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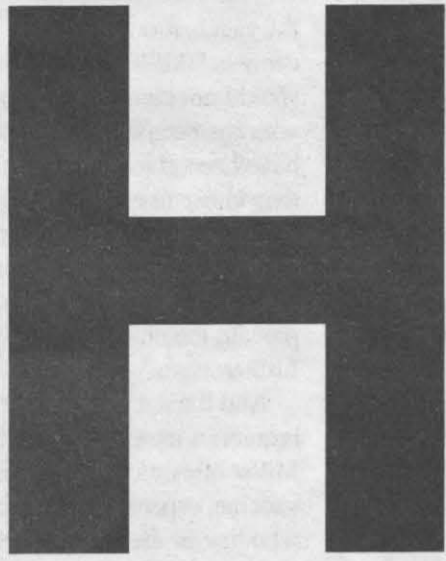
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Regis University's



# Highlander

Volume 99, Issue 2

March 2015

## Measles Outbreak

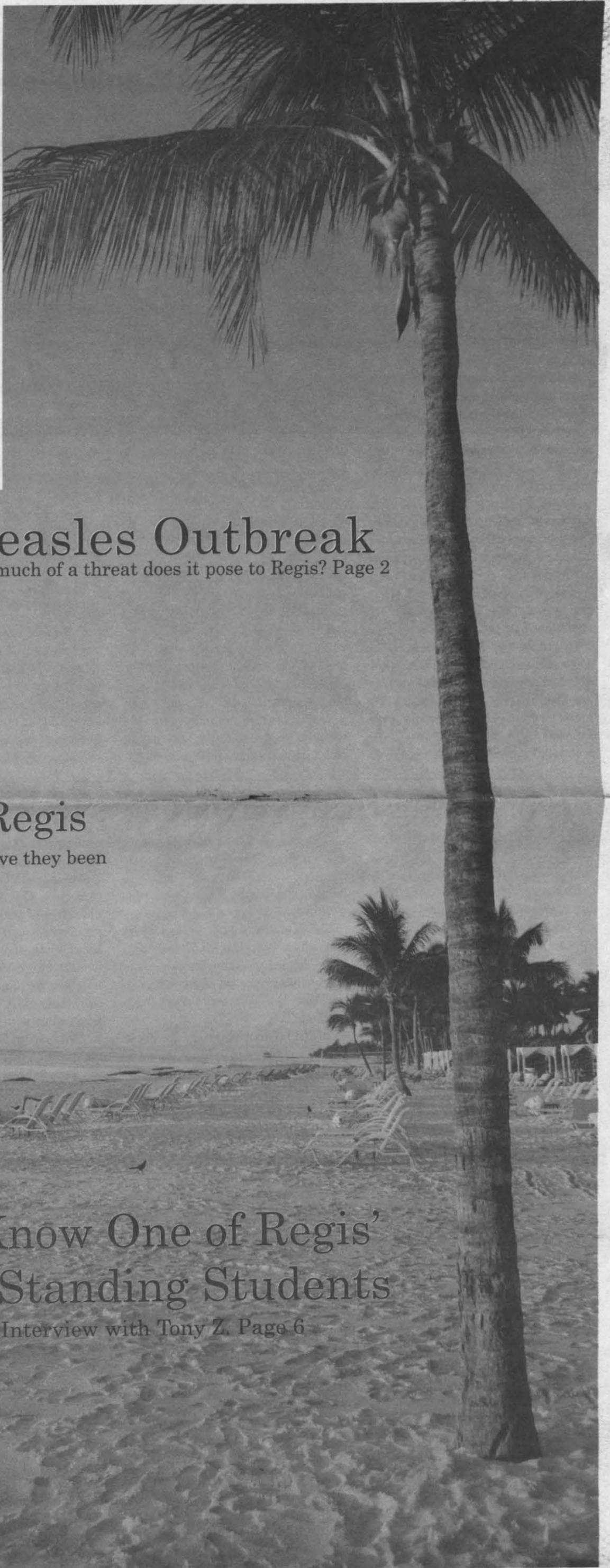
How much of a threat does it pose to Regis? Page 2

## Tunnels Under Regis

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## Get to Know One of Regis' Longest Standing Students

Exclusive Interview with Tony Z. Page 6



# Preventative Measures:

## What the Measles Outbreak Could Mean for the College Campus

Elizabeth Gendill **STAFF WRITER**

In late December 2014, a measles outbreak began at Disneyland in Anaheim, Calif. Since then, it is estimated that around 121 people have been affected by the virus in the U.S. Of those cases, one was in Colorado (at time of print). According to the Center of Disease Control (CDC), 16 other states have been affected by this outbreak.

Given the hysteria that comes with the outbreak of such a contagious virus, people who are not already vaccinated are being encouraged to do so. According to the CDC, one dose of the MMR vaccination is 93 percent effective at preventing the measles in someone who is exposed to the virus. Two doses are 97 percent effective at prevention.

Regis, along with most universities, requires all students to get two doses of MMR before they attend classes. There are, however, a few exceptions to this policy.

Students do not have to be immunized if they have medical conditions preventing them from getting the vaccinations. These individuals have to submit documentation showing that they are unable to receive the required immunizations. There are also other forms of exemption; one is on account of religious beliefs and the

other is an exemption based on an individual's personal beliefs against vaccinations.

Colorado is among the states with the lowest MMR vaccination rates in the country. This is potentially worrisome, given the highly contagious manner of this virus.

Molly Miller, physician assistant with Regis University Health Services, explained why she and the rest of Health Services are big advocates of the vaccinations.

"Measles is dangerous because it is so contagious," Miller said. She explained that it is important for those who can get vaccinated to do so because it also helps to protect those who cannot get vaccinated for medical reasons. If a student chooses not to get the vaccination, he or she is "putting other people at risk."

Yet Miller does not believe that it should be illegal to refuse vaccinations on account of personal beliefs.

"It is their decision," Miller said, "but we are still big advocates of getting vaccinated." She explained that a better alternative to making the vaccinations mandatory is educating people on why the vaccinations are important and not dangerous.

The vaccination may not be dangerous, but the virus is. According to the CDC, 90 percent of people who come into close contact with a person infected with measles will become infected themselves. The symptoms include a fever and runny nose, a cough and sore throat. There may be redness in the eyes. Then a rash begins to appear that covers the body.

Close contact is not needed for the measles to spread; the virus is spread through the air with a cough or a sneeze.

Should the measles outbreak come to campus, rest assured there is a plan. "Anybody who is exempted from

the vaccinations will have to leave campus," Miller said. This information should not come to a shock to anyone who has been exempted. They should have been given this information when they chose to exempt. Preventing those who are not vaccinated from coming to campus would help stop the spread of the virus and hopefully prevent the outbreak from going any further.

And it's not just measles. Regis also requires a meningitis vaccination and Miller stresses the importance of this vaccine, especially among students who live in the dorms.

"Students living in the dorms really do need to get vaccinated for meningitis. We don't want students exempting and then have someone die from meningitis when it could have been prevented."

