



THE CAPTAIN'S LOG

THE VOICE OF CHRISTOPHER NEWPORT UNIVERSITY STUDENTS

@CNUCAPTAINSLLOG WWW.THECAPTAINSLLOG.ORG
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(Left) Senior Logan Harrington—the reigning CAC indoor athlete of the year—had one of the best performances by any athlete at the meet, as she won three individual conference championships. (Above) Seniors on the men's track and field team hold the championship plaque after winning their second-straight Capital Athletic Conference championship. **PHOTOS BY BEN LEISTENSNIDER/THE CAPTAIN'S LOG**

CNU track and field sweeps conference team championships

The track and field teams once again dominated the Capital Athletic Conference by sweeping the team championships and claiming 17 individual titles. To learn more about the teams' successful day at the CAC championship meet, turn to page three.

Alpha Phi hosts a week full of heart

The sisters of Alpha Phi raised \$2,200 for their philanthropy, the Alpha Phi Foundation, as they hosted their annual Heart Health Week. For the full story about all of the events over the course of the week, turn to the news section on page four.

Sophomore Erin Niciphor of Alpha Phi laughs with her sisters as she takes part in her organization's Move Your Phi't on Feb. 16. This free Zumba class, which took place in the Aux Gym, was taught by fellow sophomore Tam Ly. **BEN LEISTENSNIDER/THE CAPTAIN'S LOG**





Weekly pic

Senator, president, professional pong player? In an effort to advertise the upcoming Business Exchange conference, Paul Tribble took on Dean George Ebbs of the Luter School of Business in a game of water pong. Taking place in the Luter lobby, it was a highly contested game until the president sealed the game with the shot pictured here. **Photo by Ben Leistensnider/The Captain’s Log**

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Fraternal Values Awards

Happened

- Feb. 21**
The Sing Off
CNU’s a cappella group, Take Note hosted their annual “The Sing Off” where various organizations competed to see who could create the best a cappella arrangement for various songs.
- Feb. 17**
TheaterCNU Presents “Working”
Last Friday, TheaterCNU presented this year’s musical “Working” and will continue to run of the show through Feb. 24-25 at 8 p.m. and Feb. 26 at 2 p.m. in the Peebles Theater.

Happening

- Feb. 22-23**
“Bus X” Conference
The Luter School of Business will host their “Bus X” conference where all CNU students are welcome to come and learn about networking opportunities. The conference will take place in the Luter Hall.
- Feb. 27**
Mindfulness Yoga
Starting on Monday, CNU will host “Week of Wellness” and will start off with Mindfulness Yoga at 12:15 p.m. in the Freeman Center MPR2.



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2016-2017

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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 6:30 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.



Senior Briana Stewart (left) set a new CAC championship meet record when she completed the 3000-meter run with a final time of 10:35.90. BEN LEISTENSNIER/THE CAPTAIN'S LOG

Two team and 17 individual titles highlight CNU's accomplishments at the Capital Athletic Conference championship meet Feb. 18.

BY BEN LEISTENSNIER
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Blink your eyes and you'd miss the glittering speedster. Drafting off a York runner for most of the 3,000 meter run, senior Briana Stewart—adorned with glitter in her hair—erupted in the final lap to take home the Capital Athletic Conference title by nearly nine seconds and set the championship meet record.

The performances by the rest of the athletes on the CNU track and field could be described in terms of Stewart's individual performance: shining.

For the second year in a row, both the men's and women's track and field teams took home the CAC overall championship; it was the fourth straight for the women, however.

One of the most important athletes in securing this four-year domination was senior Logan Harrington. After winning the CAC Indoor Athlete of the Year last season, Harrington once again was sensa-

tional, winning three individual titles: the 800-meter, mile and distance medley relay.

For that last event, she was joined by sophomore Abigail May and freshmen Monica Lannen and Gena Lewis.

The Captains also took home three field event titles.

Junior Hannah Shoemaker set a school record to win the shotput, sophomore Jessica Brownell recorded the second-highest jump in CNU history to take home the pole vault crown and sophomore Hannah Bowden edged out senior Briana Sutton to win the long jump event.

While the women's squad won the team title with 179 points—42 more than second-place Wesley—the men's domination was much more one sided.

While Salisbury's men's team came in second with 116 points, CNU more than doubled that amount to take home its second straight men's title with 233.

Two Captains came away with multiple titles as junior Ryan Scott won the 60-meter

hurdles and 200-meter run and junior Wesley Shrieves took home the long and high jump championships.

Senior Dominique Torres rounded out the jump sweeps by winning the triple jump.

Perhaps the Captains' strangest showing was in the distance events, especially thanks to the junior class.

Cullen Monahan won the 800-meter run, Jeff Dover took home the mile championship, Grayson Reid claimed the 3,000-meter title and Sam Murch set a new championship meet mark in the 5,000-meter run.

The distance domination was completed with a victory in the distance medley relay—which was won by freshman Cavanaugh McGaw, senior Matthew Margopoulos and freshmen Jarrell Hibler and Jason Putnam.

Although the conference season is over, the Captains still have the NCAA Indoor Championships to train for on March 10 and 11. After that, the outdoor season begins. ■

Men's

60-meter hurdles
Ryan Scott

200-meter
Ryan Scott

800-meter
Cullen Monahan

Mile
Jeff Dover

3,000-meter
Grayson Reid

5,000-meter
Samuel Murch

Distance medley relay
Cavanaugh McGaw
Matthew Margopoulos
Jarrell Hibler
Jason Putnam

Long Jump
Wesley Shrieves

High Jump
Wesley Shrieves

Triple Jump
Dominique Torres

Women's

800-meter
Logan Harrington

Mile
Logan Harrington

3,000-meter
Briana Stewart

Distance medley relay
Logan Harrington
Abigail May
Monica Lannen
Gena Lewis

Shotput
Hannah Shoemaker

Pole vault
Jessica Brownell

Long Jump
Hannah Bowden

Alpha Phi hosts week full of heart

Heart Health Week raised over \$2,200 for the Alpha Phi Foundation, which seeks to advance women's heart health.



(Top) Alpha Phi Alpha's representative Eddy Benton came away with the King of Hearts title. (Top right) Claire Dickinson gets active at Alpha Phi's free Zumba class, Move your Phi't. (Middle) Jonathan Hood hears the pleas of Bobby Aveson to bail him out of "Alphasraz," which raised money for the Alpha Phi Foundation. (Above) Cole Sanderson, representing Alpha Delta Pi at King of Hearts, throws Alpha Phi's ivy hand sign with escort Logan Cook. **PHOTOS BY BEN LEISTENSNIDER/THE CAPTAIN'S LOG**

BY BEN LEISTENSNIDER
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The sisters of Alpha Phi pumped life into their philanthropic efforts this past weekend as they hosted their annual Heart Health Week from Feb. 13-17. The week consisted of numerous events that all sought to raise awareness about heart disease—the number one killer of women—and over \$2,200 for the Alpha Phi Foundation.

Alpha "Phi"lanthropy

According to its website "the Foundation was created as a trust to award grants specifically for scholarship and cardiac aid." The philanthropic group raises more than \$1.3 million dollars each year for research grants, as well as funding scholarships.

