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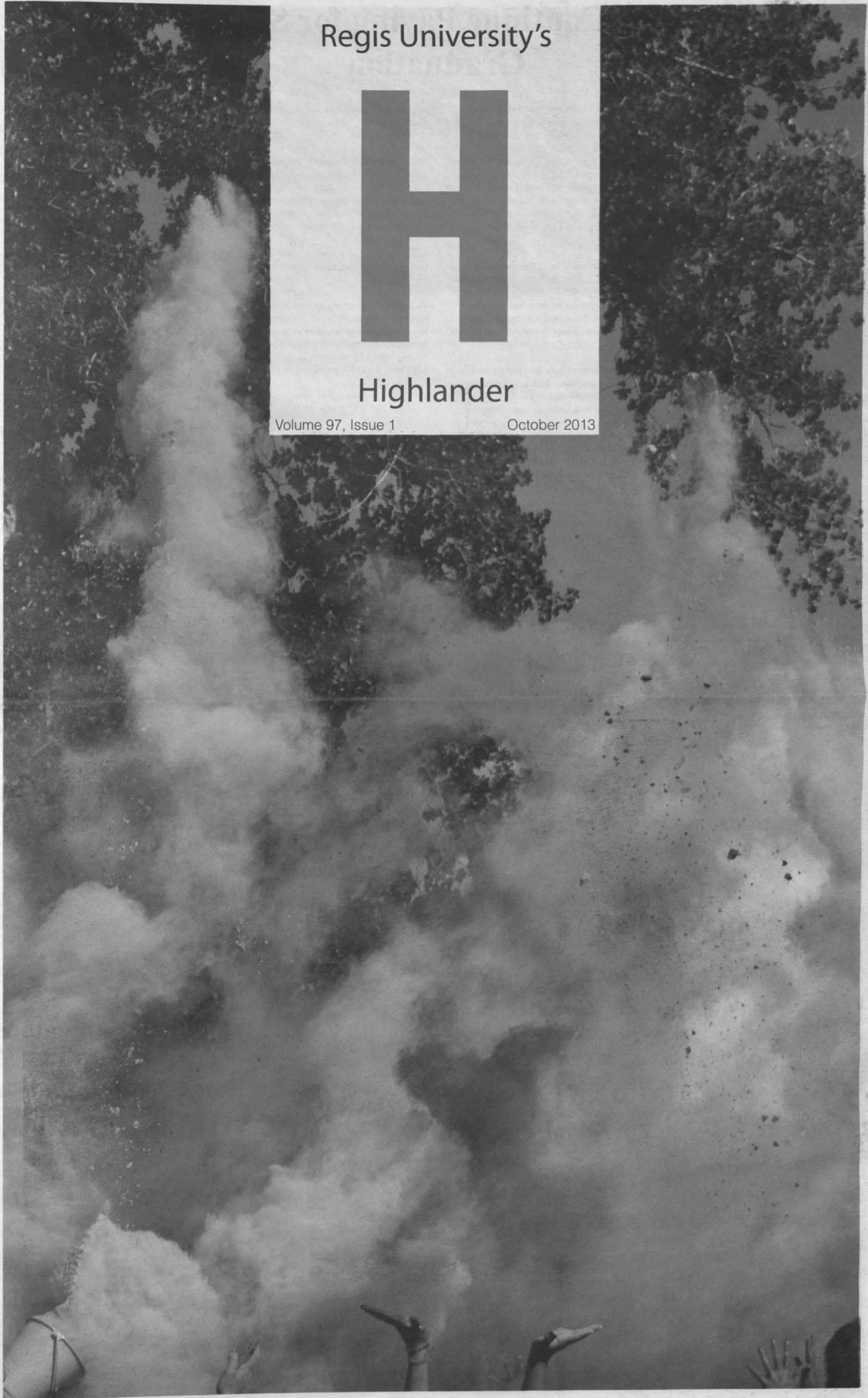
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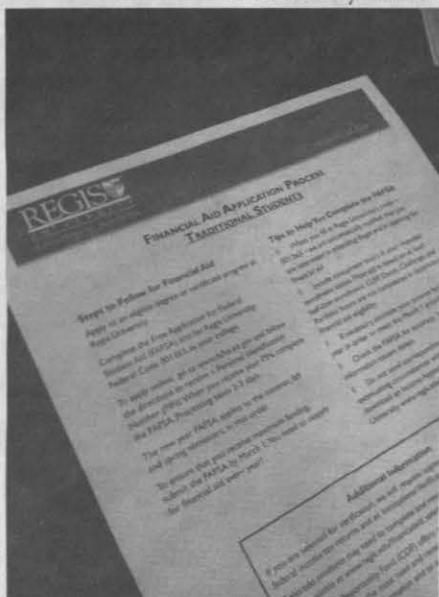
Volume 97, Issue 1

October 2013



Millennials Will Continue Paying for School Long After Graduation

Photo: Shelby Wieman



Shelby Wieman, Section Editor: News

College is expensive—almost everyone can agree on that. But if college is so expensive, how do students and their families manage to pay for it?

The price tag students are facing for the 2013-2014 school year at Regis University is \$31,824, and that's not even including room and board, and a meal plan or books. However, very few students can pay full price. According to the financial aid page on Regis' website, Regis provides \$140 million in scholarships, grants, student employment stipends, and yes, loans.