Meningitis occurs when the protective membranes surrounding the brain and spinal cord become infected and inflamed. This disease is potentially deadly and not something to take lightly, but this too can be prevented.

In the end each individual has the right to make the decision about their own immunizations, but on a college campus, with such contagious viruses, vaccinations could very well save lives.

Breakdown of 2015 Measles Outbreaks by State

State	# of Cases
AZ	7
CA	88
CO	1
DC	1
IL	1
IN	1
IA	1
MD	1
MI	1
NE	2
NY	1
NC	1
ND	1
OH	1
OR	1
PA	1
SD	2
TX	1
UT	1
VA	2



States with Lowest MMR Vaccination Rates\*

CO	92.7%
NE	95.8%
PA	97%
ND	98.8%

\*Percent Vaccinated in 2011 in children of 19-35 months

## Rebranding Brings Awareness to RU Granting's Purpose

Gina Nordini **EDITOR-IN-CHIEF**

RU Granting may sound like a new club, but it is actually an organization many Regis students are already familiar with. The group formerly known as Compassion By the Book is responsible for free book fairs, end-of-semester book drives, \$12,500 in grant giving and numerous volunteer opportunities. Its growth since its establishment might just make it one of the most impressive clubs on campus.

Compassion By the Book began as a non-profit organization across Colorado. President Agnes Pham helped establish the Regis Chapter her freshman year.

"Most students think we're a book club," Vice President Mi Than said. Pham echoed this thought.

"There's been a lot of confusion with that. But we're more about the granting."

In 2013, Compassion By the Book gave a \$5,000 grant to Mount Saint Vincent Home, a local treatment

center for children with severe behavioral and emotional issues due to mental illness, abuse, trauma or neglect. This previous fall, the club gave \$5,000 to A Kid's Place, an advocacy and support program for children who suffer abuse and neglect. However, the club agreed that their No. 2 organization deserved something too. Compassion By the Book went on to give an additional \$2,500 grant to Family Tree, a Denver organization that provides services to victims of child and domestic abuse as well as those suffering from homelessness.

The club is very much student-driven. Members research potential recipients of the grant. They look for Colorado-based non-profit organizations that are focused on providing services in mental health or disease research, and that are small enough to put \$5,000 to good use.

The various grant candidates are presented before the entire club, followed by visits to the finalists. Then the students agree on the top organization that aligns with their passions.

Because Compassion By the Book originated only as a textbook fundraiser, the Regis Chapter made the decision to split and become a group established entirely under the school.

This allowed them more say in what the club members wanted to do, as well as created potential in providing grants for the non-profit organizations that inspired them.

With the decision to become an independent Regis-based group, Compassion By the Book also needed a new name. In Feb. the club renamed itself RU Granting—a name that Pham and Than feel is more reflective of the organization's mission.

"RU Granting represents Regis now, and is not outside of the school. It's about the school, for students of the school," Pham said.

RU Granting hopes the new name raises awareness of the club's true mission: not that of a book club, but of a club that uses books to assist the Denver community.

Both Pham and Than look forward to seeing the Regis community embrace the club as its own.

"It's all about our members and what they want to do, what they're passionate about," Than said. "It's really a family, where we bond over the moments where we get to volunteer."

RU Granting has already begun the process for selecting the next grant

winner, but is always welcoming new members. Be sure to donate any unwanted textbooks at the end of the year to help carry on the mission.

## Who Ya Gonna Call?

Mikaela Meyer **STUDENT JOURNALIST**

The Student Judicial Board (J-Board) is ready to increase its notoriety within the school. The J-Board is made up of seven students with senior Chief Justice Sean Huft as its leader and professional staff Jonathan Rowe as its adviser.

The purpose of the committee is to give students in violation of the code of conduct another chance to have their cases heard by peers. Regis University's J-Board is solely made up of students.

"Most universities use a student conduct hearing system made up of faculty, staff and students," Rowe said. Even among the other Jesuit universities, Regis is one of the few to even offer a J-Board.

While J-Board is already intriguing in its nature, it is looking

to increase its reputation and further responsibilities on campus.

"I really want people to get the name of the Judicial Board out there more and for people to use it," Huft said. "I would like to see more cases, and I would like the J-Board to have the power to reduce sentences beyond just holding students responsible."

As the J-Board currently stands, students who take a case to the board are given assistance by a student advocate to prepare a case. Students are determined responsible or not by a panel of four associate justices. Though many students simply accept their initial repercussions, the Judicial Board encourages students to stand up for themselves.

"I just want people to know that we are a service for them led by peers," Huft said. "It may be an extra step, but we are here, so use us. It might be beneficial in the end."



Photo: RU Granting

# Evaluating the Effectiveness of Teacher Evaluations

Tanner Stuhr ASSOCIATE EDITOR

Students at Regis University fill out teacher evaluations for every class at the end of the semester. The evaluations can be tedious, but they play an important role for professors and students alike.

John Jean, Ph.D. and chair of the Chemistry Department, described the process of evaluations from a professor's perspective. First, students fill them out. Then they journey back to the Dean's Office. From there, it takes some time for the professors to see them. According to Jean, it takes about three months for the professors to finally receive their feedback.

At this point the professors see each short answer as well as a statistic for each question. For example, "27 percent of the students answered 5 on this question and 30 percent answered 4." However, Jean pointed out that this is not where the evaluation stops.

After receiving their feedback, professors fill out self-evaluations based on their students' responses.

"I would take specific responses from students that are maybe typical. Or some will take one that is really good and contrast it with one that is really bad," Jean said.

Sophomore Jacob McCleery thinks the evaluations are informative. "I think they're good; they give people an understanding of what the faculty is actually like," McCleery said.

Professor Jean feels they have been especially helpful in his Reason & Reality class.

"The first couple years I taught it, most people liked it, but some of the readings were overboard. There is too much technical philosophy for someone who has just had PL270. One particular reading the students just said was incomprehensible. I had to have the evaluation; otherwise I might have still used it," Jean said.

