



# THE CAPTAIN'S LOG

THE VOICE OF CHRISTOPHER NEWPORT UNIVERSITY STUDENTS

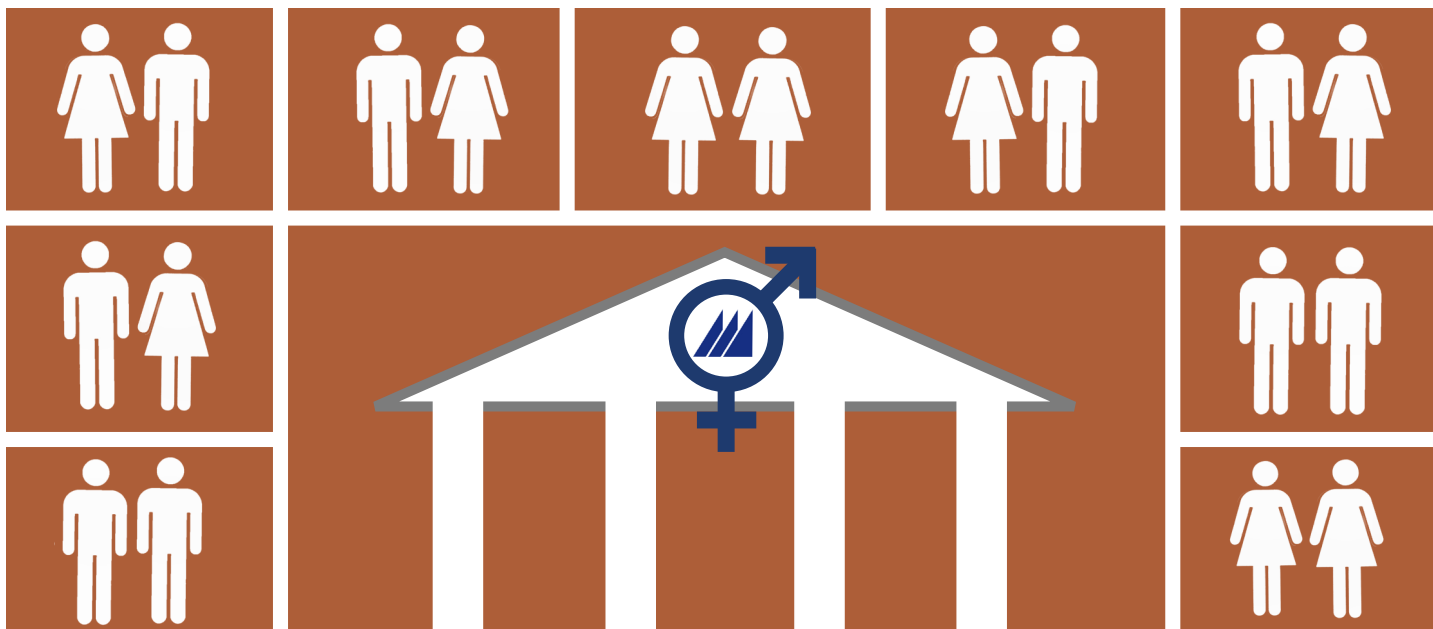
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Be sure to check out CNU TV's feature on the Divine Nine fraternities and sororities.

## RIVER HALL



The Student Diversity and Equality Council has met with Dean of Students Kevin Hughes to discuss an initiative that seeks to introduce gender-neutral housing within the next three years. PHOTO ILLUSTRATION BY PATRICK DUBOIS AND JOSH REYES/THE CAPTAIN'S LOG

## SDEC pitches gender-neutral housing to CNU community

SDEC hopes to see gender-neutral housing on campus in three years.



The policy committee of SDEC is pushing for gender-neutral housing, which would allow students to live together on-campus regardless of their gender. ILLUSTRATION BY MACY FRIEND/THE CAPTAIN'S LOG

BY JACK JACOBS  
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A Student Diversity and Equality Council initiative hopes to break down barriers in campus housing by introducing gender-neutral housing to CNU.

While the initiative is in its preliminary stages, SDEC has made progress by meeting with Dean of Students Kevin Hughes to discuss how to enact the project.

Kelcie Chandler, a sophomore and SDEC member-at-large, is on SDEC's policy committee, which is spearheading the initiative. Last semester, Chandler began independently exploring gender-neutral housing on campus.

Gender-neutral housing sparked her interest when she learned it was against CNU policy for males and females to cohabitate during her resident assistant training, Chandler said in an April 2015 article in The Captain's Log. "The mission of gender neutral housing is to provide safe, comfortable and inclusive accommodations for all students on campus," Chandler said.

Now as a member of a student organization, Chandler said she is in a better position to see gender-neutral housing introduced to campus. "[SDEC] involves many

other clubs, that really give me and the policy committee a big backing behind us."

Chandler said that her involvement in SDEC provides connections to administration through other members, and the organizations that coordinate with SDEC provide her a forum for

**GENDER-NEUTRAL**  
CONTINUED ON PAGE 3

## News 4

Pi Lambda Phi recovers after philanthropy event vandalized

## Snapshot 8 & 9

Check out photos from CAB's Fall Fest, featuring The Mowgli's

## Making a statement

The men's soccer team opened its CAC season with a 5-0 win.

BY BEN LEISTENSNIDER  
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In a rematch of the Capital Athletic Conference final last year, the third-ranked Captains proved why they are considered to be the favorites to win the conference as they took down Penn State Harrisburg 5-0 on Sept. 26. It was an incredibly balanced attack with five different Captains recording a goal.

After only scoring once against Lynchburg in a 1-1 tie three days

**MEN'S SOCCER**  
CONTINUED ON PAGE 10



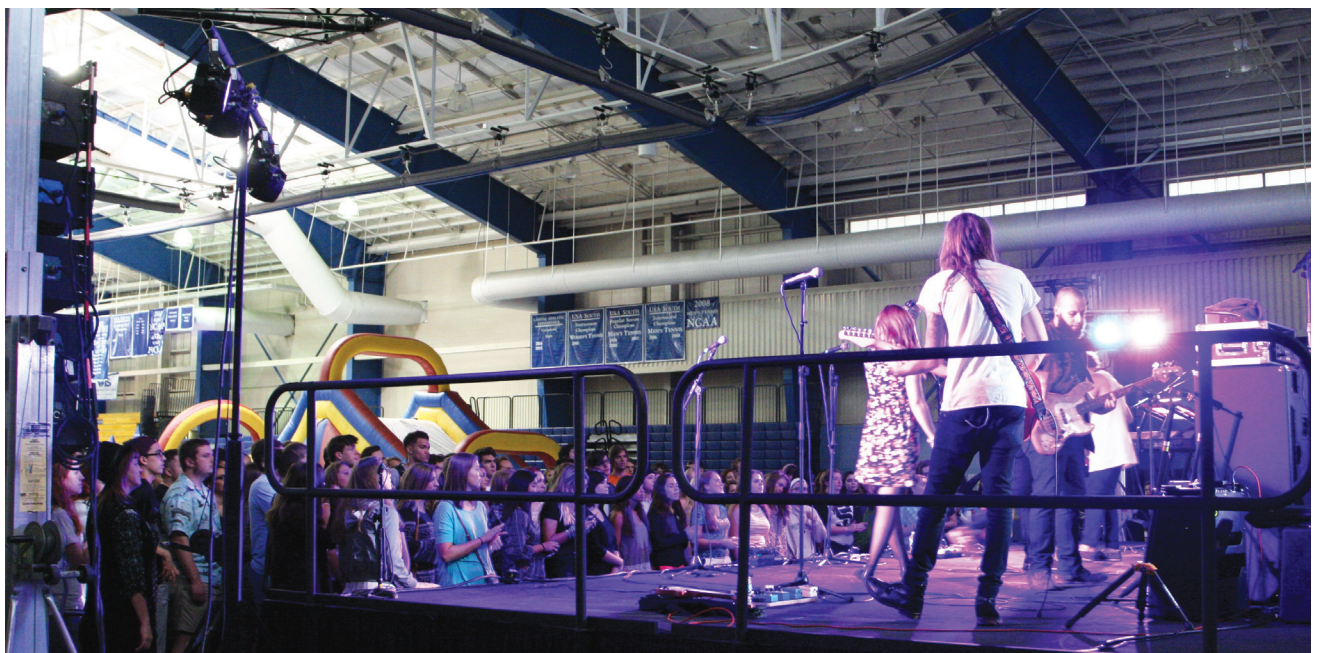
Senior Sean Christein scored against Penn St. Harrisburg and was named the CAC Defensive Player of the Week. BEN LEISTENSNIDER/THE CAPTAIN'S LOG



# PAGE 2

## Weekly pic

The Mowgli's, an alternative rock band from southern California, highlighted their new album "Kid's in Love" at CAB's annual Fall Fest. Their performance could be heard throughout the Field-house, with their upbeat music setting the tone for the festival. Photo by Macy Friend/The Captain's Log.



## Online this week

*Check out these videos on our Facebook page.*



### School spirit

It's often pitched to incoming students that Captain's are filled with school spirit, but is that really the case? CNU TV's Tylar McGill and Mary Robertson see if CNU student athletes believe that school spirit turns translates to fans in the



### CNU TV Presents...Career Fair 101

Today is CNU's Fall 2015 Career & Internship Fair in the DSU. CNU TV's Evan Thorpe gets you prepared to land that killer internship in 2 minutes!



