



MADE IN THE STU
Regis Recording Arts
Volume 1

Ingredients List...

Album Cover: Elizabeth Anaya
Album Sequencing & Ingredients List: Maya Bair, Keyen Vang & Cory Cullinan
Mastered by Cory Cullinan
Professor & Executive Producer: Cory Cullinan

Dear Depression

Composers: Nelisse Niyongabo & Elizabeth Anaya

Voice: Nelisse Niyongabo

Penny Whistle, Piano, Zither, Bass: Cory Cullinan, Nelisse Niyongabo & Fabian Gutierrez

Recording Engineers: Nelisse Niyongabo, Fabian Gutierrez & Cory Cullinan

Mixers: Nelisse Niyongabo & Cory Cullinan

Producer: Nelisse Niyongabo

Dear Depression is a song written during my hardest mental health period. I wrote this poem and turned it into a spoken word piece to come to terms with what I had experienced. I hope this touches your heart and inspires you to do some more self care!
— **Nelisse Niyongabo**

Hold Your Ground

Composers: Maya Bair & Hattie Miller

Voice: Maya Bair

Vibraphone & Organ: Cory Cullinan

Bass & Drum Programming: Kazimir Marczyk

Recording Engineers: Maya Bair, Avery Kuhls, Kazimir Marczyk, Cameron Kelley, Keyen Vang & Cory Cullinan

Mixers: Maya Bair & Cory Cullinan

Producer: Maya Bair

Hold Your Ground was written in spring of 2020 during lockdown with my childhood friend while sitting 10 feet apart on our driveways. It's a reminder to stick through hard times and the light will come.
— **Maya Bair**

Lonely Weekend

Composer: Kacey Musgraves

Voice: Avery Kuhls

Guitar: Cameron Kelley

Recording Engineers: Avery Kuhls, Cameron Kelley & Cory Cullinan

Mixers: Avery Kuhls & Cory Cullinan

Producer: Avery Kuhls

I recorded an acoustic version of a Kacey Musgraves song. I have always looked up to her and loved the opportunity to cover one of her songs.

— **Avery Kuhls**

Why Am I Still Trying?

Composer: Cameron Kelley

Voice: Cameron Kelley

Synths, Guitar, Bass & Drum Programming: Cameron Kelley

Recording Engineers: Cameron Kelley, Keyen Vang, Elizabeth Anaya & Nelisse Niyongabo

Mixers: Cameron Kelley & Cory Cullinan

Producer: Cameron Kelley

My song came out of a creative drought. It was completely self-produced and will always set the mood.

— **Cameron Kelley**

sweet deception

Composers: Elizabeth Anaya & Nelisse Niyongabo

Voice: Elizabeth Anaya

Guitar: Cameron Kelley

Bass: Elizabeth Anaya, Keyen Vang & Cory Cullinan

Percussion Programming: Cameron Kelley, Keyen Vang & Elizabeth Anaya

Recording Engineers: Elizabeth Anaya, Cameron Kelley, Jenny Snow & Cory Cullinan

Mixers: Elizabeth Anaya & Cory Cullinan

Producer: Elizabeth Anaya

I used my poetry skills to create this piece of beauty and deception. Stinging lyrics and a catchy tune will have you doubting your significant other.

— **Elizabeth Anaya**

Destiny

Composer: Keyen Vang

Voice: Keyen Vang

Synth & Organ: Cory Cullinan

Guitar & Bass: Cameron Kelley

Drum Programming: Cameron Kelly & Kazimir Marczyk

Recording Engineers: Keyen Vang, Cameron Kelly, Kazimir Marczyk, Elizabeth Anaya,
Nelisse Niyongabo & Cory Cullinan

Mixers: Keyen Vang & Cory Cullinan

Producer: Keyen Vang

*Destiny is a song about hopefulness. Finding friends in a time where you think it would
be impossible to do so.*

— **Keyen Vang**

Death Before Dishonor

Composers: Jenny Snow, Cameron Kelley & Kazimir Marczyk

Voice: Jenny Snow

Synths, Bass & Drum Programming: Jenny Snow, Cameron Kelley, Kazimir Marczyk,
Nelisse Niyongabo, Fabian Gutierrez & Cory Cullinan

Recording Engineers: Jenny Snow & Cory Cullinan

Mixers: Jenny Snow & Cory Cullinan

Producer: Jenny Snow

Dedicated to Bean. RIP.

