



THE CAPTAIN'S LOG

THE VOICE OF CHRISTOPHER NEWPORT UNIVERSITY STUDENTS

@CNUCAPTAINSLOG WWW.THECAPTAINSLOG.ORG

VOLUME 51, ISSUE 1 SEPTEMBER 4, 2019

New Year, New Construction



Construction on the Peninsula Fine Art Center has begun and is projected to be done in January 2021. PHOTO BY HANNAH LINDENBLAD/ THE CAPTAINS LOG

MATTHEW SCHERGER
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Construction on campus continues into the new school year at Christopher Newport University. With cranes outside the library, cement mixers behind CNU Village and Gosnold Hall just disappearing in the span of a few days, there are plenty of changes coming to campus, and soon. Here are some updates on the four major construction projects that are happening or were finished over the summer break.

Gosnold Hall:

Demolition of Gosnold Hall began during the summer and was done within a week. Now the "Gosnold Lawn" sits in its place until construction on the new attached wing for Forbes can begin. Construction is currently in the planning stages awaiting proper authorization from the state to proceed. Construction could begin as early as Summer 2022, but that will be dependent on when the plans are authorized by the Virginia General Assembly.

Jennings Family Stadium:

The new turf field is mostly complete, along with a new name: Jennings Family Stadium. Although there are some small items that need to be finished in regards to the Press Box and the stands, practices have already begun on the field. The first game played at Jennings Family Stadium will be Field Hockey on Friday, September 6 at 6 p.m. against DePauw University.

Peninsula Fine Arts Center:

Construction on the Peninsula Fine Arts Center (PFAC) is currently underway. The project is still on schedule to open January 2021. The Captain's Log will continue to publish information about the PFAC as it becomes available.

CNU Crossing:

CNU Crossing: The demolition of CNU Crossing was completed during the early summer. Construction of the new residence hall began in June and is currently on schedule to be finished by July 2020. The new residence halls will house 80 students, beginning in the 2020-2021 school year.

Information provided by Jim Hanchett, Chief Communications Officer at Christopher Newport University.

What's Inside

News

The Luter school of Business has a new master's program.

Snapshot

Check out highlights from the Greekstock concert.

Sports

Recap of the tournaments hosted by the Captains.

A&E

Unlikely duo revamp romcoms in a fresh new way in "Longshot."

Lifestyle

Greekstop rocked the Greek Lawn. Read more in Lifestyle.



Weekly Pic

Light the Night, an annual tradition welcoming the class of 2023 to campus, kicked off the school year on August 25. Students gathered on the Great Lawn for fun games, dancing, and glow sticks.

HANNAH LINDENBLAD/THE CAPTAIN'S LOG

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



CNU TV

Members of the CNU community gathered on the Greek Lawn for Greekstock 2019. Proceeds from the event went to the Governor's School for the Arts. Check out the highlights here.

Happened

August 23

Honor Convocation

Christopher Newport officially welcomed new students to campus with the annual Honor Convocation ceremony, where new students signed the honor code and received their lucky penny.

August 31

Silent Disco

Students jammed out at the first Silent Disco held in Tribble Plaza. Headphones were provided and students picked their own songs to dance to.

Happening

September 5 (7:00 p.m.)

Preacher Lawson

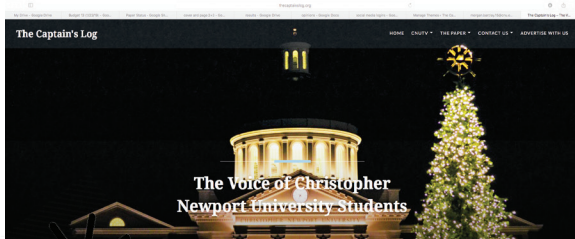
Comedian Preacher Lawson will be performing his award-winning comedy show in Diamonstein Concert Hall. Reserve tickets through CAB.

September 6 (4:00-6:00 p.m.)

Involvement Fair

Come to the Great Lawn to check out all the clubs, research opportunities, and interest groups that Christopher Newport has to offer.

Go online with The Captain's Log!



Visit us online on our new and improved website: thecaptainslog.org. There you can experience bonus content and read all of your favorite stories.

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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 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

- 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 5 p.m.

WANT TO ADVERTISE? Circulation inquiries, advertising rates and policies are available upon request via email at clog@cnu.edu or telephone at (757) 594-7196. For more information, visit our website at thecaptainslog.org.

Meet the Editors



MATTHEW SCHERGER
EDITOR-IN-CHIEF

Saving the Amazon, one missed deadline at a time.



MICHAEL INNACELLI
CNUTV DIRECTOR
SPORTS EDITOR

I try not to worry about the future; it's why I'm always behind in my work.



PAIGE STEVENS
SOCIAL MEDIA
MANAGER

I'm probably going to be 15 minutes late.



HANNAH LINDENBLAD
PHOTOGRAPHY
EDITOR

I'm not good with words; I just take pictures.



TARYN HANNAM-ZATZ
NEWS EDITOR

Food is #1.



EMMA DIXON
CNUTV MANAGING
EDITOR

Mediocre with the camera; around average at video editing.



ANNA DORL
LIFESTYLE EDITOR

The only thing stylish about me is my section.



ASHLEY MCMILLAN
A&E EDITOR

I like critiquing movies so much that I got a job to support my habit.



LIAM ROWELL
BUSINESS MANAGER

Those who can't write become the business manager.



RYAN BAKER
PRODUCTION
MANAGER

"I wanna be a cowboy, baby!"



JASON SINGARAYER
CNU STUDIOS EDITOR

Why am I here?

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concerns, please
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A New Master's Degree for the Luter School of Business

Financial analysis becomes a one-year master's program at CNU

CAITLYN BAUSKE

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The Luter School of Business announced a new master's degree program which will be headed by Dr. Reza Espahodi. Christopher Newport University will be the first public university in Virginia to address the growing digital economy by offering a master's program in financial analysis.

This will be a one-year program that will teach the students a "range of technical and soft skills" that are going to be applied at their future jobs according to Jim Hanchett, the Chief Communications Officer for Christopher Newport University.

Dean George Ebbs acknowledged in an article published by the university that employers want more out of the business students now. In an attempt to make CNU's students more competitive and ready for jobs, the new degree programs will pull in those skills that are more desired by employers.

The new program is already being recognized by business executives who are saying the program is "well designed." Ethan Martin,



The Luter School of Business will be the first university in Virginia to offer a master's program in financial analysis. PHOTO BY EMMA DIXON / THE CAPTAIN'S LOG

a senior business student at Christopher Newport University, put the new change of the environment into perspective.

"About 80% of business is automated at this point, and that statis-

tic is only increasing. The demand then for the human component will be to provide the creative manipulation and insightful analysis that computer technology simply cannot do right now," Martin said.

"Possessing those two skills guarantee then that you are an irreplaceable component in the structure of a business, and that is excellent job security to have."

Martin admitted he applied to the

program for the upcoming school year and is very excited about the program, especially it being at CNU with faculty he has worked with before.

Espahodi showed great excitement and hope for the program. The application opened up July 1, 2019. As of now, they have several applicants and are hoping to accept 20 students for the upcoming school year.

The program is looking for students with a 3.0 GPA and above, have had an internship and/or work experience in the field and have taken certain classes in their undergraduate studies.

Christopher Newport University is trying their hardest to get the word out about the new program.

A brochure was recently made about it, emails to senior students were sent out and three information sessions have been dated.