The philanthropy hits much closer to home for some. Junior Mary Hanula—the philanthropy chair who helped plan the week—said that her mother had a history of heart failure, which has inspired her to become proactive.

"Heart health is not something that should be taken lightly," said Hanula. "First-hand experience has shown me how beneficial it is to be aware and engaged in helping the cause."

King of Hearts

The week kicked off with a packed Gaines Theater Feb. 13 for the annual King of Hearts pageant, which pitted 11 contestants against each other for the top prize.

The event featured a trivia game about heart health, a

finish the song contest and asked contestants to deliver their best pick-up line and perfect date ideas.

In the end, Eddy Benton of Alpha Phi Alpha reigned supreme.

Treats, Sweets and Phi't

The next two days featured a Flowergram sale on Valentine's Day and "Sweets and Statistics" on Wednesday. The latter of the two allowed sisters to pass out healthier chocolates in the DSU along with heart health facts.

The next major event was Move Your Phi't, a free hour-long Zumba class instructed by the sorority's own Tam Ly on Feb. 16.

Teaching a mass crowd in the Aux Gym, Ly and the rest of her sisters were hoping to stress the importance of physical activity to protect heart health.

Alphasraz

Concluding the week, members of the CNU community found themselves imprisoned on Friday in "Alphasraz." A makeshift "prison" was set up in the middle of the Tribble Plaza—complete with extremely popular "guard" dogs. Volunteers had to be bailed out with all money collected going toward the Alpha Phi Foundation. As was the case with the entirety of the week, Hanula was overjoyed about the turnout.

"We are incredibly grateful for the participation we saw, and we are proud and excited to be able to give this money toward heart health and awareness," said Hanula. ■

Student involvement opportunities explained

The spring applications are out for student-run organizations at CNU, warranting an explanation of their differences.

BY MELANIE OCCHIUZZO
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The spring semester is in full swing and the applications for Class Council, Class Honor Council and Student Assembly are floating around.

While most students are aware of the applications and possibly even the organizations, they may not completely understand what makes each group different.

The first thing to know is that each of these groups are student-run and student based.

Each is dedicated to the student body but they have their impact in different ways.

Class Council

“We actively shape the exciting CNU student-life experience through upholding traditions and providing opportunities to make the best memories during their time here,” said Nora Huston, the Class Council president for the class of 2017.

Class Council is responsible for planning Light the Night, putting on all of the Homecoming Week events each fall and organizing the Captain’s Ball.

In addition to that, the Senior Class assists the Class Council in working closely with the university to plan Senior Week and choose the Senior Class Gift.

They are a group that maintains all of the fun events that students enjoy and functions as a way for CNU to keep up the traditions.

Student Assembly

Student Assembly (SA) functions as the voice for the students.

The President of SA, senior Michael Bamisile describes the group as the student government on CNU’s campus.



(From left to right) Class Council members Nora Huston, Dottie Chesley and Cedra Brown take a picture at the community garden ribbon cutting from Oct. 16. The garden was a joint effort by Class Council and Student Assembly—two student-run organizations that are currently accepting applications for membership and executive boards for next school year. FILE PHOTO BY BEN LEISTENSNIER/THE CAPTAIN’S LOG

They are responsible for putting more recycling bins in the buildings on campus and are looking into installing eco-friendly water bottle stations in the academic buildings on campus like the one in the Freeman Center.

“We want to see how we can help. We listen, we care, we serve,” says Bamisile.

Student Honor Council

Student Honor Council’s (SHC) main function is to promote the Honor Code and Code of Conduct here at CNU.

If a student violates the Honor Code, the SHC will assist CHECS with deciding the repercussions.

Normally this includes dis-

missal or suspension from housing or the university.

However, the SHC serves a larger purpose on this campus than to police student wrongdoings says Rachel Honecker, senior and president of SHC.

She says that SHC members have obligations beyond just serving on panels.

Other components of SHC are Programming and Outreach, Recruitment and Training.

Programming and Outreach has to do with SHC members reaching out to the entire campus community, working with student groups and organizations, academic departments and administrative offices as a resource and to promote honor and integrity.

Recruitment has current SHC members focusing on identifying and selecting new Honor Council members who represent the diversity of Christopher Newport. SHC members complete policy, procedures and sanctioning training throughout their service.

They also plan and implement training for external groups, such as for new freshman during Setting Sail and Welcome Week orientation as well as for various student leaders on campus.

Honecker says that members of the Honor Council are full-time students nominated by peers, faculty and staff.

These students are then chosen to serve after an appli-

cation and interview process. “Student Honor Council is one of the most influential organizations on CNU’s campus,” Honecker says, “Those who serve on it are entrusted by the University’s administration to make decisions that shape the CNU community.”

By fostering an environment of peer accountability, the Student Honor Council helps to protect the value of every degree earned at CNU, Honecker says.

Each of these organizations make important contributions to CNU’s community in their own way. It is up to the student body now to decide where they want to take their time, effort and talents. ■

PIER starts peer discussion

Two CNU organizations joined forces to provide a forum to talk about the abuse and consent within relationships.

BY KORTY SWIFT
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The Student Diversity and Equality Council (SDEC) and National Alliance on Mental Illness (NAMI) came together to host the first PIER Perspectives talk Feb. 16.

The discussion topic was relationship abuse and consent.

Rachel Wagner, member of SDEC’s PIER committee, helped plan this talk with the

elements of interaction and open discussion in mind. “I personally wanted the discussion to provide an open space for discussion without judgment,” Wagner said.

She explained, “...it is a time to ask questions of your peers, to challenge your own thoughts and to share your feelings on sensitive topics. In this particular case, I wanted to see participants engaged and critically thinking about their own lives,

their former relationships or current relationships as well as how they can support a friend or peer who they suspect is in an unhealthy relationship.”

The discussion had individual members from SDEC and NAMI co-host the event. They started off the discussion by asking questions, and then had the participants give their answers and converse with them in an open environment.

Participants, along with

personal definitions of terms such as ‘abuse’, talked among each other regarding their own definitions, ideas and personal experiences.

The two committees also provided statistics and figures regarding the main issues being discussed, as well as information on how unhealthy relationships affect mental health.

John Monelly, a student that attended the discussion, felt

that the PIER event was important for community building. “I think one of the most pressing reasons for events like this is that they build community.”

He said, “community is one of the most powerful tools we as human beings have to deal with issues.”

For those interested in attending future sessions, PIER Perspectives meets monthly in The Crow’s Nest with a different discussion topic. ■

Dining Dilemma

At a university that encourages involvement outside the classroom, the limited dining hall hours can hinder a healthy life.



KIMMY EICHELBERGER
CONTRIBUTING WRITER

If you asked me to describe CNU, I would tell you that it is an exceptional academic institution that commits itself to ensuring that students reach the highest level of achievement.

Devoted faculty members, various centers for support and a beautifully and modernly constructed campus are all components that contribute to the university’s thriving student body.

