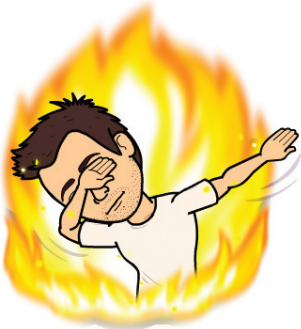




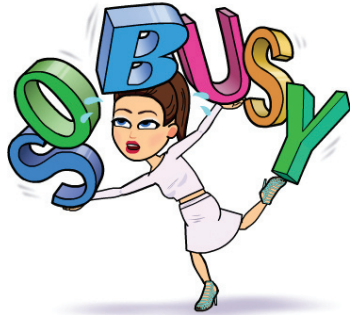
THE CAPTAIN'S LOG

THE VOICE OF CHRISTOPHER NEWPORT UNIVERSITY STUDENTS

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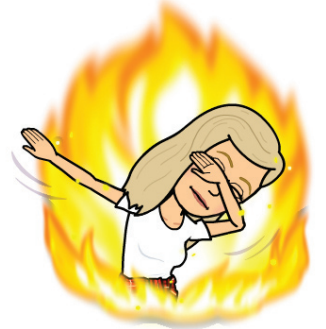
Nick Friedl



Holly Mode



Ben Leistensnider



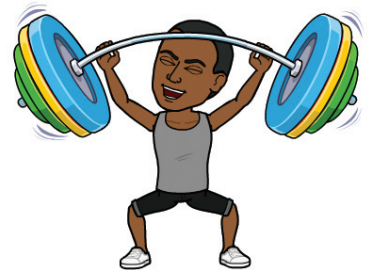
Erin Callahan



Maggie Hirst

Homecoming Court 2016

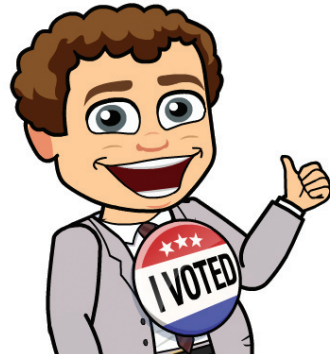
Meet the 10 members of the Homecoming Court by turning to pages 8 and 9, and going to The Captain's Log Facebook page.



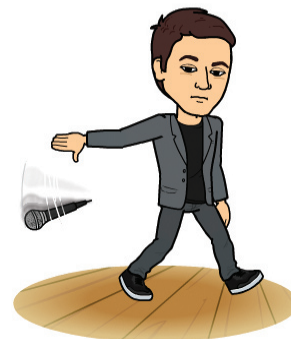
Michael Bamisile



Sarah Kerndt



Timothy Richard



Jonathan Holcomb



Shannon Mullins

CNU speaks out against conformity

For the first time ever, CNU students, faculty and alumni are given the chance to share their ideas with their peers.

BY MELANIE OCCHIUZZO
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CNU will host its first TEDx-style event titled SpeakCNU on Nov. 10. Lexi McCreary, a university fellow, decided it was time to hear from students who aren't generally in the lime-light.

McCreary says "everyone has a story, strengths, and something to offer." She comments on the fact that there aren't enough chances for students, alumni and teachers to share their lives with CNU and the community.

The title Speak isn't just a word in this event's case. It stands for Sharing People's Experiences and Knowledge. The general topic and purpose

of this TedTalk-esque event is rather than thinking outside of the box, one should consider that the box doesn't exist. McCreary comments that by taking the original idea of "thinking outside the box" and completely erasing the box adds to the intrigue of these talks. "Just think, what if we got rid of the box."

After a process of applications and nominations, ten candidates were chosen— eight students, one alumnus and two staff members.

The students range from freshman to senior, topics covering everything from the importance of diversity to how imagination and fear can affect our lives.

Junior Nassir Criss plans

to discuss how there's more, there's always more. He elaborates saying that people put limitations on themselves and as students we have to realize that we can make mistakes. "Failure is the opportunity to begin again more intelligently," Criss said.

Each of these students see themselves as budding leaders in their own way. Sophomore Rachel Wagner will spend her time speaking on how the fact that with success comes a positive obligation and responsibility towards others.

She said "we owe it to people to share what we have." Sophomore Julianne Bieron takes a slightly different stance, she plans on talking about the importance of imagination. She

focuses on world-building, the internal and external struggles that can be remedied by the importance of imagination. Her story will center on her loving relationship with imagination.

Sophomore Brandon Cumbo takes things a bit literal, speaking about theories on which kind of box you can exist in. He explains that by existing within the closed box, your mind is closed, so you aren't going anywhere. At the same time though, he continued that there is more of an issue with existing in an open box.

"The open box carries the danger of moving upward, but no laterally in your thinking" Cumbo says. Junior Katherine Scott takes the diversity route, centering on "Cookie Dough

Diversity". She wants to emphasize why having diversity in thought matters.

The final two students will talk on drastically different topics from the rest of SpeakCNU's 'out-of-the-box' thinkers. Freshman Gabriella Marcellus will take the audience through her journey through life with scoliosis while Senior Ian Anderson will discuss the topic of "War: the unbiased creator of men and women."

The talk will be about that despite what a society may see in a person or shun them for being different, time and time again war has proven society wrong Anderson explains.

SPEAKCNU
CONTINUED ON PAGE 3



Weekly pic

CNU’s 2016 Homecoming Court shows their school spirit at the Homecoming Week Kickoff. **Photo byMacy Friend/The Captain’s Log**

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Around campus

Happened

- Oct. 15**
The Improvateurs’ First Show
Last Saturday, the Improvateurs hosted their first show “Make America Great Britain Again.” To re-live the night of hilarity and fun, check out this week’s Snapshot section.
- Oct. 17**
10th Annual Conference on Founding Principles
Sponsored by the Center for American Studies, the conference on “Controversial Elections in American History” was held Oct. 17 in the DSU Ballroom. The conference featured renowned speakers such as Stephen F. Knott from the United States Naval War College and Sidney Milkis and James Cesear, both from the University of Virginia.

