



# THE CAPTAIN'S LOG

THE VOICE OF CHRISTOPHER NEWPORT UNIVERSITY STUDENTS

@CNUCAPTAINSLOG

WWW.THECAPTAINSLOG.ORG

VOLUME 49, ISSUE 2

SEPTEMBER 20, 2017



ILLUSTRATION BY COLE GALLAUDET/THE CAPTAIN'S LOG

**Get an update on  
hurricane season  
on page 3**

## Weekly pic

The Falk Gallery is hosting an exhibit entitled “Felted Works” by Ryan Lytle, a CNU Alum. For more coverage on the exhibit, visit the A&E section on page 12. Photo by Macy Friend.



### CNU TV

CNUTV took part in last weekend’s Out of Darkness walk. If you or anyone you know is suffering from depression or you would like to donate visit the Out of Darkness donation website.

## Happened

**Sept. 15**

### CAB Game Night

On Friday, Sept. 15 from 8-10 p.m. CAB held a game night in the Crow’s Nest.

**Sept. 16**

### Poet Ashlee Haze

On Saturday, Sept. 16 at 8 p.m. Ashlee Haze, spoken word artist and poet from Atlanta came to speak in the Crow’s Nest. Hosted by CAB, Haze was ranked as one of the top 10 women poets in the world. She also holds the honor of being the first woman to serve as co-slam master and coach of Java Monkey Slam Team.

## Happening

**Sept. 22**

### Fall Fest

CAB will be hosting their annual Fall Fest this Friday, Sept. 22 from 4-7 p.m. on the Great Lawn. Rain location is the auxillary gym in the freeman center.

**Sept. 22**

### Alpha Phi’s Red Dress Gala

Alpha Phi’s annual Red Dress Gala will be held in the M&T lobby at 8 p.m. They will be raising awareness for women’s heart health. Tickets available in the DSU starting on Thursday, Sept. 21.



### 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 commentary on campus life.

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

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

- **Email:** [clog@cnu.edu](mailto:clog@cnu.edu)

- **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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# Defining Significance

CNU announces the figure of their first comprehensive campaign with a light show and score reated by Newport News' natives.

BY MELANIE OCCHIUZZO  
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Christopher Newport University's first Comprehensive Campaign has come to a close.

Starting out with an initial goal of \$42 million raised for the university, it was announced Sunday night during the Symphony Under the Stars event that the campaign yielded a total \$66.2 million.

The Defining Significance Campaign was directed by W.M. Jordan CEO John Lawson.

President Paul Tribble had approached Lawson and they both decided that it was time for CNU to undergo its first Comprehensive Campaign.

The announcement was accompanied by an extravagant light show created by Newport News native, Katie Wilson.

The Virginia Symphony Orchestra played "Defining Significance," arranged by local composer James Hosay during the light show performance.

U.S. News & World Report recently showcased CNU as 2nd for alumni giving in CNU's category—Top Public Regional Universities in the South.

Back in 2011, the rate was less than 10 percent, a number that now stands at 20.7 percent.

This is a two percent increase from the initial goal of 18 percent in alumni annual giving.

Tom Kramer, Christopher Newport University's Public Relations Director says that the campaign allowed them to greatly improve the relationship between Christopher Newport, the local community and CNU's alumni.

CNU's top priority in the campaign was to generate funds for scholarships.

The goal for the university was \$15 million in new support and they surpassed that goal by raising \$17 million—26 percent of the total amount raised in the campaign.

These new funds added to already existing scholarships and created 132 new scholarships to ensure that high-achieving students have access to the CNU experience Kramer says.

Aside from Alumni giving, 95 percent of all faculty provided support placing CNU at the top of all universities in the country in terms of faculty and staff support for the university.

This is an increase from the 2012 figure of 76 percent of faculty staff who made financial gifts to the university.



The light show was designed by Newport News native, Katie Wilson, who has designed shows for Lady Gaga and the half time shows at the Superbowl. **MACY FRIEND/THE CAPTAIN'S LOG**

Students of CNU have also recognized the many opportunities this campaign could provide. From the Senior Gift Campaign, 688 seniors gave \$105,000 in 2017.

Comparing this to the 450 seniors of 2012 who gave \$42,000, this past year's graduating class has committed themselves to serving others as a part of living a life of significance Kramer says.

Throughout this campaign, students who participated not only learned the positive impact

of philanthropy and giving, but also provided nearly 75,000 hours of community service in the Newport News community.

The largest figure from the night, however, came from the parents of CNU students.

Together the parents raised more than \$7.5 million, a whopping 11 percent of the total funds raised.

This means that the parents have emerged as one of the most generous groups of supporters throughout the Defining Significance Campaign.

A few other advancements that came from the campaign include the Gregory P. Klich Alumni House, four endowed professorships where before the campaign CNU had none, a \$12 million commitment from Ferguson enterprises in 2013 and a total of 753 Life Long Learners as of last year.

CNU has surpassed all of its goals and celebrated the night with gusto, a well-deserved program on behalf of all who donated to CNU's first Comprehensive Campaign. ■

## A Hurricane Update

The Captain's Log sat down with weatherman Scott Minnick of the National Weather Service to get updates on current storms.

BY MICHAEL INNACELLI  
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Although there has been a lot of fear about hurricanes this year, one storm we here at CNU no longer have to worry about is hurricane José.

According to weatherman Scott Minnick of the National Weather Service, hurricane José should be downgraded to a tropical storm by mid-day Wed. Sept. 20.

It should also be well in the process of slingshotting around CNU and Virginia on its way to areas such as Long Island and places further north.

As it stands according to Minnick, the whole of Virginia should be largely unaffected by the storm as it curls around the east coast and stays in the Atlantic.

This is good news for CNU and the whole of the east coast as the damage dealt by hur-

ricanes can be brutal; about a week ago hurricane Irma tore through Florida forcing thousands of people out of their homes.

By the time José reaches the northern parts of North America, Minnick's model for the storm shows that it should begin to move further off the coast and back out to the middle of the Atlantic Ocean as it continues to lose strength.

Minnick does, however, warn that we are not yet completely safe as hurricane season continues through November.

While we have already been on the receiving end of two powerful category four hurricanes this hurricane season, we should be prepared for more as hurricane Maria and the newly formed tropical storm Lee are heading towards the mainland.

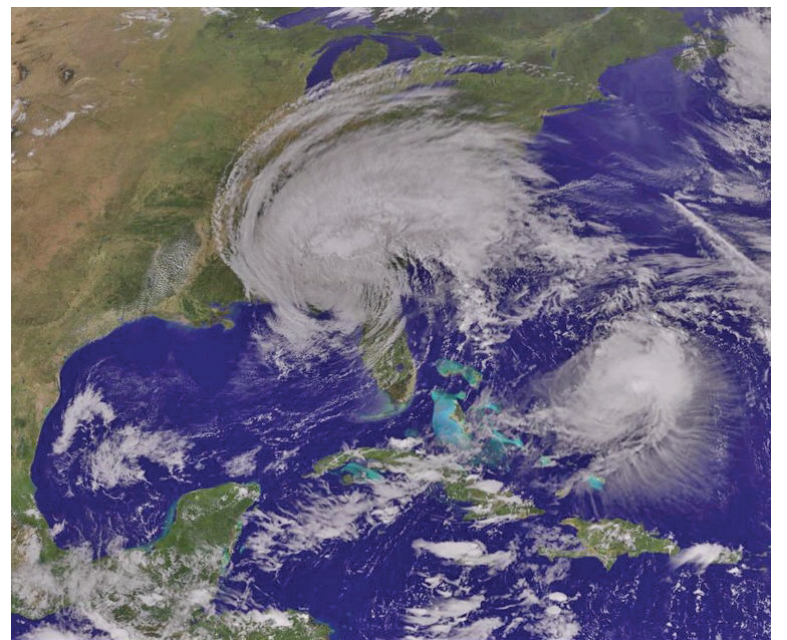
As we progress through the peak hurricane season, Minnick advises to expect more

storms coming our way, and to always have supplies ready in the event of an emergency.

