



The Captain's Log

THE VOICE OF CHRISTOPHER NEWPORT UNIVERSITY STUDENTS

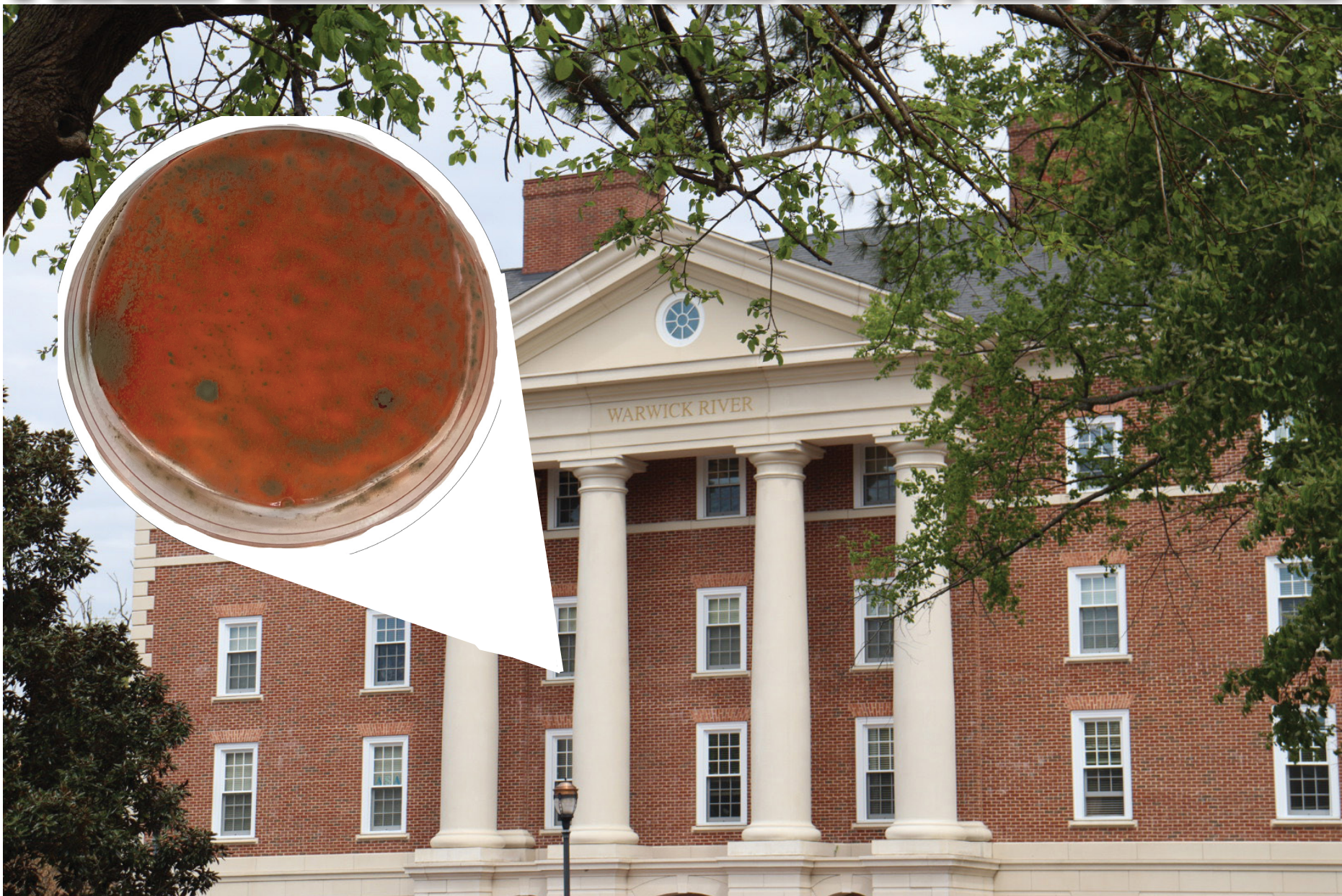
@CNUCAPTAINSLOG

WWW.THECAPTAINSLOG.ORG

VOLUME 53, ISSUE 14

APRIL 13, 2022

MOLD HIDDEN IN RESIDENCE HALLS



WARWICK AND MOLD IN DORMITORY

PHOTO BY THE CAPTAINS LOG

What's Inside

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CHRISTOPHER NEWPORT UNIVERSITY
DEPARTMENT of MUSIC

APRIL EVENTS

4	LifeLong Learning Society Performance Featuring the Chamber Choir, under the direction of Dr. John Irving 2 p.m. • Peebles Theatre	13	Percussion Ensemble Under the direction of Scott Amman 8 p.m. • Peebles Theatre
5	Opera Workshop Under the direction of Dr. John McGuire Featuring select opera scenes 8 p.m. • Peebles Theatre	14	Chamber Choir Concert Under the direction of Dr. John Irving 8 p.m. • Peebles Theatre
6	Composers Forum Concert World premieres by Christopher Newport composition majors 8 p.m. • Peebles Theatre	15	Rotunda Concert Series Featuring the Trombone Choir, Under the direction of Dr. John Lopez Noon • Pope Chapel
7	University Chorale Concert Under the direction of Dr. John Irving 8 p.m. • Peebles Theatre	18	University Band Concert 8 p.m. • Diamondstein Concert Hall
11	An Evening of Chamber Music Featuring Christopher Newport chamber ensembles 8 p.m. • Peebles Theatre	19	University Orchestra Concert Under the direction of Dr. Jacob Tews Featuring winners of the Concerto/Aria/Composition Competition and works for symphony orchestra 8 p.m. • Peebles Theatre
12	Electronic Music Ensemble Concert Under the direction of Dr. Max Törn 8 p.m. • Peebles Theatre	20	Honors Wind Ensemble Invitational 7 p.m. • Diamondstein Concert Hall
		25	Jazz Ensemble Composers Concert Under the direction of Dr. Kelly Rossum 8 p.m. • Peebles Theatre

ALL EVENTS ARE FREE AND OPEN TO THE PUBLIC
FOR MORE INFORMATION, VISIT [MUSIC.CNU.EDU](https://music.cnu.edu)

 RIVERSIDE
Performing Arts Medicine

COURTESY OF CNU MUSIC

April 18-25
Last Week of Classes

April 26-May 2
Finals Week!!

The Captains Log has a TikTok! It is @cnucaptainslog
Follow us on all of our social media (Facebook, Twitter, Instagram, TikTok)



Interested in the Captain's Log?
Scan the QR code to see our social media sites and forms for story requests or email list!

HONOR WEEK!

MONDAY, APRIL 11
BLUEBOOK GIVEAWAY
DSU BREEZEWAY
11AM-1PM

TUESDAY, APRIL 12
INFLATABLE MAZE
GREAT LAWN
12PM-2PM

WEDNESDAY, APRIL 13
DEMYSTIFYING SHC MOCK PANEL
MADISON ROOM
12PM-1PM

THURSDAY, APRIL 14
HONOR HOUR
TRIBLE PLAZA
12PM-1PM

FRIDAY, APRIL 15
DONUT CHEAT AND CHALKBOARDING
TRIBLE PLAZA
11AM-1PM

COURTESY OF THE CAMPUS ANNOUNCEMENTS

SPRING 2022 Events Calendar

APRIL

4/8 Magician: Kid Ace &
Movie: Spider-Man: No Way Home

4/15 SpringFest & Band: Dawson Hollow

4/22 Intercultural Festival

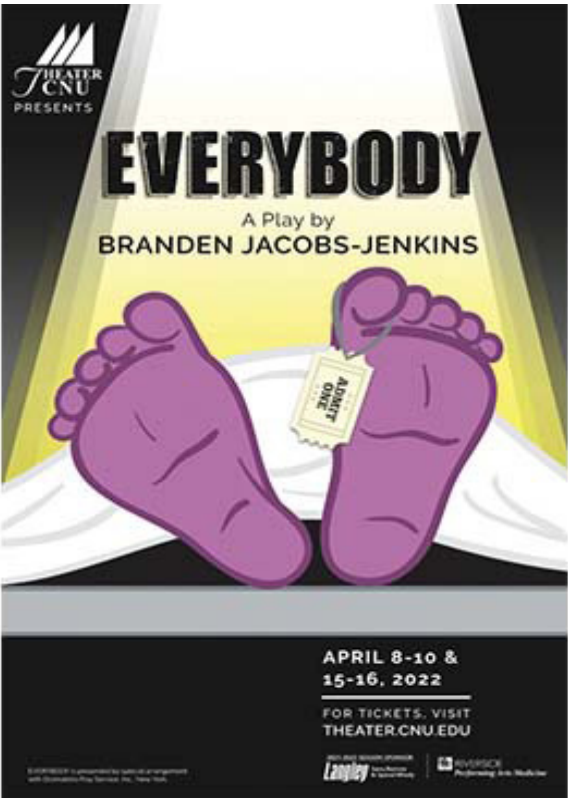
CAMPUS ACTIVITIES BOARD
@CNUCAB    

COURTESY OF CAB (CAMPUS ACTIVITIES BOARD)

Stress-Less Week SCHEDULE

Monday, April 18th 12:00- 2:00 pm Outside of DSU	PET-AWAY STRESS Take a break from studying and come hangout with animals from SPCA
Wednesday, April 20th 11:00 - 2:00 pm Freeman 101, 102, & Tribble Plaza	"OPERATION RELAXATION" Oxygen Bar, Massage Chairs, Spinal Exercisers, Zen Gardens, Aromatherapy Rollers, & Rita's
Thursday, April 21st 11:00 - 1:00 pm Freeman Center 202	PAINT & SIP Join us while we paint and relax for a couple of hours before finals! FREE Cookies and Lemonade

