

RJ MEDIA STUDENT MAGAZINE REGIS JESUIT HS

ELEVATE MAGAZINE

VOL. 6 ISSUE 4 SPRING 2020

LIVING IN A
MODERN DAY
PANDEMIC



ELEVATE MAGAZINE



DEAR REGIS COMMUNITY,

Obviously, this semester has been very different for all of us. We have had to adapt to learning online and staying home all day. The whole world has had to adjust to a new lifestyle because of a worldwide pandemic. So what did this mean for us here at Elevate? We spent countless hours on zoom calls, front porch editing visits, waking up to 100+ text messages in the group chat, and a few tears (mostly from Mrs. Arduini). We had to learn how to put together a magazine from home, something that none of us would have ever thought we would have to do. Not only was this issue an important one to put together because we are documenting history but it was also the last magazine some of us would ever make.

After four years the senior staffers practically ate, slept, and lived Elevate Magazine so being able to release one last issue was important to us. We are living in a global pandemic and it was important that we documented this historical event and truly capture what life was like. We hope you enjoy this issue and we hope that many years down, you can look back and remember how the pandemic affected our lives but also gave us time to slow down and reflect on what is truly important.

And from Hunter and Sophia: We are sad that this is our last magazine but we have truly learned so much from being a part of it. After a brisk end to our last year of high school, it feels good to get one last issue out this year, so for the last time, we hope you enjoy the magazine and it has truly been a pleasure being a part of this team. Thank you to our Advisors and a special thanks to the underclassmen that are going to take over next year. Thank you,

-THE ELEVATE MAGAZINE STAFF

ELEVATE STAFF,

To say we are proud of you is an understatement. You worked your tails off knowing just how important this issue was. To be able to document such a historical event in a way that shows how it truly affected your school and your generation was such an important and tough job, but you did it! Now your school community will forever have a historical record of these unprecedented times.

It has been a joy working with all of you over this last year. Through the long nights of designing and editing pages, to the fun celebration lunches after our issues came out! You made me feel so welcomed my first year at RJ and I can't thank you enough for that! I love you all!

MRS. ARDUINI

JOIN OUR STAFF

RJ Media is an open Forum for student free expression

We meet every Monday during academic support and Tuesdays after school.

OUR DOORS ARE OPEN

Comments, Questions, Ideas? Come and see us in the RJ Media Lab RM P102 or find us on Social Media.



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EDITORIAL POLICIES

RJ Media [Elevate Magazine, rjmedianow.com, RJTV and RJTV Sports Network] operates as a limited-open forum for student free expression. The publications are for the students, by the students.

The staff aims to balance what the audience wants with what it needs, and strives to make solid judgments with regards to news value and news awareness.

The publications will serve as a medium for student opinions and ideas. RJ Media strives to produce objective, well-balanced and accurate reporting and content that features a range of students, their interests and their viewpoints. The staff is dedicated to being fair, accurate, balanced, truthful and responsible. The staff will seek the truth and report it, minimize harm and act independently. We promise to be transparent, accountable and open. The staff also upholds Ignation values with regard to social justice and openness to growth. The staff prides itself on using the Ignation Pedagogical Paradigm to help make decisions: context, experience, reflection, action, and evaluation.

The student Editorial Board will have final say in the content of the publications. School officials, administration or faculty

and staff shall not practice prior review or the have the ability to censor any student publication, with the exception of material deemed to be legally obscene, libelous, substantially and materially disruptive, or coverage on any one of the following three topics, wherein coverage will be worked through with the president and principals: Obituaries, employee termination, and crimes or cases in the court of law.

The views of columnists are not necessarily those of the newspaper staff. Opinions will be published on designated pages or otherwise marked.

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Read our full Editorial Policies at rjmedianow.com/about

LETTERS TO THE EDITOR

Letters to the editor are welcome and encouraged, but will only be published if they are accompanied by a name and signature. Letters should be short and free of "bashing" or obscenity. Letters to the editor do not reflect the views of the RJ Media staff and will be marked on pages designated as such. The staff reserves the right to edit letters for potentially libelous material and length. The staff will not edit

letters for punctuation, grammar and usage. Letters with issues will be returned to the submitter for further review.

Contact the RJ Media Editorial Board at rjmedia@regisjesuit.com or in the RJ Media Lab (PAC-102). You can also find us on Twitter and Instagram @RJ_Media

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I'LL TAKE MY CAP & GOWN TO GO

Seniors drive up to pick up their caps & gowns, yard signs, and what remained in their lockers after a brisk end to their senior year due to the Covid 19 Pandemic.

For our RJ Seniors their time at Regis Jesuit came to an end much sooner than expected so when the class of 2020 had to go pick up their cap and gowns their teachers surprised them with signs inspiring hope.

PHOTOS BY: SOPHIA MARCINEK '20



THIS TIME OF ISOLATION has called us to reach out in creative ways to one other. Whether it's FaceTime dances or dates, keeping in touch is what keeps us a community. RJ Media asked students to send in "porchraits" of themselves and their families to document this unparalleled time in history.

FOLLOWING A NATIONAL TREND WE ASKED FOR YOUR COVID 19 PANDEMIC PORCHRAITS



MR. TRICCO

"MY FAMILY HAS LEARNED to embrace a range of emotions almost daily. The slower pace (we're not running all over the place to countless activities) invites us into deeper presence with one another. We are learning to be more patient, to focus more on gratitude and allow God to unveil what comes next."

BLAKE BRIDGES '22

"THIS PAST MONTH of quarantine has been the craziest weeks of my life. They have also been a struggle for my family. My brother and I are stuck at home alone all day because our parents are working. Our dad is a police officer and our mom is a nurse. They are both doing their part to help people."



“

MY FAMILY'S QUARANTINE HAS BEEN VERY BORING BUT ALSO FUN! MY SISTERS ARE HOME AND I ENJOY SPENDING TIME WITH THEM! WE HAVE TRIED OUT A LOT OF NEW RECIPES AND WATCHED MANY MOVIES AND TV SHOWS!"

SARAH SINELLI '20



JENSON DAVIS '22

"THIS OUTBREAK has been challenging for my family and I to find ways to keep ourselves occupied. We have family dinner every night, we watch movies and play games together, and make sure to give each other privacy to make home feel like work and school. My thoughts on this outbreak remain negative, but it has given us an opportunity to try new things and to stay connected with friends and others facing the same problem."

HENRY BERGMAN '22

"WHILE IN THIS NEW reality of being forced to stay home, I have realized how much I take for granted. Simple family dinners and hanging out with friends are just the little things I take for granted every day."



RYAN BELDIN '22

"DURING THIS QUARANTINE, life at home has been very different than it used to be. There is a lot more family time than there was before, and I feel like I have gotten closer with them. Online classes take up most of the day for me. I would rather go back to normal life, so that I can see my friends again."



MAAME OSEI-FORDWUO '22

"IT WAS AN AWKWARD adjustment as we rushed around to move my sister back into our house from college. For the quarantine, we spend our time together or working on homework, as all our classes have moved online. My parents on the other hand are essential workers (restaurant workers) at our restaurant African Grill and Bar. So far all our relatives overseas and in the US are uninfected."



of the craziest things I've ever been in. As long as everyone keeps their distance, we can end this pandemic as quick as possible."

LOGAN FARRINGTON '23

"I MISS SEEING my friends and going to school everyday. I wish this would all end soon because this is some of the craziest things I've ever been in. As long as everyone keeps their distance, we can end this pandemic as quick as possible."



JACK '21 & CAROLINE '23 DAVIS

"I THINK THIS QUARANTINE is bringing our family together. Every Saturday night we have started sitting around the fire and cooking brats, COVID-19 Fires. It may not seem like much, but these fires bring us back to our sanity after a long week of work. My mom describes these fires as an "after week cool down." I think my family and I are making the best of what we can during the quarantine, and we are trying to stay as busy as possible."



BENNETT KITTLESON '22

"BEFORE THIS PANDEMIC we traveled to many locations to do different things each day. Now our worlds are condensed to a couple thousand square feet where we do everything. Through the past month of quarantine my family has gone through different ups and downs. Throughout this past month we have all been very grateful for everything that we have, it has opened our eyes to see what is truly important and it has given us opportunities we never would have experienced otherwise. One thing I have found is that, for every positive aspect about this experience there has been a negative one, and I know that the one idea that we all can agree on is that we hope that we will be able to go back to our normal ways soon."

EXANDER '23 & ZAVIOR '22 CARROLL GARRETT PADGETT '22

"THE 'NEW NORMAL' IS 50-50, it has its ups and downs like not having to listen to some teachers talk for hours on end. I am able to just get my work done without a 45min lecture telling me what needs to be done when I can look at the instructions and a few examples and be fine. My mom and dad seem to like it. My dad works from home and still has time to hang out with us even though he might hang out a little too much. My stepmom still has to go to work because she is a nurse. In all everyone seems to be liking the 'New Normal', but I hope it ends during the summer so we can have a summer and a football season."



JOHN BURNS '23

"FOR MY FAMILY'S QUARANTINE, there has been a lot of bike riding. I have started to go on a daily bike rides with my siblings, often times going out on my own as well. My brother has started to learn card magic, as well as building legos constantly. My sisters continue to play 'school' and go on walks with my mom. My dad has been working from the basement, albeit bad WiFi connection. As for me, I have been learning new tricks and skills. So far I have mastered the Rubik's cube, juggling, this golf tee thing and biking without handlebars! Overall, quarantine has been boring, but I have enjoyed spending quality time with my family and calling my family and friends over Skype and other services."



“**JANIE ADAMS '22**
“DURING THE QUARANTINE I HAVE BEEN GOING ON LONG WALKS IN THE WILDERNESS, BAKING, SCHOOL WORK :((AND TRYING NOT TO GO CRAZY.”

HUGO MAUNEY '22

“THIS IS MY FAMILY and lots of friends in our front yard all 6 feet apart. We can still socialize while social distancing. I have been doing a lot of footwork and practicing lacrosse outside because my season is most likely canceled.”



LIAM WATTERS '23

“I HAVE HAD a ton of fun playing Mario Kart with my parents and it is probably one of my favorite things to do right now. One thing I have been doing lately is talking to and playing with games with my friend, Ryan, who used to go to middle school with me and now goes to Mullen.”



LOGAN ABLE '23

“I HAVE TAKEN to playing board and yard games. Unlike my brother I haven't lost, well at least at the yard games. I still haven't lost a game of Badminton, however I can't say the same about board games. My brother is just too good. I have tried to replicate his strategy in board games several times, I just can't do it. However, I introduced them to Spike Ball and they may have been confused or maybe I'm just the best. In my eyes this break has been very productive, even if I can't beat my brother.”



MRS. BUEHLER

“WITH THE PANDEMIC, we decided to adopt a puppy. We had been talking about it, but this turned out to be a great time. Franklin is amazing we are so happy to have him with us. As a family, there have been sacrifices, graduations that are not happening (college), travel that has been postponed, but overall, we have embraced the time. We are eating together every night, playing games, watching movies, taking walks, truly appreciating this gift of time. Missing our oldest, but lots of messages and facetime chats so that helps. Wishing everyone joy and peace.”



“DONY BYRNE '23
“MY BROTHER AND I will occasionally ride skateboards down to the King Soopers we live by if we're in a pinch for certain supplies. We of course take the proper safety precautions. This helps reduce our parents risk from getting the virus by giving them less opportunities to be exposed to it. However most days consist of me and my brother staying in our workspaces doing what's necessary for school.”



COLIN '23 & RYAN BEATTY '22

“I AM ENJOYING THIS TIME. I choose my own schedule, I get tons of alone time, and I wake up an hour later. I'm loving staying at home, but for my family's sake, I hope this stay at home order ends soon. My brother Ryan, 16 years old in the class of '22 at Regis Jesuit, seemed very, very laid back about the whole thing, 'I feel like to cope, you gotta go with the flow, you know?' Ryan said. Ryan would like to go back to his Sophomore class before the end of the year, but he seems relatively 'chill' about the whole situation, in his own words.”

ZION TAYLOR '23

“THE DAYS HAVE just blurred to waking up to another day of the same routine. My mom and dad are divorced and that has definitely been hard as they both need to quarantine. I've been drowning out this new pandemic reality with the virtual world where the only viruses you have to worry about can be cured with a VPN.”



ROBERT DEMBECK '23

“AS I CONTINUE TO GO THROUGH THIS QUARANTINE, DAY BY DAY, I BEGIN TO REALIZE THE IMPACT THIS HAS ON LIFE. MY FAMILY IS DEALING WITH THE SAME THINGS, TRYING TO KEEP ACTIVE, TRYING TO STAY IN TOUCH WITH PEOPLE, AND JUST FINDING PRODUCTIVE THINGS TO DO THROUGHOUT THE DAY. MANY OF THE DAYS MY MOM IS AT HER HOSPITAL CARING FOR PATIENTS, WHILE MY DAD, MY SISTER, AND I STAY AT HOME.”



ETHAN '20 & ZAC '23 POLAND

"This is Ethan's being a senior year so he is not to thrilled about missing his final year at Regis but isn't to upset about it either. 'I miss my friends but I love to sleep in so it balances out.' Which shows that some good has come out of quarantine and school after all."

MRS. KELLEY & PETER KELLEY '22

"THIS PANDEMIC has made me appreciate the value of friendship, family, human connection & barbers."



THERESA '18, ALICIA '22, & CHRISTINA NELSON '20

"GETTING TO SPEND TIME together has been good for us, I think. We have been going on walks and having family dinners and we even made an Instagram page for all of our family adventures during quarantine. My siblings and I have been doing lots of school work and my dad has been working from home. I have also been making masks and donating them to essential workers, nursing homes, and Casa de Paz. I think that it is important to keep giving back during this time."



IT'S BEEN A LITTLE TOUGH, TENSIONS ARE HIGH AND IT'S GETTING CRAMPED. BUT WE DO EVERYTHING WE CAN TO MANAGE. WE WATCH MOVIES AND TV TOGETHER OVER THE WEEKEND. AND WE HAVE ALL BEEN COOKING A LOT, ON EASTER I MADE BRUNCH AND DINNER WHILE MY SISTER MADE AN APPLE PIE." CONNER CRAVEN '20



JENNA '20 & ZACH '22 NEWKIRK

"MY FAMILY HAS BEEN trying to do our best to keep things interesting throughout quarantine. Along with the weekly Regis spirit week, we like to switch it up on the weekends and have themes. Last weekend was jersey night, and this weekend is Caribbean theme. Now that the sun has finally peaked back out after a long winter, we are ready for summer activities. While the neighborhood pool might not be open, a kiddie pool will have to do. We have also been having a lot of fires to keep the spirits high and also to satisfy my s'more addiction. Those who live in Parker may be familiar with the 8PM howl that the town has set up. It has given the neighbors something to feel united with. While times are tough and spirits are down, quarantine has given my family a much greater appreciation for what we took for granted."

ZIAM CHADROM '20

"DURING THIS QUARANTINE, we have all had the chance to spend quality time together along with ups and downs, of course. It has been nice to go on walks and eat dinner together every night. This time has given me a chance to work on myself and make me a "better" me. Even though times are tough through this quarantine, I know that we have to be patient and grateful for what we have. We will all come out better and stronger people from this situation."



SEAN VESTECKA '20

"THIS NEW FAMILY DRAMA environment has made life much more interesting at the same time. With us all being together, we have occasional movie or game nights, family dinners, and much more time spent together. Quarantine has separated so many people a part, but for our family, it has interestingly brought us all together. In addition, we decided to set up bi-weekly zoom call meetings with our extended family to keep track of how everyone is doing."



DAVID BEHRENDT '23

"THIS PANDEMIC WILL LEAVE a footprint on all of our lives and will carry on our life story into the future. Over this time in quarantine and self-isolation, my family and myself included has learned and grown. This situation has brought many families closer as we have had this time to just be together. In my own experience I have bonded with my family and just had the opportunity to hangout with them instead of being out of the house or playing a sport. I usually am always out of the house and hanging out with people, so this change has been big in growing my family relationship."



COLIN EBNER '21

"QUARANTINE HAS BEEN an unusual time for my family. My entire family is always busy with our hectic schedule. Between work, sports, school, and a plethora of other things, we rarely have free time. I have been spending time trying to relax and get used to my new routine. I try to go outside and be active a lot, despite the government's request that we stay home-bound. This amount of free time has given me the opportunity to re-evaluate my lifestyle. One of the pros is that I have been able to catch up on the sleep I have desperately needed the entire year. I have also been able to spend more time with my family, but I am beginning to realize that even sometimes we need some time alone from each other."



LAINIEY KERSEY '20

"WE'RE ALL TRYING TO STAY POSITIVE IN THE KERSEY HOUSEHOLD! IT'S EASY TO FEEL LIKE I'M GOING A LITTLE CRAZY, BUT I'M MOSTLY JUST EXCITED ABOUT ALL THIS TIME WITH MY FAMILY BEFORE I HAVE TO LEAVE FOR COLLEGE IN AUGUST!"



COVID 19

BETWEEN DECEMBER 12 AND 29, 2019

DOZENS OF PEOPLE IN WUHAN, CHINA

are admitted to the hospital over pneumonia like symptoms. Many of which were connected to Wuhan's Huanan Seafood market.

OUTBREAK

JANUARY 13, 2020

THE WHO ANNOUNCES the first case of novel Coronavirus not located in China. Thailand announces one of its citizens who traveled to Wuhan contracted the virus.



FEBRUARY 11, 2020

THE WHO OFFICIALLY names the virus COVID-19 (stands for Coronavirus disease 2019).

FEBRUARY 8, 2020

THE FIRST US CITIZEN DIES OF CORONAVIRUS IN WUHAN.

MARCH 11, 2020

THE WHO ANNOUNCES the Coronavirus as a pandemic, the first caused by a Coronavirus. Turkey, the Ivory Coast, Honduras, Bolivia, the Democratic Republic of the Congo, Panama, and Mongolia all confirm their first cases.

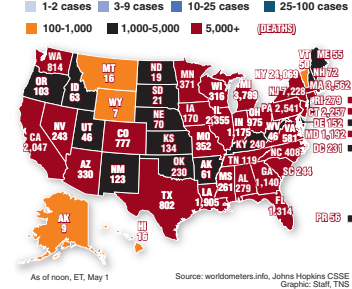


MARCH 24, 2020

JAPANESE OFFICIALS and the International Olympic Committee declare the Olympics postponed until 2021. The only other times the Games did not go on as planned were in 1916, 1940, and 1944 which were all canceled because of World Wars.

Coronavirus cases in U.S.

The U.S. death toll from the coronavirus climbed to more than 62,000 with the number of infections now over 1 million.



