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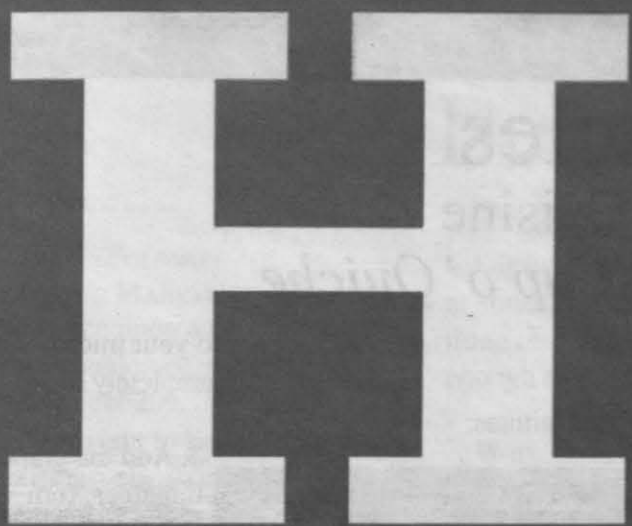
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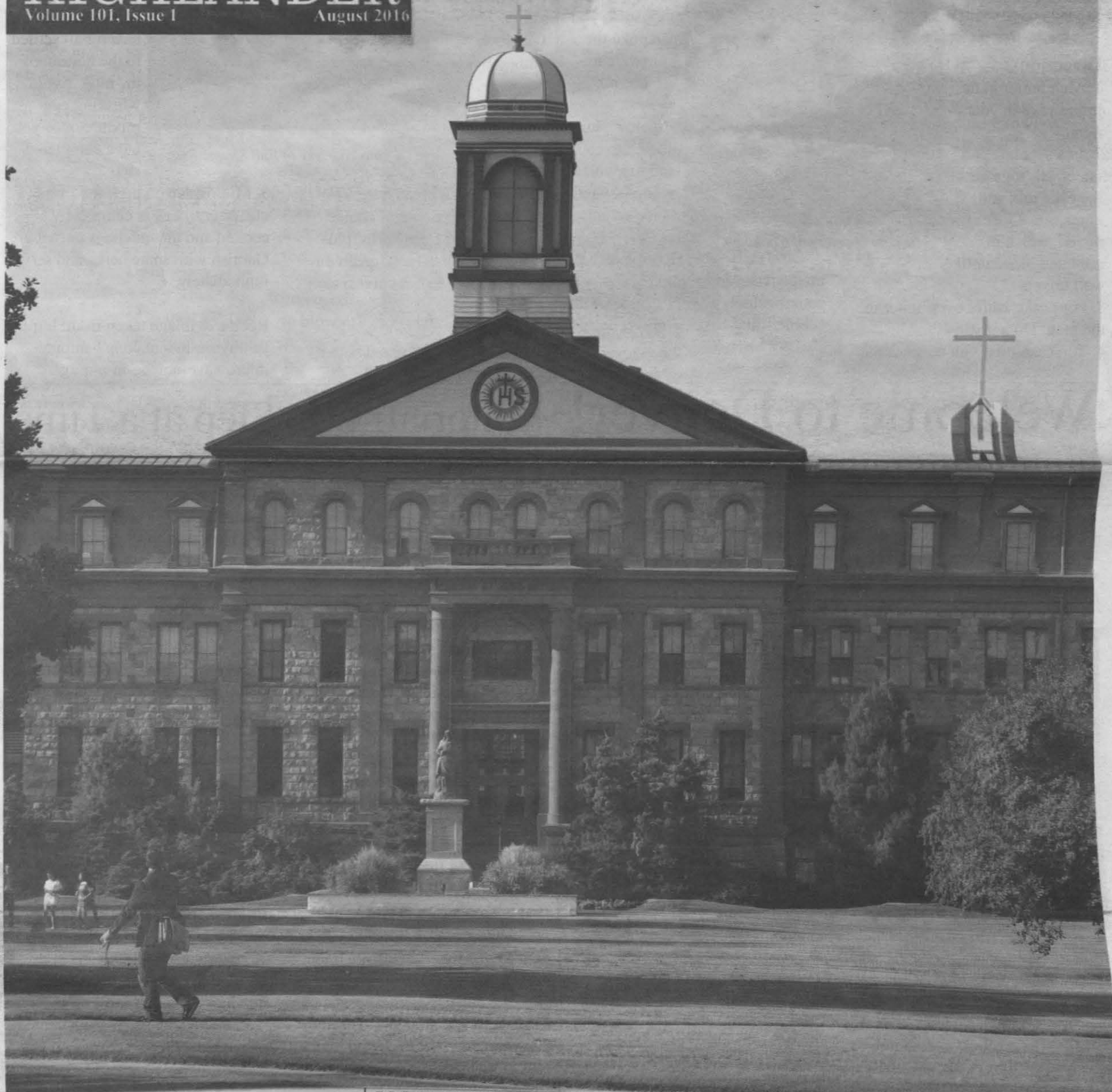
REGIS UNIVERSITY



