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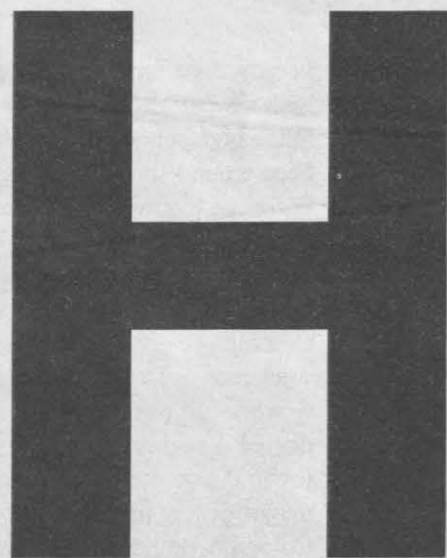
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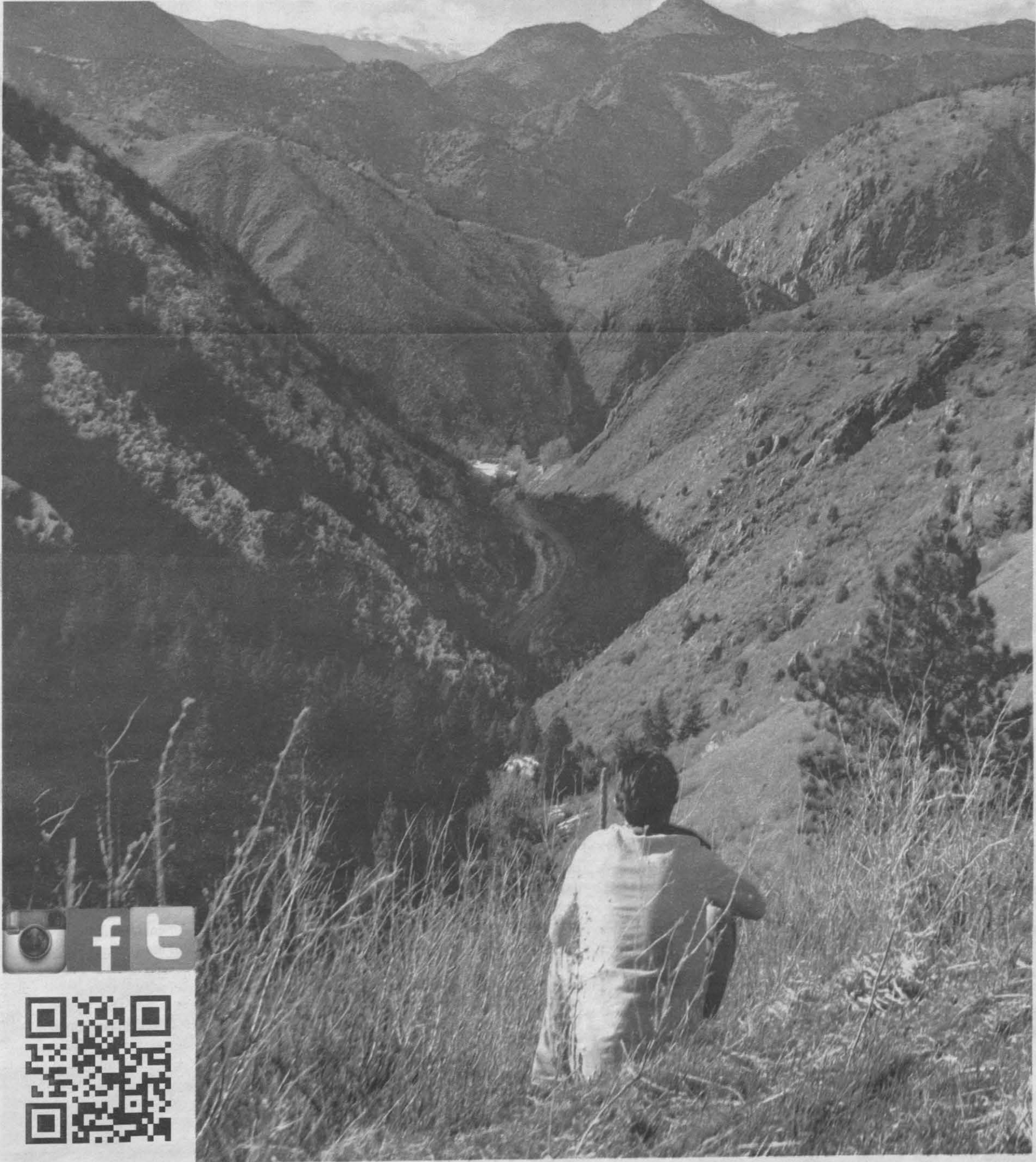
Regis University's



Highlander

Volume 99, Issue 3

April 2015



Lent: A Promise Kept?

Madison Pinsinski **STAFF WRITER**

Lent is a solemn religious observance in the liturgical calendar of many Christian denominations that begins on Ash Wednesday and covers a period of approximately six weeks before Easter Sunday.

Most Catholics not only give up a specific task or food for the duration of those six weeks, but they also do not eat meat on Fridays. Giving up a specific task or food would be something such as not eating junk food for six weeks.

"Brenda Cera... has given up intimate relations for Lent."

Although some people are able to stick to their specific goal, some are not. "I gave up sweets for Lent," senior Emma Shewmaker said. "The first two weeks were really difficult. I really tried to give up chocolate but also any type of dessert food such as candy or anything they have in the dessert section of the cafeteria. After the first couple of weeks not eating sweets has been easier, so I am sticking to my goal!"

Freshman Jennie Palmer gave up another type of practice: cussing. "I gave up cussing for Lent. I used to cuss a lot in my usual conversation and now I am just trying to catch myself. I am getting better at noticing the words I use and I have done a good job at eliminating the bad ones from my vocabulary" Palmer said.

Brenda Cerda, a nurse in Health Services, has given up intimate relations for Lent. Although she has been married before, she is now in a committed but not married relationship and came to the conclusion that being able to have relations with her significant other will create a more dynamic relationship.

"I actually have not had a difficult time because my significant other and I are not living together anymore," Cerda said. "I was a little nervous at first because I was not sure how to tell him my decision but he understood. I feel this makes me a better person because I am not allowing myself to be driven by the physical, but through compassion."

Lent is a time to reflect on the self and make better decisions, not only because it is a time to do so, but also because it is good for the soul. Just like a New Year's resolution, do not give up on the goal that is set, because Easter is not far away.

Can't Get Enough of the Reeg

Ashley Karl
ASSOCIATE EDITOR

Irecently interviewed one of Regis University's Athletic Directors, Logan Garvin, who attended Regis University from 2004 to 2006 and never lost sight of his Ranger past. I was curious as to what brought Logan back to Regis' campus after graduating to establish a career, especially noting his student-athlete background.

Karl: What brought you to Regis University your freshman year?

Garvin: I transferred from Chemeketa Community College, a two year college in Salem, Ore. As a prospective basketball student-athlete I was brought in on an official visit. I, like many others, had my preconceived notions about Denver and its weather. It didn't help that on my visit in April it snowed. However, the assistant coach at the time printed out the 10 day forecast and assured me that the sun was out 300 days per year. Being from Ore. that was appealing. I met with coaches, players and professors during my two days on campus. My visit was a great experience. I chose Regis University because of the people, campus, city and the opportunity to play basketball.



Photo: regisrangers.com

K: How long have you been working in the Athletic Department at Regis University?

G: August 1 will mark the completion of my fifth year.

K: How did you make your way back to Regis University post-graduation?