The information sessions will have recent graduates from graduate school come talk about the benefits this program will have in their future. This is an exciting new chapter for the Luter School of Business and for students looking to take advantage of this new program. ■

Flooding in Potomac North

Freshman dorm building PONO floods with water in first week

CAYLIE GENDREAU

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Welcome Week is one of the most exhausting and exciting weeks of freshman year. Everywhere you turn, there are new faces, new experiences and new informational sessions you are forced to attend. It's an exciting time! For the residents of Potomac North, however, the excitement was kicked up a notch this year.

One of the toilets on the first floor hall of Potomac North practically burst, blasting water everywhere and flooding the area. The incident occurred about halfway through Welcome Week. Two freshmen were able to recount their experiences of the event.

William Yaglou lives in the room where the incident occurred while Allison Cassidy lives in the room directly across the hall. When asked to describe the

incident, the two said the toilet had been flushed and then began spraying water everywhere.

"A guy came in to fix it and he touched something and it busted," Yaglou said.

The incident was a hard one for these freshmen to forget as it happened during the turbulent first week adjusting to college life.

"And then the floor flooded," Cassidy said with a laugh.

Images and videos show the toilet spraying a forceful amount of water out of the bathroom. All maintenance told the residents of the hall were that two things went wrong for the toilet at the



The carpets of Potomac North were removed after the flooding. COURTESY OF NICK PABEN

STORY CONTINUED
ON PAGE 5

POTOMAC

STORY CONTINUED
FROM PAGE 4

same time. There was no further explanation.

“Everything was fixed in like an hour,” Yaglou said. “But at that time everything was flooded.”

Though this was not a great situation, CNU acted quickly in trying to fix the issue as well as coming up with a temporary solution for the students who were affected.

The residents of the hall were relocated to Potomac South for three nights while their carpets were torn up and replaced.

Only two rooms on the hall were left unscathed. Luckily, none of the residents’ possessions were harmed during the flooding.

Needless to say, Welcome Week was a little bit more stressful and exciting than usual for the residents of this hall in Potomac North. However, it made for a story about their first week of college they will surely never forget. ■

“Everything was
fixed in like an
hour”



The outside of the freshman dorm Potomac North was unaffected by the flooding within its walls PHOTO BY TARYN HANNAM-ZATZ / THE CAPTAIN'S LOG

Bunches of lunches

Newport News Public Schools becomes the largest school district in Virginia to give free lunches to students

JOSH SCRABECK

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Stories about children not being allowed to advance into the next grade due to school lunch debt are continually breaking around the country. However, the Newport News Public School (NNPS) system recently received approval from the Virginia Department of Education to make school breakfasts and lunches free for all students.

This progressive step means efficient support to the high propensity of students coming from low-income families. NNPS will be the first division in Hampton Roads to make school meals free, as well as being the largest school division in the state to take this step.

Newport News has been gradually making advances toward free meals for students by using funds from the U.S. Department of Agriculture’s National School Lunch Program. Newport News began adopting this program in 2015, although it was rolled out in 2014.

As of last year, there were only six remaining schools in the district charging students for meals. One challenge remained: the Department of Agriculture’s program only applied to children in elementary schools.

Through the Community Eligibility Provision, a key part of the program, not all students qualified for benefits as they would need to qualify for other public benefits. These students would be coming from low-income communities. However, families receiving CEP benefits would no longer be eligible for the benefits after their children left elementary school.

Thankfully, the program has



Riverside elementary school has posted on their sign “Read books, do math, be kind.” COURTESY OF JOSH SCRABECK

been finalized to apply to the entire district regardless of the level of schooling.

This transition to making school meals free has been advancing for years in Newport News. Now, it is up to the rest of the state to look to NNPS as a pilot program for what free meals would look like for students.

School districts nationwide are also on similar tracks toward adopt-

ing free school meals. However, the qualifications for CEP benefits continue to challenge school districts in their adoption efforts of the program.

Regarding CEP’s adoption, the rates across Hampton Roads are something to be interested in. 47 percent of students in NNPS meet the criteria for benefits. In contrast, Norfolk and Portsmouth school districts have rates of 49 percent and 51

percent, respectively. NNPS is and will be leading the way in Hampton Roads in terms of being a pilot program.

CNU alumnus and local NNPS 3rd grade teacher, Will Geise, said, “BC Charles already had free lunch for all students before this year, as did many schools in the district... It’s exciting to see it happen district-wide. It means that no matter what, our students are getting at least one

guaranteed meal a day or more.”

This program will begin to end the stigma of free meals only given to lower-income students. Students of all backgrounds can now enjoy the safety net of having a meal provided at school.

Studies have also shown that hunger affects students’ behavior negatively, often contributing to students acting out and doing poorly on standardized tests. ■

Why you should go to office hours

PSA from a student and Calculus Assistant

LIAM ROWELL
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I recently became a Calculus Assistant, and two of the largest portions of my job are to hold office hours and to grade homework. I have yet to have a person show up to my office hours. For me, this is fine. I have my own homework to do and The Captain's Log articles to write. However, if no one is showing up to office hours, that should mean that they understand, or at least think they understand, the material being taught in class. By this logic, at a minimum there should be no blanks left or question marks on the homework. But I grade the homework, and this is not the case. Students seem not only to not understand but also to know that they don't understand how to do problems. This is why the office hours that both I and the professor I work for have office hours. We want students to come in because we want to see students succeed. Even if there is the slightest chance of a misunderstanding, come to office hours. The truth is, as nice as it is sitting here writing this article undisturbed, I would much rather be helping someone, and not simply because homework is easier to grade when students get things right.

Don't get me wrong, I understand why people don't want to show up for office hours. I am still a student here.

Professors (and I guess Calc Assistants) can be intimidating and feel unapproachable, office hours can be inconveniently timed, going makes students feel dumb, and it requires time and effort to go to another building to struggle again with the same material.

Remember that all of your professors want you to succeed. This is even more true because of the college we attend. Christopher Newport emphasizes smaller class sizes, which allow for more interaction and engagement with students. That attracts professors who not only want to see you succeed, but probably want to get to know you as well.

If, for some reason, it is impossible for you to make office hours due to class times or some other (serious) limiting factor, almost every syllabus has this phrase directly under the office hours: "or by appointment." This means it is possible to email that professor to set up office hours. This may feel like an encroachment on the professor's time, but again, your professors (and Calc Assistants) want to see you succeed. We can and will work with your schedule if you need us to.

Smart students go to office hours. At some point everyone struggles with some concept or is unclear on an explanation. Even if the question seems beyond the scope of the course, go to office hours. Again,

remember that your professors want to get to know students. This is especially true for students expressing an interest in a topic that the professor likes. Part of the reason I am a Calculus Assistant is, believe it or not, I actually enjoy doing and explaining calculus. Professors have taken the time to get three times the education (at least) in the subject that I have, is it really even plausible that they don't like to talk about it?

Not going to office hours because of laziness is understandable. I don't want to do my readings or my homework either. However, remember that, as a student, you are paying (or someone is paying) quite a large sum of money for you to be here. Office hours are part of what you are paying for, and by not going you aren't receiving the full value of your education. Not going to office hours is like paying for a Porsche and driving off in a Volkswagen.

Lastly, going to office hours has several side benefits. First and foremost, most of CNU professors are interesting, engaging and friendly. They are good people to get to know. Secondly, at some point you will need a recommendation letter for something. If you go to office hours, it is far more likely the professor knows who you are and thus can write a good one. Or at the very least, you'll fill in those blanks on your homework. ■

No labor on Labor Day

Give me back my Labor Day

MICHAEL INNACELLI
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What a sham.

Why is all of the GREAT United States of America out of work and we are in class?

I am real life upset about not getting Labor Day off from class. Labor Day is supposed to be a celebration of the labor movement.

