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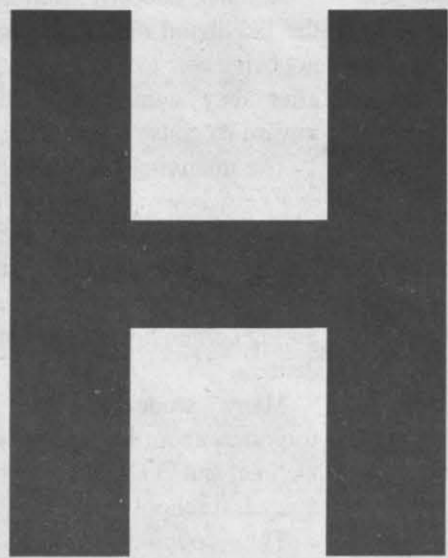
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Regis University's



Highlander

Volume 98, Issue 1

October 2014

Paid Parking

Will permits and a new parking garage ease parking woes? Pg. 2

Regis Under Federal Investigation

Office for Civil Rights investigating university for potential Title IX violations. Pg. 3

Know Your Faculty

Physics professor returns from Europe with new classroom ideology. Pg. 5



Students To Pay For Parking

David Macias ASSOCIATE EDITOR

Students will have to pay to park on campus starting next year.

Vice President for Administration Karen Webber said students will have the choice of purchasing daily parking passes, semester passes and annual passes.

Webber said the annual parking permit will cost students \$400 and the daily permits will be \$5. The price for semesterly parking permits has not yet been set.

Students who own vehicles and live on campus will see their room and board fee go up by \$400, Webber said. Commuter students will have to decide between the daily pass, semester pass and annual pass.

This initiative comes straight from the top. Fr. John P. Fitzgibbons, S.J. mandated the parking fee for students, staff and faculty.

"The president has said that he wants the users of the lots to pay just like at most universities," Webber said.

Revenue from the parking permits will go toward the maintenance of parking lots. The fee will involve repaving, repainting and rehabilitation, such as: crack sealing, filling potholes and seal coating. Maintenance of the

parking lots presently comes out of a student's tuition.

Money acquired from this presidentially mandated plan will also be used to build a parking garage over the already existent Lot 5 adjacent to the R.V.'s.

Webber said the design and plans for the garage already exists. Regis just didn't have the money to fund the 4 million dollar project.

The administration plans to acquire a bond to build the parking garage. They will then use the money obtained from students, faculty and staff through parking fees to cover that bond.

"I really think that sucks," freshman

commuter student Shanaj Grewal said. "I don't plan to use the parking lots but rather park in the streets once they start charging. It's not even guaranteed parking if I pay for the parking permit."

Grewal's sentiments are not shared by all.

"There is definitely justification for charging for parking. There just might not be enough parking on campus. If you need funds to build more parking in the future, one way to generate that revenue is by charging for parking," physics professor Frederick Gray said.

Gray said he does have a concern for students who are simply unable to pay for the fee.

Another concern from students is the likelihood of the graduating class not being able to use the parking garage after they contribute their finances toward its construction.

The unanimous agreement from all at Regis, however, is that the issue of parking is a notable problem around campus. Not enough parking and parking limitations for certain lots during certain hours have caused much distress.

Many students have also not forgotten about the spots right behind DeSmet and O'Connell that were taken away last school year.

The community that surrounds Regis has also felt the repercussions this issue has caused. Residents in the area surrounding Regis are losing parking to students and faculty who are forced to their streets because of the parking shortage.

This might become an even bigger problem next year when more people begin to flock to the surrounding community in order to avoid having to pay for parking.

Parking has always been a rather hot topic here at Regis, albeit in a frustrating way. Nevertheless, you can count on there being paid parking here on campus come fall 2015.



Lot 2 parking lot - Photo: Kaitlyn Strutt

Class of 2018 Aims to Make An Impact

Sneha Antony EDITOR-IN-CHIEF

Regis opened its doors to 487 freshmen earlier this semester. Director of Admissions Susan Engel said the common thread that drew this incoming class to Regis is their desire to make a difference.

"Students were really attracted to the idea of coming to a university that can help prepare them to be problem solvers in today's society," Engel said. "That they will come here to learn but they also come here to contribute."

The makeup of the Class of 2018 is not dramatically different from previous years, Engel said.

The Class of 2018 contains a higher

percentage of female students to male students. This, she said, is typical of most liberal arts schools.

Like previous years, there are also more students attending Regis from out-of-state than locally. According to data provided by Brenda Beebee, a business analyst from the Office of Academic Affairs, 53 percent are from outside Colorado.

In an email, Beebee said 33 states are represented in this year's incoming class, most from California.

"Colorado is an attractive place for West Coast residents," Engel said.

Engel said one of the Admissions office's goals this year is to attract local

students.

The office also plans to reduce the university's acceptance rate in upcoming years, as applications to Regis increase. Regis presently has a 77 percent acceptance rate. Engel said this high percentage rate is an "intentional" move on the university's part.

"We tend to be a university that looks at reasons why we want to admit a student versus why we want to close the door to them," she said. "Unless there's a really red flag reason why they shouldn't be admitted, they have a place here."