With it being the prime time of the year in terms of tropical weather, the National Weather Service advises communities to take proper precautions in the event of a storm and to "Take refuge in a small interior room, closet, or hallway on the lowest level during the storm. Put as many walls between you and the outside as you can."

For more information on how to stay safe and what to do in a hurricane visit The National Weather Service's website. ■

For more  
information visit  
[www.weather.gov](http://www.weather.gov)



Above is a satellite image of hurricane José as it rolls along the outside of the eastern coast of the United States. Cloud coverage can be seen from hurricane Maria as well. **PHOTO COURTESY OF US NEWS**



## AN UPDATE ON WCNU

The radio club had its first meeting of the year, discussing what they can and can't stream on their website.

BY DUNCAN HOAG  
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Students at Christopher Newport University may have noticed that WCNU, the campus's premier radio station, has ceased broadcasting music for the time being. WCNU President Tom Aberman weighed in about why this is occurring, saying that the issue is primarily with who purchases the required licenses, and what those licenses empower WCNU to broadcast.

"It's a multi-part issue. There are two licenses we need to be able to legally broadcast, ASCAP/BMI and SoundExchange," Aberman says.

"We have the money to purchase both of these, and would be able to support the costs of them going forward. The issue comes with the SoundExchange license; if we were to buy it as a student organization, we would be subject to large restrictions on what we could play."

He further explains the new rules saying that they'd only be able to play four songs by the same artist in a three hour period, and only play three songs from the same artists in a row.

In order to be exempt from these restrictions, the school must be the one to buy the

license, since it would be for educational purposes.

Aberman said that WCNU is currently working with the university to remedy the situation.

He also discussed the difficulty of giving a reliable date regarding the resumption of normal broadcasting conditions for WCNU.

"I can't give a specific timeframe at this moment. There are a lot of moving parts that are moving far above my head within the school's administration that I can't give you any kind of specific date. Once we know more we'll let everyone know, but for now just know we're working as hard as we can on this."

With musical broadcasting capabilities offline for now, Aberman stressed that WCNU can and will continue to promote and broadcast talk-show media for the foreseeable future.

"We have the infrastructure to do talk-shows; we have professional grade recording equipment in our studio, and have always had the capabilities to do this," he says.

"We'd promote the shows much in the same way that we did before, since it would most likely be operating exactly like we did last year. If we get the

go-ahead on this from the school we'll promote like crazy because it definitely feels like people have forgotten about us."

WCNU also offers DJ services for private events. Aberman said the largest challenge in this realm has been awareness of WCNU's work as event DJ's.

"The main issue we've run into in the past for DJing events is somehow people still don't know we offer this service, despite us being out at most major campus events. We don't just DJ for CAB and CNU events, we have done private events with Spectrum, AXE and APO to name a few. Once people know that we're the premier live DJ service on campus, we should be very successful."



PHOTO COURTESY OF WCNU

Finally, Aberman emphasized his determination to make WCNU fully operational, as well as better known on campus as the radio station representing CNU on the airwaves.

"There is a huge, HUGE amount of formalisation and

legitimization that needs to happen behind the scenes at WCNU that's significantly less glamorous or fun to talk about than the missing licenses. Previous e-boards have absolutely tried to fix this, but this time we're going to make it stick." ■

## Student Assembly Holds First Meeting

They discussed political violence on college campuses, the new budget and announced the members of the different committees.

BY KORTY SWIFT  
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Student Assembly opened its first meeting of the 2017-2018 year last Monday with a new venue, new business and multiple new delegates.

The night was opened by the introduction of special guest Paige Long, the president of the National Alliance on Mental Illness (NAMI) at CNU.

Student Assembly president Kenneth Kidd addressed delegates and attendants with opening remarks focused on the importance of making positive change on campus.

Following his remarks was the swearing in of new delegates, who raised their hands and recited the oath of office.

Along with the swearing in

of delegates, committee chairs Kali Milazzo, Maddie Amos and Cydney Clark invited various delegates to join their respective committees of Academic Affairs, Legislative Affairs and Student Affairs.

Over the course of the meeting, delegates passed a 2017-2018 Vision, 2017-2018 Comprehensive Plan, and an Amendment Package.

A resolution was passed on a formation of a mental health commission, which will focus on campus mental health awareness and collaborate with various major campus organizations including NAMI.

Another resolution that was presented and passed was regarding victims of violence and discrimination, which pledges that CNU's campus is "a place of prosper-

ity, success, and inclusion for all who reside..."

No old business from the 2016-2017 year was discussed.

The meeting ended with an open floor, which allows anyone in attendance to speak up on any issues or present any comments.

The next Student Assembly meeting will be held on Sept. 25 at 7:30 p.m.

Student Assembly meetings will be held every other week, on Mondays at 7:30 p.m.

All meetings are open to students, and there is an open

floor for anyone in the audience to speak at the end of every session.

Meetings can be streamed via Student Assembly's Face-

book page.

For any comments and suggestions, attend a meeting or contact a Student Assembly delegate. ■



The new staff is ready to take on the semester. PHOTO COURTESY OF EMMETT AYLLOR



# ‘Twelve Explorers’ Debut with Speaker

The Chief of Naval Operations visited CNU to deliver a speech to kickoff the 12 Explorers exhibit.

BY BRETT CLARK  
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Christopher Newport University held an event in the Diamonstein Theatre to promote a new project being led by Dr. Hall, a professor of history at CNU on Thursday Sept. 14.

The Twelve Explorers takes a look at maritime heritage and innovation by highlighting 12 famous people and developments that span the age of sail, age of steel and age of innovation.

The keynote speaker was Admiral John M. Richardson of the United States Navy.

Admiral Richardson is the Chief of Naval Operations and is the highest-ranking officer in the U.S. Navy.

Admiral Richardson started his speech by recognizing the immense history of the tidewater region and its reoccurring rendezvous with naval history.

He talked of CNU’s namesake, Christopher Newport and the innovation he needed to pull off his trips back and forth between Britain and Jamestown.

“Stress is the mother of invention,” stated Admiral Richardson as he described the efforts of Newport and his crew when they crashed their ship, the Sea Venture, into a reef off the coast of Bermuda in 1609 on their way to Jamestown.

For over half a year, Newport and his crew took wood from the Sea Venture and trees from

the island to build two new appropriately named ships, the Patience and Deliverance.

A history of nautical innovation persists in the Hampton Roads area long after the age of sail.

It was in the waters not far from CNU where the first iron-clad warships, the USS Monitor and the CSS Virginia, clashed, and beckoned in the age of steel.

Today, the region is still vital to the security of the continent as we see the arrival of the newest generation of aircraft carriers, CVN 78, come to fruition right here in the same waters that Christopher Newport maneuvered through.

The USS Gerald R Ford is the first aircraft carrier in its class to hit the high seas and is a culmination of innovation and experience accumulated under Admiral Richardson and his predecessors.

Admiral Richardson made very clear the vast importance of the U.S. Navy to keep innovating in this world.

Despite being the largest and most powerful navy the world has ever seen, the rate at which our competitors are improving, stressed Admiral Richardson, is something not to take lightly.

