



THE CAPTAIN'S LOG

THE VOICE OF CHRISTOPHER NEWPORT UNIVERSITY STUDENTS

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Tough Battle Leads To Their First Title

Women's Field Hockey wins CAC
Championship Title for the first time in
program history.

BY EMMA DIXON

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Flicks, hits and drives. This past Saturday, the fifth-ranked Christopher Newport Women's Field Hockey team claimed the program's first Capital Athletic Conference Championship after an electrifying double-overtime 2-1 victory over No. 6 Salisbury on Nov. 4.

After an intense 91 minute battle, junior midfielder Courtnie Greene drove in the game winning goal.

"It felt pretty amazing knowing after 91 minutes of playing really hard as a team, we made history for CNU field hockey," Greene says. "To score the game winning goal was definitely the best feeling ever."

After a rocky start, the Captain's came back from a one goal deficit early in the second period when freshman attacker Jackie Kotoriy tied the score.

"To come back from being scored on early in the game to winning the championship made me realize that all of our hard work really pays off," Greene says.

Coming out of the conference tournament with an overall record of 17-1, the team secured a first round bye, and will host the second and third rounds of the NCAA tournament.

With the score still bound at the end of regulation, the teams entered overtime and remained neck-and-neck for the remainder of the match.

CNU's defense also displayed a superb performance. Junior defensive fullback Mackenzie Neylon set a new record for career minutes by a field player, reaching 4,398 minutes. Senior goalkeeper Stephanie McKinney matched her career-high record of eight saves.

"I'm super grateful to have had the opportunity over the past four to be able to play as much as I have; breaking the record was just a nice bonus," Neylon says. "My teammates had a lot of faith in, which helped me be able to play so much."

After 91 minutes of rigorous play, freshman attacker Courtney Fiest stole the ball and slipped it through a barricade of Salisbury defenders, connecting with Greene. After a quick cut back, Greene found an open lane and sunk the game winning shot into the back right corner of the cage to seal the win.

"I didn't know it was going in until I heard it hit the backboard. It all happened so fast and I couldn't be more happy."

The Captain's next game will be held on Saturday Nov. 11 at 11 a.m. ■



CUTOUT BY EMMA DIXON AND PHOTO BY MACY FRIEND/THE CAPTAIN'S LOG

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A profile on CNU student organization's efforts to get people to come vote in the election.

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Lamba Chi Alpha is the newest fraternity on campus. Flip to page 16 to see what they're about.



Weekly pic

During halftime of the football game, the Marching Captains performed with CNU Storm before the Homecoming King and Queen were announced. During special events, the baton twirlers bring out flaming batons and perform their usual routines.
Photo by Charles Tyson/The Captain's Log



CNU TV

Midnight Madness 2017 kicked off the 2017-2018 Basketball Teams and showcased the 2017 Homcoming Court.



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.

Corrections from Issue 7
WCNU and Sigma Tau Delta
Poetry Slam occurred on
Thursday Oct. 26 not Friday
Oct. 27 as mentioned.

Happened

Nov. 6

CNU Student Assembly Meeting

In the Luter Atrium at 7:15 p.m. Student Assembly held their general body meeting. President Tribble attended.

Nov. 6

Captain's Cash Raffle

CNU students were given the option to use their Captain's Cash to purchase a Pepsi product from one of CNU's vending machines. Participants were automatically entered you to win a set of Beats by Dr Dre or an Adidas Fit Smart.

Happening

Nov. 9

Speak CNU

The Office of Student Engagement will be hosting the second SpeakCNU event on Nov. 9 from 7-8 p.m. in the Peeble's Theater.

Nov. 10 & 11

CAB Presents...Spider Man Homecoming

In Gaines Theater starting at 9 p.m. CAB will be showing the newest Spider Man movie: Spider Man Homecoming.

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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.

WANT TO ADVERTISE? Circulation inquiries, advertising rates and policies are available upon request via email at clog@cnu.edu or telephone at (757) 594-7196. For more information, visit our website at thecaptainslog.org.

From the Front Page

CNU Women's Field Hockey Season Highlights

Sept. 01

Season Opener
Virginia Wesleyan @ CNU
Score: 6-0
32-0 Advantage in Shots
9-1 Lead in Corners

Sept. 17

No. 18
CNU @ Rhodes
Score: 4-0
36-1 Advantage in Shots
17-0 Lead in Corners

Oct. 04

No. 17
CNU @ Mary Washington
Score: 3-2
18-11 Advantage in Shots
8-6 Lead in Corners

Oct. 21

No. 5
York (Pa.) @ CNU
Score: 4-2
First Regular Season
CAC title since 2013

Nov. 01

CAC Semi-Finals Victory
Mary Washington @ CNU
Score: 1-0
CNU Beat out No. 5
nationally ranked UMW

Nov. 04

Salisbury @ CNU
Score: 2-1
CNU claims first CAC
Championship Title in
Program history

PHOTO BY MACY FRIEND/ THE CAPTAIN'S LOG

GRAPHIC BY MELANIE OCCHIUZZO / THE CAPTAIN'S LOG

CNU Groups Work to Get Out the Vote

Tuesday, Nov. 7, marks election day as current Va. Gov. Terry McAuliffe prepares to pass on the position.

BY KORTY SWIFT
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Tuesday, Nov. 7 marked Election Day for the Commonwealth of Virginia.

This year's election consists of the gubernatorial race between Virginia's current lieutenant governor Dr. Ralph Northam (Democrat), Ed Gillespie (Republican), and

Cliff Hydra (Libertarian), as well as the election of lieutenant governor, attorney general, members of the Virginia House of Delegates and other local offices.

Campus organizations, politically and non-politically based, have founded multiple events and efforts started around motivating students to take part in the upcoming elections, whether it be through mailing an absentee ballot or going out to vote in Newport News

One such event is the recently held Stroll to the Polls event, put on by Alpha Phi Alpha Fraternity, Inc., which benefitted the A Voteless People is a Hopeless People program, and also raised awareness for voting in every election cycle.

Stroll involved students purchasing tickets to watch various organizations perform a competitive dance to secure the coveted title of Stroll Champion.

The proceeds of student purchased tickets went towards the A Voteless People is a Hopeless People program as well as the fraternities' other non-voting related philanthropies.

The College Republicans, while not having a specific campus-wide movement, have had involvement from many of its members on and off campus. "The College Republicans have been in contact with the local and statewide races and many members volunteer on campaigns or will work the polls on Election Day," says Alexandra Klein, Chair of CNU's College Republicans.

