



# THE CAPTAIN'S LOG

THE VOICE OF CHRISTOPHER NEWPORT UNIVERSITY STUDENTS

@CNUCAPTAINSLLOG WWW.THECAPTAINSLLOG.ORG

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## FINAL FOUR BOUND



(From left to right) Makenzie Fancher, Sam Porter and Anitra Thomas will be relied on for offense as the team advances in NCAAs. PHOTOS BY BEN LEISTENSNIER/THE CAPTAIN'S LOG

The women's basketball team advanced to just its second ever national semifinal game in the 45 years of the program.

BY ANDRE TORAN  
ANDRE.TORAN.16@CNU.EDU

The Christopher Newport Captains defeated Ohio Northern University, 76-66, handing the Polar Bear's their first loss of the year and ending Ohio Northern's 30-game win streak.

With the victory, CNU will

move on to the National Semifinals – also known as the Final Four – marking only the second time in program history that the Captains have reached the National Semis.

As the bout began, the game provided steady, competitive action between the two nationally-ranked teams, as they

ended the first quarter deadlocked at 18.

However, the Captains exploded in the second quarter, scoring 23 points to Ohio Northern's eight, entering the half with a commanding 41-26 lead.

The CNU defense stifled the Polar Bear's in the second quarter and set the tone for the

rest of the game, as they held a team, that usually averages a high-octane 73 points per game, to 26 points at the half.

Offensively, the Captains were able to sustain a 24-4 run going into the half, which helped them gain the 15-point advantage going into the intermission.

In addition, CNU's hot-scoring was led by freshman Micah Maloney, who was able to tally all 13 of her points during the outing in the first half, including three made shots from long-range.

**FINAL FOUR**  
CONTINUED ON PAGE 10

## CNU Day 17

The university hosted its third annual day CNU Day on March 14. Centered around the hashtag #TransformationTuesday, the event encouraged students and alumni to celebrate their own personal evolution at Christopher Newport while also seeking continuing donations for the school.





Weekly pic

This interior photo was taken in the McKnight Conservatory of the Gregory Klich Alumni House. To get a full tour of the newest building on CNU’s campus, turn to the Snapshot section on pages eight and nine. **Photo by Macy Friend/The Captain’s Log**

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**Correction:**  
In the Writing Center awards article from issue 18, the Office of the Provost sponsors the awards for excellence in student writing and teaching student writing, and the University Writing Council chooses the winners.

Happened

**March 14**  
**CNU Day**  
Last Tuesday, CNU held it’s annual “CNU Day” with the theme “Transformation Tuesday.” The day served as a way for past and present Captains to celebrate and show their CNU pride.

**March 11**  
**Final Four Bound**  
For the second time in program history, the CNU Women’s basketball team will be headed to the DIII Final Four this coming weekend. The Lady Captains, lead by Sam Porter and Makenzie Fancher, are 27-2 on the year and will face undefeated Amherst on Friday.

Happening

**March 15, 22, 29**  
**Stay Strong Workshop Series**  
The Center for Academic Success and and the Triesman Health and Fitness Pavilion Director, Lisa Powell will host the Stay Strong Workshop Series designed to help students balance health and academic success. Each event will take place at 4 p.m. in the Freeman Center multipurpose rooms.

**March 17**  
**Student and Class Council Elections**  
Voting is now open for the Student Honor Council and Class Council Executive Board for the upcoming 2017-2018 academic year on The Compass.



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2016-2017

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

**THE EDITOR** welcomes letters from readers. Editors reserve the right to edit letters for length and AP style, as well as to refuse publication. An email with a “.doc” attachment is preferable. Reach us through:

- **Email:** [clog@cnu.edu](mailto:clog@cnu.edu)
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**JOIN THE STAFF** The Captain’s Log is always open to students who are interested in writing, photography and editing. Editors assign stories every Sunday at 6:30 p.m.

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The theme of this year's CNU Day was Transformation Tuesday. Here you can see a picture of the original Christopher Newport Hall—which was opened in 1964 and was later renamed McMurran—in front of the newest Christopher Newport Hall. **FILE PHOTO BY MACY FRIEND/THE CAPTAIN'S LOG**



Students, alumni, faculty and staff all met up to take a “family picture” on the David Student Union steps to celebrate CNU Day. **BEN LEISTENSNIER/THE CAPTAIN'S LOG**

## CNU Day 17

**BY BEN LEISTENSNIER**  
BENJAMIN.LEISTENSNIER.13@CNU.EDU

A sea of blue crowded the steps of the David Student Union as they posed for a “family photo” to celebrate CNU Day. They weren't related by blood—rather the unifying factor was the tie to Christopher Newport University.

Adelia Thompson, the vice president for university advancement, stressed the importance of this sense of family to the annual event—which is in its third year now.

“It's a day to build and encourage spirit across the CNU family: alumni, friends, students, parents, faculty, staff, everybody.”

One of the goals of CNU Day is to collect donations from CNU-affiliated individuals around not just the country, but the world as well. Last year,

CNU received donations from over 30 states and eight countries.

Thompson said that a primary focus is placed on number of donors instead of donations.

This is reflected in the establishment of a goal of to receive donations from 700 alumni; 658 alumni donated at last year's.

A reason why the emphasis was placed on alumni donations is due to the fact that it reflects positively on the university in terms of outside perception.

“This is about reach and reputation for the university,” said Thompson.

Members of the “CNU Family” were encouraged to take to social media using the hashtag #CNUday17 sporting school colors to show support for their alma mater. At last year's CNU Day, the hashtag #CNUday16 even became a trending topic.

She also claimed that the event has been growing in size since it was started in 2015, an assertion she says can be supported by looking at that social media engagement.

According to infographics put out by the office of public relations, CNU Day 2016 had a reach of 920,318 people as opposed to the 450,270 in 2015.

Each of the three days have had a different theme, and this year's was Transformation Tuesday.

Thompson said the planners' thought process behind this was to celebrate the growth that the university has undergone over the decades. But she said there was more to it than just that as well.

“This is a day for us all to make a statement about how we've been transformed by being a part of Christopher Newport.” ■



## CNU's Week of Wellness

CNU's Week of Wellness helps remind students the importance of taking care of themselves during midterm week.

BY MELANIE OCCHIUZZO  
MELANIE.OCCHIUZZO.13@CNU.EDU

The last thing you expect to see when strolling through the DSU is a set of masseuses working out the kinks in your fellow peers' backs.

This display of holistic health is just a small part of the Week of Wellness that CNU's Health and Wellness Services hosted Feb. 27-March 3.

Matt Kelly, Deputy Title IX Coordinator, explained that this particular week was chosen because it was the week before spring break.

"Let's talk about how to be well," he said in reference to the strain midterms can put on a student's health.

The week's program was set up so that every day it represented different aspects of wellness.

### Bystander Intervention Training

The first event of the week involved looking at those who are outside of the incident, the bystanders.

Carrie Gardner, Associate Director of CNU Athletics, was in charge of organizing this particular program.

