



The Captain's Log

THE VOICE OF CHRISTOPHER NEWPORT UNIVERSITY STUDENTS

@CNUCAPTAINSLOG

WWW.THECAPTAINSLOG.ORG

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MEMBERS OF THE CAMPUS COMMUNITY COMING TOGETHER TO HELP ROSEMARY'S BE THE CHANGE INITIATIVE

PHOTO BY THE CAPTAINS LOG

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Music in Our Schools Month

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Sometimes with March, it roars in like a lion, but for almost five decades, this month has been re-cogized as National Music in Our Schools Month.

Ever since I was in grade school, this month had been re-cogized at music related concerts like Pyramid, Spring Assessment, and competi-tions.

According to NAFME, the Na-tional Association for Music Educa-tion, the purpose of MIOSM (R) is to raise awareness of the importance of music education for all children - and to remind citizens that school is where all children should have access to music. NAFME adds that MIOSM (R) is an opportunity for music teachers to bring their mu-sic programs to the attention of the school and the community, and to display the benefits that school mu-sic brings to students of all ages.

What began in 1973 as a New York State School Music Association cel-ebration, MIOSM (R) since 1985 has been something that has been cel-ebrated throughout the month of March on a national level.

For more information about MI-OSM please visit nafme.org/pro-grams/miosm/.



What’s Happening Soon on Campus

March 24 CNU Wind Ensemble Concert 8pm; Diamonstein	March 31 Jazz Concert 7pm; Peebles
March 25 Staff Appreciation Day	March 31 at 8pm Straight No Chaser at CNU Student Tickets on Sale Now for \$25 at Ticket Office
March 30 Jazz Combo Concert 8pm; Peebles	April 1 DSU Takeover

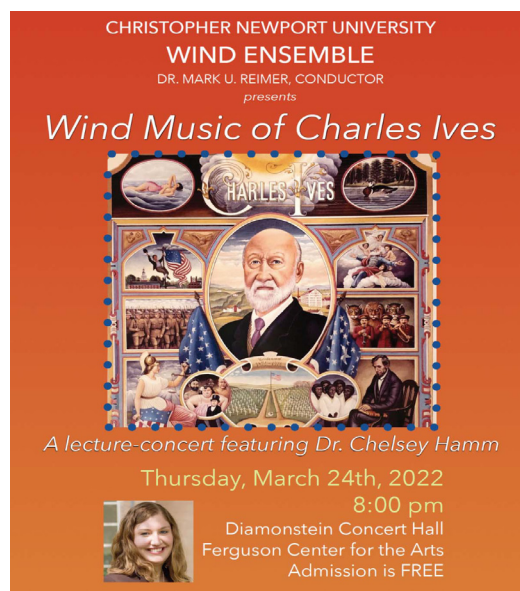


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COURTESY OF CNU THEATER



COURTESY OF CNU MUSIC

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.



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/registration) 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

The 757 Community Mourns the Loss of The Virginian-Pilot Reporter Sierra Jenkins

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Sierra Jenkins, a reporter for The Virginian-Pilot and Daily Press, was killed on Saturday, Mar. 19, when she was caught in the crossfire of a shooting outside Chicho's Pizza Backstage, a restaurant in Norfolk.

According to The Virginian-Pilot, Jenkins, who had just turned 25 years old on Mar. 13, "... grew up in Norfolk and graduated from Granby High School. She earned a bachelor's degree in journalism from Georgia State University in December 2019 and worked as an intern at Atlanta Magazine and CNN before joining The Pilot in December 2020. After living with her family, she just got her first apartment in Virginia Beach about a month ago."

Jenkins covered stories relating to peninsula education in her reporting for The Virginian-Pilot and Daily Press. Her recent work includes a story on how Virginia educators feel about critical race theory being taught in classrooms and stories on how Virginia schools are handling COVID-19. She had also recently attended the last presidential search committee meeting at CNU.

Reporters and colleagues tweeted their shock and sadness in response to the news of Jenkins' passing.

Jane Harper, one of Jenkins' colleagues at The Virginian-Pilot tweeted, "I've covered more murders than I can count during my reporting career but today's will always stand out. Among the victims was my sweet colleague Sierra Jenkins. I was asked to fill in for her today when editors couldn't reach her. We found later why."

Alessandria Masi, an associate editor at CNN tweeted, "After Beirut explosion Sierra checked in on me. I said I felt useless and too sad & mad to focus at work. She told me 'in moments of need good people look out for one another. Community is SO important and you have one here.' I wish this world was better."

The Virginian-Pilot tweeted, "Sierra was funny, energetic and full of enthusiasm. We are absolutely heartbroken. Our community is better because of her reporting."



Sierra Jenkins, photo courtesy of The Virginian-Pilot

Meet The Student Government Association's All Female Executive Board



Celine Rosario, President

"Under my leadership, we will make history by having an all-female executive board as well as a diverse Executive Board! Although this brings about a new change, listening to the diverse perspectives of all Captains will remain at the forefront. As my term next year approaches, I'm thrilled to bring in a new perspective through a collaborative approach. Each student on campus adds something special to our community, and I'm hoping we can represent the overall interests of our Captains in the best way possible. I am enthusiastic about this position and look forward to the positive impact we will have on this campus. Thank you to everyone that voted me into this position. I look forward to serving you as the next Executive President. Go Captains!"



Rachel Hoefner, Vice President of Finance

"I am very excited about the all female SGA eboard. I think we have a great group of women leading our student body this year and I can't wait to work with them."

"my biggest goal in this new role is to make SGA's funding processes (allocation, small grant fund, and conference fund) more straightforward and accessible to the student body, so as to help our students, clubs, and organizations thrive by requesting and utilizing the funds they have available to them."



McKenzie Hurley, Vice President of Marketing

"Next year, it is my top priority to represent SGA in the best way possible through social media and networking platforms, by using exceptional design tools and coordinating with all members of SGA to see what they would like represented on the platforms."

"The community of CNU and SGA is so important to me and I strive to take my passions into actions by communicating, developing, and connecting with SGA and the student body! In terms of an all female E-Board this is history for SGA!!! I think each and everyone of us are so excited and honored to be apart of this and be able to pave a way for all the powerful women here at CNU."



Amari Mitchell, Exectuive Vice President

"I feel honored and privileged to be a part of an all female executive board. This is a great way to celebrate Women's History Month and acknowledge the strong impact women can have on society."

"This upcoming school year I want to increase SGA involvement with students and other organizations, expand on volunteering connections, bridge the gap between student voices and administration, and represent those who feel their voice is never heard. Whether it be minorities, women, or people of the LGBTQ+ community, I want to ensure all perspectives are heard and acknowledged with careful consideration."



Brooke Patten, Vice President of Membership Development

"Being on an all female eboard is going to be so fun!... I cannot wait to see what this amazing group of leaders is going to accomplish this coming year."

"Membership Development is all about the internal organization of the delegation. That means that my committee and I are responsible for creating experiences that bring the delegation together, and to run the application process in the Fall and Spring. I want to improve in both these areas... I also want to increase our outreach to potential new members, and help explain to students on campus what Student Government is like, so that during the application process, more people understand everything this organization is responsible for, and how much of an impact their voices could have. By doing these things, I am hoping to help create an amazing group of delegates who want to share their stories and improve upon this beautiful campus."

An Interview with Dr. Scott Pollard

Retiring this semester after 30 years in the English department

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Dr. Scott Pollard will retire from CNU at the end of the spring 2022 semester after 30 years of serving as a professor in the English department.

The Captain's Log had the opportunity to interview Pollard about his long and successful career at CNU.

