



THE CAPTAIN'S LOG

THE VOICE OF CHRISTOPHER NEWPORT UNIVERSITY STUDENTS

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Bid Day, best day

Sisters of Phi Mu welcome new member with open arms and tears of joy. PHOTO BY TAYLOR VIGIL / THE CAPTAIN'S LOG

The Panhellenic community welcomes new sisters on Spring Bid Day

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Sweat, tears, crying and quite possibly blood were present this year at Spring Bid Day 2020. Roughly 170 young women from freshmen to seniors ran home into the arms of their new friends and sisters. Although the number is smaller than in previous years, it didn't diminish the excitement of the women who ran home. Bid Day, the best day of the year for Christopher Newport's sorority women, was hosted by Panhellenic in the Freeman Field House this past Sunday, Jan. 19.

All seven of the National Panhel-

lenic (NPC) sororities on campus, as well as the Panhellenic E-Board, have been gearing up for almost a year to welcome new women into their organizations. Most sororities have been prepping for hours every single night for the last week. After a long weekend of sickness, which hopefully doesn't spread to all of CNU's campus like the annual "Panhellenic Plague," Sunday was the day to celebrate all of their hard work and prospective new members being welcomed into their new homes. Sorority sisters sang and chanted at the top of their lungs eagerly

awaiting their potential new members to start running home. It was a fun-filled day of love and celebration of a new chapter beginning after a long weekend has ended. Emotions were high on Bid Day as new sisters, as well as Rho Gammas or recruitment counselors (RC) and the Panhellenic E-board, ran home to their prospective sororities. After being disaffiliated for about two months and unable to talk to their sisters, the Rho Gammas were almost more excited than the new members to run home. Many of them were brought to tears well before they even began to make the trek, and they were bom-

barded with hugs as soon as they ran into the arms of their sisters. Junior Karen Wilson and sister of Zeta Tau Alpha, stated her favorite moment of bid day every year is "seeing all the RCs and Panhellenic Executive Board run home to their sisters. You can truly see how much they love each other and missed being a part of their organizations while they were disaffiliated." The Rho Gammas were responsible for helping many young women through a decision that could potentially change their lives by joining a sisterhood that will be with them forever. One of this year's Rho Gammas

and a sister of Alpha Delta Pi, Polly Latham, said that her favorite part of being an RC this year was "watching all my RC babies run to their new homes!" Each Potential New Member (PNM) struggled through a long weekend of sore throats and high heels. "It was really cool to see how their perseverance through a long weekend paid off in the best way," said Latham.

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Weekly Pic

All of the Panhellenic organizations welcomed new members this weekend on Bid Day. Pictured here is the moment a potential new member embraced her new sisters in Alpha Delta Pi.

PHOTO BY JORDAN OGLESBY / THE CAPTAIN'S LOG

If you have a photo that you would like to be featured in the "Weekly Pic" section, please send it to clog@cnu.edu, along with your caption. We thank you for your submissions.



CNUTV

The sororities of CNU gained new members at their annual formal recruitment. CNUTV takes a look at some of the memories made by all those who ran home.

Happened

January 13 Spring Semester starts

It's that time of year again! The first classes of the new decade officially began on campus.

January 19 Bid day

Formal recruitment for the Panhellenic Greek organizations wrapped up on Sunday.

Happening

January 24-25 The Captain's Invitational

CNU Track and Field hosts the annual Captain's Invitational in Freeman Center.

January 26 IFC Signing Day

Formal recruitment for IFC Greek organizations will take place in the DSU Ballroom.

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- Email: clog@cnu.edu

- Drop off: The Captain's Log newsroom, DSU Suite 393

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Richmond rally achieves peaceful protest goals

Despite fears, gun rights rally remains civil

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A much-anticipated day of lobbying and protest in Richmond by supporters of the 2nd Amendment ended in relative peace and monotony Jan. 20.

The effectiveness of the estimated 22,000 protesters is yet to be seen as Virginia's state legislature debates whether or not to pass the ambitious firearm bans and regulations introduced by Democrats in Richmond.

In expectation of a more violent conclusion to the protests on this frigid Virginia Monday, many right-wing commentariats warned against attending the would-be debacle while others affirmed that it is important to utilize public gatherings as a way to lobby concerns and bring awareness to special issues.

In a United States that is often portrayed as polarized politically, do protests and days of lobbying like that in Virginia really work? The idea that the souls who showed up

in protest of anti-firearm legislation swayed the thinking of the deeply entrenched legislators in Virginia's capital is questionable.

Monday's political theatrics may have, however, reminded anti-firearm, especially anti-rifle advocates and legislators, that hundreds of thousands of households across Virginia, and millions across the country, are filled with citizens who hold their 2nd Amendment very dearly and do not intend to lay down those arms passively.

On top of this, many members of the law enforcement community showed up in Richmond to join the protesters, affirming that they will not enforce a law that they see as unconstitutional.

This is in the wake of a movement of local county boards across the country voting to classify their districts as "2nd Amendment Sanctuaries" who will not have their local police enforce anti-firearm legislation that, in their view, runs counter to the Supreme Law of the Land.

To this effect, legislators may

think differently after Monday as to which bills they pass in the current zeitgeist and how they plan on enforcing the bills they do send to the Governor to sign into law.

While credit is owed not only to the protesters for remaining peaceful, but also the local and State police involved in the keeping of the peace, it is still unclear whether the Virginia State Police have problem-solved effectively in how to handle future political protests that do have hostilities ensuing between protesters and counter-protesters.

Much of what occurred in the now infamous Charlottesville protests and other political melees like in Berkley, California could have been prevented had authorities done a better job at separating the sparring parties rather than pushing the two groups together or allowing them to meet in the streets outside of police purview.

This question and many more are left unanswered as Virginia and the country awaits the results of this legislative session. ■

Virginia becomes state 38

The continuing progress of the ERA

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On Jan. 15, Virginia state legislature passed a resolution allowing the ratification of the Equal Rights Amendment (ERA), making Virginia the 38th state needed in order to make the ERA an official amendment. Although Virginia is technically the last state needed to create a resolution to ratify the amendment, there is a lot of controversy surrounding the legitimacy of the amendment. There is also speculation about the number of states who have the amendment still ratified and if a previously set expiration date of the amendment makes it null.

The argument about the expiration date nullifying the ratification efforts is currently being questioned. Since there was an 'expiration date' written into the bill, it could need to go through the process all over again within a new timeframe. The pro-ratification side of this debate says that there is no requirement of a time limitation according to the Constitution, therefore, the work put into the ERA and the states is still valid. The other argument wielded by those in favor of ratification is that Congress has the ability to change the expiration date of the bill.

On the other hand, there is an argument that this 'resolving clause'

was put into place and must be followed. Along with this argument, there is the fact that some states have tried to undo their ratification of the bill, and this would reduce the total states below the 38 needed to get the amendment put into place. Although the ratification has already happened in Virginia, the action of putting the amendment into the Constitution is still not decided yet.

According to the National Organization for Women (NOW), the ERA was first introduced to Congress in 1923, but it never made it anywhere pass the committee. It was not until the 1970s that the ERA was going through the process of being ratified. With the help of the NOW and other organizations, the process of becoming ratified began progressing more.

In 1972, the Senate had a majority vote of 84-4 to start the ratification of the ERA. The NOW began lobbying throughout state governments to get the amendment ratified. The amendment went through the Senate with a seven year limit on being ratified by two thirds of the states. When there were not enough

states ratifying the amendment, there was an extension put in place to still provide a chance of getting it ratified. The states had to ratify by 1982 in order to place the ERA as an amendment. By 1982, there were three states needed in order to ratify. Since they were not able to get those last three states, the bill had to be reintroduced to the United States Congress each year and go through the committee process all over again. Fast forward to 2017 and 2018, Nevada and Illinois respectively passed resolutions to ratify the ERA leaving just one state left to add up to two thirds majority, which ended up being Virginia.

With all the controversy, it is hard to say whether the ERA is going to be added to the Constitution or if the work by the NOW and other organizations will have to repeat the process again.

Regardless of what Congress decides, this shows there is progress in equality for women. With a comparison of the 1970s to today, the change in the rights of women has drastically changed, and the passing of ERA could be the next step in achieving "equality for all." ■

Want to write for the paper?
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Weekly horoscopes

"Your Health Comes First"

Aries (March 21 – April 19)

There are times when you overlook the fact that you even have a body. On Wednesday, it's a great opportunity to recall that you owe a favor of appreciation to your body. You can show that appreciation by working out regularly, eating good food, and shunning everything that stands against your framework. It's a great opportunity to change your dietary patterns for sure.

Taurus (April 20 – May 20)

This week introduces a stage wherein you can gain positive ground headed for wellness. You may have infrequent endeavors to maintain your fitness. It's significant that you be more progressive if you need great outcomes from your eating routine and exercise program.

Gemini (May 21 – June 20)

Consider how you can productively invest in your wellbeing. The stars urge you to prepare to think critically to make large outcomes. If you plan to set up a home gym, now would be a good to plan how to do so. If you are not part of a gym's paid membership, sign up for your best one.

Cancer (June 21 – July 22)

This is the time for changes on all levels. In any case, the biggest change you can make is to your wellbeing and large prosperity. You have two weeks to host a brand new health technique, one that can give you more vitality, a better physique, radiating skin, and a significant feeling of prosperity. You have the right to give yourself an astonishing future.

Leo (July 23 – August 22)

You're going to encounter intense changes. You currently can change any aspect of your life that you pick. Your wellbeing is your best start. Investigate your way of life and spotlight on any territory that makes you feel less than breathtaking. This is the place you should start. Changes here will give you more vitality than before.

Virgo (Aug 23 – September 22)

This week is full of objectives that will help you reach the health condition you've wanted most. This is no time for groggy reasoning. More importantly, you need lucidity and the assurance to fight any medical issues. Once you recognize what you need, you'll want to get it going. You are close to complete wellness.

