



# THE CAPTAIN'S LOG

THE VOICE OF CHRISTOPHER NEWPORT UNIVERSITY STUDENTS

@CNUCAPTAINSLOG

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## Scott talks tuition, plans for 2019

With Democrat control of the House in January, Scott is expected to assume chairmanship of the Committee on Education and Workforce

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Last week, citizens of Virginia's third district re-elected Democratic Congressman Bobby Scott to the House of Representatives. Running unchallenged, Scott's campaign victory will grant him two more years in the Congress that he has served since 1993.

Beginning in January 2019, Scott will be part of the Democratic majority in the House of Representatives, which will have 225 seats and control of House Committees.

Scott is expected to move from Ranking Member to Chair of the Committee on Education and Workforce.

With this position, Scott's priorities focus on several measures to change the landscape of college affordability, student debt and the minimum wage. Passing the new Aim Higher Act and the evaluating the Obama-era Every Student Suc-

ceeds Act (ESSA) are some of his legislative goals for his committee.

The Aim Higher Act is a reauthorization of the Higher Education Act of 1965 which strives to provide more affordable college and make debt-free graduation possible for students willing to work 15 hours per week.

Along with his higher-education goals, Scott also has a bill to raise the minimum wage to \$15 an hour over a period of several years.

Many of his legislative measures focus on affordability in public education, a dynamic that Scott said has shifted the burden of payment from the state to the student over time.

"The problem is a matter of educational policy we can afford," Scott said. "Decades ago you would hear people talk about [how] they 'worked their way through college.' You can't 'work your way through college' anymore."

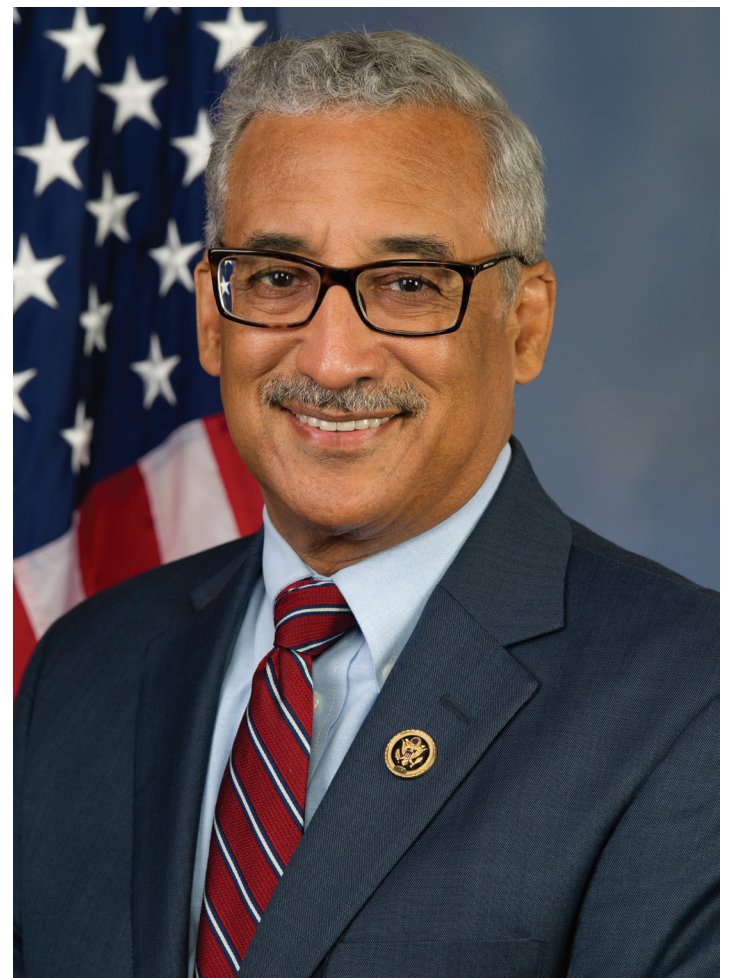
Referring to the jobs of some students that worked minimum

**"We should be able to get back to the days where people can work their way through college..."**

wage jobs throughout their college career, saving almost all their earnings to pay for college, Scott's plans aim to re-open such an opportunity for students.

"We should be able to get back to the days where people can work their way through college and work 15 hours a week," Scott said.

**STORY CONTINUED  
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Rep. Bobby Scott COURTESY OF BOBBY SCOTT'S WEBSITE

## Dr. Kidd and Dr. Bitecofer go to Washington

The Wason Center put CNU on the national stage

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Just a day after votes were cast for the 2018 midterm elections in Virginia, the Judy Ford Wason Center

for Public Policy was on the move. Travelling to D.C. to report on the election and the data collected at Christopher Newport University, Dr. Quentin Kidd and Dr. Rachel Bitecofer, the Director and Assistant Director of the center respectively, represented CNU on a national stage. They appeared on Sky News,

provided their voice to WAMU and visited NBC/MSNBC on behalf of the center.

The 36 hour long trip was tightly scheduled. Bitecofer recalled a time in which she only had 18 minutes to make it to one end of the D.C. to the other. Succeeding in the trip, she shared, "I always joke that, when

needed, I can bend space and time and now my CNU team knows it."

According to Bitecofer this election was similar to the 2017 Virginia elections, but there was a question of the scope of this similarity. "We knew that backlash to Trump would shape the elections and change the electorate, but were not sure of how much it could change," she said.

For this election in particular the

Wason Center chose to focus on competitive House races, specifically those in Congressional Districts 2, 7 and 10, rather than the Senate race which featured incumbent senator Tim Kaine.

**STORY CONTINUED  
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### *What's Inside*

#### News

CNU Panhellenic Council made a statement about assault in the Plaza.

#### Snapshot

Improvocateurs shared the stage in their open mic night event.

#### Sports

Women's soccer wins big in second round of NCAA tournament.

#### A&E

TheaterCNU and Opera CNU took the stage this weekend.

#### Lifestyle

Don't snooze this story about one Captain who woke up daily at 4:30 a.m.





## Weekly pic

CNU celebrated Veterans Day in a variety of ways, including the placement of flags around the Great Lawn which asked us to remember the troops as we walked around campus.

ALEX BURRUSS/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](mailto:clog@cnu.edu), along with your caption. We thank you for your submissions.



### CNU TV

Relive women's soccer historic 10-1 win in this recap of the first two rounds of the NCAA championship. You can find the video up on The Captain's Log Facebook page.

## Happened

**November 8**

### Belt that Ballad

Sisters of Alpha Sigma Alpha hosted a finish the song competition in the DSU Ballroom Thursday. A variety of students from different organizations attended.

**November 9**

### Chinese Culture Day

William and Mary and CNU came together to celebrate Chinese culture through interactive demonstrations of traditional music and musical instruments, calligraphy, paper cutting, and more in the Freeman center from 2-4 p.m.

## Happening

**November 14**

### Percussion Ensemble Concert

The Percussion Ensemble will be performing their Fall Concert in the Peebles Theater at 8 p.m. Admission is free for students and the public. This event is hosted by CNU's Department of Music.

**November 15**

### RHA S'mores

RHA will be hosting their annual S'mores event in the James River Courts at 8 p.m. All food will be provided. Gluten-free options are also available.

## The Captain's Log Snapchat



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

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

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

- Email: [clog@cnu.edu](mailto:clog@cnu.edu)

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

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

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# WASHINGTON

## STORY CONTINUED FROM COVER

Their data and forecasting models predicted the flip of the tenth and seventh districts. They also reported that the second district could flip if there was a democratic surge of voters.

This was exactly the case for the election with Bitecofer stating that a change in demographics affected the vote.

“Like in races nationwide, turnout among college educated women and suburban voters broke decisively in favor of Democrats and led to a large Blue Wave in the House,” Bitecofer said.

These were among some of the topics discussed on their tightly packed trip around the journalism world in D.C. on Nov. 7.

As the midterm elections have end-

ed, the Wason Center will turn their focus to state legislative elections as well as their annual Assembly policy survey. They will also start to explore, as Bitecofer stated, “the impact of the Trump presidency on the balance of power in Richmond after the fall 2019 elections.”

