



# THE CAPTAIN'S LOG

THE VOICE OF CHRISTOPHER NEWPORT UNIVERSITY STUDENTS

@CNUCAPTAINSLOG WWW.THECAPTAINSLOG.ORG

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## Newly-Renovated Regatta's Opens Its Doors

The much-anticipated opening of Regatta's has finally arrived. Make sure to turn to pages 8-9 to see more photo coverage in Snapshot. Visit our Facebook page to view this week's video on the opening ceremony.

### News 5

Virginia 21 has arrived at CNU. Find out what this new organization has to offer the campus.

### Snapshot 8

A photo spread featuring Monday's reveal of the newly-renovated back section in Regatta's.

### Sports 11

Find out what professor Dr. Danielle Stern does when she's not in the classroom teaching communication studies.

### A&E 12

Check out coverage of CNU's annual Harp Festival. Turn to page 12 to read more about the festivities.

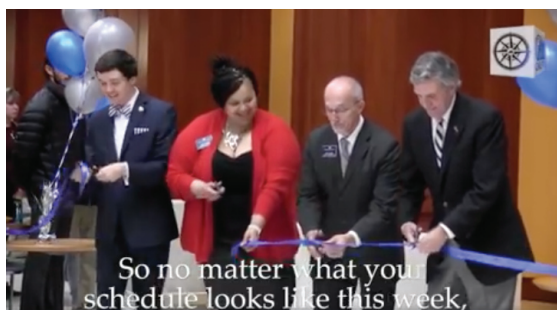
### Lifestyle 15

Midget Wrestlers visited Boathouse Live this past weekend. Find out more about it on page 15.



## Weekly pic

A Great Egret walks along the water at Sandy Bottom Nature Park in Hampton. If you have a photo you would like to be featured as a Weekly pic, email [macy.friend.14@cnu.edu](mailto:macy.friend.14@cnu.edu) with a photo and a short description. **Macy Friend/The Captain's Log**



### CNU TV

Regatta's opened its doors after renovations this past Monday, Jan. 29. Check out what's new!

## Happened

**Jan. 29**

### Regatta's Remodel Grand Opening

Regatta's opened its doors to the general public after its remodel this past Monday, Jan. 29 at 10:30 a.m. with a ribbon cutting ceremony.

**Jan. 26**

### CAB Presents...Ice Skating

CAB had its annual ice skating trip to the Hampton Roads IcePlex this past Friday, Jan. 26 from 8 to 11 p.m. This annual event has always been fun for CNU students.

## Happening

**Feb. 2**

### Executive Board Applications for the Student Diversity & Equality Council

Be sure to apply at <https://goo.gl/forms/CurWQYIOY5PoA5IM2> to be a part of this organization on campus.

**Feb. 3**

### CAB Presents...Adobo Fish Sauce

This eclectic show fuses spoken word, cooking, music, crying and laughing to create a one of a kind experience that can't be found in any restaurant or open mic. Find out what it is in Gaines Theatre at 6 p.m.



### 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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**THE CAPTAIN'S LOG** is the official student newspaper of Christopher Newport University. It is a public forum, which is published Wednesdays throughout the academic year.

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

- **Email:** [clog@cnu.edu](mailto:clog@cnu.edu)

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

**JOIN THE STAFF** The Captain's Log is always open to students who are interested in writing, photography and editing. Editors assign stories every Sunday at 7 p.m.

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# Training Tomorrow's Officers

CNU's ROTC program held an afternoon lab program that mimicked military training exercises.

BY MICHAEL INNACELLI  
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The last thing you'd expect to see on campus is a set of students dressed in military garb running drills.

CNU's Army ROTC program spent Wednesday, Jan. 24 running drills as part of their lab requirement in the program.

While CNU students are aware of the ROTC program, few get to see what the members of the program do.

This inside look at their lab class showed students what drills looked like, such as cadets throwing themselves on the ground in defensive maneuvers in a military exercise.

Students participating in this program were taking a military science class and the lab portion was their way of putting their knowledge to use in a hands-on manner.

Junior Joel Crofford states that the day starts for an ROTC member at 0550 or 5:50 a.m. with physical therapy (PT), followed by breakfast for the ones who don't have class at 8 a.m.

Crofford says he enjoys some of the smaller events that ROTC holds, such as 'bring a friend to PT day' which he says is "always a good time."

His classmate sophomore Eric Svendsen explains that there is a military science class they take on Tuesdays and Thursdays as well as the lab on Wednesday.

This exercise is included within the ordinary everyday classes and activities that the cadets take part in.

Many cadets involve themselves in extracurricular activities on top of completing their busy ROTC schedules.

The ROTC program at CNU is a community of people with a desire to fight and protect our country. The cadets in ROTC describe it as a family.

"My favorite thing about ROTC has to be building these memories with these guys and girls, it has only been a semester and a few weeks but we have made some great memories and had a lot of fun," said freshman Peter Almanza.

Almanza has a passion to continue to improve and grow in the ROTC program.

He talks about some of the skills that the ROTC program teaches here at CNU.

Punctuality, fitness and teamwork are just some of the things needed to succeed in ROTC and Almanza says he is learning them all.

These aren't the ordinary

things you would learn about in college but in the ROTC program this is exactly what they emphasize and stress.

Almanza is enjoying his experience in ROTC and is learning as much as he can. He says one day that he would like to be an officer in the Army.

Svendsen echoes the feeling of family and community. He says that is favorite part of being in ROTC is the sense of camaraderie.

He goes on to say, "Knowing that the guys I'm hanging out with are doing ROTC and always have my back is the best feeling."

The values of the ROTC program run deep within the families of the cadets here on campus.

Svendsen explains that the military is a bit of a family tradition for him, "My grandpa was in Vietnam and my dad commissioned in the Army out of William and Mary, so I'm following in their footsteps and it's always been in my heart to serve."

The ROTC program helps to foster this desire and passion to serve and protect our country as a community here on campus.

The CNU ROTC program is one of two programs, along with West Point, to activate cadets as officers in the year after college.

This helps to set the CNU ROTC program apart from other colleges explains Crofford.

The program gives the CNU ROTC program a leg up on producing officers from the program and gives the passion of these cadets an end goal to reach for.

Crofford goes on to explain that the intensity for seniors in the program is increased to prepare for this leap from cadet to officer.



Tina Pittmer prepares to drop as part of the training exercise in the lab class. PHOTOS BY EMMA DIXON/THE CAPTAIN'S LOG

Crofford says "You have to live up to that name which gives a lot of motivation to be better and to keep improving."

That mentality is what the program tries to instill in its cadets as they grow within the program.

The CNU ROTC community has a strong presence throughout campus.

The program here continues to do many things around CNU to help the community.

Whether it be fundraising for events, training to become officers or being extra security at football games, the ROTC program is beneficial for everyone at CNU.

The cadets on campus are a small portion of the student population but they fill an important role at CNU and in the world.

These young men and women are just normal students doing what they are passionate about.

They are passionate about protecting our country and serving the community.

The cadets of CNU's ROTC program showed CNU's community a little bit of what it is like to be a cadet on Jan. 24, and reminded the campus of all the work they do and will continue to do to keep everyone safe. ■



Terry Kiley motions for fellow ROTC students during the afternoon drill.

