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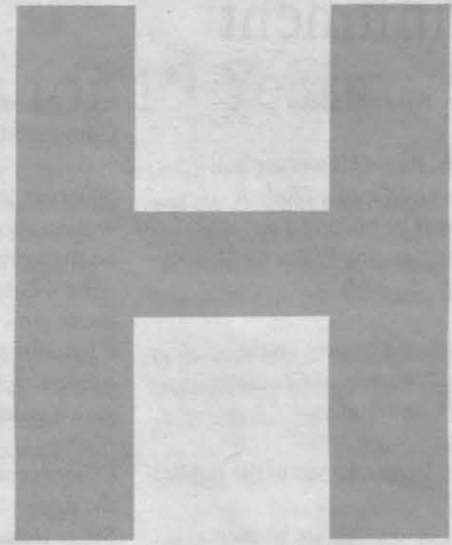
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Regis Lots Stay Spotless:

On-campus parking limits
create problems

Regis University's



Highlander

Volume 97, Issue 5

March 2014

Celebrate Women:

Departments team up to produce
speaker series

Stars Among the Stripes:

Veterans study and share stories

Regis Celebrates Women of Character, Courage and Commitment

Sneha Antony STAFF WRITER

This March, Regis University's Women's and Gender Studies Department will be hosting a series of events commemorating Women's History Month.

The month's theme centers on the celebration of "Women of Character, Courage and Commitment."

All events are free and open to the public.

"The purpose is to celebrate women's history, women's contributions to society and all sorts of issues related to women," Director of Women's and Gender Studies Geoffrey Bateman said.

The first event, an art exhibit, took place Tuesday, March 11 at Dayton Memorial Library. There was a reception and roundtable discussion regarding intercultural communication and women's issues such as domestic violence, Bateman said.

The highlight of the annual event will be the keynote lecture by nationally acclaimed writer and editor Daisy Hernandez on March 17.

Hernandez is coeditor of the book "Colonize This! Young Women of Today's Feminism." According to her website, Hernandez was formerly the editor of Color Lines, a newsmagazine focused on exploring issues of race and politics. Several of Hernandez's commentaries

have appeared on NPR's "All Things Considered."

"[Hernandez] does a lot of thinking and writing about gender, sexuality, race and all the intersecting issues," Bateman said. "She will be here talking specifically about growing up Catholic and being a feminist and a leader. It will be an interesting focus. We imagine she will give a great talk."

Other events include a concert hosted by the music department, a religious talk with Sister Helen Marie Burns and a Women in Leadership panel hosted by Career Services.

"The panel will consist of women who are CEOs, presidents, executive directors," Bateman said. "They are going to talk about their experiences and I think that is especially appealing to our women students who are looking to be leaders in whatever capacity."

Bateman said while Women's History Month celebrates women's contributions to society, it also fuels motivation to continue tackling women's issues.

"There is much work to be done," Bateman attests.

The annual event is sponsored in collaboration with Regis College, Institute of the Common Good and Peace and Justice Studies departments. For more information visit www.regis.edu/womenshistory.

CELEBRATING WOMEN'S HISTORY MONTH
WOMEN OF CHARACTER, COURAGE & COMMITMENT
at Regis University
March 2014
All events free to the public

Monday, March 17
Keynote Lecture
Daisy Hernandez
Author and editor
Clara Hall Missouri
War Room 7 p.m.

Tuesday, March 11
"Re-painting the Future: A Community Mural Project on Domestic Violence"
Resonance, resonance and resonance with Linda's original
Dayton Memorial Library
4:30 p.m.

Wednesday, March 12
Great Women of Spirit
Concert featuring a piece by Cecilia Malmqvist
Clara Hall Missouri
7:30 p.m.

Thursday, March 13
Nothing is True Forever
Podcasts Live in the 21st Century with Dr. Alison Mace-Burns, B.S.M., Ph.D.
Dayton Memorial Library
7 p.m.

Friday, March 14
Sister Helen Marie Burns
The Gathering Place
St. Ann's Center for women experiencing homelessness and poverty with Regis students
Monday 9:30 a.m. - 7:16 a.m.

Tuesday, March 18
Women in Leadership
Panel with several female CEOs, Professors, Executives, Doctors and leaders
Met Hall 111 5 p.m.

For more information on each event and opportunities, visit www.regis.edu/womenshistory

SPONSORED BY
Regis College, Women's and Gender Studies, Institute of the Common Good, Peace and Justice Studies

REGIS UNIVERSITY

From Bike Closet to Bike Shop: How Their Transformation Serves You

Jen Samano STAFF WRITER

When he's not playing in the mountains, studying or taking care of his new puppy, Regis senior John Sisler is fine-tuning bikes and getting students to explore beyond campus gates.

Before 2013, the bike shop at Regis University was more of a neglected closet, hidden away in a corner on the second floor of the Student Center accessible only through a bathroom door. The problem wasn't lack of demand, enthusiastic work-studies, administrative constraints or budget limitations—it was lack of space. Last year the shop found a more appropriate space within the Fitness Center, which also now houses Regis' Outdoor Adventure Program, making a win-win for everyone involved.

The new shop features space, rather than hallways, allowing more hiring of work-study bike mechanics to fix, build or tune up bikes, from Regis-owned rentals to a junker you want fixed up. With the new space comes new equipment and an outdoor bike shed.

So why does this matter to a member of the Regis community?

It matters if you're trying to do more than eat, sleep and bounce between buildings on campus. Utilizing the resources Regis provides is a wise thing to do before graduation—so get your money's worth before it's over.

Any Regis undergrad, grad, adult learner student or faculty member is able to check out daily rentals, including bike lock and helmet, free of charge. That's right, free. Rental hours are the same as Fitness Center hours. Rentals are one day only with a late charge per day and \$325 charge after 20 days of no return. However, these new changes now allow for weekend rentals.

Just bring your Regis ID, enter the Fitness Center and ask one of the friendly desk attendants for assistance. Regis has 10 hybrid Trek bikes, which make them great for traveling our urban, hilly city.

