



THE CAPTAIN'S LOG

THE VOICE OF CHRISTOPHER NEWPORT UNIVERSITY STUDENTS

@CNUCAPTAINSLOG WWW.THECAPTAINSLOG.ORG

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More than Just a Campus

At CNU, most students echo that one is "more than just a student." Captains begin their CNU experience with campus tours given by guides like Gracie Mason (left) and James Duffy (right). As the academic year ends for us, we see new generations touring campus with these same students who made an impact on us. **MACY FRIEND/THE CAPTAIN'S LOG**



Weekly pic

Make sure to take some time to get outside during finals week and enjoy this spring weather. Don't overwork yourselves Captains and have a wonderful summer! **Macy Friend/The Captain's Log**



CNU TV
Check out the footage from Delta Gamma's Hoops for Troops on our Facebook page.

Happened

April 13-14
CAB: Star Wars: The Last Jedi

CAB showed The Last Jedi on the Great Lawn on Friday April 13 and Saturday April 14 at 9 p.m. CNU's Knights of the Force performed before the movie.

April 14
Paideia 2018

The 17th annual Student Research Conference was on Saturday April 14 where 200 plus students presented research and creative work in MCM hall classrooms and the DSU Ballroom.

Happening

April 20
CAB Presents... Jurassic World

In Gaines Theatre at 9 p.m. CAB will be showing Jurassic World. There will be popcorn but be sure to keep an eye on those glasses of water lest you notice a dinosaur approaching.

April 19
RHA Ice Cream Truck

The Resident Hall Association will be having an Ice Cream Truck event on the Great Lawn from 12 p.m. to 2 p.m. this Thursday. The ice cream is free and it is in celebration of the end of the semester.



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 commentary on campus life.

Corrections from previous issue:
In A&E
Julian Stetkevych is the director of Antigone, it was mistakenly reported that Richard Stephenson was the director.

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THE CAPTAIN'S LOG is the official student newspaper of Christopher Newport University. It is a public forum, which is published Wednesdays throughout the academic year.
THE EDITOR welcomes letters from readers. Editors reserve the right to edit letters for length and AP style, as well as to refuse publication. An email with a ".doc" attachment is preferable. Reach us through:
- Email: clog@cnu.edu
- Drop off: The Captain's Log newsroom, DSU Suite 393
JOIN THE STAFF The Captain's Log is always open to students who are interested in writing, photography and editing. Editors assign stories every Sunday at 7 p.m.
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.

From the Front Page



Here is the newly established chapter of Virginia 21 at CNU. Group organizer, Matt Godsoe, was excited to work with the Governor and his people on important issues pertaining to college students. **COURTESY OF VIRGINIA21**

BY MELANIE OCCHIUZZO

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This has been a busy year at CNU. There have been new clubs made, service hours performed and research published by students and faculty. There are so many things that people have to say about their year at CNU so below are just a few remarks from members of the student body and administration about how the year went.

Dean Hughes puts massive amounts of time and effort into CNU's students. Here's what he has to say about this year: "I think we've had a very good year and I've been impressed with the contributions made by so many of our students... In looking at some recent awards applications, I'm amazed at some of the research our students are doing. We've also had some new organizations arrive on campus thanks to the efforts of our students. Our Anchor organizations have really been front and center in a number of ways, and I've also seen our students tackle some tough subjects, including mental health, in a very positive and constructive format. We continue to excel in athletics, including the very recent successes of both our teams on the diamond. The events offered by our students have been great again; how can you not like GLOW, the Red Dress Gala, the Pancake Breakfast or Best Dance Crew? What really impresses me about some of our student events is how great they are at connecting a fun event to a philanthropic effort. That shouldn't come as a real surprise as we've had thousands of students offer tens of thousands of hours of service this year, and that doesn't even include the REACH trips or the international service outing that was new this year. I've seen individual students support their friends and even fellow Captains that they don't know as well, simply because they believe it's the right thing to do. We have a lot to be proud of, and all of our students should know that they're making a difference here. It's great to be a part of this community."

Speaking of clubs and student effort at CNU, there have been 21 new clubs and organizations created at CNU. Brad Brewer, director of the Center for Community Engagement says that as of this publication, the CCE projects a total of over 81,000 hours of service performed by CNU students. Brewer says "This has been another tremendous year of growth at the Center for Community Engagement, with increased Service Distinction Program enrollments and graduates and a rise in the amount of work students did with our community partners. The feedback we consistently hear from our students and local citizens is that these experiences really do lead to mutual growth and positive connections across differences. There is great momentum and excitement for the ways our campus and community are working together."

When it comes to classes and professor's work on campus there has been a bit of growth there as well. There were a total of seven new classes taught this semester and there were a total of 14 new classes approved according to the university. These new classes coupled with the constant research and publication of our faculty just shows CNU's focus on academics. While there is no official number of professors who have been published yet, each professor is required to do research as part of their job. While not every professor may get published, they are working on their research on a year-round basis.

Being a student at CNU is more than just "being a student." There are clubs to participate in, classes to take, community service hours to perform and activities to have fun doing. Surrounding this article are several photos from the student body that represents just a few of the things that happened on CNU's campus this year. Whether you're graduating or moving on to the next step in your college career, take some time to reflect on your year and remember the fun times you had and the fun times ahead. ■



Andrew Bagwell from CAB reports, they've had almost 40 events this year with a total attendance number of over 10,000. "With a wide variety of events ranging from spoken word poets to our annual Fall Fest, it's been an unforgettable year." **COURTESY OF CAB**



President of Student Assembly, Kenneth Kidd was happy to report that he felt that SA was bit stale when he first took office but "with the help of a lot of wonderful people, that is no longer the case." His advice to everyone is, "let's set the world on fire." **COURTESY OF STUDENT ASSEMBLY**



From left to right: Josh Duhe-Harris, Gage Bailey, Taina Negron, Antonia Comfort, Mulat Hailemariam, Rachael Dorsey, John Vernon, Tina Leary and Meg Hunt. These are Bonner Service Scholars. **COURTESY OF BRAD BREWER**



Attendees of the Women in Government panel pose for a group picture with the four panelists and members of Virginia21 (front row). HANNAH MCCLURE/THE CAPTAIN'S LOG

Virginia21 Panel Talks Female Representation in Government

A panel of four women with roles in our state government and its apparatus sat down to discuss how more women can get involved in our political system.

BY KORTY SWIFT
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Virginia21 hosted their first campus-wide event on April 10 with their Women in Government panel. The event began with a meet-and-greet with panelists, continuing into a panel with questions asked both by a moderator as well as attendees.

Virginia21 President Matt Godsoe opened the panel with thanks to the panelists, moderator Rachel Wagner, chair of the Political Science department Dr. Michelle Barnello, Paige Long and committee members for their help in making the event possible.

Event Coordinator and Virginia21 member, Long, gave an introductory statement with information about Virginia's

current female representation in government, noting that out of 200 members of the Virginia General Assembly and 48 members of the Virginia State Senate, only 28 and 48 members respectively are women.