### Commons fire proves to be hot water

Last week Common's supposedly caught on fire. CNU TV was on the scene and discovered the truth... it was just a hot pipe.

### Corrections:

The editorial piece titled "CNU weathers the seas of free speech — for the most part" ran with an incorrect headshot of Josh Reyes. A headshot of Jack Jacobs was intended to be printed with the article.

## Happened

**Sept. 23**

### Middle East Meltdown: Causes and Consequences for the U.S.

The Reiff Center for Human Rights and Conflict Resolution and the President's Leadership Program hosted Ambassador Ryan C. Crocker last Wednesday in the Ferguson Concert Hall.

**Sept. 24**

### An Evening with Madeleine Albright

On Thurs. of last week, prestigious guest speaker, Madeleine K. Albright, the first female U.S. Secretary of State, and former U.S. Permanent Representative to the UN, spoke to students.

**Sept. 25**

### CAB's Fall Fest & The Mowgli's

Despite the relocation due to rain, the annual Fall Fest last Friday was a success. The special musical performance by the band, the Mowgli's was a roaring success with the students.

**Sept. 25**

### CNU Hockey vs Liberty

Last weekend CNU's Hockey club team took on Liberty University over two successive nights. Both nights were a win for CNU, scoring 3-2 on both occasions, going into overtime on Fri.

## Happening

**Sept. 30**

### Fall 2015 Career & Internship Fair

Today from 12 p.m. to 3 p.m., CNU's Center for Career Planning is hosting its big event of the semester. Students can explore potential career opportunities and form network connections among over 60 organizations attending.

**Sept. 29-Oct. 1**

### "Black Is..." Define Your Blackness

From Tues. to Thurs. this week, the Black Student Union will be hanging out in the DSU, encouraging black students to define their blackness. Stop by their table to get your picture taken and added to their social media.

**Oct. 1**

### Study Abroad's World Cup of Dodgeball

On the JR Courts this Thurs., from 7-9 p.m., the Study Abroad Office is hosting a dodgeball tournament. Come out and support the participating teams, each representing a different country.

**Oct. 2, Oct. 3**

### CAB presents: Pixar's Inside Out

This weekend, Fri. at 6 and 9 p.m., and Sat. at 9 p.m., CAB hosts one of the newest Disney hits. Inside Out follows the coming-of-age story of Riley who moves to San Francisco from her Midwest home, and the emotional challenges she faces.

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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. in the Jefferson Room of the DSU.

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# FROM THE FRONT PAGE

## Captain's Chatter

**Would you live in a gender-neutral suite? Why or why not?**

"I personally wouldn't want to share a bathroom with guys but for if you're comfortable with it and everyone knows the boundaries, why not."  
**Freshman Deja Lewis**

"Personally, I would live in a neutral suite if I knew the boys that I was going to be living with before I started living with them."  
**Sophomore Rachel Schendzielos**

"I'd definitely support some living option like that. It would make students who struggle with their gender identity more comfortable."  
**Sophomore Patrick McGinty**

"I think the option of a gender-neutral suite would be beneficial only if it wasn't a random group of four people."  
**Freshman Jessica Bell**

### GENDER-NEUTRAL CONTINUED FROM PAGE 1

ideas as she goes through the process.

As plans stand now, Chandler sees gender-neutral housing being an option for only upperclassmen in suites. Chandler said she has an adaptable vision of what gender-neutral housing will look like at CNU, in part to make the initiative more attractive to administration. "Anything that gets approved, within reason, we're going to jump on," she said, "we want at least a trial period to happen."

Ideally, Chandler would like to see several residence halls and living arrangements utilized as part of the trial period. Though she is open to the idea of a specific theme unit or hall inside a residence building, she fears that such an action would segregate students in gender-neutral housing. Chandler hopes the initiative will be tested within the next three years.

Though gender-neutral housing is becoming a more serious possibility on campus, there is much work to be done, specifically in regard to what exactly gender-neutral housing entails and how students feel about it.

#### The process

"In order for it to happen there has to be a clear and informed discussion about what we're talking about," Dean of Students Kevin Hughes said, "If [SDEC is] talking about one thing and [administration is] thinking about something different, that's a challenge."

Hughes said that SDEC did not specifically define what gender-neutral housing means at a meeting he held with the policy committee last week where the initiative was discussed.

Hughes emphasized that the initiative could affect numerous aspects of students' lives, and while he commended SDEC's work so far on the project, he instructed SDEC to look more critically at the concept and its ramifications before submitting an official proposal. Hughes said that SDEC did not present an idea of the specifics of what gender-neutral housing at CNU would look like in terms of which classes would be able to utilize the option and what buildings and room arrangements would be used.



SDEC said that several details of the gender-neutral housing proposal, such as which resident halls will host the program, are have yet to be determined. ILLUSTRATION BY MACY FRIEND/THE CAPTAIN'S LOG

The solid support of a large percentage of the student body would also be critical for the initiative to be approved. "You have got to show there's a desire and what that desire looks like," Hughes said.

Hughes said surveys would be an avenue to gauge student opinion, but he cautioned that care would have to be taken to ensure the questions yielded a useful response. "You can ask a question to get a particular answer," he said.

#### Student reactions

Student reaction to the possibility of gender-neutral housing has been positive for the most part according to Chandler.

Chandler posted a survey to gauge student interest in gender-neutral housing to class pages on Facebook and the CNU to Anywhere Facebook page last spring. She received 488 responses.

According to her survey, 78 percent of respondents expressed interest in seeing gender-neutral housing on campus. Additionally, 45 percent of students said they would opt in to a gender-neutral hous-

ing assignment. Two hundred ninety-five respondents, or 60 percent, rated their familiarity with gender-neutral housing as between one and three on a five-point scale. Chandler said further surveys could be used as needed. Students interviewed by The Captain's Log voiced positive opinions but were not always interested in opting in themselves.

"I have many guys as my best friends and believe that living with them would be a better way of living while at school," said freshman Meghan Thomas.

I wouldn't want to share a bathroom [with males]. But for some people I think that it would be a really great option, freshman Claire Blakely said.

#### Challenges

Administration has to account for solutions to new challenges created by this living arrangement specific to a university's situation, which can impede adoption of the program. Hughes specifically mentioned the difficulty in the case of a roommate conflict that results in one student moving

out of a gender-neutral housing assignment. One of you is going to move," he said, "are we replacing you with a male or replacing you with a female?"

Though details of SDEC's proposal have yet to be finalized, Chandler described the program as being opt-in. Hughes foresees a potential issue with replacing a resident in a gender-neutral housing assignment if a pool of willing residents is small. How the housing lottery would be affected and the opinions of students' families were two other concerns Hughes highlighted.

#### National and state trends

Though uncommon, gender-neutral housing is not unheard of on college campuses across the United States, and several prominent Virginia colleges offer some sort of gender-neutral housing program.

The University of Mary Washington piloted gender-neutral housing in fall 2009, according to the university's website. UMW now has a dedicated gender-neutral residence hall, Madison Hall. The dormitory houses 41 students in

double rooms with suite baths.

George Mason University's flexibly housing program began in fall 2014. The program allows for groups of four or six students to share a suite, regardless of sex or gender identification. Students of opposite sex can live in the same bedroom as well. According to GMU's website, the program is opt in only, and the school does not place random assignments into a gender-neutral housing assignment. Gender-neutral housing assignments can be placed in any dormitory. The program is also only available to upperclassmen. Freshman and transfer students can arrange for gender-neutral housing on a case-by-case basis.

This fall, Virginia Tech rolled out its pilot program for gender-neutral housing. The program is being tested in two dormitories. According to Virginia Tech's website, any student at least 18 years of age is eligible to request gender-neutral housing.

According to CampusPride, 197 institutions have a gender-neutral housing program.

In the United States there are approximately 4,000 undergraduate institutions.

#### Looking forward

Chandler plans to do further research by exploring how universities with gender-neutral housing conduct their programs, and well as look at issues encountered at other institutions.

Particular attention will be paid to institutions similar to CNU in terms of demographics and student population. Hughes suggested coordination with Student Assembly as a good strategy to for the drive for gender-neutral housing, saying that "when you talk about policies that affect students, that's a natural place to go."

Educating students on how SDEC defines gender-neutral housing is also key to the initiative.

She said that after research, SDEC will write an official proposal and try to garner support for the initiative from the student body.

A proposal is the next serious step as it spells out the specifics of the program. ■

*Lydia Johnson and Alex Josephs contributed to this article.*



## Pi Lambda Phi's Wall of Prejudice vandalized

Despite the damage done to the Wall of Prejudice, Pi Lambda Phi's prejudice awareness event will continue to raise awareness of instances of prejudice that impact CNU students and the community.

BY JACK JACOBS  
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Unknown perpetrators vandalized Pi Lambda Phi's Wall of Prejudice Monday night. Despite the damage done to the wall, the fraternity will continue its event to raise awareness of prejudice.

### Wall vandalized

"We painted over it and we're going to start again," said Josh Lemon, a junior and Pi Lambda Phi vice president of risk management.

The damage was discovered around 11 p.m. and within a half hour the fraternity's executive board decided to paint over the vandalism, according to Lemon. Pi Lambda Phi brothers painted over the damage that night.

