



THE CAPTAIN'S LOG

THE VOICE OF CHRISTOPHER NEWPORT UNIVERSITY STUDENTS

@CNUCAPTAINSLUG WWW.THECAPTAINSLUG.ORG

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Finding the “Best Fit”

The Office of Admission reveals what they look for when considering incoming students.

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Find out which Halloween costume you should DIY for this year's holiday of trick or treating.

BY MELANIE OCCHIUZZO
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The students that complete their higher education at Christopher Newport University are not chosen by accident. They are chosen based on a set of qualitative and quantitative measures determined by the admissions team.

Rob Lange, Dean of Admission at CNU, says “admission is not in the business of recruiting a freshman class... we are in the business of recruiting a graduating class.”

Lange wants to pick the students who best fit CNU's campus culture and goals. Out of a total 6,948 applicants for the Fall 2017 freshman class, 5,030 were admitted and 1,293 were enrolled according to the Office of Admission.

This means that about 72 percent of the people who applied to go to CNU for the 2017 freshman class were admitted. CNU is the number fourth most selective school on the list of Virginia public college admission rates in 2015 according to the State Council Higher Education for Virginia (SCHEV) Report B8.

The only public colleges that admit less than 70 percent of their freshman class applicants are Virginia Military Institute, William and Mary and University of Virginia according to the SCHEV Report B8. When CNU's admissions department is deciding to choose an applicant to admit, they are looking for the following quantitative things: GPA, class ranking and SAT/ACT scores. Beyond those qualifications, the admissions department looks at what types of engagement the prospective student had in high school.

They look for depth of involvement, “It's not check all the boxes,” says Lange. “We want them to contribute to this community.” They can get this information from the essays they fill out on the Common Application, interviews conducted on campus and personal references. Of the 6,948 freshman applicants, an estimated 80 percent of them participated in an on-campus interview according to Lange.

Lange says that it increases your probability of admission if you participate in an on-campus interview regardless of whether or not you need to.

Students that need to do that interview are trying to enter a program on CNU's campus such as President's Leadership Program, the Honor's Program or any program within the music department.

Lange also says that CNU uses the interviews to determine how to best tailor their recruitment processes so it's a win-win process for the student and CNU.

A student who is attractive to CNU is interested in being a leader, serving their community and committing to a higher standard of academic integrity and honor he says.

Other qualitative measures that help CNU determine who gets that admission ticket are whether or not the prospective student attended CNU's booth at college fairs, participated in campus visits, went to open house or participated in an overnight.

Lange says that they want to gauge how interested the student is in going to CNU.

When it comes to recruitment though, the gauging of interest goes both ways.

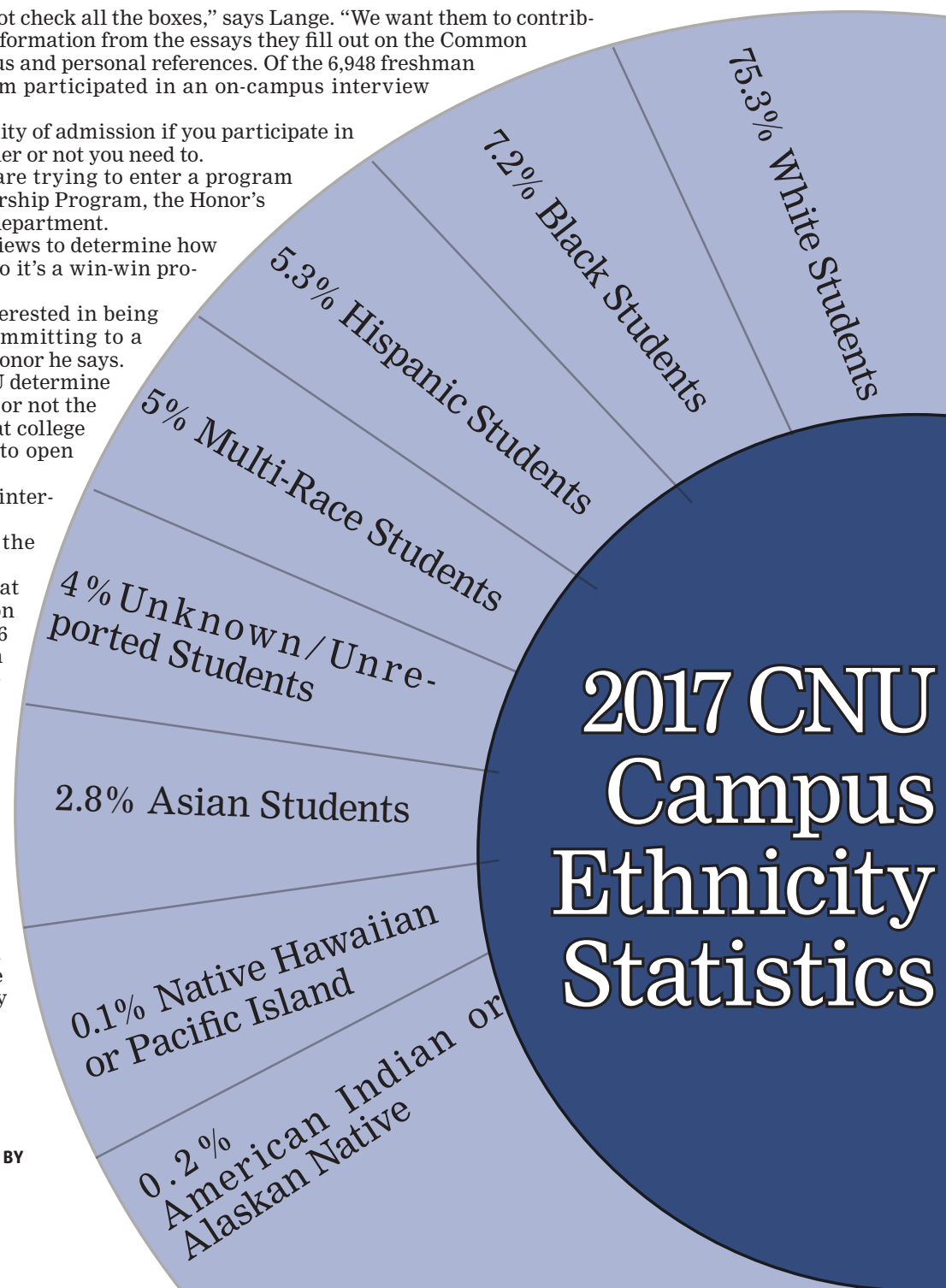
A prospective student is also looking at each university as far as size, cost, location and academic offerings. From the Fall of 2016 to the Spring of 2017, CNU visited 536 high schools according to Lange, with most of the visits taking place during the fall.

When CNU is deciding which high schools to visit they always place priority on the Peninsula Region Schools. They next look at their feeder schools, schools who haven't shown a lot of interest, schools that don't yield a lot of applications but should and they also send admission representatives to minority/majority schools on the southside.

“We don't say no to schools in Hampton Roads,” Lange says. He says that even if a middle school or elementary school from the Hampton Roads area asks for them to visit they will do it. “It's called being a good neighbor.”

FINDING THE “BEST FIT”
CONTINUED ON PAGE 3

Statistics from The University. GRAPHIC BY
MELANIE OCCHIUZZO / THE CAPTAIN'S LOG





Weekly pic

CNU hosted Family Weekend Oct. 21-22. The theme of Saturday's football game was a "Pink Out", as October is Breast Cancer Awareness Month. Players, students and family members were encouraged to wear pink. **Photo by Rachel Bennett/The Captain's Log**



CNU TV

Zeta Tau Alpha's Pinktober is in full effect. Last week CNUTV sat down with chapter President Rachel Chalkley to talk about upcoming Pinktober events and why you should get involved.

Happened

Oct. 20-22

Family Weekend

CNU welcomed the families of its students to campus with such events as a tailgate, our annual family weekend football game and a brunch hosted by President Tribble.

Oct. 24

Shadow Event

In the Ferguson Center for the Arts from 6:30 p.m. to 9:30 p.m. Where is the Line hosted an event where sexual assault survivors tell their story from behind a curtain. This was an event where CNU Captains get the chance to support their fellow peers.

Happening

Oct. 27

CaptaTHON

In the Ferguson Black Box from 6 to 11 p.m. Phi Mu and PIKE will host their annual dance marathon to raise money for the local Children's Miracle Network Hospital.

