



THE CAPTAIN'S LOG

THE VOICE OF CHRISTOPHER NEWPORT UNIVERSITY STUDENTS

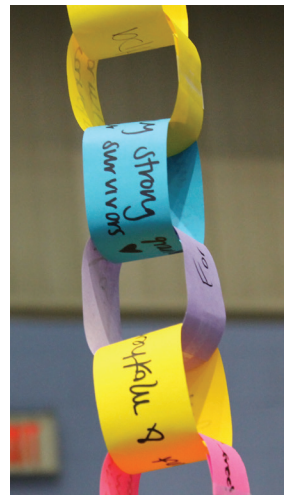
@CNUCAPTAINSLOG

WWW.THECAPTAINSLOG.ORG

VOLUME 50, ISSUE 21

MARCH 27, 2019

\$65,868.86 raised for research



(Left) A sister of Gamma Phi Beta adds to the 'Why I Relay' paper chain. (Above) The chain contained names individuals students were walking to support.

CNU's Relay for Life exceed fundraising goal after event on March 22-23



MATTHEW SCHERGER

MATTHEW.SCHERGER.16@CNU.EDU

March 22 was a triumphant night for CNU's Colleges Against Cancer, as they began their annual Relay for Life already ahead of their Volunteer Goal of \$60,000.

A little over twelve hours later the results came in: they had raised \$5,000 more than their goal and over \$11,000 more than they raised last year.

Eight Relay teams raised over \$2,500 each, with the Colleges Against Cancer team leading the way

with \$9,204.

Alpha Sigma Alpha, Delta Gamma, Zeta Tau Alpha and Sigma Phi Epsilon rounded out the top five teams, each with over \$4,000 raised towards cancer research.

Equally as impressive, six individuals raised over \$1,000 dollars on their own.

In total, more than 900 people raised money throughout the event, an indication for the impact that cancer has had on the CNU community and their dedication to find a cure.

STORY CONTINUED
ON PAGE 4

(Left) Students take a break during the event to dance. **HANNAH MCLURE/ THE CAPTAIN'S LOG**

500 aftercare kits packed

The CNU community came out to support Fear 2 Freedom in their annual Hour 2 Empower event

MORGAN BARCLAY

MORGAN.BARCLAY.15@CNU.EDU

I pledge to help end sexual assault on my campus. I will stand firm to protect my fellow classmates on and off campus. I pledge to be the change

Voices of hundreds of students echoed this pledge in the DSU Ballroom on March 18. Participating in the annual Hour 2 Empower event, community

members came out to support survivors of sexual violence.

The annual event asks students to help pack aftercare kits for survivors of sexual violence.

The kits include sweatpants, sweatshirts and underwear in sizes from children to XXXL, toiletries, notebooks or coloring activity pages, a special bear and a personalized note from

These kits are an important step in the recovery process. They give survivors an opportunity to start their recovery pro-

cess when they need it.

"Studies show that when a victim of sexual violence experience some expression of hope, love, support early after the event the possibilities they will recover will be greatly increased," said President Paul Tribble.

STORY CONTINUED
ON PAGE 3



Rosemary Tribble helps the community pack an ambulance with the kits. **NICOLE RAMKEY/ THE CAPTAIN'S LOG**

What's Inside

News

Busy? You can still get caught up on world events with this article.

Snapshot

The dance concert showcased student talent and choreography.

Sports

Baseball defeated St. Mary's College of Maryland this past weekend.

A&E

CNU students perform staged reading of Nancy Bell's 'Venus'.

Lifestyle

CNU's Spectrum offers support to CNU's LGBTQ+ students.



Weekly Pic

The Commissioners of the Revenue Association of Virginia thanked CNU for their support of the 1st Statewide Commissioners & Cans Food And Fund Drive started by Newport News Commissioner of the Revenue Tiffany Boyle. Commissioner Tiffany Boyle visited our campus for photos and donations benefiting the Peninsula Food bank and with our support raised the most amount of food in this years drive.

MARCKEL BONDS

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

Check out CNUTV’s coverage for this year’s Relay for Life! With multiple livestreams and a video of the event, you can catch all the sights and sounds you may have missed at this huge fundraiser.

Happened

March 21 Housing Lottery ends

The housing lottery process in which students choose their housing for next year ended on Thursday. Due to the changes of availability of rooms, many had to change their original plans, with many going into the process as individuals who will be randomly roomed.

March 22-23 Formals

Many Greek organizations had their spring formals this past weekend. Gathering in celebration of their organization.

Happening

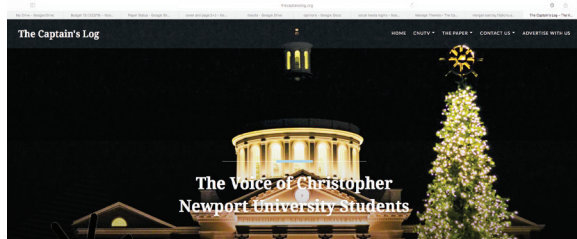
April 5 Paideia 2019

CNU’s annual undergraduate research conference will be on April 5 from 12-7 p.m. in the DSU and Tribble Library. CNU students will be performing oral presentations and poster sessions.

April 7 Out of Darkness Walk

The American Foundation for Suicide Prevention will be hosting a walk at CNU’s campus on April 7 from 9 a.m. to 12 p.m. The walk hopes to prevent suicide through a raising of awareness and funds.

Go online with The Captain’s Log!



Visit us online on our new and improved website thecaptainslog.org. There you can experience bonus content and read all of your favorite stories.

The Captain’s Log Staff

Morgan Barclay
Editor-in-Chief
Michael Innacelli
CNUTV Managing Editor
Sports Editor
Matthew Scherger
BreakingCNU Editor
Hannah Lindenblad
Photography Editor
Emma Dixon
News Editor
Kristen Ziccarelli
A&E Editor
Anna Dorl
Lifestyle Editor

Liam Rowell
Business Director
Mara Tharp
Production Manager
Copy Editor
Paige Stevens
Social Media Manager
Jason Singarayer
CNU Studios Editor
Jason Carney
Co-Faculty Advisor
Nicole Emmelhainz
Co-Faculty Advisor
Katie Winstead-Riechner
OSA Advisor

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

THE EDITOR welcomes letters from readers. Editors reserve the right to edit letters for length and AP style, as well as to refuse publication. An email with a “.doc” attachment is preferable. Reach us through:

- Email: clog@cnu.edu
- Drop off: The Captain’s Log newsroom, DSU Suite 393

JOIN THE STAFF The Captain’s Log is always open to students who are interested in writing, photography and editing. Editors assign stories every Sunday at 7 p.m.

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

FEAR 2 FREEDOM

STORY CONTINUED FROM COVER

The night also acts to promote awareness of sexual violence.

"We're here tonight to underscore how important it is to keep each other safe and secure. We're here tonight to offer hope encouragement and love," Tribble said.

First Lady and founder of Fear 2 Freedom Rosemary Tribble highlighted the personal importance of the event, as well, recounting her experience of sexual assault and her recovery process.

"December 21, 1975 was the worst

night of my life. It changed my life forever. But I can truly say to you that what was meant for evil was used for good."

After Paul and Rosemary Tribble spoke, the audience was led in a pledge to end sexual assault. They then packed the kits, before packing them in an ambulance to be donated to Riverside, Latisha's House, Avalon Center and Children's National Health System.

To date Fear 2 Freedom has provided over 20,000 after care kits to survivors of sexual violence, domestic abuse and sex trafficking.

Those interested in finding out more information or how they can volunteer their time can visit their website fear2freedom.org.



The number of participants in the event went into the hundreds. NICOLE RAMKEY/THE CAPTAIN'S LOG



(Left) Students wrote personal notes of encouragement to be added to the kit. (Middle) Rosemary Tribble poses with a Freedom Bear. (Right) Rosemary Tribble hugs a participant of the event.



Sophia Nelson gives keynote at Global Status of Women and Girls Conference



Nelson brought energy to the keynote, opening with a dance. CNU OCPR

MORGAN BARCLAY

MORGAN.BARCLAY.15@CNU.EDU

Sophia Nelson wants you to listen to your neighbor.

Serving as the Keynote Speaker at the 2019 Global Status of Women and Girls Conference, Nelson focused on bridging the differences between Americans and giving tools for women to succeed. With that success, she suggests, our country can

make its way through "this climate of national uncertainty and division of political rankard, racial unrest and the #MeToo movement." She went on to say, "we will get through this, as a better America."