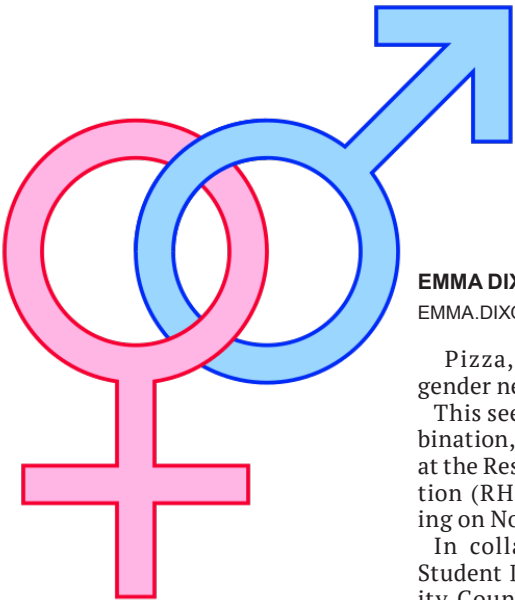
The Judy Ford Wason Center for Public Policy was established in 2007 in order to provide non-partisan scientific policy and political information. This information is collected through polling done by CNU students. The center is frequently cited by local papers in the area and has previously been cited in major national publications like the Washington Post, NPR, Huffington Post, Business Insider.

The center is currently hiring students part time. Their applications can be found on the CNU Handshake system. ■



Dr. Bitecofer attended an interview at WAMU, a radio station in Washington, D.C. COURTESY OF OCPH

# Housing all students



COURTESY OF WIKIMEDIA COMMONS

RHA re-opened talks about gender neutral housing during their town hall on Nov. 8

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Pizza, cubed cheese and gender neutral housing.

This seems like an odd combination, but all were present at the Residence Hall Association (RHA) Town Hall meeting on Nov. 8.

In collaboration with the Student Diversity and Equality Council (SDEC), Student

Assembly and Spectrum, RHA held a town hall in order to discuss what gender neutral housing could possibly look like at Christopher Newport University (CNU).

## STORY CONTINUED ON PAGE 5

# SCOTT

## STORY CONTINUED FROM COVER

“They ought to be able to come out without incurring a significant amount of debt.”

While citing the great amount of work to be done, Scott believes that such a goal is in the foreseeable future. Citing other sources of spending, including tax cuts and expensive legislation, Scott would like to see spending re-prioritized.

“It’s a matter of priorities,” Scott said. “Certainly debt-free college or affordable college is easily within reach, when you look at other choices we’re making.”

Scott broadened his concern for student welfare to other pathways such as job-specific training.

“There are many job-specific train-

ings that you can get that will help you in a specific job and we need to make sure that kind of training is also available,” Scott said. “But for those that want a liberal arts college experience, that should not be unachievable to families because they can’t afford it.”

Citing the changing scope of education throughout time, Scott placed President Lyndon Johnson’s Higher Education Act in the context of the 1960’s, where resources such as the Pell Grant could support a student’s education at any college.

“Because state colleges are not as strongly supported and Pell Grants haven’t caught up with the rising cost of tuition, a lot of people have to incur huge debt, even if they’re willing to work during the school year,” Scott said.

Underscoring the importance of educational equity and affordability, Scott emphasized the effect of education over an individual’s lifetime.

“Your future to a large degree depends on the educational level you receive,” Scott said. “The more education you have, by and large the more money you can make.” ■

# Midterm Election results

## U.S. House

**District 1:**  
Rob Wittman\*: 55 percent  
Vangie Williams: 45 percent

**District 2:**  
Elaine Luria: 51 percent  
Scott Taylor\*: 49 percent

**District 3:**  
Bobby Scott\*: 91 percent  
Write-in: 9 percent

**District 4:**  
Donald McEachin\*: 62 percent  
Ryan McAdams: 36 percent  
Pete Wells: 1 percent

**District 5:**  
Denver L. Riggleman, III: 53 percent  
Leslie Cockburn: 47 percent

**District 6:**  
Ben Cline: 60 percent  
Jennifer Lynn Lewis: 40 percent

**District 7:**  
Abigail Spanberger: 50 percent  
Dave Brat\*: 48 percent  
Joesph Walton: 1 percent

**District 8:**  
Donald S. Beyer, Jr.\*: 76 percent  
Thomas Oh: 24 percent

**District 9:**  
Morgan Giffith\*: 65 percent  
Anthony Flaccavento: 35 percent

**District 10:**  
Jennifer Wexton: 56 percent  
Barbara Comstock\*: 44 percent

**District 11:**  
Gerald Edward Connolly\*: 71 percent  
Jeff Dove, Jr.: 27 percent  
Stevan Porter: 2 percent

## U.S. Senate

Tim Kaine\*: 57 percent  
Corey Stewart: 41 percent  
Matt Waters: 2 percent

## Referendums

1. Should a county, city or town be authorized to provide a partial tax exemption for real property that is subject to current flooding, if flooding resiliency improvements have been made to the property?  
**YES: 71 percent**  
**NO: 29 percent**

2. Shall the real property tax exemption for a primary residence that is currently provided to the surviving spouses of veterans who had a one hundred percent service-connected, permanent, and total disability be amended to allow the surviving spouse to move to a different primary residence and still claim the exemption?  
**YES: 84 percent**  
**NO: 16 percent**

**350K** more Va. voters than in 2014

ALL INFORMATION COMPILED FROM VIRGINIA DEPARTMENT OF ELECTIONS WEBSITE. PERCENTS WERE ROUNDED TO WHOLE NUMBER.



# Standing against sexual assault

## Students express feelings on sexual assault during CNU Panhellenic Council's Clothes Line Project

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*"You are important and strong."  
"There will be no more silence."  
"I am not what happened to me."*

These were just a few of the many phrases displayed on a clothesline blowing in the wind.

On Nov. 6 and 7, the Christopher Newport University community came together in the Tribble Plaza and took part in the Clothes Line Project. Organized by the CNU Panhellenic Council, this event gave people the opportunity to design vibrant T-shirts with messages, stories or pictures in order to spread awareness about the impact of sexual assault and sexual harassment on campus.

"We decided to focus on mental health and sexual assault as two key things we want our community to focus on. We saw these issues in our community and we wanted to do programming based on that," Maria McQuade, Vice President of Membership Development for the CNU Panhellenic Council, said.

This is the second year the CNU Panhellenic Council has put on the Clothes Line Project. This year in order to expand the event, the Panhellenic Council added a marketing campaign on top of the actual event. Throughout the beginning of the week, all of the sorority

chapters on campus shared stories on social media about their members and how sexual assault affected them.

"It's been really exciting seeing what all of these women are talking about. It's amazing to me to see all of these chapters of all these different kinds of women coming together to talk about the same issue. It's empowering to me," McQuade said. "[Sexual assault] is something that has affected so many people, not just in the Greek community, but on CNU's campus as a whole which is why we want to talk about it, bring awareness to it and all together say we can do better to better to solve this problem on campus and across [all] college campuses."

In addition to decorating a T-shirt, people could get teal sexual assault awareness ribbons as well as visit tables that offered resources on sexual assault.

"I think both sexual assault and mental health, these two major things we've decided to focus on, we've seen that those things have impacted the CNU community and so many people can relate to those things," McQuade said. "These are issues that affect so many people but they're also issues that a lot of people don't talk about which is why we wanted to talk about them."

McQuade emphasized that the testimonials posted on social

media and what people have designed on the shirts are not just about sexual assault; they are also about bystander intervention and consent.

"It's about talking about those things and educating people on [the subject]. Education is power. The more you know about these things, the more we talk about them and the more we put them into the light, the more someone is going to be able to say, 'I've been sexually assaulted and it's okay. I want to talk about it and I feel safe to talk about it,'" McQuade said. "That's what we really want to provide; a community that is safe, a community that is welcoming and one where you will be loved no matter what. That's the community we want to provide for people."