The Admissions office saw a large increase in the number of students who

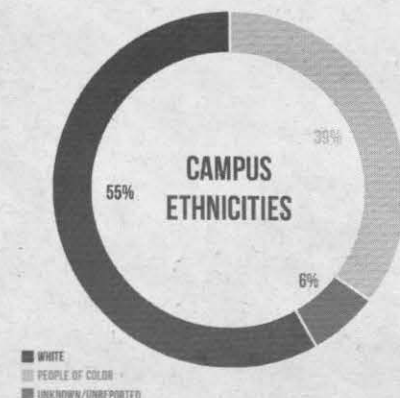
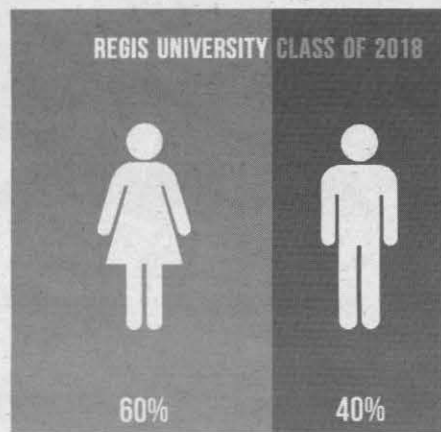
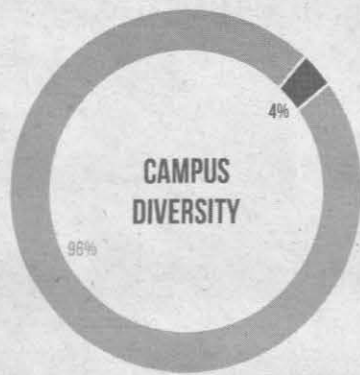
chose to attend Regis.

"Our deposited student rate increased by 25.2 percent," Engel said. "This is significant."

And although the university has experienced an application decline over the past five years, Engel said Regis saw an application increase of 1.3 percent this semester.

Engel said the increase could be attributed to the overhaul of the office's entire marketing campaign, which included redesigned campus visits and new recruitment print and online communication.

"I hope the freshman students are having a great time," Engel said.



COUNTRIES REPORTED AS COUNTRY OF CITIZENSHIP:

- BERMUDA
- BRAZIL
- CANADA
- DOMINICAN REPUBLIC
- ERITREA
- FINLAND
- GERMANY
- MEXICO
- NORWAY
- PHILIPPINES
- REPUBLIC OF KOREA
- UNITED KINGDOM
- VIETNAM

Graphics: Sneha Antony

University Under Review For Handling of Sexual Assault Case

Sneha Antony EDITOR-IN-CHIEF

The university is under investigation for possible Title IX violations for its handling of a sexual violence complaint.

The Office for Civil Rights (OCR) is looking at a case that occurred in 2011, Title IX Coordinator Lorna Dwyer said.

"It was a case that was investigated and one of the parties didn't like the outcome of the university investigation," Dwyer said.

The OCR, a sub-agency of the U.S. Department of Education, began its inquiry on April 30, 2013, according to The Huffington Post.

In an unprecedented move, the OCR released names of universities under investigation for its handling of sexual assault cases.

The initial list, released in May, mentioned 55 universities.

According to a Sep. 16 Washington Post article, the list has since increased to 77 universities.

Three other Colorado universities also appeared on OCR's list.

"Unfortunately there were a lot of universities from Colorado," said Mary Stall, from the Office of Counseling and Personal Development. "States that have many more colleges don't have that many on the list."

Title IX indicates that schools receiving federal funding have to comply with gender-based nondiscrimination, Dwyer said.

Unlike a common misconception, Title IX does not simply cover athletics.

Areas under Title IX include: sexual violence, education for pregnant and parenting students, employment, amongst other things.

Senior psychology and peace and justice double major Seyanna Hitt said she was disappointed by the news of Regis' appearance on OCR's list.

"It was slightly bittersweet because it was like a wake up call," Hitt added. "It was a call to action. We need to do more than what has been done so far."

Hitt is an active campaigner against sexual assault on campus. She spearheaded "Project Denim" week in April, which included events organized to raise awareness about sexual violence.

Stall, who has collaborated with Hitt on campus initiatives against sexual assault, agreed.

"It has called attention to the problem on this campus and all campuses. We have become, in some ways, complacent for a long time of the data," Stall said.

The data, Stall mentions, refers to a report published by the White House Task Force to Protect Students from Sexual Assault that found that one in five women are sexually assaulted in college.

"A lower but still present number of college-aged men will be assaulted in college," Stall added. "That's pretty devastating fact to just not address."

According to a report by NPR, forcible rapes reported at four-year colleges were up 49 percent between 2008 and 2012.

Senior biology major Phil Ord

shared Hitt's sentiments.

"I didn't want to believe it," Ord said. "It was definitely a black eye for the school. It's shameful."

Hitt was critical of what she feels is the school's inaction to act sooner when it comes to the issue of sexual violence.

"I feel our school is afraid to become modern," she said. "We will deal with every other issue, like whatever is going on in the Middle East or Africa or Russia. We will pay attention to every other modern issue but when it comes to anything revolving sex all of a sudden we are back in the stone ages."

Students like Hitt and Ord believe the school needs to increase awareness of Title IX and options available to students.

