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Snow Fest 2019

January 30, 2019

Are you interested in a weekend full of outdoor adventure? Today is the last day to register for Snow Fest!

Spots are filling up! Get yours at <https://apm.activecommunities.com/RegisUniversity>



The Battle of Beecher Island

January 30, 2019

Beecher Island just off the Arikaree River // Emily Lovell

By: Emily Lovell, Associate Editor

Less than twenty miles south of Wray, CO lies the Beecher Island battleground. On September 17, 1868, 50 citizen scouts under the command of Colonel George A. Forsyth fought against roughly 600 Cheyenne, Sioux, and Arapaho warriors. Though the island where the battle took place has since been washed away by flooding, the location's history lives on.

A week previously, on September 10, word had reached Fort Wallace of a Native American raid on a freight train wagon only 13 miles away from the fort. Forsyth and his scouts were dispatched to track the fleeing warriors. Five days later, they uncovered tracks made by entire Native American villages along the Republican River. Even though the scouts' food supplies were dwindling, they were unable to hunt game with such a large Indian force nearby and they continued their pursuit.

September 16 saw Colonel Forsyth's men making camp in a valley on the Arikaree River, one of the Republican River's tributaries, which was only a small stream since it was the dry season. They prepared to attack the Native Americans the next morning. Little did they know that the Native Americans were aware of their presence.

While the bulk of their forces gathered on surrounding hilltops, a small band of warriors led by Starving Elk and Little Hawk searched for the scouts throughout the night. They planned to stampede the scouts' horses. However, they didn't spot the scouts' campfires until dawn on the 17. A small battle ensued and Starving Elk got away with only seven horses as the all the horses and mules had been well secured with picket-pins. The Native Americans had lost the element of surprise, but as hundreds of warriors on the hilltops prepared to attack, the scouts found themselves drastically outnumbered.

Luckily, a low sandbar on the Arikaree provided the natural fortification that the scouts needed. Only 200 feet long and 40 feet wide, the sandy island rose about a foot above the water and split the river into two streams 15 feet wide and five inches deep creating a natural moat. A lone cottonwood tree grew on the sandbar as well as a small thicket of willows and alders. The scouts rushed for the island "like a flock of scared quail" as Scout John Hurst would later recall. When the scouts reached the island, they began digging pits with the butts of their rifles, tin plates, knives, or their bare hands.

Lieutenant Fredrick H. Beecher, a veteran of the Battle of Gettysburg and Colonel Forsyth's executive officer, and two other scouts provided covering fire while the others made for the island. Beecher died during the battle and the island was named after him.

Roman Nose, a Cheyenne Dog Soldier, famous for his courage and luck in battle, led a charge on horseback down into the valley. Legend has it that Roman Nose had a premonition of death before the battle. He had eaten a meal with a metal fork, an act which was believed to attract metal bullets during battle. He did not have time to undergo the purification ritual necessary to restore the magical powers of his protective talisman, and the Battle of Beecher Island would prove to be his last.

The scouts were armed with Spencer rifles. These firearms used copper cartridges stored in a seven-round tube containing a spring that enabled the rounds to be fired one after another without the need to stop and reload. Although the Native Americans made several more mounted charges, the scouts were able to fend them off with their innovative weapons. Six of the scouts were killed in the fighting, including the medical officer Dr. John H. Mooers, and sixteen were wounded. Colonel Forsyth himself had been shot in the leg and he ended up having to remove the bullet himself. It is unknown how many Native Americans were killed. Gradually, the Indians turned their assault into a siege and killed all of the scouts' horses to prevent an escape.

Aware of the Native Americans' new plan, the scouts realized they needed to send for reinforcements. At midnight, once the fighting had abated, scouts Simpson "Jack" Stillwell and Pierre Trudeau stealthily crept off the

island. They went barefoot while carrying their boots and walking backwards so their footprints would look like those left by Native Americans.

Meanwhile, Colonel Forsyth and his men found themselves facing starvation. They searched their saddlebags for the last of their provisions and then resorted to cutting strips of meat off the dead horses and mules. Some of the meat was hung on branches in the hope that it would dry out and last longer. In order to cover the putrid smell and taste of the decaying horse meat, some of the men sprinkled gun powder on it.

According to legend, Stillwell and Trudeau hid in a buffalo carcass to evade capture while they made the 110 mile trek to Fort Wallace in Kansas. When they finally arrived, three separate parties disembarked on a rescue mission, although they were uncertain where exactly the island was located. The 10th Cavalry Buffalo Soldiers under Captain Louis Henry Carpenter encountered John Donovan, another scout sent to find aide, on September 25. They were the first to arrive on scene and found that the Native Americans had already gone. The dead scouts were buried on the island.



