



THE CAPTAIN'S LOG

THE VOICE OF CHRISTOPHER NEWPORT UNIVERSITY STUDENTS

@CNUCAPTAINSLLOG WWW.THECAPTAINSLLOG.ORG

VOLUME 49, ISSUE 17 February 21, 2018

CNU Starts CAC Strong

CNU's Basketball teams earn first round bye as they pursue their third consecutive CAC Championship Title.

BY MELANIE OCCHIUZZO

MELANIE.OCCHIUZZO.13@CNU.EDU

Once again Christopher Newport's Men's and Women's Basketball teams will enter into the Capital Athletic Conference (CAC) Championship to compete for the title of CAC Champion.

Sitting at first and second seed respectively, the Men's and Women's basketball teams have earned first-round byes along with first seed ranked Marymount's women's team and second seed ranked York's men's basketball team.

This is the third year in a row that the Men's Basketball team has ranked highest seed, making them a promising contender for the CAC Championships. Men's Basketball was one win behind York before their game against them last Saturday, Feb. 17, and their win led to a tie with York.

CNU got the tie breaker and the Men's Basketball team took first seed. The win that led them to first seed is partially thanks to Cutch Ellis, whose game performance led him to be named CAC player of the week.

Women's Basketball just missed first seed after their loss to York this past Saturday, Feb. 17.

Up until then Women's Basketball was tied for wins and had one less loss than Marymount. This meant that a win over York would have led to a first seed position but instead had them tied with Marymount. Marymount had the tie breaker and as a result took top seed.

On Tuesday, Feb. 20, Wesley will play against Salisbury and Frostburg will play against Mary Washington for the men's bracket. Whoever wins the two matchups will go on to the second round of the championship and play on Thursday.

The winner of the Mary Washington vs. Frostburg game will play CNU and the winner of the Salisbury vs. Wesley game will



play against York. The winners of those games will advance to the final game on Saturday, Feb. 24.

The same goes for the women's bracket. On Tuesday Frostburg goes up against York and Mary Washington goes against Salisbury. The winner of the Frostburg vs. York game will play Marymount and the winner of the Mary

Washington vs. Salisbury game will play CNU.

Saturday is where it all goes down, the team that has won each of the two Thursday matchups will compete against each other for that championship title.

Whoever makes it to that final CAC Championship game will be named CAC Champion and go on



to compete in the NCAA tournament. Here, the winner will compete against other DIII schools in the United States. As for the rest of the teams involved, basketball season will be over. ■

**VIEW THE TEAM BRACKETS
ON PAGE 3**

(Left) Makenzie Fancher and (right) Aaron McFarland have both done well and contributed to team success in this 2017-2018 basketball season. **NICOLE RAMKEY/THE CAPTAIN'S LOG**

News 5

Check out what the University Sustainability committee is up to on East Campus.

Snapshot 8

One of CNU's comedy organizations, CNU Tonight, held a rousing show. Check it out here.

Sports 11

Read about how Women's Lacrosse is preparing for another successful season this spring.

A&E 12

Dr. Avi Santo discusses the need for a humanities perspective within all disciplines.

Lifestyle 15

Students volunteered at Boo Williams Sportsplex for Special Olympics basketball tournament.



Weekly pic

The Lion's Bridge is a popular spot for watching the sunset. If you have a photo you would like to be featured as a Weekly pic, email macy.friend.14@cnu.edu with a photo and a short description. **Ashlyn Sisson/The Captain's Log**



CNU TV

The annual Captain's Ball, themed The Snow Ball, took place a little bit ago. Check out the coverage on our Facebook page.

Editor-in-Chief Application

Applications for the position of Editor-in-Chief of The Captain's Log for 2018-2019 are being accepted now through March 2, 2018. Successful applicants will have substantial journalism experience, ideally in both print and multimedia platforms, as well as promise in leadership.

The Captain's Log publishes 24 issues per school year and requires a rigorous commitment to meeting deadlines and standards of journalistic ethics and quality. The ad-hoc Student Media Board, composed of CNU students, faculty and community journalists, will review the applications, conduct personal interviews and appoint the Editor-in-Chief.

The appointment usually comes with a stipend, as well as the Jean T. Everitt Journalism Scholarship. Application should include the following materials:

1. A cover letter detailing your interest in the position. Discuss your reasons for applying and your view of the editor's role in campus life.
2. A letter of recommendation from someone who knows your qualifications, particularly as they pertain to journalism and/or leadership.
3. Three writing samples of unpublished or published writing and/or news articles that you have edited and/or published pages that you have laid out (newspaper, yearbook, etc.). Add a brief note explaining the context of the samples.

If you would like access to the application, please send an email to clog@cnu.edu and we will send you a copy. Applications are due via email submission to Dr. Jason Carney in the Department of English by 5 p.m., March 2, 2018. For questions, contact Dr. Carney at jason.carney@cnu.edu.

Correction from previous issue:

In the News Section, Peter Neffenger, former head of the Transportation Security Administration (TSA) was misspelled.

The Captain's Log Staff 2017-2018

Melanie Occhiuzzo

Editor-in-Chief
Michael Innacelli
CNU TV Managing Editor
Matthew Scherger
Head Videographer
Macy Friend
Photography Editor
Brett Clark
News Editor
Caitlin King
Sports Editor

Morgan Barclay

A&E Editor
Katie Krynitsky
Lifestyle Editor
Kelsey Schnoebelen
Business Director
Brittany Thorburn
Ad Manager
Robert Smith
CNU TV Managing Editor
Jason Carney
Faculty Advisor

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

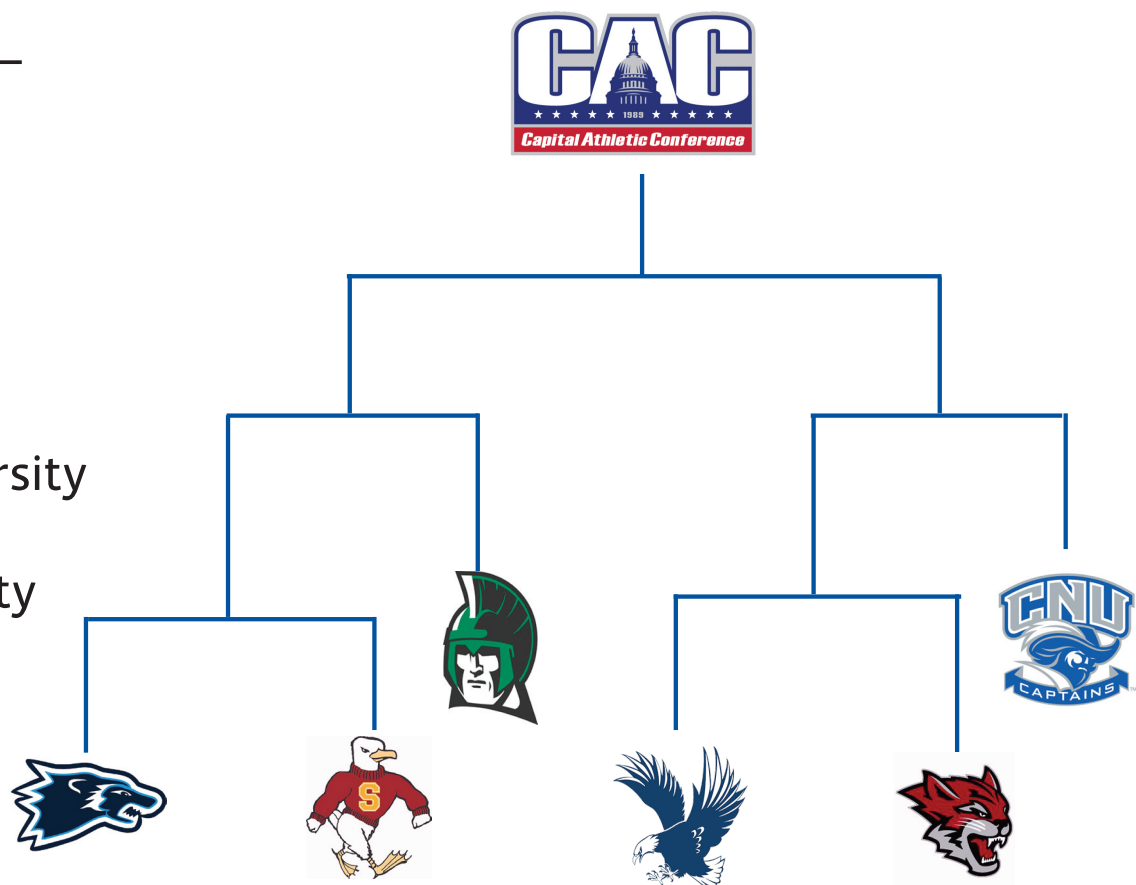
- **Drop off:** The Captain's Log newsroom, DSU Suite 393