Pollard grew up and was educated in California. After earning his PhD in Comparative Literature from University of California, Irvine, Pollard taught as an adjunct professor at his alma mater, Santa Clara University. Later, he moved to Virginia, and in the fall of 1992 he began his teaching career at CNU.

Serving as chair of the English department from 2000-2006, he witnessed substantial changes and growth for the university.

Speaking on the increase in faculty size for the department, Pollard said, "The year before I got here there were 11, the year I got here there were 13. Now we're up to 24 and that's been a significant change. It means that we can do more and teach more kinds of courses in the department."

"It's also been important that we've professionalized and that the faculty in the department are not only teachers but they're scholars. They produce scholarship as well as teach. In the old days, the old CNC days, faculty didn't have to do any kind of scholarship." He continued, "The connection between an active intellectual, scholarly life, and what we do in the classroom is really important."

Talking about his own scholarly work, Pollard described how he started his research in food and children's literature with his wife Dr. Kara Keeling, who is also a professor in CNU's English department and specializes in children's literature.

"One night we were sitting at the dinner table just talking and we started talking about food and children's literature. This was in 1996 and it was like 'maybe we should try to put together a conference proposal and give a paper to conference.' And so we did and we got accepted at a conference and we gave the paper... So we tried to make it into an article and get it published. So we did and we thought that was going to be the end of it, we really did. Then somebody contacted us and said would you write another paper for another anthology. So we did on Peter Rabbit"

Pollard said, "If you had told me in 1996 that in 12 years we would have a book out on this topic and that we had published two articles, had led an MLA session, and then published the book, I would've said, 'no that's just stupid.' This was just a dinner time conversation between the two of us. And it kept snowballing. Our second book came out in 2020 after we published even more



Pollard and Keeling, photo courtesy of cnu.edu

stuff on food and children's literature because people kept asking, so we did."

Pollard has also worked with Dr. Margarita Marinova in translating the Russian version of Don Quixote.

"Whether it's my scholarship or in the classroom, I've always kind of pursued the opportunities when they've come up," Pollard said.

In his time at CNU, Pollard taught 26 different courses, from entry to graduate level, and helped in the creation of 14 new courses. He reflected on the substantial shifts within the university's curriculum that took place in 2004 and 2005 and explained that a large curriculum committee was tasked with creating new and improved courses. Pollard helped develop the 200-level Literary Foundations courses that are now part of the English major core. In addition, He and a fellow colleague, Dr. Roark Mulligan, who at the time ran the composition program, reinvented the English 101/102 courses into the English First and Second-Year Writing seminars (123/223) that students are familiar with today.

Pollard said that they attended a conference by composition specialist, Andrea Lunsford of Stanford University and were inspired to create the 123/223 courses, "Dr. Mulligan and I had gone to this breakfast conference in Norfolk... and went 'we could do this. We could do what they do at Stanford, and we can do it here.'"

He continued, "We came back and introduced the idea to the depart-

ment and we had a bunch of meetings about how to construct this course, the 123/223. We put it forward, now 15 or 17 years ago, and it's been running ever since."

Although Pollard helped create some of the most integral courses in CNU's English curriculum, he says that the most important administrative contribution that he made was fighting to keep a professor at CNU during a time when the university was downsizing and cutting departments due to economic decline.

Pollard said, "We lost the education department, I fought to have Marsha Sprague, who was the one remaining person in education, stay on the faculty and fought to have her come into the English department. And she was able to build the teacher prep program that we now have."

When explaining why he chose this year to retire, Pollard said, "I thought when I came here in '92 that thirty years would be a good kind of break point. When I got within a couple of years of this year, I thought, yeah it's time."

In his retirement, Pollard said that he wants to travel and attend different music festivals, "I'm very much into avant garde jazz and classical music. There are these really interesting music festivals around the country that I don't have a chance to go to because of the school year."

He also said that after Dr. Keeling retires, the two plan to move to Oregon.

When asked what he hopes the CNU community will remember about him, Pollard said, "That I was here. I did my work and I did it as best as I could. That I was here for the students, I was here for my colleagues. That I hope that I was dependable and reliable and trustworthy."



Pollard, photo courtesy of cnu.edu

Straight No Chasers

Professional College Acapella Group coming to CNU

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For over half a century, beginning as a student-led collegiate acapella group from Indiana University, Straight No Chaser has become a well known name inspiring many individuals globally. This professional version came into existence after original member Randy Stine posted, in 2006, a 1998 video of them performing “The 12 Days of Christmas” to youtube, “simply with the motivation to share a bit of the glory days with his college buddies”. As part of their “Back in High Life” Tour that began in July 2021, Straight No Chaser will be performing at the Ferguson Center of the Arts on campus on March 31 at 8pm.

On March 21, The Captain’s Log had the pleasure of having a phone interview with Tyler Trepp, who joined in 2009 after auditioning to fill an open spot. Trepp’s voice part is Tenor, but he also does vocal percussion. As part of the interview, we talked about the tour, the most recent releases, and advice for those in the acapella community and those who want to pursue a career in the music industry.

When SNC come to the Ferg as part of their “Back in the High-Life” tour, Trepp shared that SNC is looking forward to the energetic crowd, which is a reason why they

are coming back. While the show is happening, Trepp shared that you would be able to find songs from different types of eras that all ages would enjoy including recently radio played ones.

Moving from the tour to the most recent albums, The first album referenced came out in 2020 entitled “Social Christmas.” Trepp shared some of the challenges behind recording the holiday album. “This was an album where we recorded every song from their own home. Because of the pandemic they were unable to travel to any recording studio, where they normally would record together. The challenge was everyone not being in the same room and not realizing a mistake was made until an email got sent back and forth.” The positive spin to the challenges, Trepp mentioned, was that SNC now knew that they have the ability to record at home. The other album that was referenced, came out in 2018, entitled “One Shot”. This album tells the story of the SNC’s history through song, beginning with two popular songs when the group began in 1996 going through the professional group. Trepp mentioned that they chose different songs that would show-

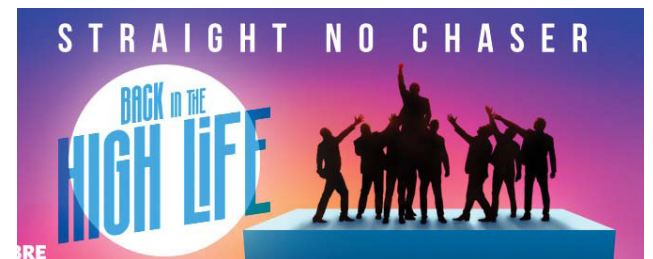
case different parts of SNC history. Since this was the first time SNC did this, Trepp mentioned that the challenge was putting it together.

After talking about the tour and the most recent albums, Trepp shared some advice towards those in the acapella community and those who want to pursue a career in the music industry. For the music directors, Trepp mentioned, to find a repertoire that fit the group, meaning when choosing a song list, chose songs that would help to identify the group. As far as arrangements goes, Trepp mentioned that simple is better. The best songs they do are simple. It’s all about sounding good. The final tip is to have fun doing songs that you want to do that are fun. This is a time to do that, take risks, and take advantage of it. For tenors, Trepp mentioned, to make sure to maintain your voice, drink lots of water, and warm up properly. For Vocal Percussionists, you can listen to those doing vocal percussion to help figure out breathing. Finally, as an overall tip for those wanting to

pursue a career in the music industry, Trepp mentioned, all you can do is keep trying, putting your best foot forward, and try to perform in as many places as possible so your music can be out there.

Both of SNC’s albums are available now wherever you get music. The tour was inspired by SNC’s on the road comeback, from the 18 month pandemic quarantine. When it comes to tickets, it can be found on the Ferguson Center website and at the Ticket Office.