MARCH 26, 2020

The US becomes the country with the most reported cases with at least 82,321 confirmed cases and over 1000 deaths. Montana announces a stay at home order. The Indianapolis 500 is postponed until August 23.

APRIL 18, 2020
MASS PROTESTS LOCALLY AND NATIONWIDE DEMAND THE END OF STAY AT HOME ORDERS.



APRIL 19, 2020

MASS PROTESTS IN DOWNTOWN DENVER OVER LOCKDOWN ORDERS. COLORADO PASSES 10,000 CASES.

This photo of the scene perfectly captured the ongoing tension in the US amid the Coronavirus pandemic: Demonstrators are fighting against stay-at-home orders and demanding states be reopened, while health care workers are risking their lives fighting against the deadly pandemic that has taken more than 77,000 lives in the country.

Statistics from World Health Organization as of May 8, 2020
photo by Alyson McClaran, Freelance Photographer

MAY 3

2020
TOTAL POSITIVE TESTS IN THE WORLD ALMOST 7 MILLION, total deaths almost 300,000. The US has the most confirmed cases with almost 1.2 million positive tests.

JANUARY 11, 2020
CHINA REPORTS ITS FIRST DEATH

due to the virus. A 61-year-old man who purchased goods from the Huanan Seafood Market, died of heart failure on January 9.

JANUARY 21, 2020
WASHINGTON STATE ANNOUNCES ITS FIRST CASE OF THE NOVEL CORONAVIRUS, THE FIRST CASE IN THE U.S. THE CASE BELONGED TO A MAN IN HIS THIRTIES WHO RECENTLY TRAVELED TO WUHAN.

MARCH 5, 2020

COLORADO CONFIRMS its first two cases of COVID-19.

THE NBA SUSPENDS ALL BASKETBALL GAMES after Jazz center Rudy Gobert tests positive for the virus. Oscar-winning actor Tom Hanks announces that he and his wife have tested positive for COVID-19.



Jabari Parker #33 of the Sacramento Kings leaves the court after their game against the New Orleans Pelicans was postponed due to the corona virus at Golden 1 Center on March 11, 2020 in Sacramento, Calif. (Ezra Shaw/Getty Images/TNS)

MARCH 11, 2020

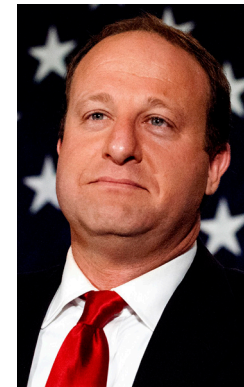
President Donald Trump, right, sits next to Anthony Fauci, director of the National Institute of Allergy and Infectious Diseases, during a coronavirus roundtable briefing on March 3, 2020, in Bethesda, Md. (Yuri Gripas/Abaca Press/TNS)



PRESIDENT TRUMP ANNOUNCES RESTRICTIONS on travel from Europe into the US applies to foreign nationals and not American citizens for thirty days.

MARCH 25, 2020

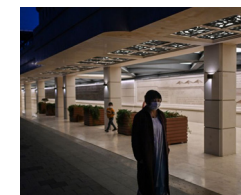
GOVERNOR POLIS announces a statewide stay at home order, while cases in Colorado top 1,000.



Colorado Gov. Jared Polis, has announced that, beginning Monday, elective surgeries can be performed and retail businesses with curbside delivery can reopen in the state. (Jason Connolly/AFP/Getty Images/TNS)

MARCH 13, 2020

COLORADO ANNOUNCES ITS FIRST DEATH due to COVID-19, a woman in her 80s with underlying health conditions in El Paso County.



APRIL 8, 2020

WUHAN REOPENS AFTER A 76-DAY LOCKDOWN.

A woman wearing a facemask walks along a street near to Wuhan Bridge in Wuhan, in China's central Hubei province on April 13, 2020. (Photo by HECTOR RETAMAL/AFP via Getty Images/TNS)

PANDEMIC TIMELINE

BY WILL MUNRO '20 & DESIGNED BY SERENA NGUYEN '23

microscopic PROBLEM, macroscopic consequences

HOW THE CORONAVIRUS IS
IMPACTING THE WORLD ECONOMY
AND SHIFTING
THE POLITICAL STAGE

BY RYAN TIERNEY '20



White House coronavirus response coordinator Deborah Birx speaks as, from left, National Institute of Allergy and Infectious Diseases Director Anthony Fauci, U.S. Vice President Mike Pence and Labor Secretary Eugene Scalia listen during the daily coronavirus briefing in the Brady Press Briefing Room at the White House on April 9, 2020 in Washington, DC. (Alex Wong/Getty Images/TNS)

ON JANUARY 20TH OF THIS YEAR, GLOBAL CRUDE OIL PRICES WERE AT RELATIVELY NORMAL LEVELS, AVERAGING AROUND SIXTY-FOUR BRENT U.S. DOLLARS PER BARREL.

At this time, there were roughly 9,000 reported cases of the novel coronavirus across the world, mostly located in China. By April 20, after global coronavirus cases had grown to nearly two and a half million, oil prices across all continents had dropped to unprecedented new lows, with some U.S. crude oil prices dipping to negative values. The International Monetary Fund, in an estimate that it admitted “may actually be a more optimistic picture than reality produces,” has predicted that world GDP will decline by 3% as a result of the virus. To put that in perspective, that is nearly three trillion U.S. dollars of commerce ceasing to exist. In three months, the coronavirus has killed hundreds of thousands, including 69,500 here in the U.S. as of May 4, and brought the global economy to its knees. As cases continue to spread rapidly across the world, the way forward is uncertain.

This problem has left many governments across the world scrambling to curb the virus’ spread and provide aid to their citizens and businesses. Earlier in the year, China imposed strict lockdown policies on its citizens, and since then, other countries like India, France, and Italy have followed suit. The United Kingdom, which has been in lockdown since March 23, released a 400-million-pound economic stimulus package to help COVID-affected industries and pledged 200 million

pounds in aid to help developing countries combat the virus. Even the Afghan government and the Taliban, who are still actively fighting, are taking measures to prevent the disease (although experts believe that Taliban efforts are mainly for public relations).

Here in the United States, no national lockdown has been put into place. The U.S. Navy sent hospital ships to California and New York, the CDC has been releasing federal guidelines for personal disease prevention like social distancing, and the Federal Reserve Board has been actively monitoring the economy too.

Members of the federal coronavirus task force, like Dr. Anthony Fauci, a Jesuit-educated, Regis High School (New York City) and College of the Holy Cross alumni and director of the National Institute of Allergy and Infectious Diseases, and response coordinator for the White House Coronavirus Task Force Dr. Deborah Birx, have become public figures as they have continued to advise the White House and brief the American people on the status of the virus.

At the end of March, Fauci said regarding the stay at home recommendations, “We’re sensitive to the idea that the economy could suffer, but it was patently obvious looking at the data, that at the end of the day if we try to push back prematurely, not only would we lose lives, but it probably would even hurt the economy.”

To relieve economic decline, Congress has passed four coronavirus stimulus packages with a total price tag of nearly 2.8 trillion

dollars. These packages, which Senate Majority Leader Mitch McConnell has described as a way to “help the people of this country weather this storm,” have promised millions of dollars in loans to small businesses across the country and “stimulus cheques,” averaging about \$1,200 dollars, for countless American households. But President Donald Trump, in an effort to keep “the cure [from being] worse than the problem itself,” (a phrase which he first coined in a tweet on March 22) has given states much of the responsibility to enforce regulations and provide relief.

In Colorado, specifically, many measures have been taken. Some public-school districts announced temporary closures for in person classes as early as March 13, and on March 26, Governor Jared Polis announced a state-wide stay-at-home order to contain the virus. Later, on April 3, metro area school districts announced that the closures would continue for the rest of the academic year, and on April 20, Governor Polis extended this order for all Colorado schools. Since then, Polis has begun to reopen Colorado under the “Safer at Home” plan, which was implemented via his executive order on April 22. At the same time, Mayor Michael Hancock extended Denver’s stay-at-home order through May 8, and on May 1 he issued an edict requiring masks to be worn in all public places throughout the city.

In addition to these steps, the Colorado Department of Human Services expanded its coverage for the Temporary Assistance for Needy Families program, better known as Colorado Works. Many states have

implemented similar regulations, but others have issued far more lax rules. The Archdiocese of Denver, following Polis’ social distancing protocol, suspended all church services through May 8. However, Florida, Kansas, and some other states still allow for large church gatherings, and others like Missouri didn’t implement any sort of restrictions until April.

State governments have also had to use their budget to obtain medical equipment for their hospitals. Colorado is no exception, as Governor Polis announced on April 1 that the state government would also be purchasing millions of masks and gloves from various manufacturers across the world. But as these supplies become increasingly in demand, states have found themselves competing against each other, and some entities of the federal government like FEMA, to get supplies. For example, on May 1 Governor Polis announced that he had ordered 100,000 COVID-19 tests from South Korea but kept it secret due to interstate competition. As he said in his May 1 press conference, “We’re worried about [the federal government/other states] cutting [the supplies] off in the supply chain or Customs. We don’t want to increase the risk to Coloradans by having these things taken out from under them.”

Since the roll-out of the four stimulus packages, technical issues and glitches have abounded, preventing families from receiving their federal stimulus checks through direct deposit. In addition, an overwhelming demand for small business loans, as well as a controversial use of \$365 million of designated small business loan funds for publicly traded companies, left the program virtually out of money within two weeks of the third stimulus package. The program received relief on April 21, but not until many companies were forced to lay off workers, driving the U.S. unemployment rate to nearly 20 percent (the highest rate since the Great Depression). Even the U.S. Navy was thrust onto the world stage when the captain of the USS Theodore Roosevelt, a nuclear carrier currently anchored in Guam, was fired after releasing a letter detailing the grave COVID-19 situation aboard his vessel, where at least one crew member has since died.

Controversy has swirled around President Donald Trump’s rhetoric on Twitter and during

press briefings, which have been the subject of criticism from both sides of the aisle. For instance, on April 12, the president retweeted a tweet to his 79 million followers from former congressional candidate DeAnne Lorraine, which included the hashtag “#FireFauci,” referring to the White House Task Force’s leading infectious disease expert and Dr. Anthony Fauci. This prompted anti-lockdown protesters, including some in Colorado who stood up to medical professionals who were counter-protesting, to include “Fire Fauci” in their signs and chants.

Trump, when asked by reporters during a press briefing if he noticed the “#FireFauci” hashtag before he retweeted it, responded, “I notice everything. I retweeted somebody. I don’t know. They said ‘fire.’ It doesn’t matter. It was someone’s opinion. ... I think he’s a great guy” and “I like him, he is terrific. Not everybody is happy with Anthony, not everybody is happy with everybody.”

When asked if he would listen to Dr. Fauci and Dr. Birx if they told him the country is not ready to reopen by May 1, President Trump said, “I will certainly listen” and he added that he has “tremendous respect,” for them both, adding, “I’m never saying bad about these people.”

Dr. Birx told reporters that the president “has been so attentive to the details and the data, and his ability to analyze and integrate data has been a real benefit during these discussions about medical issues.” Fauci added, “We argued strongly with the President that he not withdraw those guidelines after 15 days but that he extend them, and he did listen,” Fauci said. “Dr. Debbie Birx and I went into together in the Oval Office and leaned

THE U.S. DEATH TOLL FROM THE CORONAVIRUS THAT CAUSE COVID-19 HAS SURPASSED THE NUMBER OF LIVES LOST IN THE VIETNAM WAR AND MORE THAN 1 MILLION AMERICANS ARE CONFIRMED TO HAVE HAD THE ILLNESS.

ACCORDING TO DATA REPORTED TO THE WORLD HEALTH ORGANIZATION THROUGH MAY 8

3,926,724
CONFIRMED CASES GLOBALLY

273,034
DEATHS GLOBALLY

1,313,798
CONFIRMED CASES IN THE U.S.

77,925
DEATHS IN THE U.S.

over the desk and said, here are the data, take a look. He looked at them, he understood them, and he just shook his head and said, ‘I guess we’ve got to do it.’”

The president has received criticism from his labeling of COVID-19 as the “China virus” (first in a press conference on March 19 and in multiple tweets since then), as well as his April 17th tweets to “LIBERATE MICHIGAN,” “LIBERATE MINNESOTA,” and “LIBERATE VIRGINIA, and save your great 2nd Amendment!” These tweets seemed to further encourage the anti-quarantine protests in states across the country. The tensions have been especially high in Michigan, where armed protesters stormed the Michigan statehouse on May 1.

Stateside, many political implications of COVID-19 have already become apparent. Voting rights and accessibility, which were a hot topic on the Democratic primary campaign trail, are once again being called into question ahead of the November elections as states move to replace in-person voting machines with mail-in ballots. Proponents of universal healthcare have also used the virus as a platform, comparing the interstate competition of U.S. hospitals for supplies to the more streamlined approach of the UK’s National Health Service. The virus has even brought questions on a constitutional level, as many U.S. citizens, media outlets, and politicians try to determine the federal and state government’s role and power in a national emergency.

On the global stage, it is hard to predict how these internal conflicts will influence the United States’ power. Some analysts argue that the response to COVID-19 might become a “Chernobyl moment” for many countries and could even signal a loss of global status. For the United States, this vacuum could lead to an increase in aggression and influence for autocratic countries like China, which has increased strategic bomber sorties over Taiwan and the South China Sea in the past month. However, others argue that U.S. power loss will be offset by China’s and Russia’s lack of transparency, leaving its status intact. Nevertheless, the problem of COVID-19 is far from over, and as the weeks wear on, the impact it has on the world economy and geopolitical relations will continue to grow.

COVID-19 CORONAVIRUS

GLOBAL NATIONAL & STATE STATS OF COVID-19

3,910,738

GLOBAL

There are 3,910,738 confirmed cases of Coronavirus globally. With the United States having the most confirmed cases.

1,312,004

UNITED STATES

The United States has 1,312,004 confirmed cases of Coronavirus. Roughly 25% of these cases coming from New York with 330,407 confirmed cases.

18,371

COLORADO

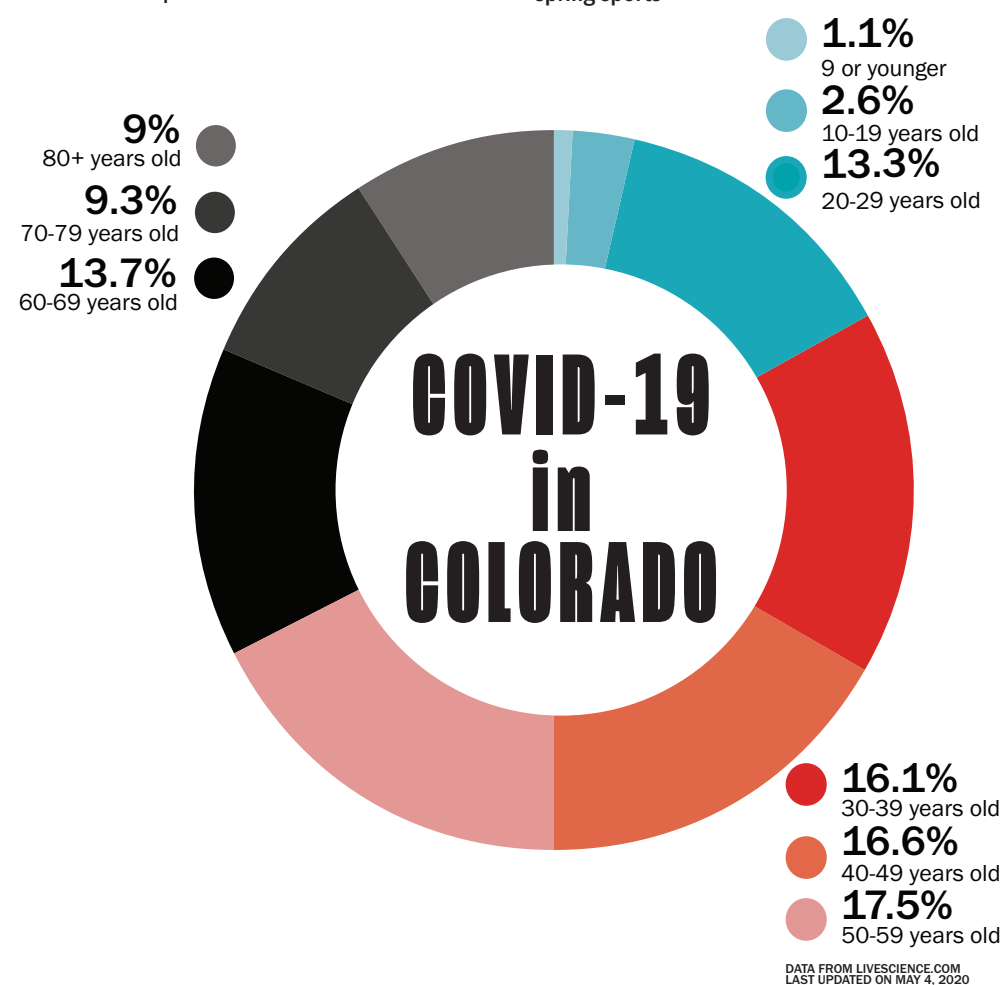
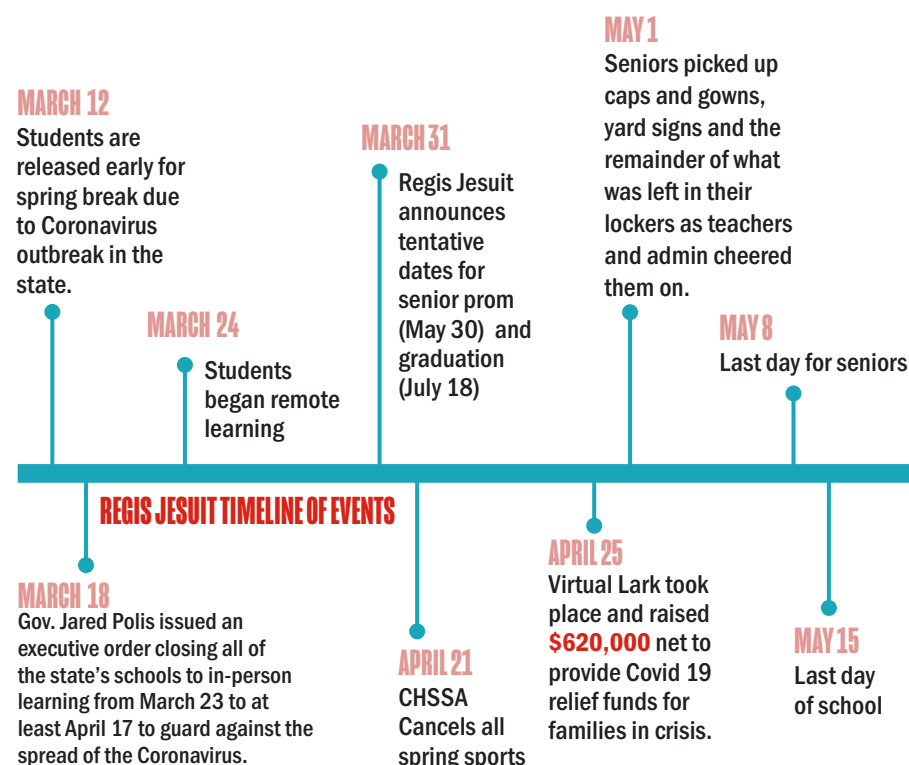
Colorado has 18,371 confirmed cases of Coronavirus as of Friday May 8, with 3,799 cases coming from Denver.

