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### 2013 Highlander Vol 97 No 2 Halloween, 2013

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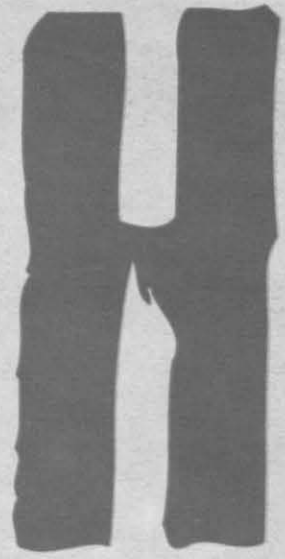
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Regis University's



# Highlander

Volume 97, Issue 2

Halloween 2013



# Switchfoot:

## Behind the New Album "Fading West"



Photo: Google

**Kelly Fleming**  
Social Media Editor

Switchfoot is a popular band that has been in the Christian and the secular music industry since the 1990s. All the band members were friends throughout high school and college, and went to University of California at San Diego (UCSD), where they formed the band. Tim Foreman, bass guitar player, sat down with the Highlander to share his insight on the band's latest moves.

The band recently made a video about their experiences from the past year, called Fading West. When asked why they decided to switch music genres, Foreman said, "We have always wanted to play music for everyone, not in

any one box of categories. We are more of a rock band, and we always played at whatever venue people would listen. As far as faith is concerned, I am very open about my faith, and Christianity is faith and not just a music term, it's bigger than what is on a music CD."

The band credits its bond to surfing and growing up together, and being friends offstage.

The band enjoys living their lives together. They spend so much time traveling that they have to enjoy the people they are with. They made the film Fading West, named after their new album, because of the trip they took around the world. On this trip they searched for inspiration for songs in different countries.

When asked about the inspiration behind their song Who We Are, Foreman said, "Identity, it sort of tells about our journey as a band, and the idea that people can tell you who you should be but only you know—one of my favorite songs to play, because our kids are in the background in the song, like a children's choir."

Foreman talked about the hardships members of the band face when trying to balance their responsibilities to the band and their families. He said, "Family life is a challenge, because it's not everyday that you see a rock band made up of good husbands and fathers. It's a challenge, there isn't necessarily a model that you can follow, it's been different in different

seasons of life, and the balance of being home and traveling, and sometimes those can intersect, and we can bring our families on tour."

He was also open about how their faith has impacted their music. Foreman said, "The songs that we gravitate towards move us on a deeper level lyrically, and move us not only emotionally but spiritually—music is a powerful way to address topics that are uncomfortable, about faith and doubt and pain, and asking the big questions of life."

Switchfoot will perform in Denver on Oct. 31st at Colorado Christian University. Look for their new album in 2014.

## What is Your Favorite Halloween Movie?

Molly Freeman's favorite Halloween movie is "Halloween"

Morgan McDonnell's favorite movie is "Caspar the Friendly Ghost"  
"Cause, you know, it makes ghosts seem nice. But now I wanna hang out with a ghost you know? Everyone thinks they're all scary and stuff but thanks to Caspar I know they're just some chillers--that I wanna chill with."

Bridget Young's favorite movie is "Ernest Scared Stupid"  
"I loved this because it was my first scary movie. But looking back I was such a baby!"



Junior Taylor Wilcox's favorite Halloween movie is "Halloween"



Amanda Knoepfle and Hayley Goncalves love the movies "Silence of the Lambs" and "Halloween"



Katherine Hardy's favorite Halloween movies are Nightmare Before Christmas and Hocus Pocus

## Zombie Dash in Downtown Denver



Photo: Jordan Virgin

**Jordan Virgin**  
Section Editor: Sports & Wellness

It's that time of year filled with carving pumpkins, dressing up in outrageous costumes, watching spooky movies, and taking in the different colors of fall. Speaking of dressing in outrageous costumes, on October 5, the third annual Zombie Dash took place in downtown Denver.

The Zombie Dash is an exciting urban race that involves lots of riddles and solving lots of zombie-themed challenges along the way. Think of the Amazing Race—except zombie style! Teams consisted of two to six members all dressed in zombie costumes.

Zombies reached each checkpoint by either running or walking on foot or by using public transportation. The zombie racers were allowed to use the RTD or light rail to get to their challenges but they were not permitted to use cabs or bicycles. The creators of the Zombie Dash—A-Dre Productions—said, "Our goal is to have each challenge or checkpoint be unique

and fast paced." By eliminating many methods of public transportation available to the race members downtown, the creators of the Dash made competition more interesting. Teams had to compete against one another and race to get to each checkpoint virtually the same way. The key, of course, is determining the teamwork combined with the right form of transportation to reach the challenges ahead of the other teams. What a rush!

To add to the excitement of the race, the creators decided it would be appropriate to add "zombie hunters" to the mix. The exact role of the Zombie Hunters is unknown but it sounds like they are something the racers should watch out for!