Need help figuring out what's wrong with

your bike? They do that too. Maintenance labor is free, so once the problem is identified just provide the tools and soon you'll be cruising again. Newcomers and the curious needn't be shy as these passionate mechanics love to help out, whether or not you know what type of bike suits your needs, where to get parts or where to ride. The bike shop provides patrons with maps and route suggestions for here in the city or up in the mountains.

According to Sisler, one of the shop's main goals aligns with Regis' overarching principle of getting students up, out and involved in the community. Not having a car sucks and can make exploring a hassle. But it can also add to the adventure if you know and take advantage of your

resources, resources you've already paid for. Paired with the free bus passes offered to all students, biking can be a fun way to get outside of the bubble and explore this bike-friendly city.

As the snow melts and spring fever rises, opportunities for city fun crop up like dandelions. Bike downtown and take advantage of free museum days, First Friday art walks, street festivals, concerts, bars, internships, volunteer opportunities or park study sessions.

The bike shop and the Denver biking community doesn't take a summer break either. Though you can't rent bikes, you can attend monthly bike basics workshops hosted on the quad. Contact the shop to get more information.

After you've learned some DIY tips, join Regis students and get involved with community Wednesday nights on Denver Cruiser Rides. These include weekly themes, stops at Little Man Ice Cream and rallies, otherwise known as a death circles, around the capitol.

Ongoing shop goals include acquiring mountain bike rentals and linking up with our on-campus cycle club. But according to Sisler, "The main goal is always to help everyone who comes in and do whatever it takes to get more people rolling on their wheels."

Interested in working as a bike mechanic? Spots will open as seniors graduate.



Photo: Kaitlyn Strutt

Shared Stories:

Veterans Pass on Their Experiences for 19 Years

Shelby Wieman ONLINE EDITOR



Vietnam Marine Corp veteran pilot Charles R. Cusack, with wife Virginia, was a panelist of the Wartime Stories on Feb. 27, 2014. Memorabilia of CR's fourteen years of service in the military was on display during the lecture. Photo: Kaitlyn Strutt

Regis University's Center for the Study of War Experience has been working with war veterans and their stories since 2004.

In its 19th year, the Stories from Wartime class at Regis gives students the chance to immerse themselves in veterans' wartime experiences. Beginning with the wars in

Afghanistan and Iraq and ending with World War II, students are taken through the years and presented with a wide variety of accounts from each well-known American conflict since 1941.

Dr. Dan Clayton said students "often tell us that this is the most meaningful course they've ever taken in their lives. What it does to them, it opens up their eyes and their minds and their hearts to what people do in war and, more particularly, what war does to people."

He continued, "I think they appreciate that war is a very awful thing and come to empathize with those men and women we send off to war, in terms of the sacrifices they make and the life-long effects that war has on them."

Throughout the semester students are encouraged to look at their own family's military history and find new ways to relate to an otherwise un-relatable experience.

Senior Andrew Ross said, "The Stories from Wartime coursework is extremely intentional, allowing students to build and relate connections to readings, discussions, and stories from panel participants. With the established connections, students are asked to evaluate their personal story by writing a family history paper that identified where

war experience was and is seen as an integral and defining family moment...the assignment allowed students to research their personal story while understanding how war impacts family."

An idea persists today that young people, or millennials, as some like to say, are too self-interested to care about the history of the country or today's current events.

While it's true that young people today don't have to worry about being asked to serve their country with their life, it doesn't mean they are apathetic to the experiences of those who came before them.

"This class has brought me closer to the realization that war is currently going on and while the United States has been at war for over a decade, I have no direct connection to it besides my knowledge of it. This class has put a human face on war and brought me a connection to the ongoing fight our armed forces endure on a daily basis," Ross said. "Their stories are extremely powerful, inspiring, and education. I am beyond thankful of their service and am thankful to hear about war in first person."

"That's one of the great things about the course is that you've got an intergenerational kind of learning community here," Clayton said. "The

older veterans and the younger veterans and our students come together, learn together and it's very special. It creates an opportunity to really develop an empathy that otherwise wouldn't be possible."

In the end, it's all about sharing stories and building a connection with future generations.

Clayton said, "Story-telling is the way that history gets presented. History is told in the form of narratives. Story-telling is the most authentic, the most genuine form of representing history. In this case it's representing the experience of war. So it's really only through the personal narratives of these men and women that we can get the truth of war experience. Narratives offer them way of interpreting their experience, it offers them a way of coming to terms with their experience—narratives give meaning to the experience and this is a course in meaning. We listen to the narratives because that's where the meaning lies."

In his book "The Things They Carried," Tim O'Brien wrote, "Stories are for joining the past to the future. Stories are for those late hours in the night when you can't remember how you got from where you were to where you are. Stories are for eternity, when memory is erased, when there is nothing to remember except the story."

From Combat to Classroom

In the Mind of a Student Veteran

Sofi Torres STAFF WRITER

"Some mornings I wake up and am still in Afghanistan, ready to go on patrols and complete my mission. But then I realize I only have class which actually might be more stressful."
—Nathaniel Pryor, Regis Class of 2015.

Whether you know it or not, Regis University has plenty of veterans on campus. They may not say it or look it, but they are there. There is even a Veterans Center in Clarke Hall where veterans can go and feel a sense of community and camaraderie with their fellow veterans. Community is an important thing for the veterans because of the difficulties they face going back to school and leaving their military habits behind them.

One major struggle that veterans face is communicating with civilians. Veterans are often blunt and to the point about their experiences, which when talking to other veterans is fine but may be problematic when talking to civilians. This communication gap may make it difficult for a veteran to understand other people or a professor's instructions if they aren't as blunt.