Oct. 28

Stroll to the Polls

The Upsilon Beta chapter of the Alpha Phi Alpha Fraternity will host their annual event where CNU organizations can come up with their own original strolls to promote voter awareness in the Ferguson Center for the Arts at 6 p.m.

Corrections from Issue #5

The demographic percentages of CNU Faculty were incorrectly reported. They are as follows: Hispanic: 2 percent; American Indian: 0 percent; Asian: 8 percent; Black: 4 percent; White: 87 percent; Unknown 0 percent according to The University. The Captain's Log regrets these errors.

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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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From the Front Page

CONTINUED FROM PAGE 1

Of those 536 schools they visit, CNU participates in on-site admission at Warwick High School and Phoebus High School.

There is one kind of student that CNU is interested in: an undergraduate liberal arts student.

A common question that is asked of CNU though is why there are 75.3 percent white students and 7.2 percent black students on CNU's campus while the Newport News Public School System is 25.3 percent white high school students and 53.3 percent black high school students according to the 2016 SCHEV report and the Newport News Public Schools' website.

Lange answers that question with a commonly agreed statement, "students from this area don't want to go to school in this area."

He says that a lot of times students don't want to go school close to home.

This is not a unique situation to Newport News.

There are students all over the Virginia area that choose to go to school farther away from their homes according to Lange.

Lange does maintain, however, that they aim to recruit any student who wants to attend CNU.

"Students don't know what they want sometimes," he says.

CNU is a university that aims to recruit leaders and sometimes students want the anonymity that a larger college affords them.

CNU is aware, however, that their diversity statistics are not

as diverse as they could be.

When CNU is compared to other universities in Virginia, they have a somewhat comparable percentage of black to white students.

The 2016 SCHEV report lists Virginia Tech as 66.4 percent white and 4.0 percent black, the College of William and Mary as 59 percent white and 7.1 percent black, the College of Mary Washington as 70.2 percent white and 7.2 percent black, Radford University as 69.3 percent white and 15.2 percent black, the University of Virginia as 59.3 percent white and 6.5 percent black and Old Dominion University as 44.8 percent white and 28.2 percent black.

CNU is trying to increase their percentage of minority students by hosting special tour groups on campus for federal state access groups such as Gear Up and Chrome, having a discovering diversity day, creating a minority recruitment task force which is led by Vidal Dickerson, creating a Council of Equality and Diversity which is made up of faculty, staff, students and community members, consulting with minority/majority high school counselors and participating in college application week.

Lange says that the Office of Financial Aid works with all students to ensure that every student has the same opportunity to go to CNU, regardless of their financial situation.

"You can't be all things to all people," Lange says.

"We emphasize leadership, service and honor above all." ■

Experience Diversity at CNU

Below are just a few examples of the diverse groups of students that CNU has. There are several clubs and organizations that devote their time to celebrating their own cultures and societies within CNU's own campus culture.



The Black Student Union held a meeting Sept. 5 called "Charlottesville: Where do we go from here?" where over 100 students were in attendance. PHOTO COURTESY OF THE CNU BSU



Members of the African Cultural Society pose in front of the steps of Christopher Newport Hall. PHOTO COURTESY OF THE AFRICAN CULTURAL SOCIETY



The Latino Student Association pose at El Sabor Latino where they celebrate Latin culture with students. PHOTO COURTESY OF THE CNU LSU



The Arabic club hosted a poetry reading in the Languages of the Middle East in the DSU Ballroom. PHOTO COURTESY OF CNU ARABIC CLUB



Some members of the Hillel Club, CNU's Jewish student organization, pose for a photo on a 10-day birthright trip to Israel. PHOTO COURTESY OF CNU HILLEL CLUB

Captains Meet the Princess

CNU students traveled to D.C. to hear how some envision an end to Middle Eastern strife in an age of revolutions.

BY KATIE HALL
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The National Council on U.S.-Arab Relations hosted the 26th Annual Arab-U.S. Policy makers Conference: Arab-U.S. Relations: How Best to Navigate an Uncertain Present and Future? On the eighteenth of October, 15 students traveled with CNU's North African and Middle Eastern Studies Department to attend the first day's proceedings.

Students arrived near the end of the first session titled The Palestinian Future. Leading experts spoke and answered questions in a panel format on the Israeli-Palestine conflict, focusing especially on how it affects U.S. policy. The U.S. has endorsed the two-state solution, but Palestinians are opposed to this outcome.

From the non-Israeli side, it's perceived that the U.S. is neglecting the sovereignty of Palestine by allowing Israel to control negotiations. No permanent solution is probable in the near future.

In the past, Palestinians agreed to the terms Israel laid out, but their compromise is never enough for Israel according to Noura Erakat, Assistant Professor at George Mason University.

The Israeli point of view was not as present in the panel due to its nature.

The second session, Egyptian-U.S. Relations: A View from Cairo, consisted of a speech from Mona Makram-Ebeid, lecturer at the American University in Cairo, former member of the Egyptian Shura Council or more simply put, the Egyptian Senate, former Head of the Committee of Social Rights, National Council on Human Rights, and a former member of the People's Assembly, what Westerners would call the Egyptian Parliament.

Mona began by highlighting two conflicting concepts prevalent in Egyptian politics: (1) the supremacy of Islam and (2) how modernization requires a secular government. Egypt has a history of rocky leadership, with total military control of government and a President from the Muslim Brotherhood who was removed from office by a publicly-supported military coup. To modernize and join the developed world as a peer, Egypt must turn towards a secular government. Currently, Islam is the dominant religion

with many strict conservatives in high seats of government.

She went on to explain the vacillating relationship between Trump's administration. After agreeing to partner with Egypt, the State Department withheld promised funds without warning. Soon after, Trump called the President of Egypt to reaffirm the bond between the nations. To the Egyptian government, it seems the U.S. government is using its power to manipulate relations. Ebeid urged the U.S. to refrain from viewing Egypt's political

Over the years, Saudi Arabia established itself as a constant presence in the oil industry, taking leadership and assisting in balancing the market when needed.

For current U.S. policy, one panelist stressed preparing for future incidents by increasing reusable energy sources and maintaining a strong dialogue with energy producers.

Renewable energy was also suggested as a necessary implementation to help rebuild war-torn areas, such as Syria, Yemen, and Libya.

whose responsibilities include the Middle East region.

In his 19 months as Commander, he learned three points: (1) the Middle East remains an area of extreme importance, holding key interests of the U.S., (2) partners across the region want strong, progressive relations with the U.S. and (3) there are more opportunities in the Middle East than obstacles. Votel focused his speech on the command's relationship strategies.

To approach an issue, the command uses the "Prepare,

allows their partners, the ones actively fighting in combat, to take control of the situation.

The U.S. is there to work with, enable, and support their partners through a political, legal, and diplomatic framework. The "by, with and through" approach fosters "local ownership" of problems and their solutions. Votel portrayed the command as helpful and empowering to its partners in the Middle East.

The final session CNU students attended was Challenging Stereotypes: How Understanding Saudi Arabia's Women Can Help Bridge Cultural Divides. Princess Lamia Bint Majid Al-Saud of Saudi Arabia, the Secretary General and Member of the Board of Trustees at Alwalied Philanthropies, presented a moving speech on gender equality.

Princess Al-Saud asked the audience to picture young girls dressing up as someone they admire. Many would immediately picture the girls dressed as princesses, but what if they dressed as doctors or in business suits?

"If we truly want to change the future, we must listen to the dreams of those young girls. If we truly want to change the future, we need to believe in their powers." Whether a young girl wants to be a princess, doctor, wife, surgeon, doctor, or mother, her dreams must be supported and encouraged.

"We should not impose our own narrow ideas on [our children's] imaginations." The Princess concluded by asking the audience for a favor: the next time they see a young girl, they should try to see the world from her point of view; what does she want to achieve? Who does she look up to and why?

After her speech, Princess Al-Saud was awarded the National Council on U.S.-Arab Relations' first ever Philanthropic Leadership Award.

CNU students were provided with the opportunity to hear the Princess speak and speak with her one-on-one. Some students even provided her with their information.

Through the conference, students gained knowledge and insight into different cultures and their country's relationships with those cultures. Students spoke with important leaders in public and foreign policy, marking the event as an effective networking opportunity. The conference seemed to



Princess Lamia Bint Majid Al-Saud of Saudi Arabia, dressed in white, meets with several young and excited attendees of the event representing Christopher Newport. **BRETT CLARK/THE CAPTAIN'S LOG**

system through the lense of U.S. democracy.

Instead, policymakers should view the system as "a work in progress."