573

Douglas County, CO

With only 573 cases and 26 deaths in Douglas county the stay at home order was lifted on April 28 while Denver extended theirs to May 8.

DATA FROM WORLD HEALTH ORGANIZATION
LAST UPDATED ON MAY 8, 2020



FAST FACTS

Know the facts about coronavirus (COVID-19) and help stop the spread of rumors.

FACT 1

DISEASES CAN MAKE ANYONE SICK REGARDLESS OF THEIR RACE OR ETHNICITY.

Fear and anxiety about COVID-19 can cause people to avoid or reject others even though they are not at risk for spreading the virus.

FACT 2

FOR MOST PEOPLE, THE IMMEDIATE RISK OF BECOMING SERIOUSLY ILL FROM THE VIRUS THAT CAUSES COVID-19 IS THOUGHT TO BE LOW.

COVID-19 can cause people to avoid or reject others even though they are not at risk for spreading the virus.

FACT 3

SOMEONE WHO HAS COMPLETED QUARANTINE OR HAS BEEN RELEASED FROM ISOLATION DOES NOT POSE A RISK OF INFECTION TO OTHER PEOPLE.

For up-to-date information, visit CDC's Coronavirus disease 2019 web page.

FACT 4

THERE ARE SIMPLE THINGS YOU CAN DO TO HELP KEEP YOURSELF AND OTHERS HEALTHY.

- Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.
- When in public, wear a cloth face covering that covers your mouth and nose.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.

FACT 5 SYMPTOMS

MOST COMMON

Fever

Dry Cough

Fatigue

OTHER SYMPTOMS

Aches & Pains

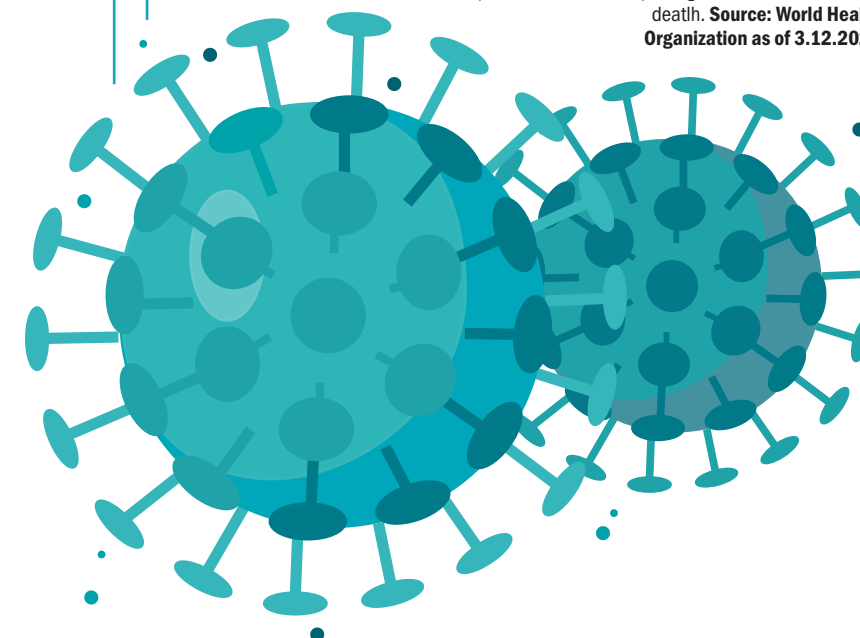
Runny Nose

Sore Throat

Shortness of breath

Diarrhea

In critical cases, Covid -19 can cause severe pneumonia or a multiple-organ failure and can lead to death. Source: World Health Organization as of 3.12.2020



Not all superheros wear capes

BY SABRINA VIZURRAGA '22
PHOTOS PROVIDED BY FABIOLA BELIBI '22

SOPHOMORE FABIOLA BELIBI KNOWS FIRST HAND WHAT IT'S LIKE TO HAVE A PARENT WORKING ON THE FRONT LINES OF THE COVID-19 PANDEMIC AND SHE'S DOING HER PART BY HELPING TO SPREAD LOVE

COVID-19 HAS AFFECTED US ALL, DEEPLY.

Our way of life has turned into something unprecedented. Quite frankly, this is an alarming time. But for those with parents who are on the front lines, it is even more so. Fabi Belibi '22 is one of these kids. The thought of your mom or dad contracting this illness is terrifying, and this fear is even more real when your parents are on the front lines. However, the Belibi family has decided to take action by making masks.

“

Having both my parents as doctors is extremely stressful, especially when you start thinking of all the risks.

Q&A

ELEVATE: Your parents are first responders. What service do they work in? What role do they have within their departments?

A: So both of my parents are doctors; my dad specializes in Internal Medicine and Nephrology, and my mother specializes in Pediatrics and Allergy & Immunology. To put it less fancy, my mom sees children, and my dad sees adults. Recently, they have gotten way more sick patients rather than general checkups. They've already tested close to 100 patients for the coronavirus.

ELEVATE: What is it like having both your parents out in the field during this pandemic?

A: It's extremely stressful, especially when you start thinking of all the risks. The largest change is we talk about Coronavirus a lot, whether it's the cases they faced that day, the different variety of symptoms patients were having or another update (usually negative). However, this whole process is so much more bearable with my siblings. We can lean on each other and distract each other from thinking about the dangers of my parents' job.

ELEVATE: How has the pandemic affected your family?

A: I can't say that it has taken over our



lives, but it plays a huge part now. Our parents go to work as usual, they wear masks, and we have to wear them too; we have to practice social distancing from our own parents. However, my parents have been able to treat all of their patients who have the coronavirus and nurse them back to health, so it gives us hope that this will be over soon, patient by patient.

ELEVATE: Why did you want to make the masks?

A: My parents were explaining to us one day that the country had run out of masks, but their patients were really in need. That's when my mom got the idea to start making our own, and all the kids decided to pitch in and help.

ELEVATE: How many masks have you made so far?

A: We directly made over 200 masks. Later on in the process, since masks were in such high demand, we had professionals sew them with our same material and design so that we could get them out to people faster. So in total, counting those, around 500.

ELEVATE: If you could tell our students one thing about what it's like to have your parents on the front line of the pandemic, what would you say?

A: It's a scary thought that they could catch the coronavirus at any moment, not to mention spread it to us. But everyday I'm so proud of the work they've done for the community. I would rather they take this risk for their patients instead of refusing service to people in need.

ELEVATE: I know that you do track. How has it been missing your track season? What do you miss most about it?

A: Honestly, it's been awful, I miss it everyday. I was so disappointed when I heard because I had so many goals for this year. There's nothing I can do but keep training until next season. I really, really miss our team and coaches, but I miss competing the most; just being able to go out there and do what I love most.

ELEVATE: Any other comments?

A: Try and keep a positive attitude during this isolation and take care of yourself mentally!

A big thank you to everyone on the front lines- The Elevate Staff and Regis Jesuit are forever thankful for your service.

HOW TO MAKE YOUR OWN NO SEW MASK

HERE'S WHAT YOU NEED

BANDANNA
HAIR TIES
COFFEE FILTER-
OPTIONAL

STEP BY STEP GUIDE



1 Lay out a bandanna on a flat surface

Place a coffee filter in the center (optional).



2 Fold the top + bottom in towards the center.



3 Loop the hair ties around the fabric, folding the right and left sides into the center.



4 Tuck in one end of the fabric into the other.



5 Loop hair ties to the ears and adjust as needed



REACHING OUT *from a distance*

Q & A WITH MR. SERRANO SJ ABOUT MAINTAINING THE CATHOLIC FAITH IN OUR COMMUNITY DURING THE PANDEMIC

BY GRANT BARNES '23

Even though we may not be at school, we can still find familiar faces virtually. Our Jesuits Brothers who we would normally find roaming our halls, teaching our classes, and conducting our masses still remain in contact with our community. We asked Mr. Serrano SJ a few questions regarding conducting mass online, the challenges, and for spiritual guidance during this time.

Q: WHAT WAS THE MOST DIFFICULT PART ABOUT THIS TRANSITION?

SERRANO: The most difficult part of this transition has been not being able to see familiar faces at RJ. I received a lot of life of just walking the hallways between classes and having informal conversations with people. I miss those moments, as well as being in the classroom. I find online teaching challenging in that it's harder to form connections; I liked being "trapped" in a classroom face-to-face with students, I felt I got to know them best by being in-person. But I am grateful for being able to connect with my classes through Teams meetings.

HOW ARE YOU REACHING OUT TO PEOPLE?

SERRANO: As a teacher, I am involved in Teams meetings with my classes. Being accessible to students is a priority for me, so I'm sending Teams invites all the time. I mainly communicate to people through memes; I spend an embarrassing amount of time searching Instagram and Facebook for memes. I also FaceTime my friends and family all the time. (Ms. Baldasare, Malm, Moriarity, Lynch, and Mr. Jackson are sick of me FaceTiming them constantly)

Q: HOW HAS THE INVOLVEMENT WITH THE COMMUNITY BEEN?

SERRANO: Still feel very much connected to the RJ community; I'm constantly receiving messages from colleagues, parents, and students.

WHAT IS IT LIKE TO HAVE A MASS VIRTUALLY? WHAT CHALLENGES COME WITH THAT?

SERRANO: The real challenge is if technology isn't cooperating, there is no virtual Mass. We've learned that the hard way the past week when the

computer "refused to cooperate"; but we have tech wizards in the community like Fr. Rochford and Fr. Ramirez and we're hoping to have it fixed very soon. I can also say, as the one who does the readings for Mass, reading to a camera is a strange experience in the beginning. But I've become used to being on camera.

HOW CAN WE CONTINUE PRACTICING OUR FAITH WHEN WE HAVE LESS OUTLETS TO DO SO?

SERRANO: Community is an important part of the Catholic faith, but there are existential questions that I really believe can only be answered by praying in silence and waiting for God's voice. Jesus himself withdrew from the community to be alone (Luke 5:16). Taking time to pray with Scripture or a good holy book (such as the Imitation of Christ or Abandonment to Divine Providence) is key for being in relationship with the divine. There are also numerous resources for meditation, one of my favorites has been listening to the podcast "Pray as You Go", a work of the Irish Jesuits.

As

we continue to move through this time of Covid 19, we are all affected in one way or another by the virus. I continue to see a lot of fear circulating in the world. Right now, it seems like you can't read the news and walk away with anything but death, fear, anger and sadness. For me, it is easy to constantly remind myself of the negative impact this pandemic has had on me. I have to stay at home. I am being asked to keep six feet away from people. There are no sports as we know them for the foreseeable future. I am stuck with the same people for a few months. I had to spend my 18th birthday inside. The thought of losing graduation, as many others already have across the country, a milestone 13 years in the making that you only get once in your life. The threat of losing the last two months of senior year completely out of nowhere, a time I should be enjoying. Knowing that there's a chance I will never see the vast majority of my classmates again. And for many others, there is also a great deal of fear surrounding the virus. Many people fear for themselves and for their loved ones, especially the ones that may be considered vulnerable. The fear, for some, of getting gravely sick or that one of their family members succumbs. Some people have already had to suffer the loss of their loved ones. I mention all of this because in this time of uncertainty, it seems like all there is to look at is what will leave us fearful and depressed. And there is no clear answer as to when it will end. Some people will tell you another month, some people say the majority of the year, and some warn that we will have to adapt for the rest of our lives. We are led to believe we are caught in an endless cycle.

In a time where it is really easy to be down about everything, I've learned that there are also signs of hope. In times when we are struggling, and this can be with any challenges we encounter in our lives, hope is the desire that motivates us and pushes us through our fears and our struggles. Hope offers us a promise of better things to come, and it is manifested in the things in our lives that show us a path through whatever difficulty we face. In terms of the pandemic, an early sign of hope for me was when I was asked to help live stream Mass for the Jesuit community from the Jesuit residence. It may seem odd, as I nor my family have ever been religious, but at the very least it gave me something to take my mind off everything else that was happening around me. I was engaged in doing something I liked, that was a part of my normal. I felt useful and valued.

Even better was to see the response from the community. I know that a lot of people, certainly in our community, turn to the mass as a way to find hope and to find guidance in this time of uncertainty and the viewership numbers make me realize how many people of which I helped create a positive impact for. I am glad that I was able to teach our Jesuits to broadcast the daily mass (and other events) for themselves, and they are doing a fantastic job with it and impacting thousands of people in the greater Regis Jesuit community. The community response and the various responses I have seen from others helped me realize one thing. Everyone has been impacted. Many of us are having a hard time dealing with isolation and only wish we could get back to normal. Some people are dealing with a lot of fear and uncertainty regarding themselves or family members. And obviously, there are the people who are sick themselves. Regardless on how you personally feel about the pandemic, it has had an impact on all of us and we are all together in our suffering. I have seen hope from our responses to this pandemic, and much like when we talk about carrying each other's crosses, I see people working together in their suffering and supporting our common goal.

In our wider community and in the wider world, I see hope in the support from many people for those most affected by this illness. First are the senior citizens, who are being told that they are the most vulnerable and being cautioned more than the rest of us to stay inside as a matter of life and death. I see support from the people who are making Zoom calls to the senior citizens so they have someone to talk to. Many more are also doing things such as writing letters and creating encouragement for the people affected by or most vulnerable to the virus. Our medical community is very hard hit. They are witnessing illness and death on a daily basis, day after day and putting themselves at risk. I see hope in cities across the country such as New York, where people are cheering from their homes for our medical personnel during their shift change and in places like Italy, where people have been singing with each other from their balconies.

I see hope in the delivery and grocery store people, historically some of the most "unseen" or undervalued groups in our culture who are being hailed

as heroes for their work to make sure that all of us who have been impacted by the social distancing measures and the stay at home order are able to be provided for. The people who have been working to help us get through the pandemic and even those who have been offering support give me hope, because it shows how society is joining together to carry each other's crosses and push us through the pandemic.

We are starting to see rays of hope with regards to controlling the illness. Illness and death rates seem

to be slowing. Thoughts of returning to normal are popping up in the news and social media. Planning dates for graduation. Sports teams discussing how to start their seasons and conversation about ways we might start to get out of our homes. We are starting to see the light at the end of the tunnel.

The bottom line is this. We are all suffering in this in one way or another, but there are the things in life that we can do to help each other through it. We can continue to support

our medical personnel. We can continue to offer support to our community. While we are stuck at home, we are doing things such as playing board games with our families and playing video games with each other to entertain each other and provide an escape when needed. We will return to normal. I have hope for that. We will go back to school. We will go back to our practices, work, dinners, etc, hopefully much sooner rather than later. And I truly believe it will be a beautiful moment and that great things are on the horizon when we get back to school or work, get back to our daily routines, and start returning to normal in general. It will offer us some much-needed joy when we can reconnect with the friends and loved ones whom we have been separated from and see them in person. But I also have hope that some of that simplicity and togetherness will remain. That our collective positivity and hope will not only push us through this pandemic faster, but remind us to keep connected, to continue to be with each other in our suffering and to continue to lift up and encourage others. It seems hard to find hope especially during this time, but it exists all around us. Although it sounds cliché at this point we are all in this together and, as this hope shows us, we will get through this. Thank you.

IN A TIME WHERE IT IS REALLY EASY TO BE DOWN ABOUT EVERYTHING, I'VE LEARNED THAT THERE ARE ALSO SIGNS OF HOPE.

A LETTER OF HOPE *from senior Patrick Carlson*

THE SEASON THAT NEVER WAS

COVID 19 NOT ONLY TOOK OUR HEALTH FROM US BUT ALSO THE UNFORGETTABLE MOMENTS THAT COME FROM PLAYING A SPRING SPORT. Athletes share their stories of disappointment amidst a global crisis

with several college commits BASEBALL WAS HOPING FOR AN unforgettable season

STORY AND PHOTO FROM GRANT WOODWARD '20

GRANT WOODWARD SHARES THEIR STORY

AS A MEMBER OF THE 2020 Regis Jesuit Baseball team, I wanted nothing more than to compete with my brothers on the field for one last season. Our team this year consists of 15 college commitments, 10 of which are returning players. We had earned our way to being ranked within the top 35 teams in the nation and were invited to compete in the USA Baseball National Tournament. However, our hopes were cancelled due to the outbreak, resulting in mixed emotions from our team. I talked to some of my fellow returning varsity players to get their opinion on the cancellation of the season.

"Last year's run to win the 5A baseball state title was arguably one of the greatest experiences that I have ever been a part of," said senior Chase Allen, a right-handed pitcher committed to the University of Michigan. "This cancellation in my senior year leaves me wondering a lot about how the season would have played out. I thought we had a great chance to go back to back; however, now I am just left frustrated, upset, angry, devastated about my senior season that I will never get back." Allen is not the only one left frustrated, with so many players on the team working countless hours in their free time, hoping to help the team

"I AM BEYOND DEVASTATED. I WILL NOT BE CONTINUING MY BASEBALL CAREER IN COLLEGE. SO THIS WAS MY LAST CHANCE TO COMPETE WITH THE BROTHERS THAT HAVE GIVEN ME SO MUCH."

in any way they can. "Personally, I was frustrated at first. With the expectations to exceed and opportunities present it was tough to swallow," said Ethan O'Donnell, a senior outfielder committed to Northwestern University. "As time passes, I'm coming to realize that it's the people and the things the game teaches me that I miss the most. It's really a blessing in disguise, a time to get ahead and keep moving forward." Senior Bryce Parsons agreed. "Having the season canceled is definitely a weird situation for everyone," the Air Force commit said. "I was really looking forward to playing with everyone this year and hoping to go back-to-back," junior Alec Willis said. The Minnesota commit expressed how lucky he felt to be a junior this year but felt terrible for this year's seniors. As for me, I am beyond devastated. I will not be continuing my baseball career in college, so this was my last chance to compete with the brothers that have given me so much. This team, outside of the classroom, has been my life, and to be stripped of having the chance to play in my last season creates a pain in me unlike any other I have experienced. Saying goodbye to the game I have loved for my entire life by being is so hard. If I have stepped on a baseball field for the last time, I would like to say on behalf of all the senior class that my four years in this program have been unbelievable, and the relationships we have formed with our teammates and coaches will last a lifetime.

