



The Captain's Log

THE VOICE OF CHRISTOPHER NEWPORT UNIVERSITY STUDENTS

@CNUCAPTAINSLOG

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THE FRESHMEN CLASS IN THE BACKYARD OF THREE OAKS, LISTENING TO THE TRIBLES SPEECH

PHOTO BY THE CAPTAINS LOG

What's Inside

News Trible's Desserts; Admitted Freshmen Day; New Journalism Minor	Snapshot Freshmen Desserts	Sports Formula 1 Racing; Masvidal v. Covington Scandal; Tar Heels Defets Duke	Lifestyle Entrepreneurial Emporium; KDR Book Drive; Objective Survival	A&E "As It Was" Review; Heavy Metal Returns; Critiquing Outfits over Albums at The Grammy's
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April 7
University Chorale Concert
performing 'Carmina Burana'
8pm | Peebles Theatre

April 8
Paideia

April 8-10; 15-16
Theatre CNU presents *Everybody*

April 9
Admitted Freshmen Day

April 11
An Evening of Chamber Music
8pm | Peebles Theatre

April 12
Electronic Music Ensemble Concert
8pm | Peebles Theatre

April 13
Percussion Ensemble Concert
8pm | Peebles Theatre

April 14
Chamber Choir Concert

April 18-25
Last Week of Classes

April 25
Last Day of Classes

April 26-May 2
Finals Week.... URGH.

Become a published scholar!



CHRISTOPHER NEWPORT UNIVERSITY
THE CUPOLA
2021-22

Christopher Newport University's Undergraduate Research Journal
THE CUPOLA
2021-22
Call for Submissions

To be eligible, undergraduates must submit an electronic version of their paper or poster following the submission guidelines. Papers and posters presented at Paideia are especially encouraged.

Published authors receive a \$100 award.

Top papers receive \$500 Cupola Awards.

DEADLINE FOR SUBMISSION: 5 P.M., MAY 13, 2022

For complete information, go to my.cnu.edu/research/programs



Dr. David A. Salomon, director, OURCA: david.salomon@cnu.edu · Library 230
OFFICE OF UNDERGRADUATE RESEARCH AND CREATIVE ACTIVITY

COURTESY OF THE CAMPUS ANNOUNCEMENTS



Interested in the Captain's Log?
Scan the QR code to see our social media sites and forms for story requests or email list!

MONDAY, APRIL 11
BLUEBOOK GIVEAWAY
DSU BREEZEWAY
11AM-1PM

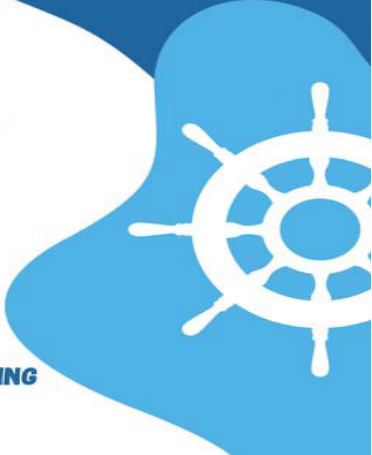
TUESDAY, APRIL 12
INFLATABLE MAZE
GREAT LAWN
12PM-2PM

WEDNESDAY, APRIL 13
DEMYSTIFYING SHC MOCK PANEL
MADISON ROOM
12PM-1PM

THURSDAY, APRIL 14
HONOR HOUR
TRIBLE PLAZA
12PM-1PM

FRIDAY, APRIL 15
DONUT CHEAT AND CHALKBOARDING
TRIBLE PLAZA
11AM-1PM

HONOR WEEK!



COURTESY OF THE CAMPUS ANNOUNCEMENTS



PAIDEIA

CHRISTOPHER NEWPORT UNIVERSITY

20th ANNUAL
CONFERENCE FOR STUDENT RESEARCH
APRIL 8, 2022
Tribble Library and Torggler Fine Arts Center



11:30 a.m.: Registration opens
Tribble Library Atrium

Noon-6 p.m.: Conference
Student presentations in Tribble Library
and the Torggler

6:30 p.m.: Keynote: Linda Villarosa
Peebles Theatre
"Under the Skin: The Cost of Racism and
Inequality on the Health of Our Nation"
Book signing and reception to follow

Paideia program
Available April 1



OFFICE OF UNDERGRADUATE
RESEARCH AND CREATIVE ACTIVITY

Book signing courtesy of Book Warehouse of Williamsburg.

Keynote address co-sponsored by Office of Undergraduate Research and Creative Activity; Sentara Health Diversity and Inclusion; Department of Communication; Department of English; Department of Sociology, Social Work and Anthropology

For more information, contact Michaele Baux at michaele.baux@cnu.edu or (757) 594-8586.

COURTESY OF DR. DAVID SALOMON

The Annual Tradition of Freshman Desserts is Back

President Tribble celebrates his last Freshman Desserts event

SAVANNAH DUNN

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The upperclassmen know what Freshman Desserts are all about, but as for the sophomores and freshman, the event has been a mystery. This tradition, favored by President Paul Tribble, is where freshmen are given the opportunity to put on their best clothes and enjoy the company of department heads and other higher ups in the administration at Tribble's house by the water. The event is a great way for students to expand their connection with the University and the different resources available to them. It's also a great opportunity for students to meet faculty members and learn more about the departments. The classes of 2024 and 2025 unfortunately had to miss out on Freshman Desserts at the beginning of their first semesters due to COVID restrictions.

However, with the mask mandate lifted in early March, the event is back in full swing. Over the past few weeks, the President has hosted multiple nights of not just Freshman Desserts, but Sophomore Desserts as well. The freshmen now have an opportunity to meet the heads of the departments and build relationships with faculty, and the sophomores get to celebrate their halfway point of their undergraduate careers.

Although the Sophomore Desserts were held last week, Freshman Desserts were on Monday, Apr. 4. Check in for the event opened at 5:20 in the courtyard between York River Hall and the David Student Union. From there, students hopped on the provided shuttle buses and headed down the road to the president's house. Tribble's house sits at the end of Shoe Lane, right on the James River. The shuttles, carrying dozens of students, arrived at the looped driveway and dropped off students who were then greeted with a handshake

Bottom left: The Provost, among other faculty and staff members, introduces himself

Bottom right: President Tribble welcomes student into his home



by President Tribble at the door. Once inside, Rosemary Tribble was standing in the entryway, right past the dining room, where she shook hands with and hugged every student that walked in. After meeting the Tribbles, students were ushered into the living room to sign the guest book and then head outside for the opening speech. The back doors open up to a beautiful view of the James River, and the backyard glowed in the light of the setting sun. The Tribble's family dog, Zoey, was patiently waiting in the backyard for all the guests to arrive.

Staff and faculty mingled with students as they arrived in the yard, and everyone enjoyed the company of one another. After a few minutes, the last of the students had arrived and the President began speaking. President Tribble first thanked everyone for coming out, and then let the faculty and staff introduce themselves. One by one, each member of the staff announced their name and their position. The President then spoke a little more, taking in these few moments left at his last Freshman Desserts. Rosemary spoke too, thanking everyone for being present and for celebrating this final moment that she and the president got to share with their last freshman class. The President and Rosemary stated that although they are ready to retire, they will miss this place dearly. The Freshman Desserts event was a great way to commemorate the end of a year of many milestones for the freshman class.