Libra (September 23 – October 22)

Your commitment is destined to enlarge. You will be equally occupied in your vocation and socialization. You have to approach a boundless well-spring of vitality to get what you want. The best idea is to get into tiptop shape. Work out every day and eat what significantly fuels for your body.

Scorpio (October 23 – November 21)

The stars encourage you to investigate new horizons to the extent your health is concerned. Try not to stay with the attempted and trusted, as this is the best time to wander into somewhere new. Don't eat too much greasy foods, as doing so may negatively affect your liver. Most importantly, appreciate getting into sports and getting some fresh air.

Sagittarius (November 22 – December 21)

A new source of energy this week presents you a better focus on greater health. It's basic that your passionate wellbeing take need. Ensure that you aren't covering your head in the sand due to a significant issue. Don't pretend that nothing happens; confront the issue head on. By doing so you'll see a quick improvement in your physical health.

Capricorn (December 22 – January 19)

Your emotional levels are going up this week, and so will your sensitivity. Starting today it would help pay attention regarding your nutrition. Look out for your food allergies. Once that's done, you'll recognize what you can eat and which nourishment enhancements would suit you best.

Aquarius (January 20 – February 18)

Thursday is the best time for some new goals. The stars give you unlimited authority to make changes to your activity program, diet, and any medications you might be getting for medical problems. It's that period of fresh starts. You have two weeks to create a new way of life that brings you a lot of vitality and bliss.

Pisces (February 19 – March 20)

The prevailing vitality moving through your outline this week is related with change at the most profound level. This implies you'll be plunging into all parts of your being and taking a shot at those regions that have gotten lethal. It will likewise urge you to eat something new and cut out junk food, caffeine, and a lot of sugar.

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Remembering Dr. Martin Luther King Jr.

Christopher Newport University puts on a special event in remembrance of a speech that Dr. Martin Luther King Jr. gave in Newport News

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Martin Luther King Jr. significantly advanced America's history as an advocate who set the precedent for American civil rights. In addition to his endless advocacy for equal rights, he was passionate about protesting in a non-violent way. Most certainly, his most notable speech was "I Have A Dream."

As a result of his influence, the third Monday of January each year is observed as Martin Luther King Jr. Day, an American federal holiday commemorating his birthday. This year, it landed on Jan. 20.

In previous years, the University has not taken the day off in honor of him. Due to the uproar of the students, President Tribble decided to pause classes from 3 p.m. to 6 p.m. and hold an event in his memory.

The event included a musical presentation from the Chamber Choir; Ahmed Elzanzami, the winner of the student oratorical contest; a presentation by Alumni Society Presi-



The chamber choir performs at the event honoring Dr. Martin Luther King Jr. PHOTO BY SARA KOO-CHAGIAN / THE CAPTAIN'S LOG

dent, Cynthia Allen-Whyte; and, lastly, the Newport News Sheriff Gabe Morgan, who is also a member of the University's Board of Visitors and chairs the University's Council on Diversity & Inclusion. The event took place on the Great Lawn and

was led by President Tribble.

The Chief Communication Officer, Jim Hanchett, shone more light on this important day and the reasoning on the pause of classes instead of giving students the whole day off.

"For the first time, classes are not

meeting for three hours on MLK Day," he said. "We believe the observance only has meaning if there is meaningful participation, either in University-sponsored events or in individual pursuits. As President Tribble has said, this holiday will have more

meaning for all of us if we, as a community, join together to learn, listen, serve and reflect."

In response to whether the decision was based off negative feedback from last year's decision to continue with classes, Hanchett's answer was unexpected but reassuring.

"We didn't receive a lot of backlash. Instead, a group of students raised some questions and concerns, and the President immediately reached out to them, inviting their comments and insights. Multiple meetings occurred throughout the semester, which helped us to create the University celebration presented last year and expanded this year," he said.

In discussing the future of MLK Day and other major holidays that other Universities tend to take off for, Hanchett said, "Christopher Newport operates on a tighter schedule than some Universities due to a desire to have an academic year that doesn't begin in early August or stretch through May, while still permitting a short fall break, a full holiday break and a full spring break.

This also gives students an advantage in seeking out internship opportunities and study abroad options, as well as more time with family and friends over the winter holidays. That calendar has always proved popular with students and faculty."

In addition to the afternoon events, retired Justice John Charles Thomas of the Supreme Court of Virginia spoke to the students of the Presidential Leadership Program that night. ■

"We believe observance only has meaning if there is meaningful participation..."

SARS-like virus ravages China

A deadly unknown disease appears overseas

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Recently in China, a new virus has emerged. This is just two years after the H7N9 Avian influenza A virus (commonly referred to as the bird flu) ran rampant across China, infecting over 750 people and killing 281, nearly a third of those who contracted the disease.

The new virus currently in China has been stated to be similar to Severe Acute Respiratory Syndrome (SARS), which infected just over 8,000 people between Nov. 2002 and July 2003, killing 775 of the infected victims. The unnamed new disease has currently infected 59 people and

has killed two since its discovery on New Year's Eve.

Recently, it has also spread to Japan and Taiwan.

All of the people infected outside of China visited the Wuhan region, where the virus originated.

Most of the information about this disease is unknown. It was originally believed to have originated in a fish market, but this has not been proven.

Two people outside of China have been infected, with both visiting China, but neither visiting the suspected fish market.

The method of transmission has recently been confirmed to be human-to-human contact.

There is currently not enough in-

formation about the disease for scientists to have devised a cure, which makes the rapid spread of it even more significant.

The disease has been linked to a previously unknown part of the coronavirus classification. The coronavirus was named for its halo or crown (corona) shape that appears under a microscope.

Coronaviruses cause symptoms associated with upper respiratory infections, including a runny nose, coughing, sore throat, fever, fatigue and, in the case of the new virus, invasive lesions in the lungs.

Beyond this, the common cold, pneumonia and SARS are all caused by coronaviruses. ■



People wander around the Yuyuan Market in Shanghai, China. PHOTO BY TARYN HANNAM-ZATZ / THE CAPTAIN'S LOG

The historical impeachment of President Donald Trump

President Donald Trump has officially been impeached by the United States House of Representatives and will now be tried by the Senate

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Impeachment has been a very hot topic in the news recently. After a wide span of debate, President Donald Trump was impeached on two articles on the evening of Dec. 18, the twenty-first anniversary of Bill Clinton's impeachment House vote. Since the House of Representatives voted to move on with the impeachment inquiry, the next two steps of impeachment have now been completed.

After the House voted 232 to 196 through partisan lines, on Oct. 31, the process moved forward with allowing the public to watch in real-time what was happening on national television. That first vote was important since Democrats received more time for questioning, and the Republicans were able to call witnesses but with the price of approval by the party in charge.

When the secret testimony transcripts of the first set of witnesses were released, the public found out that Ambassador Yovanovitch told lawmakers that she was the target for a "smear campaign" by the president's allies. Michael McKinley, a former top advisor for Secretary of State Mike Pompeo, told congress that he resigned due to a "puzzling and baffling lack of support towards Yovanovitch" and going on with testifying "was unacceptable."

On the same day, when the House Committee tried to subpoena four more witnesses to testify, all of them refused to show due to orders by the White House. That further signaled the Obstruction of Congress article to the Democrats. The next day, the public found out that one of the key witnesses, Gordon Songland, the ambassador to the European Union, changed his testimony completely admitting to a Ukraine quid pro quo for military aid, saying that his memory was now "refreshed." This came after other witnesses seemed to contradict his original testimony.

From Nov. 13 through Nov. 21, the public hearings went underway with the House Democrats running the show. Over the two to three week public phase, we heard from many different witnesses which included: George Kent, Deputy Assistant Secretary of State and Senior State Department official; William Taylor, Acting U.S. Ambassador to Ukraine and Top U.S. Diplomat in Ukraine; Marie Yovanovitch, former Ambassador to Ukraine from 2016 until May 2019; Jennifer Williams, National Security Aide to Vice President Mike Pence; Lt. Col. Alexander



The White House in Washington, DC where President Donald Trump lives. PHOTO OBTAINED FROM PEXELS.COM

der Vindman, National Security Council's Ukraine expert; Ambassador Kurt Volker, Former Special Envoy to Ukraine; Tim Morrison, Formal Official at the National Security Council that was focused on Russia and Europe issues; Gordon Songland, Ambassador to the European Union; Laura Cooper, a Top Pentagon Official; David Hale, Undersecretary of State for Political Affairs; Fiona Hill, Former Senior Director for Europe and Russia; and David Holmes, Senior Diplomat at the US Embassy.

During those hearings, the public continued to hear what we already knew about the controversy in question. What we did not know during the hearings was the story of one of his aides overhearing a phone conversation with Mr. Songland, that happened on July 26, where we found out that "President Trump cares more about the investigations of Biden", which is what Mr. Taylor previously testified in his closed-door testimony to the Intelligence Committee.

In the second hearing, we learned that the transcript for the April 2019 phone call was released; it told us that there was a call where they are not talking about the Bidens or any other investigations. Also, while the hearing was going on President Trump tweeted about Ambassador Yovanovitch; that tweet was

"Everywhere Marine Yonovovitch went turned bad". After the tweet was read by Chairman Adam Schiff, a Democrat from California, asked her what she thought about it. Ambassador Yovanovitch responded by saying "It's very intimidating". Chairman Schiff responds back with "some of us here take witness intimidation very, very seriously". Representative Jim Haines, later on, pointed out that that tweet was "a clear instance of witness tampering which would form an article of impeachment against Mr. Trump."