"It was a hard decision where we didn't want to give [the perpetrators] their way because these people wanted us to cover [the wall] up," Lemon said, "we just decided that was the best thing to do."

The graffiti consisted of a large swastika, references to 9/11 conspiracy theories, and other defamatory comments.

"It was 100 percent contrary to what we want," said Lemon.

Lemon said the vandalism incident had a positive effect because more students are now aware of the event.

On Tuesday, the wall was steadily filling up with new messages identifying prejudices students face.

CNUPD was unable to comment on the investigation of the vandalism, but confirmed that an investigation is ongoing.

It's unclear whether the perpetrators were members of the CNU community, according to Lemon.

### The mission of the Wall of Prejudice

The Wall of Prejudice serves as an avenue for students to voice prejudice they or people they know have encountered. The wall is the centerpiece of Pi Lambda Phi's main campus event in support of its philanthropic aim to eliminate prejudice.

Several other chapters of Pi Lambda Phi have held similar events, which prompted CNU's chapter to consider bringing the idea to campus.

Students write prejudices they've encountered in marker on the wall, such as "deaf people are stupid" and "stop being so flamboyant" to raise awareness of prejudices.

### Breaking down prejudice

On Saturday, Oct. 3 students will have the opportunity to help smash down the Wall of Prejudice with sledgehammers as the finale of the event.



Students are encouraged to write prejudices that have affected them and people in their lives on the wall. It will be destroyed Oct. 3 to symbolize the destruction of prejudice. JACK JACOBS/THE CAPTAIN'S LOG

Starting on Oct. 5, Pi Lambda Phi will erect a Wall of Hope, where students can write positive messages about their hopes for the future throughout the

week. Pi Lambda Phi brothers built the Wall of Prejudice out of two-by-fours and drywall themselves.

Paul Tribble, president of the

university, will land the first hit, according to Lemon.

The event started Sept. 28 and will run through Oct. 3 in the Tribble Plaza. ■

## SpeakUpCNU: giving CNU students a voice

Student Assembly's SpeakUpCNU webpage allows students to leave suggestions to improve campus life.

BY JACK JACOBS  
JOHN.JACOBS.13@CNU.EDU

Student Assembly's SpeakUpCNU webpage allows students to post and vote on ideas to improve student life at CNU.

Though Student Assembly usually relies on word of mouth to hear what students are interested in seeing happen on campus, SpeakUpCNU serves as another important avenue for students to make their voice heard.

Student Assembly monitors the webpage to ensure it hears as many student voices as possible.

"We believe it's a really good website to use," said sophomore Ben Pavich, vice president of marketing and communica-

tions of SpeakUpCNU.

SpeakUpCNU posts by commuters unhappy with the amount of parking at CNU prompted Student Assembly to explore an initiative to expand parking on campus last November, according to then-executive vice president James Iomehl in a Captain's Log article.

Student Assembly worked with administration to make Lot O, a 64-space lot between the Exxon gas station and CNU Apartments on East Campus, available to commuters.

The parking lot originally served the retail shops before being repurposed for students.

The webpage is a longstanding feature used by Student Assembly. Pavich said Student Assembly plans to embed

SpeakUpCNU on the organization's Compass page in the future.

The website consists of a simple forum where students can easily post ideas, as well as vote and comment on the ideas of others.

A large number of ideas have been posted over the years suggesting everything from a Redbox machine in the DSU to increasing wages for student employees.

Most recently, students have suggested adding printer locations to the Navigator App and including nutrition facts with dining hall foods.

Leave a suggestion for Student Assembly at <http://cnu.uservoice.com/forums/180964-speakupcnu>. ■



SpeakUpCNU posts prompted Student Assembly to work for more parking for commuters. FILE PHOTO BY LIZ CLOUDE/THE CAPTAIN'S LOG



# A Captain's planet

New sustainability director Ryan Kmetz reaches out to students for support and prepares to begin new green initiatives.

BY RACHEL WAGNER  
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Ryan Kmetz, CNU's new sustainability director, aims to kick green efforts into high gear on CNU's campus with the help of students.

Kmetz traces his interest in environmentalism to his own experience in college.

"I was inspired by one of my professors in college, and that is how I got into [environmentalism]," he said.

His "aha" moment came while looking at glaciers in Iceland and how plants colonized after glaciers retreated for a course assignment. He then decided to look for the best ways to preserve nature.

At CNU, Kmetz hopes to provide that "aha" moment to students to mobilize support for a more sustainable future because "we need to work as a team and collaborate to get there."

Kmetz has reached out to students to see what needs to be done at CNU.

Currently, he is evaluating results from the sustainability survey sent to students by Frank Council, director of student activities, via email on Sept. 10.

Kmetz is committed to pursuing sustainability initiatives "as soon as humanly possible." Once the data is processed, he will reach out to more students,



Kmetz hopes to create a more environmentally friendly campus with the help of CNU students. RACHEL WAGNER/THE CAPTAIN'S LOG

groups and faculty about how to become more involved.

Kmetz has also met with the Green Team, a student environmental organization, and is looking forward to coordinating with the club and all groups with interest in sustainability so he can provide resources and support.

He wants to focus on making sure that CNU is "not only sustainable but resilient"; adaptable to environmental changes and able to quickly bounce back.

Kmetz said that organizations and students can be more sustainable through simple

behaviors they engrain in their culture. Kmetz explained that college is a time to learn, and really think about the world and hopefully influence change amongst others. By encouraging sustainability efforts, students will also encourage an environmentally-aware lifestyle.

Kmetz has a master's in environmental studies with a concentration in sustainable development in climate change from Antioch University New England in Keene, New Hampshire. Students can contact Kmetz at ryan.kmetz@cnu.edu. ■

# Senate scuffle

Virginian senators to debate pressing political issues in the state on Oct. 5.

BY CHRISTOPHER GABRO  
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All eyes are on who will control Virginia's state senate as the Nov. 3 elections draw near. On Oct. 5 Senate Majority Leader Thomas Norment (R) and Minority Leader Dick Saslaw (D) will square off at a debate held at CNU to outline their views and convince voters that their party should control the senate for the next four years.

"The debate should draw a clear distinction between the two leaders and the focus of their respective caucuses," a spokeswoman for Saslaw said in an email.

Norment and Saslaw will field questions pitched by a panel of Virginia journalists.

The panel consists of a columnist from the Richmond Times-Dispatch, Jeff Shapiro. The editorial page editor of the Roanoke Times, Dwayne Yancey and Brian Colligan, the editorial page editor of the Daily Press. Bob McCartney, a columnist for the Washington Post, will also be on the panel.

The cost of higher education is just one major issue ahead of the elections and questions on the topic will likely make an appearance. Both Saslaw and Norment are on the subcommittee for

higher education.

Other issues Virginia voters are concerned about include redistricting reform and increased background checks for gun buyers, according to a study conducted by the Wason Center for Public Policy released Sept. 24.

The General Assembly has the power to draw political districts. According to the Wason Center's report, Virginia voters are in favor of the power being placed with an independent commission.

Republicans control the senate with a 21-19 majority. A one-seat turnover will put Democrats in practical control of the senate, as Democratic Lt. Governor Ralph Northam casts the deciding vote in the event of a tie.

The outcome of the election will determine how much of a help or a hindrance the senate will be to initiatives championed by Gov. Terry McAuliffe, a Democrat, in his remaining two years in office.

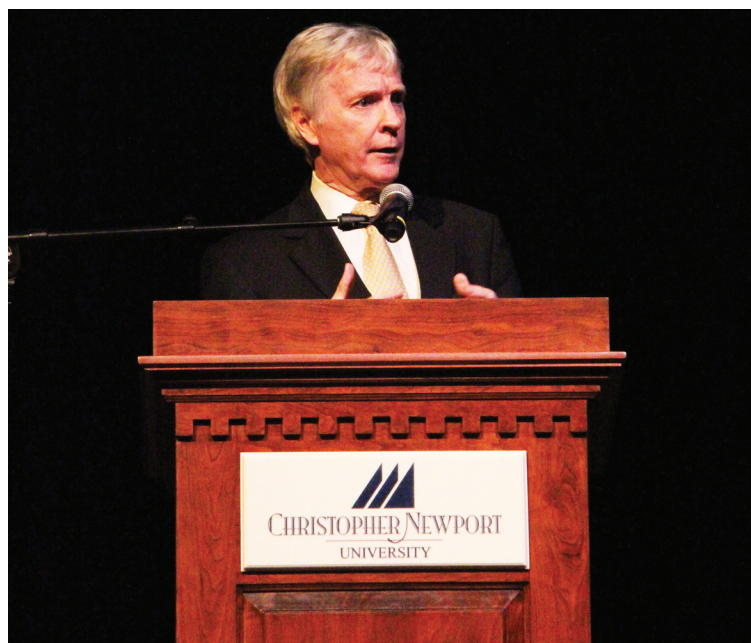
According to the Wason Center, the contest for the senate is a statistical tie.

In addition to the senate, all seats in the House of Delegates are up for reelection on Nov. 3 as well.

The debate will be held in the M&T Hall at 6 p.m. Dr. Quentin Kidd, director of the Wason Center, will serve as moderator for the debate. ■

# Ex-ambassador speaks on Middle Eastern affairs

Ryan Crocker explored the impact of historical and cultural realities of the region in a lecture on Sept. 23.



