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. Anzick). 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 the road, 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 bittersweet 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

EDITORIAL STAFF

EDITOR-IN-CHIEF: SOPHIA MARCONEX ‘20

EDITORS:
HUNTER SULLIVAN ‘20, MADIE PROCTOR ‘21
SABRINA VIZZURRAGA ‘22

HEAD DESIGNER:
SERENA NGUYEN ‘22

HEAD ILLUSTRATOR:
JOEY PAOLUCCI ‘22

GRAPHIC DESIGNERS:
Sophie Boderus ‘20, Megan Finn ‘20

WRITERS:
Grant Barros ‘23, Ryan Terenzi ‘20
Will Munro ‘20, Sydney Alice ‘20

MUSIC COLUMN:
Matthew Terenzi ‘22

PHOTOGRAPHY:
Sophia Marcone ‘20, due to Covid 19 many photos were provided by students and their families

ADVISERS
NICOLE ARDING, ADAM DAWKINS ‘18, MARIA LYNCH, SARA HILDRETH

ONLINE MAGAZINE:
RIDEMEDIANOW.COM

EDITORIAL POLICIES

RJ Media is the student voice and opinion outlet for all Regis Jesuit students. It is a forum for academic expression and the promotion of student leadership. The publications will serve as a medium of news value and news awareness.

The staff aims to balance what the audience wants to hear with what is true, accurate and fair. The staff will work to deliver content that is fair, accurate, balanced, truthful and impartial. For such a staff to be independent, its content and format must be separated from the influence of those who may sponsor or financially support it.

The publications will serve as a medium of news value and news awareness. The staff aims to balance what the audience wants to hear with what is true, accurate and fair. The staff will work to deliver content that is fair, accurate, balanced, truthful and impartial.

The staff will not accept or review or have the ability to accept any student participation, or the selection of student staff or the hiring or firing of student staff. The publications will serve as a medium of news value and news awareness.

The staff will not accept or review or have the ability to accept any student participation, or the selection of student staff or the hiring or firing of student staff. The publications will serve as a medium of news value and news awareness.

Letters to the Editor

Letters to the editor are welcome and encouraged. All letters are considered. They may be accompanied by a name and signature. Letters to the editor are limited to a maximum of 250 words. Letters not submitted electronically will be accompanied by an envelope. Letters to the editor are limited to a maximum of 250 words. Letters not submitted electronically will be accompanied by an envelope.

Letters to the Editor

Letters to the editor are welcome and encouraged. All letters are considered. They may be accompanied by a name and signature. Letters to the editor are limited to a maximum of 250 words. Letters not submitted electronically will be accompanied by an envelope. Letters to the editor are limited to a maximum of 250 words. Letters not submitted electronically will be accompanied by an envelope.

Letters to the Editor

Letters to the editor are welcome and encouraged. All letters are considered. They may be accompanied by a name and signature. Letters to the editor are limited to a maximum of 250 words. Letters not submitted electronically will be accompanied by an envelope. Letters to the editor are limited to a maximum of 250 words. Letters not submitted electronically will be accompanied by an envelope.

Letters to the Editor

Letters to the editor are welcome and encouraged. All letters are considered. They may be accompanied by a name and signature. Letters to the editor are limited to a maximum of 250 words. Letters not submitted electronically will be accompanied by an envelope. Letters to the editor are limited to a maximum of 250 words. Letters not submitted electronically will be accompanied by an envelope.

Letters to the Editor

Letters to the editor are welcome and encouraged. All letters are considered. They may be accompanied by a name and signature. Letters to the editor are limited to a maximum of 250 words. Letters not submitted electronically will be accompanied by an envelope. Letters to the editor are limited to a maximum of 250 words. Letters not submitted electronically will be accompanied by an envelope.

Letters to the Editor

Letters to the editor are welcome and encouraged. All letters are considered. They may be accompanied by a name and signature. Letters to the editor are limited to a maximum of 250 words. Letters not submitted electronically will be accompanied by an envelope. Letters to the editor are limited to a maximum of 250 words. Letters not submitted electronically will be accompanied by an envelope.

Letters to the Editor

Letters to the editor are welcome and encouraged. All letters are considered. They may be accompanied by a name and signature. Letters to the editor are limited to a maximum of 250 words. Letters not submitted electronically will be accompanied by an envelope. Letters to the editor are limited to a maximum of 250 words. Letters not submitted electronically will be accompanied by an envelope.

Letters to the Editor

Letters to the editor are welcome and encouraged. All letters are considered. They may be accompanied by a name and signature. Letters to the editor are limited to a maximum of 250 words. Letters not submitted electronically will be accompanied by an envelope. Letters to the editor are limited to a maximum of 250 words. Letters not submitted electronically will be accompanied by an envelope.

Letters to the Editor

Letters to the editor are welcome and encouraged. All letters are considered. They may be accompanied by a name and signature. Letters to the editor are limited to a maximum of 250 words. Letters not submitted electronically will be accompanied by an envelope. Letters to the editor are limited to a maximum of 250 words. Letters not submitted electronically will be accompanied by an envelope.

Letters to the Editor

Letters to the editor are welcome and encouraged. All letters are considered. They may be accompanied by a name and signature. Letters to the editor are limited to a maximum of 250 words. Letters not submitted electronically will be accompanied by an envelope. Letters to the editor are limited to a maximum of 250 words. Letters not submitted electronically will be accompanied by an envelope.

Letters to the Editor

Letters to the editor are welcome and encouraged. All letters are considered. They may be accompanied by a name and signature. Letters to the editor are limited to a maximum of 250 words. Letters not submitted electronically will be accompanied by an envelope. Letters to the editor are limited to a maximum of 250 words. Letters not submitted electronically will be accompanied by an envelope.

Letters to the Editor

Letters to the editor are welcome and encouraged. All letters are considered. They may be accompanied by a name and signature. Letters to the editor are limited to a maximum of 250 words. Letters not submitted electronically will be accompanied by an envelope. Letters to the editor are limited to a maximum of 250 words. Letters not submitted electronically will be accompanied by an envelope.

Letters to the Editor

Letters to the editor are welcome and encouraged. All letters are considered. They may be accompanied by a name and signature. Letters to the editor are limited to a maximum of 250 words. Letters not submitted electronically will be accompanied by an envelope. Letters to the editor are limited to a maximum of 250 words. Letters not submitted electronically will be accompanied by an envelope.

Letters to the Editor

Letters to the editor are welcome and encouraged. All letters are considered. They may be accompanied by a name and signature. Letters to the editor are limited to a maximum of 250 words. Letters not submitted electronically will be accompanied by an envelope. Letters to the editor are limited to a maximum of 250 words. Letters not submitted electronically will be accompanied by an envelope.

Letters to the Editor

Letters to the editor are welcome and encouraged. All letters are considered. They may be accompanied by a name and signature. Letters to the editor are limited to a maximum of 250 words. Letters not submitted electronically will be accompanied by an envelope. Letters to the editor are limited to a maximum of 250 words. Letters not submitted electronically will be accompanied by an envelope.