These factors go a great distance for the CNU community, but what ultimately drives an individual down the road to success is how they care for the most precious tool they possess: their body. Maintaining a healthy lifestyle is crucial for a student’s ability to reach their fullest potential.

Personal health is dependent on a number of factors, including establishing meaningful relationships, getting an adequate amount of physical activity, and a third and vital contribution, diet; and for this, we have our campus’s dining halls, which leads me to bring up a point that has frequently been raised by not only myself, but a significant portion of the student body as well.

It has occurred to me that students’ ability to obtain a substantial meal from the dining facilities is hindered by the limited hours of operation.

College can be described with a number of terms, and hectic is most certainly one of them; there’s always something to be done and we consistently make ourselves feel guilty for breathing



Contributing writer Kimmy Eichelberger argues that if Captains were able to swipe in to the dining halls later than 8 p.m., busy CNU students would be able to live healthier lives and obtain proper nourishment. **FILE PHOTO BY BEN LEISTENSNIER / THE CAPTAIN’S LOG**

when we could be using those precious moments writing our ten-page paper or completing a lab report.

CNU is a university that encourages active engagement in the community, and it’s student body proves to do just so. With that being said, students have crazy schedules that are often atypical. On CNU’s campus, a student cannot swipe for dinner in a dining hall past eight o’clock.

This proves to be a notable issue; with the sharp focus CNU places on academics as well as outside activities, some students simply cannot make it to dinner before this hour.

Speaking from personal experience, my Sundays are a whirlwind; I go from dance concert rehearsal, to new member meetings for my sorority, to chapter meetings for my sorority, to another dance rehearsal.

Most Sundays I don’t have time to grab dinner between activities, and by

the time I’m finished with my obligations, it is past ten at night.

Sunday’s dinner most often consists of a protein bar, and this is not a suitable option for any individual. Proper nourishment is crucial to any student

driving towards success, and one cannot do so without consistent accessibility to proper fuel.

As a transfer student, the difference in dining hours is especially evident to me. My previous university made many accommodations to ensure that students stayed fed and nourished around the clock.

One dining hall remained open from 6 a.m. to 4 a.m., while another dining hall specialized in late hours for all those night owls; they opened at 10 p.m. and remained open until 3 a.m.

Now, I am aware that these hours are unreasonable to an employee who has

other responsibilities to attend to. This is why I am not proposing that CNU needs to replicate this specific model.

I strongly feel, however, that CNU should take these hours into deep consideration and implement a compromise.

Perhaps there could be shift that runs from 8 p.m. to around 12 a.m. to ensure that those with night classes or late study habits have proper fuel to drive them through the late hours.

I am not at all unappreciative of the CNU dining services; every Monday and Friday morning I look forward to starting my day with a warm, welcoming smile from the dining staff.

They truly go above and beyond to ensure that every student feels cared for, and they display great enthusiasm for both their work and for the CNU community.

I have nothing but positive things to say about the individuals who provide their service for the study body on a daily basis, and I in no way feel that they are insufficiently doing their job.

I do strongly believe, however, that extending the dining hall hours would be extremely beneficial to the majority of the campus population, as students consistently work day and night towards excellence in all areas of their lives. ■

“It has occurred to me that students’ ability to obtain a substantial meal from the dining facilities is hindered by the limited hours of operation.”

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9	8				3	7		2
	6	3					5	9

Solution:

8	1	7	4	2	5	9	6	3
2	3	9	7	6	1	5	8	4
5	4	6	3	8	9	2	7	1
6	9	8	1	5	2	4	3	7
4	7	2	8	3	6	1	9	5
3	5	1	9	4	7	6	2	8
7	2	4	5	9	8	3	1	6
9	8	5	6	1	3	7	4	2
1	6	3	2	7	4	8	5	9

Is your friend’s birthday coming up and you want to get them something unique? Want to celebrate an anniversary or friendaversary? Know someone who recently just got engaged or lavaliered and want to show how excited you are? If so, acknowledge these events by taking out space in The Captain’s Log and we’ll publish a photo or message you want to send to them! Contact Ben Leistensnider at benjamin.leistensnider.13@cnu.edu or clog@cnu.edu for more information.

SNAPSHOT

PAGE 8



Jessica Frydl (right) plays the role of a waitress who regards serving customers as an art. However, she's so preoccupied with dancing and singing that she doesn't pay attention to the tables she should be serving. The scene ends with Frydl giving an origami figure to a dissatisfied customer, played by Cedar Moore (left). **MACY FRIEND/THE CAPTAIN'S LOG**



Lizzie Turner (left) and Ben Atkinson (right) are two of the several cast members who perform in the closing scene. The entire company performs a number about overcoming their difficulties in their respective fields and taking pride in their occupations, which gives them "something to point to." **MACY FRIEND/THE CAPTAIN'S LOG**



In the opening scene, Jack Stoyanoff (left) plays the role of an office worker who installed a webcam on his office computer to keep a close eye on his coworkers. Cody Davis (right) acts as his boss, catching him using his webcam during work hours. **CHARLES TYSON/THE CAPTAIN'S LOG**

TheaterCNU Presents: “Working”

Performance Times:

Feb. 24 at 8 p.m.

Feb. 25 at 8 p.m.

Feb. 26 at 2 p.m.

*All performances will be in
Peebles Theater*



Elise Rumschlag (left) and Abby Rozmajzl (right) perform a scene about custodial duties, showing both the satisfying and dissatisfying aspects of the job. **HANNAH LINDENBLAD/THE CAPTAIN’S LOG**



Mackenzie Edwards is a truck driver in “Brother Trucker.” He talks about how lonely life can be and the missed opportunities from not having a partner to drive with and missing time with family. **CHARLES TYSON/THE CAPTAIN’S LOG**



Cedar Moore (center) plays the role of a young fast food worker. With help from the company, he sings about being a cashier and delivery person, while looking forward to improving his future. During his performance, he hands delivery bags to audience members and gets around the stage on heelys. **HANNAH LINDENBLAD/THE CAPTAIN’S LOG**

Men's basketball heads into CAC tournament

This past weekend was a crucial step for the CNU men's basketball team as they were able to improve their record.

BY ANDRE TORAN
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Saturday, Feb. 19, the third-ranked Christopher Newport men's basketball team wrapped up their regular season schedule in a finale at York College.

The Captains were able to improve their record on the season, moving to 23-2 with a 70-59 win over the Spartans. This win would propel the Captains to their 17th straight victory, in which Senior forward/center Tim Daly led the Captains in scoring with a 21-point, 11-rebound double-double.

Prior to this bout, the Captains had already clinched the Capital Athletic Conference's regular-season title, which gives them the No. 1 seed in this week's upcoming CAC post-season tournament. The Captains finished the season 17-1 in conference play, with their lone loss coming by the hands of rival Salisbury – who the Captains recently defeated on Jan. 25, 55-53.

As of now, the Captains are hoping to defend their CAC title, starting this upcoming Thursday in the semifinal round, as they await the winner of Tues-

day's quarterfinal matchup between St. Mary's and Marymount.

Going into tournament play, where anything can happen and upsets are not a rarity, the Captains must be able to focus in and take it one game at a time, as cliché as that might sound.