Loans—the big bad wolf of college financing. Thousands of college graduates are bearing the burden of student loans and thousands more are following in their footsteps. 62% of Regis students have taken out some kind of loan.

Junior Teresa Hotard is one of the many students at Regis who faces student loan debt after graduation.

"To be honest I am very much worried about paying off my loans once I graduate," Hotard said. "I know that I have acquired a big amount of debt since freshman year and it will clearly continue to grow as I still have another year to fulfill my degree. I am worried about finding a job that, with the paycheck, I will be able to make reasonable amounts towards paying the loans off. But what I am also worried about is how long it will take me to pay them off," she said.

According to USA Today, the average student in 2011 had \$27,547 in loans, which is slightly higher than the \$25,352 average that Regis students accrue during their four years in school. USA Today also reported that nearly 1 in 8 college graduates have more than \$50,000 to pay off.

That much student loan debt has the possibility of delaying graduates from accomplishing certain goals until later in life. Goals like buying a car or a house, or getting married.

Catherin Barnes, a financial aid scholarship counselor at Regis, said that many students who take out a large sum of loans do so to pay for things they don't need.

"To be honest I am very much worried about paying off my loans once I graduate,"

"I think the only troublesome aspect we run across is people who borrow because they want extra money for the fun stuff. So maybe you want to buy a little bit of extra stuff for your dorm room at Target or you don't necessarily need your Regis gear at the bookstore but you use the money up front to get stuff like that... I think if you're using it to pay tuition or if you're using it for a direct expense like

your room or meals then it's totally worth it," Barnes said.

Do we really have a choice when it comes to student loans? For the lucky few out there who have never had to take out a loan, this isn't an issue. But for most of those who understand that graduating college is the key to getting a good, steady job, taking out loans is a necessary part of the process.

Kimberly Shepard, another counselor in the financial aid office, would agree. She said, "I think that the way the job market works today, it puts people in a very difficult bind because it's difficult to get a job without at least a bachelor's degree. However it's very hard to go to school without borrowing at least a certain amount, really for people who are not coming from a lot of wealth or their parents don't have a lot of extra money. So I think

it's almost impossible to go to school without accruing some sort of debt."

The job market is improving, but graduates still struggle to find jobs. Young people looking to further their education are faced with the question, "Is it worth it?" Hotard thinks so.

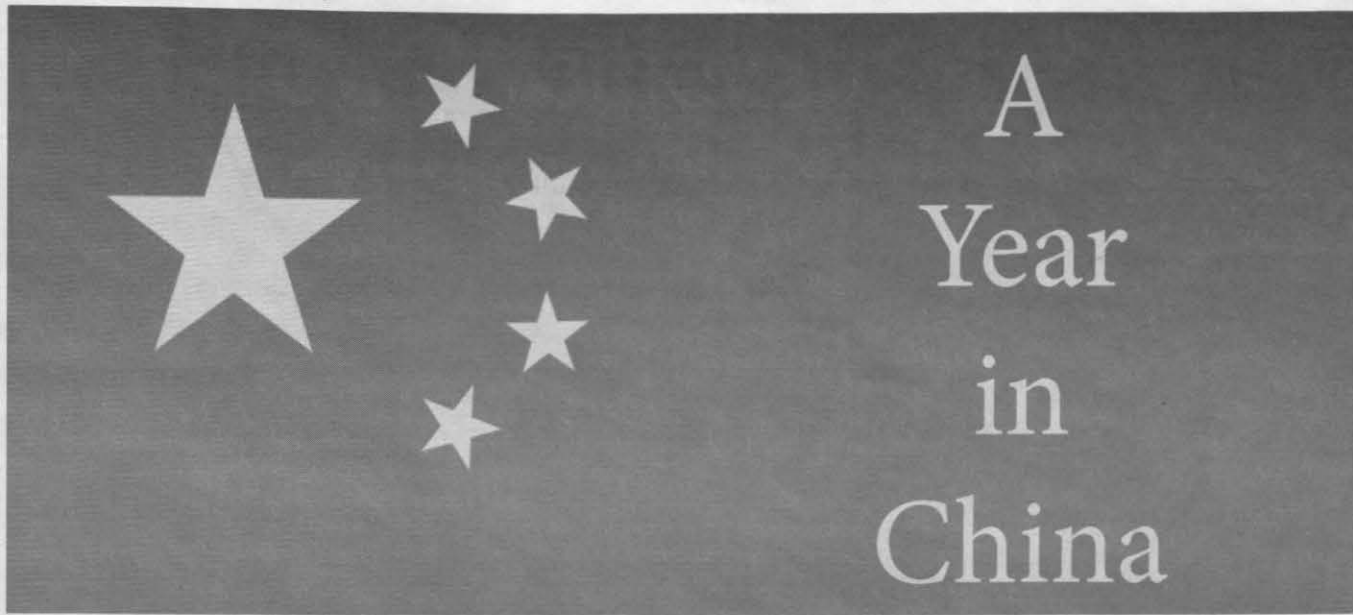
"I do think college is worth all the debt that I am accumulating. College gives you experiences that someone couldn't find anywhere else. The friendships, not only with other students but professors as well, and the knowledge we acquire within the four years here, it makes all the debt priceless," Hotard said.