Using a sports analogy that most people could understand, he compared the U.S. to a team at halftime with a large lead. You can never start celebrating at half time because the opposition is watching film and reviewing what works and what

doesn’t. There is a reason that the half time score isn’t printed in the evening post; the final score of the game is all that matters.

Interestingly enough, the opposition was never explicitly named. He merely spoke to the importance of more capable ships with better innovative platforms and design.

He spoke of the importance of always improving our nation’s sailors and of improving the connectivity of our fleets both in the air, on the surface, and below the surface.

After closing up the question and answer portion of the night, Admiral Richardson redirected our thankfulness for him towards the sailors who are protecting us all over the world right now.

He asked the crowd to think before going to bed at night about those away from home and family sacrificing so we don’t have to.

If you are interested in the nautical innovation that Admi-

ral Richardson spoke of, you would benefit from a trip to the Ferguson Center where the Twelve Explorers exhibit is on display to see.

One can experience the display in the Ferguson Center Main Lobby from 1-5 p.m. every

day till the 24 of Sept.

There you can take in the beauty behind the ships and devices that have taken to the seas as well as the brilliance of those who guided these crafts beyond the previously known limits of man. ■



The crowd takes part in a brief Q&A with the admiral. BRETT CLARK/THE CAPTAIN’S LOG


	Number of:	
1295	Enrolled Freshmen	
3.8	Average GPA	
1217	Average SAT	
26	Average ACT	
1195	Instate Students	
100	Out of State Students	
284	Students of Color	
401	Enrolled in PLP	
143	Enrolled in Honors	

ILLUSTRATION BY MELANIE OCCHIUZZO

## Census data from the newest freshman class

Each year a data census is taken for the incoming freshman class. Here’s how they line up on average.

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

The newest freshman class, the class of 2021, has been welcomed into the university.

Christopher Newport University takes the time every year during those first few weeks of class to take down census data of each new class in order to determine how they match up compared to past classes.

This particular freshman class had 80 percent of the admitted 1295 students personally interviewed. There were also an estimated 4700 campus tour guests and overall CNU lost fewer students between

the deposit date and the census date.

At census CNU had only lost three percent of those admitted, a drop from the usual five percent which is the national average according to Tom Kramer, Public Relations Director at CNU.

Overall, CNU's class of 2021 had 54 percent of their student rank in the top 25 percent of their high school class.

It was reported at the Board of Visitors meeting that CNU was the third most selective in acceptance rates across the Southern Regional Masters Universities U.S. News Rankings. ■



## A Commitment to Free Expression

A statement issued and endorsed by students of Christopher Newport University

Christopher Newport University has emerged in recent years as a leading liberal arts institution, with a well-earned reputation for academic excellence and development of leadership, honor and community engagement.

The liberal arts flourish in communities that promote the free exchange of ideas. Debate and discussion is the essence of a liberal arts institution.

For this reason, we, the undersigned students, clubs and organizations of Christopher Newport University, have an investment in preserving the academic freedom and integrity of the University.

We have significant interest in honoring First Amendment rights to ensure freedom of expression today and in times when those freedoms are under threat.

It is our obligation as members of the Christopher Newport community to foster a student culture that is without fear of repression for free inquiry, thought and expression.

We, the undersigned students, clubs and organizations of Christopher Newport University, agree to safeguard the free exchange of ideas on campus; and thus exercise our privilege to issue collective statements of our sentiments regarding topics of significance to our educational experience.

We endorse the following statement, namely, the University of Chicago’s official commitment to the first amendment rights of students, faculty and staff of this University, and to the richest possible academic environment necessary for a flourishing liberal arts education.

373 years ago, John Milton wrote, “Give me the liberty to know, to utter, and to argue freely according to con-

science, above all liberties.”

This is the great tradition of which Christopher Newport is a part.

It is time now for CNU to join the most prestigious American universities: University of Chicago, Purdue University, Princeton, Kansas State University, Chapman University, and others and boldly and publicly step forward by endorsing the University of Chicago Principles of Freedom of Expression.

The following contains excerpts from the 2015 Report of the Committee on Freedom of Expression at the University of Chicago, crafted by University faculty members.

Here, we understand the term “University” not as a specific institution, but rather as any institution of higher education committed to the values of a liberal arts education.

Within a truly effective Liberal Arts education, “the University is committed to free and open inquiry in all matters,” guaranteeing “all members of the University community the broadest possible latitude to speak, write, listen, challenge, and learn.”

While limitations may be necessary to maintain the University’s function, the University “fully respects and supports the freedom of all members of the University community ‘to discuss any problem that presents itself.’”

“Of course, the ideas of different members of the University community will often and quite naturally conflict. But it is not the proper role of the University to attempt to shield individuals from ideas and opinions they find unwelcome, disagreeable, or even deeply offensive.”

While the University and its student community greatly value civility, and

share a commitment to maintain “a climate of mutual respect,” these values and commitments do not justify “closing off discussion of ideas, however offensive or disagreeable those ideas may be.”

“The freedom to debate and discuss the merits of competing ideas does not, of course, mean that individuals may say whatever they wish, wherever they wish. The University may restrict expression that violates the law, that falsely defames a specific individual, that constitutes a genuine threat or harassment, that unjustifiably invades substantial privacy or confidentiality interests, or that is otherwise directly incompatible with the functioning of the University.

“In addition, the University may reasonably regulate the time, place, and manner of expression to ensure that it does not disrupt the ordinary activities of the University. But these are narrow exceptions to the general principle of freedom of expression, and it is vitally important that these exceptions never be used in a manner that is inconsistent with the University’s commitment to a completely free and open discussion of ideas.”

“In a word, the University’s fundamental commitment is to the principle that debate or deliberation may not be suppressed because the ideas put forth are thought by some or even by most members of the University community to be offensive, unwise, immoral, or wrong-headed.

“It is for the individual members of the University community, not for the University as an institution, to make those judgments for themselves, and to act on those judgments not by seeking to suppress speech, but by openly and

vigorously contesting the ideas that they oppose. Indeed, fostering the ability of members of the University community to engage in such debate and deliberation in an effective and responsible manner is an essential part of the University’s educational mission.”

A simple commitment to free speech is not sufficient enough to create an environment for free expression. Members of the “University community must also act in conformity with the principle of free expression. Although members of the University community are free to criticize and contest the views expressed on campus, and to criticize and contest speakers who are invited to express their views on campus, they may not obstruct or otherwise interfere with the freedom of others to express views they reject or even loathe.

To this end, the University has a solemn responsibility not only to promote a lively and fearless freedom of debate and deliberation, but also to protect that freedom when others attempt to restrict it.”

To conclude, as Robert M. Hutchins, former dean of Yale Law School and president of the University of Chicago once observed, “without a vibrant commitment to free and open inquiry, a university ceases to be a university.”

The undersigned submit to the academic community at large this statement of our commitment to upholding principles of free expression, our encouragement of University administrations respecting the first amendment rights of students, and our desire for an environment filled with rich perspectives and welcome to vigorous debate at all times without which the University cannot hope to thrive. ■

## A Critique of Welcome Week

Welcome Week has its ups and downs. Who better to comment on it than a freshman?

**ELIZABETH MOYER**  
STAFF WRITER

Ah, Welcome Week. Where the freshman class comes to live on campus a week before classes start, getting a chance to learn more about CNU before the rush of their academics makes it harder for them to get a grip. A fun time, where incoming freshmen can make new friends and learn about CNU’s policies. Couldn’t be better, right?

Not quite.

Welcome week has a problem with both its social aspect, how it gives you the information it wants to give out and how the timing of the entire thing is laid out. As it turns out, putting a whole bunch of strangers in a room together doesn’t make them want to talk. People in these situations typically have two options: seek out the few people there

that they know, or try to make conversation with the people in the same place as them. Most people are stuck with the latter, but those that had the first choice gravitated toward it, preferring the comfort of known friends rather than take that jump into the unknown.