Klein also added that the reason that there is currently no campus wide movement going is that most students at CNU tend to vote absentee.

Like the College Republicans, the College Democrats have taken similar measures with campaigning for candidates and assisting with local voting

and voter registration.

"Our organization works closely with the campaigns in the area to boost voter turnout and to aid in voter registration," explains Jared Shawver, President of the College Democrats.

"For example, during our club meetings, a member of the Democratic party joined us to provide us with call sheets for phone banking.

"We also participated in an information session put on by a professional sorority here at CNU with the goal of providing information on the candidates in this upcoming election, featuring myself and a representative of the College Republicans."

Whether a club or organization has political roots or not, it has the possibility make a strong effort in getting out a message for the student body to go out and vote or register to vote. ■



Stroll to the Polls works as a charity event and a way to promote civic engagement. PHOTO COURTESY OF OFFICE OF STUDENT ACTIVITIES

Homecoming Traditions Alive and Well At CNU

This past weekend's Homecoming saw more than 2,000 alumni come back to campus as a King and Queen are crowned.

BY LIAM ROWELL
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CNU has many homecoming traditions beginning with the reveal, the dropping of the banners at the beginning of homecoming week and culminating with the announcement of the Homecoming King and Queen at halftime of the homecoming football game.

With more than 2,000 alumni on campus, a lot of eyes were on the tradition of crowning a Homecoming Queen and King.

Homecoming week and its traditions are mainly run by Class Council and are forming, adapting and evolving with the young, vibrant university.

Each class gets a tradition to oversee. For example, the sophomores run Yell Like Hell, the juniors run the golf cart parade as well as homecoming court, and the seniors help oversee and facilitate all of the different events on campus.

The golf cart parade is one of the more popular homecoming traditions.

It certainly was Dottie Chelsey, the Class of 2019 President, and Rico Francis's, the

class of 2018 Executive Vice President favorite event.

Francis reasoned that it allows organizations to express themselves. Chelsey enjoys the golf cart parade because it allows organizations to show "what they're all about." She pointed to an example of "hypnotic control dancing alongside their golf cart."

Another integral part of CNU's Homecoming atmosphere is the sight and sound of the Marching Captains.

The process in which the Homecoming Queen and King are picked is not as simple as one may think.

According to Francis, "[the Class Council] looks at students wholeheartedly, it's not just a popularity contest, though there is a social aspect to it".

The way Class Council runs Homecoming King and Queen selection helps guarantee that holistic approach.

It begins with an online application and an academic release form to Class Council.

At this point there are generally about 20 candidates. After that, Class Council ensures that the candidates have an

organization's support, which sometimes removes candidates from contention.

Each candidate then interviews with members of an unbiased students/faculty committee and is given a score.

This score is then deliberated by a Homecoming review committee.

At this point student are notified as to whether or not they

have made it onto Homecoming Court, the final group of 10 in the process.

The selection process then continues. It is not just the popular vote that matters when selecting the next Homecoming King and Queen, however, that is a large factor.

The initial interview, any other material that has been submitted

to Class Counsel, as well as each candidate's participation in Homecoming events help determine who wins.

At the end of the week both the Homecoming King and Queen are announced at halftime of the Homecoming game.

This year's royalty, Lewis Folli and Makeda Wright, were crowned at the football game. ■



The Marching Captains' section, along with their halftime performance, always add an extra sense of energy in Pomoco Stadium, especially on Homecoming weekend. MACY FRIEND/THE CAPTAIN'S LOG



Dr. Anthony K. Santoro (left) sits beside guest lecturer Theodore R. Reiff, M.D. (right) as he addresses the class and the audience on Wed. night in McMurran Hall room 101. PHOTOS BY IAN BURKE/THE CAPTAIN'S LOG

How Science and Medicine Was Used by the Third Reich

Theodore R. Reiff, M.D., explores questions related to the ethics of using research done by German doctors during the Jewish Holocaust.

BY IAN BURKE
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Haunting images flashed across the McMurran lecture hall last Wednesday night, all showing the perversion and subversion of ethical scientific and medical practices through the unethical experimentation and treatment of the Jewish people during the reign of Adolf Hitler in Germany.

The question, which the lecturer, Theodore R. Reiff, M.D., asked the audience was complex yet eerily relevant to today: "How could a society of such great scholars, scientists, authors, and physicians, allow itself to be subverted like this? And could this happen to any advanced society?"

It probably wouldn't surprise many people to know that the Nazi's had a government approved definition of what a Jew is; anyone with at least three Jewish grandparents was considered a Jew to Nazi Germany.

The Nazi's also funded anthropologists to go to Tibet, publish pseudo-scientific data which said that Aryans had conquered much of Asia, even going so far as to say that Gautama Buddha was an Aryan offshoot of the Nordic race.

They were a part of the Ahnenerbe Society, a pseudo-science division which supplied fake scientific data about Aryans to beef up their propaganda, as well as massacre and experiment on Jews in order to solve scientific questions that the science community had refused to investigate using human subjects.

Several well educated physicians, Josef Mengele, Adolf Eichmann and Wolfram Sievers, performed on their Jewish

guinea pigs during this time.

Human freezing experiments, high altitude experiments, experiments involving volatile levels of phosphorus and gas gangrene and many more horrid tests were all performed by the medical agencies under the Third Reich.

After all of the data on these experiments was found, there was profound debate as to whether or not any credible data pulled from them should be used for the good of human-

ity around the world.

That isn't to say every German scientist committed war crimes, a very small percentage did so, but the rest are considered honorable professionals.

Reiff's questions hold a lot of weight. The Nazi's stripped away all science that subtracted from their warped perspective; any accomplishment by a Jew, Einstein for example, was denounced because of his heritage.

Ignorance in such an influential part of our society, government, prevents a free, ethical and informed democracy from thriving.

The overarching theme of the night seemed to be that the best prescription for today's woes would be to learn from the past, keep an open mind and, most importantly, listen to both sides of the argument.

It was said that learning as much as you can about two opposing sides will garner

greater understanding, and allows one to sift the ignorance out of an issue by being able to point out where people are wrong, and expose ignorance where it lies.

Also mentioned was that one also has to be very careful about his or her own actions, because ethicists have not cornered the market on ethics.

A consensus from the events was that everyone has a responsibility to be informed and ethical. ■



Reiff provided historical context concerning the rise of the National Socialist German Workers' Party, or NSDAP (Nazi Party), in the Weimar Republic (Germany) during the mid twenties and throughout the thirties and forties.