The theme of the conference, was "Intersectionality: Understanding women's lives and resistance in the past and present." As a political commentator, writer and corporate diversity champion, Nelson used her back-

ground as the basis for her speech.

Talking specifically about her three books, "E Pluribus One," "Black Women Redefined" and "The Woman Code," her address offered a look into the role diversity played in the founding of America, the difference in experience between white women and black women and offered keys for women to use their femininity to empower themselves.

"Even though we all live in the same America, we experience it very differently and I believe it all lies back in this document in the Declaration of Independence."

Discussing the creation of the America by the founding fathers, she mentioned the explicit omission of individuals that were not white wealthy landowners. However, even through its flawed implementation, she states that the values in the Constitution and the value of *E Pluribus Unum*, are what makes our country "unlike any in the world."

Putting our country in perspective she said, "What made us what we are is we started half slave and half free, and somehow we found ourselves in 2008 with a black president."

She encouraged audience members

to lean into this, to talk with their neighbors, to challenge their beliefs, to embrace diversity of people, culture and thought.

"You don't have to think like your neighbor. You don't even have to like the way your neighbor thinks but you do and should respect that American's right to have an opinion different from yours."

Finally, she put the conference into perspective, "When you leave here don't take the stuff you learned and stick it on the shelf, really question yourself. Do you understand how your country started? Do you understand the division of race? Do you understand that after slavery you had a hundred years of Jim Crow and that only in the last fifty years in this state Loving v. Virginia, 1967, that was the first case where a white man could marry a black woman legally in America? That's me. I was born in 1967."

She ended the night by doing just that, offering women tips on how to embrace their femininity and make it their strength.

"I thought it was really awesome to hear the founding of America clearly articulated," student Jessie Todaro said. "It opened my mind to experi-

ence of black women and about how the way they are marginalized is different from how I'm marginalized."

"I'm thankful for the opportunity to be educated," Todaro said.

There were some, however, that had criticisms of the event, specifically as a keynote address.

"While I enjoyed presentation and it was extremely valuable in helping women learn their value and gave tools to help lift each other up, it felt unnecessary to talk to female scholars about intersectionality in such a basic way," student and presenter Cassidy Hill said.

"She completely ignored the role of indigenous women in the United States, the amount of times she re-enforced the cisgender binary, man and wife, felt irresponsible."

Hill also had problems with respect being forced.

"It's a problem to say you have to respect each other's opinions because they can be harmful. I shouldn't have to listen and respect the opinion of someone saying I don't deserve health care or food stamps."

She also went on to say, "she's a good role model, but she could've been more responsible with her time." As a speaker at the event she only had fifteen minutes to present her research.

The Global Status of Women and Girls Conference featured performances, talks and presentations from scholars here at CNU and abroad.

The conference is in its fourth year. ■

STORY CONTINUED
FROM COVER

With a theme of “Up, Up, and Relay,” this year has been about achieving more to combat cancer.

Multiple inflatables, food incentives and other fun activities hosted by the Relay teams were just some of the ways organizers of the event drew in as many people as possible into the Freeman Center Field House.

“Relay for Life is really the celebration of bringing all our efforts together and celebrating our loved ones,” Shannon McWilliams, the president of Colleges Against Cancer, said.

It was not all fun and games for the entire night, however.

The annual Luminaria ceremony had three speakers this year.

Each speaker shared their personal stories and reasons for why they relay, and invited the audience to share a moment of reflection and silence to remember those fighting against cancer.

Although a large number of walkers only stayed until the end of the Luminaria Cer-

emony, there was still a significant crowd of dedicated individuals who stuck out the whole twelve hours, participating in wing eating contests, cake walks and karaoke.

McWilliams appreciates every single person who stayed at the event through the whole night.

“Walking all night is hard, but not as hard as the cancer battle,” McWilliams said.

Overall, it was another successful year for Relay for Life and for CNU’s Colleges Against Cancer. Next year they want to continue to increase their participation from non-Greek organizations on campus.

For McWilliams, one of the most rewarding aspects of being the president of Colleges Against Cancer is being a member of the club itself.

“We are a small organization, but we are all rooted through the same cause,” McWilliams said. “It has been a pleasure to see all of our members grow in their positions and grow the event to where we were able to reach our goal before Relay even started.”

If their upward trend from the past few years continues, we could very well see a day where their goal is accomplished: to find a cure and eliminate cancer from the world. ■

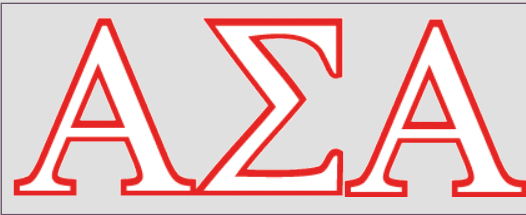


HANNAH MCCLURE / THE CAPTAIN'S LOG

Top Relay Teams



\$9,204



\$7,306



\$4,823



\$4,694



Sisters of Alpha Sigma Alpha and Gamma Phi Beta dance in the Freeman Center Field House during the 12 hour Relay for Life 2019 event. HANNAH MCCLURE / THE CAPTAIN'S LOG

Total Raised
\$65,868.86

Over \$11,000 more raised than last year's amount (\$54,500)

World in Brief

Recaps of the top news stories that happened last week from across the globe



1

Terrorist attack takes place in New Zealand

On Friday, March 15th, a white supremacist terrorist opened fired on two mosques in Christchurch, New Zealand. This resulted in 50 deaths and dozens more wounded. While conducting the shootings, the Australian gunman live streamed the tragedy on Facebook, leaving the company and other social media platforms to jump into action to delete any trace of the video. New Zealand Prime Minister, Jacinda Arden, called the incident an “act of terror” and proposes to implement stricter gun control following the attack. New Zealand authorities have deemed the mass murder as an isolated incident. The killer, who was taken into custody, has a court hearing set for April.

Source: BBC News at <https://www.bbc.com/news/world-asia-47601516>
<https://www.bbc.com/news/world-australia-47607116>

2

Floods devastate several states in the Midwest

A combination of heavy rain and melting snow has caused areas along the Missouri River to flood. This has resulted in three dead and hundreds left to evacuate their homes surrounding the river. States such as Iowa, Nebraska and Wisconsin have suffered the brunt of the devastation, as all three governors of their respective states have declared state emergencies. According to NBC News, “The Missouri River reached 30.2 feet in Fremont County in far southwestern Iowa on Sunday, breaking the record by 2 feet and topping levees in the towns of Bartlett and Thurman.” The river has started to fall below major flood levels, however forecasted heavy rains for this weekend could cause the river to rise to dangerous levels again.

Source: NBC News at <https://www.nbcnews.com/news/weather/historic-flooding-kills-three-forces-hundreds-homes-across-midwest-n984271>

3

Two rockets fired at Israel, Hamas possibly responsible

On the night of March 14, two rockets were fired from the Gaza Strip into Tel Aviv, Israel. This was the first major targeting of the city since 2014. Israeli intelligence believes that Hamas, a Palestinian terrorist organization that occupies Gaza, is responsible for the attacks. In response, the Israel Defense Forces (IDF) carried out dozens of air strikes on Palestinian military sites, hitting over 100 targets. The incident comes as a continuation of the long-standing conflict between the Israeli and Palestinian peoples, with Hamas having carried out many previous attacks against the Israeli nation.

Source: BBC News at <https://www.bbc.com/news/world-middle-east-47581343>

4

Turkish man opens fire on a tram in the Netherlands

On Monday, March 18, a Turkish man opened fire on a tram in Utrecht, Netherlands. The incident left three dead and five others wounded. Authorities apprehended the prime suspect Monday night, downgrading the terror threat level to four out of five. With the suspect in custody, it remains unclear if he acted alone, and what his motive was. Prosecutors are leaving an act of terrorism on the table as a possible motive. Additional information and facts related to this story are still developing as authorities further investigate the attack.

