



THE CAPTAIN'S LOG

THE VOICE OF CHRISTOPHER NEWPORT UNIVERSITY STUDENTS

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Making waves for women

People across Va. marched for the ERA on Jan. 19 in the third Women's March

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The crowd was a sea of pink hats, pride flags and multicolored signs bearing messages of defiance, hope and feminism. Little girls in puffy coats were holding their mothers' hands and being hoisted up on their shoulders, as if they were giving them a better chance to look out

into the future. On Saturday, Jan. 19th, protesters of all genders, races, ages, abilities and sexual orientations mobilized and took to the streets in cities across the United States for the third annual Women's March.

The national march was held in Washington, D.C. with sister marches occurring all around the country.

The overall theme for

the movement this year was #WomensWave, an effort to "flood the streets of Washington, D.C. and cities across the globe... and [sweep] the world forward with us" according to the official national website of the Women's March. Several demonstrations took place in Virginia, including the cities of Norfolk and Roanoke.

The Women's March in Norfolk, also known as The Girls Take Granby, was also held on Jan. 19. Hundreds of participants marched up Granby Street,

which runs through the heart of downtown Norfolk.

The main goal of this march was to push for Virginia to ratify the Equal Rights Amendment (ERA), which will give equal rights to all US citizens regardless of their sex. There are currently 37 states who have ratified the amendment and 38 are needed. Marchers chanted, "Make VA state 38."

Shanice Williams, the organizer of The Girls Take Granby for this year, led the marchers with a megaphone, leading them in chants such as "We want equality, we want peace, that's why we take Granby Street" as they marched a loop through downtown Norfolk. The front of her shirt read "A Woman's Place is in the Revolution" and the back of her black jacket read "EQUAL POWER."

Williams led and emceed the

rally before the march, which included several speakers such as Claire Gastañaga of the ACLU of Virginia and Delegates Kelly Fowler and Jay Jones.

"We're not out here doing this because we're looking for something to do," said Kati Hornung, the campaign coordinator of VA Ratify ERA who spoke at the rally. "I don't

want my life experience to be the experience of my daughters."

Title IX was also addressed during the rally. Speakers conveyed the importance of bringing awareness to the reportage of sexual assault and harassment on college campuses across America. Individuals who were assaulted read short statements to the crowd using the hashtag #WhyIDidntReport on Twitter. Their stories revealed reasons why they did not report their sexual assault or abuse. Their candor shed a light on the harsh realities of how these issues are often dealt with, or not dealt with at all.

Williams also spoke of the importance of the believeH.E.R.S. Initiative, which encourages and empowers all survivors of sexual assault and abuse to come forward with their stories. "H.E.R.S." does not imply that this is strictly a women's issue; the acronym instead stands for Helping Everyone Report Sexual assault.

"Hearing these stories gives power to survivors, and that's what we want to do here in Hampton Roads," Williams said. "We want to create a safe space for survivors. We want to create a safe space to let people know that here in Hampton Roads, we do not judge you. We want to keep you safe. We want to protect you and we want to hear your stories."

In response to the alleged anti-Semitic statements and the controversy surrounding Women's March Inc. and the organizers of the D.C. march, Williams stated, "Yes, our local march is listed on the national website... but as far as our values, what we stand for and what we are marching for, it's almost completely different from what's going on in the national march."

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Marchers of various ages carried signs with political messages during the march on Jan. 19. ANNA DORL/ THE CAPTAIN'S LOG

What's Inside

News

See how CNU celebrated MLK day in this recap of Monday's events.

Snapshot

Go behind the desk and learn what it means to work at CNU.

Sports

Learn more about basketball star Savonte Chappell.

A&E

Blow that horn! Catch out our recap of the first Trumpet Festival.

Lifestyle

What is being in a Christian sorority like? This profile will tell you.

Weekly Pic

The PLP office was at the MLK Day event in the Gaines collecting donations for a food drive in honor of Dr. Martin Luther King Jr.'s commitment to service.

RACHEL BENNETT/ THE CAPTAIN'S LOG

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



CNU TV

Can't get enough of Bid Day? Check out CNU TV's coverage of the event on The Captain's Log Facebook. Can't find your sister? Watch the livestream of the whole event.

Happened

January 18

CAB Presents... Joseph Tran

Magician Joseph Tran showcased his magic while giving nod to his entertainment background in the Gaines theatre. Tran has previously worked as a producer and actor for television.

January 21

'Moving with Vision, Courage & Compassion in this Critical Hour'

Hundreds of students gathered in the Gaines to listen to Edith G. White commemorate Martin Luther King, Jr.

Happening

January 24

Club Fair

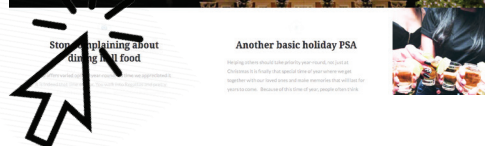
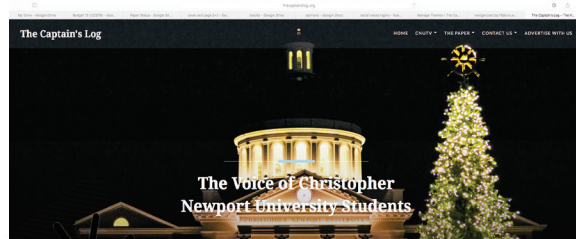
CNU OSA's will host a club fair in the DSU Ballroom from 12-2 p.m. Club's across campus will be available to answer questions and gain new members.

January 30

Spring Career Fair

The Center for Career Planning hosts the Spring Career Fair in the DSU Ballroom from 12-2 p.m. Both on and off-campus employers will be present.

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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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WOMEN

STORY CONTINUED FROM COVER

The Girls Take Granby march was an environment of equality for all.

Williams said, "Our local march is also a reflection of the national climate, but more so a reflection of who we are here in Hampton Roads as a community and as a people... When I say it's a Women's March, I don't necessarily mean that it's limited to just women. It's inviting anyone who can relate to the struggle that women go through, anyone who can relate to the oppression that

being a woman comes with." She spoke of the importance of inclusivity and intersectionality in all aspects of the march, assuring all members of the crowd that they were welcome there. Rabbi Ellen Jaffe-Gill of Virginia Beach was present and spoke at the rally about the strength of Jewish women.

"The message wasn't about hate; it was about frustration and ultimately peace," CNU junior Blakely Lockhart, who attended The Girls Take Granby event, said. "The march was about respecting one another and standing up for those who don't have a voice or whose voices aren't heard."

Lockhart commented on the wide range of people who attended, ranging from little kids and babies to elderly women with walkers to dogs. Although women's rights and gender equality were originally the main focuses of the Women's March, demonstrators marched for many other causes as well. Members of the LGBTQ+ community draped themselves in rainbow pride flags, a representative of the Sierra Club held up a sign reading "Sierra Club for Gender Equality" and a mother marched with her children as their little hands helped her hold a banner that read Moms Demand Action for Gun Sense in America.

Lockhart also mentioned how people in restaurants or in cars

stopped to take videos, some

even joining in because they were so excited. One of her favorite memories of the event was when someone pulled out a speaker and played "Roar" by Katy Perry.

"The whole street, which was just filled with random strangers, started singing along and dancing," Lockhart said. "That will be a moment of hope and joy that I won't ever forget."

But Norfolk wasn't the only Virginia city marching. At the same time, individuals from Roanoke gathered for a sister march in Elmwood Park.

Although a sister march, the cause they marched under differed from the one held in Norfolk. The main banner of the march read "Rally in Roanoke for Results in Richmond."

The 2019 Women's March on Roanoke sought to build upon the success of past marches. The march offered events in hopes of educating and empowering citizens to use promote equality and justice by using their voices to create change in Richmond.

The Roanoke Women's March also placed a particular emphasis on ratifying the Equal Right Amendment (ERA) in Virginia.

"Being that I'm not from Roanoke, I was interested in seeing the different

local speakers and how the main issues they spoke about reflected what was going on in the, like the pipeline and great female representation in local government," Erica Gudiño, a freshman at Roanoke College, said.