Crocker served as an ambassador to six Middle East countries from 1993-2012, including Afghanistan. RACHEL WAGNER/THE CAPTAIN'S LOG

BY RACHEL WAGNER  
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Ex-U.S. Ambassador Ryan Crocker laid out why the Middle East is in crisis in a lecture on Sept. 23.

## A need for cultural understanding

Crocker explained that historical knowledge is key to understanding international affairs. He stated, "You will not be prepared for tomorrow unless you know what happened yesterday."

It is also necessary to think of the world from "different corners and different axes," and to understand cultures you do not understand. He urged the crowd—"don't think that because we're Americans we've got it figured out...that makes for bad policy."

## Why is the Middle East melting down?

In the year 1798, Napoleon invaded Egypt, marking an era of Middle East relations in which "territories of great diversity shared one common trait: they were invaded by at least one Western army," he explained.

The current state of the Middle East is the result of failed states. "In 100 years, the region has not seen this kind of intense turmoil."

States fail through failure of governance, failure of successive rulers, and "isms"—colonialism, monarchism, Arab nationalism, Arab socialism, communism—the newest being Islamism.

"None of these 'isms' delivered the fruits of good government...they were intolerant," he said. The result? A cold war in the Middle East.

## How does this involve the US?

"The time of greatest turmoil in the Middle East is also the time of the least US involvement in the Middle East" Crocker said.

Americans need to know two things: to be careful what we get into, and be careful what we get out of.

On Iraq, he said "We went into Iraq poorly; came out poorly." Leaving destroyed the growing stability we had just begun to help cultivate after the initial damages of entering.

## A call to action

He implored students to look into entering public service, "The value of life is measured by what you do, not for yourself, but for your communities, your country, your world." ■



## There’s no place like home

Complaining about the “Bad Newz” or the lack of things to do in the city won’t make it a better place to live. Don’t focus on the negative, and appreciate what Newport News has to offer.



Fun places like Newport News park (pictured above) are all within a quick walk, bike ride or drive from campus. **MACY FRIEND/THE CAPTAIN’S LOG**



**MACY FRIEND**  
PHOTOGRAPHY EDITOR

When people are dissatisfied with something, they’re quick to complain about it, and more commonly with this generation, post about it on social media. I’ve lived in Newport News for 13 years and because of that, I hear mixed things about this city from people I’ve known since elementary school and people I’ve just met from the CNU community.

There’s a negative connotation of Newport News that I get from both sides. If you call this place home because you grew up here, you’ve probably noticed the prevalence of crime, especially in the northern and southern ends of the city. Of course, people are quick to turn to social media and complain about how terrible “Bad Newz” is. Some even say, “I’m glad I got out when I did,” as if Newport News is some plague they need to avoid.

What these people don’t seem to understand is that it does no good to speak poorly about where you are because it won’t get you to where you want to be. People continuing to give Newport News a bad connotation make it difficult for anyone else to see the good in the city. Just because bad things happen here doesn’t mean this is a bad place to live, in the same way that when bad things happen to someone, it

doesn’t make them a bad person.

While I don’t see many of these comments from my peers at CNU, I do see complaining elsewhere. People talk about how boring it is on the weekends or how little there is to do in the city.

I don’t think it’s a secret that students tend to stick to campus, besides spots like Cook Out, Brickhouse and Port Warwick. Once Friday rolls around, people either stay in or hit these same locations.

If you’re always going to the same places, you aren’t experiencing all that the area has to offer.

In Hampton Roads, we have at least three beaches within a 20-minute drive: Yorktown Beach, Fort Monroe and Huntington Beach.

We have at least three movie theaters within 15-minute driving distance: AMC, Regal and understandably the most popular, Paragon right in City Center.

We have parks and trails if you enjoy the outdoors: Newport News Park, the Noland Trail and Sandy Bottom Nature Park.

We have shopping centers such as the Patrick Henry Mall area, Jefferson Commons and Peninsula Town Center.

There are so many things to do here, but most people don’t realize it because they probably don’t even try.

I understand that people are going to have different opinions on what’s interesting and what isn’t, but do we have to complain so much? Wayne Dyer said, “If you change the way you look at things, the things you look at change.” As I’ve said before, complaining won’t get you anywhere, so the best solution may be to change your perspective. My hope is that this gives people a new perspective. ■

## The real value in what this city has to offer

Newport News provides students with a plethora of service opportunities to fulfill the repeated mantra of “Defining Significance.”



**RACHEL WAGNER**  
STAFF WRITER

Here at CNU, we are looking to, as our president states, “Define Significance.” President Paul Tribble and the rest of the administration have cultivated a campus environment that extends past academia and into real life—and part of that real life application is serving the community.

Coming from Delaware, I know little about Virginia culture, or anything other than Northern quiet suburbia. For me, Newport News is a bustling area with plenty to do—from our campus we can walk to a number of restaurants, parks and a plethora of churches. By car, you can travel from Virginia Beach to Williamsburg. However, despite my personal excitement about the convenience of the location, this is all a matter of perception.

Regardless of the varied opinions on things to do around here, I have found that the most rewarding

aspect of CNU’s location has been the ability to make a positive impact in the community.

Being so close to a variety of educational institutions, the SPCA, Fear 2 Freedom, the Mariner’s Museum and other nearby non-profits provides students with an unlimited capability for community engagement. There are many organizations on campus with an Executive Board member specifically dedicated to community outreach—whether that is aimed at service, bringing in expertise, political action or knowledge of local events.

If you are a member of PLP or Honors, the Center for Community Engagement or a Bonner Service Scholar, you have learned that we must be involved in Newport News.

We are asked to explore, find something we love doing, and help others in doing so. This has been the biggest factor in my view of the area; the chance for change and leadership in social justice and service activities within the community is inspiring and motivating. It’s not everyone’s cup of tea, and for some this area might not be exciting. But one thing’s for sure—if you want to build strong character through public service, Newport News is the place to be. ■



Freshman Jordan Yarros picks up a Caprisun pouch on a service project with the Rotaract Club, one of the many service organizations on campus. **MACY FRIEND/THE CAPTAIN’S LOG**



# Fraternity responds to vandalized philanthropy event

Students calling out for help through the anonymous app ought to seek help in more constructive places.

**TIM GILES**  
CONTRIBUTOR  
PI LAMBDA PHI VP OF EDUCATION

The brothers of Pi Lambda Phi Fraternity are devoting two weeks to our philanthropy, the Elimination of Prejudice. We invited members of the community to write the prejudices they've experienced on the Wall of Prejudice we constructed in the Tribble Plaza as a way to vent and share the issues they face. After everyone has the chance to write on the wall, we will knock it down, symbolizing our fraternity's philanthropic efforts.

However, some chose to deface the

wall and put hateful messages over top of people's legitimate experiences of prejudice. Ironically, these hateful signs and useless vandalism continue to prove the mission of the Wall of Prejudice. We all can obviously see that prejudice is alive and well in our community.

We will not let this insensitive act stop the mission of our event. We knew this would be a controversial event, and this vandalism legitimizes the mission of the wall.

It's sad that we had to paint over the vandalism and cover the heartfelt message underneath it. I know that plenty of people had to think long and hard before writing on this wall, and

it's a shame that some people decided to disrespect this safe environment.

We want to be able to have sensitive conversations with our community and help our positive environment grow. This wall will continue to stand until Oct. 3, when we, as Captains, will break this wall down.

We will break down prejudice, and it shall not overcome us. Pi Lambda Phi's national philanthropy is the Elimination of Prejudice, and any proceeds from this event will go to this philanthropy. On Oct. 3, we are accepting donations from students who wish to help us break down the wall.

We invite the community to come back

out and continue writing on this wall, in a non-vandalizing manner, and ask that we all remain respectful of this event. There is a major difference between vandalism and the objective of this wall.

I personally want to thank all of those who have taken this seriously and taken time out of their day to write on the wall. It means a lot to me personally, and a lot to us as an organization, to see such a dynamic response from the community. I also want to thank those who came out last night and wanted to help undo this crime and disrespect.

Please still come out whenever you feel comfortable and express yourself on this wall. Do not let prejudice win. ■

## Paging Dr. Yik Yak

Students calling out for help through the anonymous app ought to seek help in more constructive places.



**MORGAN BARCLAY**  
STAFF WRITER

When I received the news assignment of examining the effect of Yik Yak on our campus culture, I had a basic idea of what I wanted to write about due to my own previous experiences with the app. But as I was finding material for my article on the app, I came across some startling posts that I had to address. They were the following:

"I failed a test tomorrow."  
"Laughing on the outside, but crying so hard on the inside."  
"There is a large void in my life..."  
"...I'm always so emotional late at night."  
"I barely have any motivation left to move forward."  
"...no one to talk to."

And the list went on and on. Yak after Yak went on in the same fashion, all exemplifying a common theme: a theme of loneliness, guilt, regret, anxiety and isolation. And while these feelings are much to be expected on a college campus, where people are learning the ins-and-outs of life for the first time, as well as leaving home for the first time, the oversaturation of these feelings on an anonymous posting app lead to me to believe there is a greater problem than that of the simple run of the mill college blues.

The fact that the most common subject exemplified in these anonymous postings wasn't the politically incorrect jokes people are too afraid to tell aloud, but rather the postings of the scared, the lost and the lonely, all seeking the sort of gratification they only know how to get through the anonymous up-votes and nice replies they may receive, supports this statement.