The third session, a panel entitled Energy Dynamics of U.S.-Arab Relations, focused heavily on the oil industry. Overall, the panelists agreed that the U.S. cannot become truly self-sufficient, especially in regards to energy.

An economic relationship, unaffected by political conflict, is necessary for the benefit of the U.S. and the Arab world.

Implementing renewables provides many benefits, such as increased communication and education. Renewables could keep the rebuilt areas from falling back into disrepair.

In between events, students attended the council's luncheon.

Along with delicious food, keynote speaker General Joseph Votel informed the audience about U.S. military relations in the Middle East. Votel is the Commander of the United States Central Command, a Unified Combatant Command

"Persue, and Prevail" technique. To prepare, they ensure they develop strong partnerships and understand the culture they're working within. The second step is to pursue opportunities by actively searching for ways to support the U.S. and the country's partners.

Finally, the command prevails by watching its partners succeed and view the U.S. as a valuable asset. Votel also explained the "by, with and through" technique.

In the region, the command

CNU's Leftovers Help Feed the Unfortunate

Christopher Newport students help facilitate the transport of 300-500 pounds of food a week.

BY DUNCAN HOAG
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The Food Fighters are an organization started at CNU in the fall of 2013.

Every week, they attempt to prevent food from going to waste by picking up excess food from both Regattas and the Commons. Then, they transport the uneaten food to the Peninsula Rescue Mission (PRM) in Newport News. Food Fighters president, Samantha Camilletti, discussed this process, explaining that deliveries are usually prompt and simple to perform.

"Our deliveries actually start at around 7:45 p.m. near whichever dining hall closes first (since the hours change based on the semester). For this semester, it's Commons. The dining halls already have pans to put the food in, so all we do is load the food up in a spacious trunk, drive to the other dining hall to do the same, and then drive to the Peninsula Rescue Mission. "Once we get there, there are usually a few people to help unload, and we bring it upstairs, weigh everything, and place them in the fridge," said Camilletti.

Camilletti also explained that the deliveries are made by a revolving door of different

clubs on campus who each volunteer their time to make the deliveries to PRM.

"We sign groups up for a week at a time and right now, all of the weeks until Christmas break are full! Everyone is so eager to step in and help. I was on a delivery with the president of Circle K and she told me that delivering for a week is one of their favorite activities that they participate in. That's the kind of excitement I've seen so far and it's just great."

Despite the logistics involved in the program, the Food Fighters program is run by only a three-member leadership team who must perform a number of tasks in order to ensure the success of each week's delivery.

"We have a three-member leadership team, myself included, and sometimes it feels like you're running in overdrive to make sure everything gets done. That includes making sure groups know exactly what they're doing and who they can call if they're not sure about something, that's organizing orientation meetings for new groups delivering, that's staying on top of ordering pans from the Peninsula Rescue Mission so the dining halls don't run out."

Camilletti expressed satisfac-

tion with the direction the Food Fighters program is headed in.

"I'm really content with where this program is right now. We deliver anywhere from 300-500 pounds of food a week, and that makes up a large portion of contributions for the PRM. They've actually had to turn away a potential donor because we're providing them with so much food."

However, she also stressed that she hopes to expand the Food Fighters program to at least one other local shelter.

"I would love to see this program expand to at least one other shelter to provide assistance if we can continue to fully support the PRM. I'm working on that right now, but it's more difficult than it sounds. For one, we have to find a shelter that has a need we can fulfill. Also, the biggest obstacle is trying to gather funds to buy food pans, because many shelters can't afford the pans themselves. With that comes the question on where the money is going to come from, and everything hasn't come together quite yet."

Still, Camilletti expressed her overall enthusiasm for the course of Food Fighters, indicating that the rewards far outweigh the costs.

"I also just love seeing the



Student organizations alternate taking the food to the PRM. PHOTO COURTESY OF SAMANTHA CAMILLETTI

energy that people bring to this program, whether it's through groups who are just really excited about delivering, or the staff at the PRM who are just so happy to see a car full of food (and good food, at that!)

coming their way. I had no idea what I was getting myself into this year, but so far, everything has surpassed my expectations. Delivering food is by no means glamorous, but it makes a difference in someone's day. That's

Careers are in the Cards for Christopher Newport Grads

The future is bright for students majoring in Physics, Computer Science and Engineering as well as Economics.

BY LIAM ROWELL
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Ever wonder what happens to Christopher Newport students after they graduate? The majority find full time employment while others go to graduate school. A much smaller number of graduates find themselves working part time, seeking employment, or doing other things.

In the 2015 breakdown from the Center for Career Planning, 60.4 percent of graduates were employed full time, 24.8 percent went to graduate school, 8.9 percent of graduates ended up employed part time, 4.5 percent of graduates were still seeking employment and 1.8 percent of graduates fell into the category of other. This means they didn't have jobs but were also not actively seeking employment.

Having 4.5 percent of the class still seeking employment is not considered a bad number. It beats the national unemployment rate for that year, 5.3 percent, which is one of the main metrics that the career center measures itself against.

According to Libby West-

ley, director of the Center for Career Planning, "The majority of graduates in 'still seeking' did not go to the Center for Career Planning". You get jobs by talking to people and talking to people takes practice. Part of the reason the center exists is to help with that.

If anyone is wondering about salary, there isn't enough good data to create a worthwhile estimate, especially one that could account for variance by major.

For those who like to make fun of English majors for not being employable, only 37 percent of those reporting in 2015 were employed full time, though, 32.6 percent went to graduate school.

This however, becomes more reasonable when compared to those who majored in the natural sciences, who are also far more likely to end up in graduate school.

Want to get a job straight out of college? Look towards PCSE (Physics, Computer Science and Engineering), the business school, and economics. Economics majors were employed full-time 92.6 percent of.

CNU graduates tend to stay close to and work in Virginia.

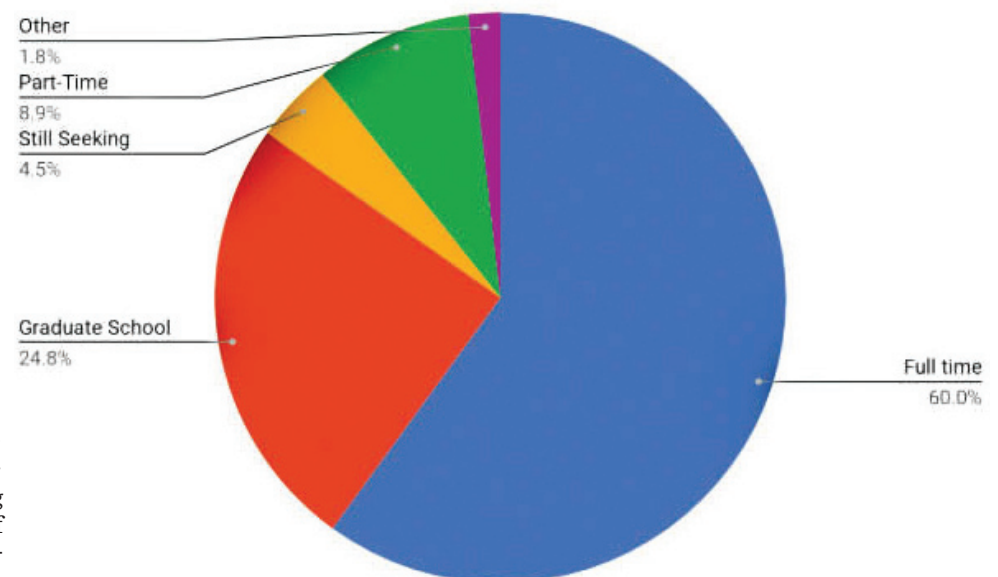
This is not say graduates do not spread far and wide. CNU graduates were employed in 23 state and 4 countries. A larger than expected number of graduates go to Florida.

The most common graduate schools attended (not including CNU itself) are George Mason, Old Dominion University, William and Mary, and Virginia Commonwealth University. Over the past five years, more graduates per year have gone on to William and Mary, while the other schools have a relatively constant or decreasing number of CNU graduates in attendance.

In terms of employers, there

are some who come back and employ Christopher Newport graduates every year, most notably: Christopher Newport University itself, who hired 19 members of the class of 2015. The Newport News Shipbuilding, Ferguson Enterprises, and Northrop Grumman are also prevalent employers.