In addition to the keynote speaker Leah Greenberg, who is the co-founder and co-Executive Director of the In-Visible Project, the Roanoke Women's March offered numerous panels ranging from the topic of healthcare to gun violence to immigration.

"I got a great sense

of the unity and support within Roanoke and the surrounding towns," Gudiño said. "My favorite part was how dedicated and passionate everyone was about making even more change in 2019 and the shared need for to dissent."

According to personal anecdotes and reports approximately 1,000 people attended the march in Roanoke.

Whether in Washington D.C., Norfolk or Roanoke, individuals of all genders and ages came together this Saturday for the common cause of bringing women up. ■

The National March held in D.C. spawned sister marches in cities close to home, like Norfolk and Roanoke



(Left) Roanoke College freshmen Erica Gudiño, Mady Sale and Anna Foster Sanchez display their signs at the Roanoke Women's March. COURTESY OF ERICA GUDINO
(Right) The ERA was among one of the reasons individuals were marching on Saturday. ANNA DORL/ THE CAPTAIN'S LOG

Leadership Department partners with UVA graduate program

Batten School to offer CNU students application fee waiver, \$7,500 fellowship

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The Leadership and American Studies department at CNU has just announced a partnership with UVA's Frank Batten School for Public Policy. The partnership, which waives fees to apply and makes students eligible for an annual fellowship of \$7,500, is open to any student or alumni that has graduated with majors or minors in Leadership Studies or American Studies.

The Batten School for Leadership and Public Policy was established in

2007 and melds scholarship on leadership and public policy. It offers a masters in public policy and ensures students must apply these scholarships in an internship.

This program is one that Dr. S Lynn Shollen, a professor and department chair for the Leadership and American Studies Program, believes to be a good extension for the program we have at CNU.

"It makes sense for CNU students... to continue to build their knowledge and practice in the Batten School's program that emphasizes leadership

applied through public policy. This combination of undergraduate and graduate education will prepare students for opportunities to lead change in various sectors across the globe."

However, for Shollen, the real benefit to the program is the greater effects such a program can have.

"What really excited us though, is the benefit for the wider world that will result in CNU-UVA graduates begin their careers serving the greater good."

The partnership, established this year, was partly forged by former CNU American Studies alumnae Courtney

Leistensnider ('16) who acts as a representative for the school.

For Shollen, this was another key to her excitement for the program.

"She knew what the program was about and she felt it would have a really good synergy for the Batten School," Shollen said.

Although the partnership does not include guaranteed acceptance to either the school or the fellowship, Shollen believes that the partnership does a lot for CNU students in leadership, namely that it gets people thinking about graduate schools.

"We're really excited we might be providing students an option that they hadn't thought of it before," Shollen continued, "It brings it to the spotlight."

For many leadership programs

graduate school is not on their minds. Sophomore and leadership studies minor, Mara Tharp, said that she previously hadn't thought about a graduate program, but this program may change things. "That program has made me consider it. It looks pretty legitimate," Tharp said.

That said, this partnership is also being offered to several schools in the area.

"It will be interesting to see how competitive it becomes," Shollen said.

But she remains confident in CNU students, especially given our leadership minors.

"Our students have a good job to be competitive and they have a background in leadership studies which aligns well with the program at the Batten school," Shollen said.

The first round of admissions has already past, but the second round accepts applications for next year until March 25.

For those seeking more information on the program, Courtney Liesenstider will be on campus answering questions later in January. ■

The main takeaways from MLK Day

CNU community gathers to commemorate Dr. Martin Luther King Jr. with speakers, procession

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"Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that."

These are the words of the late Dr. Martin Luther King Jr.

On Monday, Jan. 21, campus community members and Newport News community members gathered in Gaines Theater to hold a commemoration for Martin Luther King Jr. Day.

The theme of this year's Martin Luther King Jr. Day commemoration was "Moving with Vision, Courage and Compassion in this Critical Hour." The theme was inspired by Martin Luther King Jr.'s words to Virginia leaders in 1958 as protests were beginning in response to a few white public schools who decided to close instead of integrate.

Vidal Dickerson, Special Assistant to the Vice President of Student Affairs for Diver-

sity and Inclusion, mentioned during his opening remarks that the focus of this commemoration was being placed on the call to action.

"This is a day of great ideas and great movements, and so when we think about movements particularly, where does vision and courage actually sit in our pursuit? In this critical hour, particularly in our day when we're easily segregated and disconnected by identities and philosophies, where does compassion and grace live within that?" Dickerson said.

After Dickerson, President Paul Tribble reflected and also gave some opening remarks about Martin Luther King Jr. Day at CNU.

President Tribble spoke of Martin Luther King Jr.'s courage and eloquence, and spoke on how Dr. King made America freer and fairer.

"Is the job done? Of course not. It is for us, each of us in our own way with out hearts and minds, to carry on the work



Edith G. White addresses the crowd who gathered in Gaines Theater on Monday, Jan. 21. White was the keynote speaker at CNU's Martin Luther King Jr. commemoration. ANNA DORL / THE CAPTAIN'S LOG

of this extraordinary man," Tribble said.

Tribble was one of the members of the US Senate that

voted to create this day to honor Martin Luther King Jr. He stated that although the United States still has some challenges

STORY CONTINUED
ON PAGE 5

"It's not study skills, but study habits"

Jeannine Leger explains why the CAS "Study Smarter, not Harder" workshops are effective for students, and why you should reserve your spot in one this semester

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"We all have bad habits, and in January we all want to kick a bad habit."

Jeannine Leger, Director of Academic Success Services, wants students to look at their study habits and do some pre-emptive work before the stress of midterms and finals hit this Spring semester.

For students interested in a little spring cleaning in regards to their studying, the Center for Academic Success (CAS) is hosting a pair of workshops designed to help students elevate their academic performance.

Both sets of workshops have four sessions to attend, each with a different focus.

The first set of workshops, Steps for Success, is aimed at improving time management, study goals, finding resources on campus, and creating what Leger calls "a study routine." A study routine helps students sit down and immediately starting work without wasting fifteen

or twenty minutes figuring out what to do first.

The second set, Test Taking, is aimed at strategies that help students when exam time arrives. These workshops focus on skills ranging from how to read a textbook efficiently to ways to reduce test anxiety.

Leger noted that students often fall into the trap of studying with a focus on memorization and repetition. Both workshops want to encourage students to move away from memorization and moving toward towards comprehension.

"Memorization is not always how that works," Leger said. "It's more you have to apply it."

Although students can attend just one of the four sessions of each workshop, Leger recommends that and encourages students to make time for all four.

"Each one builds on the previous," she said, giving the example that what they talk about in the first week of the Test Taking workshop is used and applied throughout the other three sessions.

These workshops began a few years ago as Lunch and Learns, meant to be a quick thirty minute workshop to help students adjust to the rigor of college. The success of these Lunch and Learns encouraged CAS to create more of these workshops and with the increasing demand over the last four years they have had to offer multiple sections throughout the semester.

"We get a lot of students who are hoping to apply to medical school or law school and that need to just up their GPA just a little more," Leger said.

Most of the students they get at these workshops are honors, PLP and other high achieving students, but all students on campus are welcome and encouraged to attend.

While these workshops can help students who are struggling academically, they are also good for students who are doing well, but not as well as they would like.

"A lot of students come looking for the bandaid fix, and what they find is, we're not just going



to do a bandaid fix, we're going to treat the whole problem," Leger said. "What we really are doing, is trying to help students be the student that they want to be and achieve their educational goals."

"Students come in and they've been good students, they don't want to lose that," she added.

Afraid that you're going to waste your precious lunch hour on a workshop that only covers strategies that you already know about and use? Have no fear, encourages Leger. She knows that students want to walk out of these workshops with tangible and practical ideas that they can use immediately.

"The big thing for me is, what's the walkaway? My hope is that every student walks away already pondering 'How would I make this work in my anthropology class or how would I make this work in this [other] class?' And if they need help with that, we'll help them with that too."

The CAS workshops begin on Jan. 21 and end on Jan. 31. The Steps for Success workshops are held on every on Monday and Wednesday and the Test Taking workshops are on Tuesdays and Thursdays throughout that period of time.

All workshops take place in CNH 124 (the Center for Academic Success). ■

STORY CONTINUED FROM PAGE 4

and problems, America has come along way.