However, Jean feels he has to use them liberally. Jean teaches a

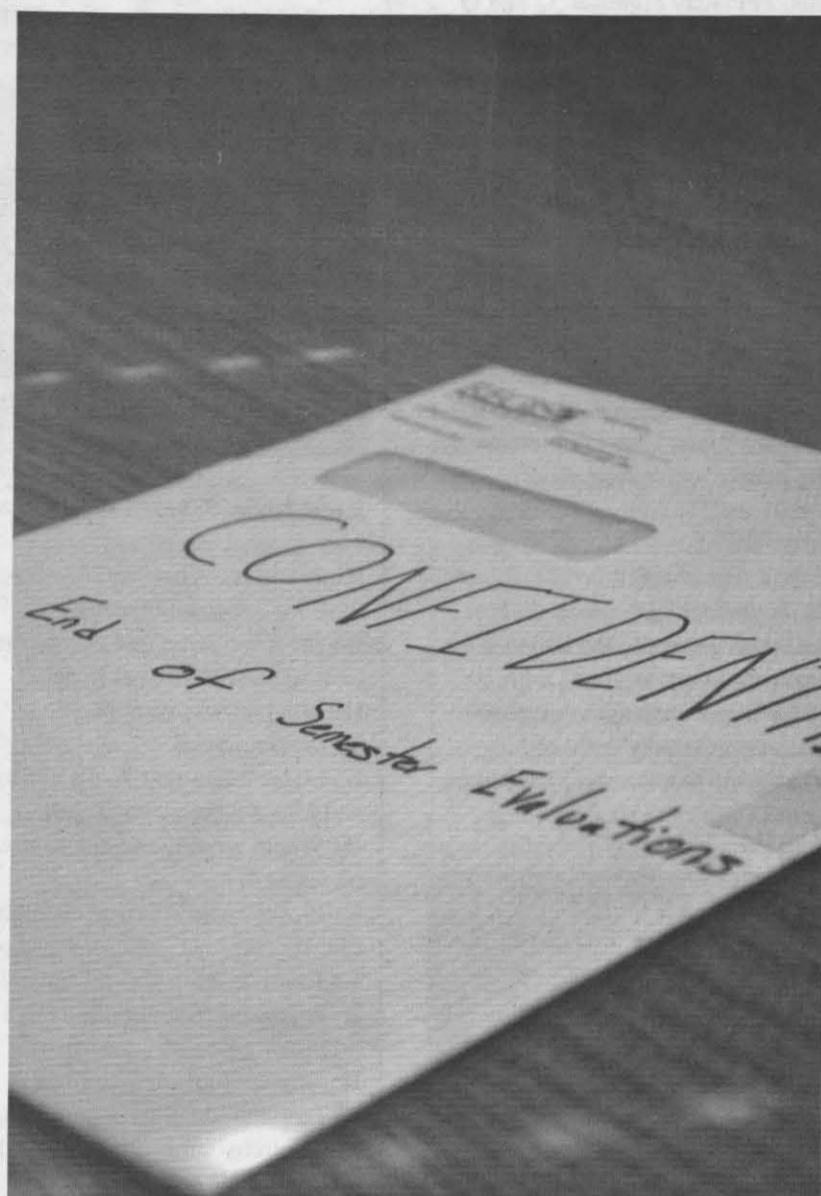


Photo: Kaitlyn Strutt

course on Quantum Theory. According to Jean, students always write that the course is way too mathematical, but Jean feels it is just the right amount.

Jean did edit the course to help satisfy some of the frustrations of the students by adding some classes with mathematical review.

Although most professors and students feel the evaluations are helpful, it all has to start with the students.

"The students need to take it seriously; it's constructive feedback," McCleery said.

"One time I had somebody comment that they hoped I got hit by a

truck on the way home," Jean said. This type of response is not helpful in the long run for the students or the professors.

"You know that's not what these are for... Most of us appreciate the criticism," Jean said. Jean recalls another situation where feedback was not as vulgar but equally unhelpful.

"Last year one student wrote (for the class 'Reason and Reality') 'This is just the professor's excuse to rant on every day.' I don't think so. If you were more specific that would help me. Unfair? Maybe not, but not helpful," said Jean.

One of McCleery's primary concerns is with professors who have tenure. "I don't see a point in the student evaluations because they don't really count for them; no matter if they get a good or bad review there is no repercussions from what I understand," McCleery said.

The concern about these evaluations is the potential disconnect between the students and evaluations. Jean is a tenured professor and still finds them very informative. "After I got tenure I still look at them. I still use them to change my courses. Every course I teach is different the next semester," Jean said.

According to Jean, tenured teachers are evaluated every five years while untenured teachers are reviewed each year.

This does not deter from a bad experience McCleery had. "I just know that I have had some experience with teachers who have had tenure and had problems with them and gave them reviews so they could improve on it and I'm not sure if they take it into consideration because it does not really matter. I could see how they stuck (in their ways)," McCleery said.

These student evaluations do hold weight in the tenure decision. According to Jean, the tenure decision is 80 percent based on teaching, which students evaluate.

"There have been people here that I've been with that were let go after five to six years because their evaluations are consistently poor even though they were involved in service projects and very high profile in organizing services for the college," Jean said.

Regis students may not realize it but they ultimately play a huge role in the professors the university keeps.

## Going Underground: Exploring the Infamous Tunnels Under Main Hall

Carlos Madera STAFF WRITER

Many students at Regis have heard rumors about the tunnels that are underneath Main Hall.

"I heard that they go from Main to the Library, and that they were built for when the president and the pope came to campus in case they needed an escape route," sophomore Ed Diamond said.

Senior Martin Pena heard rumors saying that they were used in Regis' earlier years to allow the Jesuits to get to classes faster.

Many rumors have been floating around campus about what they were used for, but which ones are true?

After scheduling time with Campus Safety to see the tunnels firsthand, a few theories were quickly disproven. Campus Safety staff member John

Kogh provided a brief tour of the tunnels and some information as to what they were used for.

One of the first things Kogh showed off was the old boilers that were used when Main Hall was first built. These gigantic iron boilers dated back to the early 1900s and have not been used in years. As of right now, it is not safe to go near them because of potential asbestos.

The old boilers disprove the rumor Diamond heard about the tunnels being used for emergency evacuation. Since these tunnels were built before Pope John Paul II and President Bill Clinton visited in 1993, their purpose could not have been for an easier escape route.

The Main Hall tunnels do not really look like tunnels at all. There are some areas that give off a spooky vibe, but

certain areas look like old rooms fitted with windows that were blacked out.

"It was better lit than I anticipated it to be and I expected it to be all concrete," Diamond said.

Inside, the walls are built with brick and mortar, but are not very well maintained. Broken stone stairs, chipped bricks and low hanging ceiling are everywhere. There are also several wide-open spaces that could have been rooms at one point.

Currently the area is being used for storing things such as chairs, heaters, tables and lots of locked doors that Kogh never opened. One of the more interesting finds were five old tombstones of former Jesuit priests. Regis used to have a graveyard for the priests, but it has since been removed.

One of the older tombstones was for Gulielmus Hayden, born in 1896

and died in 1941.

This old and fabled part of Main Hall has been the subject of many rumors. While it is hard to disprove certain theories like Pena's, getting to see this area in person provides perspective on what probably could have been their true purpose. The boiler room suggests that the area could have been used for maintenance and the larger open spaces could have been offices for those who worked in maintenance.

However, with so many locked doors it is difficult to determine the extent of the tunnels and if they lead to other classrooms and buildings. All that can be concluded is that there are tunnels, and that they are now being used for storage.

# Jammin' At The Reeg

Sye Sharp  
MUSIC DIRECTOR AT KRCX

A new local arts scene is stirring at Regis University. Musicians, poets, artists and photographers are quickly forming an alliance that gives students an outlet outside of school to promote their work and develop their skills. Many houses around the area have been hosting jam nights and open mic nights for the past school year. The most prominent of these is located at 52nd Avenue and Quitman Street.