Wondering how to get all of this information and more? It is all on CNU's interweb on the Center for Career planning's alumni page. A lot of the data is broken up by major, but depending on the number of people reporting (or lack thereof), the data may be a lot better (or worse) than shown. ■



Just under 25 percent of students from CNU's class of 2015 went to graduate school after graduation. LIAM ROWELL/THE CAPTAIN'S LOG

Discussing Mental Health in the Christopher Newport Community

One CNU student argues why we should act as a community to help kick mental health issues to the curb.

KIMMY EICHELBERGER

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As a third year student, I’ve learned a few things about college; it is long, it is tough and it is exhausting. But at the same time, it passes in the blink of an eye. It’s the time of your life. And it’s all going to be worth it.

The key to thriving in college is not avoiding mental breakdowns; it’s learning how to deal with mental breakdowns when they arise. You can save all the college hacks you find to your Pinterest board, but no matter how much you try to minimize stress, times of adversity are inevitable.

At some point, you will feel as though the water is rising over your head and you’re sinking to the bottom. But no matter how far you sink, there is always a lifeline to

keep you from drowning.

As cliché as it sounds, you are never alone. In a community like CNU, there is always someone for you to go to.

Whether it is a friend, a professor, the counseling center or even a stranger, someone is always willing to lend a hand to keep you afloat.

It’s normal to be fearful in expressing what you’re going through. And it’s normal to want to bottle everything up and seal it all with a cork, whether it’s for fear of rejection, misunderstanding or troubling someone with your problems.

But I promise you, no one is intentionally going to make you feel like a burden for your struggles.

We all have our battles, and there is no shame in turning to others during moments where you feel alone or troubled.

Sometimes all we need is some comfort, some insight or even just someone to listen. And in many cases, those are things that we cannot offer to ourselves.

One of the most important things to bear in mind is that it is okay to not be okay.

As humans, we naturally want to give the illusion that we have it all together; we want to prove our physical and emotional strength and stability.

But believe me when I say that addressing the broken pieces does not make you weak; in order to be whole again you have to acknowledge what is missing or impaired, and do what it takes to bring you to peace with the pieces.

We cannot overcome obstacles that we choose to ignore. Facing what weakens you head on only contrib-

utes to your strength; it shows that you are willing and determined to rise above it.

I know that it’s overwhelming. It’s all overwhelming.

The classes that are too early, the classes that are too late, the endless nights in the library, the exams, the papers, choosing a major, deciding on a career, extracurriculars, health, friendships, relationships; no one will stand against you when you say that it’s all a challenge. No one will make you feel like you’re the only one struggling to keep a close grip on your sanity. We’re all doing college together.

We’re all striving every day to shape a future for ourselves. We all need support to drive us to our destinations. So reach out. Talk. Lean on people. It’s okay. And it’s okay to not be okay. ■

Learning to Criticize Effectively

Constructive criticism is a hot topic in today’s society. With criticism slipping through the cracks, Matthew Scherger discusses how we need to be realistic about our errors so we can avoid making them again.

MATTHEW SCHERGER

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We have all taken an exam that we didn’t study adequately enough for. After the test results come back, most of us react by complaining to our friends: “That test was unfair”, “We didn’t learn any of that in class”, “I studied all night and still didn’t get a good grade.”

Likely your friends will sympathize with you, join you in badmouthing the professor, the class, your major in general. But how many will tell you to sit down and study better next time?

Will they help you improve for the next exam? Most likely they won’t; they’ll validate your decisions. After all it’s not your fault, it was a bad test, a bad professor or simply bad luck.

That’s what friends are for; we expect them to support us when we’re feeling down. But is that what we should be expecting from our close

relationships? Wouldn’t it be better if we could rely on our friends to tell us the “terrible truth” when we need it?

From the beginning of our childhood, we’re taught that our opinions are significant. We value and surround ourselves with people who make us feel good.

While this is healthy for our well-being and great for establishing comfortable relationships with people, it has become the social

norm for all interactions.

We are encouraged to “tune out the haters,” and “follow our gut.” That’s all well and good, but it doesn’t leave much room for self-improvement.

Not only do we ignore/attack opinions and ideas that we disagree with, but we are also creating a society where we are afraid to help each other.

We oversympathize, under-criticize, avoid

confrontation and don’t progress effectively.

In an attempt to spare feelings and do our best for our friends, we’re actually doing the exact opposite.

We’re losing one of our most effective ways of self-improvement: peer evaluation.

We value the opinions of our close friends; we should encourage them to air their opinions more often, even the ones we don’t approve.

Instead of taking advice as an attack on our character, we need to re-learn the value of constructive criticism: an opportunity to improve ourselves.

We need to find people who are willing to confront us for our own good, and we need to be willing to do the same for them.

So do yourself and your friend group a favor, and don’t sugarcoat the truth. If they can’t handle it, chances are they aren’t your friends. ■

“Wouldn’t it be better if we could rely on our friends to tell us the ‘terrible truth’ when we need it?”

-Matthew Scherger
Sophomore

Forty Years With A View

Tom Pitkin recounts the past 40 years at Subway Station watching the growth of Christopher Newport University.

TOM PITKIN
OWNER OF SUBWAY STATION

Four decades ago this month a friend and I decided to take a chance and fulfill a dream by starting our own business. We came upon a location we felt might be an excellent place to make this happen.

We reasoned it was located on a major thoroughfare through our city; it was close to a hospital, museum and a park. Ferguson High School was located directly across the street, along with a very small college named Christopher Newport.

Although my partner has moved on, I chose to remain to run my business. That decision has enabled me to witness one of the most amazing transformations this city has ever seen. I had a front row seat watching the birth of Christopher Newport University.

Paraphrasing a somewhat famous line, "Some see things as they are and ask why?" President Tribble "Saw things that never were and asked why not?" Although, that line was not written for President Tribble it certainly could have been.

His vision for the university is something that will be talked about, perhaps written about and certainly studied for years to come.

A beautiful new entrance welcomes one and all. Driving on the Avenue of the Arts everyone passes The Ferguson Center, a former High School transformed into a world renowned Fine Arts Center.

Upon entering the campus you are greeted by The Tribble Library. This is one of many new and prestigious buildings that now adorn the campus. Each one has been brilliantly designed

and tastefully constructed.

State of the art athletic facilities stand to enhance the prestige of this ever growing and truly amazing campus.

The stately buildings, manicured lawns and multicolored gardens only partially tell the story of Christopher Newport University.

At the heart of this university is its incredible group of people. This amazing group begins with its leadership, followed by the faculty, coaches and staff.

Over the years I have nurtured relationships and built a rapport with many of those individuals. Also included in this list is the amazing selection of young people who comprise the student body.

I have had the incredible good fortune to hire many of the CNU students who choose to join our family across the street. Their presence complements what I consider to be the best staff in my industry.

To this person, CNU students exhibit an impeccable work ethic, an eagerness to learn and above all else a positive and cheerful attitude. They do so while simultaneously pursuing their degree.

I choose to write this letter to congratulate the University on its unparalleled success. Borrowing a line from the film Field of Dreams, "Build it and they will come."

Well, Mr. Tribble built it and come they have. Christopher Newport University has enhanced the City of Newport News and has made our community extremely proud.

Along the way, one small business owner is sincerely grateful. Thank you. ■

Buzzin'Becky

Becky takes on your questions and this week addresses the roommate problems an anonymous submission contains.



PHOTO COURTESY OF CLIPART LIBRARY

Happy (almost) Halloween Captains! I hope post-midterms you're all thriving and surviving while you keep on top of your lives. If you're anything like me, you're hitting a wall when it comes to the semester. Try to picture your end goal, whether it be Thanksgiving break so you can go home and eat lots of good food with your families and snuggle your dog, or if you're graduating in December so you're ready to jump right into the 'real world.'

The best way to maintain your motivation is to remind yourself why you chose to come to college. If you truly want to better your life and do what's best in the long run for yourself, you'll struggle some but you'll also be able to remember that it'll all be worth it in

the end. No one can make you write that paper or study for that test, you have to take it upon yourself in order to succeed.

Becky, I feel like since I got to college I've been missing my high school days more and more. I just feel like I don't have anyone that can relate and I don't know what to do about it without feeling frustrated. How do I get that back?

I feel like we've all been there, and if you hear anyone say they've never done it, they're just not being honest with you. Remember that you're not in high school anymore and that nobody cares what you were like in high school, believe it or not. It's more than okay to take those good memories you made in high school with you to college, but don't get too caught up in them.

You're going to want to make all new friends and have all new experiences in college, and if you stay too attached to your high school experience, you won't be open to everything that CNU has to offer.