Another thing they may deal with is professors who may not understand what is going on with them mentally. A very common condition among veterans who have been deployed is Post Traumatic Stress Disorder, or PTSD. According to

the National Library of Medicine, PTSD is a type of anxiety disorder that can occur after having gone through extreme emotional trauma involving the threat of injury or death. For veterans this can mean experiencing different combat situations once they've returned home. Most professors do not know how to handle these situations which makes it hard for the students to form good relationships with their professors. PTSD can come at any moment and can be triggered by just about anything; there are stories of veterans being sent into a rampage because their religion teacher played a recording of the Qur'an in class without telling them. If the students do not know what triggers them, it makes it nearly impossible for professors to know how to help or avoid it.

Veterans also struggle with many everyday things like paperwork, understanding assignments and thinking outside the box. These things are not taught to those in the military so they need extra resources to help them. Unfortunately, veterans are at a risk of losing a lot of resources due to budget cuts—resources like disability services, connections and counselors.

Giving veterans the right resources enables them to succeed in the classroom and the professional world. Veterans who have a good support system are statistically twice as likely to graduate as those who don't.

There are two types of deployment:

combat tours and garrison tours. On combat tours, soldiers are sent out to fight against someone or to find someone. Garrison tours are different; these tours send people to secure the land from militaries we are in control of, like those in South Korea and Japan. Sometimes garrison tours are used as rehabilitation for those who got hurt or may need some sort of mental rehabilitation before being sent home. However, this isn't always the case.

Most veterans at Regis have been on combat tours, while not too many have been on garrison tours. Experiences on combat tours vary extremely. Some veterans enjoy them because they meet people from all around the world, get to know different cultures, experience patriotism among fellow soldiers, and most importantly create bonds with their brothers and sisters serving with them.

One thing veterans emphasize is that combat tours are not at all what you would expect; they are not like the video games. There is not always constant battle or shooting; in fact there is a lot of down time.

One veteran, Justin Owens, said his schedule was mainly "gym, food, missions, video games, repeat." Everyone seems to have the same feelings before being deployed—feelings of stress, anxiety, fear and nerves. Before soldiers even get to their combat location they have to endure a lot of emotional turmoil. When soldiers get to base it takes time

for it to set in that they will be entering combat. Once the initial shock wears off, they often settle into a routine.

Regis students live by certain core values, values that the veterans must also live by. Men and women in service for others and cura personalis (care for the whole person) are two values the veterans hold in high esteem. This is one of the reasons Regis attracts so many veterans.

If you see one of the veterans around campus, thank them. Not only have they fought for this country, but they have also set high expectations for what it means to be a Regis Ranger.

Go online for the full interviews with the veterans.

9 Health Fair

April 5 at regis university
Register today or at the fair

- Live music
- Free and reduced cost health screenings
- Networking
- Food and drinks
- Live entertainment

Register at HealthFair.org

Regis University 5555 Regis Blvd. Denver, CO 80221

Heart Melting @ The Melting Pot



Karli Denk **FOOD CRITIC**

2707 W Main St.
Littleton, Colo. 80120
(303) 794-5666

Even though Valentine's Day has long passed, it's never too late to wow a significant other by taking that person on a romantic dinner date. The Melting Pot is by far one of the most incredible dining experiences I have ever had. Many people shy away from this fine restaurant due to the fact that it is an expensive dinner for two. However, you definitely get your money's worth.

An average dinner at The Melting Pot for two is roughly \$100, but the quality of the service, the mood and the food is exceptional. Although this is quite a costly experience, every year The Melting Pot in Littleton participates in the 5280 Deal. This means that for about five weeks (ending on March 31) a four-course meal for two is only \$52.80, which is half priced! The four-course meal includes cheese fondue, a salad, oil or broth fondue and a delectable chocolate fondue for dessert.

The Melting Pot is recognized for its notable cuisine, but the location in Littleton is also notorious for its building. This building used to be a jail but was converted years ago into The Melting Pot. When you are escorted to your table, it seems like a never-ending maze.

Overall, The Melting Pot is truly a one of a kind restaurant that everyone should experience at least once; but I can't guarantee that you won't want to go back!

The Melting Pot is open Sunday through Thursday 11 a.m. to 11 p.m., Friday through Saturday 11 a.m. to 12 a.m.

Sound Bytes

Pro Era - "The Secc\$ Tap.e 2"

Steve Lorenzen **STAFF WRITER**

Regis University is a Jesuit institution. "The Secc\$ Tap.e 2," not so much. So let's dig in. Pro Era released this phonetic puzzle (fittingly) on Valentine's Day, a day much like the album de-fined by "Chocolate Strawberries" and, well, "Dirty Dancing." Given its less than subtle name you should expect a seven song series describing love as a noun, adjective, verb and every ver-nacular in between.

Past the innuendoes is a showcase of maturity coming from a crew who probably still gets ID'ed at the movies. Pro Era, a Brooklyn based collective, ties influences of some of their most sampled artists such as the Isly Brothers, Strawberries and the Temptations into a well-executed ex-position of Boom Bap rap, once again opening up a soulful wormhole to the '90s.

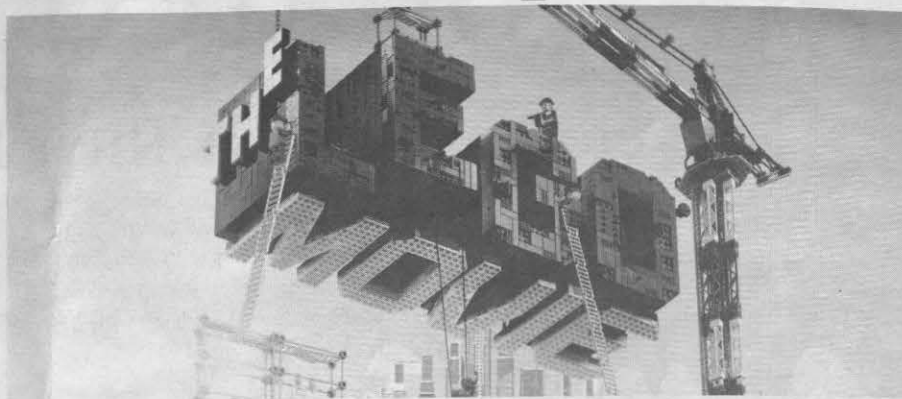
Joey Bada\$\$'s "Pantie Raid" is an obvious extension of an already well versed collection of well verses. He reminds us, "age ain't nothing but a digit," sandwiched between that '90s style word play we've come to expect from a young star who isn't afraid to flip metaphors through your ears faster than you can say "Apex Animal style."

