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REGIS RANGERS AS MEN AND WOMEN IN ACTION

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Meet John Moritz and Victor Kibakare: president and vice president.

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Stepping away from the sex and gender binary.

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WORLD NEWS

A Modern Energy Miracle?

ALI MEEHAN STAFF REPORTER

From fueling a car, to shipping produce, to flipping a light switch, America runs natural gas energy. As the US expands and our energy demand increases, American politics remain divided on the topic of fracking and the negative environmental effects versus the short-term economic gains.

So, what exactly is fracking? According to a December 2015 article from the BBC, “Fracking is the process of drilling down into the earth before a high-pressure water mixture is directed at the rock to release the gas inside.” A mixture of water, sand and chemicals are forced into the rock at extremely high pressure, allowing the gas to flow out to the top of the well. The term fracking is in reference to how the rock is fractured apart by this high pressure mixture. According to a September 2015 article from Communities Digital News (CDN), “More than two billion well-feet of horizontal shaft have been drilled in the U.S. over the last 20 years, a distance equal to 15 times around Earth.”

Currently, fracking is a cheap and effective way to extract natural gas from the ground, which outweighs the apparent environ-



//Public Radio International

mental damage. That same article from CDN calls fracking a “modern energy miracle” and states, “the production of oil and natural gas from shale [the rock used in fracking] has altered the course of global energy.” The most dramatic effect of fracking can be seen in

the world oil price, which dropped from around \$106 a barrel in July 2014 to under \$50 by 2015. These low oil prices are not only seen in

energy, but also in food and consumer goods that are transported nationally and internationally.

Colorado, alongside many other states, is currently part of the national fracking boom. According to a 2012 report put out by Earth-Works, the number of active wells

in Colorado “almost doubled from 22,228 in 2000 to 43,354 in 2010.” Concerns about fracking include, but are not limited to, inadequate inspection procedures, air pollution from drilling, water quality impacts due to fracking chemicals, some of which are carcinogenic and remain in the ground long after drilling, the excessive amounts of water used in fracking, when Colorado is such a dry state, and damage to landscapes and wildlife habitats.

Fracking, while not usually divided along political party lines, seems to have been cut this way for the 2016 presidential election. The race began with Trump and Cruz, senator of Texas, whose economy has greatly benefitted from fracking, as advocates for American fracking. Rubio has also indicated his support. Sanders was initially the only outright opposition to American fracking, however, Clinton has ultimately chosen to side with Sanders on the issue, with several stipulations accompanying her stance.

What's News?

NATALIA ZRELIAK SOCIAL MEDIA EDITOR

US Military Opens Combat Position to Women

Three months ago the Department of Defense announced a plan to open all remaining combat positions to women. Following the announcement women service members from the Army, Navy, Air Force, and Marine Corps started to volunteer for ground combat positions. Military services will be using seven guiding principles to go forward with this change; transparent standards, population size, talent management, physical demands and physiological differences, operating abroad, conduct and culture, and assessment and adjustment. According to Ash Carter, Secretary of the Department of Defense, it will take time to implement these changes into the US Military.

‘Dog Whisperer’ Animal Cruelty Investigation

Cesar Millan, or as many American’s know him, ‘The Dog Whisperer,’ is facing investigation for possible animal cruelty. In what is now being deemed as “controversial” episode of his show “Cesar 911,” Millan filmed a segment featuring a “pig-killing” dog. Millan introduced Simon, an aggressive French Bulldog Terrier mix, to a group of pigs. Once taken off the leash Simon bit off a chunk off one of the pig’s ears and continued to charge at the group of pigs. After the segment aired, social media was a blaze and citizens drafted a petition to ban Millan from television. The petition has over 10,000 signatures. Authorities have yet to make contact with Millan.

Trump Supporters to ‘Hit Back’ At Protestors

Presidential candidate Donald Trump claimed that the protestors at the press conference are to blame for the violence on March 11. “The audience hit back. And that’s what we need a little bit more of,” said Trump at the press conference in Palm Beach, Florida. Trump did not specify what incident he was referring to, as there have been quite a few violent incidents, however recently a video went viral of a Trump supporter punching an African-American man, Rakeem Jones, who was being escorted out of a Trump rally by police. But these rally attendees are just following Trumps advice, at a rally in Iowa last month Trump urged his supporters to “knock the crap out” of anyone who looked ready to throw a tomato at him.

