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# Faculty night at the volleyball game Photo Essay

October 1, 2019





*By: Amy Reglin, Photo Editor*

Friday night the women's volleyball team hosted MSU Denver at home during faculty night. Prior to the game faculty members enjoyed drinks and food and then each player lined up with a faculty member of their choice to be honored.

Each set, the women fought hard with many lead changes. The Rangers took the first set but fell to MSU Denver in the second and third sets. Senior Izzy Gosar lead the team with 16 kills.

Be sure to come out Oct. 11 to cheer your number 12 ranked Rangers at their next home game.

# KRCX Regis Radio: Regis' Diamond in the Rough and Denver's Oldest College Radio Station

October 7, 2019





*Photo Source // Amy Reglin, Lizzie Brown*

*By: Lizzie Brown, KRCX General Manager and Highlander Reporter*

The power is still out around some parts of the Northwest Regis University campus, and this reality carries over to the KRCX Regis Radio Station located in the basement of Clarke Hall. Since we haven't been able to broadcast and display our talented new hires and DJs yet this year, let's talk about it station's history.

KRCX, the oldest college radio station in Denver, was one of the only stations to pioneer an apartment shortwave broadcast that connected to all of the dorms on campus--pretty convenient. Today, the radio streams online 24/7 and features a vast library of contemporary music important to students and timeless classic we all love-- from Snail Mail to Frank Ocean and all the way back to B.B. King. The station has seen legendary visitors in its professional-grade studio such as Ron Beaty, The Revivalists, Suuns, Oberhofer, Admiral Fallow and Bon Jovi.

But variety means more than music, and KRCX has stuck by that. In 2008 a group from the station went to the convention center to cover the Democratic Convention-- come see our pictures! We are a station that has evolved to the profound sound we are today. Serving to inform and entertain the Regis community, KRCX hosts live campus events and broadcasts music, talk, sports, and community announcements. We are excited for a new year and to carry on a proud tradition of dedication to our students and neighbors in the community. Look out for our Open Mics or stop by the basement of Clarke to get a volunteer DJ application, get away from campus and talk music, politics or whatever you are passionate about. Visit us at <http://www.krcx.org/> and reach out!

## **SHORT STORY Father Domingo Sits Alone: The Last Confession**

October 7, 2019

*By: Armando Covarrubias, Staff Cartoonist*

Father Domingo is a Mexican Jesuit priest for the Chapel of All Holy Saints. He is a tall man, with dark brown skin. He has black hair and brown eyes. He is a teacher for the Agnus Dei University in their religious department. He teaches a variety of different classes such as World Religions, and History of Catholicism. He is always seen either in class, eating by himself, at his office, or in his room at the Jesuit house. One day during his lunch break he was greeted by Father Ahab.

“Afternoon brother,” Father Ahab said with a grin on his face. He was a couple of inches shorter than Domingo. He had blond hair blue eyes and was clean shaven.

“Afternoon,” said Father Domingo as he continued eating his burger.

“I have always noticed that you are always by yourself, and I thought that maybe you need the company.”

“Are you intentions true?” Domingo asked.

“Yes, of course that’s why I’m here.” Ahab responded.

Domingo takes in the last bite of his burger, licking his fingers, and says “All right, let's talk.”

“Ok. About what?”

“I don’t know? You wanted to start the conversation.”

Ahab responded, “Yes but I don’t have any plans, we could talk about anything like work, or our hobbies, or our family.”

“Or our love life.” Domingo said abruptly.

“What?!”

“It’s a joke.” Ahab looked in relief. “Well, its confession season, so have you been hearing out any confessions lately?” Asked Father Ahab.

“No, I haven’t heard any confessions. The last confession I heard was five years ago.” Ahab, in shock, said, “Five years! Are you insane!”

“Yes.”

“Jokes aside you can’t tell me that you have not been hearing confessions for five years.”

“But I did.”

“Why?” Asked father Ahab.

Domingo lets out a large sigh. He says, “My last confession was unreal, bizarre, and as far as I’m concerned, unnatural.” Ahab responded, “It could not be that bad.”

