



The Captain's Log

THE VOICE OF CHRISTOPHER NEWPORT UNIVERSITY STUDENTS

@CNUCAPTAINSLOG

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The Return of 'Light the Night'

Sponsored by the SGA, this tradition brought together the Christopher Newport Campus



The student body hanging with one another prior to glowsticks being placed in the air. PHOTO BY TAYLOR VIGIL/ THE CAPTAIN'S LOG

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After 18 months, the evening of August 29th became the first time all four classes came together to help ring in the new academic year. After a rain postponement on the evening of the Sophomore Honor Convocation on August 22nd, which was the original night, the tradition came back but in a different location. Prior to the pandemic, this event was held in front of Christopher Newport Hall with the academic buildings surrounding the crowd. This year, after a smaller event last year, all, including the most recent two, came together at Jennings Field, the Lacrosse field, to keep the tradition alive.

As those in attendance came through the gate, there was a number of free merchandise by the SGA, otherwise known as the Student Government Association, which acts

like a liaison between the student body and the administration. The free merchandise includes T-shirts to the first 300 students, water bottles, and phone pockets. Prior to the free merch, glow sticks were available for the student body to pick up so they could throw them in the air later in the night.

Once everyone was settled, there were a number of different groups hanging out and enjoying each other's company. Games played included frisbee, cornhole, a conga line, and a form of duck, duck goose, to name a few. There were some photo opportunities present from a professional photographer with a ring light to one with President Tribble. The professional photographer came from Allstar Photobooth, which can be found on facebook.

At around 8:30, the student body was asked to circle around the podium in preparation for the evening's speakers. Speakers included the

student body president, Mary Rommanello, and President Paul Tribble, which the student body stood for. After the five second countdown, the music, whipped together by the WCNU radio, began and the glowsticks went up into the air. Not long after the first music drop and again after the cupid souffle, about thirty minutes later, the crowd began to disperse heading back to campus to finish out a typical Sunday evening living on campus.

When asked how the night went, Romanello, representing the SGA wrote back to The Captain's Log with "Light the Night was absolutely surreal. Our CNU captains came together as a community for the first time to celebrate the start of the academic year with thousands of glow sticks, masks, and a speech from the incredible President Tribble. It was amazing to see thousands of students gather as one body, so excited and astonished to be

back together again. With the help from many organizations and the student government association team, this event was elevated to new levels. I am so grateful to be able to call CNU my home and kick off the year with my fellow captains."

When Kevin Hughes, Dean of Students, was asked how the night went, he said "It was great to see so many of our students together again. As President Tribble commented, this is the first time in about 18 months that we could gather in such a large group. It was also special to have him welcome not only the Class of 2025, but also the Class of 2024 and our juniors and seniors who longed for this event. It's a credit to the SGA leadership that they recognized the concerns arising from the delta variant, made some adjustments, and yet still created a memorable evening experience for everyone. The smiles were radiant. The energy was fantastic. It was just exciting

to see this student-owned campus tradition return, and return so strongly."

As a note, you can find the photo gallery from the professional photographer that was at 'Light the Night' at the following web address. <https://app.curatorlive.com/events/0HVMLN/gallery>.



SGA President Mary Romanello introducing President Tribble.

PHOTO BY TAYLOR VIGIL/ THE CAPTAIN'S LOG

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Moment of the Week

Introducing the Captain's Log editors for the academic year. Taken in front of the bell tower.

PHOTO BY TAYLOR VIGIL / THE CAPTAIN'S LOG

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



CNUTV

Coming soon to our Captain's Log Facebook is a 'Light the Night' sights and sounds video.

Happened

August 23

Fall Semester starts

It's that time of year again! The first classes of the new academic year officially began on campus.

September 4

First Game of the Season

The Marching Captains, and the Football team had their first Game Day of the season against Washington & Lee.

September 10

CAB Presents Maya May

CAB hosted Maya May in Gaines Theater for a stand up comedy show that mixed humor with observations of race, politics, class and gender.

September 18

Renaming of the Field

In honor of the 20th Anniversary of Football, the field at TowneBank Stadium was formally renamed after Coach Matt Kelchner.

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

There you can read all of your favorite stories.

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

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 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 Tuesday at 7:30pm. There will be occasional Mondays.

WANT TO ADVERTISE? Circulation inquiries, advertising rates and policies are available upon request via email at clog@cnu.edu. For more information, visit our website at thecaptainslog.org.

Returning to Campus for Fall Semester

A look at campus life under CNU's adjusted COVID regulations

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This semester, Christopher Newport University welcomed its new and returning students to a campus life more closely resembling the pre-pandemic school experience.

Since the administration loosened and removed certain COVID restrictions, CNU Captains have gone back to enjoying their beloved community traditions.

For instance, the freshmen class of 2025 experienced in-person Setting Sail.

Over the summer, the incoming class had the opportunity to familiarize themselves with college life, bond with their peers, and make memories.

Even though sophomores are returning students, campus life probably feels new and unfamiliar to them as well.

Last year, sophomores grew accustomed to a socially distanced dining arrangement, but with the dining halls running at full capacity now, it may seem like a hectic maze of people and tables. In addition, take-

out boxes are optional but not required, the salad bar is self-serve, and students can even scoop their own ice cream.

As for the juniors and seniors who were already familiar with pre-pandemic school life, they can finally go back to the more lively campus environment that they know and love.

For example, with desks no longer physically distanced in the classroom, students don't have to worry about feeling disconnected and far away from each other.

Additionally, there are no longer plastic shields on most of the study tables in Tribble Library, and instead of last year's limited hours the building is now accessible to students 24/7.

While it feels amazing to have regained a sense of normalcy, it's still important that each and every CNU student works together to keep the campus and the surrounding

community safe by wearing masks indoors and avoiding overcrowded spaces. With this in mind, hopefully everyone can enjoy all the events and club activities that CNU has to offer this semester!

A Broken Campus

Many students have had trouble with maintenance issues with dorms

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When moving into the dorms at the beginning of the year, students always expect problems, but are there more issues with the residence halls than in previous years? It seems that a large portion of students have begun their semester with multiple issues that are not always a simple fix.

Sophomore, Rachel Hollingsworth reported a couple things wrong with her room in James River Hall.

"The blinds broke and our door died," Hollingsworth said. When a door "dies," the batteries no longer work, meaning the ID card can not get you into your dorm room.

Hollingsworth also stated that the desk lamps did not work: "There was a work order placed and the door was fixed the next day, but the blinds and lights took a couple of days."

Ava Mister, a sophomore in Warwick, explained that she also experienced issues with her door dying, and

an elevator in Warwick West was out of order for about a day.

The first-time freshmen have noticed that they've been encountering more stressful situations than just moving to a new place and meeting new people. Freshman, Kayla Hebb, spoke on the multiple issues that her and her suitmates have come across since moving in.

"The temperature would never get to where we would set it," Hebb said in reference to her dorm room located in Potomac North, "At one point when it still hadn't cooled off, we set it to the two snowflakes but it still showed no change."