What is important about this type of training Kelly says is that often students are so focused on keeping themselves out of bad situations that they often overlook those around them.

This is different from the

training freshmen receive and online training because it looks at so much more than sexual assault.

"This is a program to educate people who witness events," Kelly said.

### Sex in the Dark

Sex in the Dark is a program dedicated to bringing attention to things about sex that are normally kept in the dark.

The program was set in the Washington Room in the DSU and once the event started the room was plunged into darkness.

It was a forum for anonymous questions and anonymous answers.

There was a representative from the Virginia Department

of Health and students could hang around after the event was over to ask more questions.

### Wellness Fair

The final event of the week was a wellness fair that took place in the DSU street.

This was a culmination of the entire week's programs. It looked at all different aspects of wellness.

There were representatives from planned parenthood, counseling services, a dermatologist, a massage therapy center and the Newport News Police Department.

Highlights from the fair were free massages, the drunk goggle obstacle course hosted by CNU PD and the alcohol

measuring table.

Title IX coordinators, Matt Kelly and Michelle Moody, had students measure out shots of alcohol and then showed them how many shots they were actually taking per drink.

Kelly feels as though the program was a success.

The week was coordinated in part by SAVE (Sexual Assault and Violence Education), a group of faculty and administrators devoted to student wellness.

Kelly says that he is glad to see focus on another aspect of wellness, other than sexual assault and violence education. ■



(Left) Matt Kelly, Title IX Investigator and Week of Wellness coordinator (left side) demonstrates how much alcohol is in your mixed drinks. (Right) Katherine Ransone (left) and Christine Michak (right) tabled the spread the word booth focused on respecting others sponsored by ASA and Phi Lambda Phi. PHOTOS BY MELANIE OCCHIUZZO/THE CAPTAIN'S LOG



Partner Masseuses (above) give free 5-6 minute massages to students to promote healthy bodies and self care. (Above right) Summer Kelly (left side) is led through a drunk goggle obstacle course by Officer Megan Johnson (right side). This particular challenge outlines how hard it is to coordinate yourself while under the influence.



# CNU to offer updated BS in Neuroscience

CNU decided it was time to take the neuroscience classes out of interdisciplinary studies and into their own major.

BY MELANIE OCCHIUZZO  
MELANIE.OCCHIUZZO.13@CNU.EDU

CNU will be putting a new degree on the books soon in the science department.

The interdisciplinary studies degree for Neuroscience is in the process of becoming a bachelors of science degree all on its own.

Dr. Guajardo has been working with the State Council of Higher Education of Virginia (SCHEV) since 2015 in order to get the process of a new degree approved.

Back in 2011 CNU wanted to gauge interest in a neuroscience program and the easiest way to do that is by creating an interdisciplinary studies degree with a major in neuroscience says Guajardo.

She says that at the state level the university can start an interdisciplinary degree without approval.

Anything more than that needs SCHEV's approval. SCHEV looks at the need for classes, duplicity and state-

level need.

"It is looking at it from an investment perspective," Guajardo explains.

Since the beginning of the program in 2011 there have been on average 25-30 students each year who indicated interest in the neuroscience degree. The same number of students signed for that degree on signing day she says.

There are 89 graduates of the interdisciplinary studies degree in neuroscience.

According to the 2015 Cohort from the Center for Career Planning, 91 percent of these graduates are either employed or in grad school.

There are several benefits to shifting from an interdisciplinary studies degree to a neuroscience degree, namely for the sake of practicality says Guajardo.

This shift would mean that students are now eligible for scholarships designated solely for neurology students that they weren't before, the graduates would included in the state

STEM count and it will be easier for students to explain their degree to future employers she says.

The curriculum will change slightly with this shift but it will only affect the freshman class of the year of implementation.

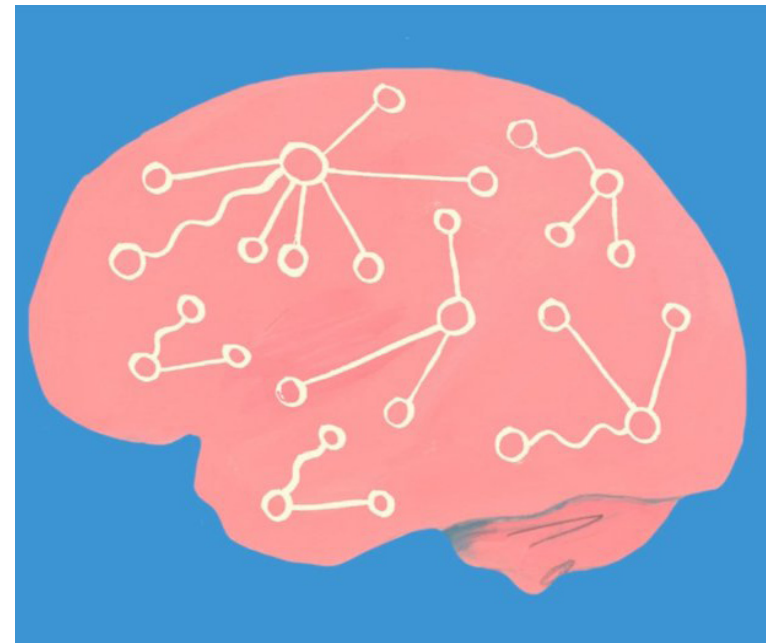
Currently the program is a collaboration of the department of psychology and the department of molecular biology and chemistry.

With the shift, the students participating in the degree program will share a common core of 22 credits with electives that complement their interests.

The core will represent both psychology and biology.

"Students will have a potentially minimal impact," Guajardo says, "but it will help them communicate more clearly about their major and the core will make them stronger."

The Board of Visitors just gave approval at the last board meeting and Dr. Osei from



COURTESY OF HARVARD ONLINE NEUROSCIENCE COURSES

the SCHEV board has made it known that CNU will have its support.

The hope is that this new degree program will impact

the fall of 2017 cohort.

"It was always the goal for a BS," says Guajardo, "having four years of successful student flow helped us start the process." ■

# Circulating through CNU's library system

Being a circulation desk worker is more than just checking the many books in and out of CNU's library system.

BY MELANIE OCCHIUZZO  
MELANIE.OCCHIUZZO.13@CNU.EDU

There are many jobs that a student can take on campus and working as a circulation desk attendant is definitely in one of the top listings.

Beth Young, librarian, is in charge of the students who help work the desk during the hours of operation and says that there are often more applicants than positions.

The real question is, what makes this job so special?

Young says that it is a good way for students who are interested in librarian school post-graduation to learn about working in a library but some of the students who work the desk have different opinions.

Adam Akari, sophomore, says "I'm usually in the library already and it was convenient. I wanted a job where I could do my homework at the same time."

Nicole Gould, senior, says "I like that we can do homework. Everyone's very nice here, it's a good work environment."

It looks like students come to work at the library for a variety of reasons, whether it

be interest in libraries, convenience or a quiet work environment.

Young says that students do more than sit at the desk and check things in and out.

There are many tasks that students perform behind and on the scene.

