



THE CAPTAIN'S LOG

THE VOICE OF CHRISTOPHER NEWPORT UNIVERSITY STUDENTS

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Continuing the conversation

With the public speaking louder than ever, CNU continues to advocate for survivors of sexual assault



(Left) Shirts decorated by students have messages empowering survivors. (Right) Students read shirts hung in the Tribble Plaza on Nov. 6. PHOTOS BY MORGAN BARCLAY/THE CAPTAIN'S LOG

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The National Sexual Violence Resource Center states that 25 percent of women will be assaulted during their time at college, 66 percent of women will be harassed and 90 percent of crimes will go unreported.

These are statistics many at CNU don't want to go unheard. From the Shadow Event to the Clothesline Event, Captains across campus used their voices this past week to

share stories about sexual assault and bring the conversation to the forefront of the campus community.

The Shadow Event, covered more in-depth on page three, allowed members of the CNU community to share their stories and their experiences with sexual assault in an anonymous way. The Clothesline Event, which will be covered in next week's edition, put the subject of sexual assault in the eyeline of students, putting stories and messages of support on T-shirts hung in the Tribble Plaza.

Although these events happened

this week, this conversation has been an ongoing one on CNU's campus. Even before the #MeToo movement that topped the headlines this time last year, CNU has had an active voice in the fight against sexual assault on college campuses.

Speaking with CNU counselor Mary Frances Parrish, she explained, "that's the lucky thing about working at CNU, everyone does take it so seriously... we are lucky to have that from the top down."

Parrish was referring to Rosemary Tribble, the first lady of CNU. After experiencing sexual assault herself, Tribble has become a champion and

advocate for those who have experienced sexual assault. Crafting her own non-profit in 2011, right in the backyard of CNU, Fear 2 Freedom has become a staple of CNU's community, with many volunteering for the non-profit and even more attending their annual events on campus.

There have also been institutional changes put in place to protect those who may be affected by sexual assault. Every year freshman entering college must attend the annual Be the Change event hosted by Tribble. The event, a night of sexual assault and violence education, ensures that students go into

school knowing the importance of the issue. Freshman are also asked to undergo an online class which educates and advocates. This online class must then be taken by every CNU employee yearly. CNU has also made every worker, part-time and student workers included, responsible employees, meaning they are legally obligated to report any instance of sexual assault.

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Captains spoke their truths at this week's SpeakCNU event.

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PFAC's Adorn brings Oscar de la Renta's gown to Newport News.

Sports

Volleyball and soccer were crowned CAC champions.

A&E

Go behind the scenes of OperaCNU's double bill.

Lifestyle

DAV 5K brings the community together to support veterans.



Weekly pic

Members of The Captain's Log made sure to exercise their right to vote this Tuesday in between getting the paper done. Our Lifestyle Editor Anna Dorl dressed for the occasion.

MORGAN BARCLAY/THE CAPTAIN'S LOG

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



CNU TV

Go behind the turf in this video about the women's soccer team made by CNU Studios. Watch the video now on The Captain's Log Facebook page.

Happened

November 1

Blood Drive

American Red Cross and Be the Match held a blood drive from 11 a.m. to 5 p.m. in the DSU Ballroom. CNU students and community members donated to both causes.

November 6

Midterm Elections

Students registered with their CNU address voted at the Hiddenwood Retirement Home from 6 a.m. to 7 p.m. Many clubs offered rides to the polls for those without cars on campus.

Happening

November 7

Why comics?

Tom DeFalco, comics writer, editor, and former Marvel Editor-in-Chief, will be talking with students about sequential storytelling in the Gaines Theatre at 8 p.m.

November 7

The Clothesline Project

Designed to bring awareness to the issue of sexual assault on college campuses, T-shirts with empowering and educational messages will hang in Tribble plaza from 11 a.m. to 1 p.m.

The Captain's Log Snapchat



Scan this image to add us on Snapchat! Follow our updates, watch us behind the scenes in the newsroom, and keep up with campus life.

Corrections from our previous issue

The front page photo was incorrectly attributed. The photo was taken by Nicole Ramkey.

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

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

- Email: clog@cnu.edu

- Drop off: The Captain's Log newsroom, DSU Suite 393

JOIN THE STAFF The Captain's Log is always open to students who are interested in writing, photography and editing. Editors assign stories every Sunday at 7 p.m.

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Finding your voice, healing our campus



(Above) One of many brave speakers telling their story at Monday's Shadow Event. (Right) University Sounds sings at the event. (Left) first Lady Rosemary Tribble shares her story at the event. COURTESY OF OCPR.

CNU's Shadow Event let community members share their story

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Clenched hands and misty eyes were experienced by those in attendance at the Diamondstein concert hall on Monday, Nov. 5, during Where is the Line and Fear 2 Freedom's annual Shadow Event.

The event, which features first hand accounts of sexual assault gives CNU community members the opportunity to speak out, get support and heal while starting a conversation about sexual assault. It also does all of this while keeping the identity of the speakers protected, to further help them along in the recovery process.

All of this is accomplished largely due to the unique nature of the event. Each speaker spoke behind a backlit curtain and moved on and off stage along private paths

and into private backstage areas. This gave those who participated the opportunity to share their story without fear.

Erin Breeden, president of Where is the Line club at CNU explained the importance of this anonymity, sharing that the speakers of the event are vulnerable and face fear coming forward. She also went on to further state that their "courage to come forward and actually speak is the most important part of the event... without them, there would be no event."

Breeden knows firsthand the importance of the event, she spoke at the event her sophomore year and she says that it was an important step in her recovery process. "After I spoke I became more involved. Before it, I was like 'yes these things are important', but I didn't want to talk about it because it

was an open wound, it wasn't healing before I spoke." She went on to state that the shadow event "helps in the healing process and in being more open."

After Breeden spoke her sophomore year she went on to take a leadership position in the organization and is the club's current President. She states that this first step of sharing her story launched her into her role.

The annual event featured six speakers this year, each one sharing their own personal stories, each story individual in its style and representation.

The speakers were chosen after calls for speakers were made by Breeden internally in the Where is the Line club and externally via the Daily Digest page. The speakers then met together to air out any anxieties they may have. Breeden also helped students prepare their speeches, offering support and guidance where she could. Breeden made sure not to over-step in her guidance, "it doesn't matter what I think they should say, it matters what helps them through the healing process."

This healing process was paramount

at the event, starting at the very entrance. Attendees were given cards to write messages of support to those speaking as they entered. Attendees were then met by Rosemary Tribble herself, with Tribble personally thanking those that came out to support.

The event also featured performances from the group University Sounds and performer Anna Trotter. Both sang songs that uplifted the audience in between the speakers.

The Office of Counseling also had two counselors on staff to protect and comfort those that may have been affected.

Breeden emphasized the importance of the event "you get up there to speak to heal yourself, but you want to inspire people who are more scared or hesitant to speak to know that what happened to them is valid and important and that they should share it because it would make them feel a lot better."

The Shadow Event is held annually in the Fall semester. ■



Continuing the conversation

STORY CONTINUED FROM COVER

All of this is done on top of the existing University policies and resources, including offering Counseling services, having a separate Title IX and Equal Opportunity office, and having University consequences to those found guilty of sexual assault.

These policies have led to an increase in reports of sexual assault

made. Looking at the Annual Security and Fire Safety Report there were 13 reports of sexual assault in 2015, 42 in 2016 and 33 in 2017, and according to the Fire and Crime log which details crime in the past 60 days, there have been seven reports made since September. This increase may seem concerning but for many in the Title IX office, it is a welcome change. For them, it does not mean that there are more students being assaulted, it means that more individuals feel comfortable enough to come forward and alert the University.

Parrish corroborates that fact stating that she sees around the same amount of people every year, regardless of the reports made.

