



The Captain's Log

THE VOICE OF CHRISTOPHER NEWPORT UNIVERSITY STUDENTS

@CNUCAPTAINSLOG

WWW.THECAPTAINSLOG.ORG

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OCTOBER 20, 2021

Family Weekend + CNU's 60th Anniversary Kickoff = One Historic Weekend



Fireworks helping to kick off Family Weekend and the anniversary celebration during Symphony Under the Stars held on the Great Lawn in front of Christopher Newport Hall

PHOTO COURTESY OF CHRISTOPHER NEWPORT UNIVERSITY

What's Inside

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President Tribble announces his retirement after 26 and a half years	Celebrating 20 years of Football plus a Family Weekend recap	Recapping the most recent win from CNU Football and Ice Hockey.	Eight Self Care Methods for this semester plus Stress Reliver Tips	60th Anniversary Exhibit in the Tribble Library



Moment of the Week

As part of CAB's annual FallFest, the Captains Log ran a ring toss bowling game. Those that came to the booth had a fun time playing the game.

PHOTO BY EVELYN DAVIDSON / THE CAPTAIN'S LOG

If you have a photo that you would like to be featured in the "Weekly Pic" section, please send it to clog@cnu.edu, along with your caption. We thank you for your submissions.



LIGHT THE NIGHT

2021

CNUTV

The Sights and Sounds video has been posted onto the Captain's Log Facebook from 'Light the Night', a campus tradition that SGA planned.

Happened

September 28

CAB Presents Kristen Becker

CAB hosted Kristen Becker, "an out and proud lesbian comedian", in Gaines Theater to help kick off LGBTQIA+ History Month.

September 29th

An Intimate Evening with Josh Groban

The Ferguson Center of the Arts hosted Josh Groban to help kickoff the performing arts season in the Diamonstein Concert Hall in honor of the University's 60th Anniversary.

October 1

Study Abroad Fair

As part of Family Weekend, the CNU Study Abroad office hosted the fair out on the Great Lawn as a way to showcase the programs.

October 15

Fall Fest: Swingin Safari

On the Friday post Fall Break, CAB Hosted Fall Fest on the Great Lawn that had food, themed attractions, music by Telehope, and giveaways.

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your favorite stories.

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

JOIN THE STAFF The Captain's Log is always open to students who are interested in writing, photography and editing. Editors assign stories every Tuesday at 7:30pm in MCM 162.

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CNU President Announces 2022 Retirement



President Tribble congratulates a graduate at the 2019 commencement PHOTO COURTESY OF CHRISTOPHER NEWPORT UNIVERSITY OPCR

President Tribble to say goodbye after 26 1/2 years of serving the CNU campus community.

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President Paul Tribble sent out an announcement video on Sept. 24 informing the Christopher Newport University community that he intended to retire on August 1st, 2022 after 26 and a half years of serving as university president.

In his emotional announcement video, Tribble stated, "Over the past eight months as I've supported and encouraged Rosemary in her recovery, I've been reminded that life is fragile and how precious are the members of our families... This is the 26th year that Rosemary and I have served Christopher Newport. In December, I'll be 75 years old."

Tribble reflected on his past career and expressed his desire to focus on

his family: "Time is racing by and I don't want to lose, for the second time in my life, the opportunity to be with the people who I love the most in this world. You see, when Paul and Mary Katherine were growing up, I was a young United States Congressman and Senator intent on saving the world. I missed so many special moments with them and Rosemary and I don't want to let that happen again."

"To all of you, thank you. Thank you for embracing the dream that working together, we could create another great university for America. Together we have made that audacious dream a reality," Tribble said, acknowledging and thanking the students, faculty, staff, alumni, parents, and friends of the CNU community.

He continued, "Most importantly, we've enriched the minds and stirred

the hearts of over 20,000 young people. I shook their hands and gave them their diploma, Rosemary congratulated them with a hug, and together, all of us, sent them out in the world with hopes and prayers that they would live lives of meaning and consequence and purpose, a life of significance..."

In closing, Tribble said, "Please know how much I love this place, how much I cherish each of you, how deeply grateful I am for you giving me the most extraordinary, meaningful moments in my life and how confident I am that Christopher Newport's best years lie ahead."

In an email from Rector, Bobby Hatten, following Tribble's announcement, the Board of Visitors expressed their appreciation for Tribble's dedicated leadership and support over the years, and they discussed the future of the university. Hatten went on to explain that Adelia Thompson, who stood in for Tribble during his sabbatical, would be interim President and CEO for the 2022-2023 academic year. In addition, the Board of Visitors requested that Tribble be Chancellor for the 2022-2023 academic year. He

also clarified that interim President Thompson would not be a candidate for university presidency.

"In January 2022 I will appoint a search committee that will fairly represent the rich diversity of campus and include representatives of important stakeholders including the Board of Visitors, faculty, staff, alumni, students as well as community leaders. We will use the spring to get organized, coordinate with the powers in Richmond, hire a consulting firm to offer advice and assistance, communicate about the qualities important in our new leader and launch a national search," Hatten said, elaborating on the upcoming process of finding and appointing a new president.

According to Hatten, "The next President will take office in the summer of 2023. That summer Paul's Chancellorship will end and he will serve on our faculty as the Davis Professor of Leadership and American Studies or retire to his home in the Northern Neck overlooking the Chesapeake Bay."

A Look Back at
Paul Tribble's
Greatest
Accomplishments
Over the Years:

- 1976: Elected to
the U.S. House of
Representatives

- 1982: Elected to
the U.S. Senate

- 1994: Appointed
to the CNU Board
of Visitors

- 1996: Became the
fifth president of
CNU

- 2000: The start of
the campus
transformation

- 2008: Opening
of a new library in
honor of Paul and
Rosemary Tribble

- 2021: Celebrating
25 years as
president of CNU

Ms. Linda's Legacy at CNU

After almost two decades a beloved staff member retires

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For almost two decades, Ms. Linda's name has been a popular one around the Christopher Newport University campus. In 2002 she began working in dining services where she would greet students as they came into the dining halls. Ms. Linda quickly became a familiar and friendly face that brightened everyone's day.

As time progressed, she became

more of an ambassador for CNU dining services. For years, Ms. Linda helped admissions and student ambassadors by talking to the families on campus tours about the dining hall experience.

"On every tour she greeted the families and gave at least a five minute speech about how great the food is, and how we could accommodate different needs whether it's dietary restrictions or just the fact that if you need a hug, she'd be there to give it to you," stated Kim McDaniel, assis-

tant director of admissions. Kim has worked with Ms. Linda for the past 13 years. "When I was pregnant, both times, I would see her when I went on certification tours and she would give me a big hug and ask me how the pregnancy was going," Kim said when sharing her favorite memory of working with Ms. Linda.

Paige Bowling said, "I have worked with Ms. Linda for about two semesters and the office will definitely be missing an amazing presence and I know everyone who goes

on tour will miss out on her talking about the food on campus!" All of the student ambassadors loved working with Ms. Linda and they especially enjoyed hearing all the families talk about her even after the tour had ended.

Although the CNU community is sad to see her go and will miss her greatly, everyone is happy for her to move on to the next stage in her life. Ms. Linda has left quite a legacy at CNU and she will not be forgotten by all the students and families that she

has touched with her kindness over the years.

"She will just be one of those people that everyone talks about – oh Ms. Linda did this, oh Ms Linda gave me a hug," Kim says. According to Kim, all of the student ambassadors who conduct campus tours are going to have to up their game when it comes to talking about the food on campus in order to carry on Ms. Linda's lasting legacy.