Dwyer said that has been her goal

since being hired as Regis' Title IX coordinator last year.

"Victims have a great resource network and they need to know they can access these resources," she said. "That is why we are aggressively trying to put out our policy to teach everyone, and let them know it's available."

Dwyer said the school has revamped its Title IX policy. It is now 29 pages long and available online.

The Title IX website has also been updated and programming has been organized to educate students on sexual violence.

As yet, Regis has not been found in violation of federal law.

The OCR can suspend federal funding if it is determined that Regis was not compliant with Title IX — something that has never been done in OCR's history.



Photo: Google

Regis Hires Violence Prevention Program Coordinator

Sneha Antony EDITOR-IN-CHIEF

Dressed in a Bayside t-shirt while singing along to what she terms "mom-music," Andrea Thyrring can be easily mistaken for a student.

But the sign by her office door that reads "Violence Prevention Program Coordinator" gives her away.

The university hired Thyrring, over the summer, in an effort to better address violence on campus.

"My position was created so that I can be an advocate for students," Thyrring said. "I can provide the programming that students want and need. That is what I am most excited to do."

Thyrring fills a position currently in high demand at universities across the nation due to extensive legislation by the government regarding campus safety such as the Campus SaVE Act and Dear Colleague Letters.

The timing of Thyrring's hire may seem prevalent.

In May, the Office for Civil Rights (OCR), in an unprecedented move, released the names of universities being investigated for potential federal violations in the handling of sexual violence complaints.

The list consisted of 55 schools. Regis was on that list.

According to a Sep. 16 Washington Post article, the list has since increased



Andrea Thyrring. Photo: Kaitlyn Strutt to 77 universities.

Three other Colorado universities were also mentioned: University of Colorado Boulder, University of Colorado Denver and University of Denver.

"Regis is being investigated by the OCR because of an incident that took place in 2011," Title IX coordinator Lorna Dwyer said.

Thyrring's hire may seem like a face-saving reaction on the administration's part. She clarifies that it isn't.

"It's not to say 'Here, we check it off

the list.' That's no school's intention, especially not Regis," Thyrring said. "To have that be something we are paying lip service to."

With changes made frequently to Title IX policies, Thyrring said she was simply brought in to help students, faculty and staff make sense of everything.

"We are all trying to move forward from this (OCR's list) and find a way to accommodate all the changes that are being made," she said. "And to do that in a way that is most supportive and respectful to students."

In the months following the report, Regis has made noticeably increased efforts in Title IX education.

Regis' Student Government Association (RUSGA) held a forum discussing sexual assault and RU Empowered hosts events examining microaggressions experienced on campus.

Thyrring has begun hosting "The Coffeshop Series" at Walker's Pub, educating students through open discussions on sexual violence.

Undergraduates were also required to take an online Title IX course called "Not Anymore."

"I want to make sure we are providing quality programs and support services," Thyrring said.

"Even for students that don't come in contact with my role, but will receive

some sort of education through the programs I put on so that they can be informed and educated young adults," she added.

A Master's degree in Higher Education with a focus on College Student Development from the University of Denver as well as her work experience at the Boys and Girls Club has prepared Thyrring for the new position she holds.

She said an experience during her time as a resident assistant at her undergraduate university directed her onto her current career path.

"I had a student come to me and disclose that they were being sexually harassed by a fellow student on campus. That was the first time I had the realization that that's not okay," Thyrring said. "The fact that this student felt unsafe in their home away from home. It still sits with me."

"Everyone should have equal and adequate opportunities to succeed," she added. "And when that gets taken away in such a violating way as sexual assault, that stays with a person their entire life. If we don't support students now then we are doing them a disservice for the rest of their lives."

Thyrring can be found on the second floor of the Student Center in Room 219 B. She said her door is always open and students can feel free to drop by anytime.

Regis Opens Region's First Computer and Information Science College

David Macias ASSOCIATE EDITOR

Regis University has added a new college amongst its ranks: The College of Computer and Information Science.

This new college debuted on September 16 in the David M. Clarke Hall atrium.

According to Denver Business Journal, it is the first fully dedicated college to computer and information science in all of Colorado.

Regis' President Father Fitzgibbons delivered the inauguration speech. Fr. Fitzgibbons said he was both proud and pleased of the addition of the college.

"I am proud of how we educate and train our students for the job market," Fr. Fitzgibbons said. "But more importantly for doing things for the Common Good."

Monica Coughlin, Donald Archer and Christopher Garcia were speakers at the inauguration ceremony. Their speeches shared Fr. Fitzgibbons' sentiments. The three speakers said they appreciated Regis' initiative in the growth of its students.

The new college consists of parts of other colleges at Regis. Regis College's Computer Science department, the

School of Computer Science from CPS and the Health Information and Informatics Programs from RHCHP were ushered through Regis' new strategic plan called *Regis Rising* to form the College of Computer and Information Science.

According to the Denver Business Journal, 1,950 students are currently enrolled in computer science-related fields at Regis.

The College of Computer and Information Science will provide classes for technical skills and teach the impact of technology, the Denver Business Journal added.

The new college was initiated in response to the growing information technology (IT) job market. Coughlin said that by 2018, 1.2 million jobs will be in some form of IT. However, only one-third of that number will actually be filled.

