



The Captain's Log

THE VOICE OF CHRISTOPHER NEWPORT UNIVERSITY STUDENTS

@CNUCAPTAINSLOG

WWW.THECAPTAINSLOG.ORG

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MARCH 16, 2022

CNU STANDS WITH UKRAINE



UKRAINE FLAG STILL WAVING ON THE GREAT LAWN ON MARCH 15, 2022

PHOTO BY THE CAPTAINS LOG

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Welcome to **CNU DAY '22**

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Welcome to CNU's Day of Giving, otherwise known as **CNU DAY**.

Today marks the eighth year of this campus tradition and Tribble's last.

On this day, "it is a celebration, a special time to show our pride, honor our history and give back to scholarships, athletics or to the area you care most about."

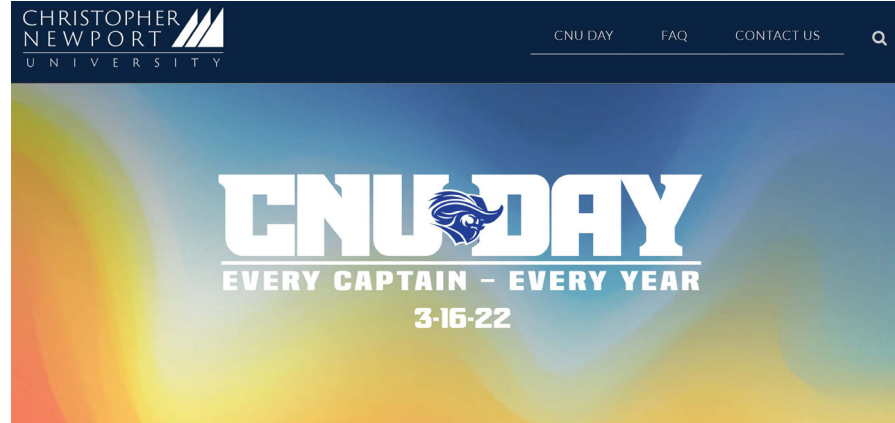
There's three things we can do today:

1) Show your spirit. "Put on your silver and blue and show the world what it means to be a Captain."

2) Share your story. "We believe in dramatic transformation. Share how this place has changed your life by posting on social media using #CNUday22. Reach out to other Captains and get them fired up, too!"

3) Make a gift. "Alumni giving matters -- for strengthening scholarships, academic and athletic programs and our national ranking. We have several special projects that are in need of funding -- or you can support what you care about most. Every gift of any size makes a difference."

There will be live tracking of the money raised at cnuday.cnu.edu.



ALL PHOTOS BY THE CAPTAINS LOG

CNU DAY '21 WAS ON APRIL 14.

THE HAMPTON ROADS ORAL HISTORY PROJECT
AND WOMEN'S AND GENDER STUDIES PROGRAM
present

MARGOT LEE SHETTERLY
Bestselling Author of *Hidden Figures*
Tuesday, March 22, 2022
7:30 p.m. | Diamonstein Concert Hall

Book signing to follow

So many of the diverse women behind history's biggest accomplishments are forgotten. But thanks to Margot Lee Shetterly, a few of them are finally getting the recognition they deserve. Shetterly is the author of *Hidden Figures*, the New York Times bestselling book behind 2017's Oscar-nominated film *Hidden Figures* details the untold story of the Black female NASA mathematicians whose grit and determination in the face of discrimination helped America win the space race.

What do these women of science teach us about the value of seeking talent, no matter where it comes from? And what insights can they offer us about the present and future of STEM? With the civil rights movement as background and context, Shetterly shares the stories of these pioneering female mathematicians, and discusses how diversity, mentorship and a passion for work can unlock the door to individual and organizational success.

CHRISTOPHER NEWPORT UNIVERSITY

With special support from the Division of Student Affairs and additional sponsorship from Tribble Library, the College of Arts and Humanities, the College of Natural and Behavioral Sciences, and the Departments of Communication, English, Fine Art and Art History, History, Mathematics, Modern and Classical Languages and Literatures, Physics, Computer Science, and Engineering, Sociology, Social Work and Anthropology and Theater and Dance.

ACADEMIC DESTINATION HONORS PROGRAM APPROVED EVENT

MARGOT LEE SHETTERLY IS COMING TO CAMPUS ON TUES. MARCH 22 AT 7:30PM. THIS EVENT IS OPEN TO THE PUBLIC AND CAMPUS COMMUNITY. ALL THAT IS ASKED IS TO GO TO THE FERG WEB-SITE TO SIGN UP FOR A FREE TICKET.

What's Happening Soon on Campus

March 21
University Band Concert
8pm; Diamonstein

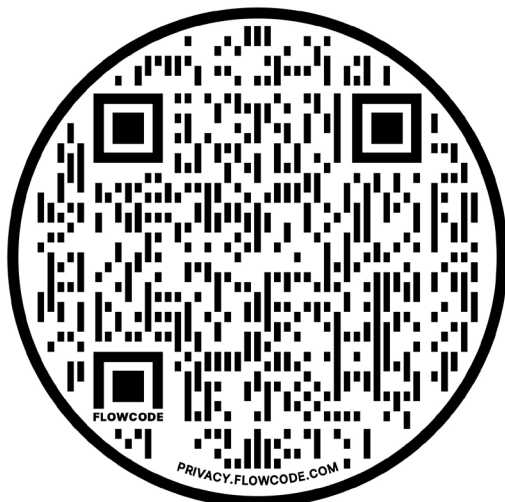
March 24
CNU Wind Ensemble
Concert
8pm | Diamonstein

March 25
Staff Appreciation Day

March 25-26
Relay for Life

March 26
RHA Undergraduate
Research Conference

March 31 at 8pm
Straight No Chaser at CNU
Student Tickets on Sale
Now for \$25 at Ticket Office



Interested in the
Captain's Log?
Scan the QR code to see
our social media sites
and forms for story
requests or email list!

APPLICATIONS NOW OPEN



EDITOR-IN-CHIEF

For the Captain's Log 2022-2023

Applications Must Include:

-Cover Letter

-Letter of Recommendation

-Three Journalism Writing Samples

Applications Due By: March 25, 2022

FOR MORE INFORMATION CONTACT:
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APPLICATIONS WILL BE REVIEWED BY THE AD-HOC STUDENT MEDIA BOARD
THAT IS COMPOSED OF STUDENTS, FACULTY, AND COMMUNITY JOURNALISTS



UDC
UNDERGRADUATE DEVELOPMENT CONFERENCE

March 26, 2022 * DSU 2nd Floor * 10am-3:15pm

**COLLABORATIVE LEADERSHIP:
BE THE LEADER NOT THE HERO**

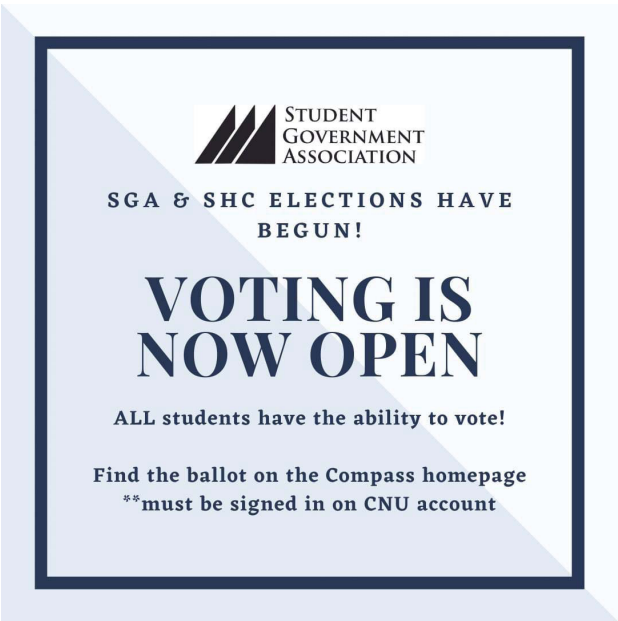
Registration ends March 18th at 5pm



Fill out QR code
to register !
FREE to all CNU students

Presented by:
 **RHA**
Residence Hall Association

COURTESY OF RHA



 STUDENT GOVERNMENT ASSOCIATION

**SGA & SHC ELECTIONS HAVE
BEGUN!**

**VOTING IS
NOW OPEN**

ALL students have the ability to vote!

Find the ballot on the Compass homepage
**must be signed in on CNU account

COURTESY OF SGA

Is it your first time registering for
classes on your own?

Do you need a quick refresher on
how to register successfully?

Join Us For A Session Of

REGISTRATION 101

What your Time Ticket is?

Where to Obtain and how to Verify your Alternate Pin?

How to conduct Degree Evaluations?

Where to find the Schedule of Classes?

How to look up Prerequisites, Co-requisites, & other Restrictions for courses?

Where to find your Undergraduate Academic Catalog?

About the Liberal Learning Core Curriculum?

How to use CNU Live within CNU Connect?

How to Check For & Resolve Holds that may prevent you from registering for courses?

How to Add/Drop courses?

March 8th, 10th,
15th and 17th
at 12:30 PM
in MCM 110

Check out our webpage:
<http://registrar.cnu.edu>

Contact us at:
registrar@cnu.edu
757-594-7155

Visit us in the
Christopher Newport
Hall Commons

COURTESY OF THE CAMPUS ANNOUNCEMENTS

Housing Tips from the Residence Hall Association (RHA)

As the Housing process begin soon with the Roommate mixer later this week, here are some tips from the Residence Hall Association shared by Kit Hodges, RHA’s director.