Parrish also made clear the separation between her office and Title IX's office, stating that counseling is not looking for "what they have to," but is rather there to be "a comfortable place where they can talk about what they want to."

She acknowledges the fragility of the recovery process, "What I try to here is say it's okay, validate it, say you're not going to remember everything, you're just going to re-

member bits and pieces because it is so traumatic, so we're going to sit here, talk about, let things float to the surface and process."

Although more students seem to be using the resources available, the conversation will continue about how CNU students are supported as they go through incidents of sexual assault.

Those in recovery from sexual assault can find recovery options on the right side of this page. ■

Resources for recovery

1. Riverside (757) 594-2000

Emergency medical services provided by specifically trained nurses are available 24/7 for examinations and evidence collection from sexual assault/harassment.

2. CNUPD 757-594-7777

Investigations and criminal prosecution are done through CNUPD.

3. Title IX Office (757) 594-8819

Provides resources and information about options when responding to a potential crime. Anonymous reports can be made through the office if students don't feel comfortable releasing their names.

4. Resident Assistants

RAs are trained to respond to reports of sexual assault and can provide further resources.

5. Office of Counseling Services (757) 594-7047

Provides counseling for the trauma of sexual assault in a completely confidential session.

6. Outside resources

Lists of outside recovery centers can be found in the Office of Title IX and the Office of Counseling Services.

7. National Hotlines

Virginia Family Violence and Sexual Assault Hotline: 1-(800)-826-2079

AVALON: (757) 258-5022

Transitions: (757) 926-7443

The Power of Vulnerability

Presenters displayed vulnerability during the Speak CNU event, opening up to fellow Captains

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Nine speakers. Two hours. One theme: vulnerability.

On Thursday, Nov. 1, members of the Christopher Newport University (CNU) community gathered in Gaines Theater from 7 - 9 p.m. for the annual Speak CNU event. Presented by the Office of Student Engagement, the event is supposed to resemble TED Talks. This year, the theme was "The Power of Vulnerability."

"[Vulnerability] is a very powerful topic, especially in this day and age, because there are a lot of barriers and a lot of division, and being just a little bit vulnerable can go along way," University Fellow for the Office of Student Engagement Josh Duhe-Harris said during his opening introduction.

The first speaker was junior Dana Fulcher, who focused her speech on how her family has shaped her into the person she has become today. Coming from a family with separated parents, she talked about how she blamed herself for all of her family's problems because she was the youngest child.

"When I grew up, I did not realize that any family was different," Fulcher said. "I thought all families were tense and you had to pack your bags and go to you dad's house every other weekend. I had a broken family, but I didn't realize that until I was much older. I was mature at a very young age because of all the things I had to go through."

She continued by talking about her brother, who is nine years older and one of her biggest role models, coming out as gay to her family.

"I knew what gay meant because I had talked to my brother about it before and that's how I knew there was a possibility that he was [gay]," Fulcher said. "I was happy that he could be happy, but my family wasn't. They weren't happy at all. They were so angry and I didn't get that. I was young and I was naive, I guess, but I didn't understand why they couldn't accept him for being happy."

Her brother eventually had to drop out of college because her father and grandmother stopped paying for his tuition. Her brother decided to move to a different state because her father "blocked him out and made him feel worthless," according to Fulcher.

"I was terrified through this experience to ever get close to

my dad," Fulcher said. "I had not formed any of my own identity yet and I did not know who I was, but I had fully blocked him out for the rest of my life because I was so scared that for anything I was, my dad would block me out the same way he did my brother."

When Fulcher was 10, her father gained custody of her and she was forced to move to Charlottesville. Her new step-mother made her live in a room in the basement, two stories below everyone else in the house.

"I was blocked out of everything," Fulcher said. "Eight full years of having no emotional support, and I was sitting in the basement alone, suffering with no one knowing who I was. 'I relied on myself. I shut people out and internalized every single feeling I had. Nobody knew who I really was, but then again neither did I. I had no option to be vulnerable. I couldn't survive unless I was strong, or at least pretending to be.'"

Fulcher made fake relationships, risky decisions and eventually hit her breaking point senior year of high school. The one thing that gave her hope was the CNU acceptance letter she had just received. She talked about how joining Hypnotic Control dance group her freshman year gave her a community of support she had never had before.

"My biggest feat that I've accomplished since being here is finding myself," Fulcher said. "I changed my environment, I chose my community and I've learned to truly express myself. Vulnerability is a strength. You are stronger by being vulnerable. You are responsible for your own happiness, and you're the only one who can decide what really makes you happy. You can't depend on other people. You have to make the decision yourself."

Paige Long, a University Fellow and May 2018 graduate, talked about how she used the mental health issues she faces to find her voice and help others. She now works for a technology company that uses a telehealth platform, which allows patients to communicate with mental healthcare providers virtually from their own home.

"I figured out that this is where my passion and purpose lie," Paige Long said. "If I use my voice to share my story, I can help others. Three years ago, it took a huge push for me to become vulnerable with my friends, to open up to a world that had hurt me over and over.

Today, I use my voice to share my story because I know there are people out there who can benefit from hearing it."

Senior Madeline Long discussed her experience being diagnosed with an eating disorder. After she was diagnosed, Madeline Long admitted herself into a psychiatric ward for the summer in order to receive treatment. Madeline Long believes that those weeks spent in the ward were some of the most difficult of her life, but they helped transform for the better.

"I realized I had to do my best to get on with the life that I wanted," Madeline Long said. "I realized I had to stop being sad about all of the things I couldn't do and to celebrate what I could do. All of this personal realization came because for the first time I was sharing what was hard for me with the people in my life [the friend I made in the hospital]."

When Madeline Long left the hospital, she was scared to share her story with her friends and family. She decided to not share her story with others until a month ago, when she shared her story on Instagram with thousands of people.

"I want to encourage you to pursue relationships with the intent of knowing a heart that is different from yours and to create a space that is safe for vulnerability, because the only way we can really come to understand other people who have experience things we have not is through their stories," Long said.

Junior Anne Taylor talked about her experience attending the Burning Man Festival when she was 15-years-old and how it "taught [her] not only how to respect but also to recognize the humanity that each person holds."

Another University Fellow and May 2018 graduate, Rachel Chalkley, talked about losing her father unexpectedly a few days before Father's Day and the grief that followed.

"Eventually, in denial and being sick of grieving, I became a walking state of emergency," Chalkley said. "It was like I was a tornado but I was the only that knew because I wouldn't let others help me and I refused to admit that there was something wrong. I couldn't function and a lot of the things I used to love doing just didn't have the same meaning."

"No one wants to talk about grief because it takes our reality and shifts it in a second, and it's



(Top) A poster of all nine of the presenters who spoke at the Speak CNU event on Nov. 1. (Bottom) Senior Madeline Long takes center stage in Gaines Theater during Speak CNU. Long spoke about her struggle after being diagnosed with anorexia. She expressed that recognizing her illness was part of her recovery. KRISTEN ZICCARELLI / THE CAPTAIN'S LOG

hard to talk about something like that. It hard to come to terms with the fact that your reality, something you held so closely, will never be the same again. To be vulnerable is to be human. When someone comes to you with vulnerability, regardless of what kind it is, respond with vulnerability.

"To be vulnerable is to be human. To ignore their vulnerability is to ignore the fact that they are human at all. You are human. They are human. Be human together."

Sophomore Jessie Cornett talked about their experience discovering their identity and coming out as non-binary.

"The thing about self-discovery is that it isn't just open for me," Cornett said. "It's open for everybody as long as you're will-

ing to meet those obstacles, conquer those challenges and not be afraid of what we find."