Regis has added this new college to minimize that gap as much as possible, she said.

Another new college, the College of Business, will make its debut next fall.

Both colleges were highly anticipated and with the inauguration of one, we are one step closer to the initiation of the other.



Photo: Kaitlyn Strutt

Commuter Students Feel Disconnected from Campus Community

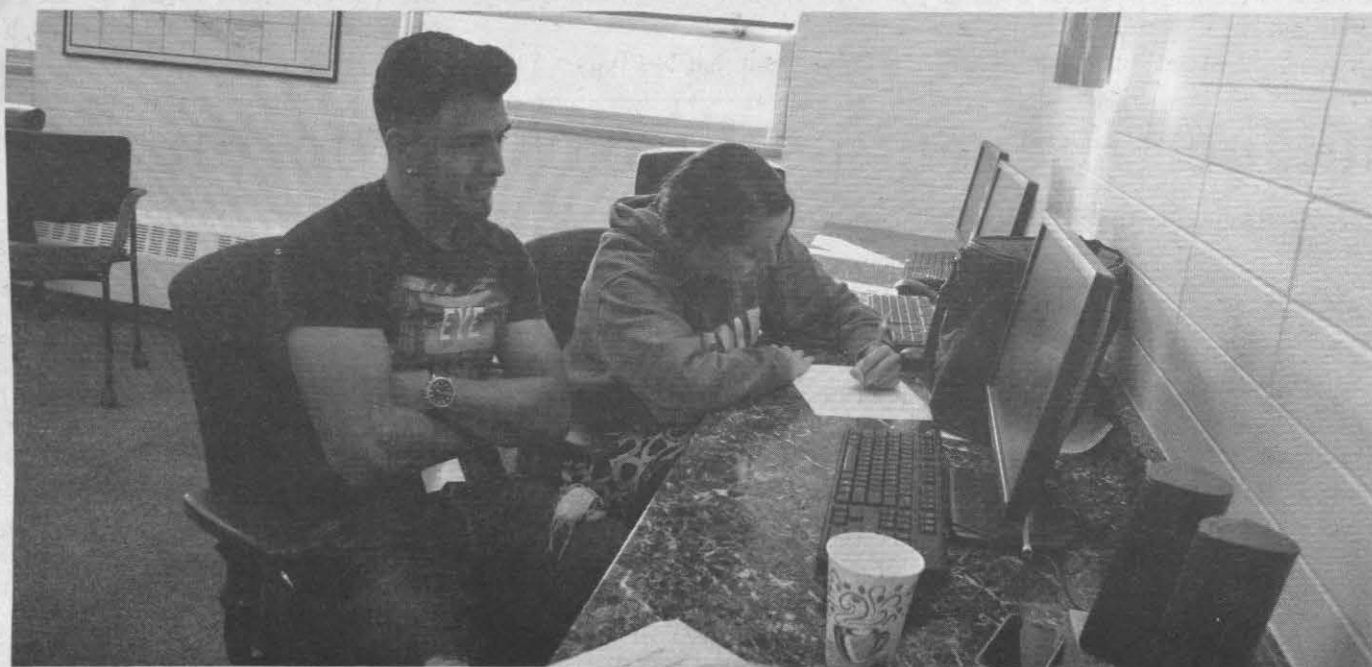


Photo: Kaitlyn Strutt

Elizabeth Gendill STAFF WRITER

We are now at the half-point of the semester, and for some students homesickness has set in.

Yet to some commuter students their peers' homesickness is a foreign concept.

Students living at home go through a much different experience: being sick of home rather than being homesick.

"Sometimes you just want to get away from your family," commuter student Danielle Brue said. "It's not that you don't want to be around them, just that you want to see what it would be like to live away from them. They can drive you crazy sometimes."

Sophomore commuter student Coraima Aguilar agrees.

"I wish I could live on my own," Aguilar said.

However, Aguilar pointed out the many perks of living at home.

"I have a part-time job, so it would be hard to live on my own and pay for everything," she said. "It would be rough."

While being a commuter student has its perks, like not having to pay for room and board, the benefits don't always make up for the struggles.

Commuter students say they feel disconnected from campus life because they are unable to participate in events at Regis.

"Most of the events are geared towards people who live on campus, and they are later in the day," Aguilar said.

This makes it hard for commuter students to attend such events because they usually schedule their classes in the morning.

They are, therefore, faced with a decision: they can either stay on campus later than usual to attend the event, leave and return for it, or they can just not attend the event.

Depending on how far a student lives from campus, driving back and forth for events may not be an attractive option.

This results in many commuter students simply skipping out on campus events.

"It's hard to go to events," Brue said.

This leads to commuter students like Brue and Aguilar feeling a bit left out from their community.

Tips To Overcome Homesickness

Emily Barad STAFF WRITER

Bring Items From Home: While buying new things for your dorm room is appealing, having items that you are already familiar with will help your new space feel like home.

Take Advantage of Technology: It is much easier to keep in contact with loved ones today than it was years ago because of technology like Whatsapp and Skype. Next time you're feeling homesick, try calling or Facetimeing your parents or friends back home.

Pick Up A New Hobby: Exploring a new activity will help you make friends and appreciate where you live right now.