Happening

- Oct. 28**
Glow in the Darcappella
The 7th annual event will kick off Homecoming weekend. All six of CNU’s a cappella groups will be performing under black lights in the Concert Hall with Hypnotic Control providing the opening act. Doors open at 5:30 and tickets are \$5 for students.
- Oct. 29**
Golf Cart Parade/Homecoming Game
Organizations apply for and decorate a golf cart, which is driven on the way to the Homecoming Game. The route begins at the Freeman Center and ends at the JR Fields.



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.

The Captain’s Log Staff
2016-2017

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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:

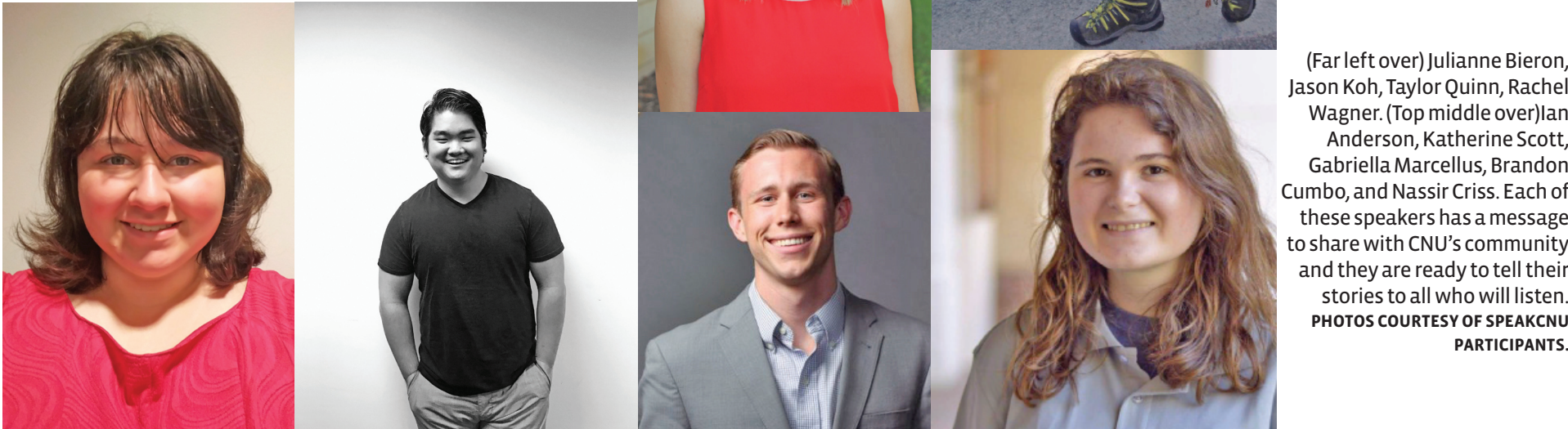
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JOIN THE STAFF The Captain’s Log is always open to students who are interested in writing, photography and editing. Editors assign stories every Sunday at 6:30 p.m.

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FROM THE FRONT PAGE

the BOX doesn't exist



(Far left over) Julianne Bieron, Jason Koh, Taylor Quinn, Rachel Wagner. (Top middle over) Ian Anderson, Katherine Scott, Gabriella Marcellus, Brandon Cumbo, and Nassir Criss. Each of these speakers has a message to share with CNU's community and they are ready to tell their stories to all who will listen. PHOTOS COURTESY OF SPEAKCNU PARTICIPANTS.

SPEAKCNU

CONTINUED FROM PAGE 1

He has done a lot of work with veterans and the military so he will be sharing stories of how some of our greatest military heroes were originally seen as destined to do nothing in their lives and how these stories can motivate them.

The two graduates, one CNU and one not, will be able to give that faculty angle that McCreary hoped to achieve.

Taylor Quinn, 2013 Alumni, says that his topic will revolve around fear and how it affects our lives.

Quinn started and owns his own company after being let go from his job in the past year. The company revolves around video production and the marketing business.

His post-graduation story will influence his talk on every graduates worst nightmare, the loss of a job. He says he wants to focus on how we go about facing our own fears in our lives.

Jason Koh, James River Hall Director, will speak on hospi-

talities.

"In my opinion hospitality is the bridge between a cloister like lifestyle and community," Koh said. He states that as CNU students, we talk a lot about community but we don't talk about how to develop it or what comes before it.

Koh chose this topic for two main reasons: he thinks the key to successful community is developing individuals mind-sets with a hospitality focus and how to extend a helping hand to the "other" or "the outsider". "We've all experienced being the 'other'" Koh said.

Dr. Sprague, the tenth and final speaker was not able to be reached for comment. She is the only professor speaking in this first event and adds to the already diverse circle of people who will be presenting on the box that doesn't exist.

This new initiative will be an intellectually, challenging and creative event for all those involved says McCreary.

There is no dress code, the speakers are encouraged to come as they are, to be as comfortable as possible while delivering their message.

Additionally, there is no specific set way a speaker has to talk, they are free to say what they want.

SpeakCNU is partnering with Student Assembly and CAB as well as making this event a passport event for PLP. It will take place in Gaines Theater at 7 p.m. on Nov. 10. ■

“ Failure is the opportunity to begin again, more intelligently. ”

-Nassir Criss on how as college students we have to realize that we can make mistakes.

Changing the Numbers

CNU students participate in the first suicide prevention walk, helping to raise awareness for mental illness.



The Out of the Darkness walk raised over \$20,550 for The American Foundation for Suicide Prevention. This event was geared towards advocacy and fundraising. **PHOTOS COURTESY OF MEG HUNT**

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

Over 700 people gathered at Newport News Park on the sunny morning of Oct. 15 with beads around their necks and tennis shoes strapped to their feet.

They were split off from each other, gathered in separate groups and talking quietly to their friends.

However, as the day drew on, the teams joined as one, all there to fight the same battle and to raise awareness for a cause that affects so many.

The American Foundation for Suicide Prevention hosted its very first Newport News Out of the Darkness Walk, raising \$20,550 for the foundation.

In the United States, a person dies by suicide every 13.3 minutes, claiming over 39,500 lives annually.