Race members gathered downtown afterwards at Casselman's Bar & Venue for prizes, music, and awards! What better way to celebrate all that hard work than by celebrating with your fellow zombies?



# Regis Rangers on Rocky Horror

Amber Koneval  
Online Editor

Looking for something new to do this Halloween season? Fellow Regis Rangers may have a suggestion for you: join in a decades-old tradition and attend a live showing of that science fiction double feature, "The Rocky Horror Picture Show."

Since its debut in 1976 as a midnight movie, it has been a tradition to have a shadow cast, a full cast of people dressing up and acting out the entire movie, perform before live showings of "The Rocky Horror Picture Show." Denver has its own shadow cast company—Colorado's Elusive Ingredient (CEI). The group performs at the Esquire Theatre at the intersection of Downing Street and Sixth Avenue downtown. Participants are encouraged to come dressed up—though whether that's as a character from the movie or as an adherent to a theme depends on the night you go.

Newcomers to Rocky culture should watch

"The Rocky Horror Picture Show" and perhaps do a little research on the different call-backs to decide whether or not this kind of a night out is for them. Many members of the Regis community greatly enjoy attending live Rocky Horror shows.

*"A great movie  
to immerse yourself in  
because  
it opens the door  
to all the possibilities  
that shadow  
casting presents."*

-McKenna Mettling

"In our everyday lives, there's such a taboo against the topics Rocky Horror brings up," Senior Lauren Aemmer said. "So much so that we can't even seem to talk about them. But when we indulge in the culture that has built

up around the show, it frees us up to think about those things more productively. Plus, it's such a wonderful, inclusive community. It's a great place to meet new people and push the boundaries of your comfort. I'd absolutely recommend it!"

Another senior, Rene Sulieman, said that she "really [enjoys] the callbacks the most, because it's all so inappropriate and offensive yet you can't help but laugh," and called it, "an outlet for everything not-PC that we can let out once a month with a bunch of random people we don't know. Exposure to new subcultures is always beneficial, and getting out of your comfort zone and letting loose a little would be good for anyone!"

Junior Jimmy Haver, who works as a part-time cast member for CEI, says that attending the live performance has "given [him] confidence and a great ability to come out of my shell and put myself out there. I used to be super shy, not a very open person in high school, before I started going and now I'm who everyone at Regis has come to know me as." You can find

Jimmy once a month doing such outlandish things as "dressing up like Miley Cyrus and recreating the Wrecking Ball video," which he could never imagine before this.

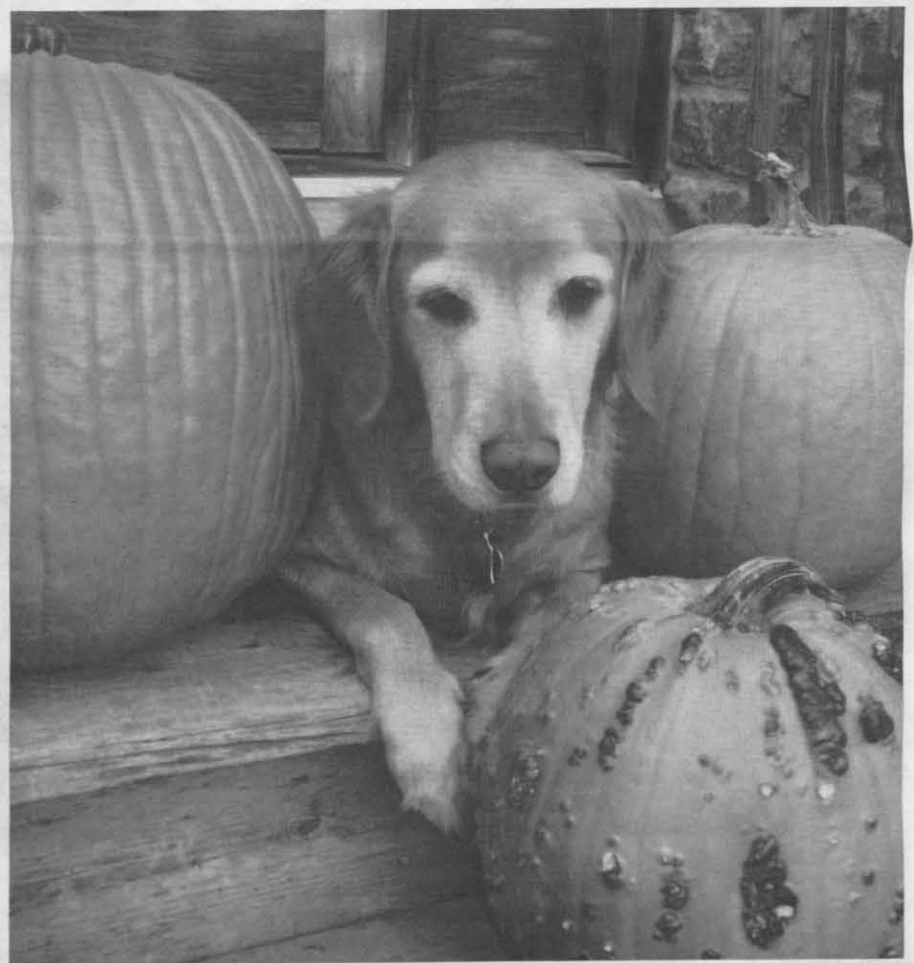
Senior McKenna Mettling enjoys attending the CEI shows for the entertainment of the shadow cast itself, noting that she feels it is "a great movie to immerse yourself in because it opens the door to all the possibilities that shadow casting presents."