In the third hearing, as the minority was questioning Lt. Col. Alexander Vindman, Chairman Schiff stopped a certain question from being answered because it was getting too close to the identity of the whistleblower. During the second part of the "circus" brought by the Democrats, the minority got to question the witnesses that they wanted to bring, which was Ambassador Volker & Tim Morrison. Republicans wanted to have Morrison testify to the public because in his previous testimony he said that "I heard nothing illegal on the call even though I was concerned that, if a leaked happened, there would be political fallout." Through Ambassador Songland's testimony, the public now knows that everyone including the president was in the loop with Ukraine when he

said the following: "everyone was in the loop, it was no secret, again everyone was in the loop"; and that there was a "quid pro quo" through the following words: "as I testified previously with regard to the requested White House call and the White House meeting, the answer is Yes." On the other side, the Republicans continue to say that we have not found any significant evidence on a potential forced "quid pro quo" on Ukraine. In the last witness hearings, Mr. Holmes talked about what he overheard the president said in a lunch phone call with Ambassador Songland about "big stuff", which confirms what the public found out in the very first hearing.

When the first witness hearings concluded, the House Judiciary took over and did their public hearings on Dec. 4, which they heard from four constitutional legal experts to help them figure out whether or not what the president is accused of rises to the level of impeachment. They concluded on Dec. 9, with the council of both the majority and minority presenting what they had found over the previous 17 weeks. This would become only the fourth time in history.

On the next day, Dec. 10, in a press conference, Representative Jerry Nadler, House Judiciary Committee Chair from New York and Representative Adam Schiff, House

Intelligence Committee Chair from California, announced that the House Judiciary will be going forward with two articles that would be voted on by the full house about a week later. Those articles were Obstruction of Congress and Abuse of Power.

After the wide-span debate of fourteen hours, the House Judiciary Committee voted, on Dec. 13, to recommend those articles of impeachment, 23-17 (both times) by a roll call vote to go up for debate on the House floor. Nearly a week later, on Dec. 17, the House Committee set rules of the upcoming vote after roughly eight hours, which took most of the day to debate, on Dec. 18.

At the end of the night on debate day, the House voted 230 to 197, through partisan lines to impeach the president with Article I: Abuse of Power, and voted 229 to 198, again through partisan lines, for Article II: Obstruction of Congress. Which made President Trump the third president in American History to be fully impeached. The significance behind this vote is even if the senate votes to acquit, the term impeachment will always be reflected with President Trump through historical analysis.

Now that the president has officially been impeached, the next step in the process includes the House delivering the articles to the Senate, which happened on January 15, after Speaker Pelosi chose not to proceed with the next step until she knew what kind of trial the Senate would conduct. Then the Senate Trial, begins Jan. 21, which is presided by the Chief Justice, and the senators as the jury while the House makes their case as the prosecution.

Remember that as the trial goes on, the Senate only needs two-thirds, about 67 votes which would be at least 20 Republicans and all of the Democrats, to convict and remove the president. Since what we have seen in the process so far of every vote becoming along party lines, the conviction will most likely not be happening.

But, since 2020 is here, the ending of the impeachment will definitely have some sort of impact on the election itself, similar to what had inspired in 2000.

Reinstating what was written in the previous article, as the process of impeachment enters into the final stage, remember that "Impeachment is just a political process, not a legal process," as Pete Williams (NBC News Justice Correspondent) stated back when Speaker Nancy Pelosi first announced the Inquiry back on Sept. 24, 2019. ■

New year, warmer world

With natural disasters on the rise, is there hope for the future?

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The new year started with a series of natural disasters which have many on edge and worried about the fate of our world. In recent weeks, there have been wildfires in Australia, a volcanic eruption in the Philippines and earthquakes in Puerto Rico. The world is visibly suffering from warmer temperatures and drier weather.

This past week, Henry Fountain and Nadja Popovich of the New York Times reported that according to NASA, 2019 was the second warmest year, behind 2016 by just a fraction of a degree.

In addition, the past ten years have been the hottest ever recorded. With no change in sight, it is safe to assume these patterns will continue.

With the recent rise in natural disasters around the world, the threat has become more imminent and clearer than ever.

Although it seems as though the fires have only just begun, they have been burning for quite some time.

According to an article by Jessie Yeung, a Digital Producer for CNN International, the wildfires in Australia started in July of 2019 and strengthened in December.

However, wildfires are not uncommon in Australia. In fact, they have a fire season caused by their dry and hot summer weather, which will continue until February.

The country has also been suffering from a severe drought, one of the worst in several years. The fires started in Victoria's East Gippsland when lightning struck a dry, wooded area. The fires spread rampantly, traveling over 12 miles in just five hours.

Although these fires are a result of natural occurrences, they can be worsened by humans; this season, police have arrested 24 people for intentionally starting bushfires. In addition to a total of 17.9 million acres burned, the fires have killed 28 people.

The most affected state in Australia is the New South Wales, which has seen 12.1 million acres burned. The damage does not stop there.

Additionally, millions of animals have died and half a billion have been affected by the flames. Yeung also reported that almost one-third of the koalas have died and that nearly one-third of their habitats have been destroyed. For some animals that live in dense populations, these flames have been harmful to their species as many are killed at once. While the koalas have suffered

greatly, they are still better off than animals whose populations are concentrated in one area.

Unfortunately, the impact of these fires has extended past the original source of East Gippsland. On Tuesday, Jan. 14, NASA announced the smoke has circumnavigated the globe, reaching across the Pacific Ocean and Australia's east coast. The smoke created by the wildfires has affected New Zealand and Sydney causing hazy skies. Sydney's air quality has been deemed 11 times the "hazardous" level.

Aside from the wildfires in Australia, Puerto Rico and the Philippines have seen devastating natural disasters already this year.

So far, Puerto Rico has suffered from one large earthquake and several aftershocks. On Jan. 7, 2020, Puerto Rico experienced a 6.4 magnitude earthquake, but the end of the first two weeks of the year they have suffered from a total of 1,000 quakes, which includes an aftershock of 5.9 magnitude and a 5.2 tremor.

In early January of 2020, the Philippines experienced an eruption from Taal Volcano, south of Manila. This eruption launched ash, steam and pebbles six to nine miles in the air and the explosion caused an evacuation of 6,000 people from the

local area.

Taal is now a level four threat, on a scale of five, and has been deemed a permanent danger zone. Eruptions such as these can alter the global climate by increasing temperatures and emission of sulfur dioxide.

While these two disasters may not seem related, it is hard to overlook them as they occurred simultaneously with the fires in Australia. With changes to the geography of these countries and the continuation of warmer temperatures, it is clear the world is suffering.

Some people believe natural weather conditions have created the perfect storm for Australia, claiming the Indian and the Pacific Ocean have created a particularly dry season. Others may focus on the fact these fires occurred "naturally."

It is ignorant to believe, however, that we as humans have had no impact on the climate.

Researchers in the United Kingdom have studied the impact of climate change on the fires in Australia. The studies conducted in 2013 found a link between human-induced warming and an increase in the frequency and occurrence of fire weather to occur. This is evidenced by the fact that the fires in Australia have begun earlier in the season.

With all that being said, are there

ways to limit the occurrences and intensity of natural disasters such as these?

Over the past few years, environmental activists have been successful in bringing awareness to the issue and have begun the fight for policy changes, such as a cap on carbon emissions on large corporations. Without a major decrease in carbon emissions led by these corporations, no real improvement will occur. But this does not mean we simply stand by and wait for this change to occur and continue to live the way we do.

Even as students at Christopher Newport, we have the ability to make an impact. Recycling and using reusable water bottles are no brainers. An extra step may be to use reusable grocery bags, ride a bike or carpool to reduce emissions. CNU has provided reusable to-go containers which greatly reduce our waste on campus.

Although these efforts may seem arbitrary given the doom it seems we are soon to endure, I am a strong believer in the influence one person or one community can have on another.

Furthermore, it would not make sense to stand by and watch as the world suffers. It is time we take responsibility. ■

Roe V. Wade is allowed... for now

Flashback for January 22, 1973

ELIJAH WILLIAMS

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According to many historical critics, January 1973 is considered the month that changed American politics. Significant events followed one after another in rapid succession.

First came the burial of former President Harry Truman, then President Nixon would continue to end the Vietnam War for the United States.

In addition, Nixon would issue his game-changing second inaugural address which preached the message of self-reliance and self-interest in the federal government.

Finally, two days after the influential inaugural ceremony of Richard Nixon on January 22, 1973, the United States Supreme Court officially decided the ruling on the controversial Roe v. Wade case.

To gain some background on how the Roe v. Wade case came to be, Jane Roe filed a lawsuit against Henry Wade, the district attorney of Dallas County, Texas.

Roe challenged a Texas Law that made abortion illegal except by a doctor's order to save a woman's life.

Within the details of her lawsuit, Roe also alleged that Texas's state laws were unconstitutionally vague and abridge her right of personal privacy as a woman.

After multiple years of being argued on the steps of the Supreme court, this landmark court case was decided on Jan. 22, 1973.

To put in layman's terms, the Texas law broadly prohibited abortion without respect to the stage of pregnancy and the "potentiality of human life" which violated that right to privacy.

As a result of this violation, abortion was legalized within the first three months of pregnancy and only the pregnant woman and their attending physician could make that decision.

By the second trimester, the state may enforce regulations on abortions that are primarily related to the maternal health of the mother.

Once the unborn infant able to survive within the womb in the

third trimester, the state may prohibit abortions entirely.

They have this right to prohibit them except when abortion is necessary to save the life of the mother.

Even in 1973, the ruling on abortion was quite controversial across the country.

Historically, the reaction to Roe v. Wade was swift and widespread. Supporters of abortion rejoiced in holy matrimony as the general consensus felt that they have won the battle for their right to control their bodies.

On the other hand, opponents of this landmark case immediately began to propose ways to prevent government funding for abortion, undermining Roe v. Wade's effect.

As time has progressed, the public opinion on this issue has escalated to extreme levels.

In the 21st century, measures have been taken to disrupt clinics and companies such as planned parenthood where abortions were taking place.

Some of these tactics consisted of demonstrating and protesting

in front of these clinics, harassing patients and vandalizing.

The level of anti-violence have gone as far as physical attacks, clinical bombings and even murders of doctors and women who try to have abortions. Clearly, this issue is still as prevalent and heated as ever.