On a given shift a student may shelve books, help with unruly printers, answer phone inquiries and answer any questions that a visitor to the library may have.

Often, this is one of the first places a visitor or community member may come on campus so it is important for the library staff to be trained in answering any questions about the campus that they can Young says.

The students who are hired will be given the resources to answer things beyond the library.

The adult staff takes on these duties as well as planning out the daily schedule, projects and handling monetary transactions.

Young comments on the library's construction saying



Up to two students work the circulation desk in the library at a time. MELANIE OCCHIUZZO/THE CAPTAIN'S LOG

that it hasn't really affected her work beyond the initial relocation of books.

The only added staff there is now is a secondary student help desk. Young says this job

is a great way to help people.

"This is a place where you get to see people," she explains.

Students who work the desk will often have down time in the off hours and are able to

do homework or learn more about being a librarian.

Between that and the flexible schedule the library offers, it's no wonder this is such a coveted job on campus. ■



# The driving dilemma



An addition to parking, particularly around the McMurren area, could help improve student efficiency asserts Kimmy Eichelberger. **FILE PHOTO BY LIZ CLOUDE/ THE CAPTAIN’S LOG**



**KIMMY EICHELBERGER**  
STAFF WRITER

One of the qualities that sets Christopher Newport University apart from the majority of public colleges in the state of Virginia is the size of its student

body. Most institutions exceed a count of approximately 10,000 students, while CNU caps its student population to below 6,000.

This is a factor of CNU’s identity that I believe enhances its credibility and has a tremendous influence on why I chose to transfer to CNU; a small campus population enables students to establish meaningful connections in their community and receive the one-on-one attention from professors that one lacks in a large lecture such as the courses I enrolled in at my last school.

Consequently, it is not a hassle to navigate CNU’s campus, as a school with a small student population has no need for an intricate, complicated map. Students show great appreciation for this; one doesn’t need to take a bus or hike a hill to make it to their classes in the morning.

If one desires, one may wake up 10 minutes before their class on the other side of campus and still make it on time with moments to spare.

Where CNU’s size poses its problem, however, is that while CNU’s student

population is small, it at times seems as though the campus is still not quite big enough to accommodate certain necessities; one of which, that many will concur with, is CNU’s limited parking services.

Every Wednesday morning I return to campus after teaching my weekly dance lesson at a local preschool. I return to campus at approximately 10:45, with my first class starting at 11.

With my residence hall being Potomac South, the closet parking lot is behind the McMurren building, the next closest being the ROTC lot, and the third closest being the baseball lot; week after week, every space in these lots is occupied.

I am then prompted to circle the campus searching for an available space in a further lot; meanwhile, my class is beginning and I am still in the process of parking my car.

Many students, I am certain, encounter the same conflict.

While one may argue that we should simply arrive at campus earlier and allow ourselves more time to get situated, we all operate on hectic schedules between academics, jobs, and extra

circulars. We students have more than enough things to stress about, and whether or not we will be able to find a parking space and make it to our classes on time should not be one them.

CNU is acknowledged for consistently modernizing and upgrading its campus, which is why I am proposing that one of these improvements should be expanding the availability of parking.

If a location and construction funds could be compromised, an additional parking garage or parking lot—particularly in the vicinity surrounding McMurren—would greatly contribute to the campus’s ability to thrive as students could be assured that there will always be a space for them to park where needed.

With an efficiency in parking services, efficiency in students’ performance will also coincide.

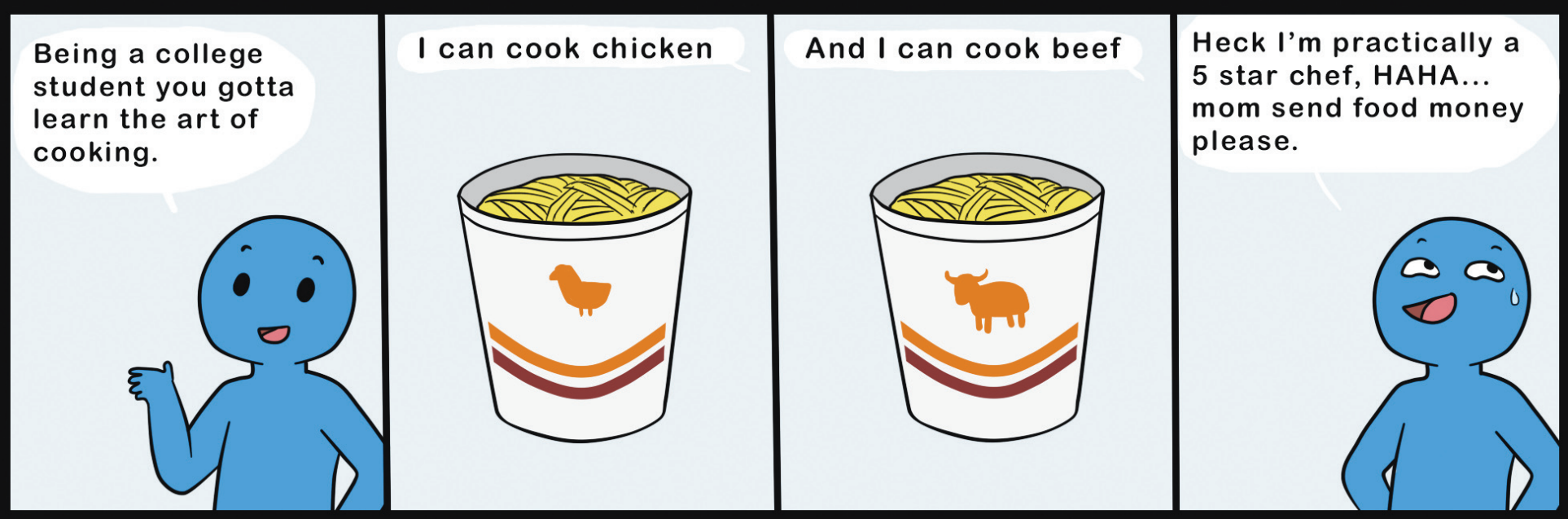
And while a small campus greatly contributes to the thriving student body, we must take into account the limitations that this imposes, and accommodate accordingly to make for a smoother drive down the road to success. ■



# COMIC CENTRAL

Interested in getting involved with the creative side of The Captain’s Log? Do you enjoy making digital comic strips detailing student life? Then contact us at [clog@cnu.edu](mailto:clog@cnu.edu) to have your work featured here and expand your resume!