ELSA PATER '22

LACROSSE, LIKE MANY SPRING SPORTS, IS WHAT I LOOK FORWARD TO THROUGHOUT THE ENTIRE YEAR

"Having my spring lacrosse season taken away has been devastating. Lacrosse, like many spring sports, is what I look forward to throughout the entire year. This year I truly believe we had the capability of winning it all. I feel for the seniors who have given their all for this team and all seniors who have missed their spring sports and their final moments of high school. Although my sophomore season was taken away from me, I am grateful that I have two more years and know that our team will come out of this stronger than."



EVAN YAKELY '22

BOYS SWIM AND DIVE TEAM

"IT'S A REAL BUMMER, I'M FORTUNATE I'M NOT A SENIOR AND CAN STILL SWIM NEXT YEAR, BUT I'VE BEEN LOOKING FORWARD TO THE SEASON FOR A LONG TIME. I CAN'T EVEN DO IT RECREATIONALLY BECAUSE ALL REC-CENTERS ARE CLOSED."



KAILON PARKS '22

THE LOSS OF THE 2020 RJ LACROSSE SEASON IS TRULY DEVASTATING

"WE LOST SOME REALLY GOOD SENIORS THIS YEAR. IT'S BORDERLINE DEPRESSING TO SEE ALL OF OUR HARD WORK GET WASHED AWAY. ALTHOUGH I DIDN'T MAKE VARSITY, I TRULY DID SEE SOME SERIOUS POTENTIAL WITH THE GROUP OF MEN DEDICATED TO THIS SPORT. THIS WAS OUR REDEMPTION YEAR, WE HAD SCORES TO SETTLE AND PEOPLE TO PROVE WRONG THROUGHOUT ALL LEVELS. WITH ALL OF THIS BEING SAID, WE WILL BE WORKING OUR BUTTS OFF TO FILL THE SHOES OF THE SENIORS. NEXT SEASON IS OUR SEASON. GO RAIDERS!"



MARIE MANASSEE '20

VARSITY TENNIS TEAM

"We had a very new team and even a new coach this year, and I was disappointed to never get the chance to play with them. Tennis has been such a big part of my RJ experience these past few years and I was so sad that the season was canceled."



GARIELA CONTOS '23

CLUB FIELD HOCKEY

"This was my chance to play for Denver in the USA tournament for field hockey. We had already started training, and now regionals have been canceled as well as nationals. I feel really bad, because me and a lot of other people worked hard to get noticed and now we can't even play, and have to repeat the process next year."



ALEC WILLIS '21

VARSITY BASEBALL TEAM

"I was really looking forward to playing with everyone this year and hoping to go back-to-back, so I pray that somehow, some way we will be able to get the season in."

SARAH MOURANI '20

FINDING A WAY TO CONNECT IN UNCERTAIN TIMES

"No one wants to miss their sports season, especially not their senior season. As a captain, I was excited to lead and hopefully make an impact. We had so many new additions to the team, and I wanted to get to know them better, especially the underclassmen. Coming into the season, I thought we had a lot of potential just because of the chemistry and talent, and it's sad to see that go untested. What matters most, though, is just the bond with the girls and coaches; Regis soccer has been another family for me these past four years, so being apart from that family is obviously difficult to say the least. But we've adapted, we get together every Tuesday and Thursday at 7am for zoom workouts. It's not the same, but being with them, even though it's not physically or with a soccer ball, is what's most important."



PEYTON TINSLEY '22

ON MISSING HER TENNIS SEASON

"MISSING OUT ON MY TENNIS SEASON HAS DEFINITELY BEEN ROUGH. I WAS SO EXCITED TO GET TO KNOW MY TEAM AND GET TO LAUGH AND PLAY WITH THEM. SINCE THE WHOLE SEASON HAS BEEN CANCELED, I DON'T GET TO HAVE FUN PLAYING WITH MY TEAMMATES. ALL THE TENNIS COURTS ARE CLOSED SO I DON'T GET TO PLAY OFTEN. HOWEVER, I KNOW THAT THIS WILL ALL BE OVER SOON AND I WILL GET TO PLAY LOTS OF TENNIS! LUCKILY, I HAVE AN AMAZING COACH, WHO SETS UP TEAMS MEETINGS FOR ALL OF US TO CATCH UP AND CHAT, WHICH HAS BEEN VERY FUN! I MISS THEM ALL A LOT AND I HOPE TO PLAY WITH THEM ALL VERY SOON!"

VARSITY SOCCER



"Losing this season meant losing the best 2 months of every year."
HANNAH COSGROVE '21

"It was sad to lose the season before it even began."
LAUREN ALLEN '21



PAIGE ZILVITIS '22

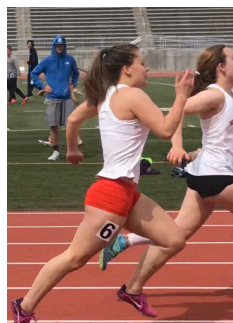
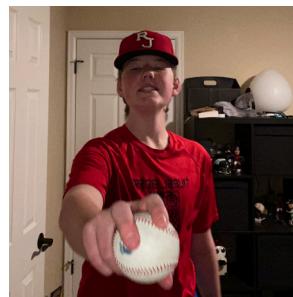
I MISS SPRING LACROSSE. I MISS THE COUNTLESS SELF TIMER PICTURES.

"I miss the endless laughs. I miss the hard work that we would put into every practice. I miss the feeling that you get after a hard practice. Getting our jerseys and getting ready for our first game feels like yesterday. All of our hard work and dedication felt like it went down the drain. This time has made me realize how much I took the season and my teammates for granted. I can't wait for next season and for all of us to be together again."

"Even though varsity coach Darr continues to send out encouraging messages from former raiders that are now playing at the professional level, everybody has that sense that we won't be playing. As an underclassmen it's not hitting me as hard as some seniors due to their chance to repeat the state championship. Despite all of this I'm trying to stay positive and season ready with my two older brothers who are home as well."

RYAN O'DONNELL '22

TRYING TO STAY POSITIVE AND IN SHAPE DURING THE UNKNOWN



"THIS SEASON I WAS PARTICULARLY EXCITED to get back to track because last year I had a surgery on both my legs so I had a terrible season. This year I even did indoor track and extra training to prepare and do all the events I wanted to do. I also just really miss the people. Freshman year and last year I loved the people and community so much. We would constantly complain about running together, we would tan during meets together, and we would roll out while listening to Grace Vargas jammie pack. I miss this just as much as I miss the exercise and competing."
- ALLIE CARD '21

I HAVE BEEN A PART OF THE VARSITY SPRINTS TEAM SINCE MY SOPHOMORE YEAR

AT RJ. For the few practices that we had, I was excited to finally lead warm ups and my teammates always joked about voting me for captain, even when I couldn't remember the next warm up. I was looking forward to possibly leading the team for my last year and I will miss sitting under the tent with friends during meets and the stomach clenching feeling of stepping into the blocks before a race.

-GRACE VARGA '20

SARA KURUTZ '20

ON MISSING HER SENIOR TRACK SEASON



Mostly, I feel robbed that I won't get to run track this year. However, I still go out to run, partially because I'm in denial that the season will be canceled, but also because I still want to keep in shape and fight laziness. I love track and I was really looking forward to my final senior season.



sydney able

ON MISSING OUT ON HER LAST SEASON AT RJ

EVERYONE I HAVE TALKED

to in these past few weeks has either felt super bad for me or are going through the same situation. I, much like every other senior, have been imagining this year forever. 2020 was going to be our year, and we were going to live it up to its fullest. When I first heard CHSSA would be suspending all sports until further notice, it felt like a bad dream. We were lucky enough to be able to squeeze in one game before the order went into effect. I, much like the rest of my team, was relieved that we were able to play one game. I imagined my senior lacrosse season in so many different ways-- ending with a shot at the state championship, getting closer

with my teammates, and being able to create a sisterhood that the following years could experience. Lacrosse has given me so much. I would not be where I am today if it wasn't for this sport. I have felt many things in this time of uncertainty anger, sadness, and frustration to name a couple. But as time has gone on, I have become grateful for the much smaller things, like the time I did have with my team, and the opportunities I was given to meet these girls and my coaches. It's difficult to find a light in this time. Its hard not to become angry at the uncertainty, but what has brought me solace is that I am not alone in my sadness, my anger, or my frustration. Like I said, lacrosse has

given me so much, and right now it is teaching me that sometimes the best-laid plans fall short and that living in the moment is what is important. What I hope comes from this is that we all as a population become more patient, understanding, and, most of all, we learn to not take moments for granted. Something I suggest to everyone reading this is that during this time, if you think of someone, reach out to them! Call your grandparents, text your younger friends, and most importantly (seniors especially) talk to your parents; take this time that you are in the house with them to connect. With the prospect of going of to college in the fall, take this time to hang out with them.



FIRST TIME LEADS JAKOB CDEBACA '20 & KALEY SCHRAMEYER '20 TALK WITH ELEVATE ABOUT THEIR LOVE FOR THEATRE AND THE CHANCE THEY NEVER GOT TO STEP ON STAGE FOR THEIR ROLES IN FUDDY MEERS

ELEVATE: CAN YOU GIVE ME A GENERAL OVERVIEW OF YOUR ROLE IN THEATRE AT REGIS?

JAKOB: I started theatre my junior year just looking for something to do. I was a part of the PR & Marketing team for RJ's fall musical production, Sister Act. I was fascinated and inspired to audition for the spring play, Fuddy Meers, this past year where I was cast as The Limping Man.

WHAT IS YOUR FAVORITE MEMORY FROM THEATRE?

JAKOB: Rehearsals for Fuddy Meers were so much fun. I enjoyed getting into the character of a deranged man with anger issues, throwing around items, banging chairs against the ground, and bringing the scenes to life. The best part was doing this alongside my fellow cast members and just having a good time.

WHAT IS YOUR FAVORITE MEMORY AT REGIS OUTSIDE OF THEATRE?

JAKOB: I think arriving to school my first day of freshman year is my favorite memory at Regis. I remember looking around at everything and everyone thinking that the next four years were going to go by quickly, but also realizing that I was going to accomplish so much and do so many things by the end of my high school career.

WHAT IS THE BEST PART ABOUT BEING IN THEATRE?

JAKOB: The best part about theatre is seeing all the hard work and effort from every member of cast, crew, and pit band come together and work in harmony to create such fantastic and entertaining shows. As someone who has been a member of both cast and crew, I have seen how one cannot work without the other, and to see the final result, knowing that it is the collective effort of everyone involved, is truly beautiful.

WHAT IS YOUR FAVORITE SHOW YOU'VE WORKED ON AND WHY?

JAKOB: My favorite show, by far, was Fuddy Meers. It was my first time acting in a main stage production, and I was learning a lot. The play itself was wildly entertaining, and I had a great, talented cast working alongside me. We all worked so hard to bring this production to life, and even though nobody got to see it due to the COVID-19 pandemic, it was still an unforgettable experience that I had a great time with.

WHAT WOULD YOU SAY TO ANYONE LOOKING TO GET INTO THEATRE?

JAKOB: To anyone looking to get into theatre, I say just go for it. You'll never know what it might have in store for you until you try it. From the work you do as cast or crew to the friends you will meet, there is an

experience for everyone in theatre, and everyone plays a critical role. Don't be discouraged by the thought of trying and failing. Instead, think of it as a way to improve upon yourself and come back strong.

WHAT ARE YOUR PLANS FOR NEXT YEAR? ARE YOU GOING TO CONTINUE DOING THEATRE?

JAKOB: Next year, I will be majoring in film production at the University of New Mexico. I think my theatre experience at Regis will aid me in my academic pursuits, and I will definitely be open to any future opportunity to work in theatre that will come my way.

WHAT DOES MISSING YOUR PRODUCTION MEAN TO YOU?

KALEY: This means I won't get all of my lasts. My last goodbyes, my last bow, and my last show. It means all of my hard work just went down the drain.

HOW MANY YEARS HAVE YOU BEEN IN RJ THEATRE?

KALEY: I've been in RJ theatre since freshman year.

WHAT WILL YOU MISS ABOUT IT?

KALEY: I'll miss it all. I'll miss the crazy long nights, the adrenaline when you step out on stage, but most, I'll miss the family that was built.

WHAT DOES RJ THEATRE MEAN TO YOU?

KALEY: RJ theatre means so much to me. It gave me a safe place to go everyday after school for the past four years. It was my outlet, my happy place.

HOW LONG DID IT TAKE YOU TO PREPARE FOR YOUR ROLE?

KALEY: I've been preparing my whole life. I've spent countless of hours practicing to simply just get better. But for this show, we've been rehearsing since January.

WHAT WILL YOU MISS MOST ABOUT PERFORMING THIS SPRING?

KALEY: I'll miss everything I was looking forward to as a senior. All the traditions and rituals, especially my last show and take my final bow.

HOW DID YOU FEEL WHEN THE PLAY WASN'T GOING TO HAPPEN AND IT BEING THE FIRST TIME LEAD ROLE?

KALEY: I was so upset, I was mad and didn't understand how or why this could happen. My senior year was not supposed to end this way. I had worked so hard to finally get the lead for it all to be taken away by something I can't even control. That's the worse part. No one knew this was going to happen and no one can control it. It's devastating to know I won't be able to have my last performance.

LIGHTS, CAMERA, ACTION... *the set is closed*



HANNAH SMITH – DIRECTOR OF “THE GLASS MENAGERIE” WHICH WAS A FEATURE IN THE ONE ACT PLAY FESTIVAL, TALKS WITH ELEVATE ABOUT THE LOSS OF HER DEBUT AS DIRECTOR

BY MADDIE PROCTOR '20 PHOTO PROVIDED BY HANNAH SMITH '20

WHAT IS THE SPRING EVENT THAT YOU MISSED?

HANNAH: The Spring One Act Play Festival

WHAT WAS YOUR ROLE IN THIS PRODUCTION?

HANNAH: I was directing The Glass Menagerie.

WHAT DOES MISSING YOUR PRODUCTION MEAN TO YOU?

HANNAH: Missing the production almost feels apropos. At the heart of The awakening to unrealized blessing. In many ways the corona virus and imminent economic recession have rendered our lives as transparent as Tennessee Williams' main characters, who faced their own global crises of similar magnitude. Art reflects life. The plot is unfurling in living rooms across the country at this very moment. Williams presents us with a choice. Our glass menageries, our dreams deferred tendered gently in our hearts can drive us to bitterness, despair, or kindness. I pray for the fortitude to desire the latter.

HOW MANY YEARS HAVE YOU BEEN INVOLVED WITH RJ THEATER?

HANNAH: 4 years

WHAT WILL YOU MISS ABOUT IT?

HANNAH: I'm sure everyone says this but only because it's true: the people. Seriously, the friends I have made in theater are some of the most talented, versatile individuals it has ever been my pleasure to meet. My heart especially goes out to my mission IMPROVable troupe, who showed up ready to learn and build community together week after week through one of the most fun art forms ever!

WHAT DOES RJ THEATER MEAN TO YOU?

HANNAH: RJ Theater is a place of opportunity and family. Case in point, The Glass Menagerie is not a one act play and cannot be condensed, but Mr. Pantoja and Mr. Wilper were both kind and crazy enough to allow its performance—under the direction of a student no less! Widely regarded as one of the greatest plays of the twentieth century, Williams' characters are extraordinarily complex, difficult for even professional actors to tackle. The confident support of the performing arts department empowered us to push through so dense a script to discover the true soul of the show. The cast and crew were so successful in rehearsal because of a shared belief in each others' abilities.

HOW LONG DID IT TAKE YOU TO PREPARE FOR THE GLASS MENAGERIE?

HANNAH: We started nightly rehearsals at the end of January in preparation for a performance on Friday, April 24th.

WHAT WILL YOU MISS MOST ABOUT THIS PRODUCTION?

HANNAH: Once again, I will undoubtedly miss the people most. One of our last full cast rehearsals took place on my birthday, and the casts and crews of all the one acts and Fuddy Meers came together to throw me a surprise party during a break. The spirit of thoughtful generosity with which the performing arts department is imbued ceaselessly inspires me. It is what Tennessee Williams calls our aspirations to. We see God in every person we encounter. For, gratitude in the moment is the only preventative measure we can take against regret.



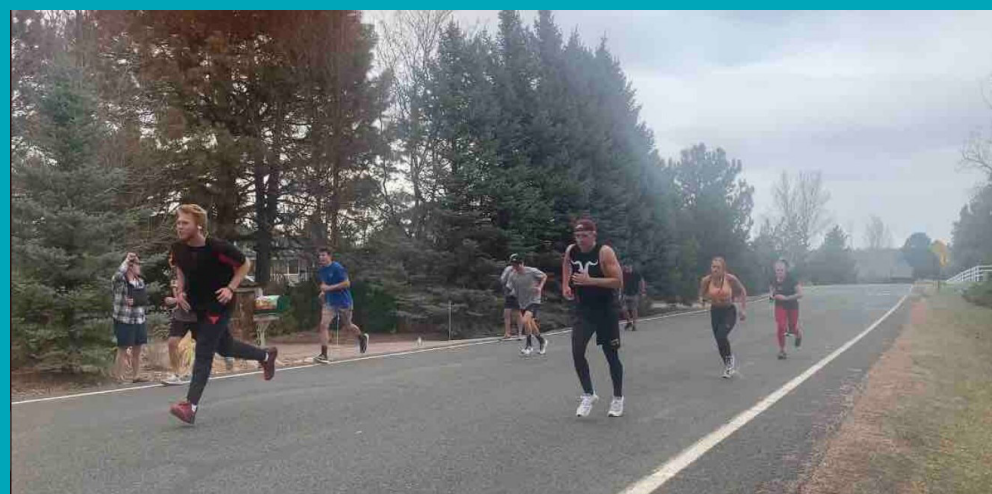
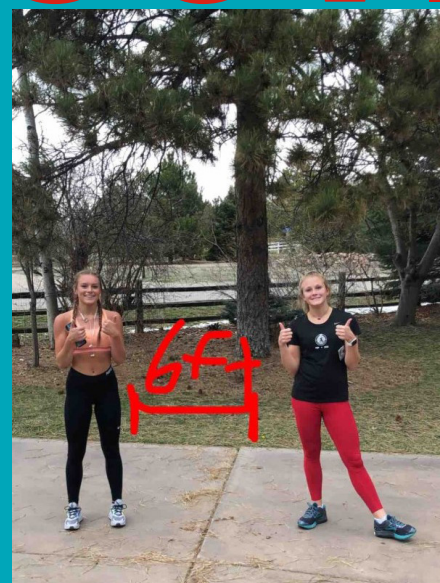
WHEN THE *curtain doesn't rise*

BY HUNTER SULLIVAN '20 & SOPHIA MARCINEK '20
PHOTOS PROVIDED BY JAKOB CDEBACA '20
& KALEY SCHRAMEYER '20

GETTING TOGETHER TO MAKE A DIFFERENCE

BY SOPHIA VIZURRAGA '22
PHOTOS FROM BRYCE PARSONS '20

THIRTEEN AGAINST COVID



ON SATURDAY APRIL 18, EIGHT STUDENTS FROM REGIS JESUIT

and two students from Smoky Hill students teamed up to help raise money for COVID-19 relief. Bryce Parsons '20, Owen Best '20, Jackson Connelly '20, Ben Arvenitis '20, Bryce Sloan '20, Michael Manoogian '20 and Peyton Parsons '22 from Regis Jesuit, as well as Holly Schlager '21 and Pablo Sisneros '20 from Smoky Hill High School.