"Trust and confidence are key in the tournament," Junior Aaron McFarland said in a statement, stressing the importance of intangibles during tournament time. "You can't go far if you're not confident within yourself or your team."

The Captains will have to rely on one another throughout the postseason and play with congruency and confidence, if they want to win the CAC tournament and repeat the success they had last season, reaching the final four in the NCAA Tournament.

When it comes to X's and O's of the game and on-court execution, Junior Marcus Carter believes that the Captains must, "stay together as a team and keep moving the ball around." Carter continued saying, "but the biggest key is our defense, making sure we are strapping up, focusing in on the opposing team's key player(s), making sure we



Men's basketball improves their record right before the tournament which will help them with the rankings of each team. BEN LEISTENSNIER/THE CAPTAIN'S LOG

are all in sync.

When we have to rotate, we rotate, when we have to box-out and get rebounds, we box-out and get rebounds, making sure the other team doesn't get second chance points."

This formula has worked for the Captains in the past, as they finished the regular season ranked No. 1 in the country in points allowed and opponent field goal percentage, holding teams under

the 60-point scoring mark on 18 different occasions.

Thursday's semifinal game will be held, in the Freeman Center at 8 p.m. and the Captains hope to have a strong outing at home.

On the season, the Captains are 13-0 in the Freeman Center and currently hold a 24-game win streak at home. They hope this narrative continues as tournament play kicks off. ■

LeBron the greatest of all time

JJ LaPointe distinguishes his hate towards basketball player, LeBron, but still able to respect his level of play.

BY JOHN LAPOINTE
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COURTESY OF CNU OCPR

My dad and I were sitting in front of the TV in our living room watching basketball. We do this quite a bit.

A bag of popcorn, some bizarre brand beer he saw at Safeway that we just had to try, and Comcast Sports Net (CSN) – the home of The Washington Wizards

and all DC sports.

I remember we got to talking about how The Wizards were (and still are) the hottest team in the NBA.

The Wizards were riding a 17-home game winning streak until Le-flop, I mean Le-crybaby, I mean LeBron hit a pretty respectable fade away 3-pointer to tie the game and send it into overtime.

That's when my dad said, "He's the GOAT. Nobody is better." LeBron crushed my young beating, agent-0 thumping, tough Juice flowing heart in 2006, 2007 and 2008. I got to see him play live back in 2012 when the Heat LOST, I repeat LOST to the Wiz kids! But he dropped a "modest" triple double of 26 points, 13 rebounds and 11 assists.

He got his revenge on us 11 days later that year when he beat the Wizards by 30. LeBron is the greatest of all time. That pains me to write and pains me to think about, but he is. LeBron is the GOAT.

"If LeBron went to college he would have been the greatest of all time."

I beg to differ. His first years in the NBA when he was drafted first overall was like high school.

He was young, and curious, and just beginning to show his greatness off to

the world. He made a lot of mistakes, but proved that he can learn from them and prosper. His time in Miami- college. He was lit and partying it up.

He was balling with his boys, and just seemed to be putting on a show every single night. He got his first taste of the gold, and that "first sip of the champagne" when he won the championship with the Heat in 2012.

Now, LeBron is back in Cleveland, he made his return and he's like a professor.

He is a true leader and does what is needed day in and day out. He makes every player around him better.

He makes the 40 something Richard Jefferson look resurrected, he makes JR Smith not just a highlight film but a vital piece to their 2016 championship, he makes the two-year coach Tyronn Lue look like a basketball genius who has never been stepped over in his entire life (Love you AI).

"Oh LeBron can't be the best, the dude has lost just as many finals as he's won."

If how many rings you have determines how great of a player you are, then Brian Scalabrine, The White Mamba, the 6'10" Leprechaun should be considered better than the likes of Charles Barkley, Allen Iverson, Chris Weber, Pistol Pete, Karl Malone, Elgin Baylor. LeBron, yes, does have a 50 percent record in the finals, but at the end of the day when he is sitting with

his hairline even further back than it already is, nobody is going to care about his record in the finals.

They are going to remember the blocks he had on Spurs center Tiago Splitter and Golden States Andre Iguodala.

They are going to remember the 3-1 deficit he bounced back from, they are going to remember the 301 minutes he played in the 2013 finals and the near triple double he averaged that year. They are going to remember how he simply could dominate a game.

What makes LeBron the greatest of all time is his consistency- 12-time All-NBA player, 4-time NBA MVP, 13-time all-star, and 3-time finals MVP.

And the guy is only 32, he has at least six more seasons in him. What makes LeBron the greatest of all time is his grit.

When his legacy was on the line, he won, he performed and dominated. The greatest example in the 2016 finals, against the first time unanimous MVP Steph Curry, the 2015 NBA champs, the 73 wins, The Golden State Warriors.

LeBron said how if the Cavs were healthy in 2015 they would have won- well they were healthy in 2016, and LeBron stepped up and answered.

He finished with a triple double and the greatest block in finals history.

I love to route against the guy, but I can't help but respect the greatness of his game. ■

Fancher juggles job, academics and basketball



By junior year of college Makenzie Fancher balances basketball, a job with the Athletics Department and represents honors societies. **BEN LEISTENSNIDER/THE CAPTAIN'S LOG**

BY BRETT CLARK

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Christopher Newport's women's basketball team has secured the top seed in the Capital Athletic Conference's (CAC) post-season tournament.

This is the first time in team history that this has happened. A very involved member of the Captain's basketball squad is Makenzie Fancher.

You will feel like an underachiever if you ever get the chance to chat with Junior, Makenzie.

A player on varsity basketball, she is the team's representative to the Student Athletic Advisory Committee (SAAC); SAAC is an organization that works to communicate NCAA issues to the dif-

ferent teams as well as hear other CNU related athletic discussions.

Makenzie serves as the Director of Marketing for SAAC. She is a Marketing Major and is double minoring in Communication and Leadership.

She is a member of the President's Leadership Program as well as the Honors Program here at Christopher Newport.

On top of everything else she is a member of the American Marketing Association.

Basketball alone is highly demanding in season. They have competitions twice a week and have three-hour practices four days a week. The time is around 20 hours a week without all of the work Makenzie puts in outside of practice.

Makenzie Fancher attends practice for three hours most days while she still finds time to be apart of academic societies, represent her team at SAAC and hold a job.

Makenzie also manages to work an on-campus job for the Athletic department.

She said "you can sleep when you're dead" when asked how she handles this rigorous regiment of exercise, school, work, and everything else that keeps her hustling and bustling through the week. In all seriousness, though, she said that the support systems that are in place here at CNU have helped her manage her time and keep up with the demanding workload on and off the court, in and out of the classroom.

Makenzie has been into sports all her life. She started playing basketball when she was three in an attempt to keep up with her brother who is also an athlete.

Makenzie's whole family is into sports, including her mother who was a Redskins cheerleader.

She was glad she was able to go through the whole recruiting experience with her family by her side.

