



THE CAPTAIN'S LOG

THE VOICE OF CHRISTOPHER NEWPORT UNIVERSITY STUDENTS

@CNUCAPTAINSLLOG WWW.THECAPTAINSLLOG.ORG

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Freshman Melody Fleming posed with Rosemary Tribble with a freedom bear to be included in the kit which will go to survivors of sexual assault. These kits will go to Riverside Hospital, the National Children's Hospital. NICOLE RAMKEY/THE CAPTAIN'S LOG

Providing Hope and Healing to Survivors

The CNU community gathered as one to create Fear2Freedom after-care kits for survivors of sexual assault.

BY MACY FRIEND
MACY.FRIEND.14@CNU.EDU

"Let us together as a community look out for each other, protect each other, protect fellow Captains both on and off of this campus," President Paul Tribble urged students as he spoke at the 7th annual Celebration Event for Rosemary Tribble's organization, Fear2Freedom.

This is a global non-profit founded by Rosemary in 2011 that provides hope and healing to survivors of sexual assault.

Following President Tribble's address to the packed DSU Ballroom, Student Assembly President Kenneth Kidd led the students in a pledge to help end sexual assault on campus and protect others.

Rosemary shared encouraging words before students began to create the kits.

"You can make a difference. We want you as young men and women of character

to be responsible and respect one another. You can make a difference because you are the change. As you change your hearts, as you change this campus and as you do

ness and help those affected by sexual assault. She is one of the bravest women I've met and for her to be so open with her personal story so that others may find solace in their darkest moments speaks wonders to me. We are lucky to have her."

We know from various speeches from President Tribble that CNU is not only

aged to care for one another and people they may never meet by making these kits. The supportive atmosphere moved some students to look forward to participating in the future.

"It was a great experience to hear from people who work firsthand with victims of sexual assault. Their stories were very moving, and it was great that so many students were able to contribute to such an important cause. I have not participated in this event before, but I plan to in the future," says freshman Nathan Kidwell.

Students expressed similar sentiments that the atmosphere was one of support and this allowed the event to flow smoothly.

"The fact that we were able to fill the Ballroom with students wanting to take the time out of their day to help someone they will never meet is so amazing.... It is that kind of participation by students that makes CNU so special of a place," says Bonton.

"We want you as young men and women of character to be responsible and respect one another. You can make a difference because you are the change. As you change your hearts, as you change this campus and as you do these kits you change the lives of others."

-Rosemary Tribble

these kits, you change the lives of others."

Junior Hunter Bonton commented, "I love that Rosemary works hard day in and day out to raise aware-

ness and help those affected by sexual assault. She is one of the bravest women I've met and for her to be so open with her personal story so that others may find solace in their darkest moments speaks wonders to me. We are lucky to have her."

This became apparent on the night of March 20 as students were encour-

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CNU's Global Status of Women and Girls Conference hosted N. Korean defector Yeonmi Park.

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Baseball continues a strong CAC record with their games against Salisbury this past weekend.

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Enjoy painting or glass fusion? Read a review of the Starving Artist Studio located in Port Warwick.

Weekly pic

The Office of Student Activities hosted a Late Night Plant Night event Thursday, March 22 where students registered to create their own terrariums. If you have a photo you would like to be featured as a Weekly pic, email macy.friend.14@cnu.edu with a photo and a short description. **Macy Friend/The Captain's Log**



CNU TV

Relive the sights of Relay for Life. Check out the most recent video on our Facebook page.

Happened

March 22

11th Annual Photography Exhibition

The winners for the 11th Annual Photography Exhibition in the Ferguson Hall were announced. Works include photographs from students and faculty. Their work will be on display until Friday, March 30.

March 22-24

Global Status of Women & Girls Conference

Scholars, activists and artists from all over the world came together to present at this conference in the DSU Ballroom. The keynote speaker was Yeonmi Park, a North Korean defector.

Happening

March 30

Gamma Phi Beta's Best Dance Crew

GPhi's annual Best Dance Crew will be in the Freeman Fieldhouse from 6:30-8:30 p.m. Several different student organizations will participate in a dance competition to find out who is the best dance crew.

April 4

Intercultural Festival

The Student Diversity & Equality Council along with Campus Activities Board will be hosting this annual event. There will be food, activities and demonstrations that will represent cultures from all over the world.

Corrections from previous issue:

On Cover:

Kelsey Schnoebelen was not credited for contributing to the front page article, "Local Students Participate in Nationwide Walkout."

In Lifestyle:

"Colleges and universities in 34 states and six universities" was incorrectly reported. It should state six countries.

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

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

- **Email:** clog@cnu.edu

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

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

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From the Front Page



President Tribble addressed the crowd in the DSU Ballroom. There was so much interest in the event that students had to stand along the walls. Organization was key, with a table specifically for kits that will go to children and table monitors at each station to ensure kits could be assembled efficiently. PHOTOS BY NICOLE RAMKEY/THE CAPTAIN'S LOG

CONTINUED FROM PAGE 1

Fear2Freedom has put together 18,000 kits to this day and has worked with 30 universities and 36 hospitals as well as community groups.

Over 300 kits were made at Tuesday's event, with the majority going to Riverside Hospital off of J. Clyde Morris Blvd.

Other constituents of the kits are the National Children's Hospital and Latisha's House in Williamsburg, which provides a home for those who have been sex trafficked.

The after-care kits included sweatpants, a t-shirt, underwear, toiletries, combs, brushes, toothpaste and a note written by students to encourage and bring comfort to those receiving the kits.

These kits are important because survivors' clothes are taken as evidence.

Freedom bears are another item each survivor receives. These bears will be given to the survivors by forensic nurses at hospitals.

The survivor will take a piece of paper and write the name of someone who's harmed them or draw a stick figure, open the heart of bear, put the paper inside the bear's heart, in Rosemary's words "wait a little bit, get a little stronger," take out the paper and put it in water to allow it to dissolve. The name first disappears and then the whole paper dissolves "as a symbol that you don't have to stay a victim."

A spokesperson from Latisha's House, Elizabeth Anam, shared a story about the impact of these kits. She read a letter from someone who was sexually assaulted at the age of five. Later, when she pressed charges, she was introduced to Latisha's House. There, she received her Fear2Freedom kit, which

contained a journal, sweats and a teddy bear. Her note read, "If I knew everyone's name, I would like to personally thank them, including Fear2Freedom, who gave me a comforting kit at Latisha's House when I arrived with nothing."

Stories like these emphasize the importance of Fear2Freedom and reaching out to those affected by sexual violence.

CNU takes part in creating a caring, safe environment each year with the creation of these kits.

"Sexual assault is a very serious issue on college campuses everywhere, and to know Christopher Newport supports programs like Fear2Freedom makes me proud to be a Captain," says freshman Casey Attallah. ■

Nicole Ramkey contributed to this article.



Freshman Casey Attallah prepared a kit with hygienic items like a toothbrush, toothpaste, a journal and a pen.



Junior Hunter Bonton (right) joined other students in writing notes of encouragement and hope for survivors of sexual violence.