"Miss Linda!
Thank you for
always being so
wonderful to all of
us"

"Congratulations
on your retirement, Ms.
Linda! There were so many
times when I was struggling at
school, and your smile and
comfort at the dining hall
made my day"

"Happy
retirement!!! You
will be dearly
missed!!"

I would like to thank everyone.
All the students, staff and
administration and the CNU family for
the love and wonderful send off that was
given to me on September 24th. I pray that
everyone stay in good health and I send
my love and gratitude to all. You will
always remain in my heart.

Sincerely,
Ms. Linda

"Congratulations Ms.
Linda! You were such a
bright light during my time at
CNU 10 years ago. Enjoy your
retirement!"

"An incredible
lady who definitely
touched my years at
CNU! Love and blessings
to you Ms. Linda"

"Congrats Ms.
Linda! You are a
remarkable human and
CNU won't be the same
without you!"



Ms. Linda, emotional, as she walks into the David Student Union while the Marching Captains surprise her by playing the Fight Song at her retirement celebration. PHOTO COURTESY OF CNU

The CCE Hosts a Clothing Drive

750 bags worth of clothing donated for Afghan Refugees

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Last month, Christopher Newport University's Center for Community Engagement (CCE) hosted a campus-wide clothing drive in order to help the Afghan refugees in Virginia. Refugees will be staying in resettlement barracks for close to a year before they are relocated, so they will especially need clothing to help them through the colder months. Collection bins were placed all over campus, in academic buildings and residence halls, so that students could easily drop off any of their lightly used clothing or shoes.

In under a week, the CNU community donated 750 bags worth of clothing for Afghan refugees. After collecting the clothing, 150 volunteers, including students, faculty, staff, and community members, organized and catalogued all the donations in order to prepare them for delivery. Then, the donations were transferred two hours away to Ft. Pickett where 10,000 refugees are being temporarily housed.

Dr. Brooke Covington, the Academic Director for the CCE stated, "The clothing drive was truly a massive success—far beyond what we expected. In less than a week, we received over 700 bags of clothing, toys, feminine hygiene products, and diapers from across CNU and our local community. It really speaks to what we can accomplish when we work together with capable hands and open hearts."

With the overwhelming amount of donations, the clothing drive proved to be so successful that the CCE cannot manage any more donations for the time being. However, there are still other ways to help such an important cause. For members of the CNU community who would like more information about the refugee experience or who want to continue supporting Afghan refugees, they can contact the CCE at cnuengage@cnu.edu to learn how to volunteer for Commonwealth Catholic Charities Refugee Resettlement and Immigration Services or Hampton Roads Refugee Relief.

LGBTQ+ Community Responds To Scholar-In-Residence

Sophia Nelson's tweet against bisexual comic book characters sparks backlash

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Sophia Nelson, a Christopher Newport University scholar-in-residence, received backlash from the CNU community for a tweet that many considered hurtful to the LGBTQ+ community.

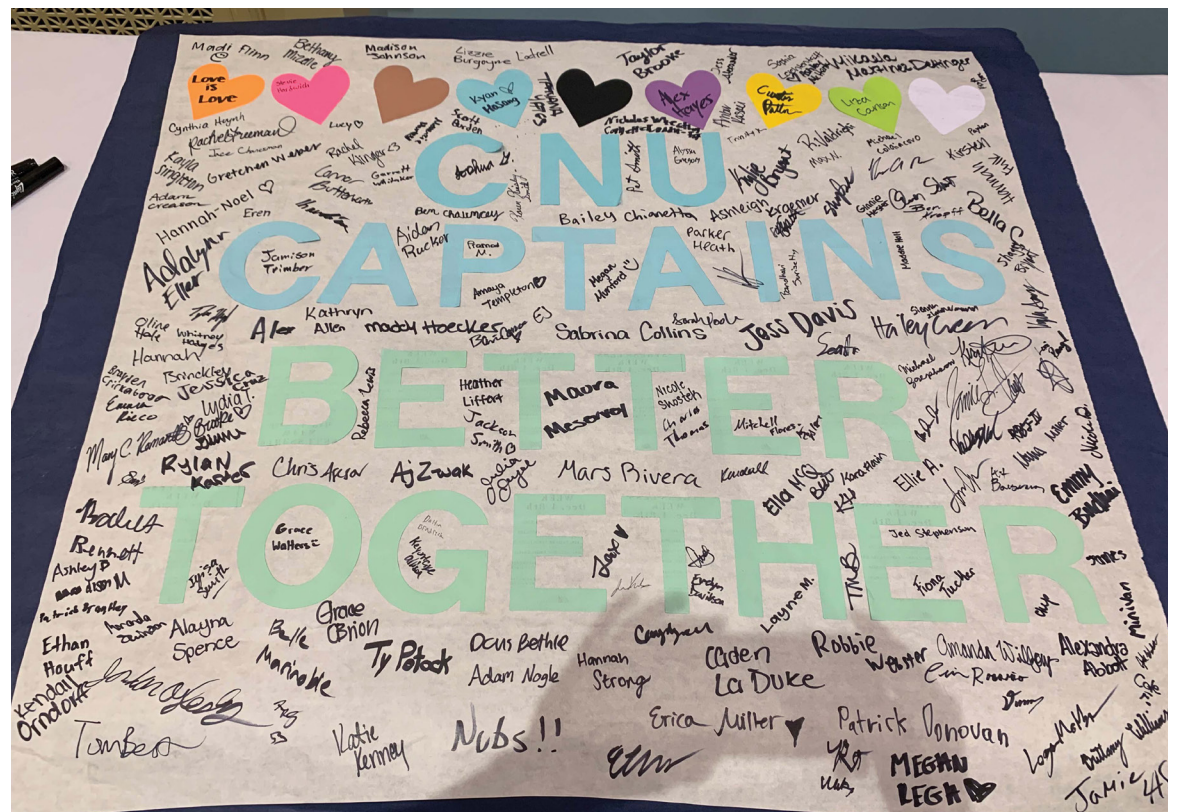
Nelson responded to a tweet from Variety about Superman's son, Jonathan Kent, coming out as bisexual in the DC Comics. On Oct. 11, she tweeted, "Smdh. I just don't get why this is necessary. I don't! What if Christian parents of children reading comic books don't want their kids exposed to bi-sexual characters? This is being pushed on kids. Then parents have to explain it. And most cannot!"

Many people believe that as someone working so closely with students, Nelson should not have made such a public comment invalidating the feelings of LGBTQ+ students.

Jess Alexander, a junior at CNU and the vice president of Spectrum, a CNU organization for the LGBTQ+ community, talked about how Nelson's tweets were offensive and hurtful, "Now luckily I'm at the point in my life where I know it's okay for me to have the sexuality that I do, for me to have the gender identity that I do, but not everybody here on campus does and it's very hurtful for that because it takes a dig at who you are, it takes a little chunk of your emotional stability, it takes a little bit of a chunk of your own confidence with it. It shouldn't have to be that way if it's just who we are."

CNU communications professor and Spectrum faculty advisor, Dr. Danielle Stern, responded to Nelson on twitter saying, "As a bisexual faculty colleague of yours at @CNUcaptains, I am saddened by this sentiment. We have served on DEI panels together. I implore you to think about how bisexual young people, including our students, may feel shamed and othered by this perspective."