I just don't want to be robbed of one of my only few days off for the year.

How are we supposed to celebrate the labor-based economic achievements of the U.S. if we are stuck in class all day?

The answer is we can't and the University should be ashamed for not giving us this day off. I'm mad on behalf of everyone who has ever worked an honest day's work and earned a hard day's pay.

It is important to recognize things like hard work and socioeconomic improvements in the U.S. While I do believe this is all important, I don't argue for having Labor Day off on that premise.

We should have Labor Day off from class because it is about taking time off.

You know, taking time off from our hard days work as students to watch television.

I want to appreciate them by sit-

ting down and taking my free time off. That makes perfect sense right?

Take time off to ensure that we continue to appreciate those who work hard. Is one day too much to ask?

Why can't we appreciate people by doing nothing all day? Does the school have an answer for me? I would love to hear it from Christopher Newport's higher ups.

Please reach out to me and explain why I can't celebrate with all of my friends and family who have worked hard. I want to grab some good food and barbecue one last time with them for the year.

In all seriousness, however, Labor Day is really a day for those hard workers, not me.

That doesn't mean that I don't want to participate in the day off though. It means a lot to me to sit down and take a deep breath knowing I don't have class for the day.

And if nothing else, it's a day for my professors to spend with their hard-working family as well.

I realize this might be selfish on my part, and that is because it is. That being said, I still back the movement for us to get Labor Day off from class. I want some free time to celebrate all those who work harder than I do.

That's the true American way right there, and I approve of this message. ■

The Green Captain

Where we have been, and where we hope to go

JAMES DUFFY
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Just about nine months ago, I was given the chance to write for The Captain's Log about environmental issues on campus, on a state and national scale and on a global scale as I saw appropriate.

This opportunity, for me personally, has been one of the most rewarding of my experience here at CNU so far; it has been an honor to consider myself a part of community conversations about issues of this nature.

The chance to share, start con-

versations, and invite dialogue on environmental issues in hopes of sparking growth and change has been an amazing experience, and I look so greatly forward to many more chances to do so here in The Captain's Log.

However, if you keep up with environmental news, you know that it is not always the most uplifting, positive or inspiring section of the paper; rather, environmental news has a tendency to rather despondent and pessimistic.

The doom and gloom is almost a constant factor, but whether or not we like it, it's necessary. Be-

tween a burning Amazon rainforest, dangerously hot summers across the globe, and a looming hurricane season that could leave us with even more damage than previous years, such recent news about environmental catastrophes proves that we have seen much happier days.

But hope is not lost; there is always a silver lining and there are many exciting environmental developments on the horizon.

Globally, activists are mobilizing and fighting for climate solutions across many landscapes; Greta Thunberg, the 16 year-old climate activist from Sweden who

sailed to the United States emissions-free is a shining example of the hope that future generations can harness and utilize.

Nationally, research shows that public concern over the environment is at an all-time high since 2017, making it apparent that the sounding alarms of science and advocacy are being heard.

Even locally on campus, developments as seemingly-minor as reusable dining hall to-go boxes show major strides in community development towards holistic, sustainable practices. The moral of the story is that there is a lot still worth fighting for, and con-

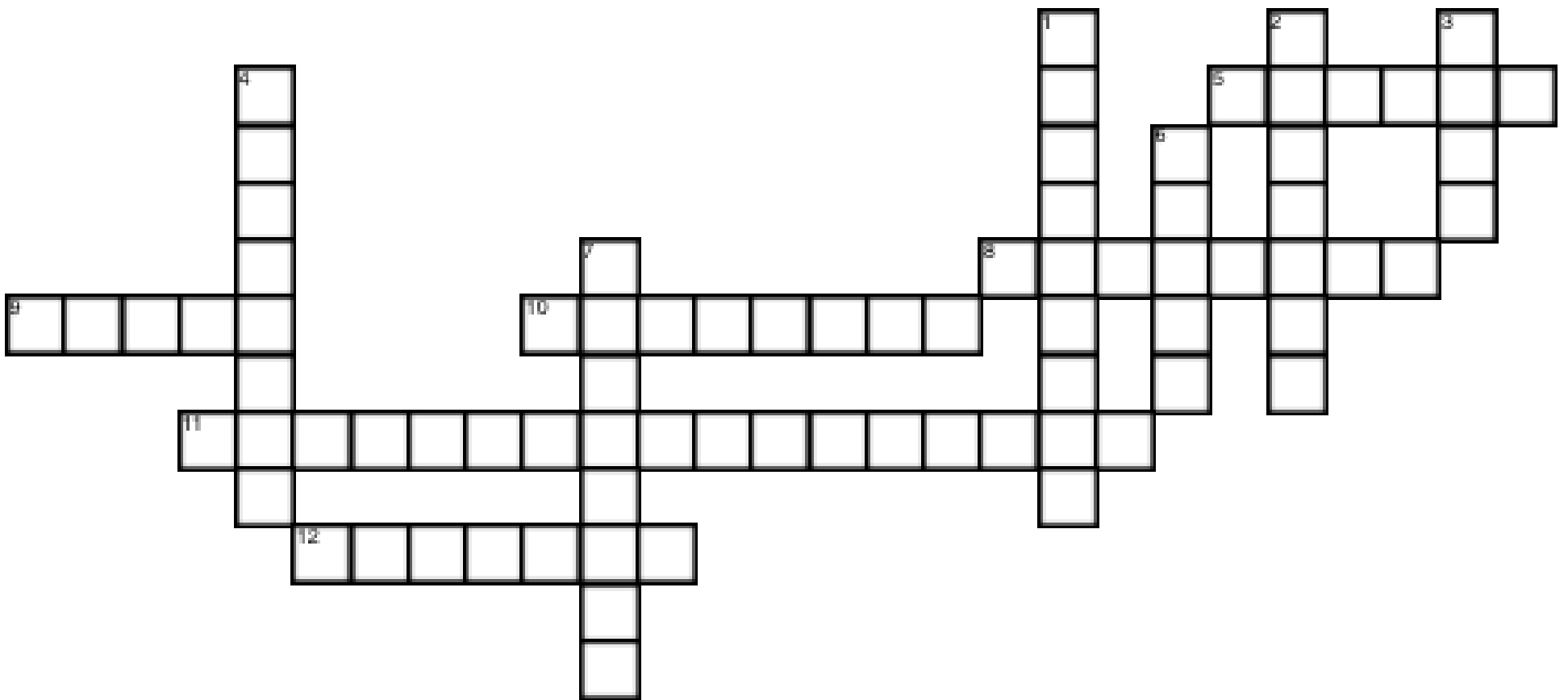
versations locally, nationally and globally reflect that we are making strides toward a more ideal future

With that being said, I want to know: what conversations do we still need to have? What environmental issues do you think deserve more attention? What environmental topic needs addressing, and how can this column serve our community by creating that space?

