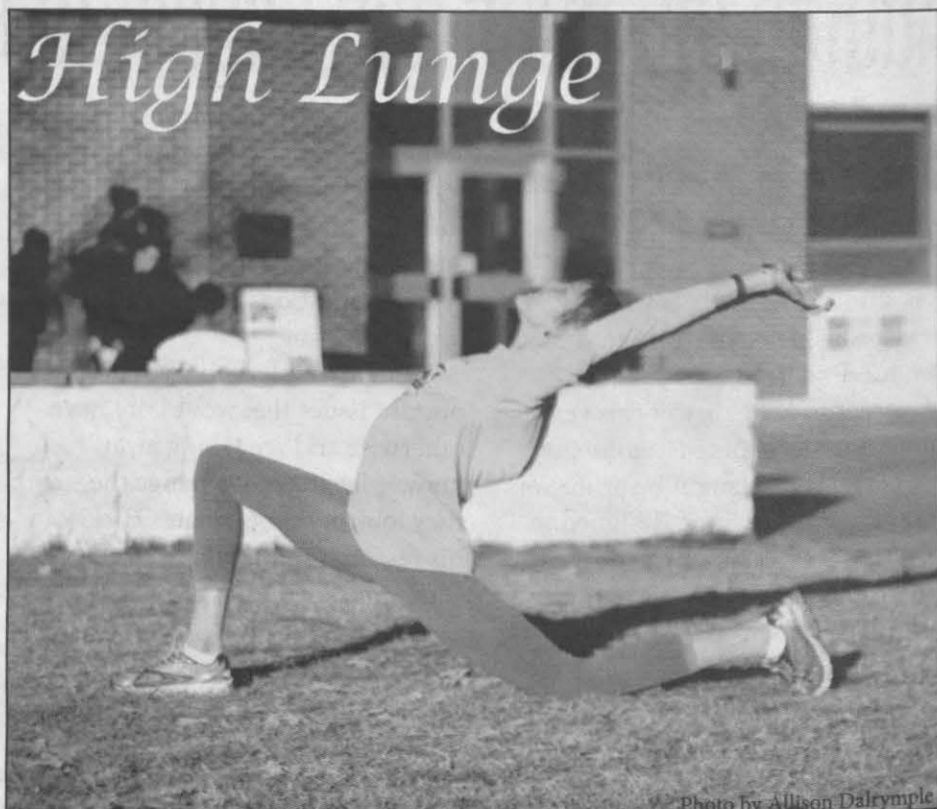


Photo by Allison Dalrymple

Benefits:

- Stretches the groins
- Strengthens the legs and arms
- Therapeutic applications for indigestion constipation, sciatica

Yoga Pose info courtesy of www.yogajournal.com

Ask the health writer: Tooth pain

John Turtle
Staff writer

A common type of pain that often causes considerable discomfort is in the mouth. There are many things that can cause oral discomfort, but teeth are often the chief cause. Tooth pain in adults occurs from damage to teeth or from nerve exposure. Teeth can be hypersensitive to thermal, chemical, or physical stimulus. When this happens a component of teeth (called dentin) becomes exposed which causes hypersensitivity. When these pains are present and cannot be attributed to any other dental disease it is called tooth hypersensitivity. An examination by a dentist can distinguish between different etiologies of tooth pain.

Development of hypersensitivity involves two processes: loss of enamel

or gingival recession. Loss of enamel occurs mostly by extrinsic or intrinsic sources of acid. Overconsumption of acidic foods and beverages (e.g., carbonated drinks or citrus

stomach regurgitation and may result from gastro-esophageal reflux disease or bulimia. In these conditions, highly acidic stomach content is regurgitated from the stomach

Tips to avoid tooth hypersensitivity

Use a soft toothbrush, and brush with light pressure
Relief of sensitivity may take several days to several weeks
Make sure to see a dentist to rule out other problems

During treatment, if symptoms worsen or new symptoms develop talk to a health care professional

Do not use high abrasion toothpastes that whiten or remove stains if experiencing tooth hypersensitivity.

Photo courtesy google images

juices) can cause enamel to wear. Avoidance of these extrinsic sources can help reduce the loss of enamel. Intrinsic sources of acid are from

into the mouth on a regular basis, which contributes to enamel decay. Gingival recession occurs when gums recede either by excessive

brushing or natural recession. Once this happens less surface area of the tooth is covered exposing more dentin. The exposed dentin contributes to hypersensitivity. When a tooth becomes hypersensitive certain foods can trigger pain including hot drinks or soup, cold drinks, sour foods, sweet foods, or even breathing cold air!