Junior Jack McGrane, one of the house owners at "52 and Q," already had goals in mind last year, prior to this scene becoming a reality. He wanted to "have the best jam house that the school had ever seen." At the time, I didn't really believe that he—or his roommates—would go through with it. Now, every week people are over there creating new music and art on a consistent basis.

While these events are rather spon-

aneous, Thursday nights at 52 and Q are the prominent jam nights. The most interesting part is that the cast rotates; every week you'll see new talented people at these houses playing different styles, from funk songs featuring African-style percussion to trumpet-driven rock jams. But there wouldn't be a scene if people weren't out supporting it; there are always crowds of people trying to listen to the jam sessions.

Living in a house like this, however, can have its problems. "I mean it kinda sucks when I have homework to do and people won't stop playing The Grateful Dead," junior and additional house owner Matt Bender said, "but other than that it's chill."

While visitors may annoy them on occasion, generally the house is a beacon for youth arts. It is a great scene for Regis students to express themselves creatively without judgment, and one that is sorely needed on campus.

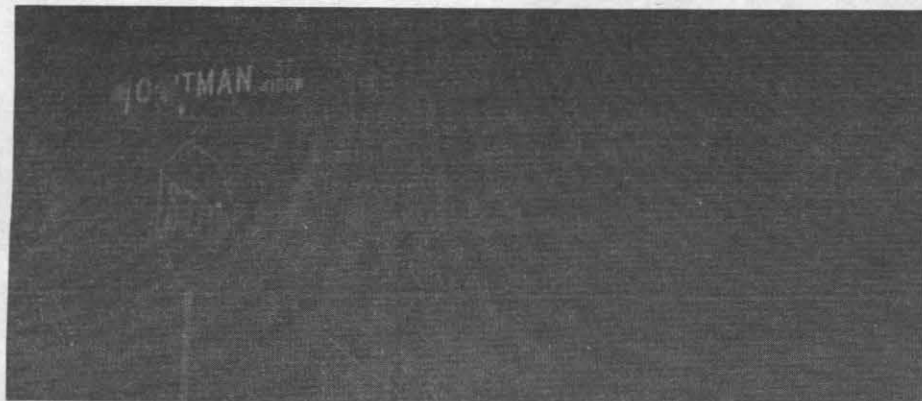


Photo: Gina Nordini

## Is Spring Break Too Early?

Madison Pinsinski STAFF WRITER

Spring Break. The words that bring excitement and joy to every student regardless of grade level. Spring break is the perfect time for a relaxing or adventurous vacation. Even if there isn't a vacation involved, there are no classes involved either.

But was Regis University's spring break too early for college students this year? Spring break took place during the first week of March, when temperatures were still a little chilly.

"I personally think spring break is at a perfect time," freshman Sean Luna said. "The lines for the movies and the parks are shorter because the high school kids are still in school and their parents are usually working. Since everyone is still in school I have a better chance of doing activities without the craziness of a lot of people. Also, my birthday is the start of break so it works in my favor!"

Cynthia Kolanowski, Assistant Director of the Commitment Program, seems to agree with Luna about the timing. "I don't think Spring Break comes too early—we're halfway through the semester. And as for the weather—no, not too cold. I am used to this weather and actually love winter weather. Plus, some people leave for warmer climates."

Usually when college spring break is placed at the end of February it is because it happens to fall right in the middle of the sixteen-week semester. Spring break is a wonderful time to enjoy a well-needed vacation with friends or family, and catch up on some sleep before the busy schedules of finals.

**What did you do this spring break? Share your photos and stories with us on Facebook and Instagram (@ruhIGHLANDER).**



Photo: Lauren Hundley

# Player Profiles

Compiled by Lauren Hundley PUBLISHER, Max Mantey STAFF WRITER, & Madison Pinsinski STAFF WRITER

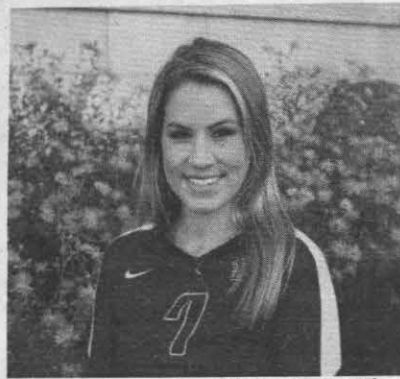


Photo: Katie Klein

**Katie Klein, Women's Volleyball**

**Highlander:** What would you eat for your last meal on earth?

**Klein:** A wet bean and cheese burrito at El Burrito in Seal Beach.

**H:** What do you want people to know about you?

**K:** I have a dog that walks himself and I have a really good-looking cat.

**H:** Where would you take someone on a date?

**K:** Professional sporting event and dinner.

**H:** Favorite thing about Denver?

**K:** A lot of different options like hiking or going downtown.

**H:** Any weird pre-game rituals?

**K:** I tap the top of everyone's foot in the circle before the game and then someone has to tap mine.

**H:** What is something you would like to work on?

**K:** Figure out what I want to do with my life.



Photo: Brooks Gallagher

**Brooks Gallagher, Men's Lacrosse**

**Highlander:** What would you eat for your last meal on earth?

**Gallagher:** Breakfast at the café.

**H:** What music do you listen to before the game?

**G:** No music, just silence.

**H:** What do you want people to know about you?

**G:** I like a good back scratch, and I have a dog named Chewy.

**H:** Where would you take someone on a date?

**G:** Definitely the zoo, then a movie.

**H:** Favorite thing about Denver?

**G:** Close to the mountains and has a great nightlife.

**H:** Any weird pre-game rituals?

**G:** I do not have any weird pre-game routines; our team warms up as one and we stress that each individual think about what he needs to do for the next few hours in order to give us the best chance at a team win. Whether it be playing defense, scoring goals, winning face-offs, picking up ground balls or even helping on the sideline, each is as important as the next when it comes to a team.

**H:** What is something you would like to work on?

**G:** My calves and forearms.



Photo: Regis Athletics

**Drew Vance, Men's Golf**

**Highlander:** What would you eat for your last meal on earth?

**Vance:** A fat steak burrito with some guac from Chipotle.

**H:** What do you want people to know about you?

**V:** When I was a little kid, I went to school, made my bed and at age 11, I audited my parents. Believe me, there were some discrepancies, and I was grounded.

**H:** Where would you take someone on a date?

**V:** "50 Shades of Grey." Ladies eat that up!

**H:** Favorite thing about Denver?

**V:** I always know which direction is west.

**H:** Any weird pre-game rituals?

**V:** Depending on the day of the week, I will either tie my left shoe in a double knot or my right shoe in a triple knot.

