



THE CAPTAIN'S LOG

THE VOICE OF CHRISTOPHER NEWPORT UNIVERSITY STUDENTS

@CNUCAPTAINSLOG

WWW.THECAPTAINSLOG.ORG

VOLUME 50, ISSUE 10

NOVEMBER 28, 2018

FINAL FOUR BOUND

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In 2017, the Christopher Newport University Women's Soccer team lost to the University of Lynchburg in the National Collegiate Athletic Association (NCAA) playoffs, which ultimately ended their season.

On Nov. 17th, 2018, the Captains got a chance for revenge as they hosted the Hornets in the Elite Eight with a spot in the Final Four on the line. The Captains came out on top 1-0, thanks to outstanding defense and amazing goalkeeping throughout the game.

The first half of the game between the Captains and the Hornets was filled with action but not goals as CNU posted seven shots, while Lynchburg shot eleven. In net Haley Eiser made save after save, frustrating the Hornets shooters.

The Hornets almost scored the game's first goal when Kennedy Jakubek got a wide open look at the goal and delivered a rocket. The shot hit the top post, however, and score remained 0-0.

The second half was similar to the first. Both teams were producing shots but could not get on the board due to stellar goalkeeping and defense.

Once the 80th minute struck, Gabby Gillis took the game into her own hands.

The senior All-American strided down the field and split two defenders right before setting up Riley Cook for her 25th goal of the year, giving the Captains a 1-0 lead.

The Captains' players maintained their lead over the Hornets as the clock ticked down to zero. Cook's goal became her 12th



The Captains sting back, avenging their only defeat against the Hornets

The Christopher Newport University Women's Soccer team celebrates after 1-0 win against the Lynchburg Hornets. COURTESY OF OCPH

game-winner of the year, leading the nation.

This is the furthest the Women's Soccer team has ever gone in the postseason.

Their 22-1 record is also the best in program history, breaking the previous record that was set just a year ago.

"I never would've imagined that our program would progress so much within my four years. All the team's hard work and dedication is finally starting to pay off. It is an indescribable feeling to still be playing. We have an overwhelming support that makes

every moment worthwhile. I'm grateful for every extra game and hope we come home with a Championship" says Gilis.

The senior All-American and two-time Capital Athletic Conference (CAC) Player of The Year has had one of the best careers in program history.

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'Students First'

BOV tackles Guaranteed Tuition, mental health in latest meeting

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On Friday, Nov. 16, the Board of Visitors met at CNU to discuss and vote on a new tuition and fees resolution. Entitled "Captain's Commitment: Guaranteed Tuition and Fees," this resolution is an attempt to ensure

transparency to the student body about their tuition.

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What's Inside

News

Discover the Agape Gospel Choir club's goals and mission.

Snapshot

Get your fellow Captains' tips and tricks for studying hard during finals.

Sports

Men's Basketball is off to a hot start. Check out a recap of the season.

A&E

Catch the IJM fashion show this week alongside the latest reviews.

Lifestyle

Don't miss the in-depth guide to formal recruitment this spring.



Weekly pic

The Noland Trail erupted in an autumnal palate of color this past weekend.

ANNA DORL/ THE CAPTAIN'S LOG

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



CNU TV

Freshman break down the dos and don'ts of registration in this video by CNUTV. Check it out on The Captain's Log Facebook page.

Happened

November 21

Thanksgiving break

Captains returned home last week for the Thanksgiving holidays, as campus closed for the remainder of the week. This break marks the last before the end of the semester coming in just three weeks.

November 23

Jason Mraz Concert

Jason Mraz performed his brand of soulful folk-pop alongside artist Toga Rivera in the Diamonstein Concert Hall on Friday. Mraz performed hits like "I'm Yours" and "I Won't Give Up," as well as new songs.

Happening

November 28

One Tough Cookie

Alpha Phi's event supporting Fear 2 Freedom will feature a cookie recipe competition, guest speakers and hands on activities. It will take place in the Alpha Phi house from 7-9 p.m.

November 30

ACS Presents... The Taste of Africa

The African Cultural Society will share a buffet of foods from Ethiopia and Eritrea in Freeman 101 starting at 7:30 p.m. The event is meant to celebrate African creative values and educate the community.

The Captain's Log Snapchat



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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.

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Honoring the ‘Comm Mom’

Department of Communication to honor Kathy and Richard Byars with scholarship in their name

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Two years ago, the Department of Communication at CNU experienced the loss of a community member and friend. One year ago, they lost another. This year, they hope to honor both of their memories.

For many, Kathy Byars was the first face students in the Department of Communication encountered. Dr. Danielle Stern of the Department shared that Byars was often the first person new Communications Studies majors bonded with, and that connection led to many opportunities for students, helping them through scholarship applications and research grant paperwork, providing them a familiar face to ease them through stressful administrative concerns. The care that she took with students gave her the name “Comm Mom.”

Secretary Senior for the Department of Communication and long time CNU staff member, Byars performed key administrative tasks and ensured daily procedures ran smoothly for the department, but for Stern she did much more.

“It goes far beyond what has the potential to be compensated; she gave so much of herself,” Stern said.

“[She] went above and beyond the expectations of the job, [she] became family, our family, to so many of us still,” Stern shared.

Richard Byars, Kathy’s husband, was also quick to lend a helping hand to anyone in the department that needed him. Stern recalled a time during her first semester when she had to move abruptly.

“I hadn’t made that many friends yet and Kathy and Richard helped me move,” Stern said. “I remember Richard’s hands getting caught in a recliner [as] we were trying to move up the steps and he ended up being fine, but in the moment he yelled and we all laughed and the fact he was willing to injure himself trying to help me move... I had barely known both of them at the time and they became my family.”

A year apart of one another, their deaths had a lasting impact on the Department of Communications and the CNU community as a whole.

On Twitter, Dr. Jenn Billison of the Department of Communication shared that “[Kathy] was warm and beautiful, and when we lost her in April the space she left in our department, university, the world, our lives was indescribable.”

To honor the Byars, the Depart-

ment of Communication is establishing a scholarship in their names.

According to Stern, the idea for the scholarship came about for two reasons. For one, they wanted to adequately show their appreciation for the work Kathy Byars had done for the CNU community.

“...[I]t’s too late to compensate her for that now,” Stern said. “But to honor her memory and the value of her labor that she put towards us and especially towards our students - that’s where the scholarship came from.”

The other factor that went into the creation of the scholarship was more emotional.

“We miss her, and our students miss her...our alumni miss her,” Stern said.

For Stern and for many others in the department, this scholarship acts as a way to honor the Byars’ legacy and remind students of their



Richard and Kathy Byars’ warm smiles are remembered fondly by many in the CNU community. COURTESY OF THE BYARS FAMILY

widespread impact on the community.

The \$7500 scholarship is currently being crowdfunded by CNU community members. At this time, it has reached 85 percent of that total. This initial push for donations through crowdfunding was done in tandem with Giving Tuesday, a national event that promotes donations to nonprofits.

Although this initial push for donations will be over on Wednesday, Nov. 28, Stern still encourages people to donate after the given date.

Stern hopes and anticipates that

this scholarship will become a yearly one, honoring her legacy for years to come.

“I miss her dearly,” Stern said. “The CNU community, alumni, family and friends can honor her legacy in this way and she can stay with us.”

Stories and memories about the Byars can be found on the CNU Communication Studies Department Twitter.

Those interested in donating can do so via this link: <https://bit.ly/2js1UNm>. ■

Fashion for good

CNU IJM to hold fashion show to support trafficking victims

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This Friday, CNU’s branch of the International Justice Mission (IJM) will host their Freely Made Fashion Show, modelling ethically-made clothing to raise awareness about the effects of fast fashion and the beauty of slavery-free clothing production.

With twenty-six student models walking the stage, the outfits will comprise a variety of cloth-

ing and jewelry brands. IJM will also host vendors to sell jewelry at the event.

IJM Secretary Emma Miller emphasized that the clothes are diverse in style, origin and material. One article of ethically-made clothing from Sudara are a pair of pants made from the traditional Indian Sari by women who are building their skills after being rescued from sex trafficking.

As the world’s largest anti-trafficking organization, IJM’s goals

extend to promoting awareness of trafficking crimes and emphasizing that college students can have a role in combating the issue.

“We really want people to understand they have a role in human trafficking,” Miller said. “Wearing ethically made clothing is a small way that you can encourage a lifestyle that is full of integrity.”