Beyond Joey, "The Secc\$ Tap.e 2" delivers a refreshing overview of Pro Era's less visible back-bone: Dessy Hinds's "Chocolate Strawberries," along with Nyck Caution's and T'Nah's "Far" remind us the lime light doesn't always illuminate talent.

Lyricism ahoy; this mini mixtape delivers a fitting comparison to love in the 21st century: awk-wardly short, guiltily pleasing, and not to be enjoyed in mom's car.

VOL. 2
SECC\$
TAP.E

Cinematic Explorations



Elizabeth Gendill **STAFF WRITER**

It seems there has been a great deal of skepticism surrounding "The Lego Movie." It received great reviews from critics, but there are still many people who find it hard to believe that a movie about Legos would be anything but childish and uninteresting.

Well, rest assured that this is not an overrated and incredibly long advertisement; it is instead a great tribute to those plastic bricks told through a hilariously heartwarming tale about an ordinary guy with a great destiny. Sure, this type of "farm boy saves the world" plot is overdone, but this film manages to reinvent this notion, making it fresh and exciting.

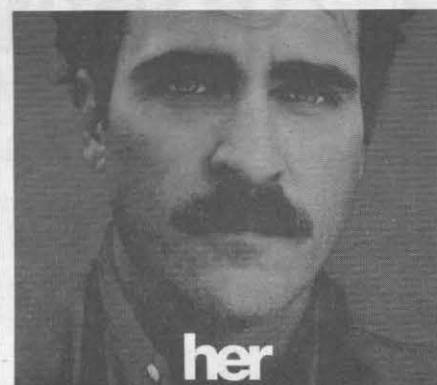
Emmet Brickowski, voiced by Chris Pratt, is an ordinary Lego-guy who lives an ordinary Lego life, which he believes to be "awesome." His fortunes take a drastic turn, however, when he meets Wyldstyle, voiced by Elizabeth Banks, who is looking for something at his construction site after hours. When he follows her, Emmet is led to find a Piece of Resistance, which has been prophesized to identify the "Special" who will save the Lego world.

This comes as a shock to Emmet, who later finds out that Lord Business, voiced by Will Ferrell, has an evil plan to use the power of the "Kragle" to in fact destroy the Lego world. The prophecy states that only the "Special" can save them. The only problem is that Emmet is the Special and there does not seem to be anything particularly special about him.

This film is genuinely hilarious and includes a spectacular cast. Some of the notable names include Morgan Freeman as Vitruvius, Will Arnett as Batman, Liam Neeson as Bad Cop, Alison Brie as Unikitty and Channing Tatum in a cameo as Superman.

Be sure to watch for different Legos in the film as well. While they are not main characters, expect to see cameos from Gandalf, Dumbledore, Michelangelo, Michelangelo the Ninja Turtle, Abraham Lincoln, Superman and Wonder Woman among many others.

This is not simply a movie for children; a blend of pop culture and Legos converge. The Lego Movie is definitely worth watching. To use its catchphrase, this film was surprisingly "awesome."



David Macias **STAFF WRITER**

Her. Could you really fall in love with "Her"? This film, going to the heart of what it means to love and even what it means to exist, challenges our very own human condition.

Why do we love? Is our love constrained? Why do we exist? What does it mean to exist? This movie will make you a modern-day Descartes. It allows you to see the world in a different way and it makes you challenge the type of person you want to be. More to the point, it makes you challenge the "technological handicap" that is formed by the Internet, the iPad, Google and texting.

It is scary to think that we could ever be so dependent on technology. The entire movie is loaded with these big, philosophical questions that are put in a mass full level. "Her," which has reached a 94 percent on Rotten Tomatoes, really does deserve the good reviews it has already received.

It isn't unorthodox for a movie about technology to help us question the human condition. Honestly, any movie that speaks about the human condition in the way "Her" does is worth watching.



David Macias **STAFF WRITER**

Although this is a reboot of the 1987 film "Robocop," Joel Kinnaman does his job nicely with what he is given. I do have to admit, as a classic Robocop fan, I was pretty skeptical. My doubts were confirmed the moment that I realized the new film doesn't have the same plot or raw dramatic material that the original did. If you compare one to the other you can consider '87 Robocop a novel and new Robocop a short story that barely got a passing grade.

The remake, when considered on its own, is missing the underlying thing that makes movies great: dramatic tension that is released through action. Sure, you get parts of blaring gun-fire and simulated action scenes with Robocop doing the humanly impossible, but that doesn't make a movie; it makes a shoot-out.

Is it worth watching? Maybe. You can do better by watching Netflix. Will you have lost your time or leave the theatres with feelings of anger and disappointment? Probably not, but there's definitely better things you can do with your time. Don't take me wrong, this isn't my bias to classic "Robocop"; new "Robocop" just needs a better plot and maybe some drama to help audiences feel the pain that Officer Murphy feels throughout his entire situation.

Accounting & Financial Women's Alliance

March 18

5 pm - 7 pm

Lowell Campus

Main Hall

Room 333

You are invited to network with the Denver chapter of AFWA and meet professionals with an extensive knowledge base in accounting and finance.