## CAPTAIN’S BLUES

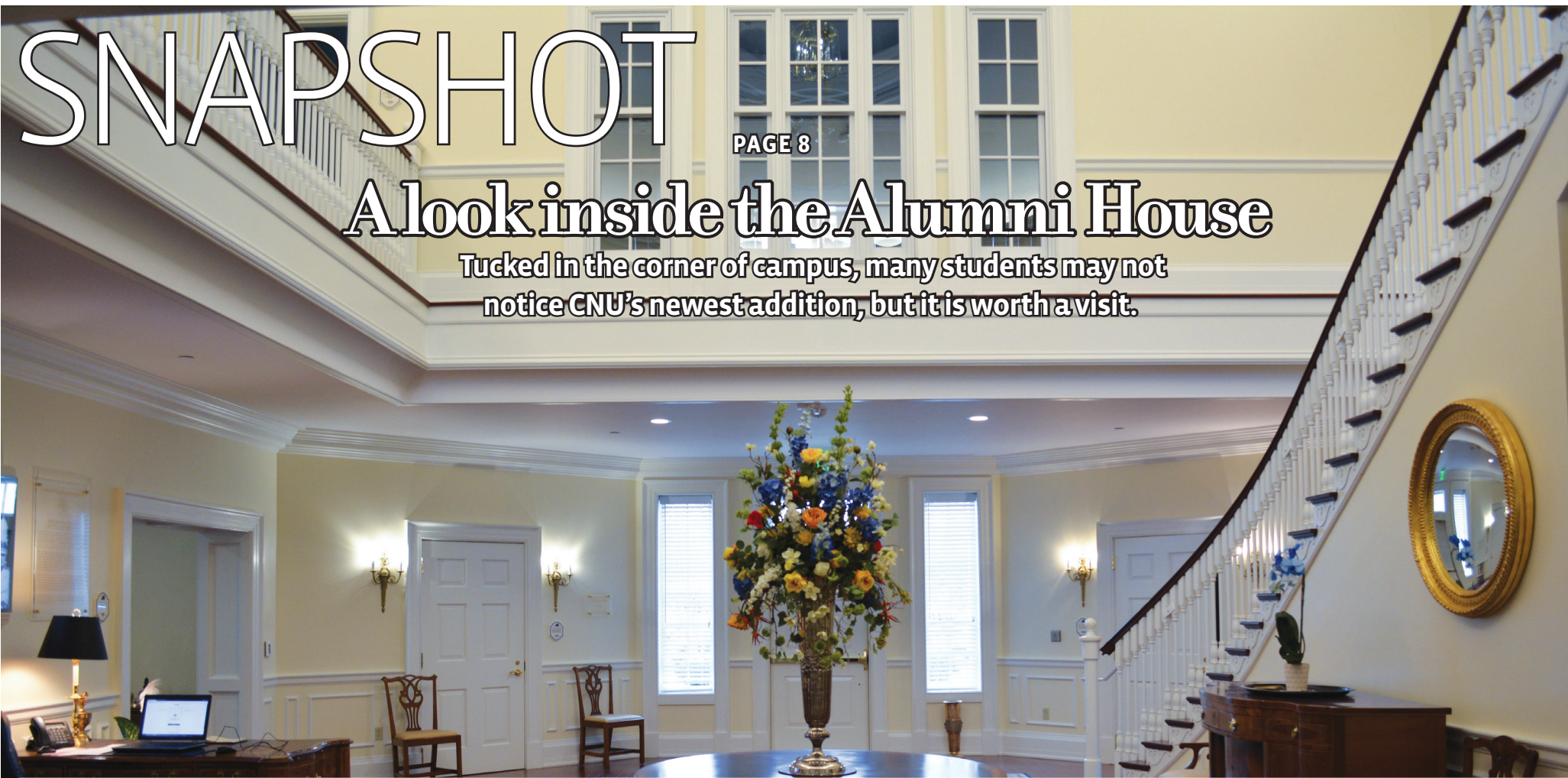


ARTWORK BY PARIS JACKSON

## DIVERSIONS

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# SNAPSHOT

PAGE 8

## A look inside the Alumni House

Tucked in the corner of campus, many students may not notice CNU's newest addition, but it is worth a visit.

BY MACY FRIEND  
MACY.FRIEND.14@CNU.EDU

Students might have already caught a glimpse of the Gregory P. Klich Alumni House from CNU TV's video published on The Captain's Log Facebook page two weeks ago. Following its grand opening Feb. 24., this publication has given the Alumni House considerable attention, and for good reason.

From the typical CNU columns to ornate mirrors and gold trash cans, nothing in this house is short of elegant. Although still undergoing construction with the addition of the Brusnahan Terrace, an outdoor space on the second floor to host receptions and gatherings, this does not detract from the charm of the Alumni House. With five rooms on the first floor and the novelty of the building,

there is a great deal of potential space to display Christopher Newport's history. Each room has some sort of artifact, but will continue to be filled with insight into how students, faculty and staff shape this campus and are "Defining Significance" throughout the years. Upstairs are two office suites named after the classes of 2014 and 2015 as a result of senior class campaign gifts, along with the

Bryant Conference Room. This room overlooks the gates of CNU and will host meetings of various boards and committees. It is named after Randy Bryant '90, a former President of the Alumni Society who has been active in the building of the Alumni House for decades. The open space of the Celebration Hall welcomes those who enter and the people inside are equally as welcoming.

In CNU TV's video, Director of Alumni Relations Baxter Vendrick stated the Alumni House is "a place for all Captains to gather, inviting current students—from freshmen to seniors—to come look at the house. Whether you see it on screen or in print, video and photos do not do the house justice. Students should take advantage of the opportunity to see this building of history in the making."

The Millar Celebration Hall, named after the Rector of the Board of Visitors, Scott '85 and his wife Muriel '88, is the largest and main space in the Alumni House. With a portrait of the namesake Gregory P. Klich, and a digital slideshow of campus photos playing on a plasma screen, this room is made to welcome alumni and students alike. **PHOTOS BY MACY FRIEND/THE CAPTAIN'S LOG**



(Left) The Alumni House's brightest room—with its ap White Rain—the McKnight Conservatory has double c plans to have a brick patio that guests can gather on. ( of two conference rooms in the building. Its doors face gather and attend meetings. (Right) The Powers Sitting, tain many artifacts from CNU's history, much like the L a glass-enclosed diploma, the first one earned by Dr. L Newport College who was present at the grand opening





One of the most decorated rooms of the house, the Davis Library, is home to some of CNU's most treasured artifacts. With a fireplace, a piano with the Alma Mater sheet music available for musicians to play and decorated with campus portraits, as well as past yearbooks, this room exudes a homey atmosphere. The library will be home to many other historical items about Christopher Newport. One of the more notable parts of the room is a display case that contains artifacts from a time capsule that was sealed May 1974 and opened on Christopher Newport's 50th anniversary in 2010. It even includes an issue of The Captain's Log from Aug. 28, 1973 and a Student Government Association Handbook from '73-'74.



Apparently sought after wall paint, Benjamin Moore doors that open toward McMurran and there are (Above) The Martin Family Conference Room is one of the Shoe Lane lawn and is a place for visitors to the Dining Room, named after Warren Power '84, will connect to the Davis Library. One artifact in this room includes a portrait of Christopher Newport Wright '62, the first graduate of Christopher Newport University, who died of the Alumni House Feb. 24.





# Captains advance to Final Four

After competing in the elite eight, the CNU women's basketball team gains victory in order to enter Final Four.

