



THE CAPTAIN'S LOG

THE VOICE OF CHRISTOPHER NEWPORT UNIVERSITY STUDENTS

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United, we stand

The Black Student Union and Intervarsity cohosted a vigil for victims of police brutality.

BY BEN LEISTENSNIER
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The Pope Chapel was a scene of unity on Sept. 23—a place where it didn't matter what skin color a person had or their family background. It didn't matter where people stood on the political spectrum.

For one night, all those were cast aside to mourn for victims of police brutality.

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The prayer circle: A look at the prayer vigil from the perspective of someone involved

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ASA and KDR's "Prove It": Pictures from CNU's newest philanthropy event.

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Title IX: A recent overhaul of the Title IX policy leads to more employee responsibility.



Weekly pic



(From left to right) Emily Senesac and Kilie Rosson compete at Alpha Sigma Alpha’s Prove It!. The competition featured teams of two friends answering questions about the other. Here, the two react after Rosson correctly guessed that Senesac’s dream celebrity spouse would be John Krasinski. For more information about Prove It!, read Snapshot on pages eight and nine. **Photo by Ben Leistensnider/The Captain’s Log**

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ZTA encourages us to Think Pink

Correction: In the CAB Presents: Fall Fest, the individual in the bull riding photo is Kylan Washington.

Happened

- Sept. 27**
The Community Experience
On Tuesday, members of the Panhellenic community hosted a meet-and-greet for students who are interested in joining the Greek community in the Spring.
- Sept. 27**
Career Fair
The CNU Center for Career Planning hosted their first two-day Career and Graduate School Fair. The second day of the event will be held on Wednesday Sept. 28 in the DSU Ballroom from 12-3 p.m.

Happening

- Sept. 28**
Mental Health Speaker
On Wednesday night, CAB and NAMI will present Dr. Joel Nunez who will talk about strategies to help students live happier lives. This session will be held in the Gaines Theater at 8 p.m.
- Sept. 29**
Bright Pink Workshop
Zeta Tau Alpha will host their first Bright Pink workshop this Thursday at 7:30 p.m. in Forbes 1022. This workshop will discuss women’s health and will be counted as a PLP and Honors event.



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2016-2017

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

- **Email:** clog@cnu.edu
- **Drop off:** The Captain’s Log newsroom, DSU Suite 393

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UNITED
CONTINUED FROM PAGE 1

United, we stand

The prayer vigil was co-hosted by the Black Student Union and Intervarsity, one of CNU's various Christian-based organizations.

Antonia Comfort, the president of the Black Student Union, said that it was Intervarsity that first made contact with her and her organization wanting to plan some kind of event.

This move came after the most

allowed to make statements before everyone stood to form a prayer circle around the chapel's interior.

One individual who spoke up before entering the circle was Deja Lewis, who touched on the fear that she and her family face about each other's safety. "I shouldn't have to live in a place where I have to call my dad just to make sure he picks up."

"Even if we can't solve the problems, at least on this campus we can show each other our love."

recent incident of a fatal police shooting, this time taking place in Charlotte, NC.

On Sept. 20, Keith Lamont Scott was exiting his car in the parking lot of a housing complex as Charlotte-Mecklenberg police officers were attempting to serve a warrant to a man in the same complex.

According to CNN, the events of what happened next are highly contested—while police say he made a threatening move with a gun, recently released video footage of the Scott shooting failed to show him pointing a gun at

Once in the prayer circle, people were able to voice their concerns regarding all aspects of the situation. One prayer was extremely powerful: "I feel like it's 1965 all over again. I feel like we're fighting for the right to be black."

"It meant a lot to me to have so many people from campus come out and recognize this is a problem," said Comfort. We can't change the problem, but recognizing there is a problem has power within itself."

This was a idea reflected by many there.

"I feel like it's 1965 all over again. I feel like we're fighting for the right to be black."

officers

Eric Gambardella, the campus minister for Intervarsity, began by clarifying that such debate was not the purpose of the vigil. "We could talk and speculate about [case specifics], but we need to recognize its a problem. I don't think people disagree death is a lamentable thing."

Following an initial prayer from Gambardella and opening word from Comfort, people were

As one vigil attendee stated, "Even if we can't solve the problems, at least on this campus we can show each other our love."

To further discussion about the issue, the Office of Diversity and Inclusion hosted "Standing Solid" on Sept. 27. Students were encouraged to come together and share moments of fear and discrimination to bring to light moments of pervasive racism. ■

How Title IX battles sexual assault on college campuses

The recent updates to Title IX call for a complete overhaul of employee responsibilities, student reporting procedures and most importantly a closer look at how the university deals with Title IX violations.

BY RACHEL WAGNER
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Throughout the 2015-2016 school year, CNU led 11 Title IX investigations. Title IX contains all of the rules, laws and guidelines that universities have to follow when dealing with sexual assault.

All CNU employees must be familiar with Title IX. According Tom Kramer, CNU’s director of External Relations, the issue of sexual assault and sexual violence is an issue taken very seriously by Paul Tribble, and this is always seen as a top priority for faculty and staff.

On Sept. 13, Michelle Moody, Title IX Coordinator, sent out an update on CNU’s Discrimination, Harassment, and Sexual Misconduct Policy to all students.

A key reminder from that email includes that any student accused of sexual misconduct and under investigation will have a mark on their transcript during the investigation, or if a student is suspended or dismissed from CNU as a result of the investigation.

If CNU students experience any kind of sexual harassment or assault, they can report anonymously or directly to the Title IX office. Moody is tasked with ensuring CNU’s Title IX compliance.

Moody was moved into this position to make sure that “one person was responsible for the entire process, to ensure we are doing it right,” explained Kramer.

Title IX was passed into law under the Education Amendments of 1972 to “prohibit discrimination on the basis of sex” in educational institutions.

Originally, the law was utilized to ensure equality in men and women’s sports or educational opportunities. However, since 1997, Title IX has been the set of laws directing the investigations on sexual harassment, sexual assault and sexual violence on college campuses.