In addition, Stern penned a letter to the administration that amassed 170 faculty and staff signatures. Stern shared the letter and signature list with all CNU faculty and staff, including President Tribble, on Oct. 15. The letter urged the administration to denounce Nelson's statements and defend CNU's LGBTQ+ students, "While we ought to be well past the need to have dozens of signatures on a faculty letter for administration to speak up on behalf of our underrepresented communities, I and many on our CNU faculty feel we must speak up against this patent discrimination and in



The "CNU Captains Better Together" poster features signatures from members of the campus community coming together in support of our LGBTQ+ community. PHOTO BY JOSH GRIMES/ THE CAPTAIN'S LOG

support of our students and our CNU commitment to diversity and inclusion. This letter serves as a call to the upper administration to make a public statement that condemns Prof. Nelson's homophobic statements and affirms the safety and mental well-being of our students, particularly those in the LGBTQIA+ community." The letter was officially sent out soon after Tribble released his Oct. 18 email addressing the situation.

In response to all the backlash, on Oct. 14th, Nelson apologized in a now deleted tweet, "I am a university professor-scholar now. I am mindful of the diversity of the student body & the importance of #LGBTQ equality. I apologize sincerely if my #Superman's son coming out as "bi" @DC-Comics tweet hurt anyone. It wasn't my intent. I wanted to acknowledge that publicly."

Nelson's apology was not well received and many felt that it lacked sincerity.

One CNU alumnus, Jonelle Brown, responded to Nelson stating, "I know that the difference in semantics is not lost on a scholar/author... apologizing 'if' negates the fact that actual harm was done. Nor is the term "bi" suggestive/potentially invalid — why is it in quotes? Anyway...apologies mean nothing without change. We hope to see it!"

In reaction to Nelson's divisive tweets, the Student Government Association (SGA) hosted an open forum on Oct. 15 where students could

have a platform to speak freely about the situation. Nearly 100 students attended the event, and the forum, held exclusively for CNU students, provided a safe space for them to share their thoughts on the subject. The SGA intends to host another open forum on Thursday, Oct. 21 at 5:30 in Gaines Theater. This forum will be open to students as well as faculty and staff.

In another show of support, the Department of Communication released a statement backing the LGBTQ+ community, "Let us say unequivocally that as a department we stand in support of Inclusive Excellence and support all members of the CNU community, including our fellow Captains who identify as LGBTQIA+ and their friends and families. While we stand steadfastly in support of the principles of free speech, we recognize that freedom of speech does not mean freedom from consequences of that speech. This means that we fully support peoples' ability to exercise their first amendment rights, but also reserve the right to categorically denounce speech that is objectively harmful to members of our community"

The Student Diversity and Equality Council (SDEC) stated on their Instagram that they were "disheartened and disappointed by the recent public comments on social media... SDEC will always support and be an advocate for the LGBTQ+ community."

Tribble released an email on Oct. 18 entitled, "Message to the Campus

Community." In his email, he assured the CNU community that the university would work towards healing and growth.

He also stated that, "Dean Underwood is working with Ms. Nelson to bring her to campus for an open dialogue. She is eager to engage in this give and take, and offered it before we asked. We will schedule opportunities for her to have discussions with students, faculty and staff. She welcomes the conversation. She will have an opportunity to share who she is, her views and opinions, and her heart. She will talk about why she tweeted what she did. We will listen. And we will share our views, opinions and hearts — the pain, the anger, and the questions. She will listen. She will learn what it means to be a part of this community. Everyone may never agree, but we will support our LGBTQ+ students and colleagues, listen, and talk, and learn how to be different, together."



Sophia Nelson
PHOTO COURTESY OF CNU

CONCERTS

October 24
Brothers in Unity of Virginia:
An Evening of Praise
6:00 pm Diamonsetin

IN THEATERS

October 22
"Dune" PG-13
October 22
"The Estate" R

CAMPUS

October 23
Stroll to the Prolls
6:00-9:00PM
October 24
CAB Haunted House
7:00-9:00 PM

Community Returning in Music

A music student's len on playing in front of a crowd

GRACE GRILES

GRACE.GRILES.20@CNU.EDU

As we are all well aware of the fact that this fall semester has been different from the last. The dining hall has more seating, all in person classes are taking place, and sports events actually have an audience, but one change that many have overlooked is that music performances are back.

Unfortunately, there has not yet been a symphony or concert. However, The Marching Captains have gotten to perform at the CNU football games, and I do not believe that I will see them the same again.

I was at the first football game earlier this month. Over the past 18 months I guess I had forgotten what a "normal" football game was supposed to look like. Therefore, I forgot how big of a role the band played in a football game, and after talking to Melanie Aldhizer, a sophomore trumpet player on The Marching Captains, it seems that the pandemic almost made them forget their significance as well.

"It's a whole other world from last year, because our last game (referring to Sept. 5th) was packed. It was literally the best day ever and it was so fun," Melanie said.

I remember being at that game and being shocked at how involved the band was. At the halftime show they exuded this energy that showed that they owned the field. The crowd screamed for them just as much, and possibly more than they did for the football game itself.

"Even people who had been at CNU before last year, pre-COVID, were so happy to just perform in front of people again," Melanie said.

After rehashing fun memories about the football game, Melanie and I started getting into how last year was hard on everyone, especially those in music.

"I personally just love being a part of The Marching Captains, and it truly feels that you are a part of something bigger than yourself"

- Melanie said.

Even though The Marching Captains had huge expectations set on their backs to perform perfectly after not performing in front of others for a year and a half, it seemed that the band members felt more excitement than pressure.

We stuck to the subject of The Marching Captains, once again, because although she is in the CNU Music Program she had not gotten a chance to perform for them at the time of our interview. I expressed to her that practicing, even those you probably will not perform for anyone, must impact the

atmosphere and the program.

"We had a band camp this year which we didn't have last year. So I was here a week before any upperclassman moved in, and we didn't have that last year. We just moved in with everyone else and started rehearsals on Monday," Melanie said.

This allowed for The Marching Captains to actually get to know each other and bond more. Melanie mentioned throughout the interview how this year she has gotten to know way more people in the band than she did last year, not only because of band camp, but also because they were allowed to practice in big groups.

"The cap was twenty five people in a cluster, even outside. So, what we would do is we would have sectionals every rehearsal. For me, the trumpets, we would go to a part of the field, and we would just sit there and play the music through stand tunes for almost two hours every Monday, Wednesday, Friday.

At first it was fun because we were playing music after a year of not doing anything, but after a while it just got old. There is no point. There is no end goal or performance," Melaine said.

Now that there are new rules that allow for the entire band to rehearse together and for them to perform in front of others, everyone is feeling more appreciative for The Marching Captains.

Even President Tribble paid them a visit before the first football game.

"Friday rehearsal before the Saturday game President Tribble just showed up and gave us this speech. He gave this speech

and said that this campus is not the same without The Marching Captains. They are a really big part of the football and campus as well," Melanie said.

She explained that no one in the band knew he was coming, and how she appreciated the moment. She also went on to say that it was not just Captain's fans who expressed their appreciation for the band.

"After the game one of the football coaches of Washington & Lee emailed the band director and said something along the lines of I know you beat us and everything, but I can't continue on without saying how amazing your marching band is."



PHOTO COURTESY OF PROLO/ DR. JOHN LOPEZ, THE DIRECTOR OF THE MARCHING CAPTAINS

Star War Visions

Brings new visions to the Star War's franchise

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A long time ago in a galaxy far away...