Student tickets will be at the discounted \$25 cost. A recommendation is to buy them at the Ticket Office. Finally, As a note before anyone gets their hopes up, because of the pandemic, SNC is not doing any meet and greets like they would normally do after the show.



Flyer Courtesy Of The Lyric

A Super Year At The Movies

A Guide to Upcoming Films in 2022

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2022 has wowed movie fans with hit releases such as “The Batman”, “Scream”, and “Turning Red.” But the year is not over yet and there are a plethora of exciting new films that will hit theaters and streaming services in the coming months.

Superhero fans have several exciting new films coming out soon. DC fans will be able to enjoy “Shazam: Fury of The Gods” in December, a sequel to the 2019 Shazam film, and a solo film of Shazam’s greatest rival; “Black Adam”, whose eponymous character will be played by the Rock on October 21st. Marvel fans will be treated with the highly anticipated and mysterious “Doctor Strange: Multiverse of Madness” in May, the animated “Spider Man: Across the Spiderverse” in October, November’s “Black Panther: Wakanda Forever” following its Oscar nominated predecessor, and in July, the fourth film in the Thor series, “Thor: Love and Thunder”.

Horror fans have more than enough to enjoy later this year. The vampire film “Morbius”, based on the Marvel character of the same name will finally be released. “The Black Phone” hits theaters in June, which is about a young boy trying to escape the dungeon of a deranged serial killer. Jordan Peele’s mysterious 3rd film “NOPE” is coming out

on July 22nd. The second adaptation of Stephen King’s hit vampire novel “Salem’s Lot” is set for a September release date, following a remake of “Firestarter” in May. And the final film in the modern Halloween trilogy, “Halloween Ends” comes out on October 14th, fans will witness the final showdown between Laurie Strode and Michael Myers.

Animated movies will have a great year with Dreamworks newest venture “The Bad Guys” hitting the big screen in April. Pixar will follow the success of “Turning Red” with the Toy Story spinoff “Lightyear”, following the protagonist of the Toy Story franchise. Those who thought they were free of Minions are sorely mistaken when “Minions 2” comes out in July. For adult animation fans, the comedy series “Bob’s Burgers” will see the long awaited film adaptation in May. For those who love a good laugh, you will soon be graced by the Nicolas Cage comedy “Unbearable Weight of Massive Talent” on April 22nd, which will see Cage play a fictionalized version of himself. Netflix just released its first trailer for its musical teen comedy “Metal Lords.” The sequel to the beloved

Halloween movie “Hocus Pocus” will grace fans in October. Other anticipated sequels we will see include “Jurassic World: Dominion” (June 10), “Sonic the Hedgehog 2” (April 8), and “Avatar 2” (December 16th).

Some films have not gotten much fanfare that are worth checking out, like the all star cast action film “Bullet Train” on July 15th, the historical epic “The Northman” on April 22nd, and the biopic “Elvis” on June 24th and many other films. Movie fans have more than enough to sink their teeth into this year as theaters open back up and we can go to theaters again. CNU students are welcome to discounts at the Cinemark on 11810 Fountain Way in Newport News.



From left to right: Dr. Strange: Multiverse Of Madness, Black Panther: Wakanda Forever, The Batman, and Spider Man:

Across The Spiderverse

Photo Courtesy of YMZ

64th Grammys

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On Sunday, April 3, 2022, the 64th Annual Grammy Awards Ceremony will commence.

A Grammy is an award given by The Recording Academy and is “the music industry’s highest honor,” (quote pulled from The Grammy website). Over 75 awards are presented annually at the Grammys, with the most honorable four being Record Of The Year, Album Of The Year, Song Of The Year, and Best New Artist. The Record Of The Year award goes to the artist, producer(s), and recording engineer(s) involved in the recording of the song nominated. This year many well known artists are nominated for Record Of The Year, such as Olivia Rodrigo for her hit song, “drivers license”, Billie Eilish for her song “Happier Than Ever”, Lil Nas X for his controversial hit, “Montero (Call Me By Your Name)”, and many others. The Album Of The Year award, which is the most prestigious award given, goes to the Artist(s), Featured Artist(s), Songwriter(s), Producer(s), Recording Engineer(s), Mixer(s), and Mastering Engineer(s) of the album nominated. Many popular albums have been nominated this year, such as Evermore by Taylor Swift, Planet Her (Deluxe) by Doja Cat, and Donda by Kanye West. Song Of The Year is a songwriter award-the award goes to the person who wrote the song nominated. Several songs nominated include “Leave The Door Open” by Silk Sonic, written by Brandon Anderson, Christopher Brody Brown, Dernst Emile II & Bruno Mars, “Kiss Me More” by Doja Cat feat. SZA, written by Rog  t Chahayed, Amala Zandile Dlamini, Lukasz Gottwald, Carter Lang, Gerard A. Powell II, Sol  na Rowe & David Sprecher, and “Bad Habits” by Ed Sheeran, written by Fred Gibson, Johnny McDaid & Ed Sheeran. The award for Best New Artist goes to an artist who had a breakthrough in the public and impacted the music industry in that year. Many familiar artists are nominated for this award such as FINNEAS, Olivia Rodrigo, and Glass Animals.

You can watch the Grammys on April 3rd on CBS or can be streamed live on Paramount+ at 8:00pm eastern time.



Photo Courtesy of The Grammy's Website

Best Dance Crew

A Show Stopping Saturday Night

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Saturday, March 19th, Gamma Phi Beta hosted their annual Best Dance Crew fundraiser. The event is a tribute to their philanthropy, Girls on the Run. Girls on the Run is a non-profit organization focusing on empowering young women through a joyful, healthy, and confident event. GOTR teaches girls how to build confidence, have a healthy body image, and many other essential life skills all through the sport of running. The organization also values what makes each girl unique and teaches them how to love their uniqueness. Like Gamma Phi Betas, core values are love, labor, learning, and loyalty. Girls on the Run and Gamma Phi work so well together! Like all non-profits, this organization relies on donations to successfully train their young members to run/walk a 5k each year. Gamma Phi raised \$10,504 to donate to Girls on the Run this year.

At the dance competition, all seven sororities participated, and one fraternity competed. The energy was high, and everyone was so grateful to be there, as this was the first time GPhi was able to hold the event since COVID-19 came to campus. The evening started with the hosts' dance. The Gamma Phi Beta girls opened their event in the best way possible. They got the crowd excited and did amazing on the dance floor. Next was Alpha Phi, and these ladies also danced their hearts out! Zeta Tau Alpha and Alpha Delta Pi did not miss a beat on their dances! Kappa Sigma was the only fraternity to perform and brought comic relief to the floor. The gentlemen got roaring applause and lots of hoots. Delta Gamma

showed up to win. Their song choice was a mash-up of many different types of music and did not disappoint. The Delta Gamma clan took third place at Best Dance Crew and the social media award!! Alpha Sigma Alpha stole second place and the fundraising award. The Alpha Sig girls were perfectly in sync, and their energy radiated throughout the area. Although, Phi Mu stole the show, taking first place, with their 70's inspired outfits, dance, and songs. Acting out a women's rights movement, these ladies out did themselves in every aspect! The event itself was organized excellently and I look forward to attending next year's Best Dance Crew. Congratulations to all the winners of Best Dance Crew, and more importantly, thank you to Gamma Phi Beta for hosting such an amazing and important event for our community.