The group ran 26.2 miles and did 650 pushups over the course of 13 hours in a challenge called "13 Hours Against COVID."

"Part of the reason why I participated was to do something active with my friends and bring some people together. But also, more importantly, to give back to the community," RJ senior Bryce Parsons, one of the event organizers, said. "I think we are all in a tough situation, definitely not ideal for anybody. This gives us the excuse to do something good and help benefit the people around us."

Ben Arvenitis said, "The actual marathon itself wasn't too terrible until mile ten. When you think about it is not even halfway down with the marathon. By mile 20, I had to start walking some miles because my bones hurt."

While the challenge might be completed, the battle is from over. The war against COVID-19 wages on every day. The GoFundMe page remains open for donations. It can be found on either GoFundMe app or web page by searching "13

"I THINK WE ARE ALL IN A TOUGH SITUATION, DEFINITELY NOT IDEAL FOR ANYBODY. THIS GIVES US THE EXCUSE TO DO SOMETHING GOOD AND HELP BENEFIT THE PEOPLE AROUND US."

Hours Against COVID-19." 100 percent of the proceeds will go to a variety of charities, including UNICEF and local charities as well. The group has raised \$4,069 of their \$5,000 goal.

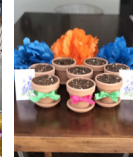
MORE STUDENTS EXEMPLIFYING RJ SPIRIT AT HOME



ARIANA & SOPHIA MITSUOKA picked up trash on their daily walk around their neighborhood.



AXEL POWELL delivered donations to Volunteers of America that RJ families brought to his porch.



THE DUNNE FAMILY put together seed starters for the residents at Highline Place to plant in their courtyard for Mother's day.

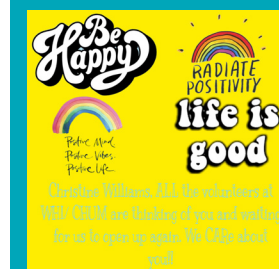


LIAM WOOD, STEM club member, took one of the ChallengeLab 3D printers home and prints parts for protective gear and for ventilators.

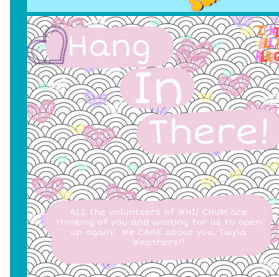


CHRISTINA NELSON made her own masks and donated over 50 masks to Casa de paz.

FOR AND WITH OTHERS FROM HOME



Sam to Wiley, ALL the volunteers of WHIZ/CHUM are thinking of YOU, and waiting for us to open up again. We CARE about you!!



STUDENTS FROM THE GIRLS AND BOYS DIVISION MADE CARDS FOR THE WOMEN'S HOMELESS INITIATIVE.



"We made the cards for the Homeless Women in need of some positivity right now. We were given a list of names, and we addressed each to one of the women we were assigned," Isabella Merovech '23 said.



guillermo perez ochoa

“SENIORS LIKE ME MOURN FOR OUR LOSS OF THIS YEAR, UNDERCLASSMEN LOOK TO YOU TO SEE WHETHER OR NOT YOU WILL STILL BE THERE FOR THEM NEXT YEAR. BUT YOU NEVER LEFT REGIS, YOU ARE STILL HERE WITH US.”

PHOTO BY SOPHIA MARCINEK

DEAR REGIS,

Forgive me for not being on campus as I write this. I am left no choice but to sit at home and write to you from my kitchen table. I am no longer that shy freshman who you met back in 2016. I am no longer that boy who doubted you throughout his freshman year. I am still however, that young man who is so grateful for the opportunity to walk your grounds, join your activities, be a spiritual seeker, and live for The Greater Glory of God. I am also some new things that you barely got to know about me this year. I am a follower of Christ, a leader of the Cannonball Club, a senior leader of the Swim Team, a Kairos leader for the Juniors, and a Raiderman. Regis Jesuit, I made it to the end.

As I reflect on my last four years with you, I have to look at all the aspects of my life with you. To begin, I doubted you. Whether I would leave you or not, I decided to let God be my guide. So he introduced me to new friends, amazing teachers, and lasting mentors. As I studied and grumbled about class, I will never forget the smiles that Ms. Sherwood offered to me. Her warm presence in your halls filled my day with joy and love. Even throughout the rest of my time with you, she would make me laugh, make me happy and, most importantly, make me feel loved. Let's not forget that she also let me walk into her classroom and allowed me to “teach” her freshmen every now and then. Remember Mr. Goldsmith, with his fun laughs and hard lessons, we found joy and love. Re-

member Mr. Ell, the teacher that everyone loves, who enjoys not only teaching, but participating in intramurals with his students. Sure, I never won anything, but it was the fun and games that made my time with you worth it. Did I mention my new mom? Ms. Maxfield is her name, the loving teacher who cares for all her students and teaches us to become more loving and more open through the arts of English. There are so many teachers, administrators left to name and I could go on and on and on about how each one of them makes you special. Unfortunately our time was cut short, but you gave me these people and memories that I won't forget. Thank you, Regis. You gave me that.

Let's not forget how you welcomed students like me into your family. Whether it was retreats or Compass Day, your sense of community was everywhere. Whether it was driving 45 minutes to get to you and seeing all the RJ stickers on the back of everyone's cars or the football games. With your bright lights and beaming presence of laughter and cheer, you made me feel welcome. Remember the first football game? All the freshman running through your track, getting cheered on by their older brothers and sisters, by the parents seeing their children become young adults. Ah yes, this is you Regis Jesuit.

I remember now the times of loss. It was time for your longtime friends Mr. Bostdorff and Ms. May to rest in the presence of God. It was times of sadness that brought your family closer

together. Through these moments we became stronger as a whole. We miss them so much, but they aren't forgotten. They live on within you Regis. Many people came and went from your halls; teachers, students, administrators, families, but they are all still here, just in spirit. That is the beauty that you bring! Thank you!

My time in your halls was not supposed to be over, but amidst the chaos of our world it just had to be. Seniors like me mourn for our loss of this year. Underclassmen look to you to see whether or not you will still be there for them next year. But you never left Regis. You are still here with us. Maybe we can't go back to see you for now, but you live with us through the community. Whether it's the live streaming of mass at the Jes Res, or the community Examen everyday, or the Teams meetings, you still live on with us. It may not be the ideal situation, but we are still strong with you.

There is a saying within the swim team that I share with you now, “TRADITION NEVER DIES.” And as long as there are still students walking your halls in the future, as long as there are still parents reaching out to each other, as long as they are still teaching others their knowledge, the TRADITION OF REGIS JESUIT WILL NOT DIE. So my friend, it is time to say goodbye. Goodbye is not forever. I will be back, and I will hold my head high knowing that your education will take me places like never before. Goodbye Regis.

YOUR TRADITION NEVER DIES.

-Guillermo Perez, Raider Class of 2020

mati rogers

PHOTO BY SOPHIA MARCINEK

"I'M PROUD THAT THE COMMUNITY I'VE BEEN A PART OF FOR MY WHOLE LIFE HAS INSPIRED A CARE FOR OTHERS THAT SHOWS ITSELF WHEN WE DESPERATELY NEED IT."

PHYSICAL DISTANCE, NOT SOCIAL.

Yesterday my dad watched War and Peace while I played the piano for the first time in years. It was the Audrey Hepburn one and he'd just finished reading the book so he said to me "Hopefully it's not as long as the book!", understanding that even though the book is in pages and the movie minutes that that would make sense to me. But I honestly thought "Well, if it was, we'd have time." He didn't seem to mind me trying to learn a song for a Cantabelles assignment while the movie played, and since he's never really one to complain about anything, it was only my mom I was concerned with bothering. However, a few minutes in she left her office where I assumed she was trying to stop other lawyers from talking over her via Zoom and came downstairs to tell me she was happy to hear me playing again.

I asked my mom how she felt about spending all of this time with me before I leave for college in the fall. I was thinking about my friends who don't have a stable home situation, who feel distant from their parents and rely on school to get their fill of meaningful interactions. I was thinking about how I'm grateful to be grateful to spend my time with my family for a while, and not just see my dad once or twice a day in the halls. My mom responded with the same, that she thinks every day about how she's grateful that I can

still finish my education while spending time at home. She also recognized, as we are most of the time on the same page, that practicing gratitude right now is a privilege.

You'd think sending all of us students packing with our iPads and pencil cases would mean we spend our days thinking only about how to spend the next three-hour segment of our lives, and doing that on a constant loop. But it's a testament to Regis as an institution that within two or three days of ambiguity about whether or not we would return for classes after spring break, our Senior Girls group chat was full of talk about creating service opportunities, lists of prayer intentions, and google docs for ideas on how to meaningfully spend your time. That's continued for me up until now, to have people reaching out asking for my experience as an essential worker, thank-you videos for my teachers, favorite memories for Capstone projects, and, well, this piece I'm writing right now. We're not comfortable with going home and detaching ourselves entirely. With the community we have, it just feels wrong. And with the socially conscious environment we're used to, it feels even more wrong to not stop and think about how what's happening out there is affecting those who are marginalized and vulnerable.

Personally, I think about the children I met at Place Bridge Academy in January, who were already too far behind to smoothly transition to

an English-speaking second grade classroom next year, and have now lost the opportunity to try to catch up. These kids know the most English out of anyone in their family and can't read fluently. They have four or five siblings, possibly one computer at home, and no ability to educate themselves. I can't stop thinking about them. I wonder about how their parents are explaining to them that they can't go back to school until August, maybe later. It's bleak.

I find comfort in the knowledge that the first instinct of this community is to support others once we've adjusted to the new circumstances. I chose where I'm going to be attending college next year by that standard – the decision makers of that community should not only be doing everything they can to actively support their own members as well as use their resources to spread that support as wide as they can, but encouraging their members to do the same. Other than being grateful, I'm proud. I'm proud that the community I've been a part of for my whole life has inspired a care for others that shows itself when we desperately need it.

For now, I'm happy I get to play the piano. I do so while taking comfort in the knowledge that my peers and I have deep roots, and that whenever something oppressive and inexplicable happens, no matter where we are in our lives, our instincts will tell us to reach out to and look out for the other. I owe that comfort to Regis Jesuit.





6FT SLOW DANCE

COVID 19 CAN'T KEEP THIS GROUP FROM CELEBRATING THEIR SENIOR PROM

Kim Sim and Cary Collieran decided that they would create a unique experience of a backyard prom for their daughter, Kalya Sim '20 and son, Nick Collieran '20 and their friends Connor Moore '20, Renee Montaz '20, Phoenix Lee '21 and Elleana Lopez '21. They felt it was a great chance for them to learn you don't always get what you deserve but to learn to accept where they are and embrace it.

PHOTOS COURTESY OF EJ CARR
WWW.EJCPHOTO.COM

DEAR CLASS OF

DEAR RJ PLATINUM MEDAL CLASS OF 2020,

You're probably reading lots of messages referencing this crazy semester! I'll try to offer you a message I would for any other class: I hope that your time at Regis Jesuit has given you the desires and tools to serve God, especially for the poor, the lonely and the marginalized, and to help build God's Kingdom with your talents. That said, I can think of no other class who now has a more focused view of that reality than you who have lost and gained so much. I know you have greater claim to 20/20 vision of what the world needs than many others.

Do great things with this opportunity!
Pax! AMDG **MR. BK, RJ GOLD MEDAL '87**

During these unprecedented times you have shown

strength, resilience and courage.

May you be filled with hope for a bright and wonderful future.

You are all amazing!!

Love and blessings,

MRS. JANELLE

YOU WELCOMED ME WITH OPEN ARMS AND MADE ME FEEL LIKE RJ WAS MY HOME. ALTHOUGH YOUR YEAR DID NOT END THE WAY IT WAS PLANNED, **YOU ARE AN EXTRODINARY GROUP** THAT WILL RISE ABOVE.

LOVE, MRS. ARDUINI

*I love you all-
you will always be my family. Wals*

Seniors,
You have changed my life for the good. Thank you for being brave, compassionate, funny, vulnerable, honest, authentic, and full of life. **I AM SO PROUD OF WHO YOU ARE NOW AND WHO YOU WILL CONTINUE TO BECOME.** I am grateful beyond measure to have been with you on the journey. I love you, I believe in you, and I miss you already! Congratulations and all the love,
MS. BROWN

AN EXPERIENCE LIKE NO OTHER THAT WILL STRENGTHEN AND DEEPEN YOUR BOND with each other in unforeseen and unique ways. You are truly an unforgettable class!
MRS. BRODRICK KING

I WILL LOOK FORWARD to seeing you when you come back to visit! And don't grow a beard! God bless you.
AMDG MS. ZIEGLER

HI SENIORS,
It has been an absolute joy to get to know you over my past three years at Regis. You are incredible people who will do such amazing things in the future! **I WILL MISS WATCHING YOU PLAY ON THE FIELD** hockey and lacrosse fields, witnessing you lead retreats, laughing and rolling my eyes when you interrupt my math class, and greeting you in the hallways! Good luck in the future and come back to visit!
MS. MALM

CLASS OF 2020, THANK YOU FOR EVERYTHING YOU HAVE DONE TO MAKE REGIS JESUIT WHAT IT IS.

THOUGH YOUR TIME WAS CUT SHORT, YOUR LEGACY WILL NOT BE.

BEST WISHES.

WARMEST REGARDS,

MRS. CUMMINGS

TO THE CLASS OF 2020, IT HAS BEEN SUCH A PLEASURE TO SEE YOU GROW OVER THE LAST 4 YEARS. I've loved being in your lives in so many ways. You have a such special place in my heart. Not only do you mean a lot to me personally, but you've also been such amazing friends to Bella and Nick. I feel terribly that you were not able to put closure to this school year, but you should feel so proud of what you've accomplished and the lives you've touched. You truly are a kind and fun class! You will be missed and I hope you will stay in touch.
MUCH LOVE, MAMA AMES

"2020 - WHAT A YEAR! - We've learned to care for ourselves and care for others, but mostly we've learned to **cherish every moment** we spend with those we love. With much love, **MRS. LAURA JONES, St. Ursula Academy Class of '80"**

QUOTE FOR CLASS OF 2020:

Life is like a camera. Focus on what's important & capture the good times. Develop from the negative & if things don't work out. Just take another shot.

SHEILA (NAGEL) GUSTAFSON '82

THIS HISTORIC but worrisome pandemic time cannot take away what all your hard work has earned you.

Virtual or not - this is YOUR HS graduation -Celebrate!

congratulations class of 2020

SOPHIA WILSON

The universe will challenge you at some point. Have fun, be kind, and challenge it right back. **I'M PROUD OF ALL OF YOU** and excited for your college adventures. (P.S. Study abroad if you can.)

MIKE DELANEY

An unforgettable year.

Wishing you the best!

ANNIE ETLING

THANK YOU FOR ALWAYS making me smile each and every day! You truly are 'men and women for others'!

MRS. STANFORD

DEAR SENIORS,

I know this is not how your year was supposed to end, but know that **I THINK OF YOU EVERY DAY.** I know that you are all headed into the world to be the people we are celebrating today; doctors, nurses, teachers, accountants, politicians, etc... and that every single one of you will make this world a brighter place. I can't wait to see you all when you come back to visit and get final hugs. All the best and all the love. **MRS. BLANC**

CONGRATULATIONS, SENIORS! ALL THE BEST TO YOU!

WE LOVE YOU AND ARE CHEERING YOU ON!

YOU HEAD OFF TO YOUR NEXT ADVENTURE!! TAKE CARE!!

MRS HAYTON

SENIORS, I HAVE SO ENJOYED getting to know many of you and to be part of your college process. To witness your **effort, growth and discernment** is a true privilege.

and I am excited to hear how you choose to impact your communities in the years to come. You are an incredible group of young people and I look forward to the time where we can celebrate with you in person!
Warmest regards,
MS. HUGGINS

be kind. make meaning

OUT OF YOUR LIFE. ASK QUESTIONS THAT LEAD TO MORE QUESTIONS. EXPLORE. LIVE AND LOVE SPHERICALLY, IN ALL DIRECTIONS AT ONCE. SAY I'M SORRY AND MEAN IT. BE QUIET AND PRAY. BE GRATEFUL. BE HONEST AND IN EARNEST. BE YOURSELF. LET BE.

MRS. JAMIE DAWKINS

Dear class of 2020,
I miss seeing you guys in the hallways, **YOU ALL BROUGHT SO MUCH LIFE TO ME.** I'm sorry for how your senior year is ending, I can only imagine the loss you might be feeling right now. I hope that the summer is different story than the end of this school year and that I'll be able to see people in person. You all are in my prayers.
ARIC SERRANO, SJ

Seniors, it's all about the day. What are you going to do after you wake up and strive, not to go through the motions, but pause at the wonderful and challenging things just minutes ahead of you? Move on from yesterday and don't give tomorrow a minute. Give now a minute.

THANK YOU FOR MAKING THE MOST OUT OF OUR CURRENT CIRCUMSTANCES AND GIVING US HOPE FOR RIGHT NOW.

BERNIE SAUER

Dear RJ Class of 2020,
I can't wait to celebrate you! Whenever and wherever it happens, I will be there to cheer for you, laugh with you, cry with you, and wish you well as your journey to whatever's next commences!

You have a very special place in my heart, and you leave a legacy of love and care that will remain in the hallways and classrooms of RJ forever. Love and peace to each of you!!
MRS. WUERTZ

TO OUR SENIOR ATHLETES!

We both truly missed seeing you all compete this spring. One of the great joys we get out of our jobs is watching you compete for Regis Jesuit and represent our teams with class and that great competitive spirit. You will be missed!