Every year, on the anniversary of the decision, citizens who are against of abortion march up to Congress and hold a peaceful rally known as the March for Life.

In the current political landscape of 2020, there have been many attempts to overturn the landmark court case.

In fact, on April 30, 2019, House Republicans in Alabama passed legislation which would criminalize abortion throughout the state unless there was serious health risk to the mother.

This bill went as far as Alabama governor, Kay Ivey's desk. He signed the piece of legislation into state law on May 14 and was actually enforced for most of the summer.

It wouldn't be until October of 2019 when an U.S. District Court

judge blocked the near-complete ban on abortion.

While the bill may still be on blocked as of the writing of this column, both sides of the abortion should continue to prepare for a lengthy fight.

This back and forth struggle for progress has persisted on not only abortion rights, but on many issues that dates back decades such as Immigration, Climate Change and Gun Control.

While everyone is entitled to their own opinion, it's going to take more than just arguing against one another to strive and resolve these growing issues and their impact.

With such a clash of ideas, perspectives and information being spread across the United States, citizens should be cautious about the authenticity of their research, especially online.

With such a monumental decision as to save or take away an unborn infant's life, we should be very careful in how we play our next moves. Becoming more informed on the history of these issues is only the first step. ■

Who will remain?

With Iowa on the horizon, the Democratic primary gets aggressive as the field narrows

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With only six candidates allowed to participate in the last debate, the Democratic primary has been leading up to the pivotal Iowa caucus, the make or break moment for many campaigns.

The only constant leaders of polling for Iowa have been Sen. Bernie Sanders and Sen. Joe Biden, with a Jan. 10 poll with Sanders in the lead by three points and a Jan. 13 poll with Biden in the lead by six points.

Now, Iowa is only one state with a small amount of delegates, but the winners of this state have usually gone on to win the rest of the race. For example, Jimmy Carter, Bill Clinton, John Kerry, Barack Obama and Hillary Clinton won in Iowa, and then they proceeded to win the nomination.

It does seem that due to the massive rally turnouts and large volunteer base, Sanders may have a chance to win the caucus, but we will never really know until the nomination.

This past Wednesday another debate was held, although only half of the candidates in the race were allowed to participate. It was lively to say the least with topics ranging from the war in Iran to Medicare for all, but a ever-present bias could be felt.

While candidates were never asked how they would pay to continue to boost the enormous military budget, Sanders was asked, "How would you keep your plans from bankrupting the country?"

Sanders was also compared to Iran's Ayatollah due to his belief that military forces should be pulled out of the middle east, which felt more like a way to imply Sanders siding with Iran's leaders rather than the pacifist belief it is.

One of Sanders strongest issues, climate change, was also glossed over, and it was reduced to questions of how to help displaced Iowans and what to do about Trump rolling back previous environmental standards.

The issues of transportation and energy were completely ignored, and the climate crisis was quickly swept under the rug so that CNN could ask candidates if they thought they could beat Donald Trump.

Sanders has also been in controversy lately over a private meeting he had with Sen. Elizabeth Warren in 2018, where anonymous sources not present at the meeting said that Sanders believed "a woman could not be president."

While Warren doubled down on this statement, it is incomprehensible that a man who has been on record multiple times supporting women in office would make a statement like that. Sanders also approached Warren in 2015 to ask her to run for president, and he only ran once she declined.

During the debate, he was asked about this comment, which he denied ever having stated. Warren was asked "how she felt when Sanders told her a woman could not be president."

However, this whole controversy has seemed to only hurt Warren, as Sanders gained \$1.7 million in do-

nations by the end of the debate, and his campaign benefited from 43 percent of donations on Actblue, the main fundraising tool for campaigns.

One of the notable absences of the debate on Tuesday was Andrew Yang, known for his universal basic income plan and underground support. Yang has been one of the paradoxes of the primary, as he has small democratic support, but he has large amounts of grassroots donors and independent support.

Yang has stood out in this primary as a non-combative, forward-looking candidate who manages to garner both conservative and progressive support. While it does not seem like he will end up winning the primary, his massive show-de-force will earn him a cabinet seat or even the vice presidency for sure.

With the primary getting smaller and smaller each day, it seems like the few that will make it to the end will be Sanders, Biden and Mayor Pete Buttigieg. Biden has been able to consistently come in first for polls, Buttigieg has had a meteoric rise with a wide spread of endorsements and Sanders has had the largest grassroots donation base in American history.

While it may be disappointing to see the lack of diversity in frontrunners year after year, at least we have the chance of having either the first Jewish or first gay president of the United States.

However, this primary has been inconsistent to say the least, and it would be unsafe to truly place all bets on one candidate alone. ■

Don't bring me down

I'll tell you once more before I get off the floor

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A'hoey Captains. Welcome to spring semester 2020, a time of success and hardship for all, but together we can get through it. Making sure the world doesn't get you down is quite tricky at times, but I have a secret that I am willing to share with my classmates.

Being a person who tends to look on the positive, I struggle during the beginning of the spring semester. It's cold and windy, classes are hard, and I just want to go back home for some more winter break rest.

The January and February portions of the year are always difficult for me and I often find myself dragging my feet quite a bit. What I tend to forget is all the good stuff that helps lift me up when I get dragged down by the weather and classes.

Being a senior means I have now gone through this three times in the past, and I've got a three step system to help beat the sadness of the season.

First, you MUST find some banging tunes to listen to with your friends. Music brings us all together and can change the mood in any situation. I recommend something positive and uplifting, and if you look at the title you'll find a great starting place for some older jams.

Next, I would advise staying active during the cold. Whether that means going running, hitting the gym or something simple like taking the stairs instead of the elevator, keeping the blood pumping will make you feel better.

Last, try and rest up, but don't overdo it. Sleeping in is really easy

to do when it's cold outside, but don't stay in bed until noon every day. Having a routine of going to bed a bit earlier and getting up consistently with plenty of time for class will feel much better than sleeping in everyday.

Eat right if you can. It is really easy to forget that eating healthy will make you feel better, and during the cold winter months feeling good is a huge plus.

Watch the new season of "Brooklyn 99" for some good laughs. This one may seem like it only applies to this year, but really you can replace "Brooklyn 99" with any other good show that has a spring release.

Get ahead on studying while you can. The saving grace of this time of year is classes haven't gotten crazy yet. That means it is the perfect time to study so the semester doesn't get away from you.

All these tips should at least help you keep your spirits up during the beginning of the new semester, so don't let the time of the year get you down. ■



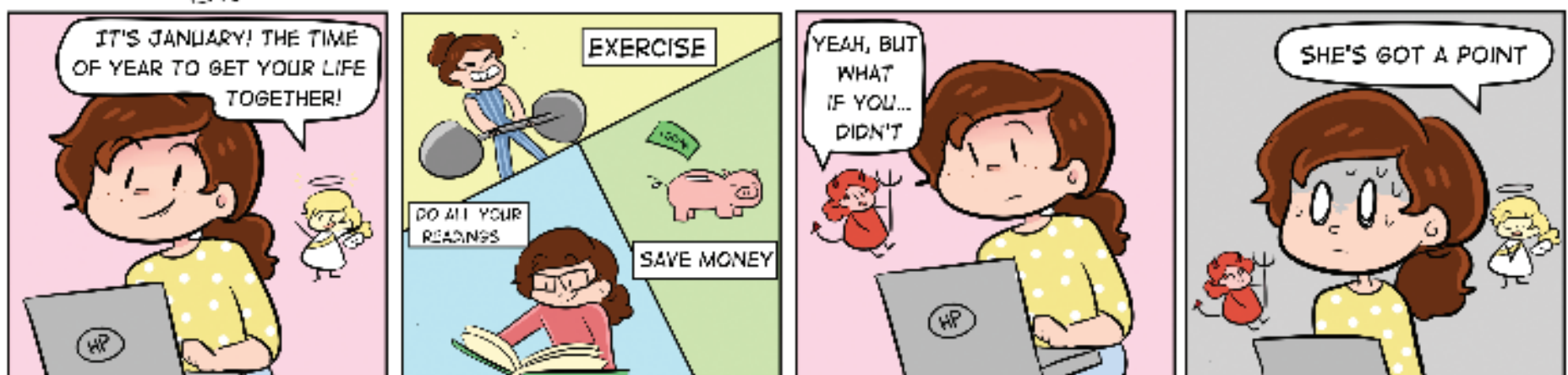
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Want to write for the Opinions Section?
Send your Op-eds to clog@cnu.edu



NEW YEARS RESOLUTION

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The traveling Captain's Log

Editors and Staff Writers share their trips they took over winter break



(Above) News Editor Taryn Hannam-Zatz explored the city of Chiang Mai in Thailand and visited the Wat Chedi Lang temple. (Below Left) Taryn Hannam-Zatz also made her way to Shanghai, China , and visited the small river town of Suzhou, Jiangsu. (Below Middle) Staff Writer Cana Wilson traveled to the island of Providenciales in Turks and Caicos. (Below Right) Even under a pier, the view of the sunset was still amazing. **PHOTOS BY TARYN HANNAM-ZATZ AND CANA WILSON / THE CAPTAIN'S LOG**