"Each of you has the ability to live for yourself. Even if something extreme isn't happening, you can still choose every single day to live for you rather than living for what other people think you should be. I found that when I had nothing left, I could still be kind and I could still speak my truth," freshman Clara Bloedorn, who spoke about her struggle being a perfectionist, said. "If you haven't found that core of yourself, I urge you to find it now because someday you are going to go through something. You're going to be vulnerable at a level you never wanted to be before but I promise it is worth it." ■

Hispanic heritage photo series

Students express what their culture and identity means to them for Hispanic Heritage Month

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The Student Diversity and Equality Council (SDEC) and CNU Engage partnered to create a photo series for Hispanic Heritage Month.

The project was headed by SDEC President, senior Gaby Olivera, who got the idea from other projects she had participated in.

One of them was the Dear World event at CNU last year, where students told their stories through a few words written on their body.

The other was when Olivera was an orientation leader her sophomore year. All of the orientation leaders held posters that had personal, vulnerable statements about themselves on them. They all stood together

in front of the incoming freshmen and when they flipped their posters around to reveal the back they all said "I am a Captain."

"I was inspired by these projects' power of storytelling and I wanted to have some of my fellow Captains share their own stories and voice," Olivera said.

The photo project featured seven students in total, and each poster was comprised of a black and white photo of each student and a quote about what Hispanic heritage means to them. Olivera's favorite part about the photo series was the quotes because, "the students get to say why they are proud of their Hispanic culture and why they admire it."

The posters were posted on social media and Olivera believes they were received well by the CNU community.

"I think people liked them

because the posters were professionally done and so captivating," Olivera said. "The series was a visual representation of the Hispanic community at CNU and many people don't know it exists. It's small but mighty. I mean, I know that I loved the concept of the photo series, but to have other people affirm that they loved it too made me feel super giddy."

Since it was so well received, Olivera hopes to continue the photo series for Black History Month, Asian Pacific History Month and LGBT Pride Month.

"I can't just showcase Hispanic Heritage Month and not the other main others," Olivera said. "Hispanic Heritage Month was a test run for [continuing] this project. If the community didn't like it or think that it was necessary I wouldn't continue it

because SDEC is all about trying to do what the students need and want."

For Black History Month, Olivera hopes to feature 28 African American students and possibly some faculty and staff. She chose that number so there is one person for each of the 28 days of February. Although the images will look a little different, they will still feature Captains and a quote about why Black History Month matters and why are they proud to be who they are.

Olivera mentioned that the reason there were only seven participants for the Hispanic Heritage Month photo series is because there was a little amount of time to turn the project around and only one photo session available with a CNU photographer.

"I feel bad that because His-

panic Heritage Month was my first attempt at this project," Olivera said. "It seems like I didn't care as much about it compared to the [upcoming ones]. This has been a learning process. I want get all the kinks out and [incorporate] feedback and ideas out it's polished for next year; for the next SDEC e-board."

"I don't really need a legacy at CNU, but if I did have one, I hope it's this project. It's just such a cool, simple concept and opportunity. I wanted to offer a cool way for certain Captains to voice their pride in their culture and identity. I wanted the rest of campus to see these poster images and social media posts and take notice of some pretty cool people at CNU; to know that [minorities] exist and that we're Captains too." ■

Gabriela Olivera



"I am a first-generation college student and the first in my family to be born in the United States. As a kid, I always struggled being a part of two cultures, always feeling like I belonged to neither. I am Bolivian-American, a new mixture of both cultures, and I am proud to be Latina. This month just gives me an extra opportunity to celebrate who I am and the community of which I am a part."

"Hispanic heritage is not just simply about the tasty food, and tasty is an understatement, or the beautiful art or dance and music. It goes beyond that. It also taps into their values. From my personal experience, they are hardworking people who can persevere in times of adversity, and they highly value their faith and family. This is what we should celebrate instead, the people."

Abigail Henderson



Maria Cira Angel



"I am proud to be Latina because I come from a background of hard-workers with big hearts. The Mexican phrase 'échale ganas' is something I hold close to my heart because it reminds me just how driven we are if we put our minds to it."

"This month is just a reminder to be proud of my parents who left everything behind for a world in which they couldn't even communicate. They taught me to be proud of my language and to never forget my family for all they gave me – support and new opportunities, and that's all I've ever needed."

Karen Salazar



Pictured are four of the seven participants of the Hispanic heritage photo series.

COURTESY OF GABRIELA OLIVERA / SDEC

Speaking against hate

It shouldn't take a week of hate-filled tragedy to make us listen to fellow Captains

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October ended in tragedy and fear, following three hate crimes which left the American public shaken and re-opened a national dialogue on racial and religious intolerance. Three separate attacks on three separate groups across the country, and we are left wondering what this pattern of hate crimes mean not just for the nation, but for CNU's student community as well. In review: Wednesday, Oct. 24th - A man entered a Kentucky grocery store and shot two African American patrons following an attempt to storm a predominantly African American church that same day. Monday, Oct. 22nd - several pipe bombs were delivered by mail to prominent political figures, including former U.S. President Barack Obama, former Vice President Joe Biden, Times Warner Media and many other left-wing politicians and supporters. Saturday, Oct. 28th - Eleven people die as a result of an anti-Semitic attack on a Pittsburgh synagogue.

In light of these recent tragedies, various communities are feeling a sense of unease. Racial tensions are nothing new to America, and it is often tragedy which forces inward reflection and forces several issues to become salient both nationally and in our

own communities. Facebook was flooded with two different dialogues - one of accusation, hate, condemnation and polarization; as well as one of mourning, loss, support and love. While neither of these dialogues are inherently more productive than the other, and no moral judgement is being passed on either approach to tragedy, the important conversations being held on social media ought to be reflected in CNU's student body as well. The issue for our campus is that we don't hear from those who should be at the center of these conversations.

As all CNU students are aware, our campus is predominantly white (74.9% according to a 2018 report by Forbes.com). The next portion of our demographic consists of African American students (7.5%), then Asian (2.6%), and other nationalities that make up less than 1% of our total demographic. These numbers in the middle of a predominantly black community raise several concerns. Therefore, diversity is at the forefront of many conversations being had in regards to the minority experience on campus. CNU recently released their Statement of Diversity and Inclusion, this year including several steps being taken to address concerns over negligence in reference to tensions surrounding identity, religion, and race. While many of

these proposed efforts are progressive, when was the last time CNU heard the voice of those that these efforts are aimed at protecting? Where is the outlet for minorities on campus to voice their concerns and open a dialogue amongst the students they live, eat and learn with?

CNU has always prided itself on it's sense of community. But so few of us truly understand what the lives and experiences are like for the people on demographic reports. Often times the university experience can feel lonely, alienating and unwelcoming to some people. By treating each other not just with kindness, but with respect, we can make our fellow students feel that no matter what happens in our nation, they are always welcome on our campus. As students we must open up this dialogue ourselves when an avenue is not created for us, because of all the chaos and poor communication happening in our nation does not have to be reflected in our community. We have a responsibility not just as students, but as people surrounded by difference, to make sure each of us is heard. Hopefully then a week of hate-filled tragedy will not force us to listen to our fellow Captains and create a campus environment where everyone can feel safe and respected. ■

Stress: everyone's joy

A fact of student life that doesn't have to rule us

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The autumn semester ends a month from now. Students are anxious about getting good grades, finishing those last few assignments and studying for upcoming tests. A question that most students including me ask: "Are my professors putting too much pressure from me?"

Worries that stem from this question range from not passing classes, feeling burdened by the amount of school work or their job they have to do each week, making sure to have a social life, and fulfilling basic needs like sleep and eating enough. In addition, 2019 spring semester registration is approaching and with it, new waves of unwanted anxiety. Students want to get the schedule they will enjoy while filling in the requirements for their major. Suffice to say, the student body seems to be falling into stress.