It is a cause of death that is 100 percent preventable, which is why so many people around the country are advocating for a world without suicide.

This past summer, junior Meg Hunt had the idea to coordinate a team, originally intending to invite only close friends.

However, soon she realized that this walk was meant for advocacy and fundraising.

With that in mind, Hunt created a CNU team, cleverly named (C)hange the (N)(U)mbers.

The morning of the Newport News walk, CNU joined the Out of the Darkness community of nearly 250,000 people around the nation who have walked in support of AFSP.

“As Captains, we are encouraged to live lives of significance,” said Hunt.

“We should strive to be our best selves, lend a helping hand, and ultimately leave this world better than we left it.”

The walk represented different things for different people because everyone has their own unique relationship with mental illness.

In order to better showcase these connections, walkers wore different colored beads around their necks, each color symbolizing their own personal connection to the cause.

The beads were a silent stand of courage saying that “this is what I have been through and this is why I am



here today.”

That morning was a memorable one.

“I was looking around and saw familiar faces, as well as strangers, preparing to walk together each with their own experience regarding mental illness, but all connected by that experience,” said Hunt.

“It was a moment of unity in a day full of grief and gratitude.”

Next year, Hunt hopes that CNU will have an even bigger presence at the walk and will involve the entirety of campus.

“That means NAMI (National Alliance for Mental Illness), sororities and fraternities, athletics, faculty and staff,” said Hunt.

“It will be a campus-wide initiative to commit to raising awareness and bringing hope not only to our campus, but to the greater community.”■

Off-campus jobs debunked

Juggling a job while going to school full time can be a challenge, even more so for those who work off campus.

BY MORGAN BARCLAY
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With Halloween just around the corner, the ever-encroaching holiday season will soon be upon us.

This means the demand for jobs is greater than ever. However, as someone involved on CNU’s campus, with that demand comes the vital question—on-campus or off-campus jobs?

While there are many different opinions on the debate between on and off-campus jobs, there is little a person more qualified to talk on the matter than Gabby Buttress.

Gabby Buttress, a junior here at CNU, is employed both

on-campus as a caller and student ambassador for the Telefund Branch of the Annual Fund, a subset of CNU’s Office of Advancement, and off-campus as a waitress at the local Outback Steakhouse.

Buttress comments that the debate could be boiled down to two main topics—convenience and connection.

One of the main motivations for having an on-campus job is employer scheduling understanding.

Having a job on-campus means that supervisors will be more understanding of your life at CNU and your life as a student, allowing you time off for certain mandatory events.

However, Buttress is quick to point out that even off-campus jobs can have this same level of understanding, saying, “it depends on the job. I have found that off-campus jobs are pretty accommodating...Outback [is] willing to work around my schedule.”

Still on the topic of convenience, she talks of the hiring process involved in both jobs, stating, “it was easier to get an off-campus job because they weren’t as competitive.”

And it’s true the hiring process for most on-campus jobs can take months, and due to high amounts of competition there’s no assurance that you will be even hired after going through the arduous process.

However, it is important to note that high amount of demand, although inconvenient, can lead to greater amounts of opportunities in the long-run.

But, if you’re just looking for fast cash, she suggests an on-campus job is not the way to go.

While one of CNU’s claims to fame is its small close-knit community, the exclusion from the rest of the city has been the subject of complaints.

Buttress offers a solution to this. She states that one of the reasons for her getting an off-campus job was to gain “an opportunity to meet people in the community.”

While it seems that an off-

campus job is the way to go, she states that working both jobs, despite their different nature, has been worth her time, teaching her valuable lessons like how to manage her time better Buttress comments.

Although, with any job she still laments the lack of social time stating, “it’s harder to do things socially,” but she makes sure to add that “you find the time.”

While Buttress certainly doesn’t bring about the ultimate end of the argument, her unique state as an employee both on and off of CNU’s campus gives insight into the campus hunt for jobs during this holiday season.■

Controversial Elections

CNU's American Studies center conference shows that 2016 is not America's only controversial election.

BY CALEB SMITH
AND RACHEL WAGNER
CALEB.SMITH.16@CNU.EDU
RACHEL.WAGNER.15@CNU.EDU

The CNU Center for American Studies presented its tenth annual "Controversial Elections in American History" conference last week.

Featuring prominent speakers from multiple colleges and universities, the conference focused on five elections throughout American history and the reasons behind making them controversial.

The topic was purposefully timely—Dr. Elizabeth Kaufer Busch, the Co-Director of the Center for American Studies, explained that this year's conference was aimed at providing perspective to those demoralized

by this election cycle and to show that the republic can survive the 2016 election as it survived those in its past.

"Our nation has survived worse than this," she said.

Starting at 11 a.m. in the DSU Ballroom, Dr. Stephen F. Knott, professor at the United States Naval War College and co-author of "Washington & Hamilton: The Alliance that Forged America," spoke about the election of 1800 and its drama filled story.

Joking that the election of 1800 was the ugliest in American history until this year, Dr. Knott described the impact various individuals had on the process.

The election of 1800, increasing in relevance due to Lin-Manuel Miranda's hit Broadway show *Hamilton*, tested the newly formed American democracy.

Dr. Knott explained the Electoral College tied and the decision was made by the House of Representatives making Thomas Jefferson America's third president.

At 2 p.m., Allen C. Guelzo, a prominent Civil War and Lincoln scholar from Gettysburg College, discussed the election of 1860.

His talk, "Just the Wood out of Which Presidents Are Carved," covered Lincoln's election, the role of propaganda and the media, and the way that Lincoln was able to defeat his opponents for the Republican nomination despite lacking the same level of experience or stature within the party.

Sidney Milkis from the University of Virginia presented on "The 'Stolen' Elections of 1824 and 1876."

As Milkis explained, both

elections saw presidents selected through means other than the popular vote. According to Milkis, due to controversy, in-party fighting, or dispute between the popular vote and electoral college, presidents may be selected through the Supreme court, House of Representatives, or an electoral commission.

At 4 p.m., University of Virginia professor Dr. James Caesar asked the question "Does every vote count?"

The 2000 election was specifically controversial due in part to the infamous partially punched ballots in Florida and the month long uncertainty of the results causing the Supreme Court to become involved.

