



# The Captain's Log

THE VOICE OF CHRISTOPHER NEWPORT UNIVERSITY STUDENTS

@CNUCAPTAINSLOG

WWW.THECAPTAINSLOG.ORG

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## SPRING IS IN THE AIR ON GREAT LAWN



STUDENTS ENJOYING THEMSELVES ON THE CAMPUS GREAT LAWN ON A SPRING-LIKE FEBRUARY AFTERNOON

PHOTO BY THE CAPTAINS LOG

### What's Inside

News	Snapshot	Sports	Lifestyle	A&E
Presidential Search Listening Session & Historical Background of CNU	Pets and Students on Great Lawn	Recap of Winter Olympics & Women's Basketball Game vs. Salisbury	Korean Stew Recipe	A Review of Theatre CNU's production of PIPPIN

## CNU DAY '22 Coming This March

**JOSH GRIMES**

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When we get back from Spring Break, CNU's Day of Giving, otherwise known as **CNU DAY** would be in its final countdown.

This semester, on March 16, will mark the eighth year of this campus tradition.

On this day, "it is a celebration, a special time to show our pride, honor our history and give back to scholarships, athletics or to the area you care most about."

Here's what we can do on March 16:

1) Show your spirit. "Put on your silver and blue and show the world what it means to be a Captain."

2) Share your story. "We believe in dramatic transformation. Share how this place has changed your life by posting on social media using #CNUday22. Reach out to other Captains and get them fired up, too!"

3) Make a gift. "Alumni giving matters -- for strengthening scholarships, academic and athletic programs and our national ranking. We have several special projects that are in need of funding -- or you can support what you care about most. Every gift of any size makes a difference."

Something else that would be expected is some fun activities on the Great Lawn with a #CNUday22 sign in front of Christopher Newport Hall.

**CNU DAY** has a special meaning as it was one of the last big events before CNU had to shut down in Spring 2020 because of the pandemic, which is still ongoing, almost three years later.

This year's celebration have another special meaning as it is the last for President Tribble as head of this university.

As we head into Spring Break, this edition is the last, until **CNU DAY**.

There will be live tracking of the money raised at cnuaday.cnu.edu.



ALL PHOTOS BY  
THE CAPTAINS  
LOG

CNU DAY '21 WAS  
ON APRIL 14.

## What's Happening Soon on Campus

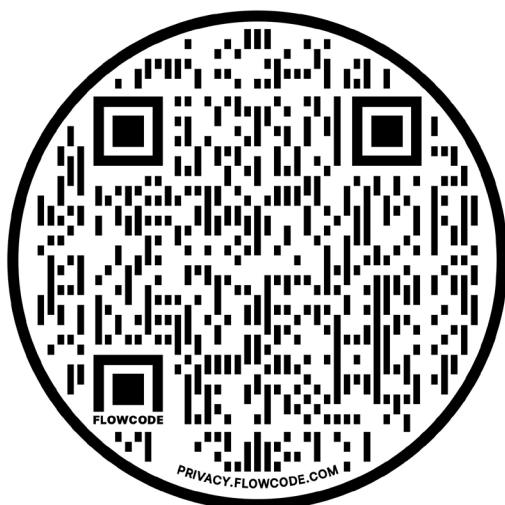
**February 24**  
**University Orchestra Concert**  
**8pm; Diamonstein**

**February 26-March 6**  
**Spring Break '22**

**March 7**  
**CNU & ODU Faculty**  
**Quartet**  
**Peebles Theatre | 7pm**

**March 11**  
**CNU Music Greeks**  
**Soundscapes**  
**Peebles Theatre | 7pm**

**March 18**  
**CNU Wind Ensemble**  
**performs**  
**Diamonstein | 3pm**



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THE HAMPTON ROADS ORAL HISTORY PROJECT  
AND WOMEN'S AND GENDER STUDIES PROGRAM  
present

**MARGOT LEE SHETTERLY**  
Bestselling Author of *Hidden Figures*  
**Tuesday, March 22, 2022**  
7:30 p.m. | Diamonstein Concert Hall

Book signing to follow

So many of the diverse women behind history's biggest accomplishments are forgotten--but thanks to Margot Lee Shetterly a few of them are finally getting the recognition they deserve. Shetterly is the author of *Hidden Figures*, the New York Times bestselling book behind 2016's Oscar-nominated hit film. *Hidden Figures* details the untold story of the Black female NASA mathematicians whose grit and determination in the face of discrimination helped America win the space race.

What do these women of science teach us about the value of seeking talent, no matter where it comes from? And what insights can they offer us about the present and future of STEM? With the civil rights movement as background and context, Shetterly shares the stories of these pioneering female mathematicians, and discusses how diversity, mentorship and a passion for work can unlock the door to individual and organizational success.

CHRISTOPHER NEWPORT UNIVERSITY

With special support from the Division of Student Affairs and additional sponsorship from Tribble Library, the College of Arts and Humanities, the College of Natural and Behavioral Sciences, and the Departments of Communication, English, Fine Art and Art History, History, Mathematics, Modern and Classical Languages and Literatures, Physics, Computer Science, and Engineering, Sociology, Social Work and Anthropology and Theater and Dance

PASADENA HONORS PROGRAM APPROVED EVENT

# Press Release from CNU Skymaul:

FOR IMMEDIATE RELEASE - February 17, 2022

## CHRISTOPHER NEWPORT UNIVERSITY ULTIMATE TEAM “SKYMAUL” TO MAKE THEIR MARK IN FCS D-III TOURNAMENT THIS SPRING

CNU Men’s Ultimate Frisbee Team (Skymaul) is looking forward to its 5-hour drive to North Carolina in two weeks as team members gear up to compete in the FCS D-III Tune-Up Ultimate Frisbee Tournament. The Spring 2022 tournament will take place Saturday, March 5 to Sunday, March 6 on a number of fields in the town of Advance, North Carolina located about 20 miles South-West of Winston-Salem.

Skymaul is looking forward to this tournament with its unique devotion to D-III teams. Tune-Up provides dedicated playtime to the strongest of the D-III programs. For the past three years, D-III’s best have come together in Advance, North Carolina to compete. “We beat two recent D-III national teams this fall. I’d like to add to that total at Tune-Up,” says Coach Ben Slade when asked about the goals for Skymaul for the weekend. “If we can consistently compete against and secure wins against strong D-III teams, we will know we are on the right track.”

The goal of The Tune-Up tournament is to give the best players of the D-III men’s Ultimate Frisbee division the national spotlight. Skymaul has now, in the 2021-22 season, reached one of its all-time peaks since it was established as a club at Christopher Newport University (CNU) in 2014. The team saw a major shift in play-style and overall philosophy back in the fall of 2018 when they brought on their first two coaches ever in brothers Ben and Tim Slade. With their tutelage and the tireless work put in by the now-senior class, the team is looking forward to showcasing their dynamic and flexible offensive approach that is far removed from previous iterations of the team’s style that relied on the deep ball and nothing more. Their attack will feature handlers Joshua Nelson (2) from Richmond VA, Charlie Baird (37) from Burke VA, and Sean Walsh (7) from Gaithersburg MD dishing to cutters Adam Krim (13) from Bethany Beach DE, Shane Kearney (48) from Lexington VA, Josh Beck (4) from Stuarts Draft VA, and Will Yaglou (28) from Fairfax VA.