- 1. If you don’t have a roommate, post on your class Facebook page in the hopes of someone seeing it also needs roomates/suitmates.
- 2. Don’t forget to fill out a personal bio about themselves on starrez. If anyone goes random, doing so can make it easier to be paired with people that are similar.
- 3. If you have roomates already, do not forget to sign up for housing with the earliest time slot you have available. Always have a backup plan if you do not get in the residence hall you really wanted to.

Housing registration happens on March 26 for rising 3rd and 4th year, and April 2nd for rising 2nd year students. Time tickets become available Today, March 16.

For more relating to the housing process, it can be found on my.cnu.edu/housing/process.



**ROOMMATE
MIXER**

FREEMAN 202
MARCH 17TH
5-7 PM

FREE PIZZA
PROVIDED

RISING SOPHOMORES SESSION 5-6PM
RISING JUNIORS/SENIORS SESSION 6:15-7PM

DON'T TEST YOUR LUCK WITH
A RANDOM ROOMMATE.
COME TO ROOMMATE MIXER
AND STRIKE GOLD!

COURTESY OF RHA



Registration Tips from the Registrar

As advising gets underway and class registration beginning next week, here are some tips from registrar, Julianna Wait. An email with important information about the process was sent to students on March 3. The subject of the email was Advising and Registration for Summer/Fall 2022.

- 1. Review that email if you have not done so.
- 2. Set a meeting up with your advisor if you have not done so.
- 3. Go into the advising appointment prepared.

When you have the meeting, preparation means, having an ideal schedule and alternate schedules in mind with not only different days/times of the courses you desire, but different courses that satisfy that requirement. When reviewing and checking what requirements exist (prerequisites, corequisites, etc.) for the courses you desire to take, the schedule of classes is a helpful tool.

Wait encourages students to check the schedule often as course availability can change throughout the registration period.

Wait also encourages students to remember to take a look at schedule of classes the evening before their registration day.

After receiving their pin, students should review the following:

- 1. Registration guide for students for instructions on how to verify their Fall 2022 alternate PIN, before registration day;
- 2. How to check their registration status and timeticket (the days and times they are eligible to registrar);
- 3. How to conduct a degree evaluation;
- 4. And how to register for their courses using CNU Live.

Additional dates registration dates for Fall throughout the Summer is found on the registrar website (cnu.edu/registrar/reg-istration) and is available to the right.

As a note, there is no alternate/registration PIN needed for summer courses. Registration for them opens at 8am on March 18.

If there is any questions, the Office of the Registrar is located in the Commons (first floor) of CNH!

Dates for Fall 2022 registration is as follows for currently enrolled students:

- Graduate students: Friday March 18 at 10am
- Undergrad with at least 106 earned credit hours: Tues. March 22 at 7 a.m.
- Undergrad with 90-105 earned credit hours: Tues. March 22 at 7:30 a.m.
- Undergrad with 76-89 earned credit hours: Thurs. March 24 at 7 a.m.
- Undergrad with 60-75 earned credit hours: Thurs. March 24 at 7:30 a.m.
- Undergrads with 46-59 earned credit hours: Mon. March 28 at 7 a.m.
- Undergrads with 30-45 earned credit hours: Mon. March 28 at 7:30 a.m.
- Undergrads with 16-29 earned credit hours: Wed. March 30 at 7 a.m.
- Undergrads with at most 15 earned credit hours: Wed. March 30 at 7:30 a.m.

Registration closes on Fri. April 1 at 11:59 p.m. for all graduate and undergraduate students.

Note: Registration time tickets are assigned based on earned credit hours (in progress courses are not included)

Dates for Summer 2022 registration is as follows for currently enrolled students:

- May Term: Fri. March 18-Tues. May 10
- Summer Term I: Fri March 18-Wed. June 1
- Summer Term II: Fri. March 18-Wed. July 6

Flag Raising Ceremony on the Great Lawn

President Tribble and Professor Lipatova honor Ukraine

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In an outdoor ceremony on the Great Lawn, President Tribble and Ukrainian Professor Olga Lipatova raised the Ukrainian flag to honor the people of Ukraine on Mar. 11.

In his opening speech, Tribble said, “The Russian invasion of Ukraine is a tragic moment in human history and it will shape events in this world for years and years to come. It should remind all of us how richly blessed we are as Americans. It should also remind us that we live in a hard and dangerous world, that America must always be strong and vigilant. And always willing to protect freedom and preserve peace. That will require knowledgeable engaged citizens of the world, and it will also require leadership and sacrifice. I’m very grateful to Dr. Covington and many members of our faculty who will participate on Monday in a day-long series of conversations and discussions about the situation in the Ukraine. And I would encourage all of us to take part in those discussions, to learn more, to find ways in which we can do more. People around the world have been inspired by the courage of the people of the Ukraine. And today we will raise the flag of Ukraine to remind all of us everyday of our blessings and our responsibilities as citizens of this world, and to say, we stand with the people of Ukraine.”

Tribble then opened the podium to Lipatova, a member of the psychology department, who was born in Ukraine and currently has family there.

Lipatova said, “I’m glad that we live in a time and place where it’s considered wrong, inhumane, and not to be tolerated when a superpower attempts to take over a nation, strip its freedom, its values, and its independence. Such actions shake the world. Many world nations united in their amazing effort to support Ukraine. For me the raising of this flag by Christopher Newport University, a place I consider my second family - the students I teach, the faculty/colleagues that I work with, the staff administration - is more than a symbol of solidarity with the Ukrainian people in their fight, but a recognition of a nation’s existence, an effort for this nation to not cease to exist as an independent country in the eyes of the people, with its own flag. The blue in this flag represents the wide blue sky and the yellow represents the fields of wheat which characterize the Ukrainian country. Ukraine has very rich soil and highly developed agriculture. Some of Ukraine’s main exports are actually grain potatoes, sugar, beets and sunflower oil. And I hope that my children will grow up being proud of their heritage. But even beyond that, I see this flag on this campus as a symbol of our unwillingness to revert back to the time of conquering nations and prioritizing military above education and healthcare. I see it as a call for love and global peace among all nations.”

Following Lipatova’s speech, the crowd of students, faculty, and staff formed a circle around the flagpole and watched as Lipatova raised the Ukrainian flag while the national anthem of Ukraine played in the background.

An Interview with a Ukrainian University Student

How the war is affecting a student living in Kyiv



The flag of Ukraine , photo courtesy of Wikipedia

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The Captain’s Log had the opportunity to conduct a virtual interview on Mar. 2, with a 20-year-old Ukrainian student who, due to the sensitive nature of the topic, wishes to remain anonymous. This student resides in Kyiv, the country’s capital, where she was taking online university classes up until the Russian missile attacks on the city put an abrupt end to her virtual learning.

How are you doing and feeling in general?

“I’m scared. Yesterday was the first day that I saw the bomb. Some of my friends are in very dangerous situation, all of us are, but some of my close friends are in cities that are under attack and I’m very scared for them. But I’m surprised that I’m not panicking and I don’t have panic attacks.”

In the lead up to Russia’s invasion, was there discussion in your classroom amongst peers about what might happen?

“We discussed mental health and how to try to stay positive”

“Everyone felt that something is going to happen for a few weeks before the Russians actually came to Kyiv.”

Where were you when you first heard about the missile strikes on Feb. 24?

“I have lived in Kyiv for my whole life. So I was at home and my mom just came in my room and said, ‘wake up. The war is here.’ And that is so scary.”

“Everyone in Ukraine is volunteering or helping somehow and that’s amazing. Our people are really amazing. We have stories like people with no weapons just stopping tanks and some of them even have stolen the tanks, Russian tanks.”

After Feb. 24, what was the reaction of you and other college students?

“We don’t have classes but our university is creating new ways to volunteer. We have already coordinated different help to send food or water.”

“We never have been so united. All day in different messages we ask each other, ‘how do you feel,’ ‘do you need some help?’ or ‘you can live in my house if you need to.’”

As things are still unfolding, what are your feelings now?

“I’m scared, but I have this feeling that we will win and it will be soon... and I’m proud to be Ukrainian and I’m proud that I have such great nation.”

“As I said, I have this feeling that we are all as one, we are united. Sometimes I want to cry because I love Ukraine so much. That’s kind of silly, but I don’t know, I want just to hug everyone... say that everything will be okay because it’s just how it should be, you know?”

What have you seen of neighbors helping neighbors and working together as a community?

“I live in an apartment and actually the war was the reason to get to know our neighbors better because we shared bread with them and water. And I don’t know, I feel that I can trust every Ukrainian now.”

What are your plans for you and your family moving forward?

“We are planning to stay in Kyiv as long as we can and I hope that we will be safe here. We don’t have any other place to live in.”

“Now I think I should be here and try to help people here.”

An In-Depth Interview with Paul Tribble

President Tribble talks about retirement and reflects on his career

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The Captain's Log interviewed President Tribble on Mar. 8.

A lot of people were shocked to hear that you were retiring and they can't imagine CNU without you. What made you decide to retire this year?

"Well Rosemary and I love this place and it's been the greatest opportunity and experience of our life to be here for 26+ years. But the time comes in everyone's life to declare victory and hope to have some good years where you can focus on family and cherish friends."