McQuade mentioned that reaching people through social media and testimonials is one of her favorite things to see and has been very successful.

"It's been really amazing to see the support of everyone, and to see that people are willing to talk about these issues and that might inspire someone else to come forward," McQuade said. "I feel like it builds us into a stronger community that's able to talk about something as hard to talk about as sexual assault."

In total, the front and back of around 33 shirts were designed throughout the two days. ■



(Above) Maria McQuade, Vice President of Membership Development for the CNU Panhellenic Council, talks with people attending the event. (Below) Students browse through the rows of T-shirts during the second day of the Clothes Line Project. HANNAH MCCLURE / THE CAPTAIN'S LOG



(Above) Students work on designing their T-shirts to hang on the clothesline. (Left) A few of shirts designed during the Clothes Line Project hang on the clothesline outside of the David Student Union (DSU) in the Tribble Plaza.



# A Florida trip dedicated to leadership

PLP students win the undergraduate competition at the International Leadership Association Conference

**DUNCAN HOAG**  
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From Oct. 24-27, three CNU students - Jonelle Brown, Adam Stillabower and Nathan Hotes - attended the International Leadership Association (ILA) conference in West Palm Beach, FL. They went on to win first place in the undergraduate research competition, competing against teams from all over the world.

The ILA is an annual leadership conference utilizing workshops, speakers and competitions to foster the growth of leaders in the present and future. It is a large conference with several thousand attendees and is held in a foreign country every other year. This year's speakers included academic

writer Barbara Kellerman, whose scholarly works focus on theorizing leadership and the keynote speaker was Caroline Kisia. Kisia is a physician from Kenya and has provided much needed humanitarian medical care to refugees, often while in conflict zones.

Brown indicated that the prompt of the competition was broad, with teams expected to tackle a far-reaching, global issue and subsequently create a presentation about it.

"You had to take a contemporary societal issue - it could be health, education, poverty, whatever - and you have to figure out what the systemic causes are, and then apply leadership theories to a possible solution for that problem," Hotes said.

Hotes further elaborated that the goal was to "find a current social problem that you thought leadership should be applied to, and then describe the problem in details and its causes."

The CNU student's presentation focused on the problem of censorship, primarily in the small African country of Eritrea. According to the World Press Freedom Index, the country ranks second worst for freedom of the press, just behind North Korea.

The project's executive summary laid out the problem of Eritrea's apparently rampant press censorship. The summary stated, "This [censorship] is due in part to an oppressive government and its control over the media and the elimination of

dissent. In order to combat the oppressive regulations on freedoms of speech and press put into place by their government, it is recommended that citizens implement the Citizen Leadership Model through international interactions to promote self-governance and restore individual freedoms to the people."

Hotes expressed that although all three of the group's members were in PLP, they were not acquainted before becoming a group. All three had applied to go to the 2018 ILA conference, and the information in their respective applications enabled the leadership professor making the groups to put the three students together.

"They get all the people, and then they see which personali-

ties would work best together in terms of making a team," Hotes said. "None of us really had any idea what we were supposed to do going into this, but it just so happened this year that all three of us got put together and we didn't really know [because we haven't attended before]."

Stillabower said that the best part of the overall effort was applying information the group learned in the workshop sessions at ILA to their research presentation.

"We used some of the information from the sessions, based off their own presentations, and we had a chance to talk with them [presenters], and talk about their research, and many of them actually came to our presentation at the end." ■

## Gender neutral housing

STORY CONTINUED  
FROM PAGE 3

"RHA is actively researching this topic. This town hall is in order to gauge the need and interest this program [gender neutral housing] has on campus. Nothing is happening right now but we are here to gauge how students and the population feels about this as we're taking the next steps on researching this topic," Grace Sharlun, Assistant Director of Advocacy for RHA, said during the introduction. "This is for you to voice your concerns or the feelings you have so we can take that into consideration as we're taking the next steps."

Gender neutral housing, in theory, would be an opt-in program that would allow students to live in rooms, suites or apartments without separation based on gender or gender identity.

After a brief opening statement from Sharlun, the rest of the town hall was opened up for students and other members of the community to voice their questions and concerns in regards to gender neutral housing.

In order to prompt responses from the audience, three main questions were presented by RHA to serve as a guide for conversation. The first question asked students how gender neutral housing could possibly benefit the CNU community.

"I know for a fact it would benefit just by having it as an option. Some of our student population would feel comfortable and accepted into the community knowing that they're

providing that option for them because not everybody fits into a specific housing situation set up by the university," one audience member said. "Having that option open would make people comfortable and show that we are a community that whatever your situation you need we will try our best to accommodate and provide."

Another potential benefit audience members talked about was increasing inclusivity on campus, which could draw more diverse population to the university.

The second question RHA posed asked their audience members about their concerns about the gender neutral housing initiative. A few of the concerns mentioned were which class years would be allowed to participate, the potential for people to abuse the program to live with their significant others and the need for randomization of roommates to ensure safety.

"There's always the potential for people to abuse the system. I don't know how frequently it would happen but it's something to be aware of when you're establishing a program like this. Some people might look at this and be like, 'Oh, that just means that I can live with whoever,' and it's not necessarily because it's something they really need based on their gender identity," one audience member said.

Some final concerns raised were where gender neutral housing would be located on campus and the question of whether individual suites, entire floors or entire residence halls would be gender neutral.

"I would think it would be better off to have it spread out throughout the residence halls



rather than just putting it into one place. That's another issue that could develop where you're letting people have gender neutral housing but you're also kind of putting them in this one space and it's almost isolating," an audience member said. "We don't want to do that. We want to make sure people are included and it's know this is for us supporting them, not for them to be outcasted."

The third and final question asked the audience what they would want gender neutral housing to look like at CNU. One audience member, for example, stated they wanted individual suites to be gender neutral so they can still live on floors with their learning communities. Several audience members also mentioned that RA's should go through more inclusivity training if they do have gender neutral housing on their floor.

Gender neutral housing has been pushed for in the past, three or four years ago, but it fell through because there were

(Above) Student Assembly President Emmet Aylor and National Communications Coordinator for CNU RHA Amber Bartling sit up front and take notes of student's opinions. (Right) A student in the audience shares their thoughts and feelings on gender neutral housing during RHA's town hall.

EMMA DIXON / THE CAPTAIN'S LOG



issues with the initial proposal. Although it is at least two years from actually being implemented at CNU, RHA held this town hall in order to get an idea of the kinds of questions, concerns and suggestions the student body have about gender neutral housing.

"This is a long term process but we wanted to start with the student body first because this is who it's supposed to affect so we wanted to gauge public opinion before starting in-depth research on how other schools are doing this," Sharlun said.

The RHA will use the University of Mary Washington in particular as a primary resource during their research to find out the issues faced and how they have implemented gender neutral housing because of their being similar in size to CNU compared to larger schools like Virginia Tech and the University of Virginia.

Students who could not attend the town hall but still want to share their opinion on the initiative can fill out an anonymous online survey the RHA has created at <https://goo.gl/forms/Ot4t00wr8oQJuvVX2> ■



# Protecting middle class America, not the Middle East

## Helping end overdose deaths should be our nation's top priority

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Have we lost sight of our military's primary purpose? I can tell you this, it is not to fight and die in wars in countries most Americans can't point to on a map.

A recent New York Times cartoon by Patrick Chappatte, an editorial cartoonist for the paper, depicts annoyed troops who have apparently enlisted in the military specifically to fight in the Middle East, not to "support and defend the Constitu-

tion of the United States against all enemies" as the Oath for Enlistment for the armed forces of the United States declares.

The next line in this oath is, of course, the clarification that these enemies can be both "foreign and domestic."

What people like Chappatte and the editorial staff at the New York Times don't understand is that the word "foreign" is not exclusively applied to jihadis on the other side of the globe.

One could argue that the 15,000 troops Trump wishes to

send to the southern border is a job better done by the National Guard, who already has boots on the ground. That is certainly a conversation worth having.