Senior Keenan Pallone assisted Rosemary Tribble in loading an ambulance with around 300 Fear2Freedom kits at the conclusion of the event.

A Glimpse Inside a Monster

Having spent the first years of her life in N. Korea, Yeonmi Park tells the story of her struggle.

BY SABRINA RIVERA
SABRINA.RIVERA.15@CNU.EDU

“Why do I have to care about North Korea?” It’s a question that Yeonmi Park has dedicated her life to answering. Before her escape from North Korea, she could only see beyond its borders past the river that separates them from China, and through a television screen where she illegally watched Titanic despite the regime’s ban on foreign media.

Park was the keynote speaker at CNU’s 2018 Global Status of Women and Girls Conference, where she spoke about her personal experiences being a former denizen and eventual defector of North Korea, peppered with insights to the differences in North Korea’s indoctrinating culture and the views of the rest of the world.

Through her speeches about her experiences, she hopes to direct the world’s attention to North Koreans as people and how their government indoctrinates them to maintain power. In the words of Dr. Lori Underwood’s introduction for Park, “we can never change what we do not acknowledge.”

Born in 1993, Park lived with her father, mother and elder sister Eunmi in a town called Hyesan near the North Korean-Chinese border.

Her family was middle-class, and she went to school as a young child where she was taught that their leader “gave [them] freedom from the ‘American bastards,’ and South Korea was invaded and taken over by the Americans.”

Her teacher taught math through the same lens and asked the class “if you have 10 American bastards and kill two, how many American bastards do you have left?” (According to Park’s 2015 article in The

Telegraph, to say “Americans” was deemed too respectful; they had to call them “bastards” or “Yankee devils.”)

Although her father was a party member that worked in town hall and her mother was a nurse for the army, their family experienced hardships during an economic downturn. Her father started a smuggling business in Pyongyang to sell metals, and was arrested and sentenced to a labor camp for 10 years.

“I [didn’t] really know what it means to be free, or what freedom is about,” says Park. “In that country we didn’t know that we are isolated from the rest of the world.”

From then on, the Park and her sister were branded as daughters of a criminal in a country that committing a crime could mean the detainment, sentencing and even execution of your family members, regardless of whether you know that you are related or not.

Although primary education is technically free in North Korea, her family could no longer afford to pay the bribes to keep her and her sister in school, so they foraged for food in the mountains when supplies became too expensive, and washed their clothes in the river.

When Park was 10, she watched Titanic. During major holidays like Kim Jong-il Day, the government grants limited access to electricity to the people, packaged as a “gift” of any length from 10 minutes to two hours, meaning that it may take several years for the average North Korean citizen to watch a film.

“We didn’t have the word for love, we only had love for the regime — the only love you are allowed to express is for the party,” says Park, referring to



Yeonmi Park, revisits her past and shares her story to help others. SABRINA RIVERA/THE CAPTAIN’S LOG

the romance shared by Jack and Rose in Titanic, although her views have changed since her escape.

“I thought, in North Korea, love is a shameful thing. I couldn’t believe they made a movie about something shameful.”

Besides the far-off view of land on the other side of a river, Titanic was her glimpse into the outside world.

When Park was 13, her family started planning an escape across the border, but her elder sister Eunmi had gone ahead and escaped with a friend to China.

Park was hospitalized at the time for abdominal pain, so she couldn’t leave. As she laid in a hospital that had only a single needle and beer bottle IVs, Park’s doctor pushed on her stomach and surmised that she had appendicitis.

Without the use of painkillers, her belly was opened to find that her pains were actually caused by prolonged malnutrition, but her appendix was removed anyways.

Not long after, Park and her mother got the same broker that Eunmi used to smuggle them. On March 31, 2007, they walked across a frozen river past paid-off guards and entered China.

Once there, Park witnessed the broker assault her mother, which Park says was when she “stopped being a child and stopped believing in humanity.”

Due to the one-child policy

and the preference for boys causing a shortage of available women in China, human trafficking for wives, including North Korean escapees, was not unheard of.

Park was sold to a Chinese man for less than \$300, and her mother for less than \$100. They were sold and assaulted during their two years in China as they searched for Eunmi.

Park and her mother met up with her father, who had been released from prison and escaped to China to meet with them, but he died less than a year later due to an untreated cancer.

Eventually, Park was transported by a different smuggler, but this time into Mongolia, where they could seek asylum as refugees and go to South Korea.

With the aid of Christian missionaries, Park was placed in a group of eight people and a baby and taken across the wintered Gobi desert.

They had a few loaves of bread and a single compass, which they could not use or the border soldiers could spot them.

To guide themselves, the group used the stars as reference to move north.

“It was the coldest and longest night of my life,” says Park. “It felt like even the universe abandoned us.” The group was soon caught by Mongolian soldiers, who sent them to a refugee camp to stay until they were accepted for

travel to South Korea, where Park would have to unlearn the indoctrination of North Korea for several years while also working on becoming a human rights activist. This has since prompted Kim Jong-un to label her as a “propaganda puppet of the West.”

“Learning freedom is difficult,” says Park, remembering how the South Korean authorities asked her to introduce herself.

“I had never done that before, because in North Korea, there is no ‘I,’ only ‘we.’” She remembered that others made remarks that they were expecting her to look different, or act strangely, since she was from North Korea.

“Why do we have to care?” asks Park again. “Because we are all human beings. [...] North Koreans are dehumanized by the media, which reports on the leadership and the leadership’s haircut.”

“It’s about 20 million people not knowing what love is, or how much food they could have. It’s about humans being sold for less than an iPhone,” says Park, close to the end of her speech.

Afterwards, a book signing was held for her memoir, “In Order to Live: A North Korean Girl’s Journey to Freedom.”

Park is now pursuing a B.A. in Economics at Columbia University, and is married to an American citizen with whom she has one son. ■



Yeonmi Park and her sister as small children with their parents in North Korea. COURTESY OF TELEGRAPH.CO.UK

The Constitution Party: A Third Option

The Constitution Party of Virginia looks to college campuses for members in Trump's America.

BY BRETT CLARK
BRETT.CLARK.16@CNU.EDU

Political division and disenchantment with today's political landscape has led groups like the Constitution Party to appeal to today's youth with anti-Trump and anti-establishment sentiments.

John Bloom is the Chairman of the Constitution Party of Virginia and he is trying to do just that by establishing clubs on college campuses in Virginia, hoping that CNU will be one of those campuses.

These hopes are fueled by a weekend in February 2018 at CPAC (Conservative Political Action Conference). The Constitution Party had a table set up where they handed out material and talked to fellow attendees.

Bloom and his compatriots found that the young men and women in attendance were very open to the party and its strict adherence to the Constitution that the founders crafted for their brand-new country in 1787.

Bloom noted that another anti-Trump conservative, Ben Shapiro, has a large youth following and was also present at the conference. Not all of

Shapiro's followers are anti-Trump, however.

Like many influencers trying to make their mark on the political right, the internet is the way of the world for the Constitution Party. "Social Media is all we have. National media has totally ignored us," says Bloom.

At CPAC, when Trump went on stage to speak, Turning Point USA came and talked to the Constitution Party's table.