Serious inquiries regarding topic ideas and possible collaborations are enthusiastically welcomed; please email james.duffy.17@cnu.edu. ■

Puzzle Corner

First weeks of school already got you stressed out? Take a break with our back-to-school themed puzzle



ACROSS

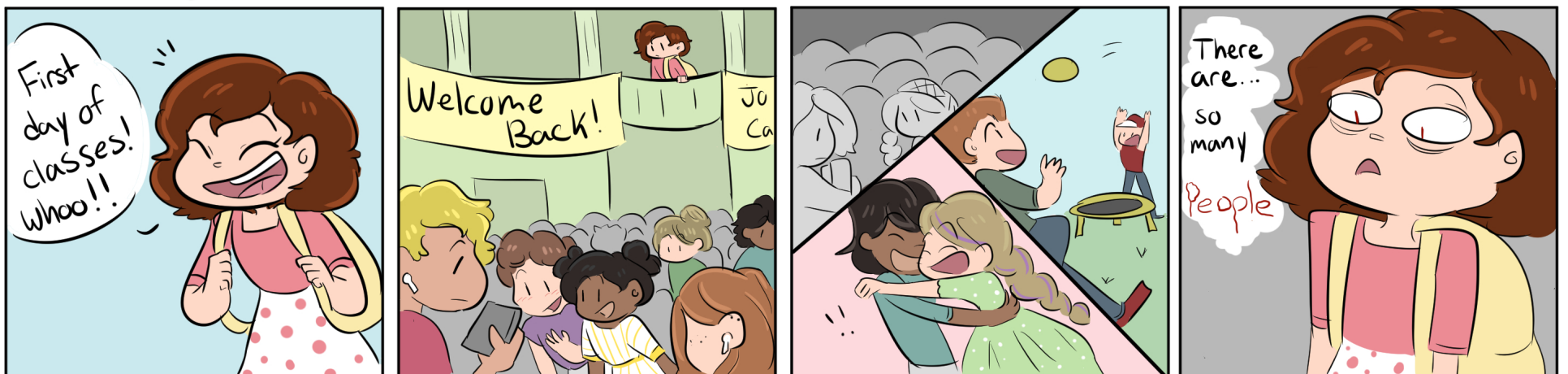
- 5 Home of the Sciences
- 8 Buy them at the beginning of the year, read them at the end
- 9 _____ the Night
- 10 You need them to take your tests!
- 11 Where the Crows Nest is located
- 12 Time to study? Head to the _____

DOWN

- 1 Another word for “teacher”
- 2 Comfort food dining
- 3 Music classes are held here
- 4 Fancy dining food
- 6 _____ School of Business
- 7 Home of the Humanities



MEGAN MOULTON
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(Above) Gamma Phi Beta brought the Woodstock spirit to Greekstock with face paint and flowers for people to put in their hair. (Bottom Left) A local band Every King Commoners rocks out on the Greek Lawn. (Bottom Right) CNU students like Senior Sara Sellers also performed at this event. Sara Sellers played covers of the Fleetwood Mac songs "Dreams" and "Landslide." PHOTOS BY HANNAH LINDENBLAD AND DIANE FROLA / THE CAPTAIN'S LOG





Check out the Lifestyle section for more groovy details about Greekstock.

Want to take photos for
The Captain's Log?
Contact me:
hannah.lindenblad.16@cnu.edu

Members of Gamma Phi Beta pose at the Phi Mu photo booth to help show Greek Unity.



(Top Left) Members of Alpha Phi pose outside their chapter house on the Greek Lawn to capture the groovy vibe of Greekstock. (Top Right) Each organization brought a variety of activities for ticketholders to enjoy. (Below) Hypnotic Control opens up Greekstock with some high energy dance moves.



UPCOMING HOME GAMES

Wednesday, Sept. 4, 7:00 p.m.

Men's Soccer vs. North Carolina

Wesleyan College

Friday, Sept. 6, 5:00 p.m.

Women's Soccer vs.

Emory University

UPCOMING AWAY GAMES

Friday, Sept. 6, 3:00 p.m.

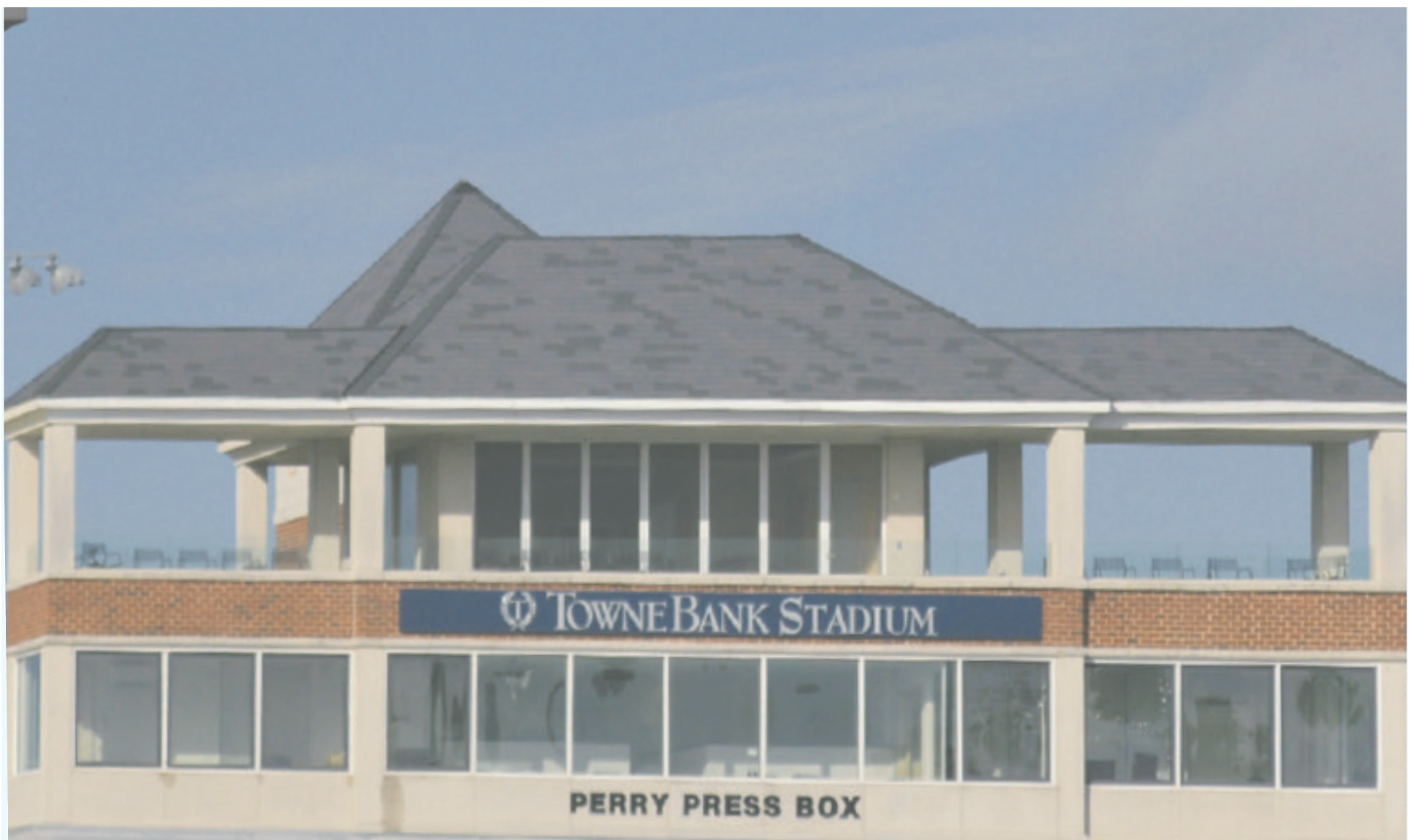
Volleyball vs.

Emory University

Friday, Sept. 6, 7:00 p.m.

Volleyball vs.

Berry College (Ga.)



The newly named TOWNE BANK Stadium is now home to all Christopher Newport Football games. The Perry Press Box is now headlined with the brand new sponsor's name, covering bricks that separate the President's Booth and the Gameday Operations levels. PHOTO BY HANNAH LINDENBLAD / THE CAPTAIN'S LOG

Money Moves: TOWNE BANK Stadium

The Captains have a new name over their football stadium, how will this affect the Christopher Newport community?

