



THE CAPTAIN'S LOG

THE VOICE OF CHRISTOPHER NEWPORT UNIVERSITY STUDENTS

@CNUCAPTAINSLOG

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Celebrating at CNU



The tree on the Great Lawn was lit in an official ceremony on Sunday, Dec. 2. HANNAH LINDENBLAD/THE CAPTAIN'S LOG

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What's Inside

Crafting a community

Early admission to be offered to up to 75 NNPS students in Community Captains program

MORGAN BARCLAY
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In a newly-announced partnership with Newport News Public Schools (NNPS), CNU is granting up to 75 qualified Newport News Public school sophomores early admission.

This announcement came on Wednesday of last week at a ceremony at Warwick High School in Newport News. The ceremony was attended by CNU students, members of the community, President Paul Tribe and NNPS Superintendent Dr. George Parker III.

Aside from early admission, the program, called Community Cap-

tains, will feature several other components, including opportunities for on-campus learning at CNU.

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News

Discover what the CAS has in store for finals week.

Snapshot

Get in the spirit with this spread on Holiday Happenings.

Sports

Womens basketball is off to a good start this season.

A&E

Get a look at the latest Ferguson Center exhibition.

Lifestyle

Oh, fudge! Check out this wintry recipe to get you through finals.



Weekly pic

City Center was decked out in lights during their 25 Nights of Northern Lights event. The event is ongoing throughout the rest of December.

KRISTEN ZICCARELLI/ THE CAPTAIN'S LOG

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



CNU TV

From the fireworks to the music to Santa, catch up on CNU's winter celebrations in this video from CNU TV. Watch online at The Captain's Log Facebook page.

Happened

November 29

Winter's Eve Market

The CNU Farmer's Market Club hosted a new winter themed market from 7 to 9 p.m. on the York Strip. The event featured hot chocolate, cider and ornaments.

November 30

IJM Freely Made Fashion Show

CNU's IJM club hosted a fashion show featuring ethically made clothing at 7:30 p.m. in the DSU Ballroom. Proceeds were given to the Virginia Beach Justice Initiative to support trafficking victims in Hampton Roads.

Happening

December 6

CAB Presents... WinterFest

The Tribble Plaza will be transformed into a “winter wonderland” complete with free food and drinks, an ice skating rink and inflatables. The event will last from 6 to 9 p.m.

December 10

Finals week begins

Finals week begins Monday, Dec. 10 at 8 a.m. and will last until Saturday, Dec. 15 at 10:30 p.m. Check out when your exams are on CNU's website.

The Captain's Log Snapchat



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

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Safety is a campus-wide responsibility, says CNU Police Chief

CNU PD discusses emergency response plans following ODU bomb threat last Thursday

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This past Thursday, a bomb threat was made at ODU which caused the campus to close until 3 p.m. that day. No injuries were reported from this incident, but the headlines on Thursday caused many to question what CNU's response to a potential threat would be.

The Captain's Log got a chance to sit down with CNU Police Chief Dan Woloszynowski and CNU Director of Emergency Services, Tammy Waldroup to make clear both our potential response and the proactive measures being taken to prevent these incidents.

They explained that CNU has an emergency management plan, that includes an emergency response board made up of campus faculty and staff. This board not only deals with crisis management but also weather related emergencies. The Captain's Log spoke with representatives from the board following the hurricane evacuation in September.

"We have an all hazards plan, a crisis and emergency management plan that we are required to have. In that plan we have various annexes that deal with a variety of things be they weather related or a bomb threat," Waldroup explained.

For safety reasons, both Waldroup and Woloszynowski did not want share the specifics of the plan, but ensured The Captain's Log that there was one in place.

They also shared that this plan is comprehensive, looking not only at the safety of students and departments, but their needs also.

Discussing the event that happened on Thursday at ODU Waldroup shared, "[Getting food to students] was their top priority yesterday outside of law enforcement."

Waldroup shared that the emergency response team asks the following questions: "What do agencies on campus need? What do our students need? What do the departments need that we can coordinate from this side of the street if our campus is on lockdown, if police are doing what police do in running down the threat?"

Although there is a response, both Waldroup and Woloszynowski wanted to make clear the proactive measures being put in place as well.

They shared that the campus undergoes at least one annual exercise for emergency response, and a bi-annual testing of emergency response notifications.

Last year, CNU performed three exercises. Of those three, two were a accidental mass casualty (like an

explosion in Forbes), and an active shooter exercise. In the active shooter exercise they also had shots fired in multiple locations, including Christopher Newport Hall, the President's House and the Freeman Center, preparing CNUPD for situations where there services may be split.

These drills are further supported by Newport News Fire, Police and EMS, as well as Riverside.

Another drill they perform is the testing of the emergency notification system. This is tested once every semester and then again during the annual statewide tornado drill. This ensures that adequate communication can be reached to students in a timely manner if an emergency were to occur.

As far as further prevention specific to bomb threats, Woloszynowski shared that CNUPD participates with state, local and federal partners in monitoring social media for potential threats. This participation includes receiving a daily report with intel.

If something were concerning, these programs would be available to respond and have in past.

However, Woloszynowski hopes that this dependency on these pro-

grams for intel will be alleviated "sooner rather than later," so CNUPD can do the best they can to serve the community.

"I would like to put in play a more robust intelligence and crime analysis approach to crime prevention." He also shared that, "He would like to take a step forward in technology and innovation."

Woloszynowski explained, though, that the best monitors of social media are students themselves.

"If you have any concerns whatsoever an officer will respond and take your information and evaluate it," Woloszynowski said.

Woloszynowski and Waldroup shared that although CNUPD can be reached through their email and their silent witness program, the best way to get in contact with PD is through calling at 757-594-7777.

"There is a person on the other side of that phone line 24 hours a day and they can get the resources where they need to be in the most efficient and effective manner," Waldroup said.

Waldroup shared how important receiving this information can be. "We have gotten credible information this way and have been able to offset things from happening," she recalled.

Waldroup and Woloszynowski also shared further crime prevention techniques CNU undergoes. Of these techniques they highlighted CNU's certification as a Crime Prevention Campus, the bike program, community programs, and their Crisis Intervention Training.

CNU's certification as a crime prevention campus means they have to have specific protocol in place for crime prevention. Some of these pro-

toloc include: (1) having a Department of Criminal Justice certified crime prevention specialist on staff (2) having an institutional crisis plan (3) having 24-hour patrols, and more. For more information about all of the protocol CNU follows, refer to the Department of Criminal Justice's Website.

Woloszynowski shared the importance of the bike program, which brings police into campus on bikes, as opposed to them staying in their cars. "Visibility is a great part of prevention," he shared, "It increases contact, encourages relationships, engagements, gets them out of their cars and into areas they can't go."

Another aspect of their increase in visibility is their increase in community engagement through programs like the one they did the past semester with Alpha Phi Alpha, Inc. Providing a weekly food drive the police were able to connect with the fraternity, increase their visibility and give back to the community they serve.

Woloszynowski shared that there will be more programs like this one to come next semester.

Finally, CNUPD is also fully trained in crisis intervention training, which is a special response that promotes de-escalation of incidents, potentially protecting everyone involved.

That said, both Woloszynowski and Waldroup said there was only so much they could do in the form of preventing bomb threats, especially when they come from off campus.