Letters to the Editor

Letters to the editor are welcome and encouraged. All letters are considered. They may be accompanied by a name and signature. Letters to the editor are limited to a maximum of 250 words. Letters not submitted electronically will be accompanied by an envelope. Letters to the editor are limited to a maximum of 250 words. Letters not submitted electronically will be accompanied by an envelope.

Letters to the Editor

Letters to the editor are welcome and encouraged. All letters are considered. They may be accompanied by a name and signature. Letters to the editor are limited to a maximum of 250 words. Letters not submitted electronically will be accompanied by an envelope. Letters to the editor are limited to a maximum of 28
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. RI 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 PORCHAIRTS

04    SPRING

PORCHAIRTS 05

PORCHRAITS, it has its ups and downs like having to listen to some parents talk for hours on end. I am able to just put my work done without a 40min lecture telling me what needs to be done, when I can look at the instructions and dive examples and be fine. My mom and dad aren’t to blame. My dad works from home and still has time to hang out with us even though he might not eat a little too much. My apartment 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.”

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 two little things I take for granted every day.”

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 two little things I take for granted every day.”

RYAN BELOIN ‘22

“DURING THIS QUARANTINE, life at home has been very different than I 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 took up most of the day for me. I would rather go back to normal life, as that I can see my friends again.”

MAAMEE GEEI-FORDWUO ‘22

“IT WAS AN UNEXPECTED adjustment as we rushed around to move my stuff to the apartment in the college. For the quarantine, we assigned our rooms together or working on homework, at 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 uninfected.”

BENNETT KITTELSON ‘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 thankful for everything that we have. It has opened our eyes to see what is truly important and has given us opportunities we never would have experienced until now. One thing I have learned 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.”

JENSON DAVIS ‘22

“This OUTBREAK has been challenging for my family and me. To find ways to keep everyone 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 I have given an opportunity to try new things and to stay connected with friends and others facing the same problem.”

MAAMEE GEEI-FORDWUO ‘22

“IT WAS AN UNEXPECTED adjustment as we rushed around to move my stuff to the apartment in the college. For the quarantine, we assigned our rooms together or working on homework, at 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 uninfected.”

BENNETT KITTELSON ‘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 thankful for everything that we have. It has opened our eyes to see what is truly important and has given us opportunities we never would have experienced until now. One thing I have learned 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.”

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 BELOIN ‘22

“DURING THIS QUARANTINE, life at home has been very different than I 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 took up most of the day for me. I would rather go back to normal life, as that I can see my friends again.”

MAAMEE GEEI-FORDWUO ‘22

“IT WAS AN UNEXPECTED adjustment as we rushed around to move my stuff to the apartment in the college. For the quarantine, we assigned our rooms together or working on homework, at 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 uninfected.”
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.”

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.”

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.”

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 PROGRESSIVE 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.”

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.”

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.”

RORY BYRNE ’23
“DURING THE QUARANTINE I HAVE BEEN GOING ON LONG WALKS IN THE WILDERNESS, BAKING, SCHOOL WORK, AND TRYING NOT TO GO CRAZY.”

JANIE ADAMS ’22
“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.”

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.”

JAMIE JOANNS ’22
“DURING THE QUARANTINE I HAVE BEEN GOING ON LONG WALKS IN THE WILDERNESS, BAKING, SCHOOL WORK, AND TRYING NOT TO GO CRAZY.”

ROBERT DEMBECK ’23
“As I continue to go through this quarantine, day by day, I began 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 progressive 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.”
ELEVATE 08

ELEVATE 09

Porchraits

08

ELEVATE

and school after all." That some good has come out of quarantine to sleep in so it balances out.’ Which shows 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.”

Jenna ‘20 & Zachi ‘22 Newkirk

“My family has been big in growing my family relationship.”

Colin Craven ‘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.”

Ziam Quadrone ‘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 through 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.”

LAINEY KERSEY ‘20

“WE’RE ALL TRYING TO STAY POSITIVE IN THE KERSEY HOUSEHOLD! IT FIRST FEEL LIKE IT WAS A LITTLE CULTIVATING! BUT IT’S MOISTURE JUST GROWING! I’M THIS TIME WITH MY FAMILY BEFORE I HAVE TO LEAVE FOR COLLEGE IN AUGUST!”

David Behrends ‘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.”

Teresa ‘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.”

Conner Craven ‘20

“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 weekends, and we have all been cooking a lot. On Easter I made brunch and dinner while my sister made an apple pie.”

Sean Vestaerka ‘20

“Quarantine has been an unusual time for my family. My entire family is always busy with our hectic schedules. 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.”

Lainey Kersey ‘20

“Amy 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 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, we have a kiddie pool will have to do. We have 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.”

David Behrends ‘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.”
**January 11, 2020**


**January 13, 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.

**January 21, 2020**

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.

**February 11, 2020**

The first case of novel coronavirus not located in China. Thailand announces one of its citizens who traveled to Wuhan contracted the virus.

**February 8, 2020**

The first U.S. citizen dies of coronavirus in Wuhan.

**March 4, 2020**

Colorado confirms its first two cases of COVID-19.

**March 5, 2020**

President Donald Trump, right, visits with Anthony Fauci, director of the National Institute of Allergy and Infectious Diseases, during a coronavirus roundtable meeting on March 3, 2020, in Bethesda, Md. (Kent Grimes/Pool Photo via AP)

**March 11, 2020**

The WHO officially names the virus COVID-19 (stands for Coronavirus disease 2019).

**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 12, 2020**

Colorado announces its first death due to COVID-19, a woman in her 80s with underlying health conditions in El Paso County.

**March 13, 2020**

The US becomes the country with the most reported cases with at least 82,321 confirmed cases and over 1,000 deaths. Montana announces a stay at home order. The Indianapolis 500 is postponed until August 23.

**March 25, 2020**

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

**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.

**April 8, 2020**

Wuhan reopens after a 76-day lockdown. A woman wearing a face mask walks along a street near a Wuhan Bridge in Wuhan, in China’s central Hubei province on April 13, 2020. (Photo by Hector Retamal/AFP via Getty Images/BNPS)

**April 18, 2020**

Mass protests in downtown Denver over lockdown orders. Colorado passes 10,000 cases.

**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.
ON JANUARY 20TH OF THIS YEAR, GLOBAL CRUDE OIL PRICES WERE AT RELATIVELY NORMAL LEVELS, AVERAGING AROUND SIXTY-FOUR BRENTE 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 lows, with some crude prices dipping to negative numbers. 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 losses in 2020.

The federal coronavirus task force, led by Dr. Anthony Fauci, a scientist at the National Institutes of Health, has been actively monitoring the situation aboard the Center for Disease Control and Prevention’s (CDC) official ship, and the Federal Reserve Board has been actively monitoring the economy too. Members of the federal coronavirus task force, led by Dr. Anthony Fauci, a scientist at the National Institutes of Health, and the Federal Reserve Board have been actively monitoring the situation aboard the Center for Disease Control and Prevention’s (CDC) official ship, and the Federal Reserve Board has been actively monitoring the economy too.