Thanksgiving: A Forgotten Holiday?

When is it too early to start getting ready for Christmas? For one student, it’s November.

ELIZABETH MOYER

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Halloween has passed, so it’s time for the next big holiday of the season: Christmas! Wait... what? What ever happened to Thanksgiving? When you walk into any shop this time of year, all you’ll see is Christmas, Christmas, Christmas. It’s annoying. Even Halloween is shoved out before it’s concluded to make more room for Christmas decorations, and Halloween still gets people to buy things. But Thanksgiving always seems to get the short end of the stick. Not important enough to advertise for, apparently, so Christmas always seems to take over, as if Thanksgiv-

ing isn’t even given a chance.

Thanksgiving is a wholesome holiday, but it doesn’t make consumers inclined toward buying things, which, apparently, means that there is little time for it to be celebrated in the eye of big corporations, who are there for the money, and not for the spirit that a holiday represents. While people jump at the chance to buy Christmas-related decorations, presents or anything else related to the holiday season, other holidays are left in the dust. Thanksgiving is all about spending time with friends and family, talking and sharing a meal together. It’s hectic to coordinate, sure, but it’s worth it in the end when you’re with good people and

good food, able to relax for a day, or more, if you’re like my family and avoid most of the crowds on Black Friday. It’s fun, but it doesn’t sell more than food. So it’s not advertised for, other than with more generic fall decorations, leaving it to feel as if Thanksgiving is a dying holiday.

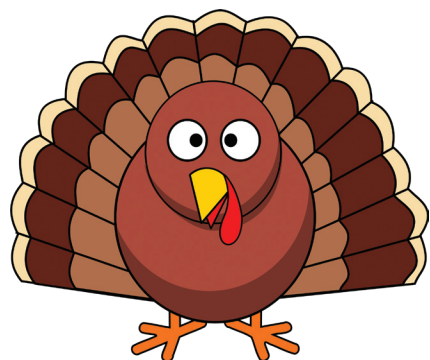
Now, I don’t hate Christmas. Promise. It’s a nice holiday, but even a nice holiday is not something I want to see in every store I walk into for months and months before the holiday actually takes place. I can walk into a store in August and see snowmen and Christmas decorations on some kind of display. August! That’s an entire season, literally, before Christmas rolls around. An entire month before

the next major holiday, Halloween, happens, too. There’s a point where it stops being annoying and starts just being absurd.

No one went into a large corporation’s boardroom and asked for five-month-early DIY Christmas crafts, but people do buy them, so there they are. Consumers are why stores can get away with putting Christmas stuff out so early, which means that other, less money-driven holidays are pushed out of the way to have room for more Christmas merchandise, making them seem less and less important as time goes on.

Christmas and Thanksgiving shouldn’t be at odds. They’re both great times of the year, where you get together with people you care about and have a good time. They’re not opposites, nor should they have to compete with each other to matter in the public eye. Christmas may take up more than its fair share of merchandise, but that doesn’t mean that it is any more valuable than Thanksgiving.

People have their preferences, and plenty will like one more than the other, but both still have their high points, and both should be enjoyed as much as they can be while they’re around. ■



VS.



IMAGES COURTESY OF CLIPART LIBRARY

The Trouble with Daylight Saving Time

With the end of Daylight Saving Time comes mixed emotions.

DUNCAN HOAG

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Daylight Saving Time is the very personification of a love/hate relationship. In November it gets annoyed with my antics and my several unbearable personality flaws, and it leaves me. Then, in March—having spent the winter alone—it comes back to haunt me. And because I am a sap for sob stories, I welcome it back with somewhat open arms, knowing full well that the cycle is destined to repeat itself. That is Daylight Saving Time in a nutshell, or it would be if it were a person or a spouse or beloved and also unbeloved partner.

DST was first proposed by George Hudson. Hudson wanted more daylight hours after work to relax, so he suggested that time itself should accommodate that desire. The proposal gained interest and, to make a long story short, that is why DST exists today. In fact, Hudson originally suggested a two hour time shift. Either he really liked his free time or he really hated his job. Or both. Don’t like the clock? Change it around until you like it.

There are numerous studies that link the annual end of DST to a number of health effects. Reading through these effects feels like watching the end of all those prescription medicine commercials that list the maddening side-effects of taking whatever new thing is supposed to make you feel better.

It’s actually mildly horrifying. Here are a few of them: Seasonal Affective Disorder (SAD) brought on by the increased darkness. The disorder is associated with fatigue, sleep difficulty or excessive sleeping, weight gain, feelings of hopelessness or despair and thoughts of suicide, according to the American Psychological Association (APA). On-road collisions can also occur with greater frequency due to people leaving work after nightfall, where only a week ago they had left in sunlight.

The good news is that this is probably meaningless to most people. You probably won’t become suicidally depressed because of the lack of light, and chances are you won’t get in a wreck because that blasted sun just didn’t hang in the sky for another hour.

Still, the idea of even some of this being true just because we moved our



With the end of Daylight Saving Time, the sun will be setting sooner than usual, around 5p.m. Some people think DST is helpful while others may think it is harmful.

MACY FRIEND/THE CAPTAIN’S LOG

clocks back is pretty disheartening. There are worse things in the world, however, and we all probably have

better objectives to accomplish than argue with grand cosmic forces like time or the sun. ■

Fighting the Semester Slump

The semester blues tend to hit students hard between midterms and finals, here's some advice to help combat it.

KIMBERLY EICHELBERGER
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We're over halfway through the semester. Midterms grades are out and are either putting us at ease or in severe panic mode.

At this point, we are all just counting down the days until our next break.

With that being said, it's a good time to stop and reflect on the thoughts this semester has provoked and what is to come.

Inconsistency is the biggest consistency in college.

The irony of this statement has me constantly on my toes, anticipating the next event that will throw me off balance.

In all honesty, I didn't imagine first semester of my junior year to be this way. I envisioned junior year to be the time when everything finally came together; I would have finally gotten into the groove of college life, established a routine for myself and mapped out my future.

This has not proven to be the case; and that's perfectly okay.

We often misinterpret those around us.

In our own perceptions, everyone surrounding us has their lives all figured out and perfectly pieced together, while our kingdom seems to keep crumbling down one bit at a time.

I guarantee you that this is not the case at all.

College wasn't intended to be easy; college was intended to challenge us and instill us with perseverance that will serve us when our feet hit the grounds of the real world.

The unexpected is to always be expected, and not a single one of us can predict exactly how our future is going to play out, whether we are talking years down the line or as soon as tomorrow morning.