"Dr. King would say that Christopher Newport must be a place where everyone is welcomed and appreciated for the content of their character, not judged by the color of their skin. Where we fulfil our potential for greatness, where we understand the importance of a rich diversity and being inclusive."

Tribble believes Martin Luther King Jr. would want any day



Students walk across campus from Gaines Theater to the Pope Chapel. The procession took place after the commemoration speakers. At the Pope Chapel, students participated in a spiritual reflection that was lead by Reverend Willard Maxwell

MORGAN BARCLAY / THE CAPTAIN'S LOG

commemorating his life to be "a day on, not a day off."

"This day should not be a day

of rest and relaxation. It must be a time for action, a time to serve, a time to engage, a time

to dream, a time to make the world a better place," Tribble said. "We should use this day

to come together in many different kinds of ways to learn, to listen, to serve, to reflect."

Following Tribble's address, Lindsey Stone, Assistant Professor in the Department of Psychology, provided a biography of Dr. Martin Luther King Jr.

The keynote speaker of the event was Edith G. White. White graduated from Warwick High School in Newport News, VA, before she eventually became the CEO of the Hampton Roads Community Action Program.

She shared some of her thoughts on Martin Luther King Jr. 2019 as well as courage and compassion.

"The word move in itself is always very exciting because it signals a propensity for change. Change can happen in an instant or it can take decades or even centuries," White said.

She described the Civil Rights Movement as part of a continuum of change that began when the first African slaves arrived 400 years ago.

"While no amount of time can erase those images of slavery, chains, oppression, bigotry and hate, with the passing of time we see progress toward a more just, equal and inclusive society," White said.

She showed the audience how they can demonstrate courage in their everyday lives such as school and work. She emphasized that the time to make change is not always convenient and how it takes courage to make that change.

"The true test rests not in times of your own comfort and convenience but rather when you are needed to rise to the occasion, to seize the moment ... You must not retreat but rather press forward on the continuum of change," White said.

White also stated that current situation of our country is an era of bigotry, divisiveness and violent attacks that threaten to turn back time.

"While saddened by these incidents and many more, we must not let attacks defeat the vision. We must not allow fear to overcome courage," White said.

Throughout the commemoration, there were multiple musical performances. The CNU Chamber Choir performed "Battle of Jericho" and "MLK," vocalist Liesl Mattar performed "Up to the Mountain," based on Dr. King's speech and harpist Danielle Caldwell presented "Aria in Classic Style."

Students lead a procession to the Pope Chapel for spiritual reflection after the commemoration concluded.

There, Reverend Willard Maxwell Pastor of New Grove Beach Baptist Church and President of Newport News National Association for the Advancement Colored People (NAACP) continued the discussion. ■

Business eXchange

FEBRUARY 20 & 21

25 Panel Sessions That Include:

"Talking Your Way to Better Pay"

"Corporate Side of Finance"

"Marketing's Evolution: Social Media/Digital Advertising"

LEARN. NETWORK. ADVANCE

Students respond to shut down

It's more than you think

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Hundreds of thousands of employees have been placed on furlough during the current government shutdown now in its fourth week. The longest shutdown in United States history is affecting more than you would think. More than federal employees, the shutdown is affecting small businesses in DC.

I have seen first-hand how this government shutdown affects those employees. My father works for the

Environmental Protection Agency and is one of the many federal employees currently sitting at home not able to go to work. My family is one of the lucky ones affected. Fortunately we do not live paycheck to paycheck, but there are many federal employees (employees just out of college) who do. They are counting on receiving paychecks in order to pay their rent and buy groceries.

Though it was decided that the employees will eventually receive their pay, those who are living paycheck to paycheck still face the issue of being able to pay their bills on

time.

Beyond monetary struggles though, being off work has mental struggles as well. My father loves the work he does because he truly cares about the environment. He wants to be at work because he wants to be helping the world. More than a monetary toll, this shutdown has a morale toll too. Though being at home with nothing to do can be nice, I know my father and many other employees would much rather be at work doing what they are passionate about.

The shutdown also affects many people that we wouldn't think would be affected. I worked in Washington D.C. last summer and my dad and I would commute into work together. Before heading our separate ways for the work day, we would get coffee at a little shop right by the Federal Triangle metro station. We always got the same coffee

from the same place where there were always the same employees. Though it was early they always had a smile on their faces and the shop was always crowded with federal employees. During this shutdown the shop remains open, but they don't receive nearly as many customers. These employees and their smiling faces are also being put at risk.

If the shutdown continues even longer some businesses may be at risk of having to close their doors because they will be losing money. Some small businesses decided to close as soon as they were notified of the shutdown because they didn't want to risk losing the money. Other small businesses are unable to receive loans due to the shutdown, so they are being hurt in a variety of ways.

Apart from those issues, the government shutdown is also det-

rimental to the tourism industry. People coming to visit places like Washington D.C. where I live are expecting to be able to go to the zoo, and the Smithsonian museums, but they can't because all those attractions are operated by the government. Tourists are being disappointed and employees all over are being hurt.

It is quite immature to put so many people out of a job, shut down museums and parks, and hurt small businesses, to hurt people like my father, just to "build a wall." Putting politics aside and just focusing on the humanity, if it was possible to show how people are being affected not only monetarily but also mentally, I think it would be evident that the government needs to be opened back up. I hope for my father's sake and for the sake of so many others that this game that politicians are playing be put to a stop and people can go back to work again. ■

Ronil Singh deserves the American dream, too

SHAWN FLEETWOOD

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The longest government shutdown in U.S. history. Yep, if you've been watching cable news lately you've probably noticed that headline flashing up on the screen and that small ticker in the bottom right corner of the television, telling us how long the government's been closed.

Let's be clear though that this isn't a "complete" government shutdown, as 75% of the federal government has already been funded, and the remaining 25% that is unfunded is composed of non-essential employees. Many are asking why the federal government has been partially "out of business" for so long and it all has to do with one simple, little word: wall.

Bottom line, President Trump is requesting Congress include an additional \$5.7 billion in 2019 fiscal year funding to go towards the construction of walls and barriers along our southern border. The majority of the Democratic Party, as well as twelve Republican House members, have voted to reopen the government without the wall, with Democrats saying it is "ineffective" and a "waste of money." Both sides are in western standoff mode, as the president has said he will not sign any funding bill that doesn't include wall funding, and the Democrats refuse to budge on giving the president one of his biggest campaign

promises heading into the 2020 presidential election. The Democrats know that if Trump gets the wall, that it will energize his base and anger their own, which could hurt them politically going into 2020. Trump likewise knows it was a key promise he made to his voters in 2016, and delivering on it is something he must do to bolster his chances of reelection. Border security and immigration have been something the president has been passionate about since 2015 and that was only solidified after meeting with 'Angel Families' back in June of last year.

After having a Republican-controlled Congress for nearly two years, a frustrated President Trump had threatened to shut down the government over the wall back in September 2018 when spending bills were making their way through the Congress for fiscal year 2019. However, with the upcoming midterm elections, Congressional Republicans told the president they would fund the wall after the elections with the remaining spending bills, in fear that a shutdown before the midterms would hurt them politically. A bill that funded the government and contained wall funding passed through the Republican controlled House, 217-185 in December, but was stalled in the Republican controlled Senate where a threshold of 60 votes is required. The problem for Republicans was that they only had a 51-49 majority at the time. The shutdown began on December

22, 2018, but has continued into the new year, when on January 3, 2019, the new Congress was sworn in. With a newly split Congress, Democrats control the House of Representatives, while the Republicans control the Senate, making compromise difficult. Bills to reopen the government were passed through the House 243-183 on January 10th, however those bills were dead on arrival in the Senate where Majority Leader Mitch McConnell (R-KY) has refused to put up any legislation for a vote unless it contains border wall funding.

But let's take Trump, the Republicans, and Democrats out of this discussion and listen to our Border Patrol on the ground. According to a survey conducted by the National Border Patrol Council from April 2, 2018, an overwhelming 89% of agents favor a wall/wall system to secure our borders.

Whether you love Trump or hate him, it's important to listen to the men and women on the ground who are doing their duty day in and day out, who know what resources they need to make their job easier and safer.