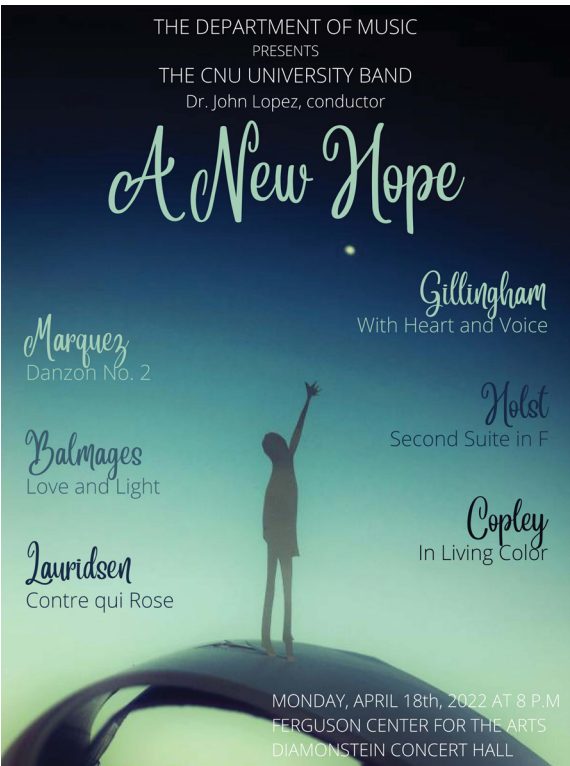
COURTESY OF CAS INSTAGRAM



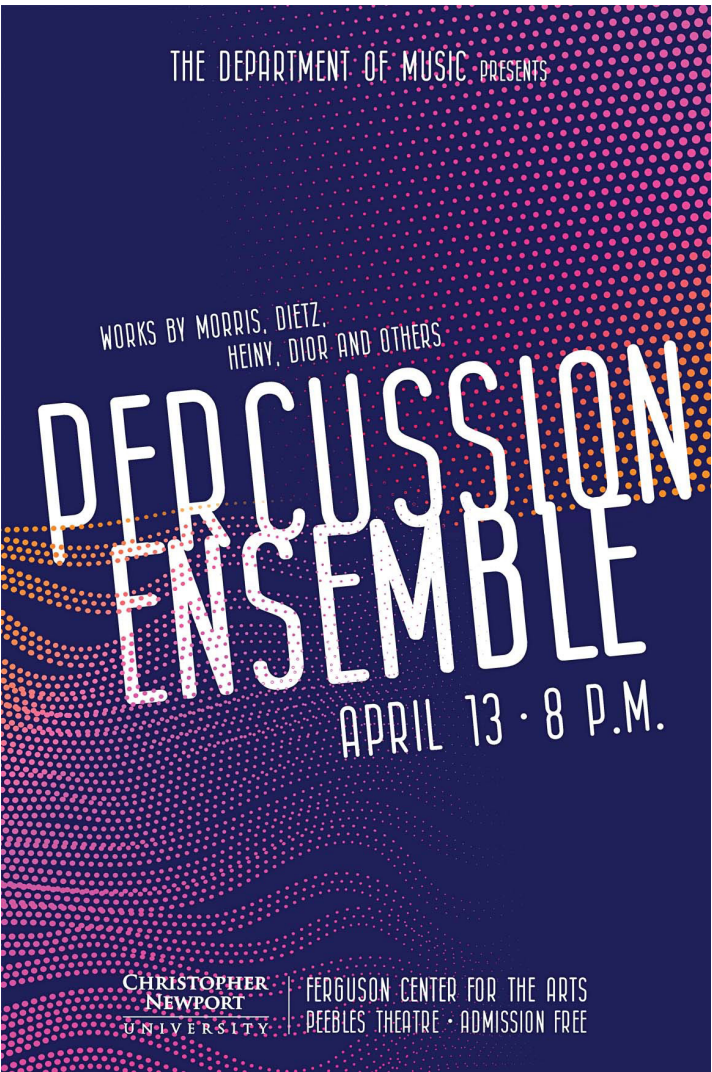
COURTESY OF THEATERCNU



COURTESY OF EXPANSION'S INSTAGRAM



COURTESY OF CNU MUSIC



COURTESY OF CNU MUSIC



TICKETS ARE AVAILABLE ON THE FERG WEBSITE FOR THE GOSPEL QUARTET EXTRAVAGANZA ON SATURDAY APRIL 16 AT 6PM. THIS IS A FREE COMMUNITY EVENT IN DIAMONSTEIN WHICH WILL FEATURE D. MORTON AND GIFTED, MAURICE YANCY & ONE ACCORD, BROTHERS IN CHRIST, GOD'S BOYZ AS WELL AS BROTHERS IN UNITY OF VIRGINIA. THERE'S A LIMIT OF SIX TICKETS PER HOUSEHOLD. (COURTESY OF THE FERGUSON CENTER OF THE ARTS)



COURTESY OF PHI MU ALPHA'S INSTAGRAM

Mold in Residence Halls Causes Health Issues for Students

Students have faced mold issues in dorms for months

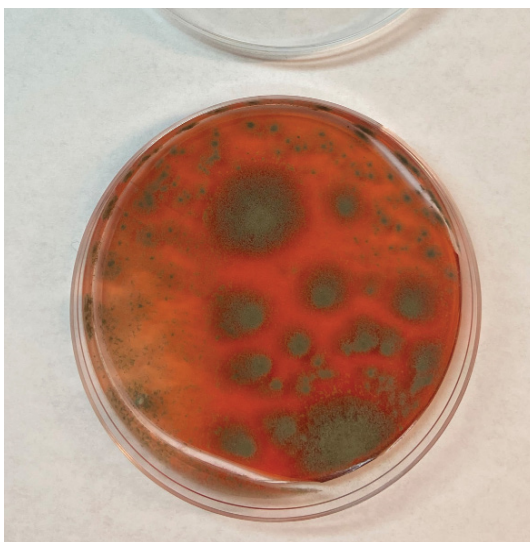
EVELYN DAVIDSON

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If you are a student living in a CNU residence hall, then you may have experienced mold issues. A quick search of the word “mold” in the unofficial CNU Facebook group yields plenty of personal accounts of problems with mold shared by members of the CNU community. As a result of mold growth in dorms, many students have experienced respiratory or other health problems that have led them to seek medical help. Oftentimes, when health issues first arise, students don’t know the cause of their sickness and once they figure it out, it’s a challenging process to resolve.

The Captain’s Log interviewed two sophomore Warwick River Hall residents, Alyson Toth and Chloe Younce, suitemates who both experienced issues with mold in their living space. Toth explained that it started in the fall semester when she developed a cough within the first few weeks of moving in. What she initially thought was allergies, turned into a sinus infection and everyone in their suite became sick with a cough. In the week before fall break, her condition worsened, and she came down with bronchitis and laryngitis.

During the break, Toth visited Urgent Care where she was COVID, strep, and flu tested, all of which came back negative. She then received a steroid, antibiotics, and an inhaler. Toth explained that the only other time she needed an inhaler was in kindergarten because of mold exposure. Once she returned from fall break with the inhaler, Toth’s condition began to improve, but the cough remained. When she went home for winter break, her cough completely disappeared after a week and a half, and she no longer needed the inhaler. Making the connection between her current symptoms and her past experience with an inhaler in kindergarten, Toth and her suitemates began to suspect they had a mold problem.



**The mold dish in Younce’s room,
Photo Courtesy of Chloe Younce**



**Fallen debris from the ceiling,
Photo Courtesy of Taylor Stafford**

Younce, similarly to Toth, had bronchitis in the fall, and also believed that mold made her symptoms worse. When she returned to CNU for the spring semester, Younce purchased “Evviva Sciences Mold Test Kit for Home” off of Amazon. To test the air quality for mold, they left open petri dishes in each room to capture the microscopic mold particles. After an hour, they closed the dishes and within 2 or 3 days, there was evident mold growth. While the petri dishes in the bathroom barely grew mold, some of the bedrooms had massive amounts of growth.

The kit also came with a free mold identification guide. Younce said that, based on the guide, they thought the mold might be *Aspergillus*, a common household mold or possibly *Penicillium* based on the mold’s red discoloration. This is especially a concern because Toth has a penicillin allergy. According to the Mayo Clinic website regarding *aspergillus*, “Most strains of this mold are harmless, but a few can cause serious illnesses when people with weakened immune systems, underlying lung disease or asthma inhale their fungal spores.”

After tests confirmed their suspicion, they put in a work order with maintenance who responded almost immediately. The maintenance person came to assess the situation and then left their dorm. Within less than 15 minutes, he came back and told them that he had vacuumed, cleaned the air filters, and changed them. However, Younce said that this cleaning wasn’t done to the individual vents in their rooms, so she was unsure what or where, specifically, he had cleaned.

Toth shared her thoughts on maintenance’s response to the issue, “Personally I don’t think changing an air filter is going to solve the root problem. It might be okay until the rest of our semester but I think people who are going to live there in the future are going to end up having this problem again” She continued, “I think for a short-term solution the air-vent is the right idea. I do wish CNU would do something about this over summer break when they have the time to do it.”

Another student, sophomore, Taylor Stafford, also experienced health issues in her James River Hall dorm during the fall semester. Stafford said that her suite put in a work order for a discolored ceiling tile near the end of August. Maintenance looked at the problem and said they would replace the tile but never did. In mid-September, they filed another work order because the tile had started leaking. They learned, according to the emergency maintenance handbook, that the problem does not count as an emergency until the tile collapses completely. Just a few days after filing the second work order, the ceiling tile fell down, leaving debris in their living room. Once the tile caved in, Stafford started having breathing problems which led her to wear a mask in her own room. In the follow up work order email receipt, maintenance wrote, “AC IS LEAKING REALLY BAD AND STUDENT HAS BUCKET FOR WATER BUT IT IS OVERFLOWING REFERRING TO PLANT OPS”/“REFERRING TO PLANT OPS. ONGOING ISSUE FOR AC LEAKING STUDENT HAS PUT IN MULTIPLE WORK ORDERS FOR THIS AND MAINTENANCE HAS LOOKED AT IT AND NOTHING WE CAN DO”

The whole issue took a month to resolve and required contacting the Vice President of Student Affairs, Dr. Kevin Hughes, for the problem to be looked into further.



**Image of James River Hall
opened in 2000,
Photo Courtesy of The Captain’s
Log**



**Fallen debris from the ceiling,
Photo Courtesy of Taylor Stafford**

Some students have heard so many stories of mold issues not being taken seriously by the administration that they hesitate to officially report the problem. This is the case for sophomore Allie Fiul who believes that her Warwick dorm contains mold that has been painted over. Fiul noted that when someone in her suite is sick, it’s really hard to get rid of their coughs. At one point, Fiul had a cough for a month after being sick and it only disappeared after she left campus. She also explained that her suitemate, who has a weakened immune system, has had a lasting cough throughout both semesters that only went away when she went home.

Fiul decided not to report these concerns because she worried that it would be written off as COVID or allergies. She said, “No, I haven’t heard of anyone having any success with mold problems. I’m supposed to live on East campus next year and I was warned to be careful because it’s infamous for having mold. I don’t know what an alternative is, though, because it seems like everywhere has mold and I have to live on campus next year.”

Mold story continues on page 5

Mold story starts on page 4

When The Captain’s Log contacted the university to inquire about the mold issues and find out if the university was aware of the problem, a spokesperson for university housing said, “Actual incidences of mold or other moisture related issues in CNU residence facilities fortunately have not been widespread. However, work orders pertaining to these types of concerns do come up from time-to-time and are addressed with high priority when they occur.”

The spokesperson described how concerns are addressed by a CNU response team that includes an Environmental Health and Safety Office official, a University housing maintenance staff member, and another University Housing official who all follow EPA guidelines.

This response team carries out an on-site assessment that informs their next course of action, “If contaminated materials are found, if they can be cleaned that step is taken, otherwise they are removed and replaced.”

When asked who students should report to and what steps they should take if they encounter mold problems, the spokesperson said that the concern should be reported through a work order. If it’s an emergency involving water leaks or flooding, students should use the on-call process or contact the University Housing Operations Office.