Disney's Streaming service, Disney+, has led the Disney Empire into a new age of media. Using the IPs they acquired over the years, the entertainment juggernaut has produced several original shows for the market. From Star Wars the Clone Wars Season 7, The Bad Batch, and The Mandalorian, the empire decided to try something new.

George Lucas, creator of Star Wars, was inspired by the Japanese 1958 film "The Hidden Fortress", created by Akira Kurosawa. Following this inspiration, Disney partnered with seven Japanese anime studios to produce Star Wars Visions, a nine episode anime anthology series that pays homage to Star Wars. Each episode tells its own story and non-canon to the source material; however the episodes pay tribute and are inspired by the universe of Star Wars.

Overall, the series was only with me personally having a few favorites and dislikes. I do enjoy how the creators had some created liberties with Star Wars Lore to make something that could be part of it. Another note was that I watched all the episodes in Japanese with English subtitles, a personal preference for watching anime. Each studio brought their own animation style and unique storytelling to the Star Wars franchise, with each episode having something I enjoyed. They also add a small behind the scenes episode per episode on how they went about creating them. I will be listing out each episode, the studio that created it, runtime, and what I like or dislike about the episode, but will not go in depth of the story.

Episode One: The Duel
Studio: Kamikaze Douga
Runtime: 15 Minutes

Kamikaze Douga, an animation studio that specializes in 3-D animation, created a stunning black and white Japanese samurai film. The combat sequences are fluid and seamless with each lightsaber draw giving a glorious light over the rest of the black and white episode. A solid episode.

Episode Two: Tatooine Rhapsody
Studio: Studio Colorido
Runtime: 14 Minutes

Tatooine Rhapsody, is a nice episode, with it more being near the genre of slice of life/drama over action. The chibi like designs of the characters were interesting, but the main focus was the music. The music in this episode was great and brought the focus towards a group helping a friend in need, grounding it and making it stand out over the other episodes.

Episode Three: The Twins
Studio: Studio Trigger
Runtime: 18 Minutes

Studio Trigger, if you have seen this studio's other works like "Kill la Kill", "Little Witch Academia", or "Promare", then you'll understand how over the top their animation style can get, and this episode doesn't disappoint. This episode is more about spectacle over story with its big action sequences and exaggerated facial expressions, this episode goes from zero to one hundred real fast. I enjoyed it.

Episode Four: The Village Bride
Studio: Kinema Citrus
Runtime: 19 Minutes

The Village Bride is my absolute favorite episode of the series. The episode has great visuals and nice pacing. The vivid colors and exploring the spiritual side of the force makes it a great episode, slower and more appreciative with its storytelling.

Episode Five: The Ninth Jedi
Studio: Production IG
Runtime: 23 Minutes

The Ninth Jedi, produced by Production IG, was my second favorite episode of Visions. One of the longer episodes of the series, it takes established lightsaber lore and treats them like actual blades, being forged for their users. It has great pacing and great visuals.

Episode Six: T0-B1
Studio: Science SARU
Runtime: 15 Minutes

T0-B1 was an okay episode. Similar to episode two, Tatooine Rhapsody, it goes to a chibi character style, giving it an "Astro Boy" feel and look. The message and meaning of the episode is nice and sweet, but I felt a bit annoyed with how the character talks. Still a good episode, but not my favorite.

Episode Seven: The Elder
Studio: Studio Trigger
Runtime: 17 Minutes

The Elder was created by Studio Trigger, where episode three, The Twins, being exaggerated, this episode was grounded. The pacing of the episode felt slow at times and the story felt there but not at time. Comparing the two episodes they produced, I preferred episode two for being bold and up front then this.

Episode Eight: Lop & Ocho
Studio: Geno Studio
Runtime: 21 Minutes

Lop and Ocho is a very telling tale with great themes of family and siblings. I would classify this as a coming of age story, beyond the Star Wars setting. The background and visuals are well done and the fight sequence is great. A solid episode.

Episode Nine: Akakiri
Studio: Science SARU
Runtime: 14 Minutes

Akakiri, created by Science SARU. It is a very interesting animation style choice; however the episode reminds me of Star Wars III Revenge of the Sith with its ending. I like the idea it was going for; however with only 14 minutes of runtime, it felt rushed with its flashback and flash forwards.

CNU Ice Hockey Win the Weekend

A goalie defense stalls the opponents

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On Friday Oct 15, 2021 The CNU's Ice Hockey team beat the Naval Academy team at Hampton Roads IcePlex. The score was 7-0.

Almost every goal as an audience felt like a close call. Everytime the puck got close to the net it was a fight to the death; however, player #70, freshman goalie Ryan Vanesko, was a bulwark against the Naval Academy's offense. "He was a brick wall," the audience shouted as there were multiple times where the battle for the puck was right in front of him. He stood defiantly against them. The CNU crowd would cheer for each shot he blocked and sometimes they thought the puck made it in before the ref made the call. There were a few times the crowd was incorrect, but the amount of times they

cheered in vain was all forgotten when the Captains won, thanks in part to Vanesko's impenetrable defense. This game gave him his first ever shutout streak with a 100% save percentage. The season overall has been rather successful for the Captains.

Beyond the game, every CNU student wore a pink pin in support of the sorority, Zeta Tau Alpha fundraiser for breast cancer research. The event overall was called "Pink the Rink." This particular game was in partnership with the sorority Zeta Tau Alpha to raise money for breast research with an event called "Pink the Rink." The proceeds went to the Susan G Komen, the largest breast cancer awareness and research organization in the United States. It was awe-inspiring to

be a part of such an event with a unified purpose.

For the semester, the last home game of the ice hockey team was the next day at the same venue against Navy Men's hockey team, winning 7-1. With their track record, I believe that they will have a good season overall. To start off the next semester, the team will be facing Liberty University.

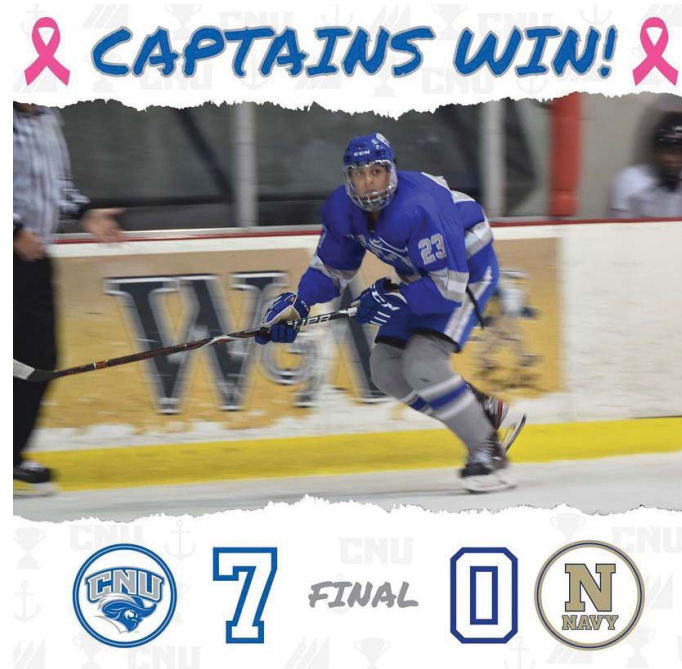


PHOTO CUROSTSY OF CNU ICE HOCKEY INSTAGRAM

Captain Shutout Montclair

The defense pitches victory over montclair

TREY GREENWELL
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Last Saturday, the Captains hosted Montclair State University. Student-athletes with grade point averages of 3.2 were recognized at halftime, receiving a standing ovation from a crowd of 2,376. On the field, the Captains played their best game of the season, blanking Montclair State University by a score of 28-0. This gave the Captains their first New Jersey Athletic Conference win of 2021.