Tickets for Rocky Horror showings at the Esquire Theatre can be pre-ordered at [rockyhorrendenver.com](http://rockyhorrendenver.com). Colorado's Elusive Ingredient performs every last Friday of the month at midnight. Give yourself over to absolute pleasure, as Dr. Frank-n-Furter would say, and give CEI a try.

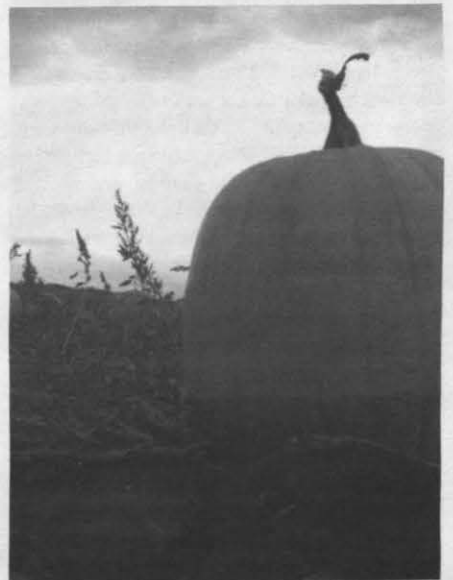
## Pumpkin Time



Photo: Kaitlyn Strutt



Photos: Elizabeth Gendill





# Treats are Tricks



Photo: Elizabeth Gendill

**Kendra Tyboroski**  
Section Editor: Arts & Entertainment

**H**alloween: the one day a year on which going to random strangers' doors and eating copious amounts of candy is

permissible. Americans spend an estimated 2 billion on Halloween candy each year, and the average jack-o'-lantern bucket can carry 250 pieces of candy. Candy used to be less central to Halloween.

During the 1940s when trick-or-treating was first introduced as the norm, all sorts of goodies—from coins to cookies to toys—were commonplace. It was ten years later when candy became the main market for Halloween due to its accessibility and popularity.

Wrapped candy is difficult to tamper with, and easy to purchase, but in a health-conscious culture bordering on obsession, is candy really the best option? It is not news that candy is sugar-filled and calorie-loaded; but no one likes that person who hands out toothpaste, either. Candy corn, Skittles, Butterfingers, Twizzlers, Reese's, M&M's, Lifesavers, Tootsie Rolls, Nerds, and Snickers are the top ten candies on Halloween.

Don't want to put kids on the fast track for type 2 diabetes, but also don't want to be the house that gets egged for handing out toothbrushes? Here are some (sort of) fun alternatives:

**Stickers:** Make for great seasonal bumper stickers!

**Plastic Fangs:** Choking hazard? Nah!

**School Supplies:** To remind kids that their fun ends tomorrow.

**Temporary Tattoos:** Who are we kidding, we all love these. Maybe college kids should consider this option...

**Sugar Free Gum:** Taking the fun out of candy completely

**Sticky Hands/Eyeballs:** A thriving hub for germs

**Play-Doh:** Okay, that's actually pretty neat.

## Meet Your Rangers

**Tae'lor Purdy**  
Basketball



Photo: Roster

**Highlander:** What is your favorite band?

**Purdy:** Journey

**H:** Guilty Pleasures?

**P:** Sweets!

**H:** Best part about being a student athlete?

**P:** Having the opportunity to be a part of a team and a great program and getting to travel and compete at the highest level.

