



THE CAPTAIN'S LOG

THE VOICE OF CHRISTOPHER NEWPORT UNIVERSITY STUDENTS

@CNUCAPTAINSLLOG WWW.THECAPTAINSLLOG.ORG

VOLUME 48, ISSUE 15 FEBRUARY 8, 2017

A “major” occasion



Katlyn Logsdon officially declared herself as a biochemistry major at the sixth Signing Day on Feb. 7. The yearly tradition is for sophomores. **BEN LEISTENSNIER/THE CAPTAIN'S LOG**

One of many CNU traditions, the Sophomore Signing Day allowed second-year students to officially decide their major. For more information and pictures about the annual celebration event, turn to page three.

News 4

CNU's very own "Sweet Easy." Seniors celebrate 100 days until they graduate.

Snapshot 8/9

The Improvocateurs: "Jay Walking on Sunshine." This group brings comedy to the next level.

Sports 11

Lady Captains take down Seahawks, outscoring them 67-56.

A&E 12

Sing your heart out, CNU. Learn about the acapella invitational, hosted by USounds.

Lifestyle 14

A review: Hot or Not Yoga and Massage Studio. Sweat your face off through this fun workout.



Weekly pic

Sophomore Cassie Hazlett officially signs on to be a communication major at the sixth annual Signing Day, which allows CNU sophomores to celebrate declaring their major **Photo by Ben Leistensnider/The Captain’s Log**

In this issue

- News 4**
Focusing on undergrad research
- Opinions 7**
The “real” CNU sorority stereotypes
- Snapshot 8**
CAB presents Lip Sync
- Sports 11**
Six inducted into hall of fame
- A&E 12**
Bring in the band
- Lifestyle 14**
A guide for visiting Norfolk

Happened

- Feb. 3**
100 Days ‘til the Tassel Turns
On Friday, the class of 2017 celebrated the 100-day countdown to graduation with a Great Gatsby- themed celebration.
- Feb. 4**
CAB Presents: Loving
This past Friday and Saturday, CAB hosted two movie showings of the “Loving” about an interracial couple in Virginia who got arrested because of their marriage. After their case gains national attention, the case eventually heard by the U.S. Supreme Court.

Happening

- Feb. 9**
Study Abroad Fair
Interested in studying abroad? The spring study abroad fair will be held in the DSU Washington room from 11-2 p.m. this Thursday.
- Feb. 8**
Habitat for Humanity Meeting
On Wednesday, Habitat for Humanity at CNU will hold its first meeting of the semester at 8 p.m. in Forbes 1022. At the meeting they will discuss up-coming volunteer opportunities, club activities, and fundraisers.



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

- | | |
|--|--|
| Ben Leistensnider
Editor-in-chief | Kelsey Berg
Digital Content Editor |
| Macy Friend
Photography Editor | Chris Whitehurst
Creative Director |
| Melanie Occhiuzzo
News Editor | Robert Smith
CNU TV Managing Editor |
| Madeleine Schuler
Lifestyle Editor | John Rector
CNU TV Managing Editor |
| Caitlin King
Sports Editor | Kelsey Schnoebelen
Business Director |
| Samantha Camilletti
A&E Editor | Brittany Thorburn
Business Manager |
| Katherine Gittman
Copy Editor | Nicole Emmelhainz
Faculty Advisor |

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 6:30 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



A “major” occassion

Sophomores at CNU officially declared their major at the sixth annual Signing Day.

BY BEN LEISTENSNIER
BENJAMIN.LEISTENSNIER.13@CNU.EDU

The Class of 2019 took a major step in their academic careers as they officially decided what their majors will be at Signing Day. Starting in 2012, this is the sixth time the annual event has taken place.

The celebration took place in the Ballroom on Feb. 7. students Once they signed in at the lobby, they could go into the Ballroom and sign with their respective majors. They then were required to go into the Boardroom to turn in the proper paperwork to stations set up with workers from the Registrar's office.

One department largely responsible for planning the event is the Center for Academic Success. “This is really an event just for sophomore so it's a really great way for the whole class to come together,” said Carol Dougherty, one of two Academic Success Fellows.

Another organization that played a role was the Class Council of 2019. Kilie Rosson, the vice president of public relations for the group, said it was a great experience planning and taking part in the event.

“I never thought I would get so involved and be a part of

this. It's awesome, especially since I got to sign too.” She also mentioned that she had the opportunity to be the first sophomore to sign for the communication major this year.

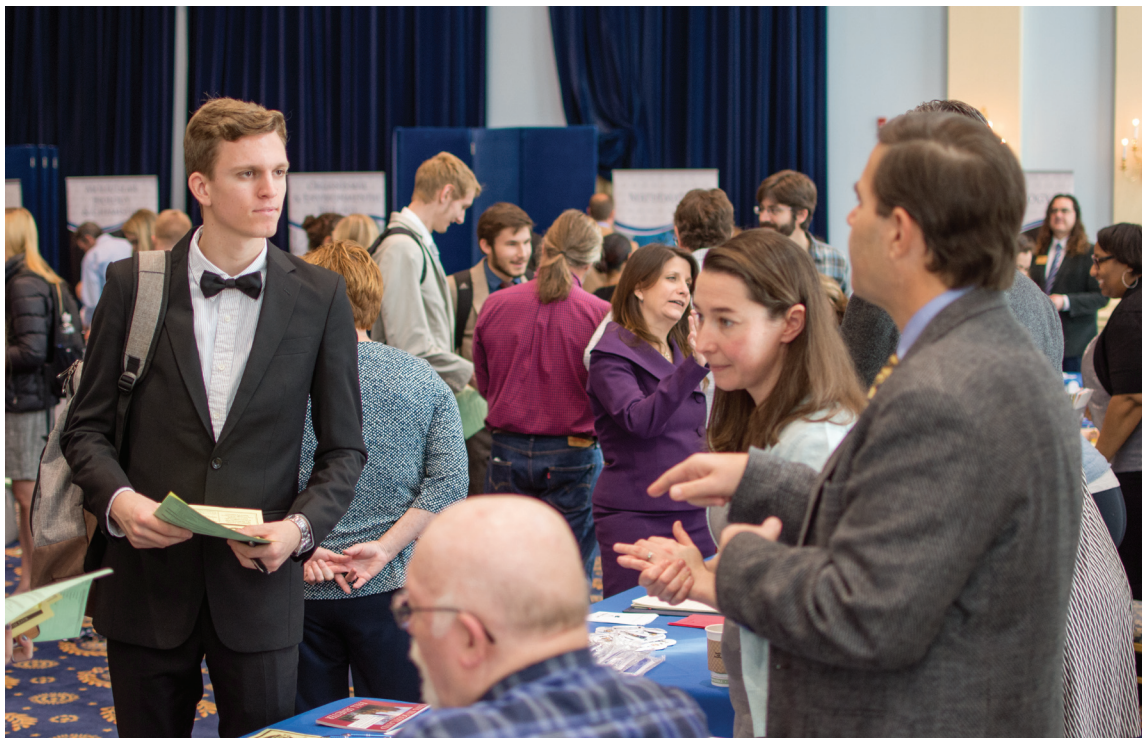
She hadn't always planned to join the major, as she came into college interested in the sociology program, which made today even more momentous.