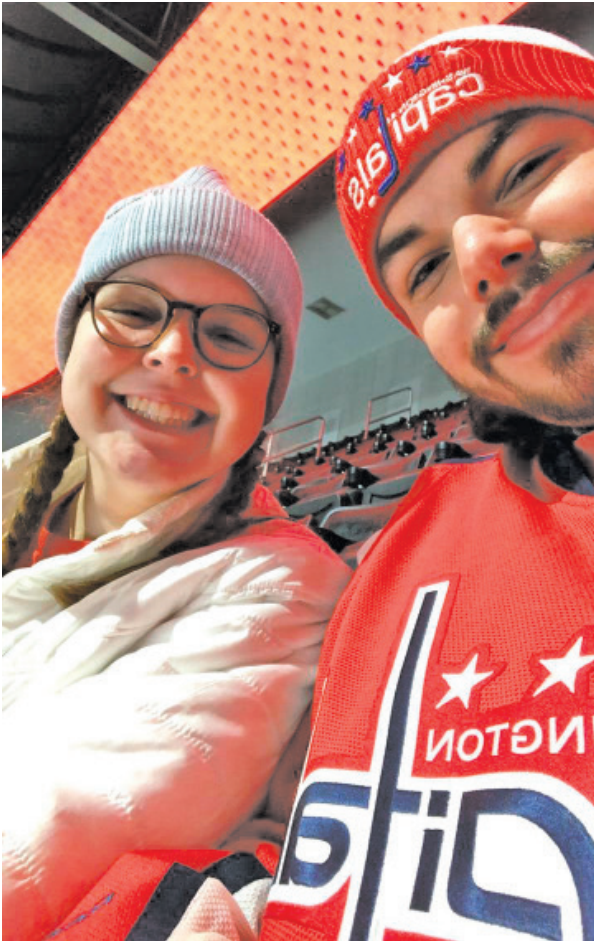


(Above) A
the Chaco
ASHLEY M

(Above)
on vacat
pictures
SCHERG



Arts and Entertainment Editor Ashley McMillan traveled to Chichen Itza Mayan Ruins in Costa Maya, Mexico. **PHOTO BY ASHLEY MCMILLAN/ THE CAPTAIN'S LOG**



(Left) Senior Staff Writers Kaitlin Sanata and Austin Urch enjoyed the Washington Capital's hockey game together. (Right) Lifestyle Editor Anna Dorl went on a Mission trip to Dorado Puerto Rico. They worked to rebuild parts of the neighborhood and led Vacation Bible School. **PHOTOS BY AUSTIN URCH AND ANNA DORL / THE CAPTAIN'S LOG**



Editor-in-Chief Matthew Scherger and his family went on a mission trip in Kauai, HI. (Left) On the Kalalau Lookout, there is a unique view of the Waimea Canyon. **PHOTOS BY MATTHEW SCHERGER/ THE CAPTAIN'S LOG**



UPCOMING HOME GAMES

Friday and Saturday, Jan. 24-24
Track and Field
Captain's Invitational

Saturday, Jan. 25, 6:00 p.m.
Men's Lacrosse vs.
Randolph-Macon College

UPCOMING AWAY GAMES

Saturday, Jan. 25, 2:00 p.m.
Women's Basketball vs.
Salisbury University

Saturday, Jan. 25, 4:00 p.m.
Men's Basketball vs.
Salisbury University



#11 Keyshawn Jefferson dribbles the ball against William Peace (left) and #14 Julia Hobbs celebrates against Southern Virginia University. PHOTOS COURTESY OF CNU OCPR

Basketball teams start CAC strong

Early wins put the Captains Basketball teams in first in the CAC

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Both basketball teams at Christopher Newport University have been very successful in recent years with the women's team finishing outside the top two in the conference only once in the last 14 years and the men's team finishing first in the conference each of the last four years.

The regular seasons are already over halfway finished as colder weather is finally upon us, but both sides are just heating up as they are headed into conference play.

Coincidentally, the women's and men's teams both share the same record of 14 – 4 and are undefeated in the conference.

Two of the losses for the Lady Captains' came against #10 Messiah College and #1 Tufts University, falling just five points shy of brining the #1 ranked Jumbos to overtime.

The other two marks against the Lady Captains happened in Raleigh, North Carolina against William and Peace University and Meredith College, coming up short by only three points against the latter opponent.

Since that loss to Tufts University, the Lady Captains have been on an undefeated hot streak of six wins, including three conference tilts. On that run, they have held an average margin of victory of 18.5 points.

The Lady Captains have had multiple offensive showcases this season including two games where they racked up triple digits on the scoreboard and four other matchups when they scored point totals in the

nineties. Throughout the season, #1 Jessica Foster has made her home behind the three point arc, sinking 32 so far this season, a team high, and is one of the top five point scorers for the team.

When it comes to the charity stripe, Freshman #32 Anaya Simmons is a frequent flyer, registering 68 shots from the line and converting on 47.

She also plays a physical game on the court and has snagged 66 offensive rebounds for second chance opportunities. #15 Sondra Fan has the second highest total of field goals, three pointers and free throws made in each of the categories.

The Lady Captains have found a lot of success with their pairing of strong offense with stingy defense to contrast on the other side of the ball. Throughout their 18 contests, they have forced, on average, over 30 turnovers each game thanks to their 17.1 steals per game.

Thus far, the defense has been headlined by #2 Julia Ng and #55 Natalie Terwilliger. Ng, who has started every game this season and leads the team in minutes, has taken 59 defensive rebounds for herself, including her season single game high of eight in the contest against Meredith. She has also forced 28 turnovers via steals across the season.

Terwilliger has 64 defensive rebounds to her name and leads the team in the category. On the other side of the ball, Terwilliger also makes her presence known and is a true end to end player.

Just three points shy of totaling

200, she averages over 11 points per game, shooting at almost 45 percent from the field and barely under 75 percent at the line. Terwilliger leads her team in field goals made with 78 and is second only to Fan in terms of total points scored.

In the Freeman Center, the home fans have cheered their team on to an undefeated record of five wins and zero losses, including an overtime thriller against Randolph-Macon College.

On home floor, the Lady Captains have averaged 84 points and with at least three more Capital Athletic Conference (CAC) games taking place in the Freeman Center, they are poised for a solid ranking by the time the CAC tournament rolls around, on paper at least.

With only three upperclassmen and just one senior on the squad, the Lady Captains have a team full of youth which bodes well for the next few seasons in addition to the success they have already experienced this year.

After dropping the first matchup of the season by four points to Johns Hopkins University, the Men's Basketball team responded with six wins in a row before hitting a rough spell.

During that patch, the Captains would falter in three of the next four games by an average of ten points. In the following contest, the Captains responded by nearly dropping 100 points against Bethany College and Wesley College to win the Holiday Inn Captains Shootout, scoring 96 and 97 points respectively.

The Captains would also go on to win the next five games as they entered conference play, once again putting 97 on the board against conference rivals, the University of Mary Washington.

Like the women's team, the men's program is also undefeated in conference action. With four home conference games remaining and over an 88 win percentage in the Freeman Center, once again on paper, the Captains are set up for success in the postseason.

The offense is led by #20 Jason Aigner and his 74 field goals combined with 55 three pointers. Following in his footsteps from the field are Senior #4 Dalon McHugh II and freshman #45 Ian Anderson with 70 and 66 field goals each respectively. Aside from Aigner, only #30 Adrian Beasley comes close to catching his tally in threes but still sits over 20

behind at 31 three pointers.

Anderson, coming off the bench, is a genuine difference maker on the floor as he leads the team in free throws made, 35, and third in total points scored with 171.

#31 Cutch Ellis gives his side multiple second chance opportunities with 40 offensive rebounds while on the defensive side of things McHugh II and Anderson have notched 72 and 70 to deny opponents time and time again.

Ellis also uses every inch of his deceptively nimble 6 foot 7 inch frame to force 21 steals out of the opposition. #10 Luther Gibbs finds himself at the top of the stat sheet by utilizing his speed to match opponents on a breakaway and pick up key blocks, having 16 in total.

With his dribbling ability, he can absorb pressure allowing space for other teammates like Aigner and Beasley the opportunity for a wide open three pointer.

With many high scoring games on the season and the team averaging over 80 points a game, it is up to the Captains defense to slow down their opponents on offense to continue to pick up victories at a crucial time in the season. ■

For more information on all Captains sports
action, visit CNUSports.com

The return of the XFL

The changes made to differ the XFL from the already established NFL

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My fellow Captains, if I may ask, what exactly were you doing in February of 2001? Were you celebrating, or conversely lambasting, our newly inaugurated President, George W. Bush? Were you booking your flight for the 51st annual Berlin International Film Festival? Perhaps you were treating your ears to the dulcet tones of André 3000 in OutKast's newest song, "Ms. Jackson." If you were like me, you were two years old, so who knows what primitive activities you were engaging in. I'd imagine all of your actions revolved around sleeping or eating.

While we were sucking our thumbs and trying to figure out who those behemoths staring at us were, the XFL was running a counterculture to the norms developed by the National Football League (NFL). Now, there's no time to go into the XFL's history, but all you need to know is that it failed. The league folded after one season, so we all returned to our regularly scheduled NFL programming.

What was once a promising venture spearheaded by World Wrestling Entertainment's Vince McMahon and the National Broadcasting Company quickly fizzled into an obscure and decidedly niche piece of useless trivia.

However, on Jan. 25, 2018, McMahon returned with a pep in his step and announced the return of America's favorite alternative football league. The XFL had risen from the ashes. The league's renewal made major headlines, and it was swiftly the talk of the sporting world. Of course, people had questions. Besides the obligatory "what's an XFL?," people were clambering to

know what changes would be made to the league. What new additions would make its product not only different from the 2001 version, but also different from today's NFL?

Everyone's (or really just mine and a few other weirdos) questions were answered a few short weeks ago. The XFL released its official rules for the second inaugural season. While the article is generally easy to follow, it does go on about some stuff we don't really care about. Since I know you so well, I figured I'd highlight the league's biggest changes to quench your undying thirst for XFL knowledge. Here's all you'll need to know about what makes the XFL different from the NFL.

As soon as its return was announced, the XFL made it clear it's focusing on a more fast-paced, condensed version of the American football game. In contrast to the NFL's 40 second play clock, the XFL stated it will be adopting a 25 second play clock. Obviously, this will lead to both a decrease in the interval between plays and an increase in the amount of plays actually ran during the game's duration. Essentially, it's more bang for your buck. Along with the introduction of a shorter play clock, the XFL will also integrate a running game clock. In the NFL, when a pass attempt falls incomplete or a player runs out of bounds, the game clock stops. In the XFL, the clock will continue to run without interruption until there are two minutes before halftime. Again, the XFL's goal is to present its viewers with an accelerated and concise football experience. One final point on speeding up the game, each coach will be limited to two timeouts rather than the usual three.