But why are the majority of Congressional Democrats so against the idea of a wall to begin with? In fact, many of the prominent Democrats today who oppose the wall/barriers/fencing etc. on the border, were in fact for it not too long ago. Back in 2006, a bill called the 'Secure Fence Act' was passed by Congress in a bipartisan

manner, with the support of prominent Democrats such as then senators Barack Obama, Hillary Clinton, Joe Biden and Chuck Schumer (who is now the minority leader for the Democrats in the Senate). The Secure Fence Act of 2006 authorized approximately 700 miles of fencing/walls/barriers between the US and Mexican border. Even back in 2009, Chuck Schumer (D-NY), now a vocal critic of the wall, praised the notion of protecting America's borders when he said "[t]he American people need to know that, because of our efforts in Congress, our border is far more secure today than it was when we began debating comprehensive immigration reform in 2005. This progress includes ... construction of 630 miles of border fence that create a significant barrier to illegal immigration on our southern land border."

I don't blame people for wanting to come to the greatest country in the world to seek opportunity. Heck my great-great-grandparents came over to this country from Italy through Ellis Island at the turn of the 20th century. But at the same time you have to come in the right and legal way like the millions of immigrants who have waited their turn in line.

So why did the Democrats' position on the wall change? One man named Donald J. Trump. The Democrats were avid supporters of enforcing America's immigration laws and securing our southern border with barriers, but as soon as then candidate Trump began talking about the idea of a wall along our southern border in his announcement-to-run speech in 2015, the Democrats in Congress were suddenly against it.

Both Chuck Schumer and newly

anointed Speaker of the House, Nancy Pelosi (D-CA), have said that a wall is "immoral" and "ineffective", yet walls are proven to in fact work. According to statistics from US Customs and Border Patrol (CBP), areas where a wall or barrier has been constructed, have seen massive decreases in illegal immigration in cities such as Yuma, AZ (95% decrease), San Diego, CA (92% decrease), El Paso, TX (72% decrease), and Tucson, AZ (90% decrease).

The addition of walls or barriers along our southern border wouldn't only decrease illegal immigration, but it would prevent the potential risk of dangerous criminals from entering our country. Most recently, on December 26, 2018, California police officer Ronil Singh, 33, was shot and killed by an illegal alien he pulled over whom he had suspected was driving under the influence. Singh was a legal immigrant who came to America from Fiji with his brother, Reggie, in 2003.

His dream: to become a police officer in the United States. So while I sympathize with the 800,000 federal workers who aren't getting paid right now, let me leave you with this. The federal employees will get their back pay once the government reopens. But the 5-month old son of Officer Singh will never know or see his father again. Anamika Singh will never see her husband again. Reggie Singh will never see his brother again.

Countless 'Angel Families' across this country have had to endure what the Singh family has gone through and if keeping part of the federal government shutdown is what it takes to secure our borders, then so be it. ■

A not-so-sweet choice

CNU's tea choices are lacking

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When prospective students are brought around our campus for what is likely the first time, they are shown many things, and told even more. Of all these things, perhaps the most initially appealing is the excellent pitch made for this university's dining halls and services. I was excited by this potential, as I am a large fan of food.

During my time as a student, I have only grown more fond, and appreciative, of the dining halls and all those who work in them. I've spent an alarming amount of time using Regattas as a study area and have had dozens of excellent burgers. However, with all this praise, there is one area of our dining halls that is severely lacking, an area so essential I am

shocked to believe it even needs to be addressed—sweet tea.

Many of our students at CNU come from regions where sweet tea is a primary drink choice, and the lack of a quality version of this drink can become a very real inconvenience, particularly if it was among their favorites before coming here. All this said, there is a real desire for the improvement of the tea quality, particularly sweet tea, here at CNU, and though there may be other issues that need to be addressed, this one could be a rather easy fix, and would go a long way for many people.

Simply put, the quality of this university's sweet tea is atrocious. It tastes as if water food coloring and sugar tries to pass as one of this region's essential beverages. Despite NOVA's insistence otherwise, our campus is still in the south. I would understand

the poor quality of tea if we were in Massachusetts, but this is Virginia! How can such poor tea exist here? This large disappointment has led me to take expeditions outside of campus for drinkable tea, either acquiring Arizona brand from Harris Teeter, or even going all the way out to Bojangles, just so I have enjoyable tea.

What appears to be the greatest factor in this catastrophe is that Pepsi owns the Lipton brand of tea, which is what our cafeteria uses. Our school's drink contract is with Pepsi, so this should hardly be surprising. It means that for the moment, we are stuck with the Lipton brand. Bluntly, Lipton is not the best brand of tea, and probably doesn't even make it into my own top five. That said, it does not excuse just how bad the tea is. Other steps can be taken, particularly in terms of the water, to produce better tea.

Now, I understand that making quality sweet tea can be difficult in a restaurant or cafeteria setting, as many other established restaurants have shown.

However, it can be done well, even excellently, as many notable branches of established restaurants have achieved before.

Just look at Bojangles, Chick-fil-a and McDonalds. If a fast food chain is capable, including, I see no reason why CNU can not do the same. ■



CNU carries Lipton brand tea. The dispensers are found at every drink station. **MORGAN BARCLAY/ THE CAPTAIN'S LOG**

Hooray for half-measures

Let's celebrate the changes we do make



MORGAN BARCLAY

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Anyone that knows me knows I have more than a few opinions about the exploitation of workers, especially in the fashion industry. I'll annoy people asking them if they've watched the "True Cost," or read the latest expose on H&M. "Have you heard that they're employing child refugees in Turkey?" I'll show them statistics on climate change and the amount of waste the clothing industry creates. I'll go into detail about the sexual exploitation that women, just like you, face due to those companies' hold on communities halfway across the world.

It can be exhausting, especially if you were really excited about that new dress that you got on sale for five dollars.

However, I'm here to say, it's okay to be exhausted, and, what's more, it's okay to not want to feel guilty. That dress is really cute, and we are college students, after all. It's hard to pass up that deal.

Beyond that even I, yes, Morgan Barclay, the queen of thrift shops, the capsule wardrobe fanatic, the annoying friend, buy clothes unsustainably every once and while. Whether it be because I need a new pair of jeans and none at the thrift store fit, I need fitted blazer for that interview I didn't know was happening, or I simply need new underwear and don't want to spend thirty dollars on pair that wasn't made by slaves, even I buy clothes from fast fashion retailers.

This shouldn't be a fact held in shame. I shouldn't have to hold my

breath before admitting that someone who struggles to find clothes that fit regularly has to buy clothes at fast fashion retailers. I shouldn't be ashamed to admit that, as someone that doesn't have a full time job, I can't afford to shop at stores like Everlane, Reformation or Patagonia.

However, this often seems the case when people enter circles like these. Whether you talk to vegetarians and vegan crowd, the zero waste circle or some other do-gooder, it can seem like these lifestyles are all or nothing. It seems like I should be ashamed for enjoying that five dollar dress.

Whether this is the case for the whole crowd or a few loud portions, it gets to you, and it's often the critique I face when I talk about issues like these. I can't buy everything sustainably, people think, so why try? Beyond this, why even care, if all it is going to do is bring me guilt.

I'm asking us to change that mindset. As a community we need to do more than condemning people for existing in an unsustainable system. We need to reward ourselves for the times when we do stand up to that system.

That's why this new year my resolution is to say hooray for half measures. The road to a better world doesn't have to be built in one day and it can't be built in one day. But, if we make a choice and continue to make that choice, suddenly it becomes routine, and you'll find you can't think of how you lived your life before.

I, for one, can't imagine going into anything other than a thrift store for a big comfy sweater. ■

Even capsule wardrobes, which promote minimalism and producing less waste are subject to debates in minimalist communities. **MORGAN BARCLAY/ THE CAPTAIN'S LOG**

SNAPSHOT

PAGE 8



"I had sisters that worked here and they always talked about how great it was. I hadn't had a job since I first came to CNU so I thought it was a cool opportunity."

-Isabella Diaz,
Einstein's Barista,
Junior



"The best part about working at this job is the people. Being able to help people and answer their questions feels really great."

