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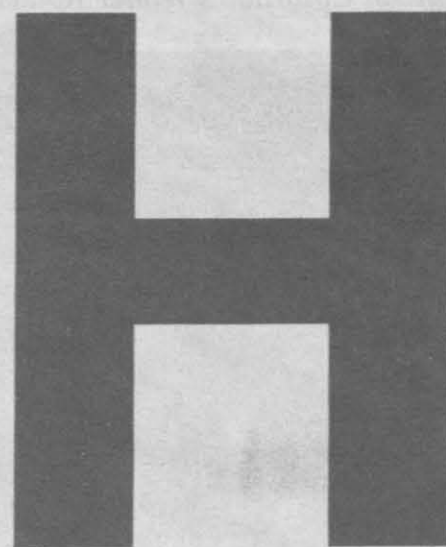
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## Lectures and Love

How faculty couples balance  
being spouses and co-workers

Regis University's



Highlander

Volume 97, Issue 4

February 2014

Love

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## Freeskiing Flies Onto Olympic Podium:

Coloradoans have been doing it for  
years, now it's an Olympic sport

## You Can Bet on *That*?

Some of the oddest bets made  
during the Super Bowl



# Navigating Slippery Streets

Staying Safe on Colorado's Winter Roads



Photo: Elizabeth Gendill

Elizabeth Gendill STAFF WRITER

Even though many people are sick of the cold and snow by now, some of Colorado's snowiest months are still to come. Believe it or not, February, March and April are likely to bring in some serious winter weather and with expected snow totals, it is important to stay safe when driving.

**First things first:** Drive slow. Yes, it can be annoying when the car in front of you is driving 15 miles below the speed limit, and maybe that isn't necessarily the best idea, but it is a good idea to take it slow because this helps you keep control of your car. Also, do not follow the car in front of you too closely; if they lose control of their car and you do not have enough room to stop, you will likely crash.

**Second:** The brakes are not your friends. Never slam on the brakes when you are driving in the snow. When you need to slow down, try to do so in advance, before you normally would. If you slam on your brakes, or even if you apply them

too quickly, you could end up slipping or spinning out. To keep control of your car, begin to brake long before a turn and only speed up once you have completed that turn.

There are two different types of braking systems: Anti-Lock brakes and Non-Anti-Lock brakes. Most cars have anti-lock brakes and you simply have to apply even pressure firmly, although not too quickly, to slow down in the snow. If you have non-anti-lock brakes you will need to use the "pumping the brakes" technique. It is also important to accelerate slowly; if you are stopped and try to speed up too fast, it could result in a skid. Just take it slow to begin with.

**Third:** Steer INTO a skid. This one might be a bit hard and your automatic instinct might be to steer out of a skid, but steering into it will help you to regain control of your car. It is also important not to panic and slam on your breaks when your car skids—it is even better to accelerate your car and steer into the skid at the same time. This might seem to go against normal instincts, but doing so will help

you out of a difficult situation.

Some other helpful tips include trying not to stop if at all possible. This obviously can't be done all the time, but if you are approaching a traffic light and it changes, see if you can slow down and continue to inch up to the light without actually stopping until it turns green. This might seem ridiculous, but avoiding a complete stop will prevent you from needing to start again, and could possibly eliminate the risk of a skid.

It is also important to not stop when you are going up a hill, because you might get stuck trying to do so. However, do not give the car a lot of gas thinking it will help you up that hill; it will likely just make you skid. Instead, slowly pick up your speed when approaching a hill and get some momentum going ahead of time to help carry you to the top.

**Lastly:** Don't freak out. Driving in the snow can be scary, but if you can keep calm and remember what you know about snow driving, you should be okay.

## Super Bowl Bets Run the Gamut

Shelby Wieman ONLINE EDITOR

"Will the announcers say the word 'marijuana' during the game?"

This was just one of the props listed on OddsShark's website for Super Bowl XLVIII that people were betting on before the big game. Betting has always been a big part of sports, but this Super Bowl brought the odds to a whole new level.

According to the Nevada Gaming Control Board, bettors wagered a record-setting \$119.4 million at Nevada casinos on the Super Bowl compared to last year's \$98.9 million.

While most people focused on whether or not the NFL's No. 1 ranked offense would be able to overcome the league's No. 1 defense, others seriously considered what Bruno Mars would be wearing on his head during the beginning of the half-time performance.

Bets on everything from who would win the game to what color of Gatorade would be dumped on the winning coach were fair game for anyone willing to put their money where their mouth is. For example, you could place a bet based on how long the national anthem was—over or under two minutes 25 seconds—according to Bovada, the online betting site. Another bet you could place was whether the Broncos would score more points in the big game than the number of medals the U.S. Olympic team would

win in Sochi—hopefully the United States wins more than eight gold medals.

Bets like these are known as Cross Sport matchups, and there were plenty of those for people to put their money on. You could bet whether the Seahawks would score more points in the first half of the game than the Canadian Olympic team will win gold medals at the Sochi Olympics. You could bet on whether there would be more corner kicks in the soccer game between West Brom and Liverpool or total penalties in the Super Bowl.

Other bets concerned the aftermath of the game. There were 2-to-1 odds that the Super Bowl MVP would mention his teammates first in his speech—God was next in line with 5-to-2 odds. You could bet on whether or not the Dow Jones would be up or down after the big game.

While it was difficult for Broncos fans to watch the soul-crushing defeat, it was also Broncos fans that lost the most money in Vegas. Not only did Broncos fans lose money, but they lost so much money that the bookies in Vegas won an unprecedented \$19.6 million. Though the team was favored by 2.5 points going into the game, those who put money down on the Broncos were sorely disappointed by the 43-8 loss.