Don't focus on what made you you in high school. You had the chance to start new and fresh and really hone in on your uniqueness.

Freshman year is a huge transition period, and I wish I had understood that and handled it with more grace.

Feel your feelings and know that it will be easier one day, once you've found the right people. It took me a while to figure out what I did best and who I really was, so it's also okay to not get it right on the first, or even second, try.

You've probably heard people say that college will be the best four years of your life. While each experience differs, definitely, what you don't hear is that they will also be some of the most challenging years of your life.

Things you thought you knew will turn out to be false and you may even have days where you're on top of the world and no one can touch you, and then out of nowhere you're utterly defeated and you can't help but to feel helpless and down.

Just remember that you're not doing anything wrong if you're feeling you're not doing anything right.

There are resources at universities for a reason to help you succeed.

Before you jump to any conclusions about how everyone else has it together and you don't, just remember that some people just choose to not show the world their hand.

Sit down and talk to a friend, you'll be surprised by how even the most seemingly perfect people don't have a sense of direction at times either in their college career.

As Christian D. Larson once said, "Believe in yourself and all that you are. Know that there is something inside you that is greater than any obstacle." Go out there and show the world who you are, after that, you'll be fine.

— Becky out

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



Subway Station is a sub shop located on Warwick Blvd. across from the Ferguson Center. The shop has been around since the times of Christopher Newport College. PHOTO BY MICHAEL INNACELLI/THE CAPTAIN'S LOG



SNAPSHOT

PAGE 8

Captains Travel Near and Far

Although Fall break only lasted four days, these students and faculty made the most of the extended weekend, whether they stayed close to home or traveled abroad.

Mexico

Seniors Brian Duong and Sam Herring chose the location of their Fall break trip out of a hat.

After putting names of possible destinations in a hat (Cabos, Veracruz, Costa

Rica and Cozumel), they pulled out Huatulco so they went to Zipolite Oaxaca, Mexico and Santa Cruz, Mexico (both in the Huatulco area).

Using Google translate and Duong's minimal high school

Spanish experience, they had to make their way through Mexico on "survival Spanish," as almost no one spoke English.

They spent their time snorkeling, hiking, swimming and deep sea fishing.

"Overall it was a great cultural experience and the people of Huatulco were so kind and helpful to us," Duong says.

"[One of my favorite parts] was leaving all of our cameras and stuff behind and

climbing the rocks around the beach, and boy that was a hike.

Barefoot on burning hot sharp rocks is a unique experience, but the view was completely worth it." ■



Maryland

Senior Sarah Beth Seidel spent some of her Fall break watching the Washington Redskins play against the San Francisco 49ers at FedEx Field in Landover, Md.

She spent this time with her family—her father, grandfather, aunt and cousins.

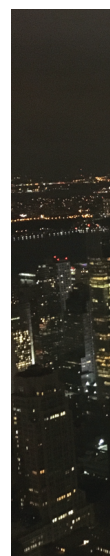
Before the game, Seidel visited club-level restaurants with her family like Johnny Rockets and Boardwalk Fries, fan favorites of visitors to Landover, Md.

The last quarter of the game had fans of either team on the edge of their seats and Seidel recounts "[my] favorite part was winning despite how terrified the last quarter made me." The game ended with a score of 26-24. ■

(Left) Sarah Beth Seidel (right) poses with her cousin Casey Comer at the Redskins vs. 49ers game Oct. 15. PHOTO COURTESY OF SARAH BETH SEIDEL



(Left) From Duong po in Oaxaca pictured. Herring be photo. (At fishing be they caught and sea tu



(Left)—le (Right) F the Man

Senior Haley Mo two and stayed in They things", Square, Building that inc. Shaffir a "My fa



On left to right—Sam Herring and Brian Duong in Zipolite, a small beach community in Mexico, where Herring purchased the sombrero. That was the only town that sold one, so he bought it off of the person who took their boat. (Above) Herring and Duong went deep sea fishing before their flight back to the States where they caught about 10 bonitos and also saw dolphins and turtles. **PHOTOS COURTESY OF SAM HERRING**



Europe
Dr. Katherine Callahan, professor of Leadership and American Studies, along with four other CNU faculty, led a group of 11 students to Brussels, Germany for the International Leadership Conference.

Students made three case study teams and presented at the conference, one team making it to the conference finals and winning second place.

The conference lasted three days and included lead-

ership and keynote sessions, which included retired General David H. Petraeus, one of the most prominent U.S. military figures of the post-9/11 era.

Callahan presented on a panel which discussed the design of and need for Global Leadership and acted as the Leadership Scholarship Member Interest Group Chair, organizing various papers into sessions for the conference.

The sessions were on three papers on Leader Character-



istics and Behaviors needed in a changing world as well as the need for cultural competence and inclusion in leadership education.

Callahan did not stop her travels here. Before flying back, she spent 36 hours in London to see her father and sister. They went on the Harry Potter Studio Tour, visited Buckingham Palace, the London Eye, Big Ben and the Houses of Parliament—

Westminster Abbey and Westminster Cathedral. ■

(Above left) Dr. Katherine Callahan noted that one of her favorite parts of the trip were the many waffles in Brussels, Germany. (Above right) The CNU group poses during dinner. **PHOTOS COURTESY OF DR. KATHERINE CALLAHAN**



(Left to right) Kelsey Schnoebelen and Haley Moore pose in Times Square. From the Empire State Building, they were able to see an aerial view of Manhattan. **PHOTOS COURTESY OF KELSEY SCHNOEBELEN AND HALEY MOORE**

New York
Kelsey Schnoebelen and Haley Moore went to New York for three and a half days and primarily in Manhattan. They did “typical tourist stuff” like walking around Times Square, visiting the Empire State Building, went to a comedy show that included Mo Amer and Ari Shapiro and went to Central Park. Some of their favorite parts of the trip

were the comedy show because it was in an iconic place where some of the most famous comedians got their start (the Comedy Cellar) and the drive was so much fun because we made a playlist before and just had a blast,” says Schnoebelen. ■

Kelsey Schnoebelen is a member of The Captain’s Log staff.

Colorado
Senior Jennifer Leider visited Colorado Springs for three and a half days to visit her older sister.

They spent time hiking in the Cheyenne Mountains and the Seven Falls, while taking the time to explore the Garden of the Gods. They also visited a rock climbing gym/brewery that had an “underground, speakeasy-esque Alice in Wonderland-themed bar.” Leider and her sister spent a day at the Colorado Springs Zoo where they fed giraffes and wallabies and witnessed a baby orangutan putting a pair of jeans on its head.

“My favorite part of the trip was helping my sister pick out a bearded dragon as a classroom pet. We named him Norbert after the baby dragon in Harry Potter and he sat on my shoulder whenever we watched Netflix which made my heart happy,” Leider says. ■

(Left) Jennifer Leider poses with her sister at the top of Cheyenne Mountain in Colorado. **PHOTO COURTESY OF JENNIFER LEIDER**



Cook Helps Women's Soccer Reach Top 10 Seed

Freshman, Riley Cook stands out among teammates and sets record for most points in freshman season at CNU.

BY PHOENIX HINES

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While balancing school work, Morning lifts, and afternoon practices, freshman stand out Riley Cook continues to excel on and off the soccer field.

Cook began playing soccer at the age of four and never looked back. She is from Mechanicsville, Virginia and was a standout out for Atlee high school before she got to Christopher Newport University. She captured All-conference and All-region honors in each of her last three seasons at Atlee.

Although being a student athlete can be tough at times, Cook seems to enjoy every minute of it. Her typical day consists of team lifts on Mondays and Thursdays, then classes throughout the day until 3:00 pm. After her classes are over she has to go to practice at 3:45 and her practices typically end around 5:30 pm. On Mondays she has a 6:00 pm lab so she has to hustle straight from practice to the lab, which can be a hassle. One aspect of being a student athlete that can be quite troubling according to Cook is missing classes due to athletic competitions and having to do make up work.

Cook has been tearing it up on the soccer field this year as she has pieced together one of the most prolific seasons by a Christopher Newport University Women's Soccer freshman. In a 2-0 win over St. Mary's (Md.), Cook captured her twelfth goal of the year which passed Emma O'Reilly and Sam Ciaravino for most goals in a season by a freshman. "I'm really happy I was able to accomplish breaking the record. However, I wouldn't have been able to do it without my teammates," Cook Stated. She also passed O'Reilly for most points in a season by a freshman with 28. She



Like this ball, opponents of CNU have been getting the boot as the Captains enter the post season. PHOTO COURTESY OF CNU OCPR

is now up to 30 points on the year with more games to play.

