



THE CAPTAIN'S LOG

THE VOICE OF CHRISTOPHER NEWPORT UNIVERSITY STUDENTS

@CNUCAPTAINSLOG WWW.THECAPTAINSLOG.ORG

VOLUME 51, ISSUE 12 DECEMBER 4, 2019



The Marching Captains dance down State Street during the drum break at the Chicago Thanksgiving Parade. PHOTO COURTESY OF CNU MARCHING CAPTAINS

Marching Captains step off in Chicago

CNU's marching band filled feature performance role in Chicago Thanksgiving Parade

VIVIANNA ATKINS
VIVIANNA.ATKINS.16@CNU.EDU

Instead of going home for the holidays, the Marching Captains traveled to Chicago to march in the 2019 McDonald's Thanksgiving Parade.

Not only was this performance the first nationally televised performance in the history of the Marching Captains, the parade had the biggest audience to date with over 400 thousand people lining the streets and 3.5 million people watching on television and

live stream, according to John Lopez, Director of CNU Bands.

As the feature of the parade, the Marching Captains, 228 members strong, were the last band to march and had the task of introducing Santa in the parade.

Lopez called this the most "coveted place for a band" because of the excitement Santa brings in and the prestige of ending the parade.

The Marching Captains stepped off shortly after 10 a.m. CT, and they appeared on the television and livestream at approximately

10:45 a.m. CT.

Before this, they were on deck at the start of the parade waiting with other bands and performers. While there was approximately an hour and a half wait, it allowed students to interact with other students and organizations.

Sophomore Sarah Hatcher recounts a special moment with the local Punjabi community float.

"They came by and started dancing and singing with the band, and it was one of the coolest experiences ever, to have a wonderful stranger come up to us

and treat us like she had known us for years," she said.

During the parade, the members felt varying degrees of emotions. Sophomore Allan Taylor said, "I was nervous at first, especially since our practices had been a little rough, but as soon as we started the parade, my nervousness evaporated. We were playing and marching very well, and the crowds were really loving us."

Hatcher said, "I wasn't super nervous performing in the parade until we got to the televised section and I noticed all the people in

the crowd."

One of the other biggest emotions present in the Marching Captains was pride.

Junior Emmylou Kidder expressed how much fun it was to perform in the parade because "the crowds were really energetic and were dancing along to our music," she said.

STORY CONTINUED
ON PAGE 10

What's Inside

News

Stay up to date on the current list of potential presidents.

Snapshot

Students embrace the holiday spirit with festive sweaters.

Sports

#11 Men's Basketball falls to Wisconsin-Stevens Point.

A&E

Listen to these classical tunes during finals week.

Lifestyle

CNU freshman begins establishing Camp Kesem chapter.



Weekly Pic

Sadie takes a quick cat nap under her Christmas tree, surprisingly deciding not to climb the tree and destroy the ornaments.

PHOTO BY HANNAH LINDENBLAD / THE CAPTAIN'S LOG

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



CNUTV

Time for another installment of everyone's favorite campus celebrity. He tackles the same question for the third time in his career.

Happened

December 2

“Deception”

CNU Studios introduced “Deception,” a short film by Jason Singarayer. “Deception” premiered in the Gaines Theater.

December 3

Alpha Sigma Alpha's Gingerbread House Party

The Alpha Sigma Alpha sisters hosted a party full of baked goods where all proceeds went to Girls On the Run.

Happening

December 5

Winterfest

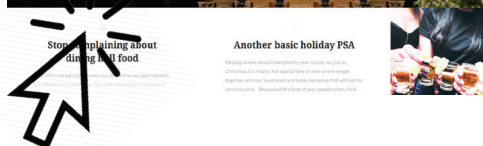
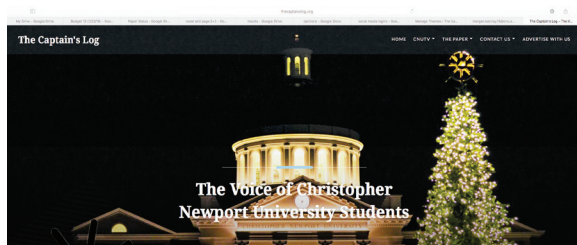
CAB presents the second annual Winterfest with great photo opportunities, hot cocoa, crafts and other fun activities.

December 6

Tree Lighting

The holiday tree on the Great Lawn will light up at 6 p.m. on Friday and will be followed up by Holiday Happenings.

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

Matthew Scherger

Editor-in-Chief

Michael Innacelli

CNUTV Director

Sports Editor

Hannah Lindenblad

Photography Editor

Taryn Hannam-Zatz

News Editor

Ashley McMillan

A&E Editor

Anna Dorl

Lifestyle Editor

Liam Rowell

Business Manager

Paige Stevens

Social Media Manager

Emma Dixon

CNUTV Managing Editor

Ryan Baker

CNUTV Production Manager

Jason Singarayer

CNU Studios Editor

Jason Ray Carney

Faculty Advisor

THE CAPTAIN'S LOG is the official student newspaper of Christopher Newport University. It is a public forum, which is published on 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 5 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.

Highlights from the Chicago Parade



(Above) The trombones smile for a picture together before marching in the parade. PHOTO COURTESY OF ALLAN TAYLOR



(Above) The trumpets take a group photo aboard the Spirit of Chicago for their Thanksgiving dinner. PHOTO COURTESY OF SARAH KAY BISER

"My favorite part of the trip was seeing Hamilton! I've been a big fan since high school and it was a dream come true!"
Emmylou Kidder, Junior



(Left) Dr. Lopez readies the band for "Sanctus" during the band warmups. (Right) A few cymbals players getting hyped up just before the parade. PHOTOS COURTESY OF JORDAN CLARK

"My favorite part of the trip was celebrating Thanksgiving with my band family on the cruise."
Sarah Hatcher, Sophomore

(Below) The mellophones strike a fun pose waiting for the Marching Captains' turn in the parade. PHOTO COURTESY OF ELLIOT ARMSTRONG



"My favorite part of the trip had to be walking around the city. I've never been to any major city, and it was awesome to experience the night lights and dynamic food options with some of my best friends!"
Sean Young, Junior



CNU Captain tackles the challenge of creating a sustainable campus

CNU junior James Duffy has taken it upon himself to help CNU become more sustainable

JOSHUA SCRABECK

JOSHUA.SCRABECK.16@CNU.EDU

Climate Change is the culmination of how people have treated the earth for centuries. Living sustainably is not an easy path to take as there are many definitions. However, our own James Duffy '21 gave us a simple, yet effective definition for what this word means: "the ability for social and ecological systems to thrive in perpetuity."

Under this banner, James Duffy set out to make CNU more sustainable. As a double major in environmental studies and political science and an intern in the office of sustainability, this mission is clearly near and dear to his heart.

In November of 2018, he began an independent study that looked at the use of recycling and trash bins in Tribble Library. His goal was a simple one: "[We wanted] to understand where to best centralize paired trash and recycling bins as well as reduce stand-alone trash cans." From December 2018 through February 2019 and with the help of the housekeeping staff, Duffy's team collected usage data on the 80 different bins located in the library. "The housekeeping staff indicated with small data sheets every time they emptied each of the 80 different bins in the library and how full it was at each empty," Duffy explained. "One of the biggest takeaways I got from this project was how amazing and hard-



James Duffy moves recycling bins into the library. PHOTO COURTESY OF CNU OCPR

working housekeeping staff in the library and across campus are. Thank your housekeeping staff. They are incredible!"

In addition to revealing the dedication of the staff, the study revealed

useful information about the student body's waste habits. The data collected painted a bigger picture as to which bins locations attracted the most amount of foot traffic and how much waste was truly being

compiled each day. As a result, the group was able to propose a movement closer to a 1:1 ratio of recycling to trash bins, create more centralized paired stations including the addition of eight new trash/recycling bin

pairs and relocate and repurpose underused bins for recycling in other parts of campus.

While proud of his work, Duffy also articulated the importance of not stopping here. "Recycling is an important step to becoming more environmentally conscious, and sustainable communities require recycling infrastructure. However, I think it is crucial to emphasize that recycling is not the gold (or green, if you will) standard of sustainability, but rather a step in the right direction."