On that same hall, multiple residents were having problems with their rooms staying quite hot, leading to the submission of many work orders.

"Since, we've had multiple leaks in our ceiling, but our AC is now working and all leaks except one have been fully resolved," Hebb explained.

Mariah Jackson and her suitmates have also experienced some issues with their dorm in Potomac North.

"About a week after moving in, we realized that our sink would leak pretty badly if left on for too long. It flooded our bathroom and I placed a work order, but it took a couple of days for the issue to be resolved. Since then we have not had any trouble with our sink," Jackson said.

Along with the many other issues in Potomac North, the front door has broken several times. As a result, residents occasionally have been unable to enter the building using their ID because the door stopped working.

As well as in Potomac North and James River, residents have also been running into problems in York River Hall.

Kaley Vincent, who lives on the East side of York, said that there was an issue with the peep hole in her door:

"During move-in day, my dad somehow noticed that the piece you look through could be completely removed from the outside of the door. Obviously that was a problem because if anyone knew, they could remove the peephole from the hallway."

Vincent also said that the shower was not draining properly: "My roommate's boyfriend used a drain snake to try and clear it out, but it still wasn't working."

Vincent filed a work order and everything was fixed.

About a week after move-in, an anonymous source had a fairly large issue stop them in their tracks.

"The ceiling had been cracked since we had moved in," the source communicated about the tile found above their shower.

"One day while the people upstairs were showering, the tile fell onto the floor and shattered," such an event prevented the residents of the suite from being able to use their bathroom on all fronts,

"we could see all the rusted pipes that were clearly leaking." The girls of the suite could easily tell that the issue was something that had more than likely been in the forefront for quite some time.

They reported that, "maintenance came in, redid the tile, and left, but the same thing happened once again a week later."

As we have been told, even though the problem seemed to be fixed at one time it proved that it wasn't done properly, hence the tile having to be redone once more.

"It was fixed again and has not been broken since," the source assured us that the problem had been properly addressed and resolved.

All of the students have expressed their gratitude toward the maintenance staff with how efficient and kind they are, but there is still some speculation on why these issues were not dealt with before move-in. Hopefully residents will not have to deal with these disturbances for much longer, and everything will be back to normal.

Fresh Check Day at CNU

Students engage with interactive mental health booths on the Great Lawn

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On September 14th, Christopher Newport University's Office of Student Engagement and the Jordan Porco Foundation hosted Fresh Check Day on the Great Lawn, an interactive mental health check-in for students.

According to the Jordan Porco Foundation website, Fresh Check Day, which is hosted on college campuses across the country, "... aims to create an approachable atmosphere where students are encouraged to engage in dialogue about mental health. Fresh Check Day helps to build a bridge between students and the mental health resources and programs that exist on campus, in the community, and on a national level."

With all the pressure that college students face, from academic stress to social struggles, it is important that students take care of themselves and have a safe space to reach out for support when they need it.

Especially as the semester progresses and with the recent release of three-week grades, finding the necessary time to relax and unwind can be really beneficial. On Fresh Check Day, from 11 a.m. to 3 a.m.,

students had the opportunity to visit various booths and explore a variety of different activities that promote positive thinking and encourage healthy self-reflection.

For example, one booth provided strings and beads with letters on them for participants to create their own word bracelets. These bracelets, with words like "inspiration," "brave," or "strong," serve as a meaningful reminder to the wearer. At another table, students made mini messages in a bottle that would later be handed out to sexual assault survivors. Each uniquely different glass bottle contained a little sand and a thoughtful message with words of encouragement rolled up inside.

Another booth displayed a series of signs with negative phrases such as, "It's all in your head," "Don't worry so much," and "You should man up!" meant to showcase how people frequently invalidate and ignore other people's feelings with their hurtful and dismissive comments. In response, students wrote down encouraging statements and placed them near each sign: "Take your time to heal!" "It is okay. You are valued," "It's okay to worry and be stressed."

Similarly, one table had a full length mirror set up so that stu-

dents could leave supportive messages for the next visitor to see. Participants standing in front of the mirror were flooded with warmth and positivity from their fellow captains: "You're enough," "You are amazing!" "You are perfect the way you are."

These were just a few of the several interactive booths available to students on Fresh Check Day. Hopefully, each student who attended this year's mental health check-in felt loved and supported by the CNU community and left the event knowing that there are resources available to help them if they are struggling.

For information about CNU's counseling services, it can be found at <https://cnu.edu/life/counseling/>

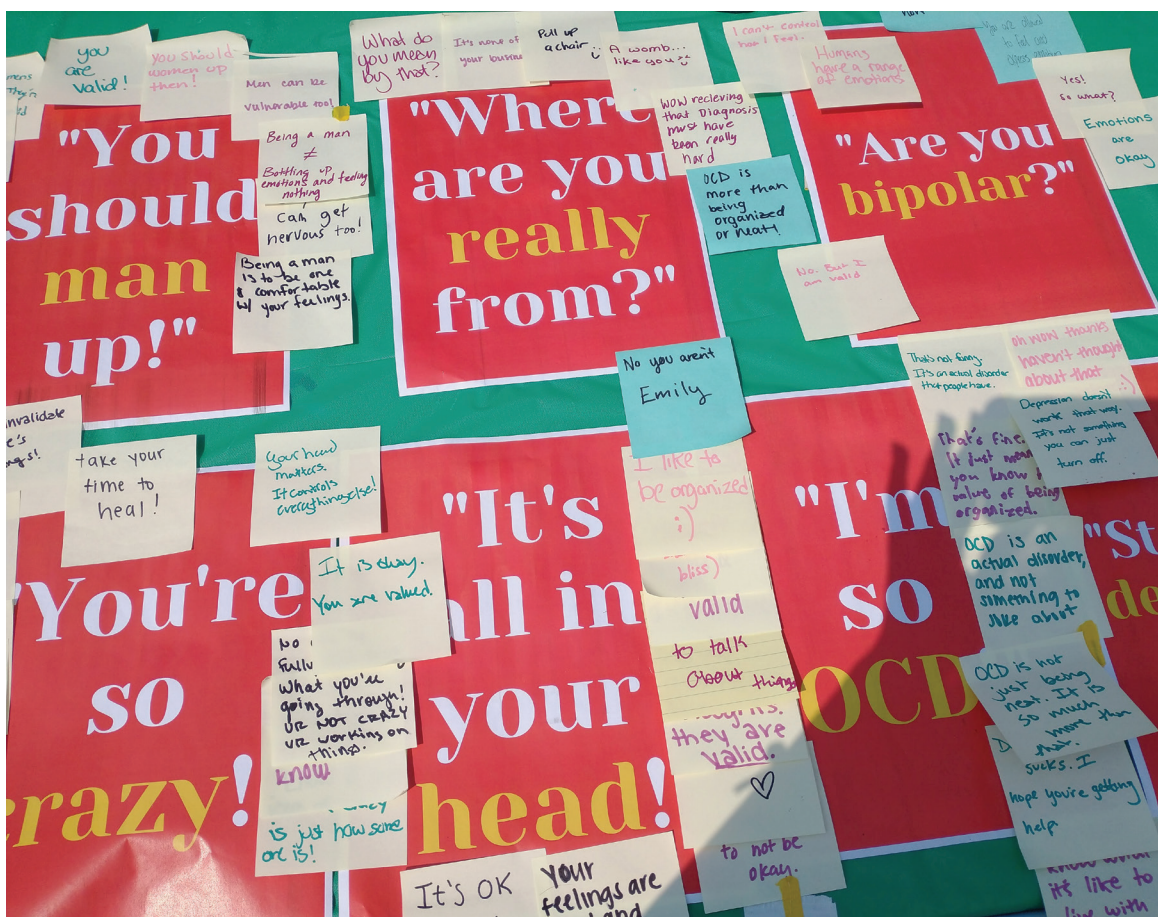
For more information about Fresh Check Day it can be found at <https://rememberingjordan.org/>