"I turn 75 years old in December and you know, my father lived to be 90, if I'm able to live as long as he did, I have 15 more years and I need to make up for all those years that I wasn't there for my wife and my children because I was out saving western civilization and trying to make the world a better place. So I really look forward to this next season in my life with great excitement and anticipation and I hope Rosemary and I will have many good years to live and love each other, for us to spend more time with our son and daughter and our four grandchildren. But we love this place and 26 years ago we envisioned that with the help of a lot of wonderful people, we could create a great university for America and that audacious dream has become reality, as evidenced by your presence here today. So there's a mix of emotions, obviously, because when you give up something you love, for something that you love even more, there's a tug at the heart."

What do you hope to see in the next CNU President?

"Lots and lots of people will express an interest in coming here because it's such a magical place. But the board has been very clear, the board has said, 'we're not interested in striking out in a different direction.' This university, we're very clear about who we are and what we value and we want someone that will embrace those same values and will help us gain speed and altitude as we move forward."

If you could give the next CNU president one piece of advice, what would it be?

"We made the decision years ago that we don't want to get bigger, we just want to get better and better. Public universities seem to all want to get bigger and bigger and bigger, that's not what makes Christopher Newport special. What makes Christopher Newport special is we have small classes taught by gifted professors who know their students by name... I think that our academic life is also enriched by our STEM disciplines, we are a STEM powerhouse. So someone has to know and appreciate the quality of those programs and want to work hard to continue to make them stronger and stronger."

"I would hope that my successor, whoever that lucky person might be, will understand these distinctives of Christopher Newport and want to continue



President Tribble, photo courtesy of cnu.edu

to embrace them and enhance them and enrich them."

What do you feel is your greatest accomplishment from your time here?

"One of the things that pleases me immensely is the marvelous sense of community, the culture that we've created at Christopher Newport. Where people speak and smile and open doors for each other. And genuinely care about other people and go the extra mile. Faculty and staff and students that go the extra mile to be helpful and encouraging to others. One evidence of that, I think, is our success in getting through this pandemic. At a time when so many other schools told their students to stay away or told their students 'we're going to teach all of our classes online.' We said, 'that's not who we are.' We want our students to come back, we want to teach our classes in-person, and we did that to a much greater extent than any school that I know of. And we did it safely. We did it safely. And I attribute in large measure, our success to our students and to the culture of this place, where we care about ourselves but we also care about other people."

In your time at CNU, is there anything you regret? Anything you weren't able to do or wanted to do differently?

"No... We, it's very much a 'we' thing. Students and faculty and staff and alumni and parents and friends have accomplished far more than we ever could've imagined."

You worked on many different construction projects, which one was the most challenging? Which one are you most proud of?

"We've completed 40 or 50 major projects and we've spent over a billion dollars in creating one of the most beautiful campuses in America. Marvelous architecture and 21st-century technology. The most challenging project and the one that probably was the most important of all was the Ferguson Center for the Arts. I

took office on Jan. 2 1996. The General Assembly of Virginia began its annual session a week or so after that. I wanted to ask the general assembly to do something significant, but on day one, I wasn't sure what that might be and Christopher Newport's request had always been incremental and I was in the business of dramatic transformation."

"One morning in the shower, the idea came to me that I ought to go to Richmond and ask them for lots of money to build a world class performing arts center. Why a performing arts center? Well Christopher Newport had a very good music and theater program even then. But it was probably the only state university that didn't have a performance hall. Our programs, our music and theater programs, performed in what was then called Gaines Theater which was in our students center and it was an auditorium. But also, I was mindful that this community, the peninsula of Virginia was probably the only community of consequence anywhere in the country that also lacked a regional performing arts center. So I thought there was an opportunity there, that if I reached out to the community, that perhaps in combination we could do something dramatic."

"So we started building, but every time that the architects reported back, the price would go up. So it finally ended up costing about 70 million dollars. So it took us five or six years to raise the money and build the building. So that's why it got to be so challenging. We were young. We're a young university, we don't have a lot of graduates. The Graduates we have haven't been out long enough to have accrued great wealth and to reach a point in their life where they're starting to pay back and pay forward by supporting their alma mater. Raising 70 million dollars was a huge challenge, but we were able to build the Ferguson Center. The Ferguson Center really kind of put us on the map, put us on the world map."

What is your favorite CNU tradition?

"The speaking tradition where we ask our students and faculty and staff to acknowledge the humanity of everyone that crosses their path I think is probably the most profound lesson that we could ever impart to our students. The other tradition are the Freshman Desserts. We haven't been able to do that, but in the next couple of weeks we are inviting all of the freshmen to the President's house for a delayed Freshman Desserts, and we are inviting all of the sophomores to come where we are going to celebrate them reaching the midpoint of their four years. The Freshman Desserts are very important, I believe, and are cherished by me and Rosemary. It gives us the opportunity to introduce ourselves and our faculty and staff to our new students and most importantly gives us the opportunity to begin getting to know our students."

What are you going to miss the most about CNU?

We are going to miss the students and the student events. Through the years we have gotten to know hundreds of students, not just by name. Rosemary and I have gotten to know their hopes and dreams, and all too often, where their hearts are breaking, and that's been very true for Rosemary because of her own experience of being a victim of sexual violence. She's had this extraordinary engagement with the young women and men on this campus who have suffered through that same awful, heartbreaking experience. I think that's what we will miss the most, and the student events. The music and theater productions, the sporting events, the admission events. I really enjoyed being a participant in the admission events. I speak at all the open houses, the leadership and honors events, you know my job is to share the Gospel of CNU, to tell the story, and I hope that when people hear me talk about this place, they realize how much I love it, but they also appreciate how very precious and special this place is.

What would you like the CNU community, specifically the students, to remember about you? What will your legacy be?

I will not be long remembered, think about it, every year there will be a new freshman class that will enter and they'll have no idea who Paul and Rosemary Tribble are. Over my quarter-century at Christopher Newport, I have awarded personally over 25,000 diplomas and Rosemary has hugged nearly 25,000 graduates. It would be my hope that they would sense how much we have loved and cared for every one of our students in an endeavor to create a university that will enrich and empower their lives, and make the world a better place.

Abbott Elementary

Review On ABC's New Mockumentary

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If you are looking for a new show to watch, but don't have the time to start one with multiple seasons and 40-minute episodes, then I would recommend ABC's new "Abbot Elementary." This is definitely the perfect show for viewers in love with "The Office" and "Parks and Rec" and others like them. With its dry humor and second-hand embarrassment, Abbott Elementary is sure to make you laugh. It takes place at Abbott Elementary School in Philadelphia, Pennsylvania where second-grade teacher, Janine Teagues (played by Quinta Brunson, creator of the show), faces every challenge the school brings with her good spirit and optimistic outlook. Janine is determined to be the best teacher and role model she possibly can be for her students, but sometimes is too blinded by her own confidence to ask for help. 6th-grade teacher, Jacob Hill (played by Chris Perfetti), started at the school with Janine. They are the only two teachers left of their hiring group of 20. Jacob starts out as the awkward new kid, but soon as a new substitute teacher, Gregory Eddie (played by Tyler James Williams: does the movie, "Let It Shine" ring a bell??), comes in, Jacob immediately starts showing him the ropes, trying to be his mentor of

sorts (really Jacob was excited for another male staff member). Gregory originally had applied for the Principal position at Abbott and got it, but ended up getting turned away from the position because current Principal, Ava Coleman (played by Janelle James), said "I go to the same church as the superintendent. Caught him cheatin' on his wife with the deaconess. I needed a job." Ava quickly became my favorite character on the show, with her comical and amusing personality, she never fails to make me laugh out loud. She is definitely not qualified to be a school Principal, but it helps knowing how she got the job. There are two more important teachers to look out for, Barb Howard (played by Sheryl Lee Ralph) and Melissa Schemmenti (played by Lisa Ann Walter which you may remember as Chessy in the 1998 movie, "The Parent Trap"). Both are veteran teachers who don't put up with anyone's BS. Barb is strict and knows how to keep an orderly classroom while Melissa keeps it real and tells it how it is. If you are looking for a good laugh, definitely try out Abbott Elementary. It's only 9 episodes, each 20 minutes long, and can be seen on Prime Video, VUDU, Hulu,

Spectrum TV, Vudu Movie & TV Store, Apple TV, or ABC. It was announced that episode 10 will be on ABC on Tuesday, March 22 at 9 pm, so catch up soon!



Photos courtesy of
TV Insider, NY Post,
and Entertainment
Weekly



Impression on Elden Ring

Maidenless but still having fun

FELIX PHOMMACHANH

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From the developers of the Soulsborne genre, FromSoftware released their newest game to the genre called Elden Ring. Partnering with George R.R. Martin to create the lore of the game, Elden Ring is both a satisfying game to play and a head splitting game.

For those uninitiated, Soulsborne or Soullike is a term used to describe games where death is part of the gameplay experience. Death in these games allow players to understand bosses' attacks and patterns, enemy encounters and environment hazards. It is also hard. There is no difficulty slider or ability to change difficulty. The only thing that makes the game easy is how much effort, patience, and stubbornness you have.

Another thing to mention in this article, this is my first true Soul game. I have heard of the series and how difficult these games are and played a bit of a Soullike game called Code Vein; however this is my first actual Souls game and I'll be honest, I died a lot, yet it was addictive. The core gameplay of attacking, dodging, blocking, all of it felt good and killing enemies was satisfying, especially when facing a boss. I could not tell you how many times I was killed

when trying to defeat the first cutscene story boss; however, when I killed that creature, a wave of satisfaction washed over me. I felt accomplished that I wanted to face the next boss and the next one.