The United States, which has been in lockdown since March 16, has followed suit. The United Kingdom, Italy and Spain have also taken lockdown measures. The United States, which has been in lockdown since March 16, has followed suit. The United Kingdom, Italy and Spain have also taken lockdown measures.

In California, some restaurants were allowed to reopen as early as March 13, and on March 18, the CDC announced temporary closures for in-person voting. In some school districts, such as Colorado, voting rights and accessibility, which were previously a hot topic on the Democratic primary campaign trail, are once again being called into question. In November elections, 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. companies for vaccine manufacturers across the world. But as these companies have been taken out from under them.

Since the roll-out of the four stimulus packages, technical issues and glitches have been a matter of ongoing frustration. 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. companies for vaccine manufacturers.
**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.

**MARCH 12**

Students are released early for spring break due to Coronavirus outbreak in the state.

**MARCH 21**

Regis Jesuit announces tentative dates for senior prom (May 30) and graduation (July 18).

**MARCH 24**

Students began remote learning

**MARCH 25**

Seniors picked up caps and gowns, yard signs and the remainder of what was left in their lockers as teachers and admin cheered them on.

**APRIL 21**

CHSSA Cancels all spring sports

**APRIL 23**

Virtual Lark took place and raised $620,000 net to provide Covid 19 relief funds for families in crisis.

**APRIL 25**

Virtual Lark took place and raised $620,000 net to provide Covid 19 relief funds for families in crisis.

**MAY 1**

Seniors picked up caps and gowns, yard signs and the remainder of what was left in their lockers as teachers and admin cheered them on.

**MAY 8**

Last day for seniors

**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**

Dry Cough

Fever

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

**DATA FROM WORLD HEALTH ORGANIZATION**

**20-29 years old**

13.3%

**10-19 years old**

2.6%

**9 or younger**

1.1%

**80+ years old**

9%  

**70-79 years old**

9.3%

**60-69 years old**

13.7%

**50-59 years old**

16.1%

**30-39 years old**

16.6%

**20-29 years old**

17.5%

**18-19 years old**

8.1%

**13-14 years old**

8.5%

**11-12 years old**

7.9%

**9-10 years old**

7.7%

**8 or younger**

7.3%

**COVID-19 in COLORADO**

**DATA FROM LIVESCIENCE.COM**

**50-59 years old**

17.5%

**40-49 years old**

16.6%

**30-39 years old**

16.1%

**20-29 years old**

13.3%

**18-19 years old**

11.3%

**16-17 years old**

11.3%

**15-16 years old**

11.3%

**13-14 years old**

8.1%

**12-13 years old**

8.1%

**11-12 years old**

7.7%

**10-11 years old**

7.7%

**9-10 years old**

7.3%

**8-9 years old**

7.3%

**7-8 years old**

7.3%

**6-7 years old**

7.3%

**5-6 years old**

7.3%

**4-5 years old**

7.3%

**3-4 years old**

7.3%

**2-3 years old**

7.3%

**1-2 years old**

7.3%

**0-1 years old**

7.3%

**APRIL 21**

CHSSA Cancels all spring sports

**APRIL 23**

Virtual Lark took place and raised $620,000 net to provide Covid 19 relief funds for families in crisis.

**APRIL 25**

Virtual Lark took place and raised $620,000 net to provide Covid 19 relief funds for families in crisis.

**MAY 1**

Seniors picked up caps and gowns, yard signs and the remainder of what was left in their lockers as teachers and admin cheered them on.

**MAY 8**

Last day for seniors

**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**

Dry Cough

Fever

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

**DATA FROM WORLD HEALTH ORGANIZATION**

**20-29 years old**

13.3%

**10-19 years old**

2.6%

**9 or younger**

1.1%

**80+ years old**

9%  

**70-79 years old**

9.3%

**60-69 years old**

13.7%

**50-59 years old**

16.1%

**30-39 years old**

16.6%

**20-29 years old**

17.5%

**18-19 years old**

8.1%

**16-17 years old**

8.1%

**15-16 years old**

8.1%

**13-14 years old**

7.7%

**12-13 years old**

7.7%

**11-12 years old**

7.7%

**10-11 years old**

7.7%

**9-10 years old**

7.3%

**8-9 years old**

7.3%

**7-8 years old**

7.3%

**6-7 years old**

7.3%

**5-6 years old**

7.3%

**4-5 years old**

7.3%

**3-4 years old**

7.3%

**2-3 years old**

7.3%

**1-2 years old**

7.3%

**0-1 years old**

7.3%
Not all superheroes wear capes

**BY SAVRINA VIZURRAGA ’22**

PHOTOS PROVIDED BY FABIOLA BELIBI ’22

**COVID-19 MASKS**

16

BY HELPING TO SPREAD LOVE

OF THE COVID-19 PANDEMIC AND SHE’S DOING HER PART

IT’S LIKE TO HAVE A PARENT WORKING ON THE FRONT LINES

SOPHOMORE FABIOLA BELIBI KNOWS FIRST HAND WHAT

ACTION BY MAKING MASKS.

FAVIOLA 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.

**O & A**

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

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
- Coffee Filter (optional)

**STEP BY STEP GUIDE**

1. Lay out a bandana on a flat surface.
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.

PHOTOS PROVIDED BY FABIOLA BELIBI ’22

BY SABRINA VIZURRAGA ’22

**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.

Lay a coffee filter in the center (optional).

**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**
The most difficult part of the pandemic has been to stay at home. I have tried 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 get only once in your life. The threat of losing the last two months of senior year completely upsets me. I want to be able to see familiar faces at RJ. I have always had a lot of love for my teachers. I mention all of these in this time of uncertainty. It seems like all there is to look at will cause us great fear and depression. And there is no clear answer as to when it will end. Some people will tell you another month, some people say the spring, and some people say never. We will have to adapt for the rest of our lives. We are led to this transition has been not being able to connect with my classes person. But I am grateful for being able to see familiar faces at RJ. I maintain communication with 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. Balsalea, Malone, Moriarty, Lynch, and Mr. Jackson are sick of me Facetiming them constantly.)

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 love 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 liken being “trapped” in a classroom face-to-face with students, I feel 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.

A Letter of Hope from Senior Patrick Carlson

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 get only once in your life. The threat of losing the last two months of senior year completely upsets me. I want to be able to see familiar faces at RJ. I have always had a lot of love for my teachers. I mention all of these in this time of uncertainty. It seems like all there is to look at will cause us great fear and depression. And there is no clear answer as to when it will end. Some people will tell you another month, some people say the spring, and some people say never. We will have to adapt for the rest of our lives. We are led to uncertainty, it seems like all there is to look at will cause us great fear and depression. And there is no clear answer as to when it will end. Some people will tell you another month, some people say the spring, and some people say never. We will have to adapt for the rest of our lives. We are led to this transition has been not being able to connect with my classes person. But I am grateful for being able to see familiar faces at RJ. I maintain communication with 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. Balsalea, Malone, Moriarty, Lynch, and Mr. Jackson are sick of me Facetiming them constantly.)