Warwick River Hall opened in 2012, Photo Courtesy of The Captain’s Log

Possible Tuition Increase of 13.2% for the 2023 Fiscal
The Board of Visitors hold a meeting on proposed tuition & fees

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The Board of Visitors held a Public Comment Session on Proposed Tuition & Fees on Mar. 29, 2022 in the DSU Board Room. According to the Agenda Item Details on Board Docs, “The 2022 General Assembly Session adjourned without finalizing a state budget for the 2022-2024 biennium. The budget, and Christopher Newport’s general fund allocation in particular, plays a key role in the Board of Visitors’ ability to set tuition and fees. Therefore, the final decision on tuition and fee levels is contingent on passage of the budget.”

The plan includes a potential 13.2% tuition increase for the 2023 fiscal year. This increase is based on the assumption that there will be no additional state General Fund dollars, a drop in annual full-time equivalent enrollment, and a loss of relief funding.

The Board of Visitors consider a variety of factors when setting tuition and fees. According to the presentation by Jennifer Latour, Vice President for Finance & Planning Chief Financial Officer, they look at “expected state funding support and state requirements,” “Student affordability,” “market position/competitiveness,” “impact on budget and ability to deliver quality services.”

At the meeting, they discussed the university operating budget and the

**Proposed FY 2023 Tuition & Fee Ranges
In-State Undergraduates**

<ul style="list-style-type: none">Tuition (Only)<ul style="list-style-type: none">➤ 0.0% to 13.2% (\$0 to \$1,200)➤ Equals an average annual increase of 0% to 3.3% since FY 2019	<ul style="list-style-type: none">Comprehensive Fee (Only)<ul style="list-style-type: none">➤ 0.0% to 3% (\$0 to \$175)➤ Equals an average annual increase of 0% to 1.5% since FY 2019
<ul style="list-style-type: none">Tuition and Comprehensive Fee (Combined)<ul style="list-style-type: none">➤ 0.0% to 9.2% (\$0 to \$1,375)➤ Equals an average annual increase of 0% to 2.6% since FY 2019	

CHRISTOPHER NEWPORT UNIVERSITY

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Board of Visitors presentation slide, Photo courtesy of Board Docs

2021-22 sources of revenue, of which tuition and fees makes up the largest revenue source at 62.4%. 27.6% of revenue comes from the commonwealth. They also broke down how each tuition dollar is spent on education and general expenditures (E&G). The university spends 46 cents on instruction, 15 cents on academic support, 15 cents on facilities management, 13 cents on institutional support, 9 cents on student services, and 2 cents on research. They noted that tuition has been fixed since the 2019 fiscal year, with

in-state tuition and mandatory E&G fees fixed at \$9,100 since 2018-19. The comprehensive fee has been fixed at \$5,824, and the annual room and board fee at \$11,760 since 2019-20. At the end of the meeting, they held a 60 minute public comment period. The Board of Visitors will meet again on Thursday, Apr. 14 in the DSU.

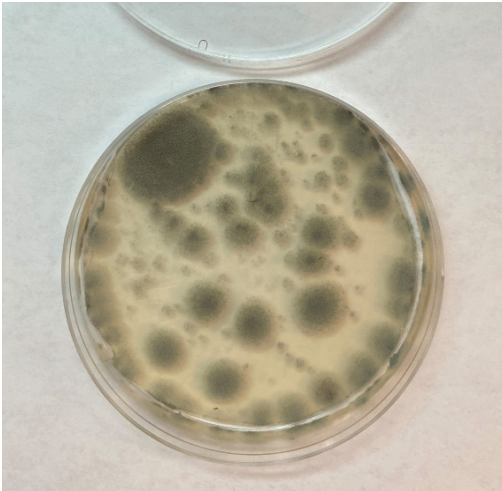
How to Identify
Mold

Find out if you
have mold growth
in your dorm

MARGARET GAMMONS
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Mold is an ever-growing problem among college dorms: here are a few ways to identify and prevent mold in your room from the CDC. Mold grows in warm, wet environments, commonly found in showers, bathrooms, and vents. Black mold has a musty/humid smell and grows in patches or spots. These spots will be different shades of black, brown, or gray. If there is a leaking pipe, dripping faucet, or stained ceiling tiles, these are all indications of possible mold infestation.

To prevent mold growth, hang up wet towels/clothes immediately after use. Turn on the exhaust fans to increase ventilation and decrease humidity when showering. Also, make sure to keep the bathroom floor clean and dry. Since most residence halls do not have drains in the tiles, a bath mat is an excellent option for preventing excess water on the ground. If you notice possible mold growth, do not hesitate to call maintenance. Go to MyCNU and click the “Help Desk” tab to submit a work order. You are then directed to select what incident you report and provide details. If you start to feel sick, you can call the environmental health and safety department at 757-594-7280.

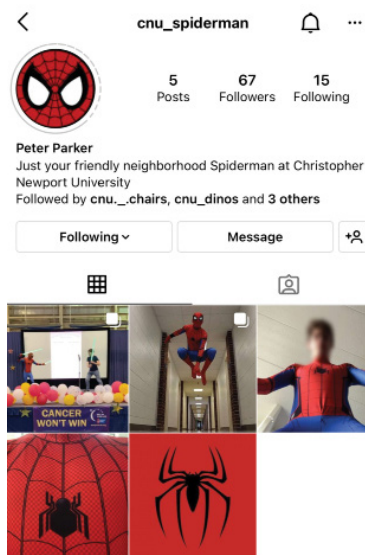


The mold in Toth’s
room,
Photo Courtesy of Chloe
Younce

CNU Spiderman

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Usually when Spider Man is in a newspaper, it's the Daily Bugle and J. Jonah Jameson never has anything nice to say about the guy. But the Captain's Log seems to have met a Spider Man here at Christopher Newport University. He's mysteriously shown up around campus and that begs the question, who is CNU Spider Man?

We don't know who CNU Spider Man is. His instagram account, @cnu_spiderman, appeared earlier this semester and he began to show at various events on campus. He appeared at a Relay for Life event in the Freeman Center on March 25th and appeared at CAB's screening of Spider Man: No Way Home on April 8th. He greeted people at the movie, took selfies, and then, as quickly as he appeared, he vanished.

CNU has its fair share of urban legends and mysterious characters, like the haunted 4th floor of Luter or the CNU squid for example. But CNU Spider Man has appeared out of the blue. The only thing we know about this mysterious do-gooder is that he is a student on campus who loves to spread good vibes. But, true to the character, he is a mystery.

This does make me wonder, does that mean there is a CNU Green Goblin? or a CNU Doc Ock? Is he a menace to the whole Christopher Newport community? Or is he a hero? I think the most important question about CNU Spider Man is, where will he appear next?

Screenshot of the CNU Spiderman's Instagram page

Photo By The Captains Log

An American Werewolf In London Revisted

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With an upcoming full moon, what better time is there to watch a werewolf movie. *An American Werewolf in London* was released 40 years ago. It was a huge success and was the inaugural winner of the Oscar for Best Makeup. It was also the inspiration for Michael Jackson's iconic "Thriller" music video (Jackson specifically hired the movie's director to make the video as well). But does this horror comedy classic still hold up all these years later? Can it still elicit the same scares and laughs that it did in the 1980s?

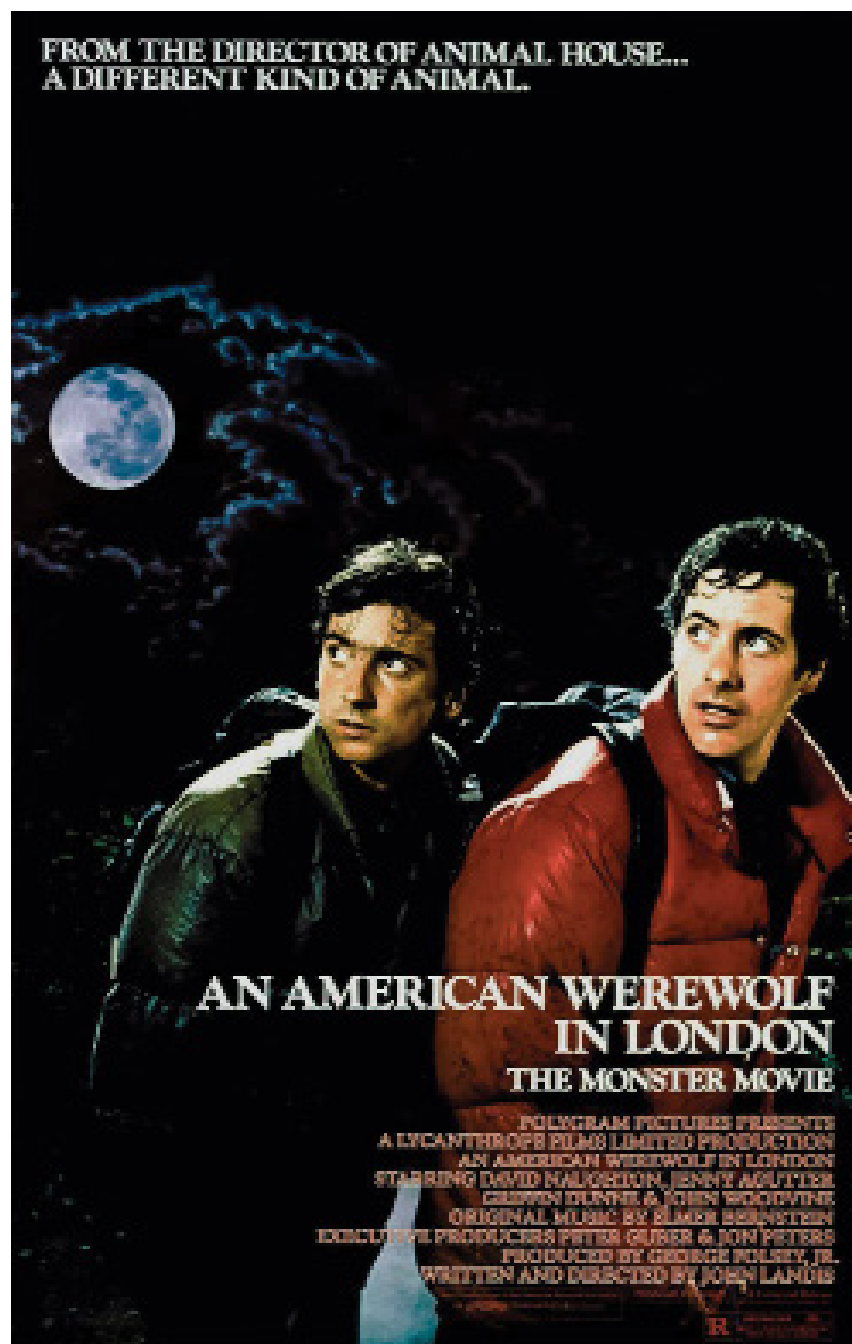
The film starts with two American hikers, David and Jack, hiking through the Moors where they are attacked by a werewolf. Jack is killed and David is severely injured. As David heals in the hospital, he is plagued by horrific nightmares of his deceased compatriot who warns him that he is going to turn into a werewolf at the next full moon. He ignores the pleas and moves to London with his nurse turned girlfriend, Alex. But when the full moon comes, he turns and terrorizes the city.