The world of Elden Ring looked awe inspiring with its dark fantasy with a sprinkle of gothic design making exploring it great. The key to having fun and getting better at the game is to explore the world and find hidden dungeons and ruins. Majority of these smaller boss fights/encounters usually have a reward to help you in your journey, like getting a new weapon, magic spell, or summon. And killing these smaller bosses help you gain runes to level up a stat for your character, which would help in term to kill the next strong enemy.

Elden Ring, compared to the rest of FromSoftwares' library of Souls game, is the most approachable game in the series. There is no pestering story quest that you automatically have to do. There is a main story in the game; however, you don't have to start it right away. You can explore and find these dungeons to get better gear. You



There There, Everything will be Okay. Photo courtesy of The Captain's Log

can find NPC and do their quest. You can fight mob enemies till you get enough runes to level up and practice your skills. This is a game that rewards you for exploring in the best way possible. Not in experience points, but in taking your time and gathering your equipment, steeling your

resolve, and traversing through the golden mist to face down your sworn foe that has been killing you for the past hour. Elden Ring, I would say give the game a try. Even if you are killed a thousand times, you will succeed in defeating your foes.

Why SuperHereos Matter

SAVANNAH DUNN
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Award winning comic book author and editor, Mark Waid, will be making an appearance at CNU on Wednesday, March 16th with his presentation, “Why Superheroes Matter.” Mark Waid has been in the comics industry for over 30 years with his work influencing many of the tv shows and movies that we all know and love. Waid graduated from high school at the age of 16 and went on to explore a few different majors at VCU. Before reaching college commencement, he decided to drop out and pursue his love of comics and comic book writing. After some time writing for different magazines, he accepted an editor position with DC Comics in 1987. He also helped in writing for other companies including Marvel. Since then, Waid has helped to develop the stories of Flash, The Fantastic Four, Superman, Batman, Captain America, and so many more. If you are like Mark Waid and have a love for comic books and superheroes, then head to Gaines Theater on Wednesday, March 16th to learn more about “Why Superheroes Matter.”

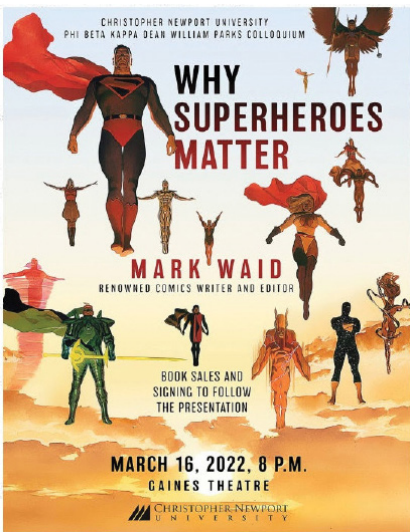


Photo Courtesy
of The Comic
Journal

Fiddler On The Roof

“One of the best musicals I have ever seen”

SHANNON GARRETT
SHANNON.GARRETT 19@CNU.EDU

At the Diamonstein Theatre, Fiddler on the Roof was performed by the Broadway Tour group on March 14. The musical started at 7:30 pm and ended at 10:25 pm with a 15 minute intermission between acts one and two. There was also a merchandise stand outside of the theater in the lobby of the Diamonstein that sold things such as t-shirts, hoodies, mugs, etc. with the show’s logo on it. And what a show it was! I really enjoyed Fiddler on the Roof because it managed to be light-hearted yet serious when it needed to be. The cast was excellent, especially the dancers who had to learn some intense choreography.

Fiddler on the Roof is about Tevye (played by either Danny Arnold or Jonathan Hashmonay), a Jewish man living in the western part of Imperial Russia at the turn of the 20th century. He has a wife named Golde (played by Maite Uzal) and five daughters. The local matchmaker named Yente (played by Brooke Wetterhahn) comes and suggests a match for the eldest daughter Tzeitel (Kelly Gabrielle Murphy) with the butcher Lazar Wolf (Andrew Hendrick). Tevye says yes to the offer from the butcher, but Tzeitel does not want to marry him. She wants to marry Motel the tailor who is played by Daniel Kushner. Tevye decided to let Motel and Tzeitel get married, and the two are married by the end of Act One. Two of Tevye’s other daughters Hodel (played by Ruthy Froch) and Chava (played by Noa Luz Barenblat) also want to get married,

but how will their stories play out? Also, the village where Tevye and his family live have to deal with discrimination and violent attacks from Russian authorities such as the Constable (played by Jason Thomas Sofge), but how does that impact the characters’ lives?

What makes the Fiddler on the Roof such a good musical is the songs themselves; they are all memorable in some way. The songs in the first act are so much fun with “If I Were A Rich Man” and “To Life” being highlights. The dancing done by the cast was wonderful, with a lot of Russian folk dancing because these characters are in Russia. Despite the lightheartedness of the musical, sadness creeps in when confronted with the world outside of the village, like at the end of Act One or the end of the musical. Each member of the cast were amazing singers who brought so much life to their characters. Fiddler on the Roof is also really funny, with much of the laughs coming from the matchmaker Yente and from Tevye. This was an all-around amazing performance, and one that I was privileged to see.

This musical was also a timely one, as this performance and every performance after this was dedicated to the people of Ukraine who lost their lives and their homes, including refugees.



Top Photo: Courtesy of Ticket Master
Bottom Photo: The Diamonstein Concert Hall Stage ready for the show to start, courtesy of Captain's Log

Coming Up In A&E

Tom Hanks Trivia

Thursday March 17th
8:00pm in the Crows Nest

CAB Presents Encanto

Friday March 18th &
Saturday March 19th
9:00pm in Gaines Theater

Hidden Figures: Margot Lee Shetterly

Tuesday March 22nd
7:30pm in the Diamonstein Concert Hall

CNU's Basketball Journey

While the dream maybe dashed, hope is not all lost

GRACE GRILES

GRACE.GRILES.20@CNU.EDU

This past weekend, March 12, 2022, The CNU's Men's Basketball Team lost their chances of joining March Madness. This is surprising to many due to their stunning performance all season, especially during the home games that took place over spring break. Over the Captain's Spring Break they had three games all of which they dominated the court.

First on the Saturday Spring Break started, February 26, 2022, the men's basketball team beat Mary Washington University 80-69. The entire game was filled with anticipation as each team was a fair competitor against the others. Many Mary Washington supporters showed up to the Freeman Center court asking which side did the Mary Washington fans sit showing their school pride. The Captain's basketball games have become known for

their lively Pep Band antics. One of the stunts was yelling "Airball!" whenever the opposing team is shooting in hopes that they do not make the basket. Majority of opposing team guests just watched the humiliation; however, Mary Washington's supporters joined in on the tradition.

As stated before Mary Washington did lose the fight amongst the Captain's despite the Mary Washington fans' efforts.

The following Friday, March 4, 2022, CNU's Men's basketball team played against Baruch and won 88-50, but this was not a surprise to anyone due the Captain's winning streak and the fact that their overall stats were much higher than Baruch's. Baruch's overall win-lose stat was 20-7 at the time while CNU's was 24-3; It was over before it had already

begun.

What was making some of the Captain's fans nervous was the game was going to take place the next day against Susquehanna University. CNU hosted the playoff between Susquehanna University and Rowan University due to the fact that whoever won would be playing the Captains. While not many Rowan supporters showed up, Susquehanna supporters traveled all the way from Selinsgrove, Pennsylvania, which is the city where Susquehanna is located, to support their team. Many Susquehanna fans expressed that they went ahead and bought tickets online for the game against CNU which would take place the next because they were so certain that they would beat Rowan. Sure enough, Susquehanna did beat Rowan 94-84.

There was much talk amongst Captain's fans about how it is difficult to go from playing an "easy" game to playing against a team that is at your level. At the start of the game fans were on their seats wondering who would win. While the Susquehanna fans were not as lively as the recent Mary Washington fans, their presence still brought anticipation to the air. However, by halftime the Captain's sat back in their seats because they knew we had the game in the bag, and we did because the score was 81-67 in the Captain's favor.

All of this anticipation made the recent loss in Ohio even more devastating, seeing that the Captain's lost 81-79. When the Pep Band Director John Lopez broke the news to the Captain's Pep Band that they

would no longer be paying for the season he expressed what we all were feeling in his email. "Unfortunately both of our teams suffered losses this weekend which ended both of

their seasons. The men's game was particularly heartbreaking. If you watched it, you know what I mean."



PHOTO COURTESY OF JASON AIGNER (JBUTT3_)

March Madness Anticipation!!

Normalcy Returns to the Courts

ELIJAH WILLIAMS

ELIJAH.WILLIAMS.19@CNU.EDU

CNU, we are officially halfway through March, so we know what that means.....MARCH MADNESS! The brackets are out and the colleges and universities are gearing up for their annual fight on the slick shiny basketball courts. After such a rocky two year decline due to the Coronavirus Pandemic, the National Collegiate Athletic Association, also known as the NCAA is bringing some type of normalcy back with a men's basketball tournament. This highly anticipated event is set to bring in its highest views with some reports claiming that average viewership of the games could rise up to nearly 20 million people. This is essentially beneficial for companies as promotional ad slots have

sold out. It has been reported that a thirty second spot for the tournament can run as much as up to \$2 million.

Nevertheless, this article is all about the teams and who will come out victorious! Still to this current day, there has not been a single perfect March Madness bracket. In fact, the closest anyone has gotten to achieving this legendary feat was in 2019. Columbus native, Gregg Nigl, had correctly predicted the first 49 games in that year's tournament. However, according to the NCAA organization, Nigl fumbled the bag when ranked number three school, Purdue University beat the higher ranked Tennessee in a surprising upset!