Father Domingo abruptly replies, “But it was.” Ahab stayed silent. “The story I will tell you is a story of greed, murder, manipulation, and other things that can not be explained.” He lets out another large sigh and begins to tell his story. “Five years ago before I was a priest at the university, I went traveling to different parishes. More specifically I traveled around Mexico. I was at a confession stand where I met a man who told me his sins. His sin was so great that it haunts his every move.”

Ahab asked, “What was it murder, assault, thievery?”

Domingo responded, “No, he made a homeless lady upset.” Ahab, in shock, said “That’s it? That’s why you stopped doing confessions.” Domingo continued “No. That’s just a part of it, keep listening.”

“Okay.”

“Thank you. So yeah, the man was Miguel Reginald. He worked as a delivery boy for a Mexican bakery shop. He had blonde hair green eyes, and white skin. Everyday he would deliver a variety of Mexican pastries such as conchas, cookies, cakes, porkitos, and so much more. Before he would leave, an old homeless lady would show up at the front of the bakery. She would beg for bread or a pastry or something, but he would say no. One day the lady asked if she could have some bread. Instead of saying no, he decided to compromise with the lady. He said if you help me with these deliveries I will give you something to eat. She says yes but only if she eats first. He says no she has to earn it. She screamed in anger saying ‘Me and my ancestors will hunt you down on the eve of your daughters quinceañera, at the peak of your happiness.’ She laughed maniacally as she died on the street.”

Ahab says, “Two things: one, never do a witch voice again, and two he came to confess for not helping that poor ill woman?”

Domingo replies, “Oh she was not ill, I can assure you.” Domingo then continued, “So after that incident his life went uphill from then on. He got a pay raise, he eventually became the manager of the bakery and created a chain

of bakeries. He made a lot of money and became a billionaire. He owned a mansion , had a multitude of servants, married a model despite his inexperience with dating and had a beautiful girl named Sarah. Such is the life for those who worship Mammon.”

Ahab asked, “Who?”

“Nothing,” Domingo responded. “ Anyway, his daughter was going to turn fifteen soon, so Miguel planned huge quinceañera for her. With music, good food, whatever you thought your best birthday party was hers was better. On the day before her birthday they decided to go to the park where they used to take Sarah as a child. He was sitting on the bench when he noticed that his daughter stood still. He thought that it was probably nothing, ten minutes later and she was still standing there. At that point he ran up to her and asked her if she is okay. She responded saying, ‘No, because I’m already dead!’“ As her face turned her skin was yellow, her skin had holes where maggots spilled out. He screamed in horror, she lunged towards him constantly saying, ‘I said I would be back with my family.’ As she spoke faces began to emerge from Sarah’s body. He was scared and confused not knowing what to do. He begs for mercy. The spirits say, ‘We will let you go if you answer this one question: Why is the devil smart?’ His response was, ‘Because he’s evil.’ At that moment it was silent. A red line of blood drips from his throat, and his head falls off, and the spirits left the body of that girl. The next day Sarah had her quinceañera with her mother and father by her side.”

Ahab exclaimed, “Wait what, I thought he died?!”

Domingo said “He didn’t, during his confession he explained that he knew this was coming. So he got one of his loyal servants to swap faces with him so the spirit of the old lady and her ancestors will kill his servant instead. So when I got to see his face he had black hair, his skin was brown, but he still had those green as that he described before. He says to me that even though the spirits killed his doppelgänger, they eventually found out the truth. So now he is haunted by the spirits of the old lady, her ancestors, and now the servant too. As he leaves the stand I saw them.”

Ahab asked, “What?”

“Phantoms,” exclaimed Father Domingo! “Phantoms, ghosts, spirits, remnants of the old lady’s family and the servant who is carrying his own head. I saw ghosts from different time periods such as the Aztec War priests, conquistadors, Spanish inquisitors, Visigoth warriors, and others. I grasped ,y rosary praying that God may protect me, and he did.”

”So that’s the reason why you stopped doing confessions,” asked Father Ahab.

“Yes,” replied Father Domingo. Ahab got up and said, “Well lets just say I’m a bit skeptical about your so-called reason. And by skeptical I mean I think you’re lying.”

“Whether you believe it or not I’m just happy I got that off my chest,” Domingo replied. “I mean this was bad but that was nothing compared to my other past experiences.”

Ahab asked, “What do you mean?”