In addition to his work with recycling, Duffy has been focused on building a student coalition around the work of sustainability: "Through a network I worked to establish called the Student Sustainability Network (SSN), a group of about 21 different student organizations now meet monthly to collaborate and cohere efforts on campus. Just this semester, I have seen some amazing collaborations and partnerships formed, and there are already some really exciting events in the works for next semester as well."

Although aware of the work that still needs to be done, Duffy has a hopeful view of the future. "Sustainability is a journey, not a destination; as CNU is a growing and vibrant community, it is crucial that we continue to grow by constantly re-evaluating ourselves and working to employ the most sustainable choices and commitments possible." ■

Who is running for the 2020 presidency?

A breakdown of all the candidates running in the 2020 presidential election

JOSHUA GRIMES

JOSHUA.GRIMES.19@CNU.EDU

As the 2019 year begins to dwindle down to an end, the candidates of the 2020 general elections begin to rise up into the spotlight.

There are many more on the Democratic side than the Republican side, but it looks like we got a race up in hand. Let's get started with getting to know the candidates so far.

Beginning with the Democrats (in alphabetical order):

Michael Bennett, 55, a moderate, entered on May 2 as a current senior senator from Colorado, known for seeking compromise.

Joseph R. Biden, Jr., 77, entered on Apr. 25 as a former Vice President and former senator of 36 years as a member, chair of the Judiciary Com-

mittee and Committee on Foreign Relations for many years.

Michael Bloomberg, 77, entered on Nov. 24 as a businessmen and former Republican Mayor of New York City of 11 years.

Cory Booker, 50, entered on Feb. 1, as a current senator from New Jersey and former mayor of Newark.

Pete Buttigieg, 37, entered on Apr. 13 as the youngest candidate in the race and a former mayor of South Bend and former Naval officer from 2009 to 2017. If elected, he would be the first gay president.

Julian Castro, 45, entered on Jan. 12 as a former cabinet member and mayor of San Antonio, Texas. If elected, he would become the first Latino president.

John Delaney, 56, entered on Aug. 10, 2017 as the first candidate to

enter and a former House representative from Maryland. He was a billionaire businessman prior to being a member of the House.

Tulsi Gabbard, 38, entered on Jan. 11 as a current member of the House from Hawaii, becoming the first Hindu elected to Congress. Prior to becoming a member of the House, she was a member of the Hawaii National Guard and a member of the state House (youngest to do so at 21). If elected, she would become the first woman president.

Amy Klobuchar, 59, entered on Feb. 19 as a current senator from Minnesota.

Deval Patrick, 63, entered on Nov. 14 as a former Governor from Massachusetts. He was the second black governor elected in US History as of 2006.

Bernie Sanders, 78, entered on Feb. 19 as a current senator from Vermont, former mayor of Vermont, US House member and 2016 presidential candidate.

Tom Steyer, 62, entered on Jul. 9 as an investor, billionaire and a climate change, impeachment activist.

Elizabeth Warren, 70, entered on Feb. 9 as a current senator from Massachusetts and a former Harvard professor.

Marianne Williamson, 67, entered on Feb. 4 as a self-help author, activist and new age lecturer.

Andrew Yang, 44, entered early in the process on Nov. 6 of 2017, as an entrepreneur.

Running with the Republicans you have:

Donald Trump, 73, entered back on Jan. 20, 2017 as the 45th President

of the United States after the 2016 election.

Joe Walsh, 57, entered on Aug. 25 as a conservative radio show host and former member of the House representing Illinois.

William F. Weld, 74, entered on Apr. 15 as a former governor of Massachusetts and former federal prosecutor.

Even though many candidates entered, a great amount of them dropped out. Those candidates were:

Steve Bullock, 53 (Governor of Montana, former state attorney general)

Bill de Blasio, 58 (current mayor of

STORY CONTINUED

ON PAGE 5

CANDIDATES

STORY CONTINUED

FROM PAGE 4

New York City)

Kristen Gillibrand, 52 (senator from New York and former congresswoman)

Kamala Harris, 55 (Senator from California)

John Hickenlooper, 67 (former governor of Colorado and former mayor of Denver)

Jay Inslee, 68 (governor of Washington State and a former congressman)

Wayne Messam, 45 (current mayor of Miramar, Florida and a former college football champion)

Seith Moulton, 41 (congressman from Massachusetts and an Iraq War Veteran)

Richard Ojeda, 49 (former West Virginia state senator and military veteran)

Beto O'Rourke, 47 (former congressman from Texas and a 2018 senatorial candidate)

Tim Ryan, 46 (congressman from Ohio and a former congressional staff member)

Joe Sestak, 67 (former congressman from Pennsylvania and a former naval admiral)

Eric Swalwell, 39 (congressman from California)

Mark Sanford, 59 (former congressman from South Carolina and a former governor of the state)

There are also candidates that have been confirmed to not be running in the election at all. They are:

Stacey Abrams, 45 (2018 nominee for governor of Georgia and former state legislator)

Sherrod Brown, 67 (Senator from Ohio, former congressman)

Bob Casey, 59 (Senator from Pennsylvania)

Hillary Clinton, 72 (Former secretary of state, senator from New

York, first lady and 2016 presidential nominee).

Eric Garcetti, 48 (mayor of Los Angeles, former City Council president)

Eric H. Holder Jr., 68 (former attorney general, anti-gerrymandering activist)

Terry McAuliffe, 62 (former Governor of Virginia, former chair of the Democratic National Committee)

Jeff Merkley, 63 (Senator from Oregon, former speaker of the Oregon House of Representatives)

Christopher S. Murphy, 46 (Senator from Connecticut; former congressman)

Howard Schultz, 66 (former chief executive of Starbucks)

Oprah Winfrey, 65 (Media mogul, former talk show host, philanthropist)

Larry Hogan, 63 (Governor of Maryland)

The field of candidates will continue to narrow, especially on the over-saturated Democratic side of the field. While it is too early to know for sure which candidates will emerge victorious for their parties, as the year comes to a close the list of candidates dropping out will grow. ■

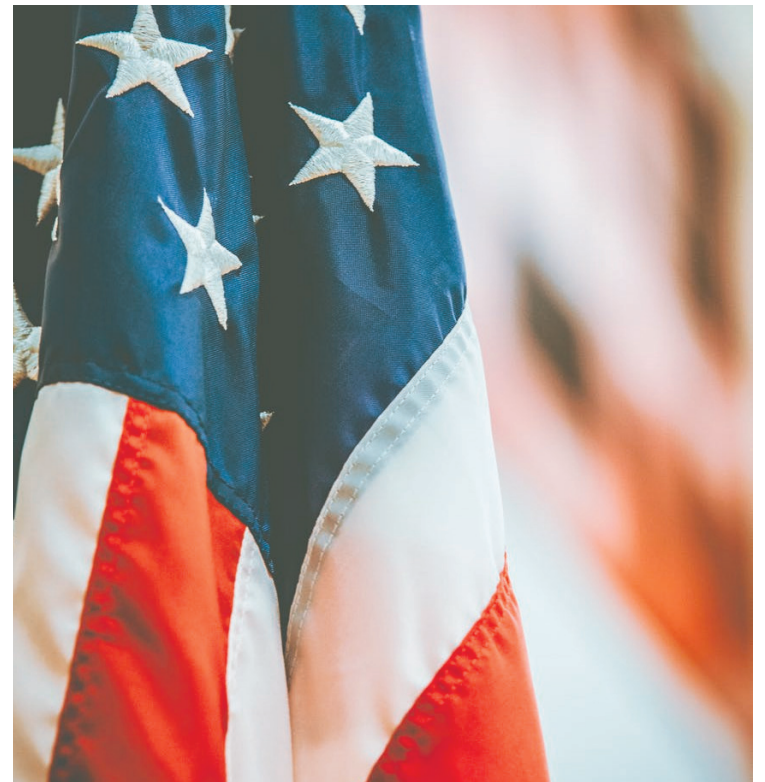


IMAGE OBTAINED FROM PEXELS.COM

New transportation on U.S. campuses

Many college campuses now have e-scooters for students to rent and ride

CAITLYN BAUSKE

CAITLYN.BAUSKE.18@CNU.EDU

CNU has a small campus. Everything is less than a ten minute walk. In fact, going to the library from McMurrin Hall is arguable a five minute walk. But that does not mean students do not want e-scooters on campus. Our neighbors, ODU, have implemented the use of e-scooters. Believe it or not, CNU is actually nine acres bigger than ODU. As for student size, ODU has four times as many students as CNU. So why do they have e-scooters and we do not? One reason could be that ODU's buildings are so spread out amongst their campus. CNU was designed to have an intimate campus with the academic buildings, library, DSU and Newport Hall right next to each other with the dormitories. However, many students who live on east campus, Warwick and Rapp have raised issues. Their walk is easily ten minutes to class when other housing is less than five minutes. Could e-scooters be the potential answer to this problem?