Top Photo: Phi Mu celebrates their win after BDC



Bottom Photo: Delta Gamma posing for a picture before the start of BDC

Coming Up In A&E

Ebony Stewart Poet

Wednesday March 23rd
Gaines Theater
7:00pm

CNU Tonight: Last Call

Saturday March 26th
Gaines Theater
Doors Open at 8:30pm
Show Starts At 9:00pm

CNU Music Festival

Saturday March 26th
Great Lawn
5:00pm - 8:00pm

Skymaul's Ultimate Frisbee Domination

A weekend at FCS Tune-Up

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Skymaul is now a few weeks removed from the highly anticipated D-III FCS Tune-Up Tournament over the weekend of March 5th and 6th down in Advance, NC. The team and its leadership had high expectations, and they were certainly met if not exceeded.

Skymaul finished the weekend 5-2 after two days of round-robin play, placing them tied for third out of ten teams. These strong results have pushed the previously unranked Skymaul into the top 25 D-III teams in Ultiworld's Power Rankings at 17.

"It feels great," says Captain Will Yaglou when asked about how it feels to be nationally ranked for the first time in program history, "our club has come so far from where we started and getting ranked in the top 25 really feels like our work is paying off." No game

was a given for the team, but they fought hard and showed incredible growth as a unit.

The first game of the weekend against Oberlin was a heart-breaker. Skymaul was up at halftime, but Oberlin came roaring back to win 13-12. However, the team refused to let that define their weekend and ground out a hard-fought 11-9 win against last year's nationals-qualifier, the University of Rochester.

Skymaul kept this new momentum going for the rest of the day with a 13-9 win over Wooster and a 13-7 win over Messiah to finish the games for day one.

Players outside the top 10 notably stepped up in a big way in the final game to provide the energy the team needed to close out the fourth game.

Sunday morning started no differently. Skymaul began the

day against Davidson, a regional rival who knocked Skymaul out of the bracket for a bid to Nationals. They got their revenge in a 13-5 statement win.

Coach Ben Slade noted this win as one in particular that stood out to him. "It was impressive to see the poise and growth from CNU's players. Big games from sophomores Carson Cofer and Jackson Reed demonstrated that we are not eight or nine deep anymore"

Coach Slade further added, "our team is deeper now than at any point in Skymaul history." The team then took their only other defeat in a 13-8 loss against powerhouse Berry College.

With one more game to go, Skymaul got back up and took down Kenyon College, another previous Nationals attendee, in a 13-7 win to end the weekend on a high note.

With a new-found sense about where the team stands across all of Division -III, Skymaul shift their focus towards the rest of the season with one more regular-season event in Charlotte, NC on March 26th and 27th. This will be followed up by State Conferences in Richmond, VA on April 9th and 10th. Lastly, Regionals which will take place in Richmond VA on May 7th and 8th. With wins across state conferences and regionals Skymaul hopes of punching their tickets to Nationals in Milwaukee, WI.

If you have a love Ultimate Frisbee and you would like to stay up to date with the driven team for the rest of the season, be sure to follow them on Twitter @cnuultimate and on Instagram @cnuskymaul.



JUNIOR MAX PAWLAK LEADS SIDELINE CHEER BEFORE THE OPENING PULL

PHOTO COURTESY OF CHARLIE BAIRD

The GOAT's Not Gone

The Tom Brady has officially made his return to the NFL

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Tom Brady announced last Sunday on Twitter that he is coming out of retirement—just one month after going into retirement. With a picture of his team and his family, he Tweeted, "These past two months I've realized my place is still on the field and not in the stands. That time will come. But it's not now. I love my teammates, and I love my supportive family. They make it all possible. I'm coming back for my 23rd season in Tampa. Unfinished business LFG."

Brady had announced his retirement last month after twenty-two seasons in the NFL: twenty with the New England Patriots where he won six Super Bowls, and two with the Tampa Bay Buccaneers where he took an additional Super Bowl win,

bringing the first championship title to Tampa Bay since 2003.

During his time on those two teams, Brady broke a list of records including ranking first in all-time in wins (243), Pro Bowls (15), Super Bowl MVP awards (5), starts (316), completions (7,263), attempts (11,317) passing yards (84,520), passing touchdowns, (624), three-touchdown games (101), and four-touchdown games (39).

In addition, Brady set a number of records in the postseason, including appearances (19), games started (47), wins (35), Super Bowl appearances (10), Super Bowl wins (7), completions (1,165), passing yards (13,049), passing touchdowns (86), game-winning drives (14), and fourth-

quarter comebacks (9).

Obviously, that list is extensive. Tom Brady has become one of the most well-known football players—and athletes in general—in America. This is after Brady was famously chosen by the Patriots 199th in the sixth round of the 2000 NFL draft. Tom Brady managed to be both a David and a Goliath in the NFL, and he finished his latest season being one of the oldest NFL players of all time.

Yet those records don't seem to be enough for Brady.

Returning to the Buccaneers, Brady will be rejoining coach Bruce Arians for his 23rd season after a mildly disappointing 22nd season. Brady will have a chance to improve all the records in his collection and potentially add a few more.

While there were a number of predictions already swirling about the upcoming NFL season, including a successful postseason by the Chiefs or Bills, Brady's un-retirement might throw a wrench in

that. Then again, it might not. Brady's playing in this past season obviously didn't stop the Rams from pulling off their Super Bowl win. Still, it keeps the Bucs a notable contender.

TOM BRADY COMEBACK
POSTER

PHOTO COURTESY OF NBC
SPORTS



Tar Heels Surprising Tournament Run

An underrated team: now on the come-up to victory

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Prior to this year's NCAA tournament, many people questioned how good the University of North Carolina basketball team was. While they had posted some impressive wins such as the win against Duke in Mike Krzyzewski's final home game, they had also suffered some bad losses such as the home loss against the Pittsburgh Panthers. As a result of their inconsistency, the Tar Heels were unranked at the end of the regular season.

However, the Tar Heels began to show promise during the ACC tournament. Their 63-43 victory against the University of Virginia in the ACC quarterfinals showed who they were as a team and what they could potentially do in the NCAA tournament. Although the Tar Heels would

end up losing to Virginia Tech in the ACC semifinals, some believed that they had potential to make noise in the NCAA tournament. Their tournament bid put them in the East region as a No. 8 seed, facing Marquette. Some dubbed the Tar Heels as a potential tournament sleeper due to how talented their starting five were as well as their showing in the ACC tournament.

In the first round of the NCAA tournament, the Tar Heels showed what they were capable of. In the first round, they defeated Marquette 95-63 with three of their five starters scoring 15 or more points. The Tar Heels built a big lead early and never looked back. This was the first tournament win for their new

head coach Hubert Davis and also marked the biggest blow-out in a matchup between 8-9 seeds in tournament history.

In the second round, the Tar Heels had a much bigger task. They faced the No. 1 seeded Baylor Bears in a quest to punch their ticket into the sweet sixteen. The Tar Heels built a 25-point lead but the ejection of Brady Manek resulted in a strong comeback from Baylor. Manek finished with 26 points prior to leaving the game. A missed three-pointer from sophomore RJ Davis resulted in overtime. In the extra period, the game became tense. It took an off-balance layup from RJ Davis to put the game out of reach. Had Baylor made the comeback, it would have been the biggest comeback ever in an NCAA tournament game.

North Carolina will play the winner of UCLA or Saint Mary's in the sweet 16.

The Tar Heels have been one of the more interesting teams in this year's tournament. They have gone from being a low seed with questions being asked about their depth to defeating a No. 1 seed and now being talked about as a potential dark horse for the tournament. Given how the East region looks currently, it would not be surprising to see the Tar Heels make the final of their region and fight for a Final Four appearance. After all, this is the same team that many considered an afterthought before the tournament. In a single elimination tournament, anyone can beat anyone and the Tar Heels are a perfect example of this.