While the loss of the game and the money disappointed fans and wagers across the country, there is always another season and another round of bets to be placed.

### 10 Super Bowl bets that have nothing to do with football – courtesy of Odds Shark.

1. If Renee Fleming wears gloves when she starts singing the US National Anthem, what color will they be?
2. How many times will Archie Manning be shown on TV during the game?
3. Who will be seen first on TV after kickoff?
4. Will any member of the Red Hot Chili Peppers be shirtless during their performance?
5. Who will Barack Obama pick to win the game?
6. Will the power go out in the stadium during the game?
7. Will the announcers refer to Russell Wilson being drafted in the MLB?
8. Will Michael Crabtree mention Richard Sherman in a tweet during the Super Bowl from Kickoff until final whistle?
9. Will Knowshon Moreno cry during the singing of the National Anthem?
10. What will the temperature be at Kickoff?

## Happy Hour @ Sushi Hai



Photo: Karli Denk

Karli Denk FOOD CRITIC

Sushi Hai  
3600 W. 32nd Ave.  
Denver, Colo. 80211  
(720) 855-0888

For most college students, a nice sushi dinner costs an arm and a leg. Sushi lovers, like me, are often deprived! However, Sushi Hai offers great deals during their happy hour that runs from 4:30 p.m. until 6 p.m. daily. The restaurant is located in the Highland area of Denver and is only a few minutes away from campus. The happy hour menu includes a variety of appetizers, sushi rolls, single pieces and select beverages at reduced prices ranging from \$3-\$6.

At first glance, the restaurant seems to have limited seating, but past the sushi bar the restaurant expands with lower-level seating and a bar area around the corner. There are also private rooms to allow for larger parties and special events such as birthday celebrations or executive meetings. When the server arrived he was extremely pleasant and was willing to help; he was also very understanding when the time came to split the bill. The sushi took some time to reach the table, but was very delectable. We ordered an assortment of the rolls offered on the happy hour menu and they were each presented in a pristine manner; in my opinion, the Unagi is the best roll.

Overall, my dining experiences have always been pleasant ones when I go to Sushi Hai. The service is phenomenal, the food is amazing and affordable, and the ambiance is elegant yet comfortable for any group of people.

Sushi Hai is open Sunday through Thursday 11:30 a.m. to 9:30 p.m., Friday through Saturday 11:30 a.m. to 10:30 p.m. Happy Hour is every day from 4:30 to 6 p.m.





# Love and Learning

Sneha Antony STAFF WRITER

*What is it like for spouses to work together in the same department? Staff writer Sneha Antony talks to two of Regis University's teaching couples to find out.*

## Michael & Linda Spangle

It was a cold, snowy night on Feb. 12, 1970 in St. Paul, Minn.

"The temperature was 20 below zero," Michael Spangle, Chair of Behavioral and Social Sciences department, recalled.

Michael, then 22, was pursuing his Masters in Divinity at Luther Theological Seminary. An invitation from a friend to join a double date served as the perfect distraction from studying for finals. So he layered up, ready to brace the dreary weather, unaware that upon his return home that night he would tell his roommate that he had just met the woman he would marry.

"When I was at graduate school in Minneapolis, I wondered if I'd ever be married," Michael said. "And then I go on a blind date and I feel I've been married my entire life."

It was love at first sight.

"I had big eyes the whole time," he said.

Linda Spangle, affiliate faculty for the College of Professional Studies, felt the instant attraction too.

"I called my sister, who was in another state, and I told her I met the guy I was going to marry," Linda said. "Sometimes you just know."

For Mike and Linda Spangle, Valentine's Day has a special significance. They consider it the anniversary of the birth of their relationship: their first proper date two days after the blind date that brought them together.

They went on dates every night after Valentine's Day until 21 year old Linda, who was interning in Minneapolis, returned to South Dakota to finish her last year in nursing school.

The distance, however, didn't put a damper on their fast-growing love.

"I drove through snowstorms to see her," Michael said proudly. "I would follow snow ploughs between Minneapolis and South Dakota every weekend to spend time with her."

Under a star-filled sky one night, six weeks into their relationship, Michael proposed to Linda. Forty-four years later, Michael and Linda Spangle share a relationship that ages like wine.

Through tear-filled eyes Linda spoke about her love for her husband, whom she credits for making her a better teacher. Michael encouraged Linda for ten years before she finally decided to teach—last fall was her first class at Regis.

Michael and Linda enjoy advising each other on the students they share. They also say their different personalities help inspire creative teaching approaches. For them, working together is synergetic, not competitive.

They said the core of their relationship has



Photo: Mike and Linda Spangle

always been encouragement.

"One of the principles of our marriage, that we've always said from the first day, is that we will help each other grow in areas of our lives we see strength," Michael said.

When asked to advise young students in relationships or seeking love, Michael said: "The test of a relationship is how a couple deals with conflict."

Linda vehemently agreed.

"Always strive to be kind to each other, even when you're tired or frustrated," she added. "Tough times can move you apart or pull you together."

The feeling one experiences when talking with Michael and Linda Spangle is the gratitude they exude for each other. Michael said the most attractive quality about his wife is her "zest for her life" and her commitment to their relationship. For Linda, her husband's humor and kind-hearted nature keeps her connected to him.

"We've been married 43 years and he still opens doors for me," she said.

Linda advises students to always look for the good in others. Michael suggests sharpening communication skills.

"Practice," he emphasized. "I played for an intercollegiate badminton team. Half the team [was] women; that is why I wanted to be on the team. I was practicing all the time so I would be ready when I met the right person."