Vice President Al Gore won the popular vote, but ultimately lost in the Electoral College resulting in

George W. Bush becoming the forty-third president.

A student panel was held in the morning featuring Lili Samios, a senior American Studies and Economics major, and Rachel Wagner, a sophomore American Studies major.

Samios presented on the lyrics of a song in "Hamilton: An American Musical" and their historical accuracies, while Wagner compared the Democratic National Convention in 1968 to that of 2016.

As Dr. Kaufer Busch stated, "there's a tendency when one is experiencing controversy to exaggerate the nature of that crisis, and being able to look historically at much more trying times can help give necessary perspective."■

Rachel Wagner is a staff writer for the Captain's Log.

Counseling Center Explained

The increasing number of students turning to campus counseling has left many curious as to what a visit entails.

BY MADDIE AMOS
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Recently there has been an uptick in students taking advantage of the counseling center here at CNU, according to Dr. Bill Ritchey, the Executive Director of Health and Counseling Services.

This confidential service is equipped with all the resources necessary to "support the personal and academic mission" stated Dr. Ritchey.

The counseling center has many different facets, including individual therapy, group therapy, couple therapy and crisis management, but the most of the work the center does is individual.

The first visit a student has with the counseling center is more like an 'orientation of the services offered' than an actual session.

Dr. Ritchey explained that in the first meeting an employee

gets a sense of what specifically the client would need and then assigns them to a more specialized therapist.

Many students are unaware of this step, but it makes sure that the client is placed with a therapist who is specifically able to assist them. College counseling centers often operate on this sort of system, and there has been a nationwide increase of the use of such centers, Ritchey said.

Specifically, here at CNU, the number of clients attending the center has increased. In the 2012-2013 school year, there were 308 clients and in the 2015-2016 school year there were 617.

Similarly, in the first two days of the 2016-2017 school year there were more than 20 students who went to the counseling center, said Dr. Ritchey as he cited information he compiles on behalf of the center.

One of the reasons Dr. Ritchey cites is the decreasing stigma with mental health care. He praises

clubs like the National Alliance on Mental Illness for their work in educating the public, but explains that they are a separate entity from the club.

Additionally, he attributes some of the growth to the fact that freshmen attended a short information session during Hall Brawl this year.

The counseling center is completely confidential. They want to help clients, "not from a judgmental stance, but a transformative one," said Dr. Ritchey; similarly, employees don't see their work as 'fixing students,' rather helping them develop into young people who are ready and able to realize and fulfill their life mission.

He explained the role of a counselor as a spotter, someone who helps another person lift weights.

The spotter's job is to encourage the person to push past their limits, and is there to help them do so.

He cautions that the first step, making an appointment and having the introductory

meeting, is the hardest, but he also says that it is "a strength to seek help."

The counseling center has no monetary cost to students, but they should be prepared to challenge themselves. He also offered some words of preventative care.

Students should sleep for eight hours, eat well, drink water and exercise. "Things go better with holistic health," he

said.

He stressed that mental health is an extension of general health, so students should feel no shame in seeking help. Dr. Ritchey said learning general self-care skills and more specialized coping mechanisms at a younger age can have a "more dramatic, positive effect" on lives. ■

Hours of Operation:

Monday -Friday

8 a.m. - 5 p.m.

The center is also available after hours to respond to mental health emergencies.

Thoughts from the Homecoming Court



By choosing to actively become involved in the university and/or various organizations, you can reach new heights—literally and figuratively. **ASHLEY OAKS-CLARY/CNU OCPR**

Your possibilities can be limitless if you intentionally seek out opportunities and become actively involved with all that is going on around you in the community.

BENJAMIN LEISTENSNIER
EDITOR-IN-CHIEF

Four years ago, I doubt that little freshman me would have imagined that I would be in the position I am now.

As the Homecoming Court representative for The Captain’s Log and CNU TV, I consider myself extremely blessed to not only be asked to represent those organizations but also the university itself.

When I take a look at all of the other members of the Homecoming Court, one thing that I realized was that we all had something in common.

None of us are the kind to just sit back and watch as people strive to transform

and better the CNU community as a whole.

We are the people who are helping to make those changes.

When I’ve talked to different students and administrators about this year’s Court—and even about Courts in the past—there are always a lot of comments made about how the people selected stand out from the crowd and are the best representatives for the university.

And while by definition, the Court is supposed to be comprised of the best of the best, I wholeheartedly believe that anyone can make it onto the Homecoming Court.

All ten of us were once at the bottom of the totem pole because as freshmen we obviously had to start from somewhere.

But we intentionally decided to become active participants in the university that we call our home and the

various organizations that we think of as families.

Every single student here has that same potential inside of them if they chose to channel it. And choosing to harness that internal strength will not just better the community but the individual as well.

So that’s why I’m happy that the selection process was so competitive this year. For example, I know of one individual who would have been CNU’s ideal Homecoming Queen, let alone Court member, who wasn’t selected; I hope that she reads this article so she knows that I, along with many others, feel that way.

But by having so many qualified candidates, that just shows to me that there are lots of people who have made the commitment to be involved and want to make the world and themselves all the better. ■



COMIC CENTRAL

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

CAPTAIN'S BLUES



ARTWORK BY PARIS JACKSON

THE DOODLES



ARTWORK BY JILLIAN WHITEHURST

Homecoming Court 2016

Before voting for this year's Homecoming King and Queen, get to know a little more about each of the ten candidates on Homecoming Court and the organizations they were nominated to represent.

Michael Bamisile

Michael Bamisile is Mr. Do It All. As president of Student Assembly and an active member in Honor Council, Sigma Phi Epsilon, FCA and Crew, most students have seen his face somewhere on campus. Bamisile exudes confidence, but remains humble. He is ecstatic to represent Student Assembly on Homecoming Court because he wants to be there for students and organizations that do not necessarily identify with the other organizations on court. His goal is for everyone to be involved in Homecoming and wants to ensure that he can represent everyone on campus. Bamisile's dream campus job is the one he already has, serving his fellow Captains as Student Assembly President. "The happiest man is the busiest man and yes being the president keeps me busy, but there's something about being busy and serving at that capacity that makes me so happy," said Bamisile.