Having your friends with you is nice, of course, but it can make it harder for you to get to know the new people around you instead. If there was time for people to go off and do things that they know and enjoy, or to try something new, they’ll be able to find people who share their interests, which would provide a better chance to make new friends.

Another option could have been more structured hall time, letting you actually get to know the people you’ll be living with for a year.

Throughout Welcome Week, we had

the same information echoed at us repeatedly, with no fewer than four, separate, hour-long panels, all of which gave the exact same information about sexual assault.

Not that it isn’t an important topic, but after the first couple hours, the effect of the message starts to get lost on the thousand bored freshman forced to sit in the concert hall for every one of them. And on top of that, the strange schedule of Welcome Week gives downtime in spurts, making it difficult for anyone to plan activities for themselves. The few breaks that are longer than an hour are better used as recuperation from the long panels and lectures that had mandatory attendance instead of getting to know the people and places around campus, and that’s exhausting. I know that I wasn’t the only one who was ready to jump into bed after the last lec-

ture of the day, despite it only being 7:30 p.m. most days.

Really, Welcome Week was tiring, and by the end, most of the people on my hall were exhausted, and college still felt far away, considering that Welcome Week feels nothing like it.

It neither helps students make new friends that they can stay close with in the years to come, nor does it handle the information it tries to convey effectively, making it feel like a waste of time. And, on top of all that, it doesn’t help prepare anyone for college itself.

One way to fix this could be to start off Welcome Week with semi-optional activities that could help people find others with the same interests as them right from the start, then condense the information into the rest of the week, forcing the information to fit in the time remaining. ■



# Making a Greek House Your Home

Greek life at CNU is in the midst of recruiting their newest members, but why do so many students choose to “go Greek?”

KYLE GUNDERSON  
STAFF WRITER

Cardboard cutouts of Greek letters in the DSU? Fliers, pamphlets galore? All manner of fun activities around? That’s right Captains, our fraternities and sororities want YOU! But what does it mean to go Greek, and why should you join their ranks? Stick around, and I’ll tell you.

Let’s start at the basics. What is Greek Life? Fraternities and Sororities are organizations on campus that serve a common purpose.

They may use different things to pull people in, for instance, a shared major, but the end goal is service.

From the interviews I have done, it appears that Greek life is just good people working together to do good for the people.

That is all well and good, but why does that matter to you? Well, CNU is all about living a life of significance, and our fraternities and sororities have accomplished some remarkably significant feats.

For example, in their time at this campus, Greek organizations have given the people of Newport News more than 19,000 hours of their personal time, and over one hundred thousand United States dollars to charities who can give a life preserver to those navigating life’s stormy seas.

So for any Captains looking to help castaways, joining the crew of the SS Greek might be your best choice! You may even pick up some skills along the way.

As Will Craun, Pi Lambda Phi’s former vice president of education and recruitment, put it “we make ‘do-it-all’s’ and from there, they can choose what they want to specialize in.”

Craun’s description makes ‘rushing’ sound like an ideal way to boost one’s overall ability to succeed, and statistics prove him right.

Each semester, the university takes a mean of students’ grade point averages.

They do this in several groups: All Greek, men’s, women’s and All Campus. For ten semesters, the All Greek GPA mean has been higher than the campus average, the men’s average and the women’s average.

That’s five years where being a part of a community on campus has made an incredible impact on how you rank in class.

If you join however, you’ll find that there’s more to it than just exceptional grades, and hard work, but also that “you are rewarded with the eternal love of the fraternity,” as Craun puts it.

It should be apparent that people love the CNU Greek life, since nearly a third of the student population has joined up.

That’s unusual since the Pew Research center says only eight percent of adults go Greek. Senior, and Panhellenic council VP of Recruitment offers this explanation: “CNU’s Greek Community is way different than a lot of schools you won’t find any hostility between any organizations or any council’s and general which is special to CNU.”

Not only is this good for getting good works done, but on a personal level the closeness of Greek organizations can be quite advantageous to those dealing with difficult situations.

In the words of Antonia Comfort, the president of NPHC, the council for traditionally black organizations, “I have amazing sisters [who] are intelligent women [and] do nothing but uplift me and help me to become a better me every single day.”

Interviewee after interviewee has made it clear that the term brother or sister in Greek life isn’t just a title. You’ll feel like family, and if that’s not enough of a reason to get involved with a sorority or fraternity, I don’t know what is. ■



PHOTO COURTESY OF THE ODYSSEY ONLINE

# The Captain’s Log Presents: Buzzin’ Becky



PHOTO COURTESY OF CLIPART LIBRARY

I’ll admit, I was nervous about submitting my first column to be published. I honestly never thought that I would get this far in the process, but here we are at week two! It’s so surreal seeing people reading what I wrote and discussing it. The other day, I saw someone showing their friend in class the Facebook post where we had posted the link to both the article online and the submission form. I sat there and watched them read it together and laugh and it just made me feel so good to know that what I was doing didn’t go unnoticed even if only a handful of people knew.

Lately I’ve been feeling lost and without a place, and knowing I can be of assistance to even one person just makes the struggles feel worth it. Just know, even if you have problems or difficulties, you aren’t alone. If you feel so inclined, please reach out and ask anything. As you can see by the questions below, there is no limit on what you can ask. Trust me when I say I’ve gotten some bizarre ones. The link to the *anonymous* submission form is on our Facebook page. Without further ado, it’s go time.

**Guys on Tinder won’t send pizza to my apartment unless I have sex with them. I want pizza, but not the sex. Advice?**

Wow, what a start! I don’t really know what to say, except for take a listen to “*Independent Women, Pt. I*” by Destiny’s Child. “The pizza you ate? You bought it,” as I’m sure Beyoncé would probably say.

**Is it okay for sororities and fraternities to discriminate on who gets to attend their events?**

This one is a hot topic, and I’m glad you asked. The timing on this one is really good as things start up again and big events are announced and promoted. A large portion of CNU’s campus is Greek affiliated, whether it be social Greeks or co-ed fraternities. I know sometimes it can feel like those not affiliated are outsiders and not welcome to bigger events that happen and involve the whole community. You see people who attend these events to mainly be individuals from other chapters on campus, as those are the main groups who participate in events.

It also doesn’t help that incidents happen that add to this feeling of “discrimination,” if you will. If organizations are trying to promote their events and increase attendance rates, they should be advertising to everyone. When trick-or-treaters come around, you don’t turn off the light for some people and decide not to let them participate, so why would you be there advertising your event holding doors open for people and pick and choose who you give fliers to? Just something to consider. People talk, and I have gotten several submissions about this.

Inclusion is something heavily promoted at CNU, and for people to live above the law is ridiculous. Something to learn from incidents like this is that there are plenty of other organizations that would love to have you, including The Captain’s Log. I know this sounds like a shameless plug, but that was never the intention. I am proud to be a member of this organization and I hope that everyone has the chance to feel this pride and sense of belonging.

If you’ve ever felt unwelcome on this campus, I sincerely apologize. Just know, not everyone is like this.

— Becky out

*\*Submissions have been edited for clarity and length.*



# SNAPSHOT

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## Out of the Darkness

Held by the American Foundation of Suicide Prevention, last Saturday the Newport News community came together for the Out of the Darkness Walk in Newport News Park.

For more coverage, go to page 15 and to see a video recap, visit our Facebook page.



The walk itself consisted of three one-mile laps that community members young and old could participate in. The first was symbolic of hope, the second was for encouragement and the third was for support.