“It was a little scary I'm not going to lie. I never really knew what I wanted to do with my life, so putting put down what I was going to do was nerve-wracking but exciting.”

While there are those who have made up their minds relatively recently, others have known for years.

James Davis, now a cellular and molecular and physiological biology major, is one such case. Now that he's well on his way on his major, he's excited about his upcoming course load. “It feels really great because now I can take courses that will be really focused on what I want to study.”

Dr. Linda Waldron, faculty director of student success, said that students aren't the only ones who enjoy the day. “For the faculty, I think it means something because it's like getting a new batch of students. It's a pretty cool moment.” ■



(Top) Needing a hard surface to fill out their forms, several sophomores used the wall to fill out the necessary paperwork before heading to the registrar's station.

(Top right) Sophomore Aaron Brantingham talks to Dr. Philip Hamilton of the history department after he declared himself to that major.

(Right) A representative from the English department watches Emily Senesac as she signs on as an English major. **PHOTOS BY BENJAMIN LEISTENSNIER/THE CAPTAIN'S LOG**

CNU's very own "Sweet Easy"

Seniors get a chance to commemorate the countdown until graduation "Sweet Easy" style.



This year's countdown event had snacks, sweets, dancing and conversations galore among the soon-to-be graduating class of 2017. **MELANIE OCCHIUZZO/THE CAPTAIN'S LOG**

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

The second "100 Days 'til the Tassel Turns" event for seniors was celebrated last Friday.

This is an event centered on celebrating the last 100 days before they enter the real world says Baxter Vendrick, Director of Alumni Relations.

This year's as well as last year's event was organized

by Katie Monteith, Senior Alumni Relations Officer and alumna herself.

Each year is a different theme, but this year's Great Gatsby theme gave many students the chance to channel their inner Daisy or Gatsby.

There were around 300 total soon-to-be grads that attended, filling the DSU ballroom to the brim with flapper dresses and suspenders.

Monteith states that given the event's success, they

plan on doing this event annually.

"We just want to get across that this is a fun event for seniors to celebrate their time here on campus and to kick start the countdown to graduation," Monteith says.

Highlights from the evening included the announcement of the theme for Senior week, Bon Voyage, and two raffle drawings.

This year's prizes were a 10 karat golden Christopher Newport Ring and a gradu-

ation package provided by Jostens, CNU's ring partner.

"We want them to cherish these last 100 days and this is a kick off to them being a Captain for life," Vendrick explains.

The seniors were treated to desserts, two drink tickets and a live jazz band made up of CNU students.

There were dancers from the Ballroom Dance society on the dance floor to liven things up and a massive crowd soon formed.

Vendrick says that there was a healthy representation of the senior class and he cannot wait to see the rest of the graduating class as they walk across the stage at Commencement.

In his evening toast he injected some of his usual humor by saying, "Some people graduate Summa Cum Laude. Some people graduate Magna Cum Laude. And then there are the rest of us, who graduate "Thank the LAWD." ■

Gender Neutral Housing Policies make progress

The proposal for gender-neutral housing is still making its way through the channels of CNU's administration.

BY KORTY SWIFT
KORTY.SWIFT.16@CNU.EDU

Two years in the making, the Gender Neutral Housing project is still in the process of being carefully constructed and researched in hopes of being an implemented housing system in the near future.

Katherine Scott and Kelcie Chandler, Member at Large of the policy committee in the Student Diversity and Equality Council (SDEC), have been researching gender-neutral housing in other schools as well as working with the Wason Center to survey

all CNU students on their thoughts of it.

Chandler stated, "We as SDEC primarily focus on diversity and inclusion on campus and how we can work with different organizations as well as administration to best serve the student body. We work to help this university continuously strive towards creating an environment that is safe and comfortable for all students. Because of that, we felt that GNH [gender neutral housing] was something that CNU really needed to consider."

Also according to Chandler,

the policy committee took all the research and its findings to make the proposal.

The gender-neutral housing proposal is still making its way towards becoming reality, with Vice President Kevin Hughes planning to present the proposal to administration officials in the near future.

According to the research by the Wason Center, out of 1782 students that responded to the survey, over 70 percent responded that they are comfortable in being able to choose gender neutral housing; 40 percent said they

would or probably would choose GNH if they had the opportunity to do so.

Chandler wanted to address one of the most common misconceptions about GNH, that students would be forced to live with the opposite gender.

"If CNU were to implement GNH, the program would be opt-in only, meaning that no student would ever be forced to live in a room or suite that was gender neutral, unless he/she requested to live in that space."

To see the full GNH proposal, visit the SDEC's webpage on The Compass. ■

Check the
Compass
for the full
GNH
Proposal.

Gamers Unite

Students band together in common interest over video games and video game development.

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

There is a new club at CNU, one that is dedicated to bringing all areas of study together under one goal: gaming.

The Game Development Learning Club was started due to the lack of computer science classes that teach the skills necessary to coding and creating video games.

The group's president, Haley Currence and e-board member Monica Perez are both computer science majors with a passion for game development.

The group met at a Pizza My Mind seminar hosted by the Math department that was devoted to game development and the club was born.

The founding group's members had all been pursuing game design prior to college, spending time learning graphic design, storytelling and so many more skills that go into creating a video game.

As of the end of January, the group had about 10 members and was recognized by the Office of Student Activities as an official club.

They are student-led with Dr.

Perkins as their faculty advisor. Each of these meeting are seminar styles, and most of the students who go to these meetings want to go professional according to Currence.