## Virginia21 Comes to Christopher Newport

Senior Matthew Godsoe and sophomore Nathan Gillispie work together to start a chapter of Virginia21 at CNU.

BY DUNCAN HOAG  
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Virginia21 is a national non-profit organization which attempts to “create opportunity for young Virginians to impact Virginia state politics by providing information, crafting leaders, and coordinating action,” according to the Virginia21 website.

Recently, a CNU chapter of Virginia21 was founded by senior Matthew Godsoe and sophomore Nathan Gillispie, the President and Vice-President of the chapter, respectively.

Godsoe discussed some of the key issues to which the organization draws attention.

“Virginia21 is the voice of the millennial genera-

tion. Our generation makes up about 30 percent of the voting block. With such a high number, we draw attention to issues that matter to the millennial generation that we believe transcend party lines,” Godsoe says.

They recently conducted a Dear Future Governor campaign where students were asked what their topic issues were.

“The results came back and showed us that higher education (specifically affordable access, financial aid, privacy), sexual assault policies, equal rights, and economic opportunity all matter to millennials,” says Godsoe.

Godsoe went on to say that “In October of last year [2017], I attended

the Governors Millennial Civic Engagement Forum. While there, I heard Jared Calfee, Executive Director of Virginia21, talk about their mission as an organization. I remember leaning over to my friend, who was a recent CNU graduate, and asked him, ‘Tim, do we have a chapter at CNU?’ and he said that we didn’t.”

It was after this conversation that Godsoe decided to investigate how to go about establishing a chapter of the organization on campus.

“After the session concluded and we had an intermission, I walked up to Mr. Calfee and told him that I wanted to start a chapter. After Thanksgiving Break, I sat down with my friend Nathan and told him I had a crazy idea to start a new student organization in a week. Thanks to the support from our friends, we did it. The rest is history.”

Vice President of CNU’s Virginia21 chapter, Nathan Gillispie, spoke about how he came to be involved in the organization and its founding.

“At first I was hesitant on this idea [involvement in Virginia21], but after considering what Virginia21 offered and what was available on campus I took him [Godsoe] up on the offer to help kickstart this club.

“Virginia21 is something that this campus needs, it is a club that encourages voter participation and involvement in the world of politics without shoving partisan views down

student’s throats. Whether you are far right wing, far left wing, or right in the middle, your voice matters, and Virginia21 is that outlet to make sure it is well heard.”

Godsoe further stressed Virginia21’s accomplishments, saying that the organization has managed to raise a scholarship fund for transfer students, as well as secure financial aid for students.

“Virginia21 is driven by the belief that young people can make a difference. We seek to be the voice of the millennial generation,” says Godsoe. One of their accomplishments includes the Virginia Tuition Assistance Grant (VTAG), a scholarship that helps transfer students pursue their four year degree. “As a transfer student, being able to get the VTAG has been a huge help,” Godsoe says.

“Another accomplishment this year was the rise in financial aid compensation to each state-university according to the Governor’s proposed budget.

“Christopher Newport University will actually receive close to \$500,000 in additional financial aid because of the work Virginia21 has done,” Godsoe says.

Tim Cywinski, Director of Engagement at Virginia21, indicated that maintaining a presence on college campuses is no small matter for the organization, which maintains some presence on every publicly-funded higher

education institution in Virginia.

“Students are the lifeblood of the organization [Virginia21]. They have been since it was started in 2002 at William & Mary [College]. We also call on our students during the [Virginia] general assembly session to testify on pieces of legislation during committee hearings.

Godsoe further talked about what the newly-christened CNU chapter hopes to accomplish. He stated that the two preeminent goals are to raise general knowledge of public policy and help register the incoming classes to vote in state elections.

“Our chapter seeks to be the preeminent student organization for communicating public policy in a way that is both relatable to students, and with issues that maintain our mission to be a non-partisan political organization.

“Two of our main focuses will be to raise awareness of public policy through social media, and then help the student body, especially the upcoming class of 2022, get registered to vote for the upcoming midterm election cycle in Congress.”

Gillispie also discussed the progress the chapter has made thus far in establishing themselves on campus, indicating that they have a substantial membership and plans to lobby legislators in Richmond in support of their goals.

“As far as progress goes for the Club, we are 25 members strong, have attended multiple legislative hearings, engaged in headquarter meetings in Richmond with other school’s VA21 members, and much more.

“We currently have 5-plus members signed up to participate in lobby day and are in the process of planning the first legislator to come speak to the CNU community on behalf of Virginia21.”

Lobby day is an event set aside by a non-profit or non-governmental organization for when it will meet with legislators to advocate for various laws and legislation.

Finally, Godsoe spoke about the longer-term goals of the organization. “I see our chapter becoming more influential in the way we communicate public policy, and also how we effectively respond to it. It’s one thing to explain how a House Bill might relate to the every-day student.

“It’s another thing to capture their voice collectively and communicate to public officials in Richmond how that House Bill might positively or negatively impact us as students and as millennials.” ■



Virginia21 has chapters all across the state at universities and community colleges. PHOTO COURTESY OF VIRGINIA21.ORG

# 2017 Fall Semester CHECS Report

The office of CHECS mixes a need for both honor enrichment and community standards on campus.

BY LIAM ROWELL  
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A popular stereotype among CNU's student population is that residents of Santoro Hall have a far greater number of CHECS violations than those from York River Halls, as well as anywhere else on campus. The numbers disagree.

While freshmen do get reported to CHECS three times more often than any other class according to a report from the university, Santoro and York have almost the same number of violations per student.

Potomac seems to be the hot spot for infractions according to the report. With a violation

rate almost twice as high as any other residence hall, Potomac residents seem to get in the most trouble. Warwick, on the other hand, has had only eight people reported to CHECS during all of last semester.

These numbers may be surprising to the individuals reading the report. Popular student opinion would say that Warwick doesn't rack up violations because they have a greater number of Honors and President's Leadership Program (PLP) students.

If students in Honors and PLP were less likely to violate the Student Handbook due to fear of losing scholarship funds, then Santoro Hall, which

is not typically full of Honors and PLP students, would have a violation rate much higher than York's violation rate since York is frequently populated by students in these two university-wide programs.

It seems hard to isolate any single cause for Warwick's lower violation rate as compared to other dorms.

Potomac's numbers are also seemingly inexplicable in relation to other residence halls.

Since Potomac has both freshmen and sophomores—and underclassmen tend to commit more rule violations—it makes sense for them to have a somewhat high violation rate, but not for them to have

a violation rate almost twice that of York and Santoro, other underclassmen housing.

One reason for their mysteriously high violation rate might be the common rooms. York and Santoro don't have them, so if a group of freshmen are looking for some place to violate campus rules—such as drinking in residence halls—then Potomac might seem like a good place to do it.

Why do some residence halls seem to have more rule violations than others? Again, where you stick freshmen is typically the main factor.

Freshmen had more violations last semester, with an even 200 more, than all of the

other classes combined according to the report.

That means that there is a rate of one violation for every 6.45 freshman. The older the students are, the less likely it is that they will be reported to CHECS.

A number of factors likely cause the disparate impact of CHECS violations. Students learn the rules more thoroughly as times goes on through their years at CNU, students could mature, or a it could be a combination of both.