Before the walk began, members of the Newport News community shared their stories of loss, including different kinds of losses, such as a child or a service member. PHOTOS BY M



The opening ceremony included accounts from community members who had been affected by suicide in some way. Above is Nikki, a mom of four who shared her experience with how the loss of a friend by suicide has affected her children. Her message was, "I give up because I promise you life is beautiful and life is worth it."





laid beads around candles placed in front of the stage. The beads varied in color and represented differ-  
MACY FRIEND AND HANNAH LINDENBLAD/THE CAPTAIN'S LOG



Community member Allison laid white beads down to symbolize the loss of a child. In 2014, her only son Andy died by suicide.



ers who have been affected by suicide in  
with depression and watching second-  
er advice for anyone struggling is "Don't



This year, the event doubled in size. Last year there were about 800 walkers and five vendors. This year there were 1,276 walkers and about ten vendors. The total amount raised for American Foundation of Suicide Prevention from registration and various fundraising was \$37,150.10.



# CNU football falls to Frostburg Bobcats

Football team drops to 2-1 in the NJAC after loss against Frostburg this past Saturday night at Pomoco Stadium.

BY PHOENIX HINES  
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A week after their 20-7 victory over Hampden-Sydney College, the CNU Men's Football team dropped an in-conference heartbreaker 33-30 against the 11th ranked team in the country, the Frostburg State Bobcat's.

Frostburg State's Quarterback Connor Fox tossed a 23-yard touchdown to junior tight end Christian Dipaola with 2:23 left on the clock. Christopher Newport took over on their own 25-yard line with 2:12 left to go, but Frostburg's defense stood tall as Kearney was sacked twice and the Captains were unable to get a first down. The Bobcat's ran out the rest of the clock and walked off the field victorious.

Pomoco Stadium had a solid crowd turnout for a Saturday night as 3,323 people came out to watch the battle between the two undefeated teams.

Despite the loss, senior quarterback K.J. Kearney had quite the performance as he completed 21 of his 34 passes to go along with 319 passing yards and four touchdown passes. Through three games, the senior already has 10 passing touchdowns which puts him at the top of the conference. On the defensive side of the ball, senior linebacker Brennan Gary dominated the game with 14 total tackles and an interception on the opening play of the game which set up a 42-yard field goal by Ben Gabarini.

After the Captains struck first on the scoreboard, the Bobcat's responded by scoring on back to back drives to jump out to a 14-3 lead early in the game. With 13 seconds left in the first quarter, Kearney hit wide out Joshua Davis with a 15-yard pass for the Captain's first touchdown of the game.

Frostburg drew first blood in the second quarter at the 8:47 mark with

a 41-yard field goal by kicker Hassan Mostafa which extended their lead to seven. The Captains quickly responded as return man K.J. Holloway took the kickoff back 62 yards to put the Captains in great field position. Kearney zipped a 10-yard touchdown pass to the senior wide out, Khiry Weaver to tie the game up 17-17 with 8:03 left. Frostburg's kicker Mostafa ended up giving Frostburg the 20-17 lead heading into halftime as he nailed a 30-yard field goal with time expiring.

The third quarter was full of turnovers. The Captains and Bobcats combined for four turnovers as both teams fumbled once while also throwing an interception. The Captains were the only team to strike the scoreboard in third quarter with a 10-yard touchdown pass from Kearney to Davis once again to gain a 24-20 lead.

An action-packed fourth quarter started out with a one-yard touchdown run by Frostburg's running back Jamaal Morant at the 14:28 mark. The Captains came out on the next drive determined to gain their lead back.

On the first play of the drive, Kearney hit his wide out, Weaver on a 34-yard pass down the middle of the field. A couple plays later, Kearney threw his fourth passing touchdown of the night on a 25-yard dime to the senior tight end, Danny Matson.

After both teams failed to score on their pursuing drives, Frostburg got the ball with 5:43 left in the game. The Bobcats drove down the field and put the final nail in the coffin as Frostburg's Fox hit Dipaola for the wide-open touchdown.

The football team now drops to 2-1 and 1-1 in the NJAC but will get a chance to improve their record as they travel on the road next Saturday to Montclair, NJ and will play the Montclair State Red Hawks starting at 1:00 p.m. ■



Quarterback KJ Kearney hands ball off to runningback Taige Brown in game Sept. 16 against Frostburg State. HANNAH MCCLURE/THE CAPTAIN'S LOG

## Women's Soccer continues undefeated streak

CNU came out on top in match against Emory University in battle down in Atlanta, Ga.

BY TARYN HANNAM-ZATZ  
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Christopher Newport Women's Soccer team made the long trek down to Atlanta, Ga. to face Emory on Friday the 15.

The Captains are nationally ranked for the first time this season as 13th in the nation.

The game started out with both teams playing evenly until the last four minutes when the Captains were awarded a corner kick that was shot towards the goal, but was slammed down by the Emory defense.

The ball sailed down the middle of the field but CNU senior defender, Danielle Pratt, was there to take a shot that

surprised the Emory goalie and soared into the top shelf of the goal to put the Captains ahead.

At halftime, the Captains were up by one, but Emory had an advantage in shots taken with 7-6.

The score was 1-0 with Christopher Newport University in the lead, but Emory came back in the 60th minute to tie up the score.

Emory stepped it up late in the game taking some difficult and tough shots to save, but CNU goalie, Carly Maglio wasn't letting anything in the net.

Regulation time ended with the score still tied at 1-1 and the two teams entered an overtime period.

Overtime again was played very evenly between both teams until the

final two minutes where CNU midfielder Hailey Shaw intercepted a pass by the Emory goalie and sent the ball to Carson Pokorny who took the game-winning shot to make it a Captain's victory 2-1.

The Captains will be playing another game this Sunday Sept. 24 in Atlanta against Berry College. ■



Sophomore Carson Pokorny moves the ball upfield against an Emory defender.

PATRICK DUBOIS/CNU OCPR



# Cabrera's balancing act

Ricardo Cabrera adds volunteer coaching to his plate along with classes, homework, a job and practice.

BY KRISTEN ZICCARELLI

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Everyone knows that college is a balancing act. Between practices, runs, class, homework, an on-campus job and coaching, track and field athlete Ricardo Cabrera seems to have mastered the strategy—even with his choice of dining halls. Commons for lunch, then Regattas for dinner is just part of his daily balancing act.

For fifth-year athlete and volunteer coach Cabrera, running is more than a fun pastime, it's a job and a lifestyle.

Initially, it was simply a way to relieve mental stress. "When you're running, there's really nothing else going on," Cabrera said. "It's like a nice void."

Cabrera attributes frequent practice as a key element of his success, and eventually, his recruitment by coach Matthew Barreau.

"I kept grinding and when you win and start getting better, it feels good, and it's a different kind of experience," Cabrera said.

As a volunteer coach, Cabrera has the added role of a mentor to his athletic responsibilities.

His experience with Barreau taught him the importance of being more than just an athlete.

"Coach Barreau believed in building character," Cabrera said. "You're a life coach, not just a coach for running."

A supplemental source of prepara-

tion for coaching is the classroom. As a psychology major, Cabrera applies his schoolwork to communicating and making connections on the field.

The tie to athletic training was "one of the reasons I wanted to be a psychology major," Cabrera said.

"If you can put to training the understanding of how the athlete works and reacts to your type of coaching, you can make them a lot better."

Tying in school, sports, and a career, Cabrera's job at RunnerSpace means he is part of a network which fosters connections among runners throughout the country.

His former on-campus job at the gym meant fifteen to twenty more hours of commitment to long days of morning runs, afternoon practices and much more.