RSVP's required - RSVP by phone at 303-458-3508 or email at careers@regis.edu

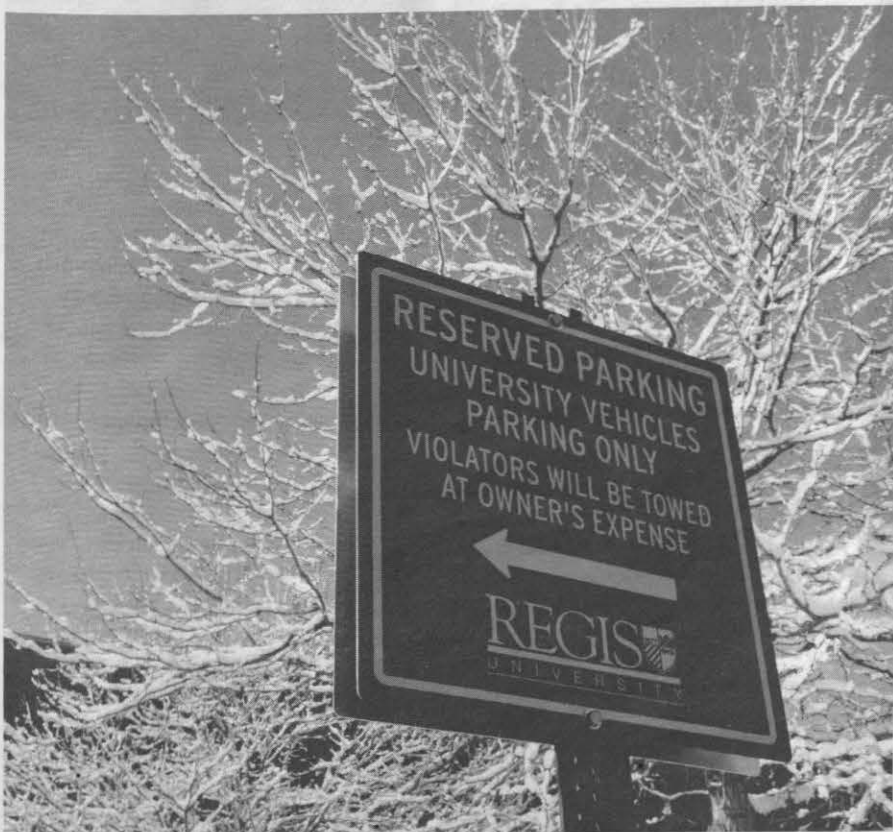
Problematic Parking



Regis vans are now parked in the O'Connell lot. Photo: Kaitlyn Strutt



For convenience or space, students and faculty park on Lowell, which can sometimes be a dangerous feat. Photo: Kaitlyn Strutt



New reserved parking behind O'Connell

Karli Denk **STAFF WRITER**
David Macias **STAFF WRITER**

Many students with cars at school have experienced the troubles of parking that occur every day here at Lowell campus. It is quite difficult to drive to class hoping to find a parking spot only to be disappointed at the sight of a full lot, thus leading to the strenuous trek from Lot Six, which seems miles away from your class or meeting. But many larger issues arise when discussing what appears to be a simple inconvenience.

The most recent and most problematic issue is that of overnight parking. When looking at the numbers, it must be considered that the people who live on campus are nearly all underclassmen who must park mainly in the overnight lot behind Claver Hall. This is problematic because there are not enough spots to accommodate the amount of students in need of parking, which causes them to park elsewhere. This is the root of a multitude of problems.

Physical Plant decided to relocate the designated areas for vans and buses around campus in order to have them in one place. Now, right behind O'Connell Hall, the relocated vans and buses occupy spots that students formerly parked in. Physical Plant stated that this was due to new rules and regulations regarding the maintenance of the university's activity and athletic vans and buses. They stated that before, "All of these buses were all over campus; it made more sense just to put them all in the same place to make it easier on our guys."

Physical plant now has to record and inspect the vehicles before they are checked in and checked out. They re-designated the parking lot behind O'Connell because it was more convenient for them to perform the mandatory maintenance check on the vehicles in a closer consolidated location. The overnight spots have decreased due to the converted bus parking lot, and have eliminated about 20 parking spots for students.

Since Lot Six closes every night at 11 p.m., a huge number of parking spots are

unavailable to students overnight. If this lot is not available for students living on campus, where do their cars go? Options are limited to illegally parking on campus or parking on the side streets around campus. When students illegally park in restricted areas, they can receive parking violation tickets. Ticket fees range from \$25 to \$75.

As an alternative, parking is available on various side streets including Lowell Boulevard. However, several students who chose this overnight parking option recently paid severely for this choice. On Sunday, Feb. 16, between 3:30 and 4 a.m., a drunk driver came down Lowell Boulevard, causing major damage to a total of seven cars parked on the side of the road.

If people do choose to park on the side streets, there is yet another safety issue that surfaces. All students who return to campus late will be subjected to a moderately long walk back onto campus, away from the protection of campus safety. This puts them at risk of being a potential victim to a wide range of crimes. Many students of all ages have expressed their concern for walking along these streets at night in fear of any danger they might encounter to and from their car. Many have also expressed that it just downright frustrating.

Another issue concerns vacant lots overnight. Many students want to know why they can't park in Lots One through Five overnight. It must be noted that there's a parking lot behind West Hall and it seems logical to let those who live there, park there.

Rumors have been circulating about a new parking garage being built on campus, but no official statement has been made by the Physical Plant director, Patrick Schlanger, or by Regis University. This is an ongoing problem that many Regis drivers hope will be addressed in the near future.

How to Cheat During Lent

STORY AND GRAPHIC:
David Macias STAFF WRITER

Lent began just weeks ago on March 5, Ash Wednesday. Many people have questions about this very solemn period in the Roman Catholic liturgical calendar. Why are there more than 40 days including Sundays? Are you allowed to "cheat" on Sundays? What is up with abstaining from meat on Fridays? Your questions will be answered!

Father Barton Geger, S.J. who works at the University Ministry office, answered each of these questions regarding Lent. There are 40 days in Lent beginning on Ash Wednesday if one excludes Sundays.

"There are only 40 days in Lent due to its traditional use in the Bible. Noah was in the ark for 40 days. The Jews were exiled in the desert for 40 years. Jesus fasted 40 days and 40 nights before his ministry," Geger said.

If one includes Sundays toward the total of days in Lent there are actually 44 days. Many people argue that because Sunday

is a day of celebration, it doesn't count as a time of observation. This allows people to argue that one can "cheat" on Sundays during Lent.