**FINAL FOUR**  
CONTINUED FROM PAGE 1

The high-scoring narrative of the Captains continued into the early moments of the second-half as CNU was able to score the first six points of the second half, increasing their lead over Ohio Northern to 21 points, 47-26.

However, the Polar Bear's would claw their way back into the game, as the unblemished home team cut the Captain lead to 47-38, with 2:20 remaining in the third quarter.

This attempt to make the game competitive, once again, was fueled by Ohio Northern's 12-0 run mid-way through the third.

As the final quarter began, Christopher Newport University held an eight-point advantage over the Polar Bear's, 50-42. Ohio Northern was able to continue to cut into the Captain's lead, as the two teams traded, shot after shot after shot.

However, the Polar Bears were only able to get within three of the Captains, 54-51, despite their herculean efforts. The remainder of the game was highlighted, once again, by the efforts of CNU's defense – despite the perseverance of Ohio Northern, who would go on

a late game run, cutting the lead to four with roughly three minutes remaining—which was able to force turnovers on three straight, late game possessions held by the Polar Bears.

Each turnover late in the fourth led to easy transition scores for the Captains, as they were able to increase their lead to 12 at the time.

After some last-ditch, respectable efforts by the Polar Bears to catch up to the Captains, Makenzie Fancher, Zhara Tannor and Makeda Wright were able to help the Captains convert on their final six free-throw attempts to seal a Captain victory.

The win over Ohio Northern marked CNU's ninth straight, as the Captains improved to 29-2 on the season.

Waiting for them in the Final Four, will be top-ranked Amherst College, providing the perfect back drop for the 2011 Final Four rematch between the two squads—a historic bout that served to be CNU's first appearance ever in the National Semifinal game.

Amherst won that matchup 69-59.

The Final Four games will be hosted by Calvin College, at the Van Noord Arena in Grand Rapids, Michigan, as the Captains are set to tip-off at 7:30 p.m. starting on March 17. ■



Sam Porter (front left) and Micah Maloney (front right) celebrate after beating Lynchburg and learning that their road to the Final Four was made much easier with an upset by Hope over previously undefeated Thomas Moore. The Captains would go on to defeat Hope in the Sweet Sixteen. **BEN LEISTENSNIER/THE CAPTAIN'S LOG**

## Why Show Choir is considered a varsity sport

News Editor, Melanie Occhiuzzo, explains why show choir should be classified as a varsity sport in today's schools.

**BY MELANIE OCCHIUZZO**  
MELANIE.OCCHIUZZO.14@CNU.EDU



There are few people who would say that varsity show choir is a sport, but I am here to tell you just how wrong you are.

What started out as a quiet venture onto the stage as a child turned into a love for music and synchronized dancing that has left me with little shame. Personally, I quantify any sort of group or singular act as a sport as long as it

makes you sweat. If you could become out of breath, sore or possibly injure yourself it is a sport.

Show Choir was my sport and I was good at it. My experience as a show choir girl changed my life.

I was never a shy child growing up, but I quickly found myself confronted with fashion and song choices that made me wrinkle my nose.

If you'd have asked me five years ago if I would have worn a sparkly blue dress and spanx on stage then I would have laughed in your face, but to my intense surprise I loved it.

The glitz, the glamor, and the sparkling dresses were all part of the experience. In addition to class during the school day where we could practice singing, we had after school practices for dance.

Again, a sport must be practiced at all times of the week in order to perfect it. That's where the sweating began. We practiced in the choir room which was made up of leveled steps, not a traditional dance studio.

The girls would form lines along these steps and dance in the hopes of

not face planting. I managed to make it one whole year before doing just that. There were times when our choir director would yell "Stop!" at the top of his lungs, turn off the music, and just put his hands on his hips. "That was HAM girls," he would say. Short for "Hot Ass Mess."

Sweat would be dripping from everywhere as we ran through the moves but there was one difference between us and the other sports at school, we had to sing in addition to dancing. People like to compare us to shows like Glee but often forget that those singers studio record their stuff before dancing on stage.

I often would tell my friends, "Why don't you try running around in a raincoat singing it's raining men."

As a singer and a mildly okay dancer I pushed myself to the limits those two years of high school. Breath control, dance moves, and form were always on my mind.

I could never do a show with other things clouding my mind. I started out singing in choirs at the age of three years old. I participated in the odd event where I got to do more than stand there while I sang but I didn't really venture out into the world of music and dance until high school.

I still remember going to my first show choir concert and my mother poking me

from behind whispering, "I can so see you up there." At first I resisted. I didn't think I had the gumption to drag myself up on stage and shake it to 'It's Raining Men' but I was oh so wrong. I auditioned with trembling hands and sweating pits in my junior year of high school.

My audition song was 'Close Every Door to Me' from Joseph and the Technicolor Dream Coat. I have always been a strong singer so the dance audition is what frightened me most.

Part of playing a sport is moving outside of your comfort zone to make yourself better. I quickly learned a dance to a One Direction song that was popular at the time and filed into the band rehearsal room with nine other students.

Mr. Burney, my mentor and choir director, said that he wasn't looking for perfection, but rather a smiling face and a good work ethic.

Inwardly, I was glad he said that considering I'm not exactly a dancer. I ended up making the all girls show choir, the Auggies, and danced my way through junior and senior high school with them.

The years I spent working on that team I received a varsity letter, one bloody nose, and several awkward dance partners. Those years would later be titled in my memoir as "Sparkles!". ■



# Men's lacrosse explodes past Messiah College



The Captain's attack had a combined 19 points on the day, never giving the Falcons a chance to make it competitive. **BEN LEISTENSNIDER/THE CAPTAIN'S LOG**

The Captains dominated every statistic, including points, thanks to an outstanding effort by Will Geise.

**BY BRETT CLARK**  
BRETT.CLARK.16@CNU.EDU

Over spring break, several sports teams had to stay behind in Newport News for competitions throughout the week.

Men's lacrosse is one of those teams as they had a game Saturday the 11th on Captain's Turf Field. Their opponent, Messiah College, drove a long five hours from Mechanicsburg, Pennsylvania to receive a 13-8 beat down as the men in blue and white piled it in on them.

CNU started out strong against the Messiah Falcons with a heavy-handed effort coming from Senior Will Geise at attack. Geise had the first five goals for the Captains, and assisting the sixth and seventh goals of the day for CNU. Geise, and attackman from Purcellville, Virginia said,

"I think a lot of it had to do with our sense of urgency. We played the entire game like we were down by five and even when we had a significant lead we still treated it like they could come back at any second."

Geise ended the day with six goals and three assists, launching the offense to a score of eight at half and 13 by the end.

Junior attackman Matt Crist also ended the day with four goals and two assists. Senior attackman Ryan Mills rounded out the trio with two goals and two assists, as well.

Head Coach Mikey Thompson commented,

"It was really cool to see how well all three attackman were playing together. They combined for 19 points on the day and made really smart decisions with the ball. We have made a huge emphasis on ground balls ever since the Hampden-Sydney game, and we have nearly doubled up our opponents in that category for the past three games. Pick-

ing up that many ground balls gets our sideline energized and makes us tough to beat."