G: After graduation I worked for a few years in the corporate world. One day while walking to work in a job I didn't particularly love, I realized that if I'm going to work for another 40 years I better find something that

I enjoy. As a former athlete and with both my parents working in athletics in the high school setting I had always been around sports. It was a natural fit for me to gravitate towards athletic administration. From there I enrolled full time in the sport administration graduate program at Northern Colorado [University]. Classes were on weekends in Denver and I continued to work full time until I received my degree. Upon graduation I received a job in the marketing and promotions department at the University of Colorado-Boulder. A year later when the Assistant Athletic Director job opened in 2010 at Regis it was perfect timing and a perfect fit.

K: How have you seen this campus change or progress in your years at Regis University?

G: Campus is much different than when I attended. St. John Francis Chapel was completed just after I graduated and there used to be a K-Mart where the match pitch currently sits. Since I've been employed Claver Hall has received a big makeover and Clarke Hall has been constructed. It's been great to see the continual improvements that have taken place both as my time as a student and employee.

Mellow Mushroom



Mellow Mushroom in Downtown Denver Photo: Google

David Macias
**ASSOCIATE
EDITOR**

Avery established restaurant, Mellow Mushroom is best known for its pizza. There are various items on the menu though, such as hoagies, salads, calzones and munchies. It is a really hip place. There is both indoor, outside and bar seating.

Such a diverse menu merits a taste of various dishes. I started off with the Might Meaty pizza and it was absolutely divine. Layered with mozzarella, pepperoni, sausage, ground beef, ham and bacon, it is a meat lover's duty to eat. The house calzone that I ate later, stuffed with spinach, mushrooms, Roma tomatoes and mozzarella, is woven so that the veggies don't get soggy as they soak in the melted cheese.

The food alone is reason enough to go but the environment makes everything better. There's amazing

art on the walls, they feature an open kitchen so you can see the food process for anything you order and the natural lighting from the patio really pulls everything together.

There's only one complaint to be made and that's the size of the tables. The booths are great as are the tables out on the patio, but the indoor tables

are rather small. They are meant to fit four people but drinks and a large pizza really constrain the space, and spilling is frequent. If you get the choice, go for the booth—why wouldn't you?—and you should be good. If you haven't tried this place, it should be on your bucket list of pizza parlors in Denver.

Mellow Mushroom is located at 1201 16th Street, Denver, Colo. 80202.

It is open 11 a.m. to 12 a.m. Monday through Wednesday and 11 a.m. to 2 a.m. Thursday through Sunday.

Christian Life on Campus

Jamie Klingensmith
STUDENT JOURNALIST

In 2014, a graduate student named Steve Medberry wanted to bring a Christian voice and a Christian community back to the forefront of Regis University. He started a club called Denver Christian Student Association. He has created a space for others to come and share their faith and feelings about life, school and the rest of the

troubles students face on a day-to-day basis.

Medberry is a part of the Denver Church of Christ. His church prides itself on understanding the scriptures of the Bible and then applying them in our everyday lives. His experiences and the lessons that he has learned through his Christian community inspired him to create something similar for the Regis campus. When thinking about creating such

an environment, Medberry realized, "It all came down to my own story."

This club offers a unique environment to share individual stories and support. The group "gives people the opportunity to know God," Medberry said. Sophomore Kayti Von Russow is a loyal member of Denver Christian Student Association. The club can "open people's eyes to new opinions and solidify their beliefs," Von Russow said.

"It's a nice place to be."

Regis University is a Catholic-based school, but often through the stress of assignments, work and social life, we can lose sight of what is truly important. Medberry has successfully created an environment to reconnect with Regis' Christian foundation.

"It's opened a door," Medberry said, "and it's open to everyone."

Twenty Years in Stories: Popular Class Continues to Draw Students

David Macias
ASSOCIATE EDITOR

The Regis Core class Stories from Wartime, alongside the Center for the Study of War Experience, celebrates its 20th anniversary this year. This is after years of student engagement, veteran experience and public discourse.

The class, one of the most popular at Regis University (it has been put on the Regis unofficial bucket list), has advanced in many ways, not just in amassing war relics but in the material that is covered in class. In the early years, the course simply covered the Second World War, but now class content covers ever American war and conflict starting with World War II.

From letters to pictures, medals and uniforms, the Center for the Study of War Experience's collection has grown immensely. This progress provides Regis and the surrounding community with more than a valuable resource; it offers a facility for

A panel of veterans participating in Stories from Wartime. Photo: Kaitlyn Strutt



engagement with veterans.

Nathan Matlock, Associate Director of the Center for the Study of War

Experience, believes that the class has done wonders for everyone involved.

"Getting to hear what it was like to

see, do and carry [those experiences] with you; it is best to show this experience because it fosters empathy [among students and the community]" Matlock said. "It is very therapeutic and with the comfortable setting, [veterans] can say whatever they need to say."

Although the Center will not host any special events to celebrate its 20th anniversary, the fact that the class has grown very popular shows the very long way it has come and is a celebration in itself, not only for the Center for the Study of War Experience, but also for the Regis community as a whole. The class and Center have done wonders for the men and women who have been able to share their stories and experiences. They get to share with a community that fosters personal growth in order to create a society where public discourse of war is both comfortable and acceptable.

Meet the New RUSGA President and Vice President

Emily Barad STAFF WRITER

Juniors Kate Wallerius and Halli Benasutti are the new RUSGA president and vice president for the 2015-2016 school year.

Both girls want this position because they love Regis and they want to share this love with the other students who attend this school.

"Regis has presented me with amazing opportunities and I want to share these opportunities with my fellow students," Wallerius said.

The two agreed on the importance of service within the Regis mission. "Service is a huge part of Regis and we plan to incorporate service into

our council's roles by making each council come up with service work that other students can be involved with," Wallerius and Benasutti said.

They are also working with different organizations to come up with an app that will notify students about when different events are occurring on campus, an alternative to the weekly emails.

"When I go home I always mean to go to the sports game or the Thursday Thrills but I get distracted, so I think that having an app that notifies me when the events are occurring will be extremely helpful," Benasutti said.

Along with this, Wallerius and Benasutti both hope to increase the

amount of student participation.

Because both of them are athletes, they hope to create a competition between classes to increase attendance at sports games as well as other events like Thursday Thrills.

They also want to continue the composting program on campus and many others that began this year, and to continue programs from past years that concern service and the environment.

"We know that the students' relationship with Bon Appetite [food services] is not very good but they do some great things, especially for the environment and we hope to strengthen it by bringing awareness

about different programs," Benasutti said. "Healthy eating is also important to us and having access to fruit and vegetables from local places is something that Bon Appetite does for us and that's pretty awesome."

When Benasutti is not running around campus attending meetings you can find her in the science building, watching "Friends," eating blueberries and hiking with Wallerius. And when Wallerius is not running around attending meetings she can be found at cross-country practice, in DeSmet Hall where she is currently a Resident Assistant or eating watermelon.

Goldspot Brewing Company: Grand Opening

Liam Flaherty STUDENT JOURNALIST

If you chose to venture outdoors this past weekend you may have seen a crowd at 4970 Lowell Boulevard, just past The Noshery, who were trying out possibly the first respectable brewery in the Berkeley and Regis neighborhood.

According to a reporter from The Beer Drifter, the brewery "is the kind of warm, inviting and friendly environment you'll want to spend more than a few snow days within."

The two founders, Matt Hughes and his



College students enjoying a pint after a long day

brother-in-law Alex Sward, who have been in the process of creating a brand and brews, said the name came from "the gold spot that symbolizes the sun on both the city and state flags."