Long emphasizes that the perspectives present at the event are ones that are "equally important and deserve to be heard."

Long began by introducing the panelists: Rachel Rutherford, Legislative Assistant for Delegate Mark Cole; Gericia Goodman, Policy Director for Virginia21; Jennifer Walle, State-Affairs Manager at Troutman Sanders; and Traci DeShazor, Deputy Secretary of the Commonwealth.

Wagner began with a selected series of questions. Panelists

were asked about work in politics, such as opportunities they wish they had taken and what made them want to pursue careers in government.

Goodman emphasized pursuing internships and starting them as early as possible. In her answer, she echoed words of advice she received at CNU from Libby Westley: "you get jobs by talking to people."

Jennifer Walle credited President Tribble with helping her find her first job, and she encouraged audience members to take risks and not be afraid of applying for different positions.

"Take a chance, try something you don't think you're qualified for, you probably are," says Walle.

Panelists were asked how being a woman has affected

their careers within the government. They cited factors such as biases about age and marital status, but also self confidence. "Be comfortable with who you are. You're walking in that space for a reason, and you have to own it," says DeShazor.

Goodman backed up her statement, responding, "Sometimes it's not people who keep you back, it's yourself." Walle's advice to audience members is "Preparation and hard work are key."

She supplemented her statement with praise of not only the number of women in attendance at the event, but the number of men present as well. Questions from the audience followed the moderator questions.

Long asked, "How can we get women on campus interested in

government?" pointing out that VA21 had three women out of the organizations' 25 members. Rutherford encouraged finding people's passions, and relating them to politics.

"Everyone has a passion for at least one thing."

She encouraged women in the audience to participate in organizations on campus, such as VA21, College Republicans or College Democrats, and emphasized that women in government and political organizations make a point to invite other women on campus to come to their group meetings.

The panel closed with thanks to the panelists from Wagner. For more questions concerning the event, you can reach out to Matt Godsoe at matthew.godsoe.16@cnu.edu. ■

Communication Department Loses Beloved Office Administrator

Kathy Byars was an integral part of the Communication Studies Department and was often referred to as the “Comm Mom” by faculty and students alike.



Kathy Byars with her husband Richard who has already passed on, Byars will be sorely missed. PHOTO COURTESY OF DR. JENNIFER BILLINSON

BY BRETT CLARK
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The CNU community has received the devastat-

ing news that Kathy Byars had passed away this past Sunday.

Byars was an integral part of the CNU community,

especially within the Communication Studies Department.

She took leave in late February to tend to her health.

Department Head Linda Manning sent an email addressing her departure, letting students know that Byars was diagnosed with

“a serious life-threatening illness” and that she would not be returning to CNU in the foreseeable future.

Many students, faculty and other members of the community sent letters of encouragement to Byars upon hearing this news.

The students of the Communications Department wanted to send their appreciation to the professor while she was away.

Dr. Jennifer Billinson most accurately described Byars as “our ‘office administrator’ in the COMM department, but that title doesn’t even begin to describe what she meant to all of us.” She was “Comm Mom” to most who knew her.

She earned the nickname since she, as Billinson put it, “honestly treated us like we were her kids.”

She leaves behind her two children, Justin and Jessica, who, according to Billinson, “were her whole life.”

Many of the Communication Studies professors have canceled classes in the wake of this heart-wrenching news.

If you find this news distressing, you can find help at the Counseling Center (Freeman Center 2nd floor-594-7047).

You can also talk to your RAs should you need an open ear. ■

Spring 2018 CNU Farmers Markets

MARCH 15TH, 22ND, 29TH
APRIL 5TH, 12TH, 19TH

YORK STRIP, 3PM - 6PM
1000 UNIVERSITY PLACE, NEWPORT NEWS 23606



I Entered Alone, but Leave Among Friends



(Left) Caitlin King (fourth from left) poses with her lacrosse teammates after one of their games raising money for the Leukemia and Lymphoma Society and celebrated CNU student C.J. Buechner for his battle with cancer. COURTESY OF CAITLIN KING/ THE CAPTAIN’S LOG (Above) King began working with The Captain’s Log as a sports writer her sophomore year and became Sports Editor in 2016. MACY FRIEND/ THE CAPTAIN’S LOG

After joining The Captain’s Log without knowing others, Sports Editor Caitlin King reflects on her time stepping out of her comfort zone and joining an organization that has been an influential part of her academic career.

The following completes a series that The Captain’s Log has been running where CLOG seniors reflect on their time with this organization. The “-30-” at the end signifies the end of a story in journalism, and in the case of these students, the end of their time with The Captain’s Log.

CAITLIN KING
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When I entered college I knew I wanted to continue working on a newspaper staff. Within the last few years of high school, I gave journalism a shot and found out that I actually really loved to work for the media.

Freshman year of college I constantly thought about contacting the Editor-in-Chief about writing for The Captain’s Log.

The only problem was that I had never joined an organization without knowing someone else involved. I didn’t even have to enter college alone, I ended up picking a college and playing lacrosse with one of my friends from high school. I was practically given a group of friends as a freshman because of my lacrosse team, while other freshman were looking to get to know anyone and everyone.

I seriously had no idea (I still don’t) how people were to make friends if they already didn’t have a group of friends given to them, but I commend them.

I learned that it indeed is hard to enter an organization or group alone. I first gave it a shot the fall of my sophomore year when I decided to attend a Republican Club meeting. I walked into the classroom, sat down by myself and watched everyone else in the room socialize and catch up.

I so badly wanted to leave and as soon as the meeting was over I decided I would never go back. Still, in the back of my head I kept thinking about the newspaper staff, except I didn’t know anyone on the staff.

After Christmas break sophomore year I decided it was the time to email the Editor-in-Chief, Josh Reyes, that I wanted to get involved.

I pushed the dreadful Republican Club experience to the back of my head and hit send, asking him how I could start writing.

I was so prepared; I had about three articles set aside that I wrote in high school in case he wanted proof that I was not clueless about journalism. He didn’t ask, and just invited me to the

budget meeting that Sunday.

I knew by sending that email that I had to go to the meeting, because Josh knew I was going to be there and I did not want to look like a flake. I also thought, okay I now know the Editor-in-Chief, I assumed if I knew the one in charge then that was good enough for me. Indeed it was good enough.

I walked into the meeting hoping to write a story or two and left with the goal of becoming the Sports Editor in the following year. Luckily, I was able to work with the Sports Editor at the time, Ben Leistensnyder, to become his assistant and write for him weekly so that I could learn the ropes.

I think about if I had never worked up the courage to email Josh about attending a meeting. What if I had just allowed the Republican Club experience to scar me forever?

I figured I would regret it one day if I never had at least tried to be on the staff. Three years later I reflect on what this job experience has given me and I am pleased to say I won’t have regrets once I graduate.

This job has given me a group of people I may have never been given the chance to get to know, had I not joined.