Coach Thompson's strategy in focusing on ground balls paid off considering the Captains won the ground ball battle 32-17 throughout the 60 minutes of play. Nick Kirschke, who was 13 for 17 at the faceoff "X", stressed the importance of ground balls as well.

"A huge difference maker on the field has been the hustle and ground ball centric play. Doubling up your opponent in the most important stat of the game has provided us with more pressure and energy across the board. It translates well into faster play, which is one of our team's main identities."

While groundballs are important, CNU dominated every statistic in the book, including clears in which they were 11 for 12.

Meanwhile the Captains offense was given second chances, forcing five turnovers while riding the Flacons fledgling goalies and defense.

Facing a 12-6 route, Messiah decided to die with their boots on and won the fourth quarter 2-1, making the final 13-8.

The Captains will take on Wheaton, of Massachusetts Wednesday at home. Following that, the Captains will take on Marymount, Saturday March 18, a CAC matchup. Senior Matt Hayden claimed spring break practices and the three-game winning streak,

"It was nice to get another win under our belts before we head into CAC play. Having a few days off during break allowed us to get some rest and prepare for our upcoming conference games."

Men's lacrosse will be tested as they approach their in-conference matchups; Frostburg State and Salisbury have both been winning games by large numbers. ■

# Softball sweeps spring break series

**BY KORTY SWIFT**  
KORTY.SWIFT.16@CNU.EDU

Captain's softball kicked off spring break in Georgia with three wins throughout the course of a four-game weekend series, versus the nationally eighth-ranked Emory University. The team swept up both wins on March 4, and the victories were split between the two teams the following day. The team left Atlanta with three out of four victories and a 10-2 record under their belts. Captain's softball is now ranked number thirteen in the nation. Before the one loss against Emory, the Captains held an impressive nine game winning streak.

During the final game of the series, freshman Aubrey Bates was the starting pitcher, only permitting one run and three hits to occur in seven frames, as well as a single run in the fifth inning.

Both of CNU's runs of the game

occurred in the first and third innings, each of them hit in through a single and a sacrifice fly into the outfield by senior Jenna Sprinkle.

This game was a display of what head coach Keith Parr considers as some of the team's many strengths. "We have a ton of balance and strong, combined work effort on the team, including skilled pitching, hitting force, and a strong defense." The weekend ended with Emory University's record becoming 10-6.

For upcoming games, Parr described how they planned on staying focused and driven through the rest of the season, especially against big rivals such as Virginia Wesleyan College. "We're focusing on consistent play, a strong mental attitude, and doing the best each time the team steps on the field. As we go along, we aim to gain confidence, momentum, and new knowl-

Captains softball continues a strong early season showing, taking down nationally ranked teams.

edge from every game."

The Captains exhibited great confidence as they would go on to split the

doubleheader against sixth-ranked Virginia Wesleyan—snapping the Marlins' 16-game undefeated streak.



Rookie Grace Wild turned out to be the hero in the Captains' win over Virginia Wesleyan, driving in the winning run in extra innings. **BEN LEISTENSNIDER/THE CAPTAIN'S LOG**



## concerts

March 16

Eli Young Band  
7:30 p.m. Norva

March 18

Hippie Sabotage  
8 p.m. Norva

## in theaters

March 16

"Beauty and the Beast" Rated PG  
"Kong: Skull Island" Rated PG-13

## on campus

March 16

Mark Twain Tonight!  
7:30 p.m. Concert Hall

March 18

Dancing with the CNU Stars  
7 p.m. Field House

## The Wind Ensemble's "tour durch Deutschland"

The Wind Ensemble visited Germany during the spring break and they learned as much as they taught.

BY SAMANTHA CAMILLETTI  
SAMANTHA.CAMILLETTI.14@CNU.EDU

While most students went South for spring break, the Wind Ensemble went East—to Germany.

Throughout the week, this 40 member group travelled first within in United States and then to perform concerts in three cities within Germany including Sembach, Mannheim and Delbruck, according to oboe player Brigid Donahue.

These trips are organized every three years and provide an important cultural experience to the students.

"Through international travel, our students gain a much greater understanding and appreciation of America and its people when experiencing life in a different country," Dr. Mark Reimer, Director of Music, said. "These trips also instill in our students a love and understanding of people around the world and the knowledge that the world is much smaller and more interesting than we might realize."

The students were able to lodge with host families in Sembach and this was but one aspect of the trip that helped facilitate cultural learning.

"Our families taught us about their cultures and traditions, as well as some of their language," trombone player Emily Downer said. "When we had to leave, our hosts were so sad."

The student group was also exposed to another side of the culture including a visit to Dachau, the first Nazi concentration camp.

Like most who walk those haunting grounds, Downer felt both humbled and enlightened.

In addition to gaining cultural knowledge, the students of the trip represent CNU and they "helped spread awareness of our university to all corners of the world," Downer said.

These tours also are valuable recruitment methods for all of CNU's ensembles. The trip to Germany and others of its kind are funded through the university and CNU's Friends of Music.

"Various music enthusiasts on campus are eager to help make these experiences possible for our talented and dedicated students," Reimer said.

Music enthusiasts can hear the delights of the wind ensemble at the their next concert on Monday, March 20 from 7-8p.m. at the Virginia Beach Central Library. ■

# Writers, look no further for a "Muse"

The Muse Writers Center in Ghent celebrates ten years of providing both sanctuary and inspiration to grow for writers of all ages and skill levels.

BY SAMANTHA CAMILLETTI  
SAMANTHA.CAMILLETTI.14@CNU.EDU

Michael Khandelwal, director of the Muse Writers Center, is used to getting phone calls, but not one quite like this.

On the other end of the line is a blind 97-year old, asking about the process of publishing a book. Khandelwal, polite and with a unmistakable hint of surprise in his voice, offers room for him in their seminar on self-publishing, just one of the nearly 80 classes they offer.

"The Muse", as it is so frequently called, is a literary center focused on developing writing skills and providing a sense of community.

"This is a gem," Sara Pringle, ODU professor and instructor at the center said. "Not very many places have a writing center like this and everyone here starts to learn that and love that about this place. That's what makes us better and better all of the time is that we bring in so much of the community."

This inclusiveness is seen through their events like monthly coffee breaks, weekly writers happy hour, and other social functions that connect writers with each other and with the greater community.

These efforts signal a mature phase of The Muse, who now have both the expertise and funds to organize such events.

However, this maturity did not come

without enormous amounts of effort and energy.

The building that houses the current Muse Center in central Ghent is newly furnished and clean as a doctor's office. However, the Muse itself has moved from place to place, first renting out space in art schools to a garage with "leaks and mildew" and then finally settling their own space.

"We've grown in the past 10 years from being brand new to being one of the top ten literary centers in the country," Khandelwal said.

This growth is in part because of its dedication to providing a rich learning environment.