While walking around campus, I asked random groups of students what their opinion was about getting e-scooters on campus. It was mixed reviews. When I stopped a group of five students, all of their answers were an enthusiastic yes. On the contrary, when I asked two students their opinion on the matter, they said no. Their reasoning was due to nothing being far away from each other. Keep in mind, both students lived on east campus. Their alternative was bikes they can rent and drop off at a station in front of buildings. Rithwik Patel, sophomore, said, "I would be super excited if we got e-scooters." In addition, sophomore Lindsey Rose



IMAGE OBTAINED FROM PEXELS.COM

was in line with the idea, "I am late to class, like a lot. It would be beneficial to be able to rent an e-scooter and vroom over to my class in Forbes. It would be even better when it is raining outside!" The positive views on the e-scooters kept rolling in: Jacob Aguilar, junior, "I skateboard so I would not really have a use for them. Plus scooters are pretty lame." Senior Nathan Roberts said, "lowkey that

would be kinda hype." Alea Boden, junior, "Realistically, I think they would be damaged, a lot." Overall, the students seem to embrace the e-scooters.

Realistically, would the e-scooters make a profit? Of course, the e-scooters would be used a lot the first couple of weeks they are here, but would that last? Theoretically, the e-scooters cost money, and college students

are notorious for not having much money. To be a realist, the e-scooters would live up to the hype for a couple of weeks but plateau after a while. As of right now, Lime e-scooters costs a dollar to unlock the scooter and 15 cents per minute. Making a five minute trip \$1.75 and a 10 minute trip \$2.50. One must link their credit card to the app in order to use them. If in use once or twice a week, the price

ing would not be too horrendous. It would not hit students' wallets much at all. If used daily, the e-scooters could do some serious damage on a person's wallet. It comes down to what students are willing to pay to ride these e-scooters. Perhaps CNU could consider a trial period to track and analyze the success rate of the e-scooters at CNU. A huge pro for the e-scooters would be inclement weather. On extreme cold, hot and rainy days, a student might think it is worth the money to rent one. A con and a pro is the geofence. Unfortunately for students, you cannot take the e-scooter on a joy ride to McDonalds or Harris Teeter. Fortunately for CNU and e-scooter companies, they can rest assured that they would not be losing any scooters to the vast neighborhoods of Newport News.

Knowing CNU, there is one major con: eye-sore. Anyone who walks on CNU campus or even sees photos of CNU would say the campus is extraordinarily beautiful. This is something President Tribble takes a lot of pride in. Let's face it, the rumor of painting the grass has not been confirmed, but it can be implied that no grass looks as nice as it does all the time. The eye-sore of docking stations might be a deal breaker for the President. The docking stations are bigger than bike racks and hold less scooters than bike racks can hold bikes. If the scooters are going to accommodate for the amount of students, there would have to be a good amount of scooters, meaning more docking stations. So either President Tribble would have to come to terms with the eye-sore or bike racks could potentially be downsized to make room for the docking stations. Only time will tell if CNU continues to grow with the mass technological world. ■

Is COP25 the "point of no return"?

Following the largest global calls to action in history, COP25 could make or break the future of global climate action

JAMES DUFFY

JAMES.DUFFY.17@CNU.EDU

2019 was a year of unprecedented climate activism, and how global leaders and activists move forward in 2020 could raise that bar. This month, Conference of the Parties (COP) to the UN Convention on Climate Change will hold their annual meeting in Madrid to reevaluate and assess the implementation of the 2015 Paris Accords. UN Secretary General Antonio Guterres recently referred to the summit as "the point of no return" in acting on climate change, and CNN contributor Ivana Kottasová agreed in her gripping summary of the meeting's dire sentiment; this same sentiment is present in global climate strikes and leading scientific findings.

Climate action has been in news headlines all year, and while report after report urging global political action are more than enough to make activists like myself deeply concerned, I am more optimistic than ever as we head into the 2020's.

On the table at this climate meeting are the practical means by which we can meet the goals of

Paris' agreement, specifically keeping global temperatures from rising more than 2 degrees Celsius, 1.5 if possible. A global emissions trading system is in the talks as a primary method of reaching such goals, especially following a failure to establish this at COP24 in Katowice, Poland, last year.

Not at this discussion are global leaders US and Brazil under anti-climate presidents Trump and Bolsonaro respectively. While a lack of support from what are arguably two of the most important nations on climate action is discouraging (the US is the third most populous country in the world, Brazil is the sixth), all hope is not lost.

Just this week, US Speaker of the House Nancy Pelosi rallied firmly behind the mission of COP25, stating "Congress's commitment to action on the climate crisis is iron-clad," seemingly uniting behind both moderate and progressive legislative plans to reduce emissions (specifically, the Green New Deal and the 100 Percent Clean Economy Act).

What COP25 will specifically result in is yet to be revealed, but I am deeply optimistic. There is

no denying that there is more at risk now than ever, and while it seems like every year we get our hopes up to hear nothing but the same old story at these meetings (international agreements are not easy to actually agree on, after all), I believe that 2019 is a turning point. Over 800 strikes,

featuring millions of activists young and old, took place on Sept. 20 of this year. Hundreds of thousands took to the streets again this past Black Friday across the globe, and even more are planning to return this Friday, Dec. 6. The global movement for climate change is crying out clearer

than ever, and all there is to do is get louder and louder until global leaders are ready to truly listen. COP25 could be that moment. 2019 was the turning point for climate action, and COP25 can be the moment global leaders recognize this and commit to act. ■



COP25 is taking place from Dec. 2 to Dec. 13. IMAGE OBTAINED FROM ENSIA.COM

H to the izz-O, V to the izz-A

Jay-Z is a gift to the world

ELIJAH WILLIAMS

ELIJAH.WILLIAMS.19@CNU.EDU

It's not hard to believe that a man with one billion dollars in net worth not only changed the rap game, but also married one of this decade's most exciting and iconic artists, Beyoncé Knowles.

In the words of his hit song Izzo (H.O.V.A.), "Ladies and Gentleman, let's put our hands together for this dynasty," the dynasty of Shawn Corey Carter.

Nearly fifty years ago, Shawn Corey Carter, better known as Jay-Z, was born on December 4, 1969 in Brooklyn, New York to parents Adnis Reeves and Gloria Carter.

After Reeves abandoned the family, Shawn and his three siblings were left in the care of mother Carter.

During this rough childhood and teenage years, Shawn shot his older brother in the shoulder for stealing his jewelry. He sold crack cocaine at the time and was shot at least three times.

Trying to get her son off the gang-filled streets of New York, Carter gave her son a boombox for birthday, creating that first step towards rap

superstardom.

With the gift of the boombox in his possession, Shawn began freestyling throughout his neighborhood, earning the stage name Jay-Z.

He quickly moved in with the big league in the rap game with heavy hitters such as Big Daddy Kane and LL Cool J.

This ultimately earned him his first record deal with Roc-A-Fella records. His first two albums, "Reasonable Doubt" and "In My Lifetime Vol. 1" earned him a lot of critical acclaim from critics in the industry primarily for its sharp production.

1998 would be the breakout year for Jay-Z as he released the smash album "Vol. 2...Hard Knock Life," which featured the hit song, "Hard Knock Life (Ghetto Anthem)."

Becoming the biggest hit of his career at the time, Jay-Z would go on to release "Vol. 3...Life" and "Times of S. Carter" the following year to more commercial success. As the 2000s approached, America witnessed Jay-Z gradually maturing from renowned artist to one of rap's biggest moguls since P. Diddy.