This job has taught me responsibility

and time management as I held down being an editor while playing lacrosse. This job also allowed me to have leadership experience, especially with being in charge of my own group of writers. This can be difficult considering we are all the same age.

My advice to someone unsure if they should join an organization because they are scared would be to just send the email or just go to the meeting.

You may figure out that the organization isn’t for you or you might just join something you can’t imagine your life without. I would say it is better to know for sure that you don’t want to participate than spend the rest of your life with an immense amount of what if’s. ■

-30-

Reading into the Reading Day

An arbitrary day of “rest” leads to later week stress.

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For people that are not aware, every Wednesday of finals week at CNU is declared a “University Reading Day.” On this day, no finals are allowed to be administered, and Greek life and clubs are not supposed to hold events. In short, it’s a day off. Doesn’t that sound great? Yes! Of course! But there’s a catch: the dreaded Saturday finals.

Most students regard these Saturday finals as absolute torture. At a time of year when everyone is ready to pack up and move out, students who have to stay an extra day (on a weekend, no less) without their friends and take another exam curse their bad luck, and each year at registration students look to work in classes that will avoid the Saturday exams.

With all this in mind, is Reading Day, with all its perks and relaxation, really worth it?

Although nothing can be scheduled on this day of relaxation, that doesn’t stop people. Some teachers offer office hours, groups of students schedule time in the library together to work, and clubs meet one last time before the semester ends to say goodbye. The college grind doesn’t stop just because the university says it does; it just does it quieter.

In addition, students don’t often make use of their day in ways that the university intends. Half of campus spends the day studying for late week exams anyway, and doesn’t take the stress-free day the university promotes. The other half spends the day hungover and tired from a night of celebrating the end of the semester and a (hopefully) successful first half of finals week.

In addition, Reading Day promotes procrastination among the student body. “I don’t have to work on this paper, this project, this whatever. I’ll just do it on Wednesday,” is a common attitude among students already over-scheduled and looking for any way to put off some of their work until later.

There is also a significantly lower morale and productivity level around campus. As students with early exams filter out of campus, the remaining poor souls spend more time wishing to be home than studying for exams.

Everyone wants to be done with the semester, and delaying that end by even one day can seem like too much to bear when one looks at their schedule and sees two exams on Thursday, one on Friday and another at 8 a.m. on Saturday, speaking from personal experience. While it would be nice to take Reading Day off and spend it relaxing, this year mine will be spent writing a paper and studying.

It is not uncommon for students to look for any way possible to move at least one of their exams earlier, and wouldn’t it be convenient to use that wonderful empty Wednesday for that instead of taking up the glorious freedom of a Saturday?

If CNU really wants a Reading Day for students to take a day of rest, having it be during the last week of classes, such as the last Friday, would be a much better time for it. It gives students an extra day to decompose before the study grind of finals week itself, without the catch of delaying some exams until Saturday.

A three-day weekend would be the perfect gift from the university, a great way to end the year and certainly better for everyone than in the middle of finals week.

After all, how relaxed can one truly be on Reading Day right now, knowing there are more exams and papers due later in the week?

Wouldn’t it be nicer to be done, all papers submitted, all presentations finished, all scantrons bubbled in and sitting in your house on Saturday, your pajamas on, with a full day of nothing planned?

That certainly sounds less stressful to me. ■

The Last Buzzin’ Becky



COURTESY OF CLIPART LIBRARY

“Come on. What, are you scared?”
“Yes.”
“Me too.”
“So let’s just leap, okay?”

“Grey’s Anatomy” is definitely a fan favorite, but cuts way beneath the surface for many of us. I was sitting here rewatching for the millionth time when I happened to look up and catch this interaction between Derek and one of his patients who was undergoing something new and uncertain. A lot of us are in transition right now to newer things, newer situations, newer lives. While we may not be getting brain surgery, the unknown is still

terrifying.

This is it. This is the last for a lot of us. The last issue of The Captain’s Log for the school year. The last Buzzin’ Becky. The last week of classes. The last semester.

When I started this year, I was bright eyed and ready to tackle anything life was ready to throw at me. I’ve had my fair share of challenges, and working through them wasn’t the easiest thing.

My time spent writing this column was one of the most consistent things I’ve had. The months passed and I felt like a zombie as I went through classes. I went through the motions and did what I thought I needed to, barely enough to get by. I struggled hard and never once asked for help.

How can someone running an advice column ask for help herself?

I struggled long and hard working with that thought. Obviously not everyone knew I was doing this, but I felt like a burden on people if I even dared to admit I had an issue. People had it worse than I do, or at least I had to convince myself that to get through the rough patches.

What a ridiculous mindset I’ve been in. I think one thing everyone struggles with is seeing the bigger picture. Okay, you didn’t win that one leg of the race, but we’re running the marathon here. You can’t expect to finish first always, you have to pick and choose your battles.

I’m so proud seeing mental health being a bigger topic of conversation around this campus. People are so quick to brush it under the rug, which causes us to shrug off our own issues and convince ourselves we’re not important, that our struggles aren’t as big as others and that we are okay when we’re not.

I’ve said it before, and I’ll say it again once more: thank you. Thank you for reading week after week. Thank you for talking about Becky in public and creating that “buzz.” Thank you for submitting questions and for reading my rambling. I have watched this grow from a small idea and executed it in a year, which is incredible.

I never once thought about how difficult writing this last piece would be, but boy am I glad I sat down to do it in the company of my favorite show. So, if you’re scared that’s okay. I am too. But let’s leap together into the great unknown; we’ll be okay.

— Becky out



Rachel Young

(Left) **Major:** Psychology
Minor: Leadership Studies
Young will be pursuing a Masters of Education in Special Education at Vanderbilt University as part of the university's selective two-year program.
She will be in a group studying severe disabilities, allowing her to work with individuals with intellectual disabilities, multiple disabilities, autism and more. Along with her classwork, Young will be working with two leading professors in the special education field.
After completing the program at Vanderbilt, she plans to work as a special education teacher at the elementary school level.
"I never in my wildest dreams thought that I would be admitted to the leading program for special education in the country... CNU has taught me the importance of valuing my education... Without the support of my professors, I would not have gotten to where I am today," says Young.

(Right) **Kristina's Major:** Communication Studies, **Minors:** Photography & Video Art, Theater
"My four years at CNU showed me I need to take advantage of any opportunities that come my way... Deciding to take this trip is one of the biggest on-a-whim decisions I've ever made but taking this trip with two best friends that CNU gave me is something I'll never forget," says Randall.



Kristina Randall, Emily Taylor, Er



Dayna Scarberry

Major: Business Management, **Minor:** Leadership Studies
Scarberry will be traveling to Pittsburgh, Pa. to participate in a nonprofit fellowship with the Pittsburgh Urban Leadership and Service Experience (PULSE). This is a year-long service program that selects 50 graduates and places them with non-profits, such as after-school programs and Habitat for Humanity, based on the fellow's interests and skill levels.
Scarberry attributes her readiness to her on-campus jobs at CNU with The Office of Admission and Residence Life. "My supervisors, professors and mentors have shown me what it means to work on a team, be a reliable staff member and how to lead others... I have learned that a sense of purpose and making a difference is more important than a paycheck or title from being surrounded by a community that truly cares," says Scarberry.