Top: President Tribble points at the water as he explains that Christopher Newport's three ships sailed past where his house now stands over 400 years ago

Middle: President and Rosemary Tribble excitedly speak to the freshman class



CNU Hosts Admitted Freshman Day

The university welcomes admitted freshmen and their family members

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Last Saturday, Apr. 2, nearly 400 admitted freshmen came to CNU's campus for Admitted Freshman Day. Admitted Freshman Day is an opportunity for freshmen who are attending CNU in the fall 2022 semester to learn about the different aspects of the university and explore campus. It is also a chance for the students' families to learn more about the university and what they should expect for their child's upcoming college experience.

For the freshmen class of 2026 and their families, the day started with campus tours so that students could familiarize themselves with the layout of campus. Multiple tours were conducted at the same time, all over campus. Next, they attended the Student Services Showcase, followed by a warm welcome from President Paul Tribble in the Diamonstein Concert Hall, CNU's world class performing arts center. Students then got to talk with their Student Directors of Orientation about course scheduling and the summer setting sail program. Meanwhile, the parents heard from Provost, Dr. David Doughty, and Dr. Kevin Hughes, Vice president for Student Affairs and a student panel. After students got to see what clubs and organizations CNU has to offer, they participated in a workshop aimed to introduce fellow captains to

each other. Following these events, both the students and their families enjoyed a barbecue lunch on the Great Lawn. They ended their visit with an academic open house and a tour of the residence halls.

Senior, Student Ambassador, Duncan Owen said, "This past Saturday, I shared why I chose CNU and why I love this school with hundreds of admitted students within the incoming class of 2026 and their families. As a Student Ambassador for the Office of Admission, I answered questions about our campus and the decision-making process throughout the day, helped with informational activities geared toward admitted students and gave campus and residence halls. Being a senior graduating in a few weeks, I found this experience a full-circle moment, as the last time I attended this event was when I was a senior in high school four years ago. This is one of my favorite admission events, as there is an exciting energy in the air as students flock to our campus, hoping to solidify their decision. I was also thrilled to connect with students and their families to whom I gave a tour months ago throughout the recruiting process."

Another Admitted Freshman Day will take place on Saturday, Apr. 9.



Admitted Freshman Day lunch on the Great Lawn, photo courtesy of CNU Facebook

The English Department Reintroduces The Journalism Minor

The Journalism minor plans to makes its CNU comeback Fall 2022

ELIJAH WILLIAMS

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The English Department of Christopher Newport University is excited to announce that the Journalism minor is officially coming back in the fall 2022 semester. Historically, it has been known to many CNU students, alumni, and even professors that journalism has been a top-tier request for a potential major and minor which CNU has not offered. At one point in CNU's historical past, journalism was once a major popular degree to obtain before being removed from the catalog. Nearly a decade later, journalism is being held as not just a want, but a growing need in the current state of the world.

A notable professor in the English department, Dr. Cynthia Davis, sat down with the Captain's Log to discuss the long-awaited journey to this point.

She said, "It was a hope to get the minor. We did have a minor 10 years

ago. It was discontinued. Over the years, there have been questions about it like 'why don't you have it?'. At a certain point, we knew this was a growing student priority."

Taking on the reins, a subcommittee was devised that featured professors with various levels of experience in journalism. Dr. Mary Wright, the director of the English department, called upon Dr. Deanna Stover, Dr. Joanna Eleftheriou, and Dr. Nicole Emmelhainz to assist Prof. Davis in this task.

Reflecting back on the process, Davis said, "We started looking at what other journalism schools were doing. I spent over an hour talking to Michelle LaRoche, a chair of The School of Communications and Mass journalism in South Carolina. We searched and explored a lot of the various websites from other departments, trying to get a feel of what the best schools offered."

After much research, development, and discussion, a slew of classes were created, but they were ultimately weeded down to only a handful. This, in part, was due to the overall vision and goals of the Journalism minor.

Davis said, "The biggest goal right now is to get students into the seats. We have to pull all the stops to get them excited and put butts in seats. It's the key to maintaining the minor!"

Given the fact that the upcoming fall semester marks the first time that the Journalism minor will be available in over a decade, the required courses and electives had to be just as invigorating and enticing for CNU students to take a chance on them. Currently, the required courses are Intro to Journalism and The Ethics of Journalism.

Davis also added, "We have Community-Based, Arts and Entertainment, Science, and Sports journalism!

There is a potential for another class to be coming! We will add a few other ones down the road as the minor progresses."

Looking forward to the future that Journalism holds, Davis added a few inspiring words, "There is a need for young hungry new journalists who are committed to stories that need to be told. I am so excited to be a part of it all! I hope students will learn and understand how journalism influences democracy and the power that it holds."

As It Was

MARGAROT GAMMONS
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After two years of no new music, Harry Styles is ready to let the world hear his latest masterpiece. An announcement on March 23 revealed that a new album labeled “Harry’s House” would be released on May 20, but he knew that we could not handle the anticipation. The first single from Harry’s House was dropped on April 1, 2022. Like many other Styles songs, the lyrics are exceedingly cryptic, but leave it to his fans to decipher the meaning behind As it Was. It opens with a little girl saying, “come on, Harry, we want to say goodnight to you” it was later revealed that the girl is Harry’s goddaughter, Ruby Winston, the daughter of filmmaker Ben Winston. While Harry has not confirmed what the song is about, he did say it is based on his personal life. The piece explains Harry Styles’s relationship with his fame and how it is not “the same as it was.”



He sings, “in this world, it’s just us/ You know it’s not the same as it was”. There is also speculation that this head single is about his relationship with actress Olivia Wilde. Their relationship came three months after her break-up with her ex-fiance, Jason Sudeikis. Sudeikis and Wilde share two kids in joint custody. Harry writes, “Leave America. Two kids follow her,” possibly referring to Olivia’s children. Other conspiracy theories are circulating regarding Harry’s third album. During the Harry Halloween show, The band and Harry dressed up as the Wizards of Oz cast, planting an easter egg of the “home” theme as the Wizards of Oz are known for the idea of finding one’s home in friends and the journey. Many fans wonder if this theme of a home will be presented throughout the album.

As It Was is also breaking records; it became Spotify’s most-streamed song in a single day in 2022 and the most-streamed song in the US in a single day in Spotify history. The song received 33.42 million streams on April 1, 2022. I am sure this will not be the last record broken by Harry Styles, but we will have to wait until May 20 for the rest of the album.

Photo: “Harry’s House” album cover courtesy of Vogue

Meshuggah is Back and Better Than Ever

CLOG staff writer review on new heavy metal album

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On April 1st, Swedish heavy metal giants Meshuggah released their 9th studio album—their first in over six years—Immutable. Have the modern metal legends managed to create another highly successful album for fans to enjoy?

Since 1987, Meshuggah has been pushing the boundaries of what is possible with heavy metal with extreme technical prowess. While not as well known to general audiences as metal bands like Slayer and Metallica, they have been a consistent presence and are extremely popular in the metal world. It’s hard to classify the band into a type of metal but they definitely lean to a more extreme side of prog metal. Their genius method of songwriting has turned the band’s whole discography into a must listen for music lovers.