Outdoor Adventure Program Latest Event!

January 29, 2019

OAP students on Evergreen Lake enjoying ice skating and broomball // Amy Reglin

By: Amy Relin, Staff Photographer

A group of students took a trip to Evergreen Lake with the Outdoor Adventure Program (OAP) to ice skate and play broomball this last weekend. OAP provides students with the opportunity to get off campus and enjoy the outdoors with student staff led trips. These trips range from varying skill levels but all with the hopes of giving students a safe and enjoyable time. At Evergreen Lake people played broomball and ice skated. For those unfamiliar with broomball, it is basically hockey, however, without skates or a stick. You use a broom to pass a ball while wearing street shoes but on ice. If you are interested in an upcoming OAP trip be sure to check Activenet to sign up!







Grand Reopening of Walker's Pub

January 29, 2019

Walkers Pub Opening Night // Amy Reglin

By: Amy Reglin, Staff Photographer

Last Wednesday, January 23rd, the long awaited grand reopening of Walker's Pub finally happened. The update to Walker's comes along with the renovations to the student center. Students and faculty alike enjoyed the event: mingling, sampling the new food offered by Walker's, and celebrating with the new beers on tap as well as the wine offerings. Father Fitzgibbons gave a toast to officially open the pub. Be sure to stop by Walker's every day from 4pm-6pm for happy hour and enjoy \$1 off the price of beers and \$0.50 off wine.

Regis University's Annual Career & Internship Fair

January 28, 2019

By: Patrick O'Neill, *Staff Writer*

On February 5th, all students and alumni are invited to Regis University's Career & Internship Fair from 10am to 2pm in the Field House.

Regis will be hosting companies and organizations across many different trades and industries. All of these organizations are hiring for jobs and internships, and are looking for Regis community members to fill them.

The Career & Internship Fair will be a way to build a network with future employers and explore your fields of interest. Be sure to bring a resume and dress professionally for the fair.

You can find more information and look into the various attending companies and organizations by downloading the free *Guidebook* app on your smartphone. This app allows you to search for your career and internship interests based off your major field of study. The app also has lists of every attending organization and their mission. To access the Regis Career Fair search "Regis Career Fair 2019" in the app after you download it.

Additionally, the fair will provide free LinkedIn Headshots from 10-11 AM and from 1-2 PM.

New Year, New Movies

January 25, 2019

By: Allison Upchurch, *Staff Reporter*

As we all get into the swing of the new year, movie theaters across the country are gearing up for a wide array of new releases. Get your popcorn ready and start budgeting for movie tickets because here are some movies that may be worth checking out in 2019:

1. [On the Basis of Sex](#) (Now Playing)

While this movie was technically released in 2018, its story is one that's especially relevant as we go into 2019.

This movie is the story of the career of lawyer Ruth Bader Ginsburg as she earns a law degree and brings a case to the U.S. Court of Appeals to end gender discrimination.

1. [Alita: Battle Angel](#) (Expected Release: Feb. 14, 2019)

Based on Yukito Kishiro's 1990 manga series and produced by James Cameron, this movie takes place in a dystopian future where a scientist builds Alita from scraps in the junkyard. As she starts to become more aware of the world around her, and find allies, she is trained to become a bounty hunter and must learn to evade the enemies that loom above.

1. [Wonder Park](#) (Expected Release: March 15, 2019)

This animated adventure from Paramount Pictures brings the thrill of the amusement park to the big screen as the movie follows June and her re-discovery of the park she dreamed up with her mother when she was a kid. Now, a threatening force decides to take over the park, and June teams up with her anthropomorphic friends to save it.

1. [Avengers: Endgame](#) (Expected Release: April 26, 2019)

One of the biggest movies of 2018, Avengers: Infinity War, left the heroes of the Marvel Universe (and moviegoers) in distress. But Avengers: Endgame comes as the light at the end of the tunnel as our heroes must regroup, take stock of what they still have, and figure out a fool-proof way to take down the all-powerful Thanos.

1. [Once Upon a Time in Hollywood](#) (Expected Release: July 26, 2019)

There's no business like show business in Quentin Tarantino's new thriller drama about TV actor Rick Dalton, his stunt-double and friend Cliff Booth, and the circumstances of the 1969 murder of Sharon Tate that happened right next door to Dalton's house.