HIGHLANDER

Volume 101, Issue 1

August 2016



EDITORIAL: ONE STEP AT A TIME

Learn more about your on
campus news publication
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REGIS GAME CORNER

Test your *knowledge of*
Regis with a crossword
//Page 4

Freshman Hacks, Dorm Snacks

Minute Mug Miracles The Simplicity of Microwave Cuisine

Peach Cobbler in a Cup

You will need:

1 tbsp butter
3 tbsp white cake mix
1-2 pinches of cinnamon
1-2 pinches of nutmeg, if desired
2 1/2 tbsp milk
1 diced peach

Directions:

1. Melt butter in the microwave in your mug.
2. In a separate container, stir together the cake mix and cinnamon. Once mixed, whisk in milk and blend until well mixed.
3. Pour cake batter over butter in the mug. Do not stir.
4. Top cake mix with peaches but

do not stir them in.
5. Microwave on 50% power for 3-4 minutes. Time may vary

depending on microwave wattage and power. Using a toothpick or chopstick, you can poke the mug cake to see if it is fully cooked.
6. Allow mug dessert to cool and top with a scoop of vanilla ice cream.



//Photo courtesy of Cooking Classy

Recipe &

image taken from: <http://www.cookingclassy.com/2013/07/peach-cobbler-mug-cake-5-minute-recipe/>

Cup o' Quiche

You will need:

1 large egg
1 1/2 tbsp whole milk (substitutes: half and half or heavy cream)
1 tsp melted unsalted butter
1-2 pinches of salt
1-2 pinches of ground black pepper
4 small grape tomatoes, halved
1/8 cup torn pieces of fresh bread
1 tbsp grated cheese of choice
1 tsp chopped fresh herbs, plus more for garnish (e.g., green onions, Italian parsley, chives, etc.)

salt, and pepper to your microwave mug. Mix until completely blended.



//Photo courtesy of Full Thyme Student

2. Add the grape tomatoes, torn bread, cheese, and herbs into the egg mixture. Be sure ingredients haven't all settled to the bottom of the mug. Avoid whisking egg mixture once you have completed step 2.

3. Microwave on high for 1 minute, or until egg is completely cooked and the quiche is puffed up. Garnish with spare herbs and serve immediately.

Directions:

1. Add egg, milk, melted butter,

Recipe & image taken from: <http://fullthymestudent.com/1-minute-microwave-quiche-in-a-mug/>

Welcome to Denver!

HAYLEY LOKKEN

PHOTOGRAPHER & LAYOUT EDITOR

For those of you who are new to Denver here are a few of the best things to do here as well as some of the best restaurants near campus!

plays while sipping on hot chocolate or apple cider.

National Western Stock Show: Every January the Stock Show comes to Denver. It is one of the best in the country! Rodeos, PBR bull riding, food, art, and much more are all part of the NWSS.



Friends enjoy an evening outing and a Rockies game
//Photo courtesy of Nick Tyng, sophomore

Red Rocks: Attend a concert at the world famous Red Rocks Amphitheater in the evening and hop onto the rocks for a workout during the day!

ACTIVITIES

Colorado Rockies:

Denver is home to one of the most beautiful baseball stadiums around. Not to mention the wholesome entertainment of a baseball game in the Mile High City.

Zoo Lights:

In December, the Denver Zoo becomes one of the most amazing places in the state. Enjoy light dis-

RESTAURANTS

Tocabe: 44th and Lowell

Tocabe has been featured on the food network for its outstanding American Indian fare.

Gaetano's: 38th and Tejon
Delicious Italian food with a historic past.

Thai Basil: 38th and Irving
Amazing thai food with a nice atmosphere.

Editorial: One Step at a Time

Hey Ranger!

Welcome to Regis! We are so glad to have you joining us as learners, teachers, and unique individuals. After a year of anticipation for this moment, you are finally here, starting the first year of your college experience. There are close to 4,000 colleges and universities across the country, but somehow, you've arrived at Regis by taking one step at a time.

This isn't just by chance, though sometimes it may feel like it. I believe you are all here for a reason and we are just lucky to be in the same place where our paths cross. According to Josh Fredenburg, "Every time a child is born, a solution is brought into the world." You are pieces of a solution and you are here to find the answers not only on your own journey, but also as part of a collective intelligence of Regis staff and students. Through this year, you will find your way into these answers, one step at a time.