"They are passionate about video games," she says. Currence emphasizes that this club is not just for computer science majors, they are an interdisciplinary club with only one criteria, a love for video gaming.

"We want it to be broad enough that any major can join," says Perez.

The club plans on pulling from all departments, including the new Digital Humanities minor, the English department and the Communications department.

"A lot of people think it's a niche thing but once you go out into the real world you see how interdisciplinary video game development is," said Perez.

The club meets twice a week on Mondays and Tuesdays where they focus on teaching game theory, game history, programming and artificial intelligence concepts.

They will then move on to how game development process works from implementation to distribution.



The Gamer Development Learning Club tabled at the club fair. FILE PHOTO BY MACY FRIEND/THE CAPTAIN'S LOG

Currence says that it is important to get all disciplines together in this club since everyone has a different strength, you can't just create a video game only knowing code and nothing else.

There are variables that art and english students have the upper hand in such as story, dialogue, art and music.

"Computer science majors

need them and they need us if they want to develop a video game," says Perez.

A few secondary goals the club has to instruction are reaching out to local gaming companies such as Route 76 and Midnight Status to create networking opportunities and getting people to attend the Pixel-Fest, the Hampton Roads area gaming convention.

The club hopes to teach how to create a text-based game and then move on to teaching the development of a 2D game.

"We want to teach the fundamentals and let the members take them and run," says Currence. ■

Professor wins grant to study fern populations

Dr. Steven wins grant to focus on research involving age-related DNA on the common fern.

BY SAMANTHA CAMILETTI
SAMANTHA.CAMILETTI.14@CNU.EDU

Earlier this year, Dr. Janet Steven, Assistant Professor of Biology, received a \$1000 grant from the Nature Foundation at Wintergreen to conduct age-related DNA research on ferns.

The grant will "pay for reagents we need in the lab and data analysis we couldn't do otherwise," Steven said.

"We're doing a project in which we're using DNA to genotype individuals in the field and then, in order to analyze the DNA, we need specialized reagents."

Steven continues by saying "we ship off samples and somebody else does the actual fragment size analysis, so it's expensive."

While ferns are common to the Blue Ridge Mountain area of Virginia, there is scant research on them, particularly on how they age and reproduce.

Steven is hoping to bridge

that particular gap in knowledge. Ferns have horizontal roots that seem to indicate all plants originated from a central one and grew out over the years.

Part of Steven's research will confirm this trend. "When you go out and you're in this big patch of ferns, is it one plant that's been growing horizontally for years and years or is it a whole bunch of different plants?"

In order to figure out whether or not it's one giant plant, we take bits of leaves, grind them up, get the DNA out and basically do paternity analysis on them," she said.

"It might be that they are 500 years old and have been living on the forest floor for hundreds of years growing very slowly. But we won't know until we look at their DNA."

A portion of this project will be researched by student research assistants.

Steven has been working

on this project since her time at Sweet Briar College where it began as a simple research service learning project.

That aspect of service was strengthened at CNU's campus.

The students will help with every aspect of this project, from paternity testing to sample collection.

Besides the implications for biology research, Steven notes the importance of this project in generating greater appreciation for nature.

"Some of [the project] is just so we understand how the natural world works. And then some of it is so people understand what they're looking at when they're in the woods to gain a better appreciation of it," she said.

"It will be useful for the Nature Foundation to educate people on the woods around them." ■



PHOTO COURTESY OF NICHOLAS ABBOTT

A LUCKY PENNY (TRADITION)

Ever a sentimental, sappy senior, editor-in-chief Ben Leistensnider reflects on the role that traditions and the memories made at them have played over his four years.



BENJAMIN LEISTENSNIDER
EDITOR-IN-CHIEF

It’s a weird feeling going to an event you’ve been covering for the past four years and knowing that it’s going to be your last. This was especially true for me this year at the Sophomore Signing Day on Feb. 7.

Although obviously seventy-five percent of the times that I went I was going to help cover the event, I could help but remember my own experience going through the official major declaration celebration.

And as I walk with my fellow senior friends, most of them have reacted in similar ways that I have: disbelief that it’s been two years that we were in the same position as these new sophomores.

That’s one of the things that I love about the traditions that we have here at CNU; they help provide benchmarks to your academic career.

I don’t know how many other seniors out there who agree with what I’m about to say—although I guarantee that there are a number—but I would be lying if I remembered everything that happened during my freshman year.

I’m sure if I went back on my transcript I could remember what classes I took or if I went back onto my old hall (YRE 2B, you wish you could be) memo-

ries would return, but my experiences from the various traditions on campus can be called upon whenever I want them to without needing a catalyst.

I can remember the night before freshman Convocation when all the guys on my hall had to ask to borrow my steamer because they didn’t have a clean, pressed dress shirt. I remember pulling the classic freshman move of walking to the Ferg in a massive pack.

The one factor that remained the same throughout each of those specific memories is that they feature the people that I have the honor to call my friends.

Yes, I may not talk with all of them anymore and we’ve grown apart since our underclassmen years. But that doesn’t mean they won’t continue to be an important part of my life.

The ever-growing number of traditions at CNU seek to honor different momentous occasions: joining the CNU community, the last night before classes start, officially declaring your major and obviously graduating a Captain.

No matter how many traditions get added to CNU’s repertoire they will always celebrate one universal characteristic: friendship. And there’s nothing worth remembering more. ■

Over the course of just four years, a lot has changed for the editor in chief. From Convocation freshman year with Maria Scaptura, Stephanie Lehman and Talia Hicks (top photo, left to right) to celebrating 100 Days ‘Til the Tassel Turns this year with Torrie Buckman, CNU’s traditions have always involved memories with friends. **TOP PHOTO**

COURTESY OF STEPHANIE LEHMAN. BOTTOM PHOTO BY LEXIE DRACOS





February 22-23rd | DSU 2nd Floor | business attire

Business eXchange

2017

Accelerate your success trajectory

Learn from alumni and business
professionals valuable skill sets



Junior Aree Coltharp's (center) frustration rises as she tries to have a romantic evening with her significant other (played by senior Bonnie Newton), but instead is constantly interrupted by rambunctious siblings. **PHOTOS BY MACY FRIEND AND KEVIN SEBESTYEN/THE CAPTAIN'S LOG**



Sophomore Kensie Ward gives some not-so-helpful advice during the "panel of experts" portion of the show, where members are given an area of expertise by the audience. If you're having a bad day, this is Ward's advice: "When I'm having a bad day, I like to eat my feelings. So I would say swallowing nails will solve all your problems."