Winter Paralympics 2022

Here's the rundown from the snowy top

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From March 4 to March 19, 2022, Beijing held the Winter Paralympics. The Paralympics are a series of international multi-event sports involving athletics with a range of disabilities, from impairment of muscles, limited range of motion, limb deficiency, leg length difference, vision impairment, intellectual impairment, etc.

The Paralympics are run by the International Paralympics Committee (IPC), a different organization from the International Olympic Committee (IOC).

However they both organized in parallel with each other, those the IOC has its own recognized Olympics for the disabled called the Special Olympics World Games, which includes intellectual disabilities and the Deaflympics, which is

Deaf athletics complete.

For the Winter Paralympics 2022 in Beijing, this comes with the backdrop of the Russian invasion of Ukraine. As a result, the IPC announced a ban on Russian and Belarus athletes from competing in the Paralympics. By no means it is the athletes fault in what has happened.

The IPC stated on their website: "To the Para athletes from the impacted countries, we are very sorry that you are affected by the decisions your governments took last week in breaching the Olympic Truce. You are victims of your governments' actions."

Already, in the IOC Olympics games, Russia can't walk/display their flag and walk under the Russian Olympic Committee because of a two year ban

from the World Anti-Doping Agency in 2019 because of a state-sponsored doping program. From Dec. 17 2019 to Dec. 17, 2022, no athlete can represent Russian at the Olympic, Paralympic, or World Championships.

With the Ukraine Invasion and ramifications of this conflict, Russia could be kicked out of the Olympics; however this is just speculation and the next major Olympics is in 2024 in Paris in the summer, so hopefully the conflict is resolved by then.

For the Paralympic Recap, the top five countries with the most gold medals are: United States with six golds in fifth place; France in fourth place with seven gold medals; Canada in third with eight gold medals; Ukraine in second

place with 11 gold medals; and in first is China with 18 gold medals.

Ukraine Athletes performance was not only one of athleticism, but perseverance and resilience as while completing, their home was being invaded. With each medal stand, they brought attention to what is happening to their homeland, and worried for their friends and family.

Overall, the Winter Paralympics 2022 came to an end without much drama compared to its Olympic counterpart, but highlights the need for a peaceful and united global community. With the backdrop of the Ukraine invasion, it needs the call for hope and peace, not to fight with arms but have discussion with words.

What's happening soon in Sports:

March 23 - 29th*

*Games listed are happening at CNU

March 26th:

Men and Women's Track & Field
CNU v. Blue & Silver Challenge
Time: TBD

Women's Lacrosse:
CNU v. Roanoke College
Time: 1:00pm

March 27th:

Women's Tennis:
CNU v. Sweet Briar College
Time: 11:00am

CNU Sailing:
CNU v. Hanbury Trophy
Hampton, VA
Time: TBD

March 30th:

Men's Lacrosse:
CNU v. Williams College
Time: 7:00pm

To look at events for future weeks visit cnusports.com

Dana Dudley: A Staple of the CNU Community

Meet the front-of-house manager of Regattas

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It started with a cold register. Dana Dudley, the front-of-house manager of Regattas, started working at CNU four years ago. He was originally assigned register one because he didn't mind the cold, but Dudley ended up embracing the role and forming a close bond with students.

Reflecting on how it all began, Dudley said that he never expected to become such a well-known, beloved member of the CNU community.

"I think it started with a student walking through the door and they had a look on their face that was just like, 'oh my gosh, this is just a horrible day.'" He continued, "From there it just opened up and now I'm Dana."

Today, you'd recognize Dudley as the one who welcomes students into the dining hall, putting a smile on the face of every person who walks through the door. He's the one who always compliments your shoes or asks how your day has been.

Dudley described what it feels like being so well-known on campus, "As much as I'm an extrovert, I'm still shy and sometimes it's humbling and I get emotional, so if I have some students in there like, 'Mr. Dana you made my day,' I will cry, oh yeah. And I'm not afraid to admit it, I do get emotional. I cry because I love the students here, I really do. They really keep me motivated and keep me going."

But who is Dana Dudley? Most students aren't familiar with him outside of his work at CNU. So one afternoon, I sat down with Dudley to find out more about him.

Dudley, 48, was born and raised in Brooklyn, NY. His father was in the Air Force, so he sometimes traveled the country with his dad when he was on temporary duty travel.

Growing up, he was very active, "I had a lot of energy as a child and so my parents were like, 'I can't deal with this' so they immediately put

me in martial arts. Then I also, to fill in that time during the summer, took ballet, tap and jazz."

As an adult, Dudley still has boundless amounts of energy and a variety of interests. Before the pandemic, he dabbled in stand-up comedy and now he's learning to do voice-overs and writing his own murder mystery book. He still has a passion for dance, particularly hip hop, and he also works out daily, shadow boxing and doing heavy bag work.

He even says that sparring with a professional is on his bucket-list, "I want to spar a professional fighter, like a real name that I know, that I've seen. I would love that, I would absolutely love that just to test myself."

In 1990, at 16 years old, Dudley's dad was relocated and the family moved to Virginia. Dudley joined the Navy Reserve as an electronic warfare technician in 1992. Afterwards, he attended Thomas Nelson Community College, transferred to Hampton University to run track, but transferred again to Old Dominion to major in biology. As someone who's been drawing all his life, Dudley switched his major to art and started doing photography. During this time, Dudley also did back up dancing for rappers and R&B singers, even auditioning for the girl group, TLC. However, he stopped pursuing his dance career in order to focus on his studies.

In 2019, before the pandemic hit, Dudley juggled 3 jobs: hotel manager, Regattas, and personal trainer.

Personal training seemed especially important to Dudley who said that one of his biggest accomplishments was helping a client lose 100lb, "That was my biggest accomplishment in the fact that she's still moving forward and is still getting better and better, healthier every day. And that was important to me, to not just lose the weight, but to do it healthy and be a better person after all that."

Although he gave up personal training because of the pan-

demie, Dudley still finds ways to lift people up. In his job at Regattas, Dudley manages the temps and the hourly workers.

He also helps stock, do orders, clean, and put up decorations, but he said, "My biggest job, to me, is to take care of the students. That is the biggest thing. And making them laugh and smile, that's just a perk of the job."

Dudley also said that the students help him stay positive, in fact, they're his favorite part of the job, "I can have the worst day, the worst day ever, and come here, and within a few minutes of talking to just a couple of students, just the light in their eyes and everything, it just lifts whatever issues I have and just puts them away and then I'm able to go about my day. You guys are critical to me because I really appreciate you guys. As much as all the students say I do for them, you guys do just as much for me."

Dudley listed the students, coworkers, and, of course, his children as the people who lift up and inspire him. He has three children who he considers his greatest accomplishments, a 20 year-old son and two daughters, 14 and 18 years old.

Near the end of the interview, I asked Dudley to share one thing that he wishes the students knew about him, "That I'm sincere. That anything I say, if I say you got a nice fit on, your hair looks nice, your shoes, it's all sincere. If I don't believe it, I don't say it."

Dudley's official job title may be front-of-house manager, but, for the CNU community, he's much more. He goes above and beyond to acknowledge and support the students. Dudley is a staple of the CNU community and Regattas wouldn't be the same without him.



Top: Dudley at Regattas

Photo Courtesy of Captain's Log

Bottom: Dudley and his three children

Photo Courtesy of Dana Dudley



The Importance of Superheroes

A talk by a comic book writer

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On March 16th at 8 pm, legendary comic book writer Mark Waid came to CNU to give a speech in Gaines Theatre titled “Why Superheroes Matter”. Waid has had an extensive forty year career in comic books, writing for titles such as Daredevil, Fantastic Four, The Flash, Superman, Spider Man, Batman, Irredeemable, Archie, and the acclaimed miniseries Kingdom Come, which won the coveted Eisner Award for Best Limited Series in 1997.