She grew up in Susquehannock, Pennsylvania, 20 minutes south of York College, whom she and the rest of the team walloped on Saturday to clinch their first-place seed in the tournament. While she is quite far from home while at school, she said she "wouldn't change coming here for the world."

CNU is different, obviously, from her experience in high school.

"Coach B is a lot more hands-on and intense than coaches I've had in the past."

While it is a different style, Makenzie

said that the coaches get the most out of each player and are more than helpful off court.

She said that the team has become a sisterhood like no other, which is great because it looks like the ladies will be playing deep into spring if they keep it up.

CNU women's basketball has but two losses this season to two competitive teams: Mary Washington and Marymount. Makenzie said that after these two games the team took a step back and reevaluated their mindset going into games and that has made all the difference.

She noted that they go into every game with the same level of intensity and that at practice it is all about the next game ahead of them.

The sisterhood that exists off the court is also relevant on the court as the team has really gotten to know each other's style of play and team chemistry has only gotten better throughout the year.

When she isn't tackling her busy schedule she is most likely with friends, watching a movie, reading a book, or eating some good food.

She said she likes General Tso's Thursdays and chicken tender Tuesdays but it can't compete with her mom's mashed potatoes and mac n' cheese, the first two things she asks for when she goes home.

When she is home, the Fancher's will sit down for family card games or movie nights to spend time together. ■

Tennis travels to Lexington for first match-up

With the addition of freshman Johanna Ranta-aho women's tennis has moved up in national rankings.

BY SAM CAMILLETTI

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The women's spring season is set to begin this weekend as they travel to Lexington, VA to open against Washington and Lee and SVU.

The team, currently ranked 32nd in the nation, is hoping to improve upon their record in what promises to be an interesting opening match against Washington and Lee, ranked 16th.

The team is returning most of its players with one notable addition- freshman Johanna Ranta-aho.

Ranta-aho has already made an impact during her first semester as she was awarded with the highest individual ranking in program history.

The Intercollegiate Tennis Association (ITA) lists her as 36th in the nation. She is only the second Captain to receive this honor after junior McKinney Harwood finished off her rookie season ranked 49th in the nation.

This individual achievement is motivating the whole team. "This is the highest we've ever been nationally ranked so we've come so far but to get even higher

would be great because we're the highest ranked team that's ever been at CNU," junior Claire Dockrill said.

"So to break that barrier into the top 30 and maybe into the top 20 would be really awesome and open a lot of doors for us in the next few seasons to get into even bigger competitions. Getting even higher will set our program for the future."

But that means winning conference and so far the Captains have been thwarted by Mary Washington, the reigning CAC champion.

"Our only conference losses have been to Mary Washington. It's been us and them in the final so far," said Assistant coach David Weiner. He is hoping that the strong team chemistry and now the addition of Ranta-aho will give them the edge they need.

"We want to win conference. But we also want to play well, achieve the highest of our possibilities, and see where that takes us. If that takes us to conference, then we're all set," Weiner said.

The women have inspiration to follow as the men's team returned home from the Swarthmore Invite with two 5-4



McKinney Harwood and the rest of the women's tennis team will return to action Feb. 25 as they travel to take on W&L and SVU. **BEN LEISTENSNIDER/THE CAPTAIN'S LOG**

wins against the host and Haverford.

Both matches were won by freshmen as Dominic Lacombe outlasted his opponent from Swarthmore College before Andy Mason secured a tough victory against Haverford.

David Reed helped pave the way for the win earlier that day, triumphing over 29th-ranked Mark Fallati in the singles match. Reed won the match 7-5,

5-7, 6-2.

"This is an amazing way to start the season," Director of Tennis Eric Christiansen told CNUSports.

"Our guys were tested in two highly competitive matches and were able to rise to the occasion in both."

This win will set the stage for the women to achieve as well as they travel to Lexington this weekend. ■

concerts

Feb. 23
Winter Jam
7 p.m. Norfolk Scope

Feb. 23
The Piano Guys
7:30 p.m. Chrysler Hall

in theaters

Feb. 24
"The Great Wall" Rated PG-13
"A Cure for Wellness" Rated R

on campus

Feb. 25
Howie Mandel
8 p.m. Concert Hall

Feb. 27
Mindfulness Yoga
12:15 p.m. Freeman



"To Walk in Beauty"

The new exhibit at PFAC combines traditional and modern Native American art and brings them together as both a tool of education and appreciation for a culture that some would argue needs more attention.

BY AARON ROYCE
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Modern blown-glass bird sculptures might not seem connected to pictograph-embellished pottery, but they do—through Native American arts and the newest exhibit at the Peninsula Fine Arts Center, "To Walk in Beauty: Native American Art, Past and Present."

The exhibit's galleries contain a variety of pieces connecting back to both local and national Native American culture.

Examples of pieces in the exhibit include Amadine Charles' life-size busts of famed Native American figures, multiple textiles, household items and clothing and pottery belonging to the Pamunkey tribe, the only federally-recognized American Indian tribe in Virginia as of 2015.

The exhibit also holds more modern artistic interpretations of Native American culture, such as blown and carved glass sculptures of animals, stoneware and oil paintings.

The historical connections, however, are most present in "To Lead and To Serve," an exhibition showcasing photographs related to experiments in American Indian education by the Hampton Institute at Hampton University.

Diana Blanchard Gross, a part-time curator at the PFAC, believes the exhibit shows a wide range due to the sections featuring different mediums used in Native American art.

She believes that having a variety of pieces from different time periods is essential to showing how the art has changed over time. "I think it is very important to display works from the past to the present," Gross said. "It demonstrates the range of skill level of artists throughout the years."

Gross recognizes that different works in the exhibit will appeal more to certain people based on personal tastes, but hopes the connection between time-specific pieces isn't lost.

"We certainly appreciate the older works because we can put the objects into a historical context," she said. "Sometimes contemporary work is harder to enjoy because there isn't that historical perspective. I think it's important to link the present with the past, since many contemporary artists look to the past for inspiration in their art."

She decided to host the exhibit based on its educational value to the community. "In the schools, children are learning about history of Native Americans, and I wanted to showcase that culture's art," Gross said. "The Peninsula Fine Arts Center decided to develop the exhibition series on Native American art because of our educational mission to the community. We have already had a great number of school group visits and tour the exhibition, which enhances the children's studies."

Gross thinks the universality of larger concepts shown in more personal works, specifically drawings borrowed from the Pennsylvania Academy of Fine Arts, are essential to the exhibit. "I found the Plains Indians drawings that we borrowed to be the most insightful work of the exhibition," she said.

"Most of the works in the exhibition are utilitarian—baskets, weaving, clothing, pottery—objects that are used throughout the lifetime," Gross said.

She continues, "Yet these drawings, dating back to the 1870s, are works that the artists created that pay homage to events in their lifetime; they demonstrate a simple perspective of how these artists observed events or dreams

during their life."