"With bomb threats there's not a lot you can do to be proactive, except to arm people with information, how they can best be reactive," Woloszynowski said.

For more information on crime pre-

vention techniques check the list next to the article. Further emphasizing the importance of campus responsibility Woloszynowski shared, "You may think, 'I don't want to bother anybody.' Please bother us." ■

Safety Tips

1. Call ahead
2. Pay attention to your surroundings
3. Program CNU PD's number into contacts
4. Stay on well-lit pathways
5. Carry your ID with you at all times
6. Know your exits
7. Be discreet, don't display your money
8. Your safety is more important than your items
9. Yell for help during trouble

COMMUNITY CAPTAINS



President Paul Tribble and Dr. George Parker III announce the program at Warwick High School. COURTESY OF OCPR

STORY CONTINUED
FROM COVER

Other opportunities include receiving mentorship from current CNU students and having the option to take a statistics course at CNU for free.

Other University programs like financial aid, work-study and off-campus living will be available.

Parker said of the program, "This program offers myriad advantages to our students, including ongoing mentorship by CNU volunteers, additional college and career advisement, and the

ability to experience a class at CNU as a high school senior."

The Provost, Dr. David Doughty, explained the benefits to CNU students, "The mentors get the reward of helping Newport News students make the transition successfully from the beginning of their junior year in high school to their freshman year in college," he said. "With their local knowledge and life experiences, the Newport News students will diversify and enrich our campus and all of us will benefit from that."

Tribble said on the event, "we are committed to doing everything in our power to help these students learn and grow while we deepen the bond between our university and the city that we call home."

The program is eligible to first-generation NNPS students or those on free or reduced lunch programs that have a high school GPA of 3.4 or a PSAT score of at least 1150. The first Community Captains will be selected next spring. If they maintain their GPA, these students will enroll in 2021, and will be expected to graduate by 2025.

In order to assist in the funding of the program, CNU is also launching a "Create a Community Captain" campaign. The campaign will be accepting donations from local residents, alumni and regional business and organizations.

"We are eager to welcome these well-qualified Community Captains to Christopher Newport University," Tribble said. ■

Access the Center for Academic Success

The Center for Academic Success offers programs and assistance during the entire semester, including finals week, to help students succeed

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The last week of classes and finals week are arguably the two most stressful weeks for students each semester.

Projects and papers are piling up, there are countless exams to study for and motivation is often running low.

However, there is a resource available for students that can help them end the semester strong: the Center for Academic Success (CAS).

There are three main components that make up the Center for Academic Success: the Tutoring Center, the Writing Center and Academic Coaching.

Although the Center for Academic Success is available for students to utilize all semester, they offer additional support and events for students during the week leading up to finals.

"We're hoping that you've already done the prep work but for those students who haven't or are at that point where they're panicking or overwhelmed our biggest service right now as tutoring is winding down is our Academic Coaching; making our staff available to do five day study plans," Jeannine Leger, the Director of Academic Success Services, said.

Students can sit down one-on-one with one of the University Fellows or a CAS staff member to create a five-day final exam plan, compile a to-do list of all remaining assignments and figure out an action plan to get everything done.

"That's one of our biggest focuses right now is just how do you end the term strong? How do you end it in the best way you possibly can, whether you've stayed on top of things or not," Leger said.

The second biggest focus for the Center for Academic Success is running their Stress Less Week.

"It's intended to offer healthy strategies for reducing stress," Leger said. "A lot of times I think students get into that mode of drinking too much coffee, eating too much sugar, not sleeping, all that kind of stuff so we try to offer little breaks."

Every year the Center for Academic Success changes what they

do for Stress Less Week, although there are a few traditions and staples they keep the same.

This year, there are offering five events, one on each day during the final week of classes.

Before this article was published, CAS partnered up with the CNU SPCA Club to host Tinsel & Tails on Monday, Dec. 3 where students had the opportunity to relieve stress by petting cats and dogs.

On Tuesday, Dec. 4, the Center for Academic Success had their One Smart Cookie event where they passed out free cookies, handouts and test taking strategies in the DSU.

Tonight, Wednesday, Dec. 5, the Center for Academic Success is working with the Office of Student Activities Fellows to give students the chance to watch and sing along to "The Greatest Showman" in Gaines Theater at 8:30 p.m. on Thursday, Dec. 6,

The University Fellows take over McMurrin Hall and provide a quiet space, group study rooms and free snacks and giveaways for students who attend.

McMurrin Study Space started approximately eight years ago when there was limited study space because the new library expansion was not built.

"It started off as we'll man the building and open it up so students can come in," Leger said. "Slowly over the last several years it has grown to where we'll have upwards of six or seven hundred students. It's become quite the event rather than just a space."

The CAS will also be offering group review tutoring sessions for various subjects during McMurrin Study Space.

Recently, the Center for Academic Success received the International TUTOR Training Program Certification (ITTPC) from the College Reading and Learning Association (CRLA). This program requires all tutors in the center to meet a minimum cumulative GPA of 3.0, have a wide breadth of knowledge spanning multiple classes and go through approximately 40 hours of different types of training over the course of a year.

"It really improves the quality of the tutoring that our students receive," Dr. Lisa Duncan Raines, the Vice President of Enrollment and Student Success, said. "Whether it's tutoring, writing consultations or workshops, the goal is to educate students so they can apply whatever concepts they have been exposed to the next semester or the next course."

One of the overarching goals of the Center for Academic Success is to get students to realize where their resources are as well as getting them to come back and utilize those resources.

"Getting students to let us know they need help is probably the toughest thing to do," Duncan Raines said. "Once you can get a student to do that it makes it much easier on the student."

E-mail the Center for Academic Success at academicsuccess@cnu.edu with any questions or to find more information. ■

"Getting students to let us know they need help is probably the toughest thing to do,"

- Dr. Lisa Duncan Raines

the CAS and CNU Disney Club are allowing students to come to Freeman 101 and color from 7 - 9 p.m.

"[Coloring] is very therapeutic and a nice break," Leger said. "Again, we're trying to encourage students to have a healthy activity that will help you step away for a little while from intensive studying and realize you have to take those breaks."

Partnering with the Campus Activities Board (CAB), the CAS is giving students the opportunity to watch mentalist Sean Bott in Gaines Theater from 8 - 9 p.m. on Friday, Dec. 7.

"We're try to partner with many offices on campus to do these," Leger said. "We try to partner with a lot of different offices to offer healthy stress relief and those healthier strategies rather than pulling all-nighters and stressing ourselves out."

The biggest event the CAS offers is McMurrin Study Space on Sunday, Dec. 9 from 10 a.m. to 10 p.m.