MICHAEL INNACELLI

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To paraphrase Benjamin Franklin, there are two things guaranteed in life: death and sponsorship deals.

Christopher Newport University is good at one of the two things mentioned above. Don't worry; it's the sponsorship deals.

Recently, the formerly named Pomoco Stadium went through a big change that properly paid huge dividends to the University. TOWNE BANK purchased the naming rights to the University Football Stadium and will now be known as TOWNE BANK Stadium.

This is an interesting deal for all students involved. It's definitely going to make a lot of money for Christopher Newport University, but students may not like the change. Personally, I love the change as it represents great

business for the Athletics department at Christopher Newport University, but I can also understand why someone might feel apprehensive about the new change.

Ultimately, change can be tough. For my classmates who graduate this year, we have had three full years of Pomoco Stadium, so a big change of the name can be pretty tough to swallow.

Chanting and being excited before football games will be the same, but maybe stepping into the stadium will be a bit different now with TOWNE BANK over the proverbial rafters.

At the end of the day there is nothing anyone can do to stop the change; it happened while we were all at home enjoying the warmth of summer break. We will all have to fully embrace the new name as I have.

The only issue with that statement comes straight from the

Football team. As an athlete, there is a certain amount of pride in where you play your sport. When I was in high school everyone knew our football stadium as Bogle Stadium in Roanoke. I know every football player at my school was proud to play there.

What does this mean for the Captains Football team? I'm sure most of them have at least had a thought about the new name.

Obviously, they will all be on board with it as I'm sure the University makes sure they are publicly on-board with the change; however, I can almost guarantee that there is some level of sad-

ness at losing that pride associated with Pomoco Stadium as the name for the field they play. This might be even more of a factor for the Senior class as there is some sentimental value associated with the field. As time goes on, the team will adapt, and players will forget the history of Pomoco Stadium. The transition will take some time, but everyone will eventually accept TOWNE BANK Stadium as the new home of the great Captains Football team.

While we adjust, it is important to keep an open mind. This was a great move for the University, and it should be a great move

for the Football team in the long run. In the meantime, try not to think about the change, and think about the season as a whole. We will still play games and tailgate beforehand.

Know that the change is a good thing, and while it may be tough to swallow at first, eventually we will all be used to the new name of TOWNE BANK Stadium.

Like I said, two things are guaranteed: death and sponsorship deals. Who knows how long the TOWNE BANK Stadium will have that name, but for now, cheer for the Captains at TOWNE BANK Stadium this Saturday, Sept. 7. ■

For more information on all Christopher Newport sports action, go to CNUSports.com

Captains leave first Steve Shaw Classic 2-0

Freshman, defense show up big for new coach Chezem

MATTHEW SCHERGER

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New Season? Check. New Coach? Check. Winning games? Check and double check.

The Men's soccer team showed up strong at the renamed Steve Shaw Classic to kick off their season, beating Greensboro College and Whitman College 4-0 and 3-1, respectively. The team, sporting new jerseys and new players, balanced a strong attack with a solid defense throughout the weekend. New head coach Justin Chezem picked up his first win and his first shutout against Greensboro. Christopher Newport wasted no time showing off their offense, scoring within the first six minutes of the match off the foot of #22 Joshua Niblo, a midfielder in his junior year.

#31 Derek Cook, in addition to maintaining his reputation as a stalwart defender in his senior year, picked up a pair of assists soon after. First, Cook threw a long ball into the box to be headed in by #8 Ethan Larson. Soon after, Cook penetrated up through the midfield of Greensboro and drove a pass to sophomore forward #25 Lincoln Kickbush. Kickbush delivered the opportunity, beating the goalie and bringing

Christopher Newport up 3-0. The second half appeared to be more of the same, as the Captains scored again within a few minutes of play. #29 Will Collins added his name to the score sheet off an assist from fellow sophomore #36 Cory Hogge.

Although they didn't score, several freshman also stood out for their first game. #23 Jacob Dudley played 47 minutes of the contest as a defender. #11 Gabe Splett, #9 Colin McMunn and #40 Sam Dickinson all contributed to the strong midfield effort as well. Sunday's match against Whitman College featured similar outcomes: good midfield ball control leading to strong attacking opportunities. With 17 shots (seven on target), Christopher Newport was bound to score, and score they did. #20 Jordan Boone, playing center midfield instead of his previous years' forward position, looked right at home game two, creating multiple opportunities for the Captains, including the first goal of the game less than ten minutes into the match. Collins added his second goal of the season off Boone's pass to put the Captains up 1-0 early on for the second straight game. Unlike against Greensboro College, Christopher Newport and Whitman were locked in a possession battle for the

remainder of the half. Although the Captains entered halftime with more shots than Whitman, the stout back line of the Blues was enough to keep the score 1-0.

Freshman #4 Chris Garbarini made his case for a place on the team, scoring the second, and his first collegiate, goal around the 72nd minute. Sophomore #2 Harry Whittleton set him up for success and picked up an assist of his own. Despite letting in a goal of their own shortly after, the Captain's defense buckled down and focused on possession. Their patience paid off as Niblo managed to find an opening and send a cross to #18 Davis Pillow, whose header bounced around the box and, much to his and everyone's surprise, fell in for the final goal of the game.

The Blues of Whitman were unable to find another good opportunity within the last three minutes of play, and the score ended 3-1. Christopher Newport will hope to continue their hot start to the season on Wednesday, September 4, where they will host North Carolina Wesleyan College at 7 p.m. They will then play their next three games on the road against Gettysburg College, Trinity University and Hardin-Simmons University. ■



#27 Justin Percy walks onto the field with two local youth soccer players PHOTO BY DIANE FROLA / THE CAPTAIN'S LOG

Want to write for the Sports Section?
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Volleyball hosts the Captains Classic

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This past weekend, the Freeman Center was the host for the annual Captains Classic volleyball tournament. The Captains hosted three other teams between Friday and Saturday's competition, two of which, #3 Juniata College and #4 University of Wisconsin-Eau Claire, were nationally ranked inside the top five. The action kicked off with the Captains playing against the BluGold of Wisconsin-Eau Claire. Despite a strong start in the first set, the BluGold were able to rally, and scored seven of eight straight points to claim the lead and create some distance for themselves. From there, the Captains were unable to find their rhythm, being forced to use two timeouts early in an effort to slow the momentum of Eau Claire. Undeterred, Christopher Newport responded with some hard hitting offense of their own in the front row via picture-perfect sets from freshman #3 Sammy Carroll. The front row from the home side continued a strong showing by showering and slowing the BluGold attack with blocks, resulting in senior outside hitter #20 Katie Piper securing the set winning kill. Wisconsin-Eau Claire reiterated why they were coming into the season ranked number four in the nation and rattled off seven straight points, once more forcing head coach Lindsay Birch to use both of her timeouts early in the set. After the timeouts, the Captains were able to win back



#22 Rebecca Frey goes up for a serve in the Captains Classic PHOTO BY SARA KOOCHAGIAN / THE CAPTAIN'S LOG

a few points, but once again the BluGold regained control and took the third set. During the fourth set, both teams traded small runs, scoring as many as five consecutive points in a row without an answer. Unfortunately, unforced errors plagued Christopher Newport and stifled any attempt at building a lead for themselves. The Captains came as close as two points to close the gap, but a tactical timeout called by Eau Claire was enough to close out the remaining points and start the season off with a win.