Unfortunately, while I was unable to go into the new taproom, as I am not of age, I was able to stroll by it on Feb. 21, opening weekend, and it was packed to the brim with people. Also, there were a couple of food trucks lined up outside, including the popular Basic Kneads Pizza, which were serving food in the frosty weather. They were present at the brewery

because Goldspot does not serve food, which could be detrimental because no one wants to wait outside for food in a blizzard. As spring and summer approach, the brewery's collaboration with food trucks will certainly be more effective.

In regards to proximity, students coming in and out of the brewery seemed excited and glad they now finally have a respectable brewery within walking distance of Regis University.

Photos: David Macias



One-Ply Versus Two-Ply

David Macias
ASSOCIATE EDITOR

Some prefer one over the other, others don't care. Still others still haven't even noticed. Regis University supplies its restrooms with one-ply toilet paper.

This may not be a concern for many university students, but many do have an opinion on what they prefer. In a way, it just does not make sense. Regis' costs is upwards of about \$16,000 a semester on tuition alone. How can we not have two-ply toilet paper? Toilet paper, of course, is a very important thing to the college student and that's why there are so many different thoughts on it. One hundred students surveyed and what they had to say was interesting.

What Type of Toilet Paper Do You Prefer?

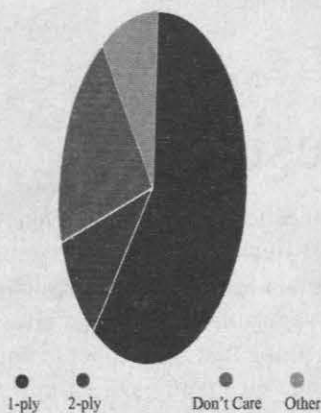


Photo: David Macias

Freshman Michelle Nakayama believes that it is not exactly a personal preference but more of a practical choice.

"People don't use the same amount of two-ply as they do one-ply," Nakayama said. "They don't understand that they don't need to use as much."

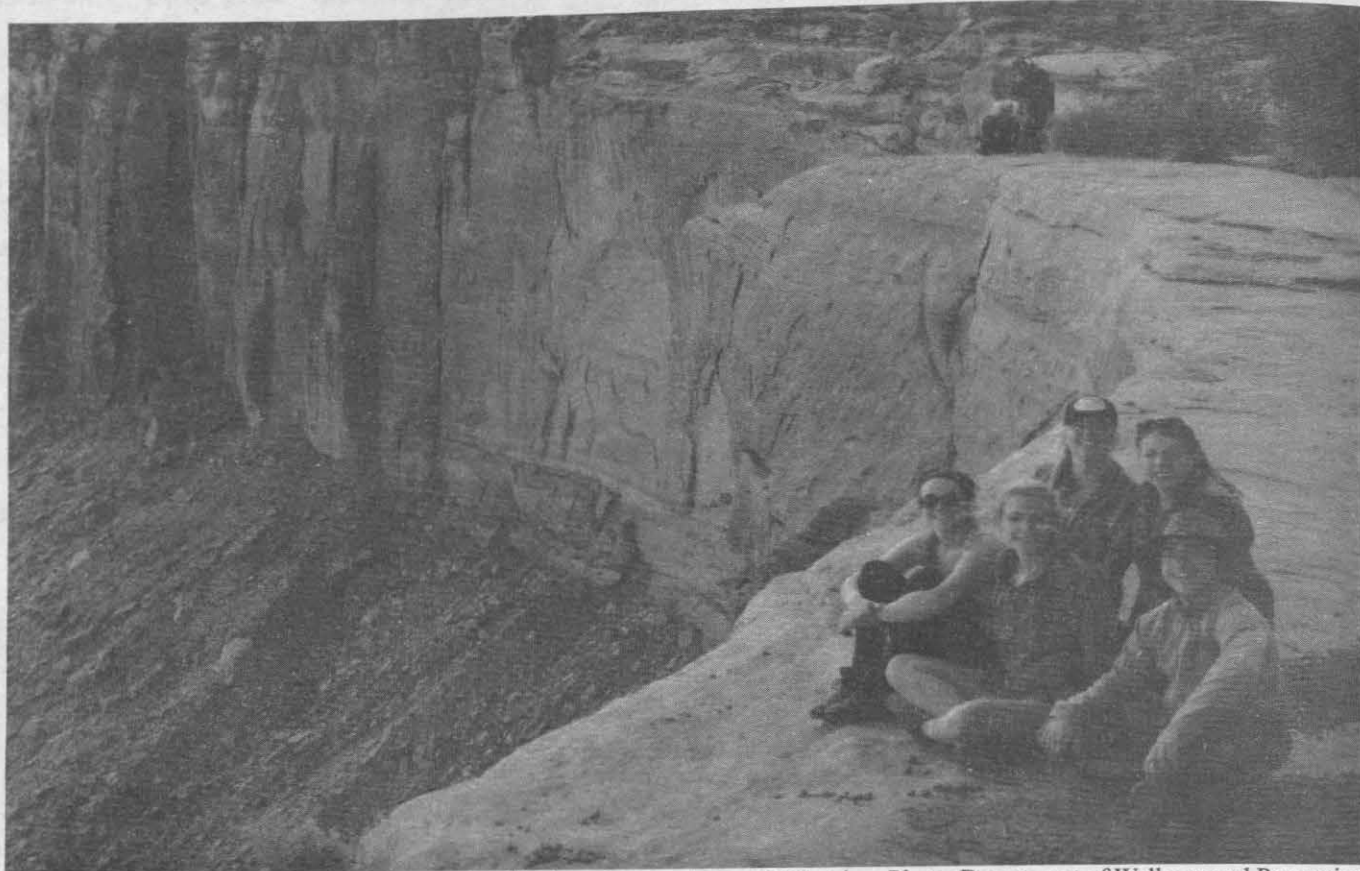
One prominent issue with this debate is that there are more people who don't give a...that is to say, who don't care about their toilet paper, than those who prefer two-ply. But two-ply does have a small band of enthusiasts.

Freshman Sloane Crazybear is among the two-ply enthusiasts "It makes me feel safe," Crazybear said.

Furthermore, two-ply toilet paper is made of 20 layers of paper while one-ply has 13 layers of paper. So two-ply really isn't twice as much. But when it comes to which is best overall, although two-ply is more comfortable, one-ply is less expensive, more environmentally friendly and sewer friendly too. One-ply blows two-ply out of the water (no pun intended).

How you take your paper may define you in many different ways. For those who take one-ply, you're strong and trusting. If you prefer two-ply then you are careful but confident. If you use three-ply then you might be snobby, among other things. You might prefer one to another or you might not care but whatever your whim, we all prefer something to nothing.

Outdoor Adventure Program: Where Memories are Made



Regis students make friends and memories on OAP's trips. Photo: Department of Wellness and Recreation

Connor Campbell GUEST WRITER

Looking for adventure? Look no further! The Outdoor Adventure Program (OAP) at Regis serves as an outlet for students to participate in a variety of outdoor activities. From hiking to snowshoeing to incredible spring break trips, OAP offers Regis students a little taste of everything when it comes to the outdoors.

With all the wonderful things OAP has to offer, the staff would love to see more students take advantage of this great program and create memorable experiences. Those who have participated in activities sponsored by OAP can attest to the fun they offer. However, there are many students at Regis who have yet to enjoy an OAP trip. Some might have their own reasons for choosing not to go on a hike at St. Mary's Glacier or take a bike trip through Denver. If you fall into this category, let this article dispel any fear or apprehension you have about going on an adventure!