Photo: Google

Photo: Nick Smith





A Year in China

Benny Luong, Guest Writer

My original purpose in studying abroad in China for a year was to gain an understanding of my Chinese heritage. I began planning for China with my freshmen year advisor Dr. David Hicks. During sophomore year, I realized that I had a lack of purpose in life. Regis was amazing with its fantastic friends and professors, but I felt lost. China seemed to provide the perfect opportunity for me to find myself.

My initial journey to Beijing was rocky at first. When I flew from Denver to San Francisco, I found out my original flight to Beijing was overbooked. That meant that I would have to fly to Tokyo, and then transfer to a new flight to Beijing. I was panicking because I would be six hours late from my original arrival time. After getting my new boarding passes, I emailed my program about my late arrival. Going through that detour was mentally exhausting, but I was grateful to finally arrive in China.

My first night at my Chinese school, a security guard took me to meet the woman at the front desk. She was speaking Chinese to me and I had no clue what she was saying. The security guard was laughing at me for not knowing the language. I quickly saw that I really needed to learn Chinese if I want to make it here. On the first day of orientation, it felt like freshmen year again where we were getting to know each other. I felt displaced since it was a new area with new people. I felt that I lost a sense of myself since I did not see where I fit

in. Luckily, the Chinese students were beyond friendly and helpful. They guided us on how to behave and gave us a campus tour. I came to see that they were very caring and willing to help.

Second day of orientation, I met two girls named Mohini and Olivia. We instantly bonded and they asked me if I wanted to check out the Olympics Green with them. I said yes and we searched for the subway line near school. That made me feel more comfortable with myself again because I found people who were adventurous and kind.

There are a lot of struggles that I am trying

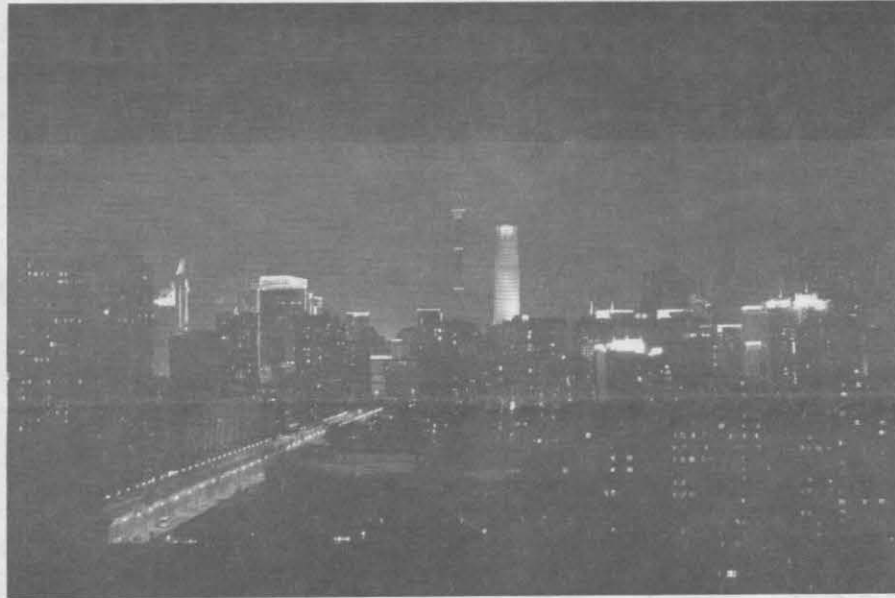


Photo: Scott Meltzer via Wikimedia Commons

to adapt to. The skyline of Beijing is polluted with smog and is very different from the clean air of Colorado. Another issue for me is the language barrier because it is tough for me to communicate in daily activities, such as ordering food. I have to depend on others like my new friend Mohini to help with this. Despite all the challenges of living here, I am very excited about the opportunities presented to me. Overall, I am happy that I chose to do this instead of staying in Colorado because I am discovering more about myself than I would otherwise.

Local Eats!

Los Arcos



Photo: Lauren Hundley

Karli Denk, Staff Writer

Los Arcos is open from 11 a.m. to 11 p.m. on weekends and is a great place to go with good friends. It is a huge restaurant whose appearance is similar to an adobe castle, and the interior is just as fun. The walls are decorated in bright colors, elegant flowers, and large paintings.

I went to eat at Los Arcos for a friend's birthday; upon arrival I was greeted with loud laughs and smiling faces. The atmosphere of the restaurant was very positive until our waiter came to our table. The employee was extremely short and acted like we were a burden.

While we were preparing to order, we tore through the warm basket of chips but it was not refilled when we tried to get someone's attention. In addition, when my friend was supposed to be getting sung to, the waiter addressed the wrong girl!

Despite the bad service the food was exceedingly flavorful. The chips that we did get were very tasty and the salsa was extraordinary! I ordered tacos al carbon for my meal and was very pleased with my choice; the steak was a little hard but the pico de gallo was delicious; it had quite the kick!

The meals range from \$7-15 and you don't need reservations. Personally I recommend this place for its tremendous atmosphere and the good Mexican food, but don't expect the service to be similar.

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Better Than the Mile High Club

Kendra Tyboroski
Section Editor: Arts & Entertainment

The option to hike one of Colorado's 54 fourteeners (mountains that are at least 14,000 feet above sea level) seems like an essential rite of passage—particularly when Denver offers several fourteeners within a couple hours' drive. Don't be mistaken though; a fourteener, regardless of length and elevation gain, will guarantee an intense workout. More importantly, a fourteener requires that certain precautionary measures be taken to ensure safety and comfort.