- Tyre King, Fitness Attendant, Senior



"I think a lot of came down to wanting to make an impact on people on campus. I found this place to be like my home and I really wanted to help other people find their home here."

- Emily Cox,
Resident Assistant,
Senior



"I honestly get to do stuff that I like y'know? When I'm not resetting people's passwords it's pretty fun; getting to mess around on people's computers and help them out."

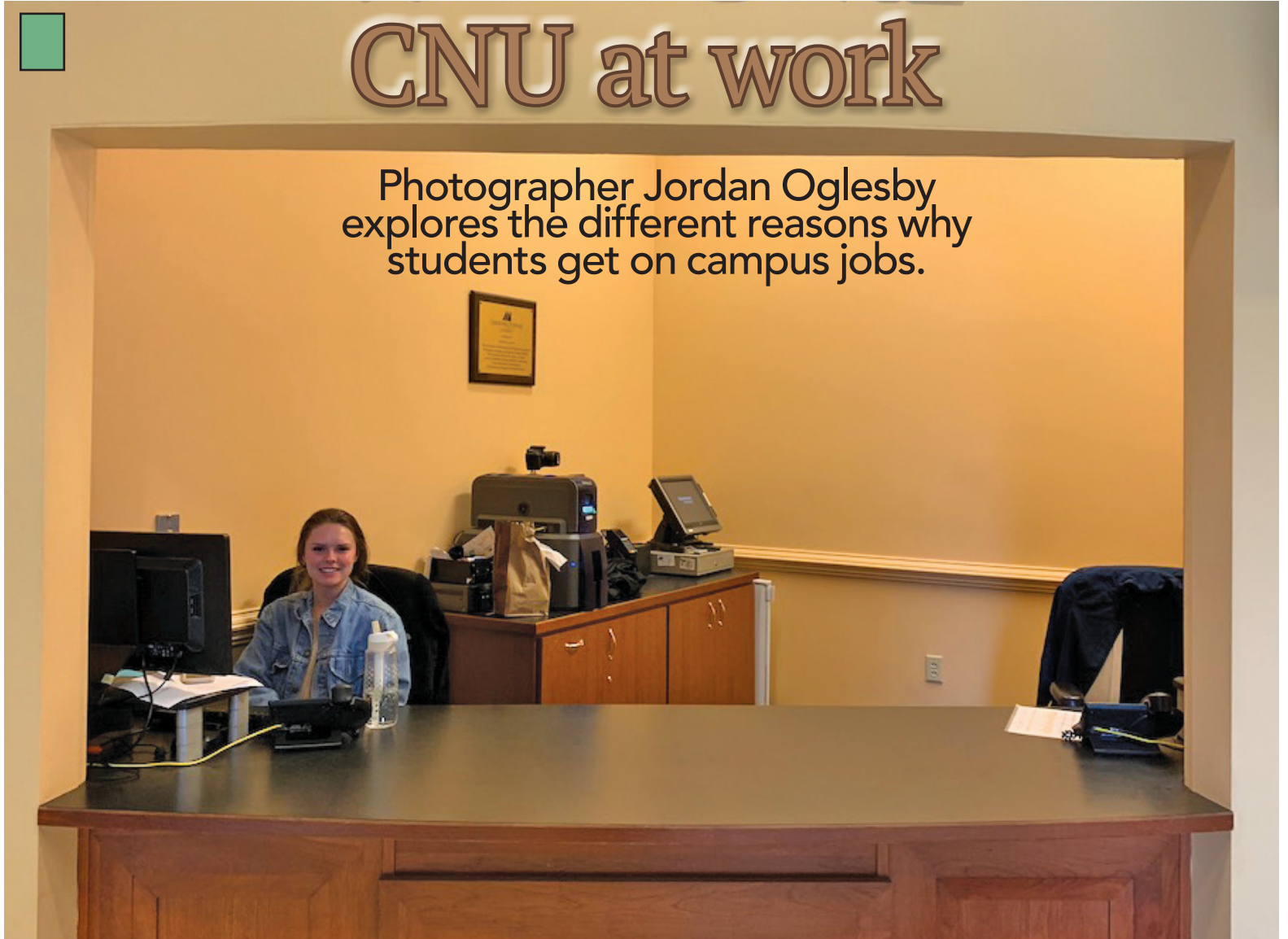
- Robert Armstrong, IT Support Assistant, Sophomore

"Working at the welcome desk is very central to a lot of things on campus. I love the fact that if I'm hungry while on the job, the dining hall is right there. Plus the DSU is such an integral part of campus, there's never really a dull moment when sitting at the desk; something's always going on."

- Sam Miga,
Welcome Desk
Assistant, Senior

CNU at work

Photographer Jordan Oglesby explores the different reasons why students get on campus jobs.



"I got this job freshman year, pretty much the first week of school and because I love libraries and reading so much I really just found myself at home around books."

- Rachel Applebach, Circulation Desk Assistant, Junior



"It was rough at first since this is one of the jobs on campus that you can't do homework at, but sometimes it's actually kind of nice to not have to worry about schoolwork while on the job."

-Tamara Smith,
Captain's Locker Sales
Associate, Graduating
Class of 2018



UPCOMING HOME GAMES		UPCOMING AWAY GAMES	
Men's Basketball	Women's Basketball	Men's Basketball	Women's Basketball
7:30 p.m. January 23	5 p.m. January 23	3 p.m. January 26	1 p.m. January 26
Salisbury University	Salisbury University	York College (Pa.)	York College (Pa.)

Money Moves: Machado contract rumors

Manny Machado is the talk of MLB and continues to headline the offseason. Where will he end up and what does this mean for free agents in MLB?



2018 STATS

BA:	.297
OBP:	.367
RBI:	107
HR:	37
HITS:	188
RUNS:	84

Manny Machado, formerly with the Los Angeles Dodgers, is a free agent and looking for a team for the 2019 season. HEADSHOT AND STATS COURTESY OF MLB.COM

MICHAEL INNACELLI
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The Phillies, the White Sox, the Yankees, or somewhere else all together. Where will Manny go?

That's the question on every General Manager's (GM) mind this offseason. Yes, Bryce Harper is available too, but Manny Machado is a team changer.

A four time All-Star, two time Golden Glove winner, and a single Platinum Glove to his name Machado already has a star studded profile attached to his name. He currently plays for the Los Angeles Dodgers and had previously played for the Baltimore Orioles before being traded last season.

With his contract running out at the end of last year he became a free agent and completely destroyed the market for this offseason.

Every team would love a piece of Machado but the real question is, who is willing to pay for him?

A player of his unquestionable talent at the age of 26 will definitely demand a large sum of money in his contract as well as many years of guaranteed coverage.

This means a team that really wants

his service will be likely to have to pay upwards of \$200 million over 10 years.

This will price many teams out of contention for his signature.

The really interesting part of his contract saga is what categorizes a "contender" for Machado's signature.

A easy way to figure out who could possibly be contenders is to use a formula I have created and tentatively called the "desperate millionaires formula" after looking at all of the teams prospects.

The formula looks like this: want for a star player *times* need for Third Baseman or Shortstop *plus* ability of team to be a contender *minus* payroll limitations *equals* signing Machado.

Using this formula we can find that really only a few teams are candidates.

This realistically leaves the teams I've listed above as contenders as well as a few others.

Unsurprisingly Machado is keeping his cards close to his chest.

He was at Yankee Stadium earlier during the offseason and he was, as recently as this past Saturday, pictured in a White Sox hat.

More developments are being made every day on his contract negotiations.

At the time of writing this article it is

still unknown where Machado will end up. In fact two more unnamed teams are being thrown into the mix of potential suitors for the young star.

What does this mean for the other free agents of Major League Baseball (MLB)?

It means that they aren't getting nearly as much exposure as they would in other years.

Players like Mike Moustakas and Adam Jones would be huge buys in any year not dominated by Machado and Harper, and yet we aren't even talking about Harper here so he is stunted slightly as well.

Free agents this year are having to wait longer than normal to get signed by a team.

Spring training will be kicking up soon and many players still won't have a place to go as all of MLB seems to wait for Machado to decide where he is going.

Millions and millions of dollars are on the table still and no one knows where anyone is going.