With so much to do, Cabrera made sure to map out everything on a schedule, planning out practice, classes and work shifts.

"I just made sure I knew what I had every day," Cabrera said. "It was really structured."

Scheduling and planning are arguably only half the battle, as Cabrera's lifestyle clearly requires motivation and commitment. When asked what Barreau would say, Cabrera responded: "I am passionate, I love running and I'm willing to go the distance."

Although Cabrera has no shortage of athletic achievement, he considers his



Fifth-year student Ricardo Cabrera returns to CNU to finish his Psychology major and volunteer coach for the Cross Country team. COURTESY OF RICARDO CABRERA

most important achievement to be his academic success at CNU.

"In high school, I wasn't the best student," Cabrera said. "Then in college I started doing pretty well in school."

Next year, Cabrera will work at a

running store and try to volunteer coach in Colorado, keeping with his mission to pursue a career in coaching. In his words, volunteering is "putting back into the sport which gave me a lot." ■

# Drakeford follows NFL father

Senior CNU football player Justus Drakeford learns from his NFL father who played for the San Francisco 49ers.

BY ANDRE TORAN

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It was first and ten on the Hampden-Sydney 34-yard line—with just a little over 12 minutes to go in the fourth quarter—as the Christopher Newport defense lined up once again, preparing to preserve a 20-0 shutout.

At the snap of the ball, on the Hampden-Sydney side of the field, CNU cornerback Justus Drakeford takes about five pedals backward, recognizing the receiver's route developing before him, and jumps the route—picking off Hampden-Sydney's Alecc Cobb.

Drakeford's interception would take the definition of harassment to the brink, terrorizing the Tiger passing attack, as his pick would be added to a stat line that read: seven tackles and a school record-setting five pass break-ups.

Sitting in the stands that day, and every week, was Tyronne Drakeford—

father of Justus—admiring a legacy that he'd created and full of zeal that this legacy was still being manifested through the play of his son.

Tyronne, a former Super Bowl champion with the San Francisco 49ers and a seven-year NFL vet, is a huge part of Justus' life, but a part that he does not brag or boast about. Instead, he uses his father's experiences on the NFL level to improve his game and hopefully create a legacy of his own.

"It's cool [to know my dad played in the NFL] and it's some pressure as well," Justus said. "I try not to tell too many people because then they expect me to be like him...but, I mean my dad never puts any pressure on me and tells me just to be me."

Though Justus may feel a small amount of pressure from the outside world to live up to some of the things his father accomplished, Tyronne made it very clear that pressure was the last thing he wanted his kids to feel,

concerning the athletic legacy he left behind. Tyronne's only goal as a father was to be the best father he could be and encourage his children to be their own person.

"I did not expect Justus to follow in my footsteps," Tyronne said. "And that's for all three of my kids. You kind of want them to grow up and be their own person, because I've seen a lot of my friends who steer their kids to play the sport that they played and I just wanted them to grow up and just be kids."

Regardless if Tyronne expected Justus to walk the same path as he did or not, Justus explained that his aspirations as a child were to be just like his father. Tyronne was a role model for Justus and someone he could look to for guidance. And because Tyronne did steer Justus in the right direction, it was only natural for Justus to want to be like him.

"He tries to keep me on the right path," Justus said. "My dad came from a way different lifestyle than mine—growing up in a trailer park in the south. So, he had to go through the struggles of racism and poverty—so he just tries to instill hard-working values in me and my brothers, telling us that if

we work hard then we can be successful in anything we want to do."

These values in combination with the wealth of wisdom being disseminated from his father's playing experience have translated on to the field of play—as Tyronne praises Justus' work ethic and ability to study the game.

"The biggest thing that he's learned [from me] is how to study film and study the game from a mental standpoint," said Tyronne, who also coached Justus in high school. "There's a lot of great athletic kids that can play the game, but when you start to understand the game and study your opponent, as opposed to going out there, lining up and saying, 'I'm a good athlete. I'm going to make plays,' studying film then puts you in the right position to make more plays."

And this couldn't be more evident, as Justus has tallied two interceptions and seven pass break ups in his last two ball games alone.

"He tells me everything," Justus said. "Sometimes he still sends me game film and he'll tell me to, 'watch this move or watch him when he goes off wide.' He helps me out in so many ways and it's great to have him in my corner." ■



# Mammoth Porportions



The delicate and bright neon felt-piece brings with it questions of the strange relationship between man, animals and human childhood. **MACY FRIEND/THE CAPTAIN'S LOG**

Christopher Newport University Alum Ryan Lytle's felt creature exhibit dominates the Falk gallery.

**BY MORGAN BARCLAY**  
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"I had an embarrassingly large number of stuffed animals as a child," Christopher Newport University Alum, Ryan Lytle explains his inspiration for his exhibition, "Felted Works."

Felt, a soft, pleasant material, brings with it feelings of nostalgia and comfort. It brings with it memories of stuffed animals and animals used in children's stories. And it brings with it questions of humankind's bonds with these animals.

Using a wire-based needle-felted form, Lytle explores these questions explicitly and without hesitation.

Dominating the space are bright neon colors— yellows, pinks and blues— and mild neutral colors— natural sands and cool greys— all finding their home on mammoth sized animal figures.

Jutting out into the space, the work forces its viewer to come face to face, literally, with these questions of both felt as a medium and animals as storytelling tropes.

This is seen very clearly in the case of the two largest pieces in the room—the faux-taxidermy mounted mammoth head, and the faux menagerie, akin to a Darwinistic illustration come to life, that explodes in a diagonal across the gallery.

Reaching out into space, bold and bright, the mammoth featured above brings with it comfort and questions.

With its multiple eyes and strong tusks, it confronts its viewers, loading this confrontation with myths and tropes of wise, third-eyed elephants found across the world, referencing myths like Ganesha and Erawan.

However, through its bright colors and patterns, this confrontation is complicated. It, much like the material it is made from, is softened.

Much like the needlework that is used to create these pieces, these pieces reflect a long, tough, and violent process, that has allowed something soft and relatable to be formed. A myth, in this context, is a needle being stabbed over and over again, in a collection of wool, softening it, making it malleable,

making it something that brings with it memories of childhood toys.

This softening of myths is seen even more evidently in the menagerie in the center of the gallery.

Featuring frogs and snakes and birds and rabbits, all made from a natural sand-colored felt, these animal's myths are complicated.

No longer is there a hierarchy between the hare and the snake; all are made the same. All are made from felt. Felt in this context becomes an equalizing force, a force that questions why those hierarchies exist in the first place.

Through the inclusion of amphibian and reptilian forms, as well as mammalian forms, this piece also bring with it a question of the bond between animals and humankind, animals and art.

Felt, being the by-product of wool, an animal product, means this work has a direct connection with animals. By depicting animals that do not form this wool in felt, this relationship is complicated.

Paired with the rest of the exhibit, with its bright neons and large scale

depictions of mighty animals, this piece uses its natural form to contrast to the rest of the exhibit, leaving you with more questions, even despite its relatable and comfortable form.

All in all, Lytle's exhibition is one to see before it closes in November. A wonderful introduction into this medium, Lytle masterfully creates larger than life forms that complicate cultural myths about animals and art. While it may be a cozy piece at first glance, staying a second longer gives its viewer a wealth of questions to ponder for a lifetime. ■

*"Felted Works" will be exhibiting in the Falk Gallery from September 11th to November 4th*



# Facing Fears, Growing Up, and Fighting Clowns

Writer Ian Burke reviews the box-office-smashing horror film, "It".

BY IAN BURKE  
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"It" is the story of seven children becoming friends as they face their worst fears in the form of Pennywise the Clown.