Remember the necessities: good shoes, plenty of clothing, food and water. Although most fourteeners can be completed in a day's time, the high elevation can cause weather patterns to be unpredictable. Further, lots of calories are exhausted at such high elevation, calories which are essential to replenish. Basically, use common sense when venturing into the backcountry to ensure the highest level of safety.

Never hiked a fourteener? Check the forecast through the National Weather Service (NOAA)

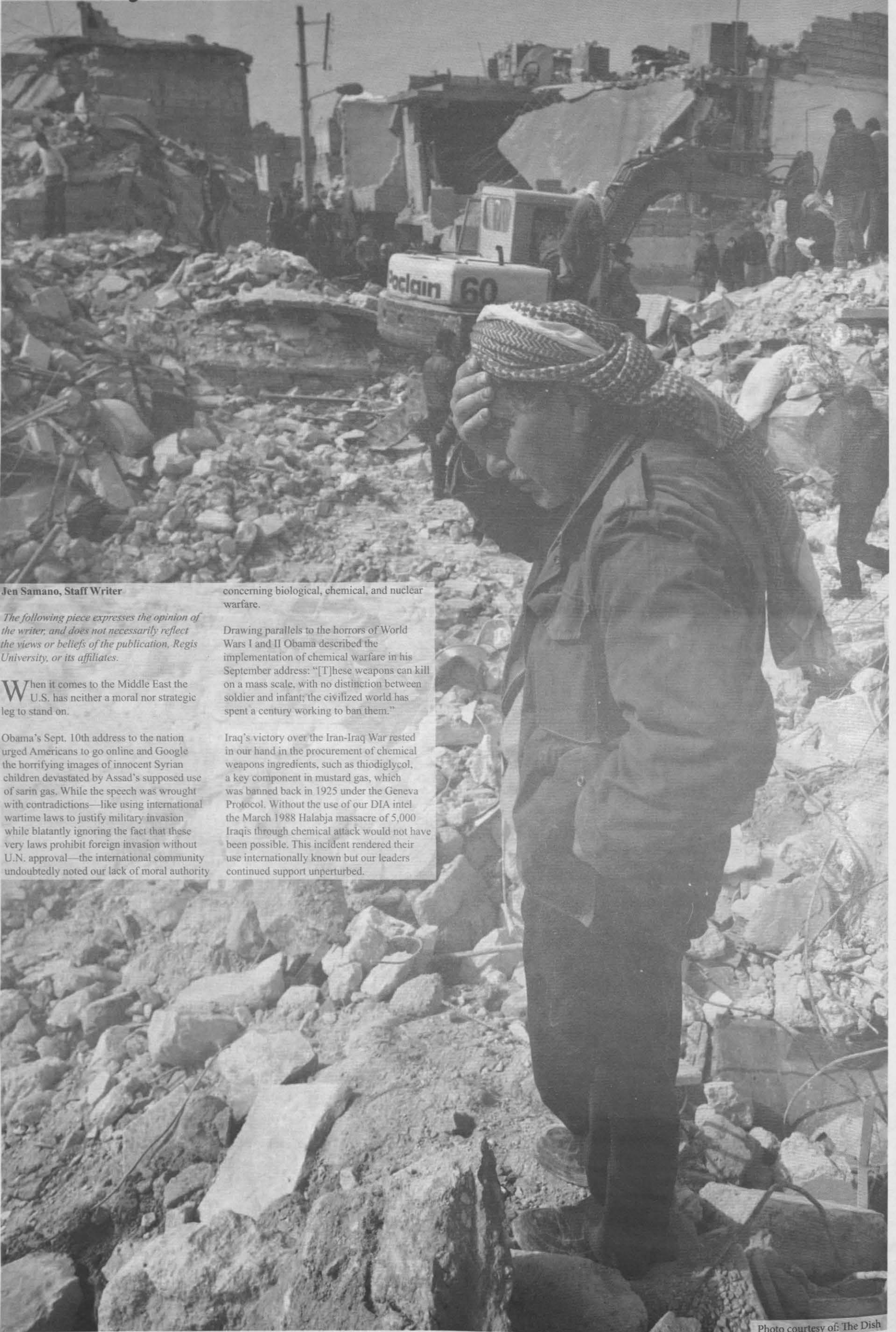
and plan your outing for Mt. Bierstadt. Mount Bierstadt lies in the heart of the Front Range Mountains, about an hour and a half away from Regis. About seven miles long, the hike is ideal for beginners. It is a popular hike, so make sure to start early to avoid heavy crowds and ensure that the "leave no trace" mindset is maintained.

And be sure to check out www.14ers.com, Colorado's website for anyone interested in the climb.

Photo: Lauren Hundley



Why the U.S. Lacks Legs in Syria



Jen Samano, Staff Writer

The following piece expresses the opinion of the writer, and does not necessarily reflect the views or beliefs of the publication, Regis University, or its affiliates.

When it comes to the Middle East the U.S. has neither a moral nor strategic leg to stand on.

Obama's Sept. 10th address to the nation urged Americans to go online and Google the horrifying images of innocent Syrian children devastated by Assad's supposed use of sarin gas. While the speech was wrought with contradictions—like using international wartime laws to justify military invasion while blatantly ignoring the fact that these very laws prohibit foreign invasion without U.N. approval—the international community undoubtedly noted our lack of moral authority

concerning biological, chemical, and nuclear warfare.