Source: The Associated Press at <https://www.apnews.com/dbc1e6db056a41338b-9628dac6542737> and BBC News at <https://www.bbc.com/news/world-europe-47622916>

5

Cyclone Idai Rips Through Southern Africa

Last week, Cyclone Idai struck the countries of Zimbabwe, Malawi and Mozambique, leaving hundreds dead, and devastation across the south African continent. President Filipe Nyusi of Mozambique said he believes that death counts will rise to above 1,000, as reports continue to pour in of deaths and missing people. The Red Cross estimates that about 90% of the central port city of Beira in Mozambique had been “damaged or destroyed by the cyclone”. UN agencies and the Red Cross have scrambled their resources across the countries to assist with rescue operations, while also deploying food and medical supplies via air support. ■

Source: CBS News at <https://www.cbsnews.com/news/cyclone-idai-malawi-mozambique-zimbabwe-africa-death-toll-live-updates/>

A great big congratulations

It's time to feel proud about what you've accomplished here



COURTESY OF ADOBE STOCK

MORGAN BARCLAY
MORGAN.BARCLAY.15@CNU.EDU

The participation trophy generation, the entitled kids, the attendance badge wielders-- our generation has been marked with award after award in hopes to raise our self-esteem.

While some may think that this has caused a generation of lazy entitled brats--and maybe they're right--it's done something else, something worse. It's made us cynical.

I'm about to graduate college. But even modicums of congratulations about this feat, are met inside of me with confusion and not pride.

Isn't this what everyone does? Doesn't everyone get this trophy?

I'm here to tell you they don't. Not everyone gets through college.

Not everyone can even go to college. Not everyone has the privilege to even try.

We can trick ourselves into believing this because awards and praise don't really mean much when it's offered to everyone. It also doesn't help that it's now become a kind of prerequisite to even moderate success in our country, but that doesn't mean you don't deserve to take some pride in doing something great.

And I'm not telling you to be prideful or boastful. I'm not telling you to ignore the help you've received. Whether it be from professors, administrators, friends, family, whether you've received financial support, emotional support, intellectual support, you've received help in some way. You should take the time to thank those people. They don't get thanked enough. But also thank yourself, and when someone is telling you congratulations, actually take it.

This isn't what everyone does. College is hard, especially at CNU, where it seems we're constantly

in a battle to one-up each other. We need to volunteer more, have more leadership positions, get that good internship, on top of actually going to class. And looking at your neighbor it may not feel like you're doing enough, but even if you decide to just invest the time and energy to educate yourself, that is an incredible feat.

So if you're in my boat and people's congratulations are falling flat, let me tell you, you deserve to be proud of yourself.

College is hard. It's supposed to be hard. You've taken the time to better yourself. You've taken the time to deepen your understanding of the world. You've challenged yourself and your worldview and you're coming out of the experience on the other side a changed person and the reason why that's happening is because of you. It's because of your dedication, your effort, your work.

Give credit where credit is due. You certainly deserve a little. Especially after how many all-nighters you pulled. ■

Spring into eco-friendly cleaning

Five tips to help reduce your environmental impact

JAMES DUFFY
JAMES.DUFFY.17@CNU.EDU

With longer, sunnier days and the smell of blooming flowers in the air, springtime is officially here. For many, this seasonal switch is indicative of the semester nearing an end, summer approaching, and a time to balance your mindset with some therapeutic decluttering, cleaning, and space-making.

However, this type of gung-ho, Marie Kondo-inspired "tidying" frenzy often has unseen environmental impacts.

Where we send our old clothes, what types of products we use to clean our rooms, and how we manage our waste are all aspects of this year's spring cleaning you can easily take into account.

Here are five tips to make your spring-cleaning more environmentally-friendly, so crack your windows open, turn up your favorite cleaning playlist, and get to tidying!

1. Choose green supplies

Finding the products with the least harsh chemicals and searching instead for plant-based, biodegradable cleaners can make your cleaning process easily more sustainable. Many mainstream cleaning products depend on harsh bleaches or other chemicals to degrease, but plant-based alternatives are easy to find, or you can even DIY your cleaning supplies with vinegar and soap with many recipes existing online

2. Choose washcloths

Whether it's the paper towels you wipe down your windows and mirrors with or the cotton-balls you use when cleaning your face, they all are single-use and end up in landfills. Washcloths are inexpensive and they wash clean with your weekly laundry; even if it is simply reducing the amount you use, every habit change goes far in reducing landfill input.

3. Purify your air with plants

Adding a little extra green to your windowsill can also benefit your room's air quality. Studies from NASA have shown that plants like the golden pothos, snake plant, gerbera daisy, and peace lily all have air-purifying capabilities, removing benzene and formaldehyde from the air.

4. Keep recycling nearby

Rather than excitedly dumping your backpack out into the trash after your last final next month, find the nearest recycling to catch all that paper. CNU's single-stream recycling accepts papers (not including used paper towels or tissues), #1 and #2 plastics (check the number on the bottom of your plastic products), glass, paper cartons, and aluminum cans. Empty that bagless bin or box into your residence hall's closest clear-bagged recycling receptacle to make sure your waste doesn't outweigh what you're reusing.

5. Repurpose old clothes

Clearing closet clutter can be beneficial for you, your community, and the planet, if you find the alternatives to simply trashing old clothes. Turning old cotton shirts into washcloths is helpful in reducing waste, or even selling / trading clothes with friends can reduce what ends up in the trash. Additionally, donating your old, worn, or even tattered clothes to your local thrift store or green-deposit receptacles is a great option even if you don't think anyone will wear or buy them after you; many stores or organizations will send unsold materials to fabric recycling facilities. ■



COURTESY OF ADOBE STOCK

What the PFAC?

PFAC is coming to campus and we should all be excited



A rendering of the new expansion. COURTESY OF CNU OCPR

BARRETT GOODE

BARRETT.GOOD.17@CNU.EDU

It seems as if Christopher Newport University is always adding something new to campus. Whether it's a new wing to the library, or improving the horrendous parking situation, we are always expanding in size. One of the newest, and more strenuous, additions to our campus is the Peninsula Fine Arts Center (PFAC), located right behind Pope Chapel on campus.

Posing over \$50 million in construction, CNU is adding a new fine art building to the already wonderful Ferguson Center of the Arts. The Daily Press states that, "The three-story, 110,292-square-foot center will house gallery and programming space for the

Newport News art museum, which CNU is already partnered with, as well as a lecture hall, classrooms and studios for 3-D, 2-D and digital art." With the addition for the Theater Department, the students and faculty will no longer be split between the different sides of the Ferguson Center. Having the closest thing to a strictly theater classroom be our rehearsal hall, the increased space will be more than welcome by the Theater Department.

A common question that I have heard around campus, is, "Why is CNU putting money towards this project when problems like housing haven't been addressed in years?" I thought the same thing, but after further research, I found a simple answer. CNU received special

funding for this project from other institutions and the state. Everything going into this building has already been funded and approved by CNU's faculty and the only thing holding the construction is finding the company needed to build it.

Now, I must say, considering one of my two majors here at CNU is Theater with a concentration in Musical Theater, I am a bit biased towards this matter. After reading the plans and looking up the drafts for the building, the only downside I see is having to walk around the fenced off area near the church until the construction finishes. I strongly encourage you to get hype for this because its gonna look fantastic. ■

Jostens sucks

Why I didn't buy a class ring

MILLER BOWE

STEPHEN.BOWE.15@CNU.EDU

Jostens is a company created to sell you useless garbage. This is not unique—most companies fit this description—but Jostens is conspicuous because of its place in college life. College life is filled with obvious gouging: tens of thousands of dollars a year in tuition and room and board, hundreds of dollars to pay for textbooks, and exorbitant additional fees for things like parking. It is remarkable, then, that Jostens manages to run a grift so blatant that it sticks out in an academic world already filled with nickel and diming. I am speaking specifically of class rings.

Class rings are pointless and expensive. The cheapest ones listed on Jostens' website for CNU are 594 dollars, although this can be reduced to the also unreasonable price of 409 dollars by opting to have the ring made of "Lustrum," an alloy made of nickel and chromium. 409 dollars is an insane amount to spend on something with no actual function, unless you plan to use the signet to seal documents.

Naturally, then, class rings must be accompanied by significant marketing to convince college students—who almost invariably have little money and are very commonly racking up debt—that such a useless frivolity has some sentimental value. A grand ring ceremony marks the occasion, appealing to tradition to convince us that by paying an absurd amount of money for a frivolity we are joining a long line of people with hundreds of dollars to burn.

(The Ring Tradition was first formalized in 2016.)