Turning Point is a conservative organization with clubs on campuses around the country with thousands of members and followers and according to Bloom, they liked what they heard from the Constitution Party.

The party currently has a couple local candidates around the state, but Bloom expressed his wish for CNU President Paul Tribble to run once more in Virginia.

Bloom says that where the party differs from Trump is not always on policy, but on how that policy is carried out.

For example, the party isn't necessarily opposed to tariffs but are frustrated that Trump signed an executive order for the tariffs when it should've been legislated by Congress in



A sticker that John Bloom received from Turning Point USA at CPAC. KATIE KRYNITSKY/THE CAPTAIN'S LOG

accordance with the Constitution according to Bloom.

And while the party is anti-illegal immigration, they want to focus much more on the businesses hiring these illegals instead of the illegal

aliens themselves says Bloom.

Bloom smiles when he mentioned that, like many young people in college, the Constitution Party believes that the drinking age should be lowered to 18 as well.

Even more information regarding the Constitution Party, its policies, and its leaders can be found at <https://www.constitutionparty.com/> as well as @cnstitutionprty on Twitter. ■

Emmet Aylor and His Plans for Student Assembly

Now that he has risen to the top of Student Assembly, the new President lays out his plans.

BY KORTY SWIFT
KORTY.SWIFT.16@CNU.EDU

As the most recent campus-wide election cycle came to a close, open positions for the 2018-2019 year were filled with new officers, including the position for President of Student Assembly. Filling that position is Emmet Aylor.

Aylor, a sophomore, has served on Student Assembly for the past two years, as a delegate and currently as the Vice President of Marketing and Communication.

Along with active participation in Student Assembly, he is a Management and Marketing major and also works as a Front Desk Assistant in Warwick River Hall.

In regards to his new position, Aylor already has a wide array of plans laid out for the next year, with an emphasis on student concerns.

"I think this past year has given Student Assembly an excellent platform to grow off of next year, and tackle some of the biggest issues on campus."

Aylor says he would like to focus efforts on finding solutions to open up parking on campus, expand resources for mental health and increase sexual assault awareness, to name a few.

"Students have identified these issues as the most important to them on campus, and I believe Student Assembly has an opportunity to make real change by addressing these issues," says Aylor.

For his main goals, Aylor wants to work towards student voice and Student Assembly collaboration with other campus organizations.

"During my term, I would like to see Student Assembly grow as an avenue to capture student voice. By expanding our Speak-

UpCNU site and hosting town halls, we can truly capture the voice of the students. I also hope to partner with anchor organizations to see how we can best make a difference for students at Christopher Newport University."

Working goals Aylor has in store for the next year extends not only to the student voice, but inside of Student Assembly as well.

"I believe it is important for Student Assembly to be strong internally, to ensure we have the resources necessary to serve the student body."

I hope to implement delegate constituency trainings so our delegates can go out and capture the student voice."

This new training could go a long way in creating bridges between delegates and constituents.

"I also want to add an interview process for prospective del-

egates to make our organization more competitive.

"Last, I want to standardize our process for taking on initia-

tives to ensure we can complete projects in a timely manner without carrying them over to future years." ■



Emmet Aylor comes into the position with two years of Student Assembly under his belt. ALEX BURRESS/THE CAPTAIN'S LOG

Two Journeys, One Family

Whether a member of the Captain’s Log for four years like Kelsey or only one like Katie, a common bond is shared by all.

The following continues a series that The Captain’s Log will have in the rest of the issues where CLOG seniors reflect on their time with this organization. Last week’s piece by Editor-in-Chief, Melanie Occhiuzzo was a part of this series. The “-30-” at the end signifies the end of a story in journalism, and in the case of these students, the end of their time with The Captain’s Log.

KELSEY SCHNOEBELEN

KELSEY.SCHNOEBELEN.14@CNU.EDU

As I think of my time in The Captain’s Log coming to an end, I am instantly flooded with nearly four years of memories. Being a part of this team since my second semester freshman year, I have had the opportunity to work under four different editors with four different styles. I started off my journey as a business intern. As the years passed, I became more and more involved and found myself even writing for the paper, which I found to be bizarre. Why would someone who works as the Business Manager write for the paper? It blew my mind how much I actually enjoyed being able to articulate my thoughts in a public forum or how much I enjoyed reviewing a restaurant I loved to frequent!

I think my favorite part of The Captain’s Log was definitely the people. I would not be able to get through some of the tougher moments without the love and compassion I’ve received from this group of individuals. Sophomore year I really burst out of my shell and began to make connections and friends within the paper fully, after being a somewhat standoffish freshman who only spoke to her small group of friends. Thanks to Josh Reyes, I began to see the real reason people stayed involved in The Captain’s Log. Josh very much is the reason I am here today and so passion-

ate about something like this. I was involved on campus, but I had yet to find something this special and meaningful. Between gatherings at Josh’s house and various staff meetings I attended that year, I became acquainted with someone who I would never imagine to be as good a friend as she has become: Macy Friend.

It really wasn’t until Junior year that I submerged myself into working at The Captain’s Log. I began to write that year and was surprised by how much I really did like it. It was at this point where I started to doubt my

choice of major at CNU, but continued on to stay on track. But boy, was I off. I had rediscovered my love for marketing and writing thanks to the paper, and because of that I now am planning on a future with those two things heavily involved. Though I find myself at the end of what should be my senior year, it was Macy who helped me realize it’s okay to take another semester if you need one. It’s not about how long it takes, it’s the fact you get it done! So while this should be my senior reflection piece, I luckily get to hang another semester with this organization to do what I have found to

love most: writing.

However, The Captain’s Log has become so much more than that to me, it has become a family full of caring individuals that have greatly enhanced my life. I found my best friend, who helps me get through life one day at a time. A best friend who deals with my constant sass and takes a class with me because we needed filler classes. I found people that will make fun of the fact my name was printed wrong on a name tag (Kesley anyone?) and explore New York with me on the off time we had during a conference. I found someone who let me pimp him out for Homecoming King. I found someone that would take time out of her day to help me with a video completely unrelated to CNU TV. I found people to have inside jokes with and hear their life stories while we all type and format our lives away late Sunday and Monday nights.

Just last week, my family experienced horrible tragedy in the untimely passing of my uncle. I was (and still am) shaken up about it and had committed myself to writing an article for the Opinions Editor, Matthew, which was reasonably the last thing on my mind while I was with family. However, I am still floored by his compassion and words in the text he sent me. “I wanted to let you know that if you don’t have it done, don’t worry about it this week - I’ll run something else. My thoughts and prayers to you and your family.” In a time when I was facing one of the hardest things and not everyone was as understanding, that small act solidified why after 3 ½ years, I remained a part of The Captain’s Log.

If you’re looking for something to enhance your college experience, I 10 out of 10 recommend this organization. The memories are timeless and the goodbyes will be some of the hardest I’ll have to give. ■

KATIE KRYNITSKY

KATIE.KRYNITSKY.14@CNU.EDU

If it weren’t for Dr. Nicole Emmelhainz, I most likely would not be in the position I am in today. About a year ago, I was in her English 339 class, Tutoring in the Writing Center, getting prepared to become a writing consultant in the Alice F. Randall Writing Center on campus. We had a few individual meetings outside of class, and during one of them, we began talking about what I wanted to do in the future, what I enjoyed, etc.