For this year's tournament, there have been multiple talks amongst multiple teams to take home the national title. Top contenders include Duke University, University of Kentucky, and the University of Arizona. While those are great picks, for this reporter, the national title should ultimately belong to Gonzaga. Even though they haven't been able to take it all the way in recent years, they have been pretty darn close! One has to understand that Gonzaga is elite in their offensive and defensive teams. Not to mention, they are loaded with top-end talent like center Chet Thomas and Guard Hunter Sallis. I believe with my full heart that 2022

will be the year that the Gonzaga Bulldogs will get it done and claim victory.

As I would have liked to cover both of CNU's men's and women's basketball team journey to through the NCAA Tournament, it's with a heavy heart to report that both teams have been eliminated with only two-point deficits to their opponents, respectively. Regardless, it's only a matter of time before Christopher Newport will make its triumphant return and appearance to the NCAA tournament in 2023.

Until then, let's play some basketball!



CURRENT LOGO FOR NCAA MARCH MADNESS

PHOTO COURTESY OF WIKIPEDIA

All Elite Wrestling The Revolution: Live and in Pay-Per-View!

JARRETT CONNOLLY

JARRETT.CONNOLLY.20@CNU.EDU

Ever since Tony Khan formed All Elite Wrestling in 2019, they have consistently been putting one of the best products in professional wrestling today. On March 6th, we got to see one of their best pay per views yet in Revolution.

From the beginning of the show to the main event, the crowd was relentlessly excited about what they saw in the squared circle. In the opening bout, wrestling legend Chris Jericho battled Eddie Kingston in a hard hitting bout that saw Kingston win by submission.

Then immediately came the exciting triple threat tag between AEW Tag Team Champions, Jurassic Express, former champions the Young Bucks, and the recently signed ReDRagon. The match saw many exciting moves off of the top rope from Jurassic Express's Jungle Boy and many close near falls. Jurassic Express was still

able to retain their titles.

In what was arguably the most anticipated match of the night, CM Punk, who has recently returned to pro wrestling after 7 years in retirement, faced off against rising star MJF in a Dog Collar match.

These two have been in a highly emotional feud for months and this was the bloody culmination of that war. They bled buckets and brutalized each other in this match where they were literally chained to one another. Punk barely etched out a win in this brutal contest and both men wore crimson masks of blood at the end.

This wasn't the only bloodbath of the night, two of the best in the business Jon Moxley and Bryan Danielson, fought in a grueling bout that saw Mox score the win.

In the main event, we got

to see Virginia native and AEW World Champion Hangman, Adam Page, retain his title against Adam Cole in a great match that saw both men use everything in their arsenal to beat each other down.

In other exciting bouts during the night, there was the Face of the Revolution ladder match for an opportunity for the TNT Championship, which was won by the big man Wardlow. TBS champion, Jade Cargill continued her dominant reign by crushing Tay Conti. Women's Champion Britt Baker defeated her long time rival Thunder Rosa.

The team of Sammy Guevara, Darby Allin, and Sting defeated the AHFO faction in a trio match highlighted by 62 year old Sting performing a high risk stage dive onto Andrade El Idolo.

We also saw the exciting debuts of wrestling legend Wil-

liam Regal and the hottest free agent in pro wrestling, Shane "Swerve" Strickland. These two will undoubtedly be massive additions to a stacked roster.

It's clear now more than ever that AEW is the best pro wrestling product currently. If these amazing matches and stories weren't evidence enough, the roars of the crowd at every single moment of the night and the excitement is indescribable. You can catch AEW Dynamite every Wednesday on TBS at 8 and Rampage on TNT at 10.

Stay Tuned as All Elite Wrestling will host another pay-per-view event entitled "Battle of the Belts II" on April 15th. There is plenty of time left to secure tickets if you want to see this raw action in Garland, Texas.

What's happening soon in
Sports:

March 16 - 22nd*

*Games listed are happening
at CNU

March 16th:

Women's Softball:
CNU v. University of
Lynchburg
Time: 2:00pm & 4:30pm

March 19th:

Women's Tennis:
CNU v. North Carolina
Wesleyan College
Time: TBD

Men's Tennis:
CNU v. North Carolina
Wesleyan College
Time: 12:00pm

March 20th:

Men's Baseball:
CNU v. Virginia Wesleyan
University
Time: 1:00pm

March 22nd:

Men Baseball:
CNU v. Eastern Mennonite
University
Time: 3:00pm

To look at events for future
weeks visit cnusports.com



TITLE CARD FOR ALL ELITE WRESTLING: REVOLUTION

PHOTO COURTESY OF SPORTING NEWS

CAB's Crafty Cacti Event

Putting that green thumb and creativity to good use

EVELYN DAVIDSON

EVELYN.DAVIDSON.20@CNU.EDU

The Campus Activities Board (CAB) hosted a very successful Crafty Cacti event in the Aux Gym on March 11th. Before the doors even opened, a long line formed down the hallway. So many students attended that some groups had to work on the floor because there were not enough tables. Inside, students could choose from a collection of small potted succulents, some designated as hard to kill and others that required more care. Next each person could pick up a terracotta pot and drain dish, a cup of soil, and some paint colors and brushes. People would be able to paint the pots whatever color they wanted, including different designs. Once the painted pots dried, people could easily remove the plant from

its original plastic container and re-pot it in the terracotta planter along with the provided extra dirt. Craft tables had helpful care instruction fliers for students to take home. The fliers contained information on "watering needs," "fertilizing needs," and "sun/soil/potting needs." After all, not everyone knows what a succulent might need in detail. This was a very successful and popular event, perfect for the upcoming spring.



Top: Four students painting their pots at the event

Photo Courtesy of Captain's Log

Bottom Left: Jermerly (The Cautus's Name) living the life

Bottom Right: Students waiting to go to the event.

Photos Courtesy of Captain's Log



Board Game Club Interview

Drop on by and Play!

FELIX PHOMMACHANH
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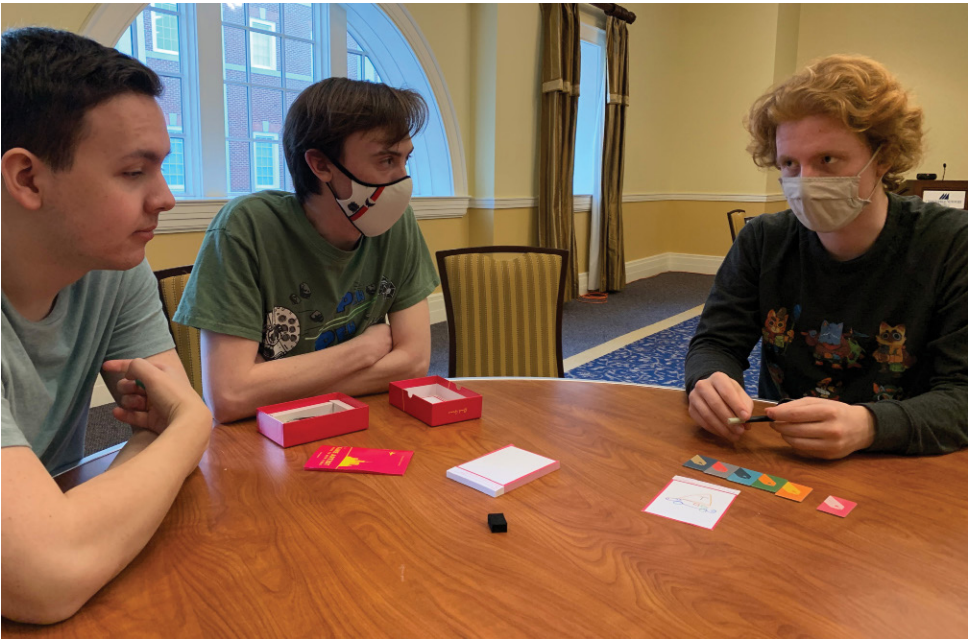
With CNU coming back to normal within the last couple months, school clubs are coming back and gathering to continue what they love. None more so than the Board Game Club. The Board Game Club was created in Fall 2019 by Kyle Werntz and Bruce Sheppard, who are both currently seniors. They created it because they couldn't find a board game club on campus and decided to create one themselves. Originally, there was a Tabletop Board Game Club on campus, however they were on hiatus when the two were interested and currently their status on campus is unknown.

When asked about their club board game catalog, they have a large amount of games. The games provided are from their own collection and gifted from OSA. When asked about the most popular

board game played in the club, Werntz answered, "I guess Betrayal at House on the Hill [as] we play it at least once a week or so. We also have a lot of people who love deep strategy games such as Root or Imperial 2030. Catan is a pretty big favorite that gets played fairly often. So there is a big variety of games. It's kinda what people are interested in on the day."

Talking more with Werntz about the club, he says there are no fees and it just comes in and plays. They are chill with random people popping in and playing the game with them and having fun. You don't have to be a member of the club to join them, and if you are interested in joining the club, Werntz says they are pretty responsive on Compass or email them at: Boardgames@cnu.edu.

They meet on Mondays from 7-10PM in Freeman 101 and on Fridays from 4-6PM in Freeman 202.