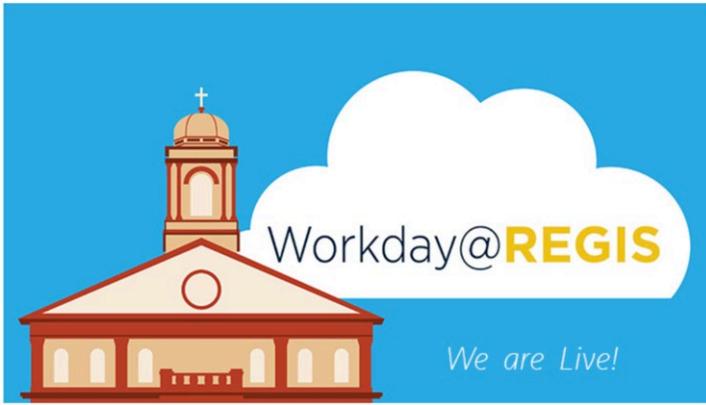
1. [Downton Abby](#) (Expected Release: Sep. 20, 2019)

The popular British series of the same name that ended in 2015 is continuing on the big screen. Fans of the show and moviegoers will once again be transported away to the British country side of the early 20th century as the entire original cast of the show reprises their roles of the Crawly Family and their servants that work on the estate.

1. [Star Wars: Episode 9](#) (Expected Release: December 2019)

The famous space saga that takes place a long time ago in a galaxy far, far away continues after the events of *The Last Jedi*. While much information of the actual plot is yet to be released, the characters of The Resistance will continue to fight in their struggle to liberate the galaxy from the authoritative rule of The First Order.

All these films and many more are coming out this year, so take advantage of student discounts on tickets at select theaters near Regis like [Harkins Arvada](#) and [Alamo Drafthouse at Sloan's Lake](#) and experience the wonder and entertainment of the big screen.



New Tech for Regis students

January 24, 2019

Photo Source: regis.edu

By: Catie Cheshire, Co-Editor in Chief

If you've ever tried to use Webadvisor for something, you may have noticed that it looks like it was created in the 90s. Luckily, Regis is slowly moving some services found on Webadvisor to other sources, starting with Human Resources and Payroll. Now, student employees will access their payment information, onboarding for new jobs, and tax information through [Workday](#).

[Workday](#) is a site that allows students to upload their contact information, and payroll information in a secure way. It's a more modern and streamlined version of what students used to do through webadvisor, including allowing students to set up direct deposit for their paychecks directly from the site.

Don't ignore emails about [Workday](#) as it will be an essential tool starting this semester, and the first pay period ends tomorrow, Friday Jan, 25, so you'll need to log on and submit your timesheet there.

Another service modernizing for the Regis community this semester is from the Center for Career and Professional Development. They're replacing CareerLink, their former job search site, with [Handshake](#). [Handshake](#) comes with a mobile app that allows students, staff, and alumni to search for job opportunities from wherever they are.

Much like Workday, once you login with your Regis credentials, your profile is ready for you right away. [Handshake](#) offers a brief interests quiz including asking what type of employment you're looking for, where, and in what sectors so it can match you with the best opportunities out there.

If you aren't sure, or want some help with [Handshake](#), visit the Center for Career and Professional Development office on Wednesday, January 30 for their openhouse to introduce the app to students. You can also visit the Center for Career and Professional Development [website](#) for information or to set up an appointment with a career counselor who can even help you discover your interests and career paths.

Regis is moving into the future (thankfully), and with these two new services that move is happening quickly. Go check out your new tech Rangers!



The Battle of Summit Springs

January 23, 2019

Battle site at Summit Springs, Sterling Colorado. // Emily Lovell

By: Emily Lovell, Associate Editor

About fourteen miles southeast of Sterling, CO, near the Logan/Washington county line, you can visit the battleground site of Summit Springs, the last Native American conflict in Colorado. Just make sure you get permission from the landowner as it is located on private property. Today, the site looks like ordinary grazing land if not for the monuments ensuring that the battle that took place 150 years ago is not forgotten.

Six weeks before the battle of Summit Springs, on May 30, 1869, Cheyenne dog soldiers pillaged homesteads near present-day Lincoln, Kansas. Two women, Susanna Alderdice and Maria Weichel, were taken captive. Thirteen white settlers were killed including Maria's husband and three of Susanna's four children. Miraculously, Alderdice's four-year old son Willis survived even though his injuries included five arrows in the back. Sadly, he would never be reunited with his mother.

The incident prompted Major Eugene A. Carr to lead the 5th U. S. Cavalry and a battalion of Pawnee scouts under Major Frank North on a campaign to rid the Republican River Territory of Native Americans. They set out from Fort McPherson in Nebraska and would not encounter the Native Americans until July 8 when Cheyenne dog soldiers attempted to steal some of the company's horses during a midnight raid.