Upon suggestion that he was probably a Romeo back in the day, Michael Spangle laughed and disagreed.

But a Romeo he is to Linda Spangle.

## Scott Dimovitz & Lara Narcisi

We've often heard the phrase "opposites attract," but for Scott Dimovitz and Lara Narcisi, associate professors in the English department at Regis, the strength of their relationship lies in a shared passion: books.

And in their love story, William Faulkner played Cupid.

Scott and Lara met at New York University as graduate students in the English department.

A friend told Lara that Scott had received an award teaching "Absalom! Absalom!" — Lara's favorite book.

thought, "This is just hysterical," he said.

The Anti-Valentine's Day parties were popular, with nearly 80 people cramming into Lara's tiny apartment. Scott liked how Lara provided a space for people who did not want to buy into the cliché.

In a similar fashion, Lara said their most romantic date was watching Macbeth at Shakespeare's Globe Theatre.

"It's a play all about murder and death, and most people wouldn't find that romantic," she said. "But getting to be there in England and share this experience was really romantic for us."

The couple also takes pride in their non-traditional philosophy regarding spousal roles.

"And I thought, 'I have to meet this guy,'" Lara said.

While that was the initial attraction for Lara, Scott had a different reason.

"I had a party in Queens...and [Lara] brought along chocolate peanut butter bars. And that was it. What was the point seeing anybody else after that?" Scott said, laughing.

Scott confessed to being a "terrible host" to his guests, spending three hours talking to Lara about their mutual love for Faulkner and Sigmund Freud.

They began dating in 2002 and were married in 2008.

Most universities are wary of spousal hiring, a practice both Scott and Lara were warned about in graduate school. The rebels did long distance for three years, Lara teaching English at Regis and Scott at Manhattan College, before Scott was offered a position at Regis.

Lara teaches 20th century American literature and Scott teaches 20th century British literature.

"We pretend we don't like each other's literatures," Scott joked.

"We are both hardcore feminists. [Lara] likes to joke that I'm more of a feminist than she is," Scott said. "We have crafted a way in which we are both doing exactly fifty percent of the child rearing together. That's a really different thing and something I've always dreamed of having with another person."

Their mutual respect and love for books has created a connection they think people who are not readers do not fully understand.

"There is nobody I can talk to about books like I can with my husband," Lara said. "We live in the same world."

"We negotiate the entire world through the way we look at literature," Scott said.

The couple, who as students rebelled against social conventions around Valentine's Day, had this advice to students who are single:

"Try to believe there are people out there as strange as you are and who are interested in the strange things you are interested in. You'll find that person eventually."

It's hopeful advice they've proven true.



Dr. Dimovitz and Dr. Narcisi in Machu Picchu. Photo: Dr. Dimovitz

"Try to believe there are people out there as strange as you are and who are interested in the strange things you are interested in. You'll find that person eventually."



# Freeskiing: The Newcomer to the Olympic Games



2014 US Freeskiing Team Photo: Sarah Brunson/U.S. Freeskiing via Powder Magazine

Steve Lorenzen **STAFF WRITER**

Ask any skier and they'll undoubtedly tell you the Disney Channel Original Movie "Johnny Tsunami" is significantly better when watched in reverse. With the 2014 Sochi Olympics underway, this classic albeit backward narrative is taking stage as men's and women's slope-style and half pipe are making their long-awaited debut on skis.

The decision to add these events along with women's ski jumping was made by the International Olympic Committee in the late spring of 2011. Previously freestyle skiing events were limited to moguls, aerials and ski-cross; a repertoire

that excluded much of the young talent that prefers the corduroy tracks of a well groomed terrain park or the freshly cut edges of a super pipe. Now Olympic skiing is moving in a different direction.

These additions mark the post adolescent step into adulthood for "new school" skiing, and a youthful step forward for skiing as a whole. While the sport has been around for arguably hundreds of years, new school skiing or freeskiing, which encompasses half pipe and slope style, has much shallower roots dating back to the early 1990s.

Its inception took place when Mike Douglas, referred to as the "godfather of

freeskiing" along with a crew of like-minded skiers called the New Canadian Air Force, took it upon themselves to break the International Ski Federation's newly minted rules restricting skiers from going in areas designated for snowboarders. This crossing of territories allowed for the integration of snowboarding culture into skiing, and more importantly the trend of getting their skis off the snow. Douglas went on to design the first pair of twin tip skis in collaboration with Salomon in 1998, and the love child of skiing and snowboarding was born.

A look at its 16 year life reveals a growth spurt with few signs of slowing down.

This hybrid continues to diversify and now includes the use of terrain parks, half pipes and even urban features such as rails and walls found in the city.

The 2014 Olympics will showcase slope-style which is the execution of tricks on terrain park features such as rails, boxes and jumps, and the half pipe which will be judged based on height, difficulty of maneuver and landing of a series of tricks. So get ready to indulge in a colorful showcase of freshly waxed graphics under the feet of world class skiers and snowboarders alike as they take to the sky to make their gold medal pipe dreams a reality.

## Roses are Red, and Sales Bring Green

Elizabeth Gendill **STAFF WRITER**

In 2014 the average person spent \$130 for Valentine's Day. This money is usually spent on things like dinner, electronics, jewelry, candy, cards and of course, flowers.

Flowers are the fourth most given gift on Valentine's Day, behind cards, candy and dining out. It is estimated this Valentine's Day 73 percent of men bought their significant others flowers, while nearly 14 percent of women bought themselves flowers. With demand for flowers so high, it is a busy time for florists.

Florist Patricia Walker knows exactly how crazy it gets around this time of year.

"Florists have to prepare weeks in advance when it comes to ordering the flowers they will need for Valentine's Day," Walker said.

