



THE CAPTAIN'S LOG

THE VOICE OF CHRISTOPHER NEWPORT UNIVERSITY STUDENTS

@CNUCAPTAINSLOG WWW.THECAPTAINSLOG.ORG
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Breaking the CNU Bubble



Community service is one of the four major focuses on CNU's campus. MACY FRIEND/THE CAPTAIN'S LOG

Millennial Roundtable on civic engagement sparks discussion on CNU's own state of community service and how much of an impact CNU students are really having on the Newport News community.

BY MELANIE OCCHIUZZO
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One of Christopher Newport University's claims to fame is their focus on community service.

This comes from a recent millennial roundtable on civic engagement that took place on Sept. 26.

Kenneth Kidd, President of Student Assembly, was contacted by the Civic Engagement task force that was kicked off this summer in order to gauge how students are engaged on their campuses.

Kelly Thomasson, Secretary of the Commonwealth, and Traci DeShazor, Deputy Secretary of the Commonwealth both came to the university to chat with a few CNU students on the state of civic engagement.

The conversation quickly turned from civic engagement to community service, however.

The phrase "Breaking the CNU Bubble" was thrown around by several students and DeShazor commented on how involved the CNU campus seems to be in comparison to other campuses she and Thomasson have visited.

CNU students seemed to be more engaged with the community rather than civically. But the question arises, what kind of effect is CNU having on the surrounding Newport News community?

Is there really a CNU Bubble and is it being burst? Community service, serving as one of the four pillars of CNU's campus, is part of an estimated 80 percent of students' academic careers.

involved in community service on campus. They can apply to be a Bonner Service Scholar, enroll in the Service Distinction Program or participate in exploratory service through a group on campus such as social greek life.

Brad Brewer, Director of Community Engagement and the Bonner Service Scholars Program, works to keep track of all the community service students complete on campus.

He says that it is hard to give a clear percentage of who does community service on campus because many people don't report the hours that they complete.

Brewer attributes this to the overall feeling that community service is a selfless act and most don't want recognition for the work they do.

This past 2016-2017 year 1,855 students were enrolled in the Service Distinction Program reports Brewer, but he hopes to reach 2,000 students for this upcoming year.

Any student can enroll in this program but he encourages the students to enroll in their freshman or sophomore year.

"It's a developmental pathway, the program," says Brewer.

Throughout the Service Distinction Program students will declare a service track and stick to it for the program.

Brewer says that when he is working with students and the community the fastest way to fail is to come in with presumptions about the area's inferiority.

He emphasizes emotional intelligence with his students.

Bursting the Bubble

There are several ways that students can get

BREAKING THE BUBBLE CONTINUED ON PAGE 3

News 4

Find out the process behind the semi-annual career fair, how they market to companies, schools and organizations and get them to attend.

Snapshot 8

Bringing people together through music and comedy. A photo spread on the Playing For Change concert that happened this past weeked.

Sports 10

CNU had added a women's golf team to the mix this year. Check the sports section to read more about the newly established golf team.

A&E 12

A visiting author, Rich Michelson, shares his views on diversity, art and literature with Christopher Newport University's students. See more in Arts and Entertainment.

Lifestyle 14

Meghan Copenhaver is the first fourth generation paratrooper in the United States, read more about her story in the lifestyle section.



Weekly pic

Captains’ athletics had an undefeated, unscored upon weekend. Football, Men’s and Women’s soccer, field hockey and volleyball all trounced their opponents. **Photo by Nicole Ramkey/The Captain’s Log**



CNU TV

Kenneth Kidd, President of the Student Assembly of CNU, addresses the students of CNU. Title IX, DACA Students, and how students can get involved with Student Assembly are some of the topics Kidd discusses in his interview.

Happened

Oct. 2

Dealing with Aspiring Nuclear Powers: Conflict Resolution with Iran and North Korea

Monday Oct. 2 at 6 p.m. Dr. Michael Poznan-sky and Rachel Whitlark hosted a lecture on the topic of Dealing with Aspiring Nuclear Powers: Conflict Resolution with Iran and North Korea.

Oct. 2

Social Work Association: Ice Cream Social

The Social Work Association had an ice cream social where they talked about their passion for serving others.

Happening

Oct. 6

CAB Presents...Collin Hauser

Collin Hauser will be coming to the CNU Hall steps on Oct. 6 at 8 p.m. He will perform a solo show of his own creation.

Oct. 28

Crop Hunger Walk

Difference Makers will host the annual CROP Hunger walk from 11 a.m. to 2 p.m. on Oct. 28. These walks support grassroots, hunger-fighting development efforts around the world.



Captain’s Log Snapchat

Scan this image to add us on Snapchat! Follow our updates, watch us behind the scenes in the newsroom, and keep up with commentary on campus life.

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2017-2018

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

- **Email:** clog@cnu.edu
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JOIN THE STAFF The Captain’s Log is always open to students who are interested in writing, photography and editing. Editors assign stories every Sunday at 7 p.m.

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An Emotional Approach to Service

CNU focuses on training their students to be emotionally intelligent, to come at the problem from all different perspectives rather than assuming they know the situation.

CONTINUED FROM PAGE 1

The most sensitive populations that CNU partners with include the homeless, refugees and young children.

"Students should be prepared to do no harm and to find ways to actually be helpful," says Brewer.

The Bonner Scholars program is similar to the Service Distinction Program, but only 10 students per year are chosen as incoming freshmen to participate in this program.

Bonner is a four year commitment with a 300 hour requirement per year.

These students are trained extensively in the nonprofit they are placed in, basically becoming issue experts says Brewer.

Bonner Scholar Meg Hunt says, "For the past four years, my Bonner Service Scholar placement has been in the Newport News Public Schooling systems.

"Within this role, I've had the privilege of serving in a Kindergarten classroom with a large ESL population, creating and

implementing a skills development program for middle school special education classrooms, working with fourth grade students in an inclusion classroom, and tutoring middle school students.

"Every day I hear middle school drama filled with comments that soon will be considered 'old news,' I watch one of my favorite little ones trudge into school with a faded Optimus Prime backpack and the biggest, brightest gap tooth smile, and I learn all the cool new 'lingo' that keeps me hip (that sentence alone proves that my seventh graders efforts have failed).

"I know that my everyday actions aren't changing the world, but if I can impact my students then maybe, just maybe, I've changed their world."

She says that as students of CNU, they have the honor of being Captains as well as citizens of Newport News.

She feels an obligation to this community because she is now a part of it.

"I'm proud to say I'm a Captain, because we enact our value of service each and every

day within the Newport News community."

Beyond the Service

These programs are both ways that CNU impacts the surrounding community; by building these partnerships with nonprofits in the Newport News area, students are able to understand what the problems are and tackle issues from an educated standpoint.

Brewer says that the same goes for the exploratory service hours students complete on campus; there is some value to a student who gets exposure to the community and learns about the issues in Newport News.

"I know we're making an impact in the community," Brewer says.

Aside from the service-based community projects that CNU undertakes, there are professors on campus who are working on projects that impact the Newport News community.

These programs help foster academic inquiry on CNU's campus.