**H:** What is something you would like to work on?

**V:** Short game...making putts attracts the ladies.



Photo: Regis Athletics

**Rachel Rodriguez, Women's Golf**

**Highlander:** What would you eat for your last meal on earth?

**Rodriguez:** Prime rib and cheese-cake.

**H:** What do you want people to know about you?

**R:** I have never worn the same outfit twice in a semester.

**H:** Where would you take someone on a date?

**R:** To the aquarium or zoo.

**H:** Favorite thing about Denver?

**R:** 300 days of Sunshine.

**H:** Any weird pre-game rituals?

**R:** I always mark my golf balls with a purple Sharpie.

**H:** What is something you would like to work on?

**R:** Being more patient.

Note: The Highlander does not endorse the use of Craigslist or dumpster diving, nor does it assume any liability on behalf of students who may choose to partake in either activity. Individuals should properly educate themselves on the risks and regulations associated with both Craigslist and dumpster diving.

# Dumpster Diving

David Macias  
ASSOCIATE EDITOR

Dumpster diving can be a prolific career that could earn you as much as \$75,000 dollars a year on disposed Best Buy merchandise alone. Hundreds of thousands of pounds of waste are thrown away every year and items within the waste will eventually fill up landfills that are harder to search through. This is where the average Joe can profit! All you have to do is follow these steps:

## Location! Location! Location!

If you want the good stuff, then you have to look for it in the right place. Dumpsters behind Best Buy, RadioShack and Target are big places to profit! Walmart has trash compactors so that might be a place you want to skip.

## Practice Safety

No one wants a sandwiched, decapitated or flattened Joe. Be safe about which dumpsters you go into and for no reason should you ever go into a trash compactor.

## Go for the small stuff; it's how you use it that counts!

If you are going to sell what you find, then sell the small stuff. People are more likely to buy ink toner than they are a printer.

## The "Move Along" Rule

If an employee, security or cop asks you to move along, then move along. There is no need to argue that things in a dumpster are considered public domain. Be aware of trespassing laws and private property.

## Open Yourself Up to New Locations

Don't restrict yourself to dumpsters behind high value stores. Remember that college dumpsters before winter and summer breaks carry high value items. (This also goes for apartment buildings, but again, don't trespass!)

## Invest in Storage

Personal storage might be necessary with the amount of items you pick up. It also gives you special access to the dumpsters within storage facility which might hold other high value items.

# Craigslist: To Fear or Not To Fear

Matt Bender  
STUDENT JOURNALIST

When you hear of Craigslist, you might think of the horror stories of "Craigslist Killers." But have you ever considered using Craigslist to acquire free or cheap stuff for your empty house or less-than-decorated living space?

If you're a broke college student, Craigslist could be just the place for you! In the past few weeks, seasoned Craigslist user and fellow broke college student Tanner Vaughn used Craigslist to revamp his living space. In early January, as cold and snow began to make the outdoors uninviting, especially at night, Vaughn used Craigslist to acquire enough bricks to build his very own fire pit (approved by his landlord, of course).

At the end of January, in light of his upcoming Super Bowl party, Vaughn realized he needed another couch. He found that perfectly good couch for free on Craigslist. But with the fun of football over, the hunt began for a good pool table to add to his living

room. After a couple days of browsing Craigslist and a few disappointing phone calls, Vaughn said to his roommates, "Dudes, I found a great pool table but we all have to pitch a couple bucks. Are you down?"

After contacting the seller and inspecting the table himself, Vaughn's dream became a reality. He was now the proud owner of a working order 1970s retro pool table with a full set of balls, a ball return, triangle and four sticks—all for \$60.

Of course there are some common sense safety measures you should take to assure your own Craigslist experience is a pleasant and prosperous one.

Always go in a group of at least three when meeting with a seller.

Avoid small items; the best items you're going to find on Craigslist are the ones that people don't want to hassle with moving.

If possible, meet the person in a public place or at least in street view.

Finally, for precaution, let someone who is not going with you know exactly where you'll be and about how long it should take.

## Team IMPACT at Regis

### Newest Members Sign to Women's Lacrosse and Volleyball Teams

Taylor Wilcox  
STUDENT JOURNALIST

Inspire, Motivate, and Play Against Challenges Together is exactly what Team IMPACT stands for, and what it has done since the non-profit's inception in Massachusetts in 2011.

Team IMPACT aims to improve the quality of life for children who are facing life-threatening illnesses by pairing them with local college athletic teams. According to its website, "the child gains strength, camaraderie and support, and the student athletes are taught lessons about courage, resiliency and life perspective that they can't learn in a classroom."

Regis became the first university in the Rocky Mountain Athletic Conference to join with Team IMPACT in the signing of Daisy Walsh to the Women's Lacrosse team in February



Seven-year-old Daisy Walsh signs to the Women's Lacrosse Team.

Photo: Regis University

2014. Seven-year-old Walsh had the experience that most athletes get on their signing day with a well-attended

press conference and a complete formal signing of her letter of intent.

According to Regis Athletics' press

release for the event, Walsh was surrounded by her newest team members, received team shirts and her very own locker. Walsh was also asked a few questions from her teammates, including what her favorite color is (white) and her favorite animal (pig).

Since then, Regis has welcomed four more kids to the athletics family with the most recent signing of eleven-year-old Trinady Kufeldt to the Women's Volleyball team. She has already been initiated to the team by joining their 6 a.m. morning workouts.

Team IMPACT has 575 kids who have signed with 293 universities in 42 states. Their goals are to continue to ensure a successful experience for the families and teams involved, and have a child placed in the 18,000 schools around the country. That may seem like a lofty goal. But while there is no "I" in team, there is in Impact.

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# Spotlight: Interview with a Performer

Shannon Wheeler **STAFF WRITER**

I am a newcomer to the theater scene here at Regis University, and I want to try it all: from improvisation to sketch comedy to musical theater, performances in the pub to the cafeteria to the recital hall.

The performers of Regis do not have a morsel less dedication than those who come from the best performing arts schools in the country; every one of them puts their all into the limited space that Regis affords. If you want to find them, you don't have to go far. You'll find these artists doing what they love when the house lights go down.

I chose to begin my exploration deeper into the performing arts and shine a spotlight upon it because I feel it deserves a voice. I had the privilege of interviewing the leading actor in the upcoming musical "The Drowsy Chaperone": senior Jeffrey Angeloty. He is otherwise known as the Man in the Chair. I met with him, all six foot six of him, and spoke with him about his life on and off the stage.

**Q:** What motivates you to act?

**Angeloty:** I think it's a motivation of trying something new. I've always had to live with being a very big presence, and I was never sure how I would use it. I looked at sports for a while to try and implement it, and failed miserably. But when I started acting, I found out, "Hey! I can play

these super weird characters on stage and get away with it!"

**Q:** What's your dream role?

**A:** I'd probably have to say either Mr. Cladwell or Officer Lockstock from "Urinetown," although I may say something completely different 10 minutes from now. Honestly, my most realistic role was this role (referring to Man in the Chair from "The Drowsy Chaperone"). I don't have to dance a lot or sing a lot!

**Q:** What acting methods do you use to bring your character to life?

**A:** I do a lot of voices to match the character I'm playing. Also, a big thing is the facial expressions – that's something that I'm trying to do better, is have really sharp facial expressions. When you're on stage, you have to remember to act with your whole body. There's a line in "The Drowsy Chaperone" where my character is comparing musical theater to pornography, so you should come see it to see what I mean.