The Tune-Up tournament is put on by Michael Ball, a coach of Highpoint University’s Men’s team and a member of the crew at Ultiworld, the premier Ultimate Frisbee media outlet.

Ultiworld sends a crew to this tournament to live stream games and has reporters on the sidelines showcasing player performance. “It’s a new experience for all of us,” says Captain Sean Walsh, “all of our guys are excited to have a chance to put their skills on display for possibly the whole world to see.” Skymaul looks forward to the strong competition with teams such as the University of Richmond Spidermonkeys and the University of Rochester Piggies and appreciates the opportunity to participate in this well-recognized tournament.

FOR MORE INFORMATION, CONTACT:  
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PHOTO COURTESY OF SKYMAUL’S SOCIAL MEDIA (INSTAGRAM/TWITTER)

### ABOUT CNU’S SKYMAUL TEAM:

Skymaul is the Men’s Ultimate Frisbee team here on the CNU campus. The team welcomes all people to join regardless of ability level and practices multiple times a week to work on their craft. The team prides itself on being a fun group where everyone can feel welcome and have an opportunity to become a better player.

# SPRING 2022

## Events Calendar

### FEBRUARY

2/4+2/5 Movie: 10 Things I Hate About You

2/10 Cultural Coffee Hour

2/11 Build-A-Buddy

2/18 Glow Crazy

2/19 Mentalist: Zak Mirz

### MARCH

3/11 Crafty Cacti

3/12 Captain's Ball

3/18+3/19 Movie: Encanto

3/22 Dorm Dining

3/23 Poet: Ebony Stewart

3/25 Fruit Ninja

3/26 CNU Music Festival

### APRIL

4/1 Intercultural Festival

4/8 Magician: Kid Ace & Movie: Spider-Man: No Way Home

4/15 SpringFest & Band: Dawson Hollow

CAMPUS ACTIVITIES BOARD

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Instagram, Twitter, Facebook, TikTok icons

COURTESY OF CAB (CAMPUS ACTIVITIES BOARD)

TheaterCNU and the Department of Music present

# PIPPIN

Book by ROGER O. HIRSON

Music & Lyrics by STEPHEN SCHWARTZ

Originally produced on the Broadway stage by Stuart Ostrow  
Originally directed on the Broadway stage by Bob Fosse  
2013 Broadway revival directed by Diane Paulus  
This Ending Originally Conceived in 1968 by Mick Sebastian

FEB. 18-20 & 23-25, 2022

FOR TICKETS, VISIT THEATER.CNU.EDU

2022 OFFICIAL SPONSOR: Langley

PERFORMING ARTS: RIVERSIDE

Produced through special arrangement with TheaterCNU and the Department of Music. All other content provided by the artist.

COURTESY OF CNU MUSIC

# Presidential Search Listening Session for CNU students

## A recap of the virtual open forum and a timeline of the search

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On Monday, as part of the Presidential Search Committee's efforts to find the next suitable university president, their Executive Search Firm, Buffkin/Baker, facilitated an on-line forum in which students could share their thoughts, opinions, and suggestions regarding the future leader of CNU.

The meeting lasted approximately 40 minutes and was run by Martin Baker from Buffkin/Baker search firm.

Baker directed questions at the students in order to better understand what they are looking for in the next president.

To begin the discussion, Baker asked students to share what parts of CNU appealed to them when they were looking at colleges. Additionally he wanted to know what students appreciate about the environment at CNU and what makes the school special.

Some students emphasized the importance of having small classes and an overall close community feel on campus. Another student described how they appreciated President Tribble's close relationship with the student body and they noted the effort he makes to connect with each student. They hope to see the next president foster the same relationship with students.

Next, Baker asked about concerns that students may have that they think should be addressed.

Students brought up many ideas, such as a greater focus on diversity, continuing and improving programs for locals, such as Community Captains, and better administrative support of Greek life. A couple students also said that they wished for better communication between the different sections of the administration and between faculty and the administration.

Baker also asked students what they thought the new president should prioritize once in office.

One student stated that they value the legislative connections that Tribble has as a former politician and that this has been an advantage to him as university president. The student said that they hope that the next president can support students in a similar way, but also be transparent about their plans and goals.

Finally Baker asked students to share what skill sets or attributes they think would be helpful to see in the next president.

Students look forward to a president that is authentic, accepts other religious and political perspectives, and acknowledges the hardships of each student. One student said that they wanted the next president to have a close relationship with the whole CNU community, this includes students, faculty and staff.

The Presidential Search Committee plans



Screenshot of The Presidential Search website, photo courtesy of The Captain's Log

to hold meetings on February 23 at 7p.m. and March 8th at 1:30 p.m., the day after spring break ends. This second forum will be broader, available not only to students but also faculty and staff. In order to include those who could not be a part of the forums, there is an Open forum Questions Survey that people can fill out online.

These forums represent just one part of an extensive series of steps that the Presidential Search Committee will go through in appointing a new president. The Presidential Search web page includes a detailed timeline of the entire process. Below is a shortened version of the timeline, containing the main highlights:

### “Planning and Preparation: Winter and Spring, 2022”

- February and March, 2022
  - forums and listening sessions
  - Creation of Leadership Profile
- April 7, 2022
  - Share Leadership Profile with Board of Visitors
- April 14, 2022
  - Approve Leadership Profile at

### Board of Visitors Meeting

#### “Recruitment of Candidates: May-August, 2022”

- Advertisements
- “Develop a diverse pool of qualified candidates”
- Interview potential candidates
- Create candidate review rubric
- Mid-point check-in meeting with the Search committee

#### “Candidate Review: Early Fall, 2022”

- Search committee chooses semi finalist candidates
- Finalize first round interview questions

#### “Candidate Interviews: Late Fall, 2022”

- Interview with semifinalist candidates
- Search committee presents 2-5 finalists to the Board of Visitors

#### “Final Visits and Successful Completion of Search: January/February 2023”

- Background checks and final references for candidates
- Finalist candidates meet with the Board of Visitors
- Search concluded

ZOOM OPEN FORUM LISTENING SESSIONS	
February 21 at 3:00 p.m. Student Forum	<a href="#">Register for this session</a>
March 8 at 1:30 p.m. Open Forum for Faculty, Staff or Students	<a href="#">Register for this session</a>

Screenshot of the session listings, photo courtesy of The Captain's Log

# New Chief DEI Officer Announced

Tribble appoints Vidal Dickerson

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In an email to the student body on Feb. 22, President Tribble announced that Vidal Dickerson would be the new Chief Diversity, Equity and Inclusion Officer, starting on Apr.1, 2022. Dickerson will be taking the place of Dr. Angela Spranger who is leaving CNU to be the inaugural Chief Diversity Officer and Founding Director of the Center for Diversity, Equity and Inclusion in Business at the Carlson School of Management in Minneapolis, Minnesota. Dickerson currently acts as the Special Assistant for diversity and Inclusion to Dr. Kevin Hughes, the Vice President of Student Affairs.

