



THE CAPTAIN'S LOG

THE VOICE OF CHRISTOPHER NEWPORT UNIVERSITY STUDENTS

@CNUCAPTAINSLOG WWW.THECAPTAINSLOG.ORG
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KEEPING UP WITH THE TRADITIONS

The newest students have already experienced their CNU first traditions.

BY BEN LEISTENSNIER
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CNU has always prided itself and advertised the importance of on-campus traditions—ranging from the “speaking tradition” to holding doors for each other. In addition to these traditions that seek to influence students’ attitudes in their day-to-day lives, there are numerous events that have been described as traditions.

Despite being on campus for less than a full month, the freshmen in the Class of 2020 have already been exposed to a host of such traditions. From solemn ceremonies to glow sticks on the Great Lawn, here

TRADITIONS
CONTINUED ON PAGE 3

Snapshot 8 & 9

Greek housing:
A before and after
look in photos of the
four newly
constructed Greek
houses.

A&E 12

CNU’s got talent:
A preview of the best
entertainment
events on campus
that are not to be
missed.



First-year students sign the Honor Code at Convocation at the end of Welcome Week. BEN LEISTENSNIER/THE CAPTAIN'S LOG



Weekly pic

Now that school is back in session, the Great Lawn has once again become a popular hangout spot. People studying or playing ultimate frisbee—as seen in this picture taken before Light the Night—is fairly standard. **Photo by Ben Leistensnider/The Captain’s Log**

In this issue

- News 4**
Class of 2020 at a glance
- Opinions 6**
Surviving freshman year
- SnapShot 8**
Greek housing: Before and after
- Sports 10**
Refinding the winning formula
- A+E 13**
Leading with passion
- Lifestyle 14**
Adventure is out there

Happened

- Aug. 27**
Alpha Phi Alpha’s Alopecia Fundraiser
CNU’s greek fraternity, Alpha Phi Alpha held a fundraiser in Tribble Plaza on Aug. 27 to help raise awareness for Alopecia. For every \$75 dollars raised a member got their head shaved.
- Aug. 26**
Light the Night 2016
Friday, August 26 at 8:30 p.m. the third annual Light the Night presentation welcomed students back to campus on the Great Lawn. Led by Class Council, Student Assembly and RHA, this event marked the ending of the first week of classes and celebrated the year ahead.

Happening

- Sept. 3**
CNU Captains First Football Game
The Captains take on Kean University at 1 p.m. marking our first home game of the season.
- Sept. 2 & 3**
“Now You See Me 2”
In Gaines Theater at 8 p.m., CAB will be showing the movie “Now You See Me 2” both Friday and Saturday evening.
- Sept. 2**
Fall Fitness Fair
From 11 a.m. to 3 p.m. in the Tribble Plaza, the Freeman Center will present its upcoming Fitness Programs in their Fitness Fair.



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Scan this image to add us on Snapchat! Follow our updates, watch us behind the scenes in the newsroom, and keep up with commentary on campus life.

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THE CAPTAIN’S LOG is the official student newspaper of Christopher Newport University. It is a public forum, which is published Wednesdays throughout the academic year.

THE EDITOR welcomes letters from readers. Editors reserve the right to edit letters 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 7 p.m. in the Jefferson Room of the DSU.

WANT TO ADVERTISE? Circulation inquiries, advertising rates and policies are available upon request via email at clog@cnu.edu or telephone at (757) 594-7196. For more information, visit our website at thecaptainslog.org.

FROM THE FRONT PAGE

Keeping up with the traditions

TRADITIONS

CONTINUED FROM PAGE 1

are some of the most profound.

Convocation

One of the last events of Welcome Week, Convocation took place on Aug. 19. It is the only event for which all CNU faculty and the entire Class of 2020 gather—aside from Commencement.

Convocation welcomes students into the “Community of Honor” that is tied to the Honor Code, which they sign at the event.

Once students attached their signature to the Honor Code, they received their lucky penny to be thrown in the fountain at Commencement from one of many signature witnesses—a group comprised of students, faculty, staff and friends of the university.

Light the Night

The third annual Light the Night, hosted by the Student Assembly, Residence Hall Association and Class Council, sought to provide CNU students the chance to have a glowstick and fun-filled last night before classes began.

Instead of glowsticks, the night sky on Aug. 21 was lit by lightning, prompting the event's postponement.



Students of all class standings throw glowsticks in the air at the third Light the Night. BEN LEISTENSNIDER/THE CAPTAIN'S LOG

After initially being moved to the next night, the final decision was made to push the event to the first Friday of classes, Aug. 26.

The night kicked off with talks from various leaders in Student Assembly, RHA and Class Council, followed by performances from the a cappella groups University Sounds and Expansion.

A few minutes before 8 p.m.

Michael Bamisile, president of Student Assembly, encouraged everyone to throw their glowsticks in the air, thus lighting up the night.

President's Dessert Reception

Another marketing strategy adopted by the university is President Paul Tribble's close interactions with students. One of the earliest indicators

of this is the president's dessert reception—the first of which took place Aug. 29.

Split up into three different nights, freshmen are invited to Three Oaks—the home of Paul and Rosemary Tribble. There, they have the opportunity to meet the Tribbles, as well as various professors and staff members.

Natalie Hairfield attended the first night and said that she

appreciated all the opportunities she's already had to get to know members of the faculty.