**STRESS LESS WEEK
FALL 2018**



**CENTER FOR
ACADEMIC
SUCCESS**
Captains Anchored for Success



TINSEL & TAILS:
Pet away stress on the DSU Lawn with the SPCA club!
Monday, December 3rd (2-4PM)



ONE SMART COOKIE:
Come to the DSU for a free cookie from CAS!
Tuesday, December 4th (2-4PM)



THE GREATEST SHOWMAN:
Come watch *The Greatest Showman* in Gaines Theater with CAS and the OSA!
Wednesday, December 5th (8:30PM)




COLORING:
Create a masterpiece with the Disney club in Freeman 101!
Thursday, December 6th (7-9PM)



MENTALIST:
Be amazed by Sean Bott in Gaines Theater with CAB!
Friday, December 7th (8-9PM)

A list of all the events the Center for Academic Success offers for students during the Fall 2018 Stress Less Week. COURTESY OF THE CENTER FOR ACADEMIC SUCCESS



**CENTER FOR
ACADEMIC
SUCCESS**
Captains Anchored for Success

**How to Access
Academic Coaching**

1. Log on to CNU Connect
2. Click on the 'Departments' tab
3. Click on 'Academic Related' tab
4. Click on 'Academic Success' tab
5. Click on 'Academic Coaching' tab
6. Click on 'ACADEMIC COACH REQUEST FORM' tab

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INSTA/ TWITTER: @CNUCAS FACEBOOK: "CNU CENTER FOR ACADEMIC SUCCESS"

Step-by-step instructions that explains how CNU students can access the Academic Coaching offered by the Center for Academic Success.

A colony of high quality comedy

The Improvocateurs embody sisterhood, prepare for upcoming show

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Comedy and sisterhood—these are two of the main components of CNU's all-female comedy troupe, the Improvocateurs.

Also known by their greek letters as Delta Alpha Delta Delta Upsilon (ΔΑΔΔΥ), the Improvocateurs is an organization that specializes in improv, sketch and stand-up comedy.

"I really like our tagline: All of the estrogen. None of the drama. Pure comedy," President Ashley McHenry said. "Everything is really encouraging and is about putting yourself out there because that's literally what improv is. It directly relates to how you should live your life."

Although they are a mock sorority, members believe the group is very centered around sisterhood. They even did bigs and littles for the first time this year.

"As much as we joke about sisterhood and sororities and organizations in general, we very much follow that paradigm of support and becoming a whole community," McHenry said.

The group meets twice a week on Tuesdays and Thursdays from 4:30 to 5:30 p.m.

"I only say that because that's been our meeting time since our establishment. It's never ever changed," McHenry said. "We all make sure we're scheduling our classes around it."

One time Moulton messaged the past President that she had a class during that time.

"She was like, 'Well, bye,'" Moulton said. "It wasn't, 'Don't come to the club,' it was more like, 'Change your class.'"

Megan Moulton, Internal Affairs, describes the Improvocateurs as a group of 15 girls who get together in a room to do improv, although they also put on productions.

"It's fun because everyone's laughing and then you hit this crunch time where you're like, 'We're a production.' So we all get together, we pull it in and we put it on stage," Moulton said. "At

first it feels like we're just doing it for fun and then we do it on stage and it feels like we're doing something. It's just the bond of everyone getting together to do something that they like."

"What we do is we try to be funny and half of the time it works and the other half of the time people laugh because they're like, 'Hahaha I'm uncomfortable,'" member Georgia Bransford said. "We're not professionals. We do our best. We watch stand-up comedy. We google stuff like how to be funny and how to write sketches."

Moulton joined the organization her freshman year after Setting Sail.

"I use humor to cope with my problems," Moulton said. "I would make jokes all the time and my [PLP] leader said I should join the Improvocateurs."

She then attended the interest meeting, where she was one of two new potential members.

"The interest meeting was, 'You're in it now. You're part of us now. Let's get down to business,'" Moulton said. "Then I just kept going."

McHenry discovered the Improvocateurs during Fall Club Fair, although she could not attend the initial interest meeting.

"I e-mailed them and was like, 'I'm sorry I couldn't come to the interest meeting,' and they were like, 'Oh no that's fine! Dues are \$10. They're due next week. You get a T-shirt,'" McHenry said.

Neither McHenry or Moulton had any interest in improv before they came to college.

"I didn't even know it was a thing," Moulton said. "[Someone] just told me [the Improvocateurs] was a female comedy group and I was like, 'I've never been funny before but I think I can sell it to people.'"

Usually the group practices two hours every week. Closer to their shows, they have four mandatory rehearsals leading up to the show. The night before the show, they will do a full run through, which Moulton joking called a "punishment rehearsal."

"Those are always the most fun," McHenry said. "It goes until midnight and we're just out of it and we're just gone. I think it funnier than the show usually."

"I'm the opposite," Moulton said. "Honestly I get out of those rehearsals thinking, 'Oh my god. No one has ever been funny ever,' and then we do it on stage and I think, 'Oh bless. We are funny.'"

Recently, the Improvocateurs attended the Virginia College Comedy Invitational (VCCI) at William & Mary on Nov. 13 and 14. At the event, the Improvocateurs got to do a 20-minute perform-along with other college comedy groups from William & Mary, James Madison University and the University of Virginia.

About 30 minutes before the show, the Improvocateurs had to cancel a sketch. The sketch involved balloons, but William & Mary had laser sensors for their fire alarms which the balloons could have set them off.

"We popped the balloons. We had to pull two improv [games] out and do those instead. We're not going to risk being the one group to have [the sensors] go off," Bransford said.

McHenry believes that the Improvocateurs has taught her dedication and how to "commit to the bit."

"That's been the one thing I've really learned from improv is you have to let go," McHenry said. "I feel like I'm a very organized and structured Type-A person sometimes and improv has taught me to let go of that and move with what's happening; stay in the present."

Jordan Bass, Financial Affairs, believes the Improvocateurs has taught her how to be a better version of herself.

"I feel like I've become a more excited, extroverted, confident version of me," Jordan Bass, Financial Affairs, said. "I really appreciate the club for giving me that confidence I didn't have when I came in."

The Improvocateurs will be holding their next show, entitled "Dabstinence," on Friday, Dec. 7. Unlike the Facebook event suggests, the event will be held in the Crows Nest at CNU ... not the Crows Nest in Massachusetts. ■



(Above) Junior Megan Moulton gets passed the microphone during the Improvocateurs' show "Make America Great Britain Again" in 2016. (Below) Sophomore Jordan Bass and junior Ashley McHenry perform a sketch last spring during the Improvocateurs' show "All Tied Up." COURTESY OF ASHLEY MCHENRY / THE IMPROVOCATEURS



(Left) Members of the Improvocateurs pose for a photo with a statue in downtown Williamsburg during their trip to the Virginia College Comedy Invitational (VCCI) last month. The event was held at William & Mary. (Right) Sophomore Georgia Bransford (far right) takes the stage with alumna Elizabeth Carlton (front, center) and junior Brooke Stanley during their "All Tied Up" show last spring.

To deck or not to deck the halls?

Decorating early for winter holidays is not ridiculous

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One of the issues that I have noticed to cause the most disagreements between roommates during this season is the timing of decorating for the holidays. For many of us who celebrate Christmas or other December holidays, decorating for this season is a medium for college students to make their dorms feel cozy and homey. I have come to realize that as a community, we are divided on when is the appropriate time to decorate.

While Thanksgiving is an important holiday, one that allows for fall decorations that are often more affordable than Christmas, I am not against decorating for Christmas prior to Thanksgiving Break. However, this is an opinion I hold only when referring to college living. In the fall semester, we

are on campus for a considerably large chunk of time during the fall season. We have months to decorate and enjoy the pumpkins, piles of fake leaves and "Happy Fall Y'all" signage.