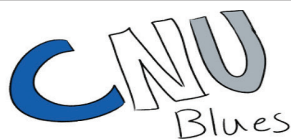
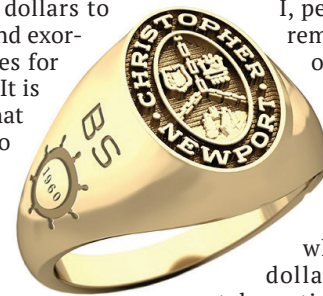
Class rings, supposedly, provide a means of showing school pride, and buying a class ring will serve to remind you of your time at CNU long after you've left. Perhaps it will, but after graduating I would hope most people would have plenty of reminders already: a degree, for one thing, but also thousands of dollars of debt.

I, personally, will have reminders in the form of my friends, who I hope will remain friends for life, and the things I have kept that I associate with them, none of which cost me 409 dollars. Small things, tokens, tied to memories and in-jokes and good times, carry far greater sentimental value to me than a tacky piece of jewelry with a marketing campaign around it.

My grievance with class rings is less with people who buy class rings and more with the people who sell them. There are people I respect who, for reasons unfathomable to me, have purchased class rings. I am far more annoyed with someone asking me to spend my money on something silly than I am with someone else who spends their own money in a frivolous way.

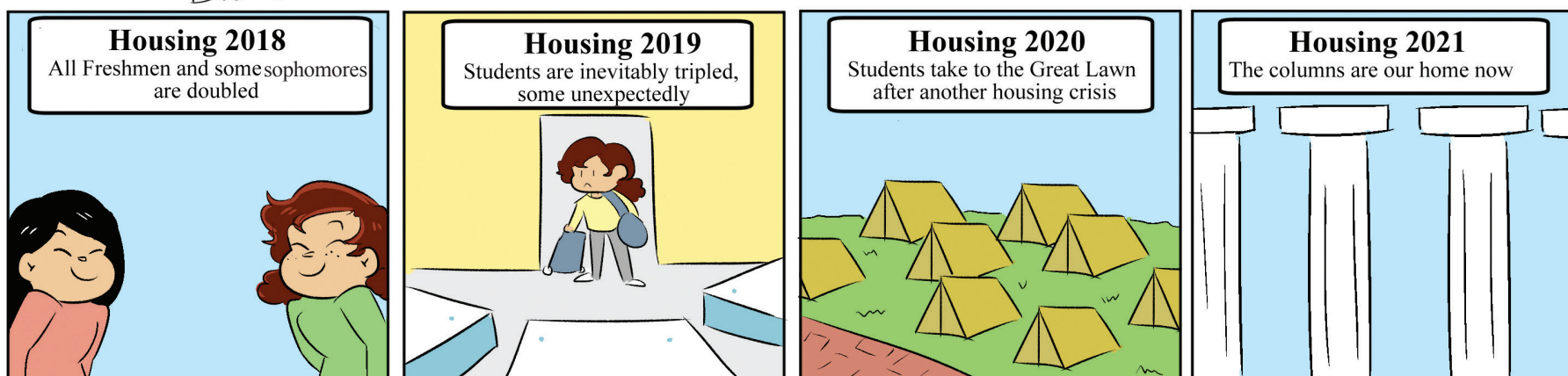
Why on earth, after giving Christopher Newport University an absurd amount of money over the course of four years, would I ever deign to spend more just for their name on a useless ring? Millennials have been accused of "killing" various industries, ranging from casual dining to diamonds to golf. The next industry to go should be class rings. ■

PHOTO COURTESY OF JOSTENS



MEGAN MOULTON

MEGAN.MOULTON.16@CNU.EDU





TheaterCNU presents:

10th Annual Dance Concert



The opening piece from the first act was a tap dance to the song "The Greatest Show" from "The Greatest Showman."

"Shattered Time" was a ballet piece choreographed by one of the directors of the dance concert La Lloyd, and included the song "Shatter Me" by Lindsey Stirling. **HANNAH LINDENBLAD / THE CAPTAIN'S L**





(Left) “A Piscada” is a modern dance piece and was accompanied by the songs “O Leãozinho” by Caetano Veloso and “Sonho Meu” by Maria Bethânia. (Right) Junior Nitya Kalidindi pictured on the left choreographed and performed the piece Hamaaree with a remix of the song “Ramta Jogi” by AR Rahman.



(Above) This student choreographed tap dance was called Blackjack, and was choreographed and performed by Senior Josie Kownack pictured on the left of the line up. It was accompanied by the song the song “Blackjack” by Amine. (Left) The final performance of the night was “Expect US.” It is meant to be a call to action in response to the 2018 shooting at Marjory Stoneman Douglas High School in Parkland, and the continued gun violence that has happened since the shooting (Right) Paint, based on the song “Paint” by The Paper Kites, was choreographed by Senior Caitlin Murphy.



UPCOMING HOME GAMES

Women's Lacrosse	Baseball
5 p.m. March 27th University of Lynchburg	3 p.m. March 29th University of Mary Washington

UPCOMING AWAY GAMES

Men's Lacrosse	Softball
1 p.m. March 30th York College (Pa.)	2:30 and 5 p.m. March 30th Southern Virginia University

Money Moves: March Madness

How much money is involved in the tournament?

COURTESY OF NCAA

TARYN HANNAM-ZATZ

TARYN.HANNAM-ZATZ.16@CNU.EDU

March Madness is one of the biggest times for professional sports each year.

This is during the month of March when collegiate basketball teams are competing for the NCAA Championship.

Given that this is such a big time for sports you can only imagine how much money is involved.

According to moneywise.com The American Gaming Association estimated that fans wagered more than \$10 billion on last year's tournament, both legally and illegally, and according to CBS News, this year will be about the same with over 50 million Americans betting.

This is an enormous amount of money. The bad thing about this

is that a majority of it is illegal so it does not help the United States economy.

More than 70% of the money being wagered is through illegal gambling so the only people it will help is those who win.

Aside from the money being wagered during March Madness there are so many other aspects where money is involved that one may not think about. Given that this is such a popular time to watch basketball on television,

many workers will slack off during the day to pay attention to the games and their bracket, so much so that studies say March Madness is responsible for at least a \$4 billion loss in worker productivity each year.

This is a major detriment to the United States economy.

Losing that much each year really damages the industries as well as the United States as a whole because the economy is cyclical, so if there is a major loss

dustry.

Brewers increase their production, and in some areas beer sales increase by as much as 26 percent, according to Upserve, a maker of restaurant management software.

Another area where the March Madness tournament can mean a major raise in pay is for the coaches of successful teams. In Kentucky, the highest earner of public employees is John Calipari, who coaches the University of Kentucky's basketball program.

Calipari is making \$7.99 million in total pay for the current season.

Given that this tournament is highly televised, the NCAA finals rival only the NFL Super Bowl as a major advertising event according to Kantar Media.

Spending on ads during the college tournament goes up by up to 5 percent per year. In 2018 companies spent \$1.28 billion on commercial time during March Madness.

This tournament that goes on for an entire month is one of the most watched tournaments every year.

Though the name is March Madness it seems like money madness given how much money is surrounded by it each and every year. ■



A Case for CNU Esport Support

With the successful play from CNU Overwatch, CNU should consider supporting its Esport teams

TONY SABIA

ANTHONY.SABIA.17@CNU.EDU

Two weeks, and two wins.

That's all that was needed for the CNU Overwatch team to secure a spot in the Elite 8 of the Tespa Collegiate Overwatch Championship and get flown out to Houston for a live broadcast.

Unfortunately, even though CNU ended the regular season ranked 11th in the nation, and seeded 10th in the playoffs, it took 30 minutes for us to lose against a better team.

While all games played were close and could have gone either way, CNU ended up losing to a team that was ranked higher, played better, and had more support from their college when it came to preparation and playing.

It sucks that we lost. We spent every Sunday night talking, playing and oftentimes winning as a result.

While feeling like we got robbed of our chances to represent CNU on a national stage, this article isn't to complain about anything.

CNU's Overwatch team managed to scrounge up a playable roster made up of new freshman and a core group of nationally ranked players and beat some of the best teams in the nation.

Getting kicked out of the tournament by a better team just exemplified how much of an underdog team CNU was.

With no support and no real incentive to play and get better together from our college, CNU Overwatch had more of a lackadaisical approach to playing games.

Get online every Sunday at 7 p.m. and play together.