Immutable is a wonderful 66 minute and 13 track listen. From the very opening track “Broken Cog” the band hits your ears with hard hitting instrumental and powerful vocals. It leads right into the second jaw dropping track, “The Abysmal Eye”, it has one of the most impressive riffs that Meshuggah has produced. “Ligature Marks” is an unforgiving and brutal song. It begins with a slow rumbling but climaxes very well. “God He Sees In Mirrors” hits you with rough vocals and a bone chilling riff. The ten minute “They Move Below” starts off extremely slow but then smacks you at full force with incredible instrumentals. “Black Cathedral” is probably the most experimental of the songs on the album, this brief song sounds very reminiscent of the black metal subgenre of heavy metal. “Past Tense” on a slow melodic note compared to the rest of the fast and heavy album. It’s hard to find fault in this record, every track was meticulous in its instrumental and the lyrics felt more dark than previous work. All of the songs are incredible in their own way.

It’s hard for some to believe a 35 year old band can still progress as musicians but Meshuggah has shown that they can still absolutely put out a headbanging and crazy impressive album that feels new. They have become metal legends and the band shows no sign of ending soon. The band will tour Europe starting in May and is embarking on an American tour in September. Tour dates can be found on their website, www.meshuggah.net

4.5/5 headbangs approved



Top: Immutable Album Cover courtesy of Kerrang

Bottom: Meshuggah Performing at the Sonic Temple Festival in 2019, courtesy of Metal Injection



Critiquing Outfits Over Albums Should Fashion be the Focus of The Grammy's?

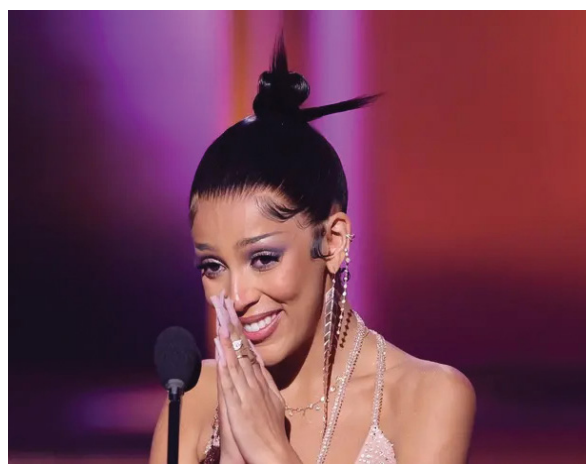


**Doja Cat Receiving her Grammy
Courtesy of E!**

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Despite this Grammy Award season being rather successful for two new young women in the Music Industry, Doja Cat and Olivia Rodrigo, still received critiques. Olivia Rodrigo won several Grammy Awards. She won Best New Artist, Best Pop Solo Performance for her song "Driver's License," Best Pop Vocal Album and Album of the Year for her album "Sour." Due to Rodrigo having to carry three albums in a restricting dress she ended up dropping and breaking one as she was taking pictures after the ceremony. Doja Cat won Best Pop Duo or Group Performance with her song "Kiss Me More" featuring SZA and she was nominated for six different categories. Both artists received their awards graciously. Doja Cat's award speech was the most memorable due to the fact that she barely made it to in time to receive her award on stage because she was using the bathroom. "I have never taken such a fast piss in my whole life," Doja Cat said, but the laughter of the audience faded as Doja Cat started to cry and said, "I like to downplay shit but this is, uh, it's a big deal. Damn, thank you everybody. Be safe, take care."

Regardless of all of these interesting tidbits there is still a huge focus on both of the successful artists' outfits. "Olivia Rodrigo for the 2022 Grammy's has finally found her look," said @hannahzookpop on TikTok. However, @embarassingyoupodcast had a much different opinion, "The look from the waist up she's gorgeous, she's fun, she's 90s, she's y2k, she's different, she's vintage Vivien Westwood. She's gonna win, and I want her to win, but the bottom of your dress! Where's your tailor?.... And why does the pattern continue all the way down?" While the TikTok has over 144.3k likes the comments are turned off insinuating that many agreed with this take. As far



Doja Cat tearing up as she gives her speech at the Grammy's Courtesy of The Independant



**Olivia Rodrigo Dropping her Grammys
Courtesy of Hollywood Life**

as Doja Cat, she did not receive much critique. @hitt_jay with 25.3k followers on TikTok said, "The Grammy's were really boring this year so instead of 'Best Looks' let's just say here are my 'Least Hated Looks...' This is one of the best looks of the night (referring to Doja Cat). It is very cute, very timeless, very elegant, and very classic."

With platforms like TikTok, Twitter, and YouTube there are so many opinions on just these two artists' outfits that it is impossible to cover them all. The Grammy's can be a time to make fashion history. Classic news sources such as CNN and CBS focus on the women's wins over their outfits or looks. However, it is interesting that the people who are focusing more on the two artist's "looks" over their success are the everyday users of the internet who fight for women to be seen outside of the patriarchal lens.

Coffee Talk

A nice, cozy game for the stressful times



Title Screen of Coffee Talk

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A video game recommendation for those wanting a nice cozy cuffy story about a simple Barista owner serving combinations of coffee, tea, and hot chocolate to patrons in Seattle filled with elves, dwarves, humans, fish, werewolves, vampires, and many other fantastic creatures. The video game was created by Toge Productions, released on January 29th-30th, 2020 on Steam, Playstation 4, Xbox One, MacOS, and Switch. Gameplay mostly consists of making drinks via choosing three ingredients from your menu and serving up to your patrons. Then, you just listen to them talk about their problems. The game is mostly a visual novel, with you mostly making drinks and optionally creating latte art on them. The endings of each patron's story change, depending on what drink you serve them during your run. You could get a bad ending or a good ending, depending on what you serve them. Do you follow what the customers want or go against them for the greater good?

Coffee Talk is set in an alternate Seattle in the year 2020 (where the pandemic never happened), where fantasy creatures walk alongside humans. You, the barista, run the coffee shop, Coffee Talk, a shop that only opens at midnight. You serve many patrons, each having their own storyline and problems that they are facing. The characters include: Freya, a fairy woman struggling journalist trying to become a fiction writer; Officer Jorji, a human police officer that is a regular at the shop; Rachel, a catgirl

that was former in a music group but trying to start a solo career; Hendry, Rachel's father, a former household name in the music industry that wants to protect his daughter; Hyde, a vampire model; Dr. Gala, a werewolf who is a doctor; Myrtle, an orc developer on the fictional video game "Full Metal Panic"; Aqua, an octopus girl from Atlantis that is into "Full Metal Panic" and indie development; Lua, a succubus office lady that is dating a visual artist elf, Bailey, but both families disapprove of their relationship; and Neil, an astronaut alien that wants to breed with everyone on Earth. It has a wide variety of characters; however, their stories are very personal and very realistic. Rachel and Hendry argue, leading to fights that never resolve. I am sure everyone had a bad fight with their parents about something and didn't resolve it. Or Lua and Bailey's story about their families disapproving of them. These stories feel realistic and feel emotionally drawn to them, to see where it goes.

The style of the game is mostly large pixel models; which brings it some charm and coyness to the game; however, the lo fi soundtracks brings the coyness and charm to the level of just chilling and cozy. It is a nice low melody that makes it time and relaxing, like being in an actual coffee shop and just talking with the staff and chillen. Overall, I say give Coffee Talk a taste.



The Vampire model Hyde and the Werewolf doctor Gala, coming in and chatting about the old times. Photos by The Captain's Log

Formula 1 Racing!!!

Driving Through the Raceway ...