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.

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.

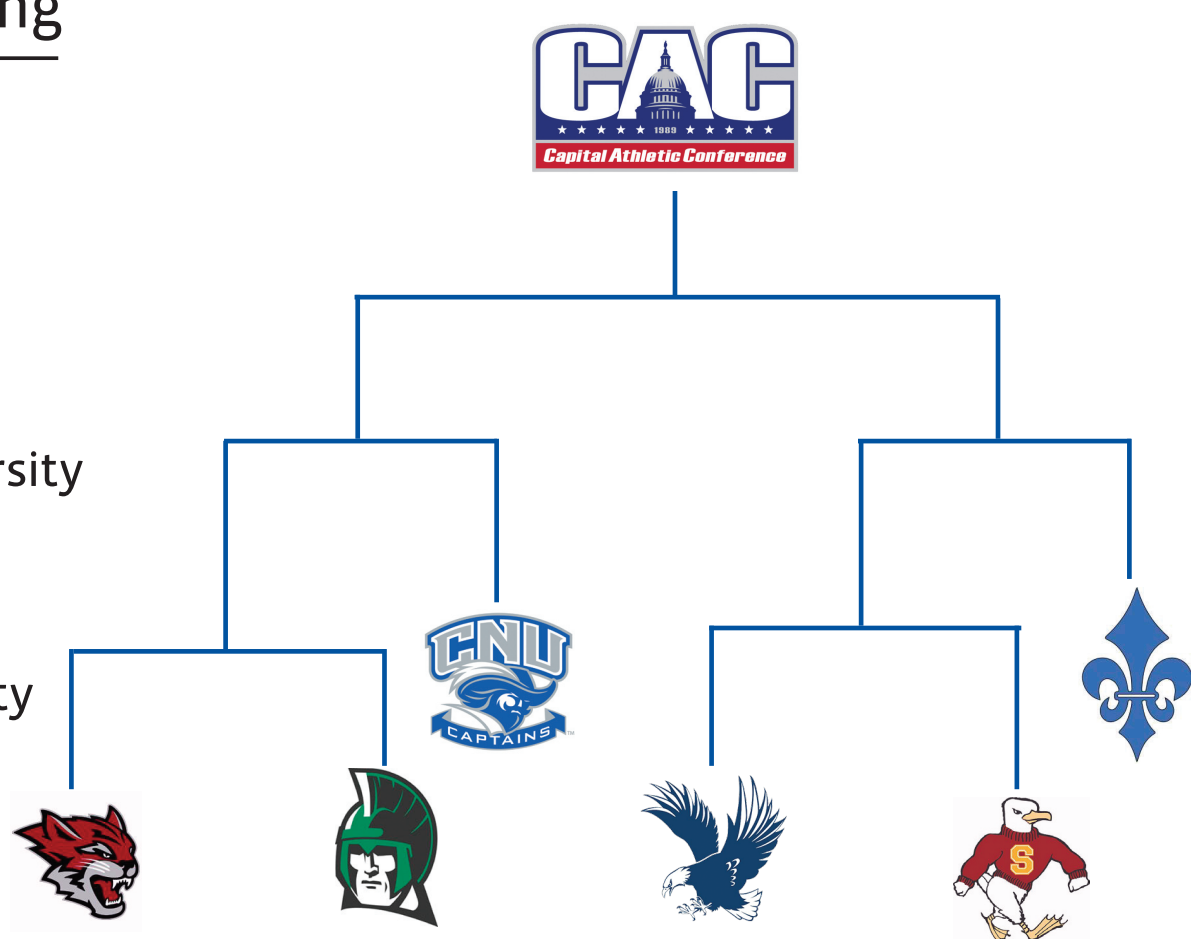
Men's Basketall Bracket

- ### Men's Basketall Ranking
-  #1 Christopher Newport
 -  #2 York College
 -  #3 Salisbury University
 -  #4 Mary Washington University
 -  #5 Frostburg State University
 -  #6 Wesley College



Women's Basketball Bracket

- ### Women's Basketall Ranking
-  #1 Marymount Univeristy
 -  #2 Christopher Newport
 -  #3 York College
 -  #4 Mary Washington University
 -  #5 Salisbury University
 -  #6 Frostburg State University



April Showers Bring May Flowers

Green initiatives by the University Sustainability Committee bring institutional sustainability to CNU.

BY DUNCAN HOAG
DUNCAN.HOAG.15@CNU.EDU

The University Sustainability Committee (USC) is an organization established in 2013 whose mission is to promote environmentally sound practices at CNU.

Sustainability coordinator and committee chair Jen Jones also indicated the organization's three specific, overall goals.

"[Its purpose is to] Facilitate change toward sustainable practices in our operations and institutional processes. To empower campus stakeholders to create change for sustainability in their departments by developing and sharing resources as well as providing a support network," says Jones.

Lastly, they aim to identify and share best practices to work towards a campus culture of sustainability she says.

Some of the committee's work includes helping to establish the community garden at East Campus, as well as encouraging the installation of three bike repair stations on-campus.

The committee includes representatives of many other institutions responsible for

the general maintenance and upkeep of the university, such as the grounds crew and dining services.

"The committee is an appointed group of administrative staff members who play critical roles in our operations and institutional processes.

"We have representatives from Administration and Finance, Auxiliary Services, Grounds, Plant Operations, Environmental Health and Safety, Purchasing, Student Activities, Athletics, Dining Services, IT and a faculty liaison currently sitting on the committee," she says.

Jones indicated that the committee has also assisted in bringing together the university's previously scattered efforts at institutionalized sustainability, and enabled them to work more closely with one another to accomplish their goals.

"I think we are at an exciting time for progress toward sustainability at CNU. Before the committee, there were lots of little pockets of sustainability progress happening across campus. The establishment of the committee helped to formalize those efforts and coalesce them under a unified front."



The rain garden helps CNU move toward green and eco-friendly initiatives. PHOTOS COURTESY OF JEN JONES

Jones said the committee's main semester-long goal for this semester is to establish an annual report that will summarize the progress of sustainability on the campus at large.