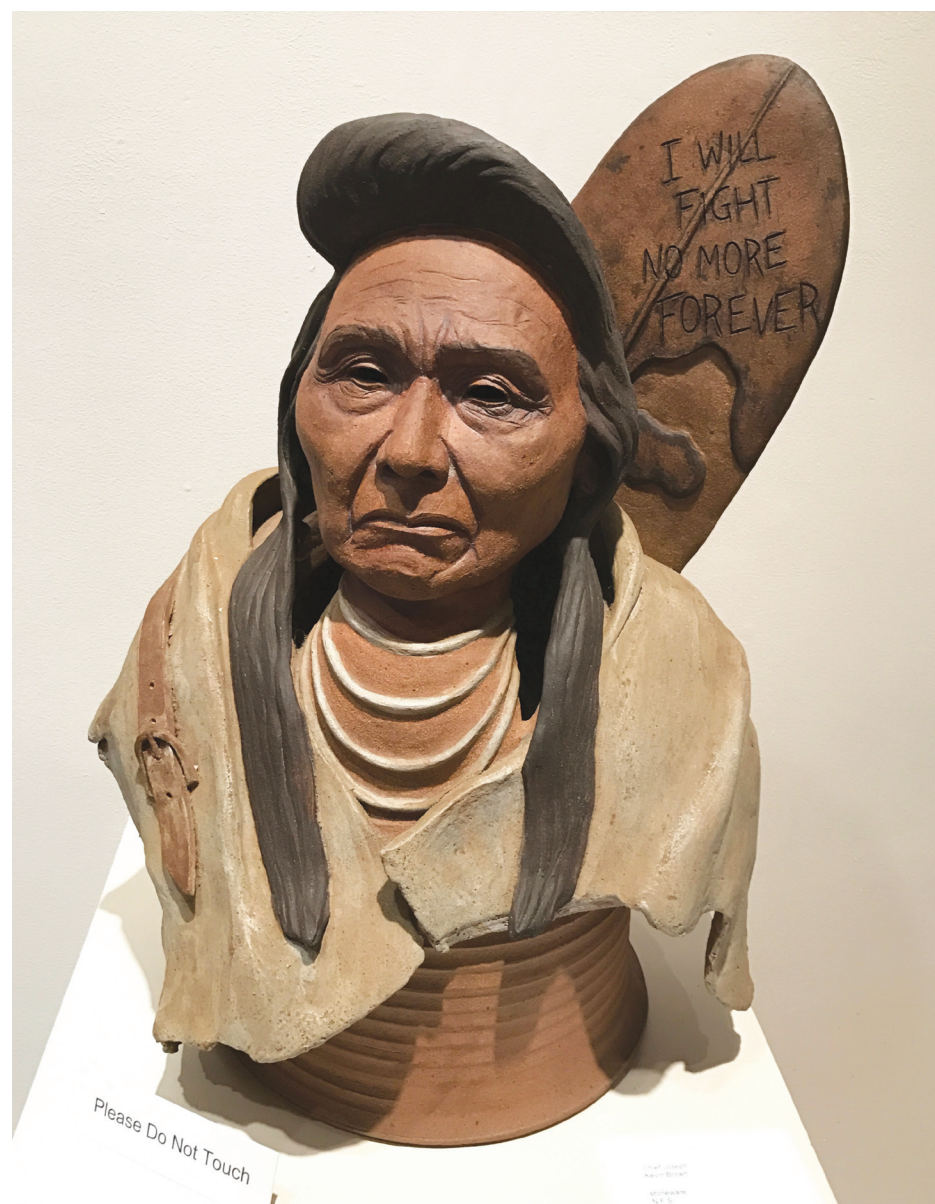
The exhibit ends in March, but Gross hopes that while it's presented at PFAC, the local community will come away with a better understanding of Native American art and their culture in general.

"I hope that individuals who view the exhibition learn something new about Native Americans that they didn't know before," she said. "I hope that people in the Newport News area see how close in

proximity we are to the rich history of Native Americans. It's amazing to see those items and learn about their wonderful past." ■

(Above) PFAC offers a variety of American Indian art from traditional outfits and textiles to more modern busts for visitors to appreciate. (Below) One of the pieces on display is a bust carved from wood.

PHOTOS BY AARON ROYCE/THE CAPTAIN'S LOG



"To Walk in Beauty: Native American Art, Past and Present" will be shown at the Peninsula Fine Arts Center until March 26.

Student tickets are \$6, but the first weekend of every month is free.

Unleash the Talent Preview

The Gaines Theater will become a center of talent as Hypnotic Control prepares to host its fourth annual competition.

BY MADELEINE SCHULER
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The hippest dance group on campus, Hypnotic Control will be hosting their fourth annual competition, "Unleash the Talent" Feb. 28 at 8 p.m. in the Gaines Theater.

"Unleash the Talent" is now an established tradition on campus and continues to gain popularity every year. It is also the biggest fundraising event for the club.

Planning the event was relatively easy in comparison to prior years because the event has generated a strong following of students consisting of both performers and attendees.

Keeping in line with the inclusiveness of the group, there were no requirements to sign up or tryouts to perform in the competition.

"If you really want to showcase your talent, that is what the event is here for," said president of Hypnotic Control, Kayla Etzold. "Yes, we have voting and we have a first place prize, but every act

will get their 15 minutes of fame."

Each act is different and will bring their own individuality to their performance.

"Unleash the Talent' really shows what CNU offers and lets students see the different paths that college allows you to follow, whether that be singing, dancing or standup comedy," said freshman and Hypnotic Control member, Jake Manickam.

The schedule of the night will vary between showcases, competition performers and raffles. The winner of last year's "Unleash the Talent," Sarah Kerndt will open the show.

Following her performance will be eight different acts, ranging from vocal performances to poetry readings to stand-up comedy. Hypnotic Control will also be showcasing twice alone, and once partnered with CNU Storm.

With a little under 50 members, Hypnotic Control continues to get bigger and better every time they perform.

In comparison to last year's tougher performance synced to Rihanna's

"Bitch Better Have My Money," during their closing routine, Hypnotic Control will be keeping with the same artist, but switching their tone to a sassier and more confident style.

"Everyone who knows us knows that we bring it every year," said Manickam.

Once all of the acts have performed, CNU Storm will collect the voting cards from audience members while Hypnotic Control is doing their last showcase. The winner will then be announced to the audience.

Raffle prizes consist of Hypnotic Control merchandise and first place will take home a \$50 gift card.

Hypnotic Control will be preselling tickets until Feb. 27 for \$3 in the DSU Breezeway. Tickets will also be sold at the door for \$5.

"[The event] is a time for students to showcase their individuality, which in a college setting can sometimes get lost," said Etzold. "This is an opportunity for students to show everyone else what they can do on their own when put in the spotlight." ■

Performers

- Liesl Mattar: singing
- Vanessa Doerpinghaus: dancing
- Ashley McHenry: stand up comedy
- Anna Trotter and McKellar Cox: singing/piano
- Allison Baltz: dancing
- Airborne: cheering
- Adrianna Hardaway: singing
- Brandon Cumbo: poetry

The *magic*

"Pippin" is a show that flaunts its uniqueness by combining the seemingly impossible elements of music, circus acts and magic all in one performance.

BY SAMANTHA CAMILLETTI
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Norfolk's Chrysler Hall will transform into a timeless venue when it hosts "Pippin" this weekend, Feb. 24-25.