OAP is for everyone.

If you do not think you are cut out for an OAP trip, there are two things you should know. You are not alone, and everyone is cut out for an OAP trip.

Many students see OAP as a program for adrenaline junkies or experienced outdoor experts. They don't think they are qualified so they stay away from exciting opportunities that they might really enjoy.

The truth is, the activities offered by OAP are catered to students of all skill levels. You don't have to be a natural outdoorsperson by any means. You are not expected to know everything there is to know about rock climbing or skiing. OAP activities are meant to be educational just as much as enjoyable.

According to their mission statement, OAP seeks "to develop a deeper understanding of the wilderness through experiential, adventure and environmental education and to participate in intentionally designed activities

that create opportunities for spiritual reflection and leadership development."

Whether you are a nature freak or a reserved Netflix-watcher, OAP will show you a fun time. There is no need to worry about not being experienced; let OAP help you build that experience.

Don't worry; it won't break your bank.

All of these trips cost money, right? Not all do, but yes, most do. However, if you are concerned that you cannot afford the exciting trips and activities OAP have to offer, worry no more! OAP offers students fun-filled adventures for incredibly modest prices; prices you won't find easily elsewhere.

For example, OAP can take you on an overnight caving trip where you can explore the wonders that lay in the depths of Fullford caves for just \$30. This includes food and transportation as well. Normally, people are charged \$80 just to go caving here. For just \$20, OAP can take you snowshoeing, ice skating and tubing for a weekend at Winter Park where you'll stay in a luxury condo. Odds are you would pay a lot more than \$20 if you were planning this weekend escapade yourself. OAP can lead you on a hike of a 14er for just \$10, which pays for food, transportation and guides. You can't beat a price like that! OAP can also take you sailing in the Florida Keys for spring break for a modest \$750, which covers flight, food, transportation, sailing, guides and snorkeling gear—everything but snacks! If you were planning this trip yourself, you would likely pay upwards of \$1,200.

So if it's money you're worried about, the only thing you need to worry about is how you'll spend all the money you save by going on a trip through OAP.

Now is the time to go on adventures.

The college years are the best years to get out and try new things, especially exciting things like the trips

and ventures OAP has to offer. Many Regis students enjoy OAP-sponsored events regularly while others are realizing how great they are.

Junior Kate Wipfler has participated in several OAP-sponsored activities, including the recent spring break sailing trip in Florida, which was, according to Wipfler, "the best OAP trip I have been on and the best spring break of my life."

"All of the experiences have been eventful and have left me with great memories of the trails and places I've gone with friends and students," Wipfler said. Her advice for students who have never experienced an OAP activity or trip: "Sign up the second the next one opens! The cost is great; the staff is super friendly and plans everything so you don't have to worry. You just get going on the trip and explore what's out there!"

Junior Kate Wallerius is also a big fan of OAP. She has been on a few OAP spring break trips including the Key West trip and always has a fantastic time. Wallerius absolutely loves OAP trips. "The staff is wonderful," Wallerius said. "They do an excellent job finding super cool places to visit. I also appreciate the effort they put into coordinating the trips and making sure everyone has a fun experience."

So what's keeping you from going on adventures with OAP? The activities are for students of all skill levels, costs are mindful of students' college budgets, and what better time, after all, to explore new places than right now?

You can find out what OAP events are coming up online at <https://apm.activecommunities.com/regisuniversity>.

If you have any questions, feel free to contact OAP at oap@regis.edu or by phone at 303-964-5412.

The Power of Namaste

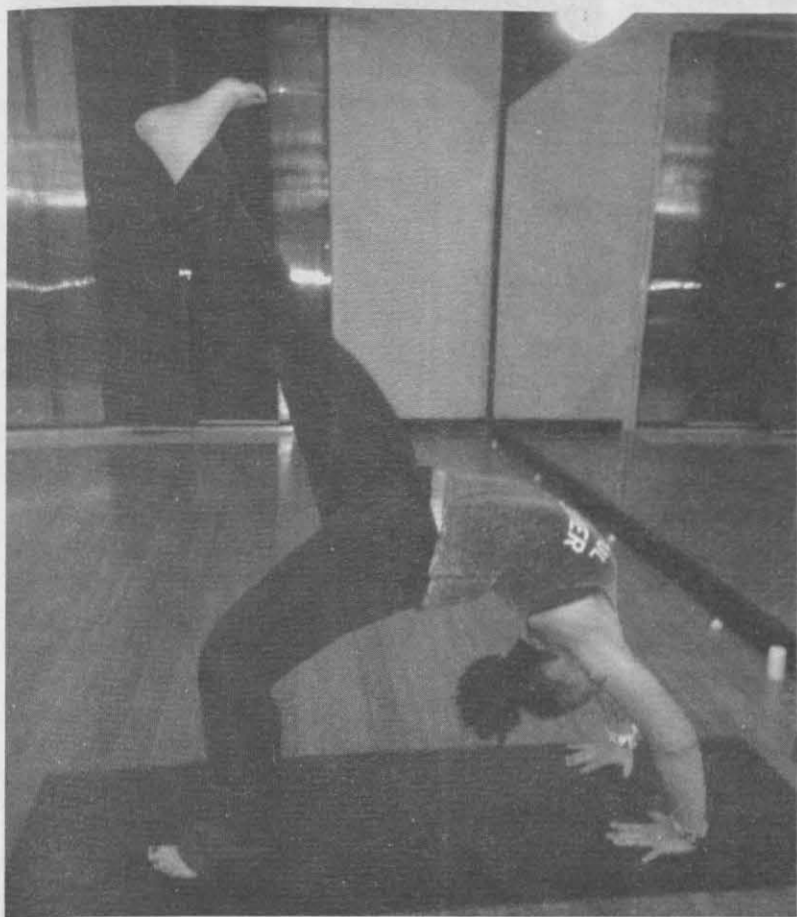


Photo: Sofi Torres

Sofi Torres
SOCIAL MEDIA EDITOR

“The peace, the joy and the love in me respects that in all of you. Namaste.”

Kiera Paul, teacher at the CorePower Yoga Highlands Studio, chants these well wishes to her students after every class she teaches.

CorePower Yoga is a fun new spin on the traditional yoga practices. A corporate chain with headquarters in Denver, CorePower infuses a mix of traditional practices with hot temperatures, great support from the staff and an upbeat environment to create their own kind of work out.

While all the studios are corporately owned, they each have a small community feel which encourages people to keep coming back. After just one class, teachers make it a priority to know students' names and try to help them gain not only peace in their practice, but also their state of mind.

After being exposed to hot yoga by a friend in high school, Kiera Paul was hooked. “Yoga has changed everything in my life; mental, physical, and even my sense of community was changed. I am who I am now, and have the attitudes I do thanks to yoga,” Paul said.

Sophomore Online Editor and CorePower yogi Karli Denk had to agree. “I used to think yoga was for hippies but now I'm hooked! Yoga is about loving and taking care of your body and soul.”

While Paul admits that yoga is not for everyone, for those who are interested she said to give it a shot. “Just get weird with it!”

Her favorite part of teaching? “Watching people change not only mentally, but physically. They all leave in a state of peace.”

The Highlands CorePower Yoga studio is located at 3390 West 32nd Ave, #104 Denver, Colo. 80211

What is your favorite way to work out? Let us know on Facebook!

The Master Behind the Ranger Roll

Matt Bender
STUDENT JOURNALIST

I had the opportunity to sit down with the Claver Café sushi chef who is best known for his new creations on the menu, such as the wildly popular Ranger Roll and a new favorite of mine, the Baja Roll.