Bruce Sheppard (Right) explain the rules of the game to Kyle Werntz (Middle) and Dominic Oriedo (Left)

Photo Courtesy of Captain's Log

Ukraine Needs Help

Here's where you can donate

SHANNON GARRETT
SHANNON.GARRETT.19@CNU.EDU

On March 15, Olga Lipatova, a psychology and Neuroscience professor here at CNU sent an email to campus about how to help Ukraine. This is what that email said: Dear community members,

As you all know the Russian government has been invading Ukraine since February 24, 2022 in a ruthless attempt to take over an entire nation, strip its freedom, its democratic values and its independence. Innocent people are being killed and severely injured. Buildings are being destroyed, with many families losing their homes. This brutality is affecting the entire world! Millions of Ukrainians, with nothing left are seeking refuge in neighboring countries, others are trying to survive locally.

The Tidewater Ukrainian School of Hampton Roads is collecting urgently needed items and shipping them to Poland from where these are distributed to other front-line locations inside and outside of the Ukrainian border. These items, listed below, are needed urgently. Please drop off any donations by 4pm on Friday, March 18, 2022.

A drop off box is currently set-up outside of the Center for Community Engagement office by the Tribble Plaza entrance to DSU.

You can also purchase items to donate through Amazon to be sent directly to Tidewater Ukrainian School of Hampton Roads by going to the following link:

<https://www.amazon.com/hz/wishlist/>
Thank you for all your support of Ukraine and its people!

Sincerely,
Olga Lipatova
She / Her
Associate Professor
Department of Psychology & Neuroscience Program

LIST OF THE PRIORITY NEED ITEMS

HUMANITARIAN AID FOR UKRAINE

- MEDICAL SUPPLIES
 - Backpacks 10 x 19 x 14 (approximately size)
 - Bandage Strips, 1"x3"
 - Big Cinch Abdominal Bandage
 - Burn Aid – water gel burn dressing 4x16
 - Burn Aid – water gel burn dressing 4x4
 - Butterfly Strips
 - Cervical Collar
 - CPR Mask
 - Cravat Bandage (CamoVat)
 - Dynarex Medicut Sterile Disposable Scalpels #10
 - EMT Shears

- Eye Wash, 4oz.
- IV Catheter 18 G
- IV Catheter 20 G
- IV Catheter 22 G
- IV Starter Kits
- Medical Adhesive tape rolls (2 – 3" inches)
- Multi Trauma Dressings, 12"x30"
- Pain Relievers – Ibuprofen or Acetaminophen, or both
- Pair of Tweezers
- Safety Pins
- Stainless Steel Hemostats
- Sutures needle size 6
- The emergency (Israeli Battle Dressing) Compression Bandages
- Tongue Depressors
- Triple Antibiotic Ointment (full size)

(Please see email for Hospital Needs)

- OUTDOOR
 - Tourist Tents
 - Knee/elbow guards

- Binoculars
- Fishing nets
- Flashlights/Lamps
- First Aid kits
- MILITARY NEEDS
 - Drones
 - GPS
 - Military boots
 - Satellite phones
 - Tactical backpacks
 - Tactical Gloves
 - Walkie-talkies



Flag of Ukraine

Photo Courtesy of Wikipedia

CNU Stands with Ukraine

Оксана ЗАБУЖКО

РОСІЙСЬКИЙ МОТИВ (2010)

...Що падав дощ, і що старечий голос —
уже не чоловічий, не жіночий,
а тільки злий і сповнений розпуки —
кричав із саду в перекрив гармошці
з однаким синкопічним перебором
(так мореві кричать поверх прибою,
щоб не здуріти!) — все про те, що “много”,
і знову — “много, много, много раз”...

У мокрих кронах яблука яскріли,
немов зірки, розсіпані в зеленім,
ніжнішав дощ, — і захлинався голос,
неначе не співав, а матюкався —
і все те много, много, много раз!
І в тім була заразність божевілля:
посохлих губ, роздертої на грудях
казенної смугастої піжами,
у п'ястусі затислого ножа —
спітнілого руків'я ізоленти...

Росіє, я люблю твої пісні!

Їх хижу лютть, тамовану до часу,
холодну лютть північного розбою, —
як мсти за занапащене життя
тому, хто перший трапиться під руку! —
Ми вип'єм водки, й ти мене уб'єш.

І двадцять, тридцять ножових на тілі:
поки рука не втомиться штрикати, —
не буде “много”, бо немає “много”
у тому ділі, де було вже — раз...

.....

А той кричав, і розтягав гармошку,
і, як циганка, тряс побрязкачами
уже-давно-музейних орденів —
і падав дощ, і яблука світилися,
і мокла під дощем чиясь машина,
і жаль було, мій Господи, — так жаль,
як зроду не було
невинно убієнних...



CNU COMMUNITY GATHERING FOR THE EVENT. PHOTO BY CAPTAIN'S LOG



UKRAINIAN FLAG STILL FLYING FIVE DAYS POST CEREMONY PHOTO BY CAPTAIN'S LOG



TRIBBLE GIVING A SHORT SPEECH ABOUT THE EVENT. PHOTO BY CAPTAIN'S LOG



EVERYONE GATHERED TO RAISE THE FLAG AS ONE.

PHOTO BY CAPTAIN'S LOG

A RUSSIAN MOTIF

...That falling rain and that senile voice—
 No longer male or female,
 Just vile, and hoarse with despair—
 Shrieking from the garden over an accordion,
 In a joint syncopated rhythm
 (Like screaming at the sea over the surf
 To stave off madness!)—
 About those that are “a lot,”
 And again, “many, many, many times”...
 Apples sparkled in the wet crowns,
 Silent stars strewn across the green,
 Tender rain,—the choking voice
 No longer singing, only cursing—
 And all that many, many, many times!
 And within--infectious insanity:
 Dried lips, state-issued striped pajamas
 Torn up at the chest,
 The hand clenched around a knife,
 Its handle wrapped in sweaty tape...
 Russia, I love your songs!
 Their vicious rage, waiting to explode,
 The cold rage of the northern attack,—
 How can you revenge for the lost lives
 On the first who just happens to turn up!—
 We'll drink vodka, and you'll kill me.
 Twenty, thirty stab wounds:
 Until the hand grows tired of thrusting—
 It won't be “a lot,” there can't be too “many times”
 When all of this happened already—before...

.....
 And he, still shrieking, pulling the accordion this way and that,
 Like a gypsy woman, jingles
 His old, museum-worthy medals –
 And the rain fell, and the apples sparkled,
 And someone's car got wet in the rain,
 And the heart ached, my God, so much,
 Like never before,
 For all innocent victims...

POEM PROVIDED BY DR. MARGARITA MARINOVA

Capturing a moment in CNU History

Students, faculty, and staff stood in solidarity for Ukraine

JOSH GRIMES
JOSHUA.GRIMES.19@CNU.EDU

On March 10, President Tribble sent an email about standing with the people of Ukraine. In the message, Tribble shared an invite to join him at the center of the Great Lawn in raising the Ukrainian flag on the flagpole on March 11 at 12noon.

After the invite, Tribble adds in the message reasonings behind the flag raising. “We do so to underscore our solidarity with the heroic people of Ukraine who are fighting for their lives and freedom. We do so to express our outrage and opposition to the violent Russian Invasion.”

When March 11 came, Tribble sent a reminder email, and a mix of over 500 students, faculty, administration and staff joined Tribble and Professor Olga Lipatova, who Tribble asked to offer a few words.

At the gathering, Tribble shared the following message:

“The Russian Invasion of Ukraine is a tragic moment that will shape events in our world for many, many years to come.

It should remind us that we are all richly blessed as Americans and it should also remind us that we live in a hard and dangerous

world and America must be strong and viilgant and always willing to protect freedom and perserve peace.

That will require that we are knowledgeable and engaged

citizens of the world and it will also require leadership and sacrifice.

People around the world have been inspired by the courage of the Ukrainian people

and today we raise the flag of Ukraine to remind us of our blessings and responsibilities as citizens of the world and to say we stand with the people of Ukraine.”

After Tribble introduced Dr. Lipatova, who was born in Ukraine and has family in the country, she shared the following:

As a note, some information in the story comes from the one made by OPCR, on CNU’s website, where a video of the ceremony is located.



COURTESY OF OPCR



COURTESY OF OPCR



PHOTO OF CAPTAIN’S LOG

“I am glad we live in a time and place where it is considered wrong, inhumane and not tolerable when a superpower attempts to take over an entire nation, strip its freedom, its values and its independence. Such actions shake the world.

I see this flag on this campus as a symbol of our unwillingness to revert back to the time of conquering nations and prioritizing military defenses above education and health care. I see it as a call for love and global peace among all nations.”

After Tribble and Dr. Lipatova finished speaking, those that gathered stood around the flagpole in a circle as Dr. Lipatova raised the flag of her homeland while Ukraine’s national anthem played in the background.

Once the ceremony concluded, President Tribble mentioned to me that CNU is the first university in Virginia to do something like this.