Getting to Know Denver: Refugees in Colorado

GINA NORDINI EDITOR IN CHIEF

As residents of Denver, Regis students are part of a metro area with a vibrant refugee population.

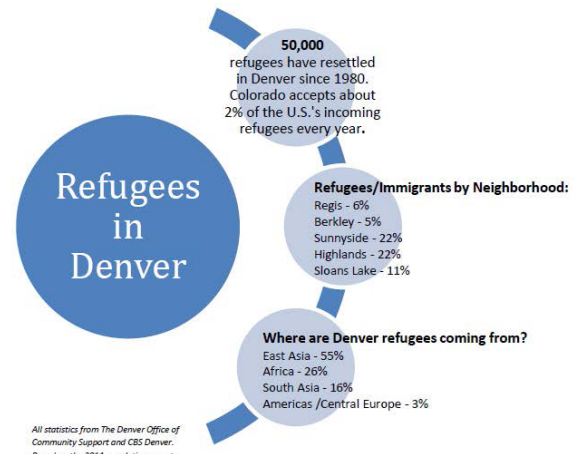
According to CBS Denver, over 50,000 refugees have resettled in Denver since 1980. That number is expected to grow significantly this year. Syrian refugees are seeking asylum, and Gov. John Hickenlooper stated that Colorado would not turn away its percentage of the 10,000 refugees predicted to enter the U.S. in the next year.

Hickenlooper is not in the majority. As of November, the governors of 30 states were opposed to accepting refugees from Syria. Politicians cite the dangers of an inadequate screening process and potential terrorist infiltration. With the rising threat of ISIS on the minds of many Americans, people are debating the proper response to those who are fleeing their homeland.

On the other side of the debate, refugee supporters emphasize the need for better education and awareness of the refugee residents already settled in the country—not to mention better resources for those adjusting to new lifestyles.

In previous years, the majority of refugees within Denver have come from countries in Eastern Asia, including China, Vietnam and Myanmar. There are also a large number of Ethiopians and Eritreans in the city.

About 6% of the Regis neighborhood is made up of immigrants and refugees. That number jumps to nearly 22% in the Highlands and in the Sunnyside neighborhood just South of Regis. Opportunities abound for those interested in putting their Jesuit values to work. Be sure to check out the next edition of *The Highlander* to find out how Regis students and faculty are getting involved with local refugee communities.



//Gina Nordini

LOCAL NEWS

Rangers Outreach Reflections Dominican Republic Spring Break Escape

BAILEY GENT GUEST WRITER

When we think about college spring break, our minds are usually quick to wander to images of beaches, parties, nights out, you know all of the things movies lead us to expect college spring break will look like.

The trip was ten days and consisted of culture immersion, service, and exploration. We learned about beautiful things we can discover about other cultures when we step out of our comfort zones and expectation and step into an adventure. There was a group of 16

average day for us could look very different on any given day. Some days our time was spent playing with kiddos in the Bate, helping students in the mountains with their English, learning about the culture with our families, or exploring and adventuring through the DR. Some of the projects while we were there were facilitating games

city and down to the Bate's we worked in. Bate's are living areas where Haitian field workers who have migrated to the DR to work are living with their families. In these areas we spent a lot of time learning about fieldwork, playing with the kids, and learning about a lifestyle of scarcity. This trip consisted of building amazing relationships with even better people, learning about a brand new culture, serving others, and just coming alive in a whole new area of the world. Yes, I'd say this was a spring break for the books. Now that we are back at Regis and in



Dominican Republic travelers and host families
// Photo courtesy of Bailey Gent

Our spring break looked a little different. For spring break this year, a group of Regis undergrad students traveled to the Dominican Republic as a part of Regis College Center for Service learning programming.

of us, a few of whom spoke little to no Spanish going into the trip. Upon arriving in the DR, we were placed in the homes of Spanish speaking families who welcomed us into their culture, their homes, and lives. We essentially lived and did life with these people for 5 days. An

with the kids, working with students on their English, and tour areas and meeting with people to see what our group can do to improve the impoverished conditions in the Bate's.

Let me say, there is no better way to pick up Spanish quickly than when it becomes your only means of communication with the people you are living with. After our few days in the mountains with our families, we rode our motorcycles back down the mountain into the

Denver, we will continue to be doing work to help support the people we met and were working with in the DR. We also hope to continue to raise awareness for across campus for those living in poverty around the world as well as the importance of access to education worldwide.