“It's really obvious they care about our well-being and futures,” said Hairfield. “With President Tribble bringing us to his house and introducing us to our professors, we actually have a chance to put ourselves out there and get to know everyone—not just go to class and not know our professors.” ■



(Above) Senior Torrie Buckman, from the Student Honor Council, acts as a signature witness and welcomes a member of the Class of 2020 during Convocation. (Right) Following the signing of the Honor Code, members of the freshman class were encouraged to ring the bell in the Belltower, one of CNU's newest traditions. BEN LEISTENSNIDER/THE CAPTAIN'S LOG



Class of 2020 at a glance

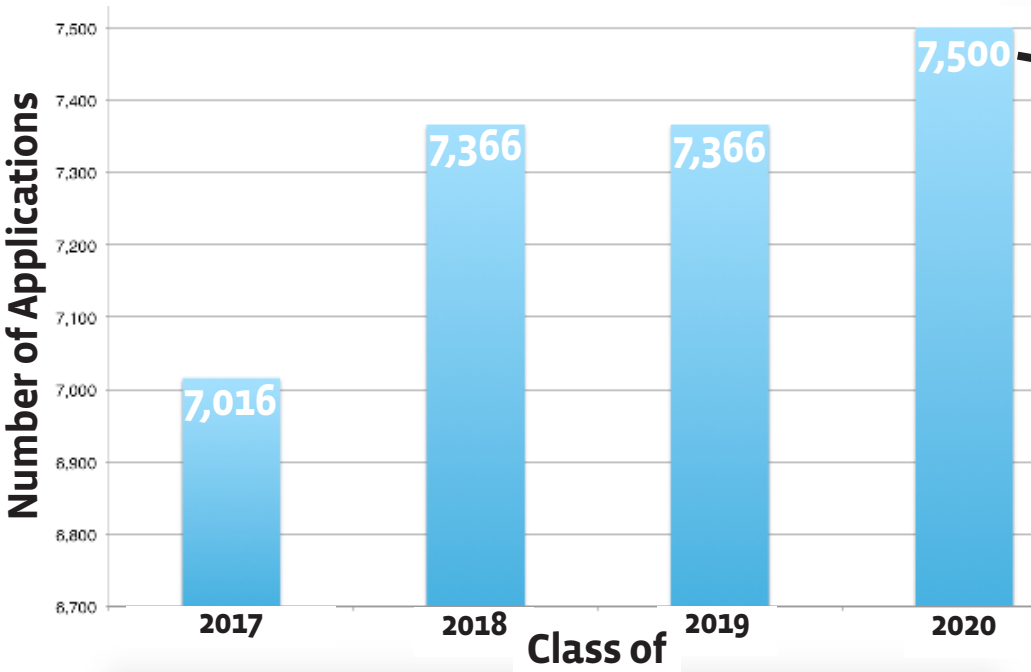
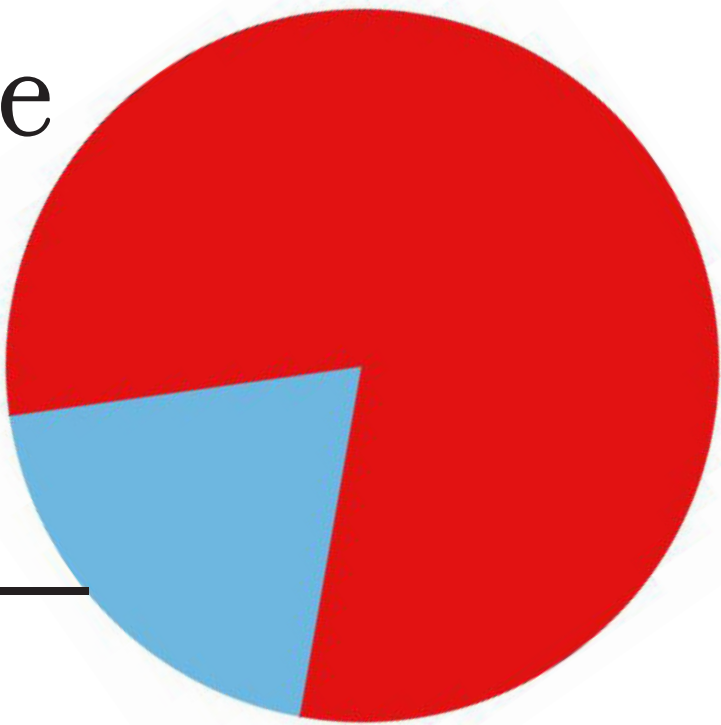
Students coming from 18 states and six countries

Alabama
Alaska
Arizona
Colorado
Connecticut
Delaware
Florida
Hawaii
Indiana
Massachusetts
Maryland
North Carolina
New Hampshire
New Jersey
New York
Pennsylvania
South Carolina
West Virginia
Canada
Finland
Hong Kong
India
Norway
Sweden

20% expected students of color in the Class of 2020.

1,225 the projected size of the class of 2020

BY RACHEL WAGNER
AND BEN LEISTENSNIER
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The number of applicants has increased by nearly 500 over course of the past four years.

The Class of 2020 has continued the trend of stronger high school performances with higher average GPA and SAT scores.

Class of	GPA	SAT
2017	3.71	1150
2018	3.75	1152
2019	3.76	1157
2020	3.80	1165

Students, assemble

Always looking for new delegates, the Student Assembly provides a way for students to effect a change in the community.

BY MELANIE OCCHIUZZO
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CNU's Student Assembly functions as a voice of the students on campus and facilitates the student's needs, ideas and wishes as they are made aware of them. Last year, there were two notable accomplishments that

Student Assembly achieved. The sustainability efforts were increased through putting more recycling bins in academic buildings and raising awareness on campus and bike repair stations were instituted at a few locations around campus. The President of Student Assembly, Michael Bamisile is a member of the 2017 graduat-

ing class and is very excited to reach out and partner with the student organizations this year as part of enriching fellow students and their academic careers. Vice President Timothy Laboy-Coparropa is also a member of this year's graduating class and plans on focusing directly on student's needs, sustainability efforts and giving the students a voice. Vice President of Finance, Davis Reagan, Vice President of Member Development, Marybeth Gordon and Vice President of Marketing and Communica-

tions, Chad Kirkpatrick are all rising sophomores and are ready to tackle the student's needs through reaching out to the newer portions of CNU's student body. A few ways for students to get involved would be to reach out to their respective delegates from each residence hall, to check out Student Assembly's page on The Compass and to download the Navigator App and check out "Speak Up CNU," a platform for students to share thoughts and ideas. Ideas on "Speak Up CNU" are extremely varied, with posts ranging from free laundry in residence halls and cheaper parking decals to double swipe dining policies and allowing additional pets on campus besides just fish. As far as this upcoming academic year, the Student Assembly is hoping to push for a recy-

cling event staff and creating a Town Hall Meeting that will allow students to share their thoughts and ideas in a more public forum. Future implementation dates and information are still pending however. Student Assembly is always looking to recruit new members for this year's delegation. The recruitment dates for the year's delegates begins on Aug. 21 and ends Sept. 3. For any inquiries, students are encouraged to check out The Compass page, contact any of the Executive Board members or stop by their table at the Fall Club Fair. Delegation meetings are currently set for Mondays at 7:30 p.m. but the dates are subject to change as the semester progresses. The meetings are open for all students to attend as part of the audience and they are highly encouraged to participate. ■