Personally, I'm a fan of these

changes. Keeping the game moving at a brisk pace is something anyone can get behind. We've all got more constructive ways we could be utilizing our precious time. As a Washington Redskins fan, games ending faster is a blessing. My sorrow won't have to be drawn out for three hours. Instead, my heart will be broken in a more timely fashion, so I can get back to that Sudoku puzzle I've been working on. Truthfully, I'm being optimistic. What's the number one way to slow down a football game? The officials needing to go to the replay booth. The XFL did release its own updated list for when an official is allowed to enter the replay booth, but we all know it'll end the same way. They'll take forever to only get it wrong, especially when it hurts the team I'm rooting for. Funny how that always happens. In any event, the XFL has made some other changes that are a far cry from the makeup of the NFL's game.

For instance, the post-touchdown extra point kick attempt has been completely erased. Sorry Adam Vinatieri, your services are no longer needed. This change is not only a hit to the already diminutive morale of the kicker, but it's also a unique innovation to the typical football scoring system.

As always, a touchdown will be worth six points, but now the scoring team has the option to either get one, two or three extra points. If teams adhere to societal pressures to conform, or be a "plain Jane," they will attempt for one measly extra point by running a play at the opposing team's two yard line. If the scoring team is up to the challenge and feeling like a "mild Margaret," they can go for two extra points by attempting a play from the oppos-

ing team's five yard line. Lastly, if that scoring team is as adventurous and untamed as a "clinically insane Catherine," they can go for the almost unheard of three extra points from the opposing team's ten yard line. Believe me, I got chills as I wrote that.

All jokes aside, this change to the regular football scoring system is an interesting one. It makes the game more of a chess match between the coaches than ever before. If I had to guess, the implementation of the new extra point system is ultimately to reduce the amount of games that require an overtime period. Once again, the XFL is trying to get us home from Buffalo Wild Wings early. Still, it's not completely eliminating the need for a kicker, as a team still has the option to attempt a field goal. Getting paid to do less than its NFL counterparts seems like a win in my book.

As we come to a close in our little foray into the new and exciting world that is the XFL, I figured I'd share with you my favorite of the new rule changes. How many times has an incredible catch made by a wide receiver been accompanied by a painstaking and drawn-out replay review to see if his catch aligned with the NFL's loose and almost mysterious definition of what is a catch? It's almost a guaranteed occurrence at this point.

Well, the XFL's rules will hopefully put an end to the tired tradition. According to the XFL's rulebook, a catch is defined as the player securing and maintaining the ball with one of their body parts touching the ground in the field of play. Simple as that. No more of the NFL's "making a football move." If the dude gets his hands on the football, tucks it in and gets at least one foot in bounds, we

have a catch, ladies and gentlemen. This, of course, applies for an interception as well. In a way, needing one foot in bounds to qualify as a catch is a logical progression. Since college football only requires one foot in bounds, it makes sense for professional football to follow suit. Prospects looking to turn pro won't have to alter their game as much. I'm not saying the XFL would make that ruling so college athletes would choose the more seamless transition to the XFL over the NFL, but it can't hurt, right? Plus, can you imagine what guys like Calvin Johnson and Randy Moss would've been able to do in the XFL? Honestly, I think I just gave you an impossible task because I don't think we can fathom the amount of one handed catches those guys would make with only their pinky toe in bounds.

The XFL is a breath of fresh air for the seasoned professional football watcher. Will football fans ultimately choose sides like it's "West Side Story?" No, but will there be an incessant amount of choreographed dance numbers? Also no. My point is, most football fans will give the XFL a try. If fans like it, they might keep watching as the season goes on. However, I don't think anyone invested with an NFL franchise will suddenly kick it to the curb completely for the St. Louis Battlehawks. Hopefully, the changes to traditional American football will be enough for the XFL during its infant stages. Like any avenue of business, competition is a good thing. Both brands of football will influence the other. If all goes as planned, the XFL will push the NFL to put out a better product. If history repeats itself, we will all be looking forward to the re-branded third iteration of the XFL in early 2040. ■

Stepping up to the plate

Captains Baseball and Softball prepare for the season following a disappointing end to last year

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Coming off two incredible seasons, the Captains stick and ball sports are looking to have another strong year.

Both teams ended the season with a high ranking nationally with both teams topping the rankings at points throughout the season.

The baseball team ended the season on a slightly sour note as they crashed out of the playoffs in the first round.

This result meant the final ranking for the Captains Baseball team fell 14 places from #1 in the country to #15.

The Captains lost several key contributors on the baseball team including Senior #10 Nick Dinapoli who won the State Player of the

Year award for his incredible 2019 season.

On a more positive outlook for the side #7 Trey Hicks was awarded a DIII Preseason All American Honorable Mention.

The softball team had slightly better fortunes when it came to the end of their season last year.

They made it to the Super Regional, but could not overcome Randolph-Macon.

After winning the first match 8-3 the Captains suffered two back to back 4-3 losses to end their season.

Unlike the baseball team, softball did not fall in the rankings and kept their season spot of #9 in the country to end their 2019 season.

#22 Patty Maye Ohanian received her second All American Honors for her incredible season at the plate in 2019.

Ohanian finished her sophomore season with an incredible .455 batting average, 14 homeruns and 53 runs batted in.

#27 Kaitlyn Hasty also received All American Honors and received National Rookie of the Year accolades in her freshman season.

On top of the national accolades Hasty also received the Player and Rookie of the Year awards in the CAC for a stellar freshman season where she hit 19 homeruns.

Looking forward to the season ahead in 2020, both teams will look to build upon some of the highs from 2019.

Baseball will have hard time replacing their graduating class from the previous season as they had at times eight seniors in their starting nine.

As for the Captains Softball team,

they will have to replace the dugout leadership of Senior #1 Nicole Killen.

As the only senior on the roster, Killen was a strong leadership presence for a mostly underclassmen filled team.

While Killen didn't get much playing time last season her presence and leadership had an impact on team morale as she could always be heard leading chants from the dugout.

The young softball team will have a lot of potential to capitalize on this

season as with only one senior they were able to reach the top of the national rankings for several weeks in the 2019 spring season.

Baseball will start their season on the road at Ferrum College on Feb. 8, while softball starts their season with a double header against Richard Bland College on Feb. 18.

Both teams will head into the season hoping to replicate the success both teams found in the CAC last season and build upon some disappointing results towards the end of 2019. ■

Want to write for the Sports Section?

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January 27th
Beartooth
7 p.m., The NorVa

January 23rd
Thursday Night Trivia
8 p.m., Washington Room

January 25

Free Yoga with Women's and Gender
Studies Program
11 a.m.-12:15 p.m., Freeman Center
Multipurpose Room 1

January 24
"The Turning" PG-13
"The Last Full Measure" R

Review: "Little Women"

Discover a fresh adaptation of Louisa May Alcott's generational literary classic

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The lasting significance of "Little Women" is anything but little. Louisa May Alcott's original novel, a timeless tale of four drastically different sisters coming of age in 1860s New England, has seen countless different adaptations on the big screen through the years. When it was first announced that another would soon be on its way, some audiences questioned its necessity and whether any new performance could rival Winona Ryder's Jo March in the 1994 version of the film. But on Christmas Day of 2019, a beautiful retelling of the classic story swept audiences around the world off their feet and created a new generation of "Little Women" fans.

Directed by Greta Gerwig, this film truly is timeless, with the same fire-side warmth of the familiarity of other "Little Women" adaptations. With its heartfelt and heated discussions between characters, stunning original score and beloved actors and actresses such as Laura Dern, Timothée Chalamet and Meryl Streep, it is sure to be a classic and go down in history as one of the best.

The story has always been somewhat centered around Jo March, the second-oldest March sister who is a writer with big dreams, an independent spirit and a fiery temper. Saoirse Ronan's Jo is a tour de force, reminiscent of Ronan's performance as the titular headstrong character in Gerwig's "Lady Bird." Ronan always brings a level of depth to her portrayal

of strong-willed female characters, and she also brings a new determination and a modern sense of feminism to the character of Jo. She speaks to everyone she comes into contact with in the exact same way that she writes: fearlessly.

Emma Watson plays Meg March, the oldest sister, bringing a soft yet strong feeling of oldest sibling responsibility to her wayward sisters while their father is away at war and their mother, Marmee (Laura Dern), leaves to care for him. The diminutive Beth March is played by Eliza Scanlen. Her needlepoint creations, love for music and soft-spoken demeanor make it easy for the audience to fall in love with her. The youngest (but definitely loudest) sister, Amy, is played by Florence Pugh. She develops Amy's childish whininess into poised grace as she grows from a spoiled little girl into a driven artist with refined tastes for everything from her elegant clothing to her wish to travel the world.

Each of the sisters gets time to shine in scenes of their own that contribute to their individual storylines: Meg's marriage and motherhood, Jo's pursuit of her writing career in New York, Beth's struggle with illness and passion for music and Amy's dream to be "the greatest painter in the world" in Paris. Whenever they all reunite at various points within the film, they meld into a chaotic mess of laughter and screams that are typical of any sisters, no matter what time period they exist in. They never seem to agree on anything, from what dress one of them looks the best in to

what it really means to be a woman in the 1800s. The portrayal of familial struggle and unconditional love despite differences is one aspect that has contributed to why "Little Women" has remained such a cherished story across generations.

The film transitions back and forth between the past and the present as the Marches return home to deal with family difficulties and personal problems. Throughout these transitions, certain scenes almost exactly parallel one another as the family finds themselves dealing with familiar issues that they have faced before. (One tragic example shows Jo waking up in her old bedroom to find one of her sisters missing from her bed, each time with a different outcome — you'll know it when you see it.)