The game began with an interception by senior linebacker Sean Wilkinson two plays in, his first of the season. This put the Captains at the Montclair 17 yard line. Four plays later, the Captains got in the end zone to take the lead. After a turnover on downs from Montclair, the Captains continued to dominate the game. A five play drive that ended with a touchdown from freshman running back Aeron Williams

put the Captains up 14-0. This was Williams' second rushing touchdown of the season.

Early in the second quarter, the defense stepped up once again. A lengthy 13 play, seven minute drive ended with another turnover on downs that put the Captains offense at their own 21 yard line. After a punt from both sides, sophomore quarterback Matt Dzieriski threw an interception that was nullified by a roughing the passer call on Montclair State. A 16-yard reception from sophomore tight end Kyle Lynch put the Captains at the 8 yard line. On the very next play, junior wide receiver Xander Jedlick caught an 8-yard touchdown pass from Dzieriski that put the Captains up 21-0 at halftime.

he Captains began the second half with an interception. After punts from both teams, a five play, 30 yard Montclair drive ended with a failed 4th and 13 from the Montclair

State offense that put the Captains at their own 23-yard line. A 12-yard receiving touchdown from senior wide receiver Garrison Mayo iced the game, putting the Captains up 28-0 with just over five minutes left. This was Mayo's fourth touchdown of the season and the 12th of his collegiate career.

For the first time since 2017, the Captains shutout their opponent. This also marked the end of a two-game losing streak that began with a 20-27 loss to Kean University on Family Weekend.

While the Captains offense only averaged 2.6 yards per carry on the ground, they passed for 216 yards and averaged 5.6 yards per play. On defense, the Captains held Montclair to 160 total yards and an average of 3.0 yards per play. Another reason CNU won this game is because of their ability to extend drives. They went 8/13 (62%) on their third down conversions compared to

Montclair's woeful 1/12 (8%). This allowed CNU to keep the ball for just over 34 minutes. The Captains only turned the ball over once while Montclair turned it over twice. Lastly, the Captains took advantage of every opportunity they had in the red zone, scoring touchdowns on all four of their trips.

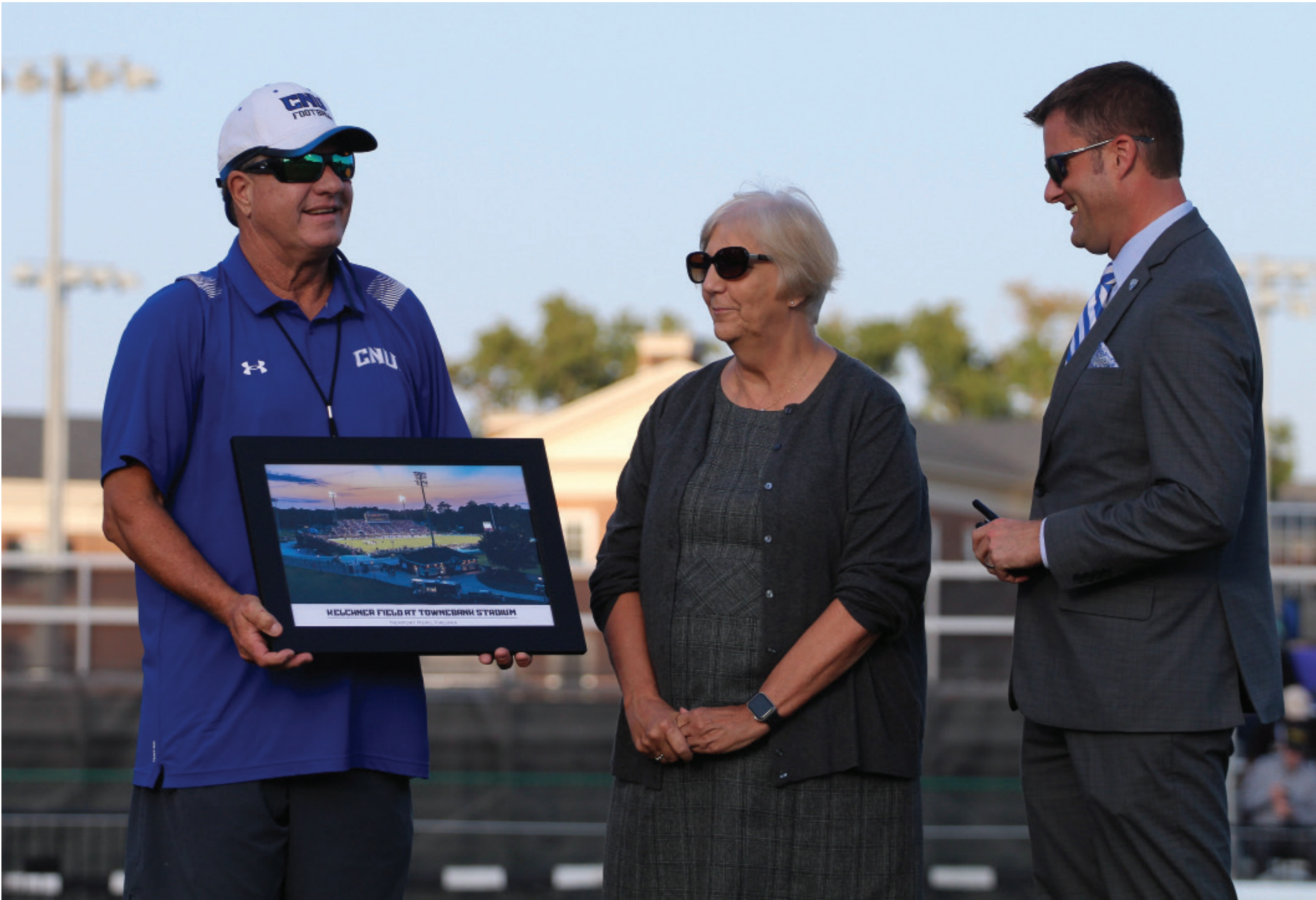
Next Saturday, Oct. 23, Christopher Newport University (3-4) will face The College of New Jersey (3-3) in Ewing, New Jersey. Kickoff is scheduled for 12:00 PM.



PHOTO BY JOSH GRIMES/ THE CAPTAINS LOG

Celebrating 20 Years of Football

Captain's Celebrate the Dedication of Kelchner Field and the 20th Anniversary of CNU Football



(Above) Former CNU Football head coach Kelchner is presented with a photo of the newly named Kelchner field during the pregame segment of the CNU vs. Ferrum College game (Left) Adam Luncher attempts a touchdown (Below) CNU Storm Dance Team performs alongside The Marching Captain's during the halftime show

PHOTOS BY MARY SEMERLING/ THE CAPTAIN'S LOG





(Left) Linebacker Conner Ryan, fifth year, looks to the sidelines for guidance before the next play begins (Below) Quarterback Matt Dzierski, sophomore, prepares for the snap at the beginning of the play

PHOTOS BY MARY SEMERLING/ THE CAPTAIN'S LOG

Want to take photos for
the Captain's Log?
Contact us at dlog@cnu.edu



(Left) The Marching Captains perform their show 'Otherworldly' during halftime under a nearly full moon (Above) The Captains' take the field for the coin toss at the beginning of the game

PHOTOS BY MARY SEMERLING/ THE CAPTAIN'S LOG



PHOTO COURTESY
OF CNU

Family Weekend 2021

Events held during the weekend of Oct 1-3



(Top Left) Symphony Under the Stars Friday night kickoff. (Top Right) Theatre CNU performance of “An Emmy of the People”. It showcases the main characters on set. (Below) Members of the Marching Captains Drumline opening the 15th annual Music Showcase “Somebody Loves Me”.