Drawing parallels to the horrors of World Wars I and II Obama described the implementation of chemical warfare in his September address: "[T]hese weapons can kill on a mass scale, with no distinction between soldier and infant; the civilized world has spent a century working to ban them."

Iraq's victory over the Iran-Iraq War rested in our hand in the procurement of chemical weapons ingredients, such as thiodiglycol, a key component in mustard gas, which was banned back in 1925 under the Geneva Protocol. Without the use of our DIA intel the March 1988 Halabja massacre of 5,000 Iraqis through chemical attack would not have been possible. This incident rendered their use internationally known but our leaders continued support unperturbed.

Photo courtesy of: The Dish

The U.S. Lacks Legs in Syria

The Gulf War blanketed Iraq with its first layer of depleted uranium (DU), not only devastating civilians and their futures but haunting U.S. soldiers who were underprepared and falsely assured. Like Desert Storm Veteran Sergeant Bob Jones who suffers a plethora of exposure-related DU health detriments such as neurological disorders, respiratory troubles, chronic migraines, cognitive impairment, and cancer to name a few. Military medical officials whitewash these side effects as the "Mysterious Gulf War Syndrome." Yet experts like Dr. Doug Rokke, Director of the Army Depleted Uranium Project, and Leuren Moret, Geological Scientist and International Radiation Expert, find the syndrome far from enigmatic but rather aligns with every other case of DU exposure from army lab rats to civilian children halfway around the globe. Today we have personnel like Sergeant Agustin Matos who suffered from debilitating weakness, fevers, and bloody urination while deployed in the most recent Iraq war. Matos has proven to be far from an anomaly.

Is the risk of a retrospective epiphany of said scale truly worth involving our troops in a war which doesn't immediately threaten our national safety?

Obama goes on to cite a significant piece of diplomatic history: "In 1997, the United States Senate overwhelmingly approved an international agreement prohibiting the use of chemical weapons" in reference to the CWC and the creation of the OPCW. However, signatory action on this piece of legislation is incongruent with our military action concerning the contemporary Mid-East. He also fails to mention that the U.S. signed the treaty only after adding exceptional section 307 which exempts the U.S. from mandatory

inspections in cases of self-declared national security threats.

Our implementation of brute force, proxy warring, rebel funding and chemical weapons usage are ostensible failures in the U.S.'s history. In Iraq we had all the military gadgetry a GI-Joe could dream of yet we couldn't stop suicide bombings nor the proliferation of terrorist organizations. Today Iraq is a central al-Qaeda headquarters left as repressive and violent as its worst war years of 2008. In 2001 the U.S. began its DU campaign against Afghanistan. In 2003 we rehashed our Operation Desert Shield strategy, this time not causing civilian casualty and environmental degradation but "collateral damage."

Al Jazeera reporter Dahr Jamail claims that rates of congenital birth defects and cancer in cities like Fallujah are worse than those in the wake of Hiroshima and Nagasaki bombings. Jamail's statement is affirmed by an epidemiological study conducted by the International Journal of Environmental Research and Public Health comparing 1945 Nagasaki cancer, leukemia, and infant mortality rates with Fallujah from 2005-2009. Alarmingly the same players and their apparently quasi-confidence are cropping up again. Merely a decade ago Nancy Pelosi, John Kerry, Eliot Engel and the likes proclaimed unwavering assurance in Iraq's possession of WMDs. Today their promulgations are haunting echoes.

Unlike the case of Operation Iraqi Freedom we have little to no significant ally support. An unprecedented British Parliament overwhelmingly nixed support—one of our trustiest supporters. Of surmounting importance, the BRICS nations concerted

unanimously an overwhelming disapproval of proposed U.S. military involvement. Even Jordan, one of the U.S.'s most loyal and key regional allies, openly expressed diplomatic preference.

The U.S.'s cross between proxy and mercenary war strategy of funding rebel forces is proven an expired template in the case of Syria. The U.S. began funding the FNC recognized Free Syrian Army (FSA) yet evidently our influence over this rebel faction is feeble. FSA fighting power quickly dwindled as the stauncher al-Qaeda affiliated al-Nusra front proved more effective fighters with more alluring incentives like full salaries extending to each soldier and his family. Recently, rumors swirl that FSA and al-Assad's government are cooperating over potential non-violent peace talks.

To our international shame and in exposure of our waning influence as self-proclaimed world-superpower, Vladimir Putin was the one to achieve diplomatic success through composing cooperation between the U.N. OPCW and its ally Syria where investigations and dismantling have already begun.

A snapshot of recent Mid-Eastern involvement proves the U.S. has neither diplomatic nor strategic authority on Syria's civil war. By letting other emerging superpowers continue to handle matters neatly we might hope to save the last morsels of our Middle Eastern hubris from turning into pure humiliation. Bowing our heads and opening our imperial ears now may help defer blowback. A temporary gale to our international ego now may save us from total and permanent economic, political, and military Middle Eastern quagmire.

From atheist to the devout to the political to

the apathetic—no matter where you stand on the spectrum our country's involvement in Syria affects you. Scrolling past news stories on your feed or rolling your eyes at media talking heads is indeed understandable, but for the sake of your own interest it is worth taking interest—and action—on international politics, especially in a globalized world. So far half of Syria's refugees are college age or younger, and the same was true for millions of Iraqi refugees. The perspectives of these youth are shaped by tragedies. These youth are soon to be leaders of the world just as we are. Times like these prime the foundation for future relations. Said beginnings color whether our coinciding leaderships will be in cooperation together or against in destruction. As someone who associates with and gives at least some form of your time, energy and resources to a Jesuit community, you imply a preference for the latter.