**Q:** Who is your favorite actor?

**A:** There's this guy called Stark Sands, and he's not really well-known but he can play an angsty twenty-year-old man talking about Green Day songs, and then in the next year, he can play a drag queen in "Kinky Boots." I really appreciate actors who are quite versatile.

**Q:** What would you sing at karaoke night?

**A:** My go-to song before puberty was "Twist and Shout." My post-puberty song would be "All Star" by Smash Mouth.

**Q:** What makes you laugh the most?

**A:** I absolutely love the comedy duo of Craig Ferguson and his robot sidekick Geoff Peterson. I could laugh for hours. I don't know if it's because the gay robot's name is Geoff, or just the way that Geoff does accents. It's the whole package – I think they do some really incredible improv for a late night show. It's comedy I can understand.

**Q:** Do you have a secret hunch about how you will die?

**A:** I feel like, somewhere along the lines of me being super adventurous, it will be jumping out of a plane, zip lining or riding roller coasters. I'm going to get decapitated, because I'm so damn tall. That's how I will leave this earth. Do I want to? No! But certain things you see, you think, "Huh, I could probably get decapitated on this ride if I stood up on it."

**Be sure to catch a performance of "The Drowsy Chaperone," showing March 26-29. More information can be found at [regis.edu/ramblers](http://regis.edu/ramblers).**

# Surprising Twists at Snooze



The Snooze location at Congress Park.

Photo: Google

Karli Denk **ONLINE EDITOR**

I am absolutely in love with Snooze! I have been to Snooze on a few different occasions and it has never failed to impress me.

Snooze is primarily a breakfast joint, but is open through the afternoon every day of the week. They serve a wide variety of breakfast meals and sandwiches.

I have eaten Snooze's eggs benedict, fruit, egg scrambles and a select few of their sandwiches, and they have all been amazing. But most recently I visited Snooze in Union Station and discovered my all-time favorite: the peanut butter cup pancakes. This pancake is to die for! This pancake is drenched in a thick peanut butter sauce and is topped off with a drizzle of chocolate sauce. If you have a sweet tooth this might be the meal for you.

However, if peanuts are not your thing, the menu is full of incredible pancakes and French toast options offering unique twists on your breakfast favorites. I would recommend going to Snooze on any occasion, even after a long night of partying. Snooze is easy on your pockets and is even better in your belly.

Snooze has six Colorado locations:

2262 Larimer Street, Denver 80205 (Monday-Friday 6:30 a.m.-2:30 p.m., Saturday-Sunday 7 a.m.-2:30 p.m.)

700 North Colorado Blvd., Suite A, Denver 80206 (Monday-Friday 6:30 a.m.-2:30 p.m., Saturday-Sunday 7 a.m.-2:30 p.m.)

6781 South York Street, Suite 515, Centennial 80122 (Monday-Friday 6:30 a.m.-2:30 p.m., Saturday-Sunday 7 a.m.-2:30 p.m.)

1617 Pearl Street, Boulder 80302 (Monday-Sunday 7 a.m.-3 p.m.)

144 W. Mountain Avenue, Fort Collins 80524 (Monday-Friday 6:30 a.m.-2:30 p.m., Saturday-Sunday 7 a.m.-2:30 p.m.)

1701 Wynkoop Street, Suite 150, Denver 80202 (Monday-Sunday 6:30 a.m.-2:30 p.m.)

# Regis University Keeps Students Coming Back for More

Ashley Karl **ASSOCIATE EDITOR**

Recently I made the decision to shed light on some former Regis students who have maintained relationships within the community. These grads are people that many of us know of, but do not necessarily know on a personal level. I took it upon myself to give current Regis students an opportunity to get to know these familiar faces better.

The first person who came to mind when I chose this topic was a young man widely known across campus as "Tony Z." Anthony Zarlengo-Reyther took some time to answer a few questions for me in order to put a description to the infamous name. Below is the Q&A interaction I had with Tony Z.

**Q:** Why did you choose to go to Regis?

**Z:** My family has been a part of Regis since 1917 - 98 years. So, having gone to and enjoyed Regis Jesuit High School, I wanted to continue my education at a Jesuit institution, all while remaining in Colorado.

**Q:** What did you study?

**Z:** When I first started, I was planning to teach music at my high school, so I took both music and education classes. My junior year, however, my band at the time (Wild Angelz) was beginning to take off, and all my time was being spent with that project; so I



Tony Z., pictured at left with his band Immortal Sýnn. Photo: Tony Zarlengo-Reyther

switched my major to Spanish and my minor to music history, as those were the two subjects for which I already had the most credits. I'd also like to add that I'm in a new band, now called Immortal Sýnn, that I formed in September 2004, but revived after the collapse of the aforementioned Wild Angelz.

**Q:** What year did you graduate?

**Z:** I graduated in May of 2013. For the record, I started at Regis in August of 2006, I am 26 years old, and I have one class left to finish so that I can finally get a physical copy of my degree. All rumors of me being over 30 and being here for more than 10 years are false!

**Q:** What brings you back to campus?

**Z:** Having been here for almost a decade, I've gotten to know many people in all grade levels. So if there is a party or an event, I usually will be told about it, and come up to Regis to check it out. It's also a plus that I only live four blocks from campus!

**Q:** How did you become so close to the Regis community?

**Z:** I guess the answer to this question is pretty much the same as the previous, but I would also add that, as many people know, I worked in the landscaping division of physical plant for a while. I became friendly with a lot of the people there, and come back to visit with them at times. This is another tie I have to the Regis community that brings me back.

## A Blue Tuesday with Heavenly Beat

Bernie Clark  
MUSIC DIRECTOR AT KRCX

“Come see me after the show if you have any questions for me, like how to get dropped from your record label.”

“Wait, what? Did John get dropped from Captured Tracks?”

I looked over at Connor McNeir, fellow KRCX-mate, and Paul, fellow grade-A friend. Their confused looks mirrored my own.

With the magic of smartphone technology, I confirm it on the spot. It's true. John Peña's band Heavenly Beat was recently dropped from the influential indie label Captured Tracks, which is based out of Brooklyn, the band's hometown. This shock came mere months after we covered the Captured Tracks Label Showcase at the Larimer Lounge in October, at which Heavenly Beat performed.

So let's backtrack to earlier in the day. To our excitement, Heavenly Beat accepts the invitation to play a lunchtime set in Regis' Main Café. Due to technical difficulties and general under-resourcedness, the second half of the set falls apart, and the once captive audience trickles out the door without so much as a backward glance.

The obligation to maintain professionalism in the face of cold rejection is a hard pill to swallow. For me, this is a relatively new phenomenon. It is immensely frustrating. Peña is very gracious in response, and gives me a cassette tape of his new record—a gift that I don't necessarily feel worthy to receive. I am transfixed by the anachronism; a pool of my distorted reflection stares back in its shiny red surface. The album, titled “Eucharist,” reflects on a Catholic upbringing, among a host of other intimate topics. Exchanging this beautiful and

guilt-ridden thing is a classic Catholic maneuver. I am humbled, and even though I'm tired by the 9 p.m. show time, I make it out to the venue (It's a Tuesday, mind you).