STORY CONTINUED
ON PAGE 12



The fashion show held last year presented clothes that could be worn everyday. COURTESY OF EMMA MILLER



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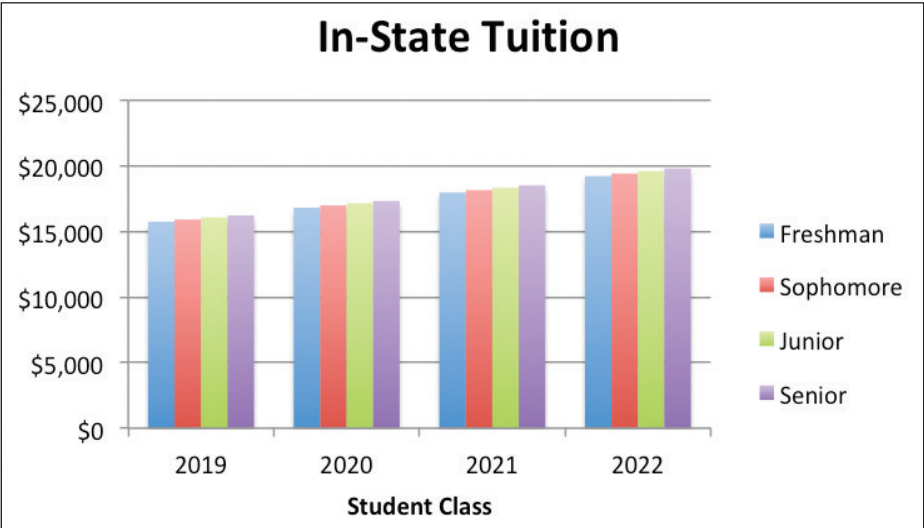
CNU Board of Visitors meeting

STORY CONTINUED FROM COVER

It passed unanimously, with multiple members of the board voicing their support and approval for the resolution. BOV member Scott Miller was especially vocal. “In my seven years as a board member, this is the resolution I am most proud of,” he said. “This resolution will do the right thing for our students and parents to ensure transparency of tuition and fees.” The Captains Commitment proposes new tuition and fees for full-time undergraduate students. These tuition rates differ based on residency and class year, but are to be the tuition rate for each class of students until graduation (consistent with Christopher Newport’s Six Year Plan). The Commitment is a direct response to the trend of rising tuition costs. With the cost of attending college increasing over recent years, CNU is not the first or the only college that has had to continually increase tuition for its students. However, with the Captains Commitment, CNU becomes the first public Virginia university to include all fees in their tuition guarantee. In addition, this is a true

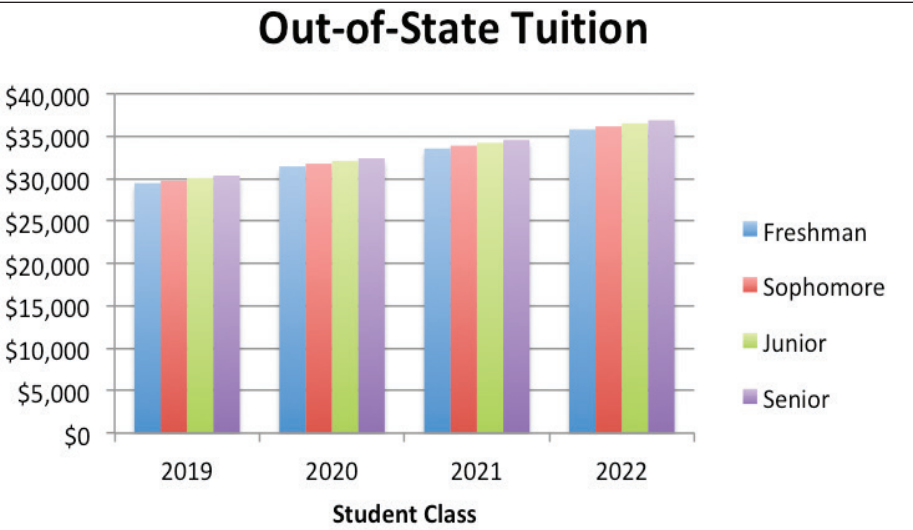
guarantee. The Captain’s Commitment acknowledges that expenses or inflation may cause the cost of attending CNU to rise above the rates set by this guarantee. If that should occur, CNU has stated that they will shoulder the additional costs, not the students. So what does this all mean for students?

highlighted the efforts of the counseling center at CNU at keeping students healthy and on-track to graduate. When dealing with mental health, CNU takes “a multi-layered approach,” according to Hughes. The Counseling Center responds to students who are experiencing a crisis and need



While there is a tuition increase in this commitment that differs per class year, students will not see a tuition raise as long as they remain on track to graduate within four years. This will allow students and their families to create strategies to finance their college education without worrying about tuition costs skyrocketing. Tuition was not the only concern of the Board of Visitors. With mental health crises on the rise again, the Board discussed the ability of CNU to respond to students who need assistance with mental health issues. Dean Kevin Hughes, the Vice President for Student Affairs,

assistance immediately. Behind the scenes, Student Update Meetings are a proactive measure to monitor students who are deemed to be more at risk for mental health issues by their hall directors or through the Captains Care program. These meetings are attended by Student Life faculty and staff such as The Center for Academic Success, Residence Life and CHECS and aim to assist students in their academic or personal issues. This multi-layered approach has yielded much success, with around 90 percent of students who have succeeded through this system finishing the semester, according to Hughes. Despite the increase in students who are in need of services such as these, Hughes is still hopeful for the future of these students. “At least 25 percent of graduating students will use the Counseling Center,” Hughes said. This shows that a large number of CNU students are able to manage their mental health issues and graduate on time. ■



Information collected from the Board of Visitors highlights the visual increase in tuition. COURTESY OF CNU. GRAPHIC BY MATTHEW SCHERGER AND MICHAEL INNACELLI / THE CAPTAIN’S LOG.

Key Features of The Captains Commitment

1.

The Commitment offers certainty - families can make financial planning decisions, knowing the cost of tuition and fees for the entire four years.

2.

The Commitment is unique - Christopher Newport is the first Virginia public university to include comprehensive fee in a tuition guarantee. There will be no hidden increases.

3.

The Commitment puts the risk on the University - should inflation or expenses rise significantly over the course of the guarantee, the University, not its students, will have to align spending avenue.

4.

The Commitment is flexible to benefit students - should state support go up, the University may curtail tuition and fee increases.

5.

The Commitment acknowledges that state support, while deeply appreciated, has not kept pace with the increased costs necessitated by inflation and the University’s rapid growth.

Music as a means of worship

Agape Gospel Choir, a fairly new club on campus, hopes to provide a welcoming environment for all

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The Office of Student Activities (OSA) offers over 200 organizations on campus for CNU students. Fairly recently, a new organization was established that students can now join: the Agape Gospel Choir.

Founder and Choir Director Jonelle Brown stated she created the Agape Gospel Choir when she got to CNU her freshman year and saw all of the religious organization on campus but could not find one that matched the experiences she was used to at home.

"I grew up in a traditionally Black Baptist Church and I love music, so I decided to bring a Gospel Choir to campus. I've been in choir since I was little but professionally since high school. I [thought], 'I have a little experience and I can get started.' I just really wanted to bring that atmosphere of Gospel music here and introduce people to what it is," Brown said.

The Agape Gospel Choir is a non-denominational choir who strive to share and spread the love and message of God to all who are willing to listen. They perform Gospel Music, which is a genre within Christian Music.

"[The Agape Gospel Choir] is

a ministry, a community. Our theme is sharing God's love through music so that's really what we try to do. It's more than just singing; it's a little family we have," Brown said.

Although the group is somewhat new to CNU, they have already had a few performances. Last spring, the Agape Gospel Choir performed at a retirement home. Early this semester, members performed at the United Campus Ministries (UCM) Festival of Church Music, which Brown considers their first real performance.

"We didn't even start [rehearsals] officially until October. We had two weeks to get everything together. I think it went really well. It was a new experience," Brown said. "I want people in our choir to not just visit the churches I'm familiar with; I want them to visit other types of churches. We're starting to do church hopping together. This [performance] was a way for everyone to see different kinds of services. They had Lutheran churches and Presbyterian churches there."

It took approximately one year for the choir to become an official organization on campus. Brown began the process of creating the organization Spring 2016 and it was finally established in Fall

2017. There are currently around ten active members in the choir. They meet every Tuesday from 9 - 11 p.m. in the Ferguson Center room A208, although this changes each semester.

"We're non-denominational and non-discriminatory, so we accept everyone. You just have to be willing to serve and praise God through music," Brown said. "I often get, 'Oh, well I can't sing,' or, 'I can hold a note but I'm not that good.' To me, I feel like if you can hold a note then I can teach you. We can work together and I'll be willing to help you out. I welcome everybody that wants to learn."

Brown mentioned that her favorite part about running and being involved in the Agape Gospel Choir is the friendships and community they have built.

"We're all friends, we all hang out and we've gotten dinner before. I really like that we're bonding together," Brown said. "I don't want anyone to feel like I'm telling them what to do. I want it to be their choir because it's their club too; it's not just mine."

"I just want people to feel comfortable and grow in this community in Christ; to fellowship with us and feel like they have gotten something out of the experience. It doesn't matter



Members of the Agape Gospel Choir pose for a photo after performing at the United Campus Ministries (UCM) Festival of Church Music. The Agape Gospel Choir was the first campus organization outside the UCM to attend. All of the other choirs were from various churches in the area. COURTESY OF JONELLE BROWN / AGAPE GOSPEL CHOIR

if you're a certain type of Christian. We accept everyone and want everyone to feel welcomed and like they can find a place on campus they belong to."

The choir is currently looking

to find more singers and musicians who can preferably play by ear. Prior training is not necessary. Students interested in joining the choir can e-mail Brown at agapegospelcnu@gmail.com ■

Be a guest at the first ever WinterFest

CAB offers new event for students to attend to celebrate finals and the end of the semester

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This holiday season, the Campus Activities Board (CAB) is offering a new event in which students can participate. On Dec. 6, students can attend CNU's first ever WinterFest.

WinterFest will be similar to FallFest and SpringFest, which are other major CAB sponsored events that take place at during the fall and spring, respectively.

"Basically it's just an opportunity, once again, for students to come out and enjoy the winter season and hang out with one another," Hayden Cochran, Special Events Chair for CAB, said.

Featured at the event will be an ice skating rink for students to skate on and a extreme snowboard ride, which resembles a mechanical bull, but instead of a bull students are trying to balance on a snowboard. CAB will also have a snow thrust, which throws fake snow into the sky.

"So we [CAB] have our FallFest and we have our SpringFest. I feel like that wintertime was a

gap in our programming schedule and that we needed a larger key event," Cochran said. "It's the day before the last day of classes so it's sort of a recap on the whole the semester before final week starts and an event where people can go relax and chill out. We saw that gap in our programming and created [this] event to fix that."