Machado holds all the power here, he will continue to dominate headlines until he decides where he wants to play.

The fact that this one player demands so much of the market is something that has come up before in MLB.

According to Forbes another young star named Mike Trout earns a salary of \$32.3 million a year.

It is reasonable to think that Machado could be in that ballpark or even above that salary a year after he signs a deal.

He could easily become the highest paid baseball player in the next few days.

There is one dangerous thing that Machado should have to worry about: teams not playing ball.

If he waits too long to make his decision teams might start pulling out of the race to sign him.

If all the teams pull out of the race to sign him because his demands are too high, he waits too long or any other reasons he might not get the contract he is looking for.

This sets the rest of the offseason up as a big chess game between Machado's team and the GMs of each team interested in his signature.

Teams will have the opportunity to lower their offer if there is less interest in signing Machado, but Machado is less likely to sign for a lower offer.

The bargaining power of each team that meets the "desperate millionaires formula" should be increasing every day.

As Machado takes longer to decide

where he is going to sign and that could prove deadly for his hopes of getting the best deal.

If Machado takes the best offer possible he could become the highest paid MLB player, but money isn't everything.

He will want a team that can win and he will want to be a part of that team for years to come.

All of MLB will be waiting to see what kind of offers he turns down and which one he accepts.

It's unknown exactly which teams have given an official offer to Machado's team, but I'm sure in the coming days we will be hearing more and more about his contract saga.

Free agency is a big deal this year in MLB and we are seeing one of the best players in the game play the system, everyone is waiting to here what Machado does. ■

COURTESY OF MLB.COM



We're all in this together

#52 Savonte Chappell of the Men's Basketball team explains all the hard work the team does and explains just how he gives everything for the team



#52 Savonte Chappell of the CNU Men's Basketball Team's roster headshot COURTESY OF CNUOCPR

For more coverage of the CNU Men's Basketball team go to CNUSports.com

MATTHEW SCHERGER

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2019 is shaping up to be a good year for junior forward #52 Savonte Chappell. Playing a key role in the Men's basketball team's 5-1 conference start, Chappell has continued to draw headlines on a team with plenty of talent.

In addition to scoring his first career three-pointer against St. Mary's College (Md.) and beating his personal record of points scored in one game (23) against Frostburg University in back-to-back games, Chappell capped a memorable week with CAC Player of the Week honors.

This would be the first time the Men's basketball team has won a CAC weekly award this season.

Off the court, Chappell has proven to be humble and emphasizes the relationships he has with all his teammates and how they are more than just teammates playing basketball.

"We're extremely close," Chappell said. "We often have dinner together or watch college, NBA, or NFL games together, or go bowling. Anywhere we can spend time together outside of basketball and relax from the constant hard work."

He is also careful not to get too far ahead of himself in terms of how he sees the rest of the season playing out.

"Our goal is to be the best team that

we can be on and off the court, winning is involved in the process but it isn't all we care about, all we have to do is strengthen how together we are and compete and put in maximum effort in every game and practice, and based on that the results of our season will take care of itself."

Despite his cautious excitement, Chappell admits that, inside, he is chasing another CAC championship title to go along with the one he has from freshman year.

"I had never won anything like that in my life. It felt so surreal, the student section storming the court as the band played our fight song, hugging my mom afterwards, and putting a championship ring on for the first time. That was a great feeling, and I have this season and one more to feel it again."

Chappell is keeping focused on the court through all his recent accomplishments, however, working on improving with every practice and game.

Defensively, Chappell has already forced nine turnovers and one steal in the first six conference games alone, along with 13 defensive rebounds. To Chappell, however, there is always room for improvement.

"My biggest help to the team would be to improve on the defensive end; I've proven that I can score, but I have to balance that with not letting my man score," Chappell said.

He is going into practice with a positive mindset, however, with his recent performances as proof that putting in the work leads to results.

"It's very rewarding. [Earning CAC Player of the Week] reassured my belief that all the extra hours after and before practice are paying off."

Chappell is not about to slow down anytime soon, racking up an additional 22 points and four turnovers against Penn St. Harrisburg in their most recent contest.

He is currently on pace to break his season record for points scored, as well as his season record for rebounds.

Off the court, Chappell wants to continue to be a mentor for his fellow teammates, especially the underclassmen on the team. He plans on graduating as a Economics major, with a double minor in Spanish and Leadership Studies.

Chappell plans on heading straight into the workforce after graduation and is hoping to find a position in the field of economics in the corporate world.

With eight more games left in the regular season, we will all be seeing a lot more of what Chappell can do both offensively and defensively for this Captains team hungry to add another CAC championship title to their belts, and too hopefully make a deep run into the NCAA tournament. ■

The great OT debate

Football fans express frustrations with NFL regulations following conference championships, is change imminent for the league?

MARA THARP

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This past weekend created a whirlwind of emotions for football fans, warranting a harsh critique of the NFL's rulebook from both championship games.

Earlier on Sunday the New Orleans Saints hosted the Los Angeles Rams, resulting in a Rams win of 26-23 in overtime (OT).

NFL officials came under fire for a missed pass interference penalty in the fourth quarter of the NFC Championship game and fans' frustrations grew when the OT regulations led to an anticlimactic AFC Championship result.

The Kansas City Chiefs faced off against the New England Patriots at Arrowhead Stadium, a game whose first half looked like a certain victory for the Patriots.

Patriots Quarterback Tom Brady's 80-yard opening drive set the tone of the Patriot's strong offense, running twice as many plays as the Chiefs through the game, but fighting to keep the lead.

After Chiefs Quarterback Patrick Mahomes pushed the offense 48 yards in two plays at the end of the fourth quarter, kicker Harrison Butker kicked a 38-yard field goal that sent the game into overtime.

For OT in the NFL, the rulebook mandates that play continues in 15 minute periods until a winner is declared. It states that each team gets a possession unless the first possessing team (winner of the coin toss) scores a touchdown or safety.

Because of this rule, Tom Brady's success in the coin toss allowed for them to score a touchdown and negate the Chief's opportunity to put their MVP Quarterback on the field.

Chiefs fans and NFL viewers alike expressed dismay at how a coin toss can take away one team's opportunity for their offense to score, favoring the team who wins the coin toss.

In comparison, college football allows for each team to have possession and start at the defense's 25-yard line. If the score is still tied at the end of the first

OT period, an additional period is played with starting possession switching between the teams.

Some argue that this can cause an excessive amount of OT's (the record of seven was set by Arkansas-Ole Miss in 2001 and has happened 3 times since), but the flip of this is that each team has equal opportunity to possess the ball.

A coin toss is not a fair determinant of who has the obvious advantage in OT, which in the Chiefs vs. Patriots game, was the Patriots.

I am not going to argue that the Chiefs would have won had they had the opportunity to possess the ball in OT, as that is a biased speculation, but it is truly disappointing that one of the most explosive players in recent NFL history was not able to play in the OT of his conference championship.

Whoever wins the coin toss going into OT not only gets unfair advantage by ensuring their offense gets field time, but the opposing team's defense is often exhausted from playing 60 minutes of regulation.

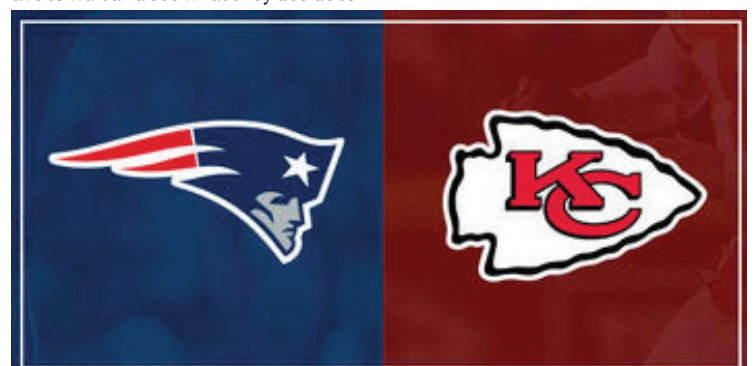
The results of this AFC Championship game has caused uproar on Twitter, even from NFL players from other teams calling the rules "trash" (Torrey Smith, Carolina Panthers Wideout) and sports commentators urging the NFL to reevaluate their rulebook.