As part of her stand-up routine earlier in the show, Ashley McHenry performed "slam poetry," where she read the lyrics to Nicki Minaj's "Superbass" in a much more dramatic and more articulated manner than the original.

Senior Bonnie Newton performed a scene at a public all-girl high school. The scene was about going bowling. "We piled in the car, and I was a Catholic, a CAV is a Catholic."

The Improvocateurs perform the same politically-infused

BY MACY FRIEND
MACY.FRIEND.14@CNU.EDU

From stand-up about topics—love, awkward encounters and adolescent Tinder speed dating, the Improvocateurs have something for everyone when it comes to comedy.

Although they've only been around for three years, the female group has made a name for themselves by balancing humor and a quirky way of thinking.

Audience interaction is a staple of their shows. Between stand-up, the Improvocateurs perform skits and scenes that require audience participation. "These are given variables," they say. "We give audience members shout-outs when they want the ladies to interrupt their show."

The women opened the night with a game called "New Choice." In the game, the improvocateurs acted out scenarios using a roommate relationship as their storyline. They had to come up with a scenario centered around each time the host (senior Bonnie Newton) said "new choice."

Political infusion is a staple to their shows. The

urs: “Jay Walking on Sunshine”



forms stand-up recounting her time at a Catholic set centered around a night she and her friends went to a CAV. For those of you who don't speak CAV, it's a 16-passenger van.

ers are back this semester with the confused humor and witty improv.

various romantic scene—to improvise everyone's reactions. The set was performed in reference to the various memes on the internet about former President Barack Obama and Vice President Joe Biden's close friendship.

Newton played the role of Barack and senior Tiffany Reese was Joe. Junior Aree Coltharp played the role of a concerned Michelle Obama after Biden was still living with their family five months after moving out of the White House.

They include the daughters as well, one of them saying “Why is uncle Joe still here? He keeps telling all my friends the pranks he's going to pull on Trump.” The set ends with Barack (Newton) and Joe (Reese) saying a heartfelt goodbye.

The women ended the night as they do with every show—with an improv set called “I Like My Women.”

The women are given random variables by audience members to use in a sentence after saying “I like my women...” or “I like my men...” Newton ends the show with “I like my women like I like my elevators...I have one that I feel is special to me in every residence hall on campus.” ■

another improv



After a Tinder server failure, freshman Ashley McHenry (right) finds herself in an abandoned warehouse where she meets possible suitors. Upon meeting her second option, she finds herself in a dangerous situation when senior Tiffany Reese (left) threatens to shoot McHenry if she doesn't provide her with a fast car and a quick getaway.



During a game called “Left,” the improvocateurs are given random variables from the audience and act out those variables. Aree Coltharp (left) and senior Emily Alby (right) act out the scenario of a “free thinking” dentist (Alby) who, after checking out Coltharp's teeth, decides to remove all of them.

Lacrosse heads into another tough season

The women's lacrosse team prepares for a difficult year that they hope ends with a championship ring.

BY BRETT CLARK
BRETT.CLARK.16@CNU.EDU

For the women's lacrosse team, "Start Strong" has been the motto in the first few weeks of practices. The team begins the season with three tough matchups; two of the three are ranked in the top 20 nationwide.

When asked about how practices have been going in this cold Newport News winter, senior attack Meghan O'Reilly said she is happy with how the team has come together since the beginning of the year and added, "We've been practicing for two weeks and we are really feeling good." Head Coach Lisa Valentine thought that the team "stepped up commitment and level of play in the fall." Coach Valentine said that the team set a goal of going to the NCAA Tournament and that the first step in that is "starting strong."

After only losing four seniors in the class of 2016, these girls have had their noses to the grindstone knowing that they have an opportunity to do something special and win a conference title, something that hasn't happened since the team switched into the CAC O'Reilly's freshman year. The team feels good after having an intense fall off-season which included scrimmaging two teams from Division I (Virginia Commonwealth University and Old Dominion University). The strong senior class has been complimented by a solid core



If the women's lacrosse team expects to win its first CAC championship, they know that they will need to rely on each other. BEN LEISTENSNI-ER/THE CAPTAIN'S LOG

of freshmen. This includes Mackenzie Regen (defense) and Sam Wettengel (midfield).

A unique aspect of Head Coach Valentine's practice schedules are dance parties that sometimes occur before the ladies hit the field. Junior Attacker Sarah Culver was exuberant when asked about the pre-practice routine that has made its way to Facebook and other social media platforms. Coach Valentine says that the music that plays during practice and the dancing before practice is a nice buffer between a long day of classes, and a long afternoon of practice. Besides helping to get their energy up, it helps build the team camaraderie and spirit.

The team sets out for a season filled with opponents who will be coming for blood after last year. Last spring, CNU beat Catholic, a team who was in the top ten of Division III at the time, 9-8. This year, CNU plays Catholic over spring break in what is "going to be a really competitive game," according to Coach Valentine.

Culver says that another team that they are excited for is St. Mary's, who they beat 11-6 last year. Three other great CAC teams that will be butting heads with the Captains are Mary Washington, York and Salisbury. Culver says that they will take on this tough conference one game at a time and they will continue to "empower one another."

Empowering one another has been a theme the team has tried to keep in mind as they come closer to their season opener. O'Reilly explained that it focuses on accountability and raising each other up. Coach Valentine said that she doesn't want all the pressure to fall on seniors or on "playmakers." Every player on the team should feel confident enough to step up when her name is called.

Valentine is excited for the season and wants everyone to come out to cheer them on as they tackle the W&L Generals. She said that she feels this is a very special senior group and she wants them to get everything they deserve out of their final season as Captains. ■

Three players snubbed from NBA All-Star game

Junior Andre Toran, points out his frustration towards the indignity of three noticeable players for the All-Star game. He hopes to see them playing in the future.



COURTESY OF CNU OCPR

BY ANDRE TORAN
ANDRE.TORAN.14@CNU.EDU

Every year there are 24 slots open for the NBA All-Star game and the league's most elite players compete day in and night out to land one of these prestigious spots.

However, there is one problem. There are much more than 24 players in the NBA who are worthy enough to be named an All-Star. This problem emerges every year, leaving room for deserving individuals to be "snubbed."