"Pippin" is advertised as a "high-flying, death-defying hit Broadway musical" according to its website, and has won four Tony Awards.

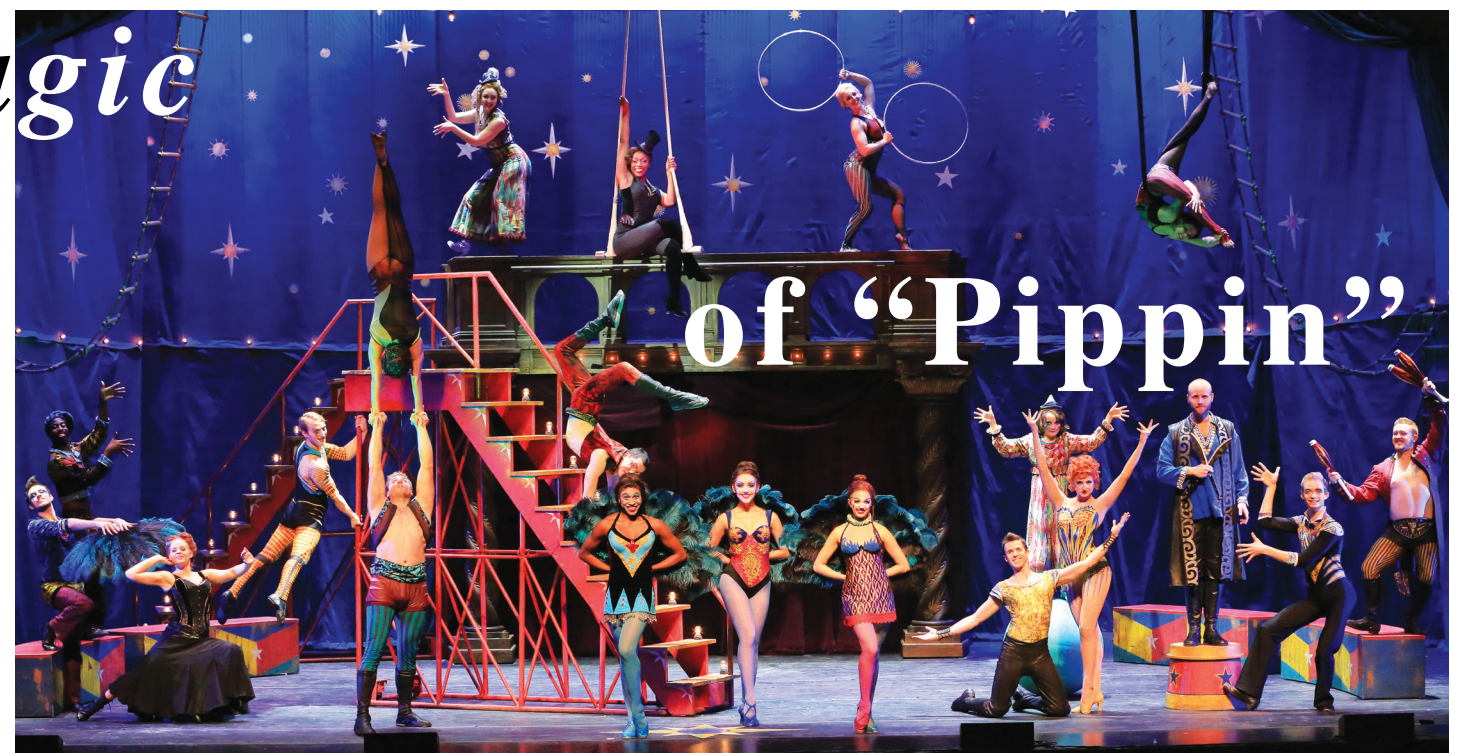
The musical follows Pippin, a boy prince searching for existential fulfillment by embarking on a quest to find just that. However, the story is complicated by a mysterious troupe, led by the Leading Player, who arrives to tell his story.

The troupe is clothed in costumes spanning several decades and interacts with the audience, establishing the musical's distinct unconventional feel.

Throughout the production, Pippin struggles with his relationship with his father, the meaning of love and other elements typical of a bildungsroman.

However, unlike most productions, the musical is full of magic tricks and acrobatics.

Even simple on-stage actions like quick costume changes have a magi-



"Pippin" has a diverse set of athletic and magic acts, showing everything from trapeze to levitation. COURTESY OF DENISE TRUPE

cal element to them, according to Erica Cianciulli, who plays Fastrada, Pippin's step-mother. "I have a few quick changes which are really fast and magical, but there are some really cool magic tricks the Leading Player does in the show. She levitates. A character pulls a knife through someone's body at one point. There's a lot of magic in [the performance]," Cianciulli said. "I've never been in a show having to do a quick change on stage, and just the way the quick change plays out is really cool."

Besides quick changes, the audience can be delighted by fire juggling, a woman who balances on a wheel, silk dancers and several trapeze acts.

Though Cianciulli's character doesn't scale the heights, she is an understudy of the Leading Player, so she also had to

learn how to do trapeze for this production. "It's not great if you're scared of heights," Cianciulli laughed.

The cast has had one month of rehearsal and has been on the road for two months, according to Cianciulli.

With about two performances a day, they are well-practiced before their performance this weekend.

And though it's been a long road so far, Cianciulli says that the thrill of performing is partly due to the uniqueness of the play.

"Pippin' is not really done often. It's a hard show to put on because you need all of the acrobats, you need all of the magic tricks, so it's definitely not a normal type of theater performance," Cianciulli said.

"It's so magical and so extraordinary.

We've worked so hard to put this up and I think we really have a great show." ■

Performance Times:

Feb. 24 at 8 p.m.

Feb. 25 at 2 p.m.

Feb. 25 at 8 p.m.

*Tickets are \$38-\$73
depending on the day.*

The Fraternal Values Awards



Colin Walsh, the president of Sigma Phi Epsilon for the past year, accepts the award for "Fraternity of the Year" from Spencer Hudec.



Seniors Abby Wright and Amber Reese attempt to hold back tears after their organization wins the "Sorority of the Year" award. PHOTOS BY BEN LEISTENSNIDER/THE CAPTAIN'S LOG

Greek organizations are awarded for the impact they made on campus during the 2016-2017 school year.

BY DUNCAN HOAG
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Last week, the Fraternal Values Awards (FVA's)— an event which attempts to recognize the work fraternities and sororities have done on and off campus— took place at the Diamondstein Concert Hall.

Frank Lopez, Coordinator of Student Activities for Greek Life, spoke about the application process a fraternity or sorority must complete in order to participate in the event.

"Our application process is about being able to articulate that you have thoroughly done something, and that it's a part of your chapter culture, and that it's a part of your day-to-day operation," said Lopez. "We need to be able to understand that that is in your chapter culture on a regular basis and not just for one week."

Spencer Hudec, Assistant Director of Greek Life, discussed the level of participation the event garnered from the Greek organizations, saying that any organization that is affiliated with the Interfraternity Council (IFC) or

the National Pan-Hellenic Council (NPHC) is allowed to apply.