Map courtesy of: The Maine Wire



Students and the Shutdown

How the Government Shutdown Affects Higher Education

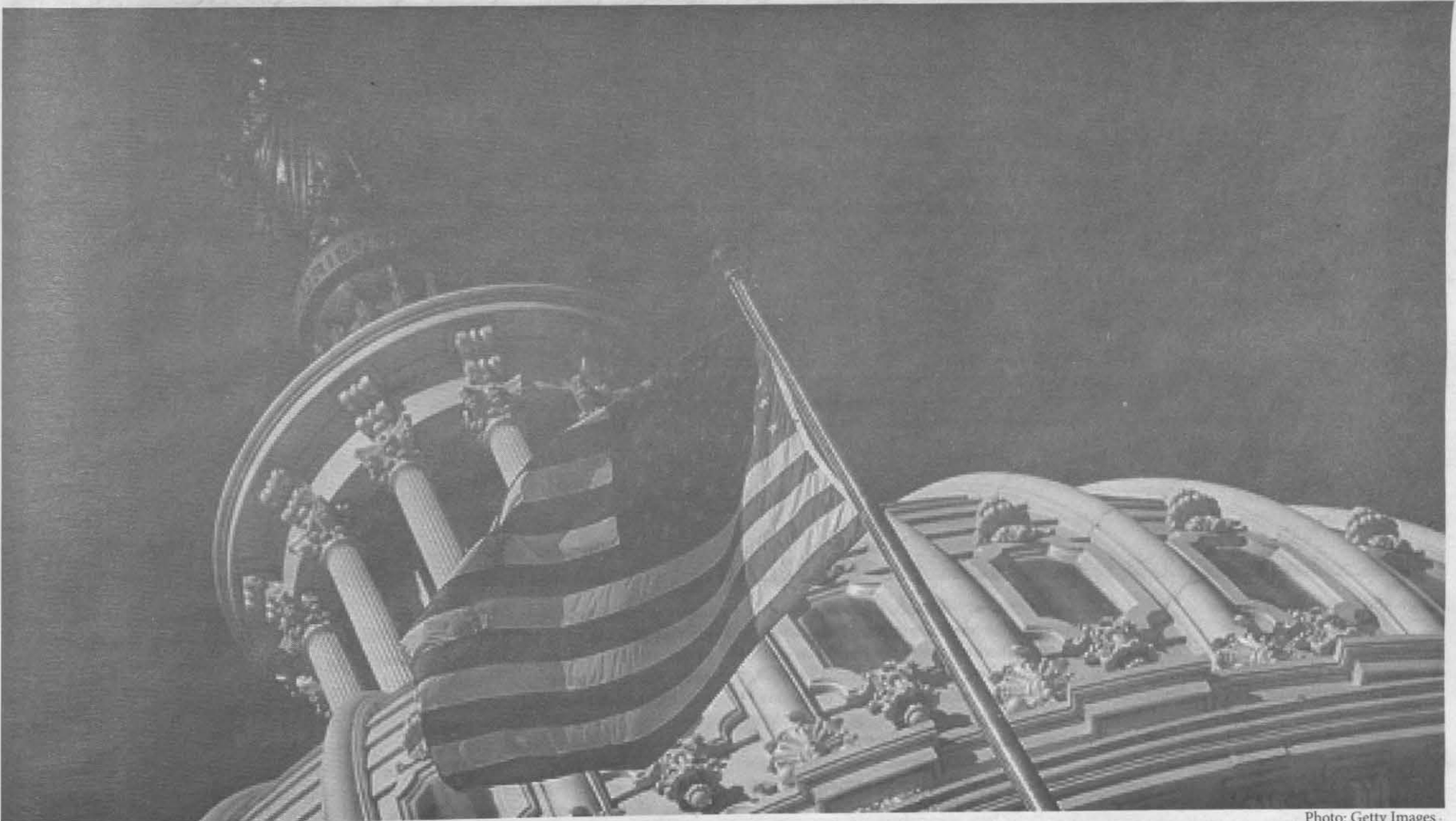


Photo: Getty Images

Gina Nordini, Editor-in-Chief

When the U.S. government shut down on Oct. 1st, one question came to the front of everyone's mind: How is this going to affect me?

At an institution where so many of us rely on the government to get us through our college years—in the form of FAFSA (Free Application for Federal Student Aid)—the impact on students remains particularly relevant.

One of the top concerns for many students who rely on government-provided financial aid to fund their education is, "Will I lose my loan money?" and "Can I keep working at my work-study job?" Fortunately, the money for loans and student employment is set aside ahead of time, so complications should not arise for the 2013-2014 school year. Student employees can keep working, and funding remains taken care of.

But because of the significantly smaller work forces in government offices, certain types of grants cannot be processed and progress is limited. For any student doing research

through a government-sponsored website, the information may not be updated. Until the government is back up and running, the information will not be current—something we in the information age have come to expect. People that follow government-related Twitter feeds have probably noticed the lack of Tweeting since Oct. 1st. Everything from the U.S. Capitol to the National Zoo feeds have temporarily been shut down.