Despite the loss, the Captains volleyball team had a chance at redemption that night as they were set to face another top ranked team with Juniata in a prime time match-up. With some promotion on social media beforehand, the Captains Faithful showed up in full force, packing over 700 fans in the Freeman Center to cheer on the hosts. A strong attack led by seniors #14 Katie Crofford and #15 Riley Garrison, who racked up fourteen kills apiece, accounted for just under half of the team's total for the match. The Captains started the first set off by trading blows with the Eagles, but neither side was able to gain a substantial advantage over the other. Sophomore defensive specialist and libero, #22 Rebecca Frey, closed the set out from behind the line, serving for the final three points despite another late timeout from Juniata College. The momentum stayed with the Captains through the break between sets as they jumped out to a convincing seven point lead. Juniata rallied back and were able to tie things up with help from a strong offensive showing by #22 Morgan Edwards, but Carroll brought the second to a close with another ace.

The game shifted in favor of the Eagles as #14 Victoria Taylor blasted five kills too much for the Captains' defense. Christopher Newport was able to hold off two set points in an attempt to regain control of the match and complete the sweep over Juniata, but succumbed to Edwards' fifth kill in the set which secured the Eagles their first set of the match. The Captains came out determined to finish the match in four sets and grabbed a four point lead about halfway through the set. The lead would be maintained throughout most of the set until Juniata caught the Captains in a difficult rotation and, in the process of holding off two back-to-back match points, seized the lead for themselves. #10 Megan O'Hara was able to squeak a shot by the Juniata back line to score their twenty-fifth point and, for the moment, keep the hopes of the Captains alive of finishing the match without heading into the final fifth set. Unfortunately, the hard work didn't quite pay off, as in the end Juniata College picked up two points off a swing from Taylor and a Captains' attacking error and forced another set. The Captains, with the chance to defeat one of the top teams in the country, fueled by a section of the Marching Captains, a vivacious student section and the fans in attendance, would take the court for the final time that night. Three kills for the Captains and a pair of Eagle errors gave Christopher Newport a 5-1 advantage, forcing

an early timeout to be called. The timeout proved to be beneficial as Juniata started to build momentum, but any momentum was snuffed out as #1 Hope Webb set Crofford up for a kill, sparking another spree for the home squad. The Captains would earn their final five points from four different players and claim victory for themselves.

The following afternoon was another opportunity for the Captains to put on a display showing why they are one of the best teams in the country as they took on Marymount University. The Captains convincingly pulled out the victory with a straight set sweep. During the display, Garrison registered a superior performance on both sides of the ball, disrupting the Saints' attack six times and firing off the second highest number of kills at nine while swinging with over a 42 percent success rate. A stellar defensive effort from #8 Theresa Buscemi, Marymount's libero, kept the Saints in the match to a certain extent, as she contributed 21 digs to the cause, her highest tally of the weekend.

Six different servers picked up eleven total aces for the Captains including three stemming from Crofford while she also peppered Marymount consistently with twenty five swings, the most out of any Captains on the day. Following the close of the tournament, Piper and Frey were added to the All-Tournament team.

Looking forward, some notable opponents for the Captains on the upcoming road trips are the #1 ranked defending national champions, Emory University and #2 ranked Calvin College. ■

September 8th
Chris Brown
6:30 p.m. Hampton Coliseum

September 5th
Comedian Preacher Lawson
7:30 p.m. Diamonstein Concert Hall

September 6th
Involvement Fair
4-6 p.m. Great Lawn

September 6th
"IT Chapter 2" R
"The Fanatic" R

"Long Shot" review

Charlize Theron and Seth Rogen make the impossible, possible, in unlikely romcom

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It's rare to have a romcom be equally romantic and funny without being a little Hallmark movie cliché. Jonathan Levine's *Long Shot* begins with a recently out-of-work journalist Fred Flarsky (Seth Rogen) who is guided by his successful friend Lance (O'Shea Jackson Jr.) to a posh party to cheer him up. Fred finds himself locking eyes with Charlotte Field (Charlize Theron), his childhood babysitter from the 90s.

Coincidentally, Charlotte is in need of a speechwriter, and Fred is in need of a job.

Charlotte's below-average comedy is in need of an increase due to her perception rating with voters, and what better way to increase that rating than with someone who already personally knows you.

Throughout their collaboration, the two find themselves falling in love with each other and entangled in a private fling. The complication of this unusual fantasy romance is that Fred is an aggressive, vulgar journalist while Charlotte is Secretary of State — and running to be President.

Rogen and Theron might seem an odd couple on paper, but they make it convincing throughout the film as they fall for each other on a world tour to drum up support and assemble speeches for Charlotte's eco-initiative. At

the start of the tour, Fred begins to realize he needs to get to know the new Charlotte after two decades, so at the beginning of the world tour, they make their friendship a principal to her campaign.

As the questions proceed and become more deep-rooted into Charlotte's plain personal life, Fred decides to take her on a journey of fun experiences.

Throughout each enjoyable moment with Fred, Charlotte begins to mirror Fred's attitude on life and grows more personal with the political figures and voters.

Ever since high school, Charlotte has used her power of being the underdog to reach new goals for the community and herself. When Charlotte becomes involved with Fred, she begins to even fall in love with a parallel underdog, Fred.

For the duration of the film, I start to capture the strains that a political figure would have in order to gain a global support for a project. Charlotte's original eco-initiative was "Bees, Trees, and Seas," but once the project came into coordination with powerful conglomerates and business leaders, Charlotte is cautioned of their potential to cut the string to her political success.

As time goes by, Charlotte is left with "Bees" of the project. Though, with Fred's sensible attitude and reminder of her "underdog" status in high school, he

reminds Charlotte of her environmentalist passion and drive from childhood to help change the world. At her wit's end, Charlotte embarks on a televised announcement forcing the conglomerates to accept her previous plan.

The film's antics flirt with impossibility in almost every scene. In our time, a Secretary of State realistically wouldn't have been allowed to conduct an international hostage negotiation on MDMA.

Regardless, it was impressive in the film where Charlotte quietly talks down a kidnapper while completely out of her head.

On that note, *Long Shot* focuses on high-profile obstacles in modern society, which includes the sexist pressures on women at work, the triangle between big business, politics and media, and finally the polling dependence to shape a candidate's image.

The pressures of being perfect in the public eye and within your supporters is handsomely shown in such detail within the film.

The true focus though is the successful pairing Rogen and Theron have on the screen. Rogen's comical charms and Theron's dominating presence exchange energies that in turn shape each other throughout.

In order to capture your own sense of this hilarious, romantic, yet informative film, *Long Shot* is available on Amazon Prime Video. ■



Seth Rogen (left) and Charlize Theron (right) costar in an uncommon modern love story.

"The pressures of being perfect in the public eye and within your supporters is handsomely shown in such detail within the film."

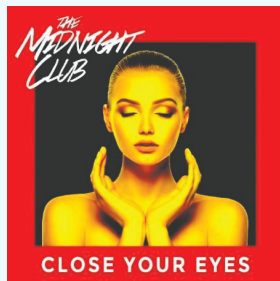
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COURTESY OF GOOGLE IMAGES

Your back-to-school playlist is here!



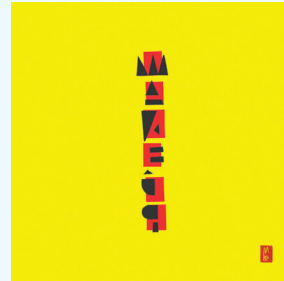
"I Feel Good About This"
By
The Mowgli's



"Close Your Eyes"
By
The Midnight Club



"I'm So Tired"
By
Lauv and Troye Sivan



"Wake Up"
By
Run River North



"Home"
By
Morgxn
Feat. Walk the Moon

Return to the Spider-Verse

Disney loses Spider-Man in the Marvel Cinematic Universe

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A little over two weeks back, the news broke online that the Marvel Cinematic Universe's Spider-Man— played by the ever-so-charismatic and fan-favorite Tom Holland— would be exiting the MCU. The news came as the result of a failed agreement brokered between Sony and Disney, the two companies who shared in the film, production and licensing rights to Spidey's solo and team-up movie appearances.