Thanks to Cook's outstanding play, the Women's Soccer team is having one of their best seasons yet. They are currently 15-0-1 and ranked ninth in the country. Team chemistry is also a major part in the team's success. "Our team is extremely close on and off the field. Coming into the first day of preseason, it really feels like you are a part of a family and everybody has each other's backs making it translate onto the field to work hard for one another." Cook said. Team chemistry can be created

with little things like pregame rituals. Cook and some of her teammates have some rituals that they must do before games. She starts off by juggling before warm-ups with Libby Hinton, then she passes with freshman Maxine Borris right before the game, and lastly, she finds Maddie Cochran right before the game and does a handshake.

Although Cook is an outstanding soccer player, excelling in a sport isn't new to her household. She has four brothers. The oldest brother, Jack, is currently playing lacrosse at the University of Richmond and her little brother

Andrew, a junior in high school, just recently committed to play lacrosse at the University of Richmond, joining his older brother. Her two youngest brothers, Mark and Sam, play a bunch of different sports.

The Women's soccer team has one more game against Marymount University left before they enter the CAC tournament as the #1 seed. The team's ultimate goal is to win another CAC championship and make a big run in the NCAA playoffs to compete for a national championship. ■

Respect and Space for All Athletes

BY MICHAEL INNACELLI

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MACY FRIEND/THE CAPTAIN'S LOG

On this wonderful campus here at CNU we have all sorts of opportunities to get out and exercise. Whether it's in the marvelous facilities inside the Freeman Center, or just out on one of our many public fields, CNU offers students plenty of space to exercise.

However, the student body here at CNU has a little hierarchy dictating who can use what space and when. With plenty of open areas it would be reasonable to think that our student body would be able to use this space together as a community, this is not always the case. With intramurals, club sports, and varsity sports all vying for the same space it can get a little hairy. Varsity sports typically get the most respect from the student body here at CNU.

While I think the athletes deserve the respect they receive, it is as commendable to be an athlete of any type. It takes bravery, courage, and a whole lot

of patience. I can't even remember all the times last year as a freshman while trying to practice I would get kicked off the field.

Whether it's another team, a different sport, a club team, or a varsity team, they all seemed to take precedence over me and my training. Now I'm not saying this is wrong, an organized team does take precedence over one person, but sometimes this is blown out of proportion. Flash forward to the current school year and I am playing intramurals and club sports. I see the hierarchy established from two completely different vantage points now. The club team gets the field or space while intramurals don't have time to form an actual practice, and then the club teams all have to fight for the right to use these areas with each other. We are all athletes here at CNU. We all deserve the same amount of space and respect as the varsity play-

ers. We should be rewarded for taking advantage of what CNU offers athletically, not be thrown into this massive heap of confusion and chaos between teams. There is more than enough space for all of us, we should start using it together and share the fields or courts and be one community of athletes. Varsity sports all have their own fields, but club and intramurals have to share and we should be working to do this together, instead of fighting each other for practice time. As a club soccer player who also plays intramural soccer, I know that a large portion of club athletes play intramurals as well. We all need to use our resources together. Maybe even building a schedule together could help build respect between the teams. If we are so intertwined we really should be able to work this out as a community of athletes, and even further than that, a community of Captains. ■

Lady Captains Bump, Set and Spike at Bobcats



Sophomore Riley Garrison makes an attempt at spiking the ball in her opponents face in order to get a point for her team. NICOLE RAMKEY/THE CAPTAIN'S LOG

Christopher Newport Women's Volleyball celebrates senior night Oct. 21 with a win against Frostburg State Bobcats.

BY TARYN HANNAM-ZATZ
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The nationally ranked 23rd Christopher Newport volleyball team was able to secure their tenth straight win. On Saturday they played Frostburg State at home and won quickly 3-0.

It was senior day for the volleyball team which gave them extra motivation to win the game.

In the first set, the two teams were tied 8-8 before CNU was able to start putting some points up on the scoreboard. Riley Garrison delivered back-to-back kills followed by Kellyn DeChirico who gave another two to put the team at a 20-12 advantage.

The Captains continued to force the ball onto the other side of the court and pulled away to win the first set, 25-14.

Heading into the second set, the girls' play followed a similar pattern to the first. The Captains used another mid-set rally to begin taking a lead.

Although FSU snuck out to an early advantage, Tiaralyn McBride took over at the line to serve and kept the Bobcats off-balance as the freshman delivered an ace and took advantage on four Frostburg State miscues to give the team a 10-5 lead.

The visitors eventually came back and raised the score within three points, but CNU continued to succeed at the line as McBride, Burgess, and Crofford all served aces in the last couple minutes in order to lock up the 25-18 victory.

The third set was tough, as the score

was kept fairly close throughout the set, Frostburg State trailed by one at 10-9, but the Captains were determined to win in three straight sets.

Newsome shocked the opposing team with four kills, while DeChirico added one to help push the lead to 17-10. FSU called a timeout, but that didn't scare the Captains. Newsome came back with another kill, Garrison and Abby Oren teamed up on a block, and Piper added the final hit with her 12th one of the night to bring the set to a close with the 25-17 win.

Celebrating Senior Day, Tylar McGill succeeded with a match-high of 16 assists while also getting seven digs. Her fellow fourth-year teammate, Katelyn Newsome, also delivered nine kills to help lead the offensive attack.

Along with the seniors, Katie Piper contributed her sixth double-double of the year with 12 kills and a dozen digs. Josie Lucernoni also contributed by posting a team-high of 16 digs, marking her 22nd consecutive double-digit effort.

Additionally, Katie Crofford had nine digs and was successful on serve-receive, converting all 16 of her reception attempts.

With the victory over Frostburg State, the Christopher Newport Captains improve to 22-3 overall, including 7-0 in league action.

The setback drops Frostburg State to 15-10 with a 3-4 record against CAC opponents. The Captains will be back in action on the 27th as they are on the road to compete against York College. ■



Freshman outside hitter, Tiaralyn McBride sets the ball to help get it over the net. She received a record high of six digs vs. Neuman.

Represent This!

Four visiting artists argued for the expansion of creative vocabularies in their talk with Christopher Newport University students last Friday.



Lindsay McCulloch's piece showcases the intersection of abstraction and representation as she uses her old works to build a new abstract piece. **ALL PHOTOS COURTESY OF LINDAMATNEYGALLERY.COM**

Andrew Shekner's scrawlings confront the idea of representing the abstract, the philosophy he studies and teaches.

BY MORGAN BARCLAY
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How do you represent the reality? A question central to the study of art, this question has found new life in "Quaternity," a collection of 2-D works by Washington/Baltimore based artists, currently showing in the Linda Matney Gallery in Williamsburg from Oct. 19 through Nov. 27. Working with four distinct artists, the collection uses their different styles to complement and complicate the above argument. From Lindsay McCulloch's abstract playing with form, to Andrew Shek-

ner's exploration of negative space, to Matt Klos' use of abstraction within representational art, to Teddy Johnson's use of representational objects to build abstract patterns, each artist offers a unique perspective to the above argument. This argument was further articulated this last Friday, Oct. 20, when the four artists talked with Christopher Newport University students.

While there has been a distinction made between representational and abstract art historically, these artists all argued against that. Matt Klos even gave a litany of historical examples of cross-sections between these two schools of art. The collec-

tive argued that both representational and abstract works of art can be highlighted, and improved, through the different "vocabularies," as Lindsay McCulloch defined it, found within the schools of art. "You have to make your own rules," Lindsay explained. Looking towards the rules found within both schools of art, and being able to choose them regardless of your own, is an important step towards the creation of the best piece possible. This freedom, she points out, is only available, though, if you have the background within the separate studies of art.

This was important to note, as Professor Christi Harris, coordinator of the event, explained to students of art

at CNU. She explained that more often than not students can become frustrated with having to learn about a school of art they feel their work does not belong in. However, given this take on the subject, there is no question of the importance of the expansion of one's artistic vocabulary, found within the broad liberal arts style curriculum found at CNU.

Teddy Johnson only heightened that argument by stating that, "As long as in every painting, you're trying something new, you're in good shape." And the only way to try these new things is through a destruction of the divide between these two schools of art in practice, while still maintaining the knowledge of their distinction in your studies.