But the journey of those flowers that you buy from the florist starts with growers, Walker explains, and growers began preparing last year. The growers bring the flowers to auctions where buyers can bid on them and then later sell them to wholesalers.

Finally, a florist buys from a wholesaler and thus acquires the flowers and creates the arrangements found in stores.

With all of the preparations underway, there should be plenty of flowers in supply for this special day, but don't expect them to come cheap.

"Long stem red roses," said Walker, "are

the most popular, and the most expensive flowers on and around Valentine's Day."

Why red? In the floral world red is commonly recognized as a symbol of love and romance, but red roses are not the only types of flowers sold on Valentine's Day, and the other colored roses have meanings as well. A lavender rose could be an appropriate gift for a significant other because it symbolizes enchantment and love at first sight. Orange is associated with passion, pink is recognized as appreciation, yellow is friendship and white is spirituality.

Different color roses are usually cheaper than red and pink ones on Valentine's Day, Walker confesses, but it is custom to give either red or pink to a significant other.

The number of roses can also have

meaning. A single rose, particularly a red one, means undying love while 13 indicates a secret admirer.

Some other things you may not know about flowers is if you buy them a couple weeks before a holiday you are more likely to save some money and less likely to receive an arrangement with substitution flowers because of a shortage on the florist's part. It is also cheaper to buy flowers from grocery stores.

Flowers that are sent should last a week; however if this isn't the case or if the customer is unsatisfied with their flowers because they never bloomed, most florists will send a new bouquet for free due to satisfaction guaranteed policies.

With all of this, Valentine's Day is a good day to be a florist.



Photo: Sofi Torres

## The Man Behind the Day

Emily Barad **INTERN WRITER**

We all know that Valentine's Day is a time when couples new and old share their love for each other; but where exactly did this tradition come from? Several myths and legends revolve around St. Valentine. Despite the fact that he is behind the entire operation of one of the largest commercial holidays, no one knows much about him.

We celebrate St. Valentine's Feast Day on Feb. 14. He is known as the patron saint of love. People use three possible theories to explain how he got this title. The first is that he served as a priest in Rome during the third century and married couples during the ban set by Emperor Claudius II. Another is that he was arrested for helping Christians escape prison. The third theory is that he fell in love with the blind daughter of one of the jailors while he was imprisoned and cured her of her blindness. Whichever theory is true, the man behind St. Valentine is a man of romance.

The idea of the Valentine card came from the theory that St. Valentine fell in love with the daughter of one of the jailors and wrote her love letters, signing them, "from your Valentine." Another possibility behind the saying, "from your Valentine," is that while he was in jail, St. Valentine sent out letters seeking prayers from his friends.

Whether St. Valentine was a priest who continued to marry Christian couples or a priest who fell in love with his jailor's daughter, the man deserves the title patron saint of love. When celebrating this holiday with loved ones, remember St. Valentine.



# Love Beyond the Sea

Sofi Torres STAFF WRITER

Valentine's Day, whether you see it as a sentimental day or a Hallmark holiday, is widely popular not only here in America, but abroad as well.

Last week was marked by crowded restaurants, busy florists, and increased candy sales in the United States. But what about international traditions? Students in the United Kingdom and Ireland chimed in on how they celebrated the day. It seems the consensus among college students abroad is that chocolate, flowers (particularly roses) and teddy bears are a must, followed by a romantic dinner at an upscale restaurant. However, some people added more than the cliché and stereotypical plans.

In Scotland, the most popular way to spend Valentine's Day, especially if you

are single, is to go to the club, which is what Angela Fee decided to do this year. After a girls' dinner out on the town, she brought a friend as a "pretend date" to the club and danced the night away.

Kit Cummins, another Scottish citizen, has done the same in years past: getting his mates together to go to the club and meet girls. But this year, he has a long-distance girlfriend, Sava Sipe, in Texas. So no clubbing for Kit!

Alternatively, Cummins said that he sent Sipe a card and flowers through an international floral service. In contrast, Sipe said sending gifts is really expensive and takes a long time, and as a result, she sent a simple card and partook in a Face Time date with Cummins. They have mutually agreed to do something special when he comes back to the United States in May.

Speaking of clubs, Kellie Ferry works in the public relations department of one of the biggest, hottest clubs in Glasgow. Because Valentine's Day was on a Friday this year, she unfortunately had to work, which meant that she and her boyfriend, Paul Brown, celebrated with an early dinner. Ferry said that after dinner, couples usually go to the cinema, a bar or the club, whereas the people with a larger budget spend a few days at a hotel in the gorgeous Scottish Highlands.

Dean Rahman, from Liverpool, says that Valentine's Day in England is a "really big consumerist culture" event and is "insanely advertised."

Sam Coade states that in Ireland, Valentine's Day is "not really seen as a big deal. As stereotypical as it sounds, the Irish prefer holidays that involve drinking,

and lots of it."

Coade is another person in a long-distance relationship across the pond with his girlfriend, Hannah Mae Simmons, who lives in Texas. Although Valentine's Day in Ireland is not portrayed as an important holiday, Simmons wanted to do something special. To his surprise, Coade received a care package full of trinkets to remind him of their adventures together and how much she loves him.

It seems that no matter where you are on Valentine's Day, overseas or here in the U.S., love is in the air. Perhaps everyone agrees, though, that the greatest day of the month is actually Feb. 15 because chocolate and heart-shaped candies are half-price at the grocery stores.