In the early 2000s, we were treated to great albums such as "The Dynas-

ty: Roc La Familia," "The Blueprint," and "The Blueprint2: The Gift & The Curse."

In 2003, the entire world was shocked at the announcement that Jay-Z was retiring from the rap game after eight years.

While a retirement party commenced and the subsequent release of "The Black Album," Jay-Z took his first step of entrepreneurship by working with Def Jam records.

Within the year, he was named President of the record company and brought the world artists such as Rihanna, Kanye West, Teairra Marí and more.

During his tenure, he officially returned to music scene with 2006's "Kingdom Come" and 2007's critical and commercial masterpiece "American Gangster."

Jay-Z was back on his throne in the rap game and continue on as he resigned as President of Def Jam on New Year's Day 2008.

As years came and went, Jay-Z married former Destiny's Child star Beyoncé Knowles on April 4, 2008. This came as a complete surprise to many; most people didn't even realize that they were engaged, let alone

dating for so many years.

Nevertheless, the duo have been a stronger force than ever and have been one of the music industry's most influential power couples. They currently have three children named Blue Ivy, Sir and Rumi.

During this past decade, Jay-Z has been able to balance between making new music for the fans and participating in new business ventures.

Most noticeably, the subscription-based streaming service TIDAL has been growing in popularity among young music listeners.

In addition, Jay-Z has been consistently releasing music, particularly the highly anticipated collaborative album "Watch the Throne" with Kanye West and "4:44."

Jay-Z has been a powerful figure for the past thirty years. He consistently knows how to overcome in the face of adversity through the use of

his talent of rapping.

Selling over 75 million records, winning nineteen Grammys, owning a record company and even assisting the NFL, among other claims to fame, Jay-Z truly is a great representation of a rags to riches story.

As we look forward to the next decade and beyond, we must reflect on our past achievements and recognize that we each have a greater calling.

Most importantly, even when you come from nothing, you can still become such an influential figure on any scale, whether it's on the big stage or from the small urban streets.

So the next time you start to feel down on yourself, thinking of all the ways in which the deck was stacked against you: bad parents, bad poverty, bad everything, just remember how a man named Shawn Carter turned everything around for himself and became a household name. ■

Write for the Opinions section!
Contact:
matthew.scherger.16@cnu.edu

Solving the printer predicament

A student's solution to printing headaches

TAYLOR VIGIL

TAYLOR.VIGIL.18@CNU.EDU

Winter is here, be it officially or not, and those 2 a.m. trips across campus to the printer are becoming more and more of a hassle.

The hectic life of a college student is conducive to finishing papers and other assignments into the wee hours of the night, but the cold wind and rain of winter in Newport News make late night printing quite the chore.

Now I raise the question I have been rhetorically asking my roommates week after week: why don't we have printers in the residence halls?

This is a question I have thought quite a bit about.

Just think about it. We already have printing funds built into tuition, so it doesn't make much sense to choose not to use the printers on campus and purchase your own printer instead.

Ink and paper can get very expensive very fast, especially if you have a professor who requires their students to print out every 20 to 30 page read-

ing to bring to class.

So in this case, printers on campus make the most sense financially for students. Our options are to utilize our printing funds or lose that money, and as a broke college student, every penny counts.

So if we have to use CNU's printers, why are they located in such inconvenient places?

There are nine printers in total on campus that are available for students, four of which are located in the library. The remaining five are divided between the academic buildings, the DSU and Ratcliffe.

This just doesn't make any sense. I am no mathematician, but I am fairly certain that the ratio of students to printers is completely unproportional.

Logistically speaking, it does make sense that half of the printers are located in the library because that is where a majority of students study.

But what about those of us who don't study well in the library? Or what if you need to print something before class and don't have time to

run across campus to the library to print? Yes, I have been met with the oh-so-common retort of "can't you just print things out before class the next morning?"

This, however, is not a very valid argument. As logical as that idea sounds, the printers are known for being able to smell fear, so when you go running into the library three minutes before class, there is a very slim chance that the printer you need to use will be working.

I'm sure everyone has experienced the terrible feeling that washes over you when the only printer you are able to go to before class is out of order, so you have to choose between being a little late to class and running to another printer elsewhere on campus, or being on time and showing up empty handed.

Also, college students tend to be sleep deprived. With this sleep deprivation comes forgetting to print your papers until your professor is suddenly standing at your desk, hand outstretched, and then you look up in utter confusion because, quite frankly, you have nothing to hand in.

This problem could easily be solved if printers were in the residence halls and one could simply take a short stroll in the comfort of their home immediately after finishing their assignment or stop by on their way out the door to class.

All I'm trying to say here is that there should be printers in the residence halls. I'm not asking for a printer in each dorm room. A simple printer in each lobby or in one of the study or common rooms in each building would suffice.

If CNU is concerned that the printer will be mistreated or defaced, then simply place the printers by the desks to be guarded by the FDA's.

Imagine how convenient it would be to be able to walk downstairs in your pajamas at 3 in the morning when you finally finish that paper you have been stressing about for the past week, print it out, and then not have to worry about remembering to print it before class.

That is the kind of world I'd like to live in. ■

IMAGE OBTAINED FROM CLIPART LIBRARY



Timestamps

A story about growing up

MICHAEL INNACELLI

MICHAEL.INNACELLI.15@CNU.EDU

03.28.2018

I always feel better in warm weather. Except today I don't, I felt like I'm caught in a Nor'easter without a jacket. I curse myself for being stupid enough to say I can work today. Why should I care? I can't change what will happen. Maybe that is why I care at all; I have no control. I feel each second painfully stealing my control of my emotions. I check my phone periodically. I wish I knew what was taking so long... Time drags a single second into an hour and an hour into ten. 3 o'clock was when you were supposed to call. It's now 3:45. The longest days are defined by only a minute. Finally, it rings. I sprint out the door like an Olympian after a starter gun. Hello? "hey michael, dad isn't doing so well." Yeah, no shit. "seriously he is in the ICU." He had surgery mom, of course he's in the ICU. "would you shut the HELL UP and listen!" Sorry mom... "dad got really dehydrated during surgery and he almost died, that's why I'm late calling, but he's better now." *sigh* that's good, I guess. "yeah, now michael, you should take this seriously instead of brushing it off like everything else you care about." Thanks mom that makes me feel great. "I'm only trying to help." I know,

I'm sorry.

11.26.2019

SLAM "hey guys I'm home." I guess they're not home then I think to myself. Slinking to the darkest portions of home, I find the light switch. Illuminating the house, I walk towards the kitchen. Walking into the kitchen I think about the life I've lived in that house. More than 10 years of school, several sports teams and many eventful birthday parties. All would leave at the end of 2019, possibly the last time I'd be in that house. Cold air swings in through the big red doors I called "the gate" when I was younger and didn't have a care in the world. "hello?" Finally, they're home, "how are you guys?" both of my parents walk into my surprise. "we're good how was the drive?" "It was fine... what is dad doing home?" My mom and dad look really confused, like I just gave them the answer to the code on the back of the Declaration of Independence from National Treasure. "dad had surgery remember?" "Ohhhhh right," I wish I could keep track of all the things that are changing in our lives. I lose control of it so quickly and suddenly everything is different. I'm going to graduate in a semester, that means it really is time to grow up. Only nine more days until my mom moves to Florida and my childhood officially ends...