**H:** Favorite athlete?

**P:** Tim Tebow

**H:** Non-sport hobby?

**P:** Spending time on my family's ranch and hanging out with my poodle :)

**H:** Favorite color

**P:** Red

**H:** One thing others don't know about me

**P:** I grew up rodeoing and participating in 4H showing pigs and steers.

**Nicole Hull**  
Softball



Photo: Roster

**Highlander:** What is your favorite band?

**Nicole Hull:** Florida Georgia Line

**H:** Embarrassing habit?

**NH:** I wouldn't say it's a habit, but I can make myself burp.

**H:** Best part about being a student athlete at Regis?

**NH:** Being able to play my favorite sport and my teammates are great.

**H:** Favorite athlete?

**NH:** Carlos Gonzalez

**H:** Non-sport related hobby?

**NH:** Reading

**H:** Favorite color?

**NH:** Pink

**H:** One fact people wouldn't normally know about you?

**NH:** I've been to 48 states.

# Fright Fest

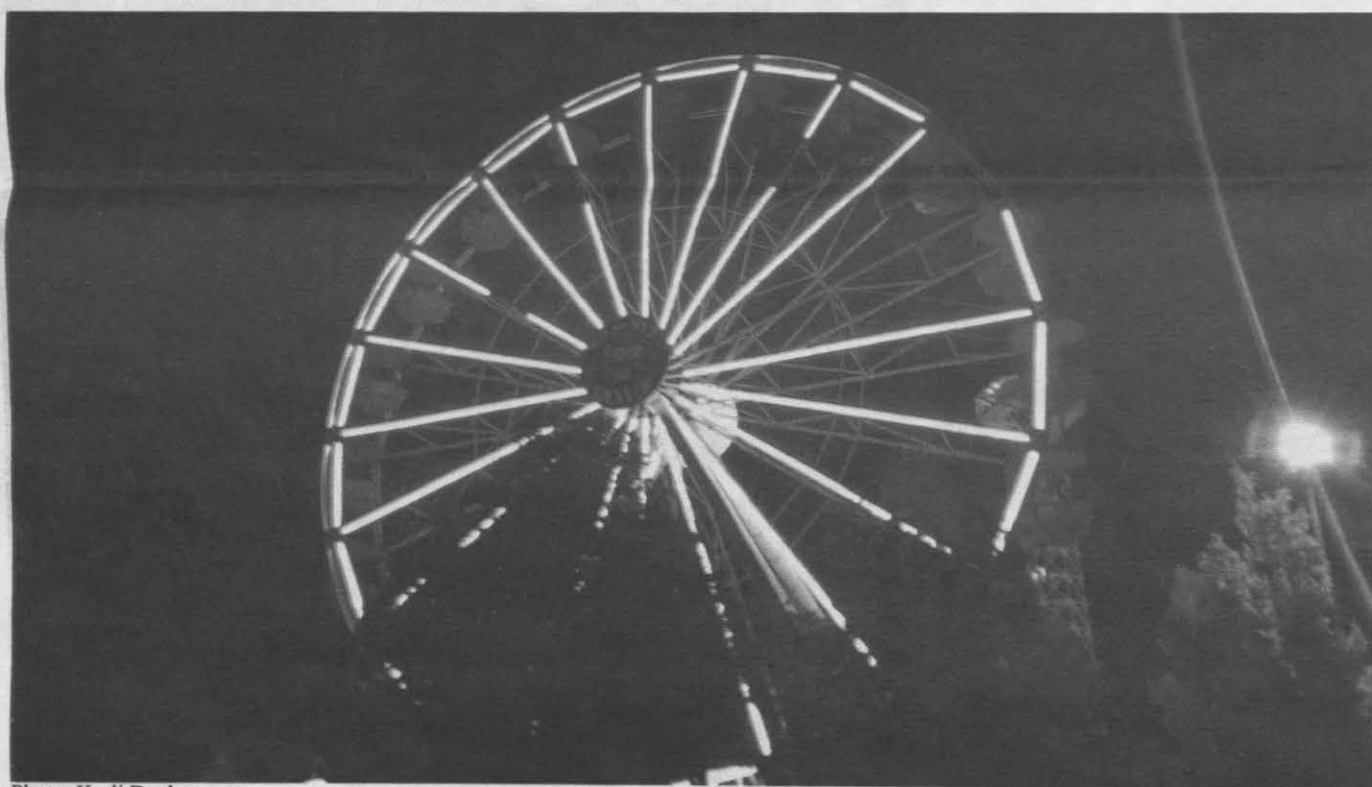


Photo: Karli Denk

**Karli Denk**  
Staff Writer

**T**hroughout the month of October, Elitch Gardens opens its gates to visitors from Friday until Sunday every week until the 27th for the Fright Fest celebration. On Saturdays and Sundays the park opens for the youngsters between 12 p.m. and 5 p.m. The amusement park offers a variety of shows for young viewers such as "Vick the Vulture" and the "Ghoul Match." Other activities include a Hay Maze, a Screaming Contest, and a Costume Contest all located in KiddieLand. In addition, kids can trick-or-treat their way about KiddieLand collecting all sorts of goodies.

But when the sun began to set at 5 p.m. the ghouls and goblins are on the loose. Dancing zombies and freaks took center stage in front of the ferris wheel every half hour in "Freak Show" and "The Awakening" performances. While the abundance of exhilarating rides are a must, the real focus is the haunted houses. Every year the haunted houses are brand new; this year Elitch Gardens exhibited the "Flesh Factory" and "Terror Chamber." Flesh Factory

was a post-apocalyptic themed attraction that had participants explore a site of the zombie outbreak, while Terror Chamber participants are initiated into a menacing secret society and must make their way through the eerie experience. "Flesh Factory" hones in on the zombie craze that has captured the attention of many horror lovers.