If you are experiencing consistent tooth pain, it is important to see a dentist. The type of pain associated with hypersensitivity is similar to other tooth pains that could be due to more serious issues. Toothaches of more serious etiology include bacterial causes that require in depth treatment. Once other causes have been ruled out, ask your pharmacist about types of toothpaste that might work for you.

Paying it forward

Hope McGehee
Staff writer

Manners have been ingrained in most of us since childhood: Saying "please" and "thank-you," and treating others as you would like to be treated are of good form. Generosity, kindness and compassion underlie these habitual actions. The concept of "paying it forward" deepens these generous acts by engaging in human interaction, stimulating love and compassion for one another.

The Pay it Forward Project Denver bases its mission in this initiative, attempting to strengthen local communities through volunteerism and targeting efforts to revitalizing surrounding neighborhoods.

Organized groups provide support and love for the community at large, focusing on charity work to pass along the practice and community appreciation of "paying it forward" in the American society. This initiative asks us: How can we be of good change in the community?

The Paying it Forward movement has grown to encompass a community of caring and compassionate individuals wanting to share a spark of love and compassion for mankind.

But the greatest aspect of this movement is simple: The ripple effect of generosity starts with you.

For more information about Pay it Forward, visit <http://www.pifexperience.com/>.

Extra yoga pose of the week: to work off that holiday weight

Crane Pose

Benefits:

- Strengthens arms and wrists
- Opens the groins
- Tones the abdominal organs
- Stretches the upper back
- Strengthens the abdominal muscles



Yoga Pose info courtesy of www.yogajournal.com

Photo by Kaitlyn Strutt

Christmas at the movies



Matt Burns
Film critic

With the Christmas season upon us, I decided to list my favorite movies to watch over the Christmas season. I figured that I might as well talk about some of the worst Christmas movies too, just to make sure no one ends up watching Gary Busey – a murderous gingerbread man – when you and your family settle down to watch a movie on Christmas morning.

The Best:

"A Christmas Story"

There is a reason TBS plays this for 24-hours on Christmas Day. What has become an American Christmas classic has something for everyone. It's funny, sweet and infused with so much Christmas spirit that it's hard to find anyone that doesn't like this movie, especially when viewed during the Christmas season.

"Die Hard"

Sometimes Christmas spirit alone isn't enough. Sometimes you need John McClane taking out a bunch of German terrorists to really spice up the holidays. I agree that "Die Hard" is a little light on the Christmas aspect, but it has just enough that my family and I watch it every year on Christmas day.

"Elf"

"Elf" is one of those comedies that became a classic in my generation. It is instantly quotable, laugh out loud hysterical, and so sweet at times that, I admit, I've cried while watching. Will Ferrell's style of comedy isn't for everyone, but he has a direct line

to the funny bone for many people (including myself). Which is why I think it's one of the best.

The Worst:

"Silent Night Deadly Night"

Horror and Christmas hardly ever go together. There are exceptions to this rule like the great Finnish film "Rare Export: A Christmas Tale." This, however, is not one of them. The film is centered on an orphaned child whose mean Mother Superior causes him to go on a killing spree dressed as Santa. It is every bit as bad as you would expect, although it is "Citizen Kane" compared to its sequel. Just YouTube "Garbage Day" and you'll understand what I'm talking about.

"The Gingerdead Man"

Mentioned above, "Gingerdead Man" follows a murderer's spirit as it is transferred into a gingerbread man. He then tries to kill the girl that got him convicted. The movie tries hard to not take itself seriously, but I almost wish it did. It proves incredibly hard to sit through with so many bad dough puns.

"The Star Wars Holiday Special"

"The Star Wars Holiday special" isn't so much a movie as it is childhood torture. The viewer watches as Chewbacca's family celebrates Life Day on their home planet Kashyyyk. I don't know how George Lucas, hot off the release of the mega success "Star Wars," thought the next thing that a Bea Arthur musical number infused in non-stop, un-subtitled wookie talk would make a good film. As I said about "Silent Night Deadly Night," horror and Christmas do not mix, and this movie truly was horrific.

Getting lost:

A not so happy holiday adventure

Gina Nordini
Staff writer

Not all areas of Denver are safe for adventuring.

In anticipation for the holiday season, Allison Dalrymple and I planned to hunt down some decorated areas of Denver. We hoped for Christmas trees, twinkling lights and maybe a few Santa impersonators.

But in a situation that felt more like a Halloween horror flick than pre-Christmas cheer, we ended up truly lost at night in an unfamiliar – and unsafe – part of the city.