Dr. Johnny Finn, a professor of Sociology, is currently in the middle of a large-scale project

on the persistence of racial segregation in Hampton Roads, and several student research assistants have worked with him over the last several months interviewing members of the community, using census data to map segregation in the area, and doing landscape analysis.

Personally he does not know what kind of impact the students are having on the surrounding community but he thinks that one important impact on those students who participate is that they gain a better understanding of the local community and some of the issues that it faces.

"We often hear about the 'CNU Bubble' but whether we like it or not, CNU is embedded within a broader community, and we are members of the broader community.

We should be working very hard to be connected and engaged in that community."

How We Compare

The difference between CNU and other universities is the focus on service specifically, Brewer says.

He explains that most cam-

pus, while trying to focus on doing service, will put emphasis on legal and political ways these problems can be fixed.

Brewer says that this is why CNU seems to be doing more service than other campuses because the students are so focused on creating relationships with the community.

Within the network of university community service programs, there is a great sense of collaboration Brewer says.

They want to share what they've learned with other leaders in the field of higher education community engagement.

"Everyone wants to share their best practices."

The Consensus

The overall consensus of the various programs on CNU's campus is that they are there to enhance the surrounding community, students are engaged with Newport News in more ways than just service-based projects and Newport News is better for it.

"The community wants to partner," says Brewer, "they don't want a handout, they want to work together to create a better future." ■

Information Goin' Round

COLE GALLAUDET/THE CAPTAIN'S LOG

1,855:
Number of
students across
all years enrolled
in the Service
Distinction
Program during
the past 2016-
2017 school year.

73,201:
Number of self-
reported
community
service hours
CNU Students
have reported to
the Center for
Community
Engagement.



Meg Hunt embraces her Newport News Public Schools class that she spent the year working with and mentoring as part of the Bonner Service Scholars Program. PHOTO COURTESY OF MEG HUNT

The Affair That is the Career Fair

With over 100 volunteers and countless hours of coordination, the career fair takes year-round planning.

BY LIAM ROWELL
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Something that might have captured your attention as you walk into the career fair is the work that was clearly put in beforehand.

Students are quickly signed in and given bags and maps, refreshments are provided for recruiters at tables by hard-working volunteers, and judges (both students and professors) wander around assessing each table. A lot of work goes into planning every single little aspect of the event.

The first step in this process is recruiting companies. There are a couple of ways that this can happen. Sometimes companies find CNU and want to work with the school to fill the job openings that they may have.

Another way that companies end up at the career fair is through CNU alumni. Former CNU students who love where they work will contact the school and attempt to recruit students to internships and full-time positions.

The final way companies and graduate schools come to the career fair is recruitment by the CNU Center for Career Planning. Part of how they recruit is by looking at companies around where students live as well as looking at big industry lists of top companies.

Carrying off the career fair requires 50 student volunteers as well as another 51 faculty and staff volunteers, over two shifts. Volunteers help with everything at the career fair, from distributing refreshments to judging dis-



The Career fair is a good place to find full-time jobs post grad, internships and furthering education. PHOTO COURTESY OF CNU OCPR

plays (the school awards the best one).

All of this leads to Christopher Newport having one of the best regarded career fairs in the state. Planning for the career fair is a year-round activity. There is a constant recruitment effort to get companies to come, as well as

keeping track of what job openings CNU students may be able to fill.

The date for the career fair is set at least a year in advance, with invitations going out in July and save-the-date cards going out even earlier than that.

At the end of the day,

the career fair is an event designed for the benefit of the students, however, the hardest part of planning the career fair is getting students to show up.

It is said that the Center for Career Planning's famous adage does hold true: you get jobs by talking to people, so go

to the career fair and talk to people.

There is another career fair specifically for Physics, Computer Science and Engineering majors on Oct. 17.

This will be followed by one more career fair that is open to all types of majors on Jan. 30. ■

A Retraction From Last Week's Issue

BY MILLER BOWE
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Last week's Today in History column featured several minor errors. William the Conqueror's fleet was referred to as an "armada", an anachronistic term more closely associated with the Spanish. The image of the Bayeux Tapestry was attributed to the author, who lamentably had no part in its creation; the image actually comes from Wikimedia Commons. In addition, author Miller Bowe was credited as a senior rather than a junior. Finally, the word "conqueror" was misspelled in both the deck headline and image caption. The Captain's Log regrets the errors.

Petty's Passing Leaves Fans Heartbroken

After suffering a heart attack in his Malibu home, the iconic rocker passed away on Monday night.

BY BRETT CLARK

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On Monday, Oct. 2, the world of rock was crushed by news out of Malibu, California that Tom Petty had suffered a heart attack. Petty, only 66 years old, and is a rock icon that few can rival.

News of his medical emergency spread like wildfire on Twitter as misinformation lit up everyone's little bright screens. Unconfirmed reports quickly circulated that Petty had passed on to the other side. These stories were contradicted by reports saying that the star was on life support in UCLA Santa Monica Hospital.

Longtime manager of Tom Petty & The Heartbreakers, Tony Dimitriades, confirmed on behalf of the family that Petty had regrettably passed away on Tuesday Oct. 3.

Petty "was taken to UCLA Medical Center but could not be revived. He died peacefully at 8:40 p.m. PT, surrounded by family, his bandmates and friends," Dimitriades says in a comment to the public.

Petty's departure from this world is premature and his plans for himself, his family and his band mates are proof. The energetic idol had just completed a North American tour with The Heartbreakers.

Petty's love for his friends in The Heartbreakers is strong and he was hesitant to go single on tour because of that.

"We get along so well it's embarrassing really. It's a love fest!" says Petty in a 2014 interview with the sun.

Fans are finding it hard to believe that such a legend is gone, especially with the intensity that he approached his music with. "I run a pretty fast-paced life and I always like having a project to do, I hate to be bored. That is the greatest sin I can commit. I'm sure it irritates a lot of people around me but I like to keep moving."

Petty expressed his feelings about the most recent North American tour: "I'd be lying if I didn't say I was thinking this might be the last big one. We're all on the backside of our sixties."



Tom Petty has three Grammys with both the Heartbreakers and the Traveling Wilburys. PHOTO COURTESY OF ROLLING STONE MAGAZINE

"I have a granddaughter now. I'd like to see as much as I can. I don't want to spend my life on the road."

"This tour will take me away for four months. With a little kid, that's a lot of time." Besides a loving family, Tom

Petty leaves behind thousands of fans and a channel on Sirius XM that will miss its host and namesake. ■

CNU Students Seeing the World

Christopher Newport Study Abroad is offering trips to countries like Cuba, Costa Rica and the UAE.

BY KYLE GUNDERSON

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At Christopher Newport, the stated goal has been to help students live a life of significance. In time, a significant life might take you all over the world making business deals, looking for ancient civilizations, or even just photographing the beautiful scenery.

In the span of one's life, the experience gained from a trip abroad can pay dividends. Many professors iterate to their classes how great of an idea it is to have some experience overseas, immersing yourself in other cultures and societies.