The movie blends some terrifying horror with some bizarre comedy. Some of the scenes are so unbelievably bonkers you laugh while feeling scared. It's a blend of genres and it's chaotic in a really enjoyable way. David is absolutely the main focus of the movie, he struggles with not only recovering from the attack and his lycanthropy, but he's left feeling extremely guilty after his first transformation where he kills several people around London. He also has a romance with his nurse Alex and their final interaction in the movie is both incredibly sweet and sad.

The movie's special effects are incredible to this day. The practical effects used to create the werewolf, the ghosts of his previous victims, and the nightmare sequences are miles ahead of a lot of modern horror's computer generated effects. The scene where he first transforms is squirm inducing and one of the best scenes in horror history. There was meticulous detail put into every part of the movie.

So yes, this trailblazing horror comedy absolutely still holds up. It's both funny and scary and it is a unique experience to watch. Werewolf movies are hard to come by these days, but this is a great flick to watch under the full moon.

4.9/5 howls approved



Top: Transformation scene, Courtesy of Wicked Horror

Bottom: An American Werewolf in London, Poster Courtesy of IMBD



DWTS Promotion Photo Courtesy of Primetimer

ABC Is Over DWTS

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The long-running dancing competition show, “Dancing with the Stars,” will return in the Fall of 2022 for its 31st season. The stars and the rookies will be coming back, but they will be dancing in a new home. Disney, a parent company of ABC Studios, announced Friday that the show would be moved to their streaming service, Disney+. This will be Disney+'s first live series to stream on their platform. Kareem Daniel, chairman of Disney Media, said in a press release, “The show’s broad appeal and the overwhelming popularity of its Disney-themed competition nights make Disney+ the perfect home for ‘Dancing with the Stars’ while continuing to expand our demographic reach.” This change will make more room for Monday night football games and allow new investments to be made for future projects. ABC feels that ‘Dancing with the Stars’ will thrive better on Disney+ rather than on broadcast, as DWTS’s demographic is better suited for Disney+. Tyra Banks will also host this year’s season after co-hosts Tom Bergeron, and Erin Andrews stepped down at the end of the 2021 season. The cast has yet to be announced but we can expect brilliant dancers and stars just like all 30 seasons before. The season is set to premiere either September 13th or 19th of 2022, and you can tune in with a Disney+ membership!



Poster Courtesy of The Verge

TheaterCNU’s Production Truly Is For Everybody

Everybody - TheaterCNU’s final main stage play of the season

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TheaterCNU debuted “Everybody,” a play by Branden Jacobs-Jenkins, last weekend in the Studio Theatre of the Ferguson Center for the Arts. The play is directed by Guest Artist, Eglu Birmingham Hassan. According to the show’s program, Hassan “is an accomplished director and professor of theatre whose 32-year career at Western Illinois University includes heading the MFA program in directing and helping young theatre artists to find their own voice.”

Jacobs-Jenkins’ *Everybody*, is a modernized twist on the classic morality play, “Everyman”. A morality play focuses on abstract ideas personified as characters within the story that help to present a specific lesson. The Dramaturg’s Note by Dr. Laura Grace Godwin, explains that the start of the 16th century marked a dramatic change in European society, “For those seeking answers to their present predicament, actors began to offer morality plays that followed individuals struggling with daily temptations. Allegorical Virtues & Vices – personified qualities rather than characters – vied for the ultimate prize in an eternal battle: the soul of a figure representative of every man.”

The play centers around a universal character referred to as Everybody, who is suddenly confronted by Death. Death informs them that

they must take a journey to visit God where they will explain how they lived their life and why. In the process of preparing for this journey, *Everybody* encounters various characters representative of the different aspects of their life, such as Friendship, Family, and Stuff.

Throughout the performance, *Everybody*’s humorous but profoundly thought-provoking interactions with the various abstract characters quickly reveal who or what really matters in the end. *Everybody* is forced to reflect on the meaning that they attach to their world and ultimately they must face the greatest and most challenging journey of their life. This deeply introspective play leads audience members to see parts of themselves and their own lives embodied in the character of *Everybody*.

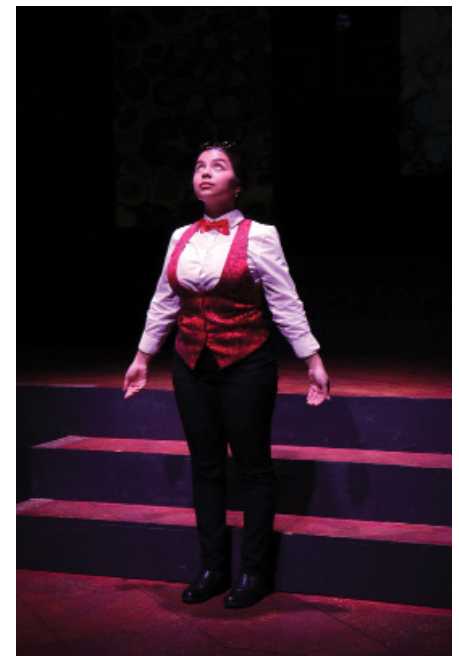
Everybody is performed in a black box theater and set up so that the audience is seated on every side of the stage. The use of several screens with changing visuals placed around the performance area and the intimate stage layout makes it a very immersive experience for the audience who often find themselves mere feet from the actors.

What makes Jacobs-Jenkins’ adaptation of the classic play especially distinctive is that each night, the actors who play *Somebodies*, participate in a lottery where they draw names from a basket to determine who plays which character. Thus, the actors are challenged because they must memorize multiple characters’ lines and be ready to play whichever character that they are randomly assigned. There are 120 different possibilities that can unfold, so each performance is a truly unique and extraordinary experience for the audience.

Everybody will perform on Apr. 10 at 2:00 p.m., Apr. 15 at 7:30 p.m., and Apr. 16 at 2:00 p.m. and 7:30 p.m.. Tickets are free for CNU students. For more info visit: <https://cnu.edu/academics/departments/theater/performance/everybody/>

All Photos Courtesy of The
Captain’s Log

More Photos of *Everybody*
in Snapshot on
Page 12



Top Left: Poster of the play,
Everybody outside of the
Black Box theater
Top Right: “God”
Middle: “Stuff”
Bottom Right: Top: The
character “Everybody”
surrounded by “Love,”
“Death,” and the
“Somebodies”
Bottom Left: “Death” yelling
at everybody



This Week on Formula 1 Racing

The Drivers speed their way to the next round

MARGARET GAMMONS

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As the teams headed to Melbourne, Australia, for round three of the Formula One 2022 season, Saturday's qualifying session did not disappoint.

After both Aston Martin cars crashed in free practice three, the engineers were racing against the clock to even compete in qualifying. Lance Stroll could get out with minutes to spare, but his time on track did not last long. Stroll made contact with Williams driver, Nicholas Latfi, causing them both to retire from qualifying.

Valteri Bottas was also dis-

appointed after his exit in the second qualifying segment ending his record of consecutive appearances in Q3 sessions at 103. Taking pole position for Sunday was Ferrari's driver, Charles Leclerc, after beating Red Bull's Max Verstappen by .2 seconds. Alongside Leclerc will be both Red Bulls, lining up at 2nd and 3rd.

The big event took place at 3pm on Sunday. On lap two of fifty-eight, the second Ferrari driver, Carlos Sainz, was the first to retire from the race. Sainz could not find a grip on

his tires which ended with him in the gravel.

Another mishap for the Aston Martin team, as Sebastian Vettel was sent into the wall on lap 28. A shocking retirement was Max Verstappen on lap 39. This is the second retirement from Max making his fans wonder if the Red Bull can perform adequately with the new regulations.

After the race, Max was questioned about his thoughts on the championship, saying, "We're already miles behind, so I don't even want to think

about the championship fight at the moment."

The team principal of Red Bull Racing, Christian Horner, sympathized with Max and promised the whole team would work to solve the issue before the Italian Grand-Prix in two weeks. The team has yet to make a statement explaining what happened with the car.

Ending the Grand-Prix exactly where he started, Charles Leclerc took the win at Melbourne. Behind him was Red Bull's Sergio Perez taking

second. Third was given to Mercedes driver George Russell, after an excellent drive from 6th to 3rd.

Another incredible drive was Alex Albon for the Williams team. He started the race in 20th position and finished in the points at 10th. That's quite a comeback.

The McLaren team was also satisfied with their performance, finishing 5th and 6th. This resulted in them taking eighteen points home and placing fourth in the constructor's championship.

In two weeks, Formula One will reunite in Imola, Italy, for round four of the 2022 season. This upcoming race will have different formatting, the spirit qualifying.

Typically, Fridays are dedicated to practicing, Saturdays are for qualifying, and Sundays are for the race. Although for the Italian Grand Prix, traditional qualifying will take place on Friday to set the grid for the Spirit qualifying on Saturday.

The race winners of the sprint will determine the starting lineup for the race on Sunday. Tune in April 23rd and 24th for the action!



**CHARLES LECLERC
CRUISING DOWN THE
RACETRACK BEFORE
COMPETITION**

PHOTO COURTESY OF
SKY SPORTS



**SEBASTIAN VETTEL
CRASHING THE ASTON
MARTIN AMR22**
PHOTO COURTESY OF
SPORT GRILL

WrestleMania Weekend

Ladies and Gentleman...Wrestling in its prime

JARRETT CONNOLLY

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On the first weekend of April, the WWE held its annual Wrestlemania event over two days. The event was a massive success and a joy to watch. On the flip side, the wrestling world outside of WWE had an exciting weekend too. At least 49 other shows were held by various promoters and they put on some exciting stuff as well that were a joy to watch.

When Ring Of Honor went on hiatus last year and was subsequently sold to All Elite Wrestling, President Tony Khan, many were unsure of the promotion's future.

Yet April 1st's Supercard of Honor event proved the company is far from death. Almost every championship changed hands and there were some truly incredible matches. The match of the night had to be

FTR vs the Briscoe Brothers in which we saw two of the best tag teams in the world tear down the house.

Other great matches saw Jonathan Gresham defeat Bandido for the undisputed ROH World title and rising star Wheeler Yuta win the ROH Pure Championship from Josh Woods. We also got to see Ring of Honor legend Samoa Joe make his long awaited return. It was great to see Ring of Honor doing what they do best.

Game Changer Wrestling, a rebellious promotion gaining traction, held 12 events over the weekend. These included Bloodsport 8, Spring Break, and For the Culture. Notable matches included Biff Busick and Jon Moxley's bloody showdown and X-Pac's first singles match in over three years against Joey Janela.

Other stars like Effy, John Wayne Murdoch, Nick Wayne, and Chris Dickinson got a chance to shine in matches that varied from ultra-violent deathmatches to intense technical bouts. GCW is known for embracing the chaos of wrestling and they do it so well

WrestleCon, an annual wrestling convention, held its own series of events over the weekend. They hosted several promotions including AAA, New Japan Pro Wrestling, and Impact Wrestling.