KELLY DOHERTY - BOYS DIVISION ATHLETIC DIRECTOR AND JOHN KOSLOSKY- GIRLS DIVISION ATHLETIC DIRECTOR

Seniors,
I hope you know how loved you are and how much you will be missed at RJ. I pray for your safety & health and for a wonderful college experience. Go spread your light and let it shine!
KAITLIN MCKEON

I have missed the end of the year gatherings. I have missed my Service Learning classes. I have missed your loud boisterous spirit in the hallways.

BUT MOST OF ALL, I HAVE MISSED SEEING YOUR BEAUTIFUL FACES.

I am praying for each of you as you finish out this year online and make plans for next year. You will always be part of the Regis family. I hope to see you soon!
MARY MULDOON

CLASS OF 2020,
It was a privilege to be with you on this high school journey. **I am proud of who you are today and what you will aspire to become.**

As I would tell you during a classroom test, just like life's tests, **YOU GOT THIS! MRS. MATTA**

You have a very special place in my heart, and you leave a legacy of love and care that will remain in the hallways and classrooms of RJ forever. Love and peace to each of you!!
MRS. WUERTZ

"DEAR SENIORS, I AM INCREDIBLY PROUD OF YOU ALL AND IMPRESSED WITH YOU AND YOUR RESILIENCE. LOVE YOU ALL, MR. DAWKINS

"SOME PEOPLE come into our lives, leave footprints on our hearts, and we are never the same." Thank you class of 2020 for leaving your footprints on my heart.
MS. LOTITO

CLASS OF 2020, YOU WERE MEMORABLE BEFORE THE PANDEMIC. This only added to the list of reasons that your class would be remembered.
KIRSTYN DUTTON

"WHATEVER YOU CAN DO, or dream you can, begin it. Boldness has genius, power, and magic in it." –W. H. Murray
Wishing you bold dreams and much success next year and always!
MS. TAMI HOGAN

you are resilient,

CLASS OF 2020! PLEASE KNOW A PIECE OF OUR HEARTS GO WITH YOU AS YOU MOVE ON TO YOUR NEXT ADVENTURE IN LIFE. ALWAYS REMEMBER, GOD'S GOT THIS, SO YOU DO TOO! LOVE, MS. JUSTIS

May you always remember that you are worthy of love and belonging! Be courageous, be compassionate and make meaningful connections! We are Proud of You class of 2020!
LOVE, MRS. COLE

DEAREST CLASS OF 2020,

You will always be special to me. I started at RJ at the same time you did and you've contributed in so many ways to my professional and personal growth. Among other things, you are resilient, bright, curious, and strong. While you may not physically be at RJ anymore, I will carry your spirits with me. Your presence and impact on our school will always be remembered!

MS. HALL

I am so sorry for all that you have missed during these days of Distance Learning, **BUT IT IS MY SINCERE PRAYER THAT IT HAS ALSO BEEN A TIME OF UNEXPECTED GRACES,** where God's presence has been made known to you in places you had not noticed it before.
MR. KLASSEN

CLASS OF 2020 - WOW DO I MISS YOU ALREADY!! THANK YOU FOR THE PAST 4 YEARS! **YOU ARE SMART, BRAVE, KIND, AND BLESSED WITH TALENT AND POTENTIAL!** PLEASE COME BACK AND VISIT US WHEN YOU CAN. LOVE YOU SO MUCH!
MRS. MAXFIELD

TO MY WONDERFUL FRIENDS OF GOD, SENIORS, I KNOW THIS IS NOT THE IDEAL WAY TO END A SENIOR YEAR, BUT YOU GUYS ARE TOUGH. YOU HAVE HAD ONE HECK OF A YEAR AND YOUR TIME AT REGIS JESUIT WILL NOT BE FORGOTTEN. WE WILL ALWAYS LOVE YOU FOR YOUR HUMOR, KINDNESS, LOVE, AND GENEROUS SPIRITS THAT HAVE HELPED MAKE THIS PLACE BETTER. PLEASE KNOW WE LOVE YOU SO MUCH AND WISH YOU THE VERY BEST OF LUCK AS YOU MOVE FORWARD. BLESSED ARE WE FOR HAVING BEEN IN YOUR LIVES! MR. LEEUWW

SENIOR CLASS,

This is without a doubt a challenging ending to your senior year that was supposed to be filled with springtime milestones, but, alas, the pandemic had other plans. I encourage you, moving forward, to use the lessons learned from this moment in history when the world banned together to heal as a way to maintain perspective in the many years ahead. **MAY YOU FOREVER NOTICE THOSE IN YOUR LIVES AND VALUE THEIR LOVE;** may you remind yourself to look up; may your creativity abound, and may your resiliency bring forth your innovations in trying times. I hope you always remember that you are loved; you are cherished, and we are proud of you.

CHEERS, MRS. J. LYNCH

DEAR CLASS OF 2020, YOU WERE FRESHMAN DURING MY FIRST YEAR AT REGIS JESUIT. IT HAS BEEN A PLEASURE TO LEARN AND GROW ALONG SIDE YOU FOR THE PAST FOUR YEARS. MANY OF YOU HAVE BEEN REFLECTING ON THE IMPACT REGIS JESUIT HAS HAD ON YOU, AND I WANT YOU TO KNOW THAT YOU HAVE LEFT YOUR MARK ON REGIS JESUIT TOO. THIS IS JUST THE BEGINNING FOR YOU, AND I CAN'T WAIT TO HEAR ABOUT ALL OF THE AMAZING THINGS YOU ARE GOING TO DO! ALL MY BEST, MS. REPACI

Dear Seniors -

Gosh, I'll miss you. **YOU WERE AN EXCEPTIONAL GROUP OF MEN AND WOMEN** even before your senior year got hijacked by a pandemic, and you have continued to demonstrate an astonishing amount of kindness, tenacity, and grace in the midst of a tough situation. This speaks volumes to your character, and I have no doubt that this particular group of students will live out the Ignation mission of setting the world on fire. I can't wait to see all that you'll accomplish! With love and hope,
DR. RINNER

Class of 2020, thanks for sharing your journey with all of us the last four years. **I HAVE APPRECIATED YOUR JOY, LAUGHTER, WILLINGNESS TO WORK THROUGH STRUGGLES, HARD WORK, AND HEARTS.** All my best wishes for a bright future! I would give all of you a hug if I could.

MRS. KABADI

SENIORS, MAY THE SACRIFICES, STRUGGLES, AND UNEXPECTED GRACES FOUND DURING THIS TIME NURTURE IN YOU A STRENGTH THAT INCREASES YOUR CONNECTION TO YOURSELF, OTHERS, GOD AND CREATION.

GOD BLESS YOU AND YOUR FAMILIES WITH STRENGTH, TENDERNESS, MERCY, AND HOPE.

MR. BEYER

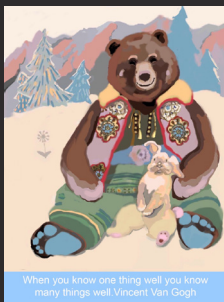
Seniors – Thank you for 4 memorable years.

As much as we taught you, you taught us more. While this is not how any of us imagined concluding this chapter of your life, I hope you know that regardless of what the next chapter looks like, we will be here for you. We are incredibly proud of you and can't wait to see how you leave your mark on the world!

MS. GOUGH

Dear Seniors,

It has been wonderful to get to know so many of you. Through math classes, Sophomore Retreat, coaching volleyball, and the Alaska Service Trip I have had the pleasure of your intelligence and enthusiasm. **YOU ARE A FRIENDLY AND SPIRITED GROUP OF YOUNG WOMEN AND MEN** who will, I believe, make great contributions to the world. Best of luck in college and please stop by RJ to visit, we love seeing you! **LOVE, MS. GAUSS**



Dear Seniors, It's been such a joy getting to know you and I thank you for sharing your strengths with me. **I'VE SEEN SUCH POSITIVITY, CREATIVITY, AND GRACE FROM YOU DURING THIS VERY UNUSUAL SENIOR YEAR.** As your senior year comes to a close, please allow yourself to feel all the feels, and then allow this quote from Mr. Rogers to provide a little glimmer of hope about the next step in your journey, "Often when you think you're at the end of something, you're at the beginning of something else." I wish you the best of luck with your post-graduation plans and I'm grateful and thankful to have been a part of your story. Sincerely, **MRS. MACIOLEK, COLLEGE COUNSELOR**

My favorite verse is Romans 8:28 which says, **“And we know that in all things God works for the good of those who love him, who have been called according to his purpose.”**

You, the Class of 2020, represent a very unique calling. You are the face of our future, the face of those who will help to stop another pandemic, who will help to stop inequality, who will make our future better. May God bless you and keep you. You are LOVED and you will be missed!

MRS. BUEHLER

CLASS OF 2020 - I GOT HERE THE SAME YEAR YOU ALL DID, AND IT HAS BEEN SO FUN “GROWING UP” WITH ALL OF YOU. YOU ARE SUCH A FRIENDLY, LOVEABLE GROUP, AND I WILL MISS THE PASSING HELLOS, THE CHATS IN TRADITION HALL, AND THE MANY LAUGHS. IF YOU ALL DON'T COME BACK TO VISIT, I'M GOING TO BE SO MAD! LOVE AND BUENA SUERTE, MS. LYNCH

*Dear Seniors,
Vibe Check: I miss you and love you.
Mood: Sentimental.*

*Heart: Full.
AMDC, Mr. Tricco*

TO THE RESILIENT RAIDER CLASS OF 2020:

Though your sacrifice this spring wasn't planned, we could not be more proud of how you all faced this with such grace. Out of all your accomplishments while at RJ, nothing says "men and women with and for others" more than the selfless way you helped keep us all safe. What a way to finish one chapter and begin your next one! **MS. KELLEY**

Queridos Seniors, I am sorry that your Senior year is wrapping up the way that it is, but I hope that you know I am sending my love, support, and felicitades to you from a distance! I hope that you can lean back on the 3.75 years of memories that you have with RJ. **I AM SO VERY PROUD OF ALL OF YOU**, and you have my best wishes for all of the adventures that await! Love, **SRA. DEFFENBAUGH**

DEAR CLASS OF 2020,

Within the substantial history of your 143-year-old alma mater, it is safe to say that the year 2020 will go down as one of the most remarkable in school history. The same is true of your class. Each of you has been a beacon of light within the Regis Jesuit community and for the hundreds of communities with whom you have shared your gifts, your talents, and your service these last four years. In your resilience and courage may others find hope, and may you continue to let your graced light shine. I have no doubt that the world will benefit, just as the Regis Jesuit community has. It has been my privilege to share this journey with you.

MAY GOD CONTINUE TO BESTOW HIS GENEROUS BLESSINGS UPON YOU.

CHRIST'S PEACE,
DAVID CARD '87

DEAR CLASS OF 2020,

You are an amazingly caring, generous and an exceptionally giving group of people! I will miss you so much! So many of you have touched my heart in so many ways. Although your senior year is not ending exactly as you had wanted, you are going to be able to tell your children and grandchildren that what you and your family did saved lives in a very scary situation. Don't underestimate that!

I HOPE THAT YOU WILL ALWAYS KNOW HOW VERY MUCH WE LOVE, RESPECT AND CARE ABOUT YOU! One of my favorite sayings is (and I encourage you do this) "The meaning of life is to find your gift. The purpose of life is to give it away." Find your gift. Make this world a better place. We need you to! ¡Vaya con Dios!
MS. KESSLER

DEAR SENIORS,
We are so proud of you! **YOU HAVE LEFT AN AMAZING MARK ON REGIS WITH YOUR ENERGY, LAUGHTER, HARD WORK, FRIENDSHIPS, AND UNCONQUERABLE SPIRIT.**

While the year didn't end the way anyone expected, you've shown your spirit through TEAMS meetings trying to be positive, service opportunities you have created, and the ways that you've reached out to bring needed help and cheer to others. The understanding of the circumstances you have shown, and your creativity in figuring out how to deal with it, are impressive. You have shown your resilience. This will take you to wherever you want to go. We are so proud of you and we will miss you!
MS. VELA

SENIOR CLASS OF 2020! WE ARE ALL SO PROUD OF YOU, AND ALL THE INCREDIBLE THINGS YOU HAVE ACCOMPLISHED IN YOUR FOUR YEARS AT REGIS. SENDING YOU MUCHA SUERTE IN YOUR NEXT CHAPTER! UN SALUDOS, SRA. BECQUET

It has been such a pleasure to see you all grow up into the beautiful young women you are today.

Be kind to yourself and others.
BE CONFIDENT IN WHO YOU ARE.

Each of you is amazing in your own special way.
MRS. WILLSON

Dear Class of 2020, I remember when you arrived as freshmen, we would never have guessed **YOUR SENIOR YEAR WOULD BE ONE FOR THE HISTORY BOOKS**, but you have shown from day one that you are special. I know you will continue on and do great things! I will remember your smiles and the joy I had in spending this time with you! Congratulations Class of 2020!

MRS. DORAIS

Today, when I heard the voice of one of the dear members of the Senior class during Morning Prayer, it really touched my heart, and it made me sad at the same time. It invited me to pray, to remember, and to celebrate the many ways you have brightened my days these past three years that I have been with you at RJ. So many precious and dear moments **WHEN YOU ALL HAVE INSPIRED, DELIGHTED AND AFFIRMED ME BY YOUR GOODNESS.**

And sad, too, at the moments we haven't been able to enjoy and share these final two months of your Senior year. May you be blessed abundantly in these months and years to come!

FR. JIM GOEKE, S.J.

Class of 2020, **CONGRATULATIONS ON AN INCREDIBLE 4 YEARS AT REGIS JESUIT.** Though your time at school got cut a bit short, your impact is in no way diminished. You help create a great tradition and we can only hope the classes behind you will do the same. Good luck with your future plans and know you always have a home at Regis Jesuit.

MR. RICK WERBYLO

Dear Seniors, You are in the midst one of the most memorable (non) graduation (yet) experiences in history, and I'm so sorry that memories are not always good ones. While everyone is experiencing grief and loss right now, you have been particularly heavy on my heart. **I HOPE YOU CLING TO ALL OF THE WONDERFUL MEMORIES YOU HAVE HAD AT REGIS JESUIT**, and I hope you know how deeply loved you are by our community. We hold you close to our hearts (and at least 6 ft. from our person—with a mask and holding our breath). Hopefully we will get to celebrate with you all in person soon. Blessings,

MRS. DUBLER

IT HAD BEEN SUCH A PLEASURE TO SPEND THE LAST THREE YEARS WITH YOU ALL. FROM THE PITCH, TO THE CLASS-ROOM, TO DANCES, AND SO MANY OTHER THINGS, YOU ALL HAVE TOUCHED MY LIFE SO DEARLY. I AM PRAYING FOR YOU ALWAYS, AND WISH YOU THE BEST IN YOUR FUTURE ENDEAVORS! I HOPE YOU'LL STAY IN TOUCH. AFFECTIONATELY, MR. LOEHR

DEAR CLASS OF

CLASS OF 2020, we love you!! Thank you for making Regis Jesuit a better place with your many talents and gifts. We look forward to greeting you next as RJ Alumni Congrats!!!
MS. ZIMMERMAN, ADVANCEMENT OFFICE

Dear Class of 2020, I wanted to take this opportunity to congratulate you all on a great four years at RJ. It's been great to see all the accomplishments of your class and the growth and leadership that has taken place. While this was not the end of the year we were hoping for, I know that each of you will move forward and make your mark. Know that you have already made you mark on your classmates and underclassmen, your teachers and staff, and, most of all, you have made the mark of who you are and what you stand for.

THIS IS JUST THE BEGINNING OF YOUR JOURNEY... I wish you all the best.
MRS. FEIK

Thank you for all you have given to Regis! **YOU HAVE LEFT AN IMPRINT ON THE HEARTS OF ALL WHO KNOW YOU.** You have lead with grace and strength through good times and bad. You are ready to go out and show the world just how amazing this class is – you will be missed!

MS. FREDERICKSEN

Members of the Regis Jesuit Class of 2020—My heart aches for you that your senior year is not concluding the way you may have envisioned. You have carried yourself with grace and uplifted our community this year through your many activities and endeavors, even in the midst of physical distancing and online learning.

GOD HAS BLESSED US THROUGH YOU;

may God bless you through us. In Christ's peace,
DEACON FERRARO

Dear seniors, We are so proud of what you have accomplished. Being part of 2020 has prepared you, without knowing to be prepared for the unexpected. Who would have known. **YOU HAVE FILLED THE WALLS OF REGIS WITH YOUR AMAZING ENERGY, HARD WORK, LAUGHTER, COMPASSION AND YOUR SPIRIT.**

Now it's time for you to share that out there in the world. Good job class of 2020!!!!
CARMEN QUINTANILLA

how do you deal with FEELINGS OF ISOLATION DURING A MODERN PANDEMIC

BY HUNTER SULLIVAN '20 PHOTO BY SOPHIA MARCINEK '20

Quarantine is a very hard time for all of us. We're away from our friends, away from the things we love to do, and away from the familiarity. Even in isolation, it is important to take care of ourselves and each other. We asked our counselors how to handle some of our feelings and concerns during this uncertain time.

IS IT NORMAL FOR ME TO FEEL ANGRY?

BUXTON BD: Yes. There are a whole range of feelings and emotions that go along with the stay at home order and online learning, and actually some anger can be a part of a healthy range of emotions. Anger may be a result of frustration, unfairness, isolation, or a lack of control over the situation. Anger itself is neither good nor bad, but rather it is how you handle that anger that is the key. It is when anger leads to out of control behavior, or where there is a risk of harm to self or others, that intervention may be necessary. When anger leads to unhealthy behavior, situations, or relationships, it is important to reach out to our support network and resources for help.

SOMETIMES I JUST DON'T WANT TO GET OUT OF BED, WHAT SHOULD I DO?

BUXTON BD: We have to acknowledge that what is happening right now in our world is not normal. The extended stay at home orders and not being able to interact with others as we would typically can lead us to feel lonely, hopeless, or fearful. When that happens, we tend to lose our sense of purpose and perhaps don't see the point of getting out of bed. **BUT IT IS IMPORTANT TO KEEP IN MIND THAT THIS SITUATION IS TEMPORARY, WILL EVENTUALLY PASS, AND THINGS WILL GET BACK TO NORMAL.** The steps our society has been forced to implement in order to control the spread of a virus has created a set of fears that have a rational basis: economic fear, fear of catching the virus and getting sick, fear of losing a loved one, fear of dying, fear of being alone, etc. Sometimes when we allow these fears to grow and take control of our thinking, it can be overwhelming and we don't have the motivation or energy to face the day. Often resuming activities

you enjoy, talking to friends or loved ones, or doing something to distract yourself can alleviate these anxieties. If anxieties become chronic, last for a long time, and begin to affect daily life, it is time to reach out to your counselor for help.