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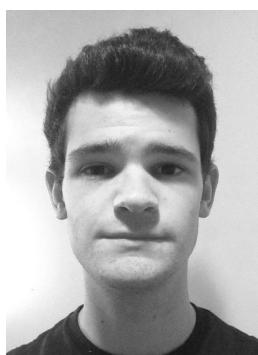
SEPT. 18 @ 7 p.m.

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Find your passion and do it

CNU’s small size proves advantageous to students who seek engagement with their community and peers.



JOHN RECTOR
CNU TV MANAGING EDITOR

As I harken back to my senior year of high school, there was a lot to consider when choosing a college. Appearance, location and academics were all critical factors to my decision, but one of the most important categories for me was size. I wanted a small school where I would not get lost in a crowd and could see familiar faces on every walk to class.

But one advantage I never even considered was the plethora of opportunities I would have on a small campus. When I arrived as a freshman, I was greeted by



CNU’s small size provides its students plenty of opportunities to find an organization in which they are passionate, such as John’s experiences with CNU TV (above). **JOHN RECTOR/THE CAPTAIN’S LOG**

over 200 clubs and organizations and every single one of them was open to me. I could join a competitive club sport, I could work behind the scenes in the Ferguson Center, I could write for the newspaper. There were truly no closed doors.

One of the things that Christopher Newport University lives and breathes is leadership. Yes, there is Paul Tribble’s brainchild the President’s Leadership Program. But leadership on this campus goes far beyond such a structured environment.

At CNU, every single student will have the chance to lead and do something incredible. I have known students

who have done summer research with professors, been great captains of their sports teams, run a club they built up from nothing and manage the entire operation of their on-campus job. Not one of them was in PLP.

As editor of the Captain’s Log’s video section, I have been able to do things I never thought I would get to do when I arrived here. Last month I talked to our athletic director and within a day, I had an interview with our head football coach and offensive coordinator.

Last April I sat down with our very successful head basketball coach for over an hour and a half for a documentary interview. Good luck doing that at

UVA.

At CNU, nearly everything I have done outside of the classroom has been almost entirely student-run.

From my club sports team to my on-campus job to the Captain’s Log and CNU TV, my CNU experience has been defined by the ability for students to get involved and make an impact on what they do.

Not just be a part of something, but to really do something with whatever you’re passionate about and create a lasting effect on this campus.

So find your passion and do it to the fullest, because this is one of the only places where you actually can. ■

Surviving freshman year

News editor Melanie Occhiuzzo’s advice to get through the “best, worst, scariest and most wonderfully eye-opening year of your life.”



MELANIE OCCHIUZZO
NEWS EDITOR

There are so many cliché articles written now-a-days on what incoming freshman should be concerned with that they often fall on deaf ears. As a rising junior myself, I’ve encountered just about every horror that an incoming freshman might expect. Crazy roommates, scary hall mates, strange midnight visitors, room changes and a host of other personal events that have forever altered my outlook on living with people I’ve never met before.

As a small, freshman girl I was confident that I could stick things out and handle things while keeping my sanity

in check and my temper cool. But oh how wrong I was. Within the first month of living on campus, in a triple no less, I was faced with either moving out of my current rooming situation or joining forces with my current roommate to make the other move out, not a great situation. But instead of waxing on and on about mediation and tips to keep the peace I am going to cut to the chase, if you can’t handle it move out. As a freshman you are faced with so much stress and change, the last thing you need is to deal with people who don’t want to deal with you.

Another big piece of advice that I would share with you future Captains would be to keep track of your paperwork and don’t rely on your RA to remind you. I ended up going random two years in a row because I assumed

my RA would remind me to file my housing forms. Wrong. As much as I loved living with my roommate this past year, having a choice would have definitely relieved a little stress.

My last big piece of advice is going to veer away from the painfully blunt back to the whimsically cliché. Find yourself during your freshman year. I’m serious. Take the time to be alone with yourself, join a club and quit, walk laps around the campus at 3 a.m. because your roommate won’t stop snoring, do anything that requires you to work alone because once you’ve assimilated into campus life it’s hard to break out again. Freshman year will be the best, worst, scariest and most wonderfully eye-opening year of your life. Don’t waste it trying to do anything that isn’t for yourself, you’re here for you after all. ■

Putting the student in student media

In addition to being a news source, we still find ways to make the most of being CNU students.



BENJAMIN LEISTENSNIER
EDITOR-IN-CHIEF

Coming to CNU, I had no plans to join the *The Captain's Log*. Although I was an editor with my high school paper, I had no want in pursuing a career in journalism.

If at this point you're curious as to why someone with no interest in becoming a journalist is the editor-in-chief, you would not be alone. I often wonder the same thing. But then I remember: *The Captain's Log* is so much more than just an organization for future journalists.

Now that's not to say that we struggle as a media organization—in fact, it's just the opposite. We pride ourselves on being “the voice of Christopher Newport University students.” We've covered topics ranging from diversity and gender-neutral housing to sexual assaults on campus.

This past year, our organization came in second place in a national competition that pitted us against schools double the size of CNU and newspapers with five times our numbers.

In other words, it's not the accolades, but the student aspect that keeps me in CNU's most prominent student media organization—with heavy emphasis on the student.

We don't just report the news; we live it.