Casually, I mentioned how I loved working on the yearbook back in high school as Editor-in-Chief, and that I was disappointed we do not have a journalism major or minor here at CNU. Her eyes got wide and she asked why I had never worked on the Captain’s Log newspaper staff. I responded saying I had written a few articles during my freshman year, but just never decided to pursue it any further since I’d gotten busy with other activities and jobs on campus.

She wasn’t having it. As faculty advisor for the Captain’s Log, she insisted I apply--that week, might I add--for the



(Left to right) Katie Krynitsky and Kelsey Schnoebelen pose in Times Square when the CLOG attended this year’s College Media Convention. **EMMA DIXON/THE CAPTAIN’S LOG**

Lifestyle Editor position.

Before even being able to contact anyone on the newspaper staff or think things through, Melanie Occhiuzzo reached out to me saying Dr. E had mentioned I was interested in applying for one of the editor positions. After meeting and discussing what the job would entail, I couldn’t say no. And, wow, I am so glad I didn’t.

Joining the Captain’s Log staff for my senior year was one of the best decisions I made during college. I truly do love to write, and journalism will always have a special place in my heart--even if I don’t end up pursuing a career in it.

While print journalism is slowly going

out of style, this campus newspaper has reinforced the ideals and core reporting, writing and designing skills that I have learned since the beginning of falling in love with the field.

The weekly deadline at 5 p.m. each Tuesday, Sunday night critique and budget meetings and Monday night layout days gave me the structure and push for time management that I needed during my senior year.

Our trip to New York City for the College Media Association Conference was the perfect way to spend my senior year spring break.

Alright, I love the beach and for those of you who know me well, it’s no lie that

I definitely would have enjoyed to be sitting in sand on a beach in 80 degree weather... but NYC was one for the books. I think our trips in the car up there and back were just as--if not more--exciting and memorable.

I never actually thought I would grow such a strong bond to a staff that I was only a part of for one year, but it is pretty obvious that the Captain’s Log is family, and will be a staple part of my college experience when I look back 10, 20 or even 40 years from now.

Thanks for taking me in, letting me do what I love most, and for making me a part of the crazy, unique family we call CLOG. ■

-30-

Do Not Forget Us

North Korean defector talks to CNU about her journey.

HANNAH MCCLURE
HANNAHMAY.MCCLURE.15@CNU.EDU

Yeonmi Park, who is an undergraduate student at Columbia University, a North Korean defector and a human rights activist, spoke at the Global Status of Women and Girls Conference to share her personal experience of living and escaping out of North Korea, and shine light on the humanity that is hidden within the people of North Korea.

When I first found out Park was going to speak on our college campus, I was amazed and in awe of the bravery she possessed to be a voice for the voiceless and a representation of hope after experiencing nearly every trauma you can think of. Every story Park told regarding her life in and out of North Korea reminded me (and still reminds me today) that she is a living miracle of what it means to fight against oppression while maintaining a glimmer of hope.

In the beginning of Park’s speech, she briefly apologized for her level of English. To be honest, I thought her English was on point, and everyone at her speech could tell that she was determined to make an honest effort in communicating in the most effective way as possible. Parks told the audience about her four-year and still continuous journey of learning English through the television show, Friends. Within an instant, myself and many other individuals burst in laughter, confirming that Park had not only done her job in connecting with the audience and I but made us catch a glimpse of the humanity that was hidden in so many other North Koreans just like her. Suddenly, that moment of humanity she shared with us transitioned into the moment of her sharing her horrific experiences of living and escaping North Korea.

As a young elementary school student, Park and her classmates were required to solve addition and subtraction problems that ask for the number of “American bastards that needed to be killed.” By implementing harsh propaganda into school curriculums, the North Korean government demonstrates its seriousness in preventing citizens from escaping their country and seeking outside influence.

This propaganda coerces North Koreans into fully submitting, praising and expressing their forced upon “love” for their leader, Kim Jong Un. In a country that does not embrace the universal definition of love, North Koreans were shamed from displaying public displays of affection. The only type of “love” that North Koreans knew about was the about the forced love for their leader, rather than a free and unconditional love.

Once Park finished talking about the North Korean definition of love, the exposure I had to the stories of oppression Park had told overwhelmed me. At such a young age I was taught that love is the universal language that everyone deserves to know and understand, and though already knowing about love as a universal language, I became (and still am) more determined than ever to become a light like Park.

Unfortunately, Park’s story got worse. About a week before Park and her mother’s planned escape out of North Korea, Park experienced severe stomach pains and was admitted to a hospital, which had no X-ray or MRI machines. When the consultation took place, the doctor felt her stomach and immediately diagnosed Park with appendicitis and opened her stomach without giving Park any pain relievers. While sitting down listening to Park’s story, my stomach could barely handle what she was telling us because I could not imagine who could endure such horrific pain like Park did. After the doctor opened Park’s stomach, he removed her appendix, but then discovered that he had misdiagnosed Park. Instead of having appendicitis, Park had been battling an intestinal infection. With little hesitation, my emotions on Park’s story intensified.

On March 30, 2007, Park and her mother were manipulated and tricked into following human traffickers to escape North Korea. Park’s mother was raped by human traffickers, and both Park and her mother were forced against their will into sex trafficking, yet escaped from trafficking through the help of Christian missionaries and traveled through Mongolia to seek refuge, comfort and freedom in South Korea.

Story after story, I became convicted of the small scale worries I had in my own life and realized how fortunate I am to live in a country where my freedom is not restricted. In the end, Park has not only encouraged us to be resilient throughout difficult trials, but also offered us to think, act and respond to this question: “Can we make room for the unfortunate people of North Korea?”

The answer is yes. Yes, we can and we will. ■

Crossword Answers

Across:

2. Silver
3. Blue
6. McMurran
8. Captains
11. Susan
- 13.Doughty
15. Victory

Down:

1. Wisdom
4. Einsteins
5. Warwick
7. CNU
9. Santoro
10. DSU
12. Shoe
14. Tribble

Buzzin’ Becky

Major Key - Communication



COURTESY OF CLIPART LIBRARY

Oh my God, Becky’s back again! Surprise, I survived the illness that has made its second wave through this campus and I’m coming in hot to bring you the long awaited Buzzin Becky! While out sick, I have rediscovered my love for Parks and Recreation and DJ Khaled. Name a better duo, I’ll wait.

I must say, I do miss being able to easily access DJ Khaled’s Snapchat stories and this update still has me bummed out, but alas we prevail to take on the update one day at a time. If you have any tips or tricks, please let me know because I should not still be struggling at this. As

always, if you have any questions send them in! I have received many different types of questions, ranging from orgies to my most recent one, though I have yet to figure out why this is a thing, but yet still deserves an honorable mention: “I have a question. How come when I eat fruit my spit gets thicker?!?”