# Signing Day 2022

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Signing Day for the sophomore class of 2024 took place in the library this Tuesday, Feb. 22. Each student had the opportunity to go to their department's table, sign their name and receive the pin associated with their major. They also had to scan a QR code in order to fill out a declaration of major form. This event marks the commitment that students make to their major and it is also a great opportunity for them to interact with professors from their department.



Pins, photo courtesy of The Captain's Log. More photos on p. 15

# The Truth Behind CNU Campus

A historical background on the campus's construction

SAVANNAH DUNN  
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With Black History Month coming to a close, the Captain's Log would like to acknowledge and bring awareness to the true history of Christopher Newport University. Most people do not know the original foundation of the University's campus and it is not something really talked about. It is important that we always remember and bring awareness to the origins of our campus and how it affected the African American community in Newport News.

According to the Daily Press, in the 1960's, Christopher Newport College (CNC) and the City of Newport News fought for three years to gain the property along Shoe Lane and turn it into their campus. Residents along Shoe Lane happened to be African American families who did not want to give up their homes. Against the wishes of these families and others in the community, Newport News gained that land and gifted it to CNC, with a City Council vote of 5-2. CNC had the option of building their school along Shoe Lane or on another piece of property just a couple of miles down Warwick Blvd, where Todd Stadium now stands. That property was vacant and CNC had full capability of purchasing that land, but decided that Shoe Lane was the best fit for them, no matter how it affected the individuals who lived there.

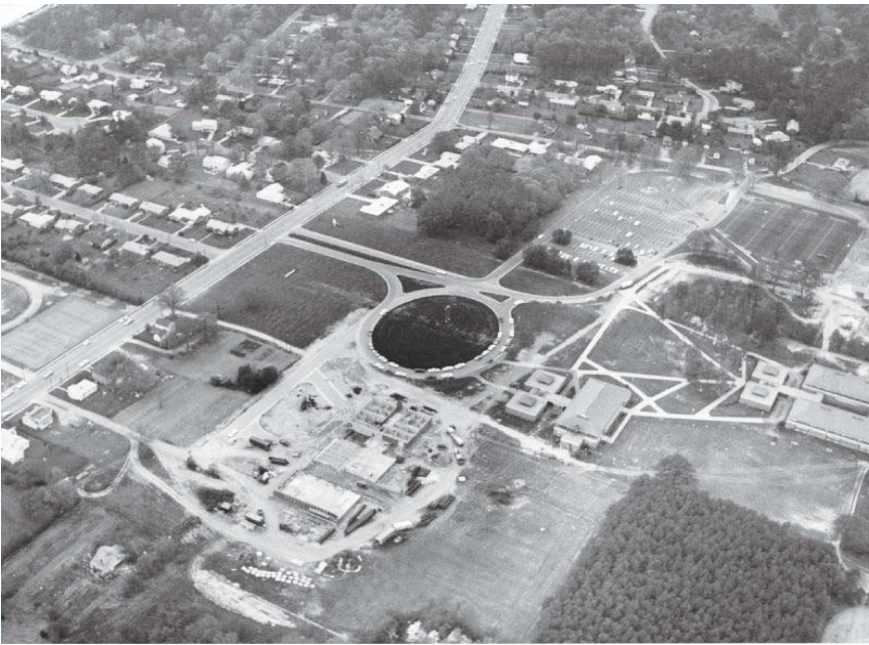


Photo of CNU campus being built, photo courtesy of The Daily Press

William Walker Jr., photo courtesy of The Daily Press



One of those members of the community was William Walker Jr. According to the Daily Press Walker played a significant role in protesting the city's plans to purchase Shoe Lane because many of the families along that property felt that the community would be displaced. Walker's plan for Shoe Lane was to turn it into a middle class, African American subdivision, but that dream never saw the light of day. After years of protesting and fighting the City, Walker and the other residents of Shoe Lane lost the battle and were forced to give up their homes. Walker's house sat at 72 Shoe Lane, where the current Alumni House is now located. Walker ended up joining the CNU Board of Visitors in 1978. After Walker passed away in 2004, his house was the last of the remaining originals along Shoe Lane to be torn down. "He was wronged by his neighbors, but instead of reacting with anger, he chose to serve and lead and love this community. He helped lay the foundation for this great university and he helped build Newport News into a more vibrant, diverse and multicultural city. William Walker helped make the world better," said President Paul Tribble in the dedication to Walker on the lawn in which his house once stood.

# Texas Chainsaw Massacre

## CLOG Staffwriter Review on Netflix's New Movie

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In 1974, a controversial film was released to the public called the Texas Chainsaw Massacre. While criticized in its time for its violent content, it became a landmark horror film that changed the horror genre as we know it. It's gained a massive cult following like many of its slasher film contemporaries. It has spawned eight films since then, some have been successful, some haven't. This Netflix film is the second attempt, following a disastrous first attempt in 2013, to create a spiritual sequel to the original film. But does it live up to its influential predecessor and capture the macabre insanity that entices so many fans? To put it simply, no.

The film, set 50 years after the original, follows a group of entrepreneurs who are looking to gentrify a Texas ghost town but unknowingly disturb the quiet paradise of the original film's silent villain, Leatherface. The 1 hour, 23 minute run time does not give you the chance to form any investment into the characters. The only characters other than Leatherface who get full exposure as characters are Lila, a school shooting survivor with PTSD, and her sister Melody, a highly unlikable entrepreneur. While a movie's run time does not ever reflect its quality, it's hard to find care in any-

body on screen that's life is in danger in such a short time.

One of the main selling points of the movie was the return of Sally Hardesty, the final girl of the original, last seen laughing while covered in blood as she escaped from Leatherface. It was presented in advertisements that the showdown between Sally and Leatherface would echo the legendary showdown between Michael Myers and the first final girl Laurie Strode in the 2018 Halloween film (also a spiritual sequel to the original Halloween). The concept of the final girl/boy facing down with the killer years later entices horror fans but it's the execution that's important. But Sally is barely in the movie, the showdown between her and Leatherface is terribly underwhelming and it feels more like a nostalgia trap to put Sally in the film for fans to watch rather than having her serve a narrative purpose.

The film does have its positives. While it doesn't have as much bloody violence as its predecessors, when it does happen, it is a bloody (pun intended) good time. One of the major appeals of slasher films is the killers finding creative ways to finish off

their victims. It's also good to see the occasional callbacks to the original, such as Leatherface's chainsaw dance and the iconic door creek sound effect.

Ultimately this film serves as another sad example of big movie studios not understanding the true appeal of these horror franchises. These franchises are not just cash cows, these franchises have such a loyal following because they are unique, unorthodox, and have created iconic characters that fascinate audiences and can't be changed or replicated. The

original Texas Chainsaw Massacre is a blood soaked masterpiece that is so hard to even try to replicate. This movie's criminally short run time, paper thin characters, nostalgia trapping, and the little violence there is, pull this movie down and make it just another disappointing entry in this franchise. I would recommend just revisiting the original Texas Chainsaw Massacre.