Photos courtesy of subjects



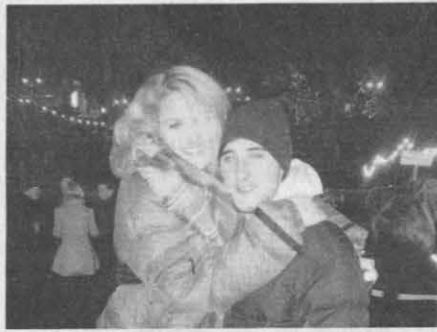
Kellie Ferry and Paul Brown  
Glasgow, Scotland



Angela Fee  
Glasgow, Scotland



Sam Coade – Dublin, Ireland  
Hannah Mae Simmons – League City, Texas



Kit Cummins – Glasgow, Scotland  
Sava Sipe – San Antonio, Texas

**Highlander:** Gifts?

**KF & PB:** Cards, flowers, teddies and chocolates.

**H:** Typical date?

**KF & PB:** Simple dinner for us, because she works on Friday nights. Other Scottish people may go to the cinema, bar or club after their romantic dinner, or may spend a few days up in a hotel in the Scottish Highlands.

**Highlander:** Gifts?

**AF:** Wee present, such as chocolates and a card.

**H:** Typical date?

**AF:** Go out for dinner; restaurants are always fully booked on Valentine's Day.

**H:** Singles Night?

**AF:** Girls' dinner is the way to go. Hit up a club and bring a friend as a pretend date.

**Highlander:** Gifts?

**SC:** Obviously the flowers, chocolates, romantic meal.

**HMS:** I sent him a care package to remind him of our summer and adventures together and how I love him.

**H:** Typical Date?

**KC & HMS:** Face Time date for us.

**H:** Typical date?

**KC:** Send over a card and use an international flower service for roses. If Sava were in Scotland, I would have bought her roses and chocolates, accompanied with a nice dinner.

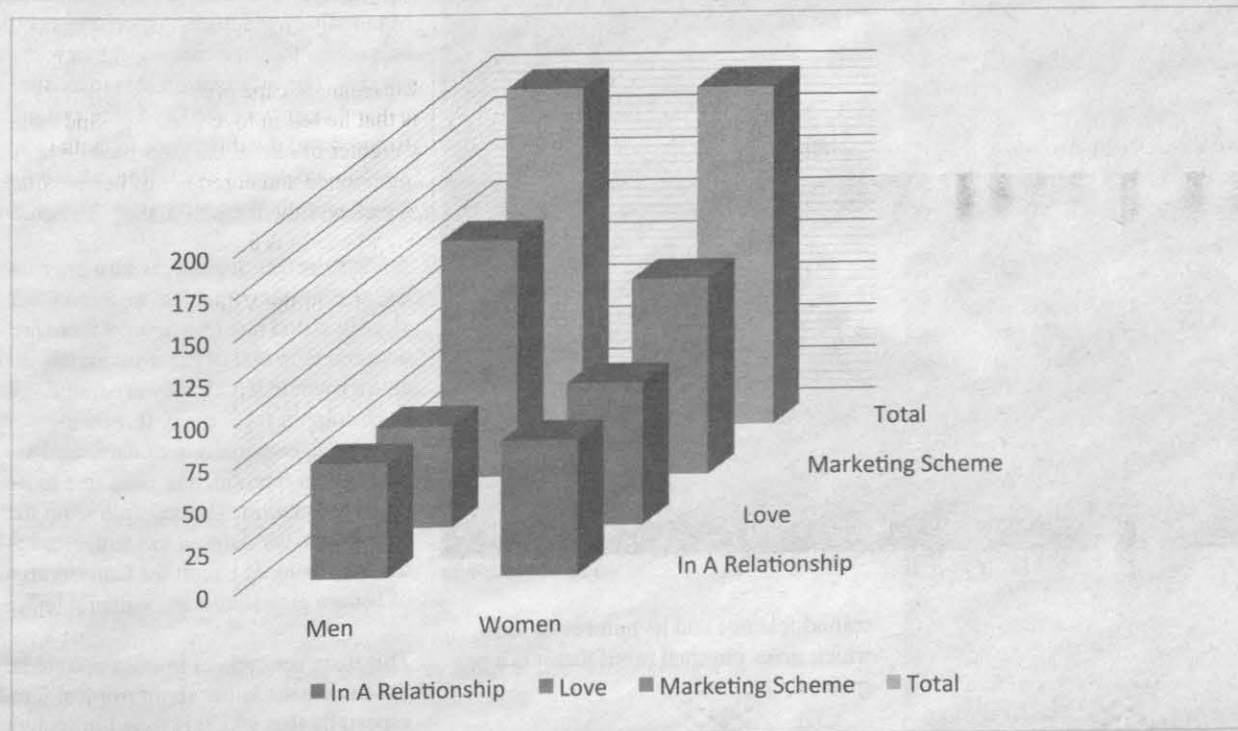
**H:** Gifts?

**SS:** Sending things is expensive and takes a long time. I sent Kit a card along with a Face Time date. We will do something special to celebrate when he comes back in May

## Do you think Valentine's Day is a day to celebrate love or a complete marketing scheme?

Poll: Ashley Karl EDITOR

Graphic: David Macias STAFF WRITER



Questions Asked:

Do you think valentines day is a legitimate holiday about love or is it just a "Hallmark" holiday that's a complete marketing scheme?

Are you in a relationship or not?

Oddly, those who said yes were more likely to answer "marketing scheme" and those who said no often answered "love."

The graph lays out the 50 men and women, all Regis students who were asked and the portion of those people who are in a relationship.

Regis Men: 140 said Marketing Scheme and 60 said Love; of those 200, 68 are in a relationship

Regis Women: 116 said Marketing Scheme and 84 said Love; of those 200, 80 are in a relationship.