L-R: Briceda Ortega Quintero, Bailey Gent, Selena Ilse Huerta and Nicole Alves.
// Photo courtesy of Bailey Gent

Regis Loose in LA

EMILY FUNK GUEST WRITER

The Regis University Ministry program took twelve students and two faculty members to East LA for an immersion/service trip in conjunction with Homeboy Industries and the Dolores Mission over spring break.

iversity Ministry's trip to LA was an immersion trip with a special emphasis on service. However, as about anyone here at Regis can attest to, service does not

act in a singular direction. It's give and take. I believe I speak for all of my group when I say the homeless we served meals to in LA gave us so much more than our one

plate offering could give them. You could even say they fed us as well, but rather than physical nourishment we received spiritual nourishment. My personal takeaway from the trip is the pervasive truth that it is stories, not facts or figures,

that move our hearts. It's easy to believe in social justice, but it takes personal interaction with those on the margins in order to understand what compassion really looks like. Our group toured Homeboy Industries, which was founded by Father Gregory Boyle. For one of the first times in my life, I let myself feel the pain of another person. Sure, it hurt more in doing so, but injustice is a knife that cuts deep. And if it's inevitable that pain

be felt, it might as well be shared. I think that's one way of defining Father Boyle's theme of kinship--shared pain, which will hopefully lead to shared joy.

Overall, my group and I can agree on one thing for certain: No one person can solve homelessness or gang violence, but we can do something about it, even if that just means listening to another person's story and feeling it's weight--however heavy it might be.



Regis students meet Father Boyle // Photo courtesy of Emily Funk

Technology Improves Modern Social Justice

KRYSTAL DE DIOS GUEST WRITER

Virtual ability... The Open Media Foundation... Regis University...

What do each of these organizations have in common?

Well, just a few weeks ago, these organizations were represented on a panel called Media, Community, & Social Justice. This panel aimed to inform Regis students of the innovative use of technology to connect those who feel isolated, unheard, or ignorant.

Virtual Ability and its founder, Alice Heron, showed how they utilized a virtual world called Second Life to establish an online community for disabled individuals which allowed them to showcase their talents and perform activities they couldn't do in the real world.

In contrast, the Open Media Foundation's Courtney Steele,

explained how they provided audio and visual broadcasting technology and education to the community so as to bring technology to the masses.

Likewise, Regis University's Ellen Lundwall, an administrative assistant of the development program, informed the audience of a similar mission through our master of development practice program. This program provides education to the commu-

nity on development practices like project design and organizational management. However, Regis' program is more inclusive as it offers this course to local and international students alike using video chat software.

Ultimately, each of these organizations strives to empower individuals in various communities with the assistance of technology.



OPEN MEDIA
FOUNDATION

Open Media Foundation // Art District Santa Fe

HUMANS OF REGIS

John Moritz RUSGA President

Victor Ribakare RUSGA Vice President

SAMANTHA JEWELL STAFF REPORTER



RUSGA President John Moritz
//Natalie Scott

Highlander: What brought you to Regis?
Moritz: I came to Regis because of the Health and Exercise Science program. It is a very new program and it is exactly what I was interested in. So, that is the biggest reason. And obviously, I am in love with Colorado, every aspect of Colorado, the outdoorsy-ness that it has. Those were probably the two biggest draws.

H: What is your favorite Jesuit Value? Why?

M: Cura Personalis, care for the mind, body and spirit. I went to a Jesuit high school and we were taught that it is not just caring for your own mind, body, and spirit, it is also caring for those around you and I try to do that with almost everything that I do: my friendships and relationships. I make sure I am not just focusing on myself.

H: What has been your favorite on campus event? Why?

M: My favorite on campus event is probably, Mr. Regis because a lot of the guys go all out. It is pretty hilarious to see the things that they will come up with. So, every year that is always entertaining because every year it is different.

H: Where do you see yourself in five years?

M: In my dream world, in five years I am working at the Olympic Training Center with athletes working on their well-being. Hopefully.

H: Why did you want to run for RUSGA President?

M: We talked a lot last semester, before even setting things in stone, just about things that could change or could be different to make an overall better Regis experience. My main focus was just trying to find those key aspects that we could work on right now and help in the future and that the future RUSGA officers will work on. I would say that is the biggest reason. REVAMPING things, like our campaign slogan says.

H: Is there anything else you would like the Regis Community to know?