Claire Murphy

Major: Psychology, **Minors:** Leadership Studies and Sociology
Murphy will be moving to Richmond, Va. and beginning a year-long externship program through the National Park Service and Americorps as a Community Volunteer Ambassador. She will be working at Richmond National Battlefield Park. CVAs are placed across the country at various national parks and their goal is to connect the community to the park. This includes things such as volunteer recruitment, volunteer program management, developing education programs for specific parks and creating community projects. Murphy attributes her readiness to her campus involvements, such as marching band and undergraduate research.
"I found that as a psychology major, there's a level of introspection that happens. Studying the human mind is pretty good inspiration to figure out your own," says Murphy.

s of 2018

Graduating seniors are often used to the question, “So what are you doing after graduation?” by the time they’re ready to graduate. These seniors share their plans.



in Persil

(Left) **Emily’s Major:** English, **Minor:** Communication Studies

Erin’s Major: Communication Studies and English

Randall, Taylor and Persil are traveling to Ireland, Hungary, Greece and Italy on May 15. “Traveling is something that Emily and I are super passionate about, and this is Kristina’s first international trip so it’s really exciting to be able to share this experience with them,” Persil says.

Taylor’s first time abroad was with the English and Political Science departments to Ireland in 2016. “This trip gave me the desire to seek out other places and showed me the value in the small things,” says Taylor.



Alex LoCurto

(Right) **Major:** History

Minors: U.S. National Security and Art History
LoCurto is moving to Boston in July to work as a corps member of City Year, which is part of the AmeriCorps national service network. He will be serving students in high-need areas with the mission to help them succeed and keep on track through high school graduation.

“If not for the amazing professors at CNU, I would not have received great tips and advice on working in a classroom and how best to engage students,” says LoCurto.

Ben Herzberg



Major: Computer Science

Herzberg will begin a full-time position as a Software Engineer at Lockheed Martin in Manassas, Va. in their Engineering Leadership Development Program. He will begin working toward a masters degree for two years and attend workplace leadership training through classes and conferences after his time at Lockheed. Herzberg notes that his roles in Pi Lambda Phi as Vice President of Recruitment and President along with being Chairman of Technology Subcommittee of Student Assembly have helped prepare him for this opportunity.

“The people with whom I surround myself taught me how to be grateful, how to care and how to be selfless... I am beyond grateful for the opportunities CNU has given me to allow me to become a remarkably better version of myself in the past four short years,” says Herzberg.

Rubin Harvey



Major: Environmental Biology, **Minors:** Leadership Studies and Theater

Harvey plans to begin working with the Virginia Aquarium and Marine Research Center, testing water quality as a lab technician. After a couple years, he would like to obtain his Masters and Doctorate in Marine Biology. He has had a well-rounded career at CNU, which he notes has contributed to his readiness for this next step. Just a few of his involvements were assisting a Homeowners Association to determine the health of their lake, participating in lip sync battles and game nights that student organizations put on and traveling to Ireland to perform with the Marching Captains in the St. Patrick’s Day Parade, to name a few.

“The biggest impact CNU had on me was the people I met and formed bonds with along the way... The bonds I made through CNU where we have people from different walks of life opened my eyes to what the world has in store and how we can all make a difference in people’s lives,” says Harvey.

Men's Lacrosse Falls to York on Senior Day



(Above) Senior midfielder Christopher Albright registered three groundballs while also forcing one turnover on the day against No. 2 York College (Pa.). (Below) Senior Drew Magnusson carries the ball past York defender. **HANNAH MCCLURE/THE CAPTAIN'S LOG**

Despite a huge second and third quarter run by the Captains, the Men's Lacrosse team fell short to No.2 York College (Pa.) 15-11.

BY PHOENIX HINES
PHOENIX.HINES.17@CNU.EDU

In a tight and hard-fought game, the Christopher Newport Men's Lacrosse team fell short to No.2 York College (Pa.) 15-11. Freshman Will Stockhausen led the way for the Captains with two goals and two assists while senior attackman Matt Crist registered his eighth hat trick of the season.

For the Spartans, Dillon Hannah had a day of his own with five goals. Matt Whitcher posted a hat trick as well.

Before the Captains took on the field to battle the Spartans, the team took time to honor 11 extraordinary seniors who have put a huge impact on this program.

The Captain's senior class boasts an overall record of 47-19 during their four years here in Newport News. These 11 seniors also became the second class to record four straight winning seasons.

The first quarter started with a goal from Spartans midfielder Gunnar Reynolds to give the away team a 1-0 lead. One minute later, with no goalie in sight of the cage, Captain's defenseman Drew Cornell heaved the ball from 75 yards away straight into the empty net.

The Spartans then went on a quick 4-0 run to gain an early 5-1 lead. The two

teams exchanged goals before the quarter ended, giving the Spartans a 6-2 lead heading into the second quarter.

Both teams started off the second quarter by scoring two goals apiece, putting the score at 8-4 with about eight minutes left in the quarter.

Suddenly, the Captain's offense exploded as they scored three goals in the last four minutes to cut the deficit to one heading into halftime.

The Captains were not done with their run as the second half started. Dylan Rice and Spencer Shipman scored back to back goals while the Captain's defense forced turnover after turnover, giving the team a 9-8 lead.

During the Captain's 5-0 run, the defense held the Spartans offense scoreless for 22 minutes and 37 seconds.

With 23 seconds left in the third, Whitcher snuck one to tie the score up at 9-9 and end the Captain's run.

The Captains ran out of steam in the fourth quarter as the Spartans went on a quick 4-0 run to push their lead by four. The Captains fought back with fourth quarter goals by Stockhausen and Miles Collins.

Trying to get the ball back, the Captains sent goalie Scott McAneney out of the cage to go and lock off a player. Spartans midfielder Ryan Cook ran some



time off the clock before hitting Hannah for his fifth goal on the day on the empty net.

Despite the setback to the Spartans, the Captains are the No.16 team in the country with only three losses, all to ranked teams by a small margin. Crist

is having his best season yet with 64 points on the year and counting.

The defense has also been playing outstanding this year. The three starting poles, Will Cogan, Max Wayne and Cornell have combined for 64 caused turnovers this year. ■

Matthew Crist Makes CNU History

Senior attackman Matt Crist holds the Men's Lacrosse record for career points with 210 points and career assists with 93.

BY ANDRE TORAN
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Earlier this month, Matt Crist — a senior attacker on Christopher Newport's Men Lacrosse team (12-3) — etched his name into the program's record books as the team's all-time leading points scorer.

In match versus Roanoke, Crist racked up six points breaking the previous career points mark of 185 left by former teammate Will Geise — who graduated in 2017 and just set the record himself a year ago.