CAB will also have a green screen, where students can take photos and get them printed on site as a memento. CAB is partnering with the National Pan-Hellenic Council (NPHC) and the CNU Panhellenic Council, which will be offering ornament decorating and handing out hot chocolate, respectively.

Cochran emphasized that WinterFest is different from the Holiday Happening the university puts on, although the two events happen consecutively.


"We are bringing different holiday themed stuff for people to enjoy," Cochran said. "When CAB plans our events, our most

important thing is giving people that place where they can bond with their hall or bond with their friends and enjoy what they're doing. It's not forced bonding. It's, 'We're going to do these events and have fun with one another and meet more people.' That's what we look for when we plan these events; to get these groups of people out and have them enjoy their time on campus and not feel like they have to go off campus for events."

WinterFest will be held from 6 to 9 p.m. in the Tribble Plaza. ■

COURTESY OF CNU CAMPUS ACTIVITIES BOARD



 campus activities board

Countries need borders

Deploying the military to the border is necessary to defend U.S. sovereignty



COURTESY OF PIXABAY

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If you've been paying attention to the news lately, you've probably noticed something about a caravan of people marching to the US southern border from Central America. The caravan started off with approximately 200 migrants but has since grown to more than 7,000 as it has moved through Central America after starting in Honduras, according to reports from BBC.

In response to this, President Trump has rightly ordered the US military to deploy 5,000 troops to the border to aid US Border Patrol in stopping the caravan from entering the United States.

Many of the President's critics have fired off at his decision, calling it a "political stunt," yet Trump is not the first president to send troops to the border. In fact, according to a CNN article from April 4, 2018, both of his predecessors, George W. Bush and Barack Obama, both sent the US military to the border.

From 2006 to 2008, Bush deployed 6,000 troops to the

border to assist with illegal border crossings and drug seizures. In 2010, Obama deployed 1,200 troops to the border for those same reasons. So President Trump is absolutely in the right to deploy troops to our border, especially when there's a caravan of 7,000 people marching towards our border and threatening US sovereignty. Yet, many in the Democrat Party and the mainstream media argue that the caravan should be let in because they are seeking asylum.

However, Mexican President Enrique Pena Nieto has offered asylum for these caravan members, but the caravan continues to march on towards the US southern border in hopes of gaining access to the United States.

If these people were truly seeking asylum, they would have taken the offer from Mexico and accepted aid there. To put it in simple terms: if you're on a plane and that sucker is going down, you're not going to run to a parachute at the other end of the plane, you're going to get the closest one nearby and peace-the-

hell out of there. But the fact that these migrants continue towards the US tells us that they aren't just seeking asylum.

In addition, not all of these migrants are as peaceful as the media portrays them to be. In fact, on Nov. 1, 2018, the Department of Homeland Security (DHS) released a statement entitled 'Myth vs. Fact: Caravan,' detailing their discoveries about some of the caravan members.

"We continue to be concerned about individuals along the caravan route. In fact, over 270 individuals along the caravan route have criminal histories, including known gang membership," the statement read. "Those include a number of violent criminals – examples include aggravated assault with a deadly weapon, armed robbery, sexual assault on a child, and assault on a female."

In addition, a Fox News arti-

cle released on Nov. 19, 2018 confirmed that the Department of Homeland Security (DHS) had updated that number to approximately 500 individuals in the caravan with a criminal record.

The simple fact is that we as a country have no idea who is coming into our nation from this caravan, and without a process and border, we could potentially be letting some dangerous people into our communities. Not to mention that a second caravan of approximately 1,000 migrants is making its way towards the US and is currently in southern Mexico, according to the Washington Post.

President Trump also understands that fairness in our immigration system is key, as it is unjust to the millions of immigrants who came to this country legally and went through the process to come to

this great land we all share.

Letting people who are unvetted and unchecked into the United States is a dangerous bargain, and it isn't fair to the communities on the southern border in states such as Arizona, California, New Mexico, and Texas, to have to deal with this massive problem. Don't get me wrong, I understand why people want to come here. This is the greatest country in the world and a place where the dreams of all people from any country can come true. However, if people are going to come here, they must do it the legal way.

A country isn't a country unless it has borders, and the number one job of any President is to defend the country they were elected to represent. If sending the US military is what it takes to stop the assault on US sovereignty and our law, then so be it. ■

Make Thanksgiving a break again

Attempts to alleviate finals stress have led to a tough final two weeks of classes

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Being a college student shouldn't force you to choose between spending time with your family, spending time with friends, going broke, or failing out, but these are often the choices students find themselves making. This is most evi-

dent over college breaks.

Last week, campus closed for Thanksgiving break and students were asked to leave. The last break before the end of the semester, this crucial period of time is used by many to relax. For more involved students, it also becomes a period of time for students to catch up on missed work.

As this becomes more of a norm, professors have made this an expectation that students will be coming into the week following Thanksgiving break refreshed and caught up. Placing their hardest papers and projects at the end of the semester the week before finals.

On the other end, professors have been listening to complaints of burnout from students and frequently lessen the workload during finals week, placing it instead on the week before.

Unfortunately, the University is doing the opposite, placing cushioning in the form of reading days during finals week.

Organizations on campus do the same, offering extra help and providing snacks and study days during finals week.

These efforts to assist students display care for our well-being, but are out of touch with what students experience and offer less help than they attempt to provide.

By placing the stress and work of finals week on the week before, students are facing a heavy choice on whether or not to celebrate the holidays or spend time working on finals.

This decision is not one students should be facing. I know I returned from my Thanksgiving break wrecked with pangs

of guilt for spending time watching "Crazy Rich Asians" with my family as opposed to working on my research paper.

Beyond this, there are already more than enough precautions being put in place for finals week to protect the well-being of students and discourage burnout.

Students, professors and faculty alike should be doing more to encourage a healthy relationship with family and friends. While I appreciate the efforts being made to protect students by alleviating pressure during finals week, it is putting an unhealthy amount pressure on students during Thanksgiving break. ■

Dear The Captain's Log...

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



Students sit in Einsteins on the third week before classes finish. ANNA DORL/THE CAPTAIN'S LOG

Dear Einsteins...

SPENCER EVANS

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Thank you for fueling my caffeine addiction. Thank you for helping me stay awake in class. Thank you for helping me with all-nighters for projects and papers. I know that anytime I need to get coffee and work late, you'll be there ready for me and everyone else.

You aren't just a coffee place though - you are the social area of the library. You are the single place on campus that students can go and talk in an inside voice.

Here I am able to work on projects with friends, and obsessively stress out over those same projects while enjoying one of the many drinks that I can get.

I have spent more

money on you than I have at any other coffee shop combined, but it's completely worth it.

The staff are the nicest people, even though they are dealing with the same academic stresses. As fellow students, I can relate to them, and talk when I see them in class if I know them well enough.

Pay a compliment to any worker you see, because they put in a little extra work and show up with a smile to serve all of the caffeine addicted insomniacs at CNU.

Finally Einsteins, thank you for being there with brownie sundaes when I finish finals and need to eat all of my troubles away. Your sundaes taste delicious and hit the spot after the indifferent GPA sucking void that is finals week.

Good luck CNU students with the remainder of your classes and good luck during finals week. Pay an Einstein's worker a compliment. ■

Thanksgiving: The middle child of holidays

We should be celebrating this forgotten holiday

BARRETT GOODE

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Ah yes, it is that time of year again. The days are shorter, nights get colder and Christmas music is consistently jingling in the distance. This is one of the best times of the year. Well, this and spring semester final exam week.

Going through the school year, it seems as if we go straight from Halloween to Christmas, but, "wait," you might say, "isn't there some holiday that we used to celebrate with Pilgrims and turkeys?" You would be correct.

That smaller holiday is

known as Thanksgiving and is often overlooked as people take their spooky Halloween costumes off and put on their Santa hats.

The most obvious answer to why Thanksgiving is so left out is that it is right between the two most anticipated holidays of the year. For Halloween we go around dressed in essentially whatever we want. People either party or eat candy, and let's be real, people will always find an excuse to do either. For Thanksgiving, we are surrounded by our loved ones and eat a big meal, but we also do the same exact thing for Christmas.

What makes Christmas so

much more exciting is one simple word: presents. Sure it's great that we eat together and appreciate one another in our family, but everybody loves to receive gifts. Another thing that makes Christmas awesome which Thanksgiving lacks is the amazing Christmas music. Thanksgiving is one of the only major holidays that doesn't even have a song to represent it. Don't even get me started on when people start playing Christmas music in early November, it drives me bonkers.

It's bad enough that Thanksgiving doesn't get the recognition it deserves, but a day after we appreciate what we have in our lives, we run to the stores and participate in a day that terrorizes all Walmart employees: Black Friday.