Over my time with the paper, we have participated in sorority events, academic bowls and even had a candidate elected to the Homecoming Court.

I don't have coworkers; I have a family.

The number of people that I have met and will forever consider some of my closest friends would never be so much lower if I never joined the paper. Even though some of them have been graduated for two years at this point, I still keep in contact with former editors.

Working so closely with *The Captain's Log* has helped provide me with opportunities that I would never have been able to do otherwise.

I've traveled to national championships and interviewed famous singers. I've experienced the crowning of Homecoming Kings and Queens up-close and learned about my fellow Captains.

And best of all, I've lived the life of an engaged student. ■



In addition to having CNU TV's Evan Thorpe (above) selected to the Homecoming Court, our paper is also one of the best in the country—winning second place in a national competition (below). PHOTOS COURTESY OF MACY FRIEND



While students spent their summer breaks relaxing or catching up on sleep, construction was in full swing on CNU's new four Greek houses.



Leaders of the four Greek organizations to receive the new houses join CNU administrators for a behind the scenes tour on June 30. Here they stand in the still-under-construction Phi Mu chapter room.

Greek housing: At a glance

Organizations to Receive Housing:

Alpha Sigma Alpha
Alpha Phi
Phi Mu
Sigma Phi Epsilon

The four organizations were chosen through an application process that evaluated their performances within the previous three to five weeks. This included overall GPA, membership levels and projections, as well as community service projects.



With two months to go, construction crews still needed to add small details like shutters.



For most of the summer, the grounds around the buildings looked like this with construction crews working on the exterior of the buildings and equipment aplenty.

Greek ho



Sisters of Alpha Phi, helped by family and friends, move into their new CNU house. Construction crews still had some minor work to finish—such as the ac

CAPTAIN'S LOG

ousing: A before and after

To see more pictures of the newly constructed Greek mansions, check out our photo gallery located online at thecaptainslog.org.



Greek house on Aug. 20. Although complete enough for move-in, addition of columns to the entryway. **PHOTOS BY BEN LEISTENSNIDER/THE**



Less than two months later, construction on the Phi Mu chapter room was finished for move-in on Aug. 20—complete with hardwood floors, a fireplace and furniture.



The dirt was cleared, landscaping was added and, most importantly, columns were created.

Greek housing: Costs

Cost for Phase 1:

18.8 million

Number of beds in Phase 1:

100 (Two with 26, two with 24)

Cost for Phase 2:

23.2 million

Number of beds for Phase 2:

190

Information from Dec. 2, 2015 article.



Balconies on three of the four houses offer a perfect vantage point to look out over the green space in the middle of the houses. This photo was taken from the Sigma Phi Epsilon house.

Refinding the winning formula



One of the biggest questions that remains is how the team will be able to replace quarterbacks Tyler Quigley (above) and Arsaiah Robinson. **BEN LEISTENSNIER/THE CAPTAIN'S LOG**

After experiencing its first losing year in program history, the football team is looking to continue and build on late season momentum.

BY JOHN RECTOR
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Through the long summer months away from school, there is one question constantly on the mind of every sports fan in college: "How long until the start of football season?" For Christopher Newport fans, the answer is Sept. 3 when CNU will host Kean University.

After beginning 2015 with a 1-6 record, the Captains closed out the season by winning three straight games to finish their first year in the New Jersey Athletic Conference (NJAC). The team hopes to build upon that late season momentum as they move toward their second year in the conference.

"I think [the players] ended the season on a very positive note," said head coach Matt Kelchner, "so going into the spring conditioning and spring practice it was very positive

and you just hope it carries over into the summer."

A key factor in the team's success this season will be how they face teams in the rela-

"It's gonna be an open competition... If they carry over what they did in the spring through the summer and workouts and they're ready to lead in the fall, then they will have an opportunity to play."

*—Matt Kelchner,
Head Coach*

tively new NJAC. After delving into unfamiliar territory last year, the Captains will enter 2016 with a better idea of how to prepare for their opponents.

"I think our players that are returning know a lot more about the teams that they're going to play and how hard they have to prepare for them," said offensive coordinator Dan Antolik. "Likewise, us coaches know that we have to prepare a certain way for the teams that we're playing now and the schedule that we're playing."

While the Captains adjust to their opponents, they will also be adjusting to a new starting quarterback after last year's seniors Tyler Quigley and Arsaiah Robinson ended their college football careers. "It's gonna be an open competition, just like every other position," said Kelchner. "If they carry over what they did in the spring through the summer and work-

"The atmosphere for college football at CNU is really outstanding. It's a Division I atmosphere at the Division III level."

*—Dan Antolik,
Offensive Coordinator*

outs and they're ready to lead in the fall, then they will have an opportunity to play."

Coach Antolik agreed, adding that playing quarterback is about more than physical ability. "Leadership plays a big part in it and being able to get in the right play, understand what the defense is doing and having the maturity to lead his team."

While there is no favorite as of yet, the coaches stressed that the best player, regardless of play style or class year, will win the job and the offense will cater to his skill set, rather

than the other way around. "I don't care what offense we run," Kelchner emphasized. "If we have a quarterback that's efficient and an offensive line that can block him, then we're gonna be good."

While the team focuses on the necessary work in the off-season, they know the type of exhilarating environment that awaits them on gameday in Newport News.

"The atmosphere for college football at CNU is really outstanding," said Antolik. "It's a Division I atmosphere at the Division III level. Marching band, dance, cheerleaders, half-time entertainment are just outstanding. And hopefully," he added with a smile, "the ball team's gonna be successful." ■

Home schedule

Sept. 3: vs. Kean, 1 p.m.
Sept. 16: vs. Wesley, 6 p.m.
Oct. 15: vs. Montclair, 1 p.m.
Oct. 29: vs. Salisbury, 4 p.m.
Nov. 12: vs. SVU, 3 p.m.

Fall sports preview

The cross country community has trained hard all summer to add more CAC championships to the men's and women's records.