The highlights included "Speedball" Mike Bailey, who wrestled nine matches within the span of four days. Japanese legend Minoru Suzuki was on the warpath this weekend. He would go on to win five out of the six matches he was in, primarily with his brutal and hard hitting style.

A dream match occurred

between longtime star Chris Sabin and the sensational Jay White that saw Sabin defeat his younger opponent. Independent wrestling's biggest villain, Matt Cardona, got a chance to once again entertain and irritate the live audience.

Regardless of what company

might be your favorite, this weekend is evident that this is one of the best times to be a wrestling fan as there is such a wide variety of wrestling to enjoy.

It is truly a gold mine of excitement for professional wrestling right now.

**PROMOTIONAL POSTER
OF WRESTLEMANIA 38
WITH ROMAN REIGNS AND
BROCK LESNAR**

PHOTO COURTESY OF THE
WWE



2022 Masters Tournament

A Top Primer Major Championship shows Golf at its finest

MARGARET GAMMONS

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It was the 85th Master's Tournament in Augusta, Georgia, this past weekend. The Masters is the first of the four major PGA championships played throughout the year. As per tradition, the four-round tournament played on the Augusta National Golf Course.

The talk of the match was the return of iconic player Tiger Woods. To recap the harrowing story, Woods suffered from a car accident in late 2021 that many thought would end his career. Against all the naysayers, he made it certainly clear that he was not finished on Friday. Surprisingly and victoriously, Woods made the cut to continue onto the weekend.

At the end of the second round, the cut took the top 50 players and ties. Tiger made

the cut, but many players did not. The weather on Friday was not favorable, causing many players to finish over par. Notable names to miss the cut were Brooks Koepka, Jordan Speith, and Bryson Dechambeau.

Starting the weekend off, Scottie Scheffler made it apparent that he was the favorite to win. And he did just that! After the first day, Scheffler debuted at 1st place. Throughout the rest of the weekend, Scheffler maintained the top spot.

Ultimately, Scheffler won his first masters Sunday afternoon, finishing ten under par. The 25-year-old held off Rory McIlroy and Cameron Smith to win by three strokes.

During the ceremonial green jacket, which is specifically awarded to Masters' winners, Scheffler talked of feeling

calm on the course during the final round but said he was "so stressed out" on Sunday morning.

Fantastic golfer, Rory McIlroy also played an excellent match as he shot eight under par on Sunday. This secured him second place with a final score of seven under. Cameron Smith and Shane Lowry tied for 3rd, finishing five under par.

Woods wrapped up his triumphant return to competitive golf at 47th place, finishing thirteen over par. This was one of Wood's worst finishes in his career, but he played all four rounds without stopping. A testament to the long road Woods fought through after nearly losing his leg to the car crash.

It was apparent Woods was in pain but continued to play.

In an interview with ESPN, he spoke about not "feeling comfortable with the ball," and he "just couldn't find" his rhythm throughout the game.

Woods played for the first time alongside Kevin Kisner. "I didn't ask him much about his leg," Kisner said of the limb that was shattered in the crash.

"We were trying to keep it pretty light out there. I'm sure his leg is hurting. I mean, I'm hurting and I'm healthy." Kisner finished the tournament at 44th, just three positions above Tiger.

The next major will be The U.S. Open from June 16th - 19th in Brookline, Massachusetts. Scottie Scheffler is the favorite to win this tournament, as he is currently ranked number one in the PGA tournament.

What's happening soon in Sports:

April 13th - 19th*

*Games listed are happening at CNU

April 13th:

Men's Baseball
CNU v. Southern Virginia University
Time: 3:00pm

April 14th:

Women's Softball:
CNU v. William Peace University
Time: 2:30pm & 5:00pm

April 16th:

Women's Lacrosse
CNU v. University of Mary Washington
Time: 1:00pm

Men's Lacrosse:
CNU v. Salisbury University
Time: 4:00pm

April 19th:

Men's Baseball
CNU v. Washington and Lee University
Time: 3:00pm

To look at sporting events off campus and for future weeks, visit cnusports.com

Take a Peek CNU...

The most highly anticipated CNU games that won't disappoint

1) Men's Baseball will compete against Southern Virginia University today at 3pm. Will the guys end their 2-game losing streak?

2) This Saturday, April 16th, Women's Lacrosse fights against the University of Mary Washington. Can they score another win after their 20-1 victory last Sunday?

What Music I've Been Listening To Lately

My 2022 Music Taste

SHANNON GARRETT

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I listen to music everyday, with some of it more obscure than others. Mainly I listen to albums now, and I pick out the ones that have a cool album cover. Sometimes, an artist I like will put out new work, and I'll check that out. It's mostly pop and indie music, along with rock music. I've discovered my love of French pop music as well.

Joe Viba's album *B.C.* came out in March of this year, and I've been listening to it like crazy. He's such a good artist, and I've loved everything he's ever put out so far. The title track "Passion" hits you like a freight train with how smooth it is, and his vocals are just fantastic. Viba keeps up this momentum throughout the album, even throwing a bit of rap in with the R&B sounds the album's made of.

Evelyne Brochu's *Objets Perdus* is a great album, even though I can't understand a word of it because it's in French. The album has a great flow to it,

and Brochu has a lovely voice. "Difficile" is a great track to start with. If you want to listen to more French music, Pomme is a great artist to start with, along with Joanna. Pomme does more slow, soft music, while Joanna does more R&B-leaning music. I like to put it on in the background, and pretend I understand what the artist is singing.

A new artist named Caroline Kingsbury put out an album last year called *Heaven's Just A Flight*, and it's one of my new favorite albums I've ever listened to. It's just so much fun, and Kingsbury's voice has a lot of depth and power to it. I recommend this to everyone, and you should definitely check out "Hero", the title track "Heaven's Just A Flight", and "16".

I listen to a lot of soundtracks, and I discovered the one for the movie *Annette*. The songs in the soundtrack are so catchy and listenable. I've had "We Love Each Other

So Much" stuck in my head for weeks now, and another song from the soundtrack that I like is "All the Girls" because of how sad yet angry it can be. This was a great soundtrack to a great movie, and one I highly recommend you check out.

Music is a part of all our lives in some way, and these albums are the ones that I listen to all the time and soundtrack my life. I just wanted to share with you a major part of my life.



Top: Joe Viba's "B.C."

Bottom Left: "Annette"

Soundtrack

Bottom Middle: Caroline Kingsbury's "Heaven's Just A Flight"

Bottom Right: Evelyne

Brochu's "Objets Perdus"

Photos Courtesy Amazon, Spotify, Bandcamp



Writer's Syndicate Club Interview

A haven for writers on CNU

JARRETT CONNOLLY

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Creative writers have always been close to one another. The major writers of the 20s and 30s like Ernest Hemmingway and F. Scott Fitzgerald famously met and talked shop at cafes in Paris. At CNU, there is a club where writers can meet and discuss what they've written. That club is the Writer's Syndicate.

Writer's Syndicate has been on campus for several years now and has become a hub for creative writers. Members share their poetry, prose, and other works in the club's meetings with constructive feedback from other members. They have a prompt every meeting as a

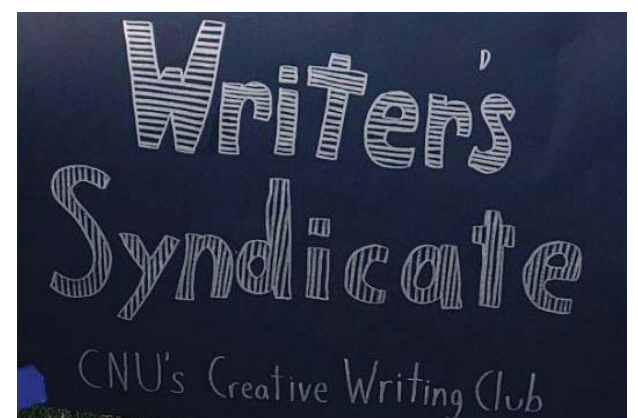
creative exercise for members. They've also participated in Open Mic nights on campus, done poetry contests, and have been a growing presence in the CNU community.

Brenna Walch has been a member of the Syndicate since her sophomore year and became the club's president this year. Walch is a very passionate writer who joined the club to improve her skills and meet other creative people. She praises the club's ability to attract all kinds of writers and majors: "Bio majors, history majors, all kinds of people come to our meetings and it builds a cohesive community of writers."

Walch's biggest hope is that the club can continue to expand on campus and not just attract more aspiring writers but make an impact on the community. She hopes that in the future they can host book drives and host D&D events to make a positive impact on CNU. When asked what she wants the club to be for creative writers on campus, Walch said that she definitely wants the club to be a beacon for writers to come and find a community to assist them in developing their own unique style, and "I like to say that anyone can be a writer, it's the willingness to improve that separates good writers from great writers." New members

are always welcome to come and bring their work and meet new people who really want to hear it.

If you are interested in joining Writer's Syndicate you can follow them on their Instagram @cnuwriterssyndicate or by email at writerssyndicate@cnu.edu and by attending their meetings at 9 on Mondays in McMurran Hall. There will be virtual meetings over the summer on Discord so if you are interested, send an email to be added to the server.



Writer's Syndicate Sign

Photo Courtesy of Writer's Syndicate website

Knights of the Force Interview

The Force is strong in this club...

FELIX PHOMMACHANH
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A Long time ago, in a Campus close, close by....

On a cool Wednesday evening, on the steps of CNU Hall, students gather with blades from a more civilized age. They go by many names: the Star Wars Club, the Lightsaber Club, all for simplicity, but they are the Knights of the Force. A club that is both passionate about Star Wars and how to wield the weapon of the Jedi and the Sith. They showcase their skill with either live choreography shows to the campus/community or against one another in dueling tournaments.

I talked with junior Landen Waterfield, the President or Grand Master of the Knights about the organization. Asking about the main things the organization does, Waterfield said: "So we are a combat and choreography club, basically what that means is we have a roughly even split of people who like to fight with lightsabers and people who like to show-off with choreographed routines." Continuing our talk,

Waterfield told me they have 33 due-paying members, with all members coming from different grade levels and backgrounds. When asking about the dues, he explains that it is for both the purchase of the sabers and the maintenance of the equipment. "We like to provide lightsabers to our prospective members, so they don't have to make a purchase. Doing that requires biannual maintenance and purchase of new equipment. So that means the dues are \$20 for new members or \$15 for returning members."

When I inquired about what styles of lightsaber training they teach, Waterfield introduced me to the club's current Vault Guard or Treasurer and up-coming Quartermaster or Vice President, Sienna Zimmermann. Zimmermann explained that: "[We teach] six different styles. We have your normal one-handed, two-handed, duel-wielding. We got staff, we got reverse grip, and of course we have pikes." Going into detail, they explained that when you join the club, you are an initiate, where you will learn the basics of one-handed

and two-handed, before taking a test to become a padawan. After you become a padawan, you then can branch off and try the other paths/techniques, and you can switch and try each technique to figure out what style suits you. Waterfield, for example, likes duel-wielding because it was cool and allowed him better control when they participated in tournament battles, while Zimmermann preferred pike for its reach.