M: The biggest thing is I want them to know is that they can always come to us with any questions, ideas, concerns because we want to be as visible as possible. And for people to know who we are and who they can go to with questions and concerns.

SAMANTHA JEWELL STAFF REPORTER



RUSGA VP Victor Ribakare
//Natalie Scott

Highlander: What brought you to Regis?

Ribakare: Regis actually just pulled me in. At first I kind of wanted to transfer but I am still here so Regis has done something right to keep me here. I couldn't see myself anywhere else.

H: What is your favorite Jesuit Value? Why?

R: My favorite Jesuit value is men and women for and with others. I say that because I am a person who likes to do more and when looking at how to give yourself to others it doesn't necessarily mean going out there with the sole

purpose of helping them because they are less than you are. You are putting yourself in their position and really immersing yourself with them and they become equal to you. You are developing a relationship and you serve them but it is not the typical form of service..

H: What has been your favorite on campus event? Why?

R: It would have to be Rangers Day itself just because the whole community is coming together to just enjoy each other's presence, have fun and really just be carefree. I am looking forward to that this coming April.

H: Where do you see yourself in five years?

R: Five years from now I have hopefully graduated grad school and put a foot in the sports industry because I would like to go into sports management. Just doing something that I enjoy and building my resume to move up the ladder.

H: Why did you want to run for RUSGA Vice-President?

R: I wanted to change things up. It goes back to the Jesuit value of men and women for others, serving the Regis students because I know what it is like to be a freshman or a sophomore not knowing what is happening on campus. I want to provide information for people that might be seeking it but don't know where to look.

H: Is there anything else you would like the Regis Community to know?

R: About me? Sometimes my face doesn't show it but for the most part I am pretty chill. And, in general, just be open to new people and new experiences and what is to come. If I wasn't open I wouldn't be here today. Ranger Up!

Revamp Regis: RUSGA Elections

BRAYDEN WENINGER STAFF REPORTER

The United States Presidential Elections may not take place until November of this year but here at Regis, we are way ahead of the game. Early February at Regis is known as RUSGA election season and this year was no different. For the two weeks preceding Spring Break, Candidates for the RUSGA cabinet, including President, Vice President, and Chief Justice campaigned in a variety of ways. This year, campaigning included tabling in the student center, frequently posting to social media, and attending of an on-campus meet and

greet event. At the end of these two weeks, candidates Megan Martinez, David Kluzniak, John Jack Moritz, Victor Ribakare, and Mikaela Meyer took a step back to let their peers take a vote. At the end of a two-day long voting period, the Office of Student Activities announced that the RUSGA Executive Cabinet for the 2016-2017 school year will consist of John Jack



John Moritz & Victor Ribakare
//Natalie Scott

Moritz (President), Victor Ribakare (Vice President), and Mikaela Meyer (Chief Justice).

Immediately following the announcement, the winners took to social media to express their enthusiasm and gratitude to all who voted for the opportunity to serve their peers in the upcoming school year. Rising President, John Jack Moritz, posted to Facebook, "It is still a bit unreal,

but I want to thank everyone again for all the support! I am honored to have been chosen along with Victor and Mikaela Meyer to lead RUSGA for 2016/2017 academic year. Do not forget that we are here for the entire student body and always willing to listen." Moritz and Ribakare ran under the platform "Revamp Regis", and continue to express their enthusiasm regarding their plans to "revamp" the university through inclusivity, sustainability, and visibility." They encourage all returning students to "like the RUSGA Facebook page to be kept in the loop over the next year."

STUDENT LIFE

Peace Laureate Shirin Ebadi Reclaims Islam

LAUREN KOVANDA STAFF REPORTER

On Friday, March 11, Nobel Peace Prize winner, Shirin Ebadi spoke at the St. John Regis Chapel about the importance of Reclaiming Islam. She was a lawyer and a judge until the 1979 revolution when Iran as an Islamic state took rights from women and passed many other discriminatory laws. Shirin Ebadi then began working as an activist for women. While Ebadi spoke through a translator she did not fail in making the audience listen, laugh, and truly understand her views. She explained the rich and beautiful culture of Islamic countries and the unfairness many women face not just in Islam, but all around the world.