Nothing is definite.

And that's what keeps us striving towards perfection; even if we can never reach it, coming as close as we can gives a sense of security.

If we've put our best foot forward and encounter failure, we can at least look back with the assurance that we gave the most we possibly could at that given point in time.

So no matter where you are in your college career, if you feel as though you are the only one who hasn't gotten it together, I promise you that you are not.

We are all stressing over life's unpredictability. We are all experiencing that mid-semester slump.

Maybe you know exactly what you want to do with your life, and maybe you don't.

Either way, it's okay.

Life has a funny way of taking us exactly where we are meant to be.

So for now, power through that semester slump on the idea that every task you encounter is somehow taking you to a greater destination. ■

“College wasn’t intended to be easy; college was intended to challenge us and instill us with perseverance that will serve us when our feet hit the grounds of the real world.”

-Kimmy Eichelberger

Buzzin’ Becky - Now What?

As graduation and postgrad life quickly approaches, find out what Becky has to offer when it comes to the “real world” and how to get there.



PHOTO COURTESY OF CLIPART LIBRARY

Graduation is quickly approaching for seniors, whether you're leaving us in December or May. A lot of the time, people are expected to know exactly what they're doing right after graduation and more often than not, our parents and mentors want us to have it all planned out. If you have it planned out, good for you. If you don't, that's okay. A lot of the time things don't go as planned, and there's really no use stressing about that.

I thought I had it all figured out and was recently thrown a giant curve ball in life when it came to registration. I freaked out for a week straight and felt bad for myself instead of actively working to fix the problem. Luckily, I'm back on track and was able to make several plans in order

to make it work rather than accept defeat. When life gives you lemons, make life take the lemons back.

I'm stressing out over it being my last semester on campus, any advice?

Don't stress! You should be proud of yourself, you're WEEKS away from being done with undergrad! That is such a big accomplishment, no matter how long it took you. You're already steps ahead of many. The first thing you need to remember is that you need to finish strong. You worked so hard to get to where you are now, don't let senioritis take over and tank your progress. I know it's hard as it's getting to the point where you can see the end, but enjoy it while it lasts because after this you're off to bigger things.

As far as it being your last semester on campus, take advantage of the things being a college student living on campus has to offer. I know people don't seem to enjoy the housing regulations requiring us to live on campus for so many years, but I personally like being close to the heart of it all. CNU is such a unique place and there's a lot it has to offer. Make a bucket list of things to do before you're done. Get one last buffalo chicken wrap in Commons, take a late night walk to the Great Lawn and admire the ever changing campus we live on, order that milkshake from Einstein's and most importantly continue to foster those relationships you have now.

Once you leave CNU, the chances of you being in such close proximity to your friends is small. Sure, you could move in together post-grad, but let's be real is that going to happen? Cherish the time you have now with one another and make sure you don't slack on the friendship side of things. These are your life-long friends and these are the memories you're going to be telling your children about (or not—depending on what lessons you want to teach them).

Good luck in your future endeavors and I really hope you make the most of what-ever you do.

My parents are really pushing me on what I'm gonna do post-grad, how do I handle them without offending them?

This is a tricky one, especially if your parents have a part in paying for your education. My best advice for you is to be open and honest with them. Honesty is a big thing to me lately (not that I ever advocated for being dishonest) and I just really stress open and honest conversations. Tell them what you're thinking about doing, and chances are they might not understand but that's okay. At the end of the day, it's your degree and if you're not doing what makes you happy then what's going on with your life? It might take a while to get to that happiness, not everyone's gonna get it on the first try.

It's important though that you remain calm when discussing this with your parents. Like you said, you don't want to offend them. Don't come out swinging and make unnecessarily sassy comments. I'm way too guilty of that though, sorry mom. My mouth has a way of getting me into trouble, especially because lately I'm lacking a filter. But they love you and care about you and genuinely want you to do well, there's no need in being ugly to them. Figure out the best time to have the conversation and do it sooner rather than later. No sense in delaying the inevitable.

— Becky out

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

SNAPSHOT

PAGE 8



(Above) During halftime of the football game, the King (Lewis Folli) and Queen (Makeda Wright) were crowned by President Tribble and Rosemary Tribble. (Below) Alpha Phi was one of the several organizations which drove in the golf cart parade where organizations' creativity was shown. PHOTOS BY EMMA DIXON AND MACY FRIEND/THE CAPTAIN'S LOG

From creative showcases to trivia and a pie eating contest, Homecoming Week offered multiple ways to get involved.

BY MACY FRIEND
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Homecoming Week kicked off with the Homecoming Court reveal that took place in the DSU Monday Oct. 30. During the reveal, banners with headshots of the 10 candidates were hung from the second floor.

Over the course of the week, organizations participated in events in order to gain points toward Captains Cup and to go to the Homecoming candidates representing their respective organizations.

Yell like Hell took place on the steps of CNH Oct. 31 where Women's Basketball won first place after their remake of Cardi B's "Bodak Yellow", highlighting Wright's role on the team.

Spirit signs were displayed across the Tribble Plaza Wednesday in which student organizations decorated wooden boards to represent their presence on campus. The Captain's Log, Student Diversity and Equality Council and Alpha Delta Pi won first, second and third place, respectively.

CNU Trivia took place in the DSU Ballroom Thursday night where organizations competed for points to go toward Captains Cup as well as Captains Cash for each member of the winning team. ADPi placed first.

Midnight Madness occurred Friday night where Homecoming court performed along with Hypnotic Control, CNU Storm, Cheer and one of CNU's six cap-



pella groups, Trebled Youth.

Festivities of the week came to a close during halftime of

the football game where Alpha Sigma Alpha was determined the Captain's Cup winner and

Lewis Folli and Makeda Wright were crowned Homecoming King and Queen. ■



Three sisters of Alpha Delta Pi won Trivia night where multiple campus organizations competed for a chance to win Captain's Cash. In typical Homecoming Week fashion, all questions were tailored to CNU. Students were asked details regarding its history, design and construction. ADPi were determined winners after answering a tie-breaking question with Alpha Sigma Alpha.



(Above) Midnight Madness allows students to gather in the Field House to rally before the football game on Saturday that marks the end of Homecoming Week. Multiple performances by student organizations, from the Marching Captains to a cappella, gave students a glimpse of the other organizations on campus. Students volunteered for a pie eating contest in the middle of the basketball court where they competed to see who could consume their pie the quickest without the use of their hands. (Right) Hypnotic Control was one of the several performances of the night. The group showcased hip-hop style moves and featured several alumni who were given the spotlight during a portion of their performance.