Either to win or to lose, and in our case, we often won.

We all dreamed of getting scholarship money as a result, but the

real glory was being able to walk around on campus knowing that we put all of our skill into representing CNU the best we could on a stage that not many people get to be on.

This is an open letter to let the administration know that CNU has the talent to go to nationals and even take the championship in a video game tournament.

But without funding and the same rights afforded to more traditional athletes, CNU's Overwatch team faltered, crashed and burned right before the grand landing.

To everybody on the team, good work. We grinded against the best teams in the nation, and out of 500 teams, we showed that we're serious contenders when they queue up against us.

Regardless of the issues we all had with one another and the tilting we all experienced after losing a couple rounds, we got closer than some

people ever get with their friends. We all trusted one another to protect each other and to play together, that's a bond that won't go away the rest of our lives.

To everybody else, the stigmas that we "aren't real athletes" and "are just playing games" is turning down a chance for CNU to dem-

onstrate that it really is a place for students of all kinds to demonstrate their skills on a greater stage than in their dorm room.

If CNU helps in any way, shape or form, you can expect to see CNU Overwatch represented nationally next year, as we will be looking to go all the way. ■



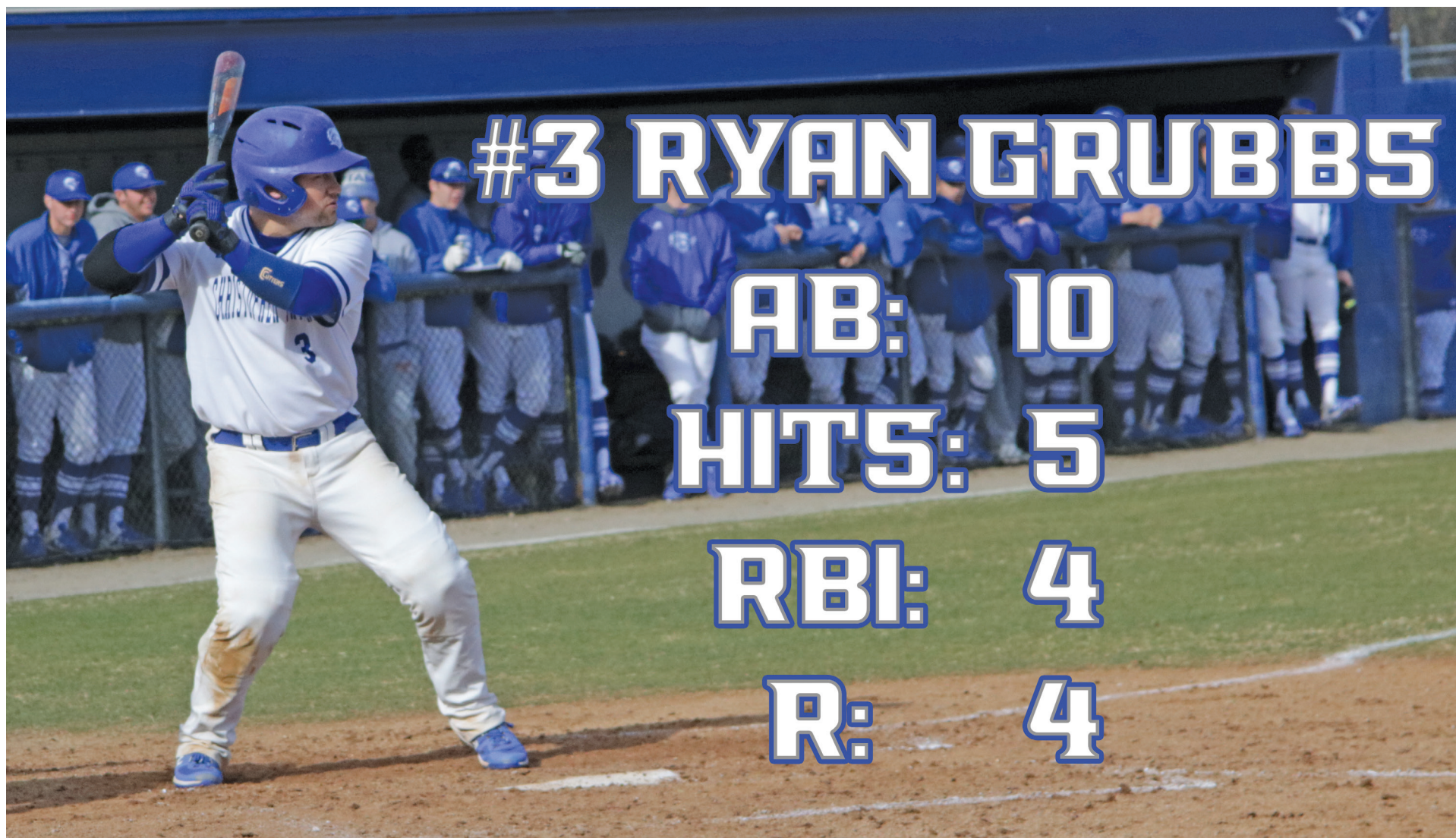
CNU OVERWATCH

COURTESY OF CNU OVERWATCH

Want to write for the Sports Section?
Contact me:
michael.innacelli.15@cnu.edu

No. 2 Christopher Newport Baseball Crushes St. Mary's (Md.)

CNU baseball defeats St. Mary's College of Maryland in a three game set in CAC action



#3 Ryan Grubbs awaits a pitch in a game against the Eastern Mennonite University Royals. PICTURE BY SARA KOOCHAGIAN / THE CAPTAIN'S LOG - STATS COURTESY OF CNU ATHLETICS - GRAPHIC BY MICHAEL INNACELLI / THE CAPTAIN'S LOG

MICHAEL INNACELLI
MICHAEL.INNACELLI.15@CNU.EDU

Number two in the nation CNU baseball keeps rolling along to big victories this year.

After breaking records last weekend they are back at it again taking down St. Mary's College of Maryland 18-1, 19-2 and 13-0 on the weekend.

The performance this weekend moves the Captains to 17-2 and 6-0 in the CAC.

The Captains were led by some solid performances by several Captains at the plate and on the mound.

In the first game a combo of #3 Ryan Grubbs and #7 Trey Hicks led the line at the plate while #16 Josh Husby was a force on the mound.

Grubbs had five hits in six at bats while driving in three runs and scoring three of his own as he had the Seahawks number all game long.

This was compounded with the game Hicks had at the plate. Three hits to his name along with three runs batted in and he crossed the plate himself twice, one of which coming off a home run.

The performance of the game goes to Husby though as through eight innings of work he only gave up three hits on the back of six strikeouts and no walks while he hit one batter.

In game one the Seahawks starter, #10 Jackson Edelman, could only last three innings as he gave up seven hits and 10 runs.

Game two went equally well for

the Captains offense as they exploded to another dominating victory.

This time the stars of the show for the Captains were #1 Conner Clark and #27 Nicholas Baham at the plate and #32 Teddy Herbert on the mound.

Clark had a solid contact day at the plate as while he didn't drive in any runs he did manage to score four times from his three hits on the day.

On the power side Baham managed to knock four runs in off two hits and a home run to his name.

Herbert earned his fourth win of the season for the Captains as he pitched eight innings of one run baseball and only gave up six hits with one strikeout.

Once again the Seahawks pitch-

ing was overmatched early on as the starter, #47 Drew Sturgess, was once again out within three innings.

Sturgess gave up eight hits and seven runs in his three innings of work while striking out a respectable three batters.

The Captains were not done thrashing the Seahawks as they went into game three looking to complete the series sweep.

CNU managed to score only 13 runs in the final game against St. Mary's (Md.), but this time they held them at the plate and earned the shut out.

#10 Nick DiNapoli had a very solid day at the plate with three hits and four runs along with a solo home run.

Not to be outdone by his left sided infield partner, #12 Seth Woodard also had a home run while driving in three on one hit on the day.

The real performance came from the starting pitcher for the Captains, #19 Nathan Clements.

Clements earned his first win on the season as he showed up in a big way against the Seahawks.

Only managing to last for six in-

nings, Clements pitched less than his counterparts from the weekend, but he struck out an impressive 10 in his six innings of work.

Combining this with the fact that Clements gave up no runs and no walks on the day and you get one of the best performances a pitcher can have, and a well deserved first win on the season.