BY SAM CAMILLETTI

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Coming off an incredible 2015 campaign, both the men's and women's cross country teams are motivated to check more wins off of their list. Last season, the women captured the Capital Athletic Championship crown for the third time, had four runners achieve All-Region accolades but were denied the NCAA Nationals meet advancement by one spot.

"[Seniors] Emmie Schmitt, Briana Stewart and I went into the summer with the same goal of qualifying for Nationals," senior Logan Harrington said. Harrington, along with the women's team, qualified for Nationals in the 2014 season. "We want to finish our last cross country season with another run at Nationals."

The men's team were also Conference Champions, additionally finishing runner-up during the South/Southeast Regional Championships, and qualifying for Nationals for only the third time in program history. While a dream come true, making it to Nationals has only refined the focus of the men's team and made them want to improve on their 32nd place last year.

"We tasted success last year, and this year we are hungry for more," senior Andrew Benfer said. "We don't want to become cocky though. We understand that we have a target on our back and we're not going to take that lightly." Understanding this stems from the team's dedication to more than just succeeding at races.

"There are definitely other teams out there who have goals similar to ours as far as winning Conference or Regional Titles, making it to the National Meet, or even performing well there. So, we're not special in that regard," Head Coach Matthew Barreau said. "What makes us special is our commitment to becoming transformative."

Part of this transformative team means being an integral part of "fostering a culture," according to Barreau, and inspiring the new and future CNU runners. It also underscores the importance of being unified, something Benfer, as a senior member of the team, has noticed throughout his time here.

"The desire for excellence has clearly spread throughout the whole team," he said.

To illustrate this, the men's team has centered their goals around the number 15—checking in the top five spots at the conference meet, placing five runners in the top 15 at Regionals and being 15th in the nation. Besides the clarity on goals, the team seems remarkably in tune with one another, suggesting this is not just about racing, but friendship. "It's always nice to have guys who have your back," senior Charlie Pruitt said.

"When you're going through the grind together, you really form a bond."

While led by pragmatism, the team also is optimistic by practice results so far.

"We're building on the excitement from last year and it's great to see everyone coming in from summer already in such great shape so that we don't have to rush anything," captain and senior Will Bruner said.

"This team has a lot of numbers with a big group of freshmen guys which means we have a huge shot of making it again to Nationals and making our way into the elite level of DIII."

While success is a familiar feeling for the women's team, they are also proving that hard work is the key.

"Our team has come to the point where we expect ourselves to win, which is an exciting place to be," Harrington said.

"It has only been a little over a week and our goal is looking even more in reach."

Harrington noticed that so far, the freshmen and the team's tough mentality have shown the potential to make the women's ascension to Nationals just a bit easier.

Both the men's and women's teams open their season tomorrow at the CNU XC Opener Relays in Roslyn. The women's relay begins at 6 p.m. with the men following at 6:07 p.m. ■

Meet schedule

Sept. 1 CNU opener relays
Sept. 16 W&M Invitational
Oct. 1 Paul Short Run
Oct. 1 Don Cathcart Run
Oct. 11 CNU Hill Assault
Oct. 15 CNU Invitational

Going for the decade: After nine years of domination, CNU volleyball has a chance to win their 10th straight conference championship.

BY BEN LEISTENSNIER

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When it comes to fall sports, it's not difficult to argue that CNU's volleyball team remains one of the athletic department's most successful. Not only have

the Captains won their conference championship for the past nine years, the team has also advanced to the NCAA tournament 13 out of the past 15 years.

The Captains were once again extremely successful last season, finishing the season with a record of 30-3. The

team's season came to an end in the NCAA Regional semifinals after falling to Randolph-Macon 3-2.

If the team hopes to once again achieve a winning percentage of over .900, the Captains will have to find a way to replace last year's seniors: Ashley Rock, Abby McIntyre and Rachel Conway—an All-American and one of the best setters in CNU history.

Another tough loss will be rising senior Briana Sutton. Sutton will miss a good portion of the season due to a foot injury.

Last year, in addition to being named the 2015-2016 Capital Athletic Conference Female Athlete of the Year, Sutton became the third Captain in CNU history to earn First Team All-American honors.

Luckily, the Captains have an incredibly strong group of returners to help alleviate that loss. Among these veterans are Evelyn Harper, Madi Wickens, Maddie McCann, Rachel Close and Hannah Miller.

This summer, Miller traveled internationally with the Division III All-Star team as they played in Brazil. She is also joined by junior Tylar McGill.

The Captains will start their historic campaign for ten-straight conference championships with the Captains Classic on Sept. 2. ■



Senior Hannah Miller is playing with the Division III All-Star team in Brazil this summer. BEN LEISTENSNIER/THE CAPTAIN'S LOG

A nationally-ranked, annual contender, the field hockey team is preparing to take on the CAC and bring down rival Salisbury.

BY CAITLIN KING

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With an unlucky draw of the cards in the CAC tournament, CNU's field hockey team played the reigning CAC champions in the semifinal and lost. Ready to take on the 2016 season the Captains have already started preparation needed to succeed this year.

Key returners this year are goalie Bailey Lien, Miranda Hept and Sarah Miller. These three will be a part of the senior class this fall ready to leave it all on the field for their last season as Captains. Lien was awarded with an All-State honors which is her third straight All-State in a row.

With an attempt to improve their season record, Head Coach Carrie Moura sends

out a workout packet for the girls to complete throughout the summer months. She sets up a Google spreadsheet with their running workout, six days a week.

In order to make sure that this plan is efficient the team must post their times for each workout in the spreadsheet for the coaches to see. Rising junior, Mackenzie Neylon says the hardest workout is the gauntlet which is comprised of a two mile, rest, one mile, rest, half mile, quarter mile and an eighth mile run.

Neylon claims that while the summer workouts are challenging and strenuous, they are a remarkable way to see the team's growth and hard work throughout the summer months.

While Neylon admits playing collegiate field hockey is challenging she also admits that she

wouldn't have it any other way.

Picking a college she knew she needed a support network and wanted to be a part of something. Deciding on CNU, she realized what better way to be a part of something than joining a team, playing the sport she loves with her best friends.