Timothy "Chowder" Richard

There are not many people who can say that their unknown fact is their first name, but Timothy Richard, known to most as "Chowder" is special in more ways than one. In addition to being a prelaw and biochemistry major, Richard is a Student Ambassador, the announcer for the CNU Marching Captains and is involved in Where's the Line and Fear2Freedom. Richard is also a founding father of CNU's chapter of the Delta Upsilon fraternity and is honored to represent them on this year's Homecoming Court. As one of the newer fraternities, DU has undergone a lot of change in the past few years. "It's an honor to step out and be the face of DU and represent the changes we've gone through and the growth we've had," he said.

Maggie Hirst

Maggie Hirst's home is on the stage, surrounded by her fellow Improvateurs. As a theater major with a concentration in acting and a minor in dance, Hirst knows her passion and is not afraid to go after it. Hirst feels honored to be representing the Improvateurs this year on court. As a relatively new organization, having the ability to represent them on a much larger scale will hopefully make their presence better known on campus. After graduating from CNU, Hirst will begin hunting for internships in the NYC, Chicago and Boston areas to kick start her professional career in theater. However, despite her excitement for the real world Hirst admits that she will miss the liberal arts education she has received at CNU and will long for the days that she was able to study any subject that she wanted.

Holly Mode

Some people might want to visit Boston in the fall, but Holly Mode wants to visit Scranton, Pennsylvania. As an avid watcher and fan of "The Office" which takes place in that small Pennsylvania town, Mode says her dream date would be with Jim Halpert. It is difficult to understand how Mode watches so much of the series when she has so many other involvements. In addition to being a third year Resident Assistant, she is also a member of PLP, CAB, Alpha Chi, Beta Gamma Sigma and serves on the student academic advisory board for the Luter School of Business. Mode is also a member of Alpha Delta Pi, who she is so excited to represent on Homecoming Court. She finds it to be an especially big honor, as she does not hold a formal leadership position in the chapter, however her membership in ADPi has been "an integral part of [her] time at CNU," she said.



Jonathan Holcomb

Jonathan Holcomb is an open book and a personable member of the CNU community. He is representing the Kappa Delta Rho fraternity and says that he owes the rest of his involvements on campus to his brothers. "They've inspired me and pushed me to be a better person," he said. As a past crew leader and student director of orientation, Holcomb has a unique perspective of the student body because he has watched many students grow from scared, little freshmen to confident upperclassmen. His favorite part about CNU is how open and accepting everyone is. "I was bullied a lot in high school," he said. "Coming to a place where I was immediately welcomed meant a lot to me and I think that's why I have such passion for the university."

Sarah Kerndt

Sarah Kerndt's hidden talents include tightrope walking, clown makeup and juggling. "I went to circus camp," she said, laughing. Instead of continuing her potential career as a ringmaster, Kerndt opted for a Communications major instead. After thoughts of transferring during a rough first semester at CNU, Kerndt found her identity second semester of freshman year when she joined the campus' best and only hip-hop group, Hypnotic Control. "I owe Hypnotic just about everything I've ever accomplished in college because thanks to them I'm still here," she said. Kerndt is also an active member of SDEC and says that her favorite part about CNU is that it is a place where students can make a name for themselves. "You're able to leave feeling like you left your mark," she said.

Ben Leistensnider

Benjamin Leistensnider is hardly ever seen without his camera and is known as the self-proclaimed "photo guy" around campus. Many organizations have used his photo expertise to capture some of their events, but the Captain's Log is lucky enough have his talent in charge of every issue. CNU TV and the Captain's Log have been an integral part of Leistensnider's CNU experience and as this year's editor-in-chief, he is very excited to be repping them on Homecoming Court. Leistensnider hopes to continue his close relationship to the university after college by becoming a campus photographer. "Every person you meet has a story that is just waiting to be told," said Leistensnider. "Having a job in the PR field as a photographer, I can help capture that story that each person has inside of them."

Erin Callahan

When Erin Callahan isn't scoring goals on the CNU women's lacrosse field, she is studying communications, rewriting emergency operations plans in the CNU PD office and watching World War II documentaries for fun.

She is excited to represent the sisters of Alpha Phi on Homecoming Court this year and describes it as the "biggest honor ever." As a student athlete, she says that it was special to join an organization that is not competitive and is a place where you can just be yourself. Callahan's favorite part about CNU is the traditions because she likes the idea of students making their own. "I get unreasonably upset when someone doesn't hold the door open," she said, laughing. "I'll miss how welcome and open everyone is."

Nick Friedl

Nick Friedl is a charmer. He loves animals, sings, plays the drums and knows how to whip up any coffee beverage of your choosing. On his perfect date, he would keep it creative with a nice meal, a walk on the beach and a blanket laid out under the stars.

Friedl says that it is "absolutely humbling" to be representing his brothers of the Sigma Phi Epsilon Fraternity, though he remains objective and says that all of the Captains on court this year make excellent candidates. His brothers and other people on campus have become his family over the past three years in college and are unquestionably his favorite part of the university. "CNU is unlike any college campus in the world," said Friedl. "It's hard to find what we have here."

Shannon Mullins

Shannon Mullins is castle bound. After completing the Disney College Program last semester, she is traveling back to Disney World's Magic Kingdom to be a wilderness explorer and teach children about the environment post-graduation. But before she takes off down south, Mullins is extremely excited to try her hand at becoming queen. She is the representative for Zeta Tau Alpha this year and is more than happy to give back to an organization that has given so much to her, including leadership opportunities, friendships and lifelong memories. According to Mullins, there are a lot of things that Disney World does not have, including the tight-knit, community feel that CNU offers. She will miss seeing familiar faces every day.



Photo by Rico Francis. Illustration by Madeleine Schuler / THE CAPTAIN'S LOG

Vote for your favorite two candidates on the CNU Compass page now!

Women's soccer optimistic despite loss



Christopher Newport Captains fall to Lynchburg Hornets in close match on October 23, 2016. Continuing to be positive about season. **BEN LEISTENSNIER/THE CAPTAIN'S LOG**

Womens soccer stays positive after a tough loss against Lynchburg. Junior Alex Miller states team has never felt so confident in their play.