#50 Connor Manion, the starter for the Seahawks of St. Mary's (Md.), only pitched a single inning giving up one hit, a homerun to DiNapoli, earning him the loss.

Overall the Captains had a very good weekend and showed they deserve their ranking of second in the nation just behind Trinity (Texas) in the rankings, who recently dropped two of three to eight in the nation Texas Lutheran.

The Captains will be back in play Friday, March 30, against CAC opponents University of Mary Washington.

The Eagles of Mary Washington come in with a record of 5-9 and 1-4 in the conference.

For coverage of all things CNU sports go to CNUSports.com. ■

For coverage of all CNU athletic events check out CNU's Athletics page CNUSports.com

March 29

Soja
8 p.m. The National

March 31

Gary Clark Jr.
7:30 p.m. The National

March 29

"Diane (2019)"
"Dumbo (2019)"

March 28

Farmers Market
3-6 p.m. York Strip

March 28

Thursday Night Trivia
8:30 p.m. DSU Crow's Nest

'The story of my life, sir'

CNU stages reading of scenes from Nancy Bell's 'Venus' play as part of the International Conference on Global Status of Women and Girls



The staged reading was performed in the DSU Ballroom. KRISTEN ZICCARELLI / THE CAPTAIN'S LOG

KRISTEN ZICCARELLI
KRISTEN.ZICCARELLI.17@CNU.EDU

There are few things in life that interrupt the story of one's life so drastically as war. Such is the case for Lee, the main speaker and sergeant during the Iraq war in Nancy Bell's play, "Venus."

Bringing together themes of gender roles, love, family dynamics and trauma of war, members of Theater CNU performed a staged reading of Bell's play Saturday afternoon in the DSU Ballroom.

Set in 2004, the play features scenes in both Iraq and Chicago, where Lee and his Iraqi lover (and former translator) Munira settle after the war. Based loosely on actual events, the play follows their love story, resettling in America and the birth of their child, with cultural differences and impact of war taking center stage.

Directed by CNU Professor Gregg Lloyd, the readers sat in a row across stage, assuming different voices for their respective roles and rising to speak when prompted. With about six scenes performed for the audi-

ence, much of the dialogue centered on Lee (Peyton Creasy) and Munira (Nitya Kalidindi).

After interviews and piecing together stories of those involved in the war, Bell wrote the play, intending to draw her audience in through real-life stories.

In theater, "we work with the assumptions that human beings can experience and imagine the lives of other human beings," Bell said.

In preparing for the role of Lee, Creasy explained that he called his grandfather (a Vietnam war veteran) to get his perspective, because "the story deserves the justice of it being told properly."

Although the story explores elements of PTSD and trauma for soldiers in war, it is not in the most typical way, as those in the mortuary unit such as Lee experienced PTSD from a different perspective not necessarily entrenched in combat.

"Throughout the reading, even when there were parts where he wasn't talking about his PTSD, there were certain words that would catch him, and then set him off in a distant way," Creasy said.

Hozier shines in Norfolk concert

After a long wait, Hozier's character and style came through for a night of music and fun

ANNA THOMAS
ANNA.THOMAS.18@CNU.EDU

Simplicity.

If I had to choose one word to describe Hozier's Wasteland, Baby! Tour, it would be "simple." Andrew "Hozier" Byrne took the stage at Chrysler Hall in Norfolk, Virginia on Thursday, March 14 and gave the city a taste of his first album in over four years. Known to play only small venues, Hozier gave a performance that resembled his character: down to earth, carefree and simple.

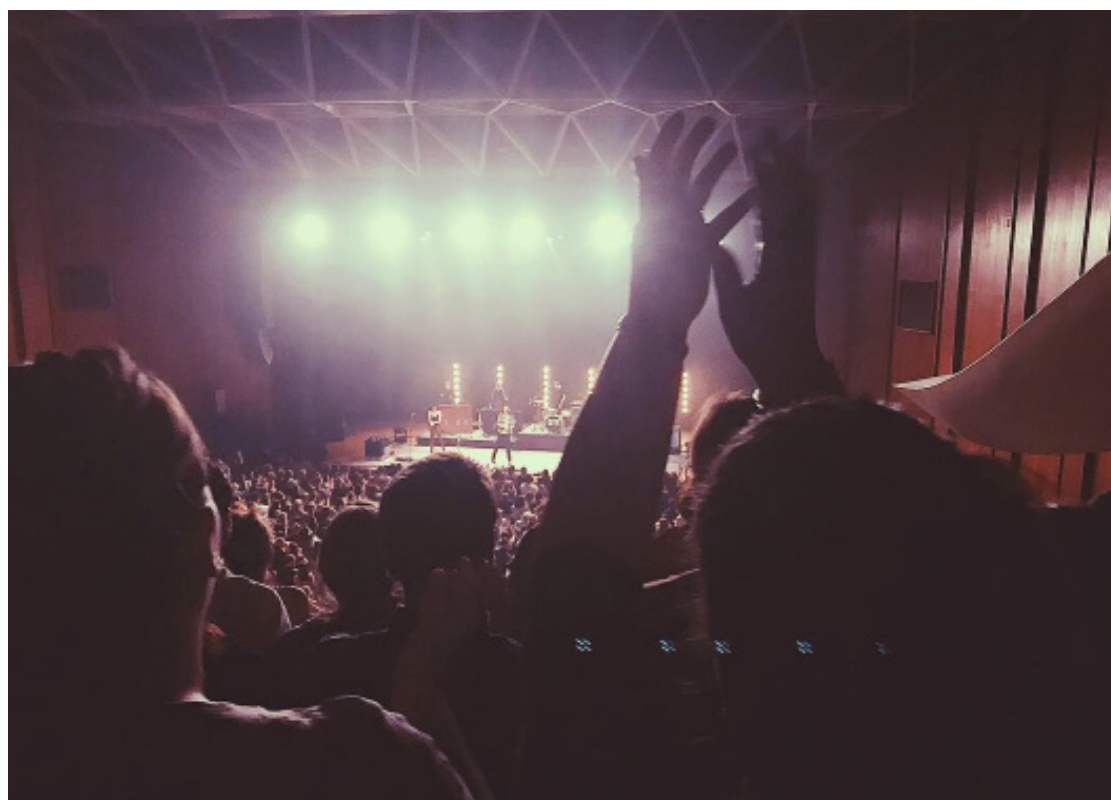
The opening act, Jade Bird, set the tone for the entire performance. Bird stood alone on stage with only a guitar in hand as she played some of her original music. Her bright red jumpsuit and her raspy vocals called for all eyes on her. She talked casu-

ally with the audience as she gave brief explanations of her songs. Before playing one of her more solemn pieces, she stopped and said, "We all get like that sometimes, right? Just sad..." she chuckled. "Oh, well." She shrugged and went on to play her piece.

She charmed the audience with her quirkiness and humility. "Thank you, thank you," she said after every song.

After walking off the stage at a 8:45 p.m., the crowd was ready. They wanted Hozier.

STORY CONTINUED
ON PAGE 13



COURTESY OF ANNA THOMAS



COURTESY OF ANNA THOMAS

STORY CONTINUED FROM PAGE 12

Finally, the clock hit 9 p.m. After four years of no new music,

after months of waiting for these tickets, and after hours of prepping for the concert, the wait was finally over.

The tall, lengthy musician followed his band out on stage as the crowd roared in excitement. He bowed his head gently and gave a subtle wave to the audience as he

strolled onto the oriental carpet. He went straight to his guitar and the crowd went straight to their feet.

He was grinning uncontrollably. The audience reflected his enthusiasm.

Few modern artists seem to enjoy playing their music as much as he did. His face showed passion with every chord he strummed. Every now and then, he would turn around to his band and play with them, not in front of them. His humility was obvious. He was truly there for the sole purpose of sharing music. And his excitement was contagious.

"I couldn't tell you what a joy it is to see you all," he said to the crowd. "It's my first time in your beautiful city." He went on to praise Bird's talents and thanked the audience for giving her a warm welcome.

"Some of these songs are being played in front of an audience for the very first time," Hozier told the crowd, adding to the personal appeal of the show. "That's the case for these next two songs...I hope you

enjoy." He proceeded to play a song that wasn't featured on his *Wasteland, Baby!* album.