Thomas Knight is more than just another sushi chef at Claver. He is a talented musician, a pursuit that has

taken him back and forth from sushi for years. Born and raised in Denver, he's been a sushi chef for 16 years now, as his food always shows.

Bender: Where have you worked as a sushi chef and for how long?

Knight: I worked at Sonoda's for about seven years, Namiko's in Arvada for about three years and then Japon for about three years.

B: What is your favorite part about being a sushi chef?

K: The food. I love food, but especially working sushi because it's almost like being a bartender with food. It's much more personal than being in a kitchen. You get to talk to people and watch them eat your food.

B: What is your favorite fish?

K: Mackerel. I love the taste. It's super fishy and oily.

B: What is your favorite sushi place in Denver?

K: If I could eat sushi right now I would go back to Sonoda's in Aurora. When I first started there the owner had two restaurants and then opened two more. He has since sold one, closed one and gave one away to an

executive sushi chef who practically lived at the restaurant; that's the one I would go to. Sushi places owned by chefs are always better.

B: Why have you moved away from the sushi restaurants you previously worked at?

K: Mainly because I am a taiko drummer and back when I worked at Sonoda's, I was playing a lot. Working in a sushi restaurant or any restaurant, you don't get time off. Same reason I left Namiko's. I'm always trying to learn new things. I went to Japon to learn some specific things about sushi. I try to not work for a pay check. I try to make myself better at whatever I do. That's why I came here; I can drum more. It's Monday through Friday, get off at 4 and don't have to work this summer. But I stayed because I like it here and I like you guys.

B: What kind of music do you play?

K: It's a blend of traditional Japanese taiko drums and a new style kind of like rock 'n' roll. It was invented by a guy about 50 years ago who studied jazz in America and then went back to Japan and

learned the traditional music, bringing that knowledge back here.

B: Any plans for the summer?

K: I have a big show in August that is a sort of India-style dance performance with some traditional Indian drums, a combination of Latin drums and my Japanese taiko drums. I will also be performing at some festivals including the Cherry Blossom Festival in Denver.



Thomas Knight rolling the signature sushi.



Photos: Gina Nordini

Brian Schoeni ADVISER

Gina Nordini EDITOR-IN-CHIEF
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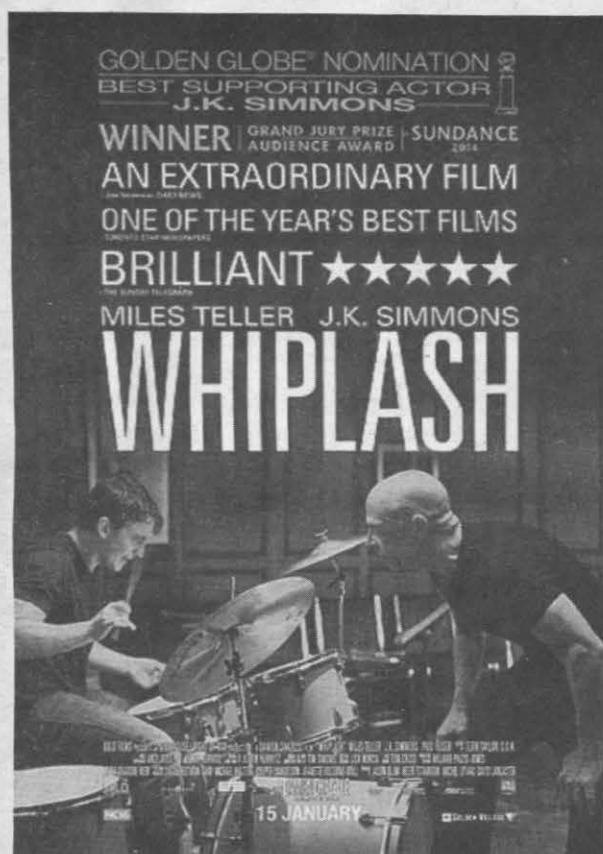


Photo: Google

Shannon Wheeler **STAFF WRITER**

“There are no two words in the English language more harmful than ‘good job.’”

This bold claim comes from the tyrannical maestro Terrance Fletcher in the 2014 film “Whiplash.” In this moment, as he and his student Andrew Neyman sit in the dimly lit jazz club, we finally understand why Fletcher has been ruthlessly abusing Andrew during rehearsals, often leaving blood on the young drummer’s hands. For Fletcher, pushing his students beyond what they believe is expected of them produces greatness in the end.

At its core, the film is about the dedication and sacrifices required to become great and this is something that is frequently pondered by artists, scholars and athletes alike. After seeing Andrew’s triumph come at the cost of his humanity, one must wonder if brutality is the best form of motivation. The reality of the film is that Fletcher’s tactics actually produce results despite the extreme nature. He screams in Andrew’s face, slaps him, and hurls chairs at him, but this all scares Andrew enough into improving his drumming. So is the secret to becoming great at something beating yourself up?

This has been the question haunting my mind ever since I saw the film. I often ask myself what it will take to improve, but Fletcher’s methods are difficult to apply to everyday situations. This is because Andrew has an abnormally high goal: he wishes to become one of the greatest musicians in the world.

“[Andrew] wants to vault beyond the masses of session guys and second-stringers into the pantheon, to keep company with Buddy Rich and Charlie Parker and the other giants of the art form,” New York Times writer A.O. Scott said. Everyone knows this is a near impossible feat no matter what your profession is. However, there are still plenty of people out there who are just as dedicated to their practice as Andrew is. They share the desire to become a household name and would do whatever it takes to get there.

If that is you, then you have likely been told that it will never happen. Famous author Sherman Alexie once told me himself that I will never sell as many books as he has. If you’re anything like Andrew, then you won’t let that stop you. You will try a million things to motivate yourself, and now you wonder if the level of abuse Fletcher imposes on his students is what you need to succeed. It’s up to you to decide, for everyone excels in different ways; some people are expended under pressure, others are empowered by it. Andrew takes that stress and abuse laid upon him, turns it into a challenge, and it pays off. However, the end of the film leaves viewers wondering if Andrew had improved as much as he did without Fletcher, and consequently leaves us to wonder what we require to become great.

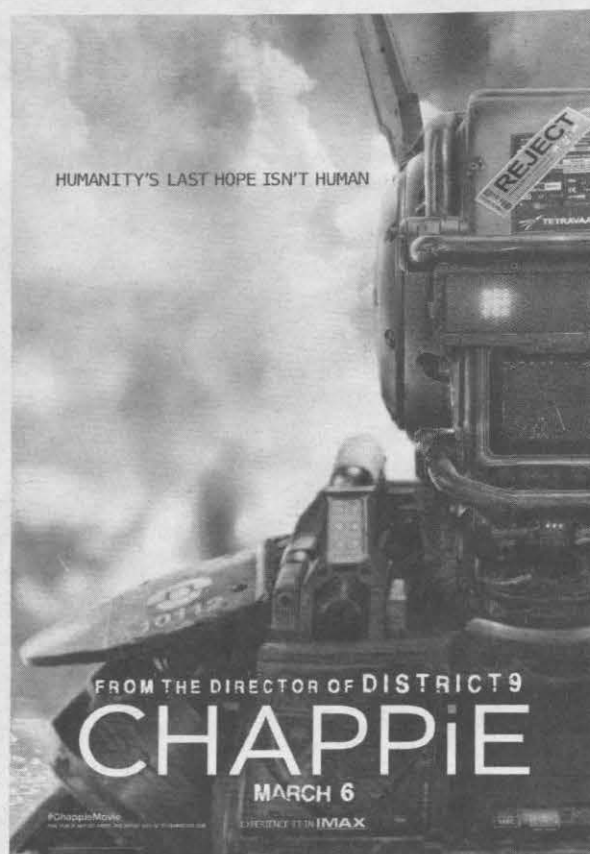


Photo: Google

David Macias **ASSOCIATE EDITOR**

From director Neill Blomkamp comes the story of a robot that attains true consciousness: Chappie. He’s no longer bolts and circuits, but has acquired what many would deem a soul. Because of this, he is being hunted; a sentient robot could jeopardize the future of mankind.