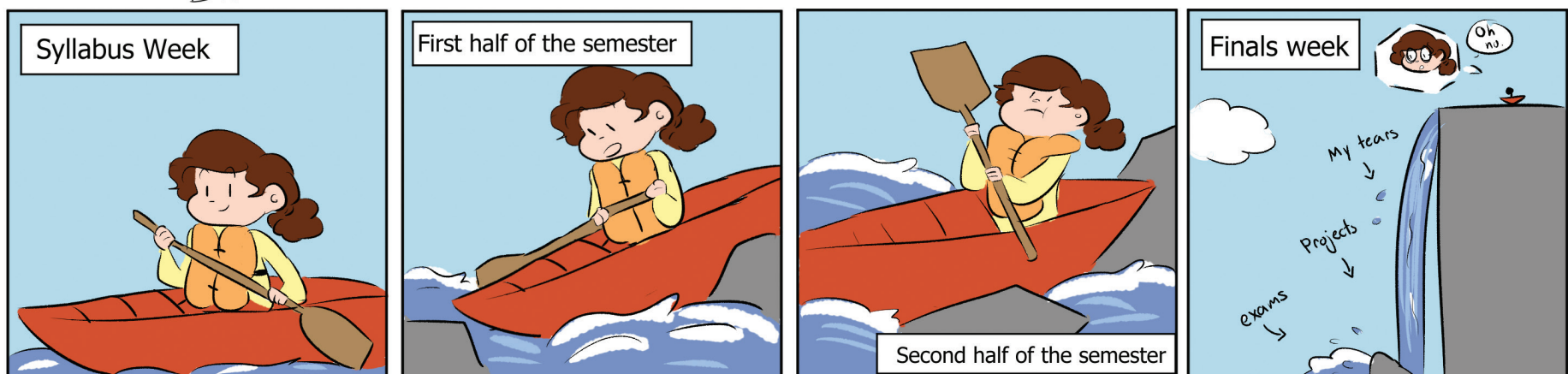
While not a traditional "Op-Ed" piece, poetry and prose writing have always been an important form of expression. If you have any questions about this piece or its placement in the paper, please reach out to the editor.



If School Was Like Kayaking

MEGAN MOULTON

MEGAN.MOULTON.16@CNU.EDU





(Above) Sophomore Mary Rueger poses in her CNU Christmas sweater. PHOTO BY ASHLEY MCMILLAN / THE CAPTAIN'S LOG

Celebrating the holiday season

The students and campus of Christopher Newport get decked out with holiday apparel and decorations



(Above) Senior Matthew Scherger also poses in his CNU Sweater. It's available from the Captain's Locker. PHOTO BY MICHAEL INNACELLI / THE CAPTAIN'S LOG



(Above) Senior M
ton from



The decked out tree stands tall in the Rotunda of the Paul and Rosemary Tribble Library. (Left) Michael Innacelli takes a spooky spin on a holiday sweater by wearing a shirt with Jack Skelling-
“The Nightmare Before Christmas.” **PHOTOS BY HANNAH LINDENBLAD / THE CAPTAIN’S LOG**



(Above) Senior Brittany Branch wears a button-down holiday shirt with a rein-
deer, snowman and snow-covered cabin. **PHOTO COURTESY OF BRITTANY
BRANCH**



(Above) Senior Hannah Lindenblad made her own holiday sweater with a
bright blue sweater and a shiny snowflake pin. **PHOTO BY KAITLIN SANATA**

UPCOMING HOME GAMES

Wednesday, Dec. 4, 7:30 p.m.

Men's Basketball vs.

William Peace University

Saturday, Dec. 7, 2:00 p.m.

Women's Basketball vs.

Randolph-Macon College

UPCOMING AWAY GAMES

Saturday, Dec. 7, 2:00 p.m.

Men's Basketball vs.

Randolph-Macon College

Sunday, Dec. 15, 1:00 p.m.

Women's Basketball vs.

Virginia Wesleyan University

THE MARCHING CAPTAINS

STORY CONTINUED
FROM COVER

Senior Dana Shaw echoed this sentiment when she expressed, "I loved seeing the kids and parents' faces light up when we started playing."

This pride was echoed in the attitude of Lopez, who said, "I always love seeing the students' faces when they first see all of those people and all of those buildings and the awe factor. For a lot of students it's their first huge performance like that."

The vast majority have not done this before, and it doesn't really hit you until you're in the moment and you see all the people and the television cameras."

One big challenge the band had to face during the parade was the cold and the wind.

Shaw said that "Before we started marching, I wasn't really nervous because I was focusing on how cold my body was. Once we started per-

forming, I forgot about the cold, and it was cool to see all of the families out enjoying the parade." Hatcher agreed with Shaw and said that for her, "the most difficult part was trying to keep my fingertips warm."

Their song repertoire for the event consisted of the rotation of CNU's "Fight Song," "I Love Rock and Roll," "Anchors Aweigh" and "Burlesque." Each song had designated visuals coordinated by individual sections.

In addition to being the parade feature, the Marching Captains were the feature of the parade Gala the night before where they played for 1500 dignitaries, which consisted of the parade sponsors, the people who run the parade and all of the high school band students.

Their standstill show consisted of the songs they played for the parade and songs such as "Runaway Baby," "Down and Dirty," "Believer" and "Separate Ways."

When they were not performing for crowds, the Marching Captains had the opportunity to watch the Broadway musical "Hamilton,"

dine at both Gino's Pizza East and Rainforest Cafe, visit the Skydeck at Willis Tower and shop at the Magnificent Mile.

They spent their Thanksgiving dinner together on the Spirit of Chicago dinner cruise sailing down Lake Michigan. Students were also able to visit various museums, aquariums, monuments and parks in their free time.

In addition to the parade, Lopez most looked forward to the dinner cruise with the Marching Captains. "I think that will be nice to be on a boat going down the river having Thanksgiving dinner and breaking bread with the band. Things like a meal in Chicago after our biggest performance we've ever had, I think will be pretty special," he said.

When asked what sets the Marching Captains apart from other bands, Lopez said, "It's the development of the individual members of the band. Part of what we try to do is to not only challenge the most experienced players, but we try to develop the ones who are less experienced. We try to develop them not

into only good band members, but good people and good contributors to the organization and into good leaders."

He continued, "A lot of college bands of our caliber don't march everyone."

They cut a lot of folks. But I believe that if you come to a school like CNU and you want to be in the band, you should be able to be in the band."

Lopez also discussed some of the challenges that the band had to face. "You go through a lot in the course of a season and the career at college. We have to overcome adversity."

We have to overcome weather, we have to overcome sickness, we have to overcome difficult musical elements, we have to overcome difficult drill, we have to overcome a packed schedule.

That's how you grow is by being stressed. No great victory can come without overcoming adversity," Lopez said.

This was not the first time the Marching Captains have performed at a big venue. In the past, they have

performed at the St. Patrick's Day Parade in Dublin, New Year's Day Parade in London, Thanksgiving Day Parade in Philadelphia and a Washington Nationals Baseball game.

"Every five years we try to have a major trip like this with a high profile performance," said Lopez. In the future, he hopes the Marching Captains will participate in the Macy's Thanksgiving Parade or the Rose Parade.

In the meantime, the Marching Captains will be performing at the Tree Lighting this Friday, Dec. 6, at 6 p.m. on the Great Lawn. They will also play at the proceeding Holiday Happening Concert in the Concert Hall. ■

Vivianna Atkins is a trumpet and rank leader in the Marching Captains. She traveled and marched with the band in Chicago.



(Left to right) Dr. John Lopez, Destiny Coleman, Emmylou Kidder and David Davenport are with the Marching Captains Banner. PHOTO COURTESY OF EMMYLOU KIDDER



#10 Luther Gibbs goes up for a layup against the Pointers of University of Wisconsin-Stevens Point over the weekend. PHOTO COURTESY OF CNU OCPR

#11 Men's Basketball can't complete the comeback

Captains fall to Pointers in the Hampton Marina Classic second round

AUSTIN URCH
AUSTIN.URCH.16@CNU.EDU

While most students were home during the thanksgiving break, there were a couple who remained back at Christopher Newport University. Of these students, a sizable number made up the Men's Basketball team.

These student athletes weren't here just to study or stay away from awkward political discussions at the dinner table with extended family, they were hosting the CNU Invitational basketball tournament.

Three other teams, each from different states, all traveled to Newport News for the four contests that would take place across Saturday and Sunday.

Wilmington College from Ohio faced played the University of Wisconsin-Stevens Point in the

first match before Christopher Newport University took the floor to host the Comets from the University of Texas at Dallas.

On Sunday, the Quakers of Wilmington came up short once again, this time against the Comets. Stevens Point, who completed a 19 point comeback Saturday night, tipped off against the Captains in the final matchup and would close the CNU Invitational undefeated.

The Comets were off to a rough start in the match against Christopher Newport as they were unable to find the mark from behind the arc, going zero for eight and only shooting 30 percent from the field in the first half.