2.5/5 Chainsaws Approved



Photo  
Courtesy of  
The New  
York Times

## Coming Up in A&E

### Pippin

Wednesday February 23rd  
through Friday, February 25th  
in Peebles Theater

Free entry with a valid CNU  
Student ID

\$12.00 for non CNU Students

### Rain

A tribute to The Beatles  
In the Diamonstein Concert  
Hall on March 9th

### Hidden Figures

Author, Margot Lee Shet-  
terly is to speak at CNU on  
March 22nd

### American Idol

Season 20 premiering on  
ABC Sunday, February 27th at  
8:00pm

### Fiddler On The Roof

Broadway's Fiddler On The  
Roof tour will be stopping by  
the Diamonstein Concert Hall  
on March 14th

### 94th Academy Awards

Catch the Oscars live on  
ABC on March 27th!

# It's Time To Start Livin' For Pippin

## CLOG Staffwriter Review on Pippin!

MAGGIE GAMMONS

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Over the Weekend Christopher Newport Theater and Dance Department put on the production of 'Pippin'. A 1972 rock musical with music and lyrics by Stephen Schwartz. Pippin displays the journey of a young prince as he discovers his meaning and significance. Pippin, played by Tanner Payne, embodied the character not only in spirit but also in knowledge of actions. He had great energy with the rest of the actors and dancers while not taking away from his own spotlight. The Leading Player, played by Emily Phelps, directs Pippin through his own story and recognizes the audience throughout the morally ambiguous choices of the protagonist. Emily Phelps was the perfect devil's advocate. She was excellent at putting on a show and moving Pippin to push himself into his darkest spots. My favorite part was Fastrada's (Remy Thompson), Pippin's step mother, solo of "Spread a Little Sunshine". Thomsons dancing reflected her singing and she engaged with the audience through her movement. The ensemble also plays a very large role in this musical as they aid the Leading Player to glorify Pippin's life.

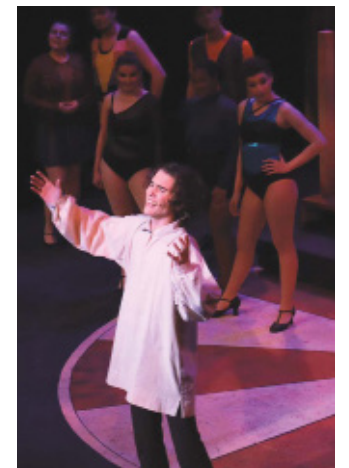
During the play it was clear how much time and passion was put into this musical, as every person and detail was pristine. The set was very colorful and helped the audience understand one of the most important themes in the musical: the difference between reality and fantasy. The orchestra, conducted by J. Lynn Thompson, was also perfectly in sync with everyone on stage. There was one specific scene when the Leading Player interacted with the orchestra, telling them to stop their playing, and you could feel the tension not only in the acting but also in the music.

From the detailed sets to cast harmonies, Pippin' was nothing short of greatness.

After you leave this play you will feel a sense of wonder and thoughtfulness for how you go about your future and attaining your happiness. You will have a chance to see the greatness for yourself this week, Wednesday the 23rd through Friday the 25th at 7:30pm in the Fergusson building. Tickets are free for CNU students with a valid CNU ID or \$12.00 for non-CNU students. I definitely recommend that you go check it out while you still can!



Taken during their Dress Reshearsal  
Photos Courtesy of Captain's Log



# What's Going on??

Here's what you missed in the wide world of sports...

1) Juwan Howard, the current coach for Michigan Men's Basketball team has been suspended for the rest of the season. This comes after a huge altercation broke out on the courts amongst the other coaches and athletes.

2) In a cryptic post, Green Bay Packers Quarterback, Aaron Rodgers, has posted an heartfelt thank-you to his team and ex-fiancee. This has continued further allegations that he might be searching for a new team or retiring from the NFL completely.

3) Tensions seem to mount on the NBA Pelicans team as they fail to recognize superstar, Zion Williamson for the 2022-2023 season ticket holders. This comes after repeated foot surgeries & bad behavior.

## CNU v. Salisbury University

A Basketball rivalry unlike any other

SAVANNAH DUNN  
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It was an exciting night for the Lady Captains as they went head to head with Salisbury University on Senior Night. Before the start of the game all of the senior Captains were recognized for their accomplishments throughout their time at CNU, but head coach, Bill Broderick, made sure that the seniors of Salisbury were recognized as well. He had their names called and gave them each a flower.

Along with recognizing the seniors of both teams, Coach Broderick paid tribute to Ms. Virginia, a long time CNU Basketball superfan. Ms. Virginia passed away the morning of the game and a seat was left open in her honor. The crowd took a moment of silence to honor her.

Ms. Virginia was born in 1926 and even though she was not physically there, her presence could be felt at the game.

The first few minutes of the game had Captains fans on the edge of their seats as Salisbury started off strong and racked up the first few points of the game, taking the lead. The first quarter ended with a score of 20-15 Salisbury, but hope was still high. The Captains were able to get their head in the game for the second quarter and did not let Salisbury have the lead for too long. Salisbury only gained 6 points in the second quarter with the Captains scoring 20.

At halftime, the seniors of Storm and Cheer were recognized followed by the annual

Storm and Studs performance as well as a performance by the cheer team.

Both teams came back from halftime strong with each gaining 20 points for the third quarter. Although the Captains were in the lead, Salisbury wasn't far behind and the game could go either way. The Captains, however, played incredible defense and did not let Salisbury catch up. The game ended with a score of 76-62 with the Captains keeping their undefeated streak.

The Captains will be heading to Santa Cruz, CA next weekend to compete in the conference championship where they will hopefully keep their place as number 1 in the nation.



CNU SENIOR NATALIE TERWILLIGER SHOOTING A FREE THROW

PHOTO COURTESY OF CNU ATHLETICS

# The 2022 Beijing Winter Olympic Recap

## Here's the rundown from snowy hilltop

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During the month of February, the global world came together again for the Winter Olympics in Beijing, China. It has been roughly 6 months since the Tokyo Summer Olympics 2020. (Ironically, these games took place throughout the summer of 2021) This Olympic winter games in particular...was a very dry coverage.

Don't get me wrong, the Olympics are a way for the world to come together and stand; however this event has been seeded with some rather political tensions. People aren't really talking much, in CNU at least, about the event. Granted, people probably had that Olympic talk and chatter during the summer because of the pandemic, but when it comes to the Winter games, no one seems to know that they are even occurring.

So, to those who forgot and wanted a TLDR about all the

highlights, events, medal count, here we go.

China was the host nation and because of the political tension between China and the US, the US didn't send any political representatives to the games. They also stressed to the US athletes to have burner cell phones in case of a security breach. In addition, the geopolitical stage was, at least, a boil because of the Ukraine-Russia border tensions, the India-China border tensions, and the mass detention of Uyghurs (China's Muslim ethnic group in Xinjiang) set the limelight of the games.