The All-Star roster has been filled with this year's announcement on Jan. 26 of the All-Star reserves. And per usual, there were plenty notable figures that did not make this season's cut for the NBA All-Star game, Feb. 19 in New Orleans.

Of the many snubs, here are three

deserving candidates that were left off of this year's roster:

Karl-Anthony Towns, Minnesota Timberwolves Center

I mean, really? How could we leave this guy out? Towns should see many All-Star games to come in his future, but why not starting with now? KAT is arguably the hottest player on this list at the moment. In January alone, Towns is averaging 24.7 points, 13.3 rebounds, 3.7 assists, and 1.7 blocks per game, while shooting 54.9 percent from the floor. Towns is currently out-scoring and out-rebounding Marc Gasol, who was named to the team, averaging 22.7 points and 11.9 rebounds this season, compared to Gasol's 20.6 points and 6.1 rebounds per game. I see a problem here and mistakes were made.

Damian Lillard, Portland Trail Blazers Guard

For the third year in a row now, Damian Lillard has found himself left off the NBA All-Star roster. Although Lillard made the team in 2015 as an injury reserve, I am sure he is tired of being the forgotten man. Not often do you see a man average 26 points per

game — which ranks tied for seventh with All-Star starter Kevin Durant — and not make the All-Star team. Lillard is the only player that ranks top ten in points per game this season that will not be playing on this year's All-Star squad. That is absolutely astonishing. Snub? I think so.

Carmelo Anthony, New York Knicks Forward

It almost seems as an abnormality not to see Carmelo playing during All-Star break. Anthony is a 9x All-Star and had made the team every year since 2010 until now.

Averaging 22.7 points, 3.1 assists and 6.1 rebounds, this year would have marked Anthony's 10th All-Star appearance over the course of his 15-year career. However, this proved not to be the case. Unfortunately, this has been a truly testing year for Melo. He has faced swirling trade rumors, has had to give up some of his touches to the up and coming Kristaps Porzingis — another possible snub — and deal with the inconsistent play of an under-achieving Knicks team. Despite all of this, he has still produced fairly well. ■

Lady Captains take down Seahawks

Christopher Newport womens basketball ranks fifth in the nation. They beat St. Mary's with an 11 point win.

BY JJ LAPOINTE
JOHN.LAPOINTE.13@CNU.EDU

After losing their first game this season to conference rival Mary Washington, the CNU women's basketball team rebounded to an 11 point win against St. Mary's.

The Captains, now ranked fifth in the nation, battled a slow start against the Seahawks.

They were down four points at the half due to some early missed foul shots and three-point attempts.

The Seahawks who hold a 4-10 record in the CAC started out hot from the foul line shooting a perfect 9-9 from the charity stripe.

Offensive powerhouse, Sam Porter was held to just four points in the first half. Porter and the Captains responded well after halftime however, eventually taking down the Seahawks 67-56.

The Ladies of CNU improved mightily on their free throws, shooting 80 percent from the line, while the Seahawks were stifled, shooting under 40 percent from the line in the second half.

The offensive and defense of Porter woke up in the second half as she added 12 points and seven crucial steals.

Junior guard, Mackenzie Fancher also provided an offensive spark for the Captains, recording 14 points in her 30 minutes of play.

The Captains proved to take this game in the third quarter as they outscored the Seahawks 29-16.

This is the most points in a quarter CNU has scored all season long and came at the perfect timing, as the run seemed to halt the offensive production of St. Mary's.

Individually, the Captains had a strong showing from off the bench. Devon Byrd punched in 23 key minutes of energized play recording seven total rebounds, six points and four steals. Anitra Thomas also came off the bench for CNU and locked in two offensive rebounds and five points.

Guard, Zhara Tannor showed true unselfish and team play as she recorded a team high of seven assists while also being able to knock down seven points.

CNU is now looking forward to another in conference rival, the Saints of Marymount University.

The game will be held at The Freeman Center on Feb. 8 at 5:30 p.m. and should be another hard fought battle as the Saints hold an 11-3 in conference record.



Junior point guard Makenzie Fancher averages 8.1 points per game while seeing an average of 27.4 minutes per game. BEN LEISTENSNIDER/THE CAPTAIN'S LOG

Teaford unexpectedly shifts into coach position

Head coach Tyler Wingard asks sprinter, Daulton Teaford to stick around after graduation to help coaching staff.

BY LAUREN GAGLIARDONE
LAUREN.GAGLIARDONE.16@CNU.EDU

Sprint Coach Daulton Teaford graduated in 2015 and became an assistant track coach to his former teammates. He discussed the transition from student athlete to becoming coach, the difficulties he faced and how rewarding coaching his former team has been.

After graduating in 2015, Daulton Teaford landed an unexpected job as Sprint Coach for the Christopher Newport Track Team.

Before graduating, Teaford was a member of the track team for all four years. When he joined his freshman year, he was involved in other activities but, by the end of his sophomore year he realized that track was his main passion and began devoting his time to practicing and training harder.

"I fell in love with my sport. Things really started to click on the track and I started to understand what I was doing technically, what my goals were and the successes followed those too," Teaford said.

Throughout junior year, he overcame many struggles that came with knee problems and a knee surgery. He focused on staying healthy and was apprehen-

sive when it came to anything that could affect the rest of his track career.

That season, he was asked by Head Track Coach Tyler Wingard to step up into a leadership role and take on more responsibility when it came to his fellow sprinters.

"[My new leadership role] built up a little animosity between myself and some of my teammates because I wasn't only doing well myself, but I was telling them they need to do better, and actively telling them they need to do better," Teaford remembered the struggle but noted that the whole challenge of being an athlete and coach figure simultaneously helped shape him into the coach he is today.

While the position at the time wasn't ideal, he learned how to hone in on his patience and found other ways to help his teammates.

At the end of his senior year, he wasn't sure whether he wanted to pursue graduate school, continue competing, take time off or join the Peace Corps. He found himself in Coach Wingard's office one day seeking advice when Wingard offered to keep coaching him if he stayed on to help the team.

"I walked into it thinking it was a volunteer position, which I was more than



Daulton Teaford competed as a sprinter for his four years as a student athlete before he was asked by head coach to become assistant. BEN LEISTENSNIDER/THE CAPTAIN'S LOG

okay with, but he really surprised me with it being a job," Teaford said

He was glad that he had the opportunity to stick with the team and continue watching their successes.