For the Christmas season, though, only have three full weeks after Thanksgiving break to deck the halls with dollar store garland and hundreds of feet of fire-hazard string lights. For myself at least, I like to add onto my decorations.

Building up your holiday spirit from casual lights to the full out Christmas tree and cliché letter board messages creates a sense of excitement for what is to come. Three weeks is not long enough for me to be happy with my decorations and relish in my cozy-homemaking abilities. Because of this, I think that in college it is not a faux paux to decorate before Thanksgiving Break.

Those who disagree with this belief have valid points on why

mid-November is too early for the holiday spirit. One argument I have entertained is that decorating for Christmas takes away from the importance of Thanksgiving and Christmas. When we drape our mantles with garland, we are moving on from fall before we can celebrate the crowning fall holiday.

Some may also say that we are forgetting what the Christmas season is about, specifically if you celebrate Christmas as the birth of Christ. Our early decorating leads us to celebrate Christmas as a commercial holiday, not a spiritual one.

Whatever you choose to celebrate or not celebrate, it is my opinion that you should do as you wish. Your Christmas wrapping paper covered door does not negatively impact my life in any way, and for those who act like early decorating is a sin, remember that everyone celebrates holidays differently.



The only issue we should be worried about when it comes to Christmas decorating is the procrastination of putting away decorations. Once the Christmas season is over, your miniature Santa's and reindeer need to be packed away and out of sight – because Valentine's Day is right around the corner and I do not want my cupid's clashing with your elves. ■

MARA THARP/THE CAPTAIN'S LOG



Stop complaining about dining hall food

KRISTEN ZICCARELLI
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It is indeed that time of year. You walk into Regattas and pretty much head straight to the cereal line, dismissing whatever is on the menu for the day. If you don't like buffalo chicken wraps or chicken tenders, Tuesday and Wednesday have you feeling pretty dead inside. As the semester comes to a close, it becomes even easier to complain about the dining hall food as repetitive, boring and gross.

It's easy to fall into the trap of negativity. But the fact is that CNU offers a much better quality of food than almost all other colleges. At one point or another, we all forget to appreciate it. At other dining halls, I've been hard pressed to find warm pasta or any cereal besides knock-off Trix. It's not only about perspective though - it's easy to forget that we're judging dining hall food, which simply cannot measure up to homestyle cooking or Cracker Barrel, whatever your metric is. Some days, you have to expect to settle - not all menus are going to line up with your tastes.

Having a varied salad bar, sandwich options, Mongolian Grill and yes - different cereals - offer a lot of variety throughout



Regatta's has two fully stocked salad bars open daily from 11 a.m. to 8 p.m. ANNA DORL/THE CAPTAIN'S LOG

any point in the year. As someone who tries to eat healthy and has found only wilted lettuce at other schools, the Healthy Haven and continuous supply of fruits and vegetables is pretty nice - not to mention eight flavors of ice cream at almost any

given point in the semester for when healthy stuff is too hard.

While we've all experienced a disappointing meal, it's impossible to expect your food to be perfect every meal of the day. If your fries are a little soggy or the rice turns out to be dis-

gusting, get something else. It's really not that hard. Making it your pastime to complain about dining hall food won't make it any better but it will turn you into a broken record. No matter what dining hall you go to, there will be stuff to complain about.

Learning to adapt to the food is the same as other aspects of college life. Open-mindedness and positivity towards everything from food to classes and friends will be much more enriching. So stop whining, get a buffalo chicken wrap and move on. ■

This Day in History: Repeal day

The Bygone era isn't so bygone, learn the ins-and-outs of Prohibition

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In 1919, the 18th Amendment to the United States Constitution banned the production and sale of alcohol, beckoning in more than a decade of prohibition. Today in history, Dec. 5th, 1933, the 21st Amendment repealed the 18th Amendment, marking the end of prohibition.

The period of prohibition marked the culmination of the temperance movement, which had spent much of the 19th century advocating for the prohibition of alcohol.

Prohibitionists had various motivations, including the pursuit of Christian perfection and the belief that restricting access to alcohol would reduce crime.

According to Dr. Nigel Sellars, an Associate Professor at CNU specializing in the Gilded Age and 20th century, prohibition and the temperance movement can be understood in the lens of the split between urban and rural people.

Whiskey was popular on the frontier, partly for economic reasons (it was cheaper to transport than regular grain) but also because of the stresses of frontier life.

"We have all these myths about the frontier, and one of the things that people ignore is that the frontier was really mind-numbingly dull," Sellars said. Although whiskey was

important to frontier culture, the temperance movement was especially popular in rural areas—possibly because drunkenness was more dangerous on the frontier.

Meanwhile, alcohol had a different function in cities: saloons were major social centers and saloon-keepers were essential parts of their communities.

"They had this really big social purpose which was not part of rural life at all," Sellars said. The prohibitionist movement began gaining traction when they started targeting saloons rather than alcohol itself.

The 18th Amendment was passed at the beginning of 1919, just a few months after the end of the First World War. This was no coincidence.

"In World War One, you have all the anti-German sentiment, and beer immediately jumps to mind," Sellars said.

During the second half of the 19th century, an influx of German immigrants started opening breweries for German-style lagers, largely replacing English-style brewing.

Although advocates of prohibition believed it would lower crime, this was not the case: demand for alcohol remained and the demand was filled by bootleggers, and prohibition went hand in hand with the rise of organized crime. Making matters worse, prohibition was mostly enforced by the trea-



Despite the prevalence of drinking, the temperance movement is still active in U.S. COURTESY OF PREXEL.COM

sury department, not the FBI, and treasury agents (known as "T-Men") were not very well-paid.

Besides the issues involved with enforcing prohibition, there were economic factors behind its repeal in 1933, in the thick of the Great Depression.

"Ultimately it comes down to taxes. The idea that 'oh, if it were legal it would create all these jobs, and then all the money that would be going to organized crime would be coming into the government in taxes,'" Sellars said. "Think about how many jobs are lost when you shut down

the distilleries and the breweries. In terms of total job loss by the Great Depression, it's probably not significant, but people look at the numbers and go 'wait, we'd have all these jobs back,' plus the tax revenue."

Prohibition was not so long ago. Although the 18th Amendment was only in effect for twelve years, its repeal was only 85 years ago, and the Prohibition Party still runs candidates today. In 2016, their candidate, James Hedges, received 5,617 votes. (For comparison, CNU has approximately 5,000 students.)

Many of the factors behind the

passage of the 18th Amendment survive today, particularly the divide between people in urban and rural areas.

Additionally, although the 21st Amendment ended nation-wide prohibition, it empowered states to make their own laws regarding the prohibition of alcohol.

Some states remained dry, and 17 states, including Virginia, have agencies that control the sale of certain types of alcohol.

The past pervades the present. Nationwide prohibition is past, but we can learn lessons from that bygone era and remember that it was not so long ago. ■

Another basic holiday PSA

Helping others should take priority year round, not just at Christmas

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It is finally that special time of year where we get together with our loved ones and make memories that will last for years to come.

Because of this time of year, people often think about what they have and look to give back to the communities and try to

act their best. I don't know if they think Santa is still watching or they want to impress the NSA agents who are monitoring them at all times, but people always seem to want to help out this time of year.

What about the other eleven months, though? Shouldn't we try to give back all year round?

So often in our lives we take what we have for granted.