In addition, the biggest story to come to the spotlight is Kamila Valieva, the fifteen year old Russian figure skater phenom who fell during her performance. She was allowed to compete, even though they found traces of

a banned heart medication on her. This information came public after she won gold. Her performance was void causing her to break into tears and resulted in her being berated by her coach.

That begs the questions of how much we demand our athletes when they compete, how might children represent their country. The president of the International Olympic Committee (IOC), Thomas Bach, felt shaken after the news and whether it is alright for these young athletes to compete in these grand competitions. Right now the IOC has no power to institute an age restriction on the Olympics, only the individual international sports federations can institute that power.

At the end of the competition, the top five countries that took the most medals are: First Norway with 37 medals,

Second Russia Olympic Committee (ROC) with 32, Third Germany with 27, Fourth with Canada at 26, and fifth is the United States with 25. The host nation of China got a total of 15 medals.

Overall, the Winter Olympics in Beijing came to a mediocre end in terms of political drama. The athletes who competed did great work representing their country and craft with their sports. And Valieva's situation continues to beg the questions about how to treat our young athletes. The next city to host the Winter Olympics is the Italian cities of Milan and Cortina d'Ampezzo in 2026.



RUSSIAN FIGURE SKATER KAMILA VALIEVA

PHOTO COURTESY OF INEWS

What's happening soon in Sports:

February 23 - 28th\*

\*Games listed are happening at CNU

February 23rd:

Men's Baseball :  
CNU v. Bridgewater College  
Time: 2:00pm

February 25th:

Men's Basketball:  
CNU v. Coast-to-Coast Athletic Conference Semifinals  
Time: 5pm

February 27th:

Men's Basketball:  
CNU v. Coast-to-Coast Athletic Conference Championship

February 26-27th:

Men and Women's Track & Field:  
Qualifier & Combined events  
Time: TBD

Women's Lacrosse  
CNU v. Moravian University  
Time: 1:00pm

To look at events for future weeks visit [cnusports.com](https://cnusports.com)

# Korean Army Stew Recipe

Turning ramen noodles into a delicious stew

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It's well known that one of the favorite meals of every college student is ramen noodles. But have you ever wanted to turn a ramen noodle packet into a larger meal? It's absolutely possible and only requires a few ingredients and a pot. This is the Korean Army Stew, otherwise known as budae jjigae. This recipe arose out of a food shortage in South Korea following the Korean War, where surplus food from American army bases became a necessity. It remains a popular dish in South Korea.

Ingredients

For the stew

- 4 cups of chicken broth
- 2 packs of instant ramen noodles
- 1 can of Spam, sliced
- 1 cup of kimchi
- 3 strips bacon
- 4-5 sliced vienna sausages
- 3-4 sliced shiitake mushroom caps, sliced
- ½ medium onion, thinly sliced
- ¼ cup baked beans
- 3 oz rice cake (soak in water 15 minutes if you select a frozen rice cake)

For the seasoning sauce

- 2 tablespoon Gochugaru (Korean red pepper flakes)
- 1 teaspoon Gochujang (Korean red chili pepper paste)
- 1 tablespoon of soy sauce
- ¼ teaspoon black pepper
- 1 ½ tablespoon garlic

Instructions

1. Mix your seasoning ingredients in a separate mixing bowl until combined
2. Prepare and cook all of your ingredients. Make sure the meat and vegetables are cleaned with water before slicing
3. In a large shallow pot, add your Spam, kimchi, sausages, mushrooms,bacon, beans,onion, and other desired ingredients.
4. Pour chicken broth in and add the seasoning sauce in the center.

5. Cover and cook on stovetop at medium high heat until the stock boils
6. Add the ramen noodles and rice cake, continue cooking for 2-3 minutes, or until the noodles are cooked
7. Enjoy! (You can also serve this dish with rice)

still Korean Army Stew. People have added eggs, hot dogs, cheese, okra, tofu, and other ingredients. You can add any sort of broth and use any sort of ingredients in the seasoning sauce. There are hundreds of recipes online if you want tips.

Note: One of the beautiful things about this recipe is that it is completely optional what you put in this stew. You can add or subtract any of these ingredients. As long as it has the essentials of noodles, meat, vegetables, and kimchi, it is



Top: Korean Army Stew Ingredients  
Left: Korean Army Stew (cooked)  
Photos Courtesy of thefoodietakesflight.com  
and thecheaplazyvegan.com on page 10

Photos Courtesy of Captain's Log on page 11

# CNU Photo Exhibition Reception

## A recap of what happened and who won

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On Feb. 17th at 5 pm, a reception was held in the Mary M. Torggler Fine Arts Center to declare the winners of the CNU Annual Photography Exhibition. The exhibition celebrates the many photographers at CNU and the Newport News community. The reception even had some food and drinks laid out for people to have. I was surprised to see a decent turnout at the reception, as this is not an event that many people would care about.

At the beginning of the reception, Dr. Michelle Erhardt, the Chair of the Fine Art and Art History department, and Jodie Gordon, the administrative coordinator for the Fine Art and Art History department, spoke about the CNU Photography Exhibition. They gave a little history of the event and thanked those involved in the exhibition. Then, the two jurors of the exhibition, William Grace and John Warters, each spoke about why they're photographers and explained the criteria for choosing the winners. The criteria included composition, lighting, the title, and how emotionally expressive the photograph was.

There were three winners for first, second, and third place and two honorable mentions. Each person got a certificate and a cash award from \$50-\$300. After the winners were announced, they each came up and spoke a little about their work and thanked those involved.

The honorable mention winners were "Anhinga in the Morning Sun" by Vance Solseth and "BLM Suffolk 2020" by Angelique Ira Ramos. These two pictures were very good, with Ramos' being a visceral work that packed some emotional punch due to its subject matter. Solseth's photo was

interesting though a little too dark for my taste. There were other nature photographs that I thought were more eye-catching.

The third-place winner was "War of Confusion" by Kimberly Tross, who won a \$100 cash award. This photo was one of my favorites from the exhibition, and I was happy it won. It's a picture of a war memorial, and because of how blurry it is, the statues look like they're moving, which is a cool effect.

The second-place winner was "A Far Off Look" by Barbara Gibson, who won a \$200 cash award. I'll admit I didn't really notice the photo in the exhibition when surrounded by all the other photos, but Gibson's work stood out to me during the reception because of how bold the colors were and the fact that it was on canvas. Canvas was not something that many other photographers used in the exhibition.

The first place winner was "Forgive Me" by Brandon Davis, who won a \$300 cash award. It's a very cute and funny photo, with the title tying it all together, but I don't think it should have been first place. Davis had a good idea, and it's executed well, though it feels like a last-minute submission in some aspects. I can see why people like it, and I actually kind of like it myself because no one's taking themselves too seriously. However, there were photos that I liked more and thought had a better chance of winning.