The NFL has stated that they will discuss the pass-interference issues during the offseason but has not commented on the possibility of changing rules for OT.

It looks as though football fans will have to wait and see what they decide to

do on two issues that have been contested by fans and franchises for years. ■

The Kansas City Chiefs took on the New England Patriots in a playoff game over the past weekend and the overtime rules came under some scrutiny in the sports world. COURTESY OF NBCSPORTS.COM



February 2

Young the Giant
8 p.m. The Norva

February 9

Sevendust
8 p.m. The Norva

January 19

"Destroyer (2018)"
"Heartlock"

January 24

TNT Trivia Night
8:30 p.m. DSU Crow's Nest

January 24

Winter Club Fair
12-2 p.m. DSU

First Trumpet Festival held Saturday

2019 Trumpet Festival draws students, community members and long-time players for a full day of masterclasses, performances and more in the Ferguson Center

KRISTEN ZICCARELLI

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This Saturday, the CNU Music Department hosted the first Trumpet Festival, a free, all-day event open to all 'trumpet enthusiasts.' With a variety of guest speaker presentations, panels, classes and performances, the event drew an audience ranging from younger students to experienced community members.

Guest speakers included artists Ashley Hall, Victor Haskins, FifthBridge and David Vonderheide.

Titled "Careers in Trumpet," one panel event featured the guests artists, assisted by CNU Faculty professors Dr. Kelly Rossum and Dr. Adam Gandolfo. While each panelist shared their unique story to success with the trumpet, many centered on perseverance through practicing and performing in their school years and above all, refusing to quit.

According to Vonderheide, trying to quit the trumpet in elementary school was only thwarted by not having a signed letter, forcing him to continue and eventually reach new heights in his performance ability.

Having studied with trumpet player and professor Vincent Cichowicz, Vonderheide held a one-hour class to discuss his experience and tips from studying with a professional. Famous in the trumpet world for his flow studies, Cichowicz's teachings focused on proper breath release and overcoming hesitation.

Emphasizing that the 'original sin' of trumpet is "blocking," or hesitating with one's breath, Vonderheide said, "it has to be uninhibited, you have to be brave and you have to release."

Vonderheide shared a more conceptual side of his journey learning



CHRISTOPHER NEWPORT UNIVERSITY

TRUMPET FESTIVAL 2019

Featuring Guest Artists: Ashley Hall, Victor Haskins,
David Vonderheide, FifthBridge and more...

JANUARY 19 - FREE ADMISSION
FERGUSON CENTER FOR THE ARTS

COURTESY OF CNU MUSIC DEPARTMENT

the trumpet from Cichowicz, who had some different ideas of how to practice and learn. Even though Vonderheide never heard him play, he learned from listening to Cichowicz's verbal instruction.

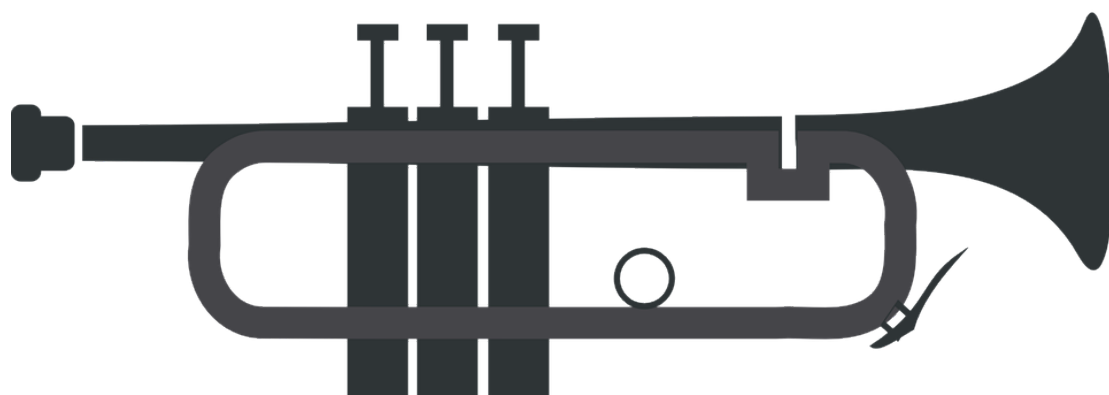
"His philosophy was to get at the 'why' instead of 'what' to improve playing," Vonderheide said. "It's not a 'paint by numbers' thing."

Even with a vast repertoire of performances and current position at

the Virginia Symphony, Vonderheide shared that he was not a natural. However, Cichowicz found a way to help him unlock his talent.

"I was doing an unnatural thing [trumpet] and putting it into my natural life," Vonderheide said.

Making the talk interactive, Vonderheide asked his audience to practice breathing with him, as he led a minute of breathing exercises everyone did together. ■



COURTESY OF CLIPART

Q & A with Dr. Kelly Rossum

How did you prepare for the festival?

"It is something that I put together in the course of the whole Fall. I had a student committee help me which was fantastic because they had 'let's try this, let's try this' and other ideas. I also had faculty and staff support to get it all to happen. Lastly, of course, was the Ferguson Center. I couldn't have done it without them! We need the hall, and all their support and the tech, so it was a lot of people behind the scenes to figure it out."

What was the outcome of the festival?

"The first one was an experiment and it was amazing. At the end of the concert there were I'm guessing thirty trumpet players on stage playing the final piece. It was super, super cool. We had CNU students there, professionals, community members, High School students, junior high students. I mean, everybody was up on stage. It was really cool."

What is festival's 'mission statement'?

"Bring Hampton Roads area trumpet players together. A lot of Virginia people traveled down from Richmond, down from DC and up from North Carolina, even students from JMU and VT were here."

How did you choose guest speakers?

"I've known all of the guest artists for the course of my career. They are brilliant musicians and excellent teachers and masterclass. Not only are they great musicians, but you can ask them how they do what they're doing and they will tell you. Some musicians can't respond in the way that we would love to know and these are all great speakers and performers."

Why do you enjoy teaching trumpet?

"I personally have a very love-hate relationship with the trumpet because it's so hard. It's a really difficult instrument, so I try to give my students space to love and hate it at the same time. It's a challenge - it's a daily challenge as a musician. You have to do it every day, and you can't take a day off."

What was your favorite part of the day?

"There was a father and a daughter that came to it together, and they are both trumpet players. That's my favorite part, because I love teaching little kids because they're so excited and wide-eyed. And to see a father who loves playing trumpet and who was so into it bring his daughter was my favorite part." ■

Review: 'Super Smash Bros. Ultimate'

Ultimate's redefined modes and additions help it stand out from the rest

ELIJAH BASU

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The Smash series has been an integral part of Nintendo's first party lineup since its beginnings on the N64. Every game within the series is typically considered to be one of the best for each of their respected Nintendo console, or at least among the top 10. At its core, the Smash series is a celebration of video games and is a fun brawler that appeals to both casual and competitive players alike. With that being said, Super Smash Bros. Ultimate didn't need to do much different in order to create a high quality game that is a top seller.

I can happily say up front that any Switch owners should absolutely get Ultimate as it's simply a fun time all around. However, it does boast itself as being the "ultimate" smash game, implying that all other smash games are subordinate to it in terms of quality. Through its very name, Ultimate creates the difficult task of somehow surpassing its predecessors. Whether or not this is truly the case is a matter of opinion; however, it's easy to see how Ultimate's refined modes and additions help it stand out from the rest.

Firstly, it's hard to argue that any other character roster from the past compares to Ultimate's roster, both in quality and certainly quantity. The sheer ambition of bringing in more than 70 fighters is certainly admirable. What's even more impressive is how every character feels interesting and unique (for the most part). I don't think there is a single character that I particularly dislike, which is quite the accomplishment for a roster at this size. Even playing the game casually, it's easy to grasp how each character plays and appreciate what they bring to the table. It also nice to note that every character feels very balanced, making the game feel fair as a whole.



COURTESY OF NINTENDO

The fighting overall feels very polished thanks to Ultimate's refined game mechanics. Things like perfect shields and the modified air dodges (among many things) help spice up the game's competitive field. You can look at any combo clips online to figure out that Ultimate must be

doing something right when it comes to making the game look and feel clean. For me, stuff like the dramatic close-up for the final KO and the heavy sound design for attacks makes the game very satisfying. Thus, the games wide array of characters and

refined mechanics make playing in any way a total blast.