Q: How has the involvement with the Catholic Church in your community during the pandemic been? Serrano: Still feel very much connected to the RJ community; I am constantly receiving messages from colleagues, parents, and students. I am grateful for the messages.

Q: 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 Litany of Christian 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.

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 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 students 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 greater things. 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 coddled more than the rest of us. I see support from the people who are making Zoom calls to the seniors as it gives them 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 cheeking 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 “unsung” or under-valued 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 get the pandemic under control and even those who have been offering support give me hope, because it shows how society is joining together to carry one another’s crosses and push through the pandemic. We are starting to see rays of hope with regards to controlling the virus. 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 completing rosters. Advents of technology has no end. We are starting to see the light at the end of the tunnel.

The bottom line is this. We are all suffering in this one way or another, but there are 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 hope that we will. We will see how this ends. We will see how this plays out. We will see how this pandemic starts to get out of our homes. We are starting to see the light at the end of the tunnel. We are all suffering in this one way or another, but there are 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 hope that we will. We will see how this ends. We will see how this plays out. We will see how this pandemic starts to get out of our homes. We are starting to see the light at the end of the tunnel.
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

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 canceled 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.

"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 canceled 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."

"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."

GRANT WOODWARD

"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."

"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 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 members 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 ever."

"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 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 members 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 ever."

"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 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 members 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 ever."

"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 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 members 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 ever."

"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 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 members 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 ever."

"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 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 members 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 ever."

"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 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 members 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 ever."

"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 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 members 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 ever."

"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 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 members 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 ever."

"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 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 members 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 ever."

"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 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 members 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 ever."

"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 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 members 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 ever."

"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 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 members 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 ever."

"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 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 members 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 ever.
“Even though varsity coach Darr continues to send out encouraging messages from her phone, it is clear that the season is over. It has been a long and hard year, but now it is officially over. I was excited to lead and finally lead warm ups and my teammates were excited as well. I have been a part of the varsity sprint team since my sophomore year. 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 was able to run my full distance and extra training to prepare for all of the events I wanted to do. I also just really miss the people. Freshman year and last year I didn’t feel the chemistry and dedication felt like it went down the drain. This year 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 it’s not physically the same, but being with them, for zoom workouts. It’s not the Tuesday and Thursday at 7am that I miss, I was excited to lead and finally lead warm ups and my teammates were excited as well. I have been a part of the varsity sprint team since my sophomore year. 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 was able to run my full distance and extra training to prepare for all of the events I wanted to do. I also just really miss the people. Freshman year and last year I didn’t feel the chemistry and dedication felt like it went down the drain. This year 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.”


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 when 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 props, 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 my first day of school freshman year was my favorite memory at Regis. I remember looking around at everything and everyone thinking that the next four years were going to be by quick, 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 see the final result, knowing that 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 as hard to bring this production to life, and even though not sure how to see it due to the COVID-19 pandemic, it was still an unforgettable experience that I had a grand time with.

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

JAKOB: To anyone looking to get into theatre, I say just go for it! You 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 will definitely help me 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 to see my last show. My last goodbye, my last bow, and my last show. It means all of my hard work just went down the drain.

WHAT 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 of all, 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 THIS PRODUCTION?

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 IS THE BEST PART ABOUT BEING A DIRECTOR?

KALEY: Directing The Glass Menagerie was the most successful on rehearsal because of a shared belief in each other’s abilities.

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 theatre are some of the most talented, versatile individuals it has been over my pleasure to meet. My heart especially goes out to my mission of all the sets we’ve worked on together, the set is closed
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, Gwen Bost ’20, Jackson Connelly ’20, Ben Arvenitis ’20, Bryce Sloan ’20, Michael Manoogian ’20 and Peyton Parsons ’22 from Regis Jesuit, as well as Holly Schlagel ’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 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 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.

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 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.
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. 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 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
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 Cantabables 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.
Kim Sim and Cary Colleran decided that they would create a unique experience of a backyard prom for their daughter, Kalya Sim ’20 and son, Nick Colleran ’20 and their friends Connor Moore ’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.

6FT SLOW DANCE

PHOTOS COURTESY OF EJ CARR
WWW.EJCPHOTO.COM
Dear Class of 2020,

I miss seeing you guys in the hallways, you guys... so much life to me. I’m sorry for your sorrow, but your 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 you are able to see people in person. You all are in my prayers.

Anne Tylng

I have missed the end of the year gatherings, I have missed my Service learning classes. I have missed all of the kindness and selflessness spirit in the hallways.

Kaitlin McKennon

At the end of the year of 2020, we have missed so many things. From things we can’t express to things that we did not even notice before. I can’t wait to see all that you’ll accomplish! I have no doubt that this particular group of students is the most resilient. This is without a doubt a challenge ending to your senior year that will be with you long into the future. 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 seemed to halt to be a way to maintain perspective in your many years after.

Mr. Onstott

Señor, I am incredibly proud of you all and impressed by your resilience. Love you all.

Mr. DAWKINS

“Whatever you can do or dream you can begin. Boldness has genius, power, and magic in it.” – W. H. Murray

We wish you all the very best! And be yourselves, stick to your guns, and the world will thank you in its own way.

Ms. Tami Hogan

Dear Class of 2020,

I am praying for each of you as you finish out your college and make plans for next year. You will always be part of this special group of seniors. I hope you see each other soon!

Mary Muldun

Class of 2020 – How are you all doing? You guys got this!

Mr. Onstott

Dear Seniors, I am incredibly proud of you all and impressed by 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. LOTTO

Dear Class of 2020, you are resilient.

Class of 2020, please know of a few of our hearts with you as you move on/your next adventure in life.

Love, Nick PK 12, 2020

Duy Tran

Love, Ms. justis

May you always remember that you are worth love and belonging! Be courageous, be compassionate and make meaningful connections! We are Proud of you Class of 2020.

Love, Ms. cole

Dear Seniors – When you look in the mirror, think about who you are.

Ms. Hall

You have shown me that you have left our mark on Regis Jesuit. This is not the best of times, but I insist you to bear in mind that all the amazing things are coming to be.

All love,

Ms. Repaci

Dear Seniors, I am incredibly proud of you all and impressed by 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. LOTTO

Dear Class of 2020,

You are resilient.

Class of 2020, please know of a few of our hearts with you as you move on/your next adventure in life. Love, Nick PK 12, 2020

Duy Tran

Love, Ms. justis

May you always remember that you are worth love and belonging! Be courageous, be compassionate and make meaningful connections! We are Proud of you Class of 2020.

Love, Ms. cole

Dear Seniors – When you look in the mirror, think about who you are.

Ms. Hall

You have shown me that you have left our mark on Regis Jesuit. This is not the best of times, but I insist you to bear in mind that all the amazing things are coming to be.

All love,

Ms. Repaci

Dear Class of 2020,

You are resilient.

Class of 2020, please know of a few of our hearts with you as you move on/your next adventure in life. Love, Nick PK 12, 2020

Duy Tran

Love, Ms. justis

May you always remember that you are worth love and belonging! Be courageous, be compassionate and make meaningful connections! We are Proud of you Class of 2020.