— **Jenny Snow**

Good Thing

Composer: Sam Shepard (Smith)

Voice: Fabian Gutierrez

Piano: Cory Cullinan

Guitar, Synth Strings & Drum Programming: Fabian Gutierrez

Recording Engineers: Fabian Gutierrez, Keyen Vang, Nelisse Niyongabo & Cory
Cullinan

Mixers: Fabian Gutierrez & Cory Cullinan

Producer: Fabian Gutierrez

*I had a blast doing a cover song by Sam Smith. I enjoyed the process to re-creating this
song!*

— **Fabian Gutierrez**

Clarity

Composer: Kazimir Marczyk

Voice: Kazimir Marczyk

Alto Sax & Organ: Cory Cullinan

Piano, Bass & Drum Programming: Kazimir Marczyk

Recording Engineers: Kazimir Marczyk, Cameron Kelley, Keyen Vang, Jenny Snow & Cory Cullinan

Mixers: Kazimir Marczyk & Cory Cullinan

Producer: Kazimir Marczyk

Obscurity

Composer: Kazimir Marczyk

Voice: Kazimir Marczyk

Synth & Guitar: Cory Cullinan

Piano, Bass & Drum Programming: Kazimir Marczyk

Recording Engineers: Kazimir Marczyk, Elizabeth Anaya, Cameron Kelley, Keyen Vang & Jenny Snow

Mixers: Kazimir Marczyk & Cory Cullinan

Producer: Kazimir Marczyk

New Horizons

Composer: Kazimir Marczyk

Voice: Kazimir Marczyk

Piano, Bass & Drum Programming: Kazimir Marczyk

Recording Engineers: Kazimir Marczyk, Cameron Kelley, Keyen Vang & Jenny Snow

Mixers: Kazimir Marczyk & Cory Cullinan

Producer: Kazimir Marczyk

Out on the Edge

Composer: Kazimir Marczyk

Voice: Kazimir Marczyk

Alto Sax: Cory Cullinan

Piano, Bass & Drum Programming: Kazimir Marczyk

Recording Engineers: Kazimir Marczyk, Elizabeth Anaya, Cameron Kelley, Keyen Vang, Jenny Snow & Cory Cullinan

Mixers: Kazimir Marczyk & Cory Cullinan

Producer: Kazimir Marczyk

I've been working on songs for my suite for the last four years, finally completing the last two in Songwriting class at RU in the Fall of 2021. They are about finding oneself, the global climate catastrophe, and breakup.

— **Kaz**

Special thanks to John Hickey, Mark Davenport, Trudi Wright, Kathy Ives, Dave Law and Chris Kutz, without whose support The Stu and this album would not exist. Thanks also to the students' vocal and instrumental performance instructors for helping them hone their craft for this album, including Clelyn Chapin, Adam Ewing, Ryan Fiegl, William (Tanner) Kelly, Nicole London, Joshua Sawicki, and Loretta Notareschi for composition.

Notes from the Professor...

*It's been my honor to work with these creative young recording artists for the debut Regis Recording Arts album. An ensemble of students with little to no experience in the recording studio coming in, from Music to Nursing Majors, this recording reflects the vibrant souls I now know. They even produced a live show of these songs on their own at Regis Ranger Day when I got Covid at the Grammys. I offered them the opportunity to cancel the show because I couldn't help rehearse or produce it that week, but they would have none of it. So, as the Stu-dents would say: On with the show! We hope you enjoy **Made In The Stu** as much as we loved making it.*

— **Cory Cullinan**, Regis University Director of Recording Arts