Although the audience was excited to be the first crowd to hear some of his newer music, that magic fizzled out because with each song from his new album came more lyrics the crowd didn't know. To be fair, the al-

bum he was touring for only came out two weeks prior to the show, whereas the fans have had four years to relish in his first album. After four years of hearing those songs on discs and through earbuds, I think the audience would have appreciated to hear more of that music live.

So, yes, it might have been better if he had played more of his older music. But perhaps that's just not what Hozier fans should expect. He's not flashy, he's not a pop-artist, he's a musician. He came to share that. In some sense, not knowing the setlist by heart sort of forced the crowd to listen to the music and truly grasp the essence of the songs. There's no doubt he gave a great musical performance. But, it did seem to be more of a performance and less of a concert.

But, to a fan, the show probably seemed to fit his character.

And the fandom was obvious when he strummed the first chord of the fan-favorite "Jackie and Wilson" from his first album. The crowd went crazy. It seemed like every person in the building was singing. And that--the sound of the fans singing along--is what brought the show together.

Again, Hozier smiled. From the top of the nose-bleeds, I could see it--we all could. He was loving every second.

Finally, he remarked on his album *Wasteland, Baby!* being the number one album in the United States.

"That's not my doing," he said. "It's yours. So, thank you."

Every time he spoke, the crowd fell silent. Nobody wanted to miss a single word he said. Like Bird, Hozier was charming as he talked to the audience. It was candid and almost conversational. He gave background on his new song

"Shrike" and told of the meaning behind it. He ran his hands through his shoulder-length, brown hair as he spoke. It all felt so natural. The fans didn't scream and cry like obsessed groupies--rather, it was a mature and fluid atmosphere.

He went on to thank every member of his band, one by one, with a brief introduction for each. But it didn't stop there. He thanked the crew, all by name, for the tour and the show. And then finally, he thanked us--his fans. We responded in cheers and applause.

He played "Take Me To Church," his most popular single, and the crowd sang the lyrics to him--allowing them to show him why they were there. Those lyrics were all too familiar, and yet, never got old.

Hozier came back out for an encore and, for the first time all night, he was alone on stage. He had a single spotlight on him and a guitar in his hands, just as his opener, Bird, had done. He ended with "Cherry Wine" and "Work Song" from his first album, and the crowd knew the words like the back of their hands.

We stood there with him, singing together--smiling together.

Nothing brings people together like music. Hozier knew that.

He called his band out for a traditional curtain call on those same oriental rugs. With another smile, bow, and wave of his hand, Hozier turned to walk off stage. He put his hand over his heart and gave one last genuine grin.

From the front row to the nose-bleeds, you could tell it was a pleasure for him to perform. But, really, the pleasure was ours.

It was a night of good music. It was nothing flashy. It was simple. It was Hozier. ■

H-Town Hottie on the Rise

Discover what could be the next biggest thing: Houston-based rapper Megan Thee Stallion

NICHOLAS ALEXANDER-GOLDSMITH

NICHOLAS.ALEXANDER-GOLDSMITH.17@CNU.EDU

If you're tired of hearing the same old thing from every other Soundcloud rapper - or looking for someone coming in with purpose and real talent, look no further than Megan Thee Stallion. Megan Pete, AKA Megan Thee Stallion, is a Houston-based rapper who has recently come up in the game with her latest EP, *Tina Snow*.

Recently featured in *Rolling Stone* Magazine as a confident new artist, Megan is making her mark on the modern music scene. She was exposed to the music world and recording life at a young age and

grew up with a passion for writing music and freestyling. She currently attends Texas Southern University and hopes to open and operate assisted living facilities in her hometown. In the meantime, she continues to create music and perform at shows with the support of her mother and her fans called "Hotties."

On her road to popularity, Megan would post videos of herself throughout high school and into college freestyling, and her fan base grew quickly. Her song, "Stalli (Freestyle)" gained the attention of a wider audience with its strong beat and slick flow. Her lyrics are liberating and let you know exactly

what she's about. In her most recent EP, *Tina Snow*, Megan gained attention for her hit, "Big Ole Freak." The song is one of her most popular with its sex-positive lyrics detailing what she wants from who she's with and what she wants to do to them. Her songs mostly feature a heady beat layered over with her strong voice that effortlessly runs through the song; though, she does have a few that slow it down with a mellow sound but the same strength and delivery of her verses that hit and stick.

Her latest EP is one of the better emerging sounds of new rap artists. The punchy beats energize and get listeners dancing. Her lyrics

express a wave of female empowerment and sexual liberation; fighting off the typical calls for a more "decent" sound (whatever that means).

She brings a new energy to the rap game with her skill and charming personality. Her flow and quick thinking make her a strong freestyle artist and show that she is the real deal. Megan could and should be the next big thing and it's only a matter of time before more big-name individuals realize that as well. Her latest release, "Sex Talk," is available everywhere and is a look at her upcoming studio album, *Fever*, that is set to be released in April. ■

Social Media

IG: <https://www.instagram.com/theestallion/>

TW: <https://twitter.com/theestallion>

FB: <https://www.facebook.com/theestallionn/>

SC: <https://soundcloud.com/megan-thee-stallion>

A Spectrum of love, community, and acceptance

Take an inside look at CNU's organization for LGBTQ+ students



COURTESY OF THE COM-



Nick Alexander-Goldsmith, Vice President of Spectrum, tables in the DSU. COURTESY OF SPECTRUM

ANNA DORL
ANNA.DORL.17@CNU.EDU

Love. Community. Acceptance. These are just a few of the many positive words that describe Spectrum, CNU's "resource and support organization" for LGBTQ+ individuals, according to president Jonah Peters.

Spectrum exists as a community for those who identify as LGBTQ+ at Christopher Newport, creating a safe place for them to find a group in which they can express themselves fully.

"We host events discussing healthy sexual and romantic relationships, as well as providing the campus with free sexual health materials at all of our events," Peters said. "It's important to talk about relationships, and specifically relationships in relation to sexual and gender identity due to the impact that they have on our students."

Peters expressed that relationships are an important subject to college students, and that Spectrum exists to help those in relationships no matter what kind they are.

"Keeping a healthy mental state is difficult with everything that a college expects of its students, and it becomes even more difficult when you factor in that students who are part of the LGBT community may

not have a support system from their family at home, or from their friends at school as a result of their identity," he said.

One of the biggest misconceptions that many students have about Spectrum is that they exist solely for CNU's LGBTQ+ population, but Peters says that Spectrum is a resource for everyone at CNU.

Peters said the group does everything in their power to avoid seeming like a clique, which he said turned away some interested students from the organization.

"In the past, Spectrum was mostly a group of the same people every week, making it easy to feel excluded if you were new," he said. "Since then, we have focused on trying to shift away from that perspective, instead focusing on expanding our connections. We have new people at the club every week and all of our regular members are friendly, so we are more than welcome to people who just want to stop by once or twice, ask a few questions, or just meet someone new."

Their truly accepting nature, as well as the wide range of events they put on, offer opportunities for those outside the organization to gather as allies and see what Spectrum is all about.

They are also educators and advocates for general student sexual health, promoting safe practices no

matter what a student's sexual orientation is.

Spectrum hosts several events and mixers throughout the academic year, such as last semester's True Life Panel, in which members spoke on a panel about their experiences being LGBTQ+ in college and on CNU's campus specifically.

Drag Ball, their most popular event each year which draws all kinds of attendees and performers who come from CNU and beyond, is coming up on Thursday, April 4, in the DSU Ballroom from 8 to 11 p.m.

"It's an evening of fun. We invite drag queens from the local area to come perform for a night, as well as several amateur drag performers from on campus and some of CNU's dance teams as well," said Peters.

Tickets to the event are \$1, but Spectrum encourages donations to be made to the LGBT Life Center of Hampton Roads and Access Aids.

Peters encourages any interested students to reach out to Spectrum.

"We host events that are public for anyone who wants to attend and is respectful of others, and we have resources that are free for the campus, such as sexual health education resources and tools such as condoms for safer sex. We are a resource, and we would love if more of the campus felt comfortable with coming to us for things that we could help them with." ■

Alpha Phi Alpha welcomes new members

Despite hazing allegations nationally, CNU's chapter was able to hold Neophyte

MORGAN BARCLAY
MORGAN.BARCLAY.15@CNU.EDU

"Rest if you must, but don't you quit."

These words rung out from the Tribble Plaza last Saturday during Alpha Phi Alpha's presentation of new members called the Neophyte.