In addition, Title IX official

Title IX Investigations by year

Year	2012-2013	2013-2014	2014-2015	2015-2016
Reports	8	5	4	11
Responsible	4	1	3	2
Not responsible	4	4	1	8
Pending	0	0	0	1
Suspended	3	1	1	1
Dismissed	1	0	2	1

Title IX investigated 11 cases at CNU throughout the 2015-2016 school year. The recent uptick in title IX investigations has to do with the updates to the Title IX policy and not in correlation to an increase of sexual assaults on campuses. ILLUSTRATION BY BEN LEISTENSNIER

prohibits behaviors such as sexual exploitation, dating violence, domestic violence, various forms of discrimination and stalking.

According to the Office of Civil Rights’ “Title IX Reading Room” documents, Title IX as a statute is only 37 words.

The Office of Civil Rights of the Department of Education has the ability to issue guidance documents, which are passed through Congress.

They also issue interpretation documents, called “Dear Colleague Letters,” which do not require congressional approval.

If an educational institution fails to meet the requirements issued in a dear colleague letter, the Department of Education can take away their federal funding.

All staff must go through online training this year.

When a CNU student speaks

to a “responsible employee,” including professors, staff or student employees serving in their official capacity, those employees must report incidents of sexual harassment, assault, or violence directly to the Title IX office.

From there, the office handles the investigation with the student.

If the student contacts the police, local law enforcement will investigate the process and, according to Moody’s email, receive full cooperation in their investigation from CNU.

If reported to CNU, CNU must issue a “Timely Warning” notification due to the Clery Act, which reports minimal information about the incident but provides CNU students alert to potential dangers on campus and in their community.

“We are a community here...we try to think that

we all respect each other but sometimes things happen, that’s where the Title IX office comes in,” stated Kramer.

Kramer, along with Rosemary Tribble, served on the Governor’s Sexual Assault Task Force in the past, which recently helped revise state legislative requirements for Title IX.

In a report requested by Daily Press, the Title IX office released information regarding the number of Title IX reports and investigations during the 2015-2016 school year.

There were 11 official reports/investigations, with only two students being found responsible. ■

If you would like to report a Title IX violation contact:

Michelle Moody
Director of Title IX and Equal Opportunity
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Deputy Title IX Coordinator
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Pumping out the polls

The Wason Center takes a closer look at predicting the trends of the upcoming election.

BY CHRISTOPHER GABRO
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With conservation efforts taking the forefront of university's minds, Christopher Newport University established its first Sustainability Committee in 2010 in order to enhance its own conservation efforts.

Five years later, the university has consistently recycled five tons of material per month, constructed more energy-efficient buildings and has elected its first Sustainability Coordinator, Ryan Kmetz, to facilitate conservation projects on campus.

Now, serving his second year at CNU, Kmetz is tasked with "empowering the community to collaborate with each other to live more sustainably," and he partners with several clubs and organizations on campus to design and enact environmentally-beneficial changes to the function and management of the university.

In the past year, Kmetz has helped to add several new recycling locations on campus.

In June of 2016, Keep Virginia Beautiful awarded CNU with a grant of \$1,000 to further enhance its recycling efforts.

This semester, Kmetz will partner with CNU's student assembly to put this grant toward a new recycling project, which will educate the student public on which items

can and cannot be recycled.

Kmetz hopes to turn CNU into a more sustainable community – and he defines sustainability as "meeting our needs without compromising our needs for the future."

For students who would like to learn more about living sustainably, Kmetz – with the help of various CNU students – has created several online guides to sustainable living – ranging from the "do's and don'ts of recycling" to the ways to get involved with upcoming eco-friendly projects.

According to Kmetz, teaching students how to live more sustainably is the first step to shaping CNU's culture into a greener one.

Some of his upcoming projects for this year include expanding recycling to university events such as football games and installing several more bicycle repair stations around campus.

For those who would like to see their own eco-friendly ideas in action, Kmetz enjoys allowing students to take "initiative" in enacting their own ideas, and he provides assistance to students who would like to leave their green mark on CNU.

In order to gather statistics and guide his future sustainability projects, Kmetz created a survey to gauge the recycling habits of the CNU community. ■



CNU's sustainability efforts continue to grow as further projects loom on the horizon.

BY SAMANTHA SPATA
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As the upcoming election approaches in November, the Wason Center is accelerating its process to generate accurate results to predict the possible outcomes.

The Judy Ford Wason Center for Public Policy is the on-campus polling site where the university conducts research and analyzes the data collected.

On Monday, Sept. 26, the Wason Center released its extensive poll with results revealing that in a plain head-to-head ballot Clinton surpasses Trump by 10 percent at a 48-38 percent standing.

If all five presidential candidates are on the ballot—which they will be for Va voters—the results still yield a six percent lead for Clinton.

On the matter of the character of the candidates, 53 percent of voters say Trump is racist and 54 percent say they would not trust Clinton.

There is a strong emphasis being placed on Va this election because of the political change that the state saw in 2008.

The last time that Va went for a democratic candidate prior to President Obama was the 1964 election where Va went in favor of Lyndon B. Johnson over Barry Goldwater.

Dr. Bitecofer, Assistant Director of the Wason Center said, "Polls are important because it gives a picture of the race and people are reminded

that our opinions and votes matter."

The presidential campaign has been pulling along for a little over year and voter inundation has revealed itself in the poll.

Among white college degree holding individuals 27 percent say that they are not at all excited about the upcoming election.

That number dramatically increases in females not holding degrees at 32 percent who say they are not excited about the upcoming election.

The center has 24 employed callers that take surveys from the calls.

The numbers for the calls are generated randomly from a survey of registered voters in Va.

The increasing number of cell phones being in use in the center ensures that randomly generated numbers are both from landline and cell phones to ensure there is no deviation in the data.

Generally, to reach the desired 1000 samples it takes the center seven to 10 days to acquire the data.

This survey spanned a wide range of possibilities that the election could hold for the future.

The center is planning on releasing a poll a week from now only focusing on the head-to-head race to give the best indicator on how the election will unravel.

The last day to register vote for residents of Va is Oct. 17 and the election will be held Nov. 8. ■

Taking a closer look at the Ancient Aztecs

CNU art professor Dr. Elizabeth Moran will publish her first book on Ancient Aztec food and ritual this winter.