Instead, the New York Times used the incredibly out-of-touch and irrational argument that our troops are serving the United States better by policing failing democracies in war torn countries whose populations hate us.

Not only that, Chappatte believes that the Middle East and its endless quasi-official military engagements is the

sole reason young men and women join the military.

In our role of chief democracy builder are we neglecting the greatest foreign threat that faces America?

According to a Center for Disease Control (CDC) estimate, around 72,000 Americans died in 2017 alone from overdoses. This is a dramatic increase from the year before and is mainly attributed to an increase in synthetic opioid usage.

Deaths from synthetic opioids like fentanyl have risen from 5,000 deaths a year in 2015 to a whopping 30,000 deaths in 2017. These synthetic drugs are flooding over our southern border and we are confiscating a seemingly inconsequential amount of contraband.

The fact that it has taken a

massive caravan full of people to ring any alarms should be a source of shame; not just for those advocating for a porous, open border, but for anyone who doesn't feel a sense of urgency in securing the border.

If our country is incapable of keeping a caravan of tens of thousands of people from shuffling their feet across the border then it is no mystery as to how drugs that are responsible for the deaths of more Americans than the Vietnam War find their way into our communities.

If I were the Commander-in-Chief, I would withdraw every soldier we have in the Middle East (there are over 9,000 deployed in Afghanistan alone) and deploy them to our borders if it meant preventing just 1% of opioid deaths at home. ■

# Registration woes

## CNU's registration process causes unnecessary stress

**SPENCER EVANS**  
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It's that time of the year again. I'm not talking about all the crazy holiday themed decorations, I'm talking about registration--the one thing besides projects, papers and finals that adds to every student's stress level. Registration determines what classes you are going to take, and how many override forms you are going to have to fill out because that one class that you need has only one section and is only available during the spring.

I personally dislike registration.

You are called to wake up at the crack of dawn to enter the gladiatorial arena that is CNU live, counting down the seconds to when you have to have a typing speed of 100 characters per minute to be able to fight for a class that only has a single section for the entire year.

Now if you're a senior or going

into your last semester your worries are gone. You're guaranteed to get every single class you need in a nice and timely manner.

For freshman, you're left to pick up the scraps. Whether it be an interesting area of inquiry, or fighting to get the classes that you need it seems your destined to take the walk of shame to the registrar's office for override forms.

What follows is even worse. You have to wander around attempting to find the head of each department to get their approval for the classes that you need, a feat that may be unrewarded if the class has already reached maximum capacity.

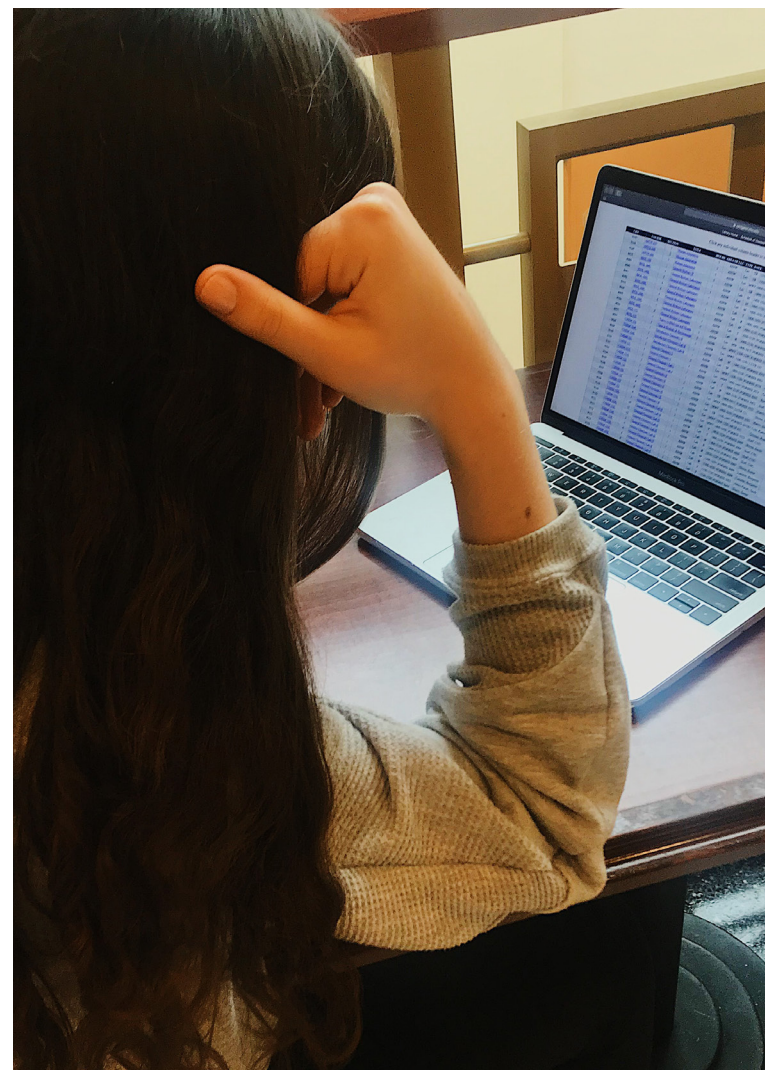
This becomes even more difficult as the heads of the department are, as you may have guessed, also people. They aren't always available. Inevitably, you will end up visiting the same room again and again while becoming best friends with the secretary.

Bottom line is that you get all the classes you need only if you're lucky, especially if you are in the younger population. Sophomores and freshman in particular, are subject to taking one or possibly two major courses while completing the areas of inquiry by the end of this time.

The other way to get the classes you need is to either play a sport that is going to be in season, be in the President's Leadership Program, the Honors Program or any combination of the three. If you fit this category then congratulations, you are able to register 30 minutes ahead of the rest of the general student body.

Now it's not the computer system's fault, it's CNU's. CNU has a lack of availability for classes, only offering some during certain semesters. If you miss one class due to the registration process you have to wait a whole year to be able to progress in one part of your major.

Overall, registration is a hellish time that gives seniors priority to the classes that nobody else needs, and that costs so many people hours in making schedules upon schedules so that they can stay on track. ■



Many students report being stressed by the CNU registration process. **MARA THARP /THE CAPTAIN'S LOG**



# Dear The Captain's Log...

There are many things around campus to write letters to, here are some our writers found this week

## Dear my insect roommates...

Okay look, we both live in the same dorm, we both drink the same water and we both like the same tv shows (yes, I see you under the couches as I binge-watch "Breaking Bad" for the fourth time). If we are going to continue this unfortunate living arrangement then I have a few complaints I want to make clear.

First, all you ever do is just mooch and mooch and mooch. You eat all my food. I get that I am messy and that's fine, but you can't just assume that because I dropped a piece of pizza on the ground for two seconds I don't want it. You can't just jump on it.

Second, you have no personal boundaries. The other day I was about to get in the shower when I pull back the curtain and see you and your friends all hanging out by the drain. I enjoy my showers alone, so please stop that.

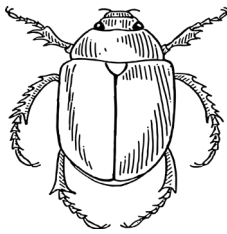
Lastly, I pay for your hous-

ing. Come on, if you're going to end up living under my desks and inside my walls you could at least try to pay for some of my tuition. I shouldn't be the one that does all the heavy lifting around here.

Please, for the love of god, either move out or start paying up, because I will NOT have my student loans skyrocket just, so you can be my lazy, good-for-nothing tenant.

With Distaste,  
Your Landlord

P.S. I don't enjoy your conga lines across my floors, that's just weird and cultish. ■



COURTESY OF OPENCLIPART.ORG

## Dear Stupid...

This is to the people with bad ideas (FYI, that's everyone). We all have bad ideas. It's natural to be dumb. However there exists a certain line in reference to stupidity that you should never cross.