Once Chief Tall Bull realized his people, numbering up to 450, were camped in close proximity to an army now aware of their nearby presence, he had his people branch out in three separate directions. Gradually, they would come back together and disperse once again braiding trails in the grassland that served to confuse their pursuers. This evasive strategy had successfully worked for Tall Bull in the past, but now it failed him.

The Pawnee scouts with Carr correctly guessed that he was aiming for the South Platte River and caught up with him on July 11, 1869. Tall Bull and his people had arrived on its banks the previous day, but confident that they had left their pursuers far behind – and in order to give the women, children, and elderly a chance to rest – he set up camp in the bluffs before fording the river. Some sources say that instead of being tied to their owner's tipis, most horses were pastured away from camp and that the morning of July 11 was foggy. Both of these factors delayed their river crossing and Carr launched his assault that afternoon around 3:00. The attack caught the Native Americans by surprise.

A fifteen-year old Cheyenne herd boy bravely stampeded the pastured horses into the camp which enabled many of his people to escape, but he was killed during the assault. Some of the women and children took refuge in a nearby ravine while warriors tried to protect them. Tall Bull died defending his people as did Heavy Furred Wolf, who was perhaps the last Cheyenne Dog Soldier to stake his dog rope.

Dog ropes were made out of rawhide leather and decorated with porcupine quills and feathers. One end was tied to a red wooden picket-pin. Only the bravest warriors carried dog ropes. During combat, a Cheyenne warrior would put the pin in the ground as a sign of perseverance and standing one's ground. The area over which the dog soldiers could fight was limited to the length of the rope. Dog soldiers could not remove the pin until their people had safely retreated or a comrade removed it, so it was used as a last resort.

At the battle's end, 52 Cheyenne and Lakota had been killed, 17 women and children had been captured, 418 horses and mules were gained, and up to 84 lodges were burned to the ground. Susanna Alderdice was the only non-Indian casualty killed by a tomahawk strike to the face during the battle. William F. Cody, a.k.a. Buffalo Bill, fought as a scout in the battle, and a re-enactment of the Battle of Summit Springs was frequently featured in his Wild West Show.

Second ‘Fantastic Beasts’ Lives Up to its Fantastic Predecessor

January 18, 2019

By: Sarah Kate Dhom, *Practicum Reporter*

J.K. Rowling's critically acclaimed 2016 film “Fantastic Beasts and Where to Find Them” was two hours of action-packed magic as Rowling brought the mystical power of wizards and beasts to the real world. Her sequel, “Fantastic Beasts: The Crimes of Grindelwald,” is also very well done and takes place about 80 years before Harry Potter himself comes into the world.

Coming from the series of Harry Potter, a beloved franchise, the “Fantastic Beasts” movies have a lot to live up to. “Grindelwald” brims with battles, mythical creatures, eye-catching locations and tragedy. The movie unleashes a lot of great graphics that bring the magic to life and pulls the audience into the storytelling. It’s spellbinding, keeping the audience intrigued with different plot points and spells.

This second movie is centered around Newt Scamander, magizoologist who studies and rescues magical creatures. Though Scamander is not a character from the Harry Potter series, he engages with several of the original series’ characters ancestors.

Johnny Depp plays Grindelwald, an evil wizard who plans to bring dark magic into not only the wizard world but the muggle, or real world, too. Throughout the movie he recruits wizards to follow his malicious plan to take over the world.

The opening scenes create some foreshadowing of how violent the rest of the movie will be. Grindelwald escapes from prison chaotically. It’s dark and very mysterious. This alludes to how evil Grindelwald really is. This sequel to the first Fantastic Beasts movie is much darker and action packed than its predecessor.

The rest of the movie keeps up the excitement while incorporating the mythical creatures that Newt pulls out of his suitcase. They all have a purpose in helping Newt battle other wizards. Along with the fantastical creatures, the movie incorporates a handful of amusing characters to offset the dark, mysterious battles. These characters – including Newt’s beast, Pick, who is silly but helps Newt save the world – bring humor light to an otherwise dark movie.

The side characters do not derail the movie, which remains well paced and exciting. For example, the Ministry of Magic, the lawyers of the wizard world, are searching for the same person – the mysterious Credence – as Newt as they also race to help save both worlds. The Credence, relatively unknown in the wizarding world, can help stop

Grindelwald. If the movies heroes can reach the Credence before he sides with Grindelwald, they will stop the evil wizard.

Harry Potter fans who are now being immersed in the “Fantastic Beasts” series may recognize similarities throughout the two series. This movie has many references to Azkaban, the prison for wizards, and the Sorcerer's Stone, a source of power for powerful wizards, which were first introduced during the Harry Potter movies.