Let that sink in... someone really took the time to send in something about their saliva. I honestly can say I have no idea why your spit gets thicker when you eat fruit, my friend. Though I must admit, thinking back on it eating citrus type of fruits does seem to have this end result. You must be an interesting person to hang out with... Sorry I was unable to answer your question but I must admit it did make my day when I read it.

How do I cope with a supervisor who is really bad at communicating?

Honestly as my boy DJ Khaled says, maaaaajor key! (I hope you read this in his voice) Communication is, as Chris Traeger would say, literally the most important aspect in a workplace. Having a supervisor that isn’t good at communicating is a problem and should be addressed immediately. I know that seems like a no brainer, but some people just don’t have a confrontational bone in their body.

People hear the word confrontation and cringe, thinking back to abrasive and awkward ways situations can be handled. In reality though, confrontation is a healthy part of conversations. If someone doesn’t know something they’re doing is perceived in a negative way, they will continue to do it and make people uncomfortable and unhappy. If you aren’t happy with something, speak up! It is your absolute right and responsibility to do so and you would be remiss if you sat by and did nothing will the behavior continued.

If your supervisor is bad at communicating, step up and try to mend the gap. Yes you may not think it’s your job, but sometimes that’s just how it goes. If you have tried and feel nothing is working, then maybe it’s time to reconsider things. You cannot force someone to fix a behavior or habit they don’t see to be a problem. You and everyone may recognize it, but people become blind to their negative qualities as they become in denial or just truly are ignorant to it. Whatever you do though, communication is truly important and try doing just that to fix the issue.

P.S. sorry for all my references...got a little out of hand on the NyQuil writing.

— Becky out

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



A tradition of the annual Relay for Life is the survivor walk. Those participants who have won against cancer get a chance to take a lap. ALEX BURRUSS / THE CAPTAIN'S LOG

Making Every Dollar Count

The annual Relay for Life is a time for students on campus to reflect on who they fight for against cancer.

BY MELANIE OCCHIUZZO
MELANIE.OCCHIUZZO.13@CNU.EDU

Every dollar counted at this year's annual Relay for Life. The largest student-led and student-run event on campus took place in the Field House on Friday March 23.

Relay for Life is an event that touches the lives of so many students on CNU's campus, making it a popular event for student organizations to participate in.

Overall there were 37 teams, 1,000 plus people and they raised about \$54,000 for cancer research.

Shannon McWilliams, an organizer of Relay for Life with the Colleges Against Cancer (CAC) had a lot to say about the importance of events like Relay.

She mentioned that before they counted the evening's fundraised earnings, they were about \$10,000 short of their goal, but instead of lamenting that fact she remained positive saying, "at the end of the day the amount of money we raise will make a huge difference."

She believes that even just one dollar raised can make a difference in cancer research.

The number of teams dropped from 44 to 37 this year but McWilliams attri-

butes this to the fact that several of last year's teams combined to make up this year's.

McWilliams, like so many other students, relays for many different people.

She relays for her mother, her uncle and for all children fighting cancer.

Her mother fought three different kinds of cancer and McWilliams saw her through all of it.

"I got to see the reality of what it is," she says when referring to her mother's experience at outpatient centers and hos-

pitals.

While her uncle did pass away from his cancer she still walks for him every

"It's pretty incredible that over 1,000 Captains can come together to fight cancer."

-Shannon McWilliams

"It's pretty incredible that over 1,000 Captains can come together to fight cancer," she says.

relay.

McWilliams will be going into pediatric oncology and she wants to continue relaying for those kids she saw fighting cancer.

This isn't the end of cancer research fundraising for CNU this semester though.

On April 7 there will be another fundraising event called Bark for Life.

The main focus will be dogs who help adults going through cancer and dogs who get cancer.

There will be people from the community participating, a few police dog demonstrations and several local dog companies donating their time and efforts to this event. ■

Matthew Scherger contributed to this article

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evening was full of performances, dancing and games to keep people awake for the full 12 hours of the event. (Top left) The a cappella group Extreme Meander performed a few songs to the crowd going. (Top right) Some of the music fraternities including Kappa Kappa Psi, Phi Kappa Theta and Sigma Alpha Iota, joined together to hype up the participants. (Above left) There were plenty of prizes to be won. The students had a chance to compete in a cake walk to win prizes designed by participating organizations. (Above right) Dancing of course is a large portion of the evening. The DJ played songs like the Cupid Shuffle to keep the crowd engaged. (Left) Students playing Twister. (Right) If the games and songs aren't enough to keep people awake, there are plenty of games to play like Jenga and Twister. **PHOTOS BY HANNAH MCCLURE /THE CAPTAIN'S LOG**



Men's Baseball Goes 3-0 in CAC Opener

Currently 19-4, the baseball team began the CAC strong against rival Salisbury Seagulls.

BY PHOENIX HINES
PHOENIX.HINES.16@CNU.EDU

The Christopher Newport Baseball team is off to one of their best starts in program history.

The team is currently 19-4 and riding a red-hot 11 game winning streak. The Captains are also undefeated in Capital Athletic Conference play with a 3-0 record.

This past Friday, the Captains hosted CAC rival, Salisbury University. Salisbury is currently receiving votes in the National Collegiate Baseball Writers Association (NCBWA) poll. The Captains were propelled by a pair of dominant innings that gave them a 10-3 win.

In the third inning, Brandon Ginch singled out to right field, hitting in runners Connor Clark and Jordan Mason, giving the Captains an early 2-0 lead. Moments later, Nicholas Baham hit a bomb towards center field, giving runner Seth Woodard enough time to touch home plate and give the team a 3-0 lead.

A few innings later, the Captains scored two more runs to gain a 5-0 lead before the Seagulls made things interesting in the sixth inning. The Seagulls scored three runs in the sixth, cutting the Captains lead to two before heading into the seventh.

The Captains weathered the storm in the seventh inning by dominating the Seagulls in every aspect of the game. The inning started with a straight bomb from Woodard that flew over the left field's fence.

After Woodard set the tone of the inning with his third home run of the year, Nick DiNapoli doubled to left field and batted in runner Baham to grab a 7-3 lead. The Captains put up three more runs before the inning ended, finishing the inning with a 10-3 lead.

During the last two innings, both teams blanked each other due to outstanding pitching and great fielding by both teams.

One day later, the Captains hosted St. Mary's College of Maryland in a CAC double header.

The team won the first game 8-0. The Captains were led by Craig Johnson, who went 2-3 with two runs and Woodard, who went 2-2 while also batting in three runners and recording a home run.

Pitcher, Logan Harrelson, had himself a day at the mound. The senior struckout a season high, nine batters and only gave up three hits.

The second game was no different from the first. The Captains lit up the Seahawks in an 11-3 victory. Johnson had his best game of the year as he went 3-3 at the plate with four RBI's and two runs. Ginch also had a great day, going 2-5 but more importantly recording three runs and batting in two runners.

Freshman Pitcher, Josh Husby



earned the win for the Captains as he struck out seven batters while only giving up three runs. This was Husby's second win of the season, giving him a 2-0 record when given the starting spot.

The Captains are currently ranked 13th in the country by the NCBWA and are having one of their best seasons yet. The team only needs six more wins before they reach their season total of 25 from the previous year.