All of us are truly blessed, by whatever you believe or don't believe in, to be fortunate enough to go to a college, to have three different pairs of Roshe shoes or to just be able to read this hastily written article. There are people out there in the world who aren't nearly as lucky as we are to have everything life has to offer us.

I believe that throughout the year, we should try to give back to our community more. Whether it be volunteering at a homeless shelter, donating money to those sad commercials with the starving puppies or just being there for the people around you we should

always try to be our best selves.

The holidays are a time for giving back. We give gifts to the people that are close to us to show that we appreciate them in our lives.

The best gift however, is really helping others in a time of need. Whether it's a friend who doesn't want to walk to the mailroom by themselves, or stopping on the side of the road to help someone push their car uphill with your



COURTESY OF WORLDARTSME

brother a small act like that can really make someone's day. ■

Holiday Happenings



The Chamber Choir, conducted by Dr. John Irving, sings the song “The War



(Left) People gather together to watch the lighting of the tree and
dents, and faculty take turns getting photos with the tree. (Above) F
shoot up into the air as the tree was lit up. **SARA KOOCHAGIAN AND
RAMKEY /THE CAPTAIN'S LOG**



...iting Sky".



Dr. Lori Underwood reads "The Night Before Christmas" to the audience.



The Jazz Ensemble dances the Peanut Brittle Brigade from "The Nutcracker Suite".



Marching Captains perform "A Marching Captains Holiday" both on stage and offstage to start of Holiday Happenings.

If you missed Holiday Happenings, check out CNUTV's video covering this event on The Captain's Log Facebook



(Above) Dr. Rachel Holland, the Chair of the Department of Music, sings "O Holy Night." (Below) The University Chorale, with conductor Dr. John Irving perform Betelehemu, a Nigerian carol.



both stu-
Fireworks
D NICOLE

CNU Soccer's run comes to an end

The team fell to No.5 Williams College in the Final Four 2-0.



Gabby Gillis battles two midfielders from No. 5 Williams College, the eventual National Champions. COURTESY OF OCPR.

PHOENIX HINES

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The Christopher Newport University Women's Soccer team has been having the best season in program history this year.

Unfortunately, their amazing run has come to an end this past Friday as they lost 2-0 in a heartbreaker to No.5 Williams College Ephs.

Williams would eventually go on to win their second National Championship in a row as they defeated Middlebury College 2-1 in penalty kicks.

The Captain's offense game plan was pretty clear at the beginning of the game as they started out with a lot of pressure on the Ephs backline.

The Captains outshot the opposing team 19-11 on the game.

In the game's 10th minute, All-American Riley Cook, who had scored in 11 straight games coming into the semifinal, rocketed a shot behind goalkeeper Olivia Barnhill, but the goal was quickly waved off as she was offside.

If the goal would have counted than that would have

gave the Captains an early lead on the Ephs.

The office kept up the pressure, and just a five minutes later, Cook got another opportunity to score but her shot was rifled just high over the crossbar.

The Ephs stayed composed and began to possess the ball a bit more as they half went on. Mid-way through the half, Llana Albert gained control at midfield and made a run to the Captains goal, attempting a shot from about 30 yards out.

The ball luckily hit off the upper arm of a CNU defender at the top of the box and went straight to Sarah Scire, who was wide open on the right side of the net and she quickly flicked a tough angled shot back to her left that went into the top left of the goal, giving the Ephs an early 1-0 lead over the Captains.

With about 15 minutes left in the first half, senior All-American Gabby Gillis tried tying the game up as she sprinted with the ball down the middle of the field and passed a few defenders along the way before firing a ball towards the bottom left that was just a few

inches wide.

The Ephs tried to take advantage of the Captains miss as they got the ball in their offensive zone and fired a shot that was blocked by one of the Captains defenders, but then went straight to an Ephs attacker who fired a rocket towards the crossbar before Captains goalkeeper Haley Eiser made an absolute beauty of a save to keep the game at 1-0 before the half ended.

CNU came out at the beginning of the second half with a determination to score and nearly gained the equalizer just 69 seconds in when Maddie Cochran took advantage of a bad clear by the Ephs and took a shot just inside the 18.

Barnhill made a sliding save and, after a few opportunistic moments of the ball bouncing freely inside the box the Captains were almost able to put the ball into the back of the net, but an Ephs defender was able to clear the ball out and give them possession once again.

Five minutes later, the Captains defense faced a pressuring run from the Ephs, as they almost

scored off a cross-kick, but Eiser made a great play on the ball and cleared it out.

Just a few minutes later, the Ephs gained control of the ball once again and as Eiser was trying to make a stop, she became out of position and Scire fired the game-winner into the back of the goal, giving the Ephs a 2-0 lead.

The Captains were unable to get any solid opportunities to score for the rest of the half due to the conservative play from the Ephs, resulting in a final score of 2-0.

Despite the disappointing outcome, the Captains still had the most historic season in program history as they broke numerous records.

Cook had the best statistical season in program history, as she set new single season records for goals in a season(25), Points in a season(56), and Game-winners in a season(12).

She also became the sixth player in program history to earn First Team All-American honors.

Gillis was Also named a First Team All-American by the United States Soccer Coaches for the

second year in a row, becoming the first player in program history to earn that honor twice in a career.

In addition to Cook and Gillis's outstanding recognition, Junior Carson Pokorny was given the NCAA Elite 90 award for Division Three Women's Soccer.

This award is given to the student-athlete that has the highest cumulative GPA out of all the teams at the final site for each of the NCAA's Elite 90 Championships.

Pokorny will be back in 2019 looking to continue her outstanding career as a Captain. She currently has 18 Goals, 26 assists, and 62 points in her career as a Captain.

As a team, the Captains broke their record for most wins in a season that was set last year with 21 wins this year.

They also broke the record for most points in a season with 223 and most assists in a season with 71.

In 2019, they will return 10 starters and will look to compete for the National Championship once again. ■

Women's Basketball is off to a hot start

For the fourth year in a row, the team started 6-0.

PHOENIX HINES

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In the 2017-2018 season, the Christopher Newport University Women's Basketball team went 25-5 and made it all the way to the sweet 16 of the National Collegiate Athletic Association (NCAA) playoffs before falling to Hope College 68-64. In the 2018-2019 season, they are determined to make it back to where they were last year as they have started out the year 6-1 with some solid wins to start out the year.

They started out the year with a game against local rival, Virginia Wesleyan University. The Captains dominated the Marlins in the first half, jumping out to a 45-25 lead at halftime.

The Captains offense was very balanced in the opening half as they had four players with seven points or more, lead by Jessica Daguilh's eight points and seven rebounds.

The second half was no different as they outscored the Marlins in the third quarter 18-13 and ended up winning the game 77-52. Daguilh and Bailey Hodges led the offense with 16 points each. Hodges had four assists while Daguilh had 10 rebounds, registering her first double-double of the season.

Just a few days later, the Captains hosted Stevenson University. Both teams went on numerous runs in this game and the Captains went into the fourth quarter down 52-39.

Determined to not lose this game, the Captains had their best quarter of the season and outscored the Mustangs 27-12 in the fourth quarter and won the game 66-64 thanks to Madison Howdyshells's layup with nine seconds to give the Captains a two point lead.