By the time students hit senior year, their violation rate drops down to nearly zero.

Seniors, who can live off campus, have an especially low violation rate. ■



The CHECS office is responsible for hearing out and prosecuting reports made to them in conjunction with CNU PD and Residence Assistants. PHOTO COURTESY OF CNU.EDU

## Hampton Roads Dominates List of “Best Hospitals for Nurses” in Virginia

In a survey meant to track where nurses enjoy to work the most, the hospitals of Hampton Roads were nine of the 17 listed.

BY JOHN COWLEY  
JOHN.COWLEY.16@CNU.EDU

Attention aspiring nursing: If you're nearing graduation and seeking employment, you might want to look local, maybe even across the street.

A new analysis from Nurse.org—which surveyed over 1,800 nurses spanning 314 hospitals across Virginia—had seventeen hospitals make the “best for nurses” list.

Nine of them are in Hampton Roads. Four of the nine local hospitals on the list are owned and operated by Sentara.

Sentara is a Norfolk based

non-profit. Their goal is to serve Virginia and north-eastern North Carolina.

While Virginia Hospital Center Arlington topped the list, Sentara Virginia Beach General Hospital was ranked second.

In fourth place was Chesapeake Regional Medical Center, while another Virginia Beach hospital, Sentara Princess Anne Hospital, tied for sixth.

The region's dominance continued throughout the list, with Sentara Obici Hospital in Suffolk coming in ninth, and Sentara Norfolk General in eleventh.

Riverside Regional Medical Center, the hospital



The survey received feedback from over 1,800 nurses across the state. PHOTO COURTESY OF NURSE.ORG

adjacent to the CNU campus, was ranked thirteenth.

Children's Hospital of the King's Daughters in Nor-

folk, Naval Medical Center Portsmouth and Norfolk's Sentara Leigh Hospital rounded out the local pres-

ence on the list with rankings of fourteenth, fifteenth and seventeenth, respectively. ■

## Death to Debate:

A commentary on the conversation we’re not having.

KYLE GUNDERSON  
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“All liberals are socialist sheep!”

“All conservatives are racists gun lovers!”

Neither of these are true, and this is exactly what is wrong with America.

In the United States, it is common practice to try and avoid political discourse in civil situations.

In personal life, everyone has had a parent issue some sort of familial gag order over Thanksgiving dinner to avoid angering a particular uncle or cousin.

We avoid discussing issues with friends when we think we may disagree, and it would seem society values friendships with the understanding that with most friends, there will always be a curtain between what is seen and the ideals by which people live.

For a time, this is how private politics were practiced, and these practices may still be prevalent in many families.

Unfortunately, this has lead to echo chambers being created within families or even within one’s own head space since nobody will discuss ideas with them.

The result is clearly seen on Facebook where many news story comment sections are inundated with

comments not about the validity or invalidity of the issues, but why any side opposing the commenter is evil or stupid. For many, compromise has become a dirty word.

While of course moderates do exist, it seems that many are drowned out and/or ignored.

Of course though, the question arises: “How can we solve this issue?”

Argumentation is one option, but from experience, that tactic seems ineffective.

Asking for evidence for a claim, or attempting to open an online dialogue is usually not met with any response, let alone an intelligent conversation.

Now this is the experience of one person, and perhaps others have had a different experience than this, but the ease of access to the internet suggests it is quite prevalent.

The solution seems to be one of social natural selection. Open-minded individuals must be allowed to flourish on a large scale.

Since more and more people appear to be hardening their grips on the beliefs they have constructed, a shift in views of external origin is not likely to be possible.

To aid in this process, on a smaller scale, Christopher Newport University should become a

campus where opinions are shared, valued and debated. Individuals can help by simply being open-minded.

College is a place where people develop ideas and understandings.

I recommend people solicit ideas on important issues from their friends in an attempt to have an understanding of different ideas that they may have judged absurd otherwise.

In addition, students are encouraged to find reputable news sources on different points on the political spectrum.

AllSides.com may be a good starting point for finding such sources. The website ranks websites on their

political lean.

As a measure to make balanced media easily accessible, I am submitting a proposal to the Editor in Chief at The Captain’s Log newspaper on campus.

Each opinion article should be allowed two writers of differing viewpoints.

Such a system would ensure that no group believes that their opinion is not heard or recognized.

To write is one thing, but an article has power only when its readers take action based on what they read.

Captains, please be open to ideas, and allow capitalism to take hold in CNU’s ideological marketplace. ■



IMAGE COURTESY OF CLIPART PANDA

## Flotsam and Jetsam, Jetsam and Flotsam

A look at the new satirical newspaper making waves on CNU campus

DUNCAN HOAG  
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Satirical newspapers on college campuses are nothing new. From the University of Illinois at Chicago’s The Asterisk to Yale’s The Yale Record, humorous takes on college life have been in print since the late 19th century.

They represent observations about college life which students know of but often forget: the absurdity, the craziness, the comedy.

CNU has not yet had a satire newspaper in recent memory—until now.

Flotsam and Jetsam, as it calls itself, is a satirical newspaper which, according to its manifesto, seeks to be “an outlet for the voices of the disgruntled, the confused, and the dreamers—those who envision a school that embraces change rather than one fettered by the status quo.”

At the same time, it promises to fill this role with “plenty of poop

jokes along the way.”

This is a lofty goal for a publication that only recently posted its first piece at the beginning of this semester.

Yet it has great potential—as all good satirical papers have—to make comedically essential observations of our school and, above all, to be funny.

We could all stand to laugh at ourselves every now and then.

In its first article, the publication

*“If other colleges and universities can make fun of themselves, then we can too.”*

reports on a fictitious incident wherein President Tribble manages to hold a dramatic pause for a full 37 seconds: “Many audience members not only faced great discomfort during the 37 seconds of dead air, but many also had growing

concerns that President Tribble might be having a heart attack.”

It is surprising that it took as long as it did for any of the enterprising

folks at this school to found a satirical newspaper.

Satire lends itself well to the outlook of college students.

It merges the critical awareness possessed by young people with an equally present penchant for sharp, acerbic wit.

It is an art form with which many young people today are already familiar, with satire sites such as The Onion and shows like Saturday Night Live bringing this sort of comedy to the forefront of students’ minds.

All in all, Flotsam and Jetsam is a welcome addition to this campus. If other colleges and universities can make fun of themselves, then we can too.

In doing so, we may put ourselves on a path of self-reflection that is the ultimate goal of satire.

The first step in amending any fault is to recognize that fault, and satire is perhaps the best tool we have of doing just that. ■

# Cigarette Pots of Doom

A message from Tyler Melone on why CNU needs to get the placement of their cigarette receptacles fixed.

Hello CNU,

I have a painful bruise on my leg because I'm blind and I keep walking into cigarette pots that people keep putting in the middle of the walkway.

While I understand that helping people manage their addictions by bruising the legs of innocent blind people isn't your intention, and that people throwing their disgusting cancer sticks on the ground would be some pretty horrific and hazardous littering, I'm really tired of having bruised legs.

