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Navigating networking at the Regis Career and Internship Fair

January 31, 2018

(Photo courtesy of Regis University)

By: Jack Adams, Staff Reporter

If you have yet to be informed about the [Regis Career & Internship Fair](#) via a slew of emails and advertisements from the University, then you better mark your calendars because it is only one week away! The event will take place on February 6, from 10 a.m. to 2 p.m. in the field house and will host over sixty companies across a myriad of industries. While the internship fair may seem a bit daunting, it is a surefire way to exponentially build your network. The Career Center is also hosting a free workshop on January 31st from 5 to 6:30 p.m. to offer advice on how to make the most of your time at the fair. Also, make sure to dress professionally as you can get a free LinkedIn headshot at the fair as well.

Moreover, obviously not everyone is going to be able to gain employment from this event, but just attending it will be extremely valuable to advancing your professional career. The fair is a great opportunity to build a network with potential employers through meaningful connections. Bring plenty copies of your resume to hand out, and don't be afraid to strike up conversations, as you may be talking to someone who could potentially be your new boss. This fair is a great opportunity to get your name out to employers and get more experience interacting with professionals in your field.

If you are unable to make this event, then fret not, as more [employment events](#) are scheduled throughout the semester. For everyone else who is able to attend, I wish you good luck! Chat some employers ear's off and don't be afraid to build your network!



Regis ensures that students don't suffer alone

January 30, 2018

(Photo: Emily Schneider)

By: Ellie Mulligan, Staff Reporter

It's no secret that many college students face mental health issues. When balancing studying, maintaining a social life and other responsibilities, stress can easily become overwhelming. Many students chalk up their anxieties to their course load, or the adjustment period to college that so many people talk about-- if everyone else seems to be handling it by themselves, why can't I?

The truth of the matter is that dealing with stress and anxiety is taxing, especially for people with mental health issues. However, here on campus, there are plenty of outlets and resources to rely on if that load becomes too heavy to bear. The best place to go on campus when experiencing mental health issues, or simply going through a rough patch, is the Office of Counseling and Personal Development, or the OCPD, located in the Coors Life Direction Center.

The OCPD offers counseling sessions, workshops and therapy groups which all work toward creating a safe environment for students. The staff, consisting of licensed counselors and psychologists, provide both short- and long-term counseling and referral to psychiatric consultants when necessary. Not only are these services beneficial to those experiencing problems, they are completely free to full-time, traditional undergraduate students.

According to their web page at regis.edu, the OCPD is designed to “promote development in the areas of communication skills, dating and relationship issues, adjustment to college life, assertiveness training, and other relevant topics upon request.” In addition, Regis offers a 24-hour hotline which students can call to speak with a licensed mental health professional.

One freshman, Mariellen Burke, describes how Regis’ Office of Counseling and Personal Development helped her through a rough first semester. “I was going through a tough time with anxiety and depression. Once it began affecting my schoolwork and overall attitude, I knew I had to reach out. Seeing a counselor and reaching out to my professors made all the difference. Not only were they understanding, they helped me get back on my feet and catch up on everything that I missed,” said Burke “If your mental health starts getting in the way of you living your life, definitely reach out to the resources here on campus.”

The OCPD works to ensure that each student who needs it has the resources and community support to seek help or work through their problems. Thanks to these resources, students like Burke don’t have to feel alone in their times of need. Though mental health and other issues are stressful and may leave students feeling hopeless, Regis ensures that nobody has to go through these issues alone.



Movie Review: The Shape of Water

January 29, 2018

(Photo courtesy of Fox Searchlight)

By: Allison Upchurch, Staff Reporter

With [the nominations for Best Picture](#) at the Academy Awards recently announced, the movies on that list reflect the stories and film aesthetics that best capture the idea of what stories to tell and how to tell them most effectively. One of those movies competing for the coveted award is Guillermo del Toro's *The Shape of Water*.

This movie takes place sometime in the 1960's where a woman named Eliza (played by Sally Hawkins) works the night shift as a janitor at a research facility in Baltimore. At this research facility, one of the heads of research development named Richard (played by Michael Sharron) brings in a water creature of indeterminate species to be tested in order to get ahead of the Soviets in terms of scientific development. Using her form of communication through sign language, Eliza is able to befriend the creature and sets a plan in motion with her neighbor Giles (played by Richard Jenkins) to set the creature free so that it won't endure any more abuse in the facility.

Tread lightly and with caution when watching this movie. There are moments that may trigger a gag reflex to sensitive viewers that greatly take away from the enjoyment of the movie (i.e. Fingers getting ripped off of a hand and spewing of large amounts of blood). However, for the most part, the plot mainly focuses on setting up how our main characters live their lives in this time period of escalating racial and Cold War tensions that occasionally interrupt with issues regarding the creature.