Originally, Sony had full control over the character from the early 2000s to 2015, producing the Sam Raimi trilogy of films, as well as the Andrew Garfield 'Amazing Spider-Man' duology. All of that changed when the general fan and critical reviews hit a downward spiral with 'The Amazing Spider-Man 2,' forcing Sony to reconsider its stance on sharing film and production rights with other companies. In 2015, a deal was reached between Sony and Disney to share Spider-

Man and allow him to enter the MCU in 2016's 'Captain America: Civil War,' thus establishing him as a new character with his own rebooted film series as well as numerous cameo appearances. The rest was history— or is it?

As the financial success of 'Venom' and critical success of 'Into The Spider-Verse' allowed for Sony to gain more confidence in their ability to produce Spider-Man universe films, fans began to question whether or not Sony would attempt to reclaim their full right to Spidey and pull him out of the MCU once and for all.

However, Sony had no real motivation for pulling Spider-Man from his new MCU home, as the box office sales and licensing for their own films made the company incredibly profitable over the last four years. While neither company is fully to blame since both had an agenda for the future of Spider-Man, it was actually Disney that ended up becoming the catalyst for this broken deal. Disney requested changes to the original deal which made Sony

wary of continuing their stint in the MCU any further.

To summarize simply, as part of the original 2015 deal between Disney and Sony, Disney would retain a small 5 percent of the money generated from any solo Spider-Man movies created with Sony, 100 percent of all merchandising rights (toy sales, accessories, clothing, etc.) and the right to retain all profits from MCU movies Spider-Man co-starred in, including 'Avengers: Infinity War' and 'Endgame.'

However, this all would have changed under Disney's new requests, asking instead for a 50/50 split in profits for any further solo Spider-Man films, as well as co-production rights and co-financing rights — effectively taking away Sony's control of the character. With all that being said, it's not a mystery as to why Disney might request such steep new demands from Sony. With the success of 'Spider-Man:



COURTESY OF WIX CINEMAS

'Homecoming' as well as 'Far From Home,' it's clear that Spider-Man's presence in the MCU has become more and more important to Disney each year, let alone to the fans who fell in love with Holland's portrayal of the character back in 2016. Sony was uncomfortable with these new demands and pulled out of the original deal during the renegotiation stage.

Allowing Disney to gain co-production and co-financing rights would take away too much of their control of the character and what they wished to do with

him in the future. In the end, the only thing Sony could do was to reclaim their full right to Spidey and remove him from the MCU, at least for the time being.

However, with all luck and a little bit of hope that these two massive media conglomerates can work out a new deal, fans might still get to see Tom Holland's Spider-Man back on screen with other MCU favorites in the years to come. At the very least, a Sony-produced Spider-Man/Venom crossover film might no longer be just a rumor... ■

“Moonlit Nights & Other Illustrations”

The Chrysler Museum displays a new exhibit by Eric Carle, the Illustrator behind “The Very Hungry Caterpillar”

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The vibrant children's books you know and love have come to life at the Chrysler Museum in Eric Carle's traveling exhibit, “Moonlit Nights & Other Illustrations.”

Eric Carle, who celebrated his 90th birthday over the summer season, is famous for his stories of insects and animals created out of multicolored collages of tissue paper applied to a simple white or daytime background.

You may know him from his 1969 iconic release, “The Very Hungry Caterpillar,” which has sold more than 41 million copies to date and has been translated into more than 62 languages. To this day, it's a bestseller on

Amazon and a favorite among families.

A few illustrations from his children's books are presented in the exhibit as well among other great works of art he has created since.

While walking through, the true essence of Carle's exhibit is constant throughout. The exhibit showcases illustrations with nighttime backdrops mixed with blues and purples. The dreamy nighttime scenes reveal short stories about twinkling stars, blinking fireflies and the gleaming moon above us.

The use of bright objects also reveal a glowing mood; each piece of art creates a certain warmth of brightness among the dim environment.

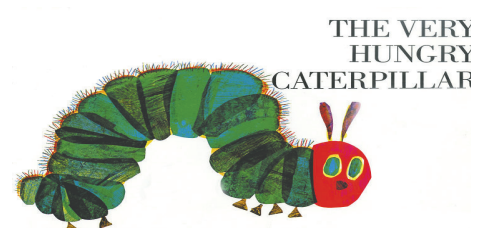
In addition to that, as a



Illustration from “Papa, Please Get the Moon for Me”

viewer, I can notice that Carle's delicately uses adjectives to his advantage in order to have a constant on-going discussion when captioning each work of art. The adjectives give light to how we should pay attention to detail when among friends, animals and the natural world that surrounds us.

For instance, “The Grouchy



Eric Carle's “The Very Hungry Caterpillar” Book Cover

Ladybug” and “The Very Lonely Firefly” combat the extreme emotions every living thing experience.

No matter one's age, it's clear every piece Carle has made can be enjoyed and understood by adults and children alike. The museum provides an interactive space filled with games, puppets, costumes and Carle's

books, which helped the exhibit overall feel very inviting.

If you would like to experience Carle's illustrations yourself, the Chrysler Museum will display the exhibit until September 8th. ■

Illustrations Courtesy of Eric Carle.

First annual Greekstock rocks Greek Lawn

Greek life organizations unite for a day of good music and good vibes

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“Overall, we’re here to support Greek unity and unity in [Hampton Roads],” said Morgan Simmons, a sister of Zeta Tau Alpha. “It’s just really great to get to meet with everyone who’s in Greek Life and the CNU community.”

On the sunny afternoon of Aug. 31st, CNU’s Greek Lawn was alive with laughter, friendship and live music in the late summer air.

Christopher Newport’s first annual Greekstock provided a vibrant, fun and uniquely inclusive space for students to come together regardless of their Greek Life affiliations (or lack thereof) and enjoy a lively music festival with friends across all organizations, majors and class years.

Living up to the event’s Instagram hashtag, hundreds of students turned out to #RockWithTheFlock.

All of CNU’s Greek organizations under Panhellenic, Interfraternity Council and National Pan-Hellenic Council had a presence at the event.

Like the Greek life organizations on campus, a major goal of Greekstock was to raise money for a philanthropy.

Most of the funds raised from the event went to benefit the Governor’s School for the Arts, expanding upon the mission of Greekstock to be an event in which creativity and talent flourished.

Framed by the beautiful Greek mansions, CNU’s Greek Life organizations had tables set up with different activities for Greekstock-goers to enjoy, such as Phi Mu’s Polaroids and Popsicles For The Kids to benefit their philanthropy Children’s Miracle Network Hospitals.

Students were able to buy tickets to participate in the activities.

The remaining 10% of all the money raised through Greekstock was donated to the philanthropy of the Greek organization that gained the most tickets at their booth on the Lawn.

As a brother of Phi Gamma Delta, a relatively new fraternity on campus, Chance Zimmerman saw Greekstock as an opportunity for his organization to become closer with the others.



CNU students sit back, relax and enjoy one of Greekstock’s live musical performances. DIANE FROLA/THE CAPTAIN’S LOG

“We’re just getting started up and ready to go, so to be with all the other fraternities and sororities, the solidarity it really cool,” he said.