Am I crazy? Are these pots not, in addition to being both a receptacle which encourages the development of lung cancer and nicotine addictions in young people, also a dangerous source of potential injury for careless students with visual impairments, not to mention anybody looking at a phone, looking behind them, with dust in their eye or even just trying to make out some of the quite funny doodles which show up on the glass of doors when they fog up.

I don't honestly even understand why a cigarette pot is positioned in front of my building, Madison, at the central entryway, because there aren't benches out there. Do we really have so many upperclassmen chain smoking right outside the apartment buildings that we need cigarette pots placed at every entryway, regardless of whether or not there's even enough room for more than one or two people to stand?

I guess what I mostly am trying to say is that my leg hurts, and I don't appreciate something that doesn't quite seem to make any sense, especially since smoking is so bad for you, and for my leg. Is there any way we could have heavier receptacles, or fix them into the ground with some good old cement, or just not have one in the central walkways so that people stop putting them in front of the doors?

I don't mind if people indulge their self-destructive habits, I just wish they would do it in ways that don't also make me wonder if every time I bruise that spot, there's a tiny little piece of my bone compressing, and eventually my leg is just going to be as thin as a matchstick, and then what am I going to do? Use my leg as kindling? That would be kind of pointless, considering I need to walk around and stuff.

Anyways, thanks for listening. This was rather therapeutic, and I really do sincerely hope that somebody takes this seriously and actually does something because my leg hurts a lot.

Best,  
Tyler

*\*Copies of this letter have also been sent to President Tribble and the East Area of fice.\**



Here is an example of a cigarette pot. MACY FRIEND/THE CAPTAIN'S LOG

# Buzzin' Becky

Having trouble finding your "place" at CNU? Becky might have something for you.



PHOTO COURTESY OF CLIPART LIBRARY

As we start to get more and more into the semester, I can feel my motivation lagging and I'm losing sight of the end goal. I'm sure I'm not the only person who feels like this, so I thought I'd share some things I do to help myself stay motivated and on track, even when I just wanna say screw it and turn off all my alarms every morning.

Stay on top of your work for the week. I know that's a no brainer, but if you start to fall too far behind, there's just going to be a perpetual cycle of you rushing to get something done and missing something else in order to do it. If you strive to stay on top of

everything, you shouldn't be too overwhelmed near midterm time and again after when things start rolling full time.

To relieve stress during the day and help your focus become clearer, try going to the gym. I know this sounds like something awful, but even 30-60 minutes of exercise can help clear your mind, help you sleep better at night and help you keep a positive outlook on things. As the great Elle Woods once said, "Exercise gives you endorphins. Endorphins make you happy. Happy people just don't shoot their husbands, they just don't." Except, you know, swapping out the latter for something more relevant.

Finally, take time to reward yourself for a job well done. Yes, college is about classes and getting all your work done, but you need a break once in a while. Once you've managed to check some things off your to-do list, take a break. Go for a walk, watch an episode of The Office, get a muffin from Einstein's; whatever makes you happy, do it.

**I'm a second semester freshman and I just don't feel like I found where I belong. Any ideas on what to do to find my place at CNU?**

I think we've all felt like this at some point in our time at CNU. Some people only take a few days to adjust to college and this environment and find their niche immediately.

Some people take a few weeks, and other people take months. It's okay to not feel like you know what you want to do or who you want to make "your people" right away, and it's definitely okay to not know at this point.

My best advice for this is to put yourself out there more. Strike up conversations with people in your class; you'd be surprised how well that can go.

We're at the point of the semester where people are warming up and not so standoffish.

If it's a class you really enjoy, that could be something you two have in common. Go to the club fair and find a new club that interests you.

If you've tried that, try something that you probably never thought you'd see yourself in.

Time is going by quick while you're at CNU, surprise yourself and make a new name for yourself. You aren't bound by who you were in high school, that's the beauty of it all.

If you feel like that's not working, talk to your RA. They're trained in things pertaining to this. I relied heavily on my freshman year RA and she ended up becoming a really great friend to me. Don't be afraid to put yourself out there, that's the only way you're going to figure it out. Good luck!

— Becky out

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

After some setbacks, the highly-anticipated dining hall remodel opened Monday, Jan. 29.

## Newly-Renovated Regatta's Opens its Doors

Before the grand opening of Regatta's renovation in the back half of the dining hall, the first floor was nearly empty. This view from the second floor shows a section of the additional 386 seats available to CNU students. **PHOTOS BY KATIE KRYNITSKY/THE CAPTAIN'S LOG**



With the additional space from expansion, faculty members are encouraged to eat in the new dining space. They have a separate area with a "Faculty Dining" sign and a fireplace to create a comfortable environment where faculty can be immersed in the student culture.



(Left) Freshman Kyle Gunderson was one of the many staff. The opening of the expansion was a memorable event. Student Relations, CNUTV and other student organizations like



The highly anticipated Mongolian Grille reopened with larger counter space. Being without it for the duration of construction, which began last spring, students flocked to it as the doors opened. The grille ushers in a return of Philly cheesesteaks, fresh Hibachi dinner and omelettes at breakfast.



Students who received CNU-themed dark chocolates from dining moment for the campus community, drawing CNU's Office of Public and Student Assembly to capture this event.



In typical CNU fashion, the opening of Regatta's expanded space was grand and they pulled out all the stops in order to officially premiere. They brought in a chocolate fondue station along with a large fruit spread. CNU blue decor and balloons were adorned throughout the dining hall.

# Beyond the Classroom



Dr. Danielle Stern instructs one of her non-profit yoga classes at Norfolk's Pagoda Pier in the Free Mason District along the Elizabeth River. PHOTO COURTESY OF EVA FUZE

Communication Studies professor Dr. Danielle Stern balances instructing college students as well as yoga classes.

BY PHOENIX HINES  
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If you ever want to relax, stretch, or strengthen yourself, yoga should be the first thing that comes to mind.

Yoga is a Hindu spiritual and ascetic discipline, part of which includes breath control, simple meditation and the adoption of specific bodily postures.

Being a yoga instructor requires serious patience, knowledge and strength, and that's exactly what Christopher Newport's Associate Professor of Communications Dr. Danielle Stern possesses.

Stern currently teaches a cultural studies class at CNU while also teaching a senior seminar class. She says she loves teaching because the feeling of shaping the minds of younger people in the world is a great feeling.

She also says that the life-long learning process that occurs while teaching and learning is cool to watch and experience.

Stern has been teaching for approximately 15 years.

In 2001, Stern went to her first ever yoga class and immediately fell in love with the art.

She originally was looking to relieve stress because of graduate school, but once she realized she had a passion for yoga, she started to attend classes regularly and ended up becoming an instructor.

15 years later, Stern is still doing what she loves.

She is also on her third year as a yoga instructor.

The Captain's Log got the chance to ask Stern her about her favorite part of teaching yoga: "My favorite part of instructing yoga is having the opportunity to facilitate a space where people can feel comfortable in their bodies," says Stern.

The goal of yoga is making sure people are comfortable and feel relaxed, which Stern says is very satisfying.

Yoga is usually meant for relaxation and peace, but at times, it requires a lot of strength.

**"I am grateful to have a flexible schedule to teach yoga while also continuing my academic teaching and research."**

COMMUNICATION STUDIES

PROFESSOR DANIELLE STERN

Stern went on to explain that if you do not come prepared to classes, it can be a hard process because of the strength requirement.