All of these posts are crying for help, but the cry is made in the wrong direction, it would seem.

This quick gratification of social media dissipates all too soon. Because of the anonymous and temporary nature of the app, they may still end up feeling just as lonely, just as isolated and just as unloved.

They have all of these people saying they love them, but it doesn't feel real because of the anonymity. They aren't actually there as a human being, offering love and support to a person in need. They are simply the icons that the app has chosen to represent them: OP, Green Mushroom, Red Socks, Black Anchor.

This is not how people on our campus should express themselves. This is not how we should be. Everyone of us on campus deserves love and to feel loved, and while we can support others on campus in small ways through our speaking tradition, something more can be done.

That something is ending the stigma that comes with mental illness, that comes with these feelings of isolation, so those suffering don't feel ashamed to get the help they need. So those who are hurting can have the courage to walk up those stairs in the Freeman center and schedule an appointment with someone that is certified to help them, instead of a cartoon Yak. ■

## A piece from Currents



Currents is an annual publication of CNU students' creative writing, prose and poetry pieces. This year, we are looking to make room for more students to convey their work by posting their efforts in The Captain's Log. This poem was published in last year's edition.

**JORDAN ZAVODNY**  
CURRENTS EDITOR

### "Pegasus"

**RACHEL CONDON**  
CURRENTS CONTRIBUTOR

*He does not hear so much as feel  
His hooves hitting the ground  
Hard enough to rock his ribcage.  
Too hard, though he has shucked his steel shoes.  
Better to risk one more damn day  
Pacing the canyon ensnared by tethers.  
Invisible, insubstantial, inescapable—  
A stretch between his shoulder blades spasms;  
His nervous system groping for what it knows should be there.  
The absence is unnatural, freakish,  
And sorely felt.  
He has made bellows of his lungs  
Replacing the dusty air with hot steam.  
The runway grows shorter; the Earth opens up beneath him.  
He does not flinch, but bears down.  
One final kick launching him from the cliff face.  
He does not hear so much as feel  
Broad swaths of muscle and feathers snapping open  
Unfolding all the promise of a sunrise.*



## Fall Fest

Various clubs and organizations were represented at Fall Fest with free food and games. The event was highlighted with a performance by The Mowgli's.

**BY MACY FRIEND**  
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Campus Activities Board's (CAB) annual Fall Fest was a bit different from previous years. Since it was relocated to the Freeman Fieldhouse, there was an atmosphere similar to that of club fair.

Several organizations were present, with foods and decorations correlating to each organizations' place from around the world.

Despite it being indoors, Fall Fest had its familiar inflatable obstacle course

and a bounce house. There were snow cones, henna tattoos and even some pumpkin painting.

Even though the atmosphere was a bit different due to its indoor location, Fall Fest kept the characteristics students have come to know. ■

For more coverage of Fall Fest, see page 13



Junior Bonnie Newton participates in pumpkin painting, an activity that was hosted by Spectrum. **BEN LEISTENSNIER/THE CAPTAIN'S LOG**



Students sign THRIVE's sign for "What does family mean to you?" **TYRUS WOOD/THE CAPTAIN'S LOG**



Sophomore Shelbi Pullen was among one of the many students in line to get a henna tattoo. **BEN LEISTENSNIER/THE CAPTAIN'S LOG**



Anime Club students set up a game that involves tossing throwing stars, or Shurikens, at solo cups. **TYRUS WOOD/THE CAPTAIN'S LOG**



Organizations serve treats throughout Fall Fest. (Left) CAB serves snow cones while (right) the SPCA club serves macarons. **MACY FRIEND/THE CAPTAIN'S LOG**





# The Mowgli's

The Mowgli's were the pinnacle of the night- as most bands are at Fall Fest.

They might not have been the most well-known band, but they amped up the crowd with their upbeat music and interaction with students.

Crowd participation was an important aspect of their performance. In between sets, the band's lead singer, Colin Dieden, asked students questions about how school was going and their summer experiences.

Although students did not get to see Katie Earl, the band's vocalist, compete with a fellow bandmate on the inflatable obstacle course, they kept the audience entertained. ■

Junior James McGrath got the chance to go on stage and sing with The Mowgli's.



The Mowgli's performed songs from their new album "Kid's in Love," including 'I'm Good' and 'Summertime.' **ALL PHOTOS BY MACY FRIEND, BEN LEISTENSNIER AND WILL BURCH/THE CAPTAIN'S LOG**



## Making a statement

The Captains started their conference season off strong, beating last year's runner-up, Penn State Harrisburg, 5-0.



**MEN'S SOCCER**  
CONTINUED FROM PAGE 1

prior, the Captains were looking for a way to quick start their offense.

They found it.

Senior forward Ryan Balfour started things off for the team, as he scored the third goal of his season. His goals have always been crucial for the team, as all three have also been the game winner.

Balfour's goal came early, scoring just before the 10th minute of the game off a pass from leading scorer junior forward Pat Burns.

Not looking to be outdone, Burns followed up Balfour's strike with one of his own in the 30th minute. It was a different senior forward, Mark Brewington, who provided the assist on this goal.

From that point on, the Lions tried desperately to limit the Captains' first half offense—which was outshooting them 14-2—and enter the break down just two, the Captains had other plans.

With less than five minutes left in the half, the team's underclassmen proved their ability when sophomore defender Hunter Simon stepped up to take a corner kick. He placed the ball perfectly on the near side, where freshman midfielder Zach Ballard snuck in to head the ball for his third goal of the season.

Things didn't get much better for the Lions in the second half.

After having scored within the last five minutes of the first, this time the Captains scored within the first five minutes of the second.

Once again, the Captains found themselves in a favorable scoring position as the lined up for another corner kick. Senior midfielder Harry Nodwell lined up for the kick, which found itself in the goal off the head of senior defender Sean Christein.

In addition to scoring the first goal of his season, Christein's

week was also a success as he was named the CAC Defensive Player of the Week. He is the second Captain to earn one of the weekly awards this year, as Burns was named the Offensive Player of the Week earlier in the season.

The Lions received a bit of a reprieve as the Captains were unable to score again for nearly half an hour until junior midfielder Mamadou Barry fed a ball to sophomore forward Girma Baker for his second goal of the season.

The Captains will have a major conference game coming up as they travel to take on York College of Pennsylvania on Oct. 3.

Although York is the clear underdog in this matchup—as they were picked to finish fourth in the preseason poll and currently are riding a four game losing streak—the Captains may have an extremely difficult challenge.

CNU has not been able to defeat York since joining the CAC and currently trail York 6-4-4 in the all-time series record.

Following the York game, the team will travel to take on Southern Virginia University on Oct. 6.

SVU—the preseason favorites to finish last—is currently 1-8 on the season. They have only scored four goals this year, while allowing 32.

The last time the Captains faced this team, CNU came away with a 8-0 victory. ■

Senior Ryan Balfour scored his third game-winning goal this year as the Captains took down Penn St. Harrisburg 5-0 on Sept. 26. He currently leads the team in game-winners. **BEN LEISTENSNIDER/THE CAPTAIN'S LOG**

### Up Next York



Overall Record: 2-6-1

Home Record: 1-4

Averages 1.2 goals/game

Four game losing streak

Series record: 6-4-4 York

Last matchup: 1-1 tie

## Field hockey adds to shutout streak

The team secures its fourth consecutive shutout, going a perfect 3-0 on the week.



Junior goalie Bailey Lien helped the team post its fourth straight shutout. The most recent of these was her 34th career win—a new all-time program record. **BEN LEISTENSNIDER/THE CAPTAIN'S LOG**

**BY BEN LEISTENSNIDER**  
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Junior goalie Bailey Lien became the winningest keeper of all time as she helped the 15th-ranked Captains go a perfect 3-0 on the week without allowing a single goal.

Headed into this week, Lien and the Captains were coming off a 1-0 shutout over Washington and Lee on Sept. 19.

Four days later, the Captains took on Randolph-Macon which ended up being a 2-0 victory for CNU. Things started off strong for the Captains with sophomore attack Carol Thompson securing her fourth goal.

With Lien stopping all shots aimed at her, the Captains were in good hands. Providing a bit of security, sophomore attack Alexa Weaver also managed to score her fourth time this year in the second half.

The Captains then faced Roanoke on Sept. 25, which resulted in a 6-0 blowout. Thompson got the scoring started again and was joined by senior attack Lauren Cheatham, freshman defender Brittan Muir with two, and sophomore attacks Josie Morgan and Mackenzie Neylon.

This game was Lien's 33rd career win—which set the all-

### Up Next #18 Catholic



Overall Record: 5-3

Away Record: 1-2

Averages 3.4 goals/game

Last matchup: 1-0 Catholic

time program record—and contributed to her being named the Capital Athletic Conference Defensive Player of the Week.

Lien and the Captains secured their fourth straight shutout taking down Rhodes 2-0 on Sept. 26. Sophomore midfielder Madison Doss and Weaver provided the two goals.

That streak will be severely challenged as the Captains play host to 18th-ranked Catholic on Sept. 30. ■



# Frosty start to conference play

The Captains lose their first Capital Athletic Conference regular season game since 2013 as they struggle offensively during a 1-0 decision against Frostburg State on Sept. 26.