Believing that the team is better this upcoming year than they have been in the past, Neylon believes it shouldn't be hard for the Captains to go further in the tournament this year.

Constantly dominating team rival University of Mary Washington in the regular season, the Captains allow it to fuel them for the rest of the season.

Bringing Salisbury to overtime and losing in the regular season game last year, the women's team is working hard to ensure they come out on top this fall. ■

concerts

Sept. 3 Virginia Symphony Concert
6pm Yorktown

Sept. 4 Zac Brown Band
7pm Farm Bureau Live

in theaters

Sept. 2 "Pete's Dragon" Rated PG
"Southside with You" Rated PG-13

on campus

Sept. 7 "An Evening of Brahms"
7pm Ferguson Center

Sept. 8 CAB Comedian: Tyler Boech
9:30pm Gaines Theater



CNU's got talent

In order to make the most of freshman year, these annual student events are some that simply cannot be missed.

BY BENJAMIN LEISTENSNIER
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Over the course of the year, CNU students can feel a bit overwhelmed about the countless events that will cross their radars. While that may be the case, these four are some that should be top priority for all students.

Glow in the Darcappella

CNU's a cappella community comes together once a year to host Glow in the Darcappella, a blacklight concert for the school's six groups.

Hosted last year as a part of Homecoming Week, this annual concert typically occurs with a sold out crowd. And it's not Gaines or M&T they sell out—it's the Concert Hall.

As it is an event run by and for students, tickets are particularly affordable. All moneys raised, however, help fund the a cappella groups over the course of the year.

Best Dance Crew

Perhaps the most popular and successful Greek event of the year, Gamma Phi Beta's Best Dance Crew raises money for their philanthropy, Girl's Inc.

This competition, hosted in the Freeman Field House, pits over a dozen crews against each other to impress judges and take home the top title.

The event has only continued to grow over the years, and last year's competi-

tion raised \$9384.80—a \$1700 increase from the year before.

TheaterCNU

If plays and musicals are more your speed, TheaterCNU is perfect for you.

Each year, the students in the theater department stage four shows. Their most recent production was "Macbeth." In stark contrast to the Shakespearean tragic drama, last year's comedy "Legally Blonde" showed the actors' versatility and was met with rave reviews.

The upcoming season has already been released and will feature shows such as George Bernard Shaw's "Major Barbara" in October and Aaron Posner's "Stupid F#@ \$ing Bird" in April.

Stroll to the Polls

Another Greek event, Stroll to the Polls, hosted by Alpha Phi Alpha, has two goals in mind—in addition to entertaining, obviously.

Proceeds from the event benefits one of the fraternity's philanthropies, March of Dimes, which funds research to promote health for pregnant women and babies.

It also aimed to increase voter awareness and had a video address from Newport News mayor McKinley Price.

This past year's event was the third installment and featured eleven different student organizations. Each group performs a traditional style of dance called strolling. ■



(Top) CNU's a cappella groups all take the stage at the end of Glow in the Darcappella. (Above) The brothers of Alpha Phi Alpha prove to always be a crowd favorite at their philanthropy event Stroll to the Polls, which raises money for March of Dimes and promotes voter awareness. BEN LEISTENSNIER/THE CAPTAIN'S LOG

Leading with passion

The Ferguson Center may have new leadership, yet remains dedicated to the pursuit of being the best.



Bronstein, himself a former actor, brings a familiarity with the arts and devotion for their continuation to his new position. **COURTESY OF ASHLEY OAKS-CLARY/CNU OCPR**

BY SAMANTHA CAMILLETTI
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Passion and dedication are not in short supply around the Ferguson Center of the Arts, and both these values seem to be embodied in its new executive director, Bruce Bronstein. "I am so indebted to this place and the people here," he said. "I so believe in Christopher Newport University and its mission."

Bronstein has an impressive resume to back his new position, including a considerable time spent as a booking agent and agent for the Big Apple Circus in New York City. He came to CNU in 2005, where he became Director of Communications under former Executive Director Bill Biddle. Bronstein, along with Biddle, who quickly became his mentor, helped open the concert hall for performances.

Being there since the beginning of the Ferguson's transformation was deeply humbling and inspiring, according to Bronstein. "I think the Freeman Center was almost done, but [in those early days] the Ferguson Center was the first building that said: 'This is what we aspire to be.' It was the first proof of product, all of the promises of Paul Tribble and all of these things that he was telling the community, now here was an example," he said. "It wasn't just words or pictures anymore, here was this building."

The biggest change so far is that Bronstein no longer serves behind the scenes. Now, he is "in the driver's seat." But this excites rather than unnerves him. "This is my dream job," he said and then recounted a memory about once hoping to open his own dinner theater. "What an incredible dinner theater, right?" he said, gesturing to his office.

While directing, Bronstein plans to build upon the solid foundation that Biddle has laid and with his strong marketing background, plans on strengthening existing partnerships and extending opportunities to collab-

orate beyond campus. While these are some of the goals, Bronstein was quick to point out that the strongest relationship should, and will be between the Ferguson and CNU students.

This is an area of particular importance to him. "Too often I feel like there are shows that students would enjoy, but somehow we haven't quite gotten the message out to them," Bronstein said. "I am someone who finds going to the arts to be transformative. I want others to have that experience. So when I hear that students didn't know someone was going to be here, or decided to play video games instead of taking advantage of a five-dollar ticket, it breaks my heart. Because you're not going to have this opportunity later on."

With interesting and inspiring shows this season, everything from plucky brass band Lucky Chops to "RENT" to Jay Leno to the technological magic of Enra, Bronstein hopes to pique someone's interest in at least one.

Besides closer collaboration, Bronstein also has an overarching goal to continue to build pride in the Ferguson Center and its ever-expanding presence on the peninsula while keeping a close eye on finances. "This is a business and I have a financial responsibility, so it's always my goal, I'm a competitive person, to prove that I can be financially responsible and creative," he said.