Although teaching as a professor of communication studies is her main priority,

Stern has put in a tremendous amount of effort into her yoga career.

In 2015, she helped start a non-profit organization with two other friends called Bhav Brigade and they host yoga classes in various locations like Hampton, Virginia Beach and Newport News.

Since Bhav Brigade is non-profit, all their earnings that are donated to them go toward charity.

Every class that Stern hosts is either free or donation-based, and each one of these classes are hosted in cool outdoor spaces like a local business spot, or near a landmark.

The classes also tend to have beautiful views and tons of cool people.

One would think that balancing two careers that require a lot of time would be very tough, but according to Stern, balancing teaching and instructing has not been much of a challenge for her.

Stern usually instructs a yoga class twice a week because she does not want yoga to interfere with her number one priority, which is teaching.

"I am grateful to have a flexible schedule to teach yoga while also continuing my academic teaching and research."

"Although it can be hard balancing my time and energy, because I teach about inclusivity and social justice in both my academic and yogi life, that balance isn't as difficult as it could be" says Stern.

She loves hosting yoga classes and teaching at CNU, so if she gets to do both, she is happy. ■

# McFarland Leads Team to Two NCAA's

Men's Basketball player Aaron McFarland works towards making it to the NCAA tournament three years in a row.



Aaron McFarland has played an average of 30 mins. in every game this season and has contributed an average of 17.1 points per game. **HANNAH MCCLURE/THE CAPTAIN'S LOG**

BY TARYN HANNAM-ZATZ  
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The Christopher Newport University Men's Basketball player, Aaron McFarland, has been an integral part of the team since his freshman year.

Aaron McFarland is a senior from Richmond, Va. He is six feet tall and a

point guard for the Captains. McFarland has been a player all four years here at CNU.

During his freshman year, McFarland played in all 28 games and started in 10 of those. He was successful as a young member on the team averaging about 10 points a game.

In his sophomore year, he was First

Team All-Conference, named CAC Player of the Week once and was ranked second on the team in scoring, averaging 14 points a game.

Again, he made appearances in all of the games as the team traveled to the NCAA semi-finals that year.

McFarland was always interested in sports, but basketball has stuck with him from a young age.

"I started playing basketball when I was around three, my mom she just constantly put me in sports and I guess she saw I gravitated more towards basketball than any other sport," says McFarland.

"I remember vividly as a kid in the house I would always have a basketball and my dad would make a hoop with his arms and every time I would score through his arms he would get so happy and in turn I would get so happy."

Basketball has been something so special to him and playing at CNU has provided an amazing college experience. "The team has taken a 360 since I have been here. When I was a freshman we only had one senior, so we were a young team and we were just learning so much every time we got on the court," says McFarland.

That year the team made it to the CAC Championship and lost by one point in the final seven seconds.

Last year, as a junior, he was Second Team All-Conference, ranked third in scoring on the team, and was one of the leading three-point shooters on the team making him a big threat to their opponents.

He was very successful at the free throw line as he was 87 percent for foul shots. He led the team into NCAA play last year, the second year in a row the

team has gone to the national tournament.

This team has made many successful runs into the postseason. "The next year, my sophomore year, we made our historical Final Four run which was incredible," says McFarland.

McFarland says that the team has really come full circle because now, once again, there are only three seniors on the team, so they have a young team and are doing a lot of learning as they continue their season.

"We are back to having a young team with seven freshmen, and pretty much all of them play and we are just trying to make sure that those guys learn so much, so we can do more damage in the NCAA tournament," says McFarland.

There are so many things that make this team unique.

"My favorite part about this team is that it is an adventure every day," says McFarland.

"We have to learn how to lead every day and that's the most exciting part, it's a challenge every day."

Within four years McFarland has gained another family with the team.

One of his favorite memories was senior night his sophomore year. Ben Walker, who had been out with a concussion for two and a half years was cleared his senior night, he made a steal and dunked the ball. "Everybody was just so happy because it was like 'here he is back'," says McFarland.

McFarland is preparing himself for the rest of the season mentally and physically.

He is ready to lead his team back to the NCAA tournament this year and hoping for a successful rest of their season. "I really think our team can be dangerous," says McFarland. ■

## Why It's Best to Run in Groups

Whether running in preparation for a race or running for fun, choosing a partner to go with you can be beneficial.

BY MICHAEL INNACELLI  
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In the cool nighttime air I quietly sat alone and tied my shoelaces, making sure each loop was an equal length from the middle. Head down, still enthralled in the perfection of my laces I hear the sound of crunching leaves next to me, each step louder and more menacing than the last.

The crunching eventually stops and I look up to see my track coach looking down on me expectantly. His slender physique and old age made it only more apparent how afraid I was of disappointing this man.

The man who constantly yelled at me for slacking off in practice, or running two seconds slower than I could have, or eating unhealthy foods at lunch.

This was all undoubtedly because he wanted me to be the best athlete I could, but to me it was because he was pure evil. He raised an eyebrow as I looked at him and began to question me.

"Why aren't you getting ready for the race kid? You got something wrong?"

"No sir," I replied failing to avoid his piercing gaze, "I'm ready to go just waiting for the race to start."

"Gooooo," he replied, "believe it or not we need you boys to win this race to qualify."

Those were the words I knew were coming, but couldn't bare to hear. The pressure mounted as my coach spoke "words of encouragement," but I didn't hear a word he said.

All I picked up was the tone of his voice, an angry but enthusiastic, confident voice.

He knew we weren't going to succeed unless I ran well as the anchor, and he knew that was a big if. I could hear my heart pounding.

Suddenly, as if no time passed at all, it was my turn to run. The next thing I knew I had crossed the line, in first, the only relay I ever won.

What ensued was 24 hours of non-stop praise from my teammates for something I wasn't completely sure I knew how I did. I ran faster than I ever had before or ever would again.

I felt on top of the world for those

24 hours only to realize I had an even bigger task ahead of me. As it turned out our rival high school had just run the same relay at a different meet faster than we had. This began a period of incredibly hard work. I remember each and every painful step I took while running up stairs.

I remember every single drop of sweat that ran down my face. I remember every single slightly abusive word our coach yelled at us in his raspy and gravelly voice as I proceeded to lead our relay team down a spiral of lazy and sub par practices as was par for the course on our track team.

And most importantly, I know I couldn't have done it without my teammates.

This phenomenon is completely unique to runners. As any athlete will note, running is usually the most hated portion of exercise.

While this is usually the case, running is also one of the most important parts of an exercise routine. Running can keep a healthy balance between all muscles in your body while also strengthening your heart by increasing your overall cardio and stamina.

Yet even knowing this as athletes, and in particular runners, we all managed to avoid running with little breaks

whenever possible. This just happened to be the perfect dynamic for us and helped us form a bond with each other.

Some of my best friends from high school ran track with me. We were such a close-knit group and we all seemed to share one thing in common: a mutual love/hate relationship with running. I notice it with all groups of runners; they don't really want to run, but each individual in the group motivates them to run and exercise as a group.

Even as I promoted a culture of taking breaks every five or so minutes, much to the disdain of my former track coach, I can guarantee that without track it was more running than I ever would have done otherwise.