Although you may have missed out on these unique haunted houses this year, Elitch Gardens always does a great job creating new and spooky attractions year after year. Next year I greatly encourage any Halloween lover to take a trip to Elitch Gardens during their Fright Fest celebration. I recommend arriving at the park fairly early; the parking lot can get pretty hectic and you may have to walk a long ways. Also, be prepared to pay a hefty fee to enter the park. But for anyone looking for a good fright, the price is well worth it.

Photo: Karli Denk





## Meet Your Rangers

Elliott Connall  
Rugby

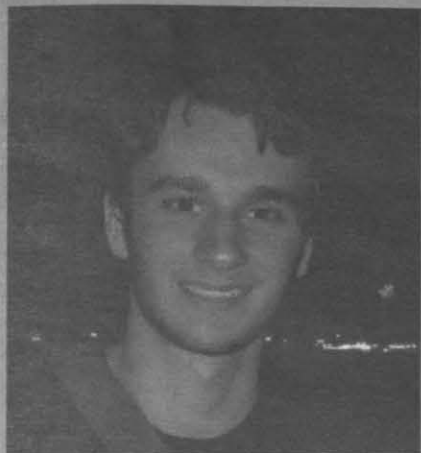


Photo: Elliott Connall

**Highlander:** What is your favorite band?

**Connall:** Switchfoot

**H:** Guilty pleasure?

**C:** Pushing the Envelope

**H:** Embarrassing habit?

**C:** Pushing the snooze button until the last minute

**H:** Favorite athlete?

**C:** Jackie Robinson. His ability to persist in a world built against him and resist the temptation to quit is a powerful story that I can't wait to share with my children someday.

**H:** Non-Sport related hobby?

**C:** Airsoft. Not like the clear plastic ones from Walmart, but military simulation (or as close as I would ever feel comfortable getting to the real thing).

Jake Long  
Baseball



Photo: Roster

**Highlander:** What is your favorite band?

**Long:** Luke Bryan

**H:** Guilty pleasure?

**L:** Pitch Perfect

**H:** Embarrassing habit?

**L:** I have to shower before I go to sleep.

**H:** Best part about being a student athlete at Regis?

**L:** Being a part of such a close knit athletic community.

**H:** Non-Sport related hobby?

**L:** Watching movies

**H:** One fact people wouldn't normally know about you?

**L:** I enjoy playing volleyball.

Jarrett Green  
Men's Basketball



Photo: Roster

**Highlander:** What is your favorite band?

**Green:** Drake and Wale

**H:** Guilty pleasure?

**G:** Getting tattoos

**H:** Embarrassing habit?

**G:** I always pop my knuckles and neck

**H:** Best part about being a student athlete at Regis?

**G:** Everyone knows you around campus and they love to support Regis Athletes

**H:** Non-Sport related hobby?

**G:** Listening to music and hanging out with friends

**H:** One fact people wouldn't normally know about you?

**G:** I am a good cook and I love to bake.

# Where Did Halloween Come From?

Elizabeth Gendill  
Staff Writer

"Everyone here knows that Halloween was invented by the candy companies."

This ridiculous quote comes from the great 1993 Halloween film Hocus Pocus, and while it is true that Americans will spend around \$2 billion on Halloween candy this year, the origins of Halloween date back thousands of years and have nothing to do with candy.

It started with the Celtic festival Samhain, which was held on Nov. 1. This day marked the end of summer and was believed by the Celts to be the only day the dead could return to the world of the living. The night before, Celts would make bonfires to offer sacrifices and try to predict the future. The Celts also dressed up when they went outside to trick the dead into thinking they were one of their own.

Pope Gregory III expanded the already existing feast day of All Martyrs Day to include all of the saints, calling it All Saints Day. Originally All Martyrs Day was celebrated on May 13, but Pope Gregory III moved it to Nov. 1. This new date was the same day as the Celtic festival Samhain.

Coincidence? Perhaps not.

It is believed that Gregory III changed the date to replace the Celtic festival with a Christian one. Regardless of his reasons, the two festivals began to merge, even more so when in 1000 A.D. Nov. 2 was marked as

All Souls Day to honor all of the dead. With many Europeans celebrating both festivals they began combining some of the traditions. This is not surprising since both days had something to do with the dead, even if they had completely different contexts. The vigil for the two Christian feast days became Oct. 31 and was known as All Hallow's Eve. Later it would be contracted to Hallowe'en, and then just Halloween.