Sophomore Defender Keiley McCarthy rubs shoulders with a Frostburg State player at the CAC championship game on the Captains Field. MACY FRIEND/THE CAPTAIN'S LOG

CNU Follows Through For Championship Number Two

Women's Soccer remains victorious throughout the 2017 season to win their second CAC Championship in a row.

BY PHOENIX HINES
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The Christopher Newport Women's Soccer team continued their dominance in league play while cruising past Frostburg State University 4-0 to claim their second straight Capital Athletic Conference championship.

After losing two of their standout freshman due to season-ending injuries the team knew they were going to have to step up their game and use some of their depth which is exactly what they did this past Saturday as the captain's offense was firing on all cylinders while outshooting the bobcats 35-3.

The defense was more than solid while senior goalkeeper, Carly Maglio recorded her eleventh shutout on the year and also earned her 50th career win as a starter.

The captains started the game off without a goal until the 41:52 mark when freshman Maxine Borris passed the ball to Taylor Hudgins who perfectly set up Alex Miller for her fifth goal of the year and the first one of the contest. The second half was all CNU.

At the fifty-two-minute mark, Gabby Gillis possessed the ball right outside of the penalty box and sniped the top right goal post as the ball went into the net while forcing the crowd upon their feet. Twenty minutes later Keiley McCarthy notched her third goal of the year with a beautiful header from Carson Pokorny's corner kick.

Three minutes after McCarthy's goal, Borris set-up Victoria Reed for a wide open one timer to give the captains a 4-0 lead and also give Reed her first strike of the year.

The Women's Soccer team has had

such a historic season and shows no signs of slowing down. They are currently 18-0-1 which set a program record for wins in a season while also breaking another record for the longest winning streak in a season with 17.

The Captains dominated league play this year by outscoring their opponents with an astonishing score of 44-2 throughout the regular season and the tournament.

"Winning back to back championships is an extreme honor. Winning the title puts a lot of pressure on you for the following year but that wasn't an issue for us this year... We are beyond ecstatic of our accomplishments but are even more excited about the future," Miller says when asked about the feeling of winning back to back CAC championships.

The Captains have been preparing for

games like this all season long and this past Saturday the team went into the game with a "championship mentality" which ultimately paid off. This win means a lot to the seniors on this team due to the hard work they put in these past four years.

"Just knowing how far this program has come and how much time, energy, and passion has gone into every single practice, scrimmage, and game makes the whole thing so surreal. Definitely one of the best feelings ever," senior Carly Melkus says

With the win, CNU clinched a spot into the NCAA Championship Tournament that starts this weekend. The 64-team bracket was announced, Nov. 6 at 1:00 p.m.. This will be the fourth time in his first five years that head coach, Dan Weiler has led his team to the NCAA Tournament. ■

Women's Volleyball Spikes the Competition

CNU Women's Volleyball gains its 11th straight bid for the NCAA tournament since the program's beginning.

BY TARYN HANNAM-ZATZ
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This weekend the Christopher Newport University Women's Volleyball team faced the Mary Washington Eagles in the Capital Athletic Conference Championship game. The game was at home in the Freeman Center and the Captains were ranked 23rd as they picked up their fourth Capital Athletic Conference championship in five years.

The game went through all five sets as the scores ended up being 26-28, 25-18, 25-19, 13-25, 15-10. It was an exciting and well fought game on both sides.

So many players contributed to the amazing win by the Captains. "As a team we are super determined to get just a little bit better every time we step on the court," sophomore Katie Crofford says

During the game, sophomore Katie Piper came through with an amazing performance as she delivered 20 kills and contributed 16 digs for her eighth double-digit of the season. Josie Luceroni also posted a team-high of 27 digs, marking her 24th consecutive double-digit effort. That streak equals the all-time program record from 2015-2016.

With the victory, Christopher Newport improves to 27-3 on the season and locks up its 11th straight bid to the NCAA Tournament. "Winning the CAC championship was so surreal because we got to see all our small victories pay off and create one big victory," Crofford says

The Eagles took the victory in the first set, but the Captains came back quickly in the second set. Though they gave a little bit up and lost their lead they were able to come back and take the victory in the second set.

Going into the third set tied at 1-1, the Captains came out with a quick lead and never lost. Being down by one in the fourth set, the Eagles came out ready to take away a win. Mary Washington strung together a pair of runs to take a 15-8 lead. Later, Piper showed her skills on both sides of the ball with two darts and a stop, but Mary Washington hung on for a 25-13 win.

The entire game was riding on the fifth set with both teams tied at 2-2. CNU came out fighting in the fifth set and never quite lost their lead that they built up quickly. They took away the fifth set and thus the entire game giving them the championship win.

The Captains are now focusing on the rest of their postseason as they wait for the NCAA bracket to come out. "From the beginning of the season we have been focusing on small victories every day, whether in practice or during a game we focus in on the small victories in every play," Crofford said.

On Monday the NCAA releases the national bracket during a selection show at 12:30 p.m. The show will be streamed on NCAA.com so be sure to find out the positioning of the Captains Volleyball team going into the NCAA tournament. ■



Game Stats: UMW @ CNU

Kills: UMW 57/CNU 59
Errors: UMW 24/CNU 30
Hitting %: UMW .168/CNU .142
Points: UMW 71.0/CNU 81.0
Aces: UMW 4/CNU 9
Blocks: UMW 10.0/CNU 13.0
TA: UMW 197/CNU 204
Assists: UMW 55/CNU 56

(Above) Women's Volleyball blocks a set served by Mary Washington in the CAC Championship Title Game this past Saturday. (Left) CNU's Women's Volleyball team embraces during the CAC Championships game. **PHOTOS BY CHARLES TYSON/THE CAPTAIN'S LOG**

No Ifs, Ands, or Bats About It

OperaCNU soars in The Peebles Theatre in their latest production, Strauss' 'Die Fledermaus'.



The intricate costumes and stage presence of OperaCNU were on full display this Friday and Saturday in The Peebles Theatre. **ALL PHOTOS COURTESY OF CNU OCPR**

BY KRISTEN ZICCARELLI
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Practical jokes that go too far, mortifying nicknames and unrequited love are the subject of Johann Strauss' opera, "Die Fledermaus." Performed both Friday and Saturday night in the Peebles Theatre by OperaCNU, the show offered entertaining ways to engage any audience, from a riveting plotline to tremendous talent.