(Top Right) From a booth that provided strings and beads to create bracelets with different words like brave, strong, and inspiration. PHOTO BY EVELYN DAVIDSON/ THE CAPTAIN'S LOG

(Bottom Right) From a booth that have supportive messages. PHOTO BY EVELYN DAVIDSON/ THE CAPTAIN'S LOG

(Below) From a booth that displayed a series of signs with negative phrases with responses that had encouraging statements. PHOTO BY EVELYN DAVIDSON/ THE CAPTAIN'S LOG



September 29th
An Intimate Evening With
Josh Groban
7:30 PM Diamonsetin

September 24th
“Dear Evan Hansen” PG-13

September 30th
“After We Fell” R

September 24-25th
CAB Movie: “In the Heights”
8:30 PM-11PM

September 28th
CABLGBTQ+Comedian:
“Kristen Becker”
6-7 PM

Community Returning in Music

A music student’s len on playing in front of a crowd

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As we are all well aware of the fact that this fall semester has been different from the last. The dining hall has more seating, all in person classes are taking place, and sports events actually have an audience, but one change that many have overlooked is that music performances are back.

Unfortunately, there has not yet been a symphony or concert. However, The Marching Captains have gotten to perform at the CNU football games, and I do not believe that I will see them the same again.

I was at the first football game earlier this month. Over the past 18 months I guess I had forgotten what a “normal” football game was supposed to look like. Therefore, I forgot how big of a role the band played in a football game, and after talking to Melanie Aldhizer, a sophomore trumpet player on The Marching Captains, it seems that the pandemic almost made them forget their significance as well.

“It’s a whole other world from last year, because our last game (referring to Sept. 5th) was packed. It was

literally the best day ever and it was so fun,” Melanie said.

I remember being at that game and being shocked at how involved the band was. At the halftime show they exuded this energy that showed that they owned the field. The crowd screamed for them just as much, and possibly more than they did for the football game itself.

“I personally just love being a part of The Marching Captains, and it truly feels that you are a part of something bigger than yourself”

Even though The Marching Captains had huge expectations set on their backs to perform perfectly after not performing in front of others for a year and a half, it seemed that the band members felt more excitement than pressure.

“Even people who had been at CNU before last year, pre-COVID, were so happy to just perform in front of people again,” Melanie said.

After rehashing fun memories about the football game, Melanie and I started getting into how last year was hard on everyone, especially those in music.

We stuck to the subject of The Marching Captains, once again, because although she is in the CNU Music Program she had not gotten a chance to perform for them at the time of our interview. I expressed to her that practicing, even those you probably will not perform for anyone, must impact the

atmosphere and the program.

“We had a band camp this year which we didn’t have last year. So I was here a week before any upperclassman moved in, and we didn’t have that last year. We just moved in with everyone else and started rehearsal on Monday,” Melanie said.

This allowed for The Marching Captains to actually get to know each other and bond more. Melanie mentioned throughout the interview how this year she has gotten to know way more people in the band than she did last year, not only because of band camp, but also because they were allowed to practice in big groups.

“The cap was twenty five people in a cluster, even outside. So, what we would do is we would have sectionals every rehearsal. For me, the trumpets, we would go to a part of the field, and we would just sit there and play the music through stand tunes for almost two hours every Monday, Wednesday, Friday.

At first it was fun because we were playing music after a year of not doing anything, but after a while it just got old. There is no point. There is no end goal or performance,” Melaine said.

Now that there are new rules that allow for the entire band to rehearse together and for them to perform in front of others, everyone is feeling more appreciative for The Marching Captains.

Even President Tribble paid them a visit before the first football game.

“Friday rehearsal before the Saturday game President Tribble just showed up and gave us this speech. He gave this speech and said that this campus is not the same without The Marching Captains. They are a really big part of the football and campus as well,” Melanie said.

She explained that no one in the band knew he was coming, and how she appreciated the moment. She also went on to say that it was not just Captain’s fans who expressed their appreciation for the band.

“After the game one of the football coaches of Washington & Lee emailed the band director and said something along the lines of I know you beat us and everything, but I can’t continue on without saying how amazing your marching band is.”

Virginia Beach Magican wins AGT

Spreading a message of kindness with his talent

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Season 16 of “America’s Got Talent” concluded on Sept. 15 and a winner was declared. The winner of was a Virginia Beach magician, Dustin Tavella, beating the other nine finalists, gaining the one million dollar prize, and headlining a Las Vega show.

The reason for his successful win was an awe inspiring, inspirational, and interactive performance that not only impress the judges, but the audience.

Throughout the performance, Tavella walks us through his life, the challenges and struggles he had to overcome. His acts were for his adopt-sons, to inspire them and to chase their dreams.

For his performance, he intertwined his life with his magic tricks, starting with his parent’s thirty seventh anniversary approaching and how it wasn’t a card trick or coin that inspired his magic tricks, but kindness.

He recounted how someone stepped into his parents’ life and helped them become sober, get them back on their feet, and become a family, as he held a picture of their wedding photo, ripping it up, cupping the pieces, and blowing into it. Opening his hand, it was whole.

For this next trick, he asked the two thousand audience members to write down on a piece of paper how they hope to help others.

Once complete, they balled the pieces of paper and threw it at the judges Howie Mandel, Heidi Klum, Sofia Vergara and Simon Cowell.

Shortly after, Tavella asked the judges to pick one of the pieces of paper and asked host Terry Crews to pick a judge to see what their note said.

Crews chose Cowell and read his note aloud: “Give my cool clothes to another kid that needs them.”

After that, Crews popped a balloon on stage and inside was a note matching Cowell’s.

Tavella asked the audience member who wrote the note to stand up and said to him: “You are never too young to make a difference, man. Hold onto that generous spirit. You’ll go further than you will ever know.”

As he talked, he ripped the note up and blew it into the air like confetti. Saying that this is the power of giving, the power of a small act of kindness. How one small act can have a lasting impact.

A round of applause and cheers from the audience as the judges praised him for his storytelling, magic skills, and his humanity. With his performance, his small act of kindness allowed him to win “America’s Got Talent.”