I hate to admit it, but stress is a reality of life. Life is chock full of stresses and anxious

moments. From working eight-hour shifts five to six days a week to pay bills and student loans, to making sure your child is safe while at school stress is a part of life. We cannot run from it nor hide it. You can see it when people are studying before a test, preparing for a job interview and even when picking out what clothes to wear or what food to eat. You have to accept that stress and anxiety are a part of you; you do not, however, need to live your entire life under stress.

Some advice for anyone feeling anxious or stressed out, walk away from whatever is making you anxious. Step away from what is giving you this feeling and do something that you enjoy; something that brings excitement to you. In all fairness, that is avoiding the problem or task at hand. But when you return to that source of stress, your head will be clear of thoughts of past mistakes and irrational fears and worries. You will be clear and ready for the challenge. Don't fall down, stand up. Be ready for the challenge. ■

The cure for the campus cold

Longer hours in clinic could make the difference in the health of campus

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Flu season, living in close quarters and the stress and lack of sleep that come with classes ramping up all leads to more and more of us getting sick with one illness or another. Although we are very fortunate to have such a nice clinic available at the uni-

versity, there are many ways in which the health services at CNU could better serve its students.

It's only a month into school, now suddenly everyone in my suite is sick and I got the worst of it. So what can I do on campus to help myself? Go to the clinic! That will surely be a quick fix to my cold, right? Well, not so much

it seems.

My first problem was that the clinic's hours are only Monday through Friday during normal business hours. Now take a guess on when I first started feeling really sick? That's right. The weekend. How are students supposed to fit going to the clinic into our already busy schedules? My work ethic has always been school first, so of course going to class took priority over visiting the clinic. The university clinic needs to have weekend hours and have longer hours during the week in order to better serve the needs of students. I'm not necessarily asking for there to be 24/7

care hours at the clinic, but being open until seven or so during the week and being open for a few hours on the weekend would greatly benefit the CNU community.

When I finally broke down and decided to take a quick trip to the clinic between classes, I ended up almost missing my second class of the day because of the long wait. Sure, I could have made an appointment, but I only knew that I could make an appointment when I was standing at the check-in desk with a very confused freshman look on my face that said, "Wait, there was a way to make an appointment? Do I need one? Can

I still be seen without one?"

This is the sort of information that needs to be made widely known across campus. If making an appointment was as simple as going onto the CNU Navigator and clicking a link to make an appointment, I am sure more students would be seen and treated and less germs would be passed around.

Overall, what we as students really need is a more accessible and easily utilized clinic. Health and wellness is something that plays a significant role in the success of students, so why isn't our university doing more to ensure we are all thriving? ■

Dry Campus: Friend or foe?

Pros and cons to the long debated CNU policy

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“To let them drink, or not to let them drink, that is the question.” Now of course this isn’t the exact quote from William Shakespeare’s “Hamlet,” but I personally find it fitting nonetheless for what we will talk about in this article. One of the questions that is always circling in colleges is whether or not having a completely dry campus is adequate for the college. In this article, we will go over the pros and cons of having a dry campus.

Now like any major controversy, there are always pros and cons for the topic. To start off, we will look at the pros of the dry campus.

A major pro towards having dry campuses is that the dorms will not be so rowdy. It increases the overall safety of the dorms and reduces the likelihood that object like desks, beds, or chairs will be broken. Another good reason is that half of the college students here are underage, therefore making it entirely illegal to drink at all, let alone on campus. Some kids go their entire lives without even seeing alcohol so why should we introduce them to an environment where it can distract them?

Also, having a dry campus enforces a good image for students to look to. That way they abide by the rules and stay alcohol abstinent, so to speak, until they are 21 years of age. It allows for them to learn how to have fun without the use of alcohol or drugs and stay focused on their classes.

As I said before, when there are pros, there are also cons: if students are not allowed to drink on campus, they will be tempted to go to other places off campus to drink. Students don’t want to walk to their parties, so they drive. They drink while they are there and have a good time. Then they have to get back to campus with their car and if they don’t have a designated driver, they are screwed. Having to seek some college fun off campus because students are not allowed to party on campus has resulted in numerous drunk driving incidents.

Going off the point of leaving campus to drink, Newport News is not a safe area in the slightest. According to Areavibes, “the

overall Newport News, VA crime rate is 70% higher than the Virginia average and is 25% higher than the national average.” Annually, there is an average of 848 acts of violent crime, which include, 30 counts of murder, 71 counts of rape and 478 counts of assault. Now I’m not trying to frighten you out of going off campus, but those are the statistics.

Another con is the concept of having independence. One of the main reasons people live on campus is to get away from their parents and have responsibility. All college students are old enough to make decisions and distinguish what is right versus

alcohol is allowed to be served at CNU.

Christopher Newport’s policy is similar to other colleges in Virginia. I have multiple friends all at differing colleges, as I’m sure you do as well, and have asked them what their colleges’ policy on alcohol is. Their campuses seem to be more lenient with how they drink. Like they don’t actively hunt you down or patrol the hallways as the RA’s do here. Now I’m not knocking on the Residence Life, I’m just simply saying it seems as if that is the point of having the RA’s patrol the hallways.

My friend at James Madison University says that his RA’s don’t even report you half the time because they drink there as well. They just tell you to be safe and keep it down. My friend at the University of Lynchburg says that they don’t even check

even if everyone is 21. You have to learn how to handle it. There was a business etiquette dinner the other week where we learned how to manage alcohol and how to drink in a professional setting. If they really want us to control out alcohol, they should teach us. They teach us how to do internships, how to apply for jobs, they teach us how to be a model citizen, for voting, why not teach us how to responsibly drink? But then again is it CNU’s responsibility to, but they are also the only institution that is able to do so it does fall on them.”

How do you feel about the alcohol regulation in upperclassmen dorms like Rappahannock and East Campus?

“Why is it CNU’s policy to monitor what is going on in the dorms and make sure every-

could try and make it so that there are gates and checkpoints at the dorms and events, but that would break trust. Entirely open campus, or strictly regulated campus. Either make it all, or nothing at all. We’re all just dancing around the center of American Society. We’re promoted to drink and smoke and you can’t censor it because of free speech. Free speech is good don’t get me wrong, but some people use it to manipulate the status quo. You have to have the ability to talk about why you shouldn’t, and that’s my thought.”

I realize that CNU tries it’s best to help us understand the dangers of drinking and how it can affect our health. Heck, they make us take the Alcohol EDU course online before we can even start our freshman year. What they fail to do, is put up messages in a relevant way. I am told we have alcohol awareness events on campus, but I don’t ever remember hearing about any event like that. I understand they try to help and keep us safe, and I’m not exactly sure how they could better the process but slapping up a couple messages and facts about drinking on a bulletin board just doesn’t help get the point across.



COURTESY OF PIXABY

what is wrong and learn the ability to live with the choices they make. If a student chooses to spend all the money he has on alcohol and go to classes hungover, then that is their choice and they should learn to live with those consequences.

The following is CNU’s Alcohol Policy: “Alcohol is not permitted in Christopher Newport University residence halls under any circumstances. Alcohol may be offered, served, or consumed at other locations on CNU’s campus only as provided by this Policy.”

This is CNU’s official alcohol policy. If you want the full piece of work, I encourage you to visit CNU’s website and find it. What the policy means to me is that alcohol is only prohibited in the dorms, and not anywhere else. There are occasions on campus where the staff is qualified to serve alcohol at the function, if the attending members are 21 or over, but even then they have to seek approval from CNUPD. There is a hefty process for when

their rooms there and the only way they can catch you is if you give them probable cause (i.e. being extremely noisy). Afterwards their consequences are similar to the way they are here. Also, at Lynchburg they only have specified housing for the freshmen which they monitor more. This means that there are tons of opportunities for underage drinking for Sophomores and Juniors who are not of age yet.