Regis University is a private institution, and as such has not experienced the same degree of far-reaching effects as, say, military academies

like the Air Force Academy in Colorado Springs, or intensive research institutions. But should the shutdown not come to a speedy end, students may face a greater impact. For now, the shutdown affects Regis University's students in minimal ways.

If you would like to read more about the official contingency plan for the Department of Education, visit:

www.whitehouse.gov/omb/contingency-plans.

The First Few Weeks

A Freshman's Perspective on Beginning School and Being Away from Home

Jordan Virgin
Section Editor: Sports & Wellness



Photo: Official Roster Photo

I sat down with freshman Dominique Ortiz to get her perspective on the first few weeks of college life. Dominique expressed excitement

about doing the interview and was happy to share her experiences of being in college for the first few weeks.

Dominique is originally from Arcadia, California and is currently a two sport athlete for the Rangers, playing softball and running cross country. She is one of two athletes on the Regis campus that participates in two sports. Dominique is also pursuing her degree in physical therapy and works ten to twelve hours a week at the Fitness Center as a part of work study.

When asked about the challenges that she experienced the first few weeks on campus, Dominique mentioned time management. "For me personally, I am a two sport athlete plus a student and I work. Time management is always hard," she said. Dominique also mentioned that her family is very far away in California and isn't always able to attend the games. "It's hard when you see other athletes' parents attending the games and you know yours can't be there," she said.

To cope with many of the stressors that she has experienced thus far, Dominique relies on the warm and caring support offered by her

coaches. Other ways that Dominique uses to help her overcome stress include a half hour nap every day, making visits to the grill for healthful eating, visits to the trainer to keep herself in peak condition, and hanging out with friends.

"My body is always on overdrive because I play two sports," she said, "I have to take care of myself."

While Dominique was not shy about how being a two sport athlete is stressful, she also added that it pushes her to be the best and excel in other areas of her life. She mentioned that her experiences as an athlete motivate her to work harder in the classroom and to have an active social life.

I asked Dominique her perspective that she would give to other freshmen. Is there anything that she wants to share with other freshmen that would help them thrive in college? Dominique's words of wisdom were "Be confident, believe in yourself. You've been in school your entire life. It's the next milestone leading to something bigger."

Meet Your Rangers

Compiled by Lauren Hundley, Jordan Virgin, and Kelly Fleming

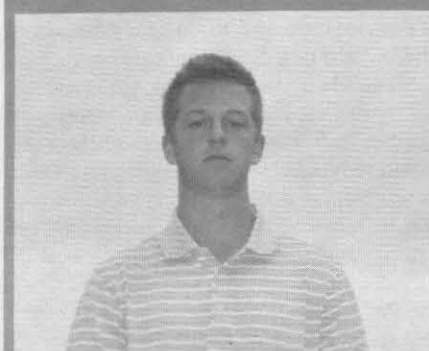


Photo: Official Roster Photo

TJ Bruce
Men's Golf

Highlander: What is your favorite Band?

Bruce: Juicy J

H: Embarrassing Habit?

B: Sometimes when I accidentally flex, I rip my own shirt

H: Best part about being a student athlete at Regis?

B: Missing class to travel and play golf

H: One Fact people wouldn't normally know about you?

B: I have three first names

Surviving Freshman Orientation



Photo: Kaitlyn Strutt

Elizabeth Gendill, Staff Writer

Freshman Orientation can be described in one word: chaos. There are so many events to attend and a lot of information to take in. But Orientation does serve an important purpose: to get freshman involved in both Regis and in the surrounding community.

As a commuter, my experience was probably very different from those who are living on campus. When they were unpacking and meeting each other for the first time, I was at my house getting nervous about how the weekend would turn out. I was also excited, but as I walked up the steps in the Student Center, all I could think was that I didn't know anyone. But that's one of the great things about Orientation: there are plenty of opportunities to meet fellow freshman and make some new friends.

The first activity on Friday was a walk around the community that surrounds Regis with our Writing Analytically classes. All incoming freshman are required to take a Writing

Analytically course which in part serves to help ease the transition into the first year of college. There are several different classes that we were allowed to choose from; "Cowboys, Madams and Outlaws" is the title of the one I am taking, and as the title suggests, it is about western films and what exactly the "West" is. There are several other themes for classes that range from Lies and Lying Liars, Human and Civil Rights, and Reality, Imagination and Science Fiction. There is a perfect class for everyone. During Orientation, each Writing Analytically group met with someone different to talk about the community and how we can do our part in it. They really stressed the importance of getting involved outside of Regis instead of living in its bubble for the next few years.

We also watched the documentary "The Human Experience" which was an incredible film about two brothers who lived with the homeless, took care of orphaned children and visited a leprosy encampment in the hopes of finding an answer to the question, "what does it mean to be human?" It was one of those

films that motivates people to take action in their own communities and it reinforced one of the main Jesuit themes that Regis promotes: being "leaders in service" and "educating and forming men and women for others." One of the reasons I chose Regis was because of these values, and watching this movie at Orientation helped me see that I had made the right choice when I picked this college. This is a place where I can work to become a part of something much bigger than myself and I will have plenty of people to help support me in that mission.