Timothée Chalamet shines as Laurie, the March sisters' next-door neighbor, trusted friend and eventual love triangle component, which forces two of the sisters to come face-to-face with some hard truths. He scampers around like a newborn deer, following the sisters everywhere they go as they grow up alongside each other and gradually transition into adulthood. His soft gaze and fluffy hair paint him as the perfect picture of boyish youth, even during the flashed-forward scenes where he is a full-fledged adult but still can't seem to act like one. His chemistry with Ronan, which they developed together as costars in Gerwig's "Lady Bird," is natural yet absolutely electric to watch every time they share the silver screen.

Every single scene within the film



IMAGE OBTAINED FROM IMDB

looks like a carefully crafted Renaissance painting. As the story unfolds in front of the audience's eyes, they notice that no prop piece is out of place; under Gerwig's expert direction, every aspect of every shot is intentional. The colors throughout the film are deep and vivid, yet soft at the same time. They speak to the different moods and personalities of each of the characters throughout scenes, such as the trademark soft pink and green that Beth wears in opposition to Jo's bold shades of red and navy blue.

The most striking aspect of the latest adaptation of "Little Women" is

the passion that oozes out of every aspect of it, from intense exchanges of dialogue between characters to the exquisite set design to moving soundtrack full of stirring instrumentals. The film capitalizes on the emerging feminist sentiments of the era and the different dreams and goals that women continue to have to this day. But no matter how different each of these characters are, the love of family and the pursuit of their individual dreams is what brings them together in the end. In the words of Jo March, "Life is too short to be angry at one's sisters." ■

The perfect get-out-of-bed playlist

Having a difficult time waking up for your 8 a.m.? Stream this playlist to make it easier

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New year, new music. Considering it's the beginning of a new semester and year, I figured a playlist that consisted of quirky tunes would be essential to start off. Personally, over the winter break, I broke free from my typical indie rock obsession and discovered new themes of music.

The first song I found, "No Sleep (feat. Bonn)" by Martin Garrix, has eccentric and electric tunes that make me feel like getting out of bed immediately, which is a feeling we

all need for school. The song creates an atmosphere of a fun-loving attitude, which resonates how most people feel during the first few weeks. Considering everyone is back on campus, the moment you're back with your friends is exciting and unbalanced.

As a similar-feeling song, I chose "Go with the Flow" by Lika Morgan. The song resonates how thrilling a new romance in college could be with a beautiful base. The lyrics "How we fly, Every day is like the weekend, Hot like fire, Don't wanna wake up from this state of dreaming..." widely showcases the swift-

ing romance it explores.

You may know this legend, but with no surprise I chose Harry Styles' "Treat People With Kindness." The song resonates 70s hippie culture, when the symbolic nature of peace and love was on trend. Considering the 70s decade is very different from our time, I still resonated with this song because of our arrival into a new decade. The positive discussion within the song should be a theme song for everyone's new year's resolutions.

On a more realistic, emotional note, I miss my parents even though

I just arrived to campus a week ago. I decided to pick a song more my speed, but from a small artist: "Twenty Two and Some Change" by Stephen Day. He centers the chorus around his emotional thought and how at his age, it's become difficult to explain or talk about one's feelings. The lyrics he sings describe how difficult it is to tell your parents you miss them, how upsetting it is to let go of past and potential memories, and the feeling you're behind in a workforce-centered world. Almost every student, I believe, would connect with the down-to-earth lyrics Day expresses. ■

1. *No Sleep (feat. Bonn)* by Martin Garrix, Bonn

2. *Go with the Flow* by Lika Morgan

3. *Treat People With Kindness* by Harry Styles

4. *Twenty Two and Some Change* by Stephen Day

The galactic mess that was “The Rise of Skywalker”

This reviewer critically analyzes the slow-moving plotline of the trilogy

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This review contains spoilers ahead.

Over four decades later, the main-line saga of Star Wars has grown from only a film known exclusively for its innovative special effects, to spawning a media franchise and becoming one of the most beloved intellectual properties in filmmaking history. The modern iterations of the franchise, however, has been rife with controversy; “The Force Awakens” was criticized for paralleling the plot of Star Wars beat for beat, and “The Last Jedi” was panned by fans for its plot and treatment of its themes. Almost poetically, “The Rise of Skywalker” is a fitting end to this trilogy because it’s possibly the messiest and most controversial film of them all. The following review contains major spoilers for “The Rise of Skywalker,” so read at your discretion.

Before digging into the meat of the negatives, some acknowledgement for the well-executed facets of the movie is necessary. As always, the visual effects are stunning and John Williams’s original score manages to construct thematic callbacks with familiar leitmotifs while delivering music that succinctly delivers the emotional impact of any given scene. The performances are great and the chemistry between Finn, Rey and Poe are all phenomenal; this is

the first movie where all three of them are going on adventures together, and the tension of the movie along with simple differences in their respective personalities allows for their more irritable exchanges to be believable. Ben Solo/Kylo Ren has the rare characteristic of having a consistent and interesting character arc that is carried over through all three movies. While these positives strive to make the movie worthy of the now revered original trilogy, the only word which can succinctly describe the result of this attempt is overwhelming.

The title crawl alone throws so much information at you that you barely have time to process the most ludicrous bit of them all: Emperor Palpatine has returned from the dead. Not only that, but he has quietly amassed a massive fleet of Death Star Destroyers called the Final Order to usher in a second Galactic Empire. At every turn, the movie packs every scene with fan service. The method by which he accomplished both of these immensely impactful feats are paid lip service to in the movie; falling back on monologues from the prequels and Palpatine’s archetypal conniving nature. This is disappointing considering that the last time Palpatine was seen, chronologically speaking, he exploded; and to round it out, the entire nuclear powered megastructure he was on exploded. Furthermore, the only characters who have

any relevance or effect on the plot are Jedi and Sith; every other character had no discernable growth of character journey. Poe has gone from a charismatic ace pilot to the galactic equivalent of a limo-driver, while Finn was not only our other main character, but also a force-sensitive former stormtrooper. That concept alone could carry an entire trilogy, but in “The Rise of Skywalker,” Finn has no character growth and his status as a force-sensitive was confirmed in a tweet after the fact. Seeing as how these characters will never be seen on screen again, this tidbit is too little too late. Rey’s status as a Force-sensitive who is wholly disconnected from the families in the previous trilogies is reversed in favor of her new status as Palpatine’s granddaughter, a twist which sounds absolutely ludicrous when said out loud. This reversal completely nullifies her character’s arc, and now she is effectively reliving Luke’s character arc from Return of the Jedi. These issues combined with the about-face from Snoke back to the Emperor is symptomatic of why this movie falls short on a fundamental level. This movie suffers because of how much of the content is in direct opposition to the content of “The Last Jedi.” Rose Tico, played by Kelly Marie Tran, was a main character in the previous movie, but the actress was bullied off of social media; what is worse is that she is in “The Rise of

Skywalker,” and she barely gets any lines or screen time. Going further, the audience not only has another Big Bad but the exact same Big Bad as the last two trilogies. The Jedi and Sith are not outmoded concepts, they are alive and well in the galaxy. The Force is not mystical or everywhere; it is only in a select few which carry on the bloodlines of famous or infamous force users from previous trilogies. The Force, in fact, fixes every problem the characters come across in the latter half of the movie; they cannot find the ship they need to destroy, so they use the Force to find it. Kylo Ren and Rey both are almost killed in this movie, and both parties use the Force to heal each other. The extent to which the movie demystifies the Force goes to ridiculous lengths, perfectly summed up when Emperor Palpatine shoots a gigantic lightning blast into the sky to destroy rebel ships which evidently have not been given the same insulation from force lightning as the fleet of Death Star Destroyers within his line of fire.

In closing, “The Rise of Skywalker” fails not because of what it is, but because of what it is trying not to be. This movie does not want to be “The Last Jedi” and what that means is that the studio did not want to allow the Star Wars

story to grow or change; as the studio has seen, any attempts at growth or change have been met with severe backlash from hardcore fans who only want what is expected out of Star Wars. What resulted from this is a movie that punches right into hyperspace and does not slow down for a second, delivers a half-baked plot which falls squarely into story beats the audience has seen before and fails to develop characters the audience has come to love and identify with. ■



IMAGE OBTAINED FROM
CLIPART.EMAIL

This is the way of “The Mandalorian”

Uncover a new perspective within the Star Wars universe

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A long time ago in a galaxy far away...



IMAGE OBTAINED FROM PIN-
TEREST

Disney’s acquisition of Star Wars has lead the franchise into new ground with some fans divided; however, with the rise of streaming services, the Disney Empire enters the market with their own platform, Disney+. It offers a range of shows and movies, from Marvel Movies to Natural Geographic documentaries. The main grab for Star Wars fans was its exclusive show, “Star Wars: The Mandalorian.” The divided fanbase rallied behind the show and its breakout meme lord, Baby Yoda, and they cannot wait for season two.

“Star Wars: The Mandalorian” is showrun by Jon Favreau, director of “Iron Man” and “Iron Man 2,” and it is written by Dave Filoni, director for the animated series “Star Wars: The Clone Wars” and producer for “Star Wars Rebels.” The show’s first season is eight episodes, each being between 30 and 40 minutes long. The episodes are a story by episode bases with an overarching plot. Episodes one through three are the “beginning,” as

each episode flows into the next. Episodes four through six are more or less filler with them expanding the Star Wars Universe and the Mandalorian character. Episodes seven through eight are

The practical effects, like Baby Yoda, are similar to Netflix’s “The Dark Crystal: Age of Resistance,” in that the puppeteering is seamless and well done.

similar to Episodes one through three, as each episode flows into the next.

Even if you have no experience with Star Wars media, this is a great series to jump into the Star Wars Universe with because of its simple story and likable characters. The show is a sci-fi western, and the score for each episode gives the feeling of wandering from place to place, watching your back for enemies.