Now I have some great friends here at CNU and I have the privilege to interview one of them on this topic, to protect their identity, they’re name has been omitted. The interviewee in this interview gave their willingness and consent to have their word published in print. Quotes may be paraphrased to fit the formatting of the article)

What is your opinion on dry campuses and why?

“I disagree with the belief that you are prohibited from having alcohol in your room

one is behaving appropriately. If everyone is above age, it shouldn’t be problem as long as they aren’t disrupting others.”

Do you think there should be differing policies with each dorm?

“I don’t see how you could do that with equity. Yes, like as you grow, upperclassmen wise, you’re becoming older but, my roommate my freshmen year was already 21, so how would that work? You would have to standardize it. If everyone is 21 or above, and they don’t share it, I don’t see a problem with it.”

If you could change or alter the current alcohol policy for CNU, what would you make it?

“You really can’t control it all. You should teach it. I don’t really know. The thing with CNU is that we tailgate, and anyone could come and bring alcohol, which is one of CNU’s biggest grievances. I guess you

FINAL THOUGHTS

After all the research, and writing, I believe that a dry campus is not the way to go. Now hear me out, I am not at all advising for underage drinking. I am simply saying that college students will drink. That’s just the way we are. If we aren’t allowed to drink on campus, we will go off campus, into the neighborhoods of Newport News, where anything can happen. There are too many dangerous events that could happen off campus, and I personally think leaving campus to drink is dumb, but people do it anyway. It’s either they leave campus, or sneak around campus with alcohol in their backpacks. Alcohol is a part of our lives and we have to learn to live in an environment with it.

Alright, so I’ve thrown a ton of research at you, but at the end of the day, this is all just one writer’s opinion. If you have something you want to say on the matter or have an idea for an article, shoot me an e-mail, it’s at the top of the page right next to my name. Have great day as always, thank you for reading, and I’ll hopefully see you next week. ■

Peninsula Fine Arts Center is Adorned



(Above) In the center of this display there is the piece called Snowy Owl Minuadiere directly under it is a Clutch Form Pillbox, and Elephant.(Below left) This silk wedding gown is decorated with hand painted hydrangeas and was created by Romona Keveza.(Below right) The Princess Flower Bracelet is inspired by post-modern architecture. **PHOTOS BY HANNAH LINDENBLAD /THE CAPTAIN'S LOG**





To find out more information about the exhibit Adorn check out the Arts and Education section.

(Left) On the left there is the piece called Camel Minaudiere made of Swarovski crystals, semiprecious stones, gold-plated metal and the piece called Butterfly Box Handbag is also made of the same materials. (Bottom Left) This gold pantsuit was made by Oscar de la Renta in 1994 and made of gold net and beading. (Bottom) Robert Coin's piece called Animalier: Horse Bangle is part of his most popular collection The Roberto Coin Animalier collection. Each piece of this collection symbolizes the perfection of nature.



(Left) A wide variety of handbags were on display. This specific case had the Louis XIV-inspired Curvaceous Box Handbag, the Miser's purse, the Resting Horse and the Elephant Box. All of these pieces are made of Swarovski crystals. (Right) Both of these pieces are called Woven Silk, since they are made from fine strands of gold ribbon.

CNU Volleyball goes back to back

The team captured their second CAC Championship



The CNU Volleyball team takes a photo with the CAC Championship trophy for the second straight year. This was also the second straight year that they defeated the University of Mary Washington in the CAC finals 3-2. **COURTESY OF OCPR.**

PHOENIX HINES
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Earlier in the season, the Christopher Newport Volleyball team traveled to Fredericksburg, Virginia to take on the University of Mary Washington Eagles for a matchup between the top two teams in the Capital Athletic Conference (CAC).

They were not able to come out with a win as they lost the matchup in three sets, 3-0.

The Captains got another chance to take on the Eagles at their place again as they went back to Fredericksburg for a rematch in the CAC Championship.

This time the Captains were able to dig out a win in a very close game, giving them their second straight Conference Championship win in two years.

The Captains were clicking on all cylinders early in the first set. They quickly jumped out to 13-8 lead. The Eagles came clawing back though, tying up the game at 17-17 towards the middle of the set.

Just after the Eagles tied the game up, the Captains were able to go on 5-0 run that was led by Katie Crofford, giving them a 22-17 lead.

Peyton Dufow would not let the Eagles go down easily though as she helped the Eagles answer the

Captains' run with a 5-0 run of their own.

The set eventually went to the Captains due to two errors by their opponent when the score was tied 24-24, ultimately giving the Captains a 26-24 victory on the first set.

The second set was all CNU. They jumped out to 15-5 lead behind the outstanding play by Kelly DeChirico and Katie Crofford.

They went on to win the set 25-17, giving them a 2-0 lead in the game, needing just one more point to secure the win.

The Eagles started to prove why they're a top team in the CAC in the next few sets though. With their backs against the walls, the Eagles were able to win the third set 25-22, forcing the game into a fourth set.

The fourth set was incredibly close and could of gone to either team as the largest lead was only four points, but the Eagles were able to force an extra set as they won fourth 25-21.

The most exciting set of them all ended in quite the nail biter. Being down 12-13 late in the match, Riley Garrison was able to score a point for the Captains, tying the game up at 13-13.

With the fate of the game lying in front of both teams, Garrison delivered once again, giving the Captains a 14-13 lead.



Megan O'hara spikes the ball over two of the Eagles defenders late in the game. **COURTESY OF OCPR.**

Just needing one point to win the CAC Championship, Crofford took control of the game and delivered the game winning kill, giving the Captains a 15-13 win during the fifth set.

This was the second straight year that the Captains defeated the Eagles in the CAC championship 3-2.

The Captains were ultimately lead by Megan O'hara and her 16 kills. Crofford had 11 kills and 15

digs. Setting them up was freshman Lauren Tracy, who finished the game with 28 assists. Tracy is currently fourth in the CAC in assists/per set. She is one of the three freshman to earn a starting spot this year.

"I felt overall supported and trusted with the role I have on our team by not only by my coach, but the team as well," says Tracy.

The team will continue their season in the NCAA playoffs and

will lean heavily on their team chemistry.

"One big thing that has helped our team be successful this year is our team chemistry. Our time on and off the court together has helped us reach small victories everyday," says Tracy.

The Captains will travel to Huntingdon, Pennsylvania this Friday, November 7th to take on Bethany College in the NCAA Regional Quarterfinals. ■

Women's soccer completes the three-peat

Soccer wins the CAC Championship for the third straight year

PHOENIX HINES

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In a game filled with action, the Christopher Newport University women's soccer team secured their third straight Capital Athletic Conference Championship against the University of Mary Washington Eagles in a 3-1 victory.

The game started out slow on both ends of the field. In these teams' previous meeting, the Captains posted seven goals during a 7-1 blow out, with all of their strikes coming in the first half. The Eagles defense seemed to make it an initiative to play conservative on defense and not giving up easy looks.

This resulted in only seven shots being taken by the Captains in the first half, which is unusually low for the Captains high powered offense.

During the 43rd minute, there was a real turning point in the game. The Captains finally started to pepper the Eagles goalie with shots and during a hectic sequence inside the box, Hailey Price was able to set up Kristina Toms for a goal, giving the Captains a 1-0 lead heading into the half.

This was Tom's eighth goal of the season. All but one of her Goals have come against CAC opponents, giving her seven in-conference goals, good for third in the conference.

Just ten minutes into the second half, the Captains already registered five shots. The offense was playing extremely aggressive, just waiting for a chance to get their second goal of the game.

That time would come as Maddie Cochran ran past a few defenders and created a 2v1 situation with her and Carson Pokorny.