Since that record-setting March 28 matchup versus Roanoke, Crist has only upped the ante and continues to terrorize defenses with his offensive output.

When talking with Crist about his accomplishment he responded humbly, mentioning that he knew he was closing in on the record but he was not aware of the exact number he needed to take over the top spot. However, Geise — a close friend of Crist's — would subtly remind him, as time pushed forward, that he was getting close.

"The previous holder [Will Geise] is one of my good friends so he would always text me saying, 'You're getting close,'" says Crist. "But, it definitely felt pretty good [to set the record] just knowing how many good players have come through here and all the work we've put in over the years."

Crist mentioned that Geise was happy that Crist was able to accomplish such a feat but, after just one year removed from setting the record himself, Geise often joked with Crist that he wished he could have held the mark just a little longer.

"He definitely wanted to hold it as long as possible," says Crist with a light-hearted chuckle.

"But, every time he sees me he says, 'Keep adding to it. Keep getting as many [points] as you can.'"

And that is exactly what Crist has done.

His high level of play following his historic night in March has allowed Crist to

since increase the record mark to 210 points. In a hard-fought 15-11 loss to No. 2 York Saturday afternoon, Crist completely separated himself from previous program greats, including Geise.

Despite their running joke, Crist is quick to give credit to Geise and willingly expressed that Geise played a big role in the career that he has established at CNU.

"He was a huge part of my success," says Crist. "He played with me for three years and he was just a huge help. We've been competing against each other but we were also on the same team so it's helped us both get better."

"We would shoot every day after practice...and I think me and him just putting in a lot of hard work on the wall and shooting after practice helped me a lot personally."

As humble as Crist was, it is important to understand how much of an impact he has had on this program — which is easily reflected by his play. A two-time CAC Offensive Player of the Week this year, Crist has become very familiar with the Captain's record book over the years.

On his way to his record points mark, Crist set a new single-season program record tallying 58 points and 39 goals during his sophomore campaign, which was followed by a very solid junior season where he topped that point total by 10 points (68).

As of now, Crist has shattered the season totals that he had reigned in during either campaign accounting for 64 points this season with one game still remaining versus Wesley College on April 21.

This total put him well on pace to set a new personal and career high in points scored in a season, needing only five points this upcoming weekend to put him beyond his career high of 68.

Crist attributes his success on the offensive side of the ball to a natural feel for the game. Crist believes that his ability to position himself in right place at the right time has allowed him to be



Matt Crist has 38 goals and 26 assists on the year. MACY FRIEND/THE CAPTAIN'S LOG

extremely successful.

At 5-foot-8 150 pounds — according to the media guide — Crist understands that his size isn't going to overwhelm any defender. But, relying on his veteran-savvy and a complete trust in the teammates around him allows him or his peers to find the back of the net early and often.

"I'm not going to overpower anyone and I'm relatively quick but I trust my teammates enough where I feel like I'm always in the right spots," says Crist. "Most of my goals are coming off... someone making a good move, draws a slide then I'm wide open. So, I think I'm just in the right spot."

Yet Crist could care less about all of

this. Rather, he is more focused on how he can help his team secure NCAA post-season bid now that a chance to bring home a regular season CAC title is out reach with this past weekend's loss to York.

"We have to get that chip back on our shoulder," says Crist. "At the beginning of the year we were just trying to prove ourselves. We weren't ranked or anything; we didn't know what to expect so we just outworked every team we played. And we need to continue to do that."

"As a senior I have to step up and have that mentality that this is the last month that I'll ever get to play lacrosse again so we have to go hard...outwork everyone we play and have fun." ■

CNU Storm Places Fourth at Nationals

The CNU Dance team made history at the NDA Collegiate Cheer and Dance Championships, despite young roster.

BY PHOENIX HINES
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At the beginning of the year, no one really knew what to expect from CNU Storm, Christopher Newport's dance team. They lost three seniors from last year's team and only returned four upperclassmen, making the team relatively young.

Despite the youth of CNU Storm, the team was still able to go on their annual trip to Daytona Beach, Fla. to take on the NDA Collegiate Cheer And Dance Championships.

The team placed a program best fourth place with an unbelievable score of 8.496 points, just .448 behind the first place winners, Montclair State University.

The NDA Collegiate Cheer And Dance

Championships include teams from all over the world.

Shobi University, a school from Japan, has won the previous two years before being dethroned by Montclair State University this year.

Prior to this year, CNU Storm has excelled at this event in the previous two seasons as they have placed sixth in the NDA Collegiate Cheer And Dance Championships both years.

Despite this being Taylor Macina's second year as head coach, the dance team continues to take tremendous strides and is becoming one of the best programs in the country, year in and year out.

Coach Macina also attended CNU where she was a team captain for the dance team her junior year when they placed fifth at nationals. ■



For the third year in a row, CNU Storm places at Nationals. COURTESY OF SYDNEY SINCLAIR

The Captain's Log Alum Wins Pulitzer

Ryan Kelly's photograph of the Unite the Right Rally that occurred in Charlottesville, Va. in August won the prize for the Breaking News Photography Category.

BY MORGAN BARCLAY
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Signs reading "love" and "solidarity" create a direct contrast on two cars barreling into protesters on Aug. 12 in Charlottesville—this image taken at the Unite the Right rally in Charlottesville, which has been described as "chilling" by the Pulitzer Prize Committee, was taken by Christopher Newport University and The Captain's Log alum, Ryan Kelly, on his last day as a reporter for The Daily Progress, Charlottesville's local newspaper.

This image and Kelly's work were recently awarded the top prize for Breaking News Photography by the Pulitzer Prizes. The top prize in journalism, The Daily Progress reports that the photograph was chosen out of an estimated 2,400 entries and was reviewed by 102 judges.

This award has previously gone to photographers of the New York Times and the photography staff

of Reuters. A local, as opposed to international or national reporter, Kelly shared with The Daily Press that his work is "another reminder of the importance of local journalism."

Kelly also mentioned on his Facebook page that "the story of Charlottesville is so much more than 1/640 of a second, and the local newspaper continues to tell that story day in and day out."

Kelly has also won second place for the World Press Photo of the Year Award for the same photograph.

Kelly was not the only local reporter that was honored by the Pulitzer Prize Committee. Local reporter for The Virginian-Pilot of Norfolk, Va., journalist Tim Eberly was a finalist in the Investigative Reporting Category for his work that the committee described as "compelling reporting that resulted in changes to Virginia's parole board system."

Kelly studied English at CNU from 2009 to 2013. During that time

he worked with The Captain's Log and with The Daily Press, the local Newport News newspaper, as a photography intern. After graduation, Kelly moved to Charlottesville where he worked with The Daily Progress. Although Kelly now works as the social media coordinator for Ardent Ales Brewing Company, he still finds time to work as a freelance photographer.

Kelly was recently profiled in issue 22 of The Captain's Log for our "Where are They Now Section". ■



Ryan Kelly, previously mentioned in issue 22, has stayed in contact with The Captain's Log and Christopher Newport after his graduation in 2013. COURTESY OF RYAN KELLY.