And nowhere is the power of this argument seen greater than in the collection curated by John Lee Matney. A destruction of the divide between representational and abstract arts in practice, the works done by McCulloch, Shekner, Klos, and Johnson, breathe new life into the question of how to represent reality. ■



Teddy Johnson manipulates objects in reality in order to present an abstract pattern.



Matt Klos uses abstract styles to present a house in the representational form.

See their pieces in the Linda Matney Gallery in Williamsburg from Oct. 19 - Nov. 27.

Flick or Treat

These seven spooky flicks will be sure treat all of their viewers this Halloween

BY EMMA DIXON

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Halloweentown

"Being normal is vastly over-rated," and this movie is far from normal. Taking place in a magical world with witches, warlocks and talking skeletons who drive taxis, "Halloweentown" is pure cinematic genius that will never get old.

Hocus Pocus

A talking cat, brewing potions and three resurrected evil witch sisters? "It's just a bunch of hocus pocus!" Max, his younger sister Dani, Allison and an immortal cat set out to put an end to the witches reign of terror once and for all in this whimsical, uplifting Halloween classic.

Twitches

Tia and Tamera Mowry will leave you saying, "Go twitches, go twitches, go twitches!" in this classic Disney Channel movie. Two identical teen witches use their powers to save the magical land where they were born in this silly, entertaining film.

The Haunted Mansion

Everyone knows Eddie Murphy as the voice of Donkey in "Shrek."

However, Murphy appears on screen in this action-packed, ludicrous comedy where he attempts to escape an evil mansion filled with floating orbs, creepy butlers, and four signing busts.

Coraline

Nothing is creepier than dolls with button eyes. This innocent and deep, movie revolves around a little girl who discovers an alternate universe through a secret door. What could possibly go wrong when you enter a parallel, idealized universe? Find out in this animated tale.

Halloween

No matter how annoying they get, most people refrain from murdering their sisters ... but Michael Myers isn't like most people. After spending fifteen years in a mental hospital for murdering his sister, Michael escapes (of course). This horrifying, intense films depicts what happens when he returns to the small town of Haddonfield to kill again.

The Corpse Bride

An animated film about a shy groom who practices his wedding vows in the inadvertent presence of a deceased young woman. The deceased woman rises from the grave and assumes he has married her. ■

Behind the Corn

'Children of the Corn' is a classic that must be watched this Halloween.

BY NICHOLAS ALEXANDER-GOLDSMITH

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Transport yourself to the small and murderous town of Gatlin, Neb. in the 1984 thriller, "Children of the Corn." Centering around a cult of children who have risen, and killed every adult in the town, this road-trip-movie-gone-wrong finds its relatability in the couple Vicky and Burt as they become trapped within the town. Having to work with outsiders Sarah and Job, Burt fights to save Vicky from a murderous child named Issac, a leader among the children, and an even deeper malevolent force— "he who walks behind the rows".

This classic is a classic for a reason. A movie that widely appeals to all audiences, this film is what you put into it. Different from slasher films that dominated during the decade, the film's reliance on atmosphere works expertly to build a believable world that can be taken for as much or as little as the viewer chooses. Seen specifically in the film's score, with its haunting choral music and suspenseful silence, Kiersch, the director, relies not on what is on the screen, but rather how it is on the screen. This idea is furthered through his frequent

use of point-of-view shots, which add to the overall atmosphere of the film. Even the major villain of the film, "he who walks beyond the rows," has no true visual form. All of this is done to explore the darker side of religious motifs and themes usually normalized within society at the time of its creation. While modern audiences may not have the same connection with these themes as those from the 80s, the parallels to modern radical religious groups can still be made, making the film just as relevant as ever.

Even if you don't enjoy horror movies, this movie should be watched. Finding its strength in the creation of an atmosphere, this cult classic may not terrify a modern audience, but it does leave them with something else, something more, something behind the corn, something beyond the rows. ■

"Children of the Corn" is available on Hulu, iTunes, and Amazon.

Dollar Dollar Bill Y'all

C.R.E.A.M. takes on new meaning with Wu Tang rapper's newest venture into cryptocurrency.

BY LIAM ROWELL

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Cash Rules Everything Around Me, or Crypto Rules Everything Around Me? Bringing a different meaning the famous song "C.R.E.A.M.", Ghostface Killah has now moved into the business of cryptocurrency, announcing his own brand, C.R.E.A.M., along with accompanying ATMs, according to their website, Cream Capital. Attempting to fix bugs within cryptocurrency at large, specifically their lack of usability in everyday life and stability in value, C.R.E.A.M. stabilizes its value by pinning itself to the dollar. It does this, essentially, through creating one token of C.R.E.A.M. currency for every dollar converted in and destroying one token for every dollar taken out. This is supposed to encourage businesses accept C.R.E.A.M. because of its supposed stability. C.R.E.A.M. also provides an ability to time lock one's money in order to get a return, similar to a CD, maxing out at 15 percent for a year, according to the company's White Paper. This return certainly beats any rate available elsewhere.

The ATMs are interesting as a concept,

especially since they could use other tokens and not just C.R.E.A.M. Cash, however there does come a question as to why someone would use this form of currency, as opposed to a bank insured by the FDIC. Wanting to dodge the banks may be an answer to this question, but there does seem to be more viable options, especially as the threat of the firm's bankruptcy always looms. If the firm does go bankrupt there is no requirement that money goes back to the user. While this currency is almost stable enough that a business might accept it, they would be taking on the same risk, making this unlikely. Adding on to these risks is the questionability of the proposed interest rate. A 15 percent interest rate is higher than the expected return on the stock market, making it unlikely for something that is functioning in a way that is similar to a CD. Seemingly designed to entrap someone, possibly including Ghostface Killah himself, with the Wu Tang Clan's brand, this venture is one that must be looked at with a critical eye.

To any CNU student looking into the purchase of said currency, beware. To some extent you are their target. ■

Coming Out of His Shell

Green's new novel is a personal exploration of coping with mental illness.

BY KORTY SWIFT

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Earlier this month, author John Green released his first novel in six years. Highly anticipated, especially given the popularity surrounding his 2012 book "The Fault in our Stars," this story was marketed as Green's most personal novel even according to Green himself. With this in mind, there were many eagerly awaiting its October release. An anticipation that was well rewarded.

"Turtles All the Way Down" follows sixteen-year-old Aza Holmes, a high school student who suffers from obsessive-compulsive disorder and anxiety, as she and her best friend Daisy work to solve a missing person's case of a billionaire, that coincidentally, Aza has personal connections to. Doing this in exchange for a \$100,000 reward, the pressure is on for Aza and Daisy. As the novel's story heightens so too does Aza's O.C.D. and anxiety, which grows to affect not only herself and her day to day life, but those who care for her as well.

Fearing this novel would follow

the same plot formula as other Green works, "Turtles All The Way Down," delightfully surprised. Although featuring many similar elements of his other novels, including a mystery-tinged romance interrupted with philosophical diatribes and humor, these elements are incorporated in a fresh and original way.

This is seen specifically within the character of Aza. Interrupting the narrative to feature Aza's stream of consciousness thoughts, there is a deep dialogue about her own anxieties and inner conflicts, and more broadly about coping with mental illness at large. As he has stated, this novel is based on Green's own personal struggles with O.C.D. and anxiety. Given this dimension, this portrayal of mental illness is striking, truthful, and all the more important.

While this is not my favorite novel by Green, it is still a must read. An engaging and charming novel filled with a lovable set of characters, this work manages to bring to light the realities of mental illness and, furthermore, how it can take over a person, their thoughts, and actions. ■

Keen on Halloween?

The top 10 DIY Halloween costumes to break out this spooky season.

BY MELANIE OCCHIUZZO

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Cereal Killer

This first costume is for those looking for a pun-inspired costume. It requires only minimal shopping and should make your friends laugh. You'll need several mini cereal boxes (can be purchased at a grocery store), some red paint or fake blood (fake blood can be bought at a Halloween store), a white T-shirt, a hot glue gun, some plastic knives and a black sharpie. Start with your white shirt, glue or pin the small cereal boxes (which should be empty) to the shirt in any random pattern. Make sure to leave room in the middle for you to write Cereal Killer in black sharpie large enough for people to clearly read. In the remaining white spaces and on the cereal boxes drizzle the fake blood or red paint. You can then stab the plastic knives through the cereal boxes. You'll probably want to try gluing the knives to the boxes so they don't fall out. Be sure to let everything dry thoroughly. Pair this shirt with jeans or leggings and you're good to go.