I know you may have heard advice from parents, siblings, teachers... They give you tips and relate their college days to what may lay ahead of you. Or maybe you found an article that sums up the "Most Important Things to Know About College" in just 14 guidelines for success. While your heads full of quality advice, I simply want to

be one of the firsts to say WELCOME. In the clutter of all the guidance you've gotten, hold yourself back from rushing forward too fast and take this adventure one step at a time.

Your Regis career starts right here and right now! As you grow into being an independent college student, your student publication will be growing right along side you, capturing the most important parts of your experience through photos and journalism. This year, the Highlander is dedicated to being a reliable and accurate source of news for the local community, on and off campus. We would like to further establish ourselves as a reputable publication while we strive to cover stories that you want to read. As the incoming class of 2020, your input matters and we are glad to have you join us as we step into the new year.

Rangers, this paper is for you, by you, and about you. Although we aim to be the voice of the students, we cannot succeed without your participation! In the 2016-2017 school year, we welcome your feedback as well as your contributions. Today, we take that first step together, greeting the potential that lies ahead.

Cheers,
Marley Weaver-Gabel

And Highlander Facts

Been There Done That Not Your Average List of Tips

McKENNA SOLOMON

STRATEGIC MARKETING DIRECTOR

Once upon a time, a less tired version of myself moved into Desmet 209. She didn't particularly want to be at Regis, but then again, she didn't really know where she'd rather be. Three years later, a more secure me is sitting at a picnic table outside the student center, taking in the scenery. Warm memories pass through my mind as I take in the fact that my senior year starts the next week. Where did the time go? How young will the freshman look this year? Does that mean I look old? Did I look that young? And what have I learned? Well, I've learned a lot academically and I've also learned a lot about life. So if you're feeling lost, and unsure as to whether you belong at Regis, know many of us have felt the same way. These are the things I needed to hear the past three years, in times when I started to waiver and when I felt my strongest. May you have an amazing few years at Regis. May you grow, and learn. And may these thoughts guide you through your experiences here.

1. Don't take yourself too seriously.

The sooner you learn to laugh at yourself and the crazy things that happen in your life, the better. The third day of my junior year someone tried to break into my house, I got a parking ticket, I found out I owed Regis an extra \$1,000 in tuition and I broke a toe. It's not always easy to laugh at yourself when you're bawling on the phone with your mother trying to scrape money together whilst sitting on the toilet wrapping your toes together with pre-wrap. You're going to find yourself questioning, "Do these things actually happen to other people?" You're not special,

the answer is "Yes." Learn to laugh at yourself before you do anything else, because life is stressful enough as it is.

2. Work hard, play harder.

Work/life balance is pretty difficult in college, and I think it's especially difficult in a state like Colorado. Any given day, I'd rather be in the mountains somewhere. You have to concentrate a lot of effort on your studies, but you need to blow off steam, too. Whether you're all about frisbee on the quad, or you like hurtling down double black diamonds all winter long, remember to play... AFTER the work is done.

3. Know your study preferences and stick to them.

My freshman year, I went to the library once. What a terrible mistake that was. Through the years, I have completed much more significant work outside of my bedroom walls. I would often sit down to study on my bed and fall asleep. That's a no-no when you have a 5 page paper due in 3 hours. After some trial and error, I know what I need to do to complete quality work. These days I sit in the same cubicle on the 4th floor of the library every time I need to crank a paper out. I plug in my headphones, start my pandora and

write to my heart's content. This is the only place I can get anything done and I am very aware of that. I have friends that love group study, but if you need me, I'll be in my cube. If it's nice out, you can find me typing away at one of the tables outside the student center. Studying

is vital so experiment, figure out what works, and stick with it.

4. Talk to your professors.

They're amazing people. They want to see you succeed. They have amassed amazing worldly experiences

and you can learn a lot from them. You may also find a support system within your professors, and they may be the best people to support you through various crises that may pop-up during your college career. They act as counselors and tutors in a super convenient package, so take advantage of that. Also, talk about connections and networking people!

5. Take your time.

Don't rush through college. It will be gone in a blink and next thing you know you'll be standing in the bathroom at your first big-person job (likely an internship) unable to recognize yourself or the fact that you start your senior year the following week. You'll stand in the school supply aisle, pull out the necessary note-

books, and think, "This is my last year of school, these are the last school supplies I'll buy myself."

6. Be prepared to look in the mirror and see a different person.

Speaking of standing at the mirror: you will look into it several times, even within a year, a see an entirely new person. Maybe you accomplished something amazing, maybe you made a brash decision, and maybe you just haven't slept in 4 years. If you're a guy, maybe you grew a beard. One day you'll look in the mirror and want to know where the hell the other person went. Don't panic, apparently it's all part of your transition into adulthood.