BY AARON ROYCE
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Dr. Elizabeth Moran, who teaches courses on pre-Columbian, African and Caribbean art, as well as the Survey of World Art in Context and Senior Seminar in Art History courses, will be releasing her first book, *Sacred Consumption: Food and Ritual in Aztec Art and Culture*, this winter.

The ancient Aztec people were mostly famous in the culinary world for introducing hot chocolate and popcorn to European settlers, who later wiped

out most of their civilization through diseases. This is probably the extent of most people's knowledge of the Aztecs and their history of food. However, thanks to Dr. Moran, that will hopefully change soon.

Moran examined texts written by Spanish friars in Mexico and pictorial manuscripts painted by indigenous artists to find out how the sixteenth-century Aztecs used food in ritual performance.

"My book connects the ritual use of food to both origin and creation myths of the Aztec people," said Moran.

Most of Moran's research took place in libraries and museums in New York, Mexico City, and Washington, D. C.

"I loved examining things firsthand as I did with objects at the National Museum of the American Indian, in D.C. and el Museo Nacional de Antropología, in Mexico City," Moran says. "Getting into the research material in-depth really excited me."

This is Moran's first official published work, although she has written several scholarly articles on Aztec rituals and a chapter for a different book. "I

am particularly interested in works, such as manuscripts, created during time of conflict or contact between different cultures," she says.

Moran's interest in Aztec sacrifice and material culture led to discoveries of her own. She quickly realized that, while reading primary sources, that the Aztecs were sacrificing less and eating more.

The research that Moran did made connections between courses that she's previously taught, for example she taught a seminar on Aztec culture and art and another one on ritual

and art. Moran comments that her book could certainly be useful in these classes and others that she teaches.

She hopes that her book will be used academically and appeal to a wide variety of people. She also hopes that people who read her book will learn about the history and state of mind of the Aztec people, as well as their effects on other cultures.

"I think I have fallen in love with my area of research and will always go back to it, even if I'm working on new things," Moran says. ■

The prayer circle



“Gatherings such as the prayer vigil are a glimpse of what the future of this country can become: a community that is not afraid to mourn and rejoice together.”

HANNAH MCCLURE
STAFF WRITER/PHOTOGRAPHER

In Romans 12:15, it says, “Rejoice with those who rejoice; mourn with those who mourn.” On Sept. 22, 2016 at 9 p.m., Black Student Union, InterVarsity, many other students and I acted out Romans 12:15 by mourning over those who lost their lives due to police brutality and other injustices that have taken place in the United States. We rejoiced in the freedom of being able to unite in prayer for restoration to all who are brokenhearted through participating in a prayer vigil.

At the beginning of the prayer vigil, Eric Gambardella, the InterVarsity campus minister clarified that this event was not meant to single anyone out if they were Christian or not, but rather an event where people can come together, feel safe and mourn over all that has happened in the past few years in Baton Rouge, New York City, Maryland, Charlotte, Minneapolis, Ferguson and many other places. Gambardella also expressed his empathy for all the

injustice and lack of security that African Americans have faced.

According to the Washington Post, 491 people were shot and killed in the first six months of 2016, whereas 465 people were shot and killed by the police in 2015. With an increase in shootings and deaths of people by police officers, this statistic shows how much of a need a prayer vigil was needed on campus because right now we live in a world where hashtags are used as divides for color, rather than using prayer as a way that unites us all and gives us common ground.

As I began to hold hands with people I thought as strangers at first, Antonia Comfort, the president of the Black Student Union, opened up a prayer circle for everyone to pray over all the injustice taking place in the world. Within seconds of Comfort opening up the prayer circle, our hearts of the CNU Community opened up with words of hope and faith to God. On my left and right, our hands were trembling with fear, yet the call for peace. The once known strangers who were standing on my left and



(Top) Vigil attendees stand hand in hand to make a massive prayer circle. (Above) Antonia Comfort, president of the Black Student Union, addresses the crowd at the vigil.

PHOTOS BY HANNAH MCCLURE AND BEN LEISTENSNIER/THE CAPTAIN’S LOG

on my right became my brothers and sisters because that moment of unity feels like a sense of home and security, instead of divisions of color.

People were praying that restoration would be brought. People were praying for forgiveness. People were praying for safety. People were praying for peace. Through all of the prayers that were continuously revolving around the

circle, each prayer lit up the reality of hope in things getting better.

After all the prayers of the night were said, I realized how close the CNU community has become and that gatherings such as the prayer vigil are a glimpse of what the future of this country can become: a community that is not afraid to mourn and rejoice together as people of different backgrounds. ■

WEEKLY PUZZLES

Across

1- Farrow and Hamm; 5- Keep an ____ the ground; 10- "____ the night before Christmas ..."; 14- Swenson of "Benson"; 15- Autocratic Russian rulers; 16- Actress Sofer; 17- Meager; 18- Footnote abbr.; 19- Swear words; 20- Sixth planet; 22- Spinal anesthesia; 24- Cognizant; 25- Mountain nymphs; 26- Tel ____; 28- Big name in insurance; 32- Start of something small?; 35- Block; 37- Scenic route path; 38- Devoured; 39- Tickle pink; 41- Largest book of the OT; 42- Gambling state; 45- "Michael Collins" actor; 46- Scorch; 47- Last letter of the Greek alphabet; 48- Razor name; 50- One or the other; 54- "Dallas" matriarch; 58- Hocking site; 61- Out there; 62- Cattle group; 63- Actor Ryan; 65- ____ me tangere; 66- Met solo; 67- Later, dude!; 68- Work without ____; 69- Small children; 70- Curved letters; 71- Sun. speeches;

Down

1- Beethoven's "____ Solemnis"; 2- Acquired relative; 3- Heartburn; 4- Warrior of feudal Japan; 5- Collar type; 6- Egyptian cobra; 7- One on track?; 8- Nonsense; 9- Port of old Rome; 10- Legging; 11- Don; 12- Architectural pier; 13- Political satirist Mort; 21- Gun, as an engine; 23- June 6, 1944; 25- Egg-shaped; 27- Notion; 29- Drink to excess; 30- Rocket launcher; 31- Jewish month; 32- Look ____ hands!; 33- Tabloid tidbit; 34- Campbell of "Party of Five"; 36- Blemish; 37- Fluff egg whites; 40- Shred; 43- To-do lists; 44- Speaker's spot; 46- Steinbeck's birthplace; 49- TKO caller; 51- That group; 52- Sharpens; 53- Fencing swords; 55- Sierra ____; 56- Less healthy; 57- Prepares for publication or release; 58- Excellent, slangily; 59- Prefix with dynamic; 60- Court order; 61- Exclamation to express sorrow; 64- Answer to a sea captain;