"This semester, the committee is focusing on telling our campus' sustainability story by developing an annual report and presentation to the higher

administration on the "State of Sustainability" on campus. "This lets everyone see where we currently stand with our sustainability initiatives and as we work toward becoming more sustainable, gives us a benchmark we can compare our progress to," says Jones.

As for the committee's future, Jones emphasized that the com-

mittee's firm establishment on campus means that it can begin to pursue a more environmentally sustainable existence for CNU.

"Now that the USC is established, we're ready to move to the next level and begin to generate a clear and intentional plan to create a more sustainable campus." ■



These community plots in the East Campus Rain Garden allow students to plant and tend to plants like flowers and vegetables.

Virginia21 Lobbies Bills Concerning College Students

The bills presented are meant to help college students navigate the murky, expensive waters that surround the college experience.

BY KORTY SWIFT

KORTY.SWIFT.16@CNU.EDU

CNU's Virginia21 chapter traveled to Richmond on Feb. 7 and 8 to lobby for multiple bills that focused on bipartisan solutions for current issues concerning college and other higher education students.

Key issues in the bills that aim at higher education students included open educational resources, the Freedom of Information Act, student loans, student loan servicers and payment plans.

The bills were chosen on the basis of Virginia21's statewide "Dear Future Governor" campaign.

"Dear Future Governor"... determined that no matter who the new governor would be, we would send them the issues they need to respond to," explained president Matthew Godsoe.

"The survey provided close to a thousand responses from millennials on issues that we believe transcend party lines.

"Results came back and showed us that higher education (especially affordable access, financial aid and privacy), sexual assault policies, equal rights and economic opportunity all matter to millennials.

"We then looked at the docket for the 2018 Legislative Session for Virginia to determine which bills best fit those items," says Godsoe.

Along with lobbying for their specific, chosen bills, members were also able to meet and take

pictures with Governor Ralph Northam, Attorney General Mark Herring and several delegates and senators from the Hamp-

ton Roads area throughout their duration in Richmond.

Godsoe remarked, "...As a chapter president, to be

able to give my members that sort of experience and opportunity is absolutely incredible." ■

The Bills consisted of:

- **HB339— would require educational institutions to offer payment plans to students for the term in which students owe outstanding tuition before turning them over to collection agencies**
- **HB1138/SB34— would establish an Office of the Qualified Loan Ombudsman within the State Council of Higher Education to help borrowers and their families with issues concerning education loans, inform borrowers of their rights and conditions, and establish and maintain a qualified education loan borrower informational course**
- **SB362— would require education loan servicers to be licensed by the State Corporation Commission to protect educational loan borrowers from predatory practice**
- **HB1/SB512— which would prevent the Freedom of Information Act (FOIA) from releasing student directory information such as phone numbers to third party groups, while also maintaining government transparency**
- **HB454— which responds to increasing education costs and would require institutions to let faculty choose whether they want to use free and low cost open educational resources, such as textbooks in order to prevent unnecessary costs for materials without compromising the quality of education in these institutions**

Beer and Neuroscience: A Match Made in Heaven

Homebrewing, a several thousand year old tradition, lives with this professor of psychology.

BY IAN BURKE

IAN.BURKE.17@CNU.EDU

Dr. Matthew Campolatarro is a professor of psychology and a teacher within the university's neuroscience program; however, he is also a seasoned home beer brewer.

The professor is apparently one of many colleagues and faculty at the university who home brews beer; which he stated is one of the reasons he got interested in the practice.

As far as the technical side of brewing, Campolatarro believes that if you have the equipment and do the requisite book learning, anyone has the capacity to brew great beer.

The two styles of brewing which are the most prominent in home-brewing is extract brewers and all-grain brewers, the latter of which Campolatarro practices.

Both methods require different sets of equipment, extract brewers buy malt extract and

pour it into a larger vat of water to complete their process; all-grain brewers actually buy the malted barley, as well as equipment such as a liquor tank and a mash tun, which is required to mash the grains, convert the starches into fermentable sugars, and then drain it.

Whichever method is used is pretty much up to the brewer's preference; while all-grain brewing is less expensive in the long run because extract brewing requires paying someone else to mash the grains, a brewer can make great tasting beers using either method.

As far as Campolatarro's personal setup, he would say it is an intermediate level, whereas some home brewing setups are so advanced to the point of being on par with some small breweries.

This would include conversion to an advanced setup which would require getting all stainless-steel

equipment, more accurate and precise brewing equipment, other equipment which would probably rack up a price tag of several thousand dollars.

Campolatarro finds his hobby enjoyable because to him, it is a process which embodies what it is to be a laboratory scientist: cleanliness, repeatability, as well as an opportunity to test hypothesis based on what kind of brewing techniques you would want to upgrade or otherwise tweak.

Campolatarro believes that brewing is a fantastic hobby, and while it doesn't come without the requisite safety and responsibility surrounding alcohol, he does believe it's a hobby that more people should involve themselves in. ■

Dr. Campolatarro's set up at his home allows him to brew his own beer. COURTESY OF DR. MATTHEW CAMPOLATARRO.



Superhero Films: An Immortal Juggernaut

How the Superhero genre has affected the film industry.

HARRIS YOUNG
HARRIS.YOUNG.15@CNU.EDU

With “Black Panther” being released this weekend and the “Marvel Cinematic Universe” celebrating its tenth year of successful business, perhaps it’s as good a time as any to look back on superhero movies and rightly gauge our thoughts on them. After all there is no real end in sight for the genre with billions of dollars being made by the films across Marvel Studios, 20th Century Fox, Warner Bros. and Sony Entertainment.

How did this superhero craze begin in the first place?

Although some would cite the 1978 Richard Donner film “Superman” as the beginning of America’s super-powered obsession, I would argue that Sam Raimi’s “Spiderman” films were the true spark of this roaring fire.

Not only are the films fun and triumphant—like most comic book movies are—they also have a grounded sense of realism and emotion, making people deeply empathize with a character wearing bright red and blue spandex who swings through Manhattan by use of spider-webs spun from his wrists.

Audiences found a connection with this mystical hero. They cheered when he overcame all odds to defeat his villains and save the people he loved, and in doing so they found their own latent obsession with mighty heroes.

An obsession harking back to the tales of Odysseus, Hercules and the powerful gods of Olympus. Since then the audience’s eye turned to these mythological stories and their gaze never broke.

Sixteen years later, the audience’s fascination with these heroes is at an all-time high.

The Superhero Genre has taken hold of the market. Marvel Studios dominates the film industry with consistent quality, popular characters and accessibility to viewers. With many of 20th Century Fox’s entertainment properties just bought by Disney, many of the characters that the studio once owned—such as X-Men and the Fantastic Four—are now coming home to Marvel Studios,

joining the party that is the “Marvel Cinematic Universe.”

Nine comic book films are now set to release in the year 2018. To put that into perspective, only two comic book films were released in the year 2002 – the year “Spiderman” was released.

All of these films are being made by the four main studios previously mentioned, as well as Pixar with their long-awaited sequel to the “Incredibles.”

Chances are that all nine of these films will be tremendous successes, as they usually are, seeing as how they are dependable movies generally leaving audiences with a good-feeling as they leave the theater.

Because the average adult goes to the movie theater five times a year, these reliably fun films will be the most popular of the year—and therein lies the problem.