Shirin Ebadi's deep appreciation and love for her country, despite the fact that she will never be able to return, truly inspired the audience. She spoke of other countries that face similar unjust laws and unfairness like India, Liberia, and Finland explaining that this type of phenomena happens all over the world. Ebadi

did not just stop at laws but spoke of religion and used Adam and Eve as an example of the unfairness women face even in faith. Her point with this was not to discriminate the people coming from these backgrounds and laws, but to help others understand that is out of the citizens hands unless one fights back. Ebadi said, "As humans if we don't know about something we are scared of it, and then we begin to hate it."

Terrorist groups like Isis abuse human knowledge and leave people with distorted views of their

country and the innocent people that live there. Ebadi explained that the Muslim religion is not based off of hatred and violence, but instead peace.

When one pictures a Iranian lawyer, former judge, human rights activist, and founder of Defenders of Human Rights Center in Iran, one probably did not imagine the less than 5'0 tall, but extremely imposing figure that is Dr. Shirin Ebadi.

Ebadi won the Nobel Peace Prize in 2003 for her influential efforts in democracy and human rights, especially women's, children's, and refugee rights. She was the first Iranian to be awarded the prize. Currently living in exile in the UK as a result of the persecution to those critical to the Iranian government, Regis was blessed to host Ebadi Mar. 11 as part of our Women's History Month events.

Ebadi's talk, Reclaiming Islam: Women, Faith, and Human Rights, was an eye opening experience for all who attended. She began by establishing instances of violence against women that she has encountered across the world, specifically referencing Liberia, India, and Finland.

She used this point to demonstrate that it is not Islam that perpetuates violence against women. Rather, Ebadi argued, it is the law in many Islamic countries, which is based on incorrect interpretations of sacred texts, that

oppresses women.

However, as Ebadi previously demonstrated, this violence is not limited to Islamic countries. Ebadi advocated that western media makes it seem as though it is "only the Muslims that are violent in this regard" while ignoring the violence perpetrated against Muslims in places such as Myanmar, China, and Russia.

Ebadi asked her audience what the root of this violence is, whether it is religion and God, or rather, "people who abuse religion and the word of Islam." She called back to the very beginnings of the Abrahamic religions, Judaism, Islam, and Christianity to remind us that the first sinner, who caused the fall, was Eve, a woman. Therefore, all these religions, as well as many others, have this negative view of women deeply ingrained in their beliefs.

Ebadi ultimately stated that "psychology tells us that when we don't know about something we are scared of it" which leads to hatred. "Therefore, not until all the people of the world know about other cultures, know about other religions they will not be able to live in peace together."

She thanked Regis for inviting her and giving her the ability to help in this education process that she believes will ultimately lead to world peace, for, "if we can make ourselves better, the society will become better."



Shirin Ebadi presents to Regis community, March 11. //Natalie Scott

Do You Even Denver?

KATY KIRK STAFF REPORTER

Okay, WHO in the world does not like a good brunch? My money is on no one. Recently, there was yet another one of those awesome weekends with 70 degree weather. Naturally, a dozen of us piled up in a few cars and headed downtown to one of our favorite brunch spots—Southern Hospitality. Yes, I know, that seems like a lot of people, but I think the restaurant sensed a crazy bunch and gave us our own room to take over for a few hours.

Southern Hospitality is located downtown, right down the street from Union Station—another fun spot to "Denver." One of the attributes about this restaurant that drew my friends and me in is that it is partly owned by Justin Timberlake! (...and there are bottomless

mimosas for all of those who are of age.) After about three hours spent in our private room eating chicken and waffles and laughing our behinds off, we decided to stay downtown and go wherever our feet took us.

We were lead to 16th Street Mall to the ice skating rink. Ice skating downtown is super enjoyable AND is only \$2! We all laced up our skates and circled around the rink for a good hour before we left to head back home. I think we were the oldest "kids" there, but that did not stop us from having a blast.

So, the next time you and your friends find yourselves stuck on campus, hop on the bus to go downtown to indulge in a good brunch—I dare you!

Upcoming: Concert for a Cause

MATT BENDER STAFF REPORTER

Concert For a Cause will be taking place on April 8 for the eighth consecutive semester. Alumnus Zoe Vlastos started the fundraising concert in the fall of 2014. The fundraising concert was started in Fall of 2014 by Zoe Vlastos.

This semester is the first semester that Vlastos will not be organizing the event but the original mission statement to use local causes will persist. The concert is put on by various student musicians who audition for a spot. In past years the fundraising event has given their proceeds to causes related to cancer such as Camp Wapiyapi and Love Your Melon. This year the committee has decided to change directions, but still focus on a local recipient. All proceeds go to Denver Homeless Out Loud.