Have a big midterm coming up? Maybe don't go to that "darty" and see if you can do a double backflip in your Timbs after losing three straight games of beer pong. While you should definitely have fun during your time here at college, just think to yourself before doing fun stuff, "Is this dumb?" If the answer is somewhere within the spectrum of, "I don't know, maybe" then just pass on it dumb-dumb!

Do you want to be that kid in class that walks in with giant sunglasses on, pretending you aren't hungover and stoned at the same time because your weird hall mate promised that smoking weed would fix your hangover but it didn't? No, no you do not want to be that guy. So with all things in life, enjoy them in moderation and please don't do dumb stuff.

Sincerely,  
Ostentatious Terry ■

## Dear Potomac North...

From the day I first arrived on CNU campus, I was scared. Scared of not fitting in, not succeeding in my classes and not being able to adapt to college life.

All of my fears melted away when I met you, Potomac North. Your residence hall was nothing like I've ever seen at other campuses. Complete with common rooms, clean restrooms, crystal clear windows and air conditioners that blew away my doubts I knew I was happy. But something was off. Underneath your foundation, I could still see the faults.

I know that you were supposed to be like your twin sister, Potomac South, to hold second-year students but you were assigned first-year students as the school did not have enough room for them.

You tried your best over the years to hold back the tears of your weariness, but it seems this year you can't hold them back any longer.

You shed a tear when it rains, trying to shield us from the

downpour. You attempt to keep cockroaches away as you spray our rooms. You try to keep the ceiling tile from collapsing as you quickly repair it. You get a headache every time the power goes off and cry as the fire alarm wails.

Potomac North, even with all your flaws, you suffer and strive for our protection and I am thankful for that.

I am happy when I play pool in the game room and scratch. I smile as I sit in your lobby. I am charmed by your ability to get back up after all the strain you have been through. I am happy that you allow me to stay in your hall and for giving me a home away from home. Do not feel bad about what ails you because I know you always try your best to counteract your ailments. Your flaws are not the only thing that define you, it is your ability to stand up after all that has happened.

My best college memories will always be with you, Potomac North.

Sincerely,  
A Happy Potomac North Resident ■

# Student Assembly's stress tips

Got stress? Student Assembly's got you covered with these five tips

NATHAN HOTES

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With finals approaching and responsibilities only increasing, it is easy for us Captains to get caught up in academic stress. Stress can be described as a "physical, chemical, or emotional factor that causes bodily or mental tension and may be a factor in disease causation." This is something very easily applied to academics.

With all the opportunities open for Christopher Newport University students overextending themselves or feeling

pressure to do more these tendencies should almost be part of the curriculum. That's why Student Assembly is reminding those who feel overwhelmed and are struggling to keep it all together to take a breath and follow these five tips.

### 1. Plan rewards

When academic work gets piled up it is easy to get caught up. Make sure you plan ahead and set aside time to be happy. This gives you something with which to calm yourself and something to look forward too. This can be spending time with friends, taking a walk or catching up

on that show you like for an hour or two. The important thing is that it's a break from the grind college can sometimes feel like.

### 2. Make workload clear

Make sure your friends are the type of people who understand what responsibilities you're struggling with and that you need time to yourself to work. Explain to them that you will hang out with them soon and be sure to make plans that you can commit to. Do not let work take away your social life, but finding a healthy balance is vital to a healthy lifestyle.

### 3. Stop comparing

There will always be someone involved in more things than you are, who has better grades than you or for whatever reason makes you feel pressured to push yourself. The problem with that is that every person is a unique individ-

ual with different strengths and weaknesses. It is almost impossible to get a complete picture of a person for a direct comparison. As long as you put real effort into what you care about you're doing a great job regardless.

### 4. Care for yourself

No matter how busy you are, the most important thing is your health. Putting aside time for sleep, food, and cleanliness is vital in maintaining a good self-image and allowing you to face the challenges ahead. None of your professors or bosses will appreciate it if you fall asleep or look incapable of handling your responsibilities.

### 5. Prioritize

How do you make sure you are going to have time to do all of the above steps? Well, the most important way to help yourself is to get

your workload to a manageable level. Planning out how much time certain tasks take and budgeting out that time of your day is a good way to see when you have free time and how much you have.

If your schedule is unmanageable then pick the things that are important to you and focus on them, while also letting go of the things that you are doing solely for resume or that do not have time for. Focus on what benefits you, and how much you can reasonably and healthily do to the best of your ability. ■







Sophomore Jordan Bass, a member of the Improvocateurs, presents her stand up routine. She talked about what life is like as a single person.

"If I had to, I would describe my aesthetic as Shrek...I've found my donkey, but not myself."

- Ashley McHenry

"I am Pennywise, under the grate staring at everyone, judging all their relationships."

- Jordan Bass



Junior Caroline Tsui tells three stories about her struggles in college, including a story including a story about her crying in front of her professors, explained why she will never speak in her gender studies class again.



Senior and President of the Improvocateurs, Ashley McHenry performs her own stand-up routine for the show.



A member of the audience took to stage in a spur of the moment. She explains why the frigid experience with rowing.



# Improvocateurs presents: Open Mic Night



Junior Fletcher Travelstead read the poems “Move Pen, Move” by Shane Koyczan, “Too Much” by Tyler Fork and “Beginning, Middle and End” by Phil Kay. **PHOTOS BY HANNAH LINDENBLAD /THE CAPTAIN'S LOG**



he cold doesn't effect her, due to her past



Senior Kensie Ward performs the song “Weight of the World” by Evanescence, describing her feelings about leaving CNU. Later that night she also performed a stand up routine.



# Soccer scores historic win

Soccer advances to sweet sixteen for the first time since 2004



(Top) Gabby Gillis streaks down the field while trying to put the Captains in Scoring position. Gillis was named the Capital Athletic Conference(CAC) Player of The Year for the second straight season. **SARA KOOCHAGIAN/THE CAPTAIN'S LOG.**

**PHOENIX HINES**  
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For the first time since 2004, the Christopher Newport Uni-

versity Women's Soccer team is headed to the National Collegiate Athletic Association (NCAA) sweet sixteen.

After a stellar regular season,

the Captains were fortunate enough to host the first round of the NCAA playoffs. The first game was played on Saturday, Nov. 10 against the College of

the home team a 5-1 lead.

Just a few minutes later Cochran nailed her second goal of the game, as Shaye Doherty delivered a nice touch pass

Staten Island. The Captains dominated this game and ended with a 10-1 win.

The Captains came out hot straight out of the gate, as Maddie Cochran hauled in a pass from Maxine Borris and struck the first goal of the game just two minutes into the match.

Just two minutes later, Cochran repaid Borris for the assist earlier, as she set up Borris for her first goal of the season off a long ball down the right side in which Borris slipped right past the goalie.

Not wasting any time on offense, the Captains were able to push their lead to 3-0 when Sabrina Gillis got a corner kick and passed to Keiley McCarthy for a header. This was McCarthy's first goal of the year.

After another goal by the Captains, Staten Island finally put themselves on the board in the twenty-seventh minute of the game as Samantha LaValle shot the ball into the bottom right corner, cutting the Captains lead to 4-1.

Neither team were able to score for the rest of the half.

In the second half, the Captains picked up right where they left off, as Riley Cook finished a one timer off a beautifully placed ball by Carson Pokorny, giving

before Cochran rocketed the ball into the top post.

The Captains pulled some of the starters after they gained the 6-1 lead.

The last four goals were scored by Kristina Toms, Holly Jacobson and Taylor Hudgins. The 10-1 win was the programs largest margin of victory in a NCAA playoff game.

The next day, the Captains got to host the University of Scranton, a more competitive opponent compared to the first game.

In a game under the lights, the Captains started the game just like they left the last, as Cook received a pass from Boris and headed it into the back of the net, giving the Captains an early 1-0 lead.

Scranton got their defense together after the first goal and held the Captains without another goal until the 41 minute mark as Kristina Toms took the ball from a defender before ripping a 22-yard rocket into the back of the net pass the Royals keeper.

After gaining the 2-0 lead, the Captains played the game extremely conservative as both teams did not score a goal for the rest of the match.