Domingo gets up, saying, “That’s my cue to leave.” Then grabs his plate and goes inside the cafeteria. Never to tell Ahab the things he has seen, for it can drive most men into madness.

## **Judy Movie Review**

October 7, 2019

*By: Ali Paglia, Staff Writer*

For many of us, Gen Zer’s, the last we saw Judy Garland was when she was in *The Wizard of Oz*, in her bed surrounded by her “family”, realizing “There’s no place like home.” Fast forward to thirty years later, Judy Garland’s longing for a home continues again this time in the movie, *Judy*.

It’s set in the winter of 1968 when Judy Garland, travels to London trying desperately to resurrect her career. Hollywood has left her high and dry. In her own mid-century version of “Sunset Boulevard”, Judy is trying to do whatever it takes to be relevant again. The film makers, through both dialogue, and flashbacks give us not only the backstory of Judy’s drug abuse which she developed in her teenage years, that was orchestrated by the Hollywood studio system which every actor of the time depended on for their career. The Film also shows us her need for family, and her longing to be with her children. What moves a good story, what moves a good film forward, is conflict.

When it comes to a lead character, writers and film makers love to have a character who has story based on them with either internal or external conflict. It’s rare to have both. Unfortunately, for Judy Garland, but fortunately for the film, Garland’s life was a toxic mixture of the two. The film, like the aforementioned *Wizard of Oz*, *Sunset Boulevard*, or the past summers release of the remake of *A Star is Born*, all follow the classic Joseph Campbell structure of A Hero’s Journey. Garland is taken from her ordinary world to the new extraordinary world of London, where she meets mentors and faces obstacles. Only to return, with newfound knowledge about herself, and the world around her. It is difficult to make any biopic, it’s even harder when its about one of the most iconic actresses of the twentieth century, A performer, who American’s watched grow up on the screen right in front of their eyes. Renee Zellweger does a fantastic job of portraying Garland, both with her acting and singing ability,

she's a good bet for best actress in this year's Academy Awards. I liked the movie, but you are going to have to see for yourself what's over this rainbow.

## **EDITORIAL: What's Happening In Residence Life and Why You Should Care**

October 17, 2019

*By: Rose Ferrie, Staff Reporter*

You may or may not have heard that one of the issues currently facing Regis University resides in our SHaRE office on campus, specifically with the Resident Assistants (RAs). Many of us know RAs, whether they are friends or peers these fellow students have been dealing with a lot of change and job instability throughout this fall semester. Around the second of school, their contracts were violated by putting stipends toward their scholarships which presented many problems for RAs including changes their work-study funds, being charged for things like meal plans, and feeling unheard by superiors and administration.

When they initially signed their contracts around April of 2019, the contract specified their stipend like this: Room and board, roughly \$650-\$675 dollars for the semester, which comes out to around \$72-\$75 biweekly pay periods (estimate from the initial contract).

Many students budget their stipends toward paying for school, groceries, gas, spending money, food, and more. The loss of that biweekly income disrupted many RAs' financial plans and, in many situations, making their financial situations worse. In some more serious cases, adding the stipend money to their scholarships offset loan payments so some RAs were informed that they must take out another loan or pay out of pocket, essentially making them pay for being an RA. In other words, people had unforeseen payments because their RA scholarships were changed so they had to pay more.

On top of this loss of stipends, RA duties were increased. They have to run five programs for their residence hall per semester which includes planning and budgeting paperwork, advertising the event, taking attendance, and program reflection. They are trained to handle issues like suicidal ideation, alcohol and drug incidents, violence prevention, roommate issues, emotional distress, homesickness, Title IX, programming, duty protocol (FERPA, active shooter, etc), and more

Now, what is being done? RAs are supposed to be offered a revised contract on November 1st, they will look over it and decide whether they will agree to the terms and sign or choose not to sign. The contents of that contract are to be determined and The Highlander will follow up as events progress.

“Lack of leadership in overseeing that the people who take care of the residents were not being taken care of, we felt we were unimportant and not being heard. No one was looking out for us,” said one RA who asked to remain anonymous.

What it comes down to is this: the RAs are seen more as employees rather than students on campus, they are forced to prioritize work over academics because of their workload and are not being rewarded for doing so. Every RA the Highlander spoke with for this article cares a lot for their residents, but it comes to a point where they have to think about all the pressure they are under as students, employees, and mentors. That pressure is overwhelming and unacceptable for people who are students first.