The characters don't do anything surprising or out of the ordinary regarding the plot of the story. For the most part, they set up an expectation for the audience and then follow through on that expectation. The actors have great chemistry together, even though most of it goes to convincing that this plot is something completely new even though there have been movies with these themes before (i.e. Free Willy, Beauty and the Beast).

The aesthetics of this movie are greatly inspired by the physical properties of water itself. Most of the colors tones and lighting are murky colors of sea water which are various shades of teals, light greens, and blues. The colors give the movie a proper use of its name by showing what exactly a "shape of water" may look like. This "shape" can also be transferred into the music of this movie which is much inspired by the French style, tone, and language. It allows for a swaying sense of sound to the scenes in the movie, like the rhythm of a body of water flowing in and out of an ocean or lake.

Overall, the best Jesuit value that could be used to connect the Regis community to the themes of The Shape of Water is "finding God in all things". To put a spin on this to incorporate a non-religious outlook, the movie would take "God" and change it to "good" to emphasize the idea of "finding the good in all things". The Shape of Water is able to do this through putting the characters in authentic situations that show the good and the challenging parts of their personalities. This helps bridge more human connections between the audience and these characters allowing for more sympathetic outlooks that don't rely on labels of "good" or "bad".



Regis welcomes Dr. George Yancy as guest lecturer

January 26, 2018

By: Thomas Jones, Staff Reporter

Today in America many of the most divisive and contentious issues are related to topics involving race. On January 18th, African-American Professor George Yancy spoke on the issues of whiteness in America and the continued racism perpetrated by white people against black people to the Regis community. Dr. Yancy was invited to Regis by the Philosophy Department who was able to invite him as a speaker through the generosity of an anonymous donor who created the Philosopher Stone Endowed Fund. Dr. Yancy's presentation took place in the Regis Chapel and started at 7 PM, with a book signing proceeding the talk. He is a professor of philosophy at Emory University as well as an author, editor, and co-editor of over 18 books. His most recent book is titled, "On Race: 34 Conversations in a Time of Crisis," which came out in 2017; he is also coming out with a book entitled, "Backlash: What Happens When We Talk Honestly about Racism in America," which is expected in April of this year.

Dr. Yancy began his speech by illustrating the idea of 'Parrhesia,' which is a sort of freedom of speech which means to tell all. He went on to explain though that telling all isn't safe and, "Along with freedom of speech we need fearless or courageous listening." When he speaks on the issue of courageous listening he is specifically referencing one listening to issues of racism, furthering his previous statement by saying, "We must be daring, we must be

vulnerable, we must be open to be wounded.” He also often used the word ‘crisis’ to describe the state which he finds suitable for one to be considered open to these ideas and engaging in courageous listening.

Dr. Yancy offers his listeners this plea to be courageous due to his central opinion, which the large majority of his speech focused on, being quite controversial as well as even offensive by certain people’s standards. His central idea which he expounds on throughout his speech, as well as defends and explains, is that all white people, by virtue of them simply being white, are inherently racist. He first proposes this idea by admitting something himself, stating to his audience, “Just as I am an anti-sexist, I am also a sexist.” In this case, his inherent sexism being linked to him being a man. After he states this he furthers, “So to, to be white, and to be an anti-racist, is to be a racist.” His statements stem from the existence of white privilege in society, and the lesser status in which black people are viewed in comparison to white people. He explains this through a personal story of his.

In December of 2015, Dr. Yancy published an article in the New York Times titled “Dear White America,” in which he laid out the same opinion that all white people are racist. He starts the article and ends it with a statement of love, saying that his writing of the article comes from a place of love and care. He also admits in the article that he considers himself a sexist, the same way he did in his presentation here at Regis. The article received immense backlash and hatred from many white people who sent Dr. Yancy threatening and incredibly insulting messages via email, phone, and even snail mail. The vast majority of these letters, at the very least, called him numerous racial slurs and told him to “Go back to Africa,” and at the most, threatened his well-being by people stating different ways they wish they could physically harm him.

After this backlash to his article occurred, he spoke to colleagues of his, that had also written controversial pieces over the years, on the type of backlash which they encountered. Dr. Yancy states, “The specifically white racialized hatred that I encountered, how my black body was assaulted, the white bodies of my colleagues were threatened sure; but not on account of them being white. So, my black body was further concretized at the level of the epidermis.”
Dr.

Yancy emphasized that “The objective here is not to judge who suffered more, me or my white colleagues,” but rather to show that “none of my white colleagues had experienced, what we might call, racialized trauma.”