The Captains win over Scranton was their 19th win of the year, helping them tie last year's record for most wins in a season.

This Friday, Nov. 16, the Captains will host eighteenth ranked Hope College in the sweet sixteen. The game will take place at 7:30 p.m. and the winner will play the winner of the game before them between No.2 Messiah College and No.17 Lynchburg College.

If the Captains end up playing Lynchburg, they will get a rematch of last year's NCAA second round matchup, where they ended up losing that match 2-1.

The Captains have only played with Messiah College once in their 2010 match. They lost 7-0.■

## JOIN THE TEAM

Now seeking writers for the sports section

For more information email [clog@cnu.edu](mailto:clog@cnu.edu)



# CNU Football finishes 7-2

The team finished out the season with a 16-14 win over Wesley



CNU Football had one of their best seasons this year, as they only lost two games for the third time in all of program history. They would have had a chance to play Frostburg State, but the game got cancelled due to the hurricane. **HANNAH MCCLURE/THE CAPTAIN'S LOG.**

## PHOENIX HINES

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After a rather disappointing season in 2017, the CNU football team went into the 2017 season with an open mindset and were looking to prove doubters wrong. They would do so this year in solid fashion.

This past Saturday, the Captains hosted the Wesley College (DE.) Wolverines. For the second time in program history, the Captains came away in this game with a victory as they defeated their conference foe 16-14 in a nail biter of a game.

The offense was led by Jack Anderson who threw for 129 yards on 19-29 attempts, constantly putting the Captains in position to score.

On the receiving end of those passes were Joshua Davis and Cole Blais. Davis hauled in five catches for 44 yards. Blais caught five passes for 31 yards.

During his outstanding senior season, Davis caught 54 passes for 735 yards and six touchdowns in just nine games. His six catches a game were good for the most in

the NJAC.

As it has been for most of the season, the defense dominated the game once again.

The Captains only gave up 14 points and picked off the Wesley Quarterback four times. The defense was led by a few individuals. Ben James had a career day with 11 tackles and two sacks for a total of 16 yards. Conner Ryan led the pass rush, as the Junior had four sacks on the day. Ryan has had 7 sacks in the last three games.

D.J. Wright and Damian Jiggetts played stellar pass defense and smothered the Wolverines receivers all day. Wright posted two interceptions on the day, giving him six on the year. Jiggetts also had an interception, putting the sophomore at six interceptions on the year as well.

After the opening kick off, the Wolverines started to move the ball down the field pretty early. They got down to the Captains 30-yard line in just three minutes of game time.

On third and nine, Wright came up big with his first interception

of the game, as he returned it for 49-yards to put the Captains in scoring position early.

After a few first downs, the Captains were able to get to the Wolverines 14-yard line, but when faced with a fourth down and short situation, they decided to kick the field goal.

Dylan Curran nailed the 32-yard field goal to give the Captains an early 3-0 lead.

A few drives later, the Wolverines started to move the chains down the field once again. After getting down to the Captains 14-yard line, Jiggetts picked off a timely pass that was headed to receiver in the end zone.

The next few drives were back and forth defensive stops. The Captains offense finally started to get the ball moving during the middle of the second quarter. After a few solid gains from C.J. Donaldson, Anderson started to hit his receivers down field, putting the Captains in scoring position.

The Wolverines made three straight stops inside their 10-yard line at the end of this drive, forcing the Captains to send out their

field goal team. As they lined up for the 15-yard field goal, the holder received the ball and tossed it back to Curran, as the kicker ran into the endzone for the five-yard touchdown, completely blindsiding the Wolverines defense and giving the Captains a 10-0 lead. This was Curran's only run of his career.

The next drive, Wesley spent no time trying to answer the Captains. Khaaliq Burroughs hit Alex Kemp for a 65-yard touchdown on their third play of the drive, capping off a three play, 86-yard drive. This cut the Captains lead to 10-7.

The rest of the half was back and forth defensive stops.

The Captains received the ball in the second half and on the opening kick off, Wright returned the ball 53 yards, putting them inside the Wolverines territory.

The Captains were forced to kick a field goal a few plays later, as Curran hit a 47-yard field goal to give the home team a 13-7 lead. This field goal tied Curran's career long.

Early in the fourth quarter,

Wesley pieced together a solid drive which ended in a 11-yard touchdown by E.J. Lee, giving the Wolverines a 14-13 lead early in the fourth quarter.

After a failed drive for the Captains, the Wolverines were in a good situation but B.J. Hill came in clutch for CNU and picked off Burroughs pass inside the Wesley 30-yard line.

Just a few plays later, Curran hit his third field goal, which was good from 45-yards out and would eventually be the game winner, as the Captains grabbed the 16-14 lead.

With two minutes to go, the Wolverines would get one more chance to get into the endzone and get the win, but the defense stood solid, per usual. With a few seconds to go the Wolverines were just inside the 15-yard line but were unable to run a play, as the clock ran down to zero.

This win helped the Captains improve to 7-2, but was unfortunately the last game of the year due to not making the NCAA playoffs. ■



# The fall of the house of Donati

Peebles' stage captured the full breadth of Opera CNU's talent in Puccini's 'Gianni Schicchi'



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Before Thursday night, 'Florence' was just the name of the hurricane that evacuated CNU a few months ago. But with Opera CNU's performance of "Gianni Schicchi," the cast and the orchestra revealed the true Florence – a city of Italian grandeur, home to young love, heavenly skies and most importantly, the Donati family.

Directed by Dr. John McGuire, the cast of mostly all CNU undergraduates performed Giacomo Puccini's decades-old comic one-act opera in a striking – and at times, breathtaking display of musical talent last Thursday and Saturday nights.

Lasting about an hour, the opera featured a memorable set of an old Italian house and one central piece of furniture: the bed. The cast donned colorful dresses and tailored suits, serving to emphasize their liveliness against the neutral backdrop.

In a short overture resembling the same intensity of "La bohème," the tempo and rhythm quickly settled into a rhythm synchronized with the Donati's sobs. Mourning the death of their relative Buoso, the family's grief is more comical than tragic, as dramatic cries and (mostly) real tears settle into shared outrage that Donati has left his entire fortune to the monks.

With no inheritance, the Donati family desperately accepts the help of Gianni Schicchi, who schemes to impersonate Buoso and rewrite the will to include family wishes, and (unbeknownst to the Donatis) his own fortune to provide for his daughter's dowry.

Much like any great classical opera, the brilliant plot is only the beginning. With spectacular voices harmonized to a small but powerful

orchestra conducted by Professor J. Lynn Thompson, the instrumental and vocal talent remained the most commendable aspect of the opera.

Sung in the original Italian with surtitles timed to the libretto, the authentic language brought a distinct professionalism and beauty to the performance. The soprano aria, "O mio babbino caro," sung by Schicchi's daughter Lauretta (Amelia Burkley) was simply stunning. Raising her voice to an elevated state of beauty, Lauretta's pleas for her father's sympathy seem at once simple and appealing, expounding love in the face of the Donati's petty feuding.

As grief turns to anger for the Donati family, their voices rise in chorus as they condemn the monks and mourn the inevitable loss of their social status. As they build off each other's tempers and work their resentment into a frenzy, the overall effect is actually more comical, as they mimic the downfall of their reputation, chanting, "ah! ah! ah! Ecco là! / Ecco là un Donati!"

Later on in the opera, the tension between Schicchi and Buoso's resentful cousin Zita (Emma Giometti) grew into another moment of resounding song. Exhibiting both anger and desire, the voices of Zita scoffing at Schicchi, Lauretta begging for a union with her lover Rinuccio and Schicchi's comebacks harmonized perfectly to unify the competing wills.

Equally passionate were Rinuccio's words of tenderness towards the Schicchis and other foreigners to Florence. Conveying an argument rich in content and form, his song about Florence's enchanting castles, rivers and vivid landscapes perfectly denounced the family's 'out of place' prejudice towards outsiders.