The Captains were led by Kiana Kirkland and her game-high 20 points while Natalie Terwilliger had 12 points and 10 rebounds.

After a few days of rest, the Captains traveled to Frostburg, Maryland to play in the Jim Crowley Classic. The Captains would



Kiana Kirkland strides down the court before she attacks the basket. Kirkland is currently leading the team in points per game and field goals made. She is also third on the team in steals. PHOTO COURTESY OF KIANA KIRKLAND.

go on to dominate this tournament as they took on Mount Aloysius College in the first round, defeating them 66-39 in a game where everyone but three people on the Captains roster registered a point.

A day later, the Captains took on the City College of New York in the Championship and ended up winning this game 96-46.

They were led by Terwilliger's 12 points and 13 rebounds. Ter-

williger was named to the All-Tournament team as well. Three other Captains also registered double-digit points in this game.

The Captains got a week's worth of rest before a busy week where they had to play three games.

In their first game of the week, they obliterated Meredith College 86-47. Sondra Fan led the charge with 15 points while Jessica Foster had 11 points and seven assists during the blowout win.

Their second game of the week was no different than the first as they traveled to play Bridgewater College and defeated the eagles in another blowout win, 102-56.

The Captains capped off the week with a home game against No.11 Messiah College.

A dominant first half by the Eagles proved to be too much for the Captains as they lost their first game of the year 68-62. Despite the tough loss, Kirkland

and Daguilh continued their hot start to the season as Kirkland dropped 21 points and six rebounds while Daguilh had 13 points and nine rebounds.

The Captains will return to action this Thursday, Nov. 6 as they travel to Rocky Mount, North Carolina and take on North Carolina Wesleyan College. The last time the Captains took on this team they won the game 91-49. ■

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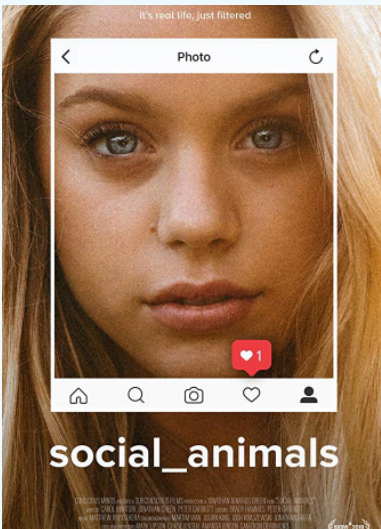
Review: ‘Social Animals’

The newly-released documentary effectively relates the twofold effects of Instagram

DANIEL MOSAKEWICZ
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On Nov. 27, I had the pleasure of attending a screening of a documentary titled “Social Animals” hosted by the English 295 course. The film has not yet been added to Netflix but has already seen critical success. The film’s focus is on the positive and negative effects of popular social media platform Instagram, specifically the first generation of users, which includes most of us at CNU. Three vastly different stories are woven together throughout the film with each one acting as a lense through which to view the power and potential of the platform. Two out of the three stories follow up-and-coming young

people who have used Instagram to garner reputation and success. Each tale is separate, but interwoven by fantastic editing that brings the entire picture together. One of the stories is of a young New Yorker who goes by the tag ‘Humza Deas.’ In recent years, he has become famous for his unique and daring photography of New York City. He tells how Instagram has both fueled his success and has been a constant source of stress and tension during his rise. Another story is that of a 15-year-old girl who hopes to get 500,000 followers in the hopes that her father will allow her to peruse her own clothing line. The final story takes a more serious tone than the other two. It is the story of a high school student who tells of how the platform enabled people



to be much more aggressive and devastating in the bullying and drama that would drive her into depression. Along with these accounts, the viewer is also told the unspoken rules of Instagram by both the three main storytellers and other people whose interviews are often strung together at key points. These rules may be unspoken but they are gospel to those looking for maximum likes, which happens to be just about everyone on the site. From artists trying to get recognized to students trying to gauge exactly how much their classmates like them, likes become more valuable to some people than money. Everyone has their own tricks, whether it’s more bikini pictures or climbing bridges or moun-

tains. Everyone has their niche. Central themes are explored as they are revealed and connected between the stories. As the highschooler deals with rumors of her cheating on her boyfriend, the underage celebrity has to block dozens of sexually charged posts on her photos. What connects them both is that they both are underage users describing the overt and erroneous ways they are asked for nude pictures. Other common topics include internet anonymity, notoriety and how Instagram is affecting how people communicate overall. Overall the film is entertaining, engaging and continues a discussion that needs to be had. So over the next couple of months, keep a lookout for it on Netflix and observe some social animals.■



Christmas melodies perfect for studying all day

LIST COMPILED BY KRISTEN ZICCARELLI / THE CAPTAIN’S LOG

- “Carols from Kings” - The Choir of King’s College, Cambridge (Full Album) 1:06:12
- “Christmas at Hogwarts Great Hall” - Harry Potter 1 Hour Holiday music ASMR magical soundscape 1:00:11

- “Mannheim Steamroller” - Christmas - Full Album 34:01
- “Mannheim Steamroller” - A Fresh Aire Christmas (1988) Full Album 41:51
- “London Symphony Orchestra” - Christmas Classics (Full Album) 51:47



City Center’s Holly Dazzle in pictures



(Left) Trees circling the fountain were adorned with lights. (Center) The tree lights were a bigger focus of this year’s event, with no fireworks show like that of previous years. (Right) Signs are illuminated with the Newport News sister cities. KRISTEN ZICCARELLI / THE CAPTAIN’S LOG

Six movies for six days of exams

The second part of our movie recommendations, perfect for avoiding finals or celebrating once they are over

DANIEL MOSAKEWICZ
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‘Star Wars: Episode IV - A New Hope’ (1977)

Rating: A+

Simply put, if you haven’t seen this movie, stop reading this - in fact stop everything and find any way possible to watch this move. If you have to, grab random people passing by and keep asking until you find someone who has a copy. Chances are someone out of the first three people will own a copy. The film has paved the way for a franchise that includes nine other movies, hundreds of books, thousands of comics and is in the argument for the most impactful film on society ever created. Not to mention it spawned the now incredibly successful careers of Harrison Ford and Mark Hamill, as well as being without a doubt the late Carrie Fisher’s most beloved role. If it’s been more than a year, take the time to watch it again.

‘The Departed’ (2006)

Rating: A+

This movie opens with a monologue by Jack Nicholson with the Rolling Stones’ “Gimme” Shelter” playing behind it. It’s a masterpiece. This movie won four Oscars including best picture and best director (Martin Scorsese) and had Mark Wahlberg nominated for best supporting actor. An array of acting legends are on screen for the entire film, including Leonardo DiCaprio and Matt Damon playing the two main characters. So, here’s the real hook. Billy Costigan (DiCaprio) is a boy whose family had ties to a gang run by Frank Costello (Nicholson), but he grows up to become a cop. Before he graduates, the heads of undercover investigations (Martin Sheen and Mark Wahlberg) ask him to go undercover and infiltrate Frank’s gang. Meanwhile Colin Sullivan (Damond) graduates from the police academy, but is really a rat for Costello. What ensues is a back and forth of the two trying to catch each other while protecting their own cover, all while seemingly bringing everyone down with them. The dialogue for this movie is gripping, intense and likely to make you go from laughing to shock in a second, all mixed with a vulgarity to match “Pulp Fiction”. In fewer words, it is perfect writing, so good that it received an Oscar for Best Adapted Screenplay. To sum up an opinion on perfection just watch the movie. It is good, so so very good, and it’s worth watching not just once but multiple times. You will not be disappointed.