The Captains are led by Woodard, who has already earned CAC Player of the Week twice this season. Woodard is currently batting .415 and has a team leading 33 RBI's on the year.

The team will travel to Fredericksburg, Va. to take on the University of Mary Washington Eagles this Wednesday March 28 at 3 p.m.

This will be the Captains' fourth CAC game of the year as they look to keep their undefeated conference record. ■

(Above) Freshman Josh Husby pitches against St. Mary's. **MACY FRIEND/THE CAPTAIN'S LOG** (Right) Junior catcher Ryan Grubbs dives into home base. **HANNAH MCCLURE/THE CAPTAIN'S LOG**



Softball Wins Doubleheader Against Meredith

Captains win 17-4 and 8-0, including winning one game in just five innings.



BY TARYN HANNAM-ZATZ
TARYN.HANNAMZATZ.17@CNU.EDU

On Saturday, March 24 the Christopher Newport University Softball team swept Meredith in a doubleheader improving their overall record to 13-3. Both games came to an early end due the eight-run mercy rule.

In the first game the Captains came to a quick victory winning 17-4 in just five innings.

The team is ranked eighth in the nation this week and was able to get four home runs on the day.

Senior Leah Andrews and sophomore Grace Wild both delivered three-run hits in the first game, and both got four runs in the victory. Wild and fellow sophomore Tara Deck hit consecutive home runs in a third inning.

Freshman Patty Maye Ohanian ended the second game with a leadoff home run in the bottom of the sixth inning providing the 8-0 final score. The walk-off was her fourth hit in four times to the plate in the game, and her fifth hit of the doubleheader.

Ohanian was five-for-seven for the day with four runs scored and four runs she hit in, while Wild delivered six with three hits and Andrews got five runs with four hits in the doubleheader.

Meredith dropped to 15-12 in their overall record after the doubleheader. The Captains will be back at home on Wednesday at Captains Park, hosting DePauw in a non-conference doubleheader at 3 p.m. ■

(Left) Calah Savage hits a softball up the middle. (Below left) Maddie Pool swings at a pitch up in the zone. (Right) Aubrey Bates pitches against Meredith. MACY FRIEND/THE CAPTAIN'S LOG



Behind the Curtains

CNU's 9th Annual Dance Concert as told by a dancer and choreographer.



(Left) The hard work of Matthew Ishee and the theatre students shines behind the dancers in the show. **ASHLYN SISSON/THE CAPTAIN'S LOG** (Right) Kimmy Eichelberger knows that even the dancers have work to do behind the scenes as she adjusts her hair before her performance. **COURTESY OF KIMMY EICHELBERGER/THE CAPTAIN'S LOG** (Bottom) Eichelberger poses alongside her fellow dancers as they get a moment before performing (from left to right) Gillian Hordusky, Sydney Sinclair, Brittany O'Hara, Kimmy Gaston, Adrienne Fisher, Kimmy Eichelberger and Hanna Reeves. **COURTESY OF TAYLOR MICHALSKI/CNU DANCE**

BY KIMMY EICHELBERGER
KIMBERLY.EICHELBERGER.16@CNU.EDU

It's the most wonderful time of the year again: the TheatreCNU dance concert. Anticipating this event all year long, the theatre and dance department kicks off their season with September auditions.

From there, countless hours of prepara-

tion are put forth until the concert takes place in March. Performers, choreographers and the production team all invest a notable amount of hard work and dedication towards this yearly occurrence.

I participated in my first dance concert at CNU during my sophomore year. It was my first year at CNU as a transfer student. As a junior, I've had the privilege of both performing and choreographing in this year's concert.

Participating in the choreographer side of this event has been an experience entirely unique to being a performer, and has given me a fresh perspective of the arts.

As my participation last year and years prior was limited to performing, I never realized how simple this job was. I memorized the choreography, applied choreographer's critiques where necessary, and put my best effort towards the dance.

As a choreographer, the load more than doubles. I was responsible for creating all my own choreography, finding costumes, scheduling rehearsals, holding my dancers accountable and making sure that everything came together in the most seamless way possible.

The greatest challenge as a choreographer is that you put your best foot forward to ensure that everything goes smoothly on the stage, but when the curtain rises everything is beyond your control.

A choreographer builds more than a dance — they build relationships. Building trust between performers and the technical team ensures your vision is brought to life on stage.

These relationships are what makes the final result of the dance concert so bittersweet. Witnessing everyone's hard work that went into production is undoubtedly one of the most rewarding feelings.

"The greatest challenge as a choreographer is that you put your best foot forward... but when the curtain rises everything is beyond your control."

It is an emotional experience to know that months of preparation alongside dancers whom you've formed strong connections with has come to an end.

Choreographers and performers are not the sole participants in the final product. Efforts behind the scenes are just as crucial to the show as the actual dancing itself. Costume Shop Manager Sarah Conte spends countless hours helping choreographers select costumes and makes sure every dancer feels comfortable performing in their costume.

Matthew Ishee, a lecturer in lighting design, and several CNU theatre students are in the theatre past midnight ensuring that the lighting sequences are precisely in sync with the choreographer's vision.

Sophomore Medelly Post has organized the entire show, dedicating herself to a seamless performance.

During my first month at CNU, I auditioned for the dance concert with the pure intention of keeping the passion of dancing in my life.

A year and a half later, it has become so much more.

It gave me the opportunity to explore different choreographic styles and learn from fellow students and professors.

It broadened my horizons and led me to build relationships with people that were once just faces I saw around campus.

It has encouraged me to step out of my comfort zone and given me the confidence to bring my artistic vision to life as a choreographer.

More importantly, it has given me a deeper appreciation for not only the art that I fell in love with at a young age, but has deepened my appreciation for all that goes into a production outside of the studio.

I am incredibly thankful to have embarked on this journey in my dancing career, and am excited to do it all again for my final year at CNU. ■



A Universe of Their Own

The current installation in the Falk gallery combines, theatre and art, science and the humanities.



(Top) The production team poses inside of the installation as the deep magenta from lights colors the room: (left to right) Christine Wright, Trevor Boynton, Associate Professor Alan Skees, Lecturer Kristen Skees, Lecturer Dave Shuh, Associate Professor Denise Gillman, and Madeline Phipps.

MORGAN BARCLAY/THE CAPTAIN'S LOG (Bottom) The orbs in the installation glow in soft pinks, yellows, blues and purples. MACY FRIEND/THE CAPTAIN'S LOG

BY MORGAN BARCLAY
MORGAN.BARCLAY.15@CNU.EDU

"It feels like I have been transported to a whimsical universe," Associate Professor Denise Gillman exclaims as she enters the installation, "The Elegant Universe," for the first time. And she is not wrong. Completely transforming the Falk Gallery through lighting, sounds and visuals, many Christopher Newport students, and community members alike, have been spending a fair amount of time in the space.

More than that, the installation has begun to blow up on social media, with many students performing full photo shoots in the space, that they later post to Snapchat, Instagram, Facebook and Twitter.