Kicking off Twenty Years of CNU Football

CNU Football gets off to a strong start during its season opener

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On Saturday, Sept. 4th, Christopher Newport University kicked off the 2021 football season. For the first time in 22 months, fans were back in the stands, cheering on the Captains as they faced formidable opponent, Washington and Lee. The Captains received the ball first. After both teams first possessions, a muffed punt from Washington and Lee led to the Captains getting the ball at Washington and Lee's 14 yard line. This resulted in a 12-yard rushing touchdown from Matt Dzieriski that put CNU up 7-0.

After a fumble from Dzieriski, Washington and Lee gained possession of the football and capped it off with a rushing touchdown by Josh Breece. The Captains got the football back, only to end it with an interception that gave Washington and

Lee the football back. A short run by Alex Wertz gave Washington and Lee a 14-7 lead. Right before halftime, Dzieriski found wide receiver Xander Jedlick in the end zone to even the score at 14.

Coming back from halftime, CNU suffered quite a slump as third quarter brought virtually no points. After that scoreless third quarter, the Captains quickly regained their stride. Dzieriski found Xander Jedlick once again on a 27-yard touchdown pass that gave the Captains a 21-14 lead. The Generals responded with a four play, 64 yard drive that tied the score at 21. Washington and Lee then took the lead on a 35-yard field goal from Arturo Ramirez with 5:59 left in the game, setting up a big moment for the Captains offense.

The Captains final drive was anything but easy. Two big third down conversions helped keep them in the game; a 17-yard scramble from Matt Dzieriski and a 14-yard pass to Brandon Johnson. An acrobatic 6-yard run from Dzieriski gave CNU the win.

Garrison Mayo led the team in receiving with ten receptions for 91 yards. Xander Jedlick was not too far behind as he came away with four receptions, two resulting in touchdowns for 88 yards. Conner Ryan led the defense with eight tackles while Jason Massengill and Sean Wilkinson helped play a key part in holding the Generals to 225 total yards.

One reason the Captains won this game is because of their third down efficiency. They went 8/13 (62%) in those situa-

tions. Another reason they won this game is because of their ability to move the chains. CNU's 22 first downs to Washington and Lee's 11 helped extend drives. Looks like the team's 20th anniversary season will prove to be their finest one yet!

Captains Get Crushed

Captains Offense Struggles in Loss to Ferrum College

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On the 60th anniversary game, the Captains decided to name their stadium after former football head coach Matt Kelchner. Kelchner had coached the Captains for 16 years, retiring with a 109-60 record and ten conference championships.

However, the game did not turn out to be as memorable as the buildup. After a strong first half from the Captains, the offense struggled in a 26-19 loss to Ferrum.

Early on in the game, the Captains were in cruise control. They started off with a 74 yard drive that ended when quarterback Matt Dzieriski was stopped at the goal line on fourth and goal. However, after a three and out from the defense, the Captains opened the scoring with a 4-yard run from Adam Luncher.

After that scoring drive, the Captains defense held Ferrum

to 36 yards and forced a punt. The offense began to show signs of worry as a ten play drive led to a missed 34 yard field goal from Ryan Castle that kept the score at 7-0. The Panthers responded with a 38-yard touchdown pass to Tmahdae Penn that tied the game at 7. Both teams traded field goals, resulting in a 10-10 tie at halftime.

After a punt from both teams, Ferrum went on a ten play drive that ended with a 33 yard rushing touchdown from Tyrus Jones on 3rd and 11. The Captains responded with a field goal that cut the lead to 17-13 but they had trouble moving the ball in the fourth quarter.

A three and out from the Captains offense put Ferrum on the field with 13:28 left in the game. A 70-yard pass from Titus Jones to Matt Montgomery put Ferrum at the CNU 6 which ended with a 5 yard touchdown pass

to Tmahdae Penn that put Ferrum up 23-13.

The Captains offense got the ball to the 47 yard line but a rush for no gain followed by an incomplete pass resulted in another punt. The defense came up huge with a three and out but the offense turned it over on downs. Ferrum drove all the way to the CNU 12 yard line and kicked a 25 yard field goal to extend their lead to 26-13. The Captains responded with a late touchdown that cut the lead to 26-19 but a failed onside kick attempt ended any potential hope of a comeback.

Adam Luncher led the way in rushing with 67 yards on 16 carries. Jaiquan Findley helped out with 48 rushing yards on five carries. Chase Kelly led all Captains receivers with 63 yards on seven receptions with a touchdown. Garrison Mayo had 39 yards on two receptions and Trey Lancaster had 19 yards on two receptions.

The Captains lost this game

in part because they were outgained 359-291 in total yards and could not convert both of their fourth downs. Their third down efficiency was also a problem as the Captains went 6/15 (40%) in those situations. Not to mention, throughout the game, there were numerous penalties and flags being called on multiple plays. In fact, some of the student body have claimed that these calls were bad and even controversial in some cases. It's a safe bet that this will be quite a game that no one at Christopher Newport University will ever forget anytime soon.

Next Saturday, Christopher Newport University (1-2) will ultimately face off against Catholic University, (2-1). The game is scheduled to take place in Washington DC. Additionally, Kickoff is scheduled at 1:30 PM.

NFL: Back and Bigger Than Ever

After a Pandemic-driven season, the NFL showcased raw talent and roaring fans this kickoff weekend

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NFL Football returned Thursday with an impressive victory for last season's Super Bowl Champions, the Tampa Bay Buccaneers, led by seven-time-Super Bowl champion Tom Brady over the Dallas Cowboys. The victory wasn't easy, however, as the Cowboys had the lead until Tampa, with two seconds left, got the necessary field goal to win them the season starter. The Bucs show promise as usual despite their couple shaky moments Thursday, and it would be no surprise if they managed a second Super Bowl title.

Sunday opened with an array of highly anticipated games, many of which went according to predictions. One that didn't was the Minnesota Vikings verses the Cincinnati Bengals; the Vikings struggled to get points for most of the game, with the Bengals leading for most of the second and third

quarters. The Vikings did manage to tie it up at the end of the fourth, but the Bengals recovered an unlucky Vikings' fumble and put the game away with a field goal. There's no telling if the Vikings will manage to pull themselves together for the rest of the season, but I think it's safe to say the chances are low that the Bengals will continue this winning streak very much longer with the Steelers and Packers looming in their future, even if they do manage to come out on top of the Bears and Jaguars.

The Patriots vs. Dolphins game started out as a hot mess. The Patriots have been all over the place ever since their golden boy Brady left at the end of 2019. After a rocky season under quarterback Cam Newton last year, many weren't sure what to expect with the novel Mac Jones. The first half was back and forth due more to both sides'

mistakes than either teams' successes. But the second half picked up as both teams seemed to find their grooves, and the Dolphins were as successful as always. They were able to keep the lead until the final whistle, and I think it's safe to say we can expect the usual out of them this season. The fate of the Patriots is yet unpredictable. Mac Jones showed promise, but he also showed a few rookie mistakes. There's no telling if he'll be able to clean up his act enough to restore the Patriot's decade-long dynasty or not.