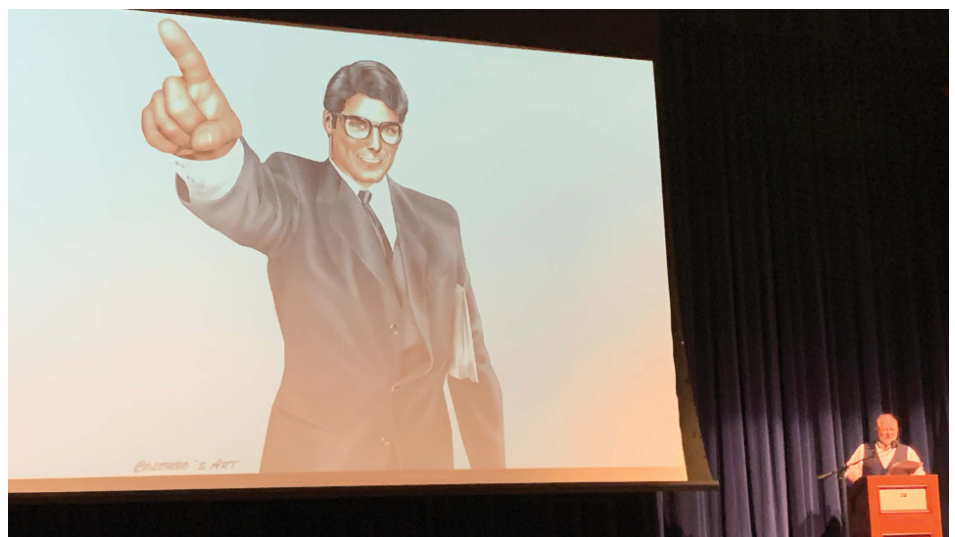
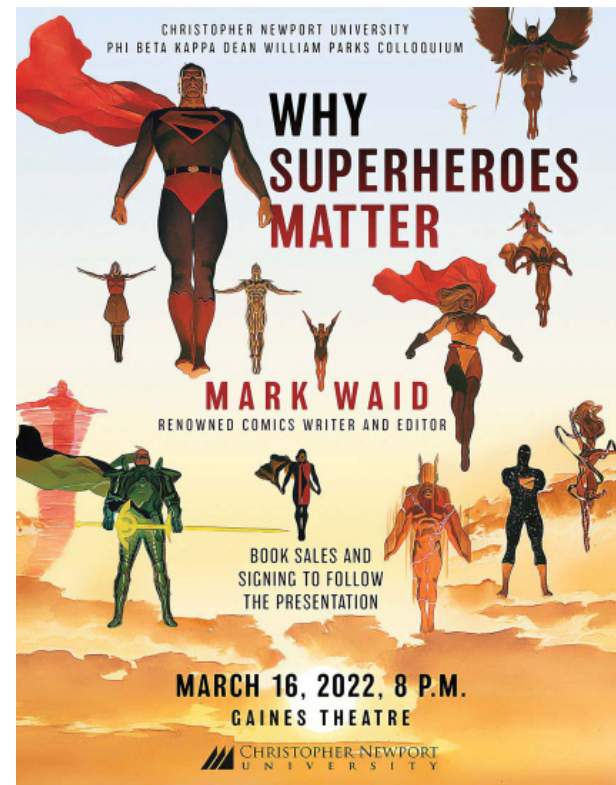
After being introduced by Professor Brian Puaca, who teaches the Comic Books & American Society class here at CNU, Waid spoke on why he believed superheroes matter in our society. Waid specifically focused on Superman, his personal favorite superhero. He spoke about Superman as being an important piece of American

pop culture who has lasted over 80 years as a relevant character since his first appearance in Action Comics #1 in 1938. He pointed out that what many people relate to the most about the Superman character is his alter ego, journalist Clark Kent. “We all at one point or another, have a feeling of what it is like to be Clark Kent,” Waid said. His understanding of Superman was impeccable. He pointed out that one of his favorite aspects of Superman was the fact that Superman has the power to conquer the world but chooses instead to pursue “noble goals” and save people. The message that “doing good is its own reward” is the message he hopes people take away from the stories of Superman.

Waid spoke about his own personal life and his battle with depression. In an emotional statement, he said when he saw the 1979 film Superman, star-

ring Christopher Reeve as the Man of Steel, it changed his life for the better. He said that people can find inspiration for their lives in heroes, real or fictional. His main point that he drove home to the audience was that heroes teach us that “the true power is kind, restrained, and compassionate”. Symbols of hope and kindness, and in these times of anger, that is why Waid believes superheroes matter.

After his speech, Waid held a Q&A session where he answered fan’s questions about his body of work, the current state of the comic book industry, advice to future writers, adaptations of comics onto film and television, and his favorite comics. He also held a book signing after the event where he greeted fans and thanked them for their time.



Top Right: Poster for Why Superheroes Matter event

Middle Left: Mark Waid (right) with Felix Phommachanh

Middle Right: Mark Waid (left) answering a student question

Bottom Right: Mark Waid explaining Clark Kent

Photos Courtesy of Campus Announcements and Captain's

Log

CNU Day 2022

ALL PHOTOS BY CAPTIONS LOG STAFF MEMBER SAVANNAH DUNN



EVERYONE GATHERS ON THE STEPS OF CNH TO TAKE A GROUP PHOTO



THREE FRIENDS STAND TOGETHER TO TAKE A PHOTO FOR THEIR FREE KEYCHAIN



STUDENT TRYING TO MAKE IT ACROSS INFLAT-ABLE GAME



CAB MEMBERS ENJOY RIDING AROUND IN THE SPIRIT CART



CNU TV DIRECTOR, FELIX PHOMMACHANH, CATCHES A RIDE WITH THE SPIRIT CART TO GRAB SOME FOOTAGE

TWO CAB MEMBERS POSE FOR A PICTURE AT THEIR BOOTH



STUDENT AMBASSADORS, KYLE GREBER AND KAYLA WRIGLEY, STAND TOGETHER FOR A CNU DAY PICTURE



THE EVENT STAFF SMILE AT THE CAMERA



STUDENTS WATCH INTENSLEY AS THE BEAN-BAG LANDS ON THE CORNHOLE BOARD



STUDENTS ENJOY THE FESTIVITIES ON THE GREAT LAWN



Capturing memories through dance

The Campus Activities Board hosted The Captains Ball in DSU Ballroom



PHOTO BY THE CAPTAINS LOG

JOSH GRIMES
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On the evening of March 12, the Campus Activities Board brought back The Captains Ball, which is a campus tradition. Tickets originally went on sale at the end of the Fall Semester. The last Captain's Ball was before the Covid Pandemic on Feb. 22, 2020 and it was 20s themed. To bring it back with a bang, CAB chose a hollywood theme for this year.

405 students attended the event that involved dancing, a DJ, food served by CNU Catering, cupcakes, alcohol for those 21 and up, and a picture area.

The event began at 7pm and wrapped at 10pm. It was moved from the original outdoor venue to the DSU Ballroom due to inclement weather.

For the photos and captains on the bottom, courtesy goes to Grace Taylor from CAB.



THE NON ALOCHOL
DRINK AREA WITH
FRUIT CUPS

PHOTO BY THE
CAPTAINS LOG



"THIS YEAR'S CAPTAIN'S BALL WAS THEMED AS "LIGHTS, CAMERA, CAPTAIN'S BALL", WITH DECORATIONS, PHOTO OPPORUTNITIES, AND FOOD INSPIRED BY ICONIC STARS AND LOCATIONS OF OLD HOLLYWOOD.