The installation, which works as a collaboration between the art and theatre departments at CNU, is an expression of the theory of the multiverse. Conceived by Gillman and Lecturer Kristen Skees, the installation is based upon the play, "Constellations," by Nick Payne. The play which will be performed in the space by two CNU alums, currently living in New York, is a love story that collides science in romance through its fugue of vignettes that follow the two characters' relationship as it transforms through time and space. The play is a contin-

uation of the science plays docket that TheatreCNU has produced in the past years.

Being an expression of an abstract scientific theory, Kristen Skees, who worked on the art side of the collaboration, was drawn towards the creation of a completely new space, working specifically, in tandem with Lecturer Dave Shuh, to create the space.

"There are no concrete objects or visuals," Kristen Skees explains as she takes me through the installation.

This is something that she felt was very important to express the theme of the play. Instead, the installation features a collection of glowing orbs, or "puffballs," as the students who worked as production assistants referred to them. Beyond that, the installation relies heavily on the lighting of the space to convey its message.

"We wanted to make a completely unique environment, and light was an important component to that," Shuh explains. Being a lecturer on scene design at CNU, he focused on the integration of new lights in the space. Shining a whole rainbow of colors, the orbs light and darken in a breathing-like pattern until they reach a full illumination. The rest of the space follows suit, the light, a deep purple, changes to a magenta, in tandem with the orbs.

The sound in the installation plays an important role, as well. "The sounds are actually recordings of radiation coming off of Uranus," Trevor Boynton, a production assistant for the installation, explains to me, as I question the droning noise that accompanies the installation.

Not only does the piece transform the space visually and in lighting, it transforms

it sonically as well, creating a completely other world, or a "counterpart universe," as Kristen Skees describes it. This complete transformation into this counterpart universe, as well as its abstract presentation has allowed for a wide variation of interpretations that Associate Professor Alan Skees, husband of Kristen Skees and fellow collaborator on the piece, believes has led to its explosion on social media.

"Alan called it," Kristen Skees proclaims, while discussing the surprise at the attention the piece has gotten. "Living with [the piece] at our house, I knew that people would be attracted to it," Alan Skees explains. While everyone involved in the piece may not agree that this attention it has gotten could have been predicted, they are all delighted by it.

"The role of the artist is to comment on... and be a part of the contemporary moment," Kristen Skees explains. Social media, she continues, is part of that moment. Being able to be a part of that through the reaction this piece has gotten shows, in her eyes, a transformation of installation work as she knows it, a transformation, that she is happy to be a part of.

Production assistant Madeline Phipps, agrees stating that "the community aspect" of the piece has been the most rewarding part of her experience. Phipps states that more often than not, art students feel disconnected from the rest of the University due to their geographical dis-

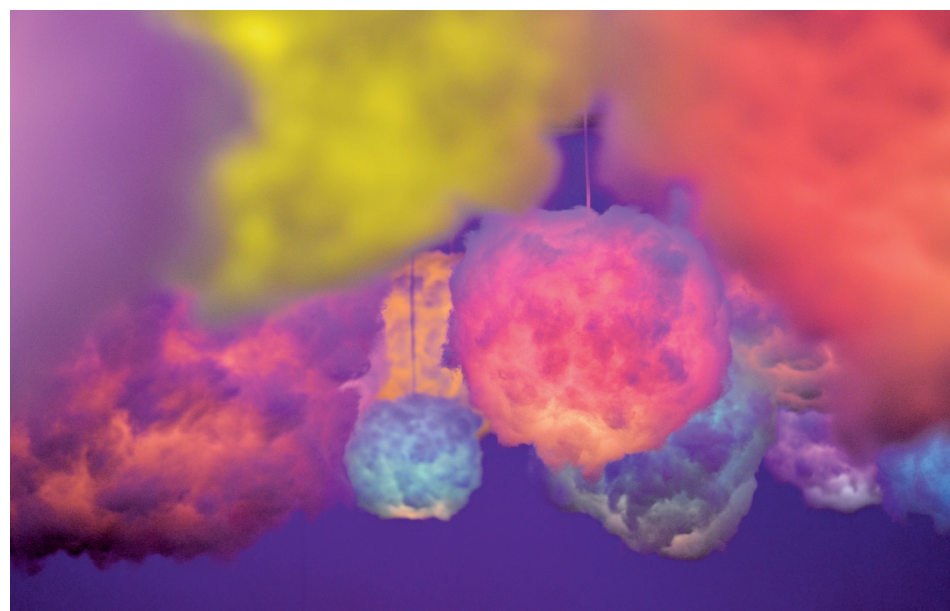
tance from the rest of the campus, and she is happy to see that this piece has bridged that distance.

While this piece is the first collaboration between the theatre and art departments at CNU in the recent past, it will not be the last. "I have an installation background, but this [collaboration] has opened up new ideas and doors for me," Kristen Skees explains. Gillman agrees stating that she is excited by the work that has been created and excited by the reactions of the actors that she is working with. She states that they have loved looking at the piece online and are happy to work with the installation. Gillman states that she hopes this will be the first of many collaborations.

The "Elegant Universe" was created with assistance from Lecturer Kristen Skees, Associate Professor Denise Gillman, Lecturer Dave Shuh, Associate Professor Alan Skees, and students, Trevor Boynton, Madeline Phipps and Christine Wright.

The performance of "Constellations" will be held in the space this Thursday, March 29, Friday, March 30 and Saturday, March 31, at 3 p.m.

The play is free and open to the public, but is limited in seating, with only 35 spaces available for each performance. There is no ticket for the performance and entrance will be on a first come, first serve basis. The "Elegant Universe" is free and open to the public from 9 a.m. to 5 p.m. until its close this Friday, March 30. ■



Ridderhoff's photograph hangs in the Falk Gallery. MACY FRIEND/THE CAPTAIN'S LOG

Falling into a Winning Photo

CNU's 11th Photography Exhibition awards CNU sophomore Abigail Ridderhoff for her photo "Allie in Autumn."

BY MORGAN BARCLAY
MORGAN.BARCLAY.15@CNU.EDU

With bright oranges and contrasting blues, Abigail Ridderhoff's photograph "Allie in Autumn" was chosen as the best photograph at Christopher Newport University's 11th Annual Photography Exhibition.

Chosen by juror Thomas Moore, a past professor of

photography at Christopher Newport, Moore also chose the photograph "Hautbois" by Matthew Rewell as the second place photograph. Honorable mentions were also given to Carly Weaver for "Hardwood Floors," to Nicole Cummings for "Mary" and to Lindsey Stone for "Nice Lobes."

The photographs were chosen from student and faculty entries. Calling for entries, the

arts department sent out a school wide email in which students could respond for their submissions to be judged.

Only a handful of student photographs were chosen to be displayed. Those photographs, as well as the winning photographs, will be displayed in the Ferguson Hall Gallery until Friday, March 30. ■

Studio Review: Starving Artists

Local studio Starving Artists offers pottery painting, canvas painting, glass fusion and more.



BY ANNA DORL
ANNA.DORL.17@CNU.EDU

Starving Artist Studio is a haven for creativity, drawing in artists of all ages from Newport News and Hampton Roads.