I love superhero movies. I love the action and thrill of seeing my favorite characters come to life on the screen. Despite this, I have the whole-hearted belief that they need to end. Nowadays, superhero films are the most profitable and hyped movies being released, making movie studios less inclined to place their bets—and their budget—on risky projects with no guarantee of significant profit.

Studios rarely are trusting the artistic visions of filmmakers unless they are already established in the industry, and thus the budget shrinks for originality pushing new, inventive ideas into indie-obscurity.

So where does that put up-and-coming filmmakers? How will we find the next Nolan or Spielberg if they are restrained by an audience’s obsession with the Marvel craze?

Nevertheless, seeing as how comic books are designed to be never-ending and their cinematic universes likewise, there is no real end in sight for these films unless the audience all of a sudden grows tired of them.

I don’t know about you, but I’m still planning on seeing Marvel films. I mean, don’t you want to see what happens in “Infinity War” too? ■

Hey... Hey! I Wanna Be A Rockstar

The gap between a childhood dream and an adult life.

MICHAEL INNACELLI
MICHAEL.INNACELLI.15@CNU.EDU

Alright, now before you stop reading because of the Nickelback reference in my title, hear me out.

This is not a piece about whether or not Nickelback is a good band. This is a piece about the culture in America right now.

We are the land of the “American Dream” and we tell our children they can be and do anything, but how true is that really? Can our youth really all be sports stars or rockstars?

The answer obviously is no, not everybody can be a super athlete or Jimi Hendrix. I’m sorry to break your hearts children, but some of you will end up in office jobs. In fact in May of 2011 the New York Times did a study that showed 80 percent of jobs in America were sedentary, or in plain terms, a desk job.

So why on earth do we build kids up to thinking that they can do anything? Would it not make sense to train kids for the desk jobs the majority of them will inevitably end up in?

That is a tricky question to answer. While it probably isn’t good to tell kids they won’t succeed, we probably should not be giving them expectations of the workforce that are not true. So what should we do? Should we start crushing the dreams of the kids and the youth of the nation?

I’m not sure about you but I would not enjoy crushing the hopes and dreams of little children and I don’t think that’s the answer either.

If we don’t let kids dream big we won’t get the LeBron James or the Brandon Flowers of the world. We need to let our kids dream big so we can have pop culture and athletes in America.

The problem comes from kids that aren’t willing to work as hard as these icons do expecting chances to be handed to them. I know that this is a problem because this was me when I was younger. I knew I had some talent in music and media, so I

sat back thinking I would be famous by now.

Clearly, I was wildly overconfident in myself as I am still a nobody who attends CNU just like every other student here. I believed I could do anything and that I was predestined for greatness because I was born in the United States of America. I realize now that I was just an arrogant little kid dreaming of the “hilltop cities” and the “fifteen cars” because I thought I was already a “Rockstar.”

This is the problem with our culture. I was pretty talented at music for my age, but I wasn’t anything special.

I could edit a video, but I had a long, long way to go if I wanted to be a movie producer.

I thought the world would hand me a chance and I would show the world how great I was.

In reality I needed to work hard and show the world how great I could be so that I could get my chance.

That’s what I needed to do but I was not aware of this because I expected everything to just fall in my lap. A lot of kids think like this too.

The problem is that we hear stories where the superstar didn’t work hard and was picked up by somebody looking for talent. Those stories mixed with the idea of the “American Dream” make for a deadly combo resulting in unrealistic dreams and careers that end before they could even begin.

Hard work is what makes you talented and gifted.

To be a rockstar hard work is a necessity and not a choice. I know this now and I know that this advice could be helpful to our youth.

We need to be teaching hard work and dedication to the next generation. Because I’m sure you would agree with me that, “We all just wanna be big rockstars.” ■

The Right to Birth Control

A response to the Trump administration’s stance on health care for students.

CASSIDY HILL
CASSIDY.HALL.15@CNU.EDU

On Friday, Oct. 6, the Trump Administration issued new rules giving colleges the power to impose their beliefs on their students, giving schools the power to take away basic parts of health care if they don’t agree with the impact. This threatens health care for students on our campus and across the country.

If Christopher Newport University decided to take away my basic health care,

students like me with limited incomes could be blocked from accessing birth control. Before the Affordable Care Act’s birth control provision went into effect, 57 percent of young women aged 18 to 34 struggled to afford prescription birth control.

Planned Parenthood Generation Action is a network of young activists on campus that focus on raising awareness for reproductive health, sexual health and creating lasting change. Generation Action is committed to building a robust, national net-

work of young leaders and arming them with the tools needed to create change through a range of national campaigns, conferences and leadership opportunities.

According to Heinrich Hock of the Guttmacher Institute, being able to get birth control before the age of 21 has been found to be the most influential factor in enabling women already in college to stay in college. Birth control has been estimated to account for more than 30 percent of the increase in the proportion of women

in skilled careers from 1970 to 1990.

Christopher Newport University must stand up for their students and affirm that they value young people’s health, choices and bodily autonomy.

As a student, I’m going to do all I can to hold our college administration accountable to their students. We deserve access to this essential health care and we’re going to fight to protect it.

If you’re interested in getting involved with Generation Action, reach out to cassidy.hill.15@cnu.edu. ■

Playing the Russian Games

How the International Olympic Committee is enabling doping in the Olympic games.

MATTHEW SCHERGER

MATTHEW.SCHERGER.16@CNU.EDU

The Olympics are traditionally a showcase of national pride and talent, but not for one country this year. The sight of Russian athletes, dressed in jeans and bland coats and hats, not even allowed to appoint their own flag bearer for the Olympic flag, made for quite the contrast to their entrance at the Sochi Olympics just four years previously.

As part of their punishment for the mass doping scandal discovered among Russian Olympian athletes after the previous Winter Olympics, this year's drug-free Russian athletes weren't allowed to display Russian colors, the flag or compete under Russia's name, instead relegated to competing under the abbreviation OAR (Olympic Athletes from Russia). Despite the symbolic removal of Russia from this year's Olympics, one wonders if this punishment will have an affect on the attitude of Russian athletes in the future.

When Grigory Rodchenkov, former Russian anti-doping official, exposed the systematic doping that was taking place among Russian Olympic athletes in 2015, it came as no surprise to many. There had been allegations of Russia quietly encouraging doping among their athletes for decades, but it was never proven to be government-sponsored.

Despite threats to his life, once Rodchenkov fled to the United States, he exposed the extent of the support for doping in Russia, and based on his testimony the International Olympic Committee (IOC) barred Russia from competing at the 2018 Olympic Games in Pyeongchang.

Although this isn't the first time a country has been banned from competing in the Olympics, this does mark the first time an entire country has been banned for doping. This is the second time Russia has been suspected of systematic protection of doped athletes; in the 2016 Rio Summer Games over 100 Russian athletes were banned from competing for failing drug tests. The IOC couldn't prove that the Russian government had direct involvement in the doping of athletes for the Rio Games.

However, with 169 athletes still competing under the neutral, Olympic flag, and only 47 coaches and athletes barred from competing, this ban feels more like a slap on the wrist than an actual punishment. While the Russian flag, anthem and colors are all absent this year, the athletes are still allowed to compete and earn medals. Although Russia doesn't get an "official" medal count this year, tracking the medals earned by the OAR feels pretty close to the same thing.

In addition, this ban will only last for these games in Pyeongchang, and Russia will be allowed to compete as normal in future Olympic events, assuming good behavior. All of this despite Russia having a long history of doping athletes. Russian athletes have had 41 Olympic medals stripped for doping, one-fourth of the total number of medals stripped, and it is estimated that over one thousand Russian athletes have benefited from the government covering up the drug abuse.