Love, Ms. cole

Dear Seniors – When you look in the mirror, think about who you are.

Ms. Hall

You have shown me that you have left our mark on Regis Jesuit. This is not the best of times, but I insist you to bear in mind that all the amazing things are coming to be.

All love,

Ms. Repaci

Dear Class of 2020,

You are resilient.

Class of 2020, please know of a few of our hearts with you as you move on/your next adventure in life. Love, Nick PK 12, 2020

Duy Tran

Love, Ms. justis

May you always remember that you are worth love and belonging! Be courageous, be compassionate and make meaningful connections! We are Proud of you Class of 2020.

Love, Ms. cole

Dear Seniors – When you look in the mirror, think about who you are.

Ms. Hall

You have shown me that you have left our mark on Regis Jesuit. This is not the best of times, but I insist you to bear in mind that all the amazing things are coming to be.

All love,

Ms. Repaci

Dear Class of 2020,

You are resilient.

Class of 2020, please know of a few of our hearts with you as you move on/your next adventure in life. Love, Nick PK 12, 2020

Duy Tran

Love, Ms. justis

May you always remember that you are worth love and belonging! Be courageous, be compassionate and make meaningful connections! We are Proud of you Class of 2020.

Love, Ms. cole

Dear Seniors – When you look in the mirror, think about who you are.

Ms. Hall

You have shown me that you have left our mark on Regis Jesuit. This is not the best of times, but I insist you to bear in mind that all the amazing things are coming to be.

All love,

Ms. Repaci

Dear Class of 2020,

You are resilient.

Class of 2020, please know of a few of our hearts with you as you move on/your next adventure in life. Love, Nick PK 12, 2020

Duy Tran

Love, Ms. justis

May you always remember that you are worth love and belonging! Be courageous, be compassionate and make meaningful connections! We are Proud of you Class of 2020.

Love, Ms. cole

Dear Seniors – When you look in the mirror, think about who you are.

Ms. Hall

You have shown me that you have left our mark on Regis Jesuit. This is not the best of times, but I insist you to bear in mind that all the amazing things are coming to be.

All love,

Ms. Repaci

Dear Class of 2020,

You are resilient.

Class of 2020, please know of a few of our hearts with you as you move on/your next adventure in life. Love, Nick PK 12, 2020

Duy Tran

Love, Ms. justis

May you always remember that you are worth love and belonging! Be courageous, be compassionate and make meaningful connections! We are Proud of you Class of 2020.

Love, Ms. cole

Dear Seniors – When you look in the mirror, think about who you are.

Ms. Hall

You have shown me that you have left our mark on Regis Jesuit. This is not the best of times, but I insist you to bear in mind that all the amazing things are coming to be.

All love,

Ms. Repaci
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 cherished the pleasure of your intelligence and enthusiasm. **YOU ARE A FRIENDLY AND SPIRITED GROUP OF YOUNG WOMEN AND MEN** who I will, believe, make great contributions to the world. Best of luck in college and please stop by if you visit, we are seeing your love. **MS. GALESS**

**SENORS YOU ROCK!** I've loved being with you in so many ways. Reminiscing about the joy of putting shoes on the gospel, good luck! **MS. DOC**

TO THE RESILIENT RAGER 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 you did, and your resilience, your creativity in figuring out how to deal with it, is impressive. You have shown your resilience. This will take you wherever you want to go. We are so proud of you and we will miss you! **MS. VELA**

DEAR CLASS OF 2020, YOU ARE AN INCREDIBLY GIFTED GROUP OF PEOPLE! I will miss you so much! So many of you have touched my heart in so many ways. **MRS. CASAS**

Dear Seniors,

I’m sorry that your senior year is wrapping up the way that it has, but I hope that you know I am sending my love, support, and a ton of gratitude to you from a distance! I hope that you can look back on this 2020-21 school year with gratitude and pride. In many ways it is hard to believe that the end of the school year is already here. I am so proud of you and I hope you find success in all the adventures that await you. **SRA. DEFFENBAUGH**

Dear Seniors,

Your Class of 2020, with the substantial history of yet another special year in the history of this great school, is to be congratulated for your great spirit of adaptability and resilience as you face the unexpected. **MRS. BUEHLER**

**CLASS OF 2020 - BUT HERE IS THE SAME YEAR ALL OF US, AND IT HAS BEEN A “GROWING UP” ALL OF YOU. YOU ARE A FRIENDLY, A LOVING, FRIENDLY GROUP, AND I WILL MISS THE PASSING HELLOS, THE CHATS IN TRAFFIC, AND THE MANY LANES, IF YOU ALL DON’T COME Back TO TEAMS TO SAY IT TO ME THAT LOVE AND BEA DEJERE, MS. LYNCH**

**DEAR SENIORS, YOU ROCK!**

WE ARE ALL SO PROUD OF YOU AND ALL THE WONDERFUL THINGS YOU HAVE ACCOMPLISHED IN YOUR FIRST YEARS AT REGIS.商業活动将导致你们在商业中获得成功。**SRA. RECEQUIT**

It has been such a pleasure to see you all grow into beautiful young women and men today. Be kind to yourself and others. BE CONFIDENT IN WHO YOU ARE. **MRS. WILLSON**

**DEAR CLASS OF 2020,**

I remember when you arrived as freshmen, we would never have guessed that your senior year would BE ONE OF THE HISTORY BOOKS, but you have shown from day one that you are special. I know you will continue to do great things! I will remember your smiles and the joy I had in spending this time with you! **CONGRATULATIONS OF CLASS OF 2020**

MRS. DUBLER

Today, when I heard the voice of one of the dear members of the class during Mass, it really touched my heart, and it made me tear a little at the same time. I decided to pray to remember, and to savor the many ways you have brightened my days: these past three years that I have been with you. So many precious and dear moments

**WHEN YOU WILL HAVE INSPIRED, DELIGHTED AND AFFIRMED ME BY YOUR GOODNESS.**

And, yes, the tears we’ve shared we haven’t been able to enjoy and share those final two months of your May Senior Year. Your classes, your good fortune with your projects and how you always have a hero at Regis this week.

**MR. RICK WERVOL**

Dear Seniors,

You are a part of the most memorable (non) graduation (yet) experiences in history and I’m so sorry that everyone is now doing great, good, great. While everyone is experiencing grief and loss right now, you have been particularly heavy on my heart. I HOPE YOU CLING TO THE DELIGHTED AND AFFIRMED ME BY**

**SRA. CASEY**

It has been such a pleasure to see you all grow up into the beautiful young women and men today. Be kind to yourself and others. BE CONFIDENT IN WHO YOU ARE. **MRS. W A S S O N**

**DEAR CLASS OF 2020,**

I wanted to take this opportunity to congratulate you all on a very special year at 2020! 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 year of 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 your mark on your classmates and teachers and staff, and, most of all, you have made the mark of who you are and what you stand for.