Many Genres, One Concert

Sunday's Soundscapes Benefit Concert featured performers from KKPSI, SAI, PMA and NKE.

BY KRISTEN ZICCARELLI
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The repertoire was diverse and eclectic, as performers from four music fraternities on campus came together for the benefit of Soundscapes musical education organization.

Performances included the sisters of SAI's duet of the Dixie Chick's "Landslide," NKE's acapella arrangement of "Some Nights" and KKPSI's "Star Wars Brass Quartet."

Although many of the performances featured voice and instrumentals, not all followed this routine. SAI and NATASHA House collaborated for a performance of Pharrell William's "Happy," featuring a dance with performers from all different age groups. The Brothers of PMA performed the acapella song, "Red and Black," about their fraternity colors and the KKPSI Trumpet Ensemble played "Stars."

Junior Kurt Winkelmann attended the concert and appreciated the variety of pieces and style. "I liked the different arrangements of not everyone singing," Winkelmann said. "They covered a wide range and they're all very talented."

One of the individual performances was sister of NKE Mackensie Ward's "Song of the Siren" with piano and voice. PMA Brother David Guy performed "Hold Back

the River" on the saxophone and KKPSI performed their instrumental "Kappa Kappa P-Rodeo."

Many concert attendees were there to support friends and siblings that performed.

"Both my roommate and my boyfriend were in it," junior Rebekah Smith said. "I know they put a lot of effort into it."

Before the concert, Development Director of Soundscapes Inc. Carol Minter spoke about the program and explained the widespread positive influence it has had on the lives of at-risk children.

Minter emphasized the impact with a Soundscapes video, that highlighted some of the individual experiences of the children and their musical instruments. For some of the audience, the video and speech enhanced their knowledge of the program.

Before the concert, Smith said she only "knew they helped underprivileged children with music but that's it."

Students performed in sections with their respective Fraternities. At the end of each Fraternity's performances, they raffled a themed basket to an audience-member or performer. Items included 'cheese and chocolate' and coloring books.

The concert concluded with each Fraternity coming together for a performance of John Lennon's "Imagine," combining instrumentals and vocals.

According to Smith, this last ensemble was very memorable. "I think ['Imagine'] was my favorite one because everyone kind of came together and they included the children which was nice," Smith said.

Although there were many instances of individual and group efforts, each performer and audience-member benefited Soundscapes, uniting in musical appreciation for a good cause. ■

Heartbreak Album?

A track by track overview of Victoria Monet's latest album "Life After Love, Pt. 1"

BY NICK ALEXANDER-GOLDSMITH
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Georgia native Victoria Monet is not new to the music scene, with her previously releasing another two part EP titled, "Nightmares and Lullabies." Her latest album comes after an unexpected break up, and acts as an expression of her growth through the pain and heartbreak of that process.

After opening for Ariana Grande on her Dangerous Woman World Tour several times, Monet garnered attention for her latest album, and for good reason.

Beginning with the spoken-word "Intro," Monet sets the tone of the EP with a breathy voice overlaying an ethereal track defining her feelings and journey through her break up.

Next, "Wish I Never Met You" comes in with a heavy bass sound to emphasize how low she felt and the struggle to come out from the despair and loss of such an impactful relationship. Her words show the difficulty that Monet had moving on and shares how what she previously loved: his smile, his touch, his kiss, are all weapons now that hurt her.

Previously released single, "Freak"

is all about feeling confident and sexy and wanting to provide what her man needs, which is clear in her suggestive and sensual voice. The song focuses on owning your sexuality and not being afraid to flaunt what you got—not every 'Sasha Fierce' looks like Beyoncé.

"No Good" is filled with soulful highs and lows that Monet pulls off effortlessly. Singing about how she thought she was over her ex but their words keep pulling at her and making her unsure saying, "You're no good for me."

The fifth track, "Water Fall Out of Love," hits hard with Monet's realization and anger at the time she wasted on this man that didn't even support her in the end.

After that, "Next Thing—Bet You Didn't Know" is filled with sass and attitude as Monet complains about the fact that she was the one staying loyal while her man was getting messaged by girls trying to be like her.

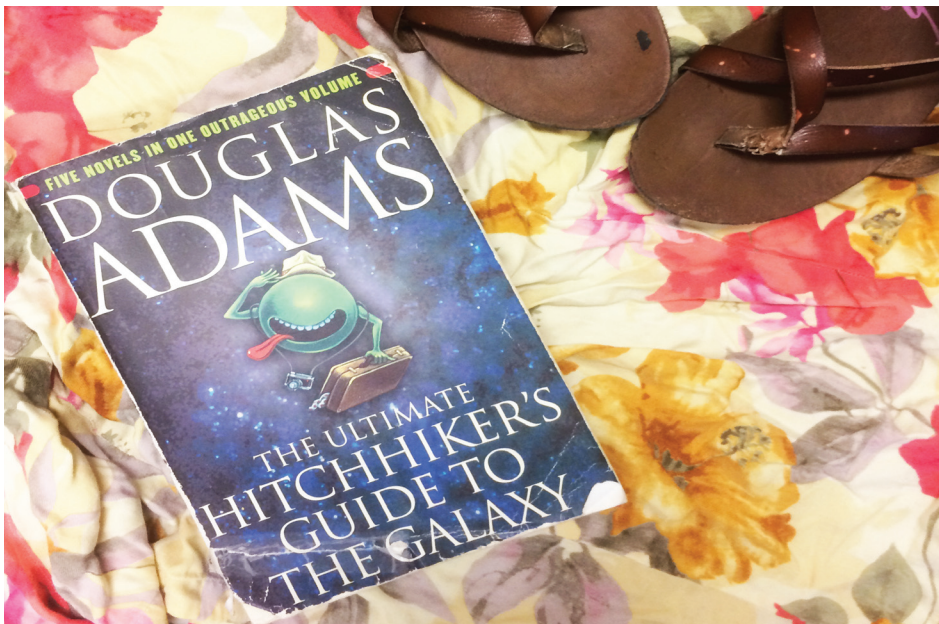
"Ten New Friends" is the seventh track on the EP is an extension of the previously mentioned, "Freak," because of its overtly sexual nature. Monet sings, "Ten new friends, got em all on lock and it don't matter where I am, cause they can make me feel like no one can, the way they keep it raining, I don't need no weather man."

Following this, "Let Her Go" goes in on wanting to be more than just another sexual partner that this man is sneaking around with and that he should just let his other girls go. She realizes that what she wants might not happen and that she would be crazy to stay.

Concluding the EP is "Open Your Eyes (Interlude)." It features a simple piano melody accompanied by Monet's harmonious voice complete the album with the perfect closer. ■

Summer Reads for Every Major

Broken down by major, this list is sure to contain at least one book to bring to the pool.



"The Hitchhiker's Guide" is the perfect summer read for the nerds among us.