Horns blaring, the show opens with Strauss' renowned overture—arguably his most famous piece of music.

In no time, the context of the opera's iconic name is explained. Translated in English to 'the bat,' the plot follows the unfortunate character of Falke's vengeance on his old friend and practical joker, Gabriel von Eisenstein.

After leaving his "friend" passed out on a park bench in Vienna dressed as a bat, Eisenstein's practical joke earned Falke the nickname of "die Fledermaus."

This plot, with its emphasis on jokes and revenge, is engaging and provides the backbone for the piece, proving this opera is truly a flying vertebrate.

Sung and spoken in English, the cast went above and beyond an ordinary performance, with certain notes of charisma and artful interaction with the audience. Cleverly-timed comedic moments, namely the sobbing of a chambermaid and sarcasm of host Prince Orlofsky, drew the audience into a more intimate relationship with the stage.

OperaCNU showcased their exceptional musical talent most notably at the end of the second act, where more than fifteen voices came together for a stunning chorus about "love and

brotherhood." Accompanied by a strong orchestra and pianist, the musical element of "Die Fledermaus" would grab anyone's attention.

Adding to the professionalism of the work, the set and costume design were reflections of hours of work and research.

Emphasizing the mysterious aspects of a clever plot were the multicolored lights in Act I., that elevated an ordinary room to another level.

The sets of "Die Fledermaus" were changed twice. These sparse sets allowed the cast to showcase their extreme versatility in conveying a complicated plot.

Utilizing words and talent to express deeply-rooted emotions, such as injustice and regret, each cast member established themselves as a vital part of the overall aesthetic.

In the end, Opera CNU succeeded in conveying the essence of opera. They used Strauss' genius to tell a story that was rich in drama, invoked questions about character and showcased several teachable moments.

For those in the audience who came for more than just the revenge of a "bat," they were sure to be satisfied. ■

OperaCNU performs annually under the direction of Dr. McGuire, Dr. Corbin and Professor Thompson

Back to Hawkins

The second season of 'Stranger Things' has the same magic that made the first a smash hit.

BY NATHAN HOTES
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With heightened stakes, the same 80s nostalgia, well-developed characters, a good bit of fan-service and Will Byers in peril again, the new season of Netflix's "Stranger Things" easily lives up to its predecessor.

Picking up a year after the first season, the second season focuses on the events in the strange town of Hawkins, Ind.

Unlike the first season, however, the show switches focus to those characters that had more limited development within the first season, leaving characters like the Wheeler siblings to be sidelined within the plot.

Focusing specifically on Hopper, Dustin, Eleven, Lucas and Steve, the second season provides more time for them to adequately develop. With a full episode focused specifically on Eleven's development, and with many fans hailing the development of Steve online, this season takes well-known characters and makes them seem even more human.

That being said, this switch of focus led to an overall lack of cohesion within the storylines between seasons one and two. This is also seen with the addition of the new cast members.

Despite this lack of cohesion between seasons, the new cast members are welcome additions.

They add much needed drama to

a season whose plot is very similar to season one, what with the plot being focused once again on the struggles of Will with the upside-down.

Raising the stakes from the last season, the main conflict, although repetitive, is executed perfectly. It is still an absolute pleasure to watch.

This season also has a good deal of fan service. While avoiding spoiler territory, the events fans were desperately yearning for last season definitely happened.

Adding on to this, all of the facets of the show that made the first season a smash success are all back in full swing.

The 80s nostalgia is back but, similar to the first season, is in moderation and is enjoyable. All of the characters are still as well-written and relatable as ever, with the same charm and likeability audiences have come to know.

In total, the show continues to be one of the best out there. If you like the 80s, "Goonies" style adventure movies, thriller elements, or just knowing what your friends are talking about you will love both seasons of this show. Now, when is season three coming out? ■

'Stranger Things' exclusively streams on Netflix

'Don't Turn Off What Turns Me On'

St. Vincent's latest album is a refreshing and honest snapshot of sex, drugs, love and loss.

BY SABRINA RIVERA
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The music starts with a dark electro-beat and a soft voice singing muffled words through the speaker—this is "Hang On Me," the first track on St. Vincent's unique electropop accented art rock album, called "MASSEDUCTION."

Anne "Annie" Clark's fifth album, released under her pseudonym St. Vincent on Oct. 13, peaked at number 10 on the Billboard 200, marking it as her first top 10 album in the United States.

The album calls upon the mysterious yet personal nature of her past albums "St. Vincent" (2013-2015) and "Strange Mercy" (2011). With both of these albums talking about her own hard-won confidence in life, and her misgivings about the societal standards for relationships, respectively.

This album, in much the same vein, is an intimate manifesto created with producer Jack Antonoff, who helps St. Vincent lay bare her own concerns about emotions, sex and drugs in a way that only an artist turned into a sensational tabloid topper can perform.

Songs like "Pills," the lead single "New York," and the titular song "Masseduction" play on themes of power, sex, drugs and sadness, drawn from St. Vincent's own personal life and told through an ambient pop perspective.

More than just a social commentary about the flaws with an entertainment

industry that allows for exploitation of young talent and the complications of her doomed relationships, the lyrics are a snapshot of her personal life.

"Pills" describes her own struggles with drugs in the span of a year from the stage to her bed, with the chorus teasingly sung by her ex-girlfriend model/actress Cara Delevingne.

The sound of the synth-y advertisement jingle of "Pills" dies away in "New York" to reveal a tender piano rock ballad about remembering the death of a relationship—one that she could see herself repeating if only to have it again.

Feeling a bit like a piece by Muse, "Masseduction" is a glam rock beat that is unapologetic about sexuality, and unafraid to lay on the bass.

Finally, the album ends with the gothic piano ballad "Smoking Section," made emotional and raw with dark growls on guitar riffs that accentuate the sad lyrics of being on the edge of death and love simultaneously.

St. Vincent fans will be pleased to hear that "MASSEDUCTION" is not just an expansion on the talent that Clark has already displayed, but a deeply intimate art piece that channels her own being like never before.

It's not the usual fare that plays on the radio, but it's a refreshing, calming, if dark, take on indie rock that anyone who is looking for a different color of music can appreciate. ■

'Untrue' is Unlike Any Other Album Out There

On the tenth anniversary of its release, Burial's 'Untrue' still proves to be an unmissable experience.

BY TOM ABERMAN
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November fifth is especially important this year. While many will celebrate the great British holiday known as Bonfire Night by burning as much stuff as possible, there's another, more important celebration taking place—the tenth anniversary of one of the best dubstep albums ever created. This album is "Untrue" by Burial.