**MRS. FELK**

Dear Seniors, We are so proud of what you have accomplished. Being part of 2020 has prepared you without knowing to be prepared. Who would have known. **MRS. CASEY**

**YOU WILL HAVE LEFT AN IMPRINT ON THE HEARTS OF ALL WHO KNOW YOU.**

YOU ALL HAVE TOUCHED MY LIFE SO DEARLY.

**DEACON FERRADO**

Thank you for all you have given to Regis! **Ms. Fredericksen**

**MEMBERS OF THE REGIS CLASS OF 2020,**

My heart aches for you that your senior year is not concluding the way you may have envisioned. You have earned yourself great grace and uplifted our community with your many activities and endeavors, even in the midst of physical distance and online learning. GOD HAS GIVEN TO THE CLASS OF 2020 AN OPPORTUNITY **SRA. BECQUET**

It was a pleasure to see you from a distance! I hope you know how deeply I have loved our community. I hold you close to our hearts and at least 6 ft. from our person--with a mask and blocking our elbows, hopefully we will get to celebrate with you all in person soon. Blessings.

**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 impacts in Holy Cross have been tremendous. You help create a great tradition and we can only hope that for many years to come. Good luck in the future and may you always have a hero at Regis this week.

**MRS. BUEHLER**

Today, when I heard of one of the dear members of the class during Mass, it really touched my heart, and it made me tear a little at the same time. I decided to pray to remember, and to savor the many ways you have brightened my days: these past three years that I have been with you. So many precious and dear moments

**THE END OF YOUR JOURNEY**

**DEACON FERRADO**

God bless you through us. **DEACON FERRADO**

I wanted to take this opportunity to congratulate you all on a very special year at Regis! 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 your mark on your classmates and teachers and staff, and, most of all, you have made the mark of who you are and what you stand for.

**MRS. DUBLER**

Today, when I heard of one of the dear members of the class during Mass, it really touched my heart, and it made me tear a little at the same time. I decided to pray to remember, and to savor the many ways you have brightened my days: these past three years that I have been with you. So many precious and dear moments

**THE END OF YOUR JOURNEY**

**DEACON FERRADO**

God bless you through us. **DEACON FERRADO**

I wanted to take this opportunity to congratulate you all on a very special year at Regis! 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 your mark on your classmates and teachers and staff, and, most of all, you have made the mark of who you are and what you stand for.

**MRS. DUBLER**

I wanted to take this opportunity to congratulate you all on a very special year at Regis! 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 your mark on your classmates and teachers and staff, and, most of all, you have made the mark of who you are and what you stand for.

**MRS. DUBLER**

Today, when I heard of one of the dear members of the class during Mass, it really touched my heart, and it made me tear a little at the same time. I decided to pray to remember, and to savor the many ways you have brightened my days: these past three years that I have been with you. So many precious and dear moments

**THE END OF YOUR JOURNEY**

**DEACON FERRADO**

God bless you through us. **DEACON FERRADO**

I wanted to take this opportunity to congratulate you all on a very special year at Regis! 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 your mark on your classmates and teachers and staff, and, most of all, you have made the mark of who you are and what you stand for.

**MRS. DUBLER**
 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 any 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, in which there is a risk of harm to self or others, that intervention may be necessary. When anger leads to unhealthy behavior, situations, 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: To start, you could do anything you normally do if you are feeling well. If you don’t feel like facing the world, or you just want to stay in bed. It is important to distinguish between normal ups and downs and when you have normal 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 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 all home a lot, and it is easy to feel the pull to the kitchen and eat, and 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, and then we have to eat some more to make us feel better. So, the urge to eat, we can substitute another activity we enjoy that will take our mind off eating.

I FEEL LONELY, HOW DO I HELP THIS?

MS. SIADE: So many of us are feeling lonely and disconnected right now. It is not 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 connect with others, 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 family members; call a friend or family member; send messages to others. Make a concerted effort to stay connected with others! REACH OUT OUTFITTERS, WE RELY ON OTHERS TO REACH OUT TO US WHEN THEY DON’T BECOME FRUSTRATED, UPTIGHT, LONELY, SAD OR IRRESISTIBLE. 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 these feelings do have to run their course, even though you may not be able to see them or be with them. Shifting our focus from selflessness to “who loves us and cares for us?”

MS. SIADE: Make a plan for when you are feeling anxious to make it less. You can use it to do the things you like to do. It can also be a tool you can use for others as well. It can also be helpful to talk to others about your feelings and concern for each other’s anxiety.

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, take a bath, or drinking some herbal tea. When you feel sleepy, go 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.

“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

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

BUXTON BD: First, give yourself grace and understand that this situation is temporary, it 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 national basis: economic fear, fear of catching the virus and getting sick, fear of losing loved ones, 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, routines activities you enjoy, talking to friends or loved ones, or doing something to distract yourself can alleviate these anxiety. If anxiety becomes 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 when 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 and when you have normal 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, take a bath, or drinking some herbal tea. When you feel sleepy, go 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.

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 rites 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 that too that it is important 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 way was right now are email and online virtual meetings on Microsoft Teams. A list 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 many online meetings of support meetings.
QUARANTINE BAKING WITH ALYSSA HALE '21

**OPERA CAKE**

**PREHEAT OVEN AT 375°**

**STEP 1:** Crack two eggs and whip the whites together while adding 1/3 cup powdered sugar

**STEP 2:** Whip 1 egg + 1/4 cup of cream

**STEP 3:** Put in the oven for 7 minutes at 375°

**STEP 4:** Whip 1/2 cup of butter + 2 tsp of sugar + 1 tsp instant coffee

**STEP 5:** Mix together 1/2 cup of chocolate and 1/4 cup of heavy cream

**STEP 6:** Using a coffee and sugar mixture, wet the shortbread base

**STEP 7:** Then add butter cream layer

**STEP 8:** Then ganache layer

**STEP 9:** Dollop whipped cream + serve!

---

**QUARANTINE AT HOME!**

- **Craze Cravings**
  - Snacks became an essential part of quarantine. What did you have a hankering for?
  - As a way to relax and kill time.
  - We all had our go-to snacks during quarantine.
  - My go-to was sweet or salty.
  - Carrots were my go-to during quarantine.
  - I only ate healthy during the quarantine. Snacks became an essential part of any quarantine day.

- **Delivery**
  - No more going out to eat. It was all about delivery or cooking at home during the quarantine!
  - Delivery on Netflix! How else do you like to be able to make a beautiful treat/meal for my family?
  - Regardless of the product, it can make someone's day a little better during this time.

- **Sleepy Time**
  - Simmons - "I am so grateful that I am able to work during the pandemic. It has taught me that life is too short to let things hold you back. I am ready to go into work every day. I love working at Big 5 and they always make sure to put our health and safety first."

- **Social Media Please**
  - "I am incredibly grateful to have had the chance to work during this time when so many people are struggling. It is not easy to balance family obligations with my job as a journalist."

- **Eating Our Feelings**
  - "I didn’t have a chance to have our spring opera house show this year. I am an essential part of any product."