Green Bay also took a tough loss to the New Orleans Saints. Both teams are expected to be leaders in their respected divisions, yet analysts may be reconsidering the Packer's potential after they got absolutely smacked by the Saints 38-3. Quarterback Rogers, however, has experienced similar season-lows before, and it's probably safe to deduce that this was

just another fluke. Green Bay can easily bounce back as the season progresses when they take on the Lions and 49ers.

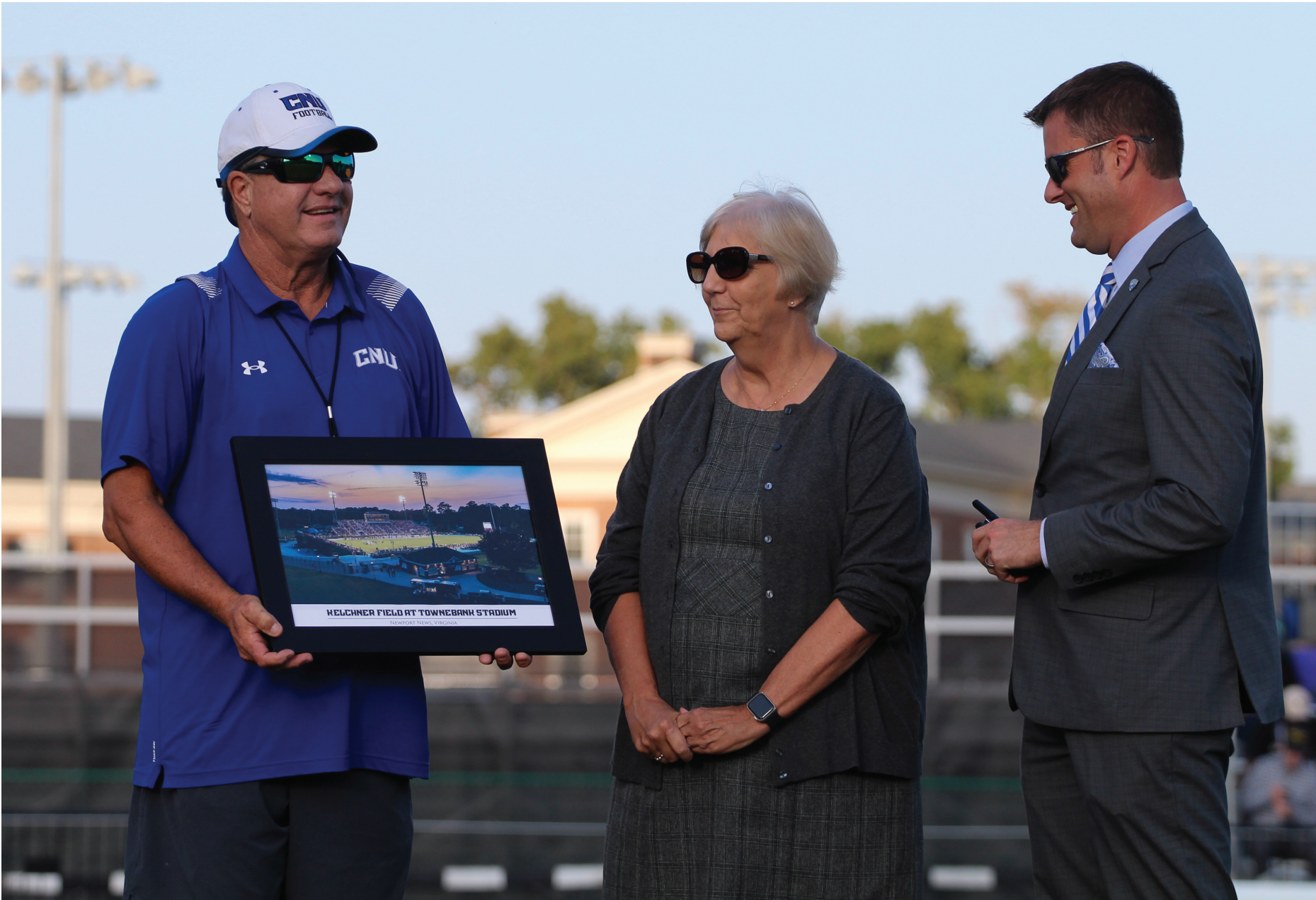
Sunday finished out with a decisive victory for the Rams over the Bears. The Rams once again displayed their talent and nerve against Chicago earning a 34-14 win. I think it's safe to expect a good season out of them, as well as a solid post-season. While the Bears usually have a decent defense if nothing else, Chicago's defensive line couldn't stop the Rams' successful running and passing games. We've never expected too much out of the Bears, and I don't think this season will be the season to disrupt that reputation.

All in all, I don't think this NFL's opening weekend was all that telling about how this season will go; most teams' futures are still ambiguous. I guess we'll have to watch the rest of the season to see just what these teams can do.

Want to write for
the Captain's Log?
Contact us at clog@cnu.edu

Celebrating 20 Years of Football

Captain's Celebrate the Dedication of Kelchner Field and the 20th Anniversary of CNU Football



(Above) Former CNU Football head coach Kelchner is presented with a photo of the newly named Kelchner field during the pregame segment of the CNU vs. Ferrum College game (Left) Adam Luncher attempts a touchdown (Below) CNU Storm Dance Team performs alongside The Marching Captain's during the halftime show

PHOTOS BY MARY SEMERLING/ THE CAPTAIN'S LOG





(Left) Linebacker Conner Ryan, fifth year, looks to the sidelines for guidance before the next play begins (Below) Quarterback Matt Dzierski, sophomore, prepares for the snap at the beginning of the play

PHOTOS BY MARY SEMERLING/ THE CAPTAIN'S LOG

Want to take photos for
the Captain's Log?
Contact us at dog@cnu.edu



(Left) The Marching Captains perform their show 'Otherworldly' during halftime under a nearly full moon (Above) The Captains' take the field for the coin toss at the beginning of the game

PHOTOS BY MARY SEMERLING/ THE CAPTAIN'S LOG

First Watch: “The Daytime Cafe”

A new restuarant to check out

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First Watch is the perfect place to go if you are looking for a nice breakfast at a reasonable price. It is the perfect place to go for brunch with your friends or a little date.

The entrance of the restaurant is quite crowded, and there is not a lot of space to wait for a table, so we opted to wait outside. First Watch does not offer reservations, but they do allow you to add your name to the list electronically for a certain time, but you still may have to wait for a table. I do think this is helpful if you choose to go on the weekends because it will help speed up the process of getting a table.

Once we were seated, we received our drinks quickly and were able to place our order for food. The staff was very polite and helpful, but once we had ordered our food they did not check to see if we needed refills or anything else. We waited about 35 minutes for food, which was understandable because the restaurant was packed. It was a busy place on a Sunday afternoon.