Right before we watched the movie, they gave each of us a color-coded piece of paper meant to represent a certain part of the worldwide population. They then began to read off what each one meant; it started with something like if you have a pink paper you represent the people in the world who do not have access to clean water. It then went on and on until only a few people were left—they were those who had cars, phones, internet access, and higher education. Then only one person left. This person represented the percentage of the

population who would attend a private college. It was eye opening to see just how fortunate we are to have this opportunity at Regis. Craig Zablocki gave an amazing speech, we learned about some charity organizations, and even had some fun in our small groups. We met every day with the small groups we were put into. This was meant to give us opportunities to meet and bond with our classmates as well as receive some more important information while we were in them.

So yes, the weekend was chaotic, crazy even. I didn't like waking up early in the morning, I drove back and forth from Regis and my house at least half a hundred times, and the days were long and exhausting. But I also met some amazing people, got to spend a beautiful weekend on campus, learned a lot about the community and even a little about myself and it ended up being a memorable way to start my journey here at Regis.

Meet Your Rangers

Compiled by Lauren Hundley, Jordan Virgin, and Kelly Fleming



Photo: Official Roster Photo

Paul Armstrong Men's Cross Country

Highlander: What is your favorite band?
Armstrong: Death Cab for Cutie, I've heard every song.

H: Any Guilty pleasures?

A: I love the show "Dog with a Blog" on Disney Channel, but I don't feel so guilty about that.

H: What is the best thing about being a student athlete at Regis?

A: It's so much fun hanging out with all my friends on the team.

H: What is your favorite non-sport related hobby?

A: I like writing.



Photo: Official Roster Photo

Nicole Hulbert Women's Golf

Highlander: Favorite band?

Hulbert: Florida Georgia Line

Highlander: Guilty pleasure?

Hulbert: Watching Gossip Girl for hours!

Highlander: What is the best thing about being a student athlete at Regis?

Hulbert: The athlete community.

Highlander: What is your favorite non-sport related hobby?

Hulbert: Shopping



Photo: Kaitlyn Strutt

Mark Kelly Men's Soccer

Highlander: One fact people wouldn't normally know about you?

Kelly: A lot of people don't know that I'm obsessive with different kinds of coke and tea. I probably drink 7 to 8 cups of Irish tea a day.

H: Who is your favorite athlete?

K: Sean Cavanagh. An all-star mid-fielder for the Gaelic Tyrone's in Ireland.

H: Favorite band?

K: My favorite band would have to be a band from Belfast called Snow Patrol.

H: What is your favorite non-sport related hobby?

K: Drinking tea and playing FIFA soccer on the PlayStation.

Now That You're a Ranger

A Senior's Words of Wisdom for Freshmen



Koneval getting ready for the Hall Brawl her freshman year—go DeSmet! Photo: Amber Koneval

Amber Koneval, Online Editor

It's October now, and undoubtedly by this time you have begun to settle in to your stay here at Regis University. During your first month, you were bombarded by generic "welcome to college" tips and tricks about how to make friends in your dorms, how to settle in, how to join clubs and how to make time to study. Having tried all that out, I'm here, as a senior on her way out the door, to give you some specific advice on how to get the best out of your Regis University experience.

1. Get off campus. No, seriously. There is life beyond the gated fence, and it is awesome. Eat a meal at 3 a.m. at McCoy's, go check out the boutique clothing shops on Tennyson, catch the bus down to the Sixteenth Street Mall. Life in Denver is bustling.

2. Take advantage of being a student. Student pricing at movies. \$10 rush tickets to any play at the Denver Center of Performing Arts. Check out doingdenverforless.com. Don't wait until your senior year to discover all the ways that people are trying to make life a little more accessible to you. Living on a college student

budget is only difficult if you don't know where to go!

3. Get your homework done early. College life is a bit more unpredictable than life in high school. You don't have parents telling you when you have to be home, where you can go, or hounding you about your homework. It's natural to want to procrastinate, but you'll end up missing out on going to Little Man's Ice Cream with your friends and that cute guy from your stats class if you leave that five page essay until the last minute.

4. Be patient. It's easy to become overwhelmed by all of the big changes that happen when transitioning into the rhythm of college. This can result in becoming so stressed out that you do worse on your papers, or prematurely end friendships. Be patient with yourself, and with your classmates. Everyone is trying to figure out where they fit in as Rangers, just like you—so remember to give yourself and others just a little more space and forgiveness.

5. Pick a mentor in your department. Finding an upperclassman who can realistically talk you through or prepare you for your academic

goals can seem daunting. But guess what? We were freshmen once too—we have advice on how professors really are in classes, and cautionary tales about how not to schedule your time. We've worked internships in your desired field or switched majors several times. We've figured out what kind of pacing works, and what fails miserably. If you feel lost, try asking the upperclassmen you know for help—or ask a professor to get you in touch with an upperclassman who is willing to informally mentor you.

6. Discover Regis. Have you done your reading homework underneath the giant willow in front of O'Connell? Have you snuck off for a bit of spiritual quietness behind the chapel, sitting on the picnic table in front of the unique Jesus statue? Have you watched a movie in the Jes Res? Have you found all the hidden study spots waiting behind the bushes? Figured out where all the departments make their coffee? Walked through the O'Sullivan Art Gallery? Regis is a one-of-a-kind university, but it's up to you whether or not you get the full experience. This is your home now. Make sure you enjoy it while you're here.

ON-CAMPUS

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adugdale@regis.edu

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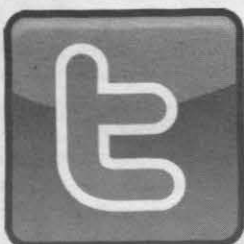
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