PHOTOS COURTESY OF OPCR



(Above) Cole Guither introducing Nash Young to the audience that included families and students (Right) CAB had Nash Young, a magacian, come to campus as part of Family Weekend.

PHOTOS BY COLE GUITHER/ CAB





Taken during the Family Weekend football game against Kean University.

PHOTOS COURTESY OF OPCR



Families spending time with one another during the Family Weekend Tailgate

PHOTO COURTESY OF OPCR



(Left) Hayden Cameron performing his trumpet solo within the Wind Ensemble portion of the Music Showcase. (Below) Members of the Marching Captains performing during Halftime wearing a pink plume in honor of Breast Cancer Awareness Month. (Bottom Left) Members of Percussion Ensemble performing during the music showcase. (Bottom Right) Members of the Wind Ensemble, University Chorale, University Orchestra Jazz Ensemble, and Music Faculty performing the world arranged premiere of 'Bridge Over Troubled Water'

PHOTOS COURTESY OF OPCR



Study Abroad Fair on Great Lawn

An opportunity to learn about the study abroad programs offered

EVELYN DAVIDSON

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On Oct. 1, the Study Abroad Office hosted a fair on the Great Lawn for students to explore all the different study abroad options available to them for the summer, spring break, and semester study abroad programs.

There are 15 different CNU study abroad programs that span 18 different countries. Each program had its own information booth where they handed out fliers and discussed what studying abroad in each location would entail.

With such a variety of travel opportunities, everyone can find something that suits them. The following list represents just a small selection of all the options presented at the fair: "Advanced Studies in England," "Sport Leadership in Nordic Culture," "Studying in Rome with John Cabot University, exploring environmental issues in Iceland, and "Looking for King Arthur" for English 392/Theater 395.

Studying abroad gives students a wonderful chance to see the world while still gaining credit for elective, major/minor, or core classes.

In addition, while the programs do have a certain theme or focus, many of them do not have prerequisite courses, and they do not require you to have a certain major in order to participate.

Some study abroad programs are facilitated through other universities so students live in on-campus housing, while other programs are organized so that students stay in hotels or apartments with their fellow student travellers.

These programs require students to pay for their travel based on how many students will be in each program, and it can cost thousands of dollars.

When considering doing a study abroad program, take into account how much it would cost and thoroughly research the requirements of the program that interests you. Although trying to find a program that fits you can be daunting, it is never too early to start looking at all the options available!

For more information about studying abroad, contact studyabroad@cnu.edu.



All pictures were taken on October 1 during Family Weekend at the Study Abroad Fair.
(Top Right - CNU Study Abroad Booth;
Middle Left - 'Looking for King Arthur' booth; Middle Right - 'Sport Leadership in Nordic Culture' booth; Bottom Left - 'John Cabot University' Study Abroad booth)

PHOTOS BY EVELYN DAVIDSON
/ THE CAPTAIN'S LOG

Eight Easy Self-Care Methods

How to become your best and happiest self

COLTON PARHAM
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1. Use a Calendar or Planner—or Both

Before you can do anything to really enjoy yourself, you need to get on top of your work. With midterms around this time, finding healthy study habits are a must to start putting yourself first this semester. Calendars and planners are great places to start. Scheduling your time to see when you have classes and what homework you have for those classes are perfect for allowing you to manage your time wisely so you can accomplish what you need to accomplish when you need to and allows you to do the rest of the things on this list.

2. Stay on a Consistent Sleep Schedule

It's no secret that sleep is important. Unless you're fully rested, you're not fully present. Having a good sleep schedule can boost your mood, appetite, and give you more energy for classes and other activities. Finding a consistent sleep schedule is an easy and effective way to take care of your body and mind.

3. Exercise Regularly

Exercise is another easy way to help your body and mind. Exercise can keep you from getting lethargic and helps you look and feel great. CNU's gym is a perfect place to start staying active both on your own and in groups with their various opportunities for exercise classes. There are also numerous intramural and club sports to help you stay active, but if that's not your thing, going on long walks or runs work just fine for staying healthy!

4. Have a Healthy Diet

Again, probably not surprising. Healthy diets are necessary in conjunction with exercise, but they're also important for your brain and body. While McDonald's, Chick-fil-a, and CookOut offer momentary happiness, their benefits don't pay off in the long run. The dining halls offer great alternatives in Healthy Haven, but home-made cooking can also be a great foundation for a healthy diet.

5. Find a Hobby

This one might not be as obvious, but a hobby is a great place to deal with stress, anger, and other negative emotions. Whether it's writing, running, sports, or video games, devoting yourself to a skill can be a great way to handle all the ups and downs of college. We all need ways to relax from a long day. Whatever you choose to do, do what makes you happy and healthy.

6. Join a Faith-Based or Spiritual Group

While we're always thinking about our physical, mental, and emotional health, we often forget about our spiritual health, but it's a necessary component of self-care. Faith-based groups and other spiritual groups are great ways to stay spiritually healthy at college. Whether Christian, Muslim, Buddhist, or another spiritual group, these can be important places to find spiritual peace in college life. (Though this is not something you have to do if you are not religious.)

7. Meditate

This is another technique to aid your spiritual health, but it can also be good for your mental and emotional health as well. Many people think of meditation as finding a quiet time to sit and clear your mind completely for a few minutes, but you can meditate in many ways. Other traditions focus on staying quiet and reading. Reflecting on yourself and discovering your inner peace are ways to uplift your mental and spiritual health because you are learning more about you. Different cultures have different outlooks on meditation, but whichever fits you, it's important to do this alone and the best time is in the morning.

8. Set Time Aside for Friends

Finally, friends are an important way to kick back, relax, and enjoy life. Whether you're an extrovert or an introvert, everybody needs a few people they trust to take care of and to be taken care of by. It's best to set specific time aside for friends in order to accomplish the other seven things on this list, but that makes this entry no less important. Getting meals, holding study sessions, and just hanging out are perfect ways to spend time with the people you love, and taking care of others can be one of the best ways to take care of yourself.

Stress Relief Tips

Release it, Never Hold in

FELIX PHOMMACHANH
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As we are halfway through Fall semester, the nerves of university finally step into the limelight. Due to the pressure of exams, assignments, projects, etc., the stress starts to swell inside us and may drive us insane. We may try to hide it or contain it, but it will emerge from its cage and unleash depressing thoughts of self-doubt and troubles that may spiral out of control, making the focus of aiming for the best grades possible difficult to control. Everyone deals with stress differently, but to those who have never felt under pressure or can't handle it, here are my recommendations on how to deal with the stress of university.

Talk To Someone:

The most direct way to deal with stress is to talk to someone about the topic, either a friend, professor, parents, or someone you trust. We all experience stress here at CNU, and everyone here doesn't want anyone to fail. Professors and advisors will listen to the emotional anxiety that is locked inside. Parents will always support us through our journey and will give us thoughtful and heartfelt advice to help calm the nerves. Friends, either on campus or back home, will lend an ear as they may experience something similar and give thoughtful advice. Professors and faculty will also lend us calming advice and may help relieve the workload as they understand our struggle and want us to succeed.