‘Hellboy II: The Golden Army’ (2008)

Rating: B-

As a fan of superhero films, it is easy to credit both installments of Hellboy to establishing the genre. If you’ve seen them, you know Ron Perlman always gives an impeccable performance as the lovable demon through both movies. Overall the special effects are impressive for a 2008 film, with a few key scenes standing out in particular. That said, the story has quite a few flaws; it has too much exposition and the villain fails almost entirely as a character can connect or contrast with Hellboy in any way that is fully explored. There is at least one random subplot that adds nothing to the film and more than one long exposition, which is clearly setup for a third film that never happened. All that said there are still some subplots that really work, and the movie does contain some truly touching scenes. This film does not stand in any running for masterpiece status. However, if you do stumble upon it, give the first Hellboy a watch (it is much better) and then stick around for this one. A bit of gothic fantasy mixed with shotguns is fun and it won’t be a total waste of your time.

‘John Wick’ (2014)

Rating: A

John Wick is the greatest true action film of this decade. Period, end of review. Keanu Reeves finally makes an impact on 21st century cinema playing a retired hitman who people piss off enough for him to come out of retirement. That’s all you need to know. The film has been widely praised for its fight choreography and how it tells an intense story through combat. Each fight is brutal and calculating, but also artistically stunning. Even so, that’s not what earns the film an incredibly high rating. The story covers a wide range of themes from predictably, revenge, to honor and the new ways of life as opposed to the old. No bit of dialogue feels wasted, and the story takes enough turns to keep you more than invested. What makes it even better, is the amount of implied world building and lore sprinkled throughout the movie. Director Chad Stahelski does not treat you like an idiot, and in action films today, that is a very refreshing rarity. So if you want to see intense action, wonderful storytelling or just dig into a new universe then “John Wick” is for you. This movie is amazing, and no real reason comes to mind for it not to receive an A+. It admittedly isn’t for everyone, but if there is even a chance you may enjoy it then watch this movie.

‘Baby Driver’ (2017)

Rating: A-

When it released last summer, “Baby Driver” surprised just about everyone with just how good it was. At first glance and first description, the film may seem like a typical summer blockbuster, joining the heaps of other films trying for the same thing. However, from the opening scene, “Baby Driver” promises not only to be different, but better, and it delivers. Every actor is on their A-game, from main protagonist Ansel Elgort (Baby), to Kevin Spacey in his last film before “retirement.” Other notable acting performances are a surprisingly compelling job from Lily James (Debra), Jamie Foxx (Bats) playing crazy so very well, and Jon Hamm (Buddy) doing a very good job with a surprisingly demanding role. There’s just so much love poured into this movie, and it’s very easy to feel that when you watch it. The film dips into the growing trend of incorporating music and soundtrack into film, and this movie is up there with the “Guardians of the Galaxy” franchise in that respect; this is high praise from a born and raised Marvel fan. If you’re just looking for action, no worries - I can say with confidence that the action scenes will weave their way into Hollywood legend for both execution and precision. Here’s a hint, when the action starts, keep track of the beat of the music. Every single action in frame is in time to the beat of whatever song Baby is playing, a feat that really shows just how talented of a director Edgar Wright is. Overall the film is 100 percent worth your time, whether you’re seeking a fun action film or looking for something nuanced. The only things holding this film back from a better rating is some slight writing decisions, mostly centered around a forced happy ending. ■

FILM REEL COURTESY OF CLIPART

Holiday gift guide

Don't know what to give your loved ones for the holidays? Here's a simple guide for those on a college budget

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The holidays can be an extremely fun time, with family, good food and plenty of memories to be made. However, this time of year can also be extremely stressful when it comes to buying gifts for friends and loved ones, especially if you have a lot of gifts to buy. Whether you like to give homemade gifts or if you're looking to order something quick and easy that can be delivered to your doorstep, there are lots of affordable ideas for everyone. In order to help out a bit around the holidays, I give you my holiday gift guide... on a college budget.

Gifts for crafty people

If you love to DIY, this section is for you.

Homemade candles

Cost: about \$15 for supplies

This first craft is one I happen to love myself, because I love candles. For this holiday craft/gift, you will need crayons, candle wicks, a scent and anything you can find around

the house to hold your candle.

As someone who loves candles, store bought or otherwise, I always tend to have an entirely used candle to store my new candle in. As an alternative, if you use a cookie cutter instead of something to hold the candle, and forgo the wick, you can make a wax melt to go in a wax warmer.

First, peel your crayons. Soak them in ice water and scrape the wrappers off. Then you want to melt them. Use a container that you don't care about in the microwave, stirring every thirty seconds until melted. If you want to use a pot, go ahead, but there are no guarantees that you can cook food in it again.

Once your crayons are melted, pour in some of your scent. I like to use strong scents like eucalyptus to drown out the scent of crayon, which is pretty strong.

Place your candle wick in your container and pour your crayon wax into it, leaving enough room for the wick to be lit. You can layer different colors from different crayons if you want to add an artistic touch. If you're making wax melts, just pour the wax into your cookie cutters, but make sure they are on a tray lined with parchment paper first.

Wait for your candle to harden -

several hours on the counter, two to three in the freezer.

Once you take out your newly made candle, trim the wick to about a ¼ of an inch (this doesn't have to be exact, but a rough estimate is good).

Wrap and gift your candle to your loved one (or to yourself, I don't judge).

Paint chip bookmark

Cost: free to \$10 if you don't already have supplies

This gift is perfect for the avid reader, or just any college student with a textbook. For this crafty gift, you will need long paint chip samples which you can get for free at Home Depot or Lowes, a hole punch (a single hole punch is better but you can do this with a three hole punch as well), yarn, double sided tape and saran wrap.

First, you're going to want to pick out your paint chips. These can be found in the paint aisle at home improvement stores like the ones mentioned above. You can cut them into fun and Christmassy shapes.

Make sure to grab two of each colors you choose so that your bookmark can have a front and back. As an alternative, forgo the double sided tape and just get one paint strip of your colors and write a sweet note to your loved one on the back.

Grab your double sided tape and tape the two paint chips together. Use the saran wrap to laminate them and make them smooth, taking care to make sure there are no bumps or bubbles.

Trim the saran wrap so it is a little bit farther than the edge of your paint chips. Punch a hole in the top of the pain chip, far enough away from the edge it won't rip. Thread the yarn through the hole and tie it in a loop.

Stick inside a new book and give to your loved one.

Gifts for those who don't DIY

Many of these ideas are Amazon Prime eligible, because students are able to get Prime free for six



COURTESY OF "IT'S ME, JD"

months with a valid school email, and who doesn't love getting free shipping?

BambooWorx Sushi Making Kit

At \$8.99, this sushi making kit is the gift that keeps on giving for any sushi fan in your life. It includes rolling mats, a rice paddle and a rice spreader.

World of Tea Collection

This gift is a little pricier at \$23.99, but comes with a selection of nine different types of tea and forty five teabags. This set is guaranteed to make any tea lover sip with joy for the entirety of winter break.