If you love movies with action and magic, this is a movie you should go see.

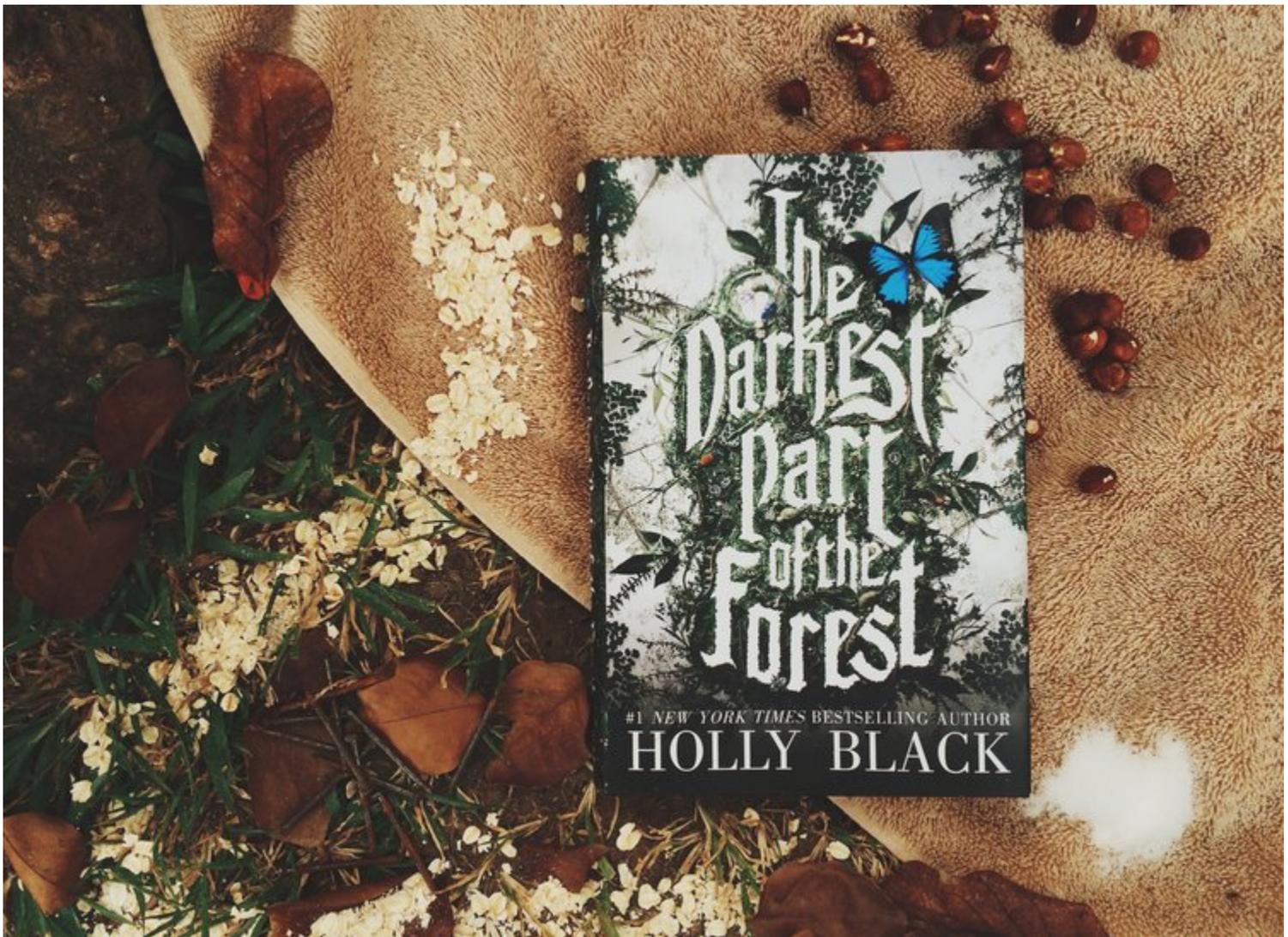


Photo source: bookishandawesome.files.wordpress.com

Book Review: ‘The Darkest Part of the Forest’

January 18, 2019

By: Fayettea Doll, Staff Reporter

“Children can have a cruel, absolute sense of justice. Children can kill monsters and feel quite proud of themselves.”

Truer words have never been spoken as these that were found on the back of “The Darkest Part of the Forest” by Holly Black. This book is phenomenal.

“The Darkest Part of the Forest” blends mild horror with faeries in a way that only Black can do. Black—the faerie queen, as her fans have dubbed her—uses mental health and magic to formulate a villain who isn’t really a villain and heroes who have to learn how to take care of themselves.