According to the CNU Study Abroad office, "Study abroad can be a life-changing experience. By traveling and studying overseas, students learn not only a better understanding of the world, but also a greater appreciation for America."

The CNU Study Abroad program offers summer programs for specific subjects,

as well as a semester abroad program in Scotland for sophomores or juniors who keep their grades up.

There is great news for students in the Honors program. The university required seminar for Honors students can be taken overseas.

The Study Abroad Program is now offering a program in Cuba for art and performance. For the creatively inclined who wish to see the world, you are encouraged to sign up for this trip.

Seeing the world is not exclusively reserved for the artistically inclined, however. Europe alone hosts programs in psychology, history, justice, business and political science.

The Study Abroad website describes how "You can travel in groups with faculty leaders, attend an overseas university or study alongside other U.S. students in a foreign country."

Political science in another part of the world provides vast experience in the workings of other countries, a key skill for dealing with international

relations. If you don't speak the local language, there's no need to worry; classes can be provided.

The university offers a sizable selection of CNU-based programs planned for this summer. Amongst the selection of programs planned for this summer all across the world are places like Costa Rica, London and the United Arab Emirates. For a full list of CNU-based Study Abroad programs, visit the CNU Study Abroad website.

If none of the destinations spark any interest, CNU is also partnered with the American Institute For Foreign Study, who also offers trips.

The Study Abroad office is more than willing to help place you in the right program. The Study Abroad office recommends you have six to nine months between your application and departure, so sophomores and juniors should act fast.

Everyone has their own reasons for studying abroad. No matter the reason, the right programs are out there. ■

ENVIRONMENTAL ISSUES ICELAND

2018 SUMMER STUDY ABROAD

EXPLORE ENVIRONMENTAL SUSTAINABILITY, ETHICS, AND POLICY IN ICELAND. CLIMB MELTING GLACIERS, SNORKEL BETWEEN TECTONIC PLATES, TOUR GEOTHERMAL INFRASTRUCTURE, WORK WITH ECO-VILLAGES, AND MORE!



CONTACT: DR. JOE BALAY, JOE.BALAY@CNU.EDU
OR DR. KIP REDICK, KREDICK@CNU.EDU

CNU is travelling to Iceland to study environmental issues. PHOTO COURTESY OF DR. JOE BALAY

Peaceful Protest Through Free Speech

NFL players’ decisions to kneel during the National Anthem is analyzed through the lens of the First Amendment rights to free speech and peaceful protest.

KATIE HALL

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Free speech: the famous and infamous topic our country has grappled with for centuries.

Yes, free speech can be used in horrible ways to undermine and intimidate others, but the right is necessary.

The First Amendment identifies free speech as its first item of protection for a reason: criticizing an unjust government.

The colonists were restricted from criticizing the King and Parliament.

Even though the government was intended to represent them, it couldn’t because the colonists couldn’t voice their opinions.

The value they placed on free speech is still just as important, if not more, in today’s political climate.

To maintain the values our country treasures and protect the rights of all people, we must look through the

lens of the disadvantaged. We must protect the right to free speech, even if we disagree with what others have to say.

According to Texas v. Johnson and United States v. Eichman, Freedom of Speech includes engaging in symbolic speech, defined by Barron’s Law Dictionary as “conduct or activity expressing emotion without the use of words.”

Symbolic speech includes refusing to stand for the National Anthem or Pledge of Allegiance.

This is protected for many reasons, including religious freedom and peaceful protest, a right also guaranteed by the First Amendment.

The only unprotected speech includes that which is vulgar, incites violence and defames another’s character.

One example is Colin Kaepernick’s continued refusal to stand during the National Anthem as a form of peaceful protest against racial injustice in America.

Just last year, Obama addressed Kaepernick’s protest.

According to the Guardian, Obama stated, “Sometimes [protest is] messy

and controversial and it gets people angry and frustrated... But I’d rather have young people that are engaged with the argument and trying to think through how they can be part of our democratic process than people that are just sitting on the sidelines and not paying attention at all.”

Several football players have refused to stand for the Anthem, and, recently, the public has taken special interest in their protest.

Obviously the NFL players’ strategy is effective. Due to their protest, discussions have sprung out throughout the nation.

Putting a spotlight on injustice was their mission, but they also put a spotlight on free speech and peaceful protest.

The American Flag is a symbol of many things to many different people. It stands for our government, troops, culture, community, hope, etc.

The flag also stands for freedom; the freedom to

express your opinions about your government.

Too often we criticize the small actions and miss the big picture.

NFL players aren’t attempting to disrespect our troops or spit on America. They’re looking to create change.

If we take away their freedom to refuse to stand, we are taking away our freedom to peacefully protest and express concerns about our government.

The flag and anthem symbolize different topics for everyone, and we must respect and admire that intricate representation. Instead of looking through your lens, look through the lens of others.

Look from an oppressed, disadvantaged viewpoint.

Research the reasons the protesters aren’t standing. Attempt to understand their viewpoints.

Just because one doesn’t stand for the anthem doesn’t mean they don’t love their country; it means they love it enough to try and make it better. ■

“We must protect the right to free speech, even if we disagree with what others have to say.”

*– Katie Hall,
Freshman Student*

Five Things I’ve Learned as a Freshman

Being a freshman is hard. Deciding what advice to take is even harder, so turn to your fellow peers.

CLARA PAGE

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We’ve all been on a steep learning curve recently, and some of us are still struggling with the changes. Like many of you, I found it a challenge adjusting to semi-independent living.

I know I had a few days where all I wanted to do was burrow under my blankets and ignore my surroundings.

Allow me to offer some insight: here, in no particular order, are five things I’ve learned as a freshman (so far).

1. Be patient with yourself.

Many of us are still doing a bit of transitioning, and that is perfectly okay. Think about it: you just moved into a new home to build another life for yourself. You won’t know all the ins and outs of collegiate life right away. If you’re frustrated with yourself right now, just remember that you’re still learning.

2. Be kind to yourself.

Remember to take care of your mental and emotional health. Some of us feel overwhelmed with schoolwork. Some of us are homesick. Encourage yourself: you’ve come a long way, and that’s a huge accomplishment! You might not feel like it, but you’re doing great. Give yourself the credit you deserve.

3. Maintain a positive mindset.

This can be tricky at times. Try finding five positive things every day. Regattas has cookies? Treat yourself. Just found out the seats in Luter are incredibly comfortable? Now you know where to sit for a little while. Your attitude on how you handle your surroundings has an enormous impact on your reality.

4. Take this college adventure one day at a time.

Your mind likes handling things in little pieces. Try not to look ahead at all the work you have to do over the course of the semester. Instead, handle your schedule on a daily basis. I’ve found this works really well for how I handle my week, and before I know it, I’ve accomplished everything on my list.

5. Have a means of lowering your stress levels.

If you’re feeling overwhelmed, take a quick breather for a few minutes. Pick up a favorite book, watch a couple YouTube videos, do some breathing exercises, or take a short walk, even if it’s just down the hall and back.

To sum things up, however, a word of caution: don’t abuse this method. Time has a tricky manner of slipping away from us.

Also, get organized. Write down assignment deadlines so you can see what’s coming up and needs immediate attention.