All of us have a day every now and then where we don't feel like facing the world, or we just want to stay in bed. It is important to distinguish between normal ups and downs that everyone has from time to time, and recurring or frequent days where you feel like staying in bed. Many of us feel down when things are not going well, but we rebound and recover quickly once things get better. However, if these feelings last longer than usual and a return to normal routines and activities doesn't help, you may be suffering from depression. When determining whether you are depressed, you would consider things such as sleep patterns, appetite, feelings of being down or sad for an extended period, loss of interest in activities you normally enjoy, etc. **IF YOU SUSPECT YOU MAY BE DEPRESSED,** the best thing to do is to tell a parent and get screened by a medical professional or licensed mental health counselor. The counselors at RJHS certainly have a lot of experience working with students that may be depressed, and we can also direct students and families toward resources in the community.

IS IT OK THAT I FEEL SAD EVEN THOUGH MY FAMILY AND I ARE HEALTHY AND OTHER PEOPLE ARE SICK?

BUXTON BD: Yes, absolutely. In fact, feeling sad when bad things happen to other people is a sign of caring and compassion. Our common humanity and the fact that all of us experience suffering in our lives points us toward a greater goal of taking steps to help alleviate suffering in our world. We may see the news,

and realize that even though we feel fine, there are other people that are sick and dying. We can take moments in our day to pause and remember these people in our prayers. Also, many of us are motivated to take action and do some charitable works to help others (when safe to do so), or donate time or money to organizations that are on the front lines every day, or just be grateful for our health and not take anything for granted. **IT IS ALSO IMPORTANT TO UNDERSTAND THAT THERE ARE THINGS THAT HAPPEN AROUND US THAT ARE BEYOND OUR CONTROL, AND THAT EVEN THOUGH WE FEEL SAD, WE PLACE OUR TRUST IN GOD TO LEAD US TOWARD HOPE AND RENEWAL.**

I'M HAVING A HARD TIME SLEEPING, WHAT SHOULD I DO?

BUXTON BD: There could be any number of reasons you are having a hard time sleeping, but recently the events in our world have raised anxiety levels for many and can cause sleep disturbance. Often it is not helpful to try to force yourself to sleep. Tossing and turning only increases anxiety. It may be helpful to get up and do something relaxing such as reading a book, taking a bath, or drinking some herbal tea. When you feel sleepy, go back to bed. Going on your cell phone or ipad, watching TV, playing video games, or listening to music sometimes activate your thoughts and attention center of your brain and can actually make it harder to sleep.

ALL I WANT TO DO IS EAT, WHAT CAN I DO INSTEAD?

BUXTON BD: Because we are home all the time, and it is easy to walk to the kitchen and eat, we are often turning to food when we are simply bored. It is comforting, and it makes us feel better for a short time. But if we eat too much, it can make us feel worse about ourselves. Whenever we feel the urge to eat, we can substitute another activity we enjoy that will take our mind off eating. **IT IS VERY IMPORTANT TO MAKE SURE WE STAY ACTIVE AND MOVE DURING THIS TIME AT HOME.** Getting exercise like regular walking, running, biking, yoga, or weight training can help our mind and body, and boost our mood and energy level. If you must eat, have some healthy snacks around that will satisfy your cravings until the next meal.

I'M EMBARRASSED THAT I HAD COVID-19, OR SOMEONE IN MY FAMILY DID, SHOULD I BE?

BUXTON BD: Not at all. Some of us have had, or might have, Covid-19 at some point. Just like we can't control when we get sick with the cold or the flu, Covid-19 doesn't discriminate in the people it infects. It is a new virus to everyone, and we don't yet have the ability to fight it naturally.

I FEEL LONELY, HOW DO I HELP THIS?

MS. SIADÉ So many of us are feeling lonely and disconnected right now. It is not as easy to connect with others right now as it was before we had to "stay at home." We are social beings, and when we can't socialize, it can make us feel lonely. Reaching out to others through Zoom, Facetime, Teams can help us feel more connected and less lonely. Try playing games virtually with friends or family members; call a friend or family member; send messages to others. Make a concerted effort to stay connected with others! **REACH OUT! OFTENTIMES, WE RELY ON OTHERS TO REACH OUT TO US AND WHEN THEY DON'T WE BECOME FRUSTRATED, UPSET, LONELY, SAD OR IRRITABLE.** Don't feel that just because no one is reaching out to you that you are not loved, missed or cared for. Most of the time, others are also waiting for someone to reach out to them as well. It can also be helpful to remind yourself of those you do have in your life, even though you may not be able to see them or be with them. Shifting our focus from our loneliness to "who loves us and cares for us?" and "What I can do to be closer to others right

"RIGHT NOW WE ARE GRIEVING THE LOSS OF OUR WAY OF LIFE AS WE'VE ALWAYS KNOWN IT; WE ARE GRIEVING THE LOSS OF OUR PHYSICAL PROXIMITY AND CONNECTEDNESS TO OUR FRIENDS, FAMILY, PEERS AND COLLEAGUES."

Ms. Siade MA, LPC School Therapist

now?" can help elevate our mood and help us feel better. We can also help ourselves by asking, "What can I do that will make me feel better?" and then do it! **ALSO, REMEMBER YOU ARE NOT ALONE IN THIS; EVERYONE ELSE IS AT HOME TOO!**

I AM SO OVERWHELMED WITH SCHOOL WORK AND DON'T KNOW HOW TO HANDLE IT. HOW CAN I MANAGE MY TIME BETTER?

MS. SIADÉ: First, give yourself grace and accept that this is new and overwhelming for a lot of us; there are going to be some days that we are all more productive than others. Routines are extremely helpful; they help us be productive, provide us with structure and help to alleviate stress and anxiety. Try to develop a routine that works for you!

SOMETIMES I LASH OUT AT MY FAMILY WHEN I DON'T MEAN TO, HOW DO I PREVENT DOING THAT?

BUXTON BD: Living with others is a challenge, and now that we and our

family members are at home all the time, it is not surprising that we get on each other's nerves. Communication is the key. Being open and honest with family members, but also taking the time to LISTEN is important. Perhaps retreating to your room can be helpful when you feel like the tension is high, then come back later when things have calmed down. But again, eventually it is good to talk about frustrations in a respectful and mature manner. Remember that this situation is not normal for parents either, so mutual understanding goes a long way. If you do lash out, apologize and explain why you are feeling stressed. It may be good to offer to help around the house, or agree to spend some time with the rest of the family together.

I FEEL LIKE I'M MISSING OUT ON SUCH BIG LIFE EVENTS. HOW DO I COPE WITH THAT?

BUXTON BD: It is okay to feel this way, and to grieve missing events. It may help to realize that everyone else is missing them too. Discussing it with friends and family could help take some of the sting out of it. Staying connected to friends that are going through the same thing is so important. It is good to keep in mind that life is such a gift, and that there will be big events and special moments in the future. For seniors, this is indeed a tough time, missing out on some rite of passage events and times. But there is also a lot to be grateful for, and a promising future still ahead. It may be helpful to realize too that we tend to build up some events in our mind to be greater than they actually are, and while we regret not experiencing those, over time those regrets will become less.

HOW CAN STUDENTS GET IN TOUCH WITH A COUNSELOR IF THEY NEED HELP?

BUXTON BD: There are a few primary ways students can get in touch with counselors. The most common ways right now are email and online virtual meetings on Microsoft Teams. A lot of things can be handled through email, particularly assisting students with academic concerns or questions. Students can also email to request an online virtual meeting on Teams with any academic, personal, or mental health issues, for those times when an email is not sufficient. The counselors have already done hundreds of online meetings through Teams.

IF YOU HAVE THOUGHTS OF SUICIDE OR HURTING YOURSELF, SEEK HELP IMMEDIATELY. REACH OUT TO AN ADULT YOU TRUST, A PARENT, YOUR COUNSELOR, AND BE HONEST ABOUT WHAT IS GOING ON. YOU CAN GET HELP, AND THERE IS TREATMENT FOR DEPRESSION THAT WORKS. OTHER RESOURCES INCLUDE SAFE2TELL, THE NATIONAL SUICIDE PREVENTION LIFELINE AT 1-800-273-8255, OR CALL 911.

NEED HELP?

YOUR SCHOOL COUNSELOR IS HERE TO HELP AND OFFER NO JUDGMENT.

REACH OUT



QUARANTINE *funny*

BROUGHT TO YOU BY JOEY PAOLUCCI '22



WHAT WERE YOU DOING

during quarantine?

EXERCISE ALL DAY EVERYDAY

Some students found working out to be calming and break up the monotony of Ground Hog Day

- ☐ heck yeah! I was going to be ripped when this was over!
- ☐ Fo'sho I was even trying my moms zumba tapes
- ☐ The only exercise I did was going from the couch to the fridge!

ART BILL ROSS EVERYDAY

Art is a great way for students to unwind and find their creative side!

- ☐ My artwork will be in the Louvre by the time this is over
- ☐ The only art I did was chalk art with my younger sibling



TIGER KING

WHO WOULD HAVE THOUGHT A DOCUMENTARY ON NETFLIX CALLED TIGER KING WOULD BRING A NATION TOGETHER?

"Tiger King was one of those shows you just couldn't stop watching. It was almost unbelievable but the fact that it was real made it even more entertaining. It was wild."

CHRISTINA NELSON '20

- ☐ of course I watched all you cool cats & kittens
- ☐ ah heck no, I was watching Outer Banks
- ☐ neither I studied the whole time 😊



EATING OUR FEELINGS

CRAZY CRAVINGS

Baking seemed impossible when the flour and sugar were part of the quarantine rush at the grocery store and the shelves were bare just when you had a hankering for chocolate chip cookies. But many students lucked out and used baking as a way to relax and kill time. See junior Alyssa Hales recipe and try it at home! →

FOOD SNACKING FOR THE AGES

Snacks became an essential part of any quarantine day. What did you have a hankering for?



- ☐ Give me all the candy you can possibly find!
- ☐ Chips! Chips! Chips! or anything salty will do!
- ☐ I only ate healthy during the quarantine. Carrots were my go to!

DELIVERY ALL DAY EVERYDAY

No more going out to eat. It was all about delivery or cooking at home during the quarantine!

- ☐ Heck yeah! I had very meal delivered. Why cook?
- ☐ I found my inner chef and made amazing meals
- ☐ Heck, I decided to work for Door Dash & Grub Hub

MUSIC TO QUARANTINE TO
Music brought us together during this time! What did you listen too?

SOCIAL MEDIA PLEASE

#theweekend challenge all the way with my whole family!



- ☐ I spent more time on TikTok than doing my homework!
- ☐ InstaStories all the way! How else do you document this time!
- ☐ Nope! I was way to busy sleeping...



SLEPPY TIME

For most students this was the most sleep they'd gotten in years

- ☐ Yup, I got at least 10 hours every night! Breakfast at 1PM anyone?
- ☐ No way! I like a schedule. I still woke up at 5AM
- ☐ Sleep, who's sleeping? Not me!

WANNA PLAY

Whether it was video games or board games with family, they were an essential part of quarantine



- ☐ Gaming with friends all the way!
- ☐ Board games with the fam for sure!

QUARANTINE BAKING WITH ALYSSA HALE '21



OPERA CAKE

PREHEAT OVEN AT 375°

STEP 1: Crack two eggs & whip the whites together while adding 1/4 cup granulated sugar
STEP 2: Whip 1 egg + 1/4 cup almond flour + 1/3 cup powdered sugar together
STEP 3: Add in 1/2 egg white mixture to almond flour mixture
STEP 4: Using a spatula combine the new mixture and the rest of the egg white mixture
STEP 4: Mix in 1/4 cup cake flour
STEP 5: Put on a baking sheet & shape into 3 evenly shaped rectangles

STEP 6: Put in the oven for 7 minutes at 375°
STEP 7: Whip 1/2 cup of butter + 2 tbsp of sugar + 2 tsp instant coffee
STEP 8: Melt together 1/2 cup of chocolate and 1/4 cup of heavy cream
STEP 9: Using a coffee and sugar mixture, wet the short bread
STEP 10: Then add butter cream layer
STEP 11: Then ganache layer
 ...repeat...
STEP 12: Dollop whipped cream + serve!



"BAKING AND COOKING MAKES ME FEEL A SENSE OF CONTROL AND PRODUCTIVITY DURING QUARANTINE. TO BE ABLE TO MAKE A BEAUTIFUL TREAT/MEAL FOR MY FAMILY HELPS ME TO RELAX AND SEE THIS TIME AS ONE OF PRODUCTIVITY, NOT SECLUSION AND ISOLATION."

WORKING DURING THE PANDEMIC BECAME ESSENTIAL FOR MANY STUDENTS



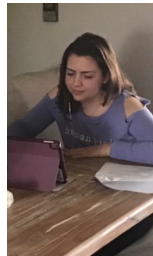
Deavin McAlear '22

"I've worked at Target for about 4 weeks now and the hardest part is having to clean everything I come in contact with and wearing the mask all the time because it gets very hot very quick."



Jenna Newkirk '20

"I'm so thankful to still be able to work during such a difficult time. Dutch Bro's is an amazing company that cares so much about the safety of the customers and employees. It's always weird driving to work when there's barely any cars on the road. We all wish our masks didn't cover up our smiles!"



Sabrina Vizurraga '22

"Tutoring younger kids has been a saving grace for me during quarantine, because it's kept me sane. Since we can't meet in person, I tutor over FaceTime or Skype. This makes some things more challenging, but I've found creative ways to work around those challenges."



Sophia Marcinek '20

"I am so grateful that I am able to work during the pandemic. It has been really good for my mental health to be able to go into work every week. I love working at Big 5 and they always make sure to put our health and safety first."



Madison Hoff '20

"I am incredibly grateful to have a job during this time when I know so many people are struggling. Although ice cream isn't necessarily essential, I'm glad to provide a product that can make someone's day a little better during this time."

ANGELA SERWAA-MARFO '20 ON MISSING HER SPRING EVENTS



"I didn't have a chance to have our spring concert or cover spring sports for the last time as a journalist. I also didn't get to enjoy my last moments as a senior. It sucks. I think the thing that irks me about all this is that the fact that people didn't take this seriously enough (and some who still won't) is not just costing many seniors their last years but also many lives is infuriating. It is not that hard to stay home."

MUSIC



MAKING WAVES

Sophomore V vanNosternWalsh and her band Vinyl Courier just realeased their single “Tell Me” on spotify and Westword reviewed it calling “pure fun”. She talked to Elevate about her love for music and preforming.

PHOTOS PROVIDED BY V vanNOSTERNWALSH



HOW LONG HAVE YOU BEEN IN YOUR BAND?

V: My band started working together in February of 2019 and after some changes in band members, we started working and writing as Vinyl Courier in September of 2019.

WHAT DO YOU ENJOY MOST ABOUT MAKING MUSIC?

V: My favorite part of making music is getting to perform it live. There’s nothing that compares to the energy and emotion that comes with playing your songs in front of a crowd. Having a bunch of people showing enthusiasm over your product of hard work and creativity is such a great experience.

WHEN DID YOU START PLAYING MUSIC?

V: I started playing bass in the summer of 2016 and started playing live shows and concerts in 2018.

HOW DOES IT FEEL TO HAVE A REVIEW IN THE WESTWORD?

V: The Westword article is absolutely amazing! I’m still in shock about it! The author was extremely kind and the word choice described our song in ways I had never even thought and were really fitting.

TELL US ABOUT YOUR FAVORITE MEMORY WITH YOUR BAND?

V: Probably recording our EP “All For Show”. It was a first for all of us and it was great finally getting to hear our songs how we had imagined them from when they were first written. It really demonstrated how well we all work and flow together.

WHAT ARE MOST LOOKING FORWARD IN YOUR MUSIC CAREER?

V: Getting back out and playing more shows and heading on tour again! I was on a short summer tour and it

was such an amazing time getting to play for crowds everyday. I can’t wait for my band to play all the new songs we’ve been working hard on during this quarantine!

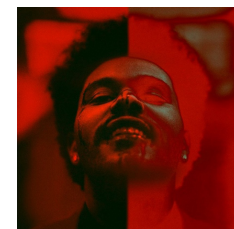
TELL US ABOUT YOUR FAVORITE EXPERIENCE PREFORMING?

V: Trying to pick one of my favorite experiences is hard, there are so many! One of my favorite shows I played was at The Rave/ Eagle’s Club in Milwaukee, the venue was massive and the audience was super energetic and it was just a really great event! Another experience I’m pretty fond of was playing Red Rocks with all my friends. The energy was so incredible and it reflected back to all of us performing and made our performance even better. Definitely one of my favorite places I’ve had the opportunity to play at.

MUSIC REVIEWS

BY MATT TIERNEY '22

THE WEEKND: AFTER HOURS



At this point, **THE WEEKND** needs little introduction. The Toronto R&B sensation Abel Tesfaye has dominated charts consistently since his critically acclaimed mixtape House of Balloons was released in 2011, influencing a whole new wave of alternative R&B. While House of Balloons and the next two mixtapes Abel released brought a fresh and original take on R&B, the novelty began to wear off with later major label releases, despite achieving great success. Now, in 2020, The Weeknd reinvents his style with After Hours, a 56- minute LP of bright, new-wave synths and more heartfelt lyrics. It feels like a fresh chapter for Abel, paired with a well-developed new aesthetic. There’s a lot of homage paid to 80s new wave, especially in tracks like the infinitely popular “Blinding Lights.”

It feels familiar, but not pastiche or unoriginal. Additionally, electronic producer Daniel Lopatin, who put together the score for Uncut Gems, is featured as a producer, and his warm synth arrangements can be heard throughout the record. In some ways, After Hours feels like The Weeknd’s own extension of the sounds and aesthetics of Uncut Gems, which Abel played a minor acting role in. These styles blend well with The Weeknd’s more mainstream production, and hearing trap 808s with synths reminiscent of bands like a-Ha is refreshing. There aren’t any weak tracks on After Hours, and the tracklist manages to stay consistent aesthetically while still delivering a set of defined, unique songs. Bass-heavy trap songs like the single “Heartless” manage to coexist wonderfully with heartfelt ballads, such as the song “Scared to Live.” Overall, After Hours is worth listening to front to back, and showcases a much-needed reinvention of The Weeknd’s style.

RATING: 9/10

Favorite Tracks: Alone Again, Hardest to Love, Faith



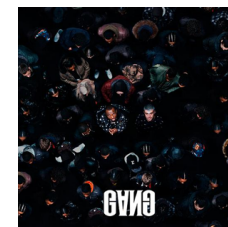
KING KRULE: MAN ALIVE!