Don't get me wrong, I love going out with my friends and buying things I want at discounted prices, but I think it

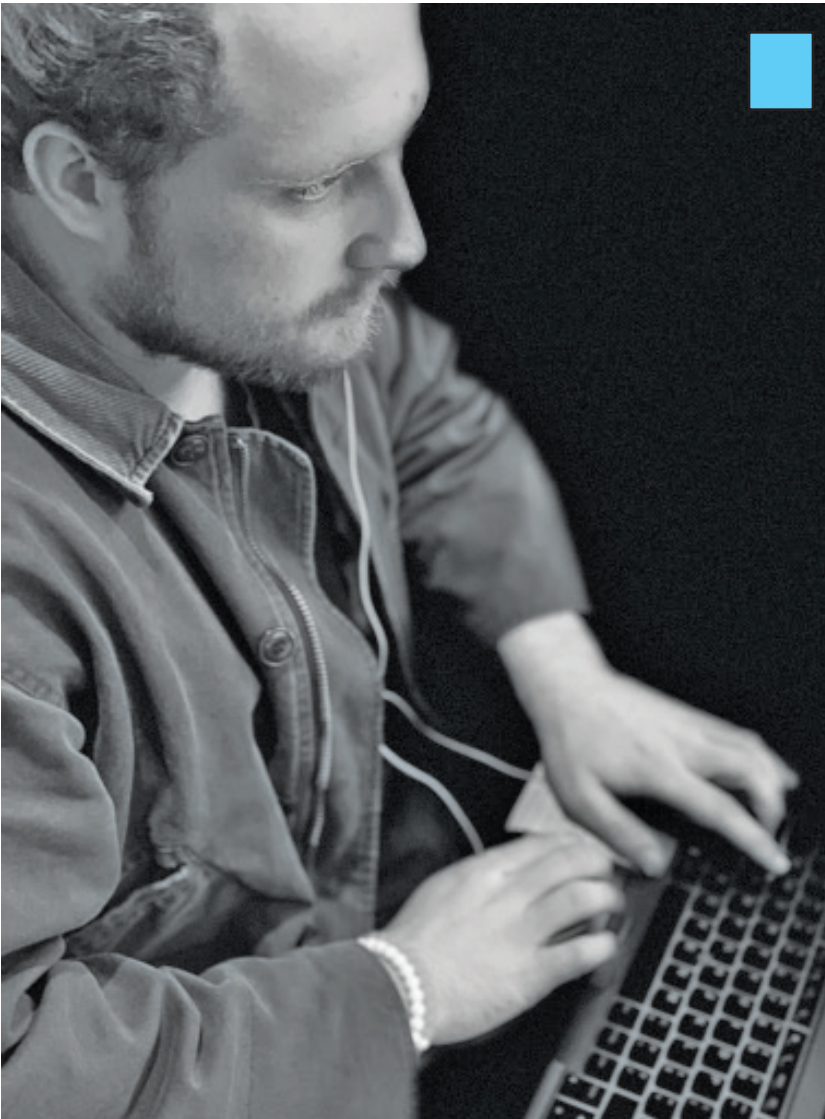


COURTESY OF SIMPLYJINGLEBELLS

is very ironic with the holiday it follows. "Thank you to life for allowing me to have a great family and allowing me to have all of my current possessions," (24 hours later) "THAT'S MY XBOX ONE, YOU *****".

Thanksgiving is a great holiday and deserves more

recognition. So often in our lives, we forget what really matters and take everything that does matter for granted. Thanksgiving is a time when we can be with the people we love and appreciate all that life has given us. ■



"Sit down whenever you can, even if you just have an hour, just do classwork for an hour, study for an hour, or even after a rehearsal [referring to the theater program] study for a few hours. Just find time."

- Ty Norris, Junior



" I really like sitting down in a quiet place like the back section...with all the thick law books because no one really goes back there. "

- Bailee Comer, Freshman



"Know what the professor wants and how to study for the class because not every class is the same. Success in a class means to me actually understanding the information and getting more out of it than I thought. "

-Taylor Dorsey,
Freshman



"To help with studying, I ground myself to my desk and put my phone and other distractions out of sight and out of mind so I can concentrate 100 percent."

- Noah Metres, Freshman

"The best way to achieve success is if you don't understand something, get help immediately whether that's from peers [or] the professor's office hours."

- Lauren Sanger, Freshman

CNU at study

Photographer Jordan Oglesby explores different ways students seek success before finals

"I just make sure academics come first. I like to make sure all my homework and assignments are finished before I do things like hanging out with friends. I achieve success by studying hard and asking any questions that I have as early as possible."

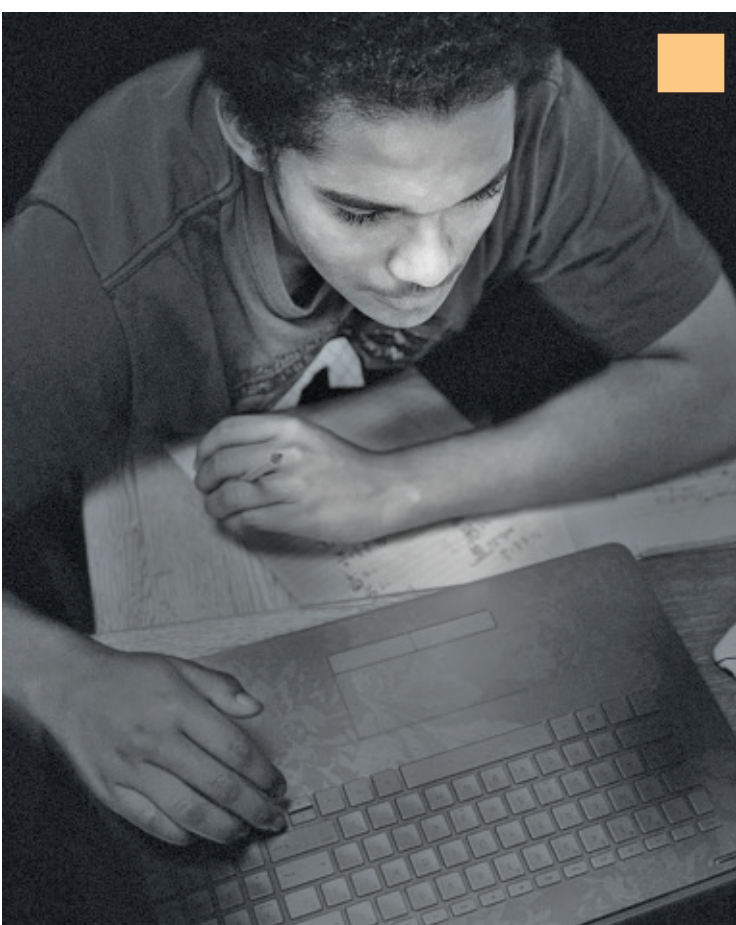
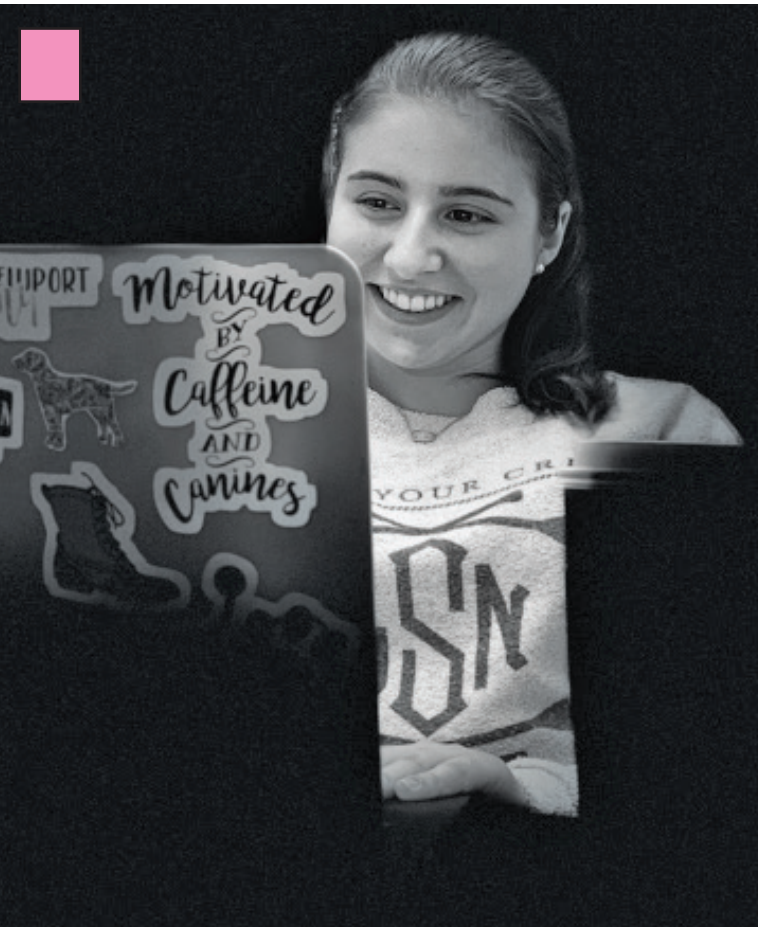
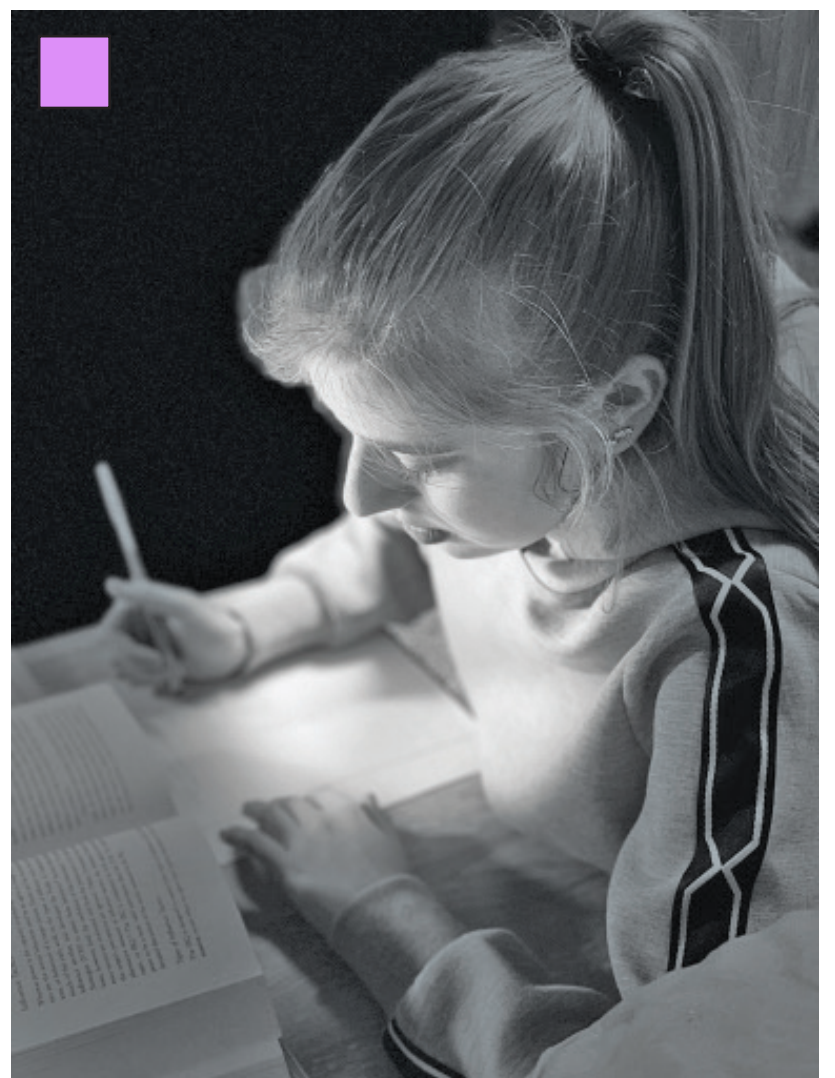
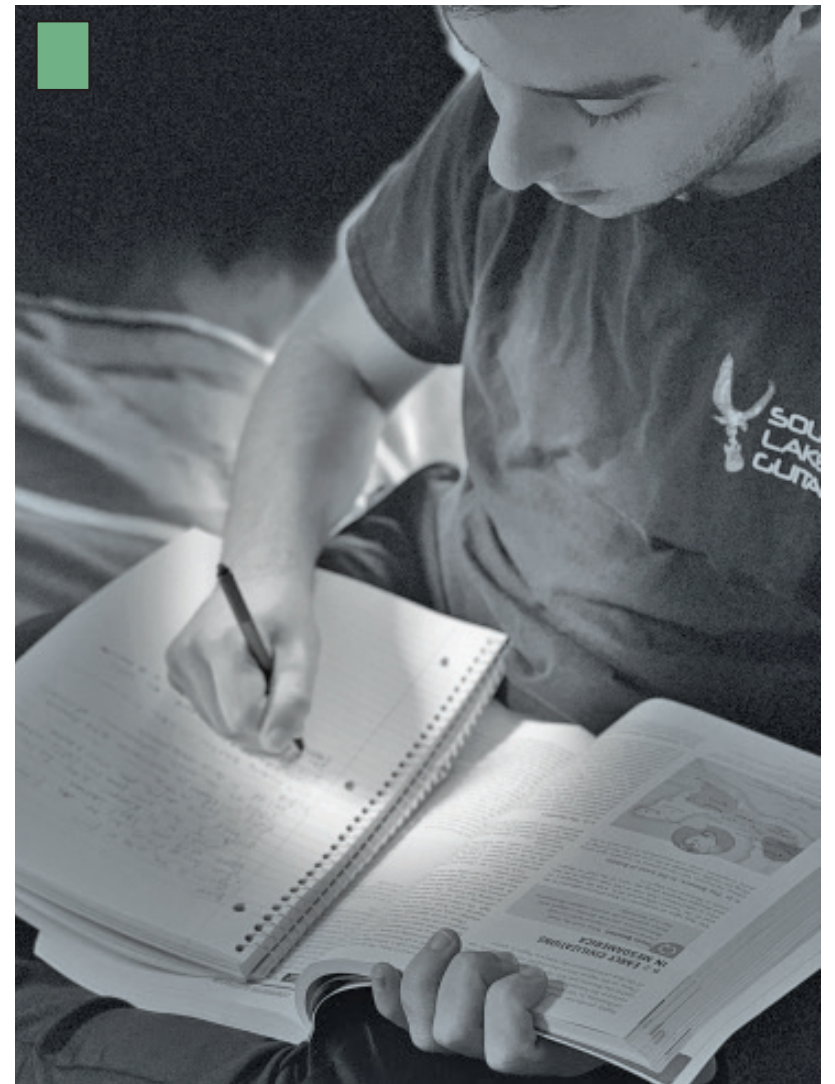
- Jack Aaron, Freshman