BESTCROSSWORDS.COM

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MEPHAM GROUP

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	9		5				8	
			9		2	8	4	
1			7	3				9

Complete the grid so each row, column and 3 x 3 box (in bold borders) contains every digit, 1 to 9. For strategies on how to Sudoku, visit www.sudoku.org.uk



ASA and KDRs “Prove It”

“Prove It” resulted in a tie between (left to right) Daisy Flick and Lisa Amato of Phi Mu and Kelsey Langford and Courtney Colon of Alpha Phi. There were four tiebreakers before the host, Samantha Salmons, decided to end in a tie. Both groups received gift cards to Azzurri’s, an Italian restaurant in Newport News. **PHOTOS BY MACY FRIEND/THE CAPTAIN’S LOG**

Alpha Sigma Alpha and Kappa Delta Rho co-hosted their first gameshow-style event based off the Newlywed Game, “Prove It.”

BY MACY FRIEND
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Alpha Sigma Alpha (ASA) and Kappa Delta Rho (KDR) hosted their first gameshow-style event, “Prove It” in the Gaines Theater last Tuesday. This was based on the Newlywed Game, a show in which couples must answer questions to determine how well they know each other.

Similar to the show, students were asked a series of questions to determine how well each partner knew the other.

One partner was sent backstage where they could not hear the questions being asked while those left on stage had to answer questions about their partner. How well students knew each other was dependent on whether they had matching answers when their partners came out.

The end of the game did not

come quickly, as there were four tiebreakers. The first was between Alpha Phi, Gamma Phi Beta and Phi Mu. Then the second, third and fourth rounds of tiebreakers were between Alpha Phi and Phi Mu. The tie was not broken, however, and both teams received gift cards to Azzurri’s, an Italian restaurant in Newport News.

The event raised \$806 for the NATASHA House, which is a transitional home for homeless women and children that was founded in 2010. It assists families in the Yorktown and Newport News area by providing opportunities for mothers to regain financial stability, find jobs and learn to budget their money. Children also receive tutoring.

Before the event officially started, ASAs Fundraising Chairman Samantha Salmons invited Soraya Brown, a current NATASHA House resident

on stage to share a bit about herself with students so they could have a sense of their impact on the community.

Brown thanked students in the audience for supporting the NATASHA House.

“It is because of people like you who are generous enough to give your time, your thoughts, your prayers, to give your finances to us, it really does make a difference. Not just to me and my son, but to all the ladies and their children. Every little thing that you do truly does make a huge difference to each of us.” ■

Soraya Brown, a current resident at the NATASHA House, was invited on stage to speak to students before the event began. She gave advice about not giving up and spoke about her experience at the NATASHA House and how it has been a place that has helped her to be able to further her education at William and Mary.





(Left to right) Rachel Cordon and Isabelle Clough of Delta Gamma matched answers when asked what the other would prefer for lunch plans, earning them a point in the round. Between Commons or Regattas, most students chose Regattas.



(Left—from left to right) When asked “If your partner could travel anywhere in the world, where would it be?” Ekoue Folli and Nassir Criss matched answers, after Nassir expressed interest in visiting West Africa. (Right) Patrick Hennis of Pi Lambda Phi tried to guess his partner (Tim May’s) celebrity spouse, which was Jessica Alba, but guessed incorrectly with Kim Kardashian.



(Left to right) Juniors Max Katcher and Harrison Siegal earn a point for a half-correct answer. After being asked where Harrison would like to travel if he could travel anywhere, he answered “Alaska, or anywhere I could go fishing,” to which Max held up his answer and said “You can go fishing in Florida.”

XC races to beat nationally ranked opponents



The cross country teams will be split up this Saturday to compete in separate competitions in the hopes of being nationally ranked. **SAMANTHA CAMILLETTI/THE CAPTAIN'S LOG**

Cross Country will divide and conquer this upcoming weekend. They plan to send a squad to Paul Short and The Don Cathart meets.

BY SAM CAMILLETTI
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This weekend, both cross country teams will split between two meets in an effort to both encounter nationally ranked opponents and improve upon their already impressive record.

The Captains are coming off a victory in the 58th Annual William and Mary Invitational on Sept. 16 where both the men and women won their respective College Division races.

The CNU men accumulated 32 points during the meet while the women's team had 18 points, only three points off of a perfect score.

The women were led by some new faces as freshman Jessica Lee won the College Division 5K with an overall time of 19:21. This was only the second race of her collegiate career.

After her efforts in the William and Mary meet, Lee earned the CAC's Women's Cross Country Athlete of the

Week.

Senior Emmie Schmitt was right behind Lee with a time of 19:30. Junior Taylor Mansini, sophomore Abby May, and freshmen duo Abby Snyder and Lauren Butler all finished within the top 10.

On the men's side fellow freshman Jason Putnam, placed fourth in the 6K race with a time of 20:02.

Fellow freshmen Daniel Cretney and Tyler Krickovic crossed the line next with times of 20:03 and 20:08, respectively. Rounding out the top five and the freshmen dominance was Trejon Edmonds (20:18), and Kyle Doyle (20:20).

While the senior leaders of both teams were absent from William and Mary's race in preparation for this Saturday's race, Head Coach Matthew Barreau expressed optimism in the younger members of the team. "There was a lot of leadership from the youth as we sat out a lot of our upperclassmen for this meet," he said in an inter-

view with CNU Sports.

"It was great to see some freshmen be confident. That's a very good sign for this team."

Last year at Paul Short, the women pieced together a 16 place finish in the Women's Brown 6K with senior Lydia Cromwell leading the pack at 22:44.

May and Schmitt were the only two from the William and Mary squad to compete last year, finishing with times of 23:15 and 23:56, respectively. The men's team finished ninth in the Brown 8K.

This year, the men will be competing in the Silver Race, where the speed will be more like what they will see at the national level.