Russia has proven time after time that they don't care about the rules of the Olympics and are willing to accept these non-punishments as long as they still get to put their athletes on the big screen. Right now, the IOC is unwilling to take action against Russia and maintain a stronger stance against systematic cheating. There is nothing to prevent Russia or another country from abusing drugs as well under this current stance from the IOC. They are only encouraging Russia and other countries to cheat, and it doesn't even matter if you get caught.

If the IOC wants to send a message that doping is not tolerated at the Olympics, then start banning systematic abusers from the games entirely. If individual athletes from that country can clear the anti-doping standards and want to compete, then they should have to compete as independent athletes.

In addition, do not include any mention of their country. Remove any mention of the country from the athletes, the medal counts and the games in general. Do not let them bid for hosting. Let countries know that competing in the Olympics is a privilege, not a right, and it's a right they have to earn back once they lose.

In an event as highly watched as the Olympics, coverage and winning are the only things that matter. Russia may be playing quietly this year, but they are still playing, and they will continue to play the same games they have for years if the IOC refuses to change its attitude. ■

Buzzin' Becky

Becky takes on the terrible, horrible, no good, very bad week.



COURTESY OF CLIPART LIBRARY

Do you ever have one of those days that just goes entirely wrong? No matter what happens you just can't seem to win and everything just piles on top of each other, you're taking one hit after another and the L's keep piling on? We've all been there. But have you ever had a bad day turn into a bad week?

That's where I am right now, and to say I'm overwhelmed is an understatement. This bad week has dragged on and as I'm thinking about it, the more my heart rate rises.

How do I handle a bad day?

Not to brag (or be dramatic), but I'm the queen of bad days, bad weeks, bad months and apparently bad years. I am just constantly stuck in the rut or having a bad day. Granted there are some good ones sprinkled here and there, but sometimes it feels like it's few and far between.

Here's a few ways to get out of your slump:

Socialize

We're all busy, we all have professors that schedule everything all at once, we all have crazy work schedules and zero time for sleep. But all work and no play does no one any good. Human interaction is very important, whether you're introverted or extroverted. At the very least, it's nice to have someone acknowledge we exist. Take a break and watch tv together, maybe go splurge and go see the movie you've been dying to see. Do something with others, it'll be worth it.

Random Acts of Kindness

When you're having an awful day, try making someone else's day better. It sounds ridiculous, who really wants anyone else to thrive when you're miserable? Misery loves company, but honestly doing good can make you feel better about yourself.

Change Your Environment

We as humans are creatures of routine. But sometimes the same lull can keep dragging on. Get out and go somewhere new, if you spend all your time in your room go study in the library. Go for a walk if your mind is cluttered. Go get a coffee or hit up the DSU for some nuggets. The point is go change it up.

Music Heals

It's so easy to listen to songs that keep you down or make you hate the world. You'd be surprised what music can do though. Make a playlist full of positive, upbeat songs. Blast said playlist when you just feel like your week is too much to handle.

The most important thing to keep in mind is it's all about your perspective. You cannot get your days to go well if you aren't trying or are stuck thinking it'll never be okay. Forgive yourself for things and start the new week fresh. Don't let everything keep you down for too long, I promise it's not worth it.

— Becky out

**Submissions have been edited for clarity and length.*

SNAPSHOT

PAGE 8

“The average lifespan of the Constitution is only 20 years. This little bro will die before he can drink.”
- A ‘frat-bro’ president during the Constitutional Convention



CNU Tonight’s final sketch puts a new spin on the creation of the U.S. Constitution by imagining all of the presidents as ‘frat-bros.’ In stereotypical ‘frat bro’ fashion, each ‘bro’ shouts in unison after a new idea for the Constitution is presented. **PHOTOS BY HANNAH LINDENBLAD AND AND HANNAH MCCLURE /THE CAPTAIN’S LOG**

AN

Sketch com
 Their bo
 his



A religious witch hun
 kill the local witch. TH



CNU Tonight performs a twisted parody of Family Feud called “Family Freud.” Contestants include average modern-day people and an Eel, a tribute to the historical psychologist Freud’s lesser-known fascination with eel anatomy. A student portrays Sigmund Freud as the host of this sketch, focusing on his psychosexual theory.



CNU Tonight’s first sketch of the night is a parody of Chevrolet’s lack of diversity of these campaigns and their pandering to Truck F*cker who desires inappropriate relations with a Che

Night of Comedy

Comedy club, CNU Tonight, performed Friday, Feb. 16. Boundary-pushing, SNL-esque sketches had both historical and modern pop culture references.



After attempts to convince two apathetic rural villagers to embark on a journey to the witch hunter sought revenge after the witch enchanted his son.



Let's "Real People, Not Actors" advertisement campaign. They make fun of the millennials and mothers. The sketch also includes a character called Chuck the Chevy truck.



A new Olympic sport is created that involves a husband and wife and their clones. In this scene, the wife is enamored by a man from Argentina, "Sebastian," who uses emasculation to steal the man's wife.



A father reads a bedtime story to his son; however, it is not your average fairy tale. The main character is a female knight who has to save the princess from an evil witch. Throughout the sketch the story comes to life with the knight who comes on stage and criticizes the story-teller for "lazy writing" and the fact that the writer plagued her with ugliness.

"I'm just a boy from the country, so I need a truck that's tough enough to haul all my deer around while also being wide enough to drink Pabst Blue Ribbon in the back of it 'til I die of alcoholism."
- The Country boy from Chevrolet's "Real People, Not Actors" Parody

Lady Captains Seek To Strive Together

Returning leadership and experience will help propel the Captains towards another successful season.



Underclassmen Olivia Aumais and Gracie Sanders play in a double team defense against Madison Callan in a pre-season practice. **PHOTOS BY MACY FRIEND/THE CAPTAIN'S LOG**

BY PHOENIX HINES
PHOENIX.HINES.17@CNU.EDU

Despite the loss of two highly decorated players last year, the Christopher Newport Women's Lacrosse team plans on having a very strong upcoming season.

The Women's Lacrosse team went 11-8 overall last year while posting a 4-4 record in Capital Athletic Conference play. Five of these losses were by two or less goals, including two goal losses to No. 8 York College, No. 9 Salisbury University and No. 3 Washington and Lee University.

The team lost two very talented players from last year's team in Meaghan Galvin and Mariah Ginebra. Galvin was the programs first ever All-American. She posted 46 goals and 44 assists for a total of 90 points. On the defensive side of the ball, Ginebra was a four-year starter and three time all-CAC honoree.

Losing five games by one or two goals last year should ultimately motivate this year's team to close out tough games. The team returns a lot of experience and leadership which will ultimately help them in the long run. Some of the senior leadership returning includes captains Caitlin King, Catie Chess and Colleen Bourgal. Coach Valentine mentioned that King and Bourgal have really stepped up this past year and should make a big impact on the offensive side of the field.

The Captains return one of the most prolific players to ever come through the program in Chess. She posted 42

goals, 11 assists and 17 caused turnovers this past season and looks to build on her unbelievable career this upcoming season. She has also been named first team All-CAC, All-Region and All-State her junior and sophomore seasons. According to Coach Valentine, Chess is playing the best lacrosse of her career.

On the attack line, the Captains return junior Sarah Culver who was second in the conference in goals last year with 47. Culver also posted 36 goals her freshman year and is a two-time all conference honoree.