While it is not certain, it is possible that the origins of trick-or-treating came from the All Souls Day tradition of "souling." It was a custom of the poor to go door to door and beg for food; in return they would pray for the deceased relatives of the families who lived there. The families would often give out "soul cakes" to these people. This took over the Celtic tradition of leaving out food to appease the spirits who were said to have returned to the earth. Later, children began to take over both traditions; they would go door to door and be given food or money in return for tricks such as songs or jokes. Eventually, as Halloween came to America these practices evolved into trick-or-treating as we know it.

Halloween, however, was not regularly celebrated in America until Irish immigrants arrived to escape the potato famine. They brought many traditions with them, yet their tradition of All Hallow's Eve began to change upon their arrival. It became a more family-friendly holiday where children dressed up in costumes and went from house to house to receive candy. Today it is a time when people enjoy going to haunted houses and watching scary movies.

All of these practices are reminiscent of the Celtic festival, the celebrations associated with Christian feast days, and possibly both.

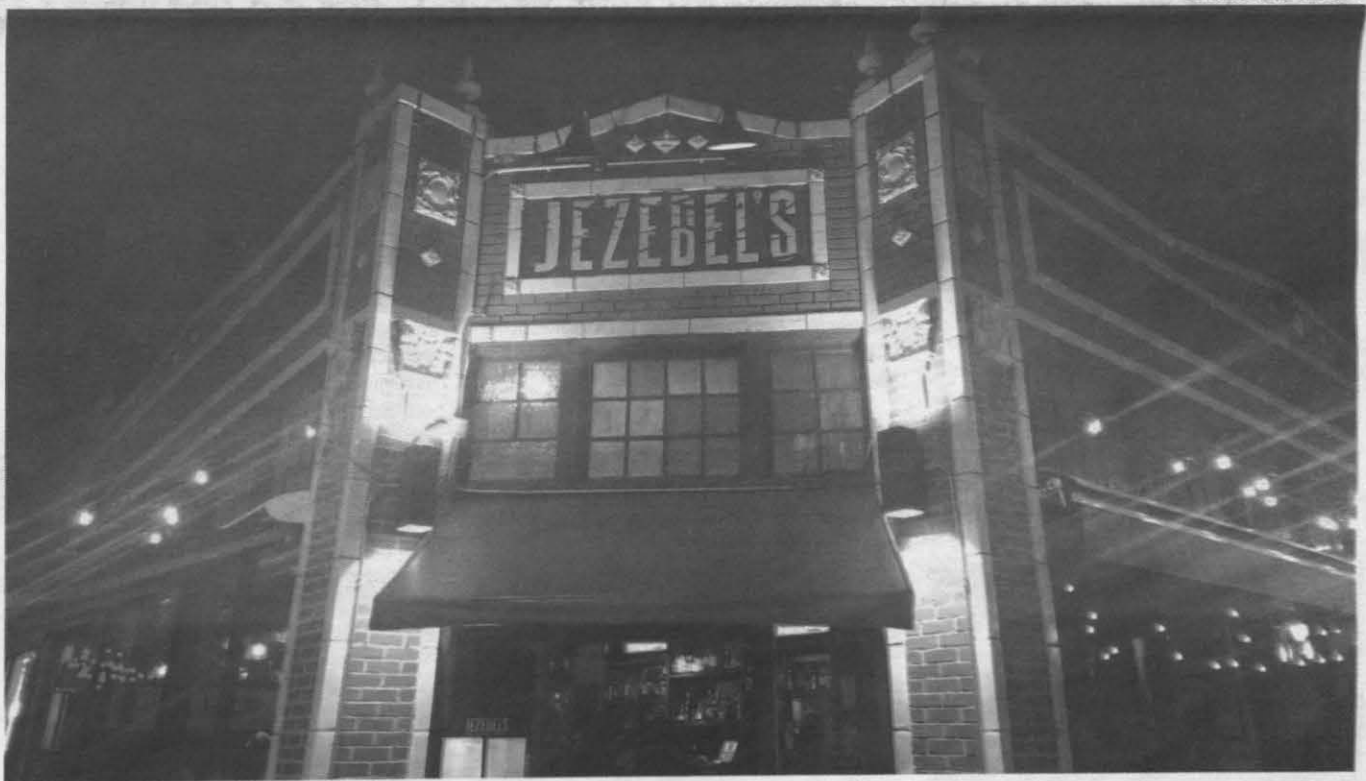
So remember this year, it is not the candy that makes Halloween, but rather the traditions that were started so very long ago.