This is why I believe it is crucial to find a group to run in. They will help you find ways to grind out those tough days of running and make you continue on.

They will show you ways to push forward and improve your health and your own body image. Most importantly they will make running fun and keep you coming back for more.

Running is treated like a disease and while it might make you feel like crap at times, I promise it's actually good for you. So go out and run with some friends. Who knows, you might actually enjoy it. ■

# Striking the Right Chords

Saturday's Harp Festival celebrates, teaches and inspires appreciation for the unique instrument.



(Left) Sue Richards teaches students the specifics of the Celtic harp style. (Right) Designed by Alex Marini, this harp is designed for comfortable, practical usage. After three tries, Marini produced this harp, which features a curved back and friction rubber on the bottom. HANNAH LINDENBLAD/THE CAPTAIN'S LOG

BY KRISTIN ZICCARELLI  
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The harp's graceful elegance came alive on Saturday, January 27th, in the Ferguson Center as Christopher Newport University's second annual Harp Festival brought students and community members together.

Featuring many variations of the unique string instrument, community, students, and faculty alike were able to celebrate their talent, and learn some skills along the way.

Events included Celtic and Venezuelan workshops, along with a masterclass and a concert. Harpers and harpists with all years and months of experience awaited the individual events, including harp student and High School senior, Julia Swanner.

"I'm definitely excited about the Venezuelan workshop," Swanner said. "That's something you don't get to see very often."

A more traditional event included the Celtic workshop, lead by Celtic harper Sue Richards. With forty years of experience, she led a group of Norfolk students in an Irish tune called "Cooley's Slide."

Besides introducing a new tune, Richard's workshop taught the various techniques of Celtic harpers.

"We did a bunch of exercises aimed at getting the right rhythm and weight of Irish music," Richards says.

Of the fifty attendees, CNU Freshman Danielle Caldwell performed Tchaikovsky's Waltz of the Flowers for the Masterclass event.

Caldwell is the sole CNU student majoring in harp, drawing from five years of experience and performance at venues such as Carnegie Hall, the White House and the Kennedy Center.

During her time in college, she hopes to gain "more experience at teaching," along with more refined orchestra and solo techniques.

Aside from teaching technique and theory, the CNU Music Department aimed to celebrate and foster interest in music through the festival.

"We just hope to inspire love and appreciation for music as a whole," CNU Harp Professor Anastasia Pike says.

This goal, according to Pike, is shared by the department in their wide range of concerts and performances held at the Ferguson facility.

"You can just walk over there and hear these amazing concerts," Pike says. "You don't have to go to New York or Berlin, they come to you."

Attaining a widespread appeal was among the goals for the Harp Festival: "we want to bring people that are not

familiar with the harp into a context where they feel comfortable and hopefully inspire some other musical adventures outside of what they may be used to," Pike says.

An enthusiast for harp herself, Pike appreciates the versatility and uniqueness of the instrument.

"I like the range of capabilities of the harp," Pike says. "It's very peaceful and soothing but it can also be extremely modern."

Swanner expressed similar sentiments.

"It's very calming and very relaxing," Swanner says.

Although the music can be awe-inspiring, the instrument itself has its setbacks.

"It's huge and heavy," Pike says, referencing the difficulty in transporting such an

instrument. "And I don't like tuning my harp, because there's 47 strings and you have to tune every single one."

Although the anatomy of a harp is unknown to most, woodsmith and businessman Alex Marini is well acquainted with the various designs, upkeep and styles of harp. Since 1995, Marini has

designed his own harps and sold them through his business, Marini Made Harps. A variety of his pieces were displayed at the Harp Festival.

Marini's story began with a desire for his children to learn harp. Unable to buy one, Marini made his own with a set of blueprints.

"I had so much fun making the first one, I just had to make some more," Marini says.

Son Tony Marini contributes to the business as well.

"It's been a neat family business," Tony Marini says. "My dad loves woodworking and is really passionate about it."

While many play the harp simply to entertain others, Marini explained how they can truly provide comfort and bring beauty into lives of hardship.

"Lots of our customers... play in churches and nursing homes and a lot of them work with a hospice," Marini says. "We're very blessed to see that."

Elaborating on the versatility of the harp, Pike noted that the harp has a place in sacred settings.

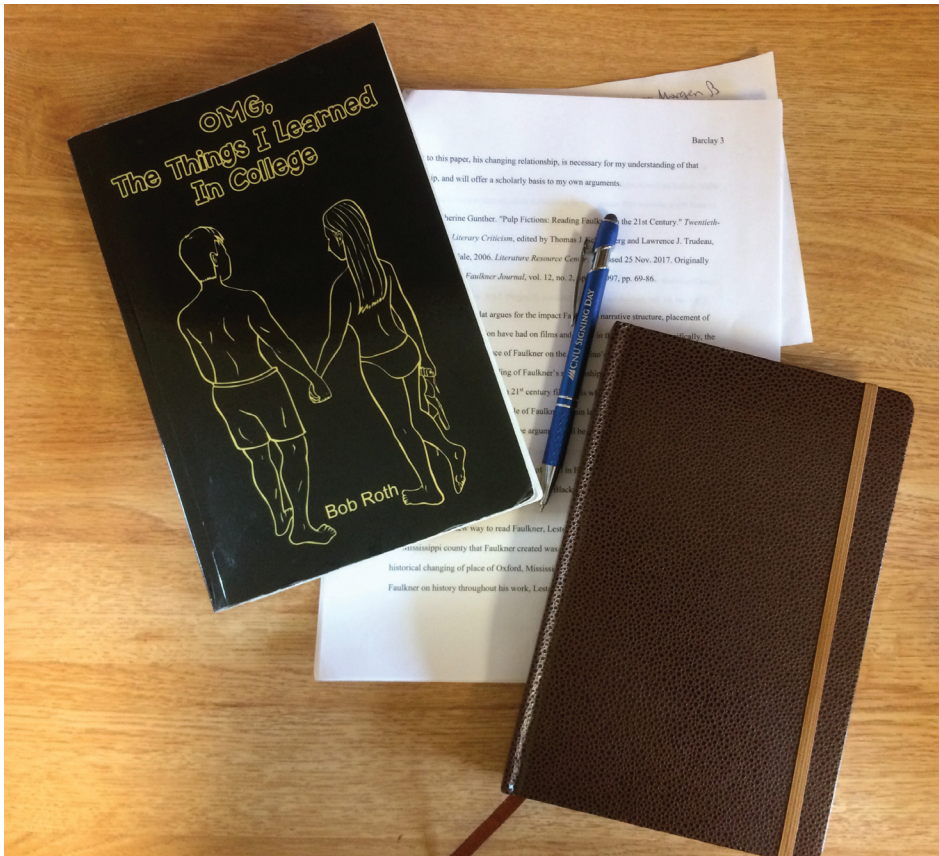
"You can play harp at a sacred setting in church, Pike says. "I've played for funerals, and Arlington National Cemetery, and it's very peaceful."