MARGARET GAMMONS

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Welcome to Formula One - the premier global racing series- as it embarks on its 73rd season. Last year, we saw 7-time world champion Lewis Hamilton's title-winning streak come to a stop on the final lap of the season's final race.

Red Bull Racing's Max Verstappen took the checkered flag in high fashion to claim his first world championship and marked an end to Mercedes's seven-year dominance.

Two thousand twenty-two ushered in new technical changes and salary cap limitations to make the racing even more competitive. With teams arriving at the season's first race with entirely different designs, there is plenty of time for a rearrangement in the driver and team standings. Four former World Champions and drivers from 14 different countries set the field for what is going to be a lively season.

This year's teams consist of; Mercedes, Red Bull, Ferrari, McLaren, Alpine, Alpha Tauri, Aston Martin, Alfa Romeo, Haas, and Williams. Each team has two drivers making the grid a total of 20 drivers.

The 2022 season is well underway, with visits to Bahrain and Saudi Arabia. After the first two races of the season, it is clear that the Scuderia Ferrari team is on top, with Red Bull Racing close behind. Ferrari had both drivers on the podium for both grand-prixes and proved they are here to win back the championship. Their last appearance in the World Champions was in 2007 with retired driver Kimi Raikkonen.

On April 10th, the teams travel to Melbourne, Australia, for the season's third race. The Melbourne Grand Prix will be the first time F1 is back since the COVID-19 pandemic. The only Australian driver on

the grid, Daniel Ricciardo, is thrilled to return as this is his home grand-Prix. This year's Australian race will be held at Albert Park Circuit, a track that has undergone many changes since 2019.

The main straight is no longer making turn six even faster and allowing cars to get a better grip during turns 10 and 11. The new changes should suit the Ferrari car better as they are much faster during straights and their new power unit is taking the eco-friendly fuel the best.

Another team to watch out for is McLaren. After suffering from brake cooling problems, Daniel Ricciardo was forced to retire in Saudi Arabia. McLaren's second driver, Lando Norris, came home with seventh place, gaining the first points for his team this season.

In Australia, they may struggle as the MCL36 is not as

fast on the straights, but they can benefit from the high-paced corners.

Anything can happen in this sport, and the fun has just begun. The following

20 races will name our 73rd World Champion, and the only thing that is promised is that fans will be on the edge of their seats.

FORMULA 1 RACING AT ITS FINEST

PHOTO COURTESY OF F1RACING.COM



Tar Heels Reign Supreme

Tar Heels defeat Duke in Coach K's Final Game

TRAJAN GREENWELL

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On Saturday, an old college basketball rivalry was about to meet again. This time, it would be for a place in the National Championship Game.

Old foes North Carolina and Duke faced off for the 258th time in Duke coach Mike Krzyzewski's final season with the team.

This game turned out to be everything it was promoted as and then some. The Tar Heels, out of all teams, were the ones that eliminated Duke and gave Coach K his 368th, and final loss as a head coach. This game also happened a month after the Tar Heels defeated Duke at Cameron Indoor Stadium.

After a back and forth first half, the Tar Heels went on a 13-0 run to start the second half. One might have thought

this game was going to get out of hand. However, Duke went on a couple of runs themselves and made the game interesting. It was going to be a tight contest.

With two minutes left, both teams started trading threes. A big 3-pointer from Junior Wendell Moore Jr. with 1:19 left gave Duke a 74-73 lead. RJ Davis then drew a foul on Jeremy Roach and made a pair of free throws to give UNC the lead.

After Armando Bacot fouled out, the Blue Devils had a huge chance to swing the game back into their favor. However, Mark Williams missed both free throws, allowing the Tar Heels to stay in the lead. A three-pointer from Caleb Love with 26 seconds left put UNC up four and

punched their ticket to the National Championship Game.

Forward Paolo Banchero finished with 20 points and 10 rebounds in his quest to win Most Outstanding Player of the tournament. Trevor Keels finished with 19 points and shot 8/14 from the field.

Duke usually wins these games. However, two missed free throws late and an inability to get Paolo Banchero involved late in the second half cost Duke.

As for the Tar Heels, Caleb Love led the way. After starting off 0-4, Love finished with 28 points and hit the big shot to send UNC to the National Championship. RJ Davis added 18 points with seven rebounds and Armando Bacot posted 11 points and 21 rebounds while dealing with an ankle injury in

the second half. This game had 18 lead changes and 12 ties.

Regardless of what will be said about this game, the only thing anyone will remember about this game is that this was Mike Krzyzewski's final game as a head coach.

With 1,202 wins, 13 Final Fours, 101 NCAA Tournament victories, and five National Championships under his belt, his career is no one will forget about anytime soon.

TAR HEELS NO. 2, CALEB LOVE SHOOTS A 3-POINTER
PHOTO COURTESY OF NEW YORK POST



Masvidal v Covington Scandal

Drama in the World of Mixed Martial Arts

JARRETT CONNOLLY

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The intense feud between two accomplished UFC Welterweight fighters, “Gamebred” Jorge Masvidal and Colby “Chaos” Covington, reached a boiling point on March 22nd and it has got the world of Mixed martial arts divided.

These two have a history that stretches back years. Covington and Masvidal were best friends and even roommates at one time. Both were members of American Top Team and have become incredibly successful in the UFC. Covington won the Interim UFC Welterweight Championship in 2018 and has generated tons of attention for his unabashed trash talk and support for Donald Trump.

Masvidal holds the record for fastest knockout in UFC history and holds wins over several UFC big names like Ben

Askren and Nate Diaz. The two’s relationship soured in 2019 originally over a monetary issue. But then two then got into several public verbal spats, which culminated in Covington leaving American Top Team.

The two kept animosity towards one another until January of this year, when Masvidal called out Covington for a fight in the Octagon to settle this feud!

The fight took place on March 5th at the UFC 272 event. After a brutal fight that went all the way, Covington defeated Masvidal by unanimous decision. But that didn’t even come close to settling the two’s animosity.

On March 22nd, Masvidal assaulted Covington outside a Miami Beach. Covington

suffered a broken tooth and a wrist abrasion. Masvidal has been arrested on charges of aggravated battery and great bodily harm as well as criminal mischief to which he pleaded not guilty to. He claims Covington made remarks about his children that set him off.

The MMA world has been divided on the issues. Many fighters, like Stephen Thompson and Chael Soenen, have sided with Covington and criticized Masvidal for the assault.

However, there are some who have chosen to not be so sympathetic to the Welterweight star. Boxer and internet personality Jake Paul criticized Covington for pressing charges against Masvidal. Additionally, UFC legend Khabib Nurmagomedov encouraged fighters to not associate with Covington,

saying that Covington provoked the incident with his inflammatory trash talk.

Some, like former UFC bantamweight champ Henry Cejudo, believe a second fight is necessary to settle this violent feud. UFC President Dana White has yet to comment on the incident and growing scandal.

Regardless of what happens now, it’s honestly shocking to see Jorge and Colby go from the best of friends to one of the most explosive feuds in the history of mixed martial arts.

Hopefully, one day the duo will put aside their differences and continue the bromance that they once shared.