"You don't wanna be going to a club meeting but failing your tests. If you can't manage your time, you might just have to sacrifice one of them until you see improvement."

- Marcus Rolle, Freshman

"Coming to college has been a long process of getting used to the new schedule and getting better at my time management, but my friends and study groups encourage me to work and study hard while balancing other activities."

- Lindsey Burbaker, Freshman



FINAL FOUR



(Left) Carson Pokorny waits on the right side of the field for the ball to enter her side of the zone. Pokorny has been solid all year with a career-high seven goals. She also has five assists, for a total of 19 points on the year. (Right)Senior defender Lauren Ciccone streaks down the field as she clears the ball out of her defensive zone. SARAH KOOCHAGIAN/CAPTAIN'S LOG

STORY CONTINUED FROM COVER

Similar to Victoria Perry, who is holds the current all time points record with 109, Gillis

currently sits at 96 and looks to continue her legacy this week-end. They will go on to play in the Final Four for the first time in program history, traveling down to Greensboro, N.C. on Friday, Nov. 30th to take on the defending National Champions, No. 5 Wil-

liams College. The game will take place at 7:45 p.m. and the winner will earn a spot in the National Championship that will take place the next day. If the Captains can win both of these games, then they will be the first soccer team in CNU history to win a National Championship. ■

The semi-final game will be played in Greensboro on Friday, Nov. 30 at 7:45 p.m.

Opinion: My experience as an adequate athlete

BY MICHAEL INNACELLI MICHAEL.INNACELLI.15@CNU.EDU

So I won't lie and tell you I am the most athletic person in the world. I also won't lie and say that I am an athletic person in general, but I do like to play sports and be active. I do believe that this is the best way to be a so-called athlete in college. Here at CNU we are a Division III school for sports in the NCAA. For the majority of athletes at CNU this means college is it; most Division III athletes don't go on to play professionally in their respective sports. So my question is, why stress about it? Being someone who could have played at a weaker Division III soccer program

then CNU's, I find myself asking why would I want to? It's not that I don't have passion for my sport soccer, but it's more that I don't want to inundate my college career with the added stress of being on the college soccer team. Imagine not being a starter in the respective sport you play, and on top of classes being stressful, trying to fight for a spot on the team. For me those times are done, and are not coming back any time soon. I'm very happy where I have found myself. As a club soccer player I get my fix of competitive soccer, and with intramu-

als I get my fix of fun with the sport. All of this however, has been without the need to sacrifice my schedule come registration to fit in practices, or stressing about homework on the way to a game up in New York or some other state.

I think that because of my adequacy in sports I have found a place within sports that I am completely happy with. I still love my sport, but I love it in a way that allows me to do other things I enjoy as well. I couldn't be an editor of the paper if I was constantly stressed about sports. I couldn't work the jobs that I have both on and off campus if I was practicing everyday and playing in games every weekend. I have found the perfect balance for myself in sports and I could not be happier.

Being an adequate athlete, and not a phenomenal one, means that I can play sports exactly as much as I want to. ■

“Being an adequate athlete, and not a phenomenal one, means that I can play sports exactly as much as I want to.”



Courtesy of GoGraph

Men's Basketball off to a hot start

The team is currently 4-0 with double-digit wins over each opponent.

BY PHOENIX HINES

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The Christopher Newport University Men's Basketball team has got off to a hot start in their 2018-2019 season as they have gone 4-0 while winning two invitationals.

They opened the season against Trinity University (Texas) in the Marymount Tip-off Invitational. They outscored the Tigers 31-18 thanks to a dominant first half.

The Captains defense came up big early in the game as they forced the Tigers to miss their first 10 shots, giving the Captains a 11-1 lead right away.

The Tigers went on a four shot run but the Captains answered with a six shot run themselves, giving them a 17-5 lead with about eight minutes left in the first half.

After a three pointer by Markues Stubbs, the Captains got their largest lead of 17 shots as the Captains came up ahead 26-9.

Although the second half was a lot closer than the first, the Captains early lead was just too much for the Tigers, ultimately giving them a 66-51 win.

Marcus Carter led the Captains with nine points, eight rebounds, and four assists while Cutch Ellis and Jason Aigner also put up nine points each.

The Captains second game of the year was against Marymount University. The first half of the game was a lot closer than the previous day, as the Captains only lead the Saints 34-28 at the break.

The Saints came out hot and got an early 6-2 lead but the Captains prevailed and went on their own run and lead 20-10 midway through the first half.

In the second half the Captains came out scorching hot and went on a 19-0 run, giving them a 53-28 lead. The Saints fought back and closed the gap, but the Captains run created to large a score gap and the Captains ended up winning the Championship 66-56.

Carter led the Captains once again as he posted 15 points, nine rebounds, and two assists. Aigner also had a solid game with 12 points, including 2-4 from the three point line.

After a week long break, the Captains returned to action as they hosted Methodist University in the CNU Invitational. Just like the previous two games, the Captains early leads in the half helped them win the game, as they outscored Methodist 34-24 in the first half.

Aigner paced the Captains in the first half with three triples and 11 points while Savonte Chappel dominated the post and put up eight points off of



(Above) Junior guard Nick Parks lines up for a free throw. Parks is currently averaging 6.3 points per game this season. PHOTO COURTESY OF NICK PARKS

4-4 shooting.