## **Men's soccer Photo Essay**

October 20, 2019





*By: Amy Reglin, Lead Photographer*

On a chilly Sunday afternoon, the men's soccer team hosted Adams State University. Despite the cold, the men pushed through for a 5-1 win. This win comes off of a loss on Friday that snapped their four-game win streak. The win was a perfect way to end the last home game for the season. The Rangers still have four games left in the regular season before heading to the RMAC tournament.

## **Saucy Mac and Cheese to Relieve Mid-Semester Blues**

October 23, 2019

*By Garrett Kelly, Staff Writer*



*Photo Source // Garrett Kelly*

Looking to up your comfort food game? Kraft just not fulfilling your deep-seated craving for quality mac and cheese? You might be looking for this very recipe. Importantly, this is simple enough that you can make it with just a few kitchen essentials; hopefully perfect for those dorm kitchens.

Serves 4 (Or you and three small tupperware).

Prep time: 15 minutes

Cook time: 15 minutes

Equipment needed:

Large pot

Pan

Medium saucepan

Whisk or stirring spoon

Measuring cup

Paring knife

Vegetable knife

Cutting surface

Strainer

Ingredients:

6 cups water

8 ounce macaroni

2 tablespoons of butter

2 tablespoons of flour

1 cup heavy whipping cream

$\frac{3}{4}$  cup milk

1 &  $\frac{1}{2}$  to 2 cups shredded cheddar

1-2 fresh jalapenos

$\frac{2}{3}$  cup green onions

4-7 strips of bacon (to preference)

Salt

Pepper

Mustard Powder

(Season salt, available at most grocers, is not required but is highly recommended.)

First up is food prep. Remove the seeds from your fresh jalapenos. The easiest way to do this is to remove the stem, slice it down the middle length-wise, and scrape out the seeds with your paring knife. Removing the seeds is optional, but seeds in will make for a seriously spicier final product. Finely chop the green onion and jalapeno until you're satisfied with the size of your chunks and you have sufficiently relieved your second-quarter stress.

Place a pan on medium-high heat. Once the pan is hot, feel free to start throwing bacon on. You're going to be keeping an eye on the bacon as you work on what's next. Let it cook for 8-12 minutes until appropriately crispy.

Alternatively, if you find it easier, you can preheat your oven to 400 degrees, place the bacon on a well oiled baking sheet (or baking sheet with a wire rack. Without a wire rack, oven bacon will be a bit chewier). You'll want to use a neutral flavored oil, like canola if you go this route. Let cook for up to 20 minutes, but be careful, you won't want this to burn so start checking after around 15 minutes. I would actually recommend going this route if you can, but it is slightly more supply intensive. Oven cooked bacon on a wire rack will leave you with some nice, crispy bits that'll crumble perfectly into your sauce later on.



Next up, we're gonna get to work on the mac part of this mac and cheese. Add six cups of water to a large pot and bring it to a boil. Optionally, feel free to add onion powder, garlic powder, chili powder, salt and pepper to the water as it boils. When the pot is boiling, add your eight ounces of macaroni. Let the pasta cook for up to 10 minutes but keep an eye on it, you want the noodles to be al dente. This is pretty simple but its important to watch it as you work on the rest of the meal.

Next we're gonna start working on a roux. Melt your two tablespoons of butter, then add it and your two tablespoons of flour to a medium saucepan on medium heat. Whisk or stir the roux gently until you're left with a cohesive mixture. Avoid stirring too fast or too little or the flour might coagulate, leaving you with clumps that won't mix well.



As soon as your roux is nice and smooth, add one cup heavy whipping cream and  $\frac{3}{4}$  cup of milk. Reduce heat to medium-low, add pepper, salt and mustard powder, then whisk. Once the mixture has cooled off a little, add  $1\frac{1}{2}$  to 2 cups of shredded cheddar cheese, your chopped vegetables, and crumble the bacon into small chunks as you add it to the sauce. Once all the ingredients are added, you'll want to reduce the heat to low, and bring the sauce to a simmer.

If you have it, add season salt to taste at this point. Mix thoroughly until evenly melted and distributed, then combine with pasta, mix thoroughly and serve!