“How many of you saw us in October?” Peña asks, addressing the dwindling crowd of about 20. About three-quarters of the room raise their hands. Peña laughs, “If we hadn't played that show in October, it looks like there would've been a total of three people here... Shout out to Dustin.”

This embittered comment makes me simultaneously laugh and cringe. Dustin Payseur is the front man of the band Beach Fossils, who headlined the Denver Captured Tracks showcase last October. Peña is a former member of the band, which he left to pursue the music of Heavenly Beat, a far less... popular venture. The cynicism carried throughout the performance with lines like, “This next track is off the new record that, critically and commercially, did horribly.” It's funny, but it hurts me to hear these words.

The night culminates in a mess of mixed emotions. Of course I felt guilty; we hadn't exactly set the most positive tone for the band's day in Denver, but in spite of the frustrations, Heavenly Beat's performance connects with me as transcendently passionate—a feeling that many artists eschew for trendiness or ‘aesthetic.’

Anticipating the night's conclusion, we dance furiously amidst the despair, in kinship with the musicians who continue to play on as the Titanic sinks beneath the unforgiving North Atlantic. Eager to escape the Tuesday Blues, the band fades from the stage and the three of us wistfully slip out the door.

For more music news and concert blues, head to [krcx.org](http://krcx.org).

## Eat at Ernie's



Photo: Ashley Karl

Ashley Karl  
ASSOCIATE EDITOR

From the outside, Ernie's Bar & Pizza appears to be a simple dive bar and restaurant, but once you walk through the door, the smell of fresh pizza and the sound of a lively crowd floods your senses and immediately creates the ideal atmosphere to sit back, relax and enjoy.

When ordering, the waitress was very accommodating as Online Editor Karli Denk and I requested to have half of our pizza without cheese due to an allergy. She was kind and attentive, which only added to the warm yet bustling vibe of the restaurant.

When the food arrived the pizza was cooked to perfection. The slices were quite substantial, which did not stop Denk and I from devouring the entire thing! I also ordered a salad, which was refreshing and paired well with the pizza. To be honest, I was surprised that the food was as savory

as it was, considering the first impression I had of the restaurant, but I definitely learned my lesson.

If you have never had an opportunity to try Ernie's, I highly suggest you go, not only for the delicious pizza, but for the experience. It is a fun, trendy bar and restaurant that is perfect for a weekend night out with friends.

The next time you've got a craving for pizza, skip the delivery and head down to Ernie's for fresh food and a fabulous time!

Ernie's Bar & Pizza is located at 2915 West 44th Avenue, Denver, Colo. 80211.

Hours:  
Monday-Sunday: 11 a.m. – midnight  
Kitchen closes at 10 p.m.; pizza by the slice available 10 p.m. – midnight.

## Succulent Brick Planter

Karli Denk ONLINE EDITOR

### What You'll Need:

3 small succulent plants (available at most home improvement stores and the florist section of some grocery stores)

- 1 three-holed brick
- Hot glue gun
- 3 large bottle caps
- Soil

### Directions:

First, heat up your glue gun. Once it is heated up, use it to join the bottle caps to the brick to create a seal over the bottom of your brick. This will keep the water from escaping the planter. Once the bottle caps are sealed to the brick, add a very small portion of soil into the bottle caps. Next, insert your succulents into the open slots. Add soil where necessary, water and you're done! Most succulents only need to be watered about twice a month; perfect for busy college students.



Photo: Karli Denk

## Recipe: Stuffed Peppers

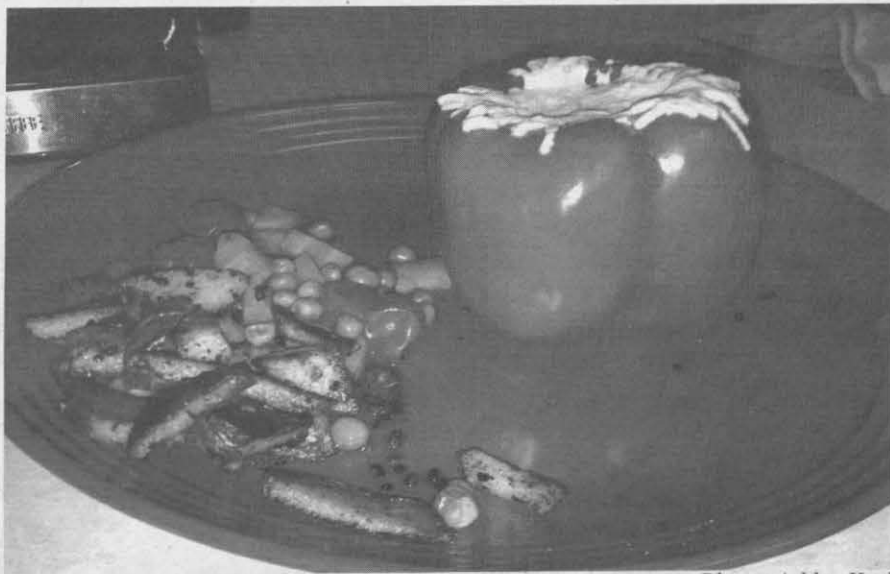


Photo: Ashley Karl

Karli Denk ONLINE EDITOR

### Ingredients:

- 1 red pepper
- 1 chicken breast or thigh
- 1 cup of cheese
- 2 red potatoes
- ½ cup of grape tomatoes
- ½ cup of peas
- ½ cup of carrots
- Seasoning (of your choice)

### Directions:

Preheat oven to 350 degrees. Start by emptying the inside of the red pepper. Put ½ cup of cheese into the bottom of the pepper. Once the oven is heated place the pepper in the oven in a metal pan. Next, cut up chicken

breast or thigh and begin cooking with olive oil on the stove at a low temperature. While the oven is heating up and chicken is cooking, place carrots, peas and halved grape tomatoes in a covered pan with two cups of water, steaming them on low. Cook the vegetables until the water has evaporated. Meanwhile, begin dicing the red potatoes. Once the potatoes are cut, place in an additional pan with olive oil until the potatoes are browned. Once the potatoes have browned, vegetables have steamed and the chicken has been cooked, remove the pepper from the oven and place the ingredients inside the pepper. Top with the remaining cheese and enjoy!



# Written in the Stars:

## An Attempt to Better Understand the History Behind Horoscopes

Courtney Moynihan  
STAFF WRITER

What does your astrological sun sign mean to you? For most, their sign is used as a simple source of amusement at the end of reading the most recent issue of "Cosmopolitan." For others it is a quick bit to skim over when reading the morning paper.

Maybe you're one of the few who receives daily updates to your phone from the astrology app

Either way, no matter how often you check your horoscope, there are very few people who truly understand the historical

significance and real world applications of astrology that affect people to this day.