BY ROBERT SMITH
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CNU Women's Soccer falls to 19th ranked Lynchburg in a 1-0 non-conference battle between two of the nations top 25 teams.

CNU falls to 13-2-1 after being defeated by the same team that inspired a front page article of an October issue of the Captain's Log last year.

CNU's final game of the season will also close their conference play for the year on the road against Marymount University.

Between the two teams, a total of eight goals allowed over 15 shutout victories and 102 goals between them.

Two of the nations stingiest defenses would prove to be the story on a cold October night as it was a goal in the 17th minute that came from a corner kick for the Hornets.

Junior Carly Maglio would grab the corner out of the air and begin to lose her footing

forcing her to throw the ball back into play where a wide open Hornet would finish the opportunity for the only goal of the contest.

The goal came after an ankle injury to junior Danielle Pratt was re-aggravated.

Pratt, who did not play in the women's Saturday afternoon game against Penn State Harrisburg, would only see 16 minutes of action in this one.

Senior Victoria Perry said after the game that "the down time stopped momentum a little bit and we lost our markings for a brief moment and they took advantage."

After the first 30 minutes, which were predominately owned offensively by Lynchburg, CNU's offense began to kick in.

An aggressive and fairly hands on Lynchburg defense shut the Captains down for most of the first half.

It was with roughly 16 minutes remaining in the half that

CNU made a change offensively putting in Allie McWilliams for an injured Kimmie Kerstiens who will likely be out for a few weeks with a concussion.

McWilliams entered with an onslaught of other CNU reserves who made the difference late in the half.

Junior Alexis Haycraft came in late in the half as well, making a huge difference for the final 10 minutes of the first half and throughout the second frame of 45 minutes.

Haycraft may have been the best player on either side of the pitch winning just about every 50/50 ball that came her way and then started just about every offensive opportunity for the home team.

CNU had its fair share of chances later in the second half highlighted by a point blank shot late from Victoria Perry then followed later by a shot from Alexis Haycraft just a little bit later.

While the 15th ranked Captains didn't come away with the desired result, this game was ultimately a measuring stick that proved the women's soccer team can hang with the best of them.

Maglio only allowed one goal on the night and after the first 30 minutes, CNU's offense was firing on all cylinders in what was an incredibly high paced game.

After the game, junior Alex Miller talked about "how nice it is to play a full game of soccer as opposed to kickball for 90 minutes" and Miller commented on how well she thought her team played against a team that, talent wise, matches up to the teams they will see in the tournament.

After playing a full 90 minutes of high paced soccer Perry said "it felt good to get back in the swing of things, forcing yourself to make quicker decisions and we were a little slower at first".

But once the Captains figured it out the only problem they had was finishing their opportunities which will come in time.

According to McWilliams, Head Coach Dan Weiler's use of the reserves proved to be the change CNU needed as "We (the bench players) see a lot of things the people on the field don't see, giving us the chance to communicate and make the difference when we see the field."

As for post season play, McWilliams and Perry had similar comments.

First, McWilliams commented on how playoffs are "exciting and in the past we haven't done as well as we would have liked to but our team has a lot of depth to make a good run."

Followed by Perry's excitement about the weekend off.

"We are looking forward to a weekend of rest a little bit and we're pretty tired and sick, so we can recover and we know what we need to do learning from our mistakes in the past."

CNU women's soccer will be back home again in the Capital Athletic Conference semifinals on Nov. 1 after a first round bye will pit them against the winner of a quarterfinal matchup on Saturday. ■

What's happening this weekend?

Homecoming weekend will be busy with plenty of athletics related events. Here's a brief overview of what will be going on.

BY AARON ROYCE
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As CNU gears up for its Homecoming celebration, students and alumni will both have the chance to be involved with the university's athletics programs over the weekend.

Captains Basketball 50th Celebration

An event commemorating the past 50 years of CNU Basketball. Cocktails will be served along with a dinner buffet,

and it's a great opportunity for former and current coaches and players to catch up! Cocktail hour begins at 6 p.m., and the dinner and program begin at 7 p.m. on Friday Oct. 28.

Tickets are \$65 and can be purchased on the school website at www.cnu.edu under the University Events tab.

Midnight Madness

Midnight Madness is one of CNU's most exciting and eventful annual traditions during Homecoming Week, as the kick-

off to the weekend.

A variety of student organizations will sponsor the event, which has games, free food, giveaways and more.

The event starts at 10 p.m. in the Field House on Oct. 28, allowing for students attending Glow In the Darcapella to still make it out.

Men's Alumni Basketball Game

Current members of Christopher Newport's men's basketball team will play against

men's basketball alumni.

The game, which takes place on Oct. 29, is supposed to start at 2 p.m.

Ice Hockey Alumni Game

Current members of Christopher Newport's ice hockey team will play against ice hockey alumni.

The game will take place at the Hampton Roads Ice Plex, and the puck is supposed to drop at 10 a.m. on Oct. 29.

Women's Alumni Basketball Game

Current members of Christopher Newport's women's basketball team will play against women's basketball alumni on

Oct. 29 at 12 p.m.

CNU Football vs. Salisbury

The Christopher Newport Captains will play against the Salisbury University Seagulls in this year's homecoming game on Oct. 29 at 4 p.m.

Can't wait?

People who want need their fix of sports in the mean time have plenty of options as both the men's soccer and field hockey teams will be taking the home field on Wednesday Oct. 26.

Field hockey will begin at 6 p.m. against Mary Washington while men's soccer takes on Marymount at 7 p.m. ■

Athletes lend a helping hand to community

In between training and homework CNU athletics spend spare time volunteering to inspire young children in community.

BY TARYN HANNAM-ZATZ
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One of the pillars Christopher Newport University prides itself on is volunteering. This is no exception for the student athletes here. Many student athletes here do volunteer work on their own as well as with their team.

"Slam [is a basketball program] where we get to work with kids at elementary schools," freshman basketball player Noah Singer said.