But 10 years ago was 2007. Didn't Skrillex create dubstep with his bare hands in 2011?

Dubstep didn't really start in 2011, it just exploded into American pop culture with its bombastic bass drops, huge stadium shows and new sounds. It was and still is extremely rad. That being said, dubstep's origins are much more subdued.

Dubstep grew from the depths of various basements in the UK. Its roots steeped heavily in reggae and 2-step

garage, these influences are heard in the deep sub-bass and rhythms that are emblematic of the genre. Combined in an almost meditative feel, classic dubstep formed into genre that allows the audience to vibe and connect with others.

"Untrue" was created in much the same way. Born in a South London apartment at 1 a.m., "Untrue" marked the start of this new and different form of music. Describing the crafting of "Untrue," Burial himself describes the album as a "glowing, buzzing album" about relationships between people, and the complexities that come from these.

As a genre, dubstep has been described by others as non-human, cold and manufactured. "Untrue" feels as far from the image of dubstep as any of us could imagine. It is a complex, warm, deeply emotional record. It's looking out a city window at night. It's sitting with your crush on a parking deck in the snow. It's still being sad but being happy you care.

The dubstep community jokes that

Burial has never done a live set because the crowd would be in tears by the end. While this album has a backdrop of sadness, it isn't completely desolate. It contains a rich emotional landscape that doesn't shy away from a greater exploration of the human experience.

That being said, the dubstep community does have a point. "Untrue" is not an album you can listen to with friends. It is not an album you can pull apart track by track, adding the songs to playlists here and there. It is an album you must sit and listen to by yourself, allowing it to resonate and form an experience unlike any other.

There isn't really anything else in this album, except for more Burial. Grown from the earth to purely play on our emotions this album is one that must be celebrated.

Looking specifically at "Archangel," the first named track on the album, a distinct tone is set for the whole record. A tone of contradictions: ancient sounds being made in a 2007 London apartment.

The song opens with a dark jittery 2-step beat, composed with unfamiliar sounds. The lyrics of the song are simple but haunting. "Holding you, couldn't be alone, couldn't be alone, couldn't be alone/tell me I belong, tell me I belong, tell me I belong." What is most notable about these lines, however, is that no one sang them. Burial chops up multiple vocal samples masterfully, creating a whole new song and meaning from completely unrelated pieces. It's androgynous, its alien, but it is still human, tugging at your heart in the same way that any single human can.

"Untrue" is unlike anything else. The deep rich layers of each song weave together perfectly to create a writhing organic piece. Despite each song being separate, each blends into the next nearly perfectly.

As the weather gets colder, wrap yourself up, turn off the lights and let Burial take you on a journey to places unknown. ■

Lambda Chi Alpha Sets Goals

The newest Fraternity on campus recruits members and sets a foundation for the chapter.

BY DUNCAN HOAG
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Earlier this semester, Lambda Chi Alpha, a social fraternity founded in Boston in 1909, began a colony here at Christopher Newport University.

One of the drivers behind this effort is Brett Turner, a recruitment specialist at the national level of Lambda Chi Alpha.

He emphasized the goals of establishing a LCA chapter at CNU.

“Our goal is to become an organization that can make a big impact on campus at CNU. We don’t want to be the stereotypical fraternity. We want to really do fraternity the right way, and focus on leadership.

“Lambda Chi Alpha is able to provide students with an opportunity to really grow personally, and professionally,” says Turner.

LCA colony president Christian Denmark also made clear the colony’s goals in terms of its status as an organization.

“Within the 2017-2018 school year, we hope to be an official Lambda Chi Alpha Chapter with approximately forty members,” says Denmark.

Turner also discussed how far he believes the chapter has come in reaching those goals since colonizing at CNU during the beginning of the semester.

“Lambda Chi Alpha has made a great start at CNU. Our members all share a vision that they can truly have a positive impact on CNU through Lambda Chi Alpha. We are working hard to lay a solid foundation and set the tone for what Lambda Chi Alpha will be at Christopher Newport,” says Turner.

LCA, according to Turner, is seeking potential members who embody the ideals of the fraternity. This includes leadership, a willingness to make a significant impact on campus and “individuals who want to be a part of starting up something

new at CNU.”

“We are looking for those who have leadership experience that can help us get our organization started. We also are looking for those that may have not found the right leadership opportunity, but want leadership experience,” says Turner. Denmark also expressed similar sentiments, saying that LCA is looking to break the “mold” of the traditional greek fraternal organization.

“The Lambda Chi Alpha colony here at CNU is looking for men who are wanting to create a new and exciting fraternity; something that is unlike any other preexisting fraternity on campus.

“We want to break the mold of the traditional fraternity and craft something that will enact positive change on campus,” says Denmark.

Moreover, Turner mentioned that LCA is not looking to cement itself as a ‘stereotypical fraternity.’

“Membership is open to those who may have never even considered themselves to be fit for Greek Life in general. Because we are not aiming to be the stereotypical fraternity, we are looking for individuals that may not even consider themselves the fraternity type.

“When I was in college, I didn’t consider myself the fraternity type. I decided to join Lambda Chi



Lambda Chi Alpha members pose with the fraternity’s flag. PHOTO COURTESY OF CHRISTIAN DENMARK

Alpha because I wanted to challenge the negative stereotypes of fraternity, and truly make a difference in my community,” says Turner.

Finally, Turner expressed satisfaction with where the colony is headed, stating that the CNU chapter will prioritize community service and bringing a greater sense of togetherness to campus in general.

“I see the colony making big strides towards our vision of how fraternity should be. We’re very excited to bring freshman on board next semester to be Founding Fathers of Lambda Chi Alpha.

“As we continue to lay down our foundation and work towards becoming a chapter, we plan to prioritize community service and hold events that will bring the entire university together,” says Turner. ■

President Tribble’s Words Speak to the Heart

An Honor’s speech that molded the values of perseverance, kindness and dreaming big.

BY NATHAN HOTES
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A few weeks ago, President Paul Tribble presented a speech for students in the Honor’s Program to allow them to get to know him on a more personal level.

In the beginning of his speech, Tribble discussed the importance of goal-setting and pursuing those same goals.

When Tribble was 18 he talked to his advisor and made a goal to go to law school, and eventually toward a career holding public office. Having a plan and sticking to it, Tribble says, is a value that will get you far in life.