\*Data actualized from groups of 50 in order to project bigger sample.



# Regis Pianist Switches Gears from Mass to Jazz

Sneha Antony STAFF WRITER

Anyone who attends Sunday mass at St. John Francis Regis Chapel has probably been awestruck by the elegant piano playing of professor R. Andrew Lee.

Lee, who is also associate university minister for liturgical and sacred music, took to quite a different venue Feb. 4, showcasing his talents to a sold out audience at Dazzle Jazz in Denver.

"It was my first time playing in a jazz club," Lee said. "It's always nice to be in an alternative environment where I can talk with the audience. It's a more intimate setting than the real formal concert experience."

Lee performed music by composer Erik Satie for his public Denver debut.

"His music influenced a lot of minimalist composers," Lee spoke of Satie.

Recognition of Lee's talents is spreading further than just the Regis community. His work has garnered national acclaim from publications like Time Out New York and The New Yorker.

Lee seems to be winning over critics in the genre of minimalist music. Colorado Public Radio interviewed Lee recently, exploring the avant-garde musical movement they described as modern classical music built from spare chords and repeated notes.

Lee credits William Duckworth's "The Time Curve Prelude" to changing the course of his musical journey.

"It really was this light bulb moment for me and I've been hooked since," he said.

Lee said he is unafraid to trail a non-



Photo: Regis University

traditional path because he has found his calling.

"Finding this music was really important. I adore Beethoven, Schubert, Mozart, all these big classical composers, but it wasn't until I got to this music that I felt really at home," he said. "I know this is where I'm at my best so I'm honing that."

Many consider Lee a celebrity here at Regis. He stands as an inspiration to students to pursue their passions. His advice: perseverance and curiosity.

"The more you can nurture and keep your curiosity alive, the more interesting life will be. Everything is amazing. You just need to find those things that get you excited and make you want to know more."

Lee said he is conversing with Dazzle Jazz to organize a second show, due to his first show's rapid sellout.

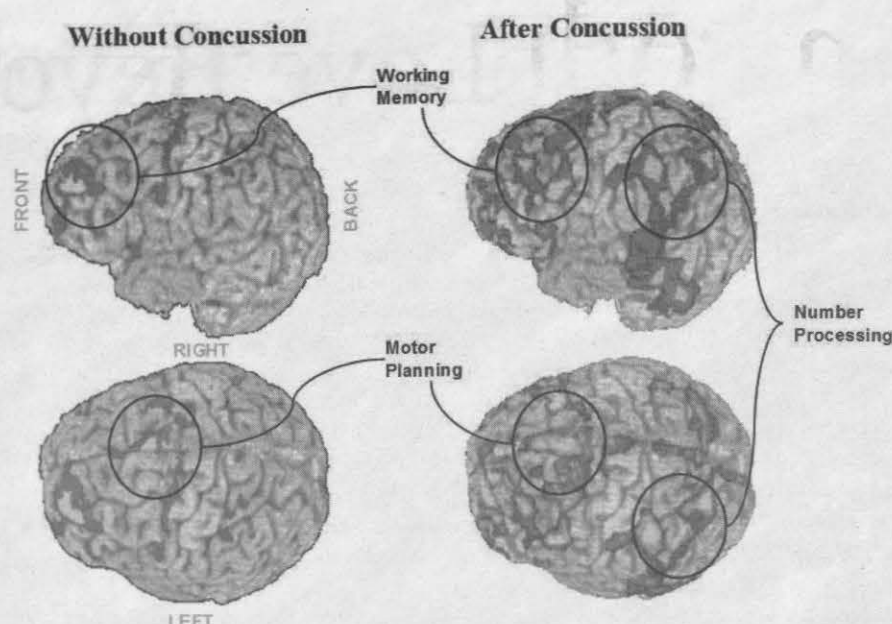


Photo: Brooke Horton via www.policymic.com

## Physiological Changes in Olympic Athletes

Kelly Fleming STAFF WRITER

With the 2014 Winter Olympics in Russia underway, many athletes finish up their four year long period of training in preparation for the Games. This makes some wonder, what happens to the Olympic and professional athletes and their bodies during and after intense periods of training? David Sheridan, affiliate faculty in the Regis School of Physical Therapy, provides some answers.

"These Olympic athletes are impressive machines—like Ferraris. Most of them have trained their whole lives, and sacrificed much, to achieve this level of athletic prowess," said Sheridan. "First off, they undoubtedly have impressive genetics that allows them to handle the training workload and physiologically adapt to the training. Secondly, they have the focus and mental fortitude to train for years for a single event—sometimes four years away."

American athlete Lolo Jones, an Olympian in both the 100 hurdles and bobsled, trained and competed most of her life for the Olympics, from middle school to high school to competing at Louisiana State University to the pro circuit. Many athletes train for eight hours a day to attain their peak performance for the Olympics, and have to move far away from family and friends to focus on training. For example, Gabby Douglas had

to move away from her family to train for gymnastics. Her bold move eventually paid off, as she won gold medals in multiple events during the 2012 Summer Olympics in London.

In addition to environmental changes, an athlete's body adapts to the training. Sheridan goes on to explain, "Some chronic adaptations to the training they experience would be: increased size and numbers of muscle fibers and loss of body fat for that 'lean and mean' look, lower resting heart rate for a larger 'work' range, improved vascularization in the muscles and the brain that would facilitate faster carbon dioxide clearance and oxygen unloading into those areas."

Many Olympic athletes, including speed skaters, get much bigger in size, especially in the lower body because much of their training involves their legs. A lower heart rate is a result of intense cardiovascular exercise. Results like this are common in many athletes, especially endurance athletes like cross country skiers and marathon runners. However, Sheridan points out that for all of this to occur, diet plays a role, as well as staying injury free and getting enough rest, so that muscles can rebuild themselves.