That’s it. That’s the plot of the movie, a robot fighting for survival. It follows suit with other Blomkamp films such as “District 9” (where an alien must get home) and “Elysium” (the protagonist hopes to eradicate social class in the world). All are packed with amazing visuals and over-the-top acting, but that doesn’t make up for the thin plotline.

If you enjoy action movies without too much of an emphasis on the story, then this is the film for you. If you are looking for something that’s not just filled with gory violence then the “Dark Knight” series might do you good.

With the exception of “District 9,” Blomkamp films have all had a well-known male actor. This one featured Hugh Jackman in all his Aussie glory. He does an amazing job at making you hate him (as he is the antagonist) and makes quite a point that robots shouldn’t exist in the first place.

In conclusion, if you’re looking for literally more bang than brawn for your buck, then this is the place to go.

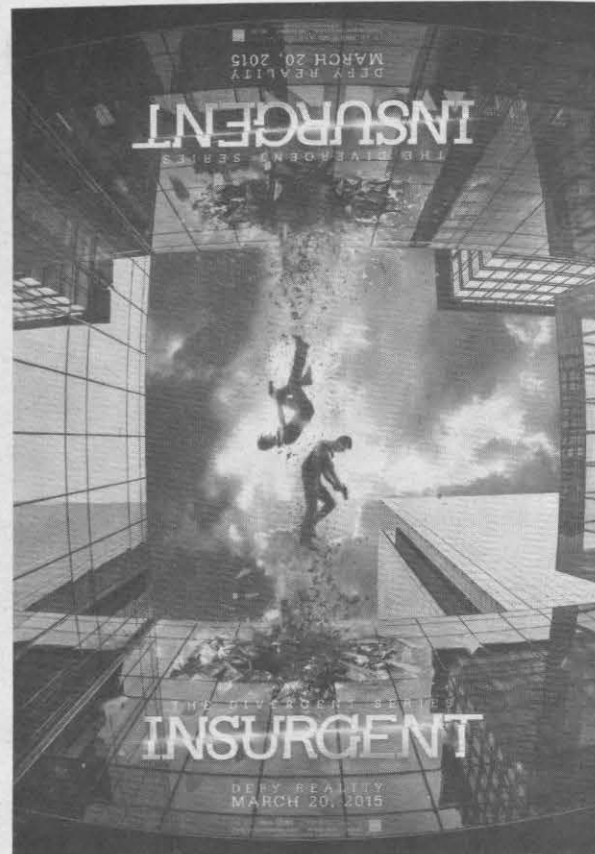


Photo: Google

David Macias **ASSOCIATE EDITOR**

With all the dystopian movies out there, “Insurgent” has to fight to distinguish itself, and fight it does. However, there’s only so much it can do because just like the book, this sequel isn’t as good as the first title.

Shailene Woodley does an amazing job in her portrayal of the series’ protagonist, Tris, but her acting alone doesn’t keep the movie alive. As Tris deals with overwhelming feelings of hate and death, the audience must focus on a plotline that seems as interesting as oatmeal.

There are changes to the plot as any movie based off a book has, but the changes almost make the movie better. Tris must search for allies as she faces the life of a fugitive while at the same time combating the Erudite elite. She is hoping to correct all the wrongs she committed in the past and this will bring her to a difficult decision.

“Insurgent” holds its own, but its plotline doesn’t merit a third film. Overall, this movie is the exact counterpart of the book; both of them are not as popular as the first title in the series. If worst comes to worst, or better said, expected becomes true, the third film will be just as bad as the third book. To be frank, the poster for the movie had a thicker plotline.

Sushi Den

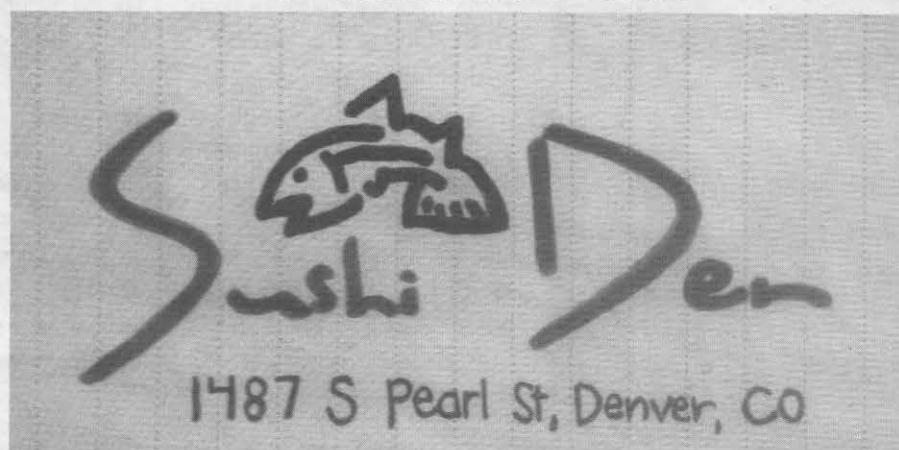


Photo: Helen Burns

Karli Denk **ONLINE EDITOR**

Like many of my friends at Regis, I always have a hankering for sushi! I am constantly searching for cheap places to eat but I decided to splurge a little this time.

Sushi Den is on the higher end of sushi restaurants in Denver but is worth the extra money! It offers a wide variety of rolls ranging from California rolls to exotic specialty rolls. My favorite specialty roll is the Tamago nigiri sushi, which is a baked egg custard roll with rice.

In addition to the amazing food, the atmosphere and the service at the Sushi Den is priceless.

Although I sat at the bar rather than a table, the service was incredible. Instead of having a waiter, the sushi chef provided me with drinks and I got to see my food as it was prepared. My chef struck up a conversation with me right away and he was quite pleasant!

Overall, my experience at the Sushi Den was amazing. I would recommend it to all sushi lovers.

Sushi Den is located at 1487 South Pearl Street, Denver, Colo. 80210.

Hours are Sunday 5 p.m. to 10:30 p.m., Monday through Friday 11:30 a.m. to 2:30 p.m. and 4:45 to 10:30 p.m., and Saturday 4:30 to 11:30 p.m.