Socialize: Believe it or not, everyone around you is experiencing something similar. College is a new experience for everyone so talk about where you're from because it will help others get to know you better. It is also nice to find someone from your hometown.

Invest In New Relationships: Focusing on your new relationships will help you feel more comfortable here. College gives you a new set of friends as well as new freedoms; don't be that person who won't go out because they are Skyping friends from home—You will miss out on the college experience.

Keep Busy: Don't be so busy that you get overwhelmed but stay busy enough that when it's time to go to bed you are too exhausted to be homesick.

Professor Brings Home Lessons Learned in Switzerland



Photo Courtesy: Dr. Frederick Gray

Steven Lorenzen STAFF WRITER

Tucked away on the bottom floor of the Felix Pomponio Family Science Center is a set of double doors. A small window reveals a labyrinth of wires, aluminum tubes and computers centering around a single 4 by 8 table.

Among many of these accessories is one other almost-permanent resident.

This is Frederick Gray, associate professor and chair of the physics department.

Gray is entering his eighth year at Regis. Yet, to many second-year students enrolled in his class, Gray appears to be a fresh face on campus.

This is because he spent the past year conducting research at the Paul Scherrer Institute in Switzerland.

Gray's research abroad had spilled over to his teaching. In an email sent

to students in August, Gray announced plans for a new class structure. This included more emphasis on activity-based learning.

Gray encouraged students to look beyond formulas and "think like physicists."

He said it was an idea hatched in Switzerland while he was, well, "thinking like a physicist."

A smile quickly illuminated Gray's face as he recalled the research he conducted abroad.

Gray said he conducted experiments to measure the rate at which electron-like particles called "muons" are captured by deuterium, a heavy form of hydrogen gas.

"The goal of these tests is to study the proton-proton fusion that fuels stars," Gray said.

Gray clarified that the experiment was not a cliché, movie-like trial, with

an "ah-ha!" moment at the end of the very first attempt. Rather, it was a test that required billions of runs. The myriad of trials helped him produce a trend by which to assess the data.

"Physics is a study of patience more than anything," Gray said.

Gray went on to explain challenges the team faced.

"(There was) a contamination of the deuterium with nitrogen. Only about 0.000002 percent, but that's enough to add a lot of error to the measurement," he said.

When asked why anyone would spend such a significant amount of time, energy, and money on these endeavors, Gray said, "I like the instrumentation and the challenge of building sensitive instruments."

"The scientific community sees the continual value of pushing the curiosity of man," he added.

Six Regis students have traveled to Switzerland with Gray in the past few years; several students are eligible to be co-authors in his research.

The cramped Modern Physics laboratory, nestled behind those double doors, houses experiments that directly relate to Gray's research. So, in a way, a piece of the largest research institute in Switzerland is available for the expansion of our own minds right here at Regis. From Gray's research, it is evident that Regis is a small school that can produce large ideas. Behind this conversion is a well-connected network of inspired professors and eager students.

Gray examined the fundamentally smallest interactions between particles to better understand its massively large reactions in stars—a concept that is equally applicable to students here at Regis.

The NFL's Dark Epidemic

Tanner Stuhr ASSOCIATE EDITOR

The National Football League (NFL) season is underway and while the nation is excited that its most popular sport is back, a dark cloud covers each snap.

Former Ravens running back Ray Rice was recently suspended after a video surfaced showing him punching, and knocking out his then-fiancée Janay Palmer.

Carolina Panthers defensive end Greg Hardy was convicted of domestic abuse.

According to reports, Hardy's girlfriend was begging to be killed so her suffering would end.

"As a woman, I am particularly not okay with violence against women," junior neuroscience major Allison Karpala said.

"It does not matter if you're a professional athlete or a common person. It should not be tolerated and is unacceptable," she added.

Karpala is not the only woman watching the NFL. According to ESPN, women make up fifty percent of

the NFL's fan base.

These controversial incidents have caused a public outcry with many being critical over the NFL's handling of these cases.

Rice was originally only suspended for two games until a second video surfaced, showing him knocking Palmer out and dragging her out of an elevator.

This was after Rice had already pleaded guilty to domestic assault.

Similarly, the Panthers were going to allow Hardy to play against Lions on Sept. 14, even though the charges against him stemmed from an incident that occurred in May.

Rice has been suspended for the rest of the year and Hardy has been suspended indefinitely.

Junior biology major Richard Tafoya took issue with such hypocrisy.

"I just don't think it is fair because if a guy attacked him (Rice) like that and he knocked out a guy, he wouldn't be suspended for a whole year or life," Tafoya said.

"If he was going to be punished that severely he should have been punished

right away, (instead of) waiting until after the video came out," he added.

The size and stature of NFL players make them overpowering compared to the average man and woman.

Therefore, any damage they do could result in serious harm.

Tafoya said he doesn't think that should be a factor in the punishment process.

"Just because NFL players are so much physically stronger isn't fair because you're saying if a skinny guy

hit him that is not as bad as a huge guy hitting him. I think that is just as bad," Tafoya said.

Domestic violence has since become a major topic of discussion in the NFL but it doesn't seem that it will stop people from watching the games.

What's worrying, according to viewers like Karpala, is the celebrity status some NFL players hold.