As the Olympic Games continue, athletes will demonstrate whether their years of training and physical changes have paid off.

# New Species Discovered in Rivers of Amazon

## Scientists announce finding of endangered river dolphin.

David Macias STAFF WRITER

A new species of river dolphin was discovered in Brazil earlier this year. Announced by the Universidad de Federal de Amazonas in January, this new species of river dolphin is already considered rare and endangered. It was found in the Araguaia River Basin, where it was isolated from other river dolphins. The river actually contributed to its name: Inia araguaiaensis.

The scientists who discovered the river dolphin made a strong case in proving it was an entirely new species. After retrieving DNA from the dolphin, they compared it to the DNA of known river dolphins and determined that the DNA of the Araguaian river dolphin is different enough to make it eligible to be considered a new species.

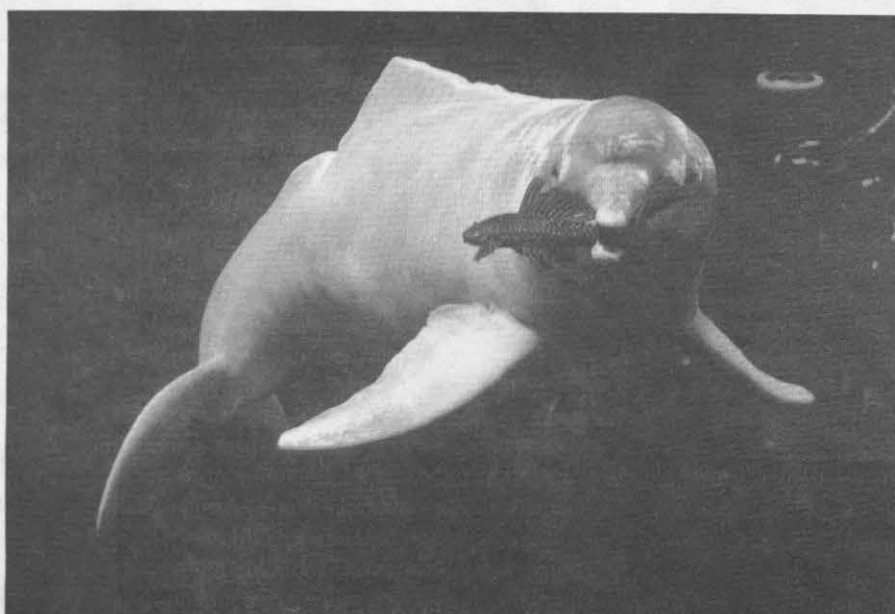


Photo: Wikipedia

Other factors aside from DNA helped in determining this newly found river dolphin as a new species. The Araguaian river dolphin has noticeable differences in

cranial features and its number of teeth, which gives physical proof that it is a new species.

Nevertheless, in order to gain an official

species definition, the researches must appeal to the Society of Marine Mammalogy. Additional specimens could help strengthen the case for the new species. The information scientists already possess regarding the DNA, the cranial features and the difference in teeth is a good foundational block from which they plan to supplement more data.

Aside from putting efforts into proving that this is a new species, scientist have already stated that they expect there are no more than 600 of these mammals in the entire basin in which they are found. The river dolphin faces many threats including fishermen, construction of dams and a decrease in reproduction rates due to its small population. The research team that found the river dolphin has suggested that the International Union for Conservation of Nature classifies it as "vulnerable."

This discovery serves to demonstrate how little scientists know about tropical fauna, especially that which is found in secluded areas.



# Introducing Regis... en Español

David Macias STAFF WRITER

¡Bienvenido a Regis!

Regis University started its first bilingual tours and financial aid workshops this year. These tours and workshops give students and parents of Hispanic heritage an insight on campus life and further information on financial aid.

For its inaugural bilingual tour, Regis hosted a group of six people. Approximately 20 people attended the financial aid workshop offered Jan. 18.

Admissions counselor Anthony Jimenez said these resources benefit the Hispanic families because they allow them the opportunity for greater understanding of how things work on campus.

When asked why Regis started offering bilingual services this year, Jimenez said, "There wasn't enough mass [in previous years]. Plus, before, no one had the bilingual sufficiency to actually provide the information on financial aid or give the bilingual tour."

Laura Vallen, another admissions

counselor at Regis, stated it would be "a great service to the public. We now have bilingual admissions counselors and bilingual tour guides."

Vallen confirmed that the bilingual financial aid workshop will be held again next fiscal year.

With a growing population of Hispanics coming to Regis, both Jimenez and Vallen believe that a greater community outreach service needs to be provided. There is a possibility of having such tours for special circumstances in the future—for example, at Discover Regis Days for incoming

freshmen. Another event where bilingual tour guides and counselors may prove to be beneficial is the Science Scholarship weekends that took place Feb. 7-8 and 14-15.

Fortunately, the inaugural bilingual tours were such a success that the Admissions Office plans to proceed with the services in the future, exemplifying Regis' concerns over providing a wider variety of services to its surrounding community.

## Discover Regis

David Macias STAFF WRITER

The first Discover Regis days for 2014 have begun. This program, sponsored by the Admissions Office, allows students to visit campus, stay overnight and attend a class with a student host who lives on campus. Members of the Admissions Office give the high school seniors information on study abroad opportunities and internship possibilities, provide them with a full campus tour and give them a complete experience of what it is like to be a Regis student.

Anthony Jimenez, an admissions counselor who takes part in the program, said, "We want to highlight the life of the students who are currently at the University."