"Now, I didn't hear about the 'cheating' on Sundays until I arrived to college and I met Catholics who didn't consider the Sundays in Lent as part of Lent," Geger said. "I mean, if you want to practice it like that, that's fine; but it's not something that's universal in the Catholic Church."

Fridays hold significance during Lent as well because people are expected to abstain from meat according to Church law.

"Abstinence from meat on Fridays comes from the early days of the Church," Geger elaborated. "It was thought that indulging in fine foods made one 'spiritually soft.' I wouldn't be surprised if abstinence from meat on Friday as a way to combat the human desire for good food was why it was started in the first place."

This calls into question the holiday Fat Tuesday, a day recognized for celebration

and indulgence before the abstinence on Fridays that Lent requires. The celebrating of Fat Tuesday on the eve of Lent comes from the French in New Orleans during the 1800s. The words "Mardi Gras" literally mean "Fat Tuesday" and this day was generally considered time to fill up before one had to start fasting. The Jesuits at Regis do not celebrate Fat Tuesday in any special manner.

Regis University President Father John Fitzgibbons, S.J. stated, "We might have some Hors d'oeuvres on Fat Tuesday but nothing else. Regarding something personal that I give up for Lent, I'm from Nebraska so I give up meat on another day of the week aside from Friday."

Lent has been considered a time of sorrow in remembrance of the Passion of Christ and preparation for His Resurrection on Easter Sunday since the early days of the Church. Fasting and abstinence are a couple of aspects that contribute to the traditions and beliefs that make Lent a very special time for Catholics.

Lent is a time when penance is practiced to prepare for the Resurrection of Christ on Easter Sunday. (<150 A.D.)

Ashes are imprinted onto foreheads of early Christians in order to remind them that, "Dust you are, and to dust you will return". (<150 A.D.)

Fridays are considered days of fast and abstinence since the early days of the Church (<300 A.D.)

Lent is practiced by early Christians, but with varying amount of days and different regulations for fasting and abstinence. (<300 A.D.)

Council of Nicaea lays down rules and regulations for Lent in order to stop confusion among early Christians. (325 A.D.)

Sundays, in a non-traditional sense, are excluded from Lent by some Christians due to Sunday being considered a day of celebration of Christ's Resurrection. (<500 A.D.)

The word Lent comes from the German word 'Lenz' meaning long; the daylight time of spring days were noticeably longer during the time in which Lent fell. (circa 17th century)

Mardi Gras, literally meaning 'Fat Tuesday' in French, begins in French-speaking New Orleans during the 1800s to allow Christians to enjoy the day before abstinence and fasting that starts on Ash Wednesday. (circa 1850)

What's on the Menu?

Emily Barad INTERN WRITER

The Lenten season has just begun, which sparks an interest in finding out whether or not Bon Appetit will provide Roman Catholic students with meatless options on Fridays.

Letina Matheny, the General Manager of Bon Appetit, and Glenn Babcock, the executive chef, were interviewed in order to gain information. They coordinate each meal in the Main Café. The two stated that they would provide students with meatless options in both the Main Café and Claver Café during the Lenten season in order to accommodate those who have strong religious backgrounds and beliefs. These options will include the usual vegetarian option as well as two fish options per meal, usually consisting of shrimp, mussels and fish and chips.

In addition to meatless options for Lent, both Matheny and Babcock would like to inform students about Meatless Mondays as well, which has been noted in the comment cards. They are greatly committed to their jobs as meal providers for the student body and take comment cards very seriously. So Rangers, if you have a suggestion for a unique fish dish or any other additions to the Main Café or the Claver Café, write it down on your way out.

Nobel Peace Prize Winner to Visit Campus

David Macias STAFF WRITER

Adolfo Pérez Esquivel, a native of Argentina born in Buenos Aires and Nobel Peace laureate will be coming to campus on March 21.

In 1974 Esquivel dedicated his life to nonviolent movements in Argentina, which was then in political unrest. Among other things, he initiated an international campaign to establish a Human Rights Commission as part of the United Nations. He was jailed and even tortured by the dictators he tried to speak ideologically and politically against. They found him to be a threat to the state but his effort won him the Nobel Peace Prize in 1980 for his defense of human rights.

Esquivel continues as an activist to this day with the organization he founded in

1974, Servicio Paz y Justicia, in order to continue nonviolent action in Latin America.

Regis University's Institute on the Common Good has sponsored this lecture. He will speak on "Breaking the Cycle of Violence." The main objective is to create young leaders and encourage them to make positive change in the community at large.

Through Esquivel, the Institute of Common Good believes that dialogue and trust building can make social change occur in the real world.

Be sure to see Esquivel present at 6:30 p.m. on March 21 in the St. John Francis Regis Chapel. The event is free to the public.

Mustache March

Lauren Hundley PUBLISHER

That's right ladies; it is that time of year again. Brace yourself. It's MUSTACHE MARCH. Whether you like it or not, it has begun and men around campus will be in full effect with their mustaches.

What is Mustache March? Mustache March is a charity in the month of March where money is raised for the Midwest Athletes Against Childhood Cancer Fund by growing facial hair. The first half of March is supposed to be the growing phase where men grow their best facial hair for 15 days.

After those 15 days are up, they shave to just a mustache. The charity sets very specific guidelines: a picture must be taken before shaving and after the final mustache. This also corresponds with

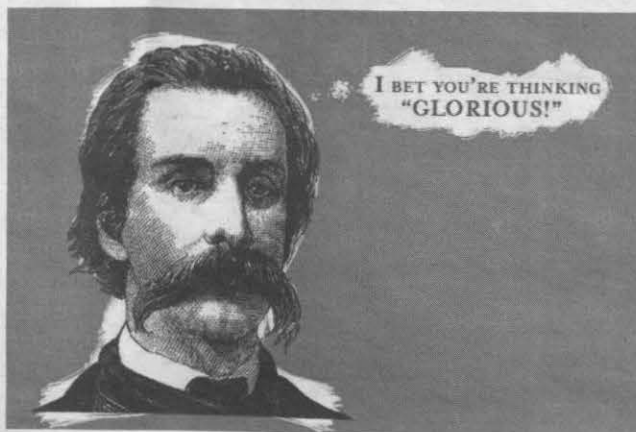


Photo: www.mustachemarch.com

November, which is a similar charity cause for prostate and testicular cancer research in November.