Having a plan does wonders for our productivity and stress levels. In short, this is a strange time.

We’re learning to live independently, from handling our own housecleaning to taking responsibility for our individual academic careers.

While some of us may feel overwhelmed, just remember we’ve already grown from the people we were in high school.

For those of us who are still questioning what we’re going to do with our time here and beyond, let me say this: relax and take it slow.

We’ve embarked on a great adventure. Let’s cherish it. ■

“Remember to take care of your mental and emotional health.”

*– Clara Page,
Freshman Student*

Sailing Through Midterms

Upperclassmen reflect on studying strategies and provide tips for handling upcoming fall midterms, while professors give advice on how to plan ahead.

STUDENT ASSEMBLY ACADEMIC
AFFAIRS COMMITTEE
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With midterms just around the corner, Captains campus-wide are slowly preparing themselves for late nights in the library and multiple shots of espresso throughout the week.

As the first major exams of the year, taking midterms marks a milestone in one's college career and sets the tone for success during the remainder of the semester.

Sophomore through senior students are well-versed in midterm preparation and were happy to provide some tips.

In addition, some professors shared insight from an administrative perspective on the best way to conquer exams.

Senior Jordan Roach
(Computer Engineering)

"I would say plan ahead and start studying like a week before the exams so the last day before the exam it's more so a review and you don't have to be tired pulling an all-nighter."

Junior Katlyn Logsdon
(Biochemistry)

"Like any exam week, midterm preparation is all about planning. I could not live without my planner! I always recommend you have a monthly planner with your midterms and all other assignments and assessments written in, so you can see your month at a glance and see when things are really compounded and be aware when weeks are going to be hectic. The ability to be proactive, plan accordingly, and devote study time a week or two instead of cramming really helps your stress levels."

Sophomore Andrew Farlow
(Business Management)

"For midterms I think the main piece of advice I can give is to get ahead. Dealing with many tests in a variety of classes can be stressful and overwhelming, yet preparation is the most efficient way to go make it through the period and it won't be as bad as you think."

Professor Graciela Jelambi
(Spanish)

"Students have to stop worrying about the freedom they have and worry about the time they must put in towards their education. The time is going to fly by and if you are not serious then it will catch up to you. Establish high expectations and a routine to keep yourself on track and your midterms should go great!"

Professor Lori Throupe
(Leadership)

"Coming from student success, in my own work as a teacher, I really seek to structure my classes and assignments to set my students up for success. The pattern would be some degree of pacing and being able to process the content they are responsible for and realistic understanding of what they can do to take ownership of that content and being faithful within that. I know students can get overwhelmed and not open the book at all. Do the courageous thing and open the book."

**STUDENT
ASSEMBLY**

CHRISTOPHER NEWPORT UNIVERSITY

IMAGE COURTESY OF STUDENT ASSEMBLY

The Captain's Log Presents: Buzzin' Becky



PHOTO COURTESY OF CLIPART LIBRARY

Hey y'all, Becky's back. Shoutout to all the feedback, positive and negative, I've received. I appreciate it all, as it helps to better myself and this column.

I know I've mentioned it before, but it really is so surreal to hear people talking about my column in public, not knowing Becky could be nearby, hearing every word. It's been such a wild ride getting some interesting questions and being able to provide my feedback. Just know, if I don't know the answer to a question, or if I need help, I do ask others (shoutout to my mom for listening to me as I prepare for each week's questions). Enjoy!

Are orgies a must do in college? Are they happening? Is it a "seek and you shall find" type thing or am I better off just building my own Rolodex of fun people willing to try new things?

Wait, did you miss the orgy sign-up table at club fair?

College is filled with a lot of casual hookups and it's a time for new experiences, however, orgies are a few levels above the casual hookup. I can't say I've ever heard of casual orgies.

As far as being a "must do," personally I'm not about that. Even as a child, I didn't like to share so there's no way in hell I would share now. If you feel so inclined to do so, do you boo. Just be sure to set boundaries.

Finding a group to participate may be a more difficult task, but the key to the whole situation here is communication. Whether you want to experiment with your friends or strangers is up to you. I think for the full experience, definitely seek out strangers. Like, if it all goes terribly wrong, you won't want to look those people in the eye ever again. Although honestly, you don't usually find out these things about people until alcohol is involved. And I mean *a lot* of alcohol, so be safe and make good choices my friends.

Make a list of dos and don'ts to help you navigate your way through this new experience. For example, do always use protection. I feel like this is a no brainer, but your chances of catching a disease are definitely increased by a lot in this situation. Don't force yourself into anything. If you aren't comfortable with the situation but your partner is interested, don't feel obligated to comply.

I've heard only horror stories about threesomes; two's company but three's a crowd, so... does that mean four is the whole CNU community?

What is the best way to enter a class late?

I'm glad you asked because lately I've been seeing people come in late and cause a ruckus. If you have a 50 minute class and you wake up from a nap 30 minutes into it, just take the L my dude. It's not worth disrupting the whole class to come for less than half of the class period. Trust me, you will get judged, most definitely by upperclassmen and probably by your professor as well.

If you decide you can make it in a timely fashion, though, proceed with caution. Don't make a scene when you come in. It's okay to quietly slip in your classroom and take a seat as close to the door as you can. Your friends will understand if you don't sit by them for once. Your class will be over before you know it and you can spill the tea about the weekend afterwards, the world will go on. If you feel so inclined, apologize to your professor for being late after the class has ended. They understand things happen, and as long as it's not a regular occurrence, you'll be fine. Don't make a habit of being late to class, but don't sweat it if you have to be.

— Becky out

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



Bringing People Together Through Music and Comedy

Playing for Change and Comedian Orlando Baxter were two events that brought song and humor to CNU students last weekend.

BY MACY FRIEND AND HANNAH LINDENBLAD

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This past weekend, music filled the DSU Ballroom and comedy filled the Gaines Theater as student groups and a comedian performed for the CNU community.

Playing for Change

On Sunday Oct. 1, the sisters of Nu Kappa Epsilon hosted a con-

cert, Playing for Change, to benefit the Playing for Change Foundation (PFCF).

This is an international non-profit organization established to bring countries together through music and musical instruction to children of all ages.

Sixteen groups—a cappella groups, students within different campus organizations and solo acts—performed various songs from Smashmouth to Idina Menzel.

Songs from Disney movies such as “Moana” and “Frozen” as well as Broadway (Les Misérables) were also performed.

CAB Comedian

Campus Activities Board hosted comedian Orlando Baxter Saturday Sept. 30.

He interacted with the crowd and began his set by asking where everyone was from and warning them of his lazy eye.

Baxter spent time talking about

his experiences as a high school teacher, even though he hated kids, and told stories about the times when he had to deal with kids who got in trouble.

One of his most memorable moments was when he talked about a Latino kid who took an ESL class (English as a second language) and got in trouble for breaking a window because the teacher, “told me to crack the window.”

Aside from comedy, Baxter gave advice to students and encouraged them to enjoy their time on campus.