TEACH-IN

UNDERSTANDING THE RUSSIA-UKRAINE WAR

Monday | March 21 | 9am - 7pm | Gaines Theater

9:00am - 9:50am

Opening Remarks and Guided Reflection

10:00am - 10:50am

Historical Context on Ukrainian-Russian Relations

Dr. Mario Mazzearella

Geo-Political and Economic Causes of Conflict

Dr. Tatiana Rizova

11:00am - 11:50am

Ukraine Conflict: Nuclear and Cyber Threats

Dr. Nathan Busch

Insights on Russian Military Strategies

Major Gary Pounder

12:00pm - 1:50pm

Reiff Center Roundtable Discussion on Humanitarian

Intervention: Dr. Francesca Parente,

Dr. Kelebogile Zvobgo, Dr. Youssef Chouhoud,

Dr. Crystal Shelton, Dr. Andrew Kirkpatrick

- Pizza Lunch sponsored by Reiff Center

2:00pm - 2:50pm

Contextualizing the Ukrainian Refugee Crisis

Dr. Andria Timmer

3:00pm - 3:50pm

Russia in the Contemporary Ukrainian Literary

Imagination: Oksana Zabuzhko

Dr. Margarita Marinova

4:00pm - 4:50pm

Russian and Ukrainian Anti-War Movements

Dr. Deirdre Ruscitti Harshman

Closing Remarks and Discussion, Dr. Olga Lipatova

5:00pm - 5:50pm

Old Dominion University Discussion Panel

Dr. Alex Kravchenko, Iryna Zhuchenko, &

Dr. Anna Makhorkina

6:00pm - 7:00pm

Next Steps: Guided Reflection and

Community Engagement Opportunities

Vanessa Buehlman and Dr. Brooke Covington



CHRISTOPHER NEWPORT UNIVERSITY

**REGISTER TO LIVESTREAM
HONORS & PLP EVENT**

Graduation Costing an Arm and a Leg
Expensive spending before becoming *A Captain for Life*

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Q

PACKAGES

Deluxe Package

Starting at \$287.60

CUSTOMIZE

Essential Package

Starting at \$158.75

CUSTOMIZE

Basic Package

Starting at \$128.85

CUSTOMIZE

Mini Package

Starting at \$90.65

CUSTOMIZE

50 Personalized Announcements	25 Personalized Announcements	25 Personalized Announcements	15 Personalized Announcements
50 Custom Tissue Inserts	25 Custom Tissue Inserts	25 Custom Seal Notecards	15 Custom Seal Notecards
50 Custom Seal Notecards	25 Custom Seal Notecards	30 Custom Return Address Labels	30 Custom Return Address Labels
60 Custom Return Address Labels	30 Custom Return Address Labels	25 Custom Envelope Seals	25 Custom Envelope Seals
50 Custom Envelope Seals	25 Custom Envelope Seals		
1 Certificate of Appreciation with Cover	1 Certificate of Appreciation with Cover		
Order this package and your 50 Tissue Inserts are free.	Order this package and your 25 Tissue Inserts are free.		

PHOTO COURTESY OF DISNEY+

FELIX PHOMMACHANH
FELIX.PHOMMACHANH.18@CNU.EDU

Like many Seniors on campus, Graduation is looming over the horizon. Every senior makes sure they pass their classes and are able to walk across the Great Lawn to get their Diploma cover.

Before that can happen, you have to order your cap and gown. Ordering your cap and gown includes: Gown with Zipper pull, Hood, Cap, and CNU Tassel.

The total cost of that order is \$101.10. Majority of that money is put into the Gown and Hood with it costing \$40.30 and \$42.00 respectively. That is expensive. And not including the extra bits of maybe getting graduation announcements to send to your family and friends, placing your spot in the several Senior week events, or other random things that adds to this once-in-a-lifetime experience.

Let me first talk about the Senior Week activities that are offered for the Class of 2022:

On May 6, 2022, Seniors have a chance to go to the Paradise Ocean Club in Hampton. Transportation is provided and lunch as well.

Also there is a bar there so that is why transportation is provided. Now, this is not a bad event or idea.

On May 9, 2022, there will be a Bingo and Pop Up Lunch in the Ballroom where seniors have a chance to win home essentials like kitchen appliances like coffee makers and dishes, maybe some home decor? Loose idea of what they are providing, but a good start in getting these home essentials after college.

On May 10, 2022, there is a lot. In the Morning there will be the Grad Color Run where Seniors will get color dusted throws on them. In the early evening, there will be Sunset Yoga with cider and soft pretzels. And in the late evening, there will be Club CNU, where there is a DJ and a Cash Bar.

On May 11, 2022, there will be a picnic on the Great Lawn with a Slip and Slide, Dunk Tank, and DJ. In addition, they will be serving Buffalo Chicken Wrap.

Finally, May 12, 2022, for the last time, Seniors will share a Champagne Toast with President Paul Tribble in celebration of graduating.

Okay, time to unpack the cost/payment of these things. First, The Champagne Toast with Tribble is ONLY available for the first 325 Seniors that purchased the Silver Package, which gives you access to all the events, the Swag bag [Class 2022 T-Shirt, Can cooze, bottle opener and magnet], and the Toast.

That costs now \$100 and probably all the spots have been taken by the time you are reading this article.

There is the Blue Package which gives you access to Bingo, Grad Dash, Yoga, Club CNU, and the Swag bag, which is now \$90. You can purchase all the events, minus the toast, individually, costing \$15 each, except the Grad Color Dash which is free. And the Swag Bag is \$20. So if you purchase all the events and the swag individually, that is \$95 total. This feels like a ripe off in terms of scaling. Feels a bit too much for most of these events. Like the Ocean Club and Bingo there is reasonable pricing; however the Tuesday events like the Yoga, Club CNU, and the picnic are pretty overpriced. I get that these events are for seniors to have a last fun time on campus before they graduate, to create memories, and to hang out, but these activities and events are a bit overpriced. I mean the Toast is exclusive to the first 325 Silver Package people, and the Fear Of Missing Out (FOMO) on having a toast with Tribble as this will be his last toast as CNU President is something to have; however having it behind a \$100 price tag is... well, expensive as that is nearly the same amount as our cap and gown. I haven't even included

the CNU graphic Graduation announcements, envelopes, seals, labels, etc, for those who want to send it to family and friends that they are graduating. Packages for these things range from \$90 to \$287! That is expensive! Even getting some of these items individually, they are cut deep into savings, paychecks, or loans.

Overall, if you are a senior, get your cap and gown and maybe get the Senior Swag bag and nothing else. Maybe go register for an event or two, and tell your parents that they can buy the announcements themselves. So much money just to graduate...

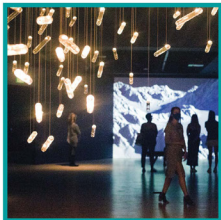
CELEBRATING 10 YEARS OF INTERDISCIPLINARITY

Ar t(S)science

Fe stiv

AI

March 16-18, 2022



NIGHT LIGHT

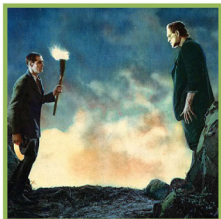
Fine arts / environmental science

Wednesday, March 16 at 7 p.m., Tribble Library Theatre

Keynote welcome: "The Outlook for Intelligence"

David Salomon, PhD, director
Office of Undergraduate Research and Creative Activity (OURCA)

Conversation: "Celebrating the Interdisciplinarity of the Night Light Exhibition"

Holly Koons, executive director, Mary M. Torggler Fine Arts Center
Michael Meyer, PhD, associate professor, Organismal & Environmental Biology
Moderator: David Salomon, PhD, director of OURCA


FRANKENSTEIN

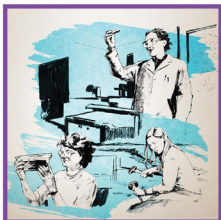
Film studies / humanities / ethics

Thursday, March 17 at 7 p.m., Tribble Library Theatre

Film Screening: Frankenstein (1931) with Boris Karloff

Monologue performance from Dr. Frankenstein by Selma Dimitrijevic

Interdisciplinary Panel Discussion: "Frankenstein ... Monster?"

Joe Balay, PhD, associate professor, Philosophy and Religion
Jason Carney, PhD, senior lecturer, English
Mary Wright, PhD, associate professor and chair, English
Moderator: John Nichols, PhD, associate professor, English, and director of film studies


PICTURE A SCIENTIST DOCUMENTARY

Women in Science

Friday, March 18 at 7 p.m., Tribble Library Theatre

Documentary screening: Picture a Scientist (2020)

Interdisciplinary Panel Discussion: "Women in Science"

Physics, Computer Science & Engineering (PCSE) mentor program
Susanne Leonard, engineering manager, Newport News Shipbuilding
Julia Bandurco, computer science major
Mary Beth Wusk, chief engineer for safety, NASA Langley
Maddy Holt, computer science major
Moderator: Clair Dorsey, manager, corporate outreach & student engagement

CHRISTOPHER
NEWPORT
UNIVERSITY

Free No-Ticket Event • Open to the Public
Honors Program Approved Event
Masks recommended


*Sponsored by OURCA, Dr. David Salomon and Tribble Library, Mary Sellen • **Sponsored by PCSE Department, Dr. Anton Riedl, chair

Art(S)Science Festival Artistic Director: Denise Gillman, professor of directing, Department of Theater and Dance



MARCH 24 & 25, 2022

FOR TICKETS, VISIT
THEATER.CNU.EDU

2021-2022 SEASON SPONSOR
Langley

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CHRISTOPHER NEWPORT UNIVERSITY
DEPARTMENT OF PHILOSOPHY AND RELIGION
& AARON PROFESSORSHIP IN JEWISH STUDIES

PRESENTS

Holocaust Archaeology:
Retracing the Steps of Resistance

PRESENTATION BY

Mikaela Martinez Dettinger ('22)
about her Summer Scholars research last summer

What if you were put in charge of a revolution against the Nazis? Many of the men and women who fought against the Nazi's Final Solution were in their 20s when they were uprooted from their lives, torn away from their aspirations and called to resist the Nazi regime. Today, their names and actions are largely forgotten. During her Summer Scholars research, Martinez Dettinger joined an international research team using groundbreaking archaeological methods to uncover the stories of these heroes. She travelled to over 15 different Holocaust sites in Latvia, Lithuania and Poland to work hands-on with archaeologists, geophysicists and a team of researchers to identify mass graves, artifacts and resistance strongholds that were once thought to be lost to history. In her presentation she will recount the most moving aspects of working to reveal lost history, the discoveries that were made and the powerful influence that Holocaust education can have on each and every one of us.