"Thirteen of our seventeen chapters applied for consideration in our awards process this year. Chapters are strongly encouraged to apply for awards but are not required to do so. Ultimately, we want all of our organizations and members to be recognized for their hard work and all the ways they contribute to what makes the Greek experience at CNU so wonderful," said Hudec.

She also spoke regarding the nature of the awards handed out to the Greek organizations at the event, saying that the awards themselves are divided into chapter awards and individual awards.

"An individual can win something like Community Member of the Year or Council Member of the Year. It's not necessarily an award for the entire chapter, but for an individual who's done really well in a particular area, and then represents their chapter in that respective category."

The decision to give an award to any organization is made by a Greek life professional at another campus,

or is a headquarters professional at any of the international fraternal headquarters.

There are at least three, if not four, evaluators that look over every single application. Scores are then averaged. If it is a tie, or close to a tie, additional judges will be asked to evaluate the applications, depending on how close it is, to ensure that there is a clear winner. Lopez also stressed that there is one exception to this system: for the Standard of Fraternal Excellence award, the nominees are evaluated by CNU faculty.

"There is not one person here who evaluates any of the awards, except for the Standard of Fraternal Excellence [Awards]. It's something that we choose internally. We pick two students who have had the most impact not just on Greek life, but the entire campus, and they're seniors, and so it's kind of like their outgoing 'thank you.'"

He also spoke positively about the extent to which the FVA's motivate Greek organizations to work positively within and outside of the campus.

"I think that our [Greek] organizations are highly motivated by our awards, and it's a combination of our awards as well as each of their individual national awards. Spencer and I believe that our students will develop and act positively so that they can be

awarded for those different reasons."

He also expressed that simply completing a program is not entirely the most effective way to obtain recognition as a fraternal organization. "That's a big reason why we don't award for a lot of programs, because we don't necessarily believe that programs have the highest and the biggest impact, especially a sustainable level of impact. I think that the students pay a lot of attention to it."

This was the second year the awards were held. Hudec characterized this year's FVA's as having been an improvement from last year, saying that the event encouraged chapters to look for ways to assist the community in a deeper way.

"The best thing about repeating an event is being able to tweak small things in order to improve them overall. Last year was the first year the community had an awards program instead of an accreditation program. They went from "meeting or exceeding minimum standards" to being recognized for excellence. We wanted to reward the chapters for more than just checking a box on a long to do list of requirements and this program has helped us identify areas of focus for the community." ■

A rundown on CAB events this month

Campus Activities Board is hosting many events to help students unwind throughout the semester.

BY TAYLOR MICHALSKI
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Spring semester is in full swing and most students are swamped with tests, papers, quizzes and projects. With all the craziness going on, we have to remind ourselves to take a break, relax and have some fun.

Campus Activities Board is offering a wide variety of events this month to ensure that students are constantly entertained

Crafts and Snacks

Do you have a hidden artistic side? Do you want to improve your creative talents?

Come out to Crafts and Snacks Friday, Feb. 24 from 4-8 p.m. in the Aux-

iliary Gym. This event allows you to sit down and work in stations on various Pinterest craft activities like canvas painting and bracelet making.

CAB members will be there for assistance if need be in order to ensure that your crafts are perfect. Along with crafting, light snacks will be available to munch on throughout the event.

Battle of the Bands

Battle of the Bands takes place on Saturday, Feb. 25 in the Gaines Theater at 7 p.m.

This event is a chance for performers to showcase their talents and compete for a spot to play on the SpringFest stage. Both bands and solo singers will have their moment in the spotlight.

Spa Day

Midterm week is almost as nerve-racking as finals week. CAB is providing a spa space on Tuesday, Feb. 28 from 11-2 p.m., to help students unwind and relax.

In the Crow's Nest a variety of relaxation tools will be provided to help each and every student feel pampered. Massage chairs, tea and lemonade and stress-relieving inhalers will all be available. There's no way that midterms can seem so bad when you're feeling this relaxed.

The Hookup Speaker

Generally, there is a stigma around dating habits, and our generation's dating behaviors are commonly referred to as the hookup culture.

On Thursday, March 2 in the Gaines Theater at 8 p.m., CAB is offering a series of speakers who will focus on important topics pertaining to dating. Some of the issues will include the discussion

of hooking up, the meaning of this type of interaction, sexual assault, consent, stereotypes, and the myths and norms surround these subjects.

All of these topics are incredibly important to our education on sexual behavior and how to be healthy and safe during these interactions. The presentation counts as a PLP Passport event and is a part of Healthy Relationships week. CAB members will be tabling in the DSU on Tuesday, Feb. 28 up until the day of the event.

Bubble Ball Tournament

On March 17, CAB will be hosting a bubble ball tournament. Participants will strap themselves into giant bubbles and run around while playing by the basic rules of soccer. Running and bumping into each other makes the game that much more exciting. Spectators will be able to watch everyone role and bounce around. This is one event you don't want to miss. ■

Staying strong until Spring Break

Find the perfect balance between work and play to help you remain focused during midterms.

BY LAUREN GAGLIARDONE
LAUREN.GAGLIARDONE.16@CNU.EDU

Spring Break is right around the corner and the only thing between now and then is midterms. Lucky for you, there is a perfect combination of studying and stress-free activities to help you survive until break. Here's some advice on making it to March 3.

Choose a study space

The most important thing you will need is an ideal study spot. I've found empty classrooms to be helpful if you need a big whiteboard or just lots of space to spread out. If you enjoy some background noise, take advantage of the tables in the DSU or Einstein's.

Make a list

Wherever you choose to study, bring a list of the things you want to accomplish that day. If you have a tangible list of tasks that need to get done or things to study, you're less likely to forget something. This will help you prioritize the midterms you're most nervous about and prevent you from over preparing for just one.

Sleep

Studying will get you to do well on the midterms, but many students forget about their health when testing rolls around. Sleep is going to be your best

friend when it comes to reaching Spring Break. If you're pulling all-nighters, living off of coffee and Pop Tarts, and forgetting that sleep improves your memorization, then there's no way that you will make it to March 3 unscathed. While we all know sleep is important, you should make a conscious effort to get the right amount.

Organize your space

Organization and a neat work space are the most under-rated keys to success. Use that chunk of cleaning time to blast some of your favorite music and take a quick break.

This will keep you productive, while also motivating you to stay focused when you get

back to your study session.

Take a break

Speaking of mental health, you should know when you need to walk away from the work for a few hours. One of the best ways to do this is walk the Noland Trail. It gets you outside, off campus for a few hours, and moving.

If you'd prefer not to go that far, walking around campus or going to Tropical Smoothie with friends

can also do the trick. Spending day in and day out at a desk huddled over the same notes will drive you insane.

Get yourself some fresh air to prepare for the next study session and while you're at it, pick up a brownie sundae from Einstein's on your way home. They're a great reward for all of your hard work.

Once you find the right balance of work and play, Spring Break will be here in no time. ■



Students take a break from studying to relax in the warm sun. BEN LEISTENSNIDER/THE CAPTAIN'S LOG



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