Mustache March is a very famous charity and across the nation many participate. Sports are the biggest advocate for the promotion of this charity. Many of our very own Colorado Avalanche hockey players participated in November and many plan to participate in Mustache March.

We have an exciting month ahead of us. Here's to the wonderful month of mustaches!

Finding a Path to Teaching

Sneha Antony **STAFF WRITER**

Senior neuroscience major Brianna Krueger wasn't sure what career to pursue after graduation, but she was certain of one thing: she did not want to be a teacher.

"My whole life my parents worked as teachers," Krueger said. "I swore to my parents going into college that I would never go into education."

Krueger sifted through numerous careers options, intentionally wading past education.

Her resistance, however, was futile. "I tried to avoid education but education found me," Krueger said, laughing

Krueger was recently accepted by Teach for America to teach high school science in Rio Grande Valley, Texas a month after her graduation this May.

Teach for America, or TFA, is a nonprofit that recruits recent college graduates to teach in low-income communities throughout the United States for at least two years. According to its website, TFA's mission is to eliminate the educational inequity in America.

After years of rejecting education as a career path, it took TFA rejecting Krueger the first time she applied for her to realize just how passionate she was about teaching.

"It was a wakeup call for me. It really made me look at myself and consider what my passion was," she said. "Deciding to reapply really ignited my passion for learning more about TFA and the issues in our country with its education system. When it all came down to it, reapplying was the best thing that could have happened to me. I have never been more

passionate about a career choice."

Krueger is excited about the next chapter in her life, especially because she won't be heading to Texas alone. Her fiancé, 22-year-old Nicholas Stephanus, has also been accepted to teach high school science in Rio Grande Valley.

Stephanus, a senior biochemistry major currently studying abroad in Costa Rica, said deciding to apply to TFA was a no-brainer.

"I always dreamed about teaching and coaching as a kid," he said. "I saw coaches and teachers that stepped up and impacted me as a young man and I wanted to fill that role."

The couple encourages students to apply for Teach for America.

"If you have a strong desire to step out of your comfort zone, guide someone, help them along the way, and assist in the education process, then TFA is definitely something you want to do," Stephanus said.

"You don't have to be a future educator to get involved with TFA," Krueger added. "Students are the future. Young kids are where the real difference is going to be made in our country."

Director of Career Services Richard DelliVeneri assists students applying for Teach for America. DelliVeneri believes organizations like TFA are well-suited to the Regis student body.

"Here at Regis University, we are creating leaders in service of others. That is our mission and working in TFA is certainly an activity that involves leadership and service of others," DelliVeneri said.

DelliVeneri advises students interested in

applying to Teach for America to review TFA's website and learn about its mission. He also encourages applicants to speak with current and past TFA members to get a perspective on what to expect, personally and professionally, from the experience.

Regis alum Gus Maxwell is a current Teach for America member. He teaches 12th grade government and economics at a charter school in Texas. Maxwell, a teacher at IDEA San Benito, is in the last semester of his two-year commitment. Maxwell was a history and politics double major at Regis. Like Krueger and Stephanus, he wanted to pursue a meaningful vocation after graduation.

"There were a lot of jobs I could have applied for but I didn't want to sell insurance or work for the corporate world. I wanted to do something that felt like I was making the world a better place," he said.

Reminiscing about his nearly two years at San Benito, Maxwell confessed that his TFA experience—while rewarding—has seen its fair share of hurdles too.

"If you asked me a year ago, I would have said that this was something that was really hard and had not been incredibly rewarding," he said. "Now that I am closer to finishing the program I would say that it has actually been really rewarding."

Maxwell said teachers find their first year particularly challenging because they lack experience.

"It's working really long hours, knowing that you are not competent at your job, dealing with being walked all over by 17-year-old girls, in my case. It's not a good feeling," he said. "To be pouring your heart into something and feel unappreciated, even disrespected, by the

people you are trying to help."

But as his experience grew, Maxwell began to learn important life lessons.

"It's a great job once you get the hang of it," he said. "It makes you more assertive of a person...It also taught me how to work through difficult experiences and persevere."

Maxwell values the relationships he has built with his colleagues and students. His voice soared with pride as he described his most memorable day yet teaching at IDEA San Benito.

"Our school does an event called 'College Signing Day' where all the kids put on nice clothes and we invite their family, friends and relatives to an auditorium. The students announce the choice of which college they are going to attend. Something like 80 percent of these kids will be the first in their families to go to college," Maxwell said. "That day, my face hurt from smiling. I was so proud of my kids."

Nearing the end of his two years with TFA, Maxwell had this advice for prospective TFA applicants:

"Make sure you are committed to going through the two years, even if it's in a really difficult place."

"It is more important to be respected than liked by your students," Maxwell also instructed. "You have to manage before you can teach."

It's useful advice for Regis couple Stephanus and Krueger, who will head to their teaching jobs in Texas in June—the day after their wedding reception.

St. Baldrick's Athletes

Ashley Karl **ASSOCIATE EDITOR**

Regis University Athletics has begun spreading the word about two of the men's soccer players' endeavors to raise awareness and money for the St. Baldrick's Foundation.

In a social media post regarding the topic, the Regis University Athletics Department stated, "Davey Hewitt and Christian Nicolosi will be participating in St. Baldrick's this year, a fundraiser to assist children diagnosed with cancer, on March 14 at Fado's Irish Pub. For the second year they [will] be sponsoring Justin Miller, who recently passed away on Jan. 21 after a long battle with cancer. They are aiming to raise \$2,000 to surpass the \$1,500 that was raised last year."

The chance to shave one's head in support of children with cancer is the experience of a lifetime—and an inspirational and rewarding one at that.