Taylor Lambert, President of Panhellenic, said, “Last semester right after we got elected, we had a big meeting with all of the executive boards of all the Greek organizations and we asked them what they wanted to see from us. They said they wanted a greater emphasis on Greek unity and then Tim [Kreider] came up with this idea and we just kind of ran with it.”

After talking to Kreider about how the event could possibly expand beyond Greek organizations and bring the entire campus together, Greekstock started becoming a reality.

Kreider, a senior, was the original organizer for the event.

“This all actually started when my friend George [Grekos] and I were working in the telefund and he said how cool it would be to have a concert on the Greek Lawn,” he said. “Greekstock came into my head.”

Grekos, a brother of Sigma Phi Epsilon at CNU, passed away last year.

As the head of philanthropy for Sigma Phi Epsilon, Kreider started putting his and Grekos’s idea into action.

Preparations began near the end of last semester.

Collaboration with the newly formed Greekstock committee and members of National Pan-Hellenic Council, Intefraternity Council and National Panhellenic Conference on campus helped ensure that Greekstock was truly a Greek unity event from its very beginning. “A lot of this is being done in honor of George,” Kreider said. “It’s been an awesome time.”

Many of the performers in Greekstock’s lineup this year were CNU students, which really added to the feeling of campus unity and emphasized the sense of the university’s close-knit community. After a high-energy dance performance from Hypnotic Control, the festival’s musical acts began, including talent from CNU’s student body, Leesburg singer/songwriter Liesl Michelle and two local rock bands hailing from

Hampton Roads, Same Time Tomorrow and Every King & Commoner.

Abigail Wetherington, Vice President of Membership Development for Panhellenic, said, “Ultimately, we wanted to have an opportunity for everyone to get together and have a common space with a common goal

and get to know each other better.”

It’s safe to say CNU’s first annual Greekstock accomplished just that, and hopes are high that next year will be even groovier. ■



COURTESY OF @CNUGREEKSTOCK ON INSTAGRAM

Check out CNUTV’s video recap of Greekstock on The Captain’s Log Facebook!

Creating positive change by getting take-away

Dining Services launch new reusable to-go containers

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A new school year typically brings about new changes. New classes, new professors and new activities.

This year, CNU Dining Services is introducing a more sustainable change to Christopher Newport's campus.

Reusable to-go containers are now available for students to use at both Regattas and the Commons dining halls.

Unlike the previous to-go boxes seen in the past - which are still available to students if they prefer - these new, reusable containers are sturdier, have slightly more space for food and are more environmentally friendly.

Although the old to-go boxes are a recyclable fiber material, these containers are more toward CNU's initiative to go more green.

"We got a lot of feedback from students that really were gearing toward going with sustainability," said Jared Hughes, DSU Assistant Dining Operations Manager. "That's what really pushed us to go with the reusable containers."

According to Jen Jones, the Sustainability Coordinator, the idea for the reusable to-go containers was initiated by several students each semester who would ask the Director of Dining Services, Kevin Ososkie, if this was a possibility.

At the end of last year, a student collected data to see how many students would use the containers for their Environmental Studies senior capstone project.

"This story really speaks to the power of what students can do on

this campus," Jones said.

After the first week, CNU Dining Services has approximately 550 of these reusable containers in circulation on campus and has already had to order more because it has been so well received by students.

"This is the thing that excites me so much. This is great and awesome and huge for us but it opens up a world of possibilities," Jones said. "The student interest really shows that this is something you guys are not just mildly interested in but you demanding as part of your experience."

Around 150 of the reusable containers are returned to the dining halls each day, washed and ready for use again.

"Our first day it took off really well," Hughes said. "It's exceeding our expectations."

"I have heard so much buzz about this. Everyone is totally pumped about it," Jones said. "I think it's a really great model to show how we can all come together and work together for a really positive change on campus."

Students come in and ask for one of the reusable containers, just like they did with the old recyclable fiber to-go boxes. They can then fill up their container and leave.

When they come back for their next meal, if they are getting their food to-go again, students return the container they previous took and get a freshly washed one.

If they choose to eat in, they return the old container and receive a token. This token serves as a marker and is used to redeem another reusable container the next time they get their meal to-go.

If students lose their reusable container or token, they can receive a second one for free. After they have lost their two allotted containers, students must purchase another one for \$10 if they wish to use the new reusable containers.

This is a long-term initiative that CNU Dining Services hopes to possibly expand upon in the future.

"I don't see any end to it. I don't see any reason why we would stop the program. We hope that it grows," Hughes said. ■



(Below) The new reusable containers, which coincide with Christopher Newport's emphasis on a green campus, come in a pretty teal color. The new containers are available at Commons and Regattas Dining Halls ANNA DORL/THE CAPTAIN'S LOG



Back to school stress-busting tips

Everyone's stressed out this time of year - here's how to kick it to the curb

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Juggling a crazy schedule this semester? We all are. Whether you're an upperclassman with three part-time jobs and 18 credit hours or a freshman just trying to stay afloat in the turbulent waters we call college, everyone finds themselves drowning in stress at one point or another during a new semester.

Sometimes it happens more frequently than we'd like. College is an extremely busy time in which classes, work, friends, and extracurriculars try to pull you in a million different directions.

Here are a couple helpful tips to help you stay calm and start your year off right as you settle into the rhythm of another busy year at CNU.

1. Take care of your body and your brain

Your mental and physical health

should come first, and that's easy to forget if you have what seems like a million responsibilities to take care of all at once.

Don't substitute every meal for iced coffee, as tempting, quick, and easy as it may sound (and the possible caffeine overdose isn't worth it). Try to balance out unhealthy meals with fruits and vegetables as snacks.

Get as much sleep as possible - sometimes putting your work away and going to bed is the best thing to do for your burned-out body and brain.

2. Stay on track with a written schedule

Seeing your schedule for each day written down on paper is an easy way to make sure you're not forgetting anything, and you can check things off as you do them to give yourself a sense of accomplishment.

Invest in a cute planner or just keep track in an old notebook in-

stead. However you want to do it, planning everything out is helpful for a lot of people. You can even schedule in meal times, break times, and when you'll (hopefully) call it quits and get into bed for the night.

3. Don't procrastinate!

Sometimes this lesson is best learned the hard way, but take it from an upperclassman. Procrastinating absolutely does not pay off in the long run. If anything, it just adds to and exacerbates your stress.

Think of it this way: you have the same amount of time in the day as the people who you look up to the most.

Do the work you need to get done now and the remainder of your free time will still be there later. You'll enjoy it much more because you'll feel like you've earned it, and you won't have your long list of responsibilities bouncing around in the back of your mind anymore.

4. Know when to take a break

It is way too easy to overextend yourself and take on way too much. Everything you're involved in always seems to be competing for your time, your attention, and the utmost priority in your life. When you're juggling all these important things, it's easy to leave self-care out of the equation.

Taking adequate breaks is key to your continued success. Say no to things that you simply don't have time for, and ensure that you make time for yourself and yourself only. When you're stressed, you need to give your brain a break at some point for the benefit of your mental health.

While pushing through to complete hard work sometimes just has to be done, working on the same project nonstop is just going to burn you out even more. Short, scheduled breaks with a time limit

help you stay focused and give your brain time to decompress between demanding obligations.

5. Talk it out

Whether you and your friends vent to each other about your stressful days or you call your mom every night like clockwork, never underestimate the power of talking to other people about how you're feeling.

It's a great way to get another perspective on your issues and possibly get some helpful solutions, whether it's a hard math problem or an issue with your roommate. And don't discount talking to an actual therapist or counselor if you feel like you need to. You have countless support systems at your disposal - make sure to utilize them when the going gets tough.

Here's hoping your first semester back at CNU will be nothing but smooth sailing. ■



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