Denver Homeless Out Loud is a non-profit organization made up of homeless people and homeless rights activists who are working together to take on legislative oppression towards the homeless and to raise awareness about the Denver homeless epidemic.

The organization has recently had a tiny homes village proposal gain political support. They are beginning to fund the construction of tiny homes for homeless people living on the street. The proceeds from Concert For a Cause will go directly to Denver Homeless Out Loud and their tiny homes project funds.

For more information about Concert For a Cause such as auditions and fundraising contact Jack McGrane at jmcgrane@regis.edu. For more information about Denver Homeless Out Loud contact me at mbender@regis.edu.

SPORTS

Insight to Intramurals

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KATY KLINE **STAFF REPORTER**

Intramurals are a great way to meet new people and show off your athletic skills in a competitive environment. Regis' intramural program has been a huge success due to the great athletes that participate along with the coordinators who make the show go on.

The program provides multiple quality sports to satisfy the needs of students. There are a multitude of sports that are offered, with the current Spring season offering basketball, indoor volleyball, floor hockey, outdoor soccer, and ultimate Frisbee.

Intramurals here at Regis draw in lots of students due to the fact that it is competitive as well as social. This combination creates a great environment to bond with

old and new friends. "Intramurals have been a great way for me to stay active while making some great friends along the way. I love getting together with my teams for some good, clean fun, competing

dent athletes are unable to play in the same intramural sport as their varsity program.

Most games are held on campus in the Fieldhouse, the Ranger Dome, or on the outdoor soccer

fields. This is an easy and accessible walk from your dorm. Although I have not participated in an intramural sport, I recently attended an intramural basketball game in the field house. While supporting a friend, I noticed that the program

brought passionate, hard working individuals who were looking to have a good time. So next time you are itching for some friendly competition, look into the Intramural Program here at Regis University. You will not be disappointed.



Grass Volleyball intramural team //Regis University

to get a t-shirt," Senior Katy Kirk said. And get this, faculty and staff can join too! Wouldn't it be wonderful to play on the same soccer team as your Chemistry professor? Although the Intramural program is open to all students, varsity stu-

A Favorite Pastime

KATY KLINE **STAFF REPORTER**

Summer will be here before we know it. Maybe you have some exciting plans to backpack across Europe or plans to spend your days on the beach in Hawaii. Or just maybe, like myself, you have no plans at all. Although it may be nice to have no set schedule, it is important to know about and take advantage of all the great things Denver has to offer in the summer! The options for spontaneity and adventure are limitless in Denver but one thing you will have to cross off the list is attending a Rockies game this summer.

The season opens on April 4 at Arizona against the Diamondbacks, while the home opener against the San Diego Padres is on April 8 at Coors Field. The season extends from April to September. The Rockies went 68-94 last year, resulting in 5th place in NL West. The results from the 2015 season bring concern, but The Rockies are looking to have a prosperous and successful season this year.

Attending Rockies games in the summer is a great way to spend time with family and friends. The "Rockpile" seating behind center field is where you can find cheap tickets. Next time you are sitting at home pondering what to do, check out a Rockies game and have a great time while snacking on some peanuts and hot dogs.

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PERSPECTIVE

A Crash Course in Sex and Gender (And Why You Should Care)

McKENNA SOLOMON STAFF REPORTER

Man and woman. Girl and boy. Binary after binary, we categorize ourselves and others by characteristics of sex and gender. As human beings, we naturally categorize information to develop understanding, in fact, our brains naturally organize different types of visual information to help us decipher it. We categorize everything. We categorize on a cellular level. But what if the categories of sex and gender our society is using are inaccurate? Where does that leave us? Well, it places us exactly where we're already standing, in a haze of misunderstanding, discrimination and violence.

Sex and gender are largely complicated issues in contemporary society. It's important to understand sex because it is one of the most basic biological determinants of who society says we should be as individuals. My chromosomes read "XX" so according to mainstream media I should be vacuous and aspire to be whatever it is my machismo of a husband demands of me. I hyperbolize, but you get my point. It's important to understand gender because the inability to prescribe to social expectations of femininity or masculinity has social consequences that have damaging psychological impacts. In the year 2016, some understanding of sex and gender is vital to your participation in society as you negotiate your own identity to the available norms.