Once we had received the food though, we were blown away by the presentation of the meal and, of course, how everything tasted. We ordered The Pumpkin Pancake Breakfast, The Traditional Breakfast, and the Floridian French Toast.

The Pumpkin Pancake breakfast includes one large pumpkin pancake, two eggs however you choose to have it cooked, and two slices of bacon. The pancake took up the majority of the plate. It tasted like the beginning of autumn and had wonderful hints of pumpkin and pumpkin spice incorporated throughout. The over-easy egg was cooked perfectly, while the bacon was the perfect combination of crispy and chewy.

The Floridian French Toast consisted of two thick pieces of thick brioche bread covered in powdered sugar and fruit. The fruit on top was bananas, strawberries, and kiwis. It also included a nice strawberry jam on the side. They also had warm syrup to drizzle on the french toast. It had the perfect amount of french toast to powdered sugar and syrup ratio.

The Traditional Breakfast included two scrambled eggs, choice of meat (we chose bacon), whole grain artisan toast with preserves, and seasoned potatoes. The bacon was once again cooked perfectly. The toast was perfectly warmed and the preserves added a nice flavor to the bread. The potatoes were delicious. It was the perfect brunch meal to incorporate all of your food groups.

At the end of the meal everyone's plate was clean. The food options at First Watch are all so good that it's hard to choose a meal that would be disappointing. Each of the meals were beautifully presented and very filling. I did appreciate that once we received our check we could pay at the hostess table instead of having to wait for the waitress to return with the check.

I would say that it offers a high quality meal for a reasonable price. The average meal there costs around \$15.

Being a college student, I found it to be a nice way to have a nice meal at a reasonable price that won't break the bank. Something that is unique about First Watch is that it prides itself on having their products be fresh and not fried or kept warm under a heat lamp, and this is something you can tell when you try the food for yourself.

Two of the positives were the quality of the food for the price and the atmosphere of the restaurant.

Despite all of the positives, there were some areas that were not so positive. One of the cons of the restaurant was the attention of the staff to smaller details such as refilling drinks throughout the meal.

Overall, I would strongly recommend First Watch. I had a nice experience and a high quality meal. It was a nice way to get away from campus but not break the bank.

They had a nice upscale menu with a casual environment that provided a filling meal.

The restaurant is only 10 minutes away from school on Jefferson Avenue, which is quite convenient. The restaurant does not have any overall distracting decorations and offers a lot of different seating options.

First Watch is perfect for a family dinner or for date night because they offer foods for all ages in the family. If I was to give a rating of First Watch according to food, presentation, atmosphere, and overall experience, I would rate it a 9/10.



The traditional breakfast at First Watch PHOTO BY MARY SEMERLING/ THE CAPTAIN'S LOG

Top Five Wellness Tips

To keep you safe and healthy

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Because we are still in a pandemic, the health and wellbeing of not only ourselves, but our community is at risk. These quick and easy tips for staying safe this school year will help students not get sick.

Wear a mask when inside or around many people outside.

If you're vaccinated, you don't need to wear a mask. Though a lot of people are vaccinated, just enough isn't that wearing one inside places or at big events is a must. This will help keep the delta variant of Covid-19 at bay.

Wash your hands with soap and water. If not able, use hand sanitizer.

Keeping your hands clean helps get rid of Covid-19 and makes sure that you don't pass it on to others. Hand sanitizer is a great alternative to washing your hands if you're in a hurry or do not have easy access to a bathroom. Just make sure you have the right kind of hand sanitizer.

Use the CampusClear app to let CNU know if you're sick.

The CampusClear app is designed to let CNU know if you're sick through understanding how you feel. If you feel sick and have the symptoms of Covid-19, use the app to let people know. CNU has put protocols in place to make sure you get what you need, be it food or related to classes.

Clean areas in your dorm that get used frequently.

Areas that get used frequently, such as door handles, bathrooms, and appliances, need to be cleaned regularly. Set up a chore wheel or some kind of list that lets you know what has to be cleaned. This can eliminate the spread of germs and of Covid-19 in your dorm.

Stay away from areas where Covid-19 has seen an upward trend in cases.

Due to the delta variant of Covid-19, more cases have been reported. To be sure that you don't get it, just stay away from places where people have gotten it from. Find out from the CDC, the news, and from the university where these high-risk areas are located.

All of these tips can help you or someone you know avoid getting sick and passing it on to others. Everyone on campus wants their fellow students to be safe and smart when it comes to their health.

Five Easy Simple Recipes

Food that doesn't break the bank!

SAVANNAH DUNN

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Although the dining halls always have a large variety of choices, sometimes it is nice to be able to make food in the comfort of your own room. This article is here to help you find easy recipes to make using just your microwave! With ideas taken from both fellow students and the internet, here is a list compiled of 5 different recipes, each one maxing at \$10.

First on the list is a pizza quesadilla. All you need to make this is a tortilla, pizza or tomato sauce, cheese, and any other toppings you desire. This is simply just a large lunchables pizza that is heated up in the microwave. Start by placing the tortilla on a plate, and spread the sauce evenly across. Then add as much cheese and other toppings as you would

like. Stick it in the microwave for 1 minute and 30 seconds or until it looks done.

Another recipe that is easy to make is cheese nachos. Simply just put a handful (or two) of nacho chips onto a plate and sprinkle some cheese on top. Pop it in the microwave for 45 seconds or until the cheese is melted, and enjoy with salsa or any other toppings.

Next on the list is a baked potato. That's right, a baked potato! To make this microwaved meal, take a fork or a knife and poke holes all over the potato (this will keep it from exploding). Once you feel that you have poked the potato enough, put it on a plate and into the microwave for 6-8 minutes or until it feels done. It is done when the potato is soft and

can be easily cut open. You can add more time if needed. Once it is done, add whatever toppings you like, and enjoy!

Yes, you could eat processed mac and cheese from Kraft or Velveeta, but here is a homemade mac and cheese recipe you can make in the microwave. Just buy a pack of pasta shells, shredded cheese, and parmesan cheese (or any other type of cheese you want). Start by filling the mug about half way with the pasta shells and then fill it with water until it is right above the pasta. Cook the pasta in the microwave for about 9 minutes, taking it out every couple of minutes to stir. This does get messy as the water may boil over, so be prepared with a towel. Once the pasta is done cooking, go ahead and drain

the water and then dump the different cheeses on top, adding as much or as little as you would like. Stick it back in the microwave for about 30-45 seconds or until the cheese is melted. Then mix it together and enjoy!

Last on the list is probably the most popular microwaved dish: Mug Cake! This mug cake is super simple and only uses 3 ingredients. All you need is 1 egg, 2 tbsp cocoa powder, and ¼ cup of powdered sugar. To make, just combine all of the ingredients in a bowl, stir them together until it's smooth, and then scoop into a mug. Bake in the microwave for 50-60 seconds but watch to make sure it doesn't rise over

the top of the mug. If you are worried about buying eggs, there are some stores that sell them in half a dozen cartons.