The men's squad coming into this race will have fresh legs as none of them competed in the William and Mary race.

The Don Cathart meet was cancelled last year, but the Captains have had a strong presence there in the past. In 2014, the women's team captured

first place in the 6K.

The men placed third in the 8K. The team unanimously agreed to improve upon their scores in both races this year.

Freshman Samantha Dickerson, hoping to distinguish herself as one of the top women's runners, sums up the drive for excellence from the women's side.

When asked about the biggest difference between high school and collegiate cross country, she said: "The practices and higher mileage are a lot different from high school but I can really feel myself getting stronger from it."

Her goal is to perform her best, which seems to be a general theme running through both teams.

Since she missed the William

and Mary meet due to illness, Paul Short will be her first collegiate meet.

"I've never ran a 6k before so I'm hoping to just stay in control over the last 1000 meters of the race since that'll be the new part," she said.

"It'll be my first real college race so it's a mix of nerves and excitement but I know our coach has prepared us and the girls' team is working to have a killer season, that's the goal and that's what we'll do."

Both races will be this Saturday, October 1st. The Paul Short Run will take place at Lehigh University, Pennsylvania. The first race begins at 9:30 a.m. The Don Cathart Invitational will take place in Salisbury, Maryland and will begin at 9:30 a.m. ■

Top men times:

Jason Putnam
20:02

Daniel Cretney
20:03

Top women times:

Jessica Lee
19:30

Emmie Schmitt
20:03

Soccer travels to sunshine state to compete

CNU men's soccer traveled to California to compete and explore the starstruck cities.

BY TARYN HANNAM-ZATZ
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The CNU men's soccer team took a trip a couple weeks ago to California to compete in games and also take part in a lot of team bonding.

The team played two games against the University of Redlands and Chapman University. They won the first game 2-1 and lost the second game 5-3.

"We don't usually take the team abroad we try to go on one good trip every year. We have been to New York, Atlanta, Texas, Ohio and Philadelphia in the past. The coach of the Redlands team is a good friend of mine so we decided to take a trip to Los Angeles," Coach Shaw said.

The Redlands team was ranked number seven in the nation which means this is a big win for the Captains. Shaw said it was probably seen as the "game of the week" in division III soccer.

The Captains played hard in both games trying to pull out two wins to bring back to Newport News but just couldn't get it against Chapman University.

"It was 102 degrees on Sunday and the game was difficult. We didn't play well against Chapman, a team we should have beat. We lost 5-3 so we were disappointed.

It is always difficult to win 2 games on a long trip, especially when the first is the "main event".

We at times can overlook the opponent that is not on the same level," Shaw said. Despite this loss, they came back with one win and they also came back with a great experience they got to have as a team.

"During our down time the team spent some time in and around LA," senior Mamadou Barry said, "most notably we went to Santa Monica to enjoy the beach and shops in the area."

The team spent most of their down time in LA together.

"Saturday was our day to explore so we went to Hollywood first. Although it was a bit commercialized I think the guys enjoyed seeing the stars on the sidewalks and the many interesting people," Shaw said.

Barry said his favorite activity was walking around Los



While CNU's men's soccer team was fully focused come game time, they were still able to relax and enjoy the California beaches on their road trip. COURTESY OF MAMADOU BARRY

Angeles seeing all the stars on the ground, "it was really cool to come across some of my personal idols." Of course, the team also enjoyed the great food they got to eat.

The ability to grow closer will help them as a team and help them translate that into success on the soccer field. "A trip like that always helps the guys grow closer together.

They get to hang out in a different way, conversations are different, exploring a different place gives everyone a common ground and different experiences," Shaw said. ■

Setting course for Tokyo 2020

Freshman Vir Menon trains each day at CNU in order to keep his skill level high for the upcoming Olympics once he graduates.

BY CAITLIN KING
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While dealing with the struggles of being so far from home and getting good grades, freshman Vir Menon continues his sailing journey in order to stay on track for the 2020 Olympics in Tokyo.

Back home in Bangalore, India, Menon received his first sail boat at the age of three and started competitively sailing at the age of five.

With his grandfather in the navy and father sailing for fun Menon was bound to start at a young age. He would competitively sail a boat called the optimist up until the age of 15. Around the age of nine or ten he competed in the national championship for his age group and placed in the top ten where he qualified for the Indian National Squad.

While on the Indian National Squad he was sent to multiple countries to compete where he consistently placed second or third.

Growing up sailing was a very strenuous schedule for Menon so he made the smart decision to pick a high school that worked around athlete schedules.

He was able to go to school for a month and then sail for a month at a time. His typical training day would force him to wake up at 6 am to weight train, sail for 8 hours during the day and then have a debrief and rules seminar after.

Looking for colleges entailed finding one that had a highly skilled sailing team. In his search for a college in America CNU kept popping up as a good team for sailing.

Luckily for him the search was the same for the sailing coach here at CNU. Representing India and being the best sailor put him towards the top of the recruiting search for colleges.

Menon claims to have always known that he wanted to go to the Olympics, but once he realized that if he worked hard enough than the dream would

be attainable. In order to get accepted into the Tokyo 2020 Olympics he must continue to train to qualify.

"I need to be number 1 for the country of India, the year before the Olympics I need to go to worlds and place in the top 15 and be the first Indian, I must sail the biggest sailboat, therefore, I need to keep getting physically fit because it will be harder to sail by myself," said Menon

If Menon were to actually make it into the Olympics he would be the first Indian to sail the laser for the first time.

Though he is no longer competing internationally at the moment he is continuing to train at CNU off the grid and plans to be ready to win come his senior year of college.

Here at CNU Menon is a member of the sailing team where he sails the laser single handedly and will compete co-ed once the single tournaments are over. ■



Menon has competed across the world and placed in the top ten in most competitions. COURTESY OF VIR MENON

Undiscovered Music: Dot 22

In a music slump where nothing seems to be the 'right' song? This new pop rock band might help with their toe-tapping sounds.

BY REAGAN MASON
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Pop rock is by no means an underrepresented genre of music, occupied by big name bands such as Fall Out Boy and Maroon 5. But there is more to pop rock than just the 'giants'—those we see plastered on billboards and maybe played a bit too frequently on the radio. However, there is a smaller side, whose names cycle around certain circles, who can only be found if you care to look. One such band is Dot 22.