The transition from collegiate athlete to the coach of his former team was stressful.

He was excited to coach the people he had once competed and struggled with, but it did come with many challenges.

Teaford was proud of the opportunity to coach and said, "a lot of my teammates already saw me as a coach like

role and jumped on board when I actually became a coach. It takes some extra conversations and extra patience, but I like it a lot. Giving back to your team and coaching is a great experience."

While he has enjoyed being able to help his team for two seasons even after graduating, he will not be returning for a third season due to going to Africa with the Peace Corps.

He admitted he loved coaching his former team and hoped that he has made a lasting impact on the team by helping them pursue what they love. ■

Sing your heart out, CNU

While it is formally labeled as a competition, Usounds’ Sing Your Heart Out Invitational seems to be more friendly and collaborative.

BY SAMANTHA CAMILLETI
SAMANTHA.CAMILLETI.14@CNU.EDU

Though Valentine’s Day isn’t until next week, USounds is making sure everyone is still feeling the love with their Sing Your Heart Out Invitational this Saturday. It’s a competition with prizes, but the real emphasis of this invitational is collaboration. UMW’s Symphonics, Regent University’s First Edition, and VCU’s Notochords and Ramifications will all be sharing the stage with CNU’s own Take Note and Newport Pearls. “Having invitationals keeps the spirit of a cappella across all of Virginia,” USounds’ president Hunter Williamson said. “It’s also a great way to hear all sorts of arrangements and different kinds of a cappella music as well as having relationships with other a cappella groups. It’s great seeing people that have the same passion come together.”

While this event will look great from the outside, the audience won’t see the sheer amount of preparation that went into its making. The planning is “fun and challenging,” according to Marketing Director Toria Hester. “It’s fun to be creative and to think of all the decorations or promotional ideas that will improve the quality of the event. But it

is also challenging to make it all happen and to get the word out there.” Planning includes both big and small tasks, from reserving space for the event to buying decorations to finding judges and emcees. “It’s a big team effort,” Williamson notes. In addition to that, USounds has

been promoting the invitational with “Sing Me a Love Song”. It features two members of the group singing a duet that is released on various social media platforms. “Our group doesn’t get as much spotlight during this event

because it is a competition – we usually only sing when the judges deliberate,” Hester said. “So to make up for that, I thought it would be cool for members of our group to partner up and sing a love song. This not only promotes our Valentine’s Day theme for SYHO, but it also allows you to see our individual talent.”

Individual talent is something the group prides itself on nurturing. “We’re a group of soloists. If you choose any person in our group to sing for you, you will be blown away,” Hester said. “But beyond the music, this group has become my family. USounds has some of the most hilarious, down-to-earth people I have ever met in my life.” The visiting a cappella groups and audience members will get a chance to experience this family-like atmosphere this Sat. Feb 11 at 5 p.m. Tickets are on pre-sale now until the Feb. 10 for \$3. They will be \$5 at the door. ■



Caption: Becky Westin and Jake Rodgers sing in the 2015 Sing Your Heart Out Invitational. Now seniors, they will have one last time to sing in the yearly event. FILE PHOTO BY BEN LEISTENSNIER THE CAPTAIN’S LOG

INCREASING CULTURAL AWARENESS THROUGH DANCE

The ASU is hosting its first AfroDance Workshop that promises to provide both fun and and education on cultural diversity.

BY AARON ROYCE
AARON.ROYCE.16@CNU.EDU

This weekend, the African Student Union will be hosting their first AfroDance Workshop. The event aims to bring cultural awareness to the university’s community through East and West African dances, as well as Haitian and Caribbean dances mixed with African flair.

It will feature African dance performances from Hampton University, Old Dominion University, and American University.

Members of the ASU hope that the event will give the club more visibility to the community. “I feel like it’s going to help us make a name for ourselves, and encourage CNU community members to open their minds and broaden their horizons,” said Jule Sow, a senior ASU member who was raised in Senegal and joined the club to share his culture with others. “There’s so much we can learn from one another, and if people would just

be themselves and share what they have to others, I feel like the world would be a better place and a better community.”

The club’s president, senior Debbie Acheampong, started the ASU about three years ago to increase awareness of African culture to the community.

“I felt that we really needed the ASU to bring awareness about African culture that’s not what’s seen on TV, because there’s always misconceptions about what Africa is and then people generalize Africa as a country,” she said.

After the club’s effort at a “Taste of Africa” event last semester was dashed by snowy weather, they wanted to host an event that would be fun and educational.

“A lot of other schools have ASUs that have dance teams, so we wanted to bring that here and just get everyone to have a taste of what African dance is and to see the culture differently from how it’s portrayed,” Acheampong said.

“We see maybe one type of African dance on TV or through the media, but we wanted to give them a wide array.”

The event was inspired by Acheampong’s visit to an informal dance workshop at Virginia Commonwealth University. “Since I’ve been at CNU, I’ve gone to a lot of events at VCU and ODU, and they have events centered around dance and fashion and different cultural things,” she said. “I felt like CNU needed to see something like this, and I actually got the idea to do that from VCU, because they have a workshop, but it was much less formal. However, I wanted to do ours in a formal setting.”

To Debbie, building relationships with other schools has been instrumental in the structure of this event and the ASU as a whole.

“Building connections with other schools has been a really good thing because it’s hard starting an ASU in the beginning by yourself,” she said. “So having that connection in other schools like William and Mary that give you advice and encouragement

has really helped us here.”

General student interest and support for the club’s events have also encouraged Acheampong.

“Just hearing fellow students talk about how they’re interested in ASU and how they’d really love to come to our events has just been heartwarming for me,” she said.

Overall, Acheampong speaks for the entire ASU when she says they aim to increase knowledge in awareness of other cultures in the university’s community. “We want to give the community of CNU a taste of what they may not be used to, and just open their eyes to see and be open to another culture,” she said.

The AfroDance Workshop will be on Feb. 11 at 7:30 p.m. in the Ferguson Center.

The event is free and open to all students and faculty.

Participants are encouraged to wear comfortable clothes because some groups will be teaching their dances in the Workshop. ■

For the love of movies

Valentine's Day is not just for couples. These movies, suggested by other students, encompass all types of love.