BAGGU Reusable Shopping Bag

These cute reusable bags can hold up to 50 lbs, perfect for carrying your laptop to club meetings or your groceries home from Harris Teeter. Priced at just \$10, this bag is both fashionable and sensible.

3-in-1 Avocado Slicer

With avocado toast being all the rage nowadays, this tool is perfect for making delicious guac and other homemade recipes. Costing \$9.99, this tool cuts and pits the avocados at one end and evenly slices pieces on the other, making brunch a breeze.

Stainless Steel Drinking Straws

What's more fun than drinking from a straw? Using a stainless steel one that helps to save the turtles. Priced at \$6.89 for four straws and a cleaning brush, these straws are especially great for the tree hugger in your life.

Hamilton Beach Quesadilla Maker

This mini quesadilla maker costs \$14.99 and is perfectly compact to

make amazing single serving quesadillas, great for the student who's sick of dining hall food and doesn't have a full kitchen to make meals in.

Tea Infuser Leaf Strainer

Coming in at a whopping \$4.70, this tea strainer is great for the tea drinker in your life who just loves their fresh loose leaf teas and doesn't want them floating everywhere.

Novelty Socks

Sometimes all people want for Christmas is for their feet to be warm. For about \$5-7 a pair, get your loved ones some socks with funny sayings and designs like Bob Ross's face or the poop emoji from brands such as Joy of Socks.

Lagunamoon Essential Oils Top 6 Gift Set

Essential oils have lots of different properties and potential health benefits. Get a set of the top few scents for just \$11.11. Put some peppermint oil in a diffuser for some at-home aromatherapy to help you focus or leave a few drops of lavender on your pillow for a relaxing night's sleep.

Burt's Bees Beeswax Bounty Assorted Fruit Lip Balm Holiday Gift Set

Nobody wants dry and cracked lips during the cold wintertime. At just \$9.88, add four different fruity flavors of lip balm to your collection.

And there you have it, a gift guide for all of us college students who may not have a ton of cash lying around but still want to give their loved ones something thoughtful. Cheers to getting through the holidays without breaking the bank! ■



COURTESY OF PINTEREST

Easy homemade holiday fudge

This delicious fudge recipe from Taste of Home is the perfect treat for the season

SYDNEY HERNANDEZ

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To me, the best part of the holidays is the food. Not only do you get to spend quality time cooking with your family, but then you get to eat too. However, I've found that when I go home for holiday breaks, I'm so busy trying to fit everything in, I don't have much time to cook. That led me to this quick and easy holiday fudge recipe, because (at least to me) there is nothing like a rich, delicious piece of fudge.

This recipe is perfect for the holidays. Whip this treat up in just a few minutes and bring it to a holiday party - it's sure to be a hit with friends and family alike.

Prep time: 10 minutes

Ingredients:

1 teaspoon butter
1 can (14 ounces) sweetened condensed milk
2 cups (12 ounces) semisweet chocolate chips

1 cup butterscotch chips
1 cup chopped pecans
1/2 cup raisins
1 teaspoon vanilla extract

Tip: Add whatever kind of nuts and other add-ins you want, especially if friends or family members have certain allergies.

Directions:

1. Line a 9-in. square baking pan with foil.
2. Grease foil with butter and set aside.
3. Combine milk and chips in a large microwave-safe bowl.
4. Microwave, uncovered, on high for 1 minute; stir.
5. Cook 30-60 seconds longer, stirring every 30 seconds, or until chips are melted.
6. Stir in the pecans, raisins and vanilla. Transfer to prepared pan.
7. Cover and refrigerate for 2 hours or until firm.
8. Using foil, lift fudge out of pan.

9. Gently peel off foil; cut fudge into 1-in. squares.
10. Store in an airtight container. Enjoy! ■



COURTESY OF GALLERY YOPRICEVILLE AND LIFE MADE

SIMPLE

'Tis the season to give back to the community

It's the season of giving - how can we help those in need while we're on break?

ANNA DORL

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The holiday season is supposed to be a happy time, but this is not the case for everyone. For many people who are less fortunate, it's often a time to focus on what they don't have.

Black Friday deals start on the evening of Thanksgiving when people should be at home eating dinner with their families. Ads for brand-name clothes and the latest iPhone are everywhere. It's no secret that the holidays tend to be an extremely materialistic time.

People often get so caught up in the commodity of Christmas that they lose sight of one of the best gifts of all: the ability to spend time with family, friends and other loved ones.

But how can we so easily spend so much money on frivolous presents when we live among those who may not even know where their next meal is coming from?

There are definite needs in your community, whether you're here in Newport News or back home. Giving back to the community is an important part of the holiday season, and it should be prioritized and put at the top of everyone's list every year. There are countless ways to help those in need, and you can even get your family and friends involved as well and make a tradition out of it.

No matter where you're going home to for the holidays this year, there will always be someone around you who can benefit from your kindness and thoughtfulness.

Here are some ideas of how to give



(Top) Ugandan children receive boxes from Operation Christmas Child, which delivers gifts and personal care items to kids in need during Christmas. COURTESY OF THE SAMARITAN'S PURSE

back to your community during the holiday season.

Volunteer at your local food pantry or soup kitchen. Not everyone has a warm to go home to for the holidays or a hot meal on Thanksgiving or Christmas. While you're grocery shopping for your own family's holiday meals this year, pick up a few extra canned goods and donate them to your local food pantry. Do some research first and see if they take volunteers: this would be a great activity for your extended family to

do together during your down time over the break.

Visit your local animal shelter and show some love to pets looking for their forever home. You could also contact the shelter beforehand and see if they are currently accepting donations of toys, food and old blankets for the animals to lie on instead of a cold shelter floor.

Get friends and family together to go caroling at a nursing or assisted living home or elderly neighbors. This will boost the spirits of the residents

and the caretakers alike, as a group home is often a lonely place during the holidays.

Arrange a donation drive for canned goods, pet food, etc. - anything that will directly help those in need. If you're having a holiday party this season, include this idea in your invite - encourage guests to bring something with them that will go on to benefit others and keep a box by your front door.

Volunteer with Operation Christmas Child to go to help children

in need in impoverished countries. This ministry is mostly done through different churches across the US, but you don't need to be a Christian or celebrate Christmas to take part in this.

The organization provides cardboard shoeboxes for individuals to take home and fill with necessities such as personal hygiene items as well as gifts like stuffed toys and note pads for children in third-world countries who are in desperate need. Collection dates for shoeboxes vary and some churches do not collect during this time because the boxes won't be delivered to the other countries in time for Christmas, but many churches are still collecting and get the boxes to the children as soon as possible despite the holiday being over. Check out local churches in your hometown to see how you can get involved.

Another way you can help others this season is to clean out your closet and donate gently used clothing to Goodwill or other thrift stores. Many people don't have warm coats for the season, so if you have any old ones just sitting in your closet, someone else could definitely get some use out of them.

Bake cookies and take them to your local fire department, hospital or police station. Those who work over the holidays will really appreciate the kind gesture and a sweet treat will keep them going over the long hours.

There is always a way to help others year-round, but the holiday season is an especially important time with many opportunities. ■

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 Morgan Barclay at clog@cnu.edu or morgan.barclay.15@cnu.edu, at any time.

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