Most Anticipated Books of Spring 2015

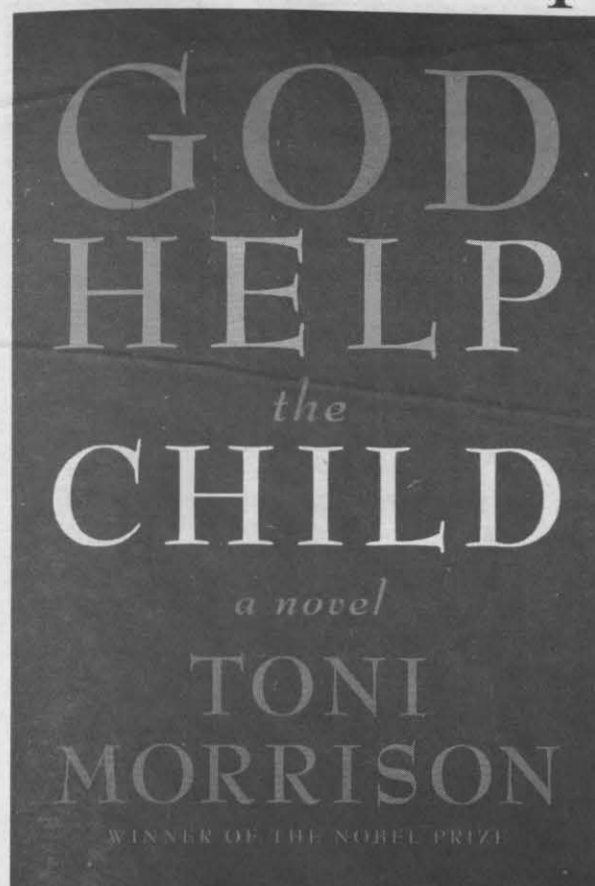


Photo: Google

David Macias **ASSOCIATE EDITOR**

God Help the Child – Toni Morrison

A mother learns about the trauma adults inflict on children and the drastic measures children take to overcome their pain. At the same time it explores the pain that adults have from their own traumatic childhoods. A love story of the most surprising attributes; whether their life together is under their control or preordained since childhood is a conflict that Toni Morrison has proven she has mastered.

Release Date: April 21

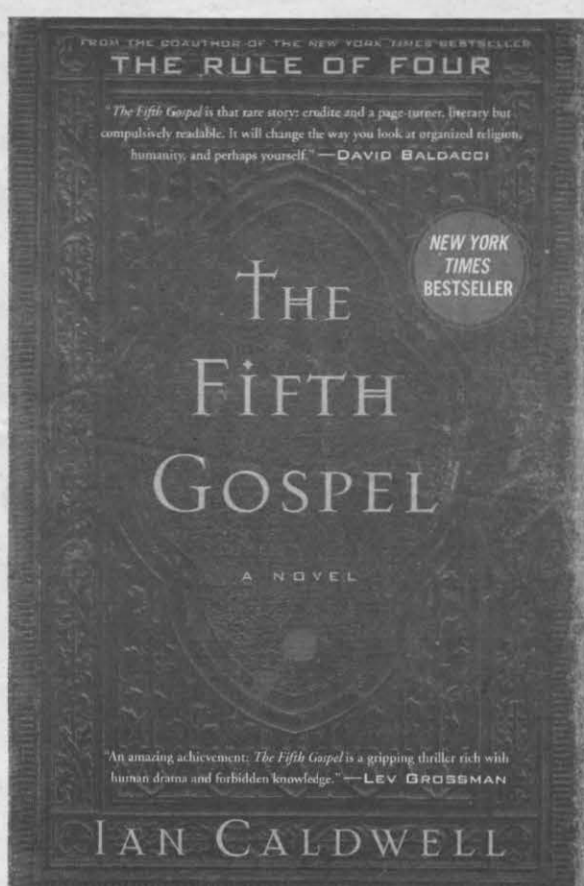


Photo: Google

The Fifth Gospel – Ian Caldwell

A religious thriller; two brothers that are priests are caught in the web of an exhibit that proves the Shroud of Turin does date from the time of Christ. Having gone deeply into the world of Catholic belief, it boasts the same vigor and intensity as a Dan Brown novel. Although it is less thrilling it is by far more emotional. It has set a high bar to reach for other novels of the same genre.

Released earlier this month.

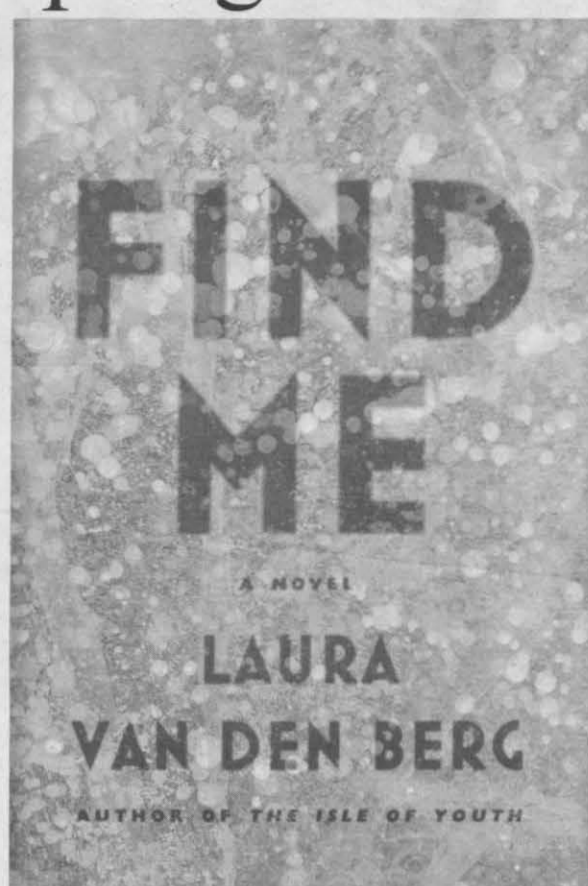


Photo: Google

Find Me – Laura van den Berg

A gripping story of a very near dystopian future where a virus causes memory loss, then death, the protagonist finds herself immune but lives her life in a zombie-like state. It distinguishes itself from other dystopian novels as it isn't specifically aimed at young adults. As such, its prose and plot go beyond a cliffhanger at the end of every chapter and instead set up a believable world where the reader honestly believes such tragedy could happen tomorrow.

Released in February.

Toys to Life: Amiibo Success for Nintendo



The various Amiibos that Nintendo currently sells. Photo: Wikimedia

Carlos Madera **STAFF WRITER**

The new Super Smash Bros. for Wii U has been an amazing success for Nintendo. According to Euro Gamer, it has sold over 9 million copies on the 3DS and Wii U systems combined since January 28, 2015.

Its success can be attributed to some of the new features, like "For Glory" which allows players to have competitive games and become ranked higher according to their record, or the popular Amiibo. These new Toys to Life figurines allow people to play with Artificial Intelligence. The Artificial Intelligence can improve in skill and learn different fighting styles.

This is the first time that Nintendo has released figurines for the Super Smash Bros. roster, an event which

has made fans even more eager to buy Amiibo. So eager, in fact, that many people wait hours in front of stores on the day of release to buy them. Popular characters like Mario, Luigi, and Bowser are pretty easy to find but others like Marth from Fire Emblem, Wii Fit Trainer, and Villager from Animal Crossing are nearly impossible.

Many fans have resorted to buying these rare Amiibo from resellers for nearly \$100 when the retail price is about \$15. And the only difference between a \$100 Amiibo and a \$15 one is that it's harder to find. To find the rare Amiibo at retail price people need to wait out early in the morning or make lots of calls to different stores in hopes that they find it.

Senior Martin Pena is no stranger

to hunting for rare Amiibo. "I grew up in New York right near the Poke Center, which is now Nintendo World, so I've grown up loving Nintendo and especially Smash Bros.," Pena said. After accompanying Martin Pena to get the Meta Knight

Amiibo which was only sold at Best Buy, it was easy to see why they sold out so fast.

The Best Buy opened at 10 a.m. but the line started at 5:30 a.m. and had about 30 people in total before the store opened. Sadly, the Best Buy only received eight Meta Knights so a lot of people left empty-handed. Martin said that two nights before he called all of the Best Buys within an hour of driving distance and chose the one where they said they would have at least five. After talking to an employee

from Belmar Best Buy named Jason who is also a collector, it is easy to see that people don't just collect Amiibo to play in Super Smash Bros.