As Dr. Yancy’s speech drew to a close the floor opened up for people to ask him questions. During the Q and A, Dr. Yancy ended up expressing some disappointment he has with Regis, stating, “If I’m not mistaking, there’s roughly 82.6% white faculty [here at Regis], so my question is: how in the hell are you guys going to really begin to think seriously about whiteness, if everyone’s white!” He furthered his discontent when fielding a question a while later on the topic of tokenization, saying, “I took a look at one of you all’s brochures, and it was really nice! It was like this Latino in the middle, a Black face on the side, and I thought ‘man this is diverse!’ and then I checked the stats and I was like ‘what the hell, it’s like a bait and switch!’” The audience in the chapel responded to Dr. Yancy’s comments with bouts of both cheer and laughter.

Though there were moments in the Q and A that people pushed back on bits and pieces of Dr. Yancy’s view, it seemed to be quite largely accepted, or at least face very little open resistance. Selihom Andarge, a Sophomore at Regis, stated, “I loved the Yancy talk! Before the talk, Dr. Yancy spoke to my class and it was great to hear the philosophical process behind his theory of whiteness. It was a huge eye-opener.” Dr. Yancy’s presentation was also very well attended as the chapel was mostly full. The attendees were mainly Regis students and faculty, however, many other community members came as well, along with several students from North Glenn High-school. The entire event in the chapel drew to a close around 8:45 PM, at which point a reception for Yancy’s presentation was scheduled to take place in Main Hall.



Theater Review: First Date

January 26, 2018

(Photo courtesy of Garner Galleria Theatre)

By: Allison Upchurch, Staff Reporter

Musicals can answer a lot of questions about life, and at the Garner Galleria Theatre in downtown Denver, their production of the one-act musical *First Date* attempts to answer the question: how can I have a perfect first date that results in a “happy ever after”?

Set in a modern New York bar and restaurant, *First Date* follows the night that investment banker Aaron (played by Seth Dhonau) and photographer Casey (played by Adriane Leigh Robinson) met up when set up on a blind date by Casey’s brother in law. Throughout the night, both Casey and Aaron are working out their impressions of each other while also battling the psychological representations of their friends, family, and exes that try to both impede on the date and offer guidance.

The plot itself is one that reinforces the idea that our two main characters are destined to be together. It’s unknown to the characters but quickly worked out by the audience because of how Casey and Aaron assume that the other will balance out their personal flaws as a person. The expectation that these two will end up together affects how the audience can perceive this show as an accurate representation of a first date and what is expected to come from going on one.

One of the strengths of this production of First Date is its setting, both in the plot and for the audience at the Garner Galleria Theatre. The setting of the modern New York bar and restaurant flows out into the audience as the theatre itself is relatively small, and is set up cabaret-style with tables, drink rails, and waiters who come in and out to serve drinks and snacks. This intimate setting enhances the experience of the show as if the audience is in the real world watching these two on a real date from afar.

Overall, First Date can still fit into one of the Jesuit values that Regis strives to incorporate into our education. The one that best reflects the theme of First Date is “Cura personalis”, or care for the whole person both inside and out. When the show takes a moment and the audience gets to know the characters, it’s revealed that Casey has taken the time to really get in touch with her own personal self, which eventually defines the way she wants to treat the people in her life. Aaron also had moments of self-acknowledgment where his concern for himself translates to concern for his future family in terms of a steady financial situation. Both characters make a good insight into “Cura personalis” because of the way in which knowing and caring for oneself is the key to allowing oneself to then care for others and grow stronger relationships.

First Date plays at the Garner Galleria Theatre at the Denver Center for the Performing Arts until April 22. Tickets and more information are available on [the Denver Center website](#).



Regis Rangers Basketball update

January 26, 2018

(Photo: Emily Schneider)

By: Luke Cahill, Staff Reporter

Men's Basketball

Sitting at 13-5, the men's basketball team has certainly lived up to any expectations that fans had. With 10 games to go until the playoff start, the Rangers will look to build on their success. Sophomore Christian Little has been a key factor this season with an average of 15 points and 5 rebounds per game. Respectively, Dexter Sienko and Jarret Brodbeck are averaging 14.9 points per game. The Rangers have 5 remaining home games so come on out and support the team!

Highlights since Christmas:

Brodbeck hits 1,000 point mark (w/ 35 in one game!)

Mcgee and Sienko awarded RMAC player of the week

3-3 overall record

Women's Basketball

The Rangers got off to a bit of a slow start this season, but have won 4 of their last 5 games! The girls' conference record sits at 8-4 which puts them into a good position as we get closer to playoff time. Mary Sigler and Majestie Robinson have led the way averaging 13 points per game. Shelby Espinosa has been a key factor for the Rangers on defense with an average of 9 rebounds per game. The Rangers are, without a doubt, playing very well right now and their momentum could carry them deep into the postseason. The Rangers have three remaining home games so come on out and cheer them on!

Three remaining home games:

2/9 5 P.M vs UC Colorado Springs

2/10 5 P.M vs Metro

2/17 5 P.M vs Westminster (Utah)