Dot 22 was formed in 2011 with members Alex Crain (guitarist/vocalist), Aaron Sanders (drummer), and Vivian Zingleman (bassist/vocalist). 2012 marked the release of their first EP "White Noise," which received radio airplay in Atlanta and about 50,000 hits on YouTube, though it cannot be found on either YouTube or iTunes anymore.

The next year, they began working on another EP, "Bottle Rocket Romance," which was released in 2014. Their newest release, titled "Maybe There's Something Wrong," became available in April of 2016.

Several months prior to the release, the band announced that they were on an indefinite hiatus as all three band members joined with Nick Peña and Alex Peebles, two other rock singer/songwriters to form a band called The Everyday Anthem.

Now what sets Dot 22 apart from all the other pop rock hopefuls? Catchy hooks and strong, driving guitars seem to be a staple of the genre, so there needs to be something else that keeps Dot 22 from being another face in the crowd. Though they had a relatively short run of their own before joining another band, Dot 22 quickly established themselves as different because they have a unique energy that pervades their music, keeping everything vivacious with a beat that keeps you tapping your foot.

In their slower songs, like "About Getting Older", the vocals are pure and striking, driving over the top of the guitar in a wave that crashes over the listener, while in more upbeat songs, like "Poison", the baseline drives the music steadily forward and the vocals are more rough and real.

Lyrically (though this can only be proven for "Bottle Rocket Romance" because those are the only lyrics that have been published), they speak of the age old topics of love and growing up, but they do it in a unique way that adds a new consideration of the subject.

Song suggestions for those who appreciate a good pop rock drive are "Hello Possibility" and the aforementioned "Poison", while if you are looking for a slower song to contemplate life to, check out "About Getting Older" and "This is Love".

The sky seems to be the limit for Alex, Aaron, and Vivian, and any fans of theirs should be excited to see what they accomplish in The Everyday Anthem, and Dot 22, if they ever return to it. ■

Fall Festival of Folklife

The 43rd-annual Fall Festival of Folklife—which attracts 30,000-50,000 visitors—will be taking place on Oct. 1 and 2 at the Newport News Park.



The festival showcases cultural elements unique to Virginia such as Native American dances. COURTESY OF SHELLY EZANNO

BY SAMANTHA CAMILLETTI
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Newport News Park is generally known for its peaceful wooded trails, camping sites, and large lakes, however, it will be transformed from a simple recreational site into a historical hub as it hosts the 43rd annual Fall Festival of Folklife this weekend.

This festival is equal parts cultural education and nature appreciation and it generally attracts between 30,000 to 50,000 people each year, according to Shelly Ezanno, Superintendent of Special Events and Promotions for Newport News. All week, park rangers and at least 100 people from seven or eight different departments are involved in the preparation leading up to this weekend. "It takes a village," Ezanno said over the rumble of an early morning park ranger truck.

The festival is an accumulation of food, art demonstrations, and handmade arts and crafts, all aimed at preserving Virginia culture "over the last 400 years or so," according to Ezanno. Over the two-day event, there will be 218 arts and crafts vendors selling their traditional and handmade creations and 24 food vendors offering everything from traditional Virginian cuisine to standard fairground food.

In addition to the arts and food, there will be a large children's activities area, various entertainment at the park's two stages, and heritage trade demonstrations, according to

the Newport News website. "We try to make it as diverse as possible," Ezanno said. A new feature offered this year is the "Create it Yourself" activity in the Heritage Area, where, according to the Newport News website, "adults (and older children with adult supervision) can learn craft skills including candle making and fiber crafts". The Heritage Area will also offer a Cake Walk, Straw/Quilt Maze, Straw Climbing Mountains, and Pumpkin Board Games, making this festival friendly to all ages.

Another unique feature of this festival is that nothing is mass-made and the park places heavy emphasis on recycling and being eco-friendly. Ezanno also wants the festival attendees to take away more than just hand-crafted items.

Perhaps Ezanno is hoping to unlock not just the joys of American culture, but the respect for parks that has been so intricately tied to America's history.

"My generation is probably the last generation that really support the parks," she said. "National Geographic recently did a study where most of the folks visiting the parks are my age or older and they're primarily white. We want diversity and want the younger generation to help preserve all of this, because this is a smaller park in the big scheme of things, as far as national parks go."

The *National Geographic* article, recently released in celebration of the anniversary year of the National Park Service is entitled "Unplugging the Selfie Generation". Writers Timothy

and Casey Egan reveal the difficulty "of getting young people into parks," and the joys of it once they bypass the often frenzied need for technology and their "eight-second attention span."

Among many different explanations, the Egans offer a summary that the disconnection occurs because younger people are more concerned with going after the perfect Instagram photo rather than enjoying the power of the now.

Ezanno, a CNU alumni herself, hopes that the festival can help remedy this problem, or at the very least, provide the opportunity for conversation especially at the local level.

While she's only been in her position for two years, she notes that the number of city events has expanded since her time as superintendent and there seems to be a problem involving the younger generation in these kind of events around the Newport News area. "I think it's important that the city connects with [them]," she said, referring to the younger generation. While she notes that this is fairly traditional event she added: "I would really love to see the students participate in this event." ■

When: Oct. 1 & Oct. 2

10 a.m.-5 p.m. each day

Where: NN Park

Price: Parking is \$10

Going the extra Miles



Senior Beth Ellen Miles poses at an event for her first feature film “Public Affairs.” Miles will star in TheaterCNU’s “Major Barbara” in October. PHOTO COURTESY OF BETH ELLEN MILES

One of CNU’s most remarkable and recognizable actresses, Beth Ellen Miles boasts a rich performance background.

BY MADALYNN AMOS & BEN LEISTENSNIDER
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For anyone who has attended Theater-CNU productions in the past few years, senior Beth Ellen Miles is instantly recognizable. Even those who haven’t probably would still recognize CNU’s undisputed true A-lister celebrity.

A legend’s beginning

Miles can trace her love for performing back to family. Growing up, Miles had great exposure to stage productions as her cousin was a Broadway actor who invited her to lots of his shows.