The sex of a person is the label received based on their chromosome expression and their genitalia. Typically, this is viewed as a binary, but thorough investigations

of sex reveal that it doesn't exist as a simple male and female binary.

In fact, it's not terribly uncommon for individuals to be born with sexually ambiguous genitalia or chromosomes, this is referred to as intersex. Simply put, this is not an "XX" and "XY", but a world where a variety of sexes are supposed to exist. I use the phrase "supposed to" specifically because babies born with ambiguous genitalia often have force correction surgeries so that they resemble one side of the binary or the other. The male/female dichotomy prevails, despite the fact that it isn't entirely accurate.

Gender is a social construction, a formulation, based almost entirely on the behaviors we observe. In essence, gender refers to the behaviors that we associate with biological sex. Gender, like sex, is typically viewed as a binary or often as a spectrum between male and female. We anticipate that individuals will fall into the mess somewhere. Based on heteronormative teachings and stereotypes, our gender expressions are supposed to fall directly on the poles. This spectrum, using male and female poles, isn't entirely accurate either. Perhaps we should simply create a continuum in which non-conforming and traditional roles sit on either pole, abandoning the male/female binary altogether. Gender isn't a simple male/female dichotomy and it isn't finite. A person's identification, due to their social interactions and the media they consume, may not always match social standards perfectly. The way in which we express our identities behaviorally isn't always

in line with what is expected of us either. In fact, we can very rarely attain normative assessments of gender appropriate behavior.

As a society we expect men and women to embody specific and highly unattainable ideals of gender. Men are expected to be strong, without feeling, aggressive, promiscuous and successful. They are supposed to like cars and sports. Women are supposed to be demure, compassionate, complacent and pure. They are supposed to like makeup and fashion. These are quite simplified stereotypes however they symbolize the nice tiny box we're all expected to live in. Now let's think outside of it. Even though we're socialized to be these perfect little packages of femininity or masculinity, we very rarely embody our anticipated gender perfectly. When a person does not fit social expectations of their gender, they are considered to be non-conforming. This is healthy. This is normal. No one has told you that it's normal to be non-conforming, but it is. Gender is fluid; you can embody both feminine and masculine characteristics differently throughout their lifetime. Sometimes throughout the day-time. Most people have been trying to cram you back into that silly box, through social aggression. This is why boys are called "girl" or "wimp" or worse, because they show their feelings. This is why girls are called "bitch" for being assertive. We tell our children "A real man doesn't *insert anything deemed appropriate for a woman*" and "A lady doesn't *insert anything deemed appropriate for a man*." This turns us against each

other, criminalizing one another for our inability to be real men and women. We have got to stop putting ourselves in boxes.

It is also entirely possible that your gender expression and identity don't match your birth sex at all. This is what makes a person transgender. People who are transgender are not afforded the basic niceties and rights that the rest of us take for granted everyday. I sincerely doubt strangers ask you about your genitals or that you have to wonder whether you'll be able to use the restroom facilities when you go out in public. This is not an experience I can speak to myself, but it is difficult to address the social implications of having a non-conforming gender expression without including the difficult socio-cultural plight of the transgender community. It is not impossible for a person to identify opposite their birth sex just like it is not impossible for a man to be effeminate or a woman to be masculine.

After reading this, I highly encourage you to engage in the discussion and take some women's and gender studies courses. My understanding of myself and my gender was informed entirely by a course on gender and sexuality and how they inform my identity and position in society. This is valuable information for students, both male and female. It's so important to be mindful of how you negotiate yourself to norms and stereotypes and to be especially mindful of the ways in which you police yourself or police others into expressing only those traits deemed acceptable by society. It's time to step out of that box and away from the binary.

The Rise of Virtual Reality and Regis

ETHAN LOCKSHIN BUSINESS MANAGER ASSISTANT & JAMES SAMARAS STAFF REPORTER

A generation of virtual reality is approaching quickly. The Oculus Rift, The PlayStation Four VR headset and the HTC vive, are the three high-end headsets that all allow users to experience gaming, movies, social media, and so much more in a way that was once just a fantasy associated with the future. As we have always looked to various forms of entertainment to take a break from our reality, soon we will have the capability to put ourselves in a different one.

VR (Virtual Reality) headsets wrap your hearing and sight in hardware that connects to computers (or in the PlayStation VR's

case, a gaming console). You are then isolated from reality, fed artificial stimuli and given a perception of reality in which you can interact with and exist within.