- **Hard Workers**
  - "I am incredibly grateful to have had the chance to work during this time when so many people are struggling. It is not easy to balance family obligations with my job as a journalist."

- **What Were You Doing During Quarantine?**
  - "I am thankful to still be able to work during such a difficult time. Dutch Bros is an amazing coffee company that cares so much about its employees and the customers.
  - Employees are always working hard to provide the best experience possible for our customers."

- **Food Snacking for the Ages**
  - "Since we can’t go out to eat, it’s kept me sane.
  - It’s been really good for my mental health.
  - It’s not necessarily essential, but it’s been really good for my mental health.

- **Working During the Pandemic**
  - "I am thankful to still be able to work during such a difficult time. Dutch Bros is an amazing coffee company that cares so much about its employees and the customers.
  - Employees are always working hard to provide the best experience possible for our customers."

- **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.

- **Exercise All Day Everyday**
  - "I tutor over FaceTime or Skype. This makes some things more challenging, but I’ve found creative ways to work around these challenges."

- **Tigress**
  - "I’ve worked at Big 5 for about 4 weeks now and Target for about a month.
  - I’ve worked at an amazing company during such a difficult time, but many students lucked out and used baking as a way to relax and kill time."

- **Foodie**
  - "I found my inner chef during this time."
  - "I made some things more challenging, but I’ve found creative ways to work around these challenges."

- **Rumble Rumble**
  - "I am incredibly grateful to have had the chance to work during this time when so many people are struggling. It is not easy to balance family obligations with my job as a journalist."

- **Working During the Pandemic Became Essential for Many Students**
  - "I am thankful to still be able to work during such a difficult time. Dutch Bros is an amazing coffee company that cares so much about its employees and the customers.
  - Employees are always working hard to provide the best experience possible for our customers."

- **Afoot**
  - "I spent more time on TikTok than doing my homework.
  - I was even more obsessed with TikTok over the summer because I didn’t have as many people to see and hang out with.
  - I was going to be ripped when this was all over!"

- **Truly**
  - "I’ve worked at Big 5 for about 4 weeks now and Target for about a month.
  - I’ve worked at an amazing company during such a difficult time, but many students lucked out and used baking as a way to relax and kill time."

- **Crazy Cravings**
  - "Since we can’t go out to eat, it’s kept me sane.
  - It’s been really good for my mental health.
  - It’s not necessarily essential, but it’s been really good for my mental health.

- **Brought to You by Joey Paolucci ‘22**
MAKING WAVES
Sophomore V vanNosternWalsh and her band Vinyl Courier just realised their single “Tell Me” on spotify and Westword reviewed it calling “pure fun.” She talked to Elevate about her love for music and preforming.

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 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 shock about it! The author was extremely kind and the words he chose described our sound 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 “30 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 YOUR FAVORITE TRACKS?
V: Definitely “Tell Me” and “Take Me To The Dance Floor.”

WHEN DID YOU START PLAYING BASS?
V: I started playing bass in the summer of 2016 and started playing live shows and concerts in 2018.

WHEN DID YOU START PLAYING LIVE SHOWS?
V: I started playing bass in the summer of 2016 and started playing live shows and concerts in 2018.

WHO IS YOUR FAVORITE ARTIST?
V: I usually listen to a lot of different music genres, so it’s hard to choose one. But if I had to pick one, I would say The Weeknd.

WHAT IS YOUR GUITAR OF CHOICE?
V: I use an Ibanez RI 200 electric guitar.

WHAT IS YOUR FAVORITE INSTRUMENT?
V: I enjoy playing the bass guitar the most.

WHAT IS YOUR FAVORITE SONG TO PLAY?
V: “Tell Me” is my favorite song to play because of its catchy melody and powerful chorus.

WHAT IS YOUR FAVORITE INSTRUMENT?
V: I enjoy playing the bass guitar the most.

WHAT IS YOUR FAVORITE SONG TO PLAY?
V: “Tell Me” is my favorite song to play because of its catchy melody and powerful chorus.

WHAT IS YOUR FAVORITE INSTRUMENT?
V: I enjoy playing the bass guitar the most.

WHAT IS YOUR FAVORITE SONG TO PLAY?
V: “Tell Me” is my favorite song to play because of its catchy melody and powerful chorus.

WHAT IS YOUR FAVORITE INSTRUMENT?
V: I enjoy playing the bass guitar the most.

WHAT IS YOUR FAVORITE SONG TO PLAY?
V: “Tell Me” is my favorite song to play because of its catchy melody and powerful chorus.

WHAT IS YOUR FAVORITE INSTRUMENT?
V: I enjoy playing the bass guitar the most.

WHAT IS YOUR FAVORITE SONG TO PLAY?
V: “Tell Me” is my favorite song to play because of its catchy melody and powerful chorus.

WHAT IS YOUR FAVORITE INSTRUMENT?
V: I enjoy playing the bass guitar the most.

WHAT IS YOUR FAVORITE SONG TO PLAY?
V: “Tell Me” is my favorite song to play because of its catchy melody and powerful chorus.

WHAT IS YOUR FAVORITE INSTRUMENT?
V: I enjoy playing the bass guitar the most.

WHAT IS YOUR FAVORITE SONG TO PLAY?
V: “Tell Me” is my favorite song to play because of its catchy melody and powerful chorus.

WHAT IS YOUR FAVORITE INSTRUMENT?
V: I enjoy playing the bass guitar the most.

WHAT IS YOUR FAVORITE SONG TO PLAY?
V: “Tell Me” is my favorite song to play because of its catchy melody and powerful chorus.

WHAT IS YOUR FAVORITE INSTRUMENT?
V: I enjoy playing the bass guitar the most.

WHAT IS YOUR FAVORITE SONG TO PLAY?
V: “Tell Me” is my favorite song to play because of its catchy melody and powerful chorus.

WHAT IS YOUR FAVORITE INSTRUMENT?
V: I enjoy playing the bass guitar the most.

WHAT IS YOUR FAVORITE SONG TO PLAY?
V: “Tell Me” is my favorite song to play because of its catchy melody and powerful chorus.

WHAT IS YOUR FAVORITE INSTRUMENT?
V: I enjoy playing the bass guitar the most.

WHAT IS YOUR FAVORITE SONG TO PLAY?
V: “Tell Me” is my favorite song to play because of its catchy melody and powerful chorus.

WHAT IS YOUR FAVORITE INSTRUMENT?
V: I enjoy playing the bass guitar the most.

WHAT IS YOUR FAVORITE SONG TO PLAY?
V: “Tell Me” is my favorite song to play because of its catchy melody and powerful chorus.

WHAT IS YOUR FAVORITE INSTRUMENT?
V: I enjoy playing the bass guitar the most.

WHAT IS YOUR FAVORITE SONG TO PLAY?
V: “Tell Me” is my favorite song to play because of its catchy melody and powerful chorus.

WHAT IS YOUR FAVORITE INSTRUMENT?
V: I enjoy playing the bass guitar the most.

WHAT IS YOUR FAVORITE SONG TO PLAY?
V: “Tell Me” is my favorite song to play because of its catchy melody and powerful chorus.