What’s happening soon in Sports:

April 6th - 12th*

*Games listed are happening at CNU

April 6th:

Men’s Baseball
CNU v. Methodist University
Time: 3:00pm

April 8th-9th:

Men’s and Women’s Track & Field
CNU v. New Captains Classic & Combined Events
Time: TBA

April 9th:

Women’s Tennis
CNU v. Salisbury University
Time: 12:00pm

April 10th:

Women’s Softball:
CNU v. Meredith College
Time: 1:30pm + 4:00pm

April 12th:

Men’s Tennis
CNU v. Hampton University
Time: 3:00pm

To look at events off campus and for future weeks, visit cnusports.com

One For the Ages

Surprisingly, Kansas Defeat Tar Heels

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A game between two of the most prestigious programs in college basketball took the court Monday night and gave us a game for the ages.

After being down 16 at half-time, the Jayhawks rallied in the second half to defeat North Carolina 72-69 and complete the largest comeback in National Championship Game history. The previous high was Loyola Chicago’s 15-point comeback against Cincinnati in the 1963 National Championship Game.

Kansas jumped out to an early 7-0 lead but a furious 40-18 run from the Tar Heels over the rest of the half put them up 40-25 at the half. One key factor in this run is that the Tar Heels outscored the Jayhawks 18-2 in second-chance points and dominated the offensive glass.

For a minute, it looked like the No. 8 seeded Tar Heels were

going to end this underdog tournament run with a championship. They were about to become the first No. 8 seed since Villanova in 1985 to win the title.

Unfortunately for them, Kansas came out strong in the second half. They came out with a 31-10 run to make the game close. Role players such as Remy Martin, Christain Braun, and Jalen Wilson all connected on their shots after having dreadful first halves.

As the second half became a back and forth affair, it looked like either team could win it. A crucial go ahead layup from senior David McCormack put Kansas up 70-69. Another made shot from McCormack with 22 seconds left put the Jayhawks up three.

On the next possession, North Carolina missed mul-

tiple threes which sealed the outcome. For the Jayhawks, there was not one player that led the team. Instead, it was a bunch of players that made equal contributions.

Five players were in double figures with six players logging 20 minutes or more. David McCormack recorded a double-double with 15 points and 10 rebounds while Christain Braun had one of his own with 12 points and 12 rebounds.

As for the Tar Heels, their luck ran out at the worst possible time. Junior Armando Bacot logged 15 points and 15 rebounds but twisted his injured right ankle with 50 seconds left which hindered his play late in the game.

Freshman Caleb Love, who had been on fire all tournament, struggled to get anything going as he had 13 points

and shot an abysmal 5-24 from the field with four turnovers.

This championship is the Jayhawks first title in 14 years and head coach Bill Self’s second with the team since succeeding former Tar Heels and Jayhawks head coach Roy Williams in 2003.

This marked the Jayhawks fourth national championship in program history, tied with UConn for the sixth most national championships all-time.

Now that the NCAA March Madness Tournament is over, it’s fair to say that this season was quite the upset. Then again, that’s the point of March Madness - Things get crazy!

Here’s to next year when there are more broken brackets, no perfect ones, and maybe a brand new champion to take down Kansas!

The Entrepreneurial Emporium

A student-run business fair

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The Entrepreneurship Club hosted the Entrepreneurial Emporium, a student-run business fair, in the DSU on Friday, Apr. 1. The Entrepreneurial Emporium gave participating student vendors the opportunity to advertise their small businesses and sell their products to other members of the CNU community. Each student vendor had their own table setup in the entrance to the DSU. Vendors sold all kinds of handmade items such as book art, dog bandanas, greeting cards, scrunchies, stickers, ceramics, athletic wear, painted CDs, jewelry, wood carvings, and graphic design art. Those who purchased a product from any of the student vendors received tickets that could then be entered into a raffle for the chance to win gift cards for a variety of different restaurants.



Top Left: Phoebe Salomon, Phoebe's Book Creations

Top Right: Taylor-Nicole Scott and Kyan Young, Jingle Belle Ceramics

Bottom Left: Danielle Freeman, Gold N You

Bottom Right: Brooke Lecount, The Dogwood Pup

Photos Courtesy of Captain's Log

Objective: Survival

Tips on handling the end of the spring semester

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It is this time of year again. The end of the spring semester and the end of the 2021-2022 school year. For those who started this year as a freshman, congratulations on getting here. It must have been a tough road, with the pandemic being a lasting experience during your school life. But now, you have reached the end of your freshman year, seeing things roughly back to normal on campus. Seeing that it is the last month of the normal school year, probably everyone is in the mode of either laziness or stress. It is the time of year where everything is stacked to the wall with projects, tests, finals, papers, etc. From

someone who has been here for four years, dealing with all sorts of exhaustion of the normal school year and the stress during the pandemic, here are three tips I learned to keep my sanity in check and prepare for the end.

1. Write down Important Dates: This is probably one tip you probably heard when coming to university. Write down important dates for assignments, tests, study groups, anything that would help you keep track of things. This is especially important during the last month as classes start to give out final things like final papers, tests, assignments, etc. It is good to keep on track, using digital means like google calendar or any reminder app, or physical planner, or even use

sticky notes.

2. Make a Study Group/Go to Office Hours: Another important one is if you are struggling with classes is to either go to Office Hours or make a Study Group. Office Hours are a good place to get help from your professors, or at least email them questions in case you don't understand certain concepts. It is good to get help from them as they all want you to succeed, they want to help you understand the concepts they are teaching. And if you can't make office hours, then create a study group with people in your class. This would help everyone in the class in succeeding in the class. This helps everyone get to know each other and help exchange notes and help each other learn. The greatest way

to understand something you learn in class is to teach someone about it, because you are actively using it and reinforcing that concept. Making a Study Group helped me in passing the majority of my math classes and do believe that it could help you. Even studying with someone else in the class is still a great way to learn.

3. Stay Healthy!: A healthy brain and body would help you in getting through this month. I know eating some junk food and sitting at the desk will get you through the allnighters; however, your brain needs time to process the information and get into your long term memory! Those special terms you studied all night won't stay in your short term memory during the exam. Make sure to eat

healthy, exercise well, and get enough sleep for your exam.

4. Take a Rest Day: This tip is a good one, but one that needs to be well balanced to make right. With all the assignments, tests, projects, papers piling up across your desks, you should take a moment in your schedule to walk away from it, take a break, and rest. You can't consistently study for hours on end, you need to take time and walk away from the pile and take a walk of fresh air. Take time to enjoy your hobbies/relax. Have fun during your hours of studying or editing or whatnot. You need to have time allocated to relax to allow your brain to process the information you have studied. This also helps if you are banging your head against the wall

trying to solve this one problem and you are struggling with it. Walk away and come back to it at another time. Don't break too much because you still have work, but allocate time for yourself.

I do hope these tips help you survive the final month of the 2021-2022 school year. Good luck everyone.

A Case for Listening to Metal

Why it's a good genre

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We all listen to music here on campus. We listen to it on our way to class, while studying, while exercising, in our cars, and pretty much everywhere we can. Our generation has more access to music than any other. We can enjoy it live, digitally, and physically. But what are you listening to right now? I listen to heavy metal music.

Isn't it funny that the first time "heavy metal" was used to describe the genre, it was used by a music journalist to disparage the godfathers of metal, Black Sabbath? The music journalist described the band's music as sounding like "heavy metals crashing together". Now the term is used to describe a genre with a rich and diverse 50 year history.