Black establishes the villain within the first handful of pages with the lines “Townfolk knew to fear the monster coiled in the heart of the forest, who lured tourists with a cry that sounded like a woman weeping. Its fingers were sticks, its hair moss. It fed on sorrow and sowed corruption. You could lure it out with a singsong chant, the kind girls dare one another to say at birthday sleepovers.”

That singsong chant is as follows, “There’s a monster in our wood. She’ll get you if you’re not good. Drag you under leaves and sticks. Punish you for all your tricks. A nest of hair and gnawed bone. You are never, ever coming ... home.”

This monster makes victims cry tears of moss, it sews grief and weeps for a lost love that was taken from it. Wonder what that means, huh? It’s truly some lovely imagery shared within these pages.

The best thing about this book are the faeries. Granted, I’m kind of obsessed with faeries (side note: the first book I ever read about faeries was “Tithe” by Holly Black, a book that helped sew my adoration) and my idea of a beautiful description and death-dropping imagery involves, primarily, fae-like descriptions. Black has those in spades.

Another amazing thing about this book are the characters. Hazel, for one, is fantastic. Her brother Ben, is breathtaking. Severin, the faerie prince with horns ... needless to say, he’s the best character.

This book is full of romance. Oh lord, the romance. Did someone say they needed a bisexual faerie prince? Oh wait, that was me? You’re right, I did need that. And we got it in Severin.

Now, prepare for *brief*spoilers as I’m about to quote the final passage of the book. It’s too amazing to not include:

“And elsewhere in the woods, there is another party, one taking place inside a hollow hill, full of night-blooming flowers. There, a pale boy plays a fiddle with newly mended fingers while his sister dances with his best friend. There, a monster whirls about, branches waving in time with the music. There, a prince of the Folk takes up the mantle of king, embracing a changeling like a bother, and, with a human boy at his side, names a girl his champion.”

I just—I can’t. I cried, OK, I cried.

Spoiler over!

Read this book.

I give it 10 out of 10 flowers.



Photo source: [groupon.com](https://www.groupon.com)

Little India in Downtown Denver Bursts with Flavors

January 17, 2019

By: *Antoinette Simonetti, Practicum Reporter*

With four locations surrounding the Denver metro area, Little India is well-known for its unique spices and flavors, courtesy of the Baidwan family, who founded the restaurant in 1998. Out of curiosity – after reading so many outstanding reviews – I decided to check out the downtown Denver location.

The central shop is located at 1533 Champa St, making it difficult to find parking, and when parking was finally found, it was a four-block walk to the restaurant. There's a parking garage across the street from Little India, but it's a pricey \$25 charge.

On the initial approach, it seemed like the perfect summer hangout: The restaurant boasts a spacious outdoor patio for the summertime and a cozy comfortable hideaway for the wintertime. After walking through a narrow corridor entrance, I observed how small the space was for such a well-known restaurant, yet it could be perceived as adding to the “feel” of the place. The lighting was dim and tinted orange and yellow, which made the restaurant glow.

With a wide variety of menu choices, such as masala, naan and curry dishes, there is a lot to choose from. The menu offers gluten-free, vegan and vegetarian options for all kinds of diners. From my research of the restaurant, I learned the saag curry is the most popular dish. Saag is a vegetarian dish that incorporates spinach, mustard greens, cumin, turmeric, coriander and garlic.

With my excitement about trying this popular, traditional Indian dish, I was happy to see my server approach with a glass of water, ready to answer my questions about the menu. My server was exceptional at explaining the tastes of the various dishes. All around, the service was fantastic.

After only 20 minutes with a packed restaurant, my saag was served and ready to enjoy. The meal was separated by the bowl of curry and a tray of rice. I appreciated that they were separate because I could choose the amount of curry I wanted mixed in with the rice. My first bite provided an immediate burst of flavor. The saag had an earthy, unique texture and taste. The meal was extremely addicting, it was so delicious. Regardless of how full I was getting, I wanted to keep eating it.

Not only did I have exceptional service on a busy night at Little India, but the food was superb and arrived very fast. I definitely would come back to this location and enjoy another meal. I am confident that the next plate I try will be delicious and well explained by staff. I would recommend this restaurant to my friends, coworkers and family.



Blue Sky Basin at Vail. Photo source: westword.com

Ski resorts are being blessed with heavy snowfall this season; here's why

January 16, 2019

By: Joshua Lenahan, *Practicum Reporter*

Blue Sky Basin at Vail opened Nov. 29 this year – more than a month earlier than last year. Aspen Highlands had the earliest opening since 1992. As of Nov. 9, the Loveland Ski Area had had the best opening in its 81-year history, passing the 10-foot mark before December. Breckenridge had fewer than five runs open this time last year; now nearly 100 percent of the runs are open.