Although her cousin’s shows inspired her interest in acting, it was Miles’s first major show—portraying Adelaide in “Guys and Dolls”—that she credited as the “life-changing” show that made her want to pursue a career in theatre as she fell in love with the storytelling aspects.

For Miles, storytelling is one of the best parts of acting, along with the transformation required to do so.

“To make a transformation into another person and make it believable that their passions are yours is probably one of the most rewarding things when

done successfully.”

Irish I could dance

In addition to being a star on the stage, Miles was also quite the dancer when she was younger—another pursuit sparked by family members. Her aunt founded the Atlanta Ballet Company, so around the age of three, dance became a part of Miles’s life.

After traveling with the company to see a Riverdance performance, Miles was introduced to Irish dance. The next thing she knew, she was entered into a dance school and started to compete. Her Irish dance talents took her far, and she even managed to medal at Worlds.

Golden girl on the silver screen

Miles expanded upon her performing experience by being cast in her first feature film, “Public Affairs.” While shooting the movie, she realized how different the two forms of entertainment are. One of the most jarring differences that she cited was the fact that movies are shot out of order, jumping around from one scene to the next.

There are advantages and disadvantages to both mediums, however. For example, Miles loves that film lasts forever, as opposed to the “fleeting

moment” of being on stage. On the other hand, she loves the personal feel of performing live. “You’re going through these moments with the audience, and feeling that energy from other people is really cool.”

A “Major” Talent

She won’t have to wait long until she can once again reconnect with an audience. After playing the lead role of Elle Woods in last year’s production, “Legally Blonde,” Miles has been cast for the lead in the production “Major Barbara.”

This play, written by George Bernard Shaw, takes place during the early twentieth century. It is a dramatic comedy, but it also brought to light many of the social issues at the time.

Miles remarked that some of the problems of that time period are also in question today; the main issue being gun control.

Barbara herself is a member of high society who chooses to work with the Salvation Army. Barbara is not based off a specific historical figure, but as Shaw’s method of expressing his political views, explained Miles.

Barbara is very concerned with bettering the lives of people less fortunate than her. She is a unique character in that she is forgiving of everyone. Miles said that “Something I love about [Barbara] is that she never judges anyone.”

Wearing their (literal) shoes

Miles’s process of developing her own version of Barbara involved shoes. With each role she receives, Miles finds a pair of shoes that she feels the character would have picked. For Elle Woods last year, it involved hot pink heels. This time around, the shoes were slightly more subdued.

This practice was inspired by her favorite acting professor, Dr. Jim Iorio. Miles credits Iorio, who appeared in the Tony-Award nominated “A View from the Bridge” with Liev Schreiber and Scarlett Johansson, as being a life-changing professor.

“The first thing he always said was ‘look at your character and think of shoes they’d be wearing. The second you get up on your feet saying your lines, you need to be wearing those shoes.’ It’s just a little thing about yourself which can change your habits.”

Looking to the future

Miles, a senior, will finish her time at Christopher Newport with a double major in Musical Theater and Communications and a minor in Dance.

After she graduates in May, Miles will move to New York and pursue a career as an actor. Acting in film or on stage is her primary goal, but Miles can also see herself as a producer or director. Miles shared that “producing is really important in the age we live in.” ■

A word of advice to the freshmen

Love, the CNU Fellows

As recent graduates, the CNU Fellows have been in your shoes as students and offer advice on how to make the most out of your CNU experience.

BY MADELEINE SCHULER

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As classes are beginning to pile on homework, tests and essays, fall semester is continuously becoming more difficult. Although most upperclassmen expect this upsurge in workload and know how to balance their academics, social life and extracurricular activities, many freshmen are left feeling overwhelmed.

During this time, it is especially important to remember that college is more than just the academics. It is an experience unlike any other and one that goes by entirely too quickly.

As recent graduates, the CNU Fellows can attest to this fact and they would like to offer some advice to freshmen to remind them of the big picture.

Get engaged

Entering a new environment can be intimidating, especially when the comfort zone of your own home is stripped away from you.

However, it is also thrilling to be entering the tunnel that will eventually spurt you out into the real world. This is the time to meet people and get involved.

In four years, you probably will not have time for activities like intramurals sports, Greek life and coloring club.

As you are still in your first semester, you have ample time to get involved and participate in what

makes you feel happy and fulfilled.

Nevertheless, it is important to choose your activities wisely because you only have so much time to devote to each one.

"I don't mean just signing up for a chain email," said University Fellow Vashaun Brandon. "Be active in whatever you do."

At a place like CNU there is so much opportunity for your voice to be heard, but that will not be possible without your involvement. Act now because the faster you do, the faster you will begin shaping your college experience.

"I remember thinking there was no way I could make an impact on campus as a freshman and didn't put myself out there until late in my college career," said University Fellow Taylor Cocherell. "If I could do it all over again I would certainly have acted much faster."

Get to know your professors

Concentrating on your academics is vital to your success at CNU and your professors are the gateway to this success.

Get to know them because not only are they ridiculously smart, but they are also pretty cool.

"These will be the people who help you through the best of times and the worst of times academically and personally," said University Fellow Courtney Leisten-snider. "They will help you land that perfect internship, write those letters to get you into graduate school or just help you find what your passions are in life."

Explore

Make the most out of the opportunities you are given.

Whether it's in the classroom with your professors, through an extracurricular involvement or an opportunity to do something crazy with friends—do it.

Apply for that internship you probably won't get because you never know until you try.

Volunteer at a local elementary school because the kids will adore you and will never fail to put a smile on your face.

Support other organizations on campus by attending their events or donating to their causes because it is the polite thing to do and you will want the same support some day.

Go to the events and presentations your professors give you extra credit for and actually listen. Never again will you be able to see such inspirational people for so little money.

"Now is the time when exploration is so important," said University Fellow Steven Field. "Now is the time to take that step and try new things that you may be interested in or curious about."

Have fun

In the grand scheme of your life, college is just a little blip.

Four years is a long time when you only have 18 years to compare it to, but it goes by so fast that you do not have a semester to waste.

"Of course, take your studies seriously, as this is also a gigantic adjustment period," said Field. "But don't be afraid to try new things, take risks and live during this time we call college." ■

Review : Hummingbird Macarons and Desserts

Though Norfolk is a little bit of a drive from campus, it is worth it to taste the delicious treats that this confectionery has to offer the community.