This is a pretty straightforward recipe but there are plenty of areas for experimentation. Try a different mixture of cheeses, but keep in mind that aged cheeses don't melt the same way as the highly processed stuff, so you'd want a combination of young and old cheese. Substitute bacon or the vegetables as you see fit. I recommend sharing this dish with friends, or even making them help you cook as it's a lot easier with two sets of hands. If you get tired of heading over to the caf, I hope you give this recipe a shot. Food made with your own hands almost always tastes better, and cooking can be a great way to relax if you find yourself enjoying it!

## **Wolf of God: Album Review**

October 23, 2019

*By: Armando Covarrubias: Writer, Cartoonist*

Halloween is almost here and many of you are probably needing some music for your Halloween party, or just need something to listen to now. For this, I recommend an album by a German power metal band Powerwolf and their album "Lupus Dei." This is Powerwolf's second album recorded in January 2007 and released on May 1, 2007. The album itself has eleven songs. What makes this album unique is that it has a story. According to Matthew Greywolf (Benjamin Buss) on an interview with Lords of Metal in May 2007, "Well, generally 'Lupus Dei' is focussed on parables taken out of the Bible and set in context to our passion for metal. Finally it had turned out being a real concept album with the wolf himself as the protagonist. In the Introduction to the album he loses faith in good and descends to the evil. He doesn't believe in anything but blood anymore ("In blood we trust") – but during the album he realizes the light of God step by step and finally in the title track he experiences God."

From this quote the album's story begins makes more sense. This is not just a compilation of songs with a similar theme, it's a compilation of songs that tell a story. It is also important to mention the second, and more prominent themes in the song besides werewolves: the theme of Catholicism. Whether you are a devout Christian, a moderate believer, or a non believer, one can not deny the effect Christianity has on the media such as books, tv shows, movies, games, and music. Unlike most other Christian artists, Powerwolf doesn't focus its music on praise and worship, at least in a orthodox manner. It focuses less on the teachings of Christ and more of the dark and violent side of the Bible and Christianity as a whole. Examples include Werewolves, demons, angels, crusaders, conquistadors, vampires, satanism, evangelists, saints, Latin chants and more.

The title of the album, Lupus Dei, is Latin for Wolf of God. The album Title is thought to be a reference to the trial of Thiess of Kaltenbrun. He was a Livonian man who lived in Jürgensburg, Swedish Livonia. In 1692 he publicly

admitted to being a werewolf, but he states that he goes to hell to fight the demons, witches, and wizards of hell along with other werewolves. Claiming that they were “the hounds of God.” He was not executed but was banished. The story itself is only a reference to the title not the story of the album. With that said here are some songs from the album I recommend:

- “We Take It From the Living”- This song has a beautiful melody and wonderful lyrics as the song ask you questions such as, “Are you guided by the Bible?” Or, “Would your die for, Heavy metal?”
- “Prayer In The Dark”- One of their most popular songs on this album, it is also the first song on the album to feature Latin, and it gives me chills every time I listen to it.
- “Mother Mary Is A Bird Of Prey”-Easily one of the most confusing songs in this album, if not the most confusing song they have ever made, this song has beautiful verses that start at a medium pace only to get really fast with the chorus. To this day I still don’t understand what they mean that Mother Mary is a bird of prey.
- “Lupus Dei”-Out of all of the songs on the album this one is my favorite. This is the song that makes me wake up in the morning knowing that I have never been abandoned and that God still loves me. It starts with the sound of church bells ringing (which I often mistake for the chapel’s bells) and then to the soothing sound of Latin, to comfort you. Then it explodes in a loud but slow sound while Latin is still being spoken. Then at the halfway point Latin becomes English and the song becomes faster. At the end of it all a disembodied voice speaks the Lord’s Prayer in Latin and then in Latin says “For thine is Kingdom, The power and the glory forever and ever.” It ends with Amen.

These are just a few of my favorite songs, but there are more you can discover. I hope this helped spice up your Halloween party, or not. Everyone is subjective. If your not a metal fan a least you learned something about a band you probably wouldn’t have known about otherwise.

# Stay Safe do Halloween, Please

October 27, 2019

*By: Armando Covarrubias, Cartoonist, Writer*



Stay safe for Halloween, please.