7. Put your hair in a messy (man?) bun, blast good music and handle it.

There will be times where life will challenge you, and where you might even challenge yourself. I spent a lot of time testing my limits through my college experience. Could I present at a conference? Yes. Could I get a super amazing internship? Yes. Could I be a student leader? Sure. Could I juggle 19 credit hours, one job, one internship, a work study, a club and an honor society? You bet. By the way, I do not recommend doing that. I found myself sitting down, oily hair pulled back into a bun, to handle it.

8. Remember to breathe.

Stress. Anxiety. Lack of sleep. They take a toll. But you're going to be okay. Remember to keep breathing. Maybe it's just me, but when I become overwhelmed I stop breathing, and I stop thinking coherently. Slow down. Take a breath.



//Photo courtesy of McKenna Solomon, 2014

Highlander Fun Facts

Founded in 1888, the Highlander is the oldest college newspaper in the state of Colorado. Today, we are proud to inspire campus wide discourse through stories inspired by the Jesuit Tradition.

Join us! Pursue your passion, grow your professional portfolio, and develop new relationships along the way! The Highlander is a valuable opportunity to get involved on campus and deliver relevant news to the Regis community. We're currently seeking a design & layout assistant, a marketing & advertising assistant, and staff reporters. For more information, contact Editor in Chief Marley Weaver-Gabel (mweavergabel@regis.edu) or Faculty Advisor Ian Dawe (idawe@regis.edu)!

Our Beats:

Humans of Regis
Social Justice Issues
World and Local News
Special Features
Campus Insights
Student Pieces

From the complexity of gender expression and education on campus to the legalities and processes of death row as presented by a panel of experts on campus, you're sure to find something interesting in the Highlander.

Regis Game Corner

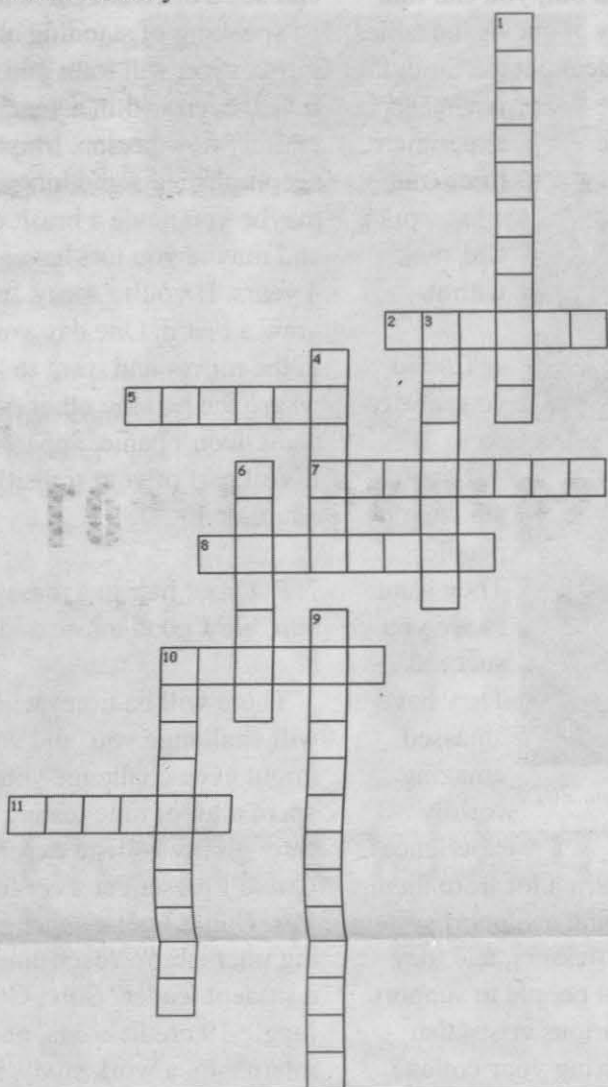
Regis Trivia Crossword

Across

2. Saint Ignatius _____
5. The Learning Commons lives here.
7. Was built in 100 days
8. Where will you live next year?
10. Peter _____ Hall
11. _____ Memorial Library

Down

1. Father...
3. If not 4 maybe here?
4. Do you live here??
6. Care for some Frisbee?
9. _____ Family Science Center
10. Need your computer fixed?



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entry code REG16F**



Application Questions?
Contact Brandon at
bmcmillan@wilson-
benneit.com
(subject line "Regis Application")

General Questions?
Contact Erin at
ependleton@regis.edu
or 303.964.5338
(subject line "Call-A-Ranger")

Sudoku Level: Tricky

Sudoku sourced from www.sudokuoftheday.com. Visit them online for daily sudoku's of all difficulties ranging from "beginner" to "diabolical."

		2				6	7	
	6	8	9				4	
5			2	6				9
				4	6	5		
			8		9			
		9	7	2				
8				9	2			3
	7				1	9	5	
	9	6				4		