When asked about why this program was started, he noted that it was in order to give accepted and incoming freshmen "a day in the life of a Regis student...[and] to highlight our community."

For freshman Alejandro Ramirez, the choice of colleges came down to University of Texas at El Paso and Regis University. Being able to attend the Discover Regis Day gave Regis that little

push that led him to decide to come here. He said his favorite part was staying with his host at his dorm.

"I really liked how my host was able to explain all the questions that I had about Regis. He really told me everything that I needed to know," said Ramirez.

The first event this semester occurred Jan. 30-31. There will be five more Discover Regis events throughout the months of Feb., March and April.

The two days that cover the Discover Regis program provide the students with a plethora of information regarding the campus and everything being a Regis student entails while also giving them the opportunity to make friends with fellow future classmates before they begin their first semester.

In the upcoming months, the Admissions Office hopes the Discover Regis Days demonstrate to future students the beauty of campus and the surrounding community, and assure them that they made the right decision, just like the students before them.

### Grandma Bessie's Caramel Corn

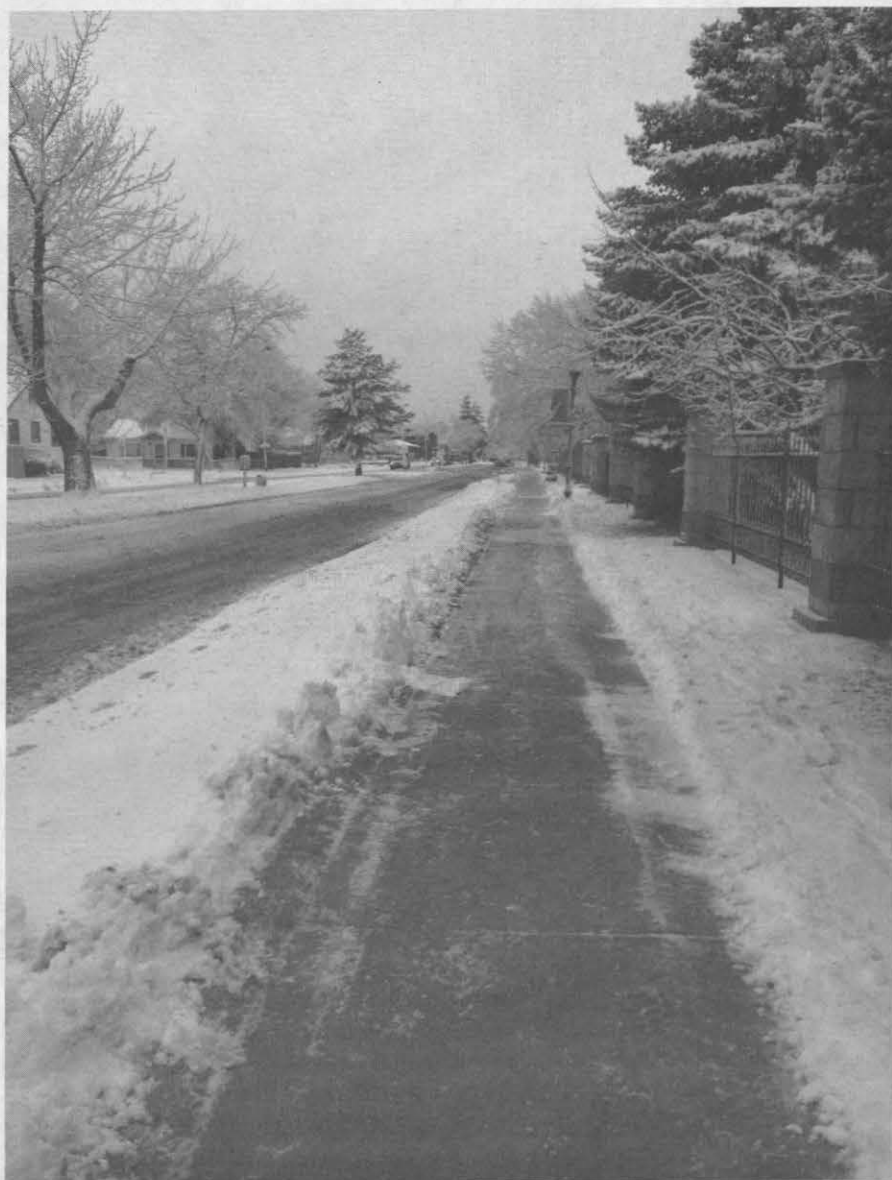


#### Ingredients:

- 5 Quarts of popped popcorn
- 1 cup of butter (two sticks)
- 2 cups of packed brown sugar
- ½ cup of light corn syrup
- 1 teaspoon of salt
- ½ teaspoon of baking soda

#### Directions:

- Pre-heat oven to 250 degrees. Place popped popcorn into an oven safe container and place popcorn in oven to keep warm and crisp
- Combine butter, brown sugar, corn syrup, and salt into a sauce pan and place on stove at medium heat.
- Constantly mixing, bring the ingredients to a boil (about 5 minutes) and add baking soda
- Pull popcorn out of the oven and place into a baking pan and slowly pour caramel while mixing
- Place baking pan back into the oven for 45-50 minutes stirring every 15 minutes.
- Let cool and serve!



### ON-CAMPUS

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Career Services and the CPS School of Education invite you to the:

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## 2014 CAREER FAIR

### SATURDAY, FEB. 22, 2014

Mountain View Room, St. Peter Claver, S.J., Hall  
North Denver (Lowell) Campus

9 a.m. – Meet and Greet and request an interview

10 a.m.-1 p.m. – On-site interviews

REGIS  UNIVERSITY

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