Inspiring a love for harp, teaching its specific techniques, and admiring the handsmanship that goes into the creation of the instrument, CNU's Harp Festival had something for every member of the community. The annual event is set to return the Spring Semester of 2019. ■

*"We want to bring people that are not familiar with the harp into a context where they feel comfortable"*  
— Dr. Anastasia Pike —

# Lost in Transmission

Bob Roth's 'OMG The Things I Learned in College' lets the radio drama turn to white noise in his latest advice novel.



The book finds a textbook among a student's other homework. **MORGAN BARCLAY/ THE CAPTAIN'S LOG**

BY MORGAN BARCLAY  
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Bob Roth's latest is a broken see-saw. Never venturing far enough into either genre he hopes to emulate, his work

leaves its audience sitting still, albeit very informed.

"OMG The Things I Learned in College" is a novel approach to giving advice. Told through a narrative, the story follows two freshman college radio

show hosts as they struggle through their own first year while giving advice to their listeners through their radio show. This take on giving advice is a relatable and enjoyable way to break through what could be seen as a lecture. Adding this human element to the giving of advice makes the advice easier to hear and to come back to.

Or it would if it fully allowed itself to be a narrative.

The novel consistently forgets its own characters. For one chapter, a character is homeless and it is never mentioned again. The opening chapter mentions a character riding a motorcycle into another country, an event that also is never mentioned again, then later he struggles with fixing his car. These inconsistencies in the building of character lead to a cheaper reading experience that makes one want to ignore any mention of characters in the story at all.

More than that, the use of comedic tone within the telling of advice is often confusing. Several times, a lighter tone is used to break up the telling of advice in order to appeal to the narrative structure that is being presented. However, that lighter tone is frequently shut down with dialogue from the other character that reemphasizes the seriousness of the topic they are lecturing the reader on. This leaves the reader confused as to how to enjoy the book. This is especially problematic given the approach they are using. The human elements of the story and the comedy (as opposed to the serious lecturing style) should be emphasized in the work, but frequently it is not.

In a similar vein, the dialogue frequently reads like blog posts. With characters speaking in paragraph long measured responses, any semblance of a natural character to relate to is gone. That being said, the use of dialogue and conversation to explain topics and advice gives many of these issues the

well-rounded views they need.

Adding on to that, the work does leave you adequately prepared for the college experience, as difficult as it may be to read from time to time. Filled with important advice about relationships, jobs, participation in campus activities, and classes, there is plenty to take away from Roth's work. And the advice given is more than just superficial. Roth delves deep into the more sensitive issues that can arise in college. Topics like substance abuse, anxiety and stress, identity theft, homelessness, and sexual abuse, all find a place within the novel.

All advice in the novel is well-researched and well-rounded. More than that, there is a clear focus and care for student success. Dog-eared pages for future reference, this work is helpful and a useful manual for the college experience. Personally, I know the section on automobile repair has already helped me since reading the novel.

All in all, Roth is definitely well-versed in college life and that shows through his careful consideration of the very real problems that are common among those in college. That being said, his lack of follow through on the novelization of this work leaves something to be desired within the reader.

Neither a collection of advice or a novel, this see-saw stays still. ■

**"OMG The Things I Learned in College" is available for purchase on Amazon.**

## Breaking the Law With Brett

News Editor Brett Clark compiles the 10 best crime dramas of the past sixty years.

BY BRETT CLARK  
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*While February is usually the time to curl up and watch romantic comedies, it can also be a time to break the law, or rather, watch other people break the law. Compiled by sophomore Brett Clark, an avid Western watcher, the following list contains all the best crime dramas that have been made in the last sixty years.*

### 1. Lawless

dir. John Hillcoat

Starring Shia and another favorite actor of mine, Tom Hardy, team up for this compelling Prohibition era flick. Nothing makes you want to start an illicit moonshine operation more than some good ol' boys from Franklin County, Virginia.

### 2. The Untouchables

dir. Brian De Palma

Speaking of the 18th amendment, Kevin Costner and Sean Connery recruit the talents of a human calcula-

tor from the IRS to take down Robert De Niro in this story of the battle between lawmen and Al Capone.

### 3. Outlaw Josey Wales

dir. Clint Eastwood

Considered one of the best Westerns of time, this Clint Eastwood classic follows a revenge plot set during the American Civil War. Producing some of the best one-liners of any Western, this complex movie provides an interesting viewing experience.

### 4. No Country for Old Men

dir. Ethan Coen, Joel Coen

Containing one of the most compelling performances by an actor I've seen, Javier Bardem's performance is enough to make its place on this list. More than that, however, this movie ups the suspense through its use of a minimalist score. Containing only a mere 16 minutes of music, lines like "What's the most you've ever lost on a coin toss?" will leave your neck hairs standing up and looking for a place to hide.

### 5. Death Wish

dir. Michael Winner

Another revenge-based plot, this thriller forces its viewers to question their ideas of right and wrong, with Charles Bronson's performance as Paul Kersey making that decision all the more difficult.

### 6. Law Abiding Citizen

dir. F. Gary Gray

Starring Gerard Butler and Jamie Foxx, this revenge-based movie adds another spin to the familiar plot. With the lead character having a high IQ, this thriller is an interesting take on the genre.

### 7. Se7en

dir. David Fincher

This mid-90s "Divine Comedy" based crime thriller features a young Brad Pitt, an age-old Morgan Freeman (whose age is apparently stuck at 63), and, of course, Gwyneth Paltrow who really loses her head as the plot reaches its climax.

### 8. The Iceman

dir. Ariel Vromen

Focusing on the violent and vicious calculated murderer Richard Kuklinski, known as The Iceman, this thriller steps into the mind of a disturbed killer offering a thrilling watch.

### 9. End of Watch

dir. David Ayer

Only slightly more deadly than Richard Kuklinski? Mexican Cartels! And that is exactly who Jake Gyllenhaal and Michael Peña take on in this LA cop drama. Shot in a documentary style, this film is the newest release on the list and for good reason.

### 10. North by Northwest

dir. Alfred Hitchcock

With the final scene taking place on Mount Rushmore, this action packed Hitchcock classic is sure to leave you on the edge of your seat. Following a familiar plot of espionage, mistaken identity, and crime, Hitchcock showcases his place as the master of suspense. ■



Midget Wrestlers attracted students and Newport News locals, bringing attitude and entertainment to City Center's newest venue on Jan. 25.

BY KATIE KRYNITSKY  
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Pinky Shortcake and Too Tall were among the wrestling performers in the Midgets With Attitude show on Thursday, Jan. 25 at Boathouse Live located at 11800 Merchants Walk Suite 100 in City Center.

Midget Wrestling Entertainment, the first touring midget wrestling group in America, has traveled to all 48 continental U.S. states for live performances.

Midget Wrestling Entertainment has appeared multiple times on national television on shows such as Fox Television's "Bones," Animal Planet's "Pit Boss," TruTV's "Full Throttle" and Country Music Television's "Strangest Ways To Make A Buck." The World Wrestling Entertainment (WWE)-inspired group is currently in the development stage of a reality television series.

Putting on about 250 shows a year, word spread quickly when the group of wrestlers came to Newport News.

At \$10 a ticket, and \$20 for a spot in the VIP lounge, college students, locals and followers of the Midget Wrestlers filled the venue.

When asked during the opening of the show who had attended a Midget Wrestling event before, a sparse number of hands in the audience went up. When asked if this was their first ever time seeing midgets wrestle, the crowd cheered.