Creativity in the past has helped the Ferguson become a well-known venue. The motto of his time as Executive Director will be, in Bronstein's words, "as artistically brilliant as financially responsible." This year seems poised to be an apt mixture of both.

As the Ferguson Center continues to break new ground, the administration that makes it all possible values suggestions to help it thrive.

Any suggestions, comments, or questions regarding shows or operations of the Ferguson can be directed to fergcenter@cnu.edu. ■



A perfect way to beat the heat is Pelican's SnoBalls. Located less than a mile away, Pelican's offers 100 flavors. **MADELEINE SCHULER/THE CAPTAIN'S LOG**

Keeping entertained the local way

CNU offers plenty of fun opportunities for its students to take advantage of, but there are just as many options off-campus in the nearby Newport News area.

BY VICTORIA LURIE
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The day you got your acceptance letter, you probably googled the area to see where the nearest movie theater chains and Starbucks were. If caffeine and a matinee are all that you need to sustain you, that's cool, but if you're looking for more eclectic ways to experience the (culinary) arts of Newport News, we've got you covered.

Close-by culture

When the school year gets going, the Ferguson Center is home to both the Ferguson and Falk art galleries. Right up the road, by The Mariners' Museum, is the Peninsula Fine Arts Center. Together, these three galleries form a trifecta of art spaces. It's not the Met, but it's not bad.

Silver screen on a college dime

The Paragon in City Center (an eight-minute drive) does discount Tuesdays for CNU students. Tickets run for about \$8, but if you don't buy online, make sure to get there early; the luxury recliners will fill up fast.

For a more lively show

Check out the Peninsula Community Theatre. About a five minute drive from campus, PCT Live and its vintage theatre façade are home to plays year round. This season they'll be running "The Music Man" July 29 - August 20, 2016, "Picnic" September 30 - October 16,

2016 and "A Southern Christmas Carol" December 2 - 18, 2016. Check out other details at pctlive.org

Beach better get my money

You're on the coast now, so there are almost more beaches than there are Starbucks. Almost. Everyone knows about Virginia Beach, but if you're aiming for less-commercial, hit up crowd favorites Yorktown or Huntington. Buckroe Beach in Hampton hosts all of the beauty with none of the boardwalk, and Fort Monroe is dotted with quaint cottages and lighthouses.

Summer Sno-days

Located about a mile from campus, Pelican's SnoBalls offers many frozen treats, chief among them a \$3 tower of shaved ice. They have 100 standard flavors, ranging from mojito to toothpaste (not joking), plus their flavors of the week. They operate until October, so there's still plenty of time to win prizes for trying all 100 flavors.

Got me in chains

If you get homesick though, don't worry. Newport News still has your old staples, all within a quick drive from CNU. Oyster Point is home to Diary Queen and Coldstone, Warwick is home to Rita's Italian Ice, Dunkin' Donuts, McDonald's and Taco Bell, and there are three major movie megaplexes in the area, Regal, AMC and Paragon.

And naturally, there's a Starbucks in every direction. ■

Adventure is out there



PHOTO COURTESY OF SAVANNAH SCHUTZMEISTER



PHOTO COURTESY OF BRADLEY MCGUIRE

(Left) Savannah Schutzmeister takes a break from studying to explore The Netherlands. (Right) Bradley McGuire hikes roughly 100 miles from northern TN to southern VA.

Students spent their summer studying in various foreign lands and adventuring on American soil.

BY MADELEINE SCHULER

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As students walked out of their last exam, crossing the finish line of spring semester, they had an aura of accomplishment surrounding them as their academic year concluded, but for some students, the end of their semester was the start of a new adventure.

While most packed up and moved back home to begin internships, pick up various jobs or bask in well-deserved relaxation time, some opted for a different kind of summer, one filled with discovery, new experiences and a learning environment in a foreign land.

CNU offers many study abroad opportunities year-round, but the summer programs are special because they allow students to be immersed in different cultures and experience new places without stealing them away from campus for an entire semester. The summer programs are unique opportunities that appeal to students because of their differing time ranges and the variety of regions they can travel to.

Senior Savannah Schutzmeister, junior Bradley McGuire and sophomore Nina Swanson all experienced what these study “abroad” programs had to offer this past summer and share similar views when it comes to the programs’ benefits, but differ in the experiences that they were exposed to.

Though many students find European countries like England and Italy to be typical abroad destinations, Schutzmeister spent a unique four weeks studying in The Hague, Netherlands and traveling to Prague and Brussels on her free travel weekends. She then spent two weeks in

Belgium conducting research on the refugee crisis.

After growing accustomed to living abroad, Schutzmeister was not particularly looking forward to returning to the States.

“I fell in love with The Hague so easily and fell so easily into a routine there, and I honestly hope to one day be able to work and live there somewhere down my career path.”

As this is her second summer studying abroad Schutzmeister has learned that she is “not meant to be bound by borders or state lines.”

“This experience has really taught me to not be afraid to just hop on a train and go to a completely different country and explore the cities

and have no fears, because it’s not a bad thing to get lost and find a new way home,” said Schutzmeister.

McGuire’s summer may not seem quite as exotic because he decided to remain on American soil. However, his trip was just as adventurous. Beginning in northern Tennessee on Rone Mountain, McGuire earned credit for a religious studies course by hiking 100 miles to Grayson Highlands in southern Virginia with Dr. Reddick, the head of the philosophy department.

“My favorite place was on a peak called sunset rock in the Grayson highlands,” said McGuire. “It had an overlook that allowed you to see rolling mountains in every direction. It felt like you were on top of the world.”

Across that 100 mile stretch, McGuire met all kinds of different people that each had their own story to tell.

Schutzmeister also found that the people she encountered while abroad had a large impact on her experience as a whole, recalling her favorite moment when she spoke with local civilians in The Hague.

While shopping, Schutzmeister began talking with one of the workers in a shop and ended up speaking with him for close to 45 minutes about their different lives. Since students in the city were still in school, she had not been able to make any local friends. After that, however, Schutzmeister was pleased by the ease and comfortability she felt in her new environment.