All of these recipes cost at most \$10 each and are simple to make! If you don't feel like making the trek to the dining halls or want to stretch out your cooking skills, these recipes are for you. Hopefully you found something you like and will try these out.

Welcome Week on Campus

The return prior to classes beginning

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The freshman return about a week before classes begin to participate in a Welcome Week. The week begins on Sunday in the afternoon and is filled with many, many, many events throughout the rest of the week. Most of the days began at 9 in the morning. We had several speakers throughout the week as well as various events that were more lighthearted and fun.

In my opinion Welcome Week was good for a new freshman so that you could become more adjusted to the school before classes started and you could find your classes, as well as make new friends. I personally thought that some of the speeches were repetitive from what was talked about at orientation. Some of the talks were new information, such as the talk by Rosemary Tribble. Rosemary Tribble spoke about some very important topics that need to be talked about on all college campuses. Some of the events in the evening included a performance by "Live With Impact This is Our

Place," which talked about the various situations that you might encounter in college, in regards to parties, sexual encounters, etc. The group consisted of 5 adults in their upper 20s and low 30s. The performance began with one of the people giving a lap dance to one of the other performers. Each scene brought awkward laughter among the audience. My personal favorite part of Welcome Week was being able to hear from the academic dean of your intended major path. I also enjoyed the Day One of Service, it may have been an early morning but I enjoyed being able to give back.

I also asked other freshmen what they thought of Welcome Week. Another freshman said, "I enjoyed welcome week because it gave me the chance to settle into my dorm and get to know the campus a little bit before actually starting classes. I got to make many new friends and enjoyed and enjoyed the activities that

CAB organized for us. The week was packed with many presentations, activities, and so much more. It was a lot of fun and exhausting at the same time but I'm glad that we were able to have a welcome week this year despite COVID complications." Another student said, "Welcome week was a lot of fun, there many new experiences. I was able to meet new friends. I had an eye opening to leave home and experience college as an individual."

Overall, I would say that Welcome Week consisted of several long days, early mornings, meeting new people, and being able to experience college life fully. I think Welcome Week is a nice bonus to incoming freshmen but think there is some repetition and unnecessary things involved in the week.

Dining on Campus

A comparison of dining between a year ago and now

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As the world slowly returns to normal, things at CNU are going back to normal as well, or so I hear.

I was a first year student last year, so my college experience started when COVID was still pretty bad and as things slowly get better, there have been changes around campus.

One place on campus that has been returning to normal are the dining halls.

Since I was a first year student last year, I don't know how the CNU dining halls normally function, but I feel as though I have some insight as to how they were before the pandemic.

Last year, the dining hall staff members did everything for us. They served us our food and whether we were staying in the dining hall to eat, going outside, or taking our meals up to our room, we had a take out box for every trip to the dining hall.

Now, we are given actual plates and silverware,

depending on what dining hall you go to.

We are still given the option of having a take out box, which is very considerate of the kitchen staff.

Apart from the way we are served food and what we are eating it with, the other noticeable changes are that some food items are self-serve.

We are now able to scoop our own ice cream in the Commons and create our own salads. It feels almost freeing to be able to do these few things ourselves, proof that the pandemic might be going in a positive direction.

There are also more places to sit in the dining halls, and they aren't six feet apart. I love the options of where to sit!

The other day, I sat on a different side of the Common than I'm used to because the tables were all full! It's so nice to see full dining halls and have a feeling of semi-normalcy.

I think that CNU is doing

the best they can to try to return to some kind of normal state while still being safe and looking out for students and staff, and I hope that everyone continues to follow to rules to ensure that, when the situation is reevaluated, our dining halls, and campus, can be as normal as possible!

Much Ado About Nothing

A freshman's take on the honor convocation

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You might remember your Honor Convocation; whether you were a transfer student or a freshman, every student who stepped onto this brick-built campus was forced by admin to sit through a religious-like ceremony marked with silence and rituals taken so seriously, it's easy to be mistaken for a church service.

Old people preach about morality, a choir performs a short hymn, and students recite a solemn oath of their honesty and integrity. And at the end, in an auditorium of silence save arguably out of place instrumental pop music, students must sign their names on a contract promising their subordination to the demands of the school administration.

The question of course remains: is all of this really necessary? Or can we chill with the formalities and admit this whole convocation is much ado about nothing?

I don't know about other years, but I know the freshmen around me were dreading the event. Welcome Week was exhausting, our sleep schedules were virtually nonexistent, and dressing up in suits on threat of being turned

away was not our ideal Friday morning (and yes, we were told if we didn't have blazers, we wouldn't be allowed in). But the Honor Convocation was the one thing we all knew we had to go to.

Morning yoga was hardly essential, as was Thursday night's poetry reading and most of the other random nonsense we had to partake in that week, but the Honor Convocation seemed presumably necessary.

So, against all our wishes, the class of '25 got up early, buttoned our blazers and tied our ties and trekked beneath the blazing sun, sweat already beading beneath our expensive dress shirts, to the ridiculously uncomfortable chairs waiting for us in the Fieldhouse.

Then, of course, came the non-denominational mass that is the Honor Convocation.

Other schools don't do this. I can't say for sure, but Honor Convocations seem hardly a common occurrence among

America's universities.

Most schools just expect students to abide by the Honor Code—why do we make such a big deal out of it? Why the theatrics?

It's easy to conclude that CNU's Honor Convocation is truly much ado about nothing without much thought. I think what's harder is to come to that same conclusion with much thought.

In context to the world around us, America has grown increasingly lax with its value of morality. Ethics have been pushed to the background like Commons after we learned how much better Regs is.

But CNU has a better memory; here, we know that the way we live our lives matters, and honor shouldn't be an afterthought.

And considering how nonchalant our generation has been raised to take honor, I think it's important for us to make a big deal of it to reemphasize its importance.

Otherwise, it would be easy

for us to continue to forget how important honor is. The Honor Convocation may seem purposeless to many, but it's part of what makes CNU the school that it is.

Three Week Grades

Looking into when it began at CNU and why it is useful

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As the third week of school has come and gone, the phrase "I can't believe we're already taking exams", has been tossed around over and over again amongst freshmen.

The cause of this sudden burst of tests, three-week grades.

After the comparatively slow-moving pace of high school, many incoming freshmen feel a little caught aback by how quickly exams and the three-week grades along with them have arrived.

"Well, I'm a freshman," says Vangeli, a CNU student who has recently taken exams in art history, philosophy, and psychology, "so I'm used to having a whole year of a class instead of just a semester, in that sense it feels kind of early but when you think about it the three-week grade kinda seems like it's halfway between the beginning of the year and the midterms so I guess it would make more sense to have that now."

CNU started providing three-week grades for freshmen in the Fall of 2013,

"Basically, all faculty have to assign some kind of graded assignment within the first three weeks of the semester and submit the grade for that assignment on CNU live for all freshmen." Says Dr. Jelinek, my core advisor and philosophy professor, "I think they're a great idea because it gives you early feedback. If you were failing a class and you didn't find out until midterms, it might be too late to salvage your grade. It's good to get that early feedback to see, oh I'm not doing well in this class maybe I have to change my study strategies, maybe I have to change the way I approach this class, and if you get that feedback early on in the semester there's enough time to turn your grade around."