On the defensive side of the field, Mackenzie Regan returns for her sophomore season after starting in all 19 games last year.

Regan had 23 ground balls and 15 caused turnovers. Sophomore goalkeeper, Kaitlyn Ready also returns after starting 15 games during her first year.

Ready had 102 saves while commanding the defense.

This upcoming season Coach Valentine expects numerous freshmen to make a quick impact on the field.

Three freshmen midfielders, Catherine Leighty, Caroline Kurtz and Gracie Sanders all impressed during preseason and scrimmages.

Another freshman that should earn immediate playing time is defender Taylor Walker.

During preseason, the scrimmaged Roanoke College and UVA-Wise. These scrimmages helped test out different line ups and let the coaches see what everyone had to offer on the field.

The team also scrimmaged Randolph-



Junior standout Sarah Culver puts the ball past sophomore goalkeeper Kaitlyn Ready in one of the last pre-season practices.

Macon College. The Captains came out victorious in this scrimmage winning 21-10. In these scrimmages, the new NCAA rules came into play.

Some of the new rules include a quick self-start off the whistle, a 90-second shot clock off a change of possession and free movement to everyone on the field after a whistle. Coach Valentine felt that these new rules will help the team play a faster pace of play compared to previous years.

This season's schedule should test the depth of this team quite early in the season. They play five teams that were

nationally ranked last year, some of them including Salisbury University, York College and Washington and Lee University.

Despite the tough schedule, the Captains plan to stay true to the team's motto. "This year we have really been focusing on pushing ourselves to strive together which means to embrace the competition at every position and pushing each other to be the best individually and as a team" says Valentine.

The Captains' season opener is on Feb. 21 against Bridgewater College on the Captains Turf at 4 p.m. ■

Lessons Learned From A Varsity Athlete

Basketball standout Tyler Femi discusses the sacrifices made as a student athlete at Christopher Newport.

BY KRISTEN ZICCARELLI
KRISTEN.ZICCARELLI.17@CNU.EDU

As an athlete, everyone knows you have to make sacrifices. Travel weekends, late-night study sessions and keeping up with the coach are just some of the things athletes must maintain.

Men's Basketball player and junior Tyler Femi is no stranger to balancing a strong academic load with heavy sports schedules.

As point guard for the basketball team, Femi played in all 30 games last year and is considered one of the Captain's 'top options off the bench.'

During the season, the middle of the day is devoted to practice, making everything from studying to establishing a normal sleep schedule and choosing classes a little tougher.

"You want to study in the middle of the day, but you literally just cannot do that," says Femi. "It's helped me a lot with time management," says Femi.

According to Femi, time management is one of the lessons he has learned since coming to college.

Economizing time even extends to his time traveling on the bus with his team, which he tries to use for schoolwork. As a morning person, Femi usually begins his day at 7 or 8 a.m., maximizing the amount of time in his day.

Femi experiences the sacrifices an athlete must make on a social and academic level.

"Especially late nights, when your friends might go to the mall or whatever, but you can't go."

According to Femi, his coach John Krikorian has greatly impacted his time at CNU.



Junior point guard Tyler Femi balances a busy academic life with his responsibilities as an athlete. MACY FRIEND/THE CAPTAIN'S LOG

"Coach K and I had a good relationship since day one," says Femi. "I'll probably go to his office about once a week just to talk to him about life and stuff."

With all his athletic and academic obligations, Femi applies lessons learned on either side to better his performance in both.

"One thing I've learned is to go see my teachers a lot," Femi says. "Same thing with basketball, if I have a problem, I'm more likely to talk to my coach."

The importance of communication

is highly relevant for another lesson learned in college: organization.

"I still have a planner and I try to get all my schoolwork down in it," says Femi. "I try and get ahead and just stay on top of my studies."

Alongside his studies, Femi follows the stock market and real estate markets, hoping to eventually obtain a real estate license. "I'm hoping to own my own business one day," says Femi.

Although his economic interests might be more recent, Femi has been playing basketball since he was six or seven, where he watched it a lot and

heard his dad tell stories of when he used to play.

"I stopped playing football after I transferred high schools," says Femi. "I wanted to focus on basketball and the big decision was if I wanted to play in college, which is what I ended up doing."

From then to now, Femi certainly has achieved a lot. When asked about a great achievement, Femi recalled the time his team made the final four his freshman year.

Ultimately, athletics and academics are a balancing act, but as Femi stated: "it's worth it." ■

Captains Head Into 2018 Season

Men's Lacrosse prepares for another season in hopes of continuing their winning streak from their first two games.

BY TARYN HANNAM-ZATZ
TARYN.HANNAMZATZ.16@CNU.EDU

The Christopher Newport Men's Lacrosse team has been preparing for their season. They had a fairly successful season last year. "The season ended last year the same way it ended the year before. We beat SVU in the first round of CAC playoffs but then couldn't get the win against York in the semi-finals," says junior Drew Cornell.

They played their first game this season on Feb. 14 against Washington and Lee which they won 12-7, and they recently defeated Berry College 10-9 this past Friday, Feb. 16.

"During the preseason I tried to really focus on my shot and my stick skills because those are the things that make up the foundation of my game," says freshman Dylan Rice. They have been practicing for weeks and each player has been focusing on certain things they want to improve on.

"This preseason I think we've worked a lot harder both in and out of practice to get us ready for the season. We had

two weeks of extra captains practices before the season started to make sure we were in the best shape possible," says Cornell.

They are in a top conference for lacrosse and have been working hard to be more successful than last year. "We have several games where we play against a top 20 team, and it's really exciting. If we play to our potential it will set us up well for the tournament," says Rice. They have a lot of freshmen who have learned a lot in order to help their team to get past the CAC semi-finals this year.

"My goal for this season is to win the CAC tournament. It's something we've been chasing for a while and even though we have a really tough schedule this year, I think we can come together and make it happen," says Cornell. Every player has a similar goal. They want to succeed, and they want to win.

The team has great chemistry that really contributes to the success of the program. "My favorite part about being on this team has got to be the guys I play with. I've met so many great friends



(Right) Senior midfielder Jake O'Connell plays defense on teammate Drew Magnusson (left) in a practice in between competitions. MACY FRIEND/THE CAPTAIN'S LOG

already and every day is a blast playing with them," says Rice. Cornell also says his favorite thing about the team is his fellow teammates. "We've got guys from all over but we've got really good

chemistry and being around the team is always a good time," says Cornell.

The Captains will be back in action on Feb. 21 at home at 7 p.m. against Randolph Macon. ■

Charting the Arts

Dr. Avi Santo inspires appreciation for the Humanities and the Liberal Arts in his talk on Feb. 12 entitled "Humans Redesigning the World."

BY KRISTEN ZICCARELLI
 KRISTEN.ZICCARELLI17@CNU.EDU

If you ever believed your liberal arts degree was worthless, Dr. Avi Santo will convince you otherwise.

In his talk on Feb. 12 at 4 p.m. in the McMurran lecture hall, titled "Humans Redesigning the World," Santo discussed modern misconceptions of liberal arts degrees and elaborated on the significance of a humanistic education.

As director of the Institute for Humanities at Old Dominion University, Santo laid out his vision for a world where people readily embrace the more humanist, empathetic and interdisciplinary approach to problem-solving and progress.

Audience member and German professor Dr. Brian McInnis shared his insight into Santo's ideas.