The solo arias demonstrated the cast's expert staging, where one individual was able to make a strong impression despite multiple people on stage the entire time. Both Rinuccio and Lauretta's solos were met with reverence and respect from the cast, who stood attentively, with hats off or eyebrows raised.

Despite the elements of sadness and danger found in "Gianni Schicchi," the performance was not without well-timed stylistic and spoken comedy. Elements of humor were established within the first ten minutes. Fixed on finding Buoso's will, the Donati's amusingly tear through their house, throwing papers over their shoulders and exciting themselves with false alarms of finding their treasure.

The arrival of the slightly in-

(Top Left) Gianni Schicchi (Steven Field) argues with the Donati family over the deceased Buoso Donati's will. (Top Right) Zita's nephew Rinuccio (Michael David Grey) and Schicchi's daughter Lauretta (Amelia Burkley) celebrate their intent to marry. (Bottom) Schicchi reminds the Donati family of the grave punishment of forgery. KRISTEN ZICCARELLI / THE CAPTAIN'S LOG

ept physician, Master Spinelloccio (Daniel Carbill) prompted a hilarious exchange between him and Schicchi, disguising himself as Buoso. Spinelloccio's nasally Bolognese accent brought an unexpected dissonance to the scene, an aspect that the cast and audience had fun with.

The Donati house remained the sole set of "Gianni Schicchi," as it is torn apart, coveted by Schicchi and then pillaged by the angry Donatis. Making for a dramatic ef-

fect that invited the audience to reflect on the Donati's downfall, the empty house is left uninhabited for a few moments near the end, accompanied only by the angry cries of the Donati's and Gianni Schicchi behind the stage.

Standing against the stripped Donati house, Rinuccio and Lauretta take the stage for their ending duet, recalling their love and singing of their future in an angelic, elevated song that raised opera to its highest form. ■



# Masks, campfires and books of names

TheaterCNU's November production, 'Mr. Burns: A Post-Electric Play' fuses acapella, 'The Simpsons,' and the future after an apocalyptic nuclear disaster

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It's the end of the world. You've lost your family, friends, and your home. What's left to do, you might ask? TheaterCNU's production of "Mr. Burns: A Post-Electric Play" answers this question and many more.

Written by Anne Washburn, "Mr. Burns" was first produced in 2012 in Washington, DC. It takes place sometime after an apocalyptic event has hit America. In the first act, a group of survivors try to recount the "Cape Feare" episode of "The Simpsons." The second act takes place seven years later and the group now performs episodes for fellow survivors as entertainment. The final act is an interpretation of the episode 75 years later, resembling a Greek tragedy complete with musical numbers.

The play's ensemble of actors was cohesive and synchronized. They balanced the comedy of apocalyptic survivors recounting a "Simpsons" episode with the drama of losing family members and their homes. The cast also brought forth a grounding reality to their characters. Conversations and relationships were genuine and created the feeling that everything happening on stage was real. Not only did they embody authenticity in one role, the troupe was also double cast as the various "Simpson's" characters for the last act. Each actor brought something new to every character they portrayed.

The first act centered on Matt (Adam Lekang) recounting the

"Simpsons" episode with help from the other survivors. Lekang had an impressive amount of dialogue which he executed with energy and liveliness to enrapture the audience's attention. The character of Gibson (Ben Atkinson) came later in the first act and served as shift in the play to a more serious tone. Gibson and the other survivors beautifully transitioned into a more dramatic environment with raw emotions and well-executed conversations that heightened tensions and furthered the conflict.

The final act of the show was mostly sung. The actors struck the audience with their phenomenal harmonies, rich tones, and spectacular solos throughout the various musical numbers. As the hero for the final act, Bart Simpson (Danielle Jansen) took the lead on many of the songs. Jansen's vocals were pure and resonant. She paired her gorgeous singing with equally impressive acting as the young Bart attempts to overcome the evil Mr. Burns (Ben Atkinson).

The backdrop of the set was a

large, impressively constructed mask of Mr. Burns with the mouth being the main entrance point for many of the actors throughout the show. The first act utilized simple camping chairs while the second act had more evolved furniture as time progresses and the survivors acquired more items. The final act tied together the tribal futuristic feel of a fire pit with a classic "Simpsons" style house set.

The lighting was simple yet effective. One could sense the dwindling hopes of the survivors

as the lights dimmed and the fun, whimsical mood when the lights brightened. The cast could be heard clearly, seemingly without the use of microphones, an impressive feat.

With such a new and unconventional concept, the cast did remarkably well to ground their reality in a manner that the audience could relate to. With their expert chemistry and emotional vulnerability, the cast engaged the audience and left them wondering about what the future may bring for America and the world. ■



(Top) Scratchy (Tanner Payne), Marge Simpson (Abby Rozmajzl), Lisa Simpson (Emilee Papa) and Homer Simpson (Adam LeKang) appraise a threatening situation in Act III. (Bottom left) Matt (Adam LeKang) takes part in the campfire reenactment of "The Simpsons" episode, "Cape Feare." (Bottom right) Two FBI Agents (Emilee Papa and Cody Davis) engage with Matt (Adam LeKang) in the armchair. TAYLOR VIGIL / THE CAPTAIN'S LOG



## Health horoscopes for November 12-18

See what the stars have in store for your sign this week

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### **Aries** (March 21 – April 19)

Change your routines and get out of your comfort zone. It could make a big difference in your approach. A challenge can improve health and encourage energy and vitality. You'll wish to reorganize your workout routine to one you find more enjoyable and fun. This may help you stick with it on a daily basis. Even the most athletic people have occasional lazy spells. It's time to rise higher than them.

### **Taurus** (April 20 – May 20)

This period may be full of socialization and can bring you a lot reasons to feel glad. Have fun, but also think about your body and how you'll be able to bring it back into balance after putting it through its paces. Get plenty of sleep. Pass up the junk food in favor of vegetables and whole grains. These can provide you with enough energy to do anything. Drink a lot of water to avoid dehydration.

### **Gemini** (May 21 – June 20)

You may not have a lot of time to think about your health, but you can't neglect it altogether. Take care of your nervous system. Ensure you are getting all the nutrients you need from your food or supplements. You may be depleting a lot of energy thinking or even worrying. Instead of worrying, you must take action. Doing something puts your mind at ease. The more vitality you have, the more confident and happy you will be.

### **Cancer** (June 21 – July 22)

Use your imagination to visualize yourself in peak condition. Post pictures on the walls or keep a diary or photo album to remind you of what you want to attain. How do you want your body to feel? What can you do to create this sense of overall health for real? Make use of your imagination to realize the person you've always wished to be. Soon your circumstances will reflect your thoughts.

### **Leo** (July 23 – August 22)

You may be eager to get to the basis of a health issue that has been bothering you for some time. It may be linked to weight or perhaps to allergies. There is an opportunity that it's triggered by stress. You may have to make some changes to your lifestyle in order to get back on course – and quite radical changes at that.

### **Virgo** (Aug 23 – September 22)

Make total well-being your latest mission. The cosmos is encouraging you to take a closer look at what you consider a decent diet, because it'll create a world of distinction. You may have to lighten your schedule to avoid burnout if you are exercising an excessive amount. Are you getting back on track? Take it easy. You won't want to continue if it starts to seem like work.

### **Libra** (September 23 – October 22)

You could be taking it to the limit, but spare a thought for your body. Your social life is probably active, and then is every other area. If you're living life in the fast lane, don't get into the habit of eating fast food, too. It pays to eat the best food that you can afford and take the time to arrange healthy meals and snacks.

### **Scorpio** (October 23 – November 21)

You may notice you've been feeling more stressed than usual. This has been occurring for some time now as the cosmos has been impacting your nervous system and body. It helps to eat lots of good protein and the right oils. Your whole system will function more efficiently as a result.

### **Sagittarius** (November 22 – December 21)

You may be more tense than ever. Feed your nervous system and care for yourself. You would prefer not to give the burdens and strains of your job a chance to get to you. Stress management is fundamental for you to excel and stay free of diseases. Try not to delay.