Strong defense helped the home side out to a 16 point lead at halftime. #30 Adrian Beasley for the Captains capitalized on the Comets mistakes and brought

down six defensive rebounds in the first half alone.

Senior #10 Luther Gibbs also contributed five defensive rebounds to the cause as well and helped transition the play back down to the other side of the floor.

On offense, Beasley sank both of his three point attempts and #52 Savonte Chappell was also flawless from the floor, three for three on field goals and made his only three pointer, despite only seeing five minutes of action in the half. Over the course of the game, #15 Brandon Edmond also made his presence known as he came off the bench, putting up 22 points against the University of Texas at Dallas.

47 of the Captains 90 points came from the bench, showing a lot of depth from the squad, specifically from Edmond.

The next evening, the two vic-

torious teams from the previous matches met in a tightly contested and physical game as the Pointers looked to remain undefeated with a big win against #11 ranked Christopher Newport. The Captains got off to a very slow start as it took over seven minutes for them to score their first bucket on their tenth attempt.

By that point, the Pointers had already put 12 points on the scoreboard. There seemed to be a lid covering the basket for the Captains as #31 Cutch Ellis, #4 Dalon McHugh and Edmond all were unable to have a single shot fall inside the first 20 minutes of action. Despite the struggles, the Captains only found themselves down by four points at the end of the first half.

Beasley was almost single handedly keeping Christopher Newport in the game as he put down three field goals and sank three from behind the arc.

Aigner had three of the seven remaining points with the initial basket for the home side but that would be his only successful try on 10 attempts.

Christopher Newport was able

to get some more substantial offense going as they ended up outscoring Wisconsin – Stevens Point in the second half. McHugh found the basket with three field goals, a three pointer and channeled his inner Wendy's by going four for four from the free throw line. With seven seconds remaining, the deficit for the Captains had shrunk from 11 down to one point.

A tactical foul by Gibbs was the necessary play if Christopher Newport wanted to hand the Pointers their first loss of the season.

Two made free throws and an errant attempt at a half court buzzer beater later, the Captains would fall for the second time this season and the first time at home since the NCAA tournament two seasons ago, snapping a 22 home game win streak.

Too many errors at crucial times cost the Captains the victory but with a home game against Stevenson University on Dec. 4 and at least 16 other games this season, there is plenty of time for Christopher Newport to get back to their winning ways. ■

For more information on all Captains sports
action, visit CNUSports.com

CONCERTS

December 7th
Dark Star Orchestra
7:30 PM, The NorVa

CAMPUS

December 5th
Winterfest
5-8 PM, Tribble Plaza

IN THEATERS

December 6th
Trivia Night Thursday
8 PM, DSU Crow's Nest

December 6th
"Aeronauts" PG-13
"PLAYMOBILE: THE MOVIE" G

A mentally-bound social media

"The Feed" visualizes a society's overpowering, horrific addition to technology and the constant desire to stay connected

ASHLEY MCMILLAN
ASHLEY.MCMILLAN.17@CNU.EDU

Recently, sci-fi shows that have replicated an alternate reality that hit a little too close to home. Amazon's newest show, "The Feed," is based on Matthew Tobin Anderson's book of the same name (published in 2002). The British television series overall has the aura of a "Black Mirror" episode, another British television series, which mainly has a focus on humanity's relationship to technology and its consequences.

The story goes into how corporations have delved into creating a social media platform where everyone can share their thoughts, moments, and feelings. "The Feed" is implanted into an individual's brain, that ultimately has the person become reliant to its power. People can use The Feed to send messages, watch videos and even project augmented, reality-like "enhancements" to their surroundings. It's even used as an ongoing digital archive for an individual's life, which is made up of memory bundles, referred to as "mundles."

The platform becomes a craze previously to the shows beginning, and then the actual story goes into how society has turned into a constant need of a psychological thrill. The Feed even holds up the global infrastructure. Almost everyone has become a puppet under the control

of The Feed.

The Feed, even as a corporation, becomes involved with the United Nations. This idea of corporate control becoming involved with the government is conceived as very achievable in this TV series. Throughout the series, there is a constant check with how social media can control our very lives, and how companies profit off of their consumers happiness and want to be relatable.

Even the introduction for each episode is a visual advertisement for The Feed and its purpose for the individual watching. The beautiful attraction of one central online platform for everyone, regardless if it's for private or public reasoning, is captivating as a consumer and impactful citizen of society.

Due to the advanced technology produced, there is surprisingly no flying cars or teleportation devices. Yes, The Feed allows individuals to seem like they "teleported" into a room for a phone call, but their whole body is just a projection. The main idea of The Feed being central to a society with no other advanced technology, only presents the possible reality of the show.

Besides the mise-en-scène, the cinematography of the show is magnificent. Each shot is color-graded as a cool frame; there is a prominent focus on blue, green and purple hues. The cool colors create

a worldly ambience, but also a cold-to-the-touch feeling. The use of cool colors in this series creates a dramatic, dark aura to the story that only adds to the thrilling events that pile up. They are shyly presented in the furniture, props, costuming and even in the environment setting (sky, city, ocean, etc.).

Now, the sound effects kept me on my toes as each scene went on. I was never clear about whether or not a scene will end in a massacre or good ole fashioned fun. The impending thrill never seemed to be annoying, regardless of its constant play in each scene. The piano, violin or even the triangle are beautifully played to keep up with the momentum. The attention to detail presented discreetly throughout "The Feed" only showcases the series' worth to be watched even more.

It seems that the show kind of describes our society pre-feed, but in a more organized and cinematic sense. Each character was uniquely interesting and relatable for any viewer to connect with; the hippie, the arrogant little brother, the "dad" brother, the control freak and so on. Overall, the series delicately visualizes how addiction plays out in a connection-obsessed community turned apocalyptic. ■

IMAGE OBTAINED FROM SCIENCEFICTION.COM



Ten uplifting classical tunes

KRISTEN ZICCARELLI
KRISTEN.ZICCARELLI.17@CNU.EDU

Since finals are just around the corner, we could all use a mood booster, whether it be in the form of a snack, friend or classical instrumentation.

1. La Rejouissance, Georg Friedrich Handel
2. Water Music, Georg Friedrich Handel
3. Symphony No 79, Franz Joseph Haydn
4. Brandenburg Concerto No 1 & No 5, Johannes Sebastian Bach
5. Piano Concerto No 25, Wolfgang Amadeus Mozart
6. Op 5 No 6, Evaristo Felice Dall'abaco
7. I finti nobili Overture, Michael Halász
8. Peer Gynt Suite No 1, Edvard Grieg
9. Second Overture in Solomon, Georg Friedrich Handel
10. Piano Concerto No 2 Movement 3, Ludwig van Beethoven ■

IMAGE OBTAINED FROM CLIPART

The 8th Generation Pokemon have finally arrived to town

What are the top five Galar region Pokemon from Sword and Shield?

ELIJAH BASU
ELIJAH.BASU.18@CNU.EDU

A brand new generation of Pokemon is always an exciting prospect for me, as it always means tons of new Pokemon to meet and experiment with on your journey. Since Pokemon: Sword and Shield recently coming onto store shelves, plenty of new, fascinating creatures are finally seeing the light of day. The region of Galar, in my opinion, has a very unique cast of Pokemon that are, for the most part, extremely well conceptualized and executed. Everyone at this point has already determined their favorites, including me. So to celebrate Pokemon's newest release, here's a brief list of some Pokemon that I happen to really like. If you haven't played the new games yet and haven't seen the

IMAGE OBTAINED FROM
ENGADGET



new Pokemon, you should probably stop reading so you can meet them for yourself.

5. Falinks

These little fellows are simply too cute and unique not to adore. I love the concept of having a bunch of small orb-like beings that act as a Greek-inspired battalion, which collectively form a singular Pokemon. As I saw a Falinks march around in the overworld for the first time, they made me fall in love with them in an instant. Not only are they super endearing, but they are actually pretty reliable in battle as well. Their decent attack and defense stats do make them a solid last member of a party within any playthrough. Other than their cuteness and reliability, I don't have much to say about these guys, I just find them—charming.