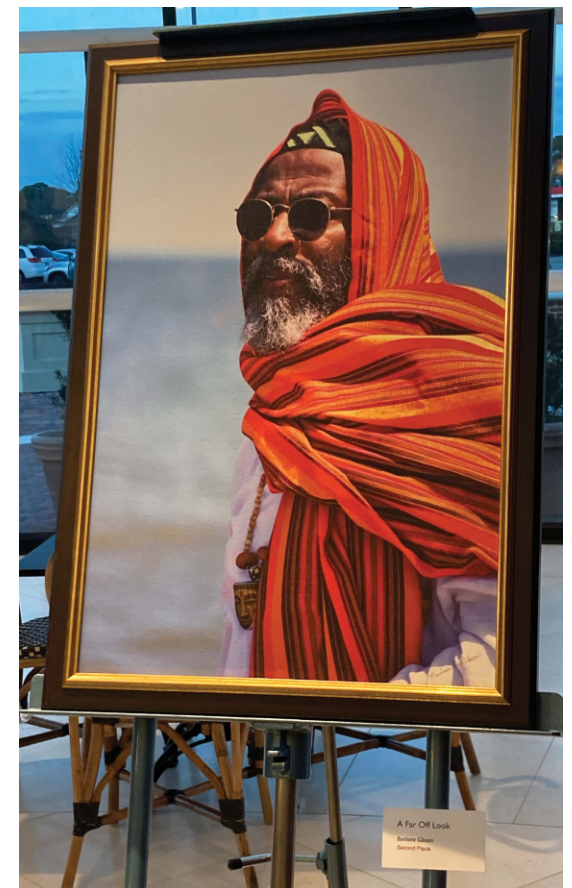
BLM Suffolk 2020  
Angelique Ira Ramos



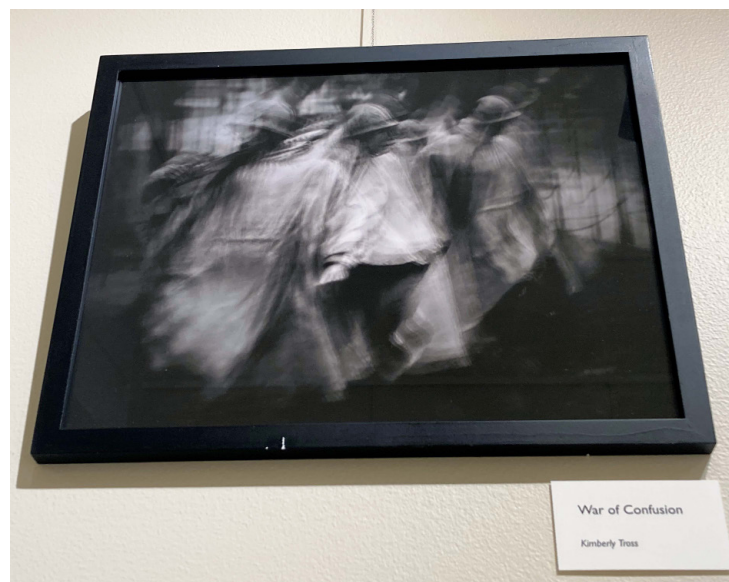
Forgive Me  
Brandon Davis



Anhinga in the Morning Sun  
Vance Solseth



A Far Off Look  
Barbara Gibson



War of Confusion  
Kimberly Tross

**Top Left: "BLM Suffolk 2020"**

**by Angelique Ira Ramos -**

**Honorable Mention**

**Middle Left: "Anhinga in the**

**Morning Sun" by Vance**

**Solseth**

**Top Right: "Forgive Me" by**

**Brandon Davis - 1st place**

**Middle Right: "A Far Off Look" by**

**Barbara Gibson - 2nd place**

**Bottom Left: "War of Confusion"**

**by Kimberly Tross - 3rd place**

# Great Fun on the Great Lawn

Sun Out Spring Out



HI FAMILY! I'M DOING WELL AT CNU! THEY HAVE A BIG LAWN!

PHOTO BY CAITLYN BERRYHILL INSTAGRAM: @CNU.PETS



PLAYING GUITAR IN THE SUNLIGHT PHOTO BY CAPTAIN'S LOG



GAS GAS GAS THEY ARE STEPPING ON THE GAS! PHOTO BY CAPTAIN'S LOG



BIG SMILE FOR THE CAMERA!

PHOTO BY CAITLYN BERRYHILL INSTAGRAM: @CNU.PETS



**SPIKE!**  
**PLAYING SPIKEBALL ON THE GREAT LAWN**  
**PHOTO BY CAPTAIN'S LOG**



**RIGHT: LAYING IN THE GREAT LAWN**  
**BOTTOM: WALKING IN THE GREAT WEATHER**  
**PHOTO BY CAPTAIN'S LOG**



**BOTTOM: WHO A GOOD DOGGO?**  
**PHOTO BY CAITLYN BERRYHILL INSTAGRAM @CNU.PETS**



**RELAXING ON THE LAWN PHOTO BY CAPTAIN'S LOG**



Recapping the Week

Career Fair Spring 2022



STUDENTS SEARCHING FOR INTERNSHIPS AND ENTRY LEVEL JOBS

PHOTO BY CAPTAIN'S LOG



# Signing Day 2022



FINE ARTS MAJOR BOOTH PHOTO OF CAPTAIN'S LOG



SIGNED UP FOR PSYCHONOLGOY!  
PHOTO BY CAPTAIN'S LOG



TOP: BECOMING A THEATER & DANCE MAJOR  
BOTTOM: OFFICIALLY BECOMING NEUROSCIENCE  
PHOTO BY CAPTAIN'S LOG



MAIN LIBRARY AREA TURN INTO SIGNING DAY  
PHOTO BY CAPTAIN'S LOG

# Trible Portrait Taken from the Library

## A mystery that is easy to miss

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The 60th Anniversary of CNU has been interesting to witness. Something that came from that was the library’s History of CNU.

The library, down the hallway on the first floor, details historical moments of CNU, from its construction to the first newspaper on campus.

While most students commonly ignore the pictures and captions with it, accepting it as part of their daily routine when enroute to their classes or campus walk, I start to notice that not all pictures are there now.

On the wall to your right when entering the hallway from the plaza side of the library, you would see the wall label: “A New Era Begins: 1996”, displaying the start of President’s Paul Tribles as president of CNU.

Facing this section on the wall, on the far left side, labeled with a caption title: “Paul & Rosemary Tribles”, the picture that the caption was written for, is gone.

All you see at this part of the exhibit now is three pictures, four caption panels, and two black velcro command strips.

That picture for what I assumed was Tribles and his wife becoming the president of CNU, is now gone.

That begs the question of where is it? Was it stolen? Did it just fall and possibly throw it away? Or the library staff have it in their possession and haven’t had time to put it back up.

Some facts for this mystery, there is one security camera in that hallway, down near the entrance of that hallway heading to the visitor’s parking lot.

The camera should know what happened. Do we know when it happened?

No. I noticed the missing portrait on Thursday, Feb. 17th, while walking back to East Campus.

It could have been earlier in the month when it happened to disappear.

I mean, the pictures are just laminated stock glued/fitted onto black foam, so it is light and easy to pull on without damaging the walls and it was fastened with velcro command strips.