Two lenses in these head mounted displays (HMD's) with head tracking technology put you in a 3D space that has never been achieved before. Unlike



Ethan Lockshin tests out Oculus Rift tour of campus // Kathrine Beers, RU Admission Counselor

a 3D movie where your presence is broken by the borders of the screen, here you are able to turn within the world a full 360 degrees without seeing anything else but the virtual reality.

Regis University's office of admissions is one of the first admission offices for colleges and universities in the nation to use Oculus Rift for advertising. Now when our admission counselors go to different states around the country to see prospective students, they can actually put the Oculus Rift goggles on people. They will be able to go on a virtual reality

tour and see what it's like to be a student at Regis! Students not only get to tour Regis, but they get to experience downtown Denver, skiing, and visit Red Rocks Amphitheater. They are able to experience what it is like to truly be a student in the great state of Colorado. The Regis oculus experience has "fun facts" inside each of the videos. Those are a special feature of the video portion, along with having a sound bed and voice over. These make the experience more than just a location to explore.

To check out the final product for yourself (VR headset not required), visit: <http://www.theprimacy.com/regis-vr>

CAMPUS EVENTS



Regis College First-Year Experience Schedule of Events - Spring Semester 2016



Theatre of the Oppressed: A Workshop by Seth Donovan – Friday, 3/18 @ 9am – TBA
Theater of the Oppressed provides tools for people to explore collective struggles, analyze their history and present circumstances, and then experiment with inventing a new future together through theater. This workshop offers arts-based strategy-developing exercises that foster collaboration and community-led engagement. Seth Donovan will be leading this workshop and is a community organizer, activist, and Organizing Director at VoteMob – All Hands on Deck as well as the Director of Community Engagement at Elephant Circle.

Regis Ramblers Present: “Bye Bye Birdie”

KELLI CATLIN STAFF REPORTER

The Regis Ramblers will be presenting Bye Bye Birdie, a family friendly musical March 31 through April 3, 2016. The show focuses on Albert Peterson, portrayed by senior Garrett Rice, and Rose Alvarez, played by senior Miranda Guettlein, who must conduct a publicity tactic before rock and roll icon, Conrad Birdie, played by freshmen Alex Gallegos, leaves for the Army. Albert and Rose create a contest for one lucky fan to bestow a kiss to Conrad during his final

song. The winner is Kim MacAfee, played by junior and vice president of the Ramblers Mary Kate Willden, of the small town Sweet Apple, Ohio. Jealousy, chaos and romance ensue while accompanied by flashy show tunes, large dance numbers and screaming fans.

Since the beginning of spring semester, the cast has put in nine hours of work a week to create a quality show of high energy. The actors have grown together as a team through many hours of dance

practice and vocal training to perfect each number before opening night. A cast of nearly 40 people along with the help of a tech crew, set design team, and other Regis faculty work together to produce this show.

The hard work will pay off once the cast gets to perform in front of a live audience and the entire production comes together through sound, music, and lights. The cast will rehearse for the first time in full costumes and makeup on the completed set Monday March

28. They will have three days to finalize the show before audiences arrive.

The production will be held in the Mountain View Room at 8:00 PM Thursday March 31 and at 7:30 PM Friday and Saturday April 1-2. There will also be matinees at 2:00 PM Saturday and Sunday. Tickets are \$8.00 and are available at the door before each show or online. For more information and to purchase tickets visit regis.edu/ramblers.

Tanner’s Tantrums A Letter from the Editor

TANNER STUHR LEAD ASSOCIATE EDITOR

Politics are something that I do not understand. So, naturally what am I going to do? Talk about something I do not understand. Well, I do not understand OUR politics.

We are a country that is supposed to stand together and want what is best for our fellow citizens. Yet, we are so divided on every single major issue it seems that compromise is nothing short of an impossibility.

Granted, there are people who are capable of having healthy discussions with people of different views and many of those people are on this campus.

However, too often we squabble on Facebook over using diction with no meaningful substance. I do not know how to resolve the issue of divisiveness that our politics create. Maybe it is something that cannot be resolved.



//Hayley Lokken

REGIS COMMUNICATION ALUMNA

Shannon Ryan Nicosia

Director, Marketing and Promotions at Pixar

Marketing & Communication
at Pixar Animation Studios

MONDAY MARCH 28th AT 5:30pm

CLAVES 315

Reception Following

SPONSORED BY LAMBDA PI ETA, COMMUNICATION HONOR SOCIETY