The Captains ended up winning this game 73-59 behind Carter's 19 points and nine rebounds, while Aigner posted 16 points off of 6-12 shooting.

Their last game was against John Carroll University in the Championship.

The Captains started the game on an 18-3 run and never

looked back. Although JCU kept the game somewhat close in the first half as the Captains lead 45-36 at the break, the home team dominated in the second half as they outscored JCU 64-37 and won the game 109-73.

Carter ended his successful weekend with 24 points and five rebounds. Brandon Edmond also

had a solid outing, as the sophomore point guard went for 11 points and 3-4 from the arc.

The Captains will head up to Winchester, Virginia as they take on Shenandoah University this Wednesday, Nov. 28th.

Tip-off will be at 7:00 PM. ■

Opinion: You can dance if you want to

Allowing end-zone dances in the NFL makes the league more fun.

BY MORGAN BARCLAY

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Thanksgiving is traditionally a time for food, family and football and this year was no different. However, this year I found myself actually invested in the game.

It happened after an interception by the Bears during their match against the Lions. Cornerback Prince Amukamara celebrated with his teammates in the endzone. Using the football as microphone, Amukamara charaded a Motown act with the help of his teammates that took on their role as back-up dancers.

The act, which was a nod to Detroit, the team they were competing against, connected

the game to a larger context or story and reminded those watching about football's role in entertainment. A role that the league shouldn't be hiding from.

Endzone dancing has been a hot topic in past years. In 2016 the topic flooded sports columns after an increase in fines and penalties charged after players celebrated on the field. It was reported in one game during 2016, Steelers' Antonio Brown had to pay upwards of 24 thousand dollars for his excessive celebrations.

But things changed in 2017 and the NFL cutback their ruling to only prohibit offensive demonstrations, demonstrations that delay a game or celebrations directed at another opponent.

This relaxing of the rules has led to some interesting expressions on the field, and has brought the game back to what it's supposed to be--entertainment.

While some would like to believe that sports are a test of physical ability that exists in a vacuum, we all know this to be false. Professional football exists to be watched. Professional football is a story being told.

Football teams have a clear mythos. You can stereotype fans based on the story their team has told. If I told you my favorite team was the Patriots, I bet you'd have an image of who I am come to mind. The same would happen if I told you my favorite team was the Giants, or the Redskins or any other team

in the league.

To build their mythos they need characters. Characters like Peyton Manning, Brett Favre, Cam Newton. To build these characters they need chances to show their personality. Many chose to kill two birds and advertise another company while crafting a brand outside of the field. Why not streamline it? Why not allow them to have this personality on the field, as opposed to waiting to build the story through outside means.

This is what endzone dancing allows for. It allows teams to continue to build a mythos, to continue their storytelling aspect by letting one character tell the story of the team.

If it were possible to remove football from its greater context and force as a storytelling machine, maybe I would agree

with critics of endzone celebrations, but as it stands now the only thing you can do is celebrate with them.

Beyond this, the dancing makes the game incredibly fun. It makes the games more accessible to me, someone very new to the world of sports and that matters. If you have a chance to spread the joy of the game, why not spread it?

I leave you with the words of Redskins' Cornerback Josh Norman, "[The fans] come for this. They work their tails off during the week. They get a Sunday off to come out here and watch their team put on a show. I mean, shoot, that's what we are, we're entertainers. Whether you like it or not, that's what we are, man. We want to have fun with you guys. We want to have fun with the game." ■

November 30
Lauren Daigle
7:30 p.m. Norfolk

December 6
Migos
8 p.m. Ted Constant Center

November 29
"2.0"

December 1
CAB Arcade Night
8 p.m. AUX Gym

December 6
CAB Winter Fest
8 p.m. Tribble Plaza

The most dangerous magic

'Fantastic Beasts: The Crimes of Grindelwald' is a teachable moment for making choices and questioning evil

KATHRYN FANNIN

KATHRYN.FANNIN.17@CNU.EDU

The newest installment of the Fantastic Beasts series, "Fantastic Beasts: The Crimes of Grindelwald," left fans with hearts racing and minds filled with more questions than answers. Many favorite characters made difficult sacrifices and the fates of our beloved cast members were held in question.

However, I want to write this article for those who have not watched the movie and those who are a casual fan of Rowling's work (and cannot tell a Billywig from a Bowtruckle!). Good stories are teachers, and this story has many teachable moments. There is one that I specifically want to touch on in this article, because it has a very important lesson especially for students. In this film, the characters are called to make a choice to go with Grindelwald, a notorious dark wizard who seeks to eliminate all those without magic. To go with him, you must cross his circle of blue flame, signing your soul away to the side of villainy permanently. Of course, they could choose not to do this, but the price for refusal is almost certain death. This act calls for undying faith - faith that Grindelwald will save your life and continue to help you if only you swear your allegiance and maintain your trust. After all, only those who are truly willing to remain with Grindelwald after he saved their lives will be allowed to cross, join him, and live.

It is important to note that Grindelwald makes this demand of his casual followers right after making a very persuasive and powerful speech that would make Hitler himself jealous. He promises peace. He promises magical prosperity and

the prevention of the Second World War. And most importantly for Grindelwald and for the wizards in his audience, he promises a new world order that will favor wizards, who have been oppressed by non-magical people for too long.

One of the main characters of this series is trapped at this rally, forced to make this terrifying choice. They choose, to the horror of the audience, to join Grindelwald's side, not just to save their life, but for the hopes of a better future. Why does this character believe that the answer to peace in the Wizarding World lies with Grindelwald? The answer is simple. Grindelwald was able to find them at their most vulnerable, learn their values, their desires, and then manipulate them with beautiful lies. All this character knew of Grindelwald was that he was a kind man who promised a utopia. With such an attractive presentation, why wouldn't they join?

Grindelwald was nice to this character, offering them tea, conversation, and never making a single threatening move toward them. They chose of their own free will. However, the fact that Grindelwald allowed them free will does not



PHOTO COURTESY OF GOOGLE PLAY

make up for the fact that this dark wizard and his followers are responsible for multiple murders, including innocent, non-magic families. And yet, this never appears to matter. What makes Grindelwald so terrifying is that he seems so reasonable, especially when you don't know about the hundreds he per-

sonally slaughtered, and the hundreds more that have been killed for him under his orders. He does not care for life nor does he respect it. 'He had a lonely upbringing! He was such a bright boy, but he lived such a hard life! He never learned how to be good!' You and all the other characters can tell yourselves anything you want to hear, hoping to come up with some justification for these horrid actions. But empty words and hard situations can never make it okay to massacre people without care. Who is asking you - or who is telling you that they can give you the one thing that you desire above all else, even though you know in your heart that they are bad or evil, and you don't stand for half of their policies? Evil does not come in gigantic leaps and

one on a diet wakes up and decides to eat a whole cake. In the same way, no one with a kind heart and rational mind wakes up one day and decides to be evil. No, evil spreads in this world through good people who let one thing slip and then another.

Never let your values slide because a bad person happened to do a good thing. Do not let your guard down because all you have seen of a notorious individual is that they were kind to you. If you do, then you will end up exactly like this character - a kind, selfless, innocent who ends up joining the side of a murderer. Evil exists, even thrives in this world and it doesn't want you to know it. It preys on your ignorance. It consumes your every selfish desire, even if your desire is noble, and your reasons good. After all, the character who was swayed over the course of this film had pure intentions of their own. Evil is waiting, hoping that you want something so bad you will not see logic. It's counting on it. It is out there, in this world, waiting to hurt and corrupt you. So what can you do?

You can be informed. You can learn all you can about your situation, and you can be careful not to take things from people without knowing the cost. This world is terrifying, and understandably, we start to get scared of it. That's when we start to listen to the people that don't make sense. That's when we start to let our values slide. As Grindelwald says, a time is coming where everyone will have to make a choice. Will you join the side you know is wrong, or will you trust your allies to stand with you, look evil in the face, and keep it at bay? The circle of blue flame is closing in. Which side will you stand on? ■

Fashion for good

STORY CONTINUED
FROM PAGE 3

Some of their vendors loaned clothes to IJM for the fashion show, a mutually beneficial partnership where brands obtain advertising and the show gets a greater variety of outfits. Other clothes are bought from thrift stores, where money is returned to Goodwill and other reusable efforts.

The ethically-made brands include Sudara, Soko, the Noonday Collection and Trades of Hope. According to Miller, the diversity of student in their E-Board allowed them to draw off their

friends to find models for the show.

The fashion show ticket sales will benefit the Virginia Beach Justice Initiative and their efforts to create a shelter for trafficking survivors in the Hampton Roads area.

As part of IJM, Miller said that not everyone recognizes the relevance of human trafficking to the local area. Highways such as I-95 and I-81 near Newport News are major transporters for victims of human and drug trafficking. Prostitution, particularly in the tourist parts of Virginia Beach, is prevalent as well.

In a related effort to raise awareness for human trafficking, Miller and her friends are participating in Dressember, a movement started by CEO of Dressember Foundation Blythe Hill. Women wear a dress

for the entire month of December (and men wear ties) and raise money for human trafficking prevention. According to Miller, the movement is meant to symbolize restoring dignity to women and aid in expensive rescue missions.

"It's really cool because a lot of people don't know how to help this issue and I've gotten to be that way of helping," Miller said. "It is a way for fashion to be used for good and change."

Other IJM efforts include their annual February event, Rally for Freedom. Participants gather together to call Congress to appropriate funds to certain policies and address congressional committees that concern human trafficking. This year, IJM aims to hold a panel with a Virginia Beach Justice Representative to raise awareness about human trafficking locally.



In April, IJM has their twelve-hour 'Stand for Freedom' event.