According to Faust, "the earliest records of astrology date back to 1800 B.C. and came from the Babylonians." This makes astrology one of the oldest forms of physical archaic science. The Babylonian's study of astrology is also proven to have been the earliest known documentation of human interpretation of celestial omens.

Astrology was originally used for many more purposes than just a

simplicistic source of entertainment. Not only was it used as a way to predict weather or tell fortunes, but astrology was also utilized to manage the affairs of state. Later, it was used in the practices of alchemy and medicine (that is, until better practices or methods came along). To be so closely in-tune with observations of nature allowed ancient peoples a better

### March's Horoscope Signs are

**Pisces (Feb. 20-March 20)**

**Aries (March 21-April 20)**

understanding of the world and, even more importantly,

themselves.

According to Joanna Woolfolk

in her book

"The Only

Astrology

Book

You'll Ever

Need,"

"Astrology

has been

described as a stairway leading into your deeper self...that allows you to direct your own destiny and in the process reach a truer self-understanding."

An extremely interesting real-world application of horoscopes comes from a case this past fall in China, in which a number of employers used horoscopes as a way to screen their potential employees. More specifically, according to Christopher Beam in an article published by New Republic in September, a particularly

intriguing case happened where "one young job applicant in Chongqing reportedly turned down a position because she was a Leo and her would-be boss was a Pisces."

So why do so many find these labels to be nothing more than bogus,

while others take astrological markers of personality deep into consideration? Interpretations of astrological sun signs change, but horoscopes never seem to be hard to find.

## St. Patrick's Day in Denver

If you're looking for a fun thing to do before all the pub-crawls start on St. Patrick's Day, try heading downtown for the St. Patrick's Day Parade! The parade is set to start at 9:30 a.m. on March 14 at 19th Street and Wynkoop, a block over from Union Station.

For full information and parade route, see [denverstpatricksdayparade.com](http://denverstpatricksdayparade.com).

If you go, send your pictures to [highlander@regis.edu](mailto:highlander@regis.edu) or tag them #ruhighlander for a chance to have them featured on our social media pages!



Photo: Google

## Welcome to Middle Earth: A Visit to Matamata, New Zealand

Sofi Torres  
SOCIAL MEDIA EDITOR

Are you looking to go on an adventure? Does the thought of tall wizards, trolls, dwarfs and dragons sound appealing to you? Familiar perhaps? All that and more can be found in the movie adaptation set of "The Hobbit."

Movie set tours have become

increasingly popular over the last few decades and the set of Hobbiton is no different. Located about 15 minutes outside of Matamata, New Zealand on the Anderson family farm, this movie set is so pristinely hidden away in the rolling green hills that you cannot tell you are in 21st century New Zealand

While on the tour, you see where certain scenes were filmed, learn cool facts and even have a drink in the

Green Dragon Tavern.

When Sir Peter Jackson was looking for a location for the original Middle Earth, his wife suggested Matamata because she herself grew up there. He was looking for three things: rolling green hills, a large tree and a small pond all in the same area.

His scouts found it on the Anderson's farm just outside Matamata. The story goes that once they saw it from the sky they went to go talk to Mr. Anderson about looking around his land. It was a Sunday afternoon and the All Blacks, New Zealand's national rugby team, was playing. Anderson was watching the game. Luckily, they happened to come around during half time, so Mr. Anderson opened the door. Had they come during actual game time, there might not be a Hobbiton there today

The tour costs about 75 New Zealand dollars but it is worth it. You walk through the center of the town, past Bilbo Baggins' house, and end with a cool drink in the Green Dragon



Photo: Sofi Torres

Tavern. In the Tavern, they have special drinks that are brewed just for the tour. You learn quirky facts about the movies and the production.

While you cannot actually go into a Hobbit Hole, they are pretty cool to look at from the outside and some are really very tiny.

If you are ever in Middle Earth, I highly suggest going on the tour. Matamata is a three-hour bus trip from the large North Island city of Auckland but the scenery is so beautiful that the drive goes by pretty fast. Luckily for you, the Anderson family has rebuilt most of the set with long-lasting materials in the hopes that the tours can go on for years to come.

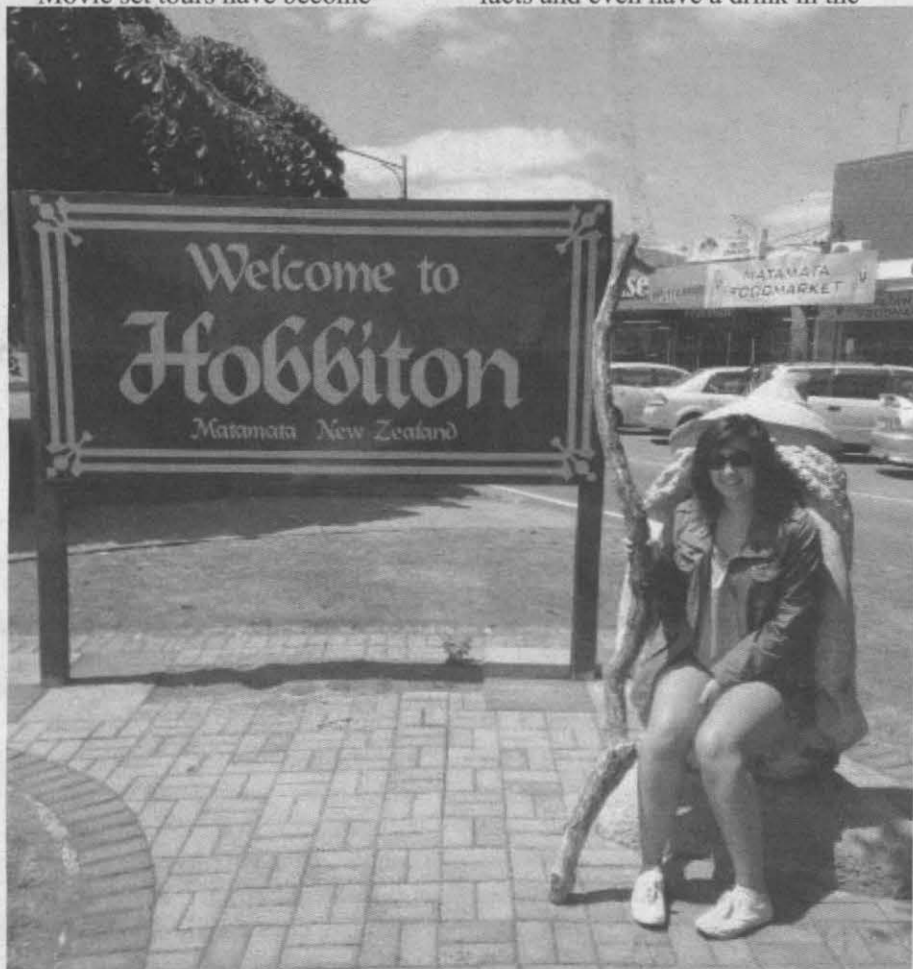


Photo: Sofi Torres