The three-week grades are only for the student and their core advisor to see, you can access

yours via CNU live but they do not go on your transcript.

For many classes the big graded assignment was an exam, in others like my literary foundation class, it was a paper.

I am a freshman myself and was personally confused at first as to why I suddenly had so many exams and bigger assignments around the same time but understood after getting a rundown about three-week grades from some of my professors.

It seems like most other freshmen got word of the three-week grades the same way as me,

"All of my professors told me that they had to do them" says Vangeli, "I already received my three-week grades, so that part of the stress is over".

"I think its especially good for freshmen because you've never been to college before", says Dr. Jelinek, "the kind of studying that you do in college is very different from what you did in

high school and so you might think you're doing well in a class when you're really not or vise versa so it's good to get that feedback to let you know if what you're doing is working or not".

What's Happening Soon on Campus

September 29

Josh Groban

In honor of the 60th Anniversary of the university, the Ferguson Center is presenting an intimate evening concert. Tickets are on sale.

October 1-3

Family Weekend

You can find more information on the schedule at cnu.edu/familyweekend.

October 1

Study Abroad Fair

Meet the study abroad programs presented by the CNU Study Abroad office in the David Student Union Ballroom.

October 8-11

Fall Break

A Captain's Log Flashback:

Looking back to how the campus reacted to 9/11 and came together in its aftermath

The following stories were originally published in a printed version of The Captain's Log from Sept. 19, 2001. Both showcases how the campus of Christopher Newport came together in the wake of 9/11.

"CNU Students Mourn At Great Lawn Service" was written by Emily Anderson, a Staff Writer at the time.

All of America expressed sorrow as they awoke to the news that terrorists had hijacked four commercial airliners, crashing them into the World Trade Center in New York, the Pentagon in Washington, D.C., and rural Southwest Pennsylvania. CNU was no exception.

Sadness and shock were emotions many students felt as they learned of the tragic events that took place on Tuesday, Sept. 11.

"Initially, I was shocked. I saw it all on TV and when I walked out of my apartment, I wanted to shout to the people walking on the street 'did you know we don't have a World Trade Center anymore? It's all gone,'" said Senior Rachel Maloney.

Maloney learned of the "Attack on America" when her roommate's boyfriend called them to let them know what was happening.

Freshmen Angela Peters felt many of the same emotions. "I thought it was horrible, because I didn't know it wasn't an accident. I just felt horrible that somebody or some group would do that," said Peters. "I'm sad that so many people lost their lives, and that it took this tragedy to bring us together. But I'm confused about why someone would do this."

A lot of students learned of the attack from their friends who had called or by watching the news. Students who had classes during that time found out in their classes.

"When I first found out, I was in the gym getting ready to work out, and because I didn't know what to do, I just kept working out, but I felt horrible doing it," said junior Marindy Stinson.

Some students were angered by the events of the day. "I was shocked and angered by the events, it made me want to offer help in any way I could. I know many people who were directly affected by the tragic event," said freshmen Pete Sasso.

CNU e-mail accounts were bombarded with messages from students, faculty and staff expressing their emotions, promoting patriotism, and wondering why and how this could happen.

Several e-mails came from President Tribble. In his first email to CNU, he explained that it was important that CNU would not be deteriorated by the actions of terrorists and that classes would continue as scheduled.

The University provided counselors continually for anyone who wanted to take advantage of the opportunity.

Many students wanted to help in anyway possible. Stinson along with her friend Beverly Bralett arranged to take residents to the blood drive that was being held at the Masonic Lodge. Together the two rallied about 60 residents from Santoro Hall to go over to donate. Stinson had every intention of donating, but ended up realizing that the Red Cross would benefit the most if she (along with Barlett) just helped out by helping people stay interested in donating despite the long wait.

"Since I couldn't just sit and do nothing, I had to do something," said Stinson.

With information still being released, CNU students, faculty and staff will never forget what they were when innocent people died in the terrorist attacks on America.

"Accepting America's Greatest Loss" was written by Jenny Lotts, a Contributing Writer at the time.

President George W. Bush declared Friday, Sept. 14 a National Day of Prayer and remembrance to pay tribute to those victims of the recent terrorist attacks on the World Trade Center and the Pentagon. At noon on Friday, many gathered on CNU's Great Lawn for a memorial service. As students awaited the start of the service, a recording of Lee Greenwood's "Proud to be an American" could be heard playing in the background. SGA President Jonathan Janis opened the service by ringing bells.

President Tribble followed, quoting President Bush, who said, "We will persevere through this national tragedy and personal loss." President Tribble cancelled the remainder of classes and athletic events. Finally, he read an email sent by CNU student Christina Serva, who lost her mother in the Pentagon attack. Serva's email ended by saying that she can't wait to see other family, as well as the CNU student body.

Reverend Cheryl Harrison-

Davidson made a speech pointing out that "we come from many races," and asked us to "be one in God's spirit." She read from both the Old and New Testaments of the Bible. Finally, she led an open prayer for all that wished to participate.

Jonathan Janis also spoke, reading from the book of John. Dr. Laura Fowler led the music. Three selections, "O God, Our Help in Ages Past," "Amazing Grace," and "God Bless America" were sung throughout the service.

CNU junior Brian Herron stated that there were a large turnout. He went to say that he liked the balance of both Jewish and Christian religions.

Finally, he was pleased with the balance of faculty and staff members, as well as students. Donna Eddleman, Director of Student Life, was also pleased with the attendance of CNU students, faculty, administrators, and staff who came to pay their respect.

However, the country remains united. At CNU, Reverend Cheryl said that "the CNU community comes together as the nation mourns."

Academic Tips

from the Academic Affairs Committee
within the Student Government Association

1. Don't be afraid to drop classes. There are many variables that go into whether it's the right time for you to complete a specific course. Just because you have to drop doesn't mean you can't complete the class in the future.

2. Go to office hours. If you are struggling in a class, most professors are more than willing to help during their office hours on a one-on-one level.

3. Plan ahead. Most professors have the course syllabus posted before the start of the semester. Regularly checking the syllabi can make it easier to plan when to do certain tasks and when to study.

4. Find a routine. Using your course schedules and your personal schedule, creating a routine of when you work on assignments for each class can make it easier to keep up with the work.

5. Create a space. Finding an environment that allows you to focus on your work is necessary. This might be in the library, or the cafe depending on your preference.

6. Memorize vs Understand. For many classes it is not sufficient to solely memorize terms, it is critical to understand the concept behind them. When studying, explaining concepts to yourself or other people may be beneficial.

SUBMITTED BY:

Jamie Canty/ Committee Chair of Academic Affairs



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JOIN THE STAFF!

The Captain's Log is always looking for new members. If you're interested in becoming part of our team, email editor-in-chief **Josh Grimes** at clog@cnu.edu or Joshua.Grimes.19@cnu.edu

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