### **Capricorn** (December 22 – January 19)

Your love life gets a lift with a lot of action to keep you glad. Sentiment is an incredible method to recharge your batteries and unwind. You may choose to take a vacation to loosen up more profoundly. Some daylight and surf will revive you and give you a unique gleam.

### **Aquarius** (January 20 – February 18)

Your overall health is great. The universe keeps bringing consolation and roused thoughts regarding how you can become more fit. You'll improve if you work out in short increments as opposed to one huge session. Find what suits you best, and search for different approaches to get fit like dancing, swimming or even tai chi. A profound center is recuperating, as well!

### **Pisces** (February 19 – March 20)

The universe is empowering change. You may turn into much more delicate to your body - what helps it work ideally and what harms it. This expanded mindfulness is an incredible help in maintaining a condition of health. If you want to eat more just and resolve upsetting life circumstances, this will likewise bring numerous advantages. ■

STAR PHOTO COURTESY OF NASA

# Write on!

## Now seeking writers for the Lifestyle section

For more information, email [clog@cnu.edu](mailto:clog@cnu.edu)



# Kung Fu Tea kicks its way to Newport News

The new location of the tea chain close to CNU is a great place to try exciting flavors

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When you walk under the “Grand Opening” banner and its rainbow garland into the brand new Kung Fu Tea just a few minutes’ walk down the street from CNU, you are met with

a pop of vibrant color and a kick of endless delicious flavors.

Kung Fu Tea has opened up another location in Newport News. Located in the Hidenwood Shopping Center with Food Lion and Dunkin’ Donuts, Kung Fu Tea is the perfect place to satisfy your craving for something

sweet, exotic and exciting at the same time.

Workers at Kung Fu Tea are masters in the Taiwanese art of bubble tea or “boba”, flavored tapioca pearls floating inside different tea-based drinks.

Each drink the company offers on their menu is extremely customizable and can be made hot or iced with regular tea, milk tea, slush, punch, yogurt, milk, espresso and snow cream. If the popping, bursting texture of boba is too weird for your taste buds, choose a jelly, pudding or bean topping instead.

The flavors they offer are incredibly diverse. The menu has countless options, making your drink as unique as you are. Choose a familiar favorite such as green tea, latte or mango, or try something a little more out there such as taro, mung bean or rosehip milk. Speaking as a lifelong picky eater, I was able to find a lot of options that sounded delicious to me. Holiday flavors are also popular and vary by season and location – try a pumpkin spice drink before fall is over. Kung Fu Tea’s variety of flavors and options make it popular with lots of different crowds.

Kung Fu Tea is a chain with various locations across Virginia and the rest of the US. Its Newport News location has bright red walls, smooth wooden floors and black light underneath the main bar. The environment is fast-



(Left) The storefront bears a Grand Opening sign, welcoming students. (Above) Inside, bright colors and menu posters give customers their many options. ANNA DORL/THE CAPTAIN’S LOG

paced, energetic and precise. You can tell the employees are masters of what they do. There are little tables all around the establishment perfect for sitting with your roommates and catching up at the end of a long and stressful school day.

“We constantly reminded ourselves that anyone could become a Kung Fu Master, as long as they dedicated themselves to their craft,

much like we have,” Kung Fu Tea’s website states.

“Like us, our patrons embody our ideals of fresh, innovative and fearlessness. Join us in challenging the beverage industry and challenging ourselves to be the best” (sic).

Whatever your taste in tea, Kung Fu Tea kicks the competition and has something for everyone on their diverse menu. ■

## In One Week: Waking up like a Navy SEAL

Getting up at 4:30 a.m. everyday like a Navy Seal has its benefits and drawbacks. One student finds out, is it really worth it?

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**Day 1:** Wow, this is hard. After watching a dozen videos last night on how to wake up early, I found out that I should just power through the first night of horrible sleep in order for it to get better later. There are no sounds in my dorm right now except for the disgruntled noises coming from my roommate due to my 4:30 alarm.

I move to the couch and I’ve been laying here for 3 hours now keeping myself awake through watching YouTube videos and playing video games. I’ve watched so many videos that I got bored enough to start on some homework. While a majority of my time has been spent recreationally, I’ve also found the time to exercise, shower and begin some work due during my 6 p.m. class. Here’s hoping I make it that long.

**Day 2:** I need to go to bed earlier. My body hasn’t changed its sleeping rhythm yet so it’s hard not to sleep through the five alarms I set every morning. However, since completing a two page self-reflection essay and two 500-word essays, I’m pretty down to take a 30 minute nap.

**Day 3:** Getting up so early has gotten easier, much more than the first day. Once again, I’ve relegated my time to watching endless amounts of YouTube and some conspiracy theory videos in order to stay up this morning. Working out so early in the morning definitely has its pros and cons.

Pros: getting it done ahead of time, keeping yourself busy. Cons: you need a lot of willpower, and taking a shower is difficult at 5:30 a.m. when you don’t want to wake your suitemates up.

**Day 4:** I broke my promise and woke up an hour later at 5:30. Still had time to study, but there was still a large discrepancy between a 4:30 wake-up and a 5:30 one. Allocating a certain amount of time to each activity of leisure, studying and homework gets thrown off when you can’t spare enough time for each activity. I’m definitely going to make it to the end of the school week.

**Day 5:** It’s almost bittersweet to wake up early on the last day. The freedom to choose what you want to spend your time doing combined with

the extreme lack of distractions as if you’ve put your life on airplane mode leads to a super productive time frame.

Physically, I was initially super tired, but as I got used to it, the fatigue would last a shorter and shorter amount of time and the rest of my day lasted longer with high amounts of energy. Mentally, it’s very helpful to resolve your largest amounts of stress earlier in the day. I had exams that I’d needed to study for, so doing homework for classes before those specific exams gives me exorbitantly large amounts of time to do work.

Looking back on this week, I discovered a lot about myself. With a proper night’s sleep and a shred of willpower, I’d recommend for anyone who can handle being an early bird to wake up an hour or so earlier before your day normally starts.

I was able to relieve a lot of stress in my day before it really started and I was given the chance to take care of important things such as exercising and eating a healthy breakfast. ■

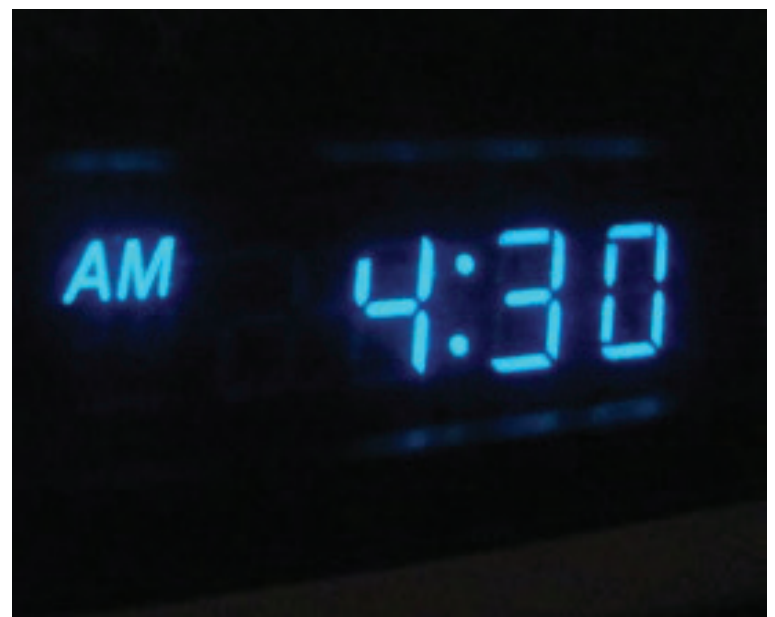


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Want to try something in one week for The Captain’s Log? Contact Anna Dorl  
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# JOIN THE STAFF!

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](mailto:clog@cnu.edu) or [morgan.barclay.15@cnu.edu](mailto:morgan.barclay.15@cnu.edu), at any time.

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