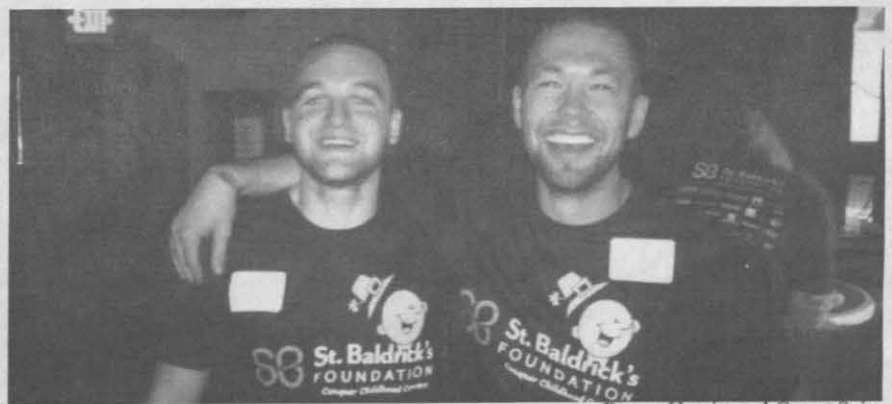
When faced with the question of how this experience has impacted him, Hewitt responded, "It's played a huge part in my life the past year because I was able to form a relationship with Justin, the kid we sponsored, and his family. After his passing a month ago, it put things in perspective for me about life and how short it can be. I now try to go out of my

way to be a positive impact on people, which is something I wish I would've done before."

This is Hewitt's second consecutive year participating in St. Baldrick's, and teammate Nicolosi was eager to join him in support of the cause and to ultimately surpass last year's donations.

Nicolosi had a similar outlook on the matter as he faced questions concerning his upcoming participation in St. Baldrick's and why he decided to go through with the head-shaving event. "I have no anxieties. I always wanted to help fight cancer and that's why I donated my hair last October; now I plan on doing this every year to do what I can to help!"

The intense and genuine care for the community of children diagnosed with cancer is overwhelming and contagious; so please remember, it is not too late to donate. You can go online to <https://www.stbaldricks.org/donate/participant/668377/2014> or <https://www.stbaldricks.org/donate/participant/668607/2014> by March 14 in order to support Davey Hewitt and Christian Nicolosi in their endeavors to conquer cancer.



Davey Hewitt and Garret Seitz

South of the Border Grilled Cheese

Ingredients:

- 1/2 Cup of Shredded Mexican Cheese
- 2 Pieces of Sliced Bread
- 2-3 Tablespoons of Black Beans
- 2-3 Tablespoons of Corn
- 1/2 Cup of Salsa
- Dollop of Sour Cream



Butter bread on both sides and place in a flat pan. Cook bread on high until slightly browned. Once browned, turn stove down to a lower temperature and place cheese on both pieces. When cheese begins to melt, place beans and corn on each piece and cover with additional cheese. Once the newly added cheese is slightly melted, stack together to make a sandwich. Keep stove at a medium or low setting until cheese is completely melted. Serve with salsa and sour cream. Enjoy!

A Selkie Bride

Sofi Torres STAFF WRITER

My Nan's grandfather emigrated straight off the boat from Ireland. He immigrated to New Zealand with only an old tattered case for his clothes, but a memory full of Irish tales that he passed on to his children, which were then passed on to my siblings and myself.

My favorite Celtic folktales my Nan told were ones of the selkies. Selkies were magical seals that could beach, take off their skins and take on human form. They were prominently seen in the Isles between Scotland and Ireland, so both cultures have their own tales of these mystical creatures. When selkies were in human form, they were the most beautiful people the Isles had ever seen. However, it was very rare to see a selkie without its coat and it was even rarer to catch one. To catch one, you had to steal its coat when it wasn't looking and hide it somewhere it couldn't be found. This stopped the selkie from changing back into its original form

and from going back into the water.

My Nan told the tale of a selkie bride. As the story went, a fisherman was walking along the beach when he heard the laughter and playing of people along the shore. As he came closer he saw their naked bodies and pelts along the sand and realized he was not looking at ordinary beach goers, but selkies. Now, it was very rare to see one selkie, let alone a group of them. The fisherman hid behind a rock and watched as one seal came up from the water and took off her coat near his hiding place. The woman that emerged from the coat was the most beautiful woman he had ever seen in his life and he instantly fell in love. She had long dark hair, a color he had never seen before, olive colored skin and eyes as blue as the ocean. While she went to play with the other selkies, he popped out from behind his hiding place and took up her pelt.

When it was time to go back to the ocean, all the selkies gathered up their coats

and one by one went back to the sea until only one was left. The only selkie who didn't go back with the others was the dark haired woman who could not find her seal skin. As she was looking, the fisherman came out slowly from his hiding spot holding her skin. She begged him to give back her coat so she could go back to the sea where she belonged. The fisherman, however, was so enchanted by her beauty that he could not bring himself to do it, even though he was an honest and kindhearted man. He promised that if she came back with him to be his wife he would provide for her, giving her the best life on land she could have. To this she replied that he did not give her much choice in the matter. This gave her chills down her spine and made her very sad, so sad she could not speak. Just the thought of never being in the ocean again almost drove her mad, but she had no choice. She reluctantly went back with the fisherman who kept the pelt with him always, scared that one day she would find it and go back where she came from.

As years passed, the two were wed and they had a few dark haired children. The children could never quite figure out why their mother was always staring towards the ocean, or sitting on the beach with a distant look on her face.

After some time, the fisherman, who was now convinced his wife would not go back to the ocean because she had a life and family on land, buried her coat in a locked box under the garden. One day, when the fisherman was at work, her son was playing in the garden, digging around as little boys do and found the box. He brought the box to his mother who, with tears in her eyes, broke off the lock and found her coat. She kissed her son on the head, told him to tell the rest of the family that she loved them and headed for the ocean. When the boy called out and asked why she was leaving she stopped and responded, "Because my love, I was born in the sea and that is where I am meant to be."

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