We started out on the 52 line, but decided to change it up by transferring buses. We picked the 38 line. The fear didn't set in until we reached

the bus transfer/Light Rail station. It was dark; there was one small convenience store across the street; Allison had nearly \$3000 in camera equipment in her bag; and to be honest, we had practically no idea where we were, even though we had an iPhone to guide us.

At this particular bus stop, a man asked us if we could spare a couple dollars. Another man walked around asking people if they smoked weed. I was shocked when one person said yes, and the man proceeded to run to a dark house across the street. Because Allison and I were traveling at night, the buses were coming less frequently, which meant we had a forty minute wait before the next bus. We were both relieved when the

The reel deal

Matt Burns
Film critic

"Silver Linings Playbook"

Writer/director David O. Russell's follow up to 2010's "The Fighter" follows Pat (Bradley Cooper), a recently released mental hospital patient who was institutionalized for beating up the man with whom his wife was having an affair. When Pat moves back home, he meets an equally problematic girl (Jennifer Lawrence),



where each find the other crazy yet intriguing.

Cooper and Lawrence's performances make this film soar, proving the strength of these actors. Flipping back and forth from laughing out loud to tearing up, "Silver Linings Playbook" manages to strike a pleasing balance between comedy and drama, even though it can be a bit too comedic at times. My main complaint? "Playbook" could have stood to take itself a bit more seriously when dealing with serious subjects such as mental disorders. The film doesn't take a chance on being anything more than a crowd pleaser, but if you are in the mood for a romantic dramedy, this is definitely your best bet this season.



"Skyfall"

Watching the James Bond series for as long as I can remember, I am as big a fan as there is. It should come to no surprise, then, just how excited I am that the 23rd installment was recently released, showing no signs

bus finally pulled up.

Once on the bus, Allison began looking up potential stops. We were still hoping to run into some Christmas lights somewhere. We passed a stop that would have taken us to Pearl Street. But by this point the skyscrapers and city streets had turned to warehouses and unlit roads.

We agreed to wait until we reached a safer-looking stop. Ideally, I thought, we could wait until we reached another transfer station. But the longer we waited, the worse the area seemed. Neither of us recognized street names. We finally picked a stop surrounded by multiple well-

of slowing down the making of more Bond films in the 50-year-old franchise. In "Skyfall," M's (Judi Dench) past has come back to haunt her when former MI6 agent Silva (Javier Bardem) attempts to take down the MI6 infrastructure. The film attempts to bring Bond into the 21st century with its focus on technology more modern and grounded than the invisible cars and space lasers in "Die Another Day."

The story works exceptionally well, keeping the action and suave nature



of old Bond films but adding new ideas and giving James Bond (Daniel Craig) a backstory. One of the best parts about this film is having Academy Award winning cinematographer Roger Deakins shooting the film, making "Skyfall" look great. The set pieces, ranging from desert to urban Tokyo, are always gorgeous; making this the best-looking Bond film ever.

Javier Bardem once again steals the spotlight as the masterfully creepy villain, thereby bringing me to my biggest issue with the film: Waiting too long to introduce his character into the film. By the time Silva appears, the movie is almost halfway over, which is not nearly enough time to spend with someone as monumental as he.

"Skyfall" is one of the best bond films to-date. It did not exceed the much needed and appreciated reboot that was "Casino Royale," but I doubt any Bond film will be able to recapture that magic. However, if all new Bond films are as good "Skyfall," I will be a very happy man.



Rating system out of 5

lit gas stations, and wandered into a Chubbie's Mexican Restaurant. Right by the door, several police officers sat enjoying their break. "Finally, we're safe!" I thought to myself.

Thankfully, a good friend with a car saved us from having to figure out our way back to the Regis campus.

City adventures are fun, but be sure to travel in groups. Although a lot of the "danger" Allison and I faced might have just been in our heads, it is a smart idea to stay alert in unfamiliar places. Always tell someone where you are going and have a back-up plan in case something like this happens to you.

Sound bites



Nick Smith
Music critic

Future, "Pluto 3D"
Released: Nov. 27

If your looking for another studio made artist then Future's latest release is going to be one of your best bets. "Pluto 3D" features many huge hip-hop and rap artists as well as relatively new rapper "Future." This album sounds like most other modern chart topping albums with catchy beats and hooks. Just like most modern pop/hip-hop albums, this one is one that is best enjoyed at a party or as background music.



Tech N9ne, "Boiling Point" EP
Released: Oct. 30

Tech N9ne's latest EP is one of his darkest albums yet, exploring areas close to his heart. The rapper from

Kansas City, Mo. has ties to the Denver area and even mentions his views of the Aurora theater shooting in his song "Fire in AC." This album is part of his K.O.D. (King of Darkness) collection in which he writes and raps about more serious issues in the news rather than typical "popular rap" topics.