Cochran drew the Eagles goalie towards her before passing the ball off to Pokorny, setting her up for the easy goal. This was Pokorny's seventh goal of the season, giving her a career-high for goals in a season.

Later in the half, the Eagles



The Women's Soccer team celebrates with the CAC trophy for the third straight year in a row. The Captains will host the first round of the NCAA tournament this Saturday. **HANNAH LINDENBLAD/THE CAPTAIN'S LOG**

offense started to show some life when Abby Zimmerman sniped the ball into the upper 90. This cut the Captains lead to just one with 24 minutes to play.

Just a few plays later, the Captains superstar Riley Cook delivered once again as she beat two of her defenders at the corner of the box and then stung the bottom right corner for her 21st goal of the season.

Cook has scored in 15 of the 18 games that she has played in this year, including three hat tricks.

The rest of the game was filled with defensive stops by the Captains, due to the Eagles continuously taking desperation shots, trying to save their season.

When the clock finally hit the 90 minute mark, the Captains got to storm the field and celebrate their Conference Championship

win for the third straight year.

The Captains clinched a spot into the NCAA tournament for the third straight year as well. They will host College of Staten Island in the first round of the tournament this Saturday, November 10th.

The College of Staten Island is currently 12-6 and won the SUNYAC conference going on to make the tournament for the

fourth straight year.

The winner of this game will play the winner of Arcadia University and the University of Scranton. The Captains will also host all of the games on their side of the bracket.

The game will take place on the Captains Field at 5:00 P.M. ■

JOIN THE TEAM

Now seeking writers for the sports section

For more information email clog@cnu.edu

concerts

November 9
Iron and Wine
8 p.m. The NorVA

November 10
Bob Dylan
8 p.m. Berglund Center Roanoke

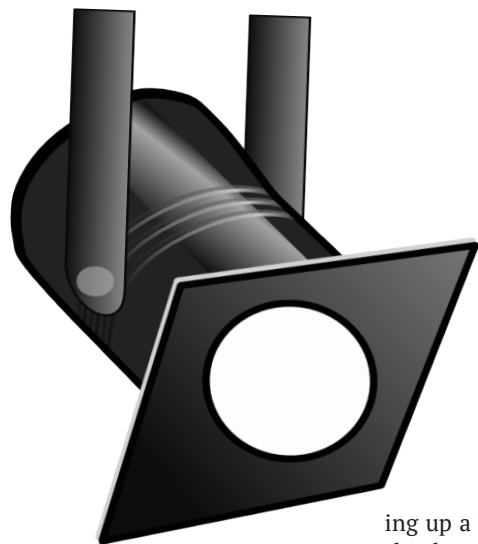
in theaters

November 9
"Dr. Seuss' The Grinch (2018)" PG
"Beautiful Boy (2018)" R

campus

November 9-11
Mr. Burns
7 p.m. Studio Theater

November 8, 11
"The Whole Truth" and "Gianni Schicchi"
8 p.m. Peebles



One stage together, one century apart

Behind the scenes of OperaCNU's two performances this week, Paterson's 'The Whole Truth' and Puccini's 'Gianni Schicchi'

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In the minds of many college students, opera lies far way in a centuries-old, removed land, home to screechy sopranos, long rambling plot lines and confusing classical languages. But seeing and hearing the CNU community themselves take the stage for this week's opera performances might be the perfect opportunity to correct that mindset.

On Thursday and Saturday nights, OperaCNU will showcase their talent in comic operas from the 19th and 20th century. Performing modern American composer Robert Paterson's "The Whole Truth" and Giacomo Puccini's "Gianni Schicchi," there is sure to be a laugh for everyone. CNU undergraduates, faculty and a few guest artists comprise the cast and orchestra.

First performed in 2016, "The Whole Truth" features the split soul of a married women named Megan, who is dually obsessed with hiding and confronting the truth. In twenty-five minutes divided into seven scenes, the opera takes only a few characters to convey a dramatic turn of events.

A 1918 Italian libretto with no less drama is Puccini's "Gianni Schicchi." Originally part of a triptych including two other one act operas, Il tabarro and Suor Angelica, Gianni Schicchi is the story of a Florentine that out-smarts an entire family by draw-

ing up a will while impersonating the deceased Buoso Donati. Audience members may recognize one of Puccini's most famous soprano

bed, so I'm kind of keeping the same set," McGuire said. "It's two completely different sets with furniture but the main big pieces like the bed stays in the same spot for both shows."

Both operas relate similar relationship

and social issues, uncovering bare human nature in response to conflict or death.

"They also both revolve around life issues," McGuire said. "It's not great, but marriages have trouble and when people die ... it happens."

The performances may be short, but the production itself is a significant time commitment. Right before finals week, cast members audition and learn their lines over the summer, rehearsing regularly in the Fall until the November show. Most of the work falls on McGuire, along with CNU Professors J. Lynn Thompson and Dr. Benjamin Corbin.

"It's a huge undertaking," McGuire said. "Opera is really hard because everything has to be memorized, you have to sing, walk, sometimes dance and of course act and perform."

The decision to perform "Gianni Schicchi" in Italian adds to the complexity of this year's performance.

The language barrier will be supplemented with surtitles projected in the theater.

With effects on both the audience and cast, such a decision is a change from the past four years of opera performed in English.

"The music speaks for itself because it's very beautiful and its

Puccini so that is different," McGuire said. For the

cast, the decision provides a unique learning experience, adding a useful application to required Italian language classes for some music students.

"I just went for the whole thing, and with Puccini I think you have to do in Italian," McGuire said. "Plus, if you're going to be an opera singer, you are going to have to sing in Italian, German and French, so it's a good experience for [the cast]."

The cast is mostly comprised of CNU students, many of whom are majoring in a music or theater discipline. In recruiting talent,

opera requires strong singing

and acting skills for success.

"We try to build on all talents, whatever [the students] bring to it," McGuire said. "That is the challenge – to get outside yourself because being on stage and singing on stage is tough."

According to McGuire, one of the most rewarding experiences is the growth of all students, regardless of major. One of the leads is a musical theater major, another is a graduate student studying computer science and two others study choral education. With the opera, they have made "leaps and bounds in their musicianship," alongside the music majors themselves.

Considering actor development is also key in McGuire's choice of opera show each year.

"This year I picked [Gianni Schicchi] in particular because the students are on stage the whole time, and it makes them develop their acting," McGuire said. ■



COURTESY OF PIXABY AND MBTSKOUDSALG

Adore the adorned

PFAC's newest exhibition features designer jewels, clothes, bags and portraits



The exhibition showcases a variety of mediums, including dresses and jewelry. HANNAH LINDENBLAD / THE CAPTAIN'S LOG

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The Peninsula Fine Arts Center's (PFAC) current art exhibition features a variety of displays capturing a variety of different aesthetics. Debuting on October 13, Adorn will run until early January and will then be replaced by an African Art Exhibit. For these months, PFAC features

a large-scale photography exhibition by John and Kim Wadsworth called CharismaSphere along with a section by Hungarian-American Fashion Designer Judith Leiber entitled "Earthly Delights." Also showcased is an exhibition called "The Perfect Dress" and jewelry from Italian designer Roberto Coin. "Walk this way" is another exhibit with a variety of pieces

previously judged and selected.

The "Earthly Delights" exhibit features pieces of Lieber's world-famous collection, which include extremely high-priced day bags, belts and pillboxes. Lieber is known for detailed and refined pieces, most notably the Swarovski-encrusted minaudières (small purses without a strap) that are both practical and stunning.

Transitioning from accessories is "The Perfect Dress" portion of the exhibition. Featuring designers Oscar de la Renta, Hubert de Givenchy and Romona Keveza, the dresses on display have stood the constantly changing fashion landscape and the test of time.