"GUESTS WERE GIVIN THE OPPORTUNITY TO HAVE THEIR PHOTO TAKEN AND PRINTED IN FRONT OF A 'STEP AND REPEAT' BANNER AND RED CARPET IN TRUE HOLLYWOOD MOVIE PREMIERE FASHION"



A GROUP OF FRIENDS WHO WORKED ON AND PLANNED THE CAPTAINS BALL TAKING ADVANTAGE OF THE PHOTO OPPORTUNITY



CNU CATERING PROVIDED MANY DIFFERENT FOOD OPOTIONS FOR GUESTS TO ENJOY, SUCH AS THESE CUPCAKES, INSPIRED BY THE HOLLYWOOD WALL OF FAME."

The Return of #BeTheChange

Hour2Empower collabrates with Rosemary's Fear 2 Freedom campaign

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On Tuesday, March 15th, Rosemary Tribble and Fear2Freedom hosted their annual Hour2Empower for students and faculty to learn about sexual harassment and help those affected. Fear2Freedom is a non-profit organization founded by Rosemary Tribble to help survivors of sexual abuse find hope and freedom. Students at the event sadly learned how frequently sexual crimes happen. One out of four women and 1 out of 16 men are sexually assaulted in college, and 90% of these assaults go unreported. We also learned that the '2' in Fear2Freedom is also a statistic. When F2F was founded, every 2 minutes, someone was sexually assaulted; now, that number is every 68 seconds. This statistic is terrifying, and F2F is doing everything to educate and care for college students who may or may not be affected by this horrible statistic.

At the event, many campus organizations attended. The men's basketball team, the women's softball team, Phi Mu sorority, the Kappa Delta Rho fraternity, and many more were present. President Tribble spoke to us and was honored to have so many of CNU's finest in attendance. He then expressed his and Rosemary's personal experience with sexual violence and why it was so special for him to see so many students taking part in such an important cause. We heard from many speakers and learned how to report sexual violence, how to talk to someone who confides in you properly, and how to reach out for help on campus.

Towards the end of the event, we packaged AfterCare and iCare kits.



PHOTO BY THE CAPTAINS LOG

iCare kits go to local counseling offices, universities, and community partners for survivors. They are given to survivors of sexual assault during their recovery. AfterCare kits go directly to hospitals to provide necessities to those who need them after a PERK (physical evidence recovery kit) exam is completed. These kits include clothing, toiletries, and therapy tools. Inside all the bags, a Freedom Bear is packed with care. A Freedom Bear is a trademark of Fear2Freedom; it is not just a cuddly teddy bear but also a specially designed therapy tool. Inside Freedom Bear's chest is a small compartment where you can find dissolvable paper. Survivors can write down anything they are not quite ready to speak out loud. Once the survivor has written their thoughts, they place the piece in Freedom Bear, and he keeps it safe until they are prepared to talk about that. Then, they can put the paper in water, and it will dissolve. The destruction of the paper symbolizes a physical milestone in the recovery process. Students were also given a chance to write personalized messages to receivers of one of these kits.

Thank you, Mr & Mrs. Tribble and the Fear2Freedom team, for allowing us this opportunity to help those in our community. Christopher Newport wants to Be The Change, and we look forward to becoming the change the whole world



THOSE ATTENDING CREATING AFTERCARE AND ICARE KITS
PHOTO BY THE CAPTAINS LOG



THOSE ATTENDING HELPING PUTTING BAGS IN THE CARS THAT WENT TO RIVERSIDE
PHOTO BY THE CAPTAINS LOG

A Review of Starlight, Coca-Cola’s Limited Edition Soda

Starlight is light **YEARS** away from being out of this world

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Coca-Cola recently launched a new limited edition “space flavored” soda called Starlight.

According to the Coca-Cola Creations website, “Infinite possibilities are yours when the ever-cool, indulgent flavor of space hits the #RealMagic of our great Coca-Cola taste.”

To be honest, I didn’t even know this new flavor existed until I saw cases of Starlight Zero Sugar in Food Lion one day. The unique gradient and galaxy themed packaging caught my eye and since it supposedly tasted like space, I of course, had to try it.

With such vague packaging, I really had no idea what to expect in terms of flavor. I mean what does “space flavored” even mean? I’ve certainly never tasted space before and I would assume that the people at Coca-Cola probably haven’t either.

However, I have visited World of Coca-Cola in Atlanta, GA and I remember it being a really cool experience where I was able to try so

many different flavors of soda that aren’t normally found in stores.

So, I had high expectations for Starlight, but after trying it once, I can confidently say that I have absolutely no interest in exploring the flavors of space ever again. In fact, if this really is what space tastes like then I think we should all stay earthbound.

The first thing I noticed was the color: it basically looks like cheerwine.

Boring, unnaturally red, fizzy liquid. Not that I expected swirling galaxies and stars, but I think if they’re going to call it Starlight and claim it tastes like space, Coca-Cola could’ve put a little more effort into a unique color. Perhaps a vibrant purple or a deep blue color.

As for the flavor itself, I have never been more disappointed. I don’t know what I imagined space might taste like, but Starlight definitely isn’t it.

It tastes sickeningly sweet, kind of like bubble gum and cotton candy mixed together.

It also has this weird cooling aftertaste that reminds me of menthol gum.

Coca-Cola may have been aiming for a drink that embodies the magical, infinite possibilities of space, but what they achieved is more of a cheap children’s drink that would probably be really popular at Chuck E. Cheese.

If Coca-Cola had more accurately named their drink for what it is and branded it as “carnival flavored,” then maybe I wouldn’t have felt so underwhelmed. But then again, I probably never would have picked up a case of soda claiming to taste like carnivals.

In the end, the real take-away here is that the Coca-Cola marketing and graphic design teams are the brains behind this operation.

So while I think this new flavor is a flop, I will give credit to them for peaking consumer interest by creating such mysterious, yet tempting packaging and successfully selling the idea of space flavored soda.



COURTESY OF AMAZON



CASES OF STARLIGHT IN FOOD LION PHOTO BY THE CAPTAINS LOG

Deciphering the Class of 2022 Shirt

??What does it all mean??

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For the Class of 2022, they send out a form asking the graduating class what words describe them. From the possible thousands, 12 words were selected that describe the Class. They are: Buffalo Wraps(Buff Wraps on Shirt), Zoom, Great Lawn, Tailgates, Tribble Library (Tribble Lib on Shirt), Columns, Friends, Fireworks, Tender Tuesday, Hurrication, Plaza, and Squid.

Some of these words can be grouped together to get a better sense of possible why they describe the Class of 2022

Buffalo Chicken Wrap and Tender Tuesday:

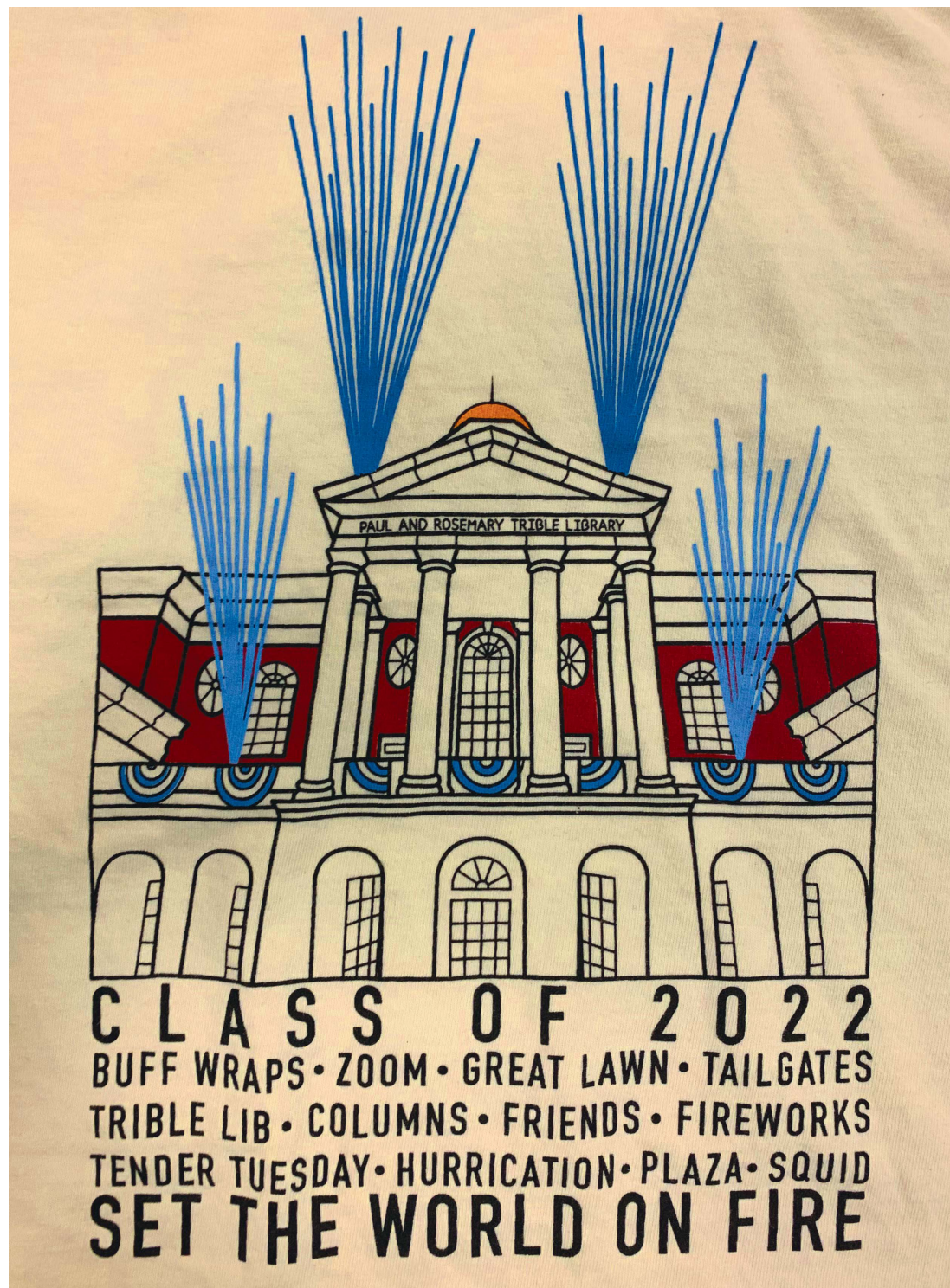
I mean, these two days during lunch are the busiest as people line around the cafeteria to get these hot ticket items. Not to mention that the tour guides told us that they tasted great. I mean, the Buffalo Wrap does taste great at the beginning, but over time, gets a bit eh. Still good meals.

Great Lawn, Plaza, Friends, and Tailgate:

These places are where everyone hangs out. On a great cloudless sunny day, people will bring out picnic blankets and relax on the Great Lawn. During lunch, people would sit at the tables and benches in the Plaza and chat. Tailgates is where we celebrate and cheer for our team. These places are where we hang out with friends.

Tribble Library, Fireworks, Columns:

These three are grouped together because the Tribble Library expansion opened during the start of Fall Semester 2018, when Class of 2022 were just Freshmen. It had a lot of columns, had a congressman there to speak, and had a firework show that no one was expecting!



THE BACK OF THE CLASS OF 2022 SHIRT. COURTESY OF CAPTAIN'S LOG

Zoom.

Spring Semester 2020 was the start of online schooling and trying to figure out how to do it. People used Google Meets, Blackboard Collaborate, Discord, and Zoom to teach remotely. And Zoom grew during the pandemic to be a place for friends and family to talk and see each other safely.

Hurrication

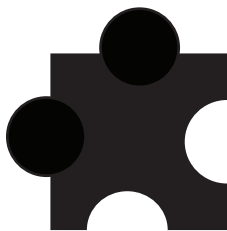
During Fall Semester 2018, Hurricane Florence was on a path towards Newport News. From September 12th through the 16th, the majority of campus was sent home and given a small break from school. It was interesting to be a freshman, waiting for fall break, to suddenly have to be sent home. In addition, that semester, each month there was a chance to go home.. September was Hurrication, October was Fall Break, November was Thanksgiving, and December was Winter/End of the Semester.

Squid.

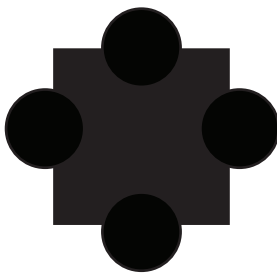
This one, is more a tradition than a description. And it's a bit of hearsay. From what I hear, some students in a biology lab were dissecting squid. They decided to smuggle them out and then laid them on top of the time capsule on campus. Since then, this has been a regular tradition each year or so I heard.

Set the World on Fire

This one of two possible Tribble saying that was offered during the form. The other option was Live a Life of Significance, but majority of the graduating class chosen this to be on the shirt. It is a good quote and one of Tribble's signature; however he hasn't been saying it for quite sometime. I guess silently retire the quote for whatever reason. Still a good quote.



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.

HEAVEN

ST

AIR

WAY

2.

Pot

∞

∞

∞

∞

3.

EYE

4.

Wheel

Wheel

Wheel

Wheel

Drive

5.

T

T

T

T

YEARS

6.

CAMPING

NIGHT

7.

B

BOW

W

8.

E

EYE

E

9.

SENSE

SENSE

SENSE

SENSE

SENSE

SENSE

10.

Element

Element

Element

Element

1. Stairway to Heaven, 2. Potatoes, 3. Red Eye, 4. Four-Wheel Drive, 5. Forty Years, 6. Camping Over Night, 7. Crossbow, 8. Crossed Eyed, 9. Sixth Sense, 10. Fifth Element

Logic Puzzle

With the number 5000, Draw One Line to
make it Half

5 0 0 0

With the number 11, Draw One Line to make it Whole

1 1

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: CNU DAY'22



#CNU DAY'22 IN FRONT OF CHRISTOPHER NEWPORT HALL
PHOTO BY THE 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.



PHOTO BY THE CAPTAINS LOG

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.

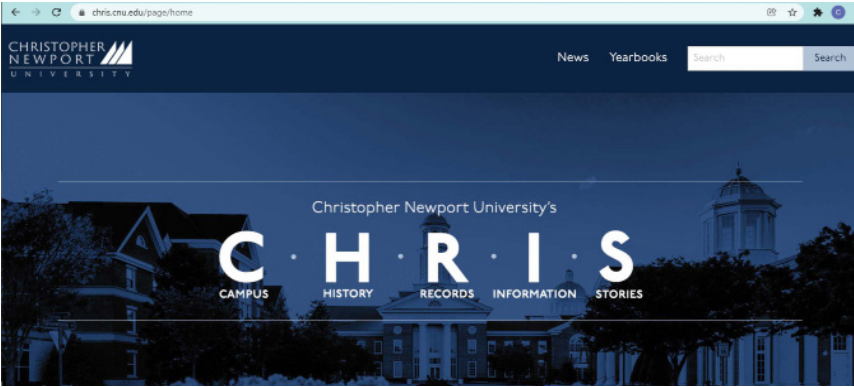


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CNU TV videos on Instagram
and Facebook



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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 Sunday at 1:30pm in MCM 162 and Tuesday at 7:30pm in MCM 260.
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