From workshops to classes to summer camps, The Muse Writers Center can cater to any interest and age. Their demographic extends from age eight to now 97. The class sizes are usually capped at eight to nine people, according to Khandelwal, to encourage participation. "We are also the only literary center in the country to have an extensive tuition assistance program," Khandelwal said. "We don't want to turn people away from a class just because they can't afford it, even though it's a tenth of a college class."

The Muse Writers Center usually gives away \$12,000 in tuition, and that money is generated through fundraising and donations. "Economic barriers to learning and creativity shouldn't exist. That's our thinking at least, I know they do but we don't want them to exist," Khandelwal said.

In addition to tuition assistance, the center has a strong base of professors, most with MFAs.

These professors range from ODU, CNU, Hampton, Norfolk State and Wesleyan, and the student base is just as varied. Students come from all over the Peninsula, even sometimes as far away as North Carolina because of attractive pull of this unique place.

"It's so amazing to see how talented and prolific young writers can be, how imaginative they are," Pringle said, who works primarily with the teen program. "They are so inspiring to work with. They remind you of all this creativity that is out in the world that you have to remember to go back and grab. I think we beat the creativity out of people and working with children reminds you of how much creativity is out there."

Another unique aspect of the center is their extensive poetry library, which is one of the larger ones in the country, according to Khandelwal.

They have over two thousand books of poetry, half of them from other countries.

Attractions like these help transform The Muse into a transit between writers and the greater community.

"It creates a literary hub of activity for the literary arts scene in the area," Khandelwal said. "It supports local writers by allowing people to refine their voice and refine their craft. And it's sort of like providing a beacon: here's literary arts and they're important and we want you to join us." ■



The Muse Writers Center prides itself on its small class sizes. Aided by donations by supporters of the center, these small, but innovative classrooms help writers feel more comfortable expressing their ideas and collaborating with others. The center offers about 80 different classes for writers of all skills and ages, and contribute to the center's goal of maintaining a friendly and collaborative atmosphere. Photo by Samantha Camilletti/Captain's Log



# Toulouse-Lautrec arrives at the Chrysler Museum

The Chrysler Museum in Norfolk opens a new exhibit and with it, an opportunity to experience 17th century Paris.



Arguably one of Henri Toulouse-Lautrec's more famous lithographs is "La Troupe de Mademoiselle Églantine" or "Mademoiselle Églantine's Troupe". This piece, borrowed from the Museum of Modern Art, depicts a new era of female dancers and Parisian entertainment. **Photo courtesy of Thomas Griesel**

BY SAMANTHA CAMILLETTI  
SAMANTHA.CAMILLETTI.14@CNU.EDU

The Chrysler Museum of Arts in Norfolk prides itself on being a beacon to all appreciators of art and their latest exhibit "The Paris of Toulouse-Lautrec" seeks to attract fans of Henri de Toulouse-Lautrec. He is often credited one of the first to document the "hedonistic nightlife that still define the ideal of bohemian urban life today," according to a press statement released by the Chrysler.

The 122-piece exhibit is organized around Toulouse-Lautrec's average days in Paris in the mid-1800s and his experience with the vaudeville-style performances emerging during the time.

This exhibition includes lithograph posters, both pencil and ink drawings, and a selection of Japanese "Ukiyo-e" woodcut prints, according to Lloyd DeWitt, chief curator at the Chrysler. "Like many Parisian artists, his print-making style was heavily influenced by Japanese woodcut prints being exported to Europe for the first time," according to the press release.

There will be a complementary exhibition called "Inspiring Impressionism" that explore this link further. Ukiyo-e or "floating world pictures", according to the press release, is a Japanese art

form that includes paintings on wood that depict scenes from history, folk tales, and average life.

Understanding this link is central to understand Toulouse-Lautrec's art, as his posters and drawings to depict the "everyday denizens of the city," according to the press release. He also depicts women in their daily lives, like sipping coffee or putting on makeup.

Toulouse-Lautrec's career as an artist only lasted 10 years as he succumbed to a stroke when he was just 36. However, despite his short career, Toulouse-Lautrec made a lasting impact on the modern bohemian art style by focusing attention to seemingly menial activities and aspects of Parisian nightlife that were often passed over.

"Toulouse-Lautrec was furiously productive in his short 10-year career," DeWitt said. "He captured the freedom, energy and creativity of the new entertainment industry in Paris, absorbing influences like photography and newly available Japanese prints to create popular posters that still define for us the magic of Belle Epoque Paris, and the possibilities for urban life today."

Though he may have passed, his art lives on. It continues to inspire others as one of the brightest stars that has found a new place to shine in Chrysler's galleries. The exhibition will be on display until June 18. ■

## A theater enthusiast's journey

The Captain's Log shines a spotlight on senior Bonnie Newton, an artistic force on campus.

BY SAMANTHA SPATA  
SAMANTHA.SPATA.16@CNU.EDU

Bonnie Newton, a fourth-year theater major and classical studies minor, has filled her college days with numerous theatrical productions and endeavors.

From performing to writing to directing, she has had a hand in several on and off-campus theatrical projects, including assistant directing last year's "Macbeth" and producing the 14th Annual "Page to Stage" event at the Kennedy Center.

According to Newton, the producer of a theatrical endeavor is in charge of "contacting theater companies and scheduling events". Her theatrical journey began in sixth grade, when she joined the drama club with her friends in middle school.

"Once I started, I couldn't stop," she said. "When you know you've created something that has touched or changed someone else, that's one of the greatest

feelings ever." In high school, she formed her own theater company along with a few of her friends. At CNU, she found her place to channel her passion in the theater department. As a freshman, she served as assistant stage manager of their production of "Odd Couple".

*"When you know you've created something that has touched or changed someone else, that's one of the greatest feelings ever."*

Current president and founding member of the Improvateurs, CNU's all-female comedy group, Newton developed both an appreciation and great skill in comedy over the years.

Last summer, she studied at Second City, the largest comedy theater in the country, and she recently performed a solo stand-up act at William and Mary, where she discussed the wonders and hilarity of Costco. In addition to stand-up and theater, she also has adopted an interest in circus hobbies, such as making balloon animals and riding a unicycle.

Last year, she served as assistant director of CNU's production of "Macbeth." She explains that it can be difficult to work with everyone's schedules, since everyone has to attend rehearsals.

Also, it can be challenging to put on a "high-quality production on a relatively low budget."

As she looks beyond the safety net of campus, she expressed concerns about President Trump's intentions to cut funding from the NEA, the National Endowment for the Arts, as she plans to continue her stage-life as a career after college. ■



Newton performed a stand-up routine about bowling in a recent show with the Improvateurs. **Photo by Macy Friend/Captain's Log**





BEN LEISTENSNIDER/THE CAPTAIN'S LOG

## Relay for Life preview

Students prepare to host one of the largest and most attended events on campus to raise awareness for cancer.

BY AARON ROYCE  
AARON.ROYCE.16@CNU.EDU

On March 24, CNU will host its annual Relay for Life event at 7 p.m. in the Freeman Field House. The event will act as a fundraiser towards Colleges Against Cancer, with a goal of raising \$56,000. CNU's Colleges Against Cancer club is a part of the event's dedicated leadership team.