PHOTO BY MORGAN BARCLAY/THE CAPTAIN'S LOG

BY KRISTEN ZICCARELLI
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For the Historian All the Light we Cannot See

Anthony Doerr

Doerr's Pulitzer Prize winning novel is a must-read for any History major. Over 500 pages, the novel is not a short read, making it perfect for the summer. Regardless of how much you think you know about the Second World War, Doerr's novel will teach you something new.

For the Philosopher The Secret History

Donna Tartt

Tartt's novel is far from a Platonic dialogue but still proves to have deep

philosophical undertones, written into an incredibly intricate storyline. Tartt tells the story of a student's death in an artful, unconventional piece of fiction. If you desire a piece of literal art and philosophical genius encapsulated in a seemingly simplistic story of a college experience, Tartt's novel will enhance your summer.

For the Scientist Brave New World

Aldous Huxley

If you have not read this novel, you don't know what it's about. Period. It is a classic with countless scientific angles one could explore concerning the speedy enhancement of technology today and its implications for the future. About medium length, Huxley's novel will probably puzzle you from

start to finish, and leave you thinking about issues from the limits of the human mind to the spectrum of reproductive technology.

For the Political Scientist Shattered: Inside Hillary Clinton's Doomed Campaign

Jonathan Allen and Amie Parnes

Take the time to reflect on the 2016 election, where a number of factors produced an unforeseeable (or was it?) result. Regardless of your political leanings or your personal desired outcome, Allen's read provides a critical analysis of the Clinton campaign, sorting out the facts from fiction. As the 2018 midterm election approaches, one can appreciate and reflect on the impending doom or joy to come as our representatives are elected.

For the Leadership Minors Hidden Figures

Margot Lee Shetterly

For a more unconventional and true perception of leadership, this story is applicable to almost any class in the leadership minor, as well as life in general. And who doesn't want to enlighten themselves to improve their life in general?

For the English and Communication Majors

Wordstruck

Robert MacNeil

MacNeil's memoir truly makes the English language come alive as he brings the reader through his life journey of becoming a successful news anchor and journalist. Each intricately woven sentence will leave anyone with a greater appreciation for the English language

and enlighten them on the origins and meanings of words.

For the Economists The Protestant Ethic and the Spirit of Capitalism

Max Weber

Although Weber's writing might take awhile to get used to, this classic read combines historical and theological elements to make his famous assertion aligning the development of capitalism with various sects of Protestantism. As this one might require a little more concentration and focus, this worthwhile read may not be for the beach but instead for the car ride.

For the Theater Major Alexander Hamilton

Ron Chernow

For those of you obsessed with Hamilton, (as you rightly should be) Chernow's read will give you an in-depth and thoughtful biography of the man himself.

For the Nerd Hitchhiker's Guide to the Galaxy

Douglas Adams

Grab your towel and head across the universe in the science fiction classic, "Hitchhiker's Guide to the Galaxy." This novel has remained a staple in every nerd's library for good reason. With jokes and in depth looks into scientific theories, this satire offers everything for the nerd at heart. Bonus points if you grab the whole series in the "Ultimate Hitchhiker's Guide" edition, which features every book in Adams' series. ■

The following features an entry by The Captain's Log editor, Morgan Barclay.

Summer Jams to get You Through Midnight Crams

From Rock, to R&B, to Reggae, this playlist has the sounds of the summer we all desperately want to hear.

BY MORGAN BARCLAY
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Yes, April, a time for cramming before finals, waiting for it to finally get warm, and losing all motivation. To get over these end of semester blues, this hand-crafted playlist will be sure to move you from "Stressin'" to "Hey Ya!". Featuring hits from psychedelic rock, reggae, and R&B, this playlist of classics and unknown treasures has a little something for every student here at CNU. All featuring sounds of the summer, these songs will transport you to your much needed oasis. All songs are available for streaming online on Spotify. ■

1. Stressin' // King Gizzard & the Lizard Wizard
2. I Like That // Janelle Monae
3. Sexual Healing (Kygo Remix) // Marvin Gaye, Kygo
4. D'yer Mak'er // Led Zeppelin
5. Amber // 311
6. In the Summertime // Mungo Jerry
7. Ocean Man // Ween
8. Hey Ya! // OutKast

A Letter from the Editor

Editor Morgan Barclay reflects on her year in her position as Editor for the A&E Section.

BY MORGAN BARCLAY
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I want to thank you for a wonderful year in Arts and Entertainment, CNU. As an editor I have gained crucial experience and made connections with individuals I would have otherwise never gotten to meet. Being able to cover Arts and Entertainment, I got the unique experience of talking directly to students about their passions, what they find interesting, and what they spend hours of time creating. Looking deeper into the spirit of collaborative works on campus, I also gained a deeper look into community of CNU, what we stand for, and how we help each and every student and community member continue to improve. As an editor, I also got to work closely with my writers as they honed their own craft and become more comfortable in their voice. This experience has been unforgettable and I want to thank you all



Editor Morgan Barclay stands next to other members of The Captain's Log Staff MORGAN BARCLAY/THE CAPTAIN'S LOG

for giving me such a wonderful year. Now, go have a good summer! ■

Sigma Phi Epsilon Hosts Mental Health Panel



The Sigma Phi Epsilon panel presents to audience members. KORTY SWIFT/THE CAPTAIN'S LOG

BY KORTY SWIFT

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With finals week approaching, the topic of mental health is especially on the minds of students and faculty as students begin studying and wrapping up papers and tests.

Sigma Phi Epsilon hosted their Mental Health Awareness Panel on April 12. The panel answered student questions concerning a variety of topics from de-stressing practices to advice on helping one's self or others with mental health concerns.

Topics included self-care, accountability, de-stressing practices and more.

Et h a n Martin moderated the discussion and questions. The panelists were Kyle DeGood, President of the campus Peer Education organization; Bill Ritchley, Executive Director of the Office of Health and Counseling Services; Kaitlyn Oates, President of the campus National Alliance on Mental Illness (NAMI); and Sarah Badertscher, the incoming president of NAMI.

The panel began with a Ted Talk centered around the stigma surrounding mental illness. Some factors that go into

the campus Peer Education organization; Bill Ritchley, Executive Director of the Office of Health and Counseling Services; Kaitlyn Oates, President of the campus National Alliance on Mental Illness (NAMI); and Sarah Badertscher, the incoming president of NAMI.

The panel began with a Ted Talk centered around the stigma surrounding mental illness.

Some factors that go into

the mental health stigma, according to the panel, are the belief that mental health is second to other health, and the potential feeling of vulnerability that can often accompany the admittance of mental health concerns.

Martin began the panel questions, first asking, "What are some ways we can recognize mental illness, or symptoms of mental illness in others?"

Answers included that a sign of potential concern is if audience members notice friends, or even themselves, losing interest in things that they are passionate about, and having frequent emotional outbursts.

However, the top advice for handling these situations was to seek help from a licensed professional. "As friends, we need to know what we can support and what we cannot," says Ritchley.