BY BEN LEISTENSNIER

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Last season, the Captains' hopes for a Capital Athletic Conference championship were halted when they lost to Frostburg State in penalty kicks in the semifinals. The Bobcats prevented the Captains from exacting revenge as they came out on top in a 1-0 victory.

It looked like at first that the Captains held the clear advantage and had a decent chance to snap a two game losing streak while avenging last year's lost.

Although CNU was outshooting Frostburg State 16-8 in the first, it was the Bobcats who struck first in the 37th minute.

Once again, the Captains turned to junior forward Victoria Perry—a player who has scored almost half of the team's goal this year.

Perry had two excellent scoring opportunities, but both goals were taken back. The first of those two chances, Perry was flagged offside. A much more controversial call took place later in the half.

After the Frostburg goalie mishandled a ball, Perry was ruled to have wrestled the ball from the keeper, despite the fact that the ball was loose. This call took away her equalizer, which would have been her seventh goal on the year.

The Captains will have a chance to avoid their fourth straight loss as they travel to

## Up Next

### Mary Washington



Overall Record: 6-4

Home Record: 2-2

Averages 1.8 goals/game

Last matchup: 1-0 CNU (OT)

Sixth in preseason poll

take on Mary Washington on Oct. 1.

The last time that these two teams faced each other, the Captains escaped with a 1-0 overtime victory.

If the Captains hope to succeed against the Eagles and even further down the road, they will have to find a more balanced offense that doesn't rely so heavily on Perry's scoring ability.

Forwards freshman Kayla Locklear and sophomore Kaylie Deshler have the potential to do just that, with both having two goals on the year. ■



With two goals, rookie Kayla Locklear has potential to provide variety to the Captains' offense. BEN LEISTENSNIER/THE CAPTAIN'S LOG

## Captains finish in top-two

Both cross country teams came in second at the Panorama Farms Invitational.

BY SAM CAMILLETTI

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On Saturday, Sept. 26, both the men's and women's cross country teams travelled to Earlysville, Virginia for the Panorama Farms Invitational hosted by the University of Virginia.

Amidst the generally depressing weather conditions and difficulty of the course, both teams not only held their own, but posted solid performances in their division races. Both teams placed second overall behind Northern Kentucky University. The men finished with 54 points and the women finished 47 points.

The Non-Division I race began at 11:15. Junior Andrew Benfer led the way for the men in the 8k with a 26:53 and a 12th place overall. Sophomore Daniel Read followed with a 15th place overall with a time of 26:57.

Freshman Peyton Artz debuted in his first collegiate 8k race with an impressive posted time of 27:07 and a 16th place overall. Rounding out the top five were junior Charlie Pruitt with a 27:17 and 17th place overall and freshman Evan Fabish with a 27:28 with 18th overall.

The women's 5k Non-Division I race started off soon after. Coming in first for the Captains was freshman Abigail May with a time of 20:30 and a 9th place finish overall. Finishing a place behind May was senior Alexa Tabackman with a final time of 20:44.

Sophomore Hannah Bullen came in third with a time of 20:46 and an 11th place finish overall. Senior Deanna Corts and junior Emmie Schmitt finished out the top five with times of 20:57/13th place overall and 20:59/14th place overall, respectively.

The Captains will return to action this Friday, October 2nd when they travel to Bethlehem, Pennsylvania for the 42nd annual Paul Short Run hosted by Lehigh University.

That will be the final road meet before the Captains host the CNU Invitational, which takes place on Oct. 17. ■

## Weekly CNU sports wrap-up

BY BEN LEISTENSNIER

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The Captains had an overall successful week, with various teams finding themselves the victors in most of their games.

### Volleyball

For the second week in a row, the volleyball team won all of their games, except for one against a top-ranked opponent.

After losing to now first-ranked Juniata 3-2 on Sept. 18, the Captains lost by the same margin to fourth-ranked Emory on Sept. 25. Senior Rachel Conway posted 62 assists—the most a Captain has had in a single game for 14 years.

Junior outside hitter Briana

Sutton also had a historic game, as her 28 kills were the most by a Captain in a single game since the NCAA switched to 25 set matches.

Following this loss, the team swept Randolph-Macon and Washington and Lee.

### Hockey

The hockey team won both games 3-2 in a weekend double header against Liberty.

In game one, which went into overtime, the Captains' goals were scored by Gustavo Canals, Brad Kostrzebski and Ryan Brown.

The Captains came back from a 2-0 deficit in game two with goals from Caleb Dalterio, Freddie Wall and Shane Kehl. ■

## Box Score

### Men's soccer

Sept. 23: CNU vs. Lynchburg 1-1 T

Sept. 26: CNU vs. Penn St. Harrisburg 5-0 W

### Women's soccer

Sept. 26: CNU vs. Frostburg State 1-0 L

### Field hockey

Sept. 23: CNU at Randolph-Macon 2-0 W

Sept. 25: CNU at Roanoke 6-0 W

Sept. 26: CNU at Rhodes 2-0 W

### Volleyball

Sept. 25: CNU at #4 Emory 3-2 L

Sept. 26: CNU at Randolph-Macon 3-2 W

Sept. 26: CNU at Washington and Lee 3-0 W

### Hockey

Sept. 25: CNU vs. Liberty 3-2 W (OT)

Sept. 26: CNU vs. Liberty 3-2 W



## MOVIE REVIEW: SICARIO

BY CHRISTOPHER GABRO  
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Up and coming director, Denis Villeneuve, has struck gold once again with his recent feature "Sicario." "Sicario" is a brilliantly dark thrill ride. His past two movies, "Prisoners" and "Enemy," left me feeling sick to my core—and he has done that once again.

"Sicario" follows Kate Macer (Emily Blunt), an FBI agent that is recruited by the shady Matt Graver (Josh Brolin) to work with the even shadier character, Alejandro (Benicio Del Toro). She is thrust into battle with the Mexican drug cartels and is unsure of the motives of Graver and Alejandro. The more she unravels, the more off-putting the story becomes.

The film is an exploration of the violence and brutality that occurs in a moral-less morass. Though the film is not completely original in terms of its story, Villeneuve is able to craft the ingenuity that a film like this requires. He has a way of brilliantly letting the story play out rather than telling the story. If this film were in the hands of any other director it would not have had nearly the gravitas that Villeneuve brought.

But Villeneuve couldn't do it alone. When the world is being displayed as pitch black and roiling in utterly unfathomable melancholy, Roger Deakins is the perfect cinematographer for the film. I'm truly speechless of how some shots were attained. One of the greatest credits I can give to Deakins is the way he films at night. It truly looks light night. Most movies when shot in the dark have the feeling of artificial lighting to display the actor and sets—Deakins is able to capture that without lighting—it's incredible.

Performances in the movie are stellar throughout. Blunt is the best she's ever been and Brolin is back as a great supporting actor, but it's Benicio del Toro that steals the show. I have not seen him act this good since "Traffic", he knocks this film out of the park. His character is by far the most interesting and he plays it with the most unusual twist.

The film opened last week at minimum release in just six theaters and earned a total of \$401,288. It had a per-screen average of \$66,881 making it the highest gross per-screen of the year thus far. The success of the film has already launched a sequel into the works, focusing on the character played by Del Toro.

It's not often that a picture such as this becomes a success as well as being a stellar film. I'd expect to see Oscar nominations for the actors, cinematography and possible the director. This film is remarkable and will leave you feeling empty inside. ■

## RATING:



# BEHIND THE NOISE

TheatreCNU's latest show features a play within a play, so in homage to the production, we're bringing you backstage happenings from the show about backstage happenings.



Seniors Cheyanne Christopher and Cian Girven paint and stain furniture for opening night. MACY FRIEND/THE CAPTAIN'S LOG

BY SAMANTHA CAMILETTI  
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"Noises Off", the first of this year's four TheaterCNU shows, will sweep audiences into 1980's British culture for a "play-within-a-play" farce following Otstar Productions as they ready themselves for a production of "Nothing's On." Between rehearsal, backstage drama and putting on a show that's chaotic on stage and off, "Noises" aggrandizes just how fast things can go wrong in a theatrical production, and the comedy that ensues from the attempts to salvage a doomed play. Within this play is a pronouncement of truth: every production relies heavily on the work of the backstage crew. Luckily, TheaterCNU has an extremely dedicated and talented set of teams working behind the scenes. These student managers all have an immense amount of responsibility and jobs to do as opening night quietly drifts closer.

### Setting the stage

Senior and stage manager Caitlin Caplinger is primarily responsible for the smooth running of the show. "I run rehearsals, coordinate all of the props and costumes and running crew," she said. In addition to that, she is responsible for calling the show and taking down blocking, or coordinating the movement of characters on stage. "It's a completely different language," Caplinger said. "It's kind of like shorthand. If you go through my stage management prop book, it's just a bunch of circles and triangles and lines."

Preparation has accumulated to 80 hours thus far. At maximum, the team practices four hours, six days a week,

and with opening night less than a week away, precision is becoming increasingly important. "We have a 10 out of 12 on Sunday [Sept. 27], where we work out all of the technical bugs with the crew," Caplinger said. "There's an hour for lunch and dinner, so we'll be working 10 out of 12 hours that day." Busyness aside, Caplinger emphasized that it was a privilege to be given the opportunity. "I thought this would be the most interesting to stage manage because of the physicality," Caplinger said, adding "I'm also a huge anglophile."