Pennywise, an omnipotent entity of evil, is able to take the form of whatever a particular child fears the most; and every 27 years, he rises to consume the children of Derry's fears as he feasts on their flesh.

Director Andrés Muschietti gives us a fresh take on this previously produced story by changing the setting to late 1980s, as opposed to the early 1950s, and by focusing only on the first half of Stephen King's book.

These major changes from the book to the movie make sense both production-wise and in terms of storytelling. Having the film set in the late 80s will make part two easier to film, as we can safely assume is set during the late 2010s. The movie also features many stylistic tropes of 1980s horror, making the setting fit which is specifically seen in its sound design and "monsters" employed.

These changes are also beneficial through the deeper exploration of the

relationship between the lead characters. By separating the story into two full movies, Muschietti lets the entire film explore the friendship and fears, as expressed in the form of Pennywise the Clown, of the "losers club".

This gives a much needed emotional weight to the film.

In terms of acting, the movie delivers in a big way, especially from Bill Skarsgård's Pennywise and the "losers club".

The "losers club" members all maintain believable relationships, while giving multiple layers and depths to their already beloved characters.

These depths are all the more highlighted through the expression of the fears within the film— from werewolves and clowns, to something altogether more traumatizing, the young actors portray these stories in a truthful and impactful way.

Seeing the "losers" face their fears together brings to mind a recurring theme in King's stories—overcoming evil through strength in friendship.

This is a theme that one can only applaud in the theatre at the film's conclusion. ■

# Valerian is Less Than Meets the Eye

Writer Ian Burke looks for more out of "Valerian".

BY IAN BURKE  
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"Valerian and the City of a Thousand Planets," directed by Luc Besson, is based on a French science fiction comic series called "Valerian et Laureline" that, believe it or not, worked as a major inspiration for many sci-fi blockbusters, including "Star Wars".

The movie stars Dane Dehaan ("Chronicle," "Kill Your Darlings"), and Cara Delevingne ("Paper Towns," "Suicide Squad"), as Valerian and Laureline respectively.

If you love sprawling visuals, intriguing set-pieces and technology, and imaginative characters, you'll probably see this movie twice just because it looks good. Of course the best sci-fi movies look good, but they also have some substance that makes the visuals more striking because of what they represent.

However, when you see Valerian, it's hard to connect whatever substance it is supposed to have with the comparably superior visuals.

As for the actors, while Dehaan shines in indie movies like "Chronicle"

and "Kill Your Darlings," he cannot muster the character necessary to sustain the relationship with his counterpart Laureline, played by Delevingne. Delevingne's lack of nuance only adds to this problem.

In terms of the story, it's a by-the-numbers "government cover-up" story with too many subplots with most of these amounting to little more than exposition-heavy fetch quests that lead to the explosive climax.

Except it isn't that explosive; there isn't a whole lot of tension by the time you reach the end of the movie— even when seemingly invincible robot soldiers are gunning down heavily armed militia left and right, Valerian still manages to shoot them with the futuristic equivalent of a .38 revolver.

"Valerian" is a movie that tries to pair sprawling, beautiful visuals with main characters whose backstory and chemistry is absurd in concept. And to make matters worse, its story lacks any of the philosophical backing of conventional sci-fi or even its own source material. But hey, at least it looks good, right? ■

# Summer TV Round-up

Writers Sabrina Rivera and Nathan Hotes review TV's hottest shows of the summer.

## Twin Peaks: The Return      Game of Thrones

BY SABRINA RIVERA  
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BY NATHAN HOTES  
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Unusual and mysterious, the original "Twin Peaks" aired in 1990, enrapturing it's audience in the murder of Laura Palmer (Sheryl Lee) and the paranormal underpinnings of the town that shares the show's name-sake.

Creating a new genre, that of surrealist americana, this exploration of the American dream and human consciousness is one that kept fans of the show wanting more.

Directors and writers David Lynch and Mark Frost tapped into this reserve of curious fans this past summer to continue their unfinished tale, "Twin Peaks: The Return," culminating in a bizarre yet remarkable finale only two weeks ago.

"Twin Peaks: The Return" takes place twenty-five years after the end of the first series, and begins with former FBI Agent Dale Cooper (Kyle MacLachlan) trapped in a limbo dimension called the Black Lodge, but a malicious doppelganger from the Black Lodge has replaced him in the real world.

Upon his escape to the real world, Dale Cooper lives in a semi-responsive state, only reacting to reminders of Twin Peaks and visions of Laura, whose relation to the two Lodges and the spirit "BOB" turns out to be more complicated than it first seemed in the original series.

It's a far cry from the original, which focused on the rash of events that lead to and followed the death of Laura.

In fact, the core element of the show isn't its plot or characterization, but rather in how its events and symbolism is made purposefully difficult.

Reminiscent of his films "Mulholland Drive" (2001) and "Blue Velvet" (1986), Lynch hides his narrative in quiet, artistic shots where every word is paced and carefully chosen. This can be frustrating and dry in some parts, but becomes suspenseful and cryptic during more somber scenes.

It seems that "Twin Peaks" was made less for strict entertainment, but rather for the expansion of an art piece that exists with or without the approval of its viewer, measured and strange from beginning to end.

Ultimately, "Twin Peaks: The Return" is Lynch's head-scratching magnum opus, best watched after seeing the first two seasons and the movie, "Twin Peaks: Fire Walk With Me," on which the new series expands. It's best suited for fans of the original "Twin Peaks," or those who enjoy a lack of easy answers and a mystery from beginning to end. ■

Groundbreaking shows in history will always have their critics. "Game of Thrones" is no exception.

A major critique of this season was its pacing—it was rushed. This season utilized time-jumps to a greater extent than before, skipping from important moment to important moment. This differs from earlier seasons' style that featured a slow building from event to event, allowing room for character development and the exploration of minor conflicts. While this a problem, the show is on a ticking clock—being the penultimate season in this epic story, subplots must be concluded. While this loss is a real one, it has also brought with it a renewed focus has made the show more gripping than ever before.

A continuing complaint is the difference between the book and the show. This critique does hold weight. As a book reader, I am continually annoyed when plot-lines involving great characters such as Dorne, Stannis and now Littlefinger are oversimplified. However, due to the insight the showrunners have in the continuing story arcs within the novels, these changes should be superficial to the overall story—a fact to find comfort in.

The main critique of this season, however, was the showrunners' desire to give the fans what they wanted. Sacrificing logic and plot, they attempted to please the fans as much as possible. Jon (Aegon? Aejon?) going on foot to capture a wight made no strategic sense (you have dragons!), but made for a lot of great tension. The awkward Stark reunions caused the plot at Winterfell to come to a standstill, but fans have wanted it for years. Tyrion making basic tactical errors makes no sense, but allows for the sides to be even. In all these cases, the show is sacrificing the detail of the books for what will get fans watching. However, as annoying as this is, this must-watch-tv-style makes "Game of Thrones" one of the most amazingly shot, tension-filled and epic seasons of television this year (the loot train battle is up there with Hardhome for best battle in the entire show).

Honestly, if you got this far in the series, you've probably already watched this season. If not, I would absolutely recommend it! Season seven builds on the plot of the other seasons in a rewarding way and continues the excellence "Game of Thrones" has been known for. ■



## Engagement Fellows Welcome Students

With new faces on campus, University Fellows for the Office of Student Engagement encourage students to reach out, test their limits, emerge as leaders and become actively involved within the CNU community.



Fellows plan for the day ahead. MACY FRIEND/THE CAPTAIN'S LOG

BY KATIE KRYNITSKY  
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With a job that constantly changes on a day-to-day basis, University Fellows Rachel Barranco and Clark Johnson work for the Office of Student Engagement located on the third floor of the David Student Union.