There's a lot of good metal out there, new and old. I'd say the newest album I'm most

obsessed with is Ice Nine Kills' horror inspired novel "The Silver Scream 2: Welcome to Horrorwood". It's a well written and exciting album. You also have the haunting and beautiful album "Mother" by female fronted band In This Moment which came out in 2020. There's a lot of good bands out there such as the deathcore powerhouses Whitechapel, the chaotic Korn, the pulse pounding Amon Amarth, and the theatrical German band Rammstein to name a few. The Richmond based metal legends Lamb of God just came out with a new song that you can check out. You have the classics too of course; one can never go wrong with the awesome brutality of Slayer and Cannibal Corpse. My personal favorite has to be Slipknot. Their music is a nonstop adrenaline ride and it's impossible to not be entranced by it.

Some find metal to be just

too angry of a genre, but that's part of the appeal, as strange as that may seem. We all get angry; these are angry and confusing times we live in, and it can be hard to handle. Angry music has been scientifically proven to be a catharsis for angry people, and metal consistently has been ranked the most cathartic. Another great feature of heavy metal is that there is such a wide variety of it. Some of the subgenres include but are not limited to: thrash metal, black metal, nu metal, death metal, and symphonic metal. The diversity of sound in the genre makes it so appealing to all listeners.

Ultimately, I think heavy metal is an extremely awesome genre, and it would be great if more people gave this innovative and insane style of music a chance.

Books, Books, and More Books!

Kappa Delta Rho held a successful book collection for Riverside Elementary School

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The brothers of Kappa Delta Rho (KDR) worked effortlessly throughout the entire month of March to collect books for the local Riverside Elementary School. The Kappa Delta Rho-Beta Gamma chapter has always had a close relationship with Riverside Elementary School, so they are very quick to help the school out in any way they can. "While we have been working with Riverside Elementary School for over 2 years, this was our first-ever fundraiser for them," said senior, Alex Tran.

This fundraiser was a big deal, and because of its success, the elementary students now have almost 1,000 new books to read. With the combined help of the Christopher Newport University community and the Newport News community, KDR was able to collect 900 books to give to Riverside. "When we first planned this event we were expecting to get 500 books but we easily passed that number," Tran said.

Tran states, "Our chapter is excited to use this same concept to host future drives next semester." KDR is ready to continue working with Riverside Elementary School and can't wait for their next great fundraising success. The chapter would like to extend their appreciation for all those who donated books and helped make this happen.



Top Left: Table of books collected

Top Right: Riverside Elementary School teacher browsing books

Bottom Left: KDR ready to read

Bottom Right: KDR celebrating a job well done

Photos Courtesy of Captain's Log

Freshman Desserts

ALL PHOTOS TAKEN BY CAPTAINS LOG EDITOR, SAVANNAH DUNN



TOP: STUDENTS WAIT IN LINE TO SIGN IN BEFORE HOPPING ON THE SHUTTLES
LEFT: THE LINE OF SHUTTLES WAITS TO PICK UP STUDENTS
RIGHT: ROSEMARY HAPPILY WELCOMES EVERYONE INTO HER HOME





ABOVE: PRESIDENT TRIBLE AND ROSEMARY WELCOMING EVERYONE BEFORE INTRODUCING THE FACULTY AND STAFF



ABOVE: STUDENTS WAIT IN LINE TO GRAB DESSERTS
BELOW: ROSEMARY HANDS OUT PLATES TO STUDENTS AS SHE EXPLAINS ALL OF THE DESSERTS THAT ARE ON THE TABLE

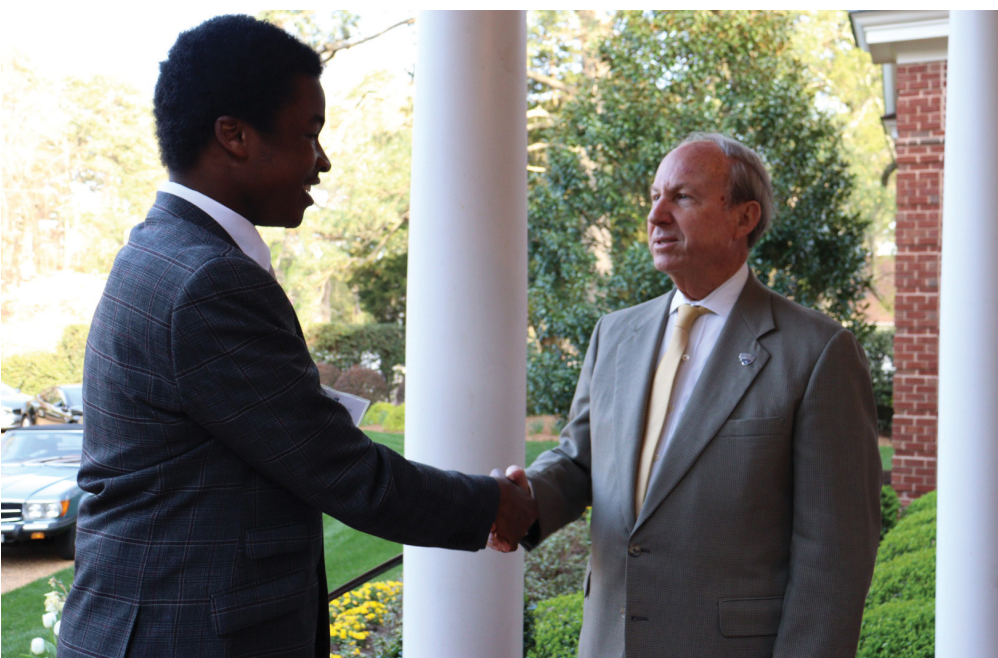


TOP: PRESIDENT TRIBLE GREETING STUDENTS
SECOND: ROSEMARY AND ZOZY ENJOYING THE EVENT
THIRD: A PILLOW FROM THE TRIBLE'S HOUSE
BOTTOM: THE UNIVERSITY FELLOWS POSE TOGETHER FOR A PHOTO