“It’s absolutely dumping, and has been since October,” said a 10-year ski patrol veteran at Copper Mountain. “It doesn’t even compare to last year and we’re loving it.”

The heavy snowfall seems to have caught every major ski area in the state. The totals are nothing short of jarring compared to last season’s snow tally.

Keeping in mind the records that so many ski resorts are reporting, how good is this season? How does it compare to normal years (surely, the totals could feel exaggerated when compared to last year's extreme lack of snow)?

Well, Colorado is still in a drought, but it's beginning to catch up. With 20 percent of the state, mostly in the Southwest, in extreme drought, according to the National Integrated Drought Information System, there's a lot of catching up that needs to be done. Vail has the most ski terrain open than any resort in North America right now with 4,200 acres in total, and they're considered to be in a severe drought.

The high snowfall totals were only one piece to the puzzle that is this season. Consistent cold temperatures has kept the snow on the ground and blessed snowmakers with ideal snowmaking conditions. Snowmakers were able to blow snow to form safe bases for early season skiing. Some high winds earlier in the season helped pack down the snow and form a base for the areas that snowmakers can't get to. This was important for places like A-basin, which rely heavily on natural snowfall instead of man-made snow. It also helped the higher and harder-to-access terrain elsewhere.

Early-season starts are heralded not only by ski resorts, but other businesses too. Restaurants, ski shops, dispensaries and hotels benefit from the massive flocks of tourists.

This season hasn't been without challenges, however. A heavy early-season snowfall also means heavy early-season avalanches. With avalanches being reported as early as mid-October, the mountains aren't messing around this season. Additionally, good ski conditions bring tourists, which means traffic, which means accidents. Mid-November brought its fair share of accidents on I-70, but the worst was a multi-car pile up that resulted in four tragic deaths.

With snow totals piling up fast, resorts are opening new terrain and new lifts, and new skiing opportunities are being offered. The Alterra Mountain Co. introduced the Ikon Pass, a new all-season option for riders, and coincidentally picked what most might consider the best season in years to do so.



UPS delivery person pushing a cart of packages through the snow. Photo source: Business Insider article of seasonal employees.

Reality Check: The Ups and Downs of a Holiday UPS Job

January 16, 2019

By: **Antoinette Simonetti**, *Practicum Reporter*

With the holiday season upon us, the stress to find the perfect gift for a loved one is at an all-time high.

This perfect gift may only be one click away, except who is going to deliver it?

It may not arrive from a heavysset man with a long white beard in a red suit and hat, but rather from your local UPS driver dressed like a potato. On average, UPS delivers 20 million packages and documents every day.

I have had worked for UPS as a driver's seasonal helper for the past two years and, to say the least, it's a difficult position. I've gained a tremendous amount of respect for UPS drivers.

The position requires employees to lift over 70 pounds, be able to work a long day outside in the cold, and be ready for the ultimate butt-whooping. In the job description, they try to educate and prepare you for the long, physical and energy-draining days to come. On the bright side, the pay is \$20 an hour plus overtime.

My first day on the job, I was told to meet my driver at 3423 Rt. 206 at 8:00 a.m. sharp, and if I was late, the driver would be forced to leave and continue the work day without me.

Of course I arrived on time, bundled with two pairs of thick leggings, a fleece and winter coat, gloves (with hand warmers inside), and a thick hat with the addition of the very fashionable thin, brown UPS vest with yellow reflectors going down both sides. I was ready to go.

Envisioning this job as a workout, I felt more confident working at a fast pace.

At first glance, I couldn't believe how many packages were stocked in the back of the truck. It was like the Great Wall of China except with Amazon boxes.

I thought to myself, how in the world are we going to complete this in 12 hours?

As the day began, I learned how to scan packages and become a productive member of the team.

The process of buckling the seatbelt, then .5 seconds later unbuckling it, grabbing and scanning a package, walking up a long, uphill driveway to deliver it in a discrete corner – and doing it over and over again – was becoming tedious and tiresome, especially in the snow.

With sweat underneath my clothing in the 10-degree weather after working only seven hours, I was exhausted, to say the least. It didn't matter if I was tired, we still had a half a truck to go.

From 8:00 a.m. to 11:00 p.m., my first work day at UPS was near its end. With a stuffy nose, pounding headache, growling stomach, sore muscles, and no capacity to think, I was beyond ready to get in bed for the night.

It's not any easy position, but the pay made it a worthwhile job during the holidays, especially for a college student.