"I got my first NES in 1989, so I've grown up on Nintendo. I collect because of nostalgia, and maybe I'll get my kid interested in them one day," Jason said.

Since Amiibo were released, they have drawn both children and adults. Children love to play

with this new Artificial Intelligence which is compatible with multiple games, and adults like to collect them because of sentimental values and the same reason as children. With more figures on the way, it will be interesting to see how Nintendo and its fans react to these new toys.

Bored on the First Friday of the Month?



Sofi Torres **SOCIAL MEDIA EDITOR**

Denver is known as an artistic city, but many people do not know just how artistic it is.

There is a hidden gem on the first Friday of every month called the First Friday Art Walks.

While there are 13 art and cultural districts in Denver, Regis University is lucky enough to have one right down the road. Tennyson Street is one of those cultural centers in Denver, and they host First Fridays every month. The purpose of the art walks is for families and locals to get a taste of area artists and their work. Most places on Tennyson turn into a gallery for a night: the nail salon, glasses shop, frame store and more. They all host the work of local artists for the public to see.

While there are some professional studios and galleries on Tennyson, it is the little places that one



Photo: Sofi Torres

would not expect that make the experience so fun.

"It was fun to see so much different and beautiful art free of cost," sophomore Victoria Cudjo said. "Another cool thing is that you can almost always talk to the artist themselves about their work."

During the summer months, the art walks can be bustling with people and for good reason; there is lots to do and see! While the winter months are not quite as popular, they still bring in crowds. These art walks are a good way to experience the culture of Denver while supporting local artists and having fun.

The Tennyson Street art district is located just a few minutes southwest of campus.

Check out one of Denver's Art Walks this Friday. Be sure to share your finds on our Facebook and Instagram (@ruhiglander).

T-shirt Scarf



Photo: Karli Denk

Directions:

Lay out your shirt, making sure there are no creases or bumps. Once your shirt is laid out smoothly, cut the shirt across from one armpit to the other; your shirt will now just look like a rectangle. Fold your tube of fabric almost in half, but leave approximately two to three inches at the top. Along the fold, cut snips every inch all the way across.

Next, use the snips to cut to the other end of the fabric, leaving a couple of inches at the end (do not cut all the way through). You will now have long loops of fabric. To make the loops longer, take the loops and continue to stretch them out even further. Finally, take a scrap piece from the top of the shirt that you cut off earlier. Use it to tie the loops together. You now have an awesome T-shirt scarf made of recycled material!

Chickpea Blondies

Ingredients:

- 1 can (15 ounces) chickpeas, rinsed and drained
- 1/2 cup all natural almond butter or peanut butter
- 1/3 cup honey
- 2 teaspoons vanilla extract
- 1/2 teaspoon salt
- 1/4 teaspoon baking powder
- 1/4 teaspoon baking soda
- 1/3 cup vegan (or regular) chocolate chips, plus 2 tablespoons
- Sea salt, for sprinkling

Directions:

Preheat oven to 350 degrees. Spray an 8x8 inch pan with nonstick cooking spray. In a food processor add all ingredients, except the chocolate chips, and process until batter is smooth. Fold in 1/3 cup of chocolate chips. Note: batter will be thick, delicious and egg-free, so you could actually just eat it on its own!

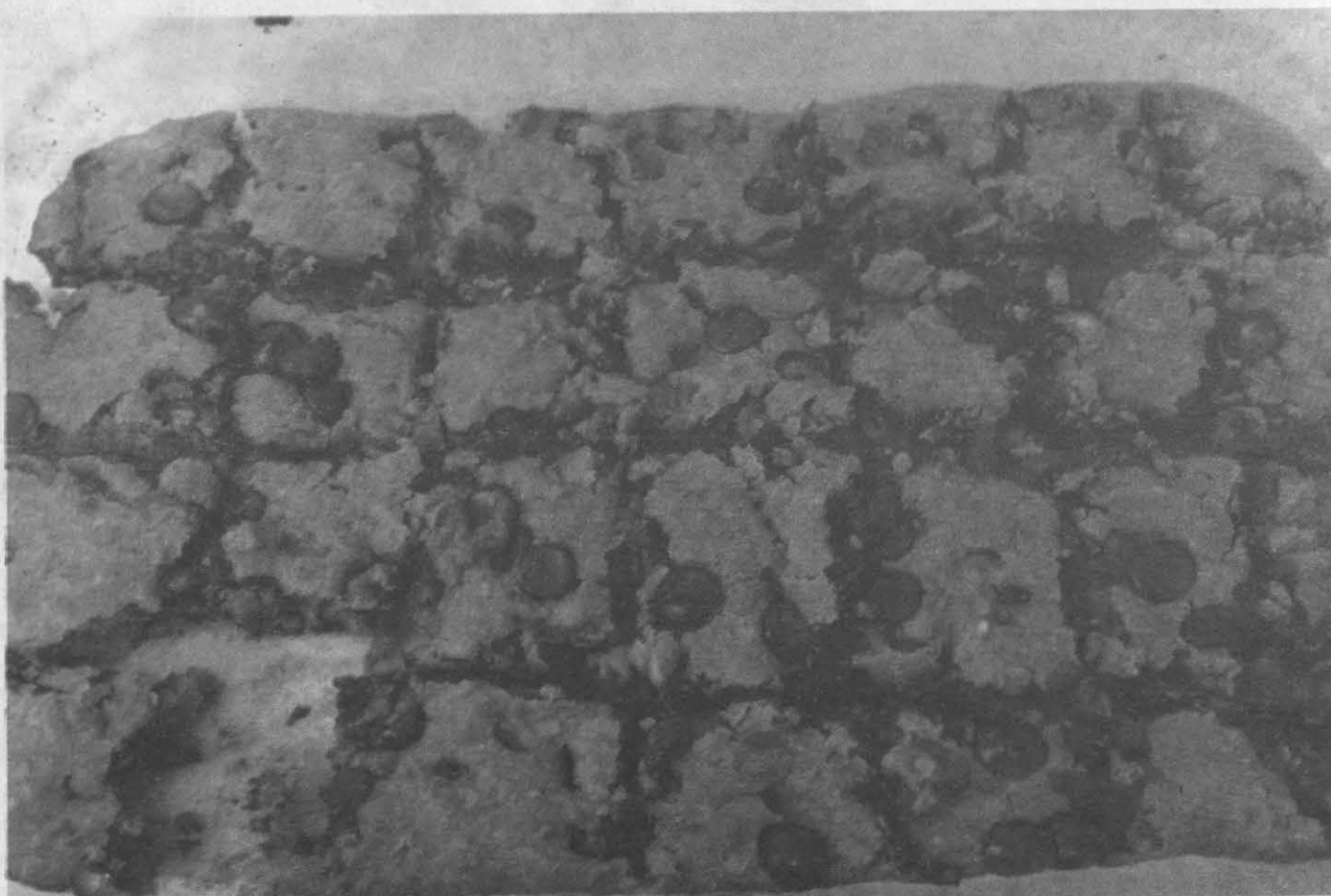


Photo: Karli Denk

Spread batter evenly in prepared pan, then sprinkle two tablespoons of chocolate chips on top.

(The batter may stick to your spatula, so spray spatula with nonstick

cooking spray first). Bake for 20-25 minutes or until toothpick comes out clean and edges are browned. The batter may still appear underdone.

Cool pan for 20 minutes on wire

rack. Sprinkle with sea salt for taste then cut into squares.

Makes 16 blondies for you and your friends to enjoy!