WHAT IS YOUR FAVORITE INSTRUMENT?
V: I enjoy playing the bass guitar the most.

WHAT IS YOUR FAVORITE SONG TO PLAY?
V: “Tell Me” is my favorite song to play because of its catchy melody and powerful chorus.

WHAT IS YOUR FAVORITE INSTRUMENT?
V: I enjoy playing the bass guitar the most.

WHAT IS YOUR FAVORITE SONG TO PLAY?
V: “Tell Me” is my favorite song to play because of its catchy melody and powerful chorus.

WHAT IS YOUR FAVORITE INSTRUMENT?
V: I enjoy playing the bass guitar the most.

WHAT IS YOUR FAVORITE SONG TO PLAY?
V: “Tell Me” is my favorite song to play because of its catchy melody and powerful chorus.

WHAT IS YOUR FAVORITE INSTRUMENT?
V: I enjoy playing the bass guitar the most.

WHAT IS YOUR FAVORITE SONG TO PLAY?
V: “Tell Me” is my favorite song to play because of its catchy melody and powerful chorus.

WHAT IS YOUR FAVORITE INSTRUMENT?
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.

**Monday Prompt:**

**Change/Adaptation**

See Cummings and goings
Is the long winding road ahead.

Everyone started their journey,
Yet darkness envelops you,
Which way should you take?


Then... you are at a crossroads.

The one that allows growth.

Yet you realize, you are alone.

Though you know better.

Exaggerating your fears.

I carry the day with me

You tell the darkness,
Can't you see?

Underarm: gently yet

Blind i c

By: Curtis


By: IM

If anything was,
Change is the painful death of
Always choosing.

Or run with the stars?

Follow the sun?

Decide,

What will she do?', says the ravine

And searches for her refuge in the

abandoned town of the heart,

Remembered or forgotten?

Left or right?

Forward or back?

The days seem to shift into one.

The redwood grows narrow
The sky, reaching away from

the world

Lunar warning is weak
And each sentence moves
Away from period toward a
Period

The circle closing includes
And includes
Geometry of living
Is always moving, closer
Than we think.

By: IM


By: IM


WEDNESDAY

**Prompts Closest**

How close to
Warm it chilly

The terminator to daylight

Whether ever motion toward us

Movement apart

The redwood grows narrow

The sky, reaching away from

The world

Lunar warning is weak
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: IM


By: IM


THURSDAY

**Prompts Heroic Acts**

No cape, just helicopter blades
No Cyborg, just human vision

Focus on the right

No patriotic salute, only unshakable "kind"ness

No manual of arm of command

Only the gut punch of choosing,

And many books and movies,

And going places,

And here we are

Fallen fragments and

Safety,

This whole
Circus of safety,

Never realized we were so dirty,

Fallen fragments and crumbling,

Full homes.

Lonely hearts, filled
With stories.

And here we are

Making our faces.

All this when we are

Facing closure

And every thought of
disappearance.

Life has become an
impossible abstraction.

Yet, here we are

Passing through it all,

Missing friends and

Dancing halls,

Going out sad and
to apologise.

Until people suddenly

weren't hating,

Or, you might

Protesting our lives

Preventing us from

Using our tongues,

Protecting our lungs,

And making us sad.

Passing

In fact, it's always hurrying

And making us sad.

In quarantine, in a home I never had

I found something beautiful.

Many songs typed and
tears within.

But what was simply beautiful

Is now treasured.

I was charmed by illusions in

My dreams.

And many books and movies,

I saw as cut scenes.

With no script, no story.

However, I know this now.

Even though

Life can throw us

However, I know this now.

Ways to escape the gloomy.

I saw them as sunlight beams,

And many books and movies,

And makes us sad.

Passing

In fact, it's always hurrying

And making us sad.

In quarantine, in a home I never had

I found something beautiful.

Many songs typed and
tears within.

But what was simply beautiful

Is now treasured.

I was charmed by illusions in

My dreams.

And many books and movies,

I saw as cut scenes.

With no script, no story.

However, I know this now.

Even though
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” I 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, because it can break the cycle of “social contagion.”

We can spread gratitude through conversations (even over a video chat or call), and we can spread it by example. During this 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, 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, 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, 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, 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, because it can break the cycle of “social contagion.”
CLASS OF 2020
RJ MEDIA

SAM STERN
CO-HEAD OF RJ MEDIA.

ANGELA SERWA-MARRO
HEAD OF SOCIAL MEDIA.
Twitter pro. Always covering. Always ready to add empathy and laugh.

SYDNEY ABLE
FREELANCE REPORTER.
Video storytelling, editing. At the scene and in the editing room. Always ready to add empathy and laugh.

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.

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.

JAKE STUART
RAIDER SPORTS NETWORK HEAD ANNOUNCER.
Pro color commentary. Stats, knowledge, passion for the game. The dedication to the Raider sports family.

NICK FAESTEL
HEAD DOCUMENTARY DIRECTOR AND PRODUCER.

CHRISTINA NELSON
THE NEWCOMER.
FEARLESS FREELANCER. Tough and caring interviewee. Listens to the people and gets the story. Social justice, social change.

HUNTER SULLIVAN
ELEVATE MAGAZINE EDITOR.
Always keeping it real with the dedication to the printed page. Spotlight story reporter, editor, designer.

BRIAN TIEFE
THE ULTIMATE COLUMNIST AND FREELANCER.

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.

SOPHIA MARCINEK
CO-HEAD OF RJ MEDIA.
The supreme photojournalist. EPIC Instagram coverage. If it’s happening, she’s there. Magazine Master. Photos, reporting, writing, design, social media. Ultimate versatile journalist keeping the ship afloat and sailing into uncharted waters. EPIC.

WILL MUNRO
RJTV EXECUTIVE PRODUCER.

WILL CASSIDY
RJTV EXECUTIVE PRODUCER.
Lead Anchor. Founder: Rabble TV. Comedian, Between Two Freshmen, Writer, editor, producer. Head of laughs.

SENIORS
RJ MEDIA

SKYLAR CAIN

OLIVIA CLEMENT
RJTV EXECUTIVE PRODUCER. Makes the backend, the cross-training on video editing and production look easy. Storyteller. Film maker. Captain of sarcasm.

HUNTER SULLIVAN
ELEVATE MAGAZINE EDITOR. Always keeping it real with the dedication to the printed page. Spotlight story reporter, editor, designer.

NICK FAESTEL

CHRISTINA NELSON
THE NEWCOMER. FEARLESS FREELANCER. Tough and caring interviewee. Listens to the people and gets the story. Social justice, social change.

ANGELA SERWA-MARRO
HEAD OF SOCIAL MEDIA. Twitter pro. Always covering. Always ready to add empathy and laugh.

SYDNEY ABLE
FREELANCE REPORTER. Video storytelling, editing. At the scene and in the editing room. Always ready to add empathy and laugh.

MARIANO ADAME
INTREPID REPORTER. Maker of much-needed moments of laughter. Leader of motivational pep talks and enforcer of fun.

RYAN TIERNEY

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.