### Props to Cian

Senior Cian Girven also found his job through volunteering to be Props Manager. "Props management isn't what I love doing," he said. "I'd rather be on the team working with people and have someone else in charge of all the paperwork." But perhaps dedication and persuasion won out in the end. "Some friends of mine were like: 'You should totally do the show; you get to build a cactus!' So I said I'll do it."

This is Girven's sixth time on a props team and second time on the managing side. His first go at managing was for last fall's "Pericles." "I was completely underprepared to be in charge of things. This time, I still feel underprepared, but... I learned from what I did wrong last time and hopefully won't repeat myself this time. It's an experience," said Girven. This is an experience that will be immortalized by the bizarre array of props he was required to build for this play.

Girven is making a wooden fireman's axe and a stamp dispenser, among other things. However, nothing takes precedent over the request for a bucket of rubber sardines. Girven is used to odd requests. "We only have questions like: 'Well, how big do you want the bucket?'"

But for the most part you just go: 'Okay, let's see what I can do. Let's do some research on that.'

### Saving Face

Research is integral to the preservation of authenticity, and no one knows that better than senior Angel Maimone, who is in charge of stage makeup and hair. This isn't Maimone's first time involved in makeup or hair, but her decision to volunteer came after the completion of the stage makeup class. "I really fell in love with it. So this semester I'm taking the class again as an independent study with [senior] Carli Cheatham and we're the teacher's assistants," Maimone said. Maimone also has a special connection to this play. "I was really excited to hear that Noises Off was set in the 1980s, because it's my favorite time period." A lot of the research that Maimone and Cheatham did for the show involved watching '80s movies like "Better Off Dead" and "The Breakfast Club."

"I'm excited to see what people think of the hair and makeup," said Maimone, adding that if it were up to her, people everywhere would still look like the characters are going to. Piecing together makeup combinations and hair takes lots of work. Maimone and Cheatham first get a sense of who the characters are then research the time period and location of the play to ensure accuracy. "This show has pretty basic hair and makeup, so nothing is that hard to get our hands on," Maimone said. Currently, Cheatham and Maimone are practicing some of the hairstyles that might give them trouble during the show. ■

Noises Off will have several shows running from Oct. 2-4 and Oct. 7-9.



# Rainy weather doesn't quell Fall Fest fun

Despite a slight change in venue, a large portion of CNU's campus still came out to enjoy the CAB event.



Students flocked to the back of the Freeman and listened attentively as The Mowgli's took the stage. **MACY FRIEND/THE CAPTAIN'S LOG**

BY KATHERINE GITTMAN  
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For some students, fall may not officially begin until they have visited one of CNU's most festive traditions: Fall Fest. This year, due to inclement weather, Fall Fest took place in the Freeman Center field house, but the change of venue did not stop students

from taking part in the annual tradition. It would not be Fall Fest without the bounce houses, free food, free prizes and a moderately well known band, and CAB delivered on all fronts.

Of course with every grand campus event, there is a lot of planning in the process. The Special Events Committee started planning for Fall Fest back in the beginning of summer. They decided

on who would come, what stations would be there, what the theme would be, etc. This year Fall Fest took a trip around the world with venues that represented international cities such as New York, Paris, Morocco and Washington D.C. "The theme we decided on was 'Around the World' so we tried to incorporate as many cities as possible" said junior and CAB Special Events Chair Lauren Brent.

Another highlight of Fall Fest that set a different tone this year was The Mowgli's. With their hit song "San Francisco" and a host of other well-known tracks, it was no question that CNU students were excited to have the band perform.

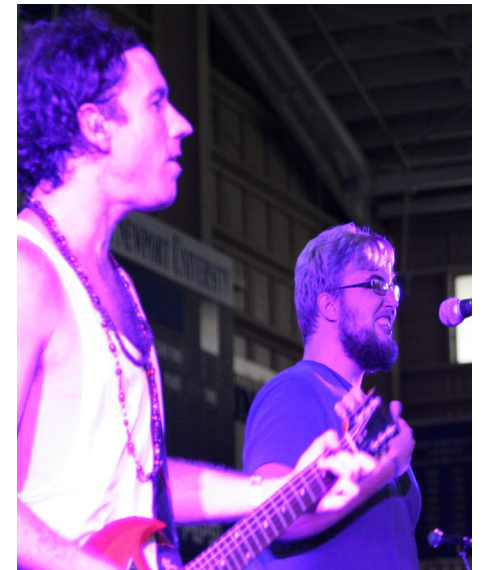
"Our Headliners committee actually pulled the strings with getting The Mowgli's," Brent said. "It was pretty simple, we reached out to an agent and they were able to work it out so The Mowgli's could come and play at Fall Fest."

Freshman Hayley Reynolds was so excited to see them, she stayed for their whole set, and junior James "Bud" McGrath was so pumped for the Mowgli's that he actually got onstage with them.

As Fall Fest is a tradition on campus, many students have different reasons they enjoy it. "My favorite thing about Fall Fest is that it brings the campus and various other organizations together for a fun Friday," said junior CAB member Erin Boyer. Brent added, "It was really awesome to sit back and see how Fall Fest unfolded once it started, and it's always great to see so many Captains come out to an event. However, I would

have to say it was pretty cool to get to meet The Mowgli's after their show."

Without any doubt, Fall Fest is one of the many campus-wide events that students always look forward to. "One thing that I liked about Fall Fest this year was that it was more diverse and when I say diverse I mean how the theme made the organizations think outside of the box," said senior Ashton Stout. Between the free food, free prizes and a famous rock band, CAB once again put on a successful event that did not disappoint. ■



Junior James McGrath (right) got up on stage with The Mowgli's during "San Francisco." **MACY FRIEND/THE CAPTAIN'S LOG**

## A Troupe Called Quest: Impromptu Bugaloo

BY KELSEY RIPA  
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After the summer hiatus of improv, crazy stunts and a certain purple "weekend hat," (à la one Mitchell Kohlhaas), A Troupe Called Quest is back at it again. This past Friday's Impromptu Boogaloo not only revived one of the troupe's risky improv games (more on that later), but also welcomed to the stage two new members: junior Bonnie Newton and freshman Natalie Azzam.

Fans, friends and family of the cast members crowded the auditorium of the Gaines Theater in what seemed to be one of the Troupe's biggest turn-outs. The introduction to the show gave the audience a taste of what was to be expected as each member individually entered the stage in a way that showed off their individual eccentricity. One of 'Quest's greatest assets is the amount of diverse humor that each person can offer to the scenes.

With audience suggestions such as "your least favorite line from a movie," and "something you would smuggle into prison," 'Quest co-founder senior Charlie McCracken set the scenes as the emcee, poking fun at everything from politics and pop culture icons, to the inside jokes of CNU. McCracken introduced a new game he called "Columns" by saying "It's one of Tribble's favorites." From "Columns" grew a multi-layered scene in which Commons was on fire.

As in true 'Quest style, it's not the end of the show until they bring out a crazy stunt in which at least one of these crazy goons puts themselves in harm's way. This time, they replaced last year's mousetraps with a bucket of water for the improv game "Oxygen Deprivation" that resulted in McCracken, sophomore Hogan Holt and seniors Art Ross and Mitchell Kohlhaas acting out a scene while taking turns with their heads submerged underwater. Audience members gasped and anxiously held their collective breath as each stage member struggled to hold theirs, but all came out laughing in the end.

New members Newton and Azzam later shared their experiences working with the improv club. Newton, who is also currently a member of the all-female improv group, the Improvateurs, said that she joined 'Quest because she "Loves all aspects of comedy, that's improv, sketch, stand-up.... and it's another great outlet and another community of friends to be a part of."

Azzam, who had done improv in high school said that she planned to continue it in college. "I love the wit, and the height that you have to think quickly on your feet," she said. But she's also in it for the crowd. "I love making people laugh and the joy that stems." She went on to talk about the unexpectedly friendly reception she received from the group when she first went to one of the meetings: "I was expecting them to



Juniors Bonnie Newton and Kyle Horowitz play "Soap Opera," a game in which one member must always be looking out into the crowd. **PAIGE KOWAHL/THE CAPTAIN'S LOG**

be like, 'She's a freshman. She must pay her dues.' I was expecting some sort of hierarchy, but everyone was so open and inviting and supportive."

All in all, every member agrees that the first show of the season was a huge success. Newton adds, "I was very sat-

isfied. I loved it, I had a lot of fun, the audience had a great energy, and great suggestions." The people at CNU can certainly expect to see more of this witty, punny group, and it will definitely be exciting to see what the troupe will come up with next. ■



## The Phantom of the Ferg

CNU may be a young University, but that doesn't mean that it's too young to attract its share of spirits.

BY STEPHEN BOWE  
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One would not expect CNU's fairly young campus to be home to any sort of haunting. Hauntings, after all, are for old schools; William and Mary, for instance, has more ghosts than students, and the University of Virginia has provisions in its budget for regular exorcisms. However, if rumors among the music and theater departments are true, our campus is indeed host to a ghost.

The Ferguson Center for the Arts has been an important part of CNU's community for more than a decade. The Ferg has hosted hundreds of performances, from student productions to internationally-acclaimed musicians. Before it became the concert hall we now know, the Ferg was Homer L. Ferguson High School. Perhaps because of its long history, the Ferg is said to be the epicenter of CNU's very own haunting.