When I asked them if they would recommend this club to anyone on campus, they wholeheartedly said yes. Both said that if you are a huge Star Wars fan, into science fiction, or just want to wield a lightsaber, then this is the place for you. Even if you aren't a huge Star Wars fan, it is still a fun place to go and be surrounded by great and friendly people. You can check them out on Youtube at Knights of the Force at CNU, Instagram @cnuknightsoftheforce, and email at Knightsoftheforce@cnu.edu



Top Right: Shannon Garrett learning lightsaber moves with Sienna Zimmermann

Bottom Left: Students practicing lightsaber moves

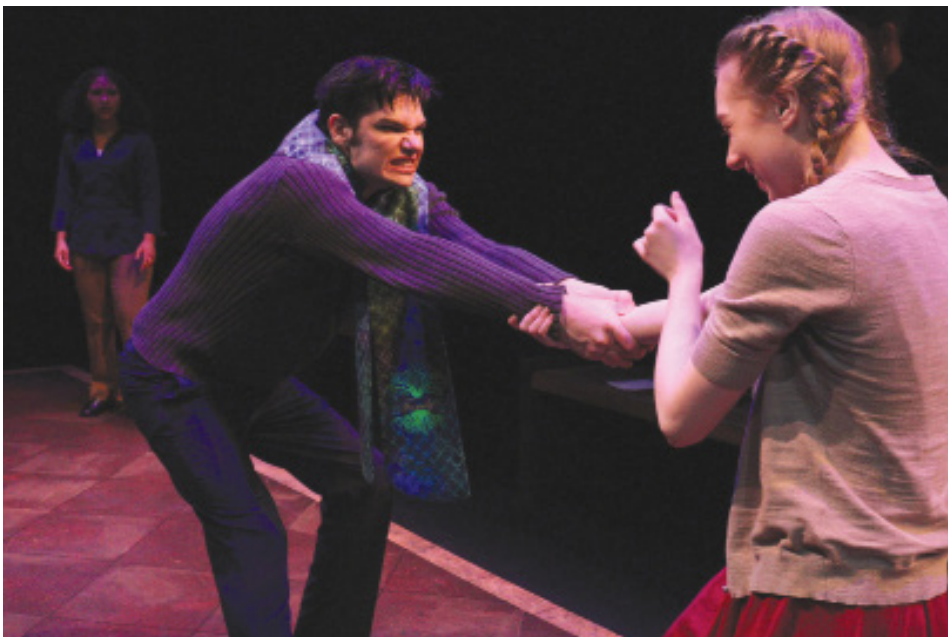
Bottom Right: Students gathered after practice

Photos Courtesy of The Captain's Log

Everybody



**Top: The character
“Everybody”
surrounded by “Love,”
“Death,” and the
“Somebodies”
Photos courtesy of
The Captain’s Log**



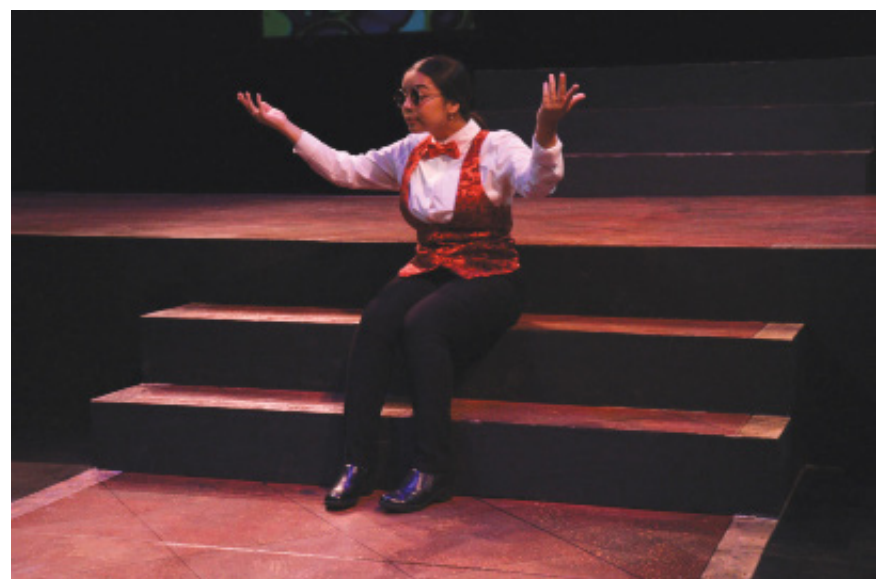
**Middle left: A “Somebody” pulling the
character “Time”**



**Middle right: The character “Everybody”
talking to a “Somebody”**

**Bottom right: The character “God”
addressing the audience**

Photos courtesy of The Captain’s Log



Admitted Freshmen Day



Crowd on the Great Lawn at the Admitted Freshman Day Lunch
Photo Courtesy on The Captain's Log



Dog on the Great Lawn Enjoying the weather during Admitted Freshman Day
Photo Courtesy of The Captain's Log



Mother and daughter posing in front of The Class of 2026 Sign
Photo Courtesy of The Captain's Log



Captain Chris and CNU Tour Guide posing for the CLOG Camera
Photo Courtesy of the Captain's Log



PAIDEIA

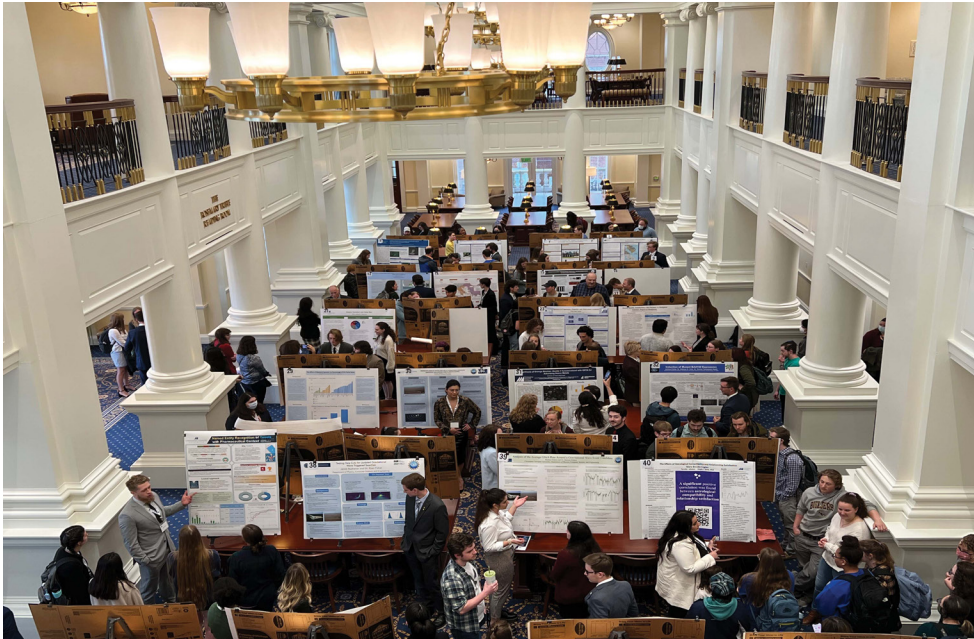
CHRISTOPHER NEWPORT UNIVERSITY

20th ANNUAL
CONFERENCE FOR STUDENT RESEARCH
APRIL 8, 2022
Tribble Library and Torggler Fine Arts Center

Paideia takes over Tribble
Library
Conference for Student Research celebrates
20 years



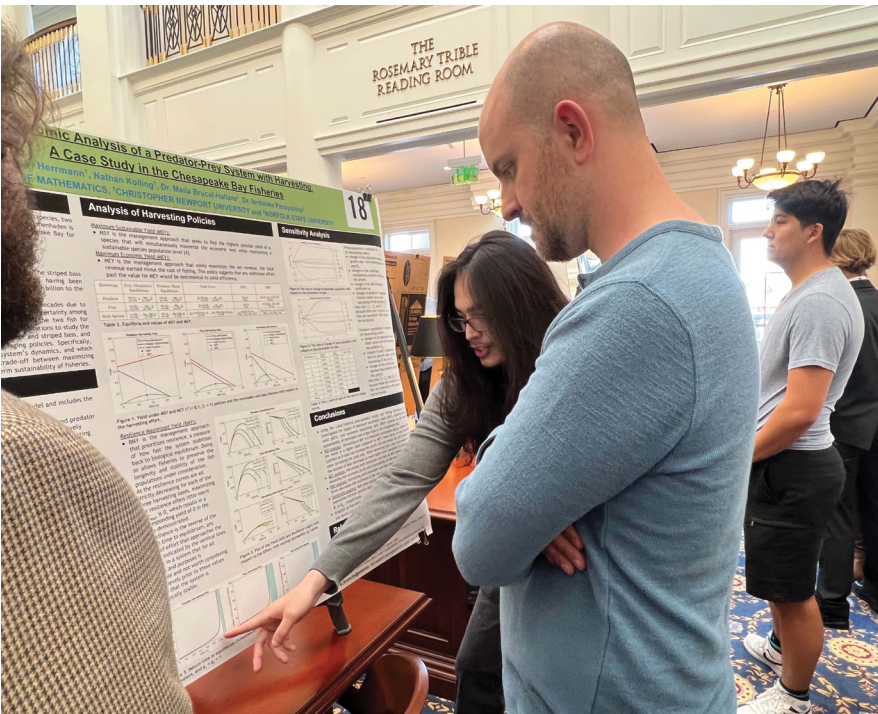
A BALCONY VIEW OF THE FIRST POSTER SESSION AT PAIDEIA
PHOTO BY THE CAPTAINS LOG



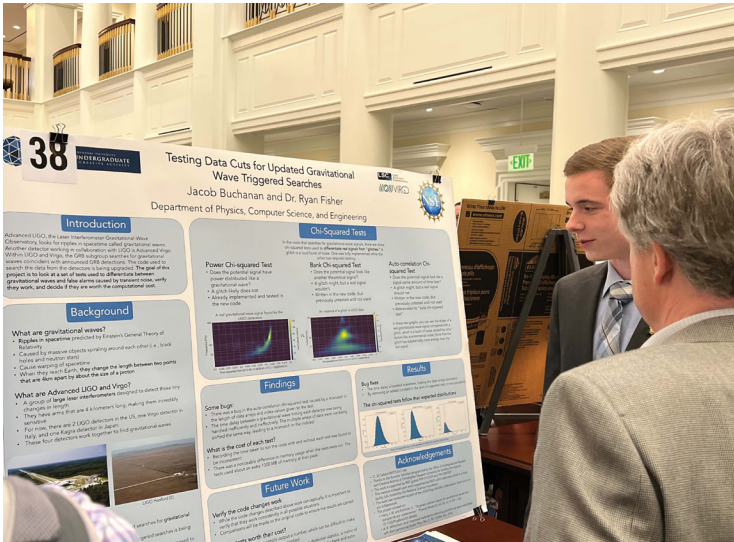
A BALCONY VIEW OF THE SECOND POSTER SESSION AT PAIDEIA
PHOTO BY THE CAPTAINS LOG