4. Rolycoly/Carkol/Coalossal

First off, I love the names of this

Pokemon line and all of the puns that they provide. Secondly, I'm glad that there's finally a solid rock-type family that I feel the need to add to my team. I don't hate rock types, I frankly don't find most of them particularly interesting or appealing. Luckily, the Rolycoly line have fun in battle and their creative designs make them stand out to me. I love how over-the-top Rolycoly and Carkol's designs are, since they have wheels as their main method of moving around. Though, I am disappointed that Coalossal strayed away from the other two in the Pokemon line design-wise—but it looks goofy enough to be forgiven. In any case, while this line may not be the best defensive combination of types (Rock/Fire is has two quad-weaknesses), the three can still hold their own with good attack and defense stats. All in all, the Rolycoly line is simply rock solid, and a decent pick-up for any team.

3. Scorbunny/Raboot/Cinderace

Everyone has their favorite starters for each generation that they initially choose when they finally play the games. I feel that all of the starters in this generation are great overall, considering each one has a cool concept that is fully realized throughout each evolutionary line. While I like all

of the starters, I have to say that the Scorbunny line is my top choice. I love bunnies, so this line definitely resonates with me. I also like the sports aesthetic it has throughout, as it makes the line stand out. I particularly like how Cinderace is a bit smaller and less beefier than most fire-type starters. Their body frame serves as a fast, physical sweeper that works on just about any team. I wish, however, that all of the starters, including Cinderace, weren't stuck with one type; I feel that they could have benefitted from having more type diversity. In any case, I strongly recommend that you choose Scorbunny as a cool and useful starter Pokemon.

2. Applin/Flapple/Appletun

I've always wanted a strong dragon-type Pokemon that you could get early on in the game, yet I've never imagined that it would be an apple. I suppose that I do enjoy apples... so logically I should enjoy the Applin line (which just so happens to be the case). Each member of the family has their own unique traits that make all of them special to me. Applin is a funny worm that hides and rolls around inside of an apple, which is obviously both adorable and funny. It's a shame though that Applin has such a limited move pool, as it is a bit useless before it evolves. Luckily its evolutions make up for Applin's lack of viability. Flapple is a funny looking flying dragon that is a reliable mixed-attacker, while Appletun is a doofy looking fat dragon that is a bulky special attacker. Every design in this line is entertaining and memorable in each of their own ways,

and both Flapple and Appletun are consistent and strong enough to justify adding Applin to any team.

1. Clobbopus/Grapploct

The hardest aspect of writing this list is that my reasonings for liking these Pokemon all boil down to one statement: "I just really like them." This reasoning is especially prominent in my justification for putting the Clobbopus line at number one, for I simply and inexplicably love every aspect of it. For starters, Grapploct is a very bulky physical attacker that it's a wonderful late game addition. It is particularly useful for many of the late game battles, as its tankiness does help stale whenever the need arises. Clobbopus, for its part, is really adorable and captivating to me for whatever reason. Considering their aesthetic, I suppose that I like Octopuses to a great extent, as I find both of their designs very appealing. The only real complaint I have with this line is that they show up very late into the game, and I wish Clobbopus didn't evolve so quickly after you catch it. Other than that, this line is by far my favorite by virtue since they give me a sense of joy that I can't put my finger on.

Like the other Pokemon mentioned, it's hard to explain exactly why I take to Clobbopus and Grapploct. Of course, "I just like them" is still a valid reason for liking something I suppose. The great thing about Pokemon is that it can spark joy through many mysterious means. Perhaps I adore all of the new Pokemon because they remind me of the best aspects of a series that I truly cherish. ■

"The Kacey Musgraves' Christmas Show"

Grammy award-winning singer shines in star-studded special

JUSTINE WALTON
JUSTINE.WALTON.17@CNU.EDU

A jubilant production of all things festive, "The Kacey Musgraves Christmas Show" is a must-see this holiday season. Premiering on Amazon Prime this past Saturday, anyone with an Amazon Prime account can sit down with a hot cup of cocoa, wrapped up in their favorite winter blanket and enjoy the 45 minutes of Christmas songs and cheesy storyline. Multiple guests appear on the show to help Kacey sing different songs including Leon Bridges, Camilla Cabello, James Corden, Lana Del

Rey, Kendall Jenner, just to name a few. All of the songs can be enjoyed in streaming services like Apple Music. Whether you watch the whole show or just listen to the music, Kacey will surely spark some Christmas spirit to brighten your finals week.

The performance takes place in a doll-house looking set, with each room decorated with one vibrant pop of color. Kacey is trying to prepare for Christmas, but she has misplaced her tree topper given to her by her Nana. Through the help of celebrity friends and her band, Kacey experiences the true meaning of Christmas as the stress of pre-

paring for the holiday is looms over her. The skit starts off with a comedic stab at "Let It Snow" with Kacey and Corden who are interrupted repeatedly from a blizzard snow blowing in. Like something out of SNL, Musgraves and Corden prepare the audience to experience a show that is full of gimmicks, corniness and awkward times, but is all the more funny because of it.

The music itself is quite the Christmas treat. Musgraves showcases her lovely unique tune in each song. Her show is full of classic Christmas songs, new and brilliant originals, upbeat bops and slow songs that can serenade

someone through a cold winter night. While her renditions and covers of the classic carols are magical alone, it's the original ones that really showcase what a beautiful lyricist Musgraves. This holiday special and all of the music that goes with it are enjoyable for all, and are as well a great way for anyone to get into the Christmas spirit and feel full of cheer this holiday season. ■



IMAGE OBTAINED FROM COSMOPOLITAN

Review: OrangeTheory Fitness

High-intensity workout promotes individual fitness goals in a group workout setting



“It was fun to stay in competition with myself and others as I tried to keep my heart rate in the optimal zone to get the best workout possible for my body specifically.”

The main OrangeTheory workout room in Newport News has a wall of treadmills with rowing machines on the other side, as well as screens to track your individual workout progress. **PHOTO BY ANNA DORL / THE CAPTAIN'S LOG**

ANNA DORL
ANNA.DORL.17@CNU.EDU

On the Wednesday before Thanksgiving, I decided to burn off some extra calories in a fun new way to make more room for turkey. When I discovered that OrangeTheory Fitness offers a free trial workout for first-timers, I knew I had to give it a shot.

OrangeTheory has been sweeping the nation in recent years, and I was excited to see what all the hype was about. I have a friend in California who goes often and loves the challenge of it, so I was excited to put my own fitness level to the test and see if I could handle the intensity that I had heard so much about.

There are hundreds of locations across the U.S., and thankfully, Newport News has one close to CNU and to my hometown.

OrangeTheory Fitness is a high-intensity one-hour workout that skyrockets you to personal success based on your individual health goals and your individual fitness level.

The workout proceeds in three different areas of focus: the treadmill and stationary

bikes, the rowing machines and the weight room floor. The OrangeTheory website requires that first-timers arrive at their studio 30 minutes early so that a coach can go over any possible physical limitations and give you an introduction to the studio and to how the workout worked.

When I arrived at 7 a.m. for my 7:30 a.m. class, before I even walked into the building, I heard upbeat remixes of popular songs emanating out of the side door, which had been cracked open to allow ventilation into the main workout room. The combination of the bright orange light coming from the workout room and the loud music definitely started to wake me up as I opened the main door.

I was greeted by a woman at the front desk who gave me a waiver to sign and went over my fitness goals with me. She took my weight and height measurements on a machine that calculated BMI so that the progress readings would be most accurate. She also gave me a quick tour of the studio before the class began. Finally, after setting me up with a heart rate monitor and explaining that I

could track my progress alongside everyone else's on a TV screen in the room, she turned me loose with the rest of the class.

The long workout room glowed with dark orange light, stretching out to reveal a wall of treadmills on one side and rowing machines on the other. Further down from that was the weight room floor with a variety of different weights, a pulley machine, a weight bench and an ab dolly for each person.

Gloria, the coach for my workout session that morning, explained to me that the workout proceeded in different rounds where groups of about 15 people rotated in and out between the different sections of the room.

For example, my group would run on the treadmills for three minutes while another group would complete a series of weight room exercises for the same amount of time, and then we would switch.

I was given the number 13 on my first machine, which meant I would rotate to the 13th treadmill and weight bench. The variety of it all really kept me on my toes and kept me awake and energized since it was so early in

the morning.