Martin then asked panel-

ists the capstone question of the event. "In order for people to seek advice or help if they suffer or think they suffer from mental illness, what advice do you have?"

"You cannot understand it overnight," says Ritchley. Online research of symptoms can lead to anxieties and false diagnoses, so panelists heavily emphasized going to see a licensed professional.

In giving advice to others aiming to help friends, panelists reminded the audience that not everyone's symptoms and experiences with mental health are the same.

Audience members were able to ask the panelists questions. One inquired about what steps students should take to help de-stress before finals.

DeGood recommended watching Netflix and Hulu, and spending time outside to clear their minds.

Ritchley reminded them

of the basic needs that students sometimes forget about: food and sleep.

Badertscher pointed out that students should not survive the week on coffee alone: over-dependence on caffeine can even lead to manic episodes along with harming nutritional needs.

Another student asked for any good mental health exercises for the week.

DeGood recommended grounding, or noting little things around the room, to calm down.

"Read a book, something that challenges you but also relaxes you," says Oates.

Ritchley reminded students to try to express thoughts instead of suppressing them.

Martin wrapped up the panel by thanking those in attendance and offering some last advice. "Talk to your friends, and don't be afraid to fight the stigma." ■

Flip-Off Stress

Kappa Delta Rho set up table flipping for students to relieve stress.

BY KATIE KRYNITSKY

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Mothers always say, "Honey, can you set the table?" Well, Kappa Delta Rho (KDR) took a different route this past week by inviting students to flip completely set tables across the Great Lawn.

From Tuesday, April 10 to Thursday, April 12, KDR was out on the lawn, tables set, ready to help students relieve some stress before the last week of classes.

Each table flip was \$1, and all proceeds went to assisting them in their goal of "promoting a more engaged and inclusive campus," according to their Facebook page for the event.

"We host this event at the end of each semester. The goal is to help students stress less as they go into the final weeks of

the semester by being able to let out some anger by throwing a fully set table," says Noah Wallace, KDR's fundraising chair.

"Table flipping on the lawn is a fun and oddly effective way of relieving stress. Giving a dollar to a good cause and getting an entertaining video doesn't hurt either," says Korty Swift.

The concept of flipping a table had various meanings.

"It's a fun time and good way to relax as the table, plates, cutlery and foods go flying as you say 'so long' to the end of the year," says Wallace.

During the following week, other organizations and clubs on campus have held stress-relieving events for students as the end of the semester and 2017-18 school year come to an end. ■

Summer 2018 Destinations

Stay in the states, or travel across the world this summer. Wherever you go, make the most of it.

BY KATIE KRYNITSKY

KATIE.KRYNITSKY.14@CNU.EDU

Washington, D.C.

See the Lincoln Memorial, White House, Capitol Building or National Mall, eat a hot dog from a food truck off the street or visit one of the many famous museums throughout the city. There is never a wrong time to visit the nation's capital, and you can never make too many trips or eat too many Georgetown cupcakes.

Ocean City, Maryland

Nine miles of mini golf, waterparks, waterfront restaurants and sandy beaches make up one of the most well-known beach towns on the East Coast. Visit the famous Seacrets to eat dinner in the bay, get a bucket of french fries from Thrashers on the boardwalk or go parasailing over the bay or ocean waters.

Dover, Delaware

Arctic Monkeys, Foster The People, Blackbear, Eminem, Lil Wayne, Kendrick Lamar, Brother Sundance and hundreds of other bands will be performing at the 2018 Firefly Music Festival in Dover, Del. from Thursday, June 14 to Sunday, June 17. If you buy a camping rental package, you can soak up the sun the entire weekend, and can upgrade to have two burner stoves or an adjustable awning for shade.

Banff, Canada

A resort town in the province of Alberta, the Rocky Mountains fill the skyline of Banff. Lake Minnewanke, the town's national park and many restaurants and boutiques make up this exciting vacation destination. Check out the Fairmount Banff Springs to see an eerily similar resemblance to the medieval castle from "Frozen."

Morocco

Like to surf? Many of us correlate high winds with bad beach days. If you visit Morocco this summer in North Africa, make those winds useful by catching ideal surfing waves along the coast.

Orlando, Florida

Home to Disney, Universal Studios and other attractions, Orlando is a hotspot for family vacations and summer entertainment. Spend your trip with Mickey Mouse or Harry Potter and make sure to capture it all on camera.

Crete

Considered one of the fastest growing tourism destinations of 2017, Crete has balmy temperatures throughout the summer months. Catch up on your history of Greece, see some breathtaking archaeological sites and enjoy sandy beaches all in one trip. ■

Senior Class President Reflects



CNU's Class of 2018 President Cedra Brown reflects on how her time in this role at CNU has shaped her collegiate experience and the plans she has for the remainder of her time as president. KEVIN SEBESTYEN/THE CAPTAIN'S LOG

Senior Cedra Brown looks back on both her impact on CNU and CNU's impact on her, sharing memories from her four years and appreciation for the opportunities she has received.

BY ANNA DORL
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"I love CNU so much," Cedra Brown, president of CNU's class of 2018, says with a smile.

As senior class president, Brown has had many responsibilities and memories closing out the year with the rest of her fellow graduates.

She looks back on her years at CNU fondly and she looks forward to an eventful last few weeks as a Captain.

"I feel really lucky to go to CNU because I don't think I would have made such a big, close, tight-knit group of friends if I had gone to another university," she says.

"I am so grateful because I know I'm going to be friends with them forever."

Since her freshman year, she has enjoyed serving on the Class Council annually in various leadership roles.

This year, Brown's biggest focus was events for the senior class.

Under her leadership, the council raised money for the annual senior class gift and gets to decide what it will be.

Brown says that most of all, she will miss being so close to all of her friends, some of whom she has gotten the chance to work with on her executive board this year. "It's so much fun to be able to work with them," she says.

Brown collaborated with the Office of Advancement for fundraising and the Office of Alumni Relations to make the class of 2018's transition from Captains to CNU alumni an easy and exciting one.

She also planned a week of special activities for the seniors before graduation, including a day at Paradise Ocean Club, a 5K Color Run and a casino night.

"Our class has been really unique at CNU because I think that we're all very passionate about what we do," says Brown.

"I know there are so many people in my class who have been so successful in what they do, in their jobs, art, performances or sports. They all are very dedicated."

Brown recently became an alum of Gamma Phi Beta.

She is excited about the upcoming final events for her class, including a champagne toast at the Tribles' home and a candlelight ceremony in which the seniors will reflect on their final year in college.

"And it all ends with graduation," she says.

As her senior year draws to a close, Brown looks back on happy memories of her time at Christopher Newport University.

"We have really made a mark on campus in terms of working hard for CNU and for ourselves to make an impact." ■

JOIN THE STAFF!

The Captain's Log is always looking for new members. If you're interested in becoming part of our team, email editor-in-chief Melanie Occhiuzzo at clog@cnu.edu

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