The Roberto Coin exhibit highlights his designer transformation throughout the years since he established his name in 1977. Embodied by his words that "fashion is changeable" and "style is not," Coin's works showcases the process of design that encompasses cultural, natural and historical influences. The artifacts are loans courtesy of private collectors and Hauser's Jewelers.

In the exhibit titled "Walk this Way," viewers will notice the effect of fashion on art. Highlighted in this portion of the exhibit is the practical yet stylish handmade artifacts made by artists throughout the United States.

Finally, the CharismaSphere exhibit takes a turn to photography, where varieties of portraits balance out the other forms of art at PFAC. They describe 'CharismaSphere' as "an aura of adornment that reveals our persona to the world." ■

Review: 'Drawings from a Nobody'

A cartoon-packed critique from Virginia-based comedian, John Poveromo

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American culture today is essentially a gold mine for comedy to the observant, and local comedian John Poveromo certainly proves his powers of observation in his recently-released collection of cartoons, Drawings From A Nobody. Poveromo picks at society to create a humorous collection of cartoons and perspectives, producing some truly memorable depictions. Many address recognizable subjects, from the animals in parks incidents in 2016, to gun rights, with the majority being on technology and its effect on our communication.

With the wide variety of content, there is bound to a panel for everyone. That said, his strongest content comes almost entirely from two themes: technology's impact on our in person interactions, and animals. The technology pieces succeed completely in making you cringe and chuckle at the same time. Some of the stronger pieces in this theme are the "what filter," "sit on the machine," and "not enough gyms." "What filter" relates back to the theme of communication, with a man staring into his closet and asking his wife "which filter" he should wear out that night. All the stereotypes



COURTESY OF JOHN POVEROMO.NET

of vanity attached to clothing apply in every moment, even in the comfort of our own homes. It brings an outside social world into a place that is much more intimate.

Of the three technology pieces mentioned above, "not enough

gyms" represents the other main technological theme very well. This panel depicts a husband and wife talking to their realtor while both stare down at their phones. The wife comments that they "like the place" but worry that "there aren't

enough gyms in the area" referencing the popular app Pokemon Go.

Following the theme of his other drawings, Poveromo explores how technology gains priority in the lives of Americans, affecting even important decisions such as place of living. There is apparently nothing else wrong with the house other than its function in an app game. Of course, it's an absurd idea (one that has certainly actually happened), but what technology do we consider when making decisions?

The collection has its moments of brilliance, but the overwhelming diversity of themes can give a reader tonal whiplash pretty easily. For example, the Batman v. Superman panel centers on Batman's reaction to the name Martha. Although superhero commentary is certainly relevant to society, the concept of the the panel has already been overused inside the superhero fanbase, while those outside of it will have a much more difficult time getting the joke.

Overall, the collection is funny, creative, and the good slap in the face everyone needs sometimes, even if we don't agree. It's only weakness is in that it lacks of overall focus. Nonetheless, it is still entirely worth your time, so if you see a copy, flip through it, and look at some drawings from a nobody. ■

Review: 'Trench'

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After their successful 2015 album, 'Blurryface' and nearly two years of touring, it seems the famous Twenty One Pilots duo haven't taken a day off since. Their newest album "Trench," released on Oct. 5, revisits the topic of mental illness, something lead singer Tyler Joseph has admitted to struggling with while discussing his music. The literary complexity of the album creates a hard-hitting storyline that reminds the listener who Twenty One Pilots truly is: artists who write for the sake of their listeners and themselves. They are poets in every sense of the word.

Prior to the album's debut, the alternative duo released three singles: "Jumpsuit," "Nico and The Niners" and "Levitate." The corresponding music videos tell the tale of character Clancy's attempted escape from Dema, the fictional, walled city that many believe to symbolize the containing and unavoidable nature of depression. The city is controlled by nine bishops. One named Nickolas or "Nico," is referenced in "Nico and The Niners" and throughout the album. Joseph sings, "when bishops come together they will know that / Dema don't control us, Dema don't control us." These lyrics, accompanied by the quick pace of the song, is empowering for those trapped in their own heads.

The story continues to develop throughout the 14-track album, but is clearly and most explicitly depicted in the three symbolic videos. Twenty One Pilots held true to their story-telling ways after their themed album, Blurryface. Twenty One Pilots showed once again that behind every word and note, there is great meaning. The symbolic nature of the album is more advanced than anything they have yet to produce, making it either more intriguing or too complicated for the listener. Without the initial music videos, it's hard to follow along. This is especially evident in "Jumpsuit," a song with little lyrical explanation. Without the music video (moreover, without the rest of the album), this song holds little meaning.

Whether you consider that to be a flaw in the artists' work or an innovation, it's the nature of the album. "Trench" is more than just its musical surface - it's literary components must be analyzed to grasp of its poetic beauty. And, just as one might read a book, listening to the album's tracks in chronological order makes sense of it all.

Twenty One Pilots have reintroduced society to their story-based music. And the messages they unveil are nothing to overlook. ■

Running towards a better future for veterans

The Disabled American Veterans charity raised over \$100,000 for veteran support initiatives from their annual 5k race at City Center in Newport News

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On the chilly, bright morning of Sunday, Nov. 4 at City Center in Newport News, the Disabled American Veterans charity, also known as the DAV, hosted its annual 5K race. Over eight hundred participants ran, walked dogs, rolled in wheelchairs, rode motorcycles, pushed strollers and handcycled to honor veterans in the Hampton Roads community and all over America. This year, the event raised over \$100,000 to benefit our nation's heroes.

Before the runners took their mark at the starting line, motorcyclists lined up for the Honor Ride to lead participants into the race course. The course ran through the streets and around the various businesses and apartments of City Center. The participants ran under the autumn trees as beautiful golden leaves fluttered down onto them.

The 5K is hosted in several cities around the country, including Atlanta, Boston and Cincinnati. Each race is attended by hundreds of veterans, their families and supporters of the cause. Newport News has a high population of military service members due to the proximity of Langley Air Force Base in Hampton. The Virginia Peninsula has a multitude of military families.

After the race chairperson of the DAV 5K Cynthia Madison addressed the race finishers and the gathering crowd. "I want to say thank you for showing your support of our nation's heroes by participating today," she said. "You don't have to be in the service to serve, and certainly not to give back to those who have made our way of life possible."

Madison reminded the crowd that "for every man and woman who loses their life in combat, ten return home ill or injured." The DAV strives to support these individuals and their loved ones and has various ways of doing so.

Donations gathered from the race go on to benefit the DAV's various avenues of support for veterans and their families, serving those who serve as they return home with physical and mental difficulties. Their programs and outreaches include education programs on understanding VA benefits, free transportation for disabled veterans to attend medical appointments, career fairs and efforts to alleviate veterans' homelessness.

After the event, Tina Vick, the Vice Mayor of the City of Newport News spoke to the crowd as well.

"If you're not a veteran," she said to the participants gathered at her feet, "I know that you're here today standing for somebody who fought in a war to keep us safe."

Vick went on to recite a poem to the crowd called "Thank a Veteran."