Mikaela Martinez
Dettinger ('22)

Thursday, March 17, 2022
12:20 - 1:20 p.m. | McMurran Hall 101

CHRISTOPHER NEWPORT
UNIVERSITY
For inquiries, contact Dr. Richard Freund, Bertram and Gladys Aaron
Professor of Jewish Studies, richard.freund@cnu.edu, (757) 594-9196

APPLICATIONS NOW OPEN



EDITOR-IN-CHIEF

For the Captain's Log 2022-2023

Applications Must Include:

-Cover Letter

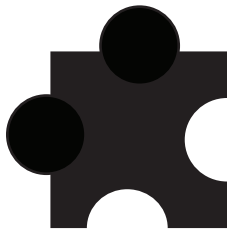
-Letter of Recommendation

-Three Journalism Writing Samples

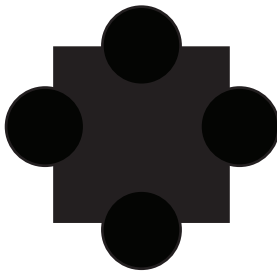
Applications Due By: March 25, 2022

FOR MORE INFORMATION CONTACT:
NICOLE.EMMELHAINZ@CNU.EDU

APPLICATIONS WILL BE REVIEWED BY THE AD-HOC STUDENT MEDIA BOARD
THAT IS COMPOSED OF STUDENTS, FACULTY, AND COMMUNITY JOURNALISTS



Puzzles & Games



Rebus Puzzle

A REBUS is a picture representation of a name, work, or phrase. Each "rebus" puzzle box below portrays a common word or phrase. Can you guess what it is?

1.

1, 2, 3, 4,, 38,
39, 40, LIFE

2.

LE
VEL

3.

L
O
V
E

4.

12:00T

5.

Try Stand
2

6.

TAILR
RIALT
AIRLT
TLIRA

7.

ROOM

8.

META META
META META

9.

Sitting
THE WORLD

10.

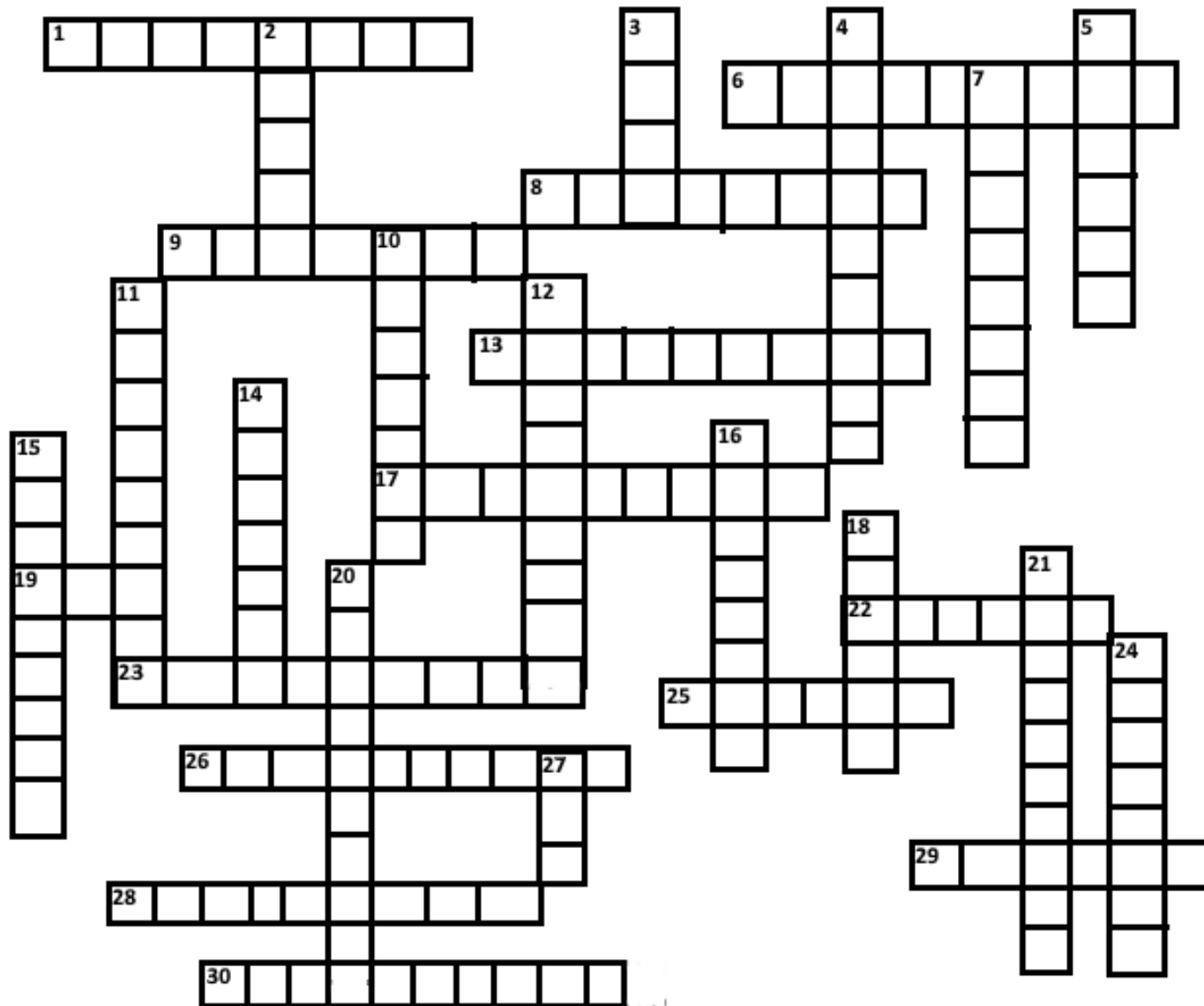
D MOVIE
D MOVIE
D MOVIE

1. Life begins at 40. 2. Split Level. 3. Falling in Love. 4. Noon Tea. 5. Try to understand
6. Trail Mix. 7. Green Room. 8. Metaphor. 9. Sitting on top of the World. 10. 3D Movie

Crossword

Theme: Harry Potter

Used by Volume 43 of the Captain's Log



Across:

1. The Name of Hagrid's pet Hippogriff
6. He who must not be named
8. The name of Harry's School
13. Guards at the Prison
17. House with the Colors Blue and Bronze
19. Crookshanks is a _____
22. People who catch dark wizards
23. Village close to Harry's school where students go
25. The name of the joke shop near the school

26. House with colors yellow and black.
29. Harry's Owl
30. Sweet shop in the village near the school.

Down:

2. Sirius's Last Name
3. Hagrid's big boarhound
4. House with colors green and silver
5. The drive that the Dursley's residence is on
7. Foul name for someone that is muggle born
10. Shape shifter takes on what is feared
11. Game Played by Harry
12. Half people, Half Fish
14. _____ Myrtle
15. The Alley that Harry accidentally travels to by floopowder
16. Leaky _____
18. Alley that has many shops

- for witches and wizards
20. Headmaster of Harry's School.
21. House with colors crimson and gold
24. Monster also known as King of Serpents
27. _____ Lady in Portrait (Harry gives password to)

SPRING 2022 Events Calendar

FEBRUARY

2/4+2/5 Movie: 10 Things I Hate About You

2/10 Cultural Coffee Hour

2/11 Build-A-Buddy

2/18 Glow Crazy

2/19 Mentalist: Zak Mirz

MARCH

3/11 Crafty Cacti

3/12 Captain's Ball

3/18+3/19 Movie: Encanto

3/22 Dorm Dining

3/23 Poet: Ebony Stewart

3/25 Fruit Ninja

3/26 CNU Music Festival

APRIL

4/1 Intercultural Festival

4/8 Magician: Kid Ace & Movie: Spider-Man: No Way Home

4/15 SpringFest & Band: Dawson Hollow

CAMPUS ACTIVITIES BOARD

@CNUCAB

COURTESY OF CAB (CAMPUS ACTIVITIES BOARD)

Moment of the Week: Captains Ball

CAB MEMBERS POSING FOR A PICTURE AT THE END OF THE CAPTAINS BALL
PHOTO OF CAPTAIN'S LOG

Visit the Captain's Log Online on our website:
thecaptainslog.org.
There you can read all of our stories from the past
semesters and from this semester.

If you have an interest in wanting to see what
older issues of the Captain's Log look like
including some other campus newspapers and
yearbooks, visit chris.cnu.edu.

PHOTO BY THE CAPTAINS LOG

PHOTO BY THE CAPTAINS LOG

CNU TV videos on Instagram
and Facebook

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THE CAPTAIN'S LOG is the official student newspaper of Christopher Newport University. It is a public forum, which is published on Wednesdays throughout the academic year.
THE EDITOR welcomes letters from readers. Editors reserve the right to edit letter for length and AP style, as well as to refuse publication. An email with a ".doc" attachment is preferable. Reach us through:
- Email: clog@cnu.edu
- Drop off: The Captain's Log newsroom, DSU suite 393
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