"What Dr. Santo really showed us was ways to apply our critical acumen to such problems," McInnis says. "That, and the different thinking models that we can use in order to try and integrate humanities into our view of professional work life in the 21st century."

Santo expressed the importance of humanities-based skills and their application in the workplace and in life.

The workplace necessitates multiple skill sets, including the ability to envision how a product could impact the lives of others and change the course of their field.

Adding to his argument, Santo quoted Washington Post writer Fareed Zakaria: "America will not dominate the 21st century by making cheaper computer chips but instead by constantly reimagining how computer[s] and other new technologies will interact with human beings."

Senior Catherine Overberg thought positively of the lecture and topic.

"I was very delighted by the topic and I think he really got it," Overberg says. "He dispelled the myths that are out there... and how we can pivot those myths to be false."

Aside from rebutting these attitudes about liberal arts and humanities, Santo explained his personal experience in creating an online interactive storytelling map for the Lambert's Point neighborhood in Norfolk, Va.

Called "Mapping Lambert's Point," this project focuses on the digital humanities in the Hampton Roads area by showing a strong interest in the local community and the strong history of relationships here.



Director of the Institute for Humanities at Old Dominion University, Dr. Avi Santo converses with Arabic Professor Diana Obeid following the applause from his lecture. This event was organized by the Middle East and North Africa Studies Program at Christopher Newport University. **KRISTEN ZICCARELLI/THE CAPTAIN'S LOG**

In the words of Santo, talking to people about what their neighborhood means to them creates "thematic pathways in the neighborhood that they will eventually take ownership of."

It is the common goal for one community to create its own story.

Remarking on Santo's project, Sociology professor John Finn appreciated the "emphasis on the interdisciplinary and the strengths that can bring to the problem-based approach."

In fact, "Mapping Lambert's Point" serves as an example of the

"My hope is that you will think of humanities as a space—rich spaces where you can work with folks in different backgrounds."

—Dr. Avi Santo—

humanities approach to problem-solving, and what Santo described as "changing the world by first understanding it."

Santo explained this principle on a grand scale.

To solve problems, one must first understand their root problems.

Humanities, according to Santo, is the way to apply this problem-solving pathway.

"My hope is that you will think of humanities as a space—rich spaces where you can work with folks in different backgrounds," says Santo.

Although there may be a prevail-

ing negative attitude towards liberal arts and humanities educations, CNU's strong emphasis on liberal education might reflect more unique opinions.

"I think here [the liberal arts] are especially valued," Overberg says. "But there is outside pressure coming in where people start to be self-conscious."

Finn expressed the necessity of making connections between classroom liberal arts and real-world applications.

"I wouldn't say we undervalue the liberal arts," Finn says, adding that there may not be "a good understanding of what the liberal arts and especially what humanities can offer to any real-world [problem] solving."

Either way, Santo's presentation served to enlighten students and professors alike on the value of a liberal education and its application in any corner of the business world. ■

Crafting with Chess

The Captain's Log highlights the works of student athlete and artist Catherine Chess.



Catherine Chess poses with one of her wood pieces. She hopes to find more time in the future to pursue the arts in addition to sports. ASHLYN SISSON /THE CAPTAIN'S LOG

BY DUNCAN HOAG
DUNCAN.HOAG.17@CNU.EDU

When not studying or attending classes, one of Catherine Chess' favorite hobbies is making a diverse range of artistic crafts. These include

"friendship bracelets making, beading, candle making, knitting, sewing, painting, watercoloring, glass cutting, breaking apart pallets, picking up furniture off the side of the road and refurbishing it, to now cutting out designs in wood and blow torching."

Chess discussed how she originally became interested in arts, saying that her mother first inspired her to craft.

She also discussed a particular project that made her stand out as an artist.

"The project that really set me apart as a creator was a cheese board that I made for the Women's Lacrosse silent auction last spring. I took a piece of wood, sanded it, finished it with a wax coat that was food safe, and added handles. This cheese board was not only really pretty, it was created by me, a player on the team, and all the parents were crazy about it. There was a huge bidding war over it, and it ended up being the highest seller that night, selling at \$300," said Chess.

Chess indicated that her projects tend to be very different, owing to her impulse to reinvent rather than rehash what she has already done.

"I am not a huge fan of repeating things," Chess said. "I like making something unique and then moving on."

Right now, Chess especially enjoys cutting out different pieces in pallet wood.

So far, she has created a whale, pineapple and various other things while experimenting with her saws.

In addition to three types of saws,

Chess utilizes various other tools for crafting, such as her electric sander. The versatility of these tools gives her freedom to work with a variety of shapes and sizes.

"I like making crafts with the current materials I have found, such as all the wood or pieces from my barn-finds," Chess said. "That's what I'm working on right now, but if I find a piece of furniture on the side of the road I will pick that up and start working on that."

Chess expressed her ambition to turn her hobby into a more professional pursuit while keeping classwork and sports commitments on the forefront of her priorities. Between 25 hours of lacrosse weekly and classes, her schedule is frequently full.

"This for now is just a hobby," Chess said. "But one day I would love to grow it into something a little more professional if I am able to continue collecting pieces and antiques, and possibly creating a business out of it."

Finally, Chess intends to broaden her horizons by looking into refurbishing discarded objects. She also intends to continue with watercoloring and glass-cutting.

"I will always watercolor, and cut glass occasionally, but the big projects give you such a big sense of accomplishment," Chess said. "Especially if you can flip a piece that was trash and turn it into a treasure for someone's home! It's a very special experience." ■

A Lyrical Approach to Figure Skating

Usually discussed in a sports context, the figure skating portion of the 2018 Pyeongchang Olympics are making news in the art world as they skate to lyrical music.

BY SABRINA RIVERA
SABRINA.RIVERA.15@CNU.EDU

If you've been watching the Olympics in Pyeongchang, you might have noticed there's been a lot of 'firsts.' Mirai Nagasu is the first U.S. woman to land a triple axel in the Olympics, Nathan Chen pushed through his harsh setbacks to break his own World Record with six quads, and Yuzuru Hanyu is the first in 66 years to defend his Olympic men's singles title.

But there's another 'first' that some casual viewers might not have noticed—it's the first Olympics where skaters are allowed to perform to music with lyrics.

While ice dancers were allowed to skate to lyrics since the late 1990's, the International Skating Union (ISU) restricted competitors in ladies' singles, men's singles, and pair skating from using lyrical music in their performances until after the 2014 Sochi Winter Olympics.

One reason for this restriction is found in the traditions of skating music: competitive figure skating

originally had no music at all, and then initial attempts to add musicality consisted of an orchestra sitting on the ice, playing tunes for each skater. Eventually they shifted to recorded classical music, which has been the mainstay until the last three years.

During the 2018 Olympics, there have been several interesting performances that took advantage of this new freedom.

French pair skaters Vanessa James and Morgan Cipres sliced the ice to heavy metal band Disturbed in their cover of Simon and Garfunkel's "Sound of Silence." American skater Vincent Zhou skated to a cover of "Chasing Cars" by Snow Patrol and German skater Paul Fentz skated to music from "Game of Thrones." For some ingenuity, Russian figure skater Evgenia Medvedeva used a woman's spoken voice in the middle of her short program.

American figure skater Adam Rippon used "Let Me Think About It" by Ida Corr vs Fedde Le Grand for his short program.