Photos from President’s Desserts are continued from Snapshot



CNU STUDENTS SIGNING IN FOR TRIBES DESSERTS PHOTO BY THE CAPTAINS LOG



CNU STUDENT SHAKING PRESIDENT TRIBBLE’S HAND BEFORE ENTERING HIS HOUSE
PHOTO BY THE CAPTAINS LOG



THREE OAK’S ENTRANCE HALLWAY
PHOTO BY THE CAPTAINS LOG



CNU STUDENTS SHAKING ROSEMARY TRIBBLE’S HAND AFTER ENTERING THE HOUSE. PHOTO BY THE CAPTAINS LOG



CNU STUDENT SHAKING PAUL TRIBBLE’S HAND BEFORE ENTERING THREE OAKS
PHOTO BY THE CAPTAINS LOG



PRESIDENT TRIBBLE THROWING UP THE ADPI DIAMOND WITH CNU ADPI MEMBERS
PHOTO BY THE CAPTAINS LOG



ROSEMARY TRIBLE WITH HER DOG ZOE TRIBLE
PHOTO BY THE CAPTAINS LOG



ROSEMARY TRIBLE WITH PATRICK WOOD, CNU STUDENT
PHOTO BY THE CAPTAINS LOG



PRESIDENT RIBLE CONVERSING WITH CNU STUDENT, OLIVIA GRAU
PHOTO BY THE CAPTAINS LOG



CNU FACULTY AND STAFF ON THE BACK PORCH STEPS BEFORE INTRODUCING THEMSELVES TO CNU STUDENTS
PHOTO BY THE CAPTAINS LOG



ZOE TRIBLE SNIFFING AROUND THE BACKYARD OF THREE OAKS
PHOTO BY THE CAPTAINS LOG



PAUL TIRBLE WELCOMING ALL OF THE CNU STUDENTS IN THE BACKYARD OF THREE OAKS
PHOTO BY THE CAPTAINS LOG



STUDENTS LINE UP FOR THE DESSERTS PORTION
PHOTO BY THE CAPTAINS LOG



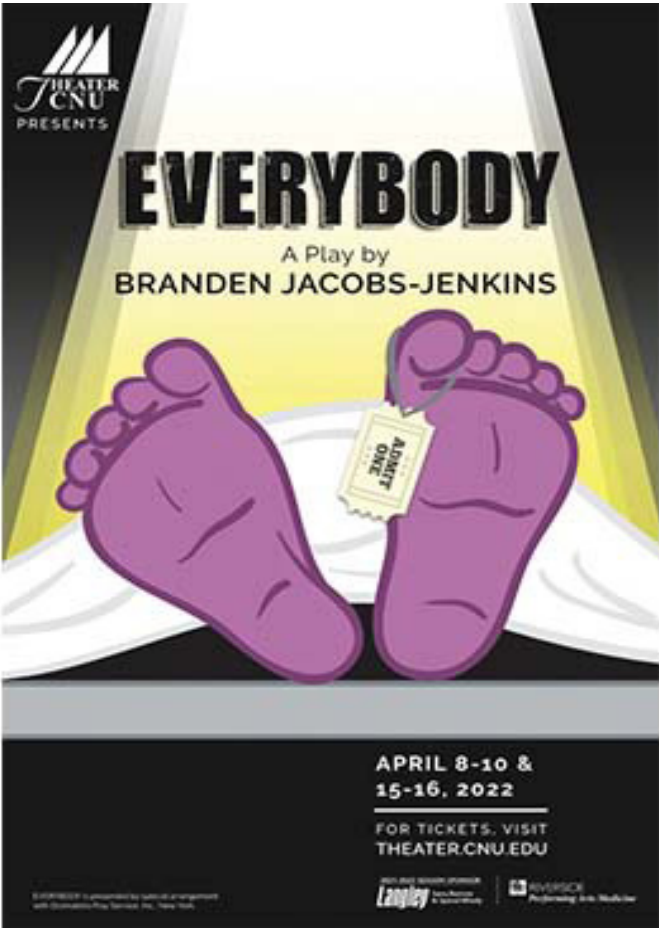
GROUP OF STUDENTS EATING DESSERTS ON THE PRESIDENT'S LAWN
PHOTO BY THE CAPTAINS LOG



STUDENTS IN LINE GRABBING THEIR DESSERTS
PHOTO BY THE CAPTAINS LOG



COURTESY OF CNU MUSIC



COURTESY OF CNU THEATRE

Captains taking over the Capitol

Student shares insight into the first post-pandemic Captains in the Capitol trip

JOSH GRIMES
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While the General Assembly was in session, a group of students from the Presidents Leadership Program, and the Wason Center for Civic Leadership were able to participate in a trip to Richmond. This trip was part of the Captains in the Capitol Program which the Wason Center leads.

On the morning of Feb 24, myself and about 23 students got up, before light, to be at the charter bus parked in front of the Freeman Center. Not long after everyone arriving, we were on the bus heading towards the State Capitol.

The day was put together by Tom Kramer, the Executive Director of the Watson Center.

Going into the day, there were only two pre-requisites. They were meeting with Kramer to give insight into the General Assembly and to make several letters your lawmakers sharing your CNU experience and why you choose CNU as the institution for undergrad education.

As soon as we arrived at the Pocahontas Building in Richmond the probability of the



CNU CAPTAINS PARTICIPATING ON THE CAPTAINS AT THE CAPITOL TRIP

PHOTO COURTESY OF MEGAN MAY/OPCR

day being on schedule was known to be on the low end.

The day that we arrived was the first day when the senate bills that passed head to the House and the House bills that was passed head to the Senate.

After a lecture by Kramer

and Dr. Bob Colvin, the Vice-Provost for Undergraduate Education, who also have experience with the General Assembly, several CNU Lawmakers came to visit sharing what they were doing and for the students to ask questions. The lawmakers that

stopped by were Del. Emily Brewer, Sen. Monty Mason, and Del. Mike Mullin.

As in the nature of the environment we were in, the schedule was adjusted.

After dropping off our letters, we all walked across the street to the State Capitol building for the General Assembly session.

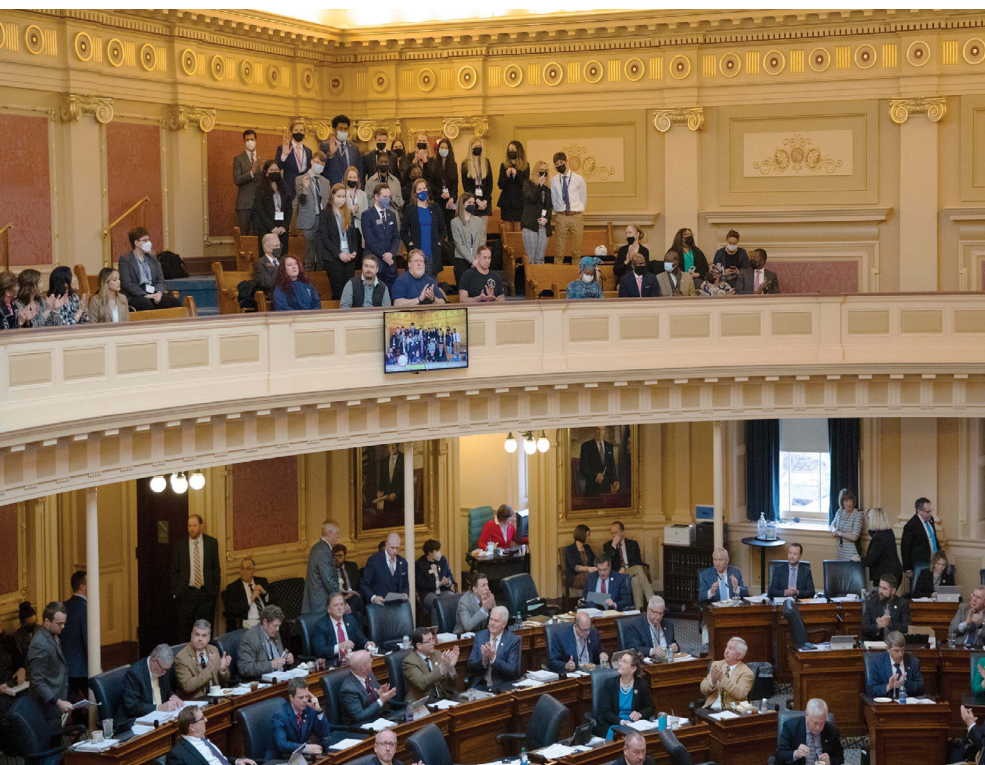
Once we all got up the stairs and was seated on the House balcony, we waited for a bit and then got to meet Secretary Aimee Guiderra, the Secretary of Education for Governor Youngkin.

When the General Assembly went into session, it wasn't long before we were introduced by Delegate Shelly Simonds.