The visual effects are stunning, and the costumes for the Mandalorian are one with the force (really good costume de-

sign)! The practical effects, like Baby Yoda, are similar to Netflix’s “The Dark Crystal: Age of Resistance,” in that the puppeteering is seamless and well done. In addition, when the cred-

its roll, they show the stunning concept art for the episode. This show was a passion project given life, and it shows with how much care they took to make it.

This is the live-action Star Wars show that fans have been

wanting for ages. Similar to “Rogue One: A Star Wars Story,” it has the charm from the original trilogy, telling its own story without using the main cast of characters in the other films. It can hold its own without needing the other films or shows.

Overall, this is a fantastic show and is worth a Disney+ subscription. Even if you have the empty feeling for Star Wars after watching “The Mandalorian,” don’t worry,

“Star Wars: the Clone Wars” Season seven will release on Disney+ on Feb. 17.

May the Force be with you.

This is the show you are looking for.

I have spoken. ■

Want to write for the A&E Section?
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BID DAY

STORY CONTINUED FROM COVER

The Greek community on campus loves to highlight the value of Greek unity.

Bid Day is a time for all NPC sorority women to come together to celebrate welcoming more women with similar values and principles into their organization. Each of the sororities is different in core values as well as philanthropies, but they still support one another in finding women who feel at home in their organizations.

“Bid Day supports the idea of Greek unity because every sorority woman is just excited to see the new members find their new home no matter where it is,” said Wilson. “Also so many fraternity men come to support us welcome our new members home, which the Panhellenic community appreciates so much!”

When asked what made this year stand out from previous years, the Vice President of Recruitment for Panhellenic, Sarah Potter, stated “I think the unity between organizations has been increasing exponentially. I saw so many women go over to one another and congratulating them on their new members.”

Many of the women already initiated into one of the seven organizations reached out to new members to congratulate them on running home, even if it wasn’t to them.

The women going through recruitment are looking for a group of women that they truly feel they belong to, a group of women who will support them in every aspect of life and future bridesmaids.

PNM-turned-sister of Alpha Sig-

ma Alpha Haley Burton said, “I was looking for a sorority that will challenge me to grow into a better person whether it be academically or personally. My sisters have already given me a sense of confidence that I can be myself always.”

The Panhellenic community hopes that each of the women who ran home on Sunday is able to find that in whatever chapter they end up joining.

Sarah Potter, the Panhellenic Vice President of Recruitment, along with the other women on Panhellenic E-Board have been working tirelessly on planning recruitment as well as Bid Day since they were elected. They were rewarded at the end of their hard by getting to run back home to their bigs, littles, friends and sisters waiting to catch them.

“The hardest part was being away from my organization,” Potter stated about planning and executing recruitment and Bid Day. “In the end, it was the best and most rewarding experience seeing all the PNMs opening their bids [and it was] was truly incredible.”

On Bid Day only a small amount of the effort was shown that was put into changing many amazing women’s lives by giving them a family and experience they won’t soon forget. The sorority women on Christopher Newport’s campus did not lack in determination to gain new people that they can call sisters and friends.

The themes that the organizations chose were funky, fresh and in no way lacking creativity, giving members the opportunity to dress up in festive outfits for the occasion. Some of the themes included Phi Mu’s Party in the USA, Zeta Tau



(Above) Sisters of Gamma Phi Beta pose for a picture as they prepare to welcome their new members home. (Below and to the left) Sisters of Delta Gamma cheer and clap for their new members.

PHOTOS BY TAYLOR VIGIL / THE CAPTAIN’S LOG

Alpha’s classic rock theme and Alpha Sigma Alpha’s honeybee theme.

After running home, all the new members danced their hearts out at their respective organization’s post-bid day celebration. Hopefully, they got some well-deserved rest after a long weekend.

It is yet to be known if another “Panhellenic Plague” will knock out the campus again this year. However, for the women of CNU’s Greek community, it will all be worth it after helping so many women find their home away from home. ■

Kaitlin Sanata is a member of the Delta Gamma sorority and participated in Bid Day 2020.

“In the end, it was the best and most rewarding experience seeing all the PNMs opening their bids [and it was] was truly incredible”



LOGO COURTESY OF CNU PANHELLENIC

Camp Kesem nears official chapter status

Consider voting for the establishment of an organization on campus dedicated to helping children who have parents with cancer

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Kesem is a non-profit organization with chapters all across the United States who work diligently to create a support system for children whose lives have been impacted by a parent's cancer.

One of the main ways that Kesem provides this support system is through their annual program Camp Kesem, a summer camp put on by college chapters across the US. At these camps, kids get the opportunity to spend the week with other kids who are going through the same things they are, having a fun summer camp experience while gaining an invaluable support system.

After being touched by her own experience with Camp Kesem, freshman Graciela Greger has been working tirelessly to establish a chapter of the program at CNU. The application process to register CNU to be considered for chapter expansion took all of this past fall semester and required a considerable amount of research, outreach, and recruitment. Throughout the entire application process, Greger's passion for making this dream a reality kept her going. "It's been a lot of hard work, but we are so close," Greger said. "I'm really passionate about this because I think it will be a really amazing thing for our campus and the community... it's going to be so valuable and such a positive impact and I think that that is just so exciting to picture."

For children in Newport News

who have been impacted by a parent's battle with cancer, there are not a lot of opportunities for them quite like Camp Kesem. The closest Camp Kesem chapter is at the College of William and Mary.

"This is really important because, especially for a child, having a parent with such a serious illness can be scary, can be confusing," Greger said when asked about the importance of bringing Camp Kesem to the Newport News community. "The future looks really uncertain [to these kids], and so it's really special and important for children to have that extra support in their lives...it's also a fun experience because it's a summer camp. I think it makes kids feel less alone in their experience."

CNU is competing for one of five spots against 11 other schools across the country to have our campus become a chapter of Camp Kesem. Some of the other campuses competing including Virginia Tech, Emerson College and Western Carolina University.

The voting campaign begins on Monday, Jan. 27 at 9 a.m. and is open until Friday, Jan. 31 at 5 p.m. If you are interested in voting, visit vote.kesem.org, follow the prompts, make sure to verify your email address and cast your vote for Christopher Newport University. Voting is open to everyone, not just CNU students. The official results of the voting campaign will be announced on February 5th on Kesem's website.

Follow the CNU Camp Kesem chapter expansion's Instagram ac-



Graciela Greger (far left), Sarah Edmonds, Saran Cherif and Maddy Hoecker pose in front of Christopher Newport Hall holding balloon letters that spell KESEM. COURTESY OF GRACIELA GREGER

count @chapterexpansionatcnu for updates on the voting campaign, the link to voting and more. Information about each of the finalists for the chapter expansion is outlined on the Camp Kesem website www.vote.kesem.org. This is also where the voting will take place. For text reminders and to have voting link sent to you, text 'kesem' to 31996. ■

If you would like to vote in favor of Camp Kesem at CNU, visit vote.kesem.org

New year, new college habits

Take a look at some New Years resolution ideas that may help you be more productive this semester

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To quote one of the greatest shows of all time, "My new grade resolution is to waste more time surfing the web and watching movies." That, of course, was Gordy the janitor from "Ned's Declassified School Survival Guide" and his excellent new grade resolution.

Any type of resolution can be tough, especially the dreaded New Year's Resolution. I'll give you my own "declassified" resolution guide to make sure you smash it out of the park with your New Year's Resolutions.

Working out

Well, we have to talk about the classic resolution. Working out is the quintessential goal for many Americans at the turn of the year, but that doesn't make it easy. Un-

less you're a fitness junkie like powerlifter Eddie "The Beast" Hall, you probably aren't going to like to lift weights and you might prefer sit and watch Netflix in your room instead.

The secret to keeping with an exercise routine is tricking yourself into being motivated. Try going in the morning with your friends. This will trick you into feeling guilty if you miss a session with your friends, as they will all have gone and you'll be left out (this is one I have plenty of experience with as my roommate does this, and I feel guilty every morning).

Alternatively, try working out and then doing something you enjoy afterwards as a reward. This will keep you wanting to go back for more of what you enjoy afterwards. Once you find the tactic for you, it will be easy to keep your routine up.

Sleep more

In stark contrast with the above, some people just want to watch the world burn from their bed while they dream the day away, and that is perfectly fine. If you, like me, struggle to get a consistent eight hours of sleep, you can try these tips that have worked for me over the past year.

Try eating less sugar after 6 p.m. as this will help you have less energy come bed time. Another good suggestion is to not use your bed for anything but sleep.

The more activities you do in your bed, the more you will be accustomed to being awake in bed, and you will struggle to fall asleep. If staying asleep is your issue, when you wake up one morning, notice your posture in bed. While you're asleep, replicate this to the best of your ability, and you should be more comfortable and get more sleep.

Study smarter

This is the one that speaks with most of us as we are still all students here at Christopher Newport University. Studying is not exactly my favorite pastime, which is ironic considering I am applying for graduate school. That being said, studying is hugely important, and I have a few strategies to make it more bearable.

First, you have to get a study group. Studying on your own leads to the temptation to do something more enjoyable. With a group by your side, you can suffer together and get more work done.

Next, you will want some kind of beverage to keep yourself focused. For the beverage, I recommend picking up "The Captain" from Einstein's to keep you going.

Last, I recommend you take many breaks to keep yourself sharp. With these tips at your

disposal, you should at least get a little more out of your average study sessions.

Cut out negativity

Cutting out negativity can be a daunting task, but it is something we should all try to remove from our lives. Whether it is a bad relationship or something about your life that is bringing you down, it should be one of your goals to improve this aspect of your life.

Now I'm no expert in this, but I know that we have tons of resources here at CNU to help you make positive changes in your life. We should all take advantage of these great resources and make a positive move in our lives. These ideas can help you become a more motivated and more productive college student, and if you adopt these habits now, you can make them last and bring you more success throughout adulthood. ■

JOIN THE STAFF!

The Captain's Log is always looking for new members. If you're interested in becoming part of our team, email editor-in-chief Matthew Scherger at clog@cnu.edu or matthew.scherger.16@cnu.edu.

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