Aerosmith, "Music from Another Dimension!"

Released: Nov. 6, 2012

"Music from Another Dimension!" is heavily influenced by singer Steven Tyler's time as a judge on American Idol. This is the band's first album in over 10 years, and unlike past Aerosmith albums, this release introduces many pop and country elements. This is, however, still very much an Aerosmith album that keeps strong its tradition of bluesy-rock.



Jason Aldean, "Night Train"
Released: Oct. 16

At first listen, Jason Aldean's new record sounds like most other modern country albums. His twangy vocals along with lyrics about small towns and love are typical of many country albums in today's times. This album is a good effort by Aldean, but it is by far not his best, failing to live up to his lyrical and musical legacy. This album strays away from his deep country roots into a pop-country sound.



Kid Rock, "Rebel Soul"
Released: Nov. 16

Kid Rock's latest release is nothing less and nothing more than we expect from him. His country and blues infused rock sound hasn't changed much since his early albums. Kid Rock sings about his hometown, partying and, in the title

song "Rebel Soul," his own life. Fans of old Kid Rock may not, however, be impressed by this album, because its style, much like his previous album, has a significantly softer sound.



Trans-Siberian Orchestra, "Dreams of Fireflies (On a Christmas Night) EP"
Released: Oct. 30

The latest release from progressive rock band Trans-Siberian Orchestra brings us five new Christmas songs to enjoy. The band famous for their yearly winter tours has released many albums with their updated and more energetic versions of Christmas classics. This EP is no exception. Not only do they play Christmas classics, but they also have a few original Christmas songs – this EP gives us three.



Rating system out of 5

Getting lost in Denver...again

Gina Nordini
Staff writer

There are many great things to find in Denver. After last adventure, Photographer Allison Dalrymple and I decided the best way to find some of those great things would be to "get lost" again.

A roll of the dice determined that we would get off the RTD 52 line after nine stops.

Funny enough, after the bus stopped for the ninth time, we were right back where we were on our last adventure—16th Street Mall. We rolled the dice again, this time coming up with five. Five more stops took us to Denver's government center. We began with a self-guided tour of the Denver State & County Building. On the fourth floor of the building, we found an exhibit on Denver's sister cities. Did you know Denver has eight sister cities on nearly every continent? What are they?

From there we walked to the Denver Public Library (next door to the Denver Art Museum). Walk into the library lobby and look up; you can see all the way up to the top floor. The Denver Public Library has study rooms available, as well as quiet sitting areas. For any student seeking a change of scenery in order to write that research paper or catch up on reading assignments, the library is just a (free) bus ride away.

On the ground floor of the Denver Public Library, there is a small café.

Prices are comparable to Starbucks, and the setting is a little more intimate. At the back of the store, customers can purchase used books and magazines at discount prices.

The home of the Denver Post is just across Civic Center Park. The main entryway has a modern feel; leather seats invite you to sit for a while and look out through the glass panel walls.

Remember that Regis University offers free bus passes to all undergraduate students. Ask about getting your own booklet of passes in the Student Activities Office, then go on your own Denver adventure. Get lost!

Worth Goughing

Kendra Tyboroski
Sports, Health & Wellness editor

It can become all too easy to take for granted the fantastic exhibits at the Denver Art Museum. Becoming Van Gough is no exception. The exhibit is a world exclusive, only at the DAM. Quite the accomplishment for the Mile High City.

Beyond that, Van Gough can easily be proclaimed as one of the most achieved and revolutionary artists of all time. The exhibit displays 70 pieces of art from Van Gough, along with an additional 20 from artists he influenced. The collection wraps

around the walls, progressing from Van Gough's early days to his last work.

As an avid appreciator of Van Gough, it was an incredible experience. However, even if little is known about Van Gough, the exhibit does an excellent job of depicting his lifelong artistic endeavors.

Becoming Van Gough is open until January 20. Student tickets are \$20 without audio, and \$23 with audio. Make sure to buy tickets in advance as the exhibit sells out regularly. For more information, visit DenverArt-Museum.org.



Fall has come to the Denver State & County Building.

What are you thankful for?

Regis students and staff share the aspects of life that are near and dear to their hearts.