Freely Made Fashion Show tickets are \$4 presale and \$5 at the door. The event will be held in the DSU Ballroom at 7:30 on Nov. 30. ■



Models pose in ethical clothing.

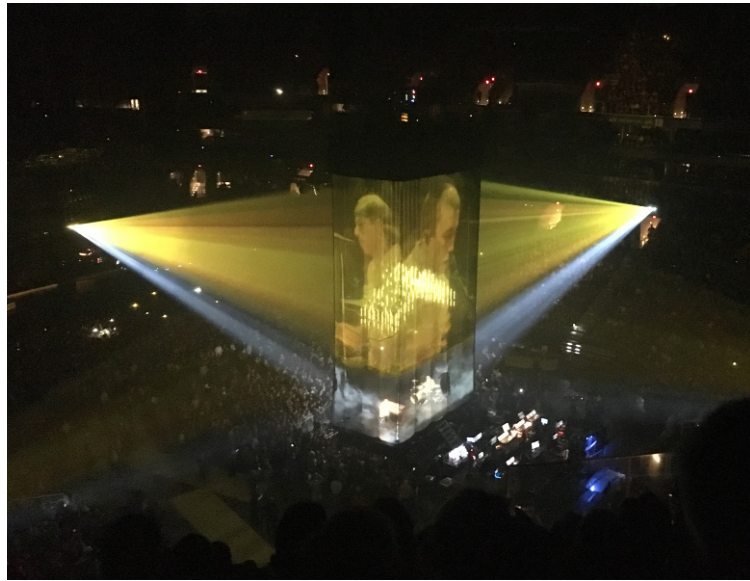
COURTESY OF EMMA MILLER

Entrenched in 'Trench'

Twenty One Pilots' 'Bandito Tour' leaves little to be desired

ANNA DORL
ANNA.DORL.17@CNU.EDU

It's an incredible feeling when you score seats to see one of the most popular bands in the world. I've been a fan of Twenty One Pilots for a couple years, ever since I discovered their album "Vessel." So when my friend who goes to school in Phoenix, Ariz. told me she got two tickets to their exclusive Bandito Tour at the Talking Stick Resort Arena, I jumped at the chance to see one of my favorite bands perform live. Twenty One Pilots' music can only be described as an eclectic mixture of alternative, rap, pop, and rock, with a little bit of ukulele and screamo thrown into the mix. Twenty One Pilots has become extremely popular with teenagers because their lyrics focus on struggles with mental health, the importance of creativity, and the daily fight to stay alive and keep going throughout life's struggles. Each show on the Bandito Tour opened with Max Frost, an indie pop singer, who played a couple of songs from his new album "Gold Rush" such as "Good Morning" and "Money Problems" and some older favorites like "White Lies." His passion and happiness were contagious, even though a majority of the audience was not familiar with him. After Frost left the stage, AWOLNATION, another alternative rock band, came on and performed some of their fan favorites including "Run" and "Kill Your Heroes." Their crazy electric guitar solos filled the stadium with energy. The crowd went wild when they closed with their 2011 hit, "Sail." A brief intermission separated the



Concert arena in Phoenix, Ariz.
ANNA DORL / THE CAPTAIN'S LOG

two openers from Twenty One Pilots. The crowd went crazy when the room went black and the walls shook and swelled with the low opening note to "Jumpsuit," the first track on their new concept album "Trench." The two-man band, made up of vocalist/instrumentalist Tyler Joseph and drummer Josh Dun, exploded onto the stage with Josh drumming at breakneck speed on a moving platform and Tyler jumping up to sing on the hood of a flaming car, as seen in the music video for their new song "Levitate." During "Fairly Local," Tyler, wearing a mask, climbed up onto another moving platform and fell backwards into a pit in the

middle of the stage as the lights went out. A spotlight appeared on a random section of nosebleed seats (unfortunately, not ours) and there Tyler was, standing among shocked audience members. His body double waved up at him from the stage and everyone screamed and cheered the real Tyler on as he finished the song. Twenty One Pilots performed multiple songs from their new album as well as some old favorites from their last hit album "Blurryface" and their self-titled album. After the somber progression from new songs "Neon Gravestones" and "Bandito" into old favorite "Taxi Cab" performed on the B-stage, the audience roared to life again as the dynamic duo crossed a catwalk bridge to get back to the main stage during their performance of their high-energy banger "Pet Cheeta." In the middle of the show, Tyler and Josh came back out with Max Frost and AWOLNATION to cover "Iris" by the Goo Goo Dolls and "Hey Jude" by The Beatles. At the end of the show, Tyler and Josh came back out for an encore and performed "Trees," their traditional closing song at all of their concerts. They got onto platforms held by the general admission audience and beat rhythmically on huge drums as yellow confetti fluttered down into the pit. Tyler and Josh took a bow and Tyler declared, "We are Twenty One Pilots and so are you. See you next time" as the crowd screamed. The Bandito Tour was an incredible experience I'll never forget. If you're ever lucky enough to have the opportunity to get tickets to see Twenty One Pilots, make sure you take it - they never disappoint. ■

Billy Joel's Top Five

It's been only a month since the 41st anniversary of Billy Joel's most impactful album release, "The Stranger." To celebrate that accomplishment, and one of the defining artist of a generation, here is a countdown of my top five favorite Billy Joel songs. If you haven't heard any of these, give them a listen. If you disagree with this top five let us know. That's half the fun!

DANIEL MOSAKEWICZ
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Vienna

"Vienna" is one of those songs that everyone, especially college students, should hear at least once in their life. It's a beautiful three and a half minute piece about how life doesn't have to be lived at a brutally fast pace we often force ourselves to go at. Full of wisdom from a culture far different from our own, Joel was inspired while visiting his father in the city of the same name. All of that purpose packaged into beautiful, heart pulling piano, and you have a masterpiece. So "slow down, you crazy child," relax, and take the time to immerse yourself in "Vienna."

5.

The Ballad of Billy the Kid

From an album that would have many defining pieces for a young Joel, this piece stands out for both its ability to give a dramatic western feel with a piano, as well as Joel's well documented ability to tell a story through song. The magic is in the last few lines, connecting the legacy of Billy the Kid to a boy from Long Island, which just so happens to be where Joel grew up. Regardless of whether the song is autobiographical or not, it argues that the legacy of the young gun, the renegade, is alive and well. It's quite the dramatic idea, and one that really makes the song well worth considering and exploring.

4.

Miami 2017

It should come of no surprise that a song beginning with far out sirens should be one of Joel's most haunting and powerful works. It has some of the best piano in all of his career, and certainly some of his most challenging lyrics. The protagonist sings of how he saw "the lights go out on Broadway," a slow process that creeps up on the city no one notices until it was too late. He's not sparing in the acts that come before, saying "they burned the churches up in Harlem," and "they turned our power down, and drove us underground." It's beautiful, powerful, and absolutely terrifying, a snapshot of what could happen if we don't look out for one another. It's a reminder that nothing we build is guaranteed to last.

3.

Scenes from an Italian Restaurant

"Scenes from an Italian Restaurant" is just one of those songs that once you hear it, and really listen to it, you can't unhear it. Everything in this song is fantastic, from the layered storytelling, Joel's amazing voice, to the downright magical combination of piano and jazz. It's the story of a man meeting his ex-wife in an Italian restaurant, and telling the story of young lovers the pair knew back in high school. What's truly intriguing is that the song is more about divorce than it is about love. The song is mixed together seamlessly with soulbinding music that complements the story perfectly. This piece deserves its place as one of Joel's masterpieces, but for me that title goes to...

2.

Piano Man

This is the song that defines Joel as an artist. It's a piece centered around his piano, both musically and in its story. The song, based off of Joel's own experiences, tells of the patrons of a late night bar all coming in to hear the Piano Man play, help them forget about their problems. Not acknowledged until later in his career, the song has now become Joel's concert closer, and the song he is most known for. So if you're feeling down, or you don't know what to listen to, find this song, and let the Piano Man sing you a song, and make you feel alright. ■

1.

Your guide to spring formal recruitment

Registration for spring recruitment is open now, make sure you complete all the steps as you get ready to rush

ANNA DORL

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Spring semester is coming up and formal recruitment for CNU's Greek Life organizations is fast approaching. Registration is now open for sorority recruitment, which means that aspiring new members should take advantage of this opportunity and make sure they fully complete the process. Registration can be done online at <https://cnupanhellenic.mycampusdirector2.com> from now until Monday, Jan. 7.

Potential new members will need to create an account on the website for the process, pay online for the recruitment process and turn in a release form for their academic grades to the Office of Student Activities before they can be officially considered for recruitment.

Visit the CNU Panhellenic Council's official website to learn about the sororities present at Christopher Newport.

Recruitment weekend takes place from Thursday, Jan. 10, 2019 - Sunday, Jan. 13, 2019. On Thursday, Recruitment Counselors will get together with potential members to talk about the initial process and get recruitment guides as they prepare to go through the process.

On Friday, Jan. 11, new recruits get to spend the day learning about each sorority and their philanthropies by going through 20 minute information sessions about each organization. Potential new members are encouraged to attend the rounds about all seven of CNU's sororities as well as one break round. The concept of sisterhood, including each sorority's values, is brought up to the new women on Saturday, Jan. 12 in 40 minute rounds.

The weekend ends with preference rounds and the long-awaited Bid Day on Sunday, Jan. 13.

Preference round offers a chance

for sisters to connect on a deeper level with the new members and learn more about one another before Bid Day begins.

That evening, the new members finally get to run home to their sisters, which begins at 5:45 p.m. in the Tribble Plaza.

Megan Hafer, Vice President of Recruitment for CNU's Panhellenic Council, gave the Captain's Log an inside look at formal recruitment and all of the different events that take place during recruitment weekend. She encouraged women interested in going through the recruitment process to follow a few tips that will help them thrive, emphasizing being yourself and keeping an open mind.