Along with wrestling matches throughout the night, the show also incorporated the audience by holding contests in between rounds.

But the entire show was not all fun and games.

"I thought it was a very funny and entertaining event," says senior Catherine Germinario, "but as soon as I started hearing people's com-



(Top) The crowd surrounds the Midget Wrestling ring, intently watching as Pinky Shortcake fights for a win on the ground during one of the rounds. (Below) Wrestlers kept the audience entertained, lunging at their opponents after climbing to the tops of the ring's corners. PHOTOS BY ROB SMITH/THE CAPTAIN'S LOG

ments, I was uncomfortable. People were making it seem like the midgets weren't even real people, which made me sad so I eventually left."

As a newer venue in town, and a unique attraction, the show drew in a mixed audience.

"There were a lot of CNU students there to see the midgets wrestle, but it wasn't them who were making the rude comments," says Germinario. Whereas Midget Wrestling shows may not be for everyone, Boathouse Live received a large turnout for this specific event. ■

# Writing Center Extends Hours

For students seeking help with anything from constructing a thesis to editing punctuation, the Alice F. Randall Writing Center is now open later hours throughout the week.

BY ANNA DORL  
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Four stories tall, home to President Tribble's office, and the first place that potential students go for an Admission interview and campus tour, Christopher Newport Hall (CNH) is also where one can find the Center for Academic Success.

CNU's Academic Success Center on the first floor of CNH houses the Alice F. Randall Writing Center, a place for students to get feedback from writing consultants and help with papers and other written assignments.

Hours have been extended this semester to keep the center open from 10 a.m. to 10 p.m. Monday through Thursday, with an hour break for lunch at noon, and from 10 a.m. to 3 p.m. on Friday.

The Writing Center offers free assistance with all stages of the writing process including organizing, outlining, editing, citations and thesis construction.

Senior Caitlin King, a writing consultant in the Writing Center said, "The most common thing we hear when students come in is 'I don't know how to start my paper.' It's not just grammar and punctuation issues."

No matter where a student is in their writing process, consultants are trained to assist with any situation and offer an outsider's perspective.

Consultants don't just help with writing academic papers.

While essays are typically what students bring into the center, consultants often help draft resumes, lab reports, personal statements and cover letters.

The Writing Center is paramount to student success in written assignments. For students who feel intimidated or embarrassed by the idea of asking their professors for help, the Center for Academic Success provides the option to ask peers for guidance instead.

More often than not, writing consultants are upperclassmen.

Having taken the required course to qualify and train for becoming a consultant in the center, as well as having previously taken many introductory courses

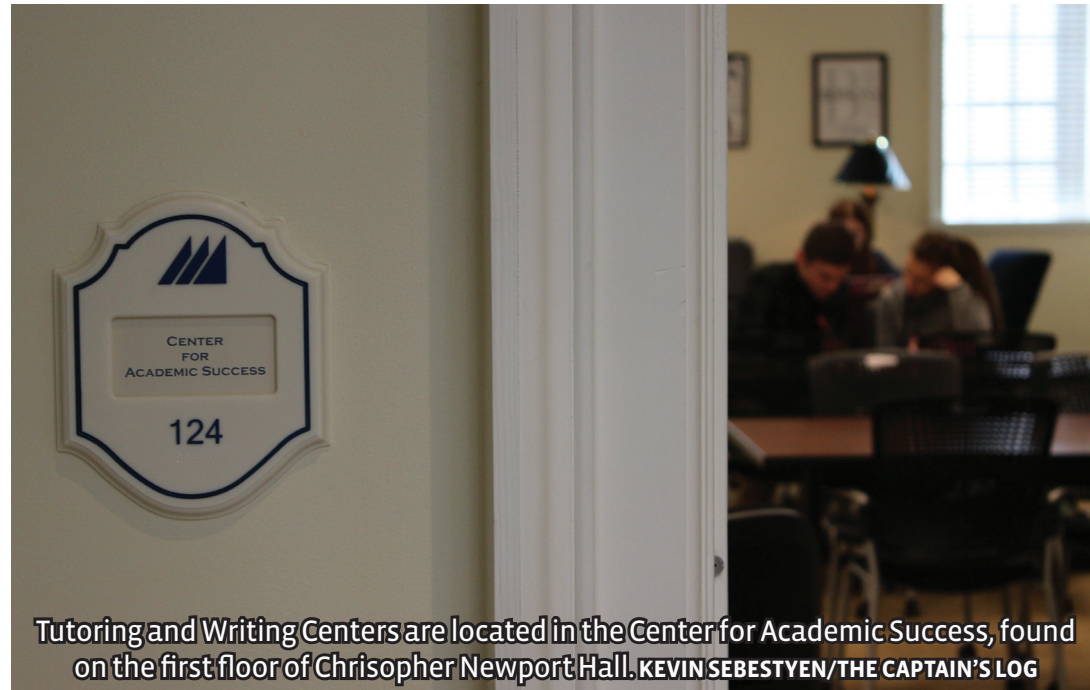
at Christopher Newport, they often know what certain professors are looking for in specific types of assignments.

Freshman Sarah Allbrandt considers the Writing Center an extremely valuable resource.

"The CNU Writing Center really helped me with editing one of my essays last semester. They go through your paper and make sure you understand everything and answer all of your questions. I would recommend it to everybody," says Allbrandt.

Appointments can be reserved online through the CNU Connect page under the Student Success tab. ■

*Caitlin King is a member of The Captain's Log.*



Tutoring and Writing Centers are located in the Center for Academic Success, found on the first floor of Christopher Newport Hall. KEVIN SEBESTYEN/THE CAPTAIN'S LOG

## Do's and Dont's of Club Fair

Club Fair 2018 is your chance to find new clubs and organizations to get more involved on campus.

BY MELANIE OCCHIUZZO  
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Club Fair can be the most overwhelming event of the year.

There are almost a hundred clubs to choose from and that can be a lot to deal with at once.

Luckily, The Captain's Log has your back.

Don't sign up for every club. It can be tempting to, but at the end of the day you'll just end up with a bunch of emails that you may or may not care about.

Do be open to new clubs. You might surprise yourself with what you like.

Don't feel pressured to sign up for every club your friend does; you probably don't have all the same interests that they do.

Do keep your schedule in mind. Too often you'll sign up for things and then realize you don't have enough time to do anything.

Don't go just for the free stuff. It's great to get those free pens but also be respectful of the clubs represented there and actually see what their club is about.

Do ask questions about the clubs. These people have devoted a lot of their free time to this club and would be happy to talk about it with you.

Don't forget a bag for the fliers and information pieces you'll pick up at the fair.

Do take your time, there's three whole hours of club fair so make sure you visit all the ones you want and give them enough time to tell you about their club.

Don't be a wallflower. Make sure you're talking to people and actually getting something out of going.

Finally, do actually go. It can be tempting to blow this event off but you never know when you'll find your next passion. ■



MELANIE OCCHIUZZO/THE CAPTAIN'S LOG

# 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 Melanie Occhiuzzo at [clog@cnu.edu](mailto:clog@cnu.edu)

**Interested in:  
Writing,  
Editing,  
Design,  
Photography,  
Video,  
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Business or  
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