On his third full-length project, London songwriter Archy Marshall delivers an enigmatic, genre-blending

experience. In 2013, Marshall, at the time 18 years old, gained popular and critical acclaim for his song “Easy easy” off his debut. Now, with two albums under his belt, Marshall continues to develop his unique sound and show off his artistic talents. Man Alive! is **KING KRULE** at his best. Marshall’s signature blend of elements from jazz, post-punk, and indie rock feel tasteful and well-mixed. This is exemplified on the track “Underclass,” a masterful ballad that feels otherworldly with its blend of lethargic jazz chords and a poignant g-funk synth. Man Alive! is a very focused album, and there aren’t any songs that overstay their welcome. The record does a great job of creating tension, and even in the album’s most blissful moments, there is always an underlying ominous feeling. Marshall delivers a lot of great songs on this record, but listening to the album in its entirety is incredibly rewarding. It is solid front to back, and certainly something I’d recommend.

RATING: 9.5/10

Favorite Tracks: Perfecto Miserable, (Don’t let the Dragon) Draag On, and Underclass



HEADIE ONE & FRED AGAIN: GANG

After being released from prison after serving a six-month sentence, U.K. drill titan Headie One teams up with producer **FRED AGAIN** on GANG, a brief, but powerful project. **HEADIE ONE** is one of the most respected figures in UK drill, and to say that he was a huge factor in popularizing the genre is uncontroversial. The sound he pioneered has certainly caught on, as even American artists like the late Pop Smoke have brought a lot of the hallmark elements of U.K. drill production to a mainstream spot in the U.S. On GANG, Headie One and Fred Again fuse gritty U.K. drill with elements of dance and house. The album is unique in this way, and it shows huge artistic development on Headie One’s part. This is Headie’s most artful album, enlisting the help of artists

like FKA Twigs, Sampha, and even dance producer Jamie xx. All these features compliment Headie One’s harsh, South London style of rapping extremely well. Fred Again’s production is on point throughout the short record, and the songs feel cohesive but varied, an improvement from the sometimes monotonous tracklists on Headie’s earlier projects. While most of the album is filled with well-finished, complete tracks, the record is slightly interlude-heavy for a 22-minute project. These interludes aren’t bad, but there definitely was potential to develop them into more finished songs, especially with the FKA Twigs and slowthai contributions. While they could’ve been developed more, they certainly don’t detract from the album. Overall, GANG stands out as a unique and artful development of the young U.K. drill genre. As U.K drill becomes more popular and crosses over into the U.S., Headie One proves once again that he is, as they say, the “King of Drill.”

RATING: -/10

Favorite Tracks:

MUSIC COLUMNIST MATTHEW TIERNY '22



Matthew has been an Elevate writer for the last two editions, sharing his opinions on culture, especially food and music. Coming from a family of musicians, music has always been a large part of his life in one form or another. Now, he enjoys listening to and reviewing a variety of music for Elevate.

WANT TO WRITE A REVIEW?

Are you interested in writing a reviews for music or restaurants Contact the RJ Media Editorial Board at rjmedia@regisjesuit.com or in the RJ Media Lab (PAC-102). You can also find us on Twitter and Instagram @RJ_Media

A PANDEMIC OF

MONDAY PROMPT: “CHANGE/ADAPTATION”

ee cummings and goings

i carry the day with me[
underarm: gently yet
it slips it
away] it is its
own fragility // things all pure
relentlessly
blind i c
it carried me
BY: CURTIS

Can’t you see?

The difference between the now and the then,
is the long winding road ahead.
It starts off good, but then
You realize, you are alone.
Everyone started their journey,
Without you.
Yet you are at a crossroads.
Which way should you take?
You think to yourself,
“The good old days are gone.”
Then Darkness envelops you,
Swaddles you in their arms,
Cradling your comfort,
Exaggerating your fears.
Though you know better.
You break free from this spell,
You tell the darkness,
“NO”
The darkness fades away,
You know exactly what road you should take.
The one that allows growth.
Suddenly,
You realize you’re no longer alone.

BY: VRIV

To celebrate national poetry month, the library hosted a poetry challenge for students, with daily prompts inspired by the quarantine to spark hope and gratitude

A long faded path filled with nasty portraits,

And dying eyes of the lonely.
He has run farther than ever,
Through this empty forest of the mind.

Now he comes to a stop, a halt,
That peaceful moment between the now and the soon.
Standing at a crossroads, waiting.
The stars glow dim and the moon seems to shrink into the black sky.
‘Which road will be taken?’, the trees whisper amongst each other

Forward or back?
Left or right?

Remembered or forgotten?

She chases the sun through an abandoned town of the heart,
And searches for her refuge in the light of day.
The cliff’s edge was farther before,
but is closer now because it must teach a lesson.
So, she must stop.
Or she must risk her life to chase the sun.

‘What will she do?’, says the ravine below.
That painful moment where she must decide,
Follow the sun?
Or run with the stars?

Always choosing.
Even when you’re not.
Change is the painful death of something that was,
but it also the beginning of something new.

By: IM

Debris dances

around their feet.
Tumbleweeds of
suspicious characters,
only their eyes visible,
dart away from my
inquiry.

Somber skies reveal
nothing
of the day or the end.
I curl my knees up to my chin
and tuck my head as we pass,
emptiness framed in my sights.

Heat blasts through the vents, and a creepy tale emanating from the speakers cuts a sharp truth in my heart:
Condition White
Is A Myth
and anyone foolish enough to live this is in the Matrix
and absolutely vulnerable.

Through the darkness,
we glimpse the road and the obstacles in our low beams.
Yellow, orange, or red?
Sometimes we swerve to miss it, and sometimes we don’t.

BY: JS

New Normal

The days seem to shift into one.
Every week is the same. Except some weeks have more rain than others
Saturday rolls around, but does that even matter? Forget seeing your friends. Everyday is Saturday, if you want it to be.

The alarm rings and you wonder how long you can sleep until even that gets old. Instead of the sun rising meaning the beginning of a new day, its new definition has become “yesterday”

You get up and raid the fridge or eat nothing.

You miss waving at your science teacher going from 2nd to 3rd period. You miss laughing with your friends over your inside jokes. You even begin to miss the sound of your coach’s yelling.

You seem to have run out of Netflix shows to binge, when you should be doing your work. So you do your work.

You miss the little things. Human interaction besides the people you live with? That sounds like a flood in the desert after a drought.

You’ve become overwhelmed by the “simple” act of residing in your own mind.

But then you remember how lucky you are.

You still have a roof over your head and your family is doing fine, even if your mom is out of a job.

There’s enough toilet paper in your house, even though you took the liberty of ordering a bidet from Amazon.

You call your best friend from 4th grade who is 1,000 miles away and you have trouble keeping your breath stable, as you laugh and laugh and laugh

You pray even. Maybe it’s for yourself or your friends or your teachers or even the whole world.

You have been given the grace of being alive. You learn to love the time with your annoying sibling and

You’re okay, because no matter how dark the night is, there is guaranteed to be a sunrise.

BY: SV

TUESDAY PROMPT: “HEROIC ACTS”

No cape, just helicopter blades

No Cyclops, just laser vision,
focus on the right
no patriotic salute, only unshakable “kind”-ness
no manual or chain of command
only the gut punch of choosing, and the thousand flows of that moment.

how to tell the whole world, no face scorn
the heroic is banal, judged harshly
when fraternite is jettisoned for strangers.

Son My is a nowhere
where you can throw away your everything
sometimes helicopter blades are the wings of an angel.

BY: JQE

A list of all the things I’ve seen a hero do:

Stand up, Save a life, Sing a song, teach another,
Comfort the broken, heal and fix a child, free the trapped,
Inspire the unmotivated, love no matter what,
See the lost and make them finally found,
And reach their hand out to those in the dark,
Those trapped in the tar and ink of the past,
And the dark opens up and in pours the warmth and passion of the heart.
The hero takes their hand.
And together,
We walk into the sun and hold hands across the world.

BY: IM

Dropped books in the hallway

A fire in an apartment
A life-threatening disease
Even a cat stuck in a tree
Heroes can come in all shapes and sizes
The deed may be big
The deed may be small
“A true hero is not measured by the size of his strength,
But by the strength of his heart”
Heroes can go by many names
Firefighter Joe
Mom and Dad
Batman
Police Officer David
Doctor James
Nurse Rebecca
Or Stranger I Don’t Know
We need heroes right now
So...
Let’s all be heroes
BY: BROOKIEBEE

THURSDAY PROMPT: “ODE TO A MASK”

This whole circus of safety,

Never realized we were so dainty,
Fallen fragments and full, full homes,
Lonely hearts, filled with stones.

WEDNESDAY PROMPT: “GROWING CLOSER”

How close to warm is chilly

the terminator to daylight
a globe’s rotation closer
or farther
to some-thing
every motion toward is a
movement apart
every turn away, a turn toward
every fall, a coming closer

the redwood grows nearer
the sky, inching away from
the earth
lunar waning is waxing
and each sentence moves
away from period toward
a period

the circle closing includes
and excludes-
geometry of living-
is always moving, closer
than we think.
BY: JQE

And here we are
hiding our faces,
All this when we are
going places,
Trying to find ways of distraction,
Life has become an impossible abstraction.

Yet, here we are
pushing through
it all,
Missing friends and prom dance halls,
Going out sounded so appealing,
Until people suddenly weren’t healing.

Oh, you mask, protecting our lungs,
Preventing us from using our tongues,
You are our blanket of safe haven peace,
And reminding us to create some sort of masterpiece,
Because if we don’t,
What is our beautiful world fighting for?
BY: IM

An Ode to Senior Year

To the would-be memories

To the nights we should have spent
Staying up
And goofing off

To the jokes and friends
We’ll never make
We’ll never love

To the dresses and heels
Banished to the closet
Collecting dust and tears

To the stadium and the times we screamed
Until our throat was raw
And our cheeks were sore

To the stage
That we should have walked across
Proud and sad and joyful at once

To the halls
Where we would have celebrated
One final day among each other

To the classrooms
Where four years should have been spent
Learning and laughing and hoping

To the mentors
Those we loved and miss
And will never say goodbye to

To senior year
To your facade
To believing you’d be normal
BY: HOKA

FRIDAY: “ANTICIPATION, HOPE OR GRATITUDE”

Life is unknown.
We can’t expect something to happen,
Good or bad,
In fact, it’s always hurrying and passing
And makes us sad.
In quarantine, in a home I never liked,
I found something beautiful,
Many songs I typed and tears wiped,
But what was simply beautiful, Is non-renewable.
I was charmed by illusions in my dreams,
And many books and movies, I saw them as sunlight beams,
Ways to escape the gloomy. However, I know this now:
Even though life can throw us off our curve,
We should preserve and deserve,
Unconditional love and hope.
BY: IM

A CHANGING *environment*

BY OLIVIA BAPTISTE '21

During this crazy time of the Covid 19 Pandemic, each of our individual environments has changed. Most of us now attend school in hoodies and yoga pants (if we didn't already do that before), worry whether our mic is on during our numerous team meetings, and see our friends on a screen instead of in real life. Our individual environments have changed, but so has our common one, the earth.

Our common home has been positively impacted in many ways during the coronavirus pandemic, which is just one example that there is always good in the world. Millions of cars are off the roads, which has contributed to a drastic reduction of Nitrogen Dioxide (NO2) emissions.

For example, in Wuhan, Central China, there has been a 10-30% drop in emissions since their quarantine has begun. Many have seen the photos like this one from NASA portraying the drop in NO2 emissions in China and similar ones have been depicted for Spain, Italy, and California.

With emissions of pollutant gases like CO2 and NO2 on the decline, people have witnessed changes in their communities. People in Punjab, India are now able to see the snow peaks of the Himalayas, a view that for decades has been blocked by air pollution. People in Venice, Italy have reported that the normally cloudy canals are now clear enough to see fish (See photo above from Marco Capovilla).

These are just a few examples of the positive effects that staying at

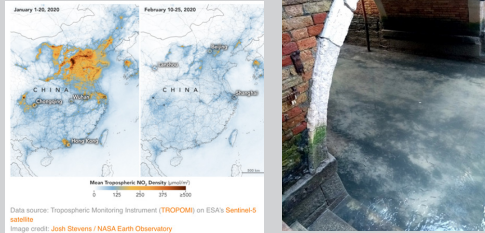
home has had on the planet. I should mention that there have been some negative effects.

Since many restaurant have reduced business or closed all together, the places that produced the food for these projects has largely gone to waste. Overall, these positive effects have proved to us that we can take action to help our planet.

We often view climate change as too big of a problem to tackle, and then do nothing at all, because we feel discouraged. This pandemic has shown us that our actions do have an effect on "Our Common Home", and we can work to slow climate change and work to preserve and protect our environment and the animals in it for our generation and for future generations.

The actions we take don't have to be huge, because let's be honest, I don't know how much longer we can stay in our houses for, but they can be small. Some examples of this is if you are going out, get everything in one trip, so you don't have to run out more times than are necessary which wastes gas and pollutes the environment.

Start a beehive, bees are vital pollinators, especially for the agricultural industry. Pick up trash in your neighborhood. Go outside instead of sitting with the lights on in your house. All these "seemingly Insignificant" actions can have an positive impact on our planet, and that is what this whole pandemic has shown us: that we can create positive change for our planet and those who live in it.



BY EMMA GOODWIN '21

LESSONS LEARNED FROM A GLOBAL PANDEMIC

BEFORE THE CORONAVIRUS BROKE OUT, I rarely, if ever, took the time to be mindful or present in my own life. Perhaps, I really (as I always claimed) "just didn't have the time" to consider what I am grateful for, to establish a healthy and balanced routine, or to learn how to meaningfully connect with myself and others. But as I write this, continuing my education online, there is ample time to reevaluate my habits and make the most of this new reality. In fact, I believe that students like me can—and should—resist panic and consider these lessons from the Coronavirus world, both as we adjust to this troubling time, and when we return to our "normal" lives.

My first step in adapting to the Coronavirus world was letting go of the prevailing negative feelings I had toward the pandemic. Despite being healthy and safe, I felt panicked and upset. And for good reason; as I write this, many news reports promise the worst is yet to come, and Coronavirus seems to be all we can talk about. And, consequently, a "social contagion"¹ spreads, as our "anxiety [is] cued or triggered simply by talking to someone else who is anxious," according to psychologist Judson Brewer. Though it feels natural and appropriate to panic, Brewer says the healthier response is replacing fear with more mentally rewarding behaviors like mindfulness and gratitude. Gratitude is crucial in this time of crisis, because it can break the cycle of "social contagion."

Gratitude enables us to use this period of social distancing to practice living in a way that is intentional, kind, and mindful. Before Coronavirus, long school days, extracurricular activities, and social engagements distracted me from seriously considering what kind of friend I ought to be, how I want to spend my time and, on a deeper level, what my values, priorities, and "sense of purpose" are.

I argue that Coronavirus is a rare opportunity that affords us time and space to meaningfully connect with ourselves, our families, and our friends. To do this, rather than commiserating about our disappointments and fears, I challenge my peers to attempt to spread a different kind of "social contagion"; gratitude. We can spread gratitude through conversations (even over a video chat or call), and we can spread it by example. During this crisis, and after, take stock of all—and who—you are grateful for. Express your gratitude. Consider the kind of person you want to be, and how you hope to influence others, then get plenty of practice in this sheltered environment before we return to our "normal" lives, hopefully stronger, on the other end of the Coronavirus pandemic. When all is said and done, I hope to look back and think that my peers and I learned an awful lot about ourselves, our values, and our priorities. Who knows—maybe we'll somehow look back on this crisis with gratitude.

1. Brewer, Judson A. "A Brain Hack to Break the Coronavirus Anxiety Cycle." The New York Times, The New York Times, 13 Mar. 2020, www.nytimes.com/2020/03/13/well/mind/a-brain-hack-to-break-the-coronavirus-anxiety-cycle.html. 2. Laker, Benjamin. "How To Be Positive In The Coronavirus World." Forbes, Forbes Magazine, 17 Mar. 2020, www.forbes.com/sites/benjaminlaker/2020/03/13/how-to-be-positive-in-the-coronavirus-world/#44af35d83450.

THE SAN DIEGO - TIJUANA DOCUMENTARY

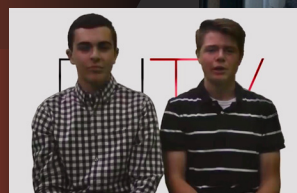
CROSSING BORDERS

A NICK FAESTEL FILM
REGIS JESUIT STUDENT MEDIA PRESENTS
 WILLIAM MUNRO - SOPHIA MARCINEK - CAMERON COLLINS - CAMILA EVANGELISTA
 ARMANDO MALDONADO - SAM STERN - CHRISTINA NELSON
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Always keeping it old school with the dedication to the printed page. Spotlight story reporter, editor, designer.

NICK FAESTEL HEAD DOCUMENTARY DIRECTOR AND PRODUCER.

A painter of moving images. Artistry in motion. Graphic design, photography, filmmaking. Vision. Artistry. Storytelling.

CHRISTINA NELSON THE NEWCOMER. FEARLESS FREELANCER.

Tough and caring interviewer. Listens to the people and gets the story. Social justice, social change.



ANGELA SERWAA-MARFO HEAD OF SOCIAL MEDIA.

Twitter pro. Always everywhere at once. Documenting the best moments in real time. The dedication. The passion. The excitement! Simply unmatched.

PATRICK CARLSON RAIDER SPORTS NETWORK LEAD PRODUCER.

The man with the plan. Bringing more live events to the community than anyone in history of program. Technology. Troubleshooting. Dedication. The Wizard of RSN.

JAKE FETE CAMERAMAN EXTRAORDINAIRE.

Like the offensive line. Can't happen without him, gets none of the credit. Stepping up to be an integral part of the crew. A+ camera work.

JAKE STUART RAIDER SPORTS NETWORK HEAD ANNOUNCER.

Pro color commentary. Stats, knowledge, passion for the game. True dedication to the Raider sports family.

SYDNEY ABLE FREELANCE REPORTER.

Video storytelling, editing. At the scene and in the editing room. Always ready to add empathy and laughs.

MARIANO ADAME INTREPID REPORTER.

Maker of much-needed moments of laughter. Leader of motivational pep talks and enforcer of fun.

RYAN TIERNEY THE ULTIMATE COLUMNIST AND FREELANCER.

Commentary and Op-Ed specialist. Hot takes with precision. Politics, government, sports, lifestyle. The Renaissance Man.

JERON JOHNSON HE'S OUTDOORS. AND HE'S BEHIND THE MIC FOR RSN.

But mostly, he's outdoors. And that's awesome.

LUCAS FRAZIER THE ANIMATOR.

The filmmaker. The graphic designer. The best RJTV splash of all time.

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