“It may not seem like it but

these are the best years of your life...Step out of your comfort zone and meet people who are different because you never know where you’re going to end up in life.” ■

(Above) Take Note, one of CNU’s all-female a cappella groups, sang “Stitches” by Shawn Mendes. Senior Julia Hare performed a solo throughout “Unwritten” by Natasha Bedingfield. PHOTOS BY HANNAH LINDENBLAD/THE CAPTAIN’S LOG



Extreme Measures sang “Lord Have Mercy” by Alex Boyé featuring Soulsaints and “Young and Beautiful” by Lana del Rey.



Trebled Youth performed “Million Reasons” by Lady Gaga and “You’re Welcome” from the movie “Moana”. Noah Strickler (pictured above) and Matthew Speeney sang “You’re Welcome” in an unexpected duet.



Comedian Orlando Baxter poses with the crowd after he performs his set centered around crowd involvement. This worked well for him since the Gaines' intimate setting allowed him to ask questions about campus life and share stories with students. **PHOTOS BY CHARLES TYSON/THE CAPTAIN'S LOG**



The majority of Baxter's standup required audience participation. He asked random students to share interesting stories about their collegiate experiences.



Baxter acts like he's opening a bag of chips after a student said her roommate got mad at her for opening a bag of chips and waking her up one night.

Lady Captains Fly Past Salisbury Seagulls

Christopher Newport field hockey beat Salisbury 1-0 to add to the shut out from five CNU teams this past weekend.



Field Hockey boasts a shutout this weekend against the Gulls of Salisbury. MACY FRIEND/THE CAPTAIN'S LOG

BY TARYN HANNAM-ZATZ
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This past weekend, the Christopher Newport field hockey team played number 3 ranked Salisbury at home. The Captains were ranked number 15 going into the game. Throughout the entire game the senior goal keeper, Stephanie McKinney, came up with seven saves which overall led the Captains to their victory.

The Christopher Newport team went in with a strong mindset and the will to win the game against the higher ranked team. They came out strong and put one goal on the board and took the lead that they would hold during the rest of the game.

With this win, the Captains are advancing to 9-2 on the season and the Salisbury Seagulls fell to an overall record of 6-2. This win over Salisbury made the Seagulls 0-1 in conference play in the CAC.

The Captains retained their first place national ranking in goals-against and won over Salisbury in a shutout, keeping that highly deserved position.

Salisbury was down the entire game and struggled to make up the deficit.

The opposing team came out at half-time with determination to win, but they just couldn't put the ball in the cage, as the Captains' goalie and defense held them scoreless each minute.

The Captains will be back at home on the 13th against Centre College, so make sure to come out and support. ■

Womens Golf Team Starts Program Strong

Christopher Newport University athletics finally adds a women's golf team to the Captains family.

BY KRISTEN ZICCARELLI
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It's not everyday that CNU gets a new sports team. This semester saw the new addition of a women's golf team, with head coach Jamie Coleman.

With one home tournament victory and another second place score, the team sets its sights on future competitions this semester.

According to Coleman, who is currently in his tenth year coaching men's golf at CNU, the creation of a women's team was a work in progress for about four years.

"Finding and starting from scratch is the biggest challenge," Coleman said. "It's hard to get that many who actually want to play and who play well."

A notable factor in the team's creation was demonstrated interest. Some of these challenges stemmed from the structure of golf teams in Virginia high

schools, which only offer competitive co-ed teams.

However, Coleman expressed positive sentiments about a growing enthusiasm for women's golf.

"The women's side of golf is growing across the country," Coleman said.

"I think it's just gotten to the point now where there are a lot of ladies out there that want to play in college."

Freshmen and women's golf player Harper Lurie was introduced to women's golf at CNU during her junior year of high school, where she had been playing competitively since freshmen year.

Upon meeting coach Coleman, Lurie was further introduced to the style of CNU athletics.

"He was really different from all the other coaches I talked to," Lurie said. "He was all about a positive mental game and really working on our golf game."

Coleman partially attributes their

early success to the team's competitive nature and desire to win.

"The one particular thing that stood out is that they have a desire to win," Coleman said. "That's what CNU does."

According to Coleman, the competitive spirit is one that is shared in both men's and women's teams.

"It's a little different than the guys but not much," Coleman said. "They're competitive and they want to play well and they have a good time so it's been a good start."

Despite only two competitions thus far, Lurie appreciates the time spent together during their daily practices and extended traveling trips.

The first tournament "was a just really fun team bonding experience," Lurie said. "It's fun to win but also just to play well together."

Throughout subsequent tournaments, Coleman observed the team's cohesion as well.

The team met at an open house last summer and stayed in contact, but shared their first competitions at the start of the fall semester.

"As a group they've grown together,"

Coleman said. "What we're hoping is that with each tournament that goes by, they can apply those things more and more to their normal routine."

Growth is undoubtedly a common theme of the women's golf team, whose history is just beginning.

Already embarking on the quest for new recruits, the team has its sights set on the future.

"It's cool to be a member of the first team, but also seeing how we can grow," Lurie said. ■

Recently:

**2nd out of 7 in
the Shenandoah
Invitational**

Stop Idolizing Sports

News Editor of The Captain's Log Brett Clark recaps on recent events in the NFL that led him to stop watching.

BY BRETT CLARK
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My entire life I have played sports. It is such a large part of my identity that sometimes I laugh at the fact that I hardly ever went to a store to buy actual clothes because I would just get new shorts, shirts and sweatshirts every time a spirit pack came around each season.

To think about my life without sports is to imagine another person's life entirely. Brett Clark is not Brett Clark without sports. That being said, stop watching sports.

I don't really mean this literally, but I think our young country is becoming---- is quite the circus. That is what the NFL is. That is what the MLB and NHL and NBA are. They are circuses. Americans are so in love with these circuses that we are actually planning our life around going to the circus and watching the jesters and clowns dance on the stage.

We are so enraptured by the spectacle of the circus that we are taking life advice from the jesters and clowns.

We are taking life advice from the

jesters who only went to college for two semesters.

We are taking moral advice from clowns who repeatedly beat, rape, and stab people with less consequence and more probability than the actual patrons of the circus.

We are taking political advice from jesters who have millions of dollars and still end up broke by time they're 50.

This pill took me a long time to swallow. However, I appreciate the argument summed up by George S. Patton: "When you were kids, you all admired the champion marble shooter, the fastest runner, the big-league ball players and the toughest boxers. Americans love a winner and will not tolerate a loser." I, too, love a champion.

But the actions of many professional athletes do not match the actions of a champion. They emulate the behavior of a victim- of a loser.

I will not sit here and empathize with the plight of the millionaire athlete.

If he thinks he has a responsibility to the oppressed people out there then they should do something more than take a knee just like a loser would.

The issue is more than that, too. Even if they were acting like winners, people

need to realize how pathetic it is to go an entire week, as most people do, not doing anything remotely athletic. Then, to just spend an entire day, or even an entire weekend, watching other people be athletic and exercise? It is really sad when you think about it.

Stop watching really awful humans be athletic and go out and make yourself a better person.

Go lift weights and improve your body. Go start a physical journey to making a better, more athletic, stronger you.