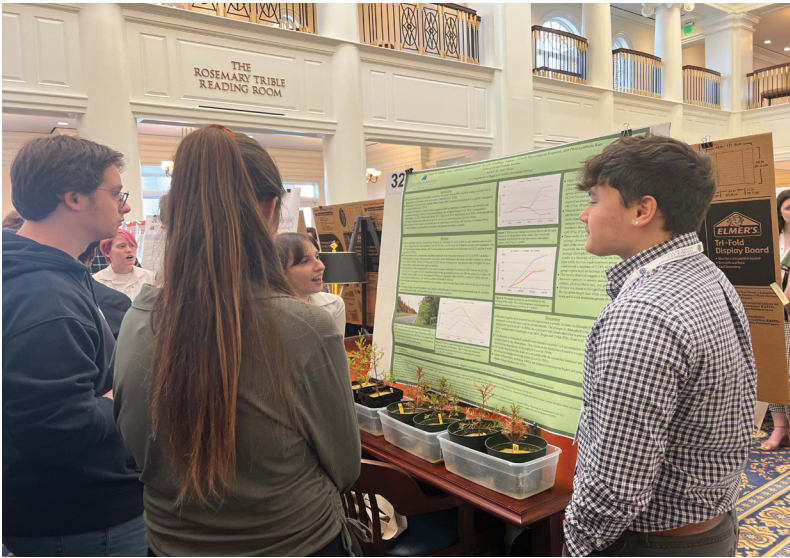
A BALCONY VIEW OF THE FIRST POSTER SESSION COMING
FROM THE OPPOSITE DIRECTION AT PAIDEIA
PHOTO BY THE CAPTAINS LOG



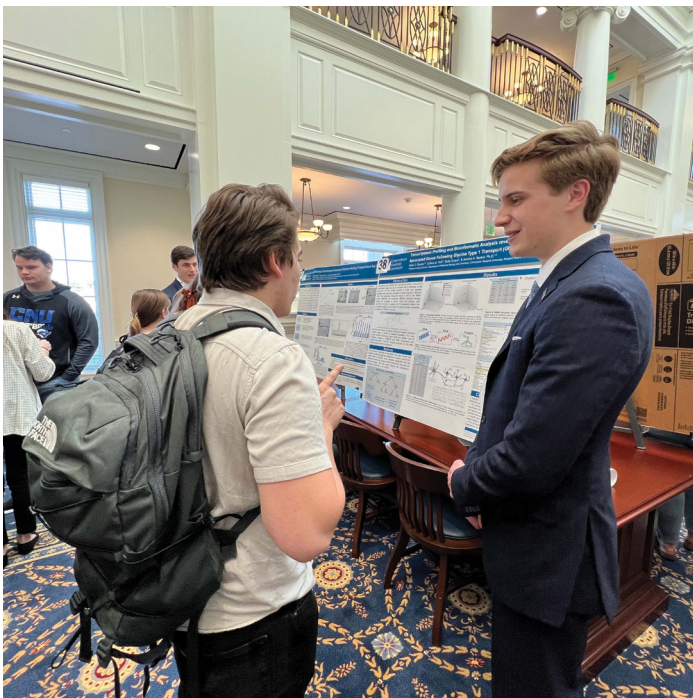
CNU STUDENTS JOHN HERRMANN AND NATHAN KOLLING SHARES
THEIR RESEARCH ON “BIOECONOMIC ANALYSIS OF A PREDATOR-
PREY SYSTEM WITH HARVESTING: A CASE STUDY IN THE CHESA-
PEAKE BAY FISHERIES” TO MATHEMATICS PROFESSOR DR. JAMES
KELLY
PHOTO BY THE CAPTAINS LOG



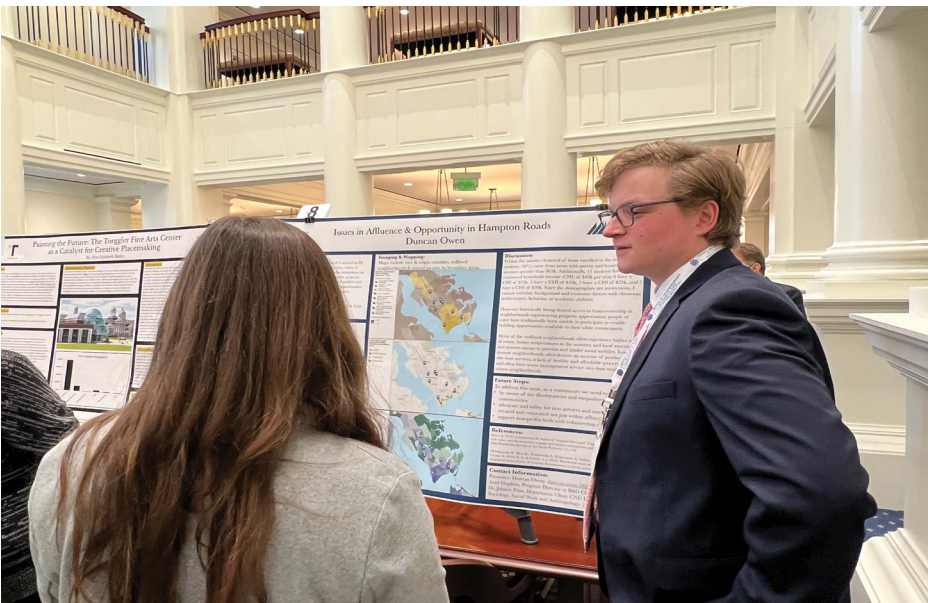
CNU STUDENT JAKE BUCHANAN SHARES HIS RESEARCH ON “TESTING DATA CUTS FOR UPDATED GRAVITATIONAL WAVE TRIGGERED SEARCHES” TO A GUEST ATTENDING PAIDEA
PHOTO BY THE CAPTAINS LOG



CNU STUDENTS REBECCA LITT AND NICHOLAS ASOLESE SHARES THEIR RESEARCH ON “STUDY ON SALINITY STRESS AFFECTING CHAMAECY-PARIS THYOIDES SEEDINGS’ FITNESS, GROWTH, PHYSIOLOGICAL RESPONSE, AND PHOTOSYNTETIC RATE” TO FELLOW CNU STUDENTS
(PHOTO BY THE CAPTAINS LOG)



CNU STUDENT AIDAN RUCKER SHARES HIS TEAM’S RESEARCH ON “TRANSCRIPTOMIC PROFILING AND BIOINFORMATIC ANALYSIS REVELAS UPREGULATION OF PNN -ASSOCIATED GENES FOLLOWING GLYCINE TYPE 1 TRANSPORT (GLYT1) INHIBITION IN BALB/C MICE” TO A FELLOW CNU STUDENT
PHOTO BY THE CAPTAINS LOG



CNU STUDENT DUNCAN OWEN SHARES HIS RESEARCH ON “ISSUES IN AFFLUENCE & OPPORTUNITY IN HAMPTON ROADS” TO A FELLOW CNU STUDENT ATTENDING PAIDEIA
PHOTO BY THE CAPTAINS LOG



CNU STUDENT HAYDEN OLSEN SHARES HIS RESEARCH ON “QUANTIA-TIVE RESEARCH & ALGORITHMIC TRADING” TO A GUEST AT PAIDEIA
PHOTO BY THE CAPTAINS LOG



CNU STUDENT, TAYLOR NORDIKE, SHARES HER RESEARCH ON “THE WATER OF THE WOMB” TO CNU STUDENT, GABE GRAVINI
PHOTO BY THE CAPTAINS LOG

James River vs. Warwick

Student shares in the residential hall debate

TREY GREENWELL
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Since it has been slightly over a week since sophomore housing happened, I thought it would be a good time to revisit the big debate every rising sophomore was having. James River or Warwick? Both have their pros and cons but which one is ultimately the best?

First up is James River. James River has a lot of good things about it: residents get a kitchen in their own room, the five person layout is one of the best available, and the location is convenient.

If you stayed in Santoro Hall as a freshman and loved your time there, you will definitely love James River because it is very similar when it comes to the people and the experience.

However, there are some cons about James River.

Firstly, it is not guaranteed that you will have a kitchen in your room. Sure it is possible that you can get one but when most people signed up for rooms, it did not specify which rooms had a kitchen and which ones did not.

If you do not end up with a kitchen, you will be stuck with a small living space and a small room without any of the benefits that come with staying in James River.

This could be a struggle if you end up staying in a suite with more than four people.



PHOTO OF THE JAMES RIVER SIGN TAKEN BY THE CAPTAINS LOG

Overall, James River is good if you end up with a kitchen. Otherwise, you may end up regretting your decision.

Now that James River has been discussed, what are the benefits of staying in Warwick?

One benefit of staying in Warwick is that there are more rooms for suites that can hold more than four people. In James River, there are four five person suites and two six

person suites.

In Warwick, there are 13 six person suites and three five person suites. The six person suites can vary from the 2/1/2/1 layout to the traditional 2/2/2 layout.

Another benefit of staying in Warwick is that the bigger suites have an extra bathroom and a bigger living space. This is very beneficial for suites with more than four people.

However, Warwick does

have some disadvantages.

One big disadvantage of staying in Warwick is that there is one kitchen per floor instead of one kitchen per room. This is a disadvantage because some residents may make a mess, making life twice as hard for the next resident to use the kitchen.

Another disadvantage is that Warwick is meant to be the dorm where everyone in the President's Leadership Program (PLP) stays. This is a disadvantage because non PLP students like myself had a hard time getting a room in Warwick especially if the housing ticket someone had was after 11 in the morning.

Overall, Warwick is good if you are part of PLP or you know someone in that program. If not, you most likely will not get to stay in this building.

After analyzing both dorm buildings and weighing the pros and cons of staying in both, I think Warwick is better.

Even though Warwick is mostly restricted to PLP students, the rooms are bigger and come with different layouts. While James River gives residents a chance to get a kitchen, it is not guaranteed. It does not help that when students were registering for rooms, the website did not specify which rooms had a kitchen and which rooms did not.

Overall, if you have the choice to stay in Warwick or James River, stay in Warwick.



PHOTO OF WARWICK TAKEN BY THE CAPTAINS LOG

Can we stop talking about the Slap?

Student shares thoughts about the Oscar drama

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"I'm just so already dramatically bored of hearing people's opinions about it that I just don't want to be another opinion adding to it," Daniel Radcliffe said, when asked about what he thought about Will Smith slapping Chris Rock. I think he is echoing the same sentiment most people feel about the incident.

It has been nine days and I am tired of hearing about the slap. Yeah, it was shocking and the first few memes were funny, but this drawn out discourse is just so unnecessary. Whatever opinion you have on the matter, it can't be as drawn out and useless as some of the ones that have been thrown out there. Describing the slap as being "traumatizing" and "extremely violent" is just nonsensical. This is a waste of time to keep talking about. Why are psychologists, journalists, politicians, and the LAPD focused on this at all, do they not have anything more useful to contribute to society? It's not that deep, it was a spat between two actors, it happened, it's over.