The problem with ghost stories, of course, is that everyone you ask will have a different one. While researching this story I learned that the Ferguson Center is home to at

least three different ghosts. For brevity's sake I will focus on the one I learned the most about: "Phyllis of the Ferg."

Senior music majors Nicholas Ro, Nathan Cabello and Graham Larson all agreed on the existence of the same ghost. "Beyond a shadow of a doubt, Phyllis is real," said Larson. "I'm surprised she's not here right now." Phyllis, they say, mostly manifests as a poltergeist—moving ceiling tiles and music stands. Larson also reported once going into the trap room (storage space beneath the concert stage) and finding the lights flickering, which he attributed to Phyllis.

The stage itself is also apparently haunted. "It's really dark back there and a lot of them (backstage workers) work strange hours, and a lot of times during a show people will be nodding off—and it'll mess with them," Larson says. "I've seen it."

According to senior Kim Nguyen, rumors of Phyllis began with several members of the class of 2012, who attributed oddities in their apartment to a ghost that followed them back from the Ferg. Nguyen

reports that Phyllis haunts the entire academic portion of the Ferg, particularly room A100. Music majors have used Phyllis as a means of bonding or as a mascot. "We all take it as a joke," Nguyen said via email. "When weird things happen, we just blame it on Phyllis. But then other things happen, and we do start to wonder..."

After a thorough investigation of the nature of the haunting, what was next was obvious: a good old fashioned ghost hunt. On a cold, rainy Saturday evening I journeyed over to the Ferg with my roommate, a friend, and innumerable flashlights to see what we could find.

Sadly, we did not find any ghosts. We did find a big room that smelled like a hair salon, but that probably wasn't haunted.

By no means should my ghost-hunting experience be taken as indication that the Ferg is not haunted, and by no means is this article a comprehensive guide to the Ferg's ghosts. Perhaps the haunted Ferg will be revisited in a later piece; in the meantime, if you find yourself in the Ferguson Center at night, beware Phyllis of the Ferg. ■



Many sites around the Ferg, including the studio theater, are reportedly haunted **RACHEL WAGNER/THE CAPTAIN'S LOG**

## The indisputable guide to the perfect cup of tea

Nothing beats cuddling up with a hot cup of "proper" tea on a blustery autumn afternoon.



Need something warm, but not sure what to whip up? Fresh, hot tea is easier than you think! **SARAH MARTIN/THE CAPTAIN'S LOG**

BY SARAH MARTIN  
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With the fall season comes blustery weather and occasional cloudy days. But you don't need to let the grey and rainy skies weigh you down. Our English friends across the sea have perfected the art of tea-making: the perfect remedy to a grey and gloomy day.

With the rise in popularity of British TV shows and culture, more and more Americans are developing a taste for "proper" tea. But whipping up a perfect cup takes a bit more than simply microwaving some water. Many cultures consider tea making to be an art form; but with a few valuable tips, you can have yourself a lovely cup of tea any day of the week in no time. Whether you need it to wake you up in the morning or just to warm up after walking across campus in the cold, tea is a delicious way to relax any time of day.

Here are some proven methods to get you the perfect cup of English black tea:

- Prepare some freshly boiled water. Don't let it boil more than once, or the oxygen level will be reduced, diminishing the level of flavor brought out in the tea.
- Swill a little hot water around in your cup or teapot to warm it up. Pour this water out when you are done.
- Add tea: Place your teabag or tea leaves in your cup. For a teapot, add one tea bag—or one teaspoon of loose tea—per person.
- Add your freshly boiled water to the pot or cup. Stir, and allow to brew 4-5 minutes, or depending on how strong you like it.
- Remove the teabag from your cup, or stir the tea in your pot one more time. It's ready to pour! If you take milk (highly recommended), then it's best to add whole or semi-skimmed milk to your tea.
- Now sip, and enjoy! ■



# Prepping for the parents

This weekend, family will be coming for the first time since move in day. Make sure you're prepared for them!

BY BETHANY PYLE  
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Ready or not, in just a few days this campus will be welcoming hundreds of parents. It's been well over a month since they've seen their favorite captains, and even though you are a totally mature, self-sufficient adult now, they still look forward to showering you with affection all week-end. But before they arrive, there are a few things you should take care of so that your parents really see how self-sufficient you have become.

### Clean that nasty room

This one may seem obvious, but it includes a bit more than making your bed and running a Lysol wipe across the sink. Vacuum. Dust. Take out the trash. Buy a rug so that you can sweep things under it. Make the place look a little classier so that your mother doesn't faint when she opens the door.

### Prepare yourself for the big questions

"What are you really going to do with [insert degree here]?" "Where do you think you'll end up after you graduate?" "So, have you met anyone special yet?" You know the drill. Once you get to college it seems like everyone expects you to have a flawless five-year plan. If you do, then props to you. But if you're like most students and you have no idea, prepare yourself for the barrage of questions you will surely receive.

### Do your homework ahead of time

When the family arrives, they will likely sweep you away from campus all weekend and want to spend as much time with you as possible. After all, they haven't seen you in over a month, and you're pretty great. When they finally do bid a tearful farewell Sunday afternoon, you don't want to be scrambling to get all your work done before class bright and early Monday morning.

### Familiarize yourself with school chants

Like all red-blooded American families, your parents will probably want to cheer on CNU's football team with you. Make sure that you know all the appropriate chants so that you can impress them with your rampant school spirit. Fight, fight, fight for CNU!

### Have a flexible game plan

After your parents finish weeping at seeing your beautiful face again, they will probably want to, you know, do something. Netflix and ramen simply won't cut it this weekend, so think of a few spots you could visit as a family. Williamsburg, Yorktown or local sites like the Mariner's Museum and Virginia Living museum are always good options.

### Enjoy yourself

A lot of students think they are too cool for Parent's Weekend, but despite all the fuss, it really is nice to spend time with some familiar faces for a bit. Hug your mom, tell your dad all about your classes and play with your little siblings on the lawn. At the end of the day, no one will think you're lame. Especially when you bring them home leftover breadsticks from that fancy restaurant. ■



Family weekend is filled with activities across campus, but one of the most popular has got to be the football game Saturday night.

TYRUS WOOD/THE CAPTAIN'S LOG

## Family Weekend Highlights

### Friday

- Study Abroad Fair 1PM-6PM DSU
- Alpha Phi's Red Dress Gala 7PM-10PM DSU Ballroom
- Symphony Under the Stars 7:30 PM Great Lawn

### Saturday

- President's Circle Breakfast 8:30AM Three Oaks
- Conversation with the President 10:30AM Ferguson Concert Hall
- Tailgate 1PM-6PM Potomac Lots
- Musical Showcase 3PM Ferguson Concert Hall
- Family Picnic 4:30PM-6PM James River Field
- CNU Football vs Rowan 6PM POMOCO Stadium

### Sunday

- Family Weekend Brunch 10AM-1PM Regattas

# RAPE AGGRESSION DEFENSE

CNU's self defense classes help empower women and prepare them for potentially dangerous situations.

BY KELSEY RIPA  
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One of the hottest topics on the news this year has got to be sexual assault and rape on college campuses. According to the National Sexual Violence Resource Center, one in five women are sexually assaulted while in college. What's even more astounding is that as of 2014, 30% of colleges nationwide do not offer training on sexual assault to either students or law enforcement officers.

Fortunately, Christopher Newport offers a free program that is specifically designed to teach women to defend themselves in situations where their safety may be in jeopardy.

R.A.D., or Rape Aggression Defense, is run by the CNU Police Department and is taught by actual police officers. Sargent Craig Vanclief leads the program along with the help of assistants Jessie Heins

and Del Rey Honeycutt. All are dedicated to keeping CNU's campus safe.

Vanclief said, "[R.A.D.] is a crime prevention measure, and we want all of our students, faculty and staff to be safe here. The first part of the class is all crime prevention, which teaches you how to be safe on or off campus, at your home, even walking to your car. It teaches you how to be safe. And that's the main reason why I like to teach it."

Every person who attended had a specific reason for wanting to take the R.A.D. defense class. For security reasons, all participants remained anonymous when speaking with Captain's Log staff. One senior said she took it as a "preventative measure to make sure nothing happens to me, and to be aware of what could happen and how to defend myself if it does." With numerous cases of campus sexual assault start-

ing to surface, it's important to be vigilant, either by one's own decision or at the encouragement of parents.

Another freshman had a personal reason for taking it, saying, "I know someone that it happened to, and I want to prevent that from happening to me."

After the first class on Sept. 22, the effects of the safety measures offered began to resonate with some of the students. Every single woman who walked out of the class admitted to feeling safer with the knowledge Sgt. Vanclief had shared with them.

One senior said "It's also encouraging to know that we just need our bodies. We don't need to walk around with pepper spray." R.A.D. teaches that a person's body can be the best weapon compared to trying to find pepper spray during a dangerous situation. Even when faced with an offender that is much bigger than you, these

techniques work for women of all heights and body sizes.

The next set of R.A.D. classes will be on Nov. 1, 8 and 15 from 1

to 5 p.m. For more information and to sign up, contact CNUPD at 757-594-7053 or RAD@cnu.edu. ■



Members of a previous RAD class gear up to practice the techniques they have learned. MADELEINE SCHULER/THE CAPTAIN'S LOG



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