Start getting out your checkbooks, people, and don't forget to tip your UPS driver during the holidays. They do every day of the year what I struggled to do for one week. They deserve it.



Beau Jo's in Idaho Springs

January 15, 2019

Photo source: newdenizen.com and gastronomblog.com

By: Antoinette Simonetti, *Practicum Reporter*

With six locations around the east side of the state – in Evergreen, Arvada, Idaho Springs, Ft. Collins, Longmont and Steamboat Springs – Beau Jo’s is well-known for its “mountain crust” pizza. The Idaho Springs location is off I-70, so it’s a great stop-in spot for hungry travelers.

The restaurant has been open for more than 40 years and attracts locals and tourists alike who enjoy dipping the thick and doughy crust in honey, a Colorado tradition. The dough is even made with honey.

“That’s right; our dough uses natural sweetener instead of sugar – after a good roll-out and toss, our crust is braided, allowing an unspeakable amount of toppings, sauce, and cheese to be cradled and baked – we call this the containment system and you can’t get it anywhere else in the state.”

I had to check it out.

The drive to the Idaho Springs location from the Northwest Denver Campus takes 55 minutes, accompanied by beautiful mountain scenery. The restaurant is visible from the highway with a big “Beau Jo’s” sign. The town itself is nudged up against the mountain side, surrounded by many shops, breweries and other restaurants.

Although there’s a parking lot that costs \$10 for the whole day, the most convenient place to park is on the street, where the parking meter costs \$1 for an hour.

Walking in to the aged building, it smells fantastic. The circular hostess stand has its own room separated from the dining rooms. The wait for a table was only 15 minutes and the waiting room was spacious and comfortable.

The style of the restaurant is rustic and maintains an old Colorado mining vibe.

After being seated, our server approached with water and pointed me in the direction of the salad bar. Knowing what I was going to get on the menu – the famous mountain crust pizza with honey – I ordered immediately.

Within 20 minutes the pizza was served on a circular, raised tray leaving enough room on the table for my plate and the rest of my personal belongings. The thick crust was shaped into a spiral leaving creases to pour the honey. The pizza had a hint of sweetness and the cheese and sauce were fresh and unique to my tastebuds.

The service was great. I was approached to make sure I was enjoying the meal and was asked if I needed anything else and was constantly served with a smile.

I would recommend Beau Jo's to a friend visiting the area, a local who has a sweet tooth, and anyone who is interested in having the famous Colorado "mountain crust" experience. The food was tasty, the service was exceptional and the experience was unforgettable.

The Western Netflix that Needed

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By: Joshua Lenahan, *Practicum Reporter*

The short attention-spanned, bingeaholic, audiences of 2018 are tough to produce movies for, but if anyone can pull it off, would it not be the Coen brothers?

"The Ballad of Buster Scruggs" is the Coen brother's elegant response to a changing cinema audience. With six distinct chapters, The Ballad keeps viewers interested by telling a new story every 20 minutes or so, appealing to the short attention span of today's Netflix-gorging viewers. An interesting platform for a Coen brothers release, Netflix's decision to work with the duo resonates with its attempts to bring not only more, but higher quality, original TV shows and movies to the site, which is under the stress of new competition in the streaming world.

The richest part of the movie is hands down the characters. While we only get to know them for a short period, they leave deeper impressions in 20 minutes than most characters in feature length films. Add in an all-star cast, and the characters become increasingly memorable. Rich, unique characters are combined with carefully scripted

dialogue (and monologues), then paired with beautiful shots filmed all over the West. It all adds up to a satisfying viewing experience that's becoming increasingly rare.

An emotional rollercoaster, the plot twists and turns throughout each story while playing with viewers' emotions. Drawn out, but intricate dialogue is complemented by quick plot twists that rapidly move the film along. They mix in tragedy with laughter and put depressing moments next to silly ones – a new concept for a Western. Hopefully, this movie sparks a wave of new Western films.

The choice to release the film both in theaters and on Netflix is an interesting one for sure but emphasizes the actual experience of going to the movies. Directors of "Fargo," "The Big Lebowski," "No Country for Old Men," among others, it isn't surprising the Coen brothers have produced a hit like this. In today's cinematic landscape, it's refreshing nonetheless.

The last tale in the movie ends with a long section of back-and-forth dialogue, songs and philosophical thought; it's a deep reminder of the kind of movie the Coen brothers can produce. The story even ends with a conversation about death, a lesser friendly reminder of how harsh the West was years ago.

Every story is a struggle with death in one way or another, but many are watered down with laughter and wittiness. The last story ends the movie on a solemn note, but it respectively ties up the golden thread of the movie's many scenarios, proving again that the Coen brothers rarely disappoint.