Men's basketball does a program at the elementary schools where they volunteer with young kids and will help them with a variety of things.

Women's lacrosse also does a lot of volunteering in the Newport News community.

"We volunteer at Yates Elementary School for the LAX program where we teach fifth graders how to play lacrosse and how to work together as team," freshman Olivia Aumais said.

Many positive things have come out of volunteering for many different people.

Aumais said she enjoys it because it has made her grateful for everything she has, "These kids don't have a lot, so it definitely makes you appreciate everything you have," Aumais said.

A lot of the student athletes find volunteering very beneficial because it helps them grow as a person and experience things they otherwise

wouldn't.

"Something I enjoy is the way kids look up to me and listen to me. It's the same way I used to look up to older guys when I was younger," Singer said.

One of the big parts of the student athletes volunteering with younger kids is to show them what they can strive for and possibly do in college and in their future.

"We go to the schools to read to kindergartners and show all the young faces what they can strive for and represent as college students," freshman lacrosse player Lexi Hladick said.

There are different parts of each volunteering opportunity that every student athlete likes. "My favorite part is seeing the kids' faces when we come. You can tell that it is the favorite part of their day which makes you feel like you're making a difference in their lives," Aumais said.

Volunteering goes much farther than college. Through all of this volunteer work student athletes develop something that many of them want to continue through the rest of their lives.

They feel passionate about it and feel that it is something they need in order to succeed. "I would love to continue doing this or something similar. I love the sport of lacrosse and making an impact on these kids lives so I would love to keep doing it," Aumais said.

Student athletes have helped all around the Newport News



CNU athletics stood on the side of Warwick Boulevard bright and early to send the children of Newport News off to their first day of school for the 2016-2017 year. BEN LEISTENSNIER/THE CAPTAIN'S LOG

community and have really helped contribute to one of the main parts of Christopher Newport University through all of

their service.

It is something that has made them grow as people and it has led them to so many different

opportunities—opportunities that many will want to pursue during their CNU careers but also after graduation. ■

GET READY, GET SET, GLOW

Sold out every year, Glow in the Darcappella is a unique opportunity for students to enjoy music on campus and support their peers as they perform with their groups under black lighting in the Diamonstein Concert Hall.

There's a reason Glow in the Darcappella is sold out each year. While the preparation team is hard at work promoting this event, its uniqueness is enough to pique student interest.

Glow in the Darcappella, often nicknamed "Glow," is the campus' largest musical event as well as the only time all six of CNU's diverse group share the same stage. This is an opportunity to showcase their hard work and emphasize the distinct energy of each group.

The performers are in the Concert Hall under black lighting, and with catchy songs and energetic staging, the event is sure to prove memorable.

Before the event, a cappella groups practice sometimes four times a week and the dedication can be tough to hold on to at times. While the groups are diverse, the love for music and each other seems to be a common motivation in all.

Extreme Measures

One of the multiple groups participating in this year's Glow in the Darcappella is Extreme Measures, a group built on encouraging diversity and group cohesion.

A family bond is a strong force within the group, according to the members. "During auditions, I was overwhelmed with a sense of family and togetherness," freshman member Ivon Thompson said.

Fellow freshman Matthew Webber backs that up, stating: "We have an extremely strong bond. We are like a family."

Within the tight-knit group, there is an array of diversity. "We come from all walks of life. We have theatre majors and people who picked up organized singing recently," Thompson explained.

With Glow just around the corner, Extreme Measures has been hard at work to prepare their songs for the event, even adding extra practices to "perfect our songs," according to Webber.

Though Glow is a big event with lots of hard work and practice involved, it is equally as fun and exciting for everyone.

"The songs are fun and people know them," Thompson said. "We're doing photo shoots and Snapchat things. It's been fun so far and I can't wait to perform."

USounds

With just a couple days before Glow in the Darcappella, University Sounds (or USounds) is hard at work preparing sets.

Something that helps this group of 20 feel ready for their performances is the sense of closeness.

Freshman Sam Settle credits this feeling of closeness to his decision in choosing USounds. "When I was doing callbacks for all the groups, the minute I stepped into USounds...it was a warm environment and I loved the people instantly," he said. "It was just where I knew I wanted to be."

Being so close helps ease the stress and tension that comes with preparing for such a large event. Each a cappella group chooses three sets to perform.

USounds usually chooses all of their songs for the semester at once, at the beginning of the semester, and decides which ones will be dedicated to Glow.

The music director, senior Lisa Hale, arranges the songs. "[We] learn those as best and

"It was a warm environment and I loved the people instantly. It was where I knew I wanted to be."

— Sam Settle, USounds

as quickly as we can so we can work on all the musical aspects. So right now we're working on the really nitty gritty musical aspects and just getting our performance perfected." USounds is dedicated in that regard. "We spend most of our practices working on three of our Glow songs," said senior Becky Westin. USounds rehearses twice a week.

There may be hours that go into rehearsing and preparation for Glow, but the underlying sense of unity that members feel with each other makes it possible.

"We're all really goofy together and embarrass ourselves in front of each other on a daily basis. There aren't many barriers. We all just love and don't judge each other," Westin said.



Junior Hunter Williamson of University Sounds, one of CNU's three co-ed a cappella groups performs during a previous year's Glow in the Darcappella. FILE PHOTO BY BEN LEISTENSNIER/THE CAPTAIN'S LOG

Trebled Youth

For Trebled Youth, rehearsals have been a packed process of starting bare with each song, building bit by bit, until at last they create a piece they are proud to perform. "It takes a lot of patience and creativity, which we are lucky enough to have lots of this year," said president Aleigh Faulk.

Instead of performing with a composer, this group sings by ear, embracing their creative differences to create a unique final product. This inclusiveness seems to be a motivating factor in joining this group.

"They had the fun family dynamic that I really needed as I transitioned into college," said vice president Katlyn Logsdon, who auditioned for Trebled Youth on a whim, having no experience outside of singing to her showerhead. "It's such an awesome, energizing atmosphere."

For the members, Glow is both exhilarating and a chance to showcase their new talent.

Trebled Youth pays special attention to incorporating the new members' different styles into their performance.