BY MARA SCALLY
MARA.SCALLY.16@CNU.EDU

"Flightplan" - junior Bobi White

A mother goes on a plane with her child and they soon fall asleep. When the mother awakens, her daughter is gone and everyone tells her that her daughter was never there to begin with. White chose this movie because this film presents the love a mother has for her child even when the odds are stacked against her.

"The Blind Side" - freshmen Jordan Pearson and Isabel Ansley

This film is a biographical story of an impoverished 17 year old boy named Michael Oher. Oher grows to become a famous NFL football player thanks to the care of a woman and her family who recognized his talent. Both Pearson and Ansley chose this movie because it demonstrates how the love and support that a family can give a child can really impact their success.

"Marley and Me" - freshman Adam Sheldrick

A newlywed couple decides to adopt a mischievous golden retriever puppy named Marley to see if they are ready to start a family. The couple both write for newspapers and the man decides his adventures with Marley are a great source of material for his column. Eventually they start a family, and even though they go through many hardships, the love between the family and Marley never ceases. Sheldrick chose this movie because of the portrayal of love between a man and his dog as well as the love within a budding family.

"Charlie Saint Cloud" - freshman Prali Chitnis

Early in the movie, Charlie's beloved brother, Sam, is killed in a car crash. However, Charlie can still see Sam and he promises to never leave him. Eventually Charlie meets a girl and falls in love with her. He has to choose between continuing his prosaic life with Sam or begin a life with his new love. Chitnis liked how Charlie never stopped loving his brother, realizing that since he truly loved him, he had to let him go.

"The Godfather" - freshman Tanner Timm

This is a film all about family dynamics. The film is about an aging mob boss named Vito and how he must transfer his crime dynasty to his reluctant son Michael. Timm liked how the film portrays the love between family. This film is about gaining respect for the family, committing crimes for the family and even seeking revenge for the family. Everything is for the good of the family and Timm chose this film because: "if that is not love, what is?" ■

"Working" is well on its way

TheaterCNU's first show of the semester, "Working" delves into the thoughts and feelings of average working class people in this essentially plotless, character-driven production.

BY SAMANTHA CAMILLETTI
SAMANTHA.CAMILLETTI.14@CNU.EDU

"Working", the first TheaterCNU production of this semester, is what happens when interviews from average working class people are transformed into a script and that script is then turned into a musical.

While perhaps not exactly the fodder for the typical musical, the characters in the production are just as interesting as any fictitious ones.

"It's kind of cool because every single person's character in the show is very different. It's like the job they work so it shapes the person," freshman Cedar Moore said.

Moore is playing two different characters in the show, Freddie Rodriguez, a spunky delivery boy, and Charlie Blossom, an ex-newsroom assistant.

As the production is centered on the characters and not the plot, the cast understanding and sympathizing with their roles is essential for the show.

"Freddie, he's like a kid. He's not old and this is his very first job," Moore said. He plans on playing upon the "Newsies" trope for Freddie. "He's chill and he loves his job and he works because he has to. In the song, it mentions that his father doesn't work anymore but his mom works a double shift so he makes money for her and the family."

On the other side, Moore also has to play a character who is not exactly thrilled with his job.

"[Charlie] is just a weird character in general. He's kind of violent. He's usually done with a leather jacket, your typical New York badass," Moore said. "He's just bad. He doesn't really care anymore and just kind of weird- you'll see during the show."

Perhaps junior Cody Hall has an easier task of playing the genial old man, Joe, who is retired and is in the early stages of Alzheimer's. "He's just a sweet guy," Hall said. "In [his song], he's basically talking about what he does after retirement. And he talks about what he does so he doesn't have to sit and mope at home all the time."

These things include going out and playing poker with his friends.

"But also with his Alzheimer's, he doesn't really remember things so well, but during the play he actually remembers things from his childhood, like going to rollercoasters and having one of his first dances," he said.

Hall researched Alzheimer's and observed one of his professors, George Hillow, for inspiration and mannerisms.

Showcasing the diversity of the cast is even more interesting considering the musical has no plot. The production will be a collection of characters singing of their professions.

"Honestly, there's no storyline," Moore said. "So some of our directors tried to sew it together piece by piece and it's really cool. And it's organic so it just kind of flows." If audiences don't come for the creative storyline, they will for the characters.

Moore sees the relatability factor as a strong promoter for the show, even though most of the cast was originally skeptical of the show because of its atypical format. "We talked about this in rehearsal, but I think [the show] is important because everyone has a job and the reason that [they] do the job varies depending on the person. So each character in the show, our director has tried to put a reason behind," Moore said.

"Somebody out in the world right now is probably working for the exact

same reason the character is and they're just looking at the story like 'Oh my gosh, I relate to that'. I think it's a really important show to have because it shows the different lives."

For Hall, he found a personal connection in the story. "My dad is a firefighter and there's a firefighter in [the show] and all the stories he tells is word-for-word in there," he said. "There's students now who work in fast food. There's housewives. This story is so relatable and a lot of musicals aren't relatable throughout. In this show, there's something for everyone." ■

DATES:
FEB. 17-19 &
FEB. 24-26



The promotional poster for the show depicts a wheel of everyday workers, suggesting their diversity and simultaneously their interchangeability. COURTESY OF THEATERCNU

A review: Hot or Not Yoga *and* Massage Studio



Aurena Green (left) and Melina Gonzales (right) practice their “Eagle” pose, a powerful healing exercise, especially in a hot yoga setting. **MACY FRIEND/THE CAPTAIN’S LOG**

For students who are looking for a different and fun way to exercise, this studio might be the perfect fit.

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

CNU offers many group exercise classes, ranging from Zumba to Pilates to kickboxing to yoga. Although these classes do their best to satisfy students, with the limited space the university has available, it is sometimes difficult to offer every possible subset of each activity. In these cases, students must look off-campus to fulfill their interests.

Situated in the Hidenwood shopping center next to CNU is an often overlooked feature of Newport News, but one that has become a secret favorite among some students. The Hot or Not Yoga and Massage Studio offers classes for beginners, experts and everyone in between.

Similar to CNU, the studio does offer yoga at a normal room temperature, but it is best known for its hot yoga classes.

It can be difficult to be locked in a

100-degree room for up to an hour and a half while performing a number of poses that make one look like an inverted pretzel. However, this technique is unlike any other and has benefits that other yoga styles do not.