Its prime location in Port Warwick is only a few minutes from CNU among restaurants, shops and apartment communities.

The studio features all kinds of art mediums and opportunities to get creative, including paint-your-own pottery, glass fusion, clay building and canvas and board painting.

Walk-ins are always welcome and painting parties can be scheduled for birthdays or just for fun.

Starving Artist is extremely popular for kids, teens and adults alike.

The studio holds camps and activities for little ones to release some creative energy over the summer and spring break, as well as ladies' nights out and other workshops.

Among the many mediums offered to customers, pottery is definitely one of the most popular.

The studio gives customers their choice of countless different pottery pieces available to be painted whatever way they like.

Walls are lined with dishes, figurines, boxes and more.

"There is definitely a lot here!" says Mikayla Minton, an employee at Starving Artist and a recent graduate of CNU.

Prices vary based on the size and type of art piece, but a basic mug,

bowl or plate costs around \$24-30 each.

When customers have finished painting, pieces are collected to be fired in a kiln, available for pickup a few days to one week later.

Glass fusion, another popular creative opportunity at Starving Artist, involves layering different colors of glass to create a mosaic effect.

"A great introduction to glass art is to visit any Thursday for our special three pendants for \$25," the studio advertises on their website, starartiststudio.com. For glass fusing, kiln firing is done within one to two weeks.

The studio provides a 10 percent discount on all mediums and projects for CNU students and military.

"We always try to support CNU students and vice versa," says Minton.

Starving Artist Studio is approaching its 12th anniversary this April and has become a great creative outlet for college students, families and anyone looking to stir up their creative juices.

Their purple walls and the artwork all over the shop provides a fun and funky environment for all ages.

Starving Artist Studio is open from Sunday through Wednesday 11 a.m. to 6 p.m., Thursday and Friday 11 a.m. to 9 p.m. and Saturday 10 a.m. to 9 p.m. They close at 6 p.m. every third Friday.

The studio gives students the ability to relieve some college stress and unleash their inner artist. ■

(Top) The outside of Starving Artist Studio rests in Port Warwick, in close proximity to CNU's campus. (Left) Customers work on paint projects with their children in the studio. (Right) Decorations such as this 'Create' sign fill the walls and shelves of the studio for artists' encouragement. ANNA DORL/THE CAPTAIN'S LOG



Nail Addict: More Than Just Nails

Nail Addict beauty salon off of Warwick Boulevard offers a discount to students on Wednesdays, and brings more than nail satisfaction to customers.

BY KELSEY SCHNOEBELEN
KELSEY.SCHNOEBELEN@CNU.EDU

Ever wonder where the best place is to get your nails done while at school? The answer is Nail Addict, only a short 10-minute drive from campus near Oyster Point Road in the shopping center adjacent to Warwick Blvd.

Not only is the location convenient, but the service is unlike anywhere else. From the decor to the music, everything about the salon invites the customer in, making them feel welcome and at home, even in the hustle and bustle of a normal workday of an ever-revolving door of customers.

Opened in 2012, Nail Addict

is owned by local entrepreneur Maria Wood, and is continuously recognized in various community awards, such as the Daily Press Readers' Choice Awards.

The salon operates Monday-Friday from 9:30 a.m. to 7 p.m. and Saturday 9:30 a.m. to 5 p.m., when nail technicians will see anywhere from five to 13 customers in a day, depending on how busy it happens to be or the day of the week you go.

Friendly faces greet you when you enter, all starting with the receptionist, Cayla. Whether you are a walk-in or make an appointment in advance, the

process starts with her as she checks you in and gets everything ready to go. After working there for three years, Cayla has everything down to a routine and keeps everything running smoothly.

Some of her responsibilities include keeping the girls on task, making appointments, answering the phone and customer service, whether that be greeting people upon entering or handling customer complaints via social media and phone calls. She says her favorite part about working at Nail Addict is "being around all the girls, it's like a family."

That familial vibe is felt all around.

From experience visiting the salon, one of the best parts about it is the connections made with nail techs. I

never once thought of myself to be someone who has their nail tech's number saved and to go around talking about them as if they were part of the family, yet here we are a solid two years going to Nail Addict to see Tilly Schmidt, who has been working there for six years.

She started off just doing manicures and pedicures as well as gel polish when her sister-in-law's sister, Maria, asked her if she wanted a job. Once she began working more, however, she began to see possibilities. Schmidt's favorite part of the job is the interaction with the customers.



Tilly Schmidt hand-designs much of her work, including the cacti on Kelsey Schnoebelen's nails. COURTESY OF TILLY SCHMIDT

"People are my passion, I like to meet new people and talk about their lives," she says.

Not only is she personable and engaged in various conversations with the customers she sees in a day, but her artistic ability shines through in the work she does on nails. There have been many times I've sat down in her chair unsure of what color I wanted and left with a fresh set of nails with an intricate design that she executed flawlessly.

Her people skills and talent combine perfectly to form everything you would need for an incredible experience getting your nails done. It also doesn't hurt she's an amazing formal date, as I found out last year.

But the talent doesn't stop there. Nail Addict has the best nail techs in Hampton Roads who are dedicated to their craft and enjoy working alongside friends.

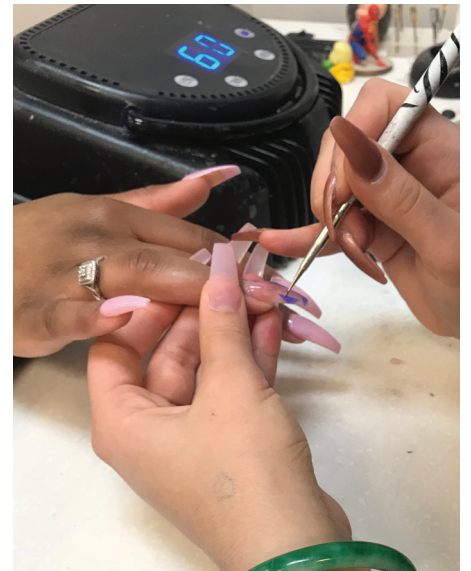
Another perfect example of it lies in nail tech JT who has been working at the shop for two years now. She had a friend who worked there and eventually got into it with the influence of the friendship and her interest in art.

"I started working here because it was the best shop to be at," JT says. "You have the freedom to be an individual and express yourself in many ways."

Nail Addict's location is central to many high schools in the area, as well as our own CNU.

Plenty of CNU students have taken advantage of their student discount on Wednesdays, but it doesn't stop there. Nail Addict offers military discounts on Mondays and \$25 manicures and pedicures on Tuesdays, first come first serve. They also have monthly specials advertised on their Facebook page, as well as their Instagram @NailAddictLLC.

So if you're looking for the freshest nail trends (or a formal date), Nail Addict may be the place for you. ■



(Top) Nail technician Tilly Schmidt works on the design of a customer's acrylic set. (Bottom) Schnoebelen poses with Schmidt before her ASA Formal. KELSEY SCHNOEBELEN/THE CAPTAIN'S LOG

Spring 2018 CNU Farmers Markets

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APRIL 5TH, 12TH, 19TH

YORK STRIP, 3PM - 6PM

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