Photos: Karli Denk

## Resturaunt Review Jezebel's

Photos: Karli Denk



Karli Denk  
Staff Writer

Southern Hospitality at Jezebel's Southern Bistro and Bar  
3301 Tejon St.  
Denver, CO 80211  
(303) 433-3060

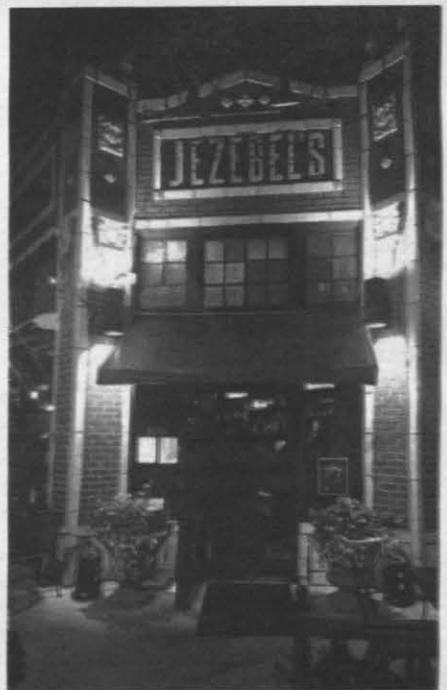
Jezebel's is located in the heart of Lower Highlands. It is hard to miss. The atmosphere of the restaurant is very casual so you can dress however you please. Tall brick walls lined with antique glass windows give the restaurant a homey feel. But what makes the restaurant feel the most like home is the southern comfort food that is on the menu.

I had a couple "small plates" on the menu that included options from fried okra to smoked jerk wings. Personally I fell in love with their Crispy Brussels Sprouts and the Fried Green Tomato Caprese, and strongly recommend those to anyone who visits.

Jezebel's does an excellent job of tying the traditional comfort foods of the South to the "hip" cuisine of Denver by twisting original dishes to make them their own.

I recommend Jezebel's to anyone who enjoys some good Southern cooking! Meals range from five to twenty dollars but can add up quickly. If you decide to eat at Jezebel's beware the parking; parking is limited as is the seating capacity.

Jezebel's is less than ten minutes away from campus and is open from 11 a.m. to 9 p.m. Mondays through Wednesdays, 11 a.m. to 11 p.m. Thursdays through Saturdays, and from 10 a.m. to 9 p.m. on Sundays.





# KRCX



Photo: Nick Smith

## What's New at Denver's Oldest College Radio Station?

**Jennifer Samano**  
Staff Writer

As KRCX finalizes the fine tuning of their new and improved station, general manager and senior Aimee Janisch sits down with the Highlander to give us the inside scoop on what's new and what KRCX can do for you.

Thanks to a generous alumni donation KRCX studios was able to bounce to a different basement from the Student Center to Clarke Hall. The studio has expanded and is fully equipped, including separate rooms for control, production, and meetings.

KRCX staff sifts, sorts and selects to create the streams in your ears on the quad, your computer, or your smartphone. The magic happens in a control room that rests within the meeting room where the music direction team receives weekly loads of both digital and physical albums and EPs from promoters. Team members decide whether this music fits their feel. If it makes the cut, the music is put on the rotation shelf and finds its way to Ranger ears. If not, it is either archived or discarded.

Janisch describes the KRCX musical vibe as diverse but also "basically we're looking for a particular sound and that's just like college music or the alternative college music genre." Their feel is eclectic yet strays from the extremes of Cannibal Corpse death metal and Katy Perry Top-40. This is where Regis' small size becomes advantageous. Unlike some larger state schools, KRCX radio isn't subject to coercive corporate pressure to play Top-40 songs. KRCX strays away from mainstream music, instead focusing on and collaborating with smaller independent labels. And if you

don't like their style then quit complaining and go down to sign up for your own radio show. KRCX allows and encourages students to host their own radio hours.

KRCX studios not only has the ability to stream music but also to create it. Janisch estimates the expansive new recording studio, which includes an isolation booth, can hold up to 25 people.

Don't worry; KRCX isn't hoarding all these goods. Regis students are not only allowed access to these services but are encouraged to learn, play with and utilize them. Each student is allowed six hours of recording time which includes assistance, direction, and use of their production team. However, Janisch stresses that in this transition period production recording is on a bit of a hold unless you know the equipment or are doing a solo job. While KRCX welcomed seven new staff members they're still in desperate need of tech savvy students to help them with engineering and production. So if you fit that description drop them a line at [KRCX@regis.edu](mailto:KRCX@regis.edu). Who knows—that garage band you help record this semester could be the next Black Keys.

Maybe playing other people's music suits your better than producing. KRCX has you covered. Janisch urges students to sign up for their own hour long weekly show. After a quick training session and regulatory rundown you're pretty much free to DJ away. Whether it's a koto music hour or a quilting talk show the team is there to help you along the way, like working with your ideas to create sound bites and promos. They can even help establish a cumulative portfolio by recording your shows. The experience is priceless. No, really. It's all free.

Now that KRCX is getting comfortable in its new groove it is excited to start working on projects and events. Janisch says her team is planning a mural-painting contest based off their marketing theme Decades of Cool, which focuses on the radio station's history of musical guests and events dating back as far as Jimi Hendrix's Valentine's Day visit in the '70s. They hope to maintain a grungy graffiti feel reminiscent of the old studio's stairwell.