Then when you get home, don't turn on ESPN. Pick up a book and start a meta-physical journey.

Improve your mind, your spirit, and strengthen your relationship with your God.

You can start that journey by ending your relationship with random people playing sports on the television.

Stop idolizing the circus and go build the world. ■



PHOTO COURTESY OF CNU OCPR

Football Rumbles With Rowan

Student athletes that received a 3.2 gpa or higher last semester received accolades at halftime of the game.

BY PHOENIX HINES
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The Christopher Newport football team hosted conference opponent, Rowan University, this past Saturday and came out victorious in the lopsided 30-0 victory. This win helps improve the Captains record to 3-1 in conference play and 4-1 overall.

The Captains Defense were on their heels all night as they only gave up 67 total yards and four first downs. There were multiple touchdowns in this game on the defensive side of the ball.

Senior defensive end Mark Aanstoos opened up the second quarter with an interception that he returned 2-yards for the score. Aanstoos also had five total tackles and a sack to go along with his touchdown return.

Junior linebacker Jamal Spence came prepared to play as he tore up the Profs offense with a game high eight total tackles and a tackle for loss.

On the offensive side of the ball, Quarterback K.J Kearney took command of the offense as he completed 27 of his 37 attempts for 206 yards.

Running back Harrison Dandridge tore up the ground game with 57 rushing

yards and season high two touchdowns.

Rowan received the opening kickoff but the captains quickly forced a three and out and got the ball for their opening possession.

Christopher Newport quickly marched down the field and capped off a six play, 56-yard drive with a two-yard touchdown rush by Dandridge to gain a 7-0 lead.

A little later into the first quarter, Dandridge rushed into the end zone for his second touchdown of the day which gave the captains a 14-0 lead.

After the captains opened up the second quarter with an interception return for a touchdown, they went back and forth in possessions with Rowan until K.J Kearney ran in his only touchdown of the night from four yards out with 14 seconds left on the clock and give the captains a 28-0 lead heading into halftime.

At halftime, there was an academic recognition ceremony in which all athletes who received a 3.2 GPA or higher this past semester walked out onto the field to receive their certificates for their awesome accomplishment.

3,577 fans were at POMOCO Stadium to watch the student athletes receive



This Sat. showdown proved fruitful for the Captains. RACHEL BENNETT/THE CAPTAIN'S LOG

their all- academic award.

The second half was a defensive battle between both teams. The captains were the only team to score in the half thanks to a 1-yard safety by freshman lineman Datavious Bessant which gave Christopher Newport a 30-0 lead and basically closed out the game.

Next Saturday, the captains will travel to Salisbury, Maryland as they take on the 3-1 Salisbury Sea Gulls. Kickoff is set for 1:00 PM.

This is an in-conference game and a win would put Christopher Newport a very good position for the conference title. ■

Growing Because Of Our Differences

Visiting author Rich Michelson, shares his views on diversity, art and literature with Christopher Newport University's students.



Rich Michelson is a popular children's book writer, artist and lecturer. PHOTO COURTESY OF RICHMICHELSON.COM

BY ANNA DORL
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Richard Michelson is a man of many passions: he is a full-time poet, award-winning children's author and art gallerist with a mission to diversify children's literature.

He visited the Christopher Newport University campus on Monday evening and gave an eye-opening talk about diversity in children's literature and the relationship of art to social justice.

Mr. Michelson's work has been nominated for numerous prestigious awards, including the Massachusetts Book Award and the National Jewish Book Award, selected for each three times.

His books for children have been recognized by an abundant amount of

literary presences such as the New York Times, Publisher's Weekly, the New Yorker, and the Junior Library Guild.

Many of his books reflect his Jewish faith, and he is the only author to be awarded the Association of Jewish Librarians's Sydney Taylor Gold and Silver Medals in the same year for his books 'As Good as Anybody,' the story of Dr. Martin Luther King, Jr. and Rabbi Abraham Joshua Heschel, and 'A is for Abraham,' an alphabet of Jewish traditions.

Michelson spoke to CNU students about the importance of diversity in our world and how it pertains to the moral development of children, specifically as seen through various art forms.

Some would argue that children don't need to be exposed to controversial

topics and social justice issues at young ages, but Michelson disagrees.

"It's kind of like windows and mirrors," he explains. "Children need to both see themselves in art and literature to feel that they belong, but as importantly, they need to see others unlike them as well. That's how you build empathy and a foundation. Nobody is born with prejudices, they learn them. It's most important to introduce kids to various viewpoints so that they can understand as they grow."

The creative endeavors that Michelson engages in span across multiple mediums including poetry, prose and visual art. He believes that through using multiple mediums, he can reach different audiences and convey his points to them.

"What I know of history I know through poetry, novels and images. Although it often seems that there's not much we can do day-to-day to shape the world... I think the world is shaped through art."

--
 Rich Michelson

"I love interdisciplinary arts. I love doing children's books because they are a blend of poetry and art. If they come together right, they'll create something better than each of them individually."

Although Michelson is Jewish and has written many books about his personal faith, he has not shied away from embracing other experiences as his own and being a voice for other minorities, including women and African Americans.

"I grew up white and male in a society where white men were valued," he said. But also growing up poor and Jewish opened his eyes to bigger issues. Writers, as Michelson says, write about what they care about.

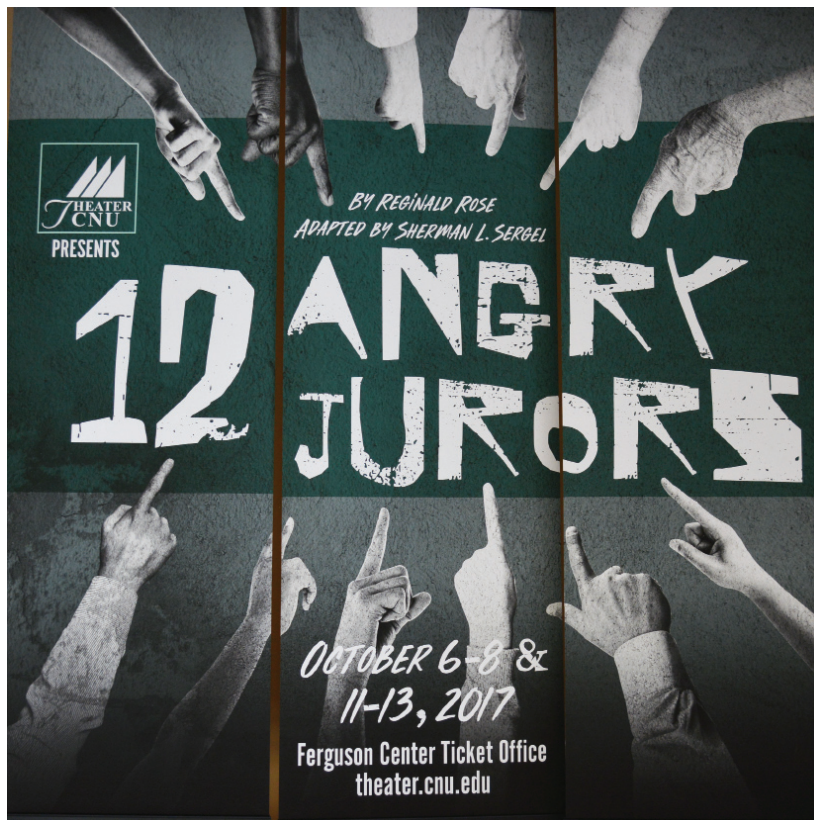
"I don't think that art necessarily has an obligation to deal with politics."