This traditional event featured a recitation of the history of the national organization, founding principles, chapter history, chapter lineage, and traditional hymns, and poems, along with stepping and greeting of the other NPHC organizations on campus.

For new member Michael Bush, this event held a special emotional significance.

"My emotions were on a roller coaster...I was partially nervous, partially happy, partially sad, a part of me was never going to be the same anymore," Bush said.

It was an opportunity for Bush to declare himself as an Alpha man.

"Being a new member I'm taking

a lot of pride in the things that I have learned. I want everyone to see that. I take pride in the better making of men, humankind, myself. As a foundation, we go by our aims, our motto, those define who I am and who I strive to be," Bush said.

New member Anthony Jose Febo also felt similar sentiments.

"It pushed me to do something I've never done before." He added, "I don't think any other fraternity can do what we do."

This year's Neophyte held an extra weight.

After allegations of hazing at the national level, CNU's Upsilon Beta Chapter had to apply to hold the event and was one of the handful of chapters across Virginia that got to participate.

"I'm not familiar with the case so I can't speak on what happened, I just know our values are not about hazing," Dean of Intake and Vice-President Quentin Watts said.

Watts said their good standing in the university community was why they were approved for the event.

It's clear to see their impact on campus, especially as they are fresh off of their win of Fraternity of the Year at the Fraternal Value Awards.

However, with members from other schools in attendance some were feeling differently about the event.

"It put more pressure on us," Febo said.

But that pressure didn't cause the event to falter.

"I think it went really well," Bush said.

Watts, Bush and Febo all expressed however this is just the beginning of the work they will put into the organization.

"This first step of going into the

fraternity prepares us for the hard work after," Febo said.

Those interested in becoming a brother of the Alphas may contact

current members for more information regarding the intake process as it does not have a set date every year. ■



The Neophyte is full of specific traditions, such as gold masks, that Alpha Phi Alpha carries on when inducting new members. COURTESY OF CNU OCPR

Students prepare to march for mental health

CNU gets ready for its first campus-specific Out of the Darkness suicide prevention walk

ANNA DORL
ANNA.DORL.17@CNU.EDU

In previous years, CNU students have participated in the Virginia Peninsula Out of the Darkness Walk and other walks in surrounding areas to advocate for suicide prevention in the community and beyond.

Now, on April 7, Christopher Newport will stand up against suicide as students lead CNU's very first campus-specific Out of the Darkness Walk.

Out of the Darkness Walks are held across America in many different communities and campuses.

Their goal is to bring together those affected by suicide and mental illness to create an environment in which suicide loss survivors and supporters of the cause can walk together in strength, advocacy and love.

The event is being put on by CNU's new chapter of the American Foundation for Suicide Prevention, the national organization behind the campus and community walks.

CNU's chapter was established this February.

Montana Coward, a sophomore, organized the upcoming Out of the Darkness Walk with fellow students Alexi Manley, Chrissy Lowery and Emily Schoka.

"Many people have been affected by suicide," said Coward. "Luckily, I haven't personally [with] someone in my family, but I've known friends through high school [who have committed suicide]. It definitely means something, especially being a Captain and with what's gone on [here] recently and in the past. As a student, it means a lot to me having people know there are other options and that there is support out there."

Coward, Manley and Schoka, who are on CNU's Women's Soccer team, got lots of support for the club and the event from their coach, Dan Weiler.

"Upon arriving at CNU six years ago, it was always my intention to start something to bring awareness to suicide on campus," Weiler said. "I shared this with the women's soccer team and several of our players had an interest to form a student organization."

Coward said Weiler has a passion for the American Foundation for Suicide Prevention and that he has been involved in the organization with his family, and wanted to bring it to CNU.

"I have participated in many Out of the Darkness walks and they are amazing," he said.

After holding a screening of the documentary "It's Real: College

Students and Mental Health," Weiler and the Women's Soccer team noticed a need for an event in which the community could come together and speak out about the importance of mental health, especially on a college campus.

CNU's Out of the Darkness Walk will clearly provide a platform for the necessary, yet often difficult, discussion about mental health and suicide.

Coward hopes that the event draws hundreds of attendees not just from CNU, but from the surrounding community as well, providing all kinds of support for those from different walks of life.

"CNU Counseling Center will be present at the walk," said Weiler. "We want to make sure our students know that our counseling center is there to help too."

Weiler said, "I am very proud of what this group of students has done to make this walk a reality. It's our hope to make this an annual event and keep it growing across our campus and within our community. I hope students realize they are not alone if they are struggling with their mental health or thoughts of suicide. We need to open this dialogue and band together to help one another. We want to provide hope and healing to anyone in need." ■

To register for CNU's Out of the Darkness suicide prevention walk or to donate to the cause, visit AFSP.org/CNU



COURTESY OF THESTRANGER.COM

Love Horoscopes: March 27-April 3

JARON OVERTON
JARON.OVERTON.18@CNU.EDU

Aries (March 21 – April 19)

With the love goddess Venus and a creative Pisces, you have lots of romantic options. Be as creative as you can, but watch out for indecision hosted by power planet Mars and unpredictable Gemini. Dating is enjoyable. If doubtful, plan ahead with more ideas.

Taurus (April 20 – May 20)

Love is a blend of work and joy. Venus and an inventive Pisces can help you dream of somewhere exotic. You have the ability to make it real. The moon and a sharp Capricorn can help you with your future romance. Remain secure and stable, and avoid one-night stands.

Gemini (May 21 – June 20)

You can do it, Gemini. What exactly is "it"? Amidst the week it's returning to flirtation because of Mercury escaping retrograde and heading in the groove again. Nobody shows improvement over you when you're doing well! Mars however can pressure your eagerness. You're happier being single now than being stuck in a relationship.

Cancer (June 21 – July 22)

Looking for love, Cancer? Venus gives you a hand when she has fun with a touchy Pisces. Your sharp mind and sympathy are a knockout combo for attracting those you care about. Aquarius' moon predicts peculiar conduct later this week, so keep your eyes open for an unknown crush. If your pranks go well, endure the irregularity!

Leo (July 23 – Aug. 22)

Love is a must-do. You hold onto the burning vitality as the moon travels through a fun-obsessed Sagittarius midweek, setting out for a love journey. You may discover love somewhere out of the ordinary. Watch out for Mars and a competitive Gemini, as a love rival may show up. Learn about that rival via social media.

Virgo (Aug. 23 – Sept. 22)

There's a great deal to anticipate this week, Virgo. Venus and Pisces can open to your innovative choices. You're more romantic now than expected, so try to make the most of it. Your home planet Mercury advises you that you really can communicate indirectly. Thanks heavens that texts messages became a lot less confusing!

Libra (Sept. 23 – Oct. 22)

You're finally ready, Libra! Venus and Uranus are giving you time to have fun, but there is no problem doing hard work either. With love involved, dynamic duos are found. The moon and yearning Capricorn assist you with your love goals during the weekend, and the higher they are the better. The stars are waiting!

Scorpio (Oct. 23 – Nov. 21)

Mix things up! Adding suddenness to your love life, along with the gallantry of the Sagittarius moon, feels awkward at first, yet you're up for a quest. This ought to be fun! Your ruler Mars spends time with a curious Gemini. Find out what you want to know.

Sagittarius (Nov. 22 – Dec. 21)

Love isn't serious this week. The moon sends you on a new love quest. If you learn something, teach it to others. Venus and Uranus enhance your vitality. You aren't excluding making a responsibility eventually, but it's not at the forefront of your thoughts.

Capricorn (Dec. 22 – Jan. 19)

Exploit your chances. A spike in imagination when Venus goes into Pisces encourages you make sense of better approaches to be romantic. Accomplishing something creative puts you in front of your opposition. The moon fortifies your responsibility to your love goals. If there's a chance to find what you want, take that chance.

Aquarius (Jan. 20 – Feb. 18)

Can you feel excitement? Sagittarius and the moon are send you on a journey. Doing new things helps you meet new people – and who knows where it may go from that point!? Mars gets together with an eager Gemini, sharing energizing and provocative potential.

Pisces (Feb. 19 – March 20)

When dreams meet reality, Venus shares your possibilities. Your imagination is limited. Look out for Mercury, who can retrograde movement. You'll feel better when you express your feelings. Follow your heart as it knows the best path to joy. ■

COURTESY OF HOROSCOPES.COM

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.

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