"It's a really proud moment,

"It's such an awesome, energizing atmosphere."

— Katlyn Logsdon Trebled Youth

especially for me this year because I am the president and have helped work behind the scenes to make sure the show runs smoothly," Faulk said.



Members from CNU's cappella groups show a bit of their own personalities during a promotional photoshoot for Glow in the Darcappella. **BEN LEISTENSNIER/THE CAPTAIN'S LOG**

Expansion

Normally losing seven members, including the president, music director of three years and four of the strongest soloists would set an a cappella group back to square one. Not so with Expansion, CNU's only all-male a cappella group. These now eleven members have changed what would have been a setback into a strength.

"It was a really hard hit," senior Gray O'Reilly, head of public relations, said. "We were kind of floundering for a while and we had to rediscover what was special about us."

What O'Reilly and the rest of the members found was the common thread of the group: friendship and a love of music. "Traditionally our group is pretty boy-band-y. We like to think of ourselves as lady-charmers and the heartthrobs on campus, but that's all in our heads obviously," O'Reilly said. "We're really this brotherhood of guys and we have this energy because we're all best friends. It's not to say that other groups aren't close, but there's just something about brotherhood that is a little different."

O'Reilly notes that "this goofy sense of camaraderie we have" is one of the signatures of the group.

Junior Krister Briehl, president of Expansion, echoes the similar theme of brotherhood and emphasizes that the group is "just a group of guys who like to have fun together, but also enjoy making really great music."

This combination of fun and dedication was one of the reasons why sophomore Robert Stoner, the business manager of the group, joined in the first place. Stoner is an accounting major, but found his place among Expansion because of this attitude.

Briehl and O'Reilly are both on planning committees for the entire Glow event, and though they said it was stressful, "they wouldn't trade it for anything."

In between planning, making phone calls and creating or hanging up posters, they still find time to rehearse three to four times a week as Glow approaches.

While they are working on three new songs for Glow, something unique O'Reilly

"Perfecting a number of different songs when you're on crunch time is far from easy or ideal, but we always get through it."

— Mary Elam, Take Note

found was that they never have to work on their energy.

"That's something that's always come naturally to us," he said. "You don't just stand up there and sing. We perform and that's not something we work on because we just love it so much."

Take Note

For fans who are hoping for a bit of a throwback, Take Note's performance this year might be one of their favorite.

Without giving too much away, junior Mary Elam promised a mix of new and old pop songs that will bring audience members "back to the glory

days."

Take Note is one of two all-female a cappella groups on campus, but like every other group is undergoing an intense rehearsal schedule before Glow this Friday.

"Perfecting a number of different songs when you're on crunch time is far from easy or ideal, but we always get through it," said Elam. "We know that it's all going to be worth it when we're up on that stage."

Elam credited the group's tight-knit nature to maintaining sanity during the weeks leading up to glow. "If we didn't have each other during the process, I think we would all be a little bit lost."

Newport Pearls

If you're looking for a group of strong, independent women who don't need no men to carry a tune, then the Newport Pearls are probably the group for you.

The Pearls are the other all-female a cappella group on CNU's campus but that doesn't mean that the group is limited in their musical selection.

According to president Molly

Johnson, the group tried their best to make their songs diverse to showcase the different kinds of talent within the group itself.

Each song was also arranged as a group instead of using sheet music, "so it makes each song very unique and every Pearl can feel like they contributed to every song," said Johnson.

This year, the Pearls have the special distinction of going last and closing out Glow in the Darcappella. "We really wanted it because we have so many graduating seniors this year, and it's a lot of going last," said Johnson.

While they are excited for this slot, Johnson went further saying "there really isn't a bad time to perform in the setlist. Every group is gonna bring their A game and we couldn't be more excited for Friday." ■

Macy Friend, Jordan Pearson, Ben Leistensnider, Sam Camilletti and Korty Swift all contributed to this article.



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SNAPSHOT

Around Campus

Can you guess where these photos were taken based on the hints? Turn to the back page for the answers.

1

Hint: You likely walk by me every day if you're a freshman or science major.

3

Hint: The Class of 2015 began the tradition that I participate in at the end of the year.

5

Hint: I've been here since 1966 and am one of the oldest places on campus.

2

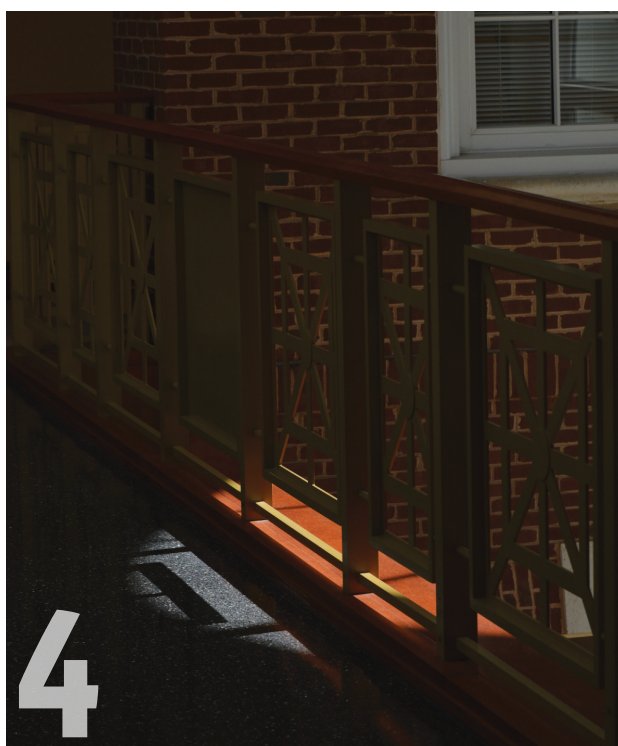
Hint: I serve as a messenger for the light as it shines on students who are walking down below.

4

Hint: I keep students from falling off the edge.

6

Obviously, I light the walkway, but where am I?



1. A door between Santoro and Forbes Hall
2. Top window in the DSU
3. Bell Tower
4. Railing on the second floor of the DSU
5. Side view of Gosnold
6. Lamp post between the DSU and McMurrin Hall