Dr. Jay Paul, the head of the Christopher Newport Honors Program, says that Tribble followed his own goal-setting advice when he became

President of Christopher Newport University.

“[President Tribble] spoke consistently about his intentions. This may not seem important, but no one had done that before,” says Paul.

Tribble then discussed the importance of kindness in one’s life.

He referenced his first election when a major political activist supported him because his “grandfather was a good man.”

Tribble never knew his grandfather, but his unknown act of kindness could be responsible for his success.

Looking at how much Christopher Newport values being kind to each other, it is easy to see that Tribble has not forgotten the impact that kindness has played in his life.

Tribble’s last point revolved around balancing big dreams with what’s important.

He was once in a position to continue in the United States Senate and possibly run for President, but saw his children growing up with him often away for work.

While he wanted to dream big and continue, he decided to retire from the senate and focus on his family by taking on a job where he could be with them more.

Ultimately, he told the students to dream big in order to succeed, while keeping in mind that success isn’t all that matters.

Paul notes that Tribble has made many improvements at Christopher Newport. Among the things listed were that he “raised more money than anyone imagined,” and “improved the grounds on campus.”

He accomplished all this due to his ability to dream big while remaining practical. ■

R.A.D. Classes Offer Empowerment Over Fear

CNU's professionally trained and state certified police department holds rape and defense courses for students, promoting safety and keeping women alert and aware.

BY ALICE MINIMUM
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Every 98 seconds, another American is sexually assaulted. Twenty-three percent of college women are assaulted on college campuses.

These are statistics Officer Megan Johnson knows well and references frequently as an instructor for CNU's R.A.D. (Rape Aggression Defense) program, which held its first training session of the school year at the end of October.

"Constant vigilance," says Johnson.

The R.A.D. program, which CNU offers 2-3 times a year, teaches women this "constant vigilance" through tactical skills and physical strategies of self-defense and risk reduction.

The primary weapon of self-defense in R.A.D. is as ubiquitous as the problem of violence itself—all you need is your body.

"A lot of students think you have to be athletic to do this program, but you don't," says Johnson. "Anyone can do it. You just have to be a woman."

It's true that women are at heightened risk of becoming a victim of sexual assault (one in five women will be assaulted in their lifetime).

Perhaps because of this, R.A.D. classes have been offered to all female students free of charge at CNU for almost 10 years now.

The program was reborn with new

energy in 2012, after Johnson joined CNU Police Department as an Officer.

Johnson and five other officers who were new to CNU expressed personal interest in the program at the time, and, after having all attended the Police Academy together, they joined CNU and brought the program new life by working together to become R.A.D. instructors.

"As police officers, we learn a lot of self-defense skills," says Johnson.

"These skills absolutely apply to situations of sexual assault. We learn how to position your body, how to react if you're in danger. It's physical stuff you learn, but it could save your life."

The R.A.D. program, which is nationally recognized and boasts over 11,000 trained instructors, was founded by former ODU police officer Lawrence Nadeau in 1989.

The officer thought the skills he

learned in the police department could be reapplied as direct-action tactics to cope with sexual assault and violence as an epidemic.

The program even incorporates simulation techniques and special equipment to prepare trainees in reacting to violent situations and applying skills of risk-reduction.

The program is endorsed by the International Association of Campus Law Enforcement Administrators (IACLEA), the National Academy of Defense Education and the National Self-Defense Institute.

Since its inception in 1999, R.A.D. has trained 900,000 women in self-defense.

Despite the reality of a sometimes dangerous world, R.A.D. offers a narrative of empowerment over fear.

"The best thing about this program is [that] you get to show a woman how

much strength she has emotionally and physically," says Johnson.

"You get to learn techniques that show you how strong you already are, and that you already have power. You have a body, and you can use it to defend yourself."

In the program's mission statement, R.A.D. echoes its wish to create "a safer world" through teaching skills of self-defense.

The mission statement then delivers a rebuke, perhaps on behalf of both law enforcement and the millions of women affected by assault. It states, "In doing this, we challenge society to evolve into an existence where violence is not an acceptable part of everyday life."

In the meantime, students are eager to learn the skills taught in R.A.D. classes.

The class was so popular last year, with almost 400 students expressing interest, that CNU PD had to form a waiting list.

"We will never turn a woman down if she's willing to take the class," says Johnson.

Now that the October class has finished, CNU will likely offer another in the near future, although a date has not yet been scheduled.

More information about upcoming class dates can be obtained by contacting RAD@cnu.edu. ■



CNU PD's station located on Warwick Blvd.
MACY FRIEND/THE CAPTAIN'S LOG

Restaurant Review: Salsa's

A little spice in City Center offers an inviting atmosphere, friendly staff and delicious dishes.

BY NICHOLAS ALEXANDER-GOLDSMITH
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Ever have a craving for some good Mexican-style food, but don't feel like settling for another Chipotle burrito?



The "Tacos al Pastor," featuring three pork tacos. PHOTOS BY NICHOLAS ALEXANDER-GOLDSMITH

Located across from the City Center Cinemark, Salsa's Mexican Grill is unassuming from the outside, with an outdoor patio area and some fluorescent lighting adorning the entrance.

After stepping inside, you are transported to a whole new world with beautiful, traditional decor and mouth-watering aromas in the air.

The restaurant boasts delicious food at decent prices, vibrant decor and excellent service.

When I visited, I was promptly seated with little to no wait on a Friday evening and brought home-made chips and salsa. The wait staff was friendly and filled our orders quickly.

The wait for food was close to 15 minutes, maybe 20 when it was at its busiest.

The atmosphere was lively, but not so loud that you couldn't hear the person across from you.

The decor added a traditional flair to the authentic Latino feel.

The dish called "Tacos al Pastor" features deliciously seasoned pork topped with a unique pineapple pico de gallo in a

corn tortilla.

This dish comes with a side of fried Spanish rice and black beans, and features a smoky, spicy sauce to add on top of the tacos.

Additionally, the restaurant offers a special feature of table side guacamole that the staff makes freshly right in front of your eyes.

All of the food was flavorful, but not overly-spiced for those who do not prefer heat, and was overall very filling. It was worth every penny.

When it came time to pay, the process was similar to IHOP, taking the



Salsa's Mexican Grill sits along Mariners Row in City Center and offers Mexican dishes and a lively atmosphere.

bill up to the cashier and paying as you exit.

With such a warm and inviting atmosphere, delicious dishes and friendly staff, it is self-explanatory as to why this restaurant is so popular for both the Christopher Newport and Newport News communities. ■

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

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