"I like to skate to music that

nobody else has skated to," said Adam Rippon to Variety reporter Nisha Gopalan in a short interview before the Olympics. "It kind of gets everybody's attention. You want your music to be competitive, to have a specific rhythm that goes with elements of what you're doing."

There are multiple reasons why the ISU decided to lighten up on the lyrics restriction for competitions, including the comparison issue, repetitiveness of repertoire and possibly to bring more viewership to attend to the flagging popularity of the sport in the past fifteen years.

One notable example would be the American skater Jimmy Ma, who performed his short program to a medley of Slim Shady era songs by Eminem at the 2017 U.S. National Championship. At this year's championship, his short program began trending when viewers saw that his routine was set to "Turn Down For What" by DJ Snake and Lil' Jon, garnering over 680,000 views across several YouTube channels and social media outlets. But while it was good

publicity, the song only rose by 30 percent more individual streams on the first day Ma's routine was trending.

While more old-school coaches, judges and fans prefer the days of classical, it can't be denied that using music to draw attention to a program is an effective tactic that's been employed successfully as recently as the Pyeongchang Olympics. Whether the ISU's rule change four years ago manages to bring in major viewership is yet to be seen. However, it's important to note that this change allows the previously mentioned skaters and more to express the stories they want to show in their routines more directly. They do this in a manner that they may feel is more creative and in line with their own artistic visions. Doing so, they skate the division between the arts world and sports world. ■

Full coverage of the 2018 Olympics can be found online at NBC.com

Students Volunteer at Tidewater Tip Off

The Fifth Annual Tidewater Tip Off Special Olympics basketball tournament took place at Boo Williams Sportplex in Hampton, Va. on Sunday, Feb. 18.



Playing a 20-minute half-court game, two low-skills Special Olympics basketball teams compete against each other. Whichever team scored 20 points, or was in the lead at the 20-minute mark won and moved on to play another game against the winners of a different low-skills competition on a nearby court. **PHOTOS BY KATIE KRYNITSKY/THE CAPTAIN'S LOG**

BY KATIE KRYNITSKY
KATIE.KRYNITSKY.14@CNU.EDU

Each year, Special Olympics hosts the Tidewater Tip Off basketball tournament at the Boo Williams Sportplex located in Hampton, Va., under 20 minutes away from Christopher Newport University's campus.

The Tip Off tournament is a Peninsula and Southeast joint regional competition for all Special Olympics teams across the state of Virginia, giving athletes from all over the chance to connect and interact.

This year's tournament took place on Sunday, Feb. 18 from 9:30 a.m. to 5 p.m.

Kicking off the tournament with the opening ceremony at 9:30 a.m., athletes, families, friends and volunteers stood for the Pledge of Allegiance and began their games.

Christopher Newport sent requests for student volunteers through the campus announcements email in the weeks leading up to the tournament, including the link to sign up to volunteer, and to select a preferred volunteer time slot and position.

Volunteer options included but were not limited to helping with setup, cleanup, checking in

the Special Olympic athletes and other volunteers, refereeing the games and being a half- or full-court time keeper or half- or full-court score keeper.

"I chose to volunteer to be a full-court scorekeeper," says junior Maddie Bogan.

"I loved being able to give my time at the Special Olympics tournament. It's amazing to watch all the athletes play and see how talented they all are."

Time slots were designated for each volunteer spot when signing up, but some students and Hampton Roads community members stayed for the entire tournament.

With the help of the volunteers and coaches, the event ran smoothly, and many games were pushed up and played earlier than scheduled as long as both teams competing were ready to play.

Each team was made up of males and females of varying ages, and tournament games were based on regions, skill-level and winners' rankings after each game.

High-skills athletes competed on full-courts, while low-skills athletes competed on half-courts.

"The athletes were all so energetic and happy to be there. It was cool to be able to help in such a simple way, and everyone was appreciative that we were there, especially the referees and coaches," says Bogan. ■

Uber Eats Works to Feed CNU Area

When craving a meal from a nearby restaurant that doesn't offer delivery, check Uber Eats app.

BY ANNA DORL
ANNA.DORL.17@CNU.EDU

From hibachi to Mexican to your favorite pizza place, Uber Eats delivers it all.

Uber has become much more than just a ridesharing enterprise. The transportation company is expanding its amenities from personal transportation services to food delivery in hundreds of cities around the world.

The Uber Eats app launched in Los Angeles back in March 2016, but Uber Eats has most recently created a presence in the Charlottesville and Hampton Roads areas.

Their website includes several restaurants in the nearby community.

Delivery is available in countless cities across the globe in North America, South America, Europe, Africa, Asia, Australia and New Zealand.

As a new service designed to deliver food right to your door from your choice of numerous eateries in your area, Uber Eats is quickly gaining popularity.

The goal is to "make getting great food from your favorite local restaurants as easy as requesting a ride," according to the Uber Eats website.

Users simply 'tap' (choose their meal), 'track' (the status of your order) and 'eat.'

Orders are placed and paid for on the Uber Eats official app and delivery status can be tracked from your phone, whether your driver is coming to you by car, bike or scooter.



Uber advertises for its variety of deliveries, ranging from pasta to pizza and everything in between. COURTESY OF LOS ANGELES EATS

The concept is appealing to today's culture of instantaneous satisfaction.

Uber Eats claims it will quickly become a household name in the food delivery industry as it launches this new feature.

Connecting the Uber Eats app to a pre-existing Uber account allows for users to automatically have credit card and account information set up.

Although typing the CNU zip code, 23606, into

the search box gives minimal results at the time being, Uber Eats is working to expand its reach.

Uber Eats offers several promotional deals for first-time users.

Get five dollars off your first two orders by using the code LETSEATS throughout the entire year of 2018, so keep an eye out for CNU on their map. ■

CNU Assesses Thinking and Writing

A random sample of students are asked to complete the Collegiate Learning Assessment Plus test, a national online exam comparing Christopher Newport University to other colleges and universities.

BY KATIE KRYNITSKY
KATIE.KRYNITSKY.14@CNU.EDU

The Collegiate Learning Assessment (CLA+) is a performance-based assessment used in order to measure an institution's effectiveness on and contribution to the development of students' writing and critical thinking skills, according to the online CLA+ student guide.

There are two main goals of the assessment, to help faculty and administration improve teaching, and to help students improve learning.

The test provides helpful feedback to individual student test takers.

The test is made up of various sections including performance tasks and selected-response questions.

Students are given 60 minutes to complete a performance task of which will assess problem solving, writing effectiveness and writing mechanics through open-ended questions.

The selected-response questions will include ten questions about scientific and quantitative reasoning, ten questions utilizing critical reading and five questions on a presented argument in which students will critique using detection of logic flaws, potential biases and more.

The CLA+ is administered to a select number of freshman students and seniors to help the university gauge how much it has contributed to the development of students' higher-order skills.

Test times will be offered to seniors at eight various times between 10 a.m. Monday, Feb. 26 and 2 p.m. Friday, March 2 to ensure maximum

participation.

With more students participating, results will be more accurate, so the Office of Assessment has sent multiple emails and reminders for students to sign up for a time slot.

\$20 Captain's Cash is also offered as an incentive, given to every student who participates in the assessment.

In addition to this, each of the four most improved scorers (seniors), in comparison to their first-year CLA+ scores, will receive \$250, and the top two scorers will each receive \$500.

The Office of Assessment reminds students, "As the University catalog indicates, students attending CNU carry a responsibility to complete University-sponsored assessments throughout their academic tenure." ■

JOIN THE STAFF!

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

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