As a Recruitment Lead for Colleges Against Cancer, sophomore Christina Lowery is heavily involved with Relay for Life and hopes that there will be strong dedication to the event this year. Lowery aims to have a member from each team walking the track at all times. Additionally, she would like as many people as possible to stay for the entire 12 hours of Relay.

Several aspects of the event will remain the same as last year. "Similar to previous years, we will be having fundraising games and various groups performing different forms of entertainment throughout the night to keep people awake and pumped for the cause," said Lowery.

However, this year's Relay aims to be more proactive than previous ones. This mainly involves encouraging everyone who is interested in Relay for Life to sign up before the

night of the event. If someone is interested in creating a team, that must be done by at least a day before Relay so that they can be given a campsite. Individuals can register up until the event starts.

"Our theme this year is 'Re-Lei for Life,' so we encourage participants and teams to embrace the tropical theme," said Lowery.

Senior and Relay Survivorship Lead, Emily Taylor has also been heavily involved with the event. "This being my third year attending this event, I always hope that it raises awareness, even though everyone knows how terrible cancer is," Taylor said. "Seeing the luminaries and the survivors in person is moving, and it shows that cancer comes in all shapes, sizes and types."

Taylor's role as Survivorship Lead allows her to bring a variety of cancer survivors and people with ties to the disease together. "My main goal is to bring survivors, fighters and caregivers together to celebrate the battle that they have been through," she said, "and, if they are still fighting, to show hope through other survivors."

This year's Relay for Life event will

be similar to past years, but the organization's fundraising goal has been raised and those involved, including Lowery and Taylor, are hoping for the best turnout yet.

In Taylor's view, students can benefit from joining Relay for Life and having deeper involvement in it. Her involvement stems from personal experiences of people in her life. "I decided to get involved in Relay because some of the people who are closest to me have been dramatically effected by cancer," she said. "It flipped their lives upside down, and their lives don't just go back to normal once the cancer is gone. It's a journey."

McKenna Seeley, a senior and the President of CNU's Colleges Against Cancer Club, believes that in addition to fundraising, the club aims to raise awareness about different struggles that cancer presents. "It is so much more than just diagnoses and a cure," she said. "There are caretakers, hospital visits, countless doctor visits and many loved ones involved in this battle."

In addition to campsites for each team and a concession stand, there will be a wide range of activities available for people to participate in at the Relay. Buffalo Wild Wings will be there with their 'Blazin' Wing Challenge.' There will be an obstacle

course, various scavenger hunts and a tally of which teams can stay at Relay for all 12 hours. There will also be a Mr. Relay Pageant, where male volunteers will compete to see who can look better in a dress.

In addition to the entertainment aspects of the Relay, there will be more cancer-centric events. "Most importantly, we will have our Survivorship dinner prior to the cherished 'Survivor Lap' which will kick off the 2017 Relay for Life," Seeley said. "We'll also be having our Luminaria ceremony at midnight this year, which highlights a Caretaker's perspective of a loved one battling cancer."

Overall, Seeley hopes that the Relay will give the CNU community a better understanding of the connection everyone has with one another. "Even though cancer is not a constant in all of our lives, we all know someone who has battled this terrible disease," she said. "Relay helps truly put into perspective the amazingly positive impacts we can all have on one another if we remember no one fights alone."

To join this upcoming Relay for Life, CNU students can sign up as a team or individual at [www.relayforlife.org/cnuva](http://www.relayforlife.org/cnuva). Participants must make an account and pay a \$10 registration fee, which will be donated to the American Cancer Society. ■



# A different kind of spring break

REACH groups spent break serving underprivileged areas, and combatting issues like homelessness and hunger.

BY MADELEINE SCHULER  
MADELEINE.SCHULER.14@CNU.EDU

While some students chose to spend their spring breaks relaxing on beaches in tropical locations or binge-watching a new Netflix series, others opted to use their time off to serve impoverished communities across the East coast.

The mission of the Raising Educational Awareness through Compassion and Humanity organization, known to most students as REACH, is to provide students with fall and spring service trip opportunities in local areas and beyond.

According to the REACH home page on the Compass, the organization “strives to aid in development of individuals through education, exploration, service and reflection. It is [their] goal to create sustainable community ties through purposeful service.”

This past spring break, over 40 students went on four different trips facilitated by the REACH program. Each trip focused on a different aspect of service including hunger and homelessness, environment sustainability, rural construction and youth development. REACH service trips costs about \$170, which covers transportation, food and housing for the entire week. Students do not need to be involved in REACH go on service trips, however if they would like to get involved with the organization, applications for executive board will go out to the CNU community next week.

After participating in the REACH program for almost three years, junior and Public Relations Chair of the organization, Shawna Moghaddam is thankful for the opportunities that REACH offers.

“Freshman year I wasn’t so sure about CNU and I wasn’t as involved on campus,” said Moghaddam. “The group of people that went on my trip freshman year impacted my life so much. It changed my outlook on service and CNU as a whole, and it made me want to continue to do those trips.”

With the help of sophomore Alexis Helmer, her co-trip leader, Moghaddam

planned one of the four REACH trips this spring break, which took students to Greenville, S.C. to help reduce hunger and homelessness in the area. The planning process for each trip takes about a year. Helmer and Moghaddam split the work evenly, Moghaddam focusing mostly on the CNU administrative aspect and Helmer focusing on the service site aspect.

On March 5, students climbed into a CNU van and drove seven hours to Greenville to begin their service experience. Over the course of the week, these students volunteered at a soup kitchen in the mornings and served at a local youth center in the afternoon. Because of this two site opportunity, this REACH group was able to cover more aspects of service.

Because she had been to these locations on a previous REACH service trip, Moghaddam had a special experience because she got to see the change that had occurred while she was gone.

“At the soup kitchen, there were a lot of faces I remembered seeing last year, but there were also a lot of new faces, which was good because that meant people I had served last year found a job, found a home and didn’t have to come anymore,” said Moghaddam.

Likewise, Moghaddam worked with second grade students at Frazze Youth Center last year, some of whom were in the third grade class she assisted this year. Volunteering with these kids was the highlight of Moghaddam’s trip, and she was inspired by the strength each of them showed.

“The challenges they face don’t stop them, and they have so many aspirations and goals they want to achieve,” said Moghaddam. “I want to take every opportunity that I am given for them.” ■

Applications for REACH’s fall break service trip will go out at the beginning of the fall semester.



This group of students is one of four to travel around the East coast during spring break, serving communities through the REACH program. PHOTO COURTESY OF SHAWNA MOGHADDAM



Freshman Lauren Hammond and others volunteered at an after school care program called Frazze Youth Center. PHOTO COURTESY OF LAUREN HAMMOND



Junior Shawna Moghaddam and kindergartner Mia became close over the course of the week. PHOTO COURTESY OF SHAWNA MOGHADDAM





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