Exercise:

With all the studying and assignments, stress and headaches, we sometimes neglect our health. A good run or walk around campus to forget the assignments allows our brain to reset and clear the thoughts. The intake of fresh air is refreshing compared to being stuck inside the dorm, library, DSU, etc. Stretching and letting air into the lungs helps uncoil the stress inside the body and mind. Also, it is good to be away from what is causing the stress.

Hobbies:

With all the workload and stress, we sometimes have to sacrifice what we enjoy to achieve what we want in life. Maybe step back and take the time to enjoy the hobbies and activities that bring joy to yourself. Drawing, writing, playing video games, surfing the internet, memes, finding something you enjoy to relieve stress. I like to draw or read when I am stressed. That allows my creativity in my head to unwind and take a break from the busy college life. Or discover a hobby to help relieve stress. There are many to choose from, just make sure to go back to work and not procrastinate.

Cleaning:

With neglect to health, sometimes neglect on cleanliness can happen when we are stressed out. Reorganizing and cleaning the workspace or room helps ease up the mind and let the brain reorganize itself from the stress. Also, a bit of self-accomplishment when taking the time to clean and put everything away. A cluttered space reflects a cluttered mind, and seeing a clean and organized room reflects an organized mind.

I do hope that those experiencing stress right now take time and try to find a way to relieve their stress. Please take care of yourself and take a deep breath.

60th Anniversary Exhibition

A look into Christopher Newport University’s past

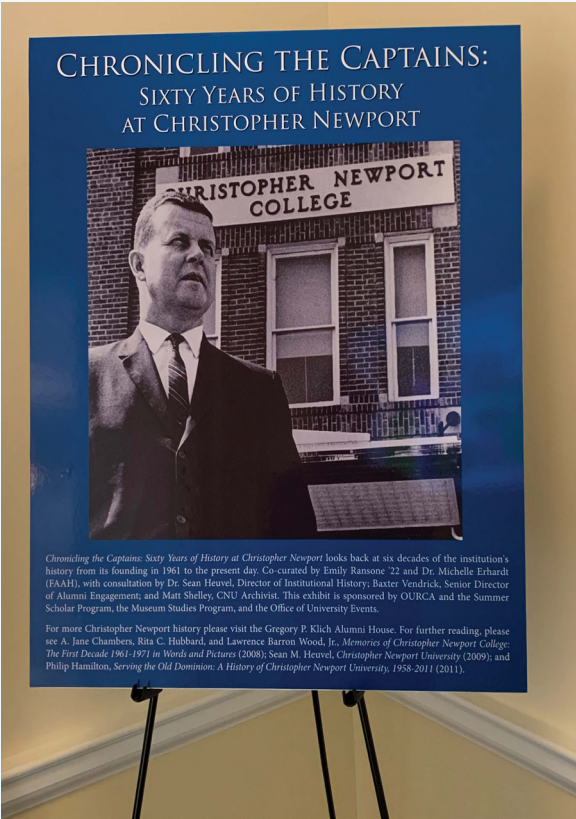


PHOTO BY JOSH GRIMES/ THE CAPTAINS LOG

SHANNON GARRETT
SHANNON.GARRETT.19@CNU.EDU

Christopher Newport University recently turned 60 years old, and what better way to celebrate than to look at the achievements and accomplishments of the past through a photo exhibition.

The exhibit, *Chronicling the Captains: Sixty Years of History at Christopher Newport*, was co-curated by Emily Ransone '22, a senior at CNU, and Dr. Michelle Erhardt, who is a faculty member and a part of the Department of Fine Arts and Art History.

Dr. Sean Huevel, the Director of Institutional History; Baxter Vendrick, Senior Director of Alumni Engagement; and Matt Shelley, CNU Archivist were consulted for the exhibit.

This exhibit is sponsored by the Museum Studies program, the Office of University Events, and Summer Scholar program in conjunction with OURCA. It is located in the Tribble Library in the Collections hallway that houses the many books inside our library.

The best place to start looking at the exhibit is the beginning, which is the East Lobby at the other end of the hallway.

CNU’s 60th anniversary exhibit is made up of archival photographs mounted on thick foam core boards with captions (case labels) underneath and separated into sections.

There are a total of eight different sections starting with the establishment of CNU as Christopher Newport College and ending with the start of construction of the new fine art center.

Each section deals with different time periods in CNU’s history and has at least four pictures in each one.

The viewer of the exhibit can start at any point in it, but if they are unfamiliar with CNU and its past, then the best way to see it is chronologically at the first section and going in a zigzag pattern until the last section as that is how they are arranged.

Each photo and its caption (case label) is centered and organized perfectly and creates a harmonious feel to the exhibit.

The most interesting aspect of this exhibit is the archival photographs

on display; there were some photographs I had never seen before, such as the parking lot protest one from the 1980s.

This incident was so strange to me, and it is a reminder that people choose what gets remembered and what gets forgotten.

While the university may have opened in 1960, it was in 1958 when it started as an idea and then gained funding and support from the community.

The exhibit does well to remind people of the origins of CNU when it was a part of the College of William and Mary and how it became an independent university of its own.

The photos go from black and white to color and illustrate how much CNU has changed over the decades. I think this exhibit is a good overview of the history of Christopher Newport University, and they chose some important and interesting incidents and people to highlight.

As an exhibit, *Chronicling the Captains: Sixty Years of History at Christopher Newport* is an excel-

lent example of how to put one together without having much space or objects.

Photographs have the same power as objects to evoke powerful emotions and memories in people. This exhibit will only be in the Tribble Library for this year, so come check it out when you have time.



PHOTO BY JOSH GRIMES/ THE CAPTAINS LOG



If there’s a campus milestone that Clog can cover contact Josh Grimes: Joshua.Grimes.19@cnu.edu

TRIALS AND TRIUMPHS: 1980-1987



FROM COLLEGE TO UNIVERSITY: 1987-1995



A NEW ERA BEGINS: 1996

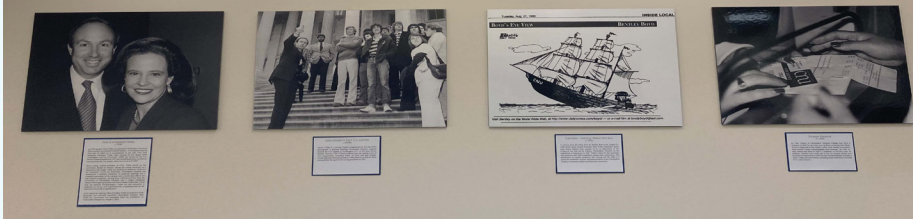


Exhibit continues on page 18

Fountain Watch? Probably Unnecessary

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I'm sure we've all seen—or at least heard of—Christopher Newport University's new fountain in Tribble Plaza. What you might not have heard of is the trendy new tradition of jumping in the fountain in the middle of the night (a popular new activity among various groups, often freshmen). Jokes of this new fad have been sprinkled across Yik Yak and various people's Snapchat stories. What have also been sprinkled is the rumors of the administration electing a fountain watchman to guard the fountain from reckless freshman at all untimely hours of the night. It can probably be assumed that these rumors will never become a reality, as the trend has already begun to go out of style as those who would even consider jumping in the fountain have done so by now. However, even the consideration of a fountain watchman is a little ridiculous.