Piece of Fruit: Strawberry or Pineapple

If you're looking for a costume for a group or just want to fly solo, this costume is the one for you. It's a simple colored T-shirt and leggings combo. You will need some black or white felt, a plain colored shirt (either red, green, or yellow) and a hot glue gun. Take your felt and cut out small v-shaped pieces that mimic the pattern on a pineapple or the seeds on a strawberry. Glue these pieces to your shirt in a pattern that resembles seeds. Let everything dry and wear your favorite black leggings. If you and your friends decide to go with this you can all choose different fruits.



A Bandit

This costume works either for you and your "boo" or just yourself if that's your style. You will need a striped shirt (long- or short-sleeved), black jeans, a black mask, black

gloves, a black hat and a bag with a dollar sign on it. To make the black mask you'll need a piece of black felt, scissors, glue and a piece of string which all can be bought at a craft supply store. Cut the black felt into the shape of a mask, cut two eye holes out, and then glue the string to either side to make a mask for your face. Alternatively you can just buy a black mask from the Halloween store or party store. For the money bag you can use any canvas bag you have and print off a large dollar sign to glue on the side of it. Wear your get-up, hold your bag and be ready to snatch some candy to fill that "money bag."



Cowgirl

This is a timeless classic often chosen by those of us who forgot about Halloween. The only things you need for this costume is a cowboy hat, a bandana of any color, a plaid shirt, a pair of jeans and a pair of cowboy boots. If you have long hair, braid it into two pigtails or one braid. Tie the bandana around your neck. If you feel so inclined you could purchase some toy pistols but it's not necessary for this costume.



When Life Gives You Lemons

Another pun-themed costume that requires two free hands. You just need a handful of lemons three or four should do the trick, a white shirt, a black sharpie and a pair of leggings or jeans. Just simply write LIFE across your chest and keep those lemons handy to give out to unassuming party-go-

ers or trick-or-treaters. This costume may go over some people's heads but those who get it are going to get a laugh out of it.



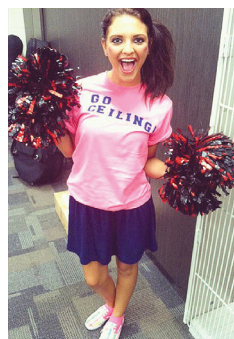
Identity Theft

You'll probably need a little bit of patience for this one, but it'll be sure to win you a few laughs wherever you go Halloween Night. You'll need a black hoodie, a pair of sunglasses and a packet of name tags. The name tags can be bought from party city or any other party store. This is where the patience comes in: you'll have to write random names on each of the name tags. After you've done that, you'll take those name tags and stick them on your hoodie. Put on your coolest pair of shades, slip that hoodie on and be ready to show off your many names.



Ceiling Fan

You may need a sense of humor for this costume. A pair of cheerleader pom-poms, a T-shirt or sweater, a pleated skirt or pair of leggings and black felt letters that spell out "Go Ceiling!" will complete this outfit. You'll need to glue the words "Go Ceiling" across your chest, after letting that dry pair the shirt with the pants or skirt you've chosen, grab your pom-poms and get ready to cheer on that ceiling.



Breakfast at Tiffany's

A classier costume that doesn't just have to suit the females of CNU. All you need for this costume is a black dress, black stockings, black heels, a cigarette holder, a pair of black sunglasses, a pair of black, long gloves, a string of pearls (fake ones are perfect for this look) and a Tiffany blue bag. You don't need to worry about purchasing a ring from Tiffany's to complete this look, any blue bag (like the one pictured) with the word "Tiffany's" written on it will do. Throw on your get up and be prepared to stare wistfully at any store-front window that you come across.



Fortune Teller

No one will know better than you how your Halloween night will turn out. To complete this look you will need a pair of loose pants, a puffy shirt, several colorful scarves, a ton of costume jewelry and your best attempt at winged eyeliner. The goal here is to look as mystical as possible. Your scarves should be layered around your waist and you will save one to tie around your head, you'll want to wait on that last scarf until you've done your makeup. Focus on lining your eyes with a dark liner, trying for wings but we all know that nobody's perfect. Give yourself a chance to try out that dark lipstick you've been eyeing and complete the look with a scarf tied around your head. Pair this with the costume jewelry and think up your best fortunes.



Three Blind Mice

We've finally made it to the end of this spooky costume list. This costume requires at least two other friends for it to make sense. You'll need black leggings, a black shirt, a grey tutu (instructions to come), a black walking stick, a pair of mouse ears and a pair of black sunglasses. To make the grey tutu you'll need a string of elastic measured to your waist and at least 15 to 20 pieces of grey tulle cut into strips. You can purchase these things at a craft supply store. Tie off the grey tulle pieces to the elastic string and sew it together into a circle to fit your waist. This is your tutu. To make the mouse ears (which you can buy) you'll need a black headband and two black circles cut out of construction paper. Glue the circles to the headband and you'll have your mouse ears. Throw on your getup, grab your walking stick and put on your shades. You're now ready to hit the town with your blind mice counterparts. ■



PHOTOS COURTESY OF PINTREST

Horror Films Haunt

Campus Activities Board recreates some of your favorite horror films in the Auxiliary Gym for its annual haunted house event.

BY KORTY SWIFT

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The Campus Activities Board's annual Halloween tradition of putting on a haunted house for students continues this year. This time, the organization is adding a twist, featuring a haunted maze of creepy characters from multiple horror films.

"This year's theme is scary movies," said CAB member Chase Ziegler about the inspiration behind this year's event.

"I wanted to move away from a complete hospital theme, like last year, and to a broader subject," said Ziegler.

The layout will consist of various areas with different characters or and staged setting in each separate one.

Possibilities will range from classic horror movies that everyone knows and love to popular horror movies that have caused a lot of buzz and feedback within recent years.

However, the event is still maintaining an air of unspoken spook and mystery that comes along with most haunted houses.

"You can expect lots of different rooms, and the rest is for people to find out when they attend," hinted Ziegler.

Although recent temperatures make it hard to believe, it is the prime season for haunted houses, hayrides and fall festivities as Halloween quickly approaches.

Nearby haunted houses in the Hampton Roads area include Granby Manor

and Spooky Acres, but this frightening experience has the luxuries of free admission to students and is just walking distance from your residence hall.

CAB's Haunted House will take place this Friday from 8 p.m. to 11 p.m. in the Freeman auxiliary gym.

For a dose of Halloween thrills and to see those haunted films come to life, bring along a group friends to the annual CAB Haunted House for an exciting adventure, and get ready for a good scare. ■

**CAB
Presents:
Haunted
House Aux-
illary Gym
Friday, Oct.
27 at 8 p.m.**



ILLUSTRATION BY COLE GALLAUDET/THE CAPTAIN'S LOG

Restaurant Review: Crab Shack

The Crab Shack in Huntington Park provides quality seafood, service and a panoramic view of the James River.



Steamed crabs, seasoned and ready-to-serve. PHOTO COURTESY OF CRABSHACK

BY KATIE KRYNITSKY

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Only minutes from campus, Huntington Beach is a close and convenient getaway for students during the warmer months, and a popular location where organizations hold mixers and social events early in the Fall and late in the Spring semesters.

Along with sandy beaches on the James River, Huntington Park is also home to the Crab Shack Seafood Restaurant.

Located right on the water, this casual eatery has delicious, quality seafood, as well as non-seafood options, providing something everyone can enjoy.

The Steamed Crabs and Snow Crab Legs are always listed at Market Price, along with the Crab cake Dinner, Catch of the Day and other menu items that are caught and prepared fresh daily. Certain items will only be available during peak seasons, another reassuring fact that the food is served fresh.

While the restaurant is named Crab Shack, located on the water and has a to-die-for Crab Dip appetizer, the Bacon

Cheese Fries at \$6.95 melt in your mouth and are perfect for anyone who is anti-seafood.

If you are sticking around for dessert, their Homemade Key Lime Pie is a must-have, coming out the perfect serving size after a filling meal.

With indoor and outdoor seating, Crab Shack can accommodate over 200 customers and remains open year-round.

Even at peak dinner times on the weekends, this restaurant's open atmosphere and waterfront views keep the establishment from ever feeling overcrowded.

Their appetizers, entrees, crab legs, drinks and everything in between are worth the visit, but what seals the deal is this restaurant's location.

Each night as the sun sets, the restaurant's windowed walls face the illuminating sky filled with orange and red.

Not only is the Crab Shack a great dining experience, but it also hosts banquets, birthdays and full service oyster roasts, and offers catering services. ■

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

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