The Academy is having probably the biggest overreaction in all of this. They are pursuing disciplinary proceedings against Smith despite the fact he already resigned his membership on April 1st. The organization may even strip Smith of his Best Actor award. It's ridiculously hypocritical for the Academy to create all this drama (pun intended) over something like this. If the Academy is so "against violence", why did convicted rapist and wanted fugitive Roman Polanski win an Oscar AFTER his conviction, why did an accused predator like Woody Allen keep winning Oscars, or violent pro-Nazi director Victor Fleming, who won his award DURING the war. Why does etiquette suddenly matter now?

This isn't even the worst incident to happen AT the Oscars event. In 1973, Sacheen Littlefeather, a young indigenous rights activist, gave a speech on behalf of Marlon Brando to raise awareness on how indigenous persons were treated in Hollywood. She was jeered by the audience, insulted by other actors, and almost physically assaulted by John Wayne, who had to be restrained by security.

I think everyone knows this society is too enthralled in celebrity culture. But we can't break free of that if we spend time on such an unimportant incident. There are wars, social issues, corruption, inflation, and so many more important things going on that we should be focused on. This will not matter after another week, so STOP TALKING ABOUT IT.

What is up with these weird days

Finals are on?

Student shares his frustration about the academic calendar

Christopher Newport University
Academic Calendar: 2021 – 2022
- Spring Semester Revised and Subject to Change -

Spring Semester 2022: January 10 – May 3, 2022 ⁺⁺				
Date(s)		Event/Activity		
January	3-14	W-F	Final Add/Drop Period	
	10	M	Classes Begin	
	14	F	Last day to change to Audit status - 5:00pm	
			Last day to Add/Drop -- 11:59pm	
	17	M	Martin Luther King Day – CLASSES DO NOT MEET	
	28	F	Deadline for Faculty to Submit Change of 'I' Grade or Extension of 'I' Grade for Undergraduate and Graduate Students for Fall 2021 'I' Grades (5:00 pm)	
February	31	M	Three Week Grade Entry Begins -- 8:00 am	
	4	F	Three Week Grades Due -- 12:00 Noon	
	21	M	Mid-Term Grade Entry Begins* -- 8:00 am	
	25	F	Mid-Term Grades Due** -- 12:00 Noon	
	28	M	TENTATIVE: Spring Recess ⁺⁺ [May be rescheduled, reduced or canceled]	
March	7	M	Classes Resume	
	18	F	Last Day to Withdraw and Elect Pass/Fail Option -- 5:00 pm	
April	25	M	Classes End ⁺⁺ [Monday class schedule will be conducted on this day replacing instruction missed on 1/17/2022]	
	26	T	University Reading/Study Day	
	27	W	Final Examinations Begin ⁺	
			Final Grade Entry Begins*** -- 8:00 am	
	28	Th	Final Examinations Continue ⁺	
	29	F	University Reading/Study Day	
May	30	S	Final Examinations Continue ⁺	
	1	Su	University Reading/Study Day	
	2	M	Final Examinations Continue ⁺	
	3	T	Final Examinations End ⁺⁺	
	6	F	Final Grades Due**** -- 10:00 am	
	9-13	M-F	Commencement Week Activities	
	14	S	Spring Commencement	

* Instructors may begin entering midterm grades via CNU Live.
** Deadline for instructors to enter midterm grades.
*** Instructors may begin entering final grades via CNU Live.
**** Deadline for instructors to enter final grades.
+ Final examination room conflicts will be resolved by the Office of the Registrar and University Scheduling.
++ Please note that the semester may be extended and/or adjusted due to unforeseen circumstances.

SCREENSHOT TAKEN BY THE CAPTAINS LOG

FELIX PHOMMACHANH
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As most campuses already know, Finals week is fast approaching. Just yesterday we stayed home for the first two weeks of spring semester because of covid and now, finals week is coming in hot to end the spring semester. And... my god. This is by far, the weirdest spring finals I have taken, and I have been at CNU for four years and experienced a semester and two years of pandemic and this is weird.

First, the exams start on Wednesday, April 27th, 2022. That means, we have class on Monday, April 25th and have Tuesday, April 26th, as our one reading day before we start a hellish and stressful week of cram studying everything we learn throughout the semester and praying to whatever higher power for luck in the exam.

Now compared to the 2020-2021 academic year, the Spring semester had their exam start on April 30th, 2021, a Friday, then the following Saturday, May 1st 2021, and then a reading day.

The comparison is similar in that, compared to Fall semester, classes don't end on a Friday and don't have a week-end to relax. In the fall semester, you have a chance to have a final celebration with peers and have some fun on the weekend before going back to study for exams.

This semester, especially this spring semester, the exam week starts in the middle of the week! On a Wednesday!

Compared to 2020-2021, at least it was on a Friday, at the end of the week, where people only had two day of exams before giving us the Sunday and Monday off.

This year, we have Friday and Sunday as our reading days in the middle of exam week, with Saturday, a most prime day of relaxation as an examination day. I understand that the reason why they have an exam schedule this way is because of giving us Martin Luther King Jr. Day off, with Monday, April 25th, 2022, for Monday classes; however it is a complete weird tempo.

Having it start in the middle of the week feels weird as most people would use a Wednesday as a self-motivator to say that the weekend is almost there.

However, with the exam schedule, after Wednesday, they have to wait until Friday and dread the Saturday exam day, if they have it. Then break on Sunday and back to it on Monday and Tuesday.

Overall, I say this is a jank exam schedule.

What Is The Best Dessert at

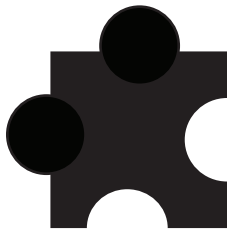
Trible's Dessert?



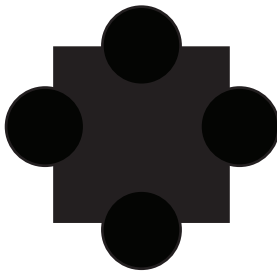
ROSEMARY HANDING OUT PLATES FOR HER GUESTS
PHOTO COURTESY OF THE CAPTAIN'S LOG

GRACE GRILES
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While the infamous Tribble's Dessert was two weeks ago, many have still had the desserts on their minds. At first I was hesitant to even go to Tribble Desserts. It was not because the idea was not enticing enough, but more because I was worried about whether the hassle of putting on business professional clothes after a long day of classes was worth it. After talking with some upperclassman I decided to go. "It's a great opportunity, and the desserts are great!" they all said. So I went, and I expected to see a bunch of dainty desserts laid out on a pretty table. It was quite the opposite. We were all given rather big dessert plates and were encouraged by Rosemary herself to take as much as we want. I saw the people who were first in line circle past me with three or more slices of cake that were as big as the plate itself. Most of the cakes that were at this event were cakes I had seen at the dining hall on holiday theme meal days. There was a lemon pie which was an elevated version of the famous lemon bars. There was a tall red velvet cake that toppled when you tried to place it on your plate. Rosemary raved about the chocolate spoon cake and the flourless chocolate cake. However, there is one cake that I did not see a lot of people grab that took me by surprise. The cake in question is a strawberry cake. It is not a strawberry shortcake with real or jarred strawberries thrown on top of a yellow cake with whipped cream on top. This was an aesthetically pleasing pink and white cake that was almost as grand in size as the red velvet cake. I am surprised that I grabbed it because no real strawberries were in the cake meaning that artificial flavor must have been used. I have never been a fan of any type of artificial flavor which is why when I am picking a dessert I stick with anything chocolate. However, the appearance of this cake intrigued me. I took a bite and immediately realized this was my favorite dessert. It was sweet, but not too sweet. The strawberry taste was present, but not overpowering. The icing was a simple buttercream icing, my favorite. I felt like I was eating something that was actually fancy. All the other desserts I could get somewhere else. A chocolate spoon cake could be found at the chain deli Mcallister's. A lemon pie, my aunt can bring that to the next family reunion. I am pretty certain I could make a flourless chocolate cake at home, but this cake I could not replicate. Therefore, I believe this was the best dessert at Tribble's Desserts. Unfortunately, I happened to go on the day that the famous Reese's peanut butter pie was not available, so if I went on that day maybe I would be singing a different tune.



Puzzles & Games



Rebus Puzzle

A REBUS is a picture representation of a name, work, or phrase. Each "rebus" puzzle box below portrays a common word or phrase. Can you guess what it is?

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

1. Facebook, 2. XBOX, 3. Half-Life, 4. Cutiepie, 5. Black Eye, 6. Top Secret
7. Low profile, 8. High Roller, 9. Rise and Shine, 10. Split the Room.

Where's Tribble?

Can you Spot Tribble in the picture?

Note: President Tribble is photoshopped into the picture.



Photo Courtesy of Captain's Log

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COURTESY OF THE CAMPUS ANNOUNCEMENTS

Moment of the Week: Honors Program Celebration



CONGRATULATES TO THE GRADUATING HONORS STUDENTS!! THEY HAD THEIR 23RD ANNUAL HONORS PROGRAM CELEBRATION ON SUNDAY APRIL 10. PICTURED ARE THOSE STUDENTS. THE STUDENTS WHO RECEIVED THE HONORS STIPED FOR THEIR SUMMER RESEARCH WERE ALSO RECONGIZED. (PHOTO BY THE CAPTAINS LOG)

Visit the Captain's Log Online on our website:
thecaptainslog.org.

There you can read all of our stories from the past
semesters and from this semester.



PHOTO BY THE CAPTAINS LOG

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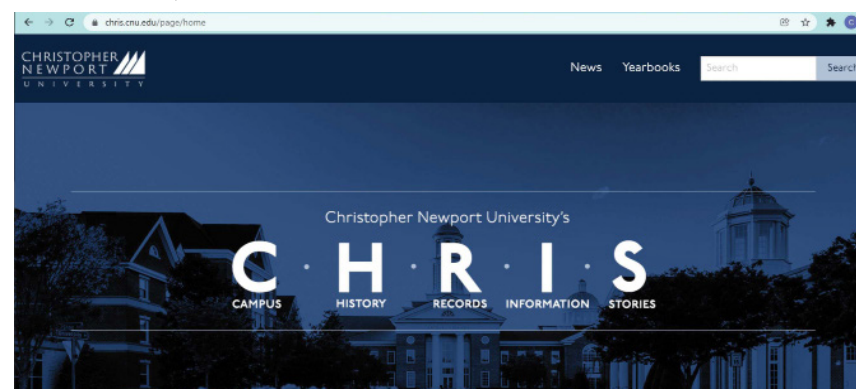


PHOTO BY THE CAPTAINS LOG



CNU TV videos on Instagram
and Facebook

KNIGHTS OF THE FORCE

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THE EDITOR welcomes letters from readers. Editors reserve the right to edit letter for length and AP style, as well as to refuse publication. An email with a ".doc" attachment is perferable. 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 Tuesday at 7:30pm in MCM 260.

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