"When you look back through history, or even through your life, we usually look through the view of art. What I know of history I know through poetry, novels and images. Although it often seems that there's not much we can do day-to-day to shape the world... I think the world is shaped through art."

Michelson sums up his philosophies about social justice and diversity and its relation to creativity in one phrase: "It's as important to me to be a good person as a good artist." ■

Judicial Tale Goes Female

With a mixed cast and a fresh perspective, '12 Angry Jurors' is the newest production directed by Gregg Lloyd.



The poster for the new show hangs in the breezeway of the David Student Union. **MACY FRIEND/THE CAPTAIN'S LOG**

BY CAROLINE TUCKER
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With only a couple weeks into the school year, TheatreCNU is ready to debut their newest addition to their long list of productions here on campus.

"12 Angry Jurors" is the powerful drama about 12 very different people all confined to a small room for a singular reason—to decide the future of a young man who is on trial for the murder of his father. After the faculty of Theatre and Dance had finalized their decision on "12 Angry Jurors," Gregg Lloyd jumped at the chance to direct.

"I am drawn to the ensemble nature of the show. I also believe the themes in this play are as relevant today as they were when the show was first written decades ago," Lloyd said.

The play was initially made popular in 1957, when a film of the production was released. When approaching the well known show Lloyd decided to abstain from seeing it, "I wanted our production to be fresh and to live on its own. I also encouraged the cast to avoid seeing the film as I wanted them to come up with their own approaches to creating these characters."

Over the course of five weeks, Lloyd and the actors crafted the world of "12 Angry Men" from lines on a page.

The actors were primarily left to their

own instincts when creating their parts, due to Lloyd believing that the performance should be as organic as possible and to grow out of the work that was done.

Lloyd's favorite direction to give to cast members was to listen. He believes that true listening is one of the more difficult things for an actor to learn. The actors have to stay focused and engaged the entire show to be ready anytime for their part, discipline being key.

Lloyd is most excited about the diverse cast with a mix of both male and female as this play was originally a male dominated show, lending the work another interesting dynamic.

"I am excited for the audience to see a show that they might think they know well and find something new about it."

"12 Angry Jurors" premieres on the Peebles' stage from Oct. 6-8 and 11-13. Go get your tickets while you can! ■

"12 Angry Jurors" will premiere this Friday in The Peebles Theatre

Wonderfully, Wonderfully Returning

Divergent from their old work, the Killers still return with a new hit record.

BY MICHAEL INNACELLI & MATTHEW SCHERGER
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"The Killers are back," celebrated thousands of fans across the world upon seeing the release of "Wonderful, Wonderful." However, it was quickly followed by a collective, "Is this really the Killers?"

No, they did not write another "Mr. Brightside" like many of us were hoping, but yes this is still the Killers, and "Wonderful, Wonderful" is still an enjoyable experience despite its divergence from the band's usual style.

"Wonderful, Wonderful" is not only the album's title, but also its open, making a strong impression from the very beginning. Featuring a psychedelic beat reminiscent of the glory days of Pink Floyd, and a simplistic yet intense base line that complements Brandon Flower's haunting vocals, this single shows off a side of the Killers that has not been present until now. Not only is it a powerful New Wave rock song in its own right, but the Killers are demonstrating right from the start that the album "Wonderful, Wonderful" will not be like anything you've heard or expected to hear from the Killers before. The album continues with the New Wave style for the first part of the album, until a dramatic

gear shift in the song "Tyson vs. Douglas."

Back to the "classic" Killers feel, this song teases the fans with the music they expected to hear all along, and is the closest we'll get to the Killers of the "Hot Fuss" days. A feel-good song for many fans, it is believed that this is Flower's interpretation of the iconic Mike Tyson fight where James "Buster" Douglas, a heavy underdog, knocked out Tyson for the first, and only, time in his career. However, this is not a "fight" song, but instead a retelling of the ending of an era and the beginning of another, a theme that should be familiar to long-time Killers fans.

Then the album transitions into its true second half, featuring a more melancholic feel with songs such as "Some Kind of Love" and "Out of My Mind." The album closes on "Have All the Songs been Written?" By far the most moving song on the album, the Killers pull a fantastic rock ballad out of their back pockets that echoes many of the fears of Killers fans over the last few years.

But are the Killers signaling the end of the band once and for all with this song? Don't panic yet; the song ends on the hopeful line, "I just need one more." Yes, faithful fans, we all need at least one more album from the Killers. After a five-year hiatus, it would be cruel to produce this fantastic album and then kill the band for good. ■

Not Bojacking Around

The new season of 'Bojack Horseman' offers much needed character development for its star.

BY NATHAN HOTES
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To begin— drop whatever you are doing and binge "Bojack Horseman" immediately. This Netflix original animated comedy follows a depressed and washed-up sitcom star. It asks what would happen if the dark antics of characters like Peter Griffin and Eric Cartman had real-world consequences. The first three seasons watch Bojack attempt and fail to become a good person, bordering on complete un-likability as he ruins all of his relationships. However, the show mixes this introspection into the worst parts of human behavior with fast-paced wits and throwaway gags and references that still make you laugh. The fourth season continues this trend while evolving the show in an amazing season.

The fourth season shifts the show's focus toward Bojack's family, including his mother Beatrice and his possible daughter Hollyhock. This is one of the strengths of the season. The show's ability to flesh out Beatrice's character to a point

where she, while not likable, is at least relatable, after previously showcasing her as abusive, is something to be commended. In an episode that expertly portrays mental illness, the audience is taken on a journey through Beatrice's life to show how her demons have transferred to Bojack. But even despite the depressing storyline, this season builds off of past seasons in a way that allows Bojack to remain relatively unscathed by its end— a light in the darkness of the previous seasons that proves he is beginning the long road towards becoming a good person.

As great as the main plot is, however, the show falls a little bit with its side characters. With the exception of the Princess Carolyn plot, the arcs for the other characters, while ending on high notes, were less than I would hope from a show as involved as Bojack.

In total the show continues to have some of the most witty and fast-paced comedy on television while keeping its characters fresh and dynamic. While not as dynamic or dark as the last season, it makes large steps toward evolving the show, leading to a much deserved happy ending. ■

Catalyst Church Tailgates with Tasty Treats

Students and community members recognize a local church for community engagement and famous fried Oreo stand.

BY CALEB SMITH
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Throughout the past six years, Catalyst Church in Newport News has been part of CNU home football games, giving away fried oreos for free to students and families.

The fried Oreos have become a part of tailgate life for many students.

"It's absolutely fantastic. It changes the atmosphere of the tailgate," says senior Emily Munson.