While the whole idea of jumping in the fountain is, admittedly, a little immature, they aren't exactly hurting anything. The fountain isn't quite deep enough to drown in, and no person is big enough to damage the concrete it's made off. What are they going to do, pollute the wasted water in the fountain? At this point, it looks like administration might be focusing on the wrong issues plaguing campus this year. Especially since there are air conditioners failing in dorms and academic buildings across campus, and periods without hot water in Potomac River dorms, and, you know, a pandemic.

Maybe that's why the university hasn't elected a fountain watchman. In any case, it was probably for the best that they didn't—and don't. There are certainly more pressing issues than freshman getting wet in fountains at three am.



Daytime photo of the new fountain on campus
PHOTO BY SAVANNAH DUNN/ THE CAPTAIN'S LOG



Nighttime photo of the new fountain on campus
PHOTO BY JOSH GRIMES/ THE CAPTAIN'S LOG

If anyone on campus have an opinion about anything, feel free to email them to Clog@cnu.edu to get a chance to appear in the paper.

From the Communication Department:

This message is a statement on recent events affecting the CNU Community

Communication is a discipline concerned with the study of messages within the context of human relationships, communities, media platforms, and institutions.

Courses in the Department of Communication at CNU examine the nature, use, role and interpretation of messages produced by, and for, individuals, communities, and cultures.

As professionals who study and teach communication on this campus, it is incumbent on us to ensure that we accurately represent research on communication and present information on best practices that comport with published research.

As members of a liberal arts community, we also have a responsibility to lead with our speech.

Let us say unequivocally that as a department we stand in support of Inclusive Excellence and support all members of the CNU community, including our fellow Captains who identify as LGBTQIA+ and their friends and families.

While we stand steadfastly in support of the principles of free speech, we recognize that freedom of speech does not mean freedom from consequences of that speech. This means that we fully support peoples' ability to exercise their first amendment rights, but also reserve the right to categorically denounce speech that is objectively harmful to members of our community as articulated below.

We denounce views that marginalize LGBTQIA+ humans, stand in support of equal rights and human rights for all, and advocate for inclusive media representations. Visual representations of cultures and identities in media that align with one's own identity substantially impact cultural socialization and mental health.

Although bisexual individuals comprise the largest majority of the LGBTQIA+ population (Copen et al., 2016), GLAAD reports that of the 329 regular and recurring LGBTQIA+ characters on scripted broadcast cable and streaming programming, only 28% are bisexual+ (GLAAD, 2018).

According to the National LGBTQ Task Force, bisexual individuals are far more likely to attempt suicide (between 35-45%) than are others, develop eating disorders at twice the rate of their heterosexual peers, and report the highest rates of drug and alcohol use compared to their heterosexual peers.

Media research in our discipline consistently shows that representation in media can help combat this mental health crisis.

Our field also examines the role and effects of apologies. Per Benoit (1997) "... our willingness to forgive someone who engages in mortification is not assured. Forgiveness is surely influenced by the nature of the act and the apparent sincerity of the rhetor" (p. 261-2).

Furthermore, we argue that for an apology to be effective and be perceived as sincere, the actor should speak with rhetorical sensitivity (Hart & Burks, 1972).

Namely, we assert that the apology must stem from attitudes that demonstrate the thoughtful consideration of how a message impacts the audience, rather than sim-

ply promoting the viewpoint of the speaker.

We encourage those whose sincere aim is to convey contrition with the goal of facilitating forgiveness to attend to these principles when engaging in public communication.

In sum, the Department of Communication forcefully denounces anti-LGTBQIA+ rhetoric given the impact such words can have on our students and other members of the CNU community.

Further, we believe strongly that discourse on this topic should be firmly grounded in academic research.

For further reading on these topics we present some additional citations below. Furthermore, we invite all members of the CNU community who are interested in these topics to reach out to us directly. We welcome opportunities to engage with you and to build a community of support for all Captains.

Signed by All Full-Time Faculty Members of the CNU Department of Communication

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CHRISTOPHER NEWPORT UNIVERSITY
COMMUNICATION
DEPARTMENT

TRANSFORMATION AND CHANGE: 1996-PRESENT



What's Happening Soon on Campus

October 20
SGA & SDEC
Pronoun Day
11am-1pm

October 21
Destroying the Wall of Prejudice
hosted by Pi Lambda Phi Fraternity
Great Lawn btwn 11am-1pm
Minimum \$2 docation on this day

October 21
Student Open Forum by SGA
and SDEC that is similar to the
one from Oct. 15
5:30pm in Gaines Theater
Open to all students, faculty,
and staff.

October 22
SDEC Drag Bingo
8-10:30pm
DSU Ballroom

October 23
Stroll to the Polls IX: Ice Age
presented by the Upsilon Beta
Chapter of Alpha Phi Alpha
Fraternity
Tickets Required
6-9pm

October 24
CAB Haunted House
7-9pm
Studio Theatre
(Ferg Black Box)

October 23-31
Homecoming Festivities

October 31
Grand Opening of the
Torggler Fine Arts Center
1:00pm

Academic Tips

from the Academic Affairs Committee
within the Student Government Association

1. Don't be afraid to drop classes. There are many variables that go into whether it's the right time for you to complete a specific course. Just because you have to drop doesn't mean you can't complete the class in the future.

2. Go to office hours. If you are struggling in a class, most professors are more than willing to help during their office hours on a one-on-one level.

3. Plan ahead. Most professors have the course syllabus posted before the start of the semester. Regularly checking the syllabi can make it easier to plan when to do certain tasks and when to study.

4. Find a routine. Using your course schedules and your personal schedule, creating a routine of when you work on assignments for each class can make it easier to keep up with the work.

5. Create a space. Finding an environment that allows you to focus on your work is necessary. This might be in the library, or the cafe depending on your preference.

6. Memorize vs Understand. For many classes it is not sufficient to solely memorize terms, it is critical to understand the concept behind them. When studying, explaining concepts to yourself or other people may be beneficial.

SUBMITTED BY:
Jamie Canty/ Committee Chair of Academic Affairs

1. Find a planner that works for you. Using an agenda, online calendar, or a bunch of sticky notes will help you keep track of activities and assignments before you can get overwhelmed and forget them. **The tutoring center is a valuable resource and tutors will be willing to help.**

- Stay engaged. In long lectures it may be hard to stay focused. One way to keep yourself engaged is to write any questions you have in your notes.
- Review the lecture material. Looking over the lecture material before class can help you better be prepared for the notes, and allow you to come up with any questions you may have.
- Prioritize your work. If you have a lot of assignments due at the same time, it might be helpful to take into account how each one weighs in your final grade, the work and resources necessary to complete it, and when it is due.

SUBMITTED BY:
Francisco Melendez/ Member of the Academic Affairs Committee



LOGO COURTESY OF THE STUDENT GOVERNMENT ASSOCIATION

Want to write for the paper?
Contact:
Joshua.Grimes.19@cnu.edu

Want to submit an Ad or Flyer:
Contact our business manager:
Grace.Griles.20@cnu.edu

JOIN THE STAFF!

The Captain's Log is always looking for new members. If you're interested in becoming part of our team, email editor-in-chief Josh Grimes at clog@cnu.edu or Joshua.Grimes.19@cnu.edu

Interested in:
Writing,
Editing,
Design,
Photography,
Video,
Digital content,
Business or
Advertising?
Then there's a
place for you at
The Captain's Log.