BY CHRISTOPHER WHITEHURST

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Froyo. Cupcakes. Donuts. It's all been done. Are macarons next? No typo – macarons not macaroons. While both have French origins and are delightful sugary getaways, they are quite different.

A macaroon is a more general term for moist and dense cookies, often with a healthy amount of dried coconut and egg whites.

Macarons, however, are meringue-based cookies that look like colorful, little dream sandwiches. The outsides are made with almond flour and again egg whites, but it's what's inside that sets them apart. Vanilla birthday cake, black pepper raspberry, cappuccino, salted caramel and pistachio are but a handful of the flavors of the buttercream ganache that fill the insides.

Historic Norfolk may be a 30-minute drive from CNU, but with offerings like Hummingbird's Macarons & Desserts, it is a welcome escape.

A cobblestoned street will guide you to 501 Bote-tourt St., where a colorful window etching of a hummingbird marks this confectionery's entrance.

Inside, the atmosphere borrows from fairy tales—

tiny tea party sets, white antique chairs and round tables and a mesmerizing pastry case of pastel-colored sweets. The only thing missing are Snow White's talking animals.

Biting into a macaron is like seeing a double rainbow; it's immediately enjoyable but gone in a moment.

It might feel courteous to try cutting one of these cookies in half to share, but it's also wasted labor due to their crumbling nature. You have an excuse to be selfish and eat every last bit.

Good luck buying some to-go for a friend; they mimic the addictiveness of Oreos and stand no chance of making it back to campus.

The employees are as happy to be working here as the customers are to be dining — a refreshing contrast from a certain local Newport News coffee shop.

Hummingbird does serve coffee though, as does their neighbor CURE Coffeehouse, a local gem that's yet another reason to visit old Botetourt St.

With a giant chalkboard that invites

artists to contribute their work, a uniquely relaxing atmosphere and welcoming staff, this little Hummingbird shop creates an inviting community space.

But if you still can't drag your friend away from their homework, at least you can make them oh so jealous on Instagram. ■



These tasty treats will keep you wondering what other treasures Norfolk is hiding. CHRISTOPHER WHITEHURST/THE CAPTAIN'S LOG.

ZTA encourages us to Think Pink

Zeta Tau Alpha began their series of Pinktober events with an inflatable jousting tournament in an effort to raise awareness for breast cancer.

BY KATHERINE GITTMAN
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The sisters of Zeta Tau Alpha kicked off the month of “Pinktober” by hosting their first “Fight Like a Girl” inflatable jousting tournament on Friday, Sept. 23. Eleven teams participated in the event with the brothers of Pi Kappa Alpha coming in first place.

“Fight Like a Girl” was the first of the five events Zeta Tau Alpha will host throughout the month of October and through the beginning of November to support Breast Cancer Awareness month.

ZTA’s national philanthropy is Breast Cancer Education and Awareness and throughout the events, the sisters will help raise awareness to the CNU community.

All of the proceeds from the events will be going to the Zeta Tau Alpha Foundation, which will help support future educational and philanthropic programs.

“Pinktober is special to me because it helps me live out the creed of my organization, ‘to think in terms of all mankind and our service in the world,’” said ZTA’s philanthropy chair, junior Shelby Bergstrom.

“My grandma is a Breast Cancer survivor and she is one of the most important women in my life. Having the opportunity to help raise awareness and education for women gives me an opportunity to give back to people

like my grandma,” continues Bergstrom.

Educational Workshop

One of ZTA’s national partnerships, Bright Pink, will host a workshop that will be open to women of the CNU Community to come and partake in. During this workshop, representatives from Bright Pink will provide facts about breast and ovarian health and teach strategies that can help lower the risk of developing breast and ovarian cancer.

This workshop will take place on Thursday, Sept. 29 in Forbes 1022 starting at 7:30 p.m. and the event will count as an Honors and PLP event.

Sporting Events

Zeta Tau Alpha will host their annual Pink Out games with the CNU Hockey and Football teams.

On Saturday, Oct. 1, ZTA and the CNU Ice Hockey team will host the “Stick it to Cancer” Pink Out game at the Hampton Roads Ice Complex at 10 p.m. and a portion of the ticket sales will go to the Zeta Tau Alpha Foundation.

On Saturday, Oct. 15, ZTA will present the “Tackling Breast Cancer” football game against Montclair State University. At the game, ZTA will be raffling off a set of cornhole boards, themed baskets

and will have a Krispy Kreme fundraiser.

On Oct. 16, sisters will participate in the Washington Redskins Crucial Catch game against the Philadelphia Eagles at FedEx Field.

One of ZTA’s other national partnerships is with the National Football League and every year, thousands of ZTA members from all over the country participate by passing out Think Pink ribbons to the spectators of the game.

The more volunteers each chapter has, the more credit each chapter receives.

All of the money raised will go towards the Zeta Tau Alpha Foundation.

Pageants

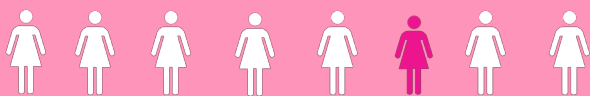
The last event that ZTA will host as part of their Pinktober events will be their second “Big Man on Campus” pageant on Nov. 9.

The participating organizations may have one male representative and throughout the competition they will be able to show off their best pink outfit and talents. They will also share why they think they are the best candidate to become the next Big Man on Campus.

“My overall goal for Pinktober is to raise awareness and education about Breast Cancer Education and Awareness on CNU’s campus and beyond. I want people to feel connected to our philanthropy and want us to raise money to give back to the one in eight women that are affected with Breast Cancer during their lifetime,” said Bergstrom. ■

Breast cancer: by the numbers

1 in 8 women
will be diagnosed with breast cancer



Breast cancer is the
2nd leading
cause
of cancer death in women

Every
2 minutes
a case of breast cancer is
diagnosed



Every
13 minutes
a woman dies of breast
cancer

At this time there are more than

2.8 MILLION

breast cancer survivors in the United States

In 2016,
14,910 deaths
are estimated in Virginia alone due to
breast cancer



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