"They are role models to kids that follow them through season to season," Karpala said.

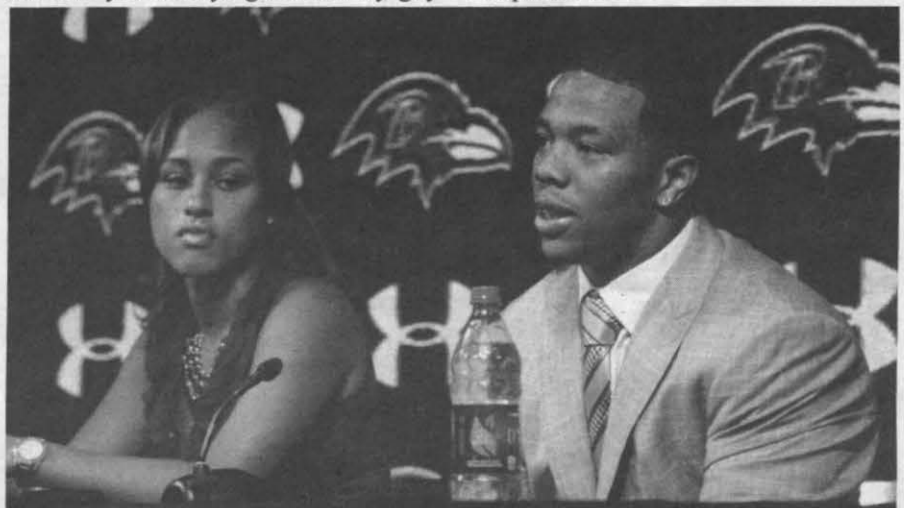


Photo: New York Daily News

What College Rankings Say About Higher Education in America



Photo Courtesy: Google

Jay Belmonarch STAFF WRITER

US News and World Report publishes a list of "America's Best Colleges" every year to assist incoming students and their parents when selecting a university of best value.

The weightage placed on prestige and selectivity in its algorithm, however, can distort rankings.

Over the years the list has become the Michelin book of colleges, creating fierce competition between administrations of every school vying for renown.

The notion of 'best' used here is focused on the students colleges admit and not what is actually taught at the universities.

After academic reputation, which is calculated by surveying a university's faculty, the most important values are admissions selectivity (the percentage of applicants accepted and their SAT test scores), and the financial resources of a school.

Each measure is calculated from a specific percentage value, for example: student selectivity is 12.5 percent, financial resources is 10 percent and alumni giving rate is 5 percent. The weight of each measure determines the overall score, which each school is then ranked by.

Therefore, one surefire way for a school to earn a higher ranking is to raise their SAT benchmarks and admit fewer students every year.

Another option: Raise tuition.

The University of Richmond, for example, lowered its admission rate from 48 to 31 over the last decade and raised tuition by 31 percent in just two years. It has moved to #30 from an unranked position.

Since 2000, George Washington University has lowered its admission rates from 49 to 33 percent and raised its tuition rates steeply every year. From being unranked 14 years ago, they have climbed to #54 in a list of 1,400 schools.

Then in 2011, the school was suddenly dropped from the list altogether after it was revealed that the administration had misreported their numbers, inflating the percentage of admitted students who graduated top

of their high school class.

Emory University and Claremont McKenna College were found guilty of the same crime.

These infractions did not keep these schools off the list for long, and all three currently hold ranked positions.

Stephen Trachtenburg, president of George Washington University from 1988 to 2007, boosted the school's endowment from \$250 million to \$1 billion. The admission rate was also dropped gradually from 75 to 37 percent.

Students feel they are funding a tuition arms race; one that ...pushes an entire nation of young people into debt.

When Trachtenburg took office, a student paid \$25,000 (accounting for inflation). That figure rose to \$51,000 when he retired. The average student graduated \$28,000 in debt.

With colleges operating in a market where the price of a good increases with demand, some students feel they are funding a tuition arms race; one that produces a few computer labs and dorms and pushes an entire nation of young people into debt.

With a tuition sticker price of \$32,460 and an acceptance rate of 77 percent, Regis ranks #29 on the regional list of western universities. But Regis is unranked nationally.

US News and World Report added new measures, over the last two years, to generate a fairer assessment of rankings.

The new measures, such as Graduation Rate Performance, place a higher weight on the quality of education received rather than factors like admissions selectivity and financial resources.

Yet there is also a measurable increase in the rates at which American schools have been discovered to have competed in ways that unfairly misrepresent their value.

Regis Promotes Healthy Living to Nearby Residents

David Macias ASSOCIATE EDITOR

Cultivate Health is a new project stemming from Regis University's *Regis Rising* initiative. Its slogan says it all: "Enhancing Wellness Where We Live, Work and Learn."

According to Regis' website, Cultivate Health is a healthy-living cooperative project on a 17.5 acre site in northwest Denver.

It aims to promote healthy living—a common concern for the community that resides less than two blocks from campus on 52nd and Federal Boulevard.

Regis was awarded a one-million dollar grant from the Colorado Health Foundation to start the project. Regis, Urban Ventures and Perry Rose formed a partnership with adjacent neighborhood residents to create infrastructure and programming to provide healthy living options for residents.