"I'm thankful for the brisk chilly mornings that allow me to see my breath as I walk to class, and the comfort of cozy hoodies and sweatpants." - Lauren Shakes, RC'15

"I think I'm thankful all the opportunities I've been blessed with throughout my life." - Dusty Corliss, RC'15

"I'm thankful that I'm still on scholarship, otherwise I wouldn't be answering this question." - Ian Drew, RC'15

"My family and friends who are always there for me." - Rachelle Knudson, RC'16

"All the wonderful friends I have and the opportunity to attend Regis and to be a part of this community." - Brandon Ward, RC'15

"Being Chaplain of the Regis Men's Soccer team and watching these student-athletes attain all the success that they have this semester has made me feel enormous gratitude both for them and for the opportunity to [hold this position]." - Fr. Charles Shelton, Professor of Psychology

"Being able to teach at Regis and being able to get to work with all the students. I've worked here for 34 years, each of which I consider a gift, and I'm thankful for millions of other things. And, I'm grateful that the election is over." - Dr. Diane Wagner, Professor of Mathematics

Local Concerts

Fri., Dec. 7

NOFX and Elway @ Fillmore Auditorium

Charlie Daniels Band @ Grizzly Rose
Medeski Scofield, Martin and Wood @ The Ogden Theatre
Macklemore X Ryan Lewis @ Aggie Theater
Perpetual Groove @ Fox Theater

Sat., Dec. 8

Public Enemy with guest artists @ The Ogden Theatre
Medeski Scofield, Martin and Wood @ Boulder Theater
Nevershoutnever @ Fox Theatre
40 oz. to Freedom @ The Black Sheep

Sun., Dec. 9

Perpetual Groove @ Belly Up Aspen

Mon., Dec. 10

Lamb of God @ Fillmore Auditorium
Public Enemy and many others @ Belly Up Aspen
Colorado Christmas @ Boettcher Concert Hall

Tues., Dec. 11

3 Doors Down, Daughtry and P.O.D @ 1st Bank Center
Chelsea Grin and Motionless in White @ Summit Music Hall

Wed., Dec. 12

Colorado Symphony Orchestra @ Boettcher Concert Hall
Divine Fits @ Belly Up Aspen

Thurs., Dec. 13

Fun. @ 1st Bank Center
Andre Nickatina @ Boulder Theater

Friday, Dec 14.

Eddie Money and Edgar Winter Band @ The Ogden Theatre
Grace Potter and Gavin DeGraw @ Gothic Theatre
Zappa Plays Zappa @ Fox Theatre
The Shins @ Belly Up Aspen

Sat., Dec. 15

Lupe Fiasco @ 1st Bank Center
Louis C.K. @ Belco Theatre
Breathe Carolina @ Summit Music Hall
Adventure Club @ Belly Up Aspen
Wilco @ Ford Park

Sun., Dec. 16

The Christmas Revels @ Boulder Theater

Tues., Dec. 18

Clay Aiken @ Vilar Center
Potato Pirates @ Moe's Original BBQ

I never thought coming to Regis I'd have to fight sexism

Tanner Stuhr
Staff writer

"You whore!" "You idiot!" Women have been wrongfully degraded and prejudiced against until recently. Sexism still occurs today and can be seen all over the world and is especially prevalent on college campuses.

Let's take two people and put them in the same situation. They both have had sex with three different partners on three different nights. One is male and one is female. The male gets treated as if he has just conquered Everest. The female is viewed as a "whore" similar to that of Ester Prin. I personally would have hi-fived both of them regardless of their gender but that is not what most of society would do.

Sexism still exists at Regis but is prevalent in a different form. I believe there is an inherent way of thinking that the girls on campus are more intelligent and work harder than the guys.

"The stereotype does exist," said

Hailey Benesch, freshman. "My guy friends say I study more." Benesch also referenced how she has superior grades compared to her male friends.

Girls seem to have their priorities more in order than guys according to Benesch. "A lot of guys smoke weed on campus, it makes you want to do less."

Fellow freshman, Daniel Griego, has a different idea of why guys appear to study less.

"Girls over study, stress out too much and in the end guys get more done in less time," said Griego.

Benesch believes that the stereotype is that guys are presumed to be more intelligent than girls.

"Some guys treat girls like they are dumb," said Benesch. "They try to get the upper hand." Benesch also thinks that stereotype is held across society. "Society's stereotype is that guys have to be superior and have masculinity."

The question is less that of which gender is intellectually superior and rather whether this is a stereotype we are willing to put up with on campus.

#RUHighlander



If you would like your Instagram photos featured in the next issue of the *Highlander*, tag your photos with #RUHighlander, and include your name, class standing and brief description of the photo in the caption.



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Contact the Highlander's Business, Advertising & Social Media Manager, Kelly Fleming, at highlander@regis.edu if you are interested in advertising in the Highlander. All ads are free of charge. The Highlander does not currently advertise for off campus businesses or organizations. Please include the nature of your request in the subject line of your email. We hope to hear from you soon!