"It is easy to feel pressure to act a certain way in a room full of sorority women, but this is only based off the stereotypes you've seen in movies and heard from your peers," she said.

"Being yourself allows you to feel at ease when you're meeting so many different women at one time, but it also allows you to find the best home for you personally. Be sure not to discount any organization because of what others say, instead pay attention to which organization brings out your best self," Hafer said.

She stated that knowing your own personal values will help you in this process as you decide which organization aligns best with who you are. Students can learn more about each sorority at <http://cnupanhellenic.weebly.com>.

Hafer also stressed the importance of maintaining a balance between sorority life and academics. "Panhellenic sororities are social organizations so it's easy to get wrapped up in the lunch dates and mixers and philanthropy events. Being part of our community means making sure your grades are a priority, so you can make the most of your



Sisters of Alpha Delta Pi welcome their new members who ran home during Bid Day last year. MACY FRIEND/
THE CAPTAIN'S LOG

Greek life experience too," she said. Hafer also shared that although it may seem hard at first to balance all of your new responsibilities and the events you have to attend at once, your sisters are there to help you and support you in many aspects of your college experience, especially academics.

"Obviously, you could have a study buddy in classes, but sisters are a great resource when it comes to academics," Hafer commented. "My GPA went up significantly because I had my sisters that were in my major to study with or to mentor me," Hafer added.

Greek Life also offers opportunities for personal growth as well as serving the community. Hafer stated that women should take advantage of everything that their new organization offers to them.

"Each chapter has different events that they must hold for their sisters that are beneficial for them in the job market, mental health, grad schools, etc. Sororities can give you the tools you need to succeed in any area you are interested in."

Hafer also talked about how being in Greek Life changed her for the better. "Each chapter has a bunch

of different, amazing women that are driven by something. My experience in my chapter and on Panhellenic has given me the opportunity to meet women that I normally would not think about talking to or just wouldn't get to know if it weren't for Greek Life."

With this information and these helpful tips in mind, make sure you register for formal recruitment as it approaches. Get excited for it as you start to prepare - the process can lead to incredible personal benefits, service opportunities and a sisterhood that lasts a lifetime. ■

she is
POWERFUL
she is
PANHELLENIC

To register for formal recruitment, visit
cnupanhellenic.mycampusdirector2.com.

For more information on each sorority, visit
<http://cnupanhellenic.weebly.com>.

Applesauce Oaties recipe

This family favorite inspired by Mrs. Fields’s classic recipe is a healthier twist on traditional oatmeal cookies

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Ingredients:

1 ¾ cups quick oats
1 ½ cups all-purpose flour
1 teaspoon baking powder
½ teaspoon baking soda
½ teaspoon salt
1 teaspoon ground cinnamon
½ teaspoon ground nutmeg
1 cup light brown sugar, packed
½ cup white sugar
½ cup salted butter, softened
1 large egg
¾ cup applesauce
1 cup (6 oz.) raisins
1 cup (6 oz.) semisweet chocolate chips
1 cup (4 oz.) chopped walnuts

Makes 4 dozen.

Tip: Substitute stir-in ingredients for different types of nuts and chocolate chips to suit your tastes - for example, switch out semi-sweet for dark or milk chocolate.

Instructions:

Preheat the oven to 375 degrees Fahrenheit.
In a medium-sized bowl, mix oats, flour, baking powder, soda, salt, cinnamon and nutmeg.
Blend the mixture and set aside.
In another large bowl, combine the white and brown sugars.
Add softened butter and beat until mixed completely.
Add egg and applesauce, then blend until smooth.

Add the flour mixture, chocolate chips, raisins and walnuts.
Blend the mixture at low speed until combined - be sure not to overmix.
Take a tablespoon and scoop drops of dough onto a lightly greased baking sheet two inches apart from each other.
Bake at 375 degrees Fahrenheit for 12-14 minutes or until the cookies are light brown.
Take cookies off the baking sheet and put onto a flat surface such as a plate with a spatula.
Enjoy warm and fresh out of the oven or cooled down with a glass of milk. ■



COURTESY OF CDKITCHEN

The importance of being well-rested

Finals week approaches and with students falling prey to long hours of studying, how can sleep deprivation affect you?

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Every college student is familiar with sleep deprivation. With finals season coming up in less than two weeks and Thanksgiving break behind us, sleep deprivation is creeping back into our daily lives. Many students may brush this issue off or think that it’s not a big deal, but the effects of sleep deprivation on a stressed adolescent are often overlooked.

Sleep deprivation can wreak havoc on your body and your mind. Studies have shown that not being properly rested can affect your immune system and weaken it, making you more susceptible to illness. College campuses are breeding grounds for illnesses like

the flu and the common cold as a result of having everyone in such close quarters, so having the strongest immune system you can is a big help.

Doctors say that not getting enough sleep can also leave you with brain fog, memory issues and troubles with concentration. With finals coming up, you’ll need all the brain power you can muster. Being well rested also helps you get into and stay in the right frame of mind for studying and writing final essays. Falling asleep on your desk is never a good idea.

Sleep deprivation can also aggravate pre-existing mental health issues such as depression and anxiety. Getting enough rest is extremely important for those dealing with mental illness, and depriving yourself of your basic needs

because of school doesn’t help at all. Be sure you’re taking care of yourself: your health comes before your grades.

Digestive issues and weight gain are more possible effects of sleep deprivation. The amount of sleep you get affects the body’s hormone levels which control the feeling of being hungry, and may cause you to overeat. When you’re overly exhausted, your brain tends to create more insulin which can contribute to weight gain. Additionally, you may feel too tired to maintain your normal healthy habits such as regular exercise.

Finals are important, but your overall health is much more vital. Make sure you’re taking care of your body and your mind during the upcoming finals week. ■

Career Horoscopes: November 26 - December 3

The stars say that this a good time for a new beginning

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Aries (March 21 – April 19)

You’re loaded with excitement and vitality. You can be excessively hopeful about your potential and you could talk anybody into anything right now. Find another possible solution for an issue. Utilize all your aptitudes to stay on the right side of others during group work. Offer your thoughts with certainty.

Taurus (April 20 – May 20)

Take good care of clients and collaborators- they will value your compassion. It’s a good time for team-building. A grateful encounter is to be expected. You’re confronting some significant difficulties that could influence your work. This is an ideal period for research on new directions to success. You’ll encounter stress if you try to complete multiple tasks at once.

Gemini (May 21 – June 20)

You’ll be fortified by a solid, positive aura. Action-based people are your best coworkers. A conservative approach is essential in money issues. More variety will come your way. You are at an intersection in your life. Doing what you care about is better than doing something you hate for more money. It’s a perfect time for anything that enables you to travel or market your plans.

Cancer (June 21 – July 22)

This is an upbeat period for you. Try to help or bolster others at work. You may reach an intersection. Your consistent, dependable vitality makes you a great team member. Some areas in life that were postponed will start to push ahead. Now is the time for long-term future planning. You may need to work extra: do this for your own feeling of achievement.

Leo (July 23 – Aug. 22)

Coexisting with others will be a test for you. Do the best that you expect you can do. This is the best time for a job interview. You can sparkle in any setting that unites people. Keep your cool when you feel baffled. Anything that suddenly falls away is never again vital. Come clean and keep away from distortion. This is a time to utilize technology and learn new skills.

Virgo (Aug. 23 – Sept. 22)

This is a time to work agreeably: however, you could be too laid-back. Stick to built-up techniques. Your vitality is good for composed presentations and ads. Stay organized. It’s also good time to take a break - a balance of work and rest is ideal. Bosses like you, but you may struggle with others who don’t agree. Work alone as much as you can.

Libra (Sept. 23 – Oct. 22)

You and a friend could have alternating opinions. Learn to be successful by adjusting to all viewpoints. Some ideas supporting your purpose will finally unfold. Network off the clock as much as possible. A renewed relationship is on the horizon, but conflict can lurk under the surface.

Scorpio (Oct. 23 – Nov. 21)

There are limited assets supporting something you care about, and you may feel lonely. This is no time for action - do the best you can. Miscommunication or impossible desires can bring hardship. Older approaches to issues no longer work. Issues over reasonable treatment can cause stress.

Sagittarius (Nov. 22 – Dec. 21)

Something must be given up for new techniques to rise. If you’re giving up something to get what you want, you’ll learn something critical. If you get rid of old mindsets, positive change will come. The past obstructs the flow of chance in your future. You do well with advancement.

Capricorn (Dec. 22 – Jan. 19)

You can conquer obstacles at work when you’re guaranteed to let everything go. You must learn how to deal with change for new outcomes to emerge. Relax, and things will improve. Friendship is an imperative piece of any great job. This period supports creating greater closeness with who you see each day.

Aquarius (Jan. 20 – Feb. 18)

Don’t hide your craving to prove yourself. Learn to adapt and juggle lots of duties. You may feel encouraged to make a decision about your future. Be genuine with yourself. Anything you lose now may be for the best. Be liberal with your time. This is a lucky period for travel and long-distance contacts.

Pisces (Feb. 19 – March 20)

Complete as many tasks as possible. You can’t do it all, but you’ll feel better if you organize. Ask coworkers to help you. Your vitality strengthens. Gatherings with colleagues off the job can generate resolve. The more you do to fulfill others, the better outcomes you’ll find in any area. ■

JOIN THE STAFF!

The Captain's Log is always looking for new members. If you're interested in becoming part of our team, email editor-in-chief Morgan Barclay at clog@cnu.edu or morgan.barclay.15@cnu.edu, at any time.

Interested in:
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