The project consists of an urban garden and a self-sustaining community of houses. A clinic will also be incorporated and will be

run by faculty members from the Rueckert-Hartman College for Health Professions. This will help provide for the nearly 40 percent of residents below the federal poverty level. The clinic will include a fitness center, a learning-teaching kitchen and will be staffed with paraprofessionals such as nurses, mental health counselors and pharmacists.

The project will also provide cooking classes and gardening education. Damien Thompson, Ph.D. from Regis will develop a curriculum for a certificate in permaculture: community unity and self-sufficiency.

Cultivate Health also plans to improve the infrastructure of the community. Sidewalks and crosswalk installations on and around Federal are almost non-existent. Cultivate Health hopes to change this by providing better sidewalks and signage, making the community safer. This will extend to Zuni park and will include an adult fitness center and a community garden.

The aim of the project is to educate people with information they can implement anywhere they go.

Cozy New Coffee Spot Opens Near Regis

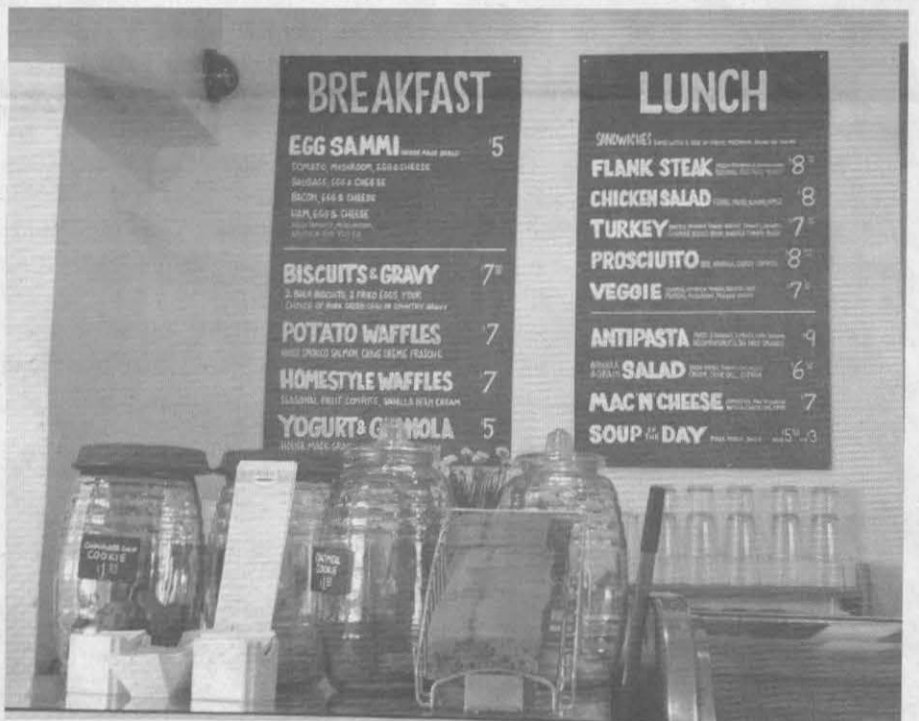


Photo: Emily Barad

Emily Barad STAFF WRITER

There is a new restaurant a stone's throw away from campus.

The Noshery opened its door to Regis and the surrounding community on June 21.

A "noshery" is a place where food is served in a more informal setting than at restaurants.

Owner Andrea Knight said this is just what she wants her café to be.

The bright teal walls, fresh sunflowers on every table and free Wi-Fi makes The Noshery an ideal place for studying or hanging out with friends.

According to Denver Eater, Knight planned on being a ski racer but a bad injury led her onto her cooking path.

Knight, who grew up in Denver, said she spent the last two years searching for a space to open her café.

She finally found the location she was looking for at 4994 Lowell Boulevard.

The café offers customers breakfast and lunch items as well as several pastry options like brownies and cupcakes.

Knight said the most popular meals are the Egg Sammi's, the Turkey Sandwich and the Prosciutto Sandwich.

An appealing part of Knight's menu is that all the ingredients are from local farms, including Knight's own backyard.

This complements the "Eat Local" campaign happening at Regis' cafeterias. A lot of the menu is seasonal for this reason.

Knight said Regis students and faculty will be crucial to the success of the business.

Regis has already been helpful since the café's opening, she said.

Macaroni Necklaces and Lasting Friendships: A Summer Camp Experience

Sofi Torres **SOCIAL MEDIA EDITOR**

You are about to have...The best summer of your entire life!

I heard that phrase from Michael McGinnis or "The Pappy" as he's called. And it's true.

For the last two summers, I have worked at YMCA Camp Flaming Arrow, or CFA, a summer camp in Texas that was established in 1927.

Pappy's phrase would be yelled and sung to us nearly every day of the weeklong staff training. Why would someone called "Pappy" repeat this so often? If we believed it, the kids would too.

The job of being a camp counselor is, literally, being paid to be a child. You swim in the river, do arts and crafts, play numerous games of tag, shoot bow and arrows, ride horses, make loads of friends, and sing heaps of songs.

That might sound like fun to most. So why don't many people do it? Underneath the layers of fun activities, themed-camp dances and macaroni art is one of the most stressful and emotionally taxing jobs a young adult can have.