“It showed me how easily two people from two different cultures could get along with a little common ground,” said Schutzmeister.

Swanson had similar experiences when she shipped off for Peru for a 12 day trip with botany professor, Dr. Ruane.

She was most excited to spend time in the Amazon and learn about the various plants there, taking a special interest in their medicinal properties and the local’s different uses for them in their everyday life.

Because this trip was Swanson’s second time out of the country, she was not as nervous as she was the last time, rather she was eager to begin this new adventure.

“When you’re abroad you are forced to adapt and immerse yourself in a new culture which can be scary at first, but it’s challenging which is great for self improvement and opens up many learning opportunities,” said Swanson.

Being immersed in an entirely new and different culture can not only give students a better perspective of the world surrounding them, but it also presents the opportunity to learn, discover and interact with people and places they would not otherwise have had the chance to see.

“Studying abroad helps students break out of the bubble that they start to form when they stay in one place for too long,” said Schutzmeister. “It is so important to remind students that there is a great big world out there waiting to be discovered, and there is so much more to be learned outside of their classroom walls.” ■



How to make your dorm room feel like home

Decorating can be challenging and pricey, but extremely fun if you take the correct steps when moving into a new space.

BY MADELEINE SCHULER
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Although it is the second week of classes, and students should be focusing on their studies, many find themselves trying to put the finishing touches on their new living space. Whether it is a blank wall that needs filling, a common room that needs light, or a study space that needs a little bit of love, here are some suggestions to make your home away from home feel like home.

Tapestries

These are popular right now for a reason. They come in various styles to fit anyone's personal taste and they fill up empty space fast. Urban Outfitters sells a variety of unique ones, but if you are looking to keep the price affordable Society6 and Amazon sell some that are just as appealing.

Wall Pops

This is a specific online brand of wall art that is affordable, cute and easy. Coming in sheets of 64 stickers, they offer various peel and stick designs, ranging from polka dots to pineapples to hearts. The designs fill up an empty wall quickly, but are easy to remove and leave no damage.

Curtains

On windows, over doors, around photo collages, no matter their placement, curtains are extremely versatile and as long as they are used as an accent, they add a "homey" feel in most locations.

Pictures

Bring the people that represent home to your dorm in the form of photographs. Clothespin them on a string or frame them and hang them up. Not only will they keep you motivated, but they will provide comfort and encouragement when you are stressed out.

Christmas lights

Maybe it's the child coming out in many college-aged girls, but the comfort they might have found in a night-light is restored in their choice decoration. Christmas lights provide the perfect lighting when the bright lights of a dorm room become too harsh and revitalize an otherwise dark space.

Throw pillows

These are such mom things, but that is what makes them so homey. Many couches and beds are littered with them, but with good reason. They can help tie in your chosen theme and extra pillows means an extra

comfort factor, which will not only bring you happiness, but will draw others in.

Fuzzy blankets

Similar to pillows, blankets are a must and at least one of them must be fuzzy to provide the ultimate coziness level.

Cooking

Bring out your inner Julia Child and christen your kitchen with a home cooked meal. If you are a freshman, make friends with an upperclassman and harass them until they let you use their stove. You will need to learn how to cook at least one decent meal if you plan to make it out there in the adult world, so you might as well start learning now.

Canvases

If you were blessed with the crafty gene, consider yourself lucky. If you were born artistically challenged, canvas-making might be one of the most time consuming ways to decorate but if done well, it is also the most rewarding. The best way to get what you want is to do it yourself.

The perfect playlist

Set the tone. Put on your favorite music and jam out (or chill out depending on your taste). Listening to some of your favorite music will make you feel at home immediately. ■

Relaxation guide to Newport News

Classes can get stressful quickly and when that happens, students need a place to take time to themselves without stress weighing them down.

BY MADELEINE SCHULER
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With a new and busy school year beginning, it is easy to become overwhelmed by classes and extracurricular activities. As you are starting to ease your way from the undisturbed days of summer into new adventures, remember to take time for yourself away from strangling responsibilities.

Here are some of the best relaxing escapes at CNU and in the Newport News community.

1. Noland trail

As a favorite of many students, the Noland Trail is a quick walk from campus, leading to a beautiful five-mile path surrounding Lake Maury. Whether you're biking, jogging or just wandering, encompassing your-

self in nature and all things green will ease your mind immediately.

2. Lions Gate Bridge

Leading out of the Noland, toward the James River is a bridge that seems a little out of place, a little too extravagant for this area. However, it is a perfect spot to watch the sun go down. Be sure to bring your headphones to drown out your thoughts, and watch as the sun sinks beneath the water.

3. The beach

Any place where you can find sand between your toes and a good view of the water is a wonderful place to be. From the short drive to Huntington Park, to the Riverwalk in Yorktown, to the beaches of Buckroe, Virginia Beach and the Outer Banks, there is no shortage of beautiful places to immerse yourself in.

4. Aromas

Coffee is a staple of college and cute cafes just add atmosphere. Aromas, located in City Center, has both. Einstein's is fine, but if you are looking to get away from the library and still have all the perks that come with it, Aromas is the place to go. Their food is delicious and their coffee is respectable. Bring a friend and catch up over a cup of Joe.



Lion's Gate Bridge is beautiful during the day, but even prettier at sunset. MADELEINE SCHULER/THE CAPTAIN'S LOG

5. Secret garden in the Ferguson

If you are looking for a tranquil spot that doesn't require you to leave campus, check out the secret garden in the Ferguson Center. With porch swings and a running fountain, the garden is equipped to be the perfect thinking spot. If you are lucky, you might hear your fellow classmates practicing, providing the perfect soundtrack to your escape.

6. Tables by the fountain

As a newer building on campus, Christopher Newport Hall has yet to be explored by some students. If you have not discovered the outdoor tables on the second floor above the fountain, then you are missing out. Once it starts cooling off, snag a table and listen to the water fall beneath you. ■



Huntington Park is of the many places students go to catch some rays. MADELEINE SCHULER/THE CAPTAIN'S LOG



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