Someone could have easily taken

it for whatever reason.

Another possibility is that it could have fallen off the velcro.

Currently, some of the pictures are leaning a bit and starting to come off the velcro, so it could have fallen off and someone picked it up and left with it.

I don’t know why someone would take it. I hope that the library has it in their possession and are planning to place it back, if they found it fallen or a student returned it to the front desk. For now, that spot is empty.

Note: The photo in question was put back as of Tuesday Feb 22.

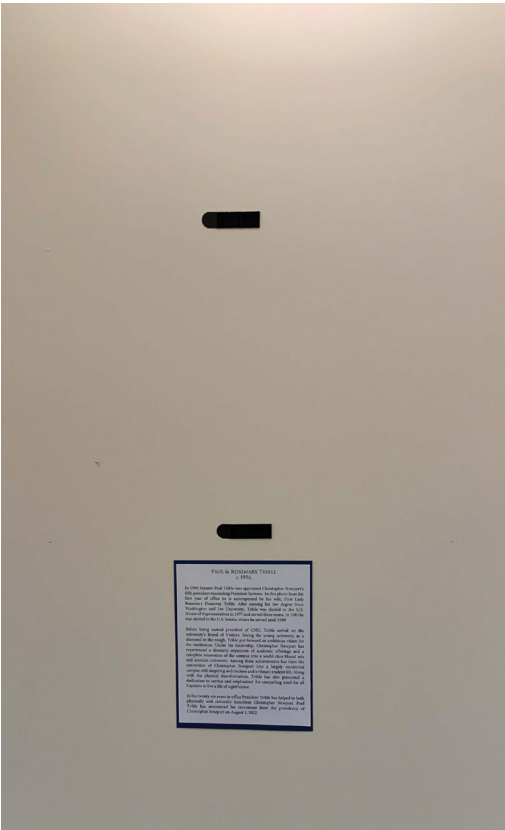


PHOTO COURTESY OF THE CAPTAINS LOG



PHOTO COURTESY OF THE CAPTAINS LOG

# Which Marvel Cinematic Universe is the Best

## Student shares thoughts on the topic

JARRETT CONNOLLY

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The Marvel Cinematic Universe has had a plethora of great films since its inception in 2008.

But which of their many films is the best? I truly believe the MCU's best film so far is 2014's *Guardians of the Galaxy*.

The announcement in 2012 of a film adaptation for *Guardians of the Galaxy* surprised fans of Marvel Comics.

The *Guardians of the Galaxy* were a mostly unsuccessful and C list team of heroes in the Marvel canon.

The fact they were getting their own film before more popular characters like *Doctor Strange*, *Ant Man*, and *Black Widow* was baffling to many.

(All of course got their own films later).

Director James Gunn and producer Kevin Fiege had faith in the film's success. But it ended up being a critical and financial success, with a sequel in 2017 and a third film to come out in 2023.

But what makes the first *Guardians of the Galaxy* not only the best MCU film, but one of the best action films in recent memory?

Firstly, the characters. This team is a more dysfunctional pack of heroes than the *Avengers* but despite their constant bickering, they are a perfect collection of different people.



PHOTO COURTESY OF DISNEY+

The dim-witted yet kind hearted Star Lord (Chris Pratt), the strong willed Gamora (Zoe Salanda), the goofy yet rageful Drax (Dave Bautista), the caring tree humanoid Groot (Vin Diesel) and the wise-cracking Rocket Raccoon (Bradley Cooper).

This team originally was just together for the sake of money but the experiences bind them together as a strong team that cares about themselves and others. It is a perfect use

of the found family trope.

There is a shared sense of grief in all of this team, Star Lord lost his mother to a brain tumor and was subsequently abducted by aliens, Gamora and Drax both lost their families to Thanos, and Rocket briefly mentions the torture he experienced at a young age.

The movie also provides enough exposure for side characters like Yondu, the space bandit who adopted Star Lord, and the film's

warlord antagonist Ronan the Accuser for the audience to have enough understanding of their purpose in the film.

Secondly, the setting and story. The events of this film take place galaxies (pun intended) away from the events currently happening on Earth in the Marvel universe so there is a little more of a standalone factor for the story in regards to other MCU films (It does ultimately connect

to other films but in a more subtle way).

In a way similar to the *Star Wars* franchise, you get the chance to see multiple planets in this vast galaxy while following along with the story.

The story doesn't take itself too seriously but also does not drift off into utter buffoonery.

You get to follow along this insane adventure with these wacky yet likable characters

Finally the music, James Gunn needs to drop all his playlists stat. There is such a great blend of 70s and 80s hits that make you want to immediately get the soundtrack after watching.

There was a reason these songs and the soundtrack itself soared to the top of charts after the film's release. You can never go wrong with "Hooked on a Feeling" and "Cherry Bomb"

Ultimately the blend of all of these factors made this film based on a team of previously underappreciated and under-utilized characters in Marvel Comics into a goliath of a franchise.

This film has just as much power in making the MCU successful as any of the *Avengers* films and it truly shines as a fun watch to this very day and that is why it is arguably the best of the MCU.

# Show Choir returns to the

## Mid-Atlantic region of

### the Commonwealth

## Student shares about his weekend

JOSH GRIMES

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Over the weekend, for the first time in two years, Show Choir came back to Central Virginia for the Mid-Atlantic Show Choir Spectacular, hosted by the choirs of Clover Hill High School in Midlothian Virginia.

This is a competition that been going on for over ten years now.

It felt really good to be back in action as a volunteer and supporter for everyone. This was my fourth time since 2017, I've volunteered at M.A.S.S.

Overall, this was my fifth, as 2016 was my first competition ever. That date was on Sunday.

This year, I did something new by sponsoring two awards in a new category. The category was called the most entertaining.

There were many reconnections and new connections that I'm grateful that happened. The spirit was really alive, especially with the dance party, which I had to get out of the way of.

There were also many unforgettable memories made while spending time with friends and the entire choral family in the mid-atlantic region.

Eventhough, it was good to be back moving around everywhere, there was something that I did not miss from Saturday night. That moment was the screaming during awards.

Speaking of awards, I honestly was a very proud alum with how the competition side of things went.

But, I was also very proud of everyone that put everything out on the Clover Hill stage.

Saturday was a celebration of art that really meant alot to me, even when it was a 15 hour day.

Note: I started the day at 9:30 in the morning and did not get back home until 1:00 the next morning.

Also, I am an alum of Cosby High School in Midlothian Virginia.

Both Cosby Rhapsody, the unisex show choir; and Cosby Spotlight, the mixed show choir received first place in their division and was overall Grand Champs.

Both groups are one of the best in the nation.