One of the main roles of the Student Engagement Fellows includes ensuring each student with the opportunity to become actively involved with the university, no matter how big or small of a commitment.

"We work a lot with the different populations on campus, such as commuters and transfer students, who may have not had as much opportunity to get involved as those who have lived in residence halls or spent their entire college career at CNU," said Barranco.

The Fellows are involved with many events on campus including the Emerging Leaders Program and Speak CNU.

The Emerging Leaders Program is a leadership development program designed to give students the opportunity to develop skills allowing them to become risk takers and engaged community members.

Speak CNU is the campus' version of Ted Talks.

"We plan on getting more professors involved with the event this year," said Johnson.

The job of a Student Engagement Fellow

involves integration and innovation.

"Essentially, we make the job what we want it to be. We are gap-fillers, making sure students are engaged," said Johnson.

"It's an adaptable job, and involves a lot of creativity on our part," said Barranco.

Each Fellow shared their personal connection with the job.

"When I was a freshman, I spoke with the Student Engagement Fellow at the time, Wilson Beaver. I felt disconnected from the school in a social aspect, and he helped me get involved. I want to be able to do the same thing, and show students what amazing opportunities this school has to offer so they can get the most out of their time here," said Barranco.

"The experiences of going through RA training my sophomore year and doing independent studies with associate deans throughout my senior year showed me how much I would enjoy this job. I hope to go deeper into Student Affairs in graduate school, so essentially this job is right up my alley," said Johnson.

Both Fellows encourage all students, not only freshmen, transfer students or commuters, to meet with them and see what opportunities they have to offer.

"We have an external perspective. We are easy to relate to, but we aren't your RAs or counselors. We want to be a valuable resource that will get you more engaged on campus, and help you find your niche within this university," said Johnson. ■

## Review: Azzurri Restaurant

Affordable prices, creative dishes and gluten-free options entice customers.

BY CALEB SMITH  
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As assignments become due and classes get more and more challenging throughout the semester, finding a good restaurant may be far from students' minds.

It is important to be on the lookout for restaurants that will allow relaxation, enjoyment of delicious food and escape from the constant reminder of papers and assignments. Thankfully, Azzurri's Italian Restaurant makes this easy.

Located in the Hiddenwood Shopping Center right next to campus, Azzurri's Italian Restaurant gives students an authentic Italian meal.

The family-owned business knows how to serve up a great Italian experience while also focusing on every small detail in their food.

From the delicious Pizza di Marco to Meat Lover to Chicken BBQ, this eatery has an array of different types of pizza to satisfy any Italian-food love.

The options of regular and gourmet toppings on any dish make you, the customer, a part of the culinary experience.

No Italian restaurant is complete without good pasta and Azzurri's is no exception.

Their baked ziti and spaghetti are topped with mozzarella and the lasagna is topped with spinach and ricotta.

Their enormous calzones, which include mozzarella, ricotta and three additional toppings, are a feat for any patron who tries to finish it all.

Thankfully, Azzurri's offers boxes to bring your unfinished meals home with you allowing this Italian experience to last for another meal.

Those with gluten allergies can still enjoy Azzurri's as they offer gluten free options and an assortment of different salads.

Of course college students have the constant reminder of their finances on their minds which is why Azzurri's has reasonably priced pizzas and subs.

Currently, their small pizzas range from \$10.10 to \$14.60 and their larges from \$16.10 to \$22.60 depending on the specialty. Their selection of different paninis and wraps are \$7.60 and \$6.60 respectfully.

The service and atmosphere compliment the affordable, appetizing food, ensuring every visit to be pleasant and memorable.

During warmer days the outdoor seating, which will



Azzurri sits off Hidden Blvd. HANNAH MCCLURE/THE CAPTAIN'S LOG

soon face CNU's new Shenandoah River Hall, offers a comfortable atmosphere to enjoy a meal.

The convenience to campus has made Azzurri's a frequent stop for CNU students wanting to venture away from dining halls and East Campus locations.

If the service and authentic, various options for food is not enough to drum up business, the restaurant also offers a 10 percent discount for CNU students. ■



# Out of the Darkness Participants

## ((C))hange the ((N))((U))mbers



As the walk began at 11 a.m. at Newport News Park, registered walkers pushed through the starting-line banner reading 'Break the Stigma.' **MACY FRIEND/THE CAPTAIN'S LOG**

Students join nearby communities in The American Foundation for Suicide Prevention's Out of the Darkness Walk.

BY ANNA DORL  
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Inspirational quotes, Bible verses and artwork lined the fences surrounding Newport News Park grounds on Sept. 16. Community members from all over the Hampton Roads area gathered to participate in the Virginia Peninsula Out of the Darkness Walk for suicide prevention.

All ages, genders and races wore different colored shirts emblazoned with names and phrases such as "always in our hearts" and "you have purpose, you are loved, you are enough."

The American Foundation for Suicide Prevention (AFSP) sponsors Out of the Darkness fundraising walks across the country to raise money and awareness for suicide prevention, and to unite communities with the common goal of eradicating suicide and erasing the stigma commonly attached to mental illness.

With 1,276 registered walkers, around 106 teams, and \$37,150.10 raised according to chairwoman Letitia Laurien, the event was an absolute success.

Christopher Newport University's official team this year, ((C))hange the ((N))((U))mbers, was sponsored by CNU's chapter of the National Alliance on Mental Illness (NAMI) and Greek life leadership honor society Order of Omega.

AFSP provided free beaded necklaces of different colors for walk participants, each representing a different connection to suicide or mental illness.

Everyone carried their own story and experience,

but could easily relate it to those around them.

Holly Griffith traveled from Alabama to walk with friends in the community.

"I wore green and purple. The green beads represented my struggles with depression and alcoholism. My choice to wear the purple beads not only represented the loss of my best friend to suicide, but my uncle, too," said Griffith.

A row of community vendors and representatives from various mental health organizations attended the walk giving out information packets and promotional materials.

At the Sarah Michelle Peterson Foundation table stood Michelle Peterson, who founded the organization in honor of her daughter, Sarah, who died by suicide.

"I was sitting in a café the other day meeting with someone and I said, 'what would you think if someone fell to the floor and was having a heart attack right now and we said, 'who knows CPR?' Half the people in there would rush to help. But what if someone started acting erratically, was having a mental crisis—who would rush to help? Me and two other people? It would be amazing if we could all learn the basics of how to recognize someone

in distress," said Peterson. "Sarah was my daughter. The day before she did it, she told me she was doing well."

According to the AFSP website, suicide is the eleventh leading cause of death in Virginia, and the second leading for ages 15-34.

Money raised through Out of the Darkness walks goes towards AFSP's educational programs, political advocacy efforts, research and direct support for those affected by suicide loss.

Chairwoman Laurien said she looks forward to next year's walk, and is always looking for volunteers.

For more information on the American Foundation for Suicide Prevention and Out of The Darkness Walks, visit [afsp.donordrive.com](http://afsp.donordrive.com) and [afsp.org](http://afsp.org).

If you or someone you know is dealing with suicidal thoughts or need immediate help, please take advantage of these national hotlines and your local counseling center.

Help is available 24 hours a day, seven days a week. Your life matters and you are not alone. ■

Suicide Prevention Lifeline: 1-800-273-8255

Crisis Text Line: text 741741

CNU Office of Counseling Services: (757) 594-7047

"...it helped me realize  
suicide is taking over  
when it shouldn't be."

— Holly Griffith



# 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 Melanie Occhiuzzo at [clog@cnu.edu](mailto:clog@cnu.edu)

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