As the day wrapped, before heading back to campus, we walked over to Sam Miller's Restaurant for lunch and an Alumni pannel.

The pannel of alumni in the practice included Jennifer Walle '06, the Senior Manager, State Affairs, Troutman Pepper, Camille Castlebury '20, the Legistlative Aide for the Office of Del. Emily Brewer, and Nicole Bunce '14, the Director of Legislative Affairs for the Office of Gov. Glenn Youngkin.

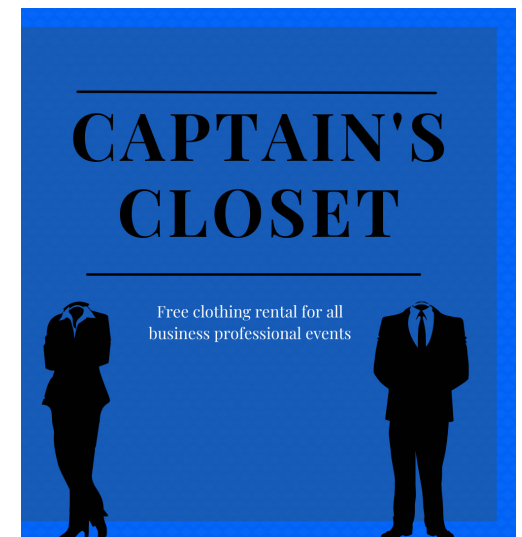
This experience of the Captains in the Capitol program was something I will never forget.



CNU CAPTAINS PARTICIPATING ON THE CAPTAINS AT THE CAPITOL TRIP BEING INTRODUCED

PHOTO COURTESY OF MEGAN MAY/OPCR

Business Attire Needed For Students



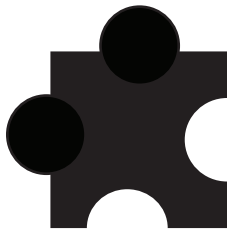
SAVANNAH DUNN
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Have you ever had stress over the dress code of an event? Maybe you didn't have the correct clothing to match the professionalism of other attendees or were turned away due to your lack of proper attire. While speaking with another member of *The Captain's Log*, he told me that he wanted to go to the Sophomore Desserts event at the President's house, but unfortunately wasn't able to because he didn't have a tie. Missing just that small piece of clothing dictated his plans for the evening. Within that two minute conversation, a light bulb went off in my head and I have been thinking about this idea ever since.

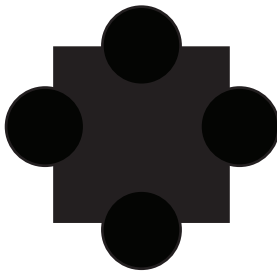
There are plenty of events at CNU that have a "business professional" dress code; however, very few of those events are mandatory for all students (i.e. convocation, signing day, graduation). For a lot of students, that seems like a pretty insignificant reason to purchase business clothes when they are already worried about paying tuition and other added costs of attending school. What if you need just one outfit occasionally for an event, a job interview, or a career fair? And what if you don't have the money to purchase a full business professional outfit?

Well, I am proposing that CNU start its own professional business clothing rental program entitled, "Captain's Closet." We can reach out to alumni, parents, faculty, and staff about donating clothes to the program as well as funding it to keep it free to students. Graduating seniors could also use it as a way to get rid of their old business clothes that they won't want after graduation. In addition, funds for the program could be used for laundry and dry cleaning purposes as well as disinfectant materials to keep everything sanitary. Although this idea is barely 24 hours old at the time of writing, I have put a lot of thought into it. I did some research and plenty of other schools have a "Career Closet" located in their career centers. Students can make an appointment through handshake (just like we do with any appointment in the CCP) and pick out an outfit for their specific event. Once the clothes have been returned, they are then dry cleaned, sanitized, and ready for the next student's use.

I believe that this would be a great way for students to be able to focus on enjoying events at school rather than worrying about whether they will be granted admission into the event due to attire. I have been in contact with the Center for Career Planning and will hopefully continue to work with them and have this program up and running for the fall semester.



Puzzles & Games



Rebus Puzzle

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

1.

W
WALK
L
K

2.

FIGHT
FIRE VS. FIRE

3.

I IV I

4.

DEAD
DEAD
DEAD
DEAD

5.

CARROT

6.

T U R N

7.

brother

8.

SISTER

9.

10.

Z
Z
Z HEAD

1. Crosswalk, 2. Fighting Fire with Fire (Stretch I know), 3. An Eye for an Eye, 4. Left 4 Dead, 5. Carrot in the Box, 6. U-Turn, 7. Little Brother, 8. Big Sister, 9. Greenbox, 10. Sleepyhead

Where's Tribble?

Can you Spot Tribble in the picture?

Note: President Tribble is photoshopped into the picture.



Photo Courtesy of Captain's Log



SPRING 2022 Events Calendar

FEBRUARY	MARCH
2/4+2/5 Movie: 10 Things I Hate About You	3/11 Crafty Cacti
2/10 Cultural Coffee Hour	3/12 Captain's Ball
2/11 Build-A-Buddy	3/18+3/19 Movie: Encanto
2/18 Glow Crazy	3/22 Dorm Dining
2/19 Mentalist: Zak Mirz	3/23 Poet: Ebony Stewart
	3/25 Fruit Ninja
	3/26 CNU Music Festival

APRIL

4/1 Intercultural Festival
4/8 Magician: Kid Ace & Movie: Spider-Man: No Way Home
4/15 SpringFest & Band: Dawson Hollow

CAMPUS ACTIVITIES BOARD
@CNUCAB

COURTESY OF CAB (CAMPUS ACTIVITIES BOARD)

Moment of the Week: Admitted Freshmen Day



THE MARCHING CAPTAINS PERFORMING ON STAGE DURING ADMITTED FRESHMAN DAY
AFTER TRIBLE SPOKE

PHOTO COURTESY OF MEGAN MAY/OPCR

Visit the Captain's Log Online on our website:
thecaptainslog.org.

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



PHOTO BY THE CAPTAINS LOG

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

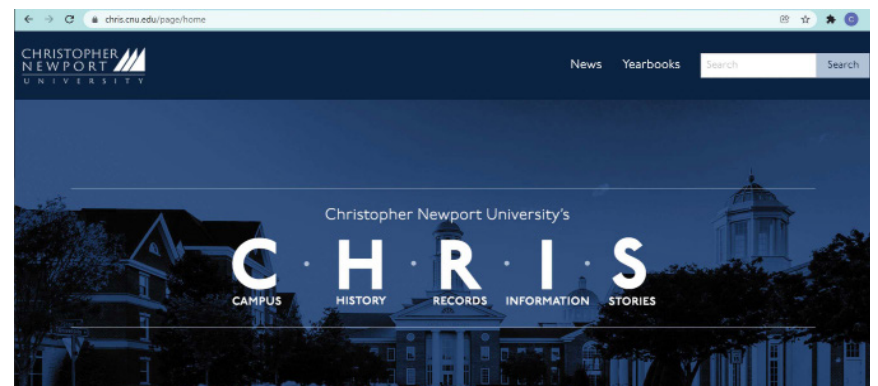


PHOTO BY THE CAPTAINS LOG



CNU TV videos on Instagram
and Facebook



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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 on Wednesdays throughout the academic year.

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

- Email: clog@cnu.edu
- 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 Tuesday at 7:30pm in MCM 260.

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