Every week you are paired with another counselor, or "co-co," and assigned a cabin to manage filled with



Photo: Sofi Torres

children aged eight to 15.

A typical cabin is anywhere from five to 12 campers. A camper can be any shape, size and ethnicity. They may speak another language, be mentally handicapped, or be known as a "problem child".

Almost immediately you have to figure out how your co-co runs things, how you run things, and the personalities that exist within your cabin. Oh, and you are expected to know all the kids' names within an hour of their arrival.

As a camp counselor, you teach your kids how to behave. You tell them the rules of the cabin, pool and

water areas.

You investigate if anyone has lice, make a note of who can't swim, find out if there are any bed-wetters (you move them to bottom bunks by the bathroom immediately), note down who has medications to take, and any who may have problems at home.

There are some things you learn quickly; the outgoing ones, for instance, will start bombarding you with questions as soon as they walk through the door. The spoiled kids will have their parents make their beds for them and start disobeying you as soon as their parents leave. The shy kids will pick the beds farthest away from

anyone and will pop out only when addressed.

Some things are evident immediately, others not so much. I had a girl whose grandparent had died less than 24 hours of her being at camp. Another child, we learned by the end of the week, was partially deaf.

Camp also involves a lot of flexibility like putting on an impromptu talent show during a thunderstorm.

Faking it until you make it is one of the unspoken rules among camp counselors. If this means spiking your water bottle with Red Bull, you do it. Telling your kids you will get sick if they don't sleep during Siesta (naptime after lunch) is another great one.

You have to make it the best week of their lives. You remind yourself that you are there for the children, not for yourself.

That is why people are camp counselors: to pass along the knowledge and fun they experienced as a child, to change lives and to make a difference.

Seeing a camper you taught to swim pass their swimming test, having your entire cabin celebrate when they win cabin clean-up and having campers send you notes thanking you for being not just a counselor but a friend are the moments that make the experience worth it.

The job itself doesn't pay much, but

Fed Up Serves Helping Of Truth

Kendra Tyboroski **ASSOCIATE EDITOR**

Could the sugar industry be the new tobacco industry? According to the 2014 documentary Fed Up, the answer is a resounding yes.

The film focuses on the rapid increase in obesity amongst Americans, particularly in youth. The movie states that 95 percent of all Americans will be overweight or obese within the next two decades—a staggering statistic. And when 2050 hits, 1 in every 3 Americans may have diabetes.

What's changed? Fed Up depicts how sugar and corn syrup intake in the country has increased nearly 20 times in the past century. All but 20 percent of the 600,000 food items within American grocery stores contain added sugar.

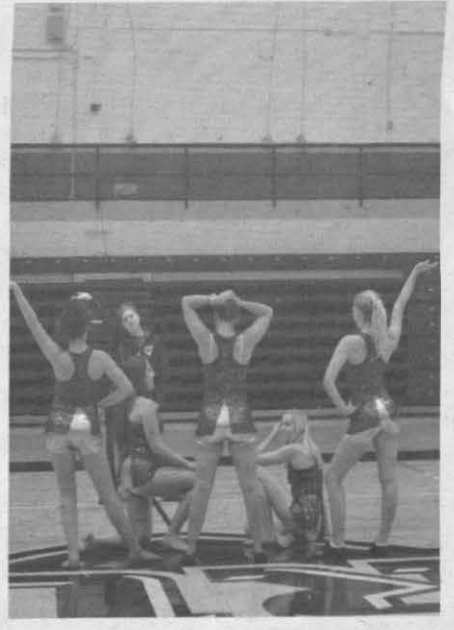
The film, which was released on DVD on Sep. 9, also explains how the epidemic can be managed by consuming healthier diets.

While this is nothing more than common sense, it is something some people find surprisingly difficult to achieve.

A balanced meal should contain half a plate of veggies and fruits, a quarter plate of grains and a quarter plate of power proteins.

Perhaps even more important, and easier to achieve consistently, is to skip sugary drinks such as fruit juices and sodas.

Cheer and Dance Unite for Ranger Spirit



Regis Spirit Squad practice at Field House on Thursday, Oct. 2 for upcoming athletic event performances.

Photos: Kaitlyn Strutt

Questions, comments and story ideas can be sent to highlander@regis.edu. Highlander is a student-run publication and we are always happy to consider student, staff and faculty contributions.

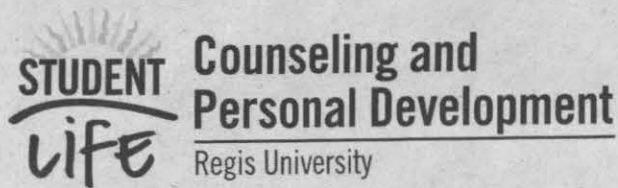
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Cover Image: Kaitlyn Strutt



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National Coming Out Day is October 11, 2014! The Office of Counseling and Personal Development supports Regis University's Jesuit, Catholic Mission and the principles of human dignity, which supports those who are marginalized because of their sexual orientation and/or gender identity, as well as their allies. We desire a safe and inclusive campus environment for all members of the Regis community that promotes respect, compassion and sensitivity toward all. Below is a list of faculty, staff, and students who support LGBTQ students and this mission.

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