I was definitely a little intimidated at first, not knowing what exactly to expect from the workout, but I threw myself into it. The high-intensity music definitely helped keep me going.

Gloria wore a microphone so she could be heard over the blasting music. She knew it was my first time and that I might be a little lost as the workout progressed, so I appreciated her coming to check on me every once in a while and demonstrating how to properly do some of the different floor workouts.

A woman named Debbie who was situated at station 12 next to me helped explain to me what station we were going to switch to next after we completed a certain one.

Everyone I met during my workout at OrangeTheory helped me to get situated and figure out what I was supposed to do, since the experience can be a bit overwhelming at first with a lot of information being thrown at you so early in the morning.

The progress board on a TV screen helped each of us track our individual progresses to see how each of us was doing. It was fun to stay in competition with

myself and others as I tried to keep my heart rate in the optimal zone to get the best workout possible for my body specifically.

After the workout was over, Gloria led all of us in group stretches to cool down after our intense hour together, which were definitely needed. I could already feel myself getting sore by the time the workout was over, but also energized and ready to take on the rest of my day — I was surprised to find out that it was only 8:30 a.m. by the time I was all done.

From the moment I walked in the door of the studio to the very end of the workout, everyone I came into contact with at OrangeTheory was so kind and supportive.

Members of the OrangeTheory team like Gloria were so accommodating to first-timers like me and the OrangeTheory veterans like Debbie were helpful as well. They each took me under their wing to help me have the best first experience possible.

OrangeTheory Fitness is a great place to try something new, challenge yourself and feel great about your individual progress and effort while doing it. ■

Camp Kesem chapter begins to bloom at CNU

The national organization to benefit children of cancer patients seeks support as an official campus organization

TAYLOR VIGIL
TAYLOR.VIGIL.19@CNU.EDU

Camp Kesem is a nonprofit organization that offers free summer camps to children and teens whose lives have been impacted by a parent's cancer. The camp aims to create a support system for kids who have a parent who has had cancer, is currently undergoing cancer treatment or has passed away because of cancer.

According to their website, Camp Kesem was founded in 2000 at Stanford University and currently has 116 chapters in 42 states. The camp works to provide support to children both during and after their parents' battle with cancer, and it works to create a welcoming and inclusive environment where kids can feel less alone in their experiences.

CNU freshman Graciela Greger was touched by her experience as a camper at Camp Kesem this past summer and wants to bring that opportunity to youth in the Newport News community.

Greger has a passion for helping others, and this passion led her to look into what it would take to start a chapter of Camp Kesem at CNU.

"There's a lot of resources for patients, but not for families, especially for young kids and teens," Greger said. "I wasn't planning on starting a

chapter right away when I got here because I'm a freshman... but I figured that the sooner we start, the better. That way we can have our first summer of camp a lot sooner."

Some of Greger's favorite things about her experience at Camp Kesem were the friendships she made, the growth she saw in herself as an individual, and how she felt less alone in her experiences.

Even though the unifying theme amongst campers is their parents' cancer, the camp is anything but depressing despite what one may initially think.

Camps are held at campsites across the United States, so campers get the real summer camp experience. Throughout the week, campers and counselors are called by camp nicknames they get to choose for themselves.

Campers are not allowed to use their phones during camp week, but Greger commented

on how she barely noticed because everyone was so busy getting to know one another and having fun together.

Greger's goals for the CNU chapter of Camp Kesem are to engage in both the Newport News and CNU communities, build a greater sense of camaraderie on campus and to make

tion of Camp Kesem a reality, there is a lot of planning and campaigning that must be done first.

Greger explained that the first steps in achieving her goal of bringing Camp Kesem to Newport News will be successfully submitting an application.

Like all new organizations on campus, those interested in creating a chapter of Camp Kesem on campus must submit a formal application to the university.

The application is essentially a proposal, and Greger must have every detail organized before she can submit the forms. She has been working diligently to secure potential locations for the camp to be held, professional staff, including counselors and nurses, community sponsors and donors, and she has even reached out to Newport News Public Schools.

A major part of Camp Kesem

as an organization is that the event is driven by college students. Greger has been working on campus at CNU to secure a team of dedicated students to fill leadership positions, plan the logistics of the camp and be involved during the week of camp as counselors and administrators.

So far, there are 78 students from CNU who have shown interest in joining the club.

Once the application is submitted, and assuming that their application is accepted, the next step will be the voting campaign.

In the voting campaign, campuses across the United States compete to start chapters of Camp Kesem, and the top four to six campuses with the most votes will get to make their dreams a reality.

"[Camp Kesem] would be a great addition to the Newport News community," Greger shared. "It's very much a family, it's very much a community. You take something so terrible, cancer, and you find the joy in it and you are able to connect with people who can actually understand you. I'm really passionate about making this a reality."

If you are interested in helping to bring Camp Kesem to children and teens in the Newport News community, contact Graciela Greger at graciela.greger.19@cnu.edu for more information. ■



OBTAINED FROM CAMP KESEM ON TWITTER

a difference in the world.

In order to make a CNU chapter of the national organiza-

Holiday markets in Hampton Roads

Where to find unique local gifts before you head home for the holidays

ANNA DORL
ANNA.DORL.17@CNU.EDU

In just a few short weeks, the holidays will be in full swing. With Black Friday already behind us, some of us may have already checked a few items off of our shopping list for our loved ones this season.

Luckily, Hampton Roads has a variety of different holiday markets in close proximity to CNU every year where you can finish up your shopping and find some unique items that you may not be able to find anywhere else. Local vendors and unique artisan gifts at each of these markets make it easy to find something for everyone on your list.

Here are just a few ideas to fill up your next few free days in Newport News before you go home to your family after finals week ends.

Phoebus Holiday Illumination — Phoebus, Va.
Friday, Dec. 6 from 5 p.m. to 9 p.m. on Mellen Street

The 8th annual event in the historic Phoebus area of Hampton will feature a Christmas tree lighting, festive food and a selection of unique gifts from local vendors available for purchase. It's sure to be a fun event for families and friend groups alike to enjoy.

Holiday Marketplace — Norfolk, Va.
Saturday, Dec. 7 from 12 p.m. to 8 p.m. at Town Point Park

Located at a park situated right on the water, Norfolk's yearly Holiday Marketplace draws in all kinds of crowds from the different communities within Hampton Roads. A yule log bonfire and an opportunity for Christmas caroling are among some of the unique

elements of this event. Local vendors will be selling all kinds of different gifts.

Yorktown Christmas Market on Main Street — Yorktown, Va.
Saturday, Dec. 7 from 10 a.m. to 3 p.m. on Main Street

Yorktown's annual holiday event transforms the historic Main Street waterfront area into a winter wonderland with over 50 unique vendors. Live music, freshly roasted chestnuts and entertainment from the Fife and Drums of York Town make this market a true treat for Hampton Roads residents.

Williamsburg Second Sunday Art & Music Festival — Williamsburg, Va.
Sunday, Dec. 8 from 11 a.m. to 5 p.m. in Colonial Williamsburg's Merchants Square

Williamsburg hosts Second Sunday events every month, but this one is a perfect blend of food and art. With over 75 artisans and vendors, unique dining opportunities, local art and live music, this event mixes all kinds of artistry together for a creative twist on the holiday season.

Colonial Heritage Xmas Craft Fair — Williamsburg, Va.
Saturday, Dec. 7 from 9 a.m. to 3 p.m. at Colonial Heritage Clubhouse

The third annual Christmas market put on by the Home Owner's Association of the Colonial Heritage neighborhood in Williamsburg is open to all interested attendees. Over 60 vendors will be present with handmade art, crafts and other gift items. A lunch buffet will also be available if you work up

an appetite while shopping.

If you're looking to finish up your Christmas shopping quickly, you could easily make a weekend out of visiting these local markets. You'll also be doing a good deed by supporting small businesses and local artisans. No matter where you decide to travel in Hampton Roads to finish up your shopping, you're sure to find something for everyone on your list at one or more of these unique markets around the community this holiday season. ■



OBTAINED FROM PIXABAY

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 Matthew Scherger at clog@cnu.edu or matthew.scherger.16@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.