This is the sixth year Catalyst Church has tailgated at CNU, and the fourth year the church has given out the free fried Oreos, according to Catalyst Church Deacon Greg Smith.

The church tried giving out Rita's Italian Ice, chili and hotdogs before fried oreos became the principal item.

Since then, Catalyst Church says they have given out hundreds of deep fried Oreos at each tailgate.

Freshman Kyleigh Koster describes the Oreos as "delicious, sweet and warm."

To some students, Catalyst Church has been nicknamed the "Oreo church."

Catalyst Church Pastor Jeff Mingee responds to the nickname with a smile.

"Oreos are a reminder we don't exist for ourselves," Mingee said. "It is a practical

way to get on campus and show students we care. Most of Jesus' miracles were at the marketplace or a party."

"It's a good medium to get to know people in the community," volunteer and CNU alumna Nikki Hendron stated as she mixed the oreos and pancake mix.

This year, Catalyst Church has teamed up with Reformed University Fellowship (RUF), a Christian organization on campus to serve the Oreos.

"This let's people know we are focused on campus life and the CNU community. It makes us unique," sophomore and RUF small group leader Carly Wever explained.

"It's a fantastic way to expose the student body to the church," fifth year student Matt Wild said. He later described the Oreos as "delectable and rich."

"I appreciate it. I always like free food," freshman Faith Layne added after eating one of the Oreos.

Word of the deep fried Oreos has spread farther than just throughout campus, and the Catalyst Church's special recipe has even been featured in the Tidewater Tailgate, a tailgate cookbook, in 2015.

The final tailgate Catalyst Church and RUF will attend will be during Family Weekend on Oct. 21, when the Captain's football team takes on William Paterson University. ■



Free fried Oreos invite tailgaters to indulge. CALEB SMITH/THE CAPTAIN'S LOG

Restaurant Review: The Grilled Cheese Bistro



The Don Quixote sandwich holds the title of the "Best Grilled Cheese in Virginia." KELSEY SCHNOEBELEN/THE CAPTAIN'S LOG

A cozy eatery offering unique, quality grilled cheese sandwiches provides an ideal environment near the Neon District area in Norfolk.

BY KELSEY SCHNOEBELEN
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Stress of the semester has definitely set in, and the perfect way to help a frazzled college student unwind is comfort food.

Luckily, a local Norfolk restaurant a little over 25 miles from campus provides a cozy environment to do so with gourmet grilled cheese sandwiches.

The Grilled Cheese Bistro has plenty of options ranging from a wide variety of grilled sandwiches to fresh cut french fries with your choice of seasonings as well as other side items, including their tomato basil bisque, a staple for dipping grilled cheese sandwiches into.

The Don Quixote, which has fontina, parmesan, caramelized onion, oyster mushroom, roasted red pepper and olive tapenade, has won over many customers but has also been named the "Best Grilled Cheese in Virginia" according to the restaurant menu.

If the menu itself does not win you over, the atmosphere and service definitely will.

While the eatery is on the smaller side, with not as much seating as it deserves, it helps to provide the at-home environment the comfort of eating a grilled cheese brings.

There is seating available at a few tables, however a majority of the seating is found at the bars inside.

One of the best seats in the house is at the main bar, where customers are able to watch the chefs in action, preparing the delicious sandwiches in high demand.

As if the Grilled Cheese Bistro needs anymore bragging, Guy Fieri featured it on his Food Network show "Diners, Drive-Ins and Dives."

The episode first aired on Friday, Sept. 15 at 9 p.m. and the restaurant was described as, "a bistro turning out grown-up, gourmet grilled cheese."

Next time you decide to go visit Norfolk to take Instagram-worthy pictures in front of the rainbow fence in the Neon District, be sure to plan a visit to the Grilled Cheese Bistro.

Simply walk in, have a seat and enjoy the experience.

The restaurant also creatively named menu items that will draw you in, such as the Gooley, the Sam-I-Am and the Hangover, as well as vegetarian options. ■

Student Excels as Paratrooper

With previous generations having served in the United States Army, junior Meghan Copenhaver succeeds.

BY KRISTEN ZICCARELLI
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While students spent their summers making copies, working internships, tanning on the beach or traveling, junior Meghan Copenhaver was busy parachuting from an aircraft.

Following in the footsteps of her mother, maternal grandfather and maternal great-grandfather, Copenhaver began parachuting last summer in Fort Benning, Ga.

Additionally, her great-grandfather, retired Army Col. John Anderson Hughes, jumped into Sainte-Mère-Église, France, just east of Normandy Beach on D-Day.

He was a master parachutist who served in World War II, the Korean War and Vietnam, so to say the least, it runs in the family.

Copenhaver is the Army's first fourth-generation paratrooper.

Already attending CNU as an ROTC cadet, the summer program in Fort Benning qualified her for joining an airborne unit once commissioned in the United States Army.

All building up to jumping from a plane, Copenhaver's eight-hour days were divided into three weeks, each of which gradually featured more and more intense practices.

It began with 'ground week,' where they practiced landing techniques jumping from a stool and then a 34-foot tower.

Jump week, however, was completely different.

"You sit in the hangar with all your gear on for six to eight hours and then you finally get to jump out of the aircraft and then you do it all over again for five days," Copenhaver said.

"It was really hot and humid but it was really fun."

Even among her fellow cadets, Copenhaver's experience was not ordinary.

"Being the first jumper on my first jump was crazy," Copenhaver said.

With four generations of U.S. Army Airborne School graduates, extending the family legacy came with multifaceted motivations.

"I definitely wanted to find a way to give back to my country," Copenhaver said. "I love being physically fit and challenged mentally and physically, so the army definitely fits into that goal."

Aside from an active lifestyle and desire to serve, Copenhaver cited her mother as a guiding influence in her involvement with the military.

"I definitely want to follow in her footsteps," Copenhaver said. "She's overall a really amazing woman."

While both her parents graduated from West Point, Copenhaver decided to attend CNU.

With an ROTC scholarship applicable to any university in the United States, the opportunities presented made it an "easy choice" in her opinion.

"The school is really tight knit, the class sizes are small, which I really

like," Copenhaver said.

Looking into the future, Copenhaver plans to serve for at least eight years, starting as a United States Army Officer.

For the time being, however, she studies Business Management with a Leadership minor.

Although jumping out of a plane might not directly apply to coursework in the Luter School of Business, Copenhaver can still apply the values of ROTC to her scholarly studies.

"Waking up early, being attentive, having responsibilities, getting things done on time and staying physically fit have been part of my whole lifestyle," Copenhaver said.

Clearly, Copenhaver's lifestyle is ultimately one of dedication and commitment. Summed up in her own words, it comes down to one thing: "you gotta live it and love it." ■

"You feel the airplane
rush and the wind, and
then the second you
jump out of the airplane
it all gets quiet."

— Meghan Copenhaver



CNU student Meghan Copenhaver balances being a paratrooper and a full-time student. MACY FRIEND/THE CAPTAIN'S LOG



Airborne graduation ceremony takes place on Aug. 18. PHOTOS COURTESY OF MEGHAN COPENHAVER



Copenhaver graduates at Eubanks Fields, accompanied by her family members.

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

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