APPLICATIONS NOW OPEN



**EDITOR-IN-CHIEF**

*For the Captain's Log 2022-2023*

Applications Must Include:

-Cover Letter

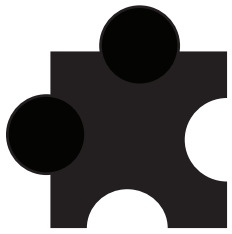
-Letter of Recommendation

-Three Journalism Writing Samples

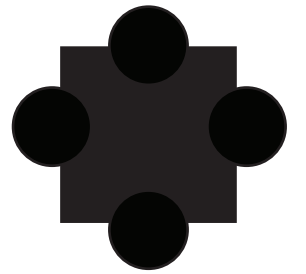
**Applications Due By: March 25, 2022**

**FOR MORE INFORMATION CONTACT:**  
**NICOLE.EMMELHAINZ@CNU.EDU**

APPLICATIONS WILL BE REVIEWED BY THE AD-HOC STUDENT MEDIA BOARD THAT IS COMPOSED OF STUDENTS, FACULTY, AND COMMUNITY JOURNALISTS



# Puzzles & Games



## Rebus Puzzle

A REBUS is a picture representation of a name, work, or phrase. Each "rebus" puzzle box below portrays a common word or phrase. Can you guess what it is?

1. NOON

2. FAR HOME

3. XQQQQME

4. T  
E GO  
G

5. KNEE  
LIGHT

6. FA ST

7. GO IT IT IT IT

8. SAILING  
CCCCCCCCCCCCC

9. T  
A  
B L E

10. NOISE

Answer: 1 High Noon, 2 Far from Home, 3 Excuse Me, 4 Get up and Go  
5 Neon Light, 6 Breakfast, 7 Go for It, 8 Sailing over Seas, 9 Corner Table  
10 White Noise

# Crossword

Used by Volume 43 of the Captain’s Log

1.	2.	3.	4.	5.		6.	7.	8.	9.		10.	11.	12.	13.
14.						15.					16.			
17.						18.					19.			
		20.				21.					22.			
23.	24.				25.				26.					
27.			28.	29.				30.	31.					
32.						33.					34.	35.	36.	
37.					38.	39.		40.		41.	42.			
43.					44.		45.		46.					
			47.	48.				49.	50.					
51.	52.	53.				54.					55.			
56.					57.	58.				59.	60.			
61.					62.					63.			64.	65.
66.					67.					68.				
69.					70.					71.				

## Down

1. Super Bowl Div.

2. Green or Black Brew

3. Fully Informed

4. Sampras of Tennis

5. Eyelid Problem

6. Manet or Monet

7. Affectionate Bop

8. Key with four sharps: Abbr.

9. Give up formally

10. Weak

11. Murphy of “48 HRS”

12. Top of as form, perhaps

13. “It’s the \_\_ I can do”

21. Honey maker

22. Prefix with the center or cycle

23. Informed (of)

24. Capital of the Seine

28. See 31-Down

29. Lyricist Gershwin

30. \_\_ Angeles

31. With 28-Down, layered Chocolate Bar

34. Glitch in need of smoothing out
35. Film with Nakedness

36. Cattle Drive Critter

38. Pigeon’s Sound

39. Dress (Up)

41. Green Prefix

42. Athlete who isn’t green?

45. Stumbled across, as an idea

47. Have no doubt

48. “Yes, mon ami”

49. Props for Monet and Manet

50. Part of wpm: Abbr.

51. “This is only \_\_\_\_”

52. Like the trail on a cattle drive

53. Singer Chris

57. Change Text

58. Pie a la \_\_

59. Former Lacoste Partner

60. Dubin’s Isle

64. Half of Dos

65. Chicken \_\_

## Across

1. Cotten swabs originally called Baby Gays

6. Actor Guinness

10. More than Stumbled

14. Basic Belief

15. Capital Surrounding Vatican City

16. Falco of the “The Sopranos”

17. Shabby

18. \$3 Million, 30-sec. Super Bowl Feature

19. Poet \_\_ St. Vincent Millay

20. Feeling of Uneasiness

23. Jungle Swinger

25. Fla. Hours

26. Cummerbund Fold
27. Hand-held two way Communication Device

32. Cheering Noisily

33. Mashed Luau Staple

34. “M\*A\*S\*H” Staff

37. Reprimmander’s “reading”

40. Leave for a bit

43. Mind Reader’s Skill briefly

44. “How Beautiful!”

46. Oil Refinery Input

47. Up-tempo Jazz Piano Style

51. Ami’s Good-bye

54. Tiny Bit

55. His-and-\_\_ towels

56. Herbal Nosegays

61. Isaac’s Eldest

62. Knucklehead
63. Close, as a parka

66. Hollywood Success

67. Hollywood Favorite

68. College Town Near Bangor

69. Nanny’s Charge

70. Bills with Hamilton on them

71. Rehab Step

Crossword Answer:

X	O	L	E	D		S	N	E	L		E	K	A	L
O	N	O	R	O		T	O	D	I		R	V	J	S
d	U	d	I	Z		E	d	O	D		U	V	S	E
		S	E	I	S	S	U	M	E	I	S	S	U	L
R	E	H			D	V	L			U	E	I	D	V
E	I	G	O	O	W	E	I	G	O	O	B			
E	D	U	R	C			H	O	O			P	S	E
L	U	O	P	E	L	S		L	C	V	L	O	I	R
S	N	R			I	O	P			R	A	O	R	V
			E	I	K	L	V	L	E	I	K	L	V	W
L	V	E	L	P			L	S	E			E	P	V
S	E	I	B	E	E	J	E	I	B	E	E	H		
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L	L	E	F		C	E	A	L	V		S	P	I	Ò

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Visit the Captain's Log Online on our website:  
[thecaptainslog.org](http://thecaptainslog.org).

There you can read all of our stories from the past  
semesters and from this semester.



PHOTO BY THE CAPTAINS LOG

If you have an interest in wanting to see what  
older issues of the Captain's Log look like  
including some other campus newspapers and  
yearbooks, visit [chris.cnu.edu](http://chris.cnu.edu).

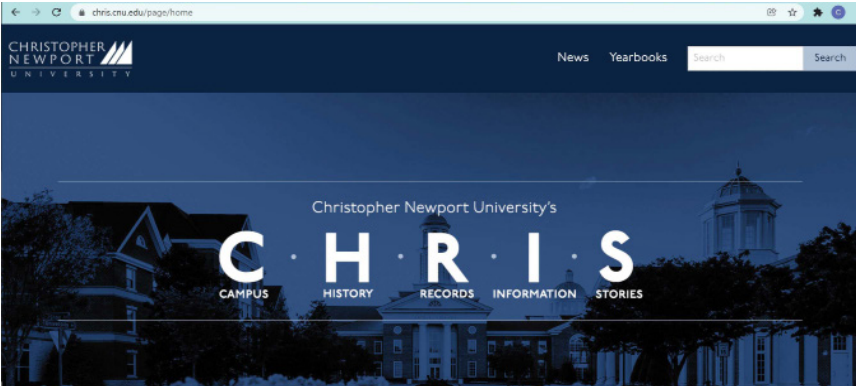


PHOTO BY THE CAPTAINS LOG



CNU TV videos on Instagram  
and Facebook



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

- Email: [clog@cnu.edu](mailto:clog@cnu.edu)
- Drop off: The Captain's Log newsroom, DSU suite 393

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