They're also excited to get back to working with musicians. Last semester KRCX had in studio interviews and recordings with Hugh McDonald, Papadosio, the Revivalists, Kids These Days, Oberhofer and Regis' own bands the Stolen Instruments and Souled. Janisch says KRCX plans to continue on this path, perhaps even surpassing last year's level of outreach and collaboration.

KRCX hopes to hit the Denver area airwaves once again. They are currently working on a low power FM license which includes updating the tower, paying fees, and agreeing to FCC regulations. By next semester expect to find KRCX on 93.9.

So maybe you're thinking that's good for them but what's in it for me? Well, besides free recording time, access to facilities and services, and the opportunity to host your own radio show Janisch said, "Whenever someone asks us to do something we will do it. Or at least try. Now we're really trying to help anyone out and get your message spread."

Being in a creative industry KRCX is excited to collaborate with any Regis individual or organization. Janisch stresses that anyone can and should come to KRCX studios to get their message out to the Regis community, whatever it may be. After all, radio stations are

promotion hubs. KRCX is equipped to create and record promotional ads with a flexible staff that is as hands on or off as you need them to be. They can even come to you. Contact KRCX to arrange for the team to DJ your next on-campus event.

To get updated on the Regis Denver music scene, Tuesday's staff picked album spotlight, Wednesday's charts and ads, and a weekly updated concert calendar, check out the KRCX website and blog at [krcx.org](http://krcx.org). Listen live at any time and find the DJ show schedule from the homepage. You can also follow them on Instagram, Twitter, and Facebook.

To contact KRCX for any of the aforementioned services and opportunities email [KRCX@regis.edu](mailto:KRCX@regis.edu).



# Passport to Paris:

The most affordable "trip" to France that Denver has to offer



Photo: Kendra Tyboroski

**Kendra Tyboroski**  
Section Editor: Arts & Entertainment

The new exhibition at the Denver Art Museum, *Passport to Paris*, beautifully tells the rich history of French art, from 17th century grandiose paintings to Monet's Impressionism. The exhibit not only has an impressive collection of French art, but also does an outstanding job of demonstrating the parallels between art and life.

Angelica Daneo, Associate Curator of Painting and Sculpture at the Denver Art Museum, highlighted this point as an intention of the exhibits. "This is aimed at really creating an immersive experience for our visitors so they can really feel, in a certain way, the different

atmosphere, the different flavor of each century."

The first exhibit, *Court to Café: Three Centuries of French Masterworks* has four separate rooms, featuring 50 pieces which transition from 17th century monarchic art, through the evolution of life in Paris. On top of paintings, there are clothing items, as well as furniture. The DAM partnered with the Colorado Symphony Orchestra as well, to capture the music of the time periods. "It's really a wonderful synergy of the arts," Daneo said.

Drawing Room: An Intimate Look at French Drawings from the Esmond Bradley Martin Collection, the exhibit next to *Court to Café* features sketches and drawings from artists

such as Picasso, Jacques-Louis David and Théodore Géricault. While *Court to Café* is a rather feminine exhibit, *Drawing Room* displays the more masculine side of the artistic process, with darker lighting and bolder colors.

"It really speaks to that ability of getting the creativity of the art. I like to say there is very little if nothing that separates you, separates the eye, from the end of the artist. There's no varnish, there's no multi-layer of paint, there's really just your eye, and almost you can feel the hand of the artist tracing the paper," Daneo said. The exhibit truly grants visitors an intimate look at the mind of renowned artists.

The final exhibit, *Nature as Muse: Impressionist Landscape* from the Frederic C. Hamilton Collection and the Denver Art

Museum, contains many pieces from the private collection of Frederic C. Hamilton. As the title indicates, the focus is nature and impressionism, something seldom seen until the nineteenth century, when artists ventured outside to paint. It was during this time that en plein air became the preferred method of artists. The final part of *Nature as Muse* is completely Monet, the master of Impressionism.

Anyone with some free time, or a love of French culture should visit *Passport to Paris*. The exhibition is truly marvelous, and a great way to learn about French art and culture. For prices and available times to visit, go to <http://www.denverartmuseum.org/exhibitions/passport-paris>.

## Halloween Throwback



Shelby Weiman



Amber Koneval and Zach Koneval



Jordan Virgin and siblings



Elizabeth Gendill





Photo: Nick Smith

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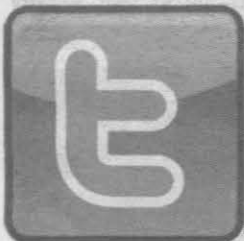
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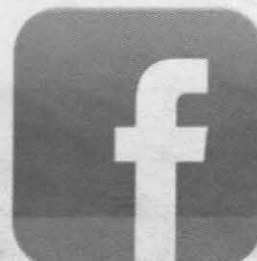
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