Yoga originated in India according to the studio’s website. Emulating the same type of humid atmosphere, hot yoga stays true to its roots and lets participants get the most out of their session.

Like normal yoga, the practice strengthens, tones and detoxifies the body through slow and precise movements. However, adding heat intensifies the experience, causing one to sweat and release toxins more quickly.

This particular studio’s experience is calming.

The certified registered yoga instructors speak in whispered, but confident voices from the very moment one steps into the building,

to the time the class has ended. They clearly know their craft.

After signing in at the front desk, there is an option to rent a mat and a towel. Water is also available for purchase.

Mats are required for every class and must be rented unless one can supply their one.

Before entering the classroom, one will remove their shoes and socks, placing those items along with other personal items in a cubby.

No cell phones are permitted inside of the session, so not to disturb the relaxed atmosphere.

Inside, the heat is stifling, but not unbearable. After a few minutes, one’s body normally adjusts to the change in temperature.

Depending on the chosen session, difficulty in workouts range. However, many instructors remain sensitive to beginners and tailor the session to individual participants. As they instruct a new pose, they will often say something along the lines of “for more of a challenge, try doing this.”

They challenge those more expe-

rienced, while ensuring that newcomers do not fall behind.

Hydration before and after each class is the key to staying well throughout the process. They also suggest that one does not eat two hours before each session.

If one is looking for the same type of relaxation, but without all of the work that accompanies yoga, massages are also offered at a reasonable rate of \$1/hr.

This studio is the ideal destination for beginners. Instructors are welcoming and helpful.

They know exactly how to nudge their students in the right direction without making them feel like rookies. However, they also provide a challenge to those yoga buffs.

A one-week unlimited yoga pass is \$20 and can be purchased at the studio.

Newcomers should arrive twenty minutes early before their desired session, in order to have enough time to register.

The class schedule is available to view at hotyogamassage.com/index.htm. ■

Summer and fall abroad deadlines approach

Follow in the footsteps of your fellow Captains and apply for a college experience unlike any other.

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

With spring semester in full swing, it can sometimes be difficult to pull yourself out of the now and think about what the future may hold. However, with summer and fall study abroad external program application deadlines quickly approaching, your future opportunities could soon be narrowed if you don't act now.

Although the CNU sponsored summer abroad program application deadlines have passed and CNU sponsored fall semester abroad programs applications are due on Feb. 15, you still have time to start looking into non-CNU programs.

Finding a program

The easiest way to begin your study abroad process is by making an appointment with the Study Abroad Office. You can just stop by MCM 161 or email studyabroad@cnu.edu. After creating an online profile, finding a program is made easy. Once you have finished exploring various locations on a virtual map and choosing the one that you are most interested in, a list of potential programs pop up. Some popular programs among students include ISA Costa Rica, University of Glasgow and Florence University of the Arts.

Consider your own interests and academic needs before settling on a program.

Applications and deadlines

Because these programs are external, two applications must be completed: one for CNU and one for your

chosen program. Your CNU application can be completed online under your student profile, but the other application location varies based on program.

The deadline for non-CNU summer abroad program applications is March 1. The deadline for non-CNU fall semester abroad program applications is April 1. Program application deadlines will vary.

Scholarships

CNU offers five different Funds for Excellence Scholarships and they are as follows: CNU in Scotland Program Scholarship (open to all students), General Funds for Excellence Scholarship (open to all students), President's Leadership Program Scholarship (only pre-selected students), Honors Program Scholarship (only pre-selected students), Oxford Scholar Experience (only pre-selected students).

Departmental, program specific and national scholarships might also be available for application.

More information on all of these scholarships can be found in the Study Abroad Office.

Forms Day

If you plan to apply for a study abroad program, the Study Abroad Office is hosting a mandatory Forms Day to allow students to finalize any outstanding forms before program deadlines. Photos will also be taken for ID cards. Depending on how far along you might be with your application will determine how long you should stay at Forms Day. The event will take place on Feb. 28 between 11-2 p.m. on the second floor of the DSU in the Washington Room. ■



Paris
Under the
Stars

CLASS COUNCIL'S ANNUAL
CAPTAIN'S BALL

SATURDAY, FEBRUARY 11, 2017
DAVID STUDENT UNION
8PM-12AM

Tickets on sale at the DSU Welcome Desk
First 100 tickets purchased receive VIP access!

TICKETS: 1 for \$20 or 2 for \$30

classcouncil@cnu.edu @CNUClassCouncil



CNU students Maddie Ettrich and Charlotte Taylor are currently studying abroad in Florence through the Florence University of the Arts external program. This particular program is also offered in both the summer and fall semesters. PHOTO COURTESY OF MADDIE ETTRICH



ESCAPE. INDULGE.
RECLINE.

RESERVE YOURS ONLINE AT
PARAGONTHEATERS.COM

PARAGON
CITY CENTER 12

\$8 MOVIES FOR CNU STUDENTS
(MUST PRESENT ID)

ELECTRIC LEATHER RECLINERS
WITH FOOTRESTS AND TRAY TABLES

BEER, WINE &
EXPANDED CONCESSIONS MENU

TWO 60' EXTREME SCREEN AUDITORIUMS

FREE PARKING – STREET LEVEL & GARAGE

\$6 TUESDAY - ALL MOVIES*, ALL DAY!

11810 FOUNTAIN WAY, NEWPORT NEWS
(CITY CENTER AT OYSTER POINT) • 757.525.9898

PARAGONTHEATERS.COM



* EXCLUDES HOLIDAYS. 3D FILMS NOT INCLUDED. SOME RESTRICTIONS MAY APPLY.

\$6 TUESDAYS
AT **PARAGON**
CITY CENTER 12

ALL MOVIES,
EVERY TUESDAY!

BUY TICKETS & RESERVE SEATS AT
PARAGONTHEATERS.COM

EXCLUDES HOLIDAYS. 3D FILMS NOT INCLUDED. SOME RESTRICTIONS MAY APPLY.

my pi Monday
custom pizza • craft beer

GET **ANY PI** **\$7**
AND A **FOUNTAIN DRINK** FOR JUST



MYPIPIZZA.COM **#MYPIPIZZA**

CITY CENTER AT OYSTER POINT | 11810 FOUNTAIN WAY • NEWPORT NEWS, VA
PENINSULA TOWN CENTER | 4311 E. CLAIBORNE SQUARE • HAMPTON, VA