"Some came back from war with



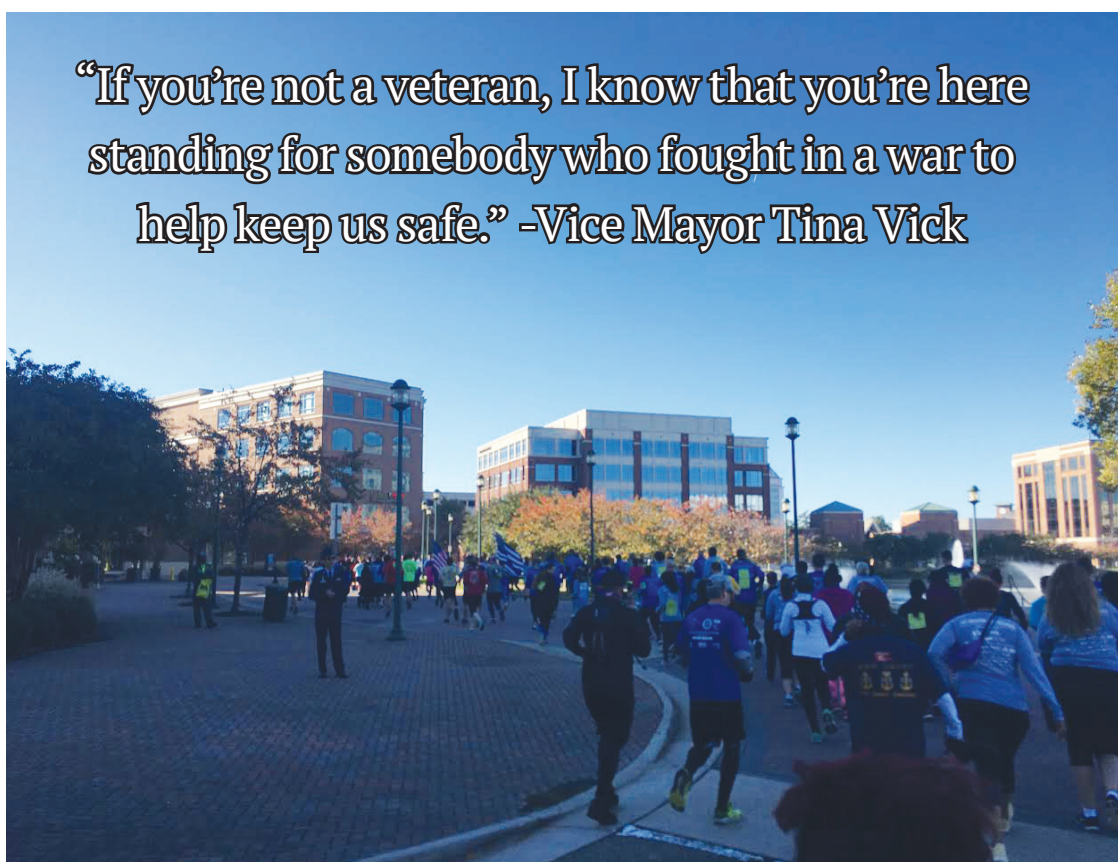
battle scars, some with flag-draped coffins," she read. "Even though their flesh may have left, their spirits will never be forgotten. They unselfishly and knowingly put their lives on the line. So when you see a veteran, thank them, because without them, freedom would have died."

The DAV 5K was an incredible and heavily-attended opportunity for the Newport News community to rally around its military service members and veterans and to show their undying support for them. ■

Madison encourages everyone to visit the DAV website to learn more about how we all can support our nation's veterans.

To get involved, go to DAV.org.

"If you're not a veteran, I know that you're here standing for somebody who fought in a war to help keep us safe." -Vice Mayor Tina Vick



(Above) Participants take their mark at the starting line. Runners at the edge of the crowd waved huge American flags. Veterans participating in the race wore blue t-shirts and civilians wore gray ones. (Right) Runners round a corner in the middle of City Center at the beginning of the race. **ANNA DORL/THE CAPTAIN'S LOG**

Fall to-do list before the season ends

Here's a list of some fun autumn activities to check off your list before autumn falls away from us.



(Above) The leaves are just now starting to change on the Noland Trail erupts, promising beautiful colors by mid-November.

HANNAH LINDENBLAD/THE CAPTAIN'S LOG

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1. Go apple picking.

Hampton Roads and its surrounding areas provide lots of opportunities to get seasonal fruit. Wood's Orchards in Hampton and Mount Pleasant Farms in Chesapeake are great places to do so. Carter Mountain Orchard in Charlottesville is a little farther away, but worth the drive for their legendary apple cider donuts.

2. Get lost in a corn maze.

Green Hand Farm Park in Gloucester has a sprawling corn maze that's perfect for families and friends to explore and enjoy together. Don't get spooked by scarecrows along the way.

3. Explore the Noland Trail and take in the fall colors.

Whether you're a runner, walker or someone who just really loves fall, the Noland Trail has beautiful fall colors

coming in this time of year. Take some time to enjoy nature and snap some picture before all the leaves are gone in preparation for winter.

4. Attend CNU's last home football game of the season this weekend.

Cheer on the Captains one last time this football season as we go up against the Wesley Wolverines on Saturday, Nov. 10. at POMOCO Stadium.

5. Take cute pictures in a pumpkin patch.

Bluebird Gap Farm in Hampton is a perfect place to snap some festive photos with some squash. This is a perfect idea for couples, families, and friends. ■

CLIP ART COURTESY OF PIXABAY AND MELBOURNE CHAPTER

Try traditional Hungarian treats

This flavorful meal is a beloved Hungarian dish that you can make at home. Enjoy it with freshly made Hungarian dumplings as well.

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Hungarian Goulash Soup

Serves: 2-4 people

Ingredients:

400 grams of beef shanks or chunks of 20mm cubed
1-2 onion minced
1 spoonful of oil
1 spoonful of paprika powder
1 clove of garlic
1 teaspoon of caraway seed
1 teaspoon of black pepper
1 teaspoon of salt
1-3 bay leaves
1-2 carrots, diced
1 Hungarian green pepper (or green pepper)
2 tomatoes, chopped
Celery leaf, chopped
Parsley, chopped
1 parsnip, diced
2 potatoes, cubed

Tips:

DO NOT use olive oil. It will desaturate the flavors in the goulash as you cook.

There is no exact heat gauge for this recipe, so try your best to determine how high or low the heat needs to be. Some of the ingredients can be changed or not used, like celery leaf and parsnip, but if you want to make your dish more traditionally Hungarian, have fun finding all of the ingredients that you need.

Instructions:

Get a stew pot or a good size pot and place it on the stove. Cut the onions into small pieces and brown it in hot oil. Add the chopped meat and stir until well browned. Turn the heat down to low and add the paprika powder, roughly two to three

spoons of it, add a little bit of water, and stir it well.

Turn the heat to a medium and add salt, the cloves of garlic, the caraway seed, black pepper, bay leaves, and tomatoes.

Add a little water and let it simmer for about 30 minutes. (If you want to make the stewed variety, stop here and make sure the meat is boiling away for about one to two hour.) After the 30 minutes, add enough water to cover the meat. Add the carrots, parsnip, green pepper, celery leaf, parsley, and bring it to a boil.

After roughly five minutes, turn the stove to a low heat, then add the potatoes and more water.

Add more salt or paprika for taste, if needed.

Let simmer until the potatoes and meat are well cooked.

Enjoy with fresh-baked French bread or with Hungarian dumplings.



(Top) Hungarian goulash is a delicious dish with a variety of vibrant flavors and spices. FELIX PHOMMACHANH/THE CAPTAIN'S LOG

Hungarian Dumplings

Serves: 2-4 people

Ingredients:

1-2 cups of flour
1-2 eggs
1 cup of water
2-3 tablespoons of salt

Note: You can alter the recipe for the

number of people you are planning to serve.

Instructions:

Place a large pot of salt water on the stove and bring to a boil. Combine eggs, salt and water and beat well with whisk. Add flour a little bit at a time, only enough to make a soft and sticky mixture. Let sit for 10 minutes and beat again.

Once done, hand pull the dough to create small pieces about the size of a peanut. Add them to your goulash 5-6 minutes before the goulash is ready to be pulled off the stove. To tell when the dumplings are done, make sure they rise to the surface.

I hope you enjoy the recipe. Happy eating! ■

JOIN THE STAFF!

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

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