Not only are the basic matches fun, but the various single player modes give a healthy amount of variety to Ultimate. In fact, I'd say that Ultimate might be the best Smash game in terms of single player, or at least close to matching Brawl. It depends on whether you prefer Ultimate's story mode, World of Light, over Brawl's story mode, Subspace Emissary.

World of Light is definitely much less story driven than Subspace, as it focuses on more consistent and creative matches against various representations of various characters in gaming. However, some people might find these matches tedious and, at times, frustrating. To me, World of Light does feel more like a time sink than anything else, but it's still a fun time regardless. Again, your enjoyment of World of Light, especially when you compare it to Subspace Emissary, depends on if you find it fun and if you can put up with its more frustrating elements.

However, even if you end up not enjoying Ultimate's story mode, its Classic Mode should still tie you over in terms of a single player experience. There is quite the variety in classic mode as each characters have their own unique routes through it. Each run through the various routes is quick yet satisfying and feels varied enough that Classic mode never gets too stale. Not the mention, the couple of unique bosses that sometimes pop up are all fun to fight against. Like World of Light, Ultimate's Classic Mode focuses on solid gameplay, but feels more consistent and less frustrating at times. Thus, it makes Ultimate's single player much better as a result and arguable brings it to at least on par with Brawl's single player, if not above it.

Finally, Ultimate's online multi-

player matches, depending on who you ask, may or may not be an improvement. The big thing is that Ultimate's nline is still prone to alot of lag, and the amount varies by person. It's also prone to matchmaking issues like being stuck playing matches with items on when you specifically did not want items. Personally, I don't have much experience playing online, so I can't make any conclusions for it. However, I seen many people complain about it online, yet others praising it as they don't encounter the lag and matchmaking issues as often. Thus, it would seem that one's enjoyment of Ultimate's online varies depending on how good your connection is and how lucky one gets in matchmaking. I have heard that these issues have gotten better over the past month, so in theory Ultimate's online can get better over time with various patches. However, I do understand how some find Ultimate's online to be one of its weaker aspects.

It hard to conclude whether or not it's truly the "ultimate" smash experience, but it's certainly a great one regardless. Do things like World of Light's lack of story and the inconsistent online make the game weaker? Arguably. Do things like the refined game mechanics, diverse characters, and fun classic mode make the game stronger? Certainly. Your enjoyment of Ultimate, when compared to the other Smash games, really depends on what you looking for in a Smash game. For me, I feel that I got the most enjoyment from Ultimate, mostly for its solid single player. I will also say that even if Ultimate doesn't fulfill all your expectations, it's still a fun time. The simple fact that it's the new Smash game warrants its purchase. So no matter who you are, you should at least try out Super Smash Bros. Ultimate, and hopefully you'll have a smashing good time one way or another. ■

Review: 'I am > I was'

21 Savage's newest album shows signs of growth

KAZ JOHNSTONE

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The title of 21 Savage's new album is no joke: he is undoubtedly greater than he was.

In the past I hadn't really taken him all that seriously because I considered his mellowed out, low-register flow to be a lazy version of trap.

His new project, though, shows signs of growth.

It helps that the album - wisely - decides to avoid the Migos Culture II strategy of a monotonous 2-hour album by keeping the runtime a fairly tight 50 minutes in length.

The album opens with what I believe is his best song yet: "A Lot," featuring a verse from J. Cole, which is driven by a soul sample reminiscent of Childish Gambino's "This Is

America." The selection of beats as a whole is surprisingly consistent.

One in particular - "Ball w/o You" - almost perfectly jazzy. There's a wide variety of moods, ranging from certified bangers ("Gun Smoke", "1.5" with Offset, which looks back at Without Warning), to the late-night urban creeper sound Savage is known for ("Break Da Law" and especially "Good Day" with that Three Six Mafia sample??).

As can be expected, the louder and more aggressive songs do not stray too far from his stylistic niche, rapping mainly about poverty and gang violence.

Savage's flow has very much improved, shattering any expectation that he is an incoherent mumble rapper. He even succeeds in delivering, surprisingly, a more introspective

slow sound.

The last of these is the style where 21 Savage really proves himself as both a rapper and a lyricist, discussing the imbalance of fame and love in "Pad Lock" and delivering a passionate tribute to his mother on "Letter 2 My Momma."

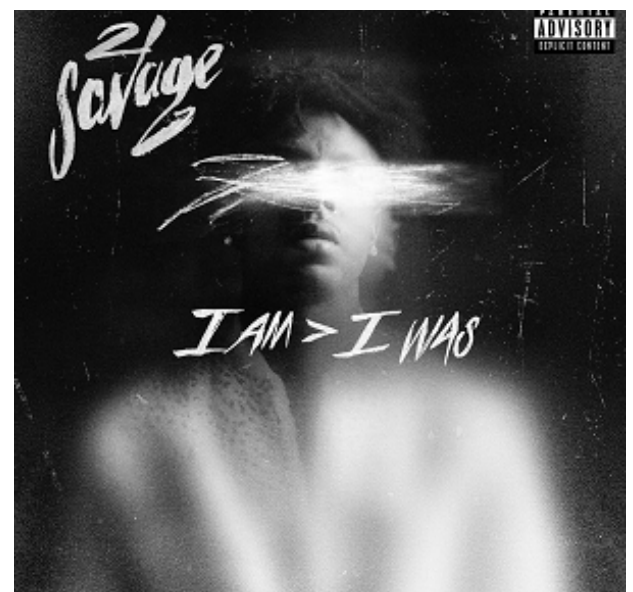
Savage is easily the most confident he's ever been on the microphone, bringing a charisma to some of these verses that I never expected from him.

As for the features, they range from brilliant (J. Cole, Offset, Childish) to decent (Travis, Gunna) to boring (Post Malone, who at this point I am completely sick of, sorry guys).

The album works much better as a collection of individual songs as opposed to a cohesive whole, which can be said about many recent trap releases.

21 Savage doesn't deliver one specific message here, and the constant shifts from typical rap boastfulness to genuine sentimentality prevent "I Am > I Was" from being a great "album."

But this is not a bad thing, because the songs have gotten much, much better, and that seems to be what he has been focusing on.



COURTESY OF WIKIPEDIA

Honestly, besides "A&T," which you only need to hear once, this project shows that 21 Savage is on an uphill trajectory. ■

“One in Christ through unity in sisterhood”

Sisters of Sigma Alpha Omega spread God’s love at CNU

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Sigma Alpha Omega strives to spread God’s light at Christopher Newport. As CNU’s only religious sorority, it is truly set apart from others on campus.

Sigma Alpha Omega is a Christian sorority originally established in 1998. CNU’s chapter, Alpha Delta, came into being about ten years ago.

With 20 members, the Alpha Delta chapter is tight-knit.

“We’re all very close and we all have similar values, and we’re all best friends,” said Anna Trotter, the head of social for this semester. “I guess to me it’s about having that community on campus that you can have things

in common with and girls that you can go to in times of struggles [who] get you and have gone through the same things as you. [We’re] like the larger sororities, but a little bit different.”

Sigma Alpha Omega has requirements for membership like most other Greek life organizations, but they are not as exclusive as one might think. They have no grade point average requirement like most social or academic fraternities and sororities, but they do require members to attend two Bible studies a month which are held by sisters. Non-members are welcome to join as well.

The sisters go on retreats in which God is the main focus. Sisters come together and bond with one another as they also grow stronger in Christ.

Sigma Alpha Omega also has a national convention held in Wisconsin every summer.

The sisters require attendance at social events that they host at least once a month. They do everything from essential oil parties to going rollerblading to line dancing together.

Their national philanthropy is bringing awareness to ovarian cancer.

During the month of September, the national Ovarian Cancer Awareness Month, the sisters hold different yearly fundraisers such as car washes to raise money and understanding for the cause.

This year, they are doing so through selling Pura Vida bracelets in teal and white, as teal is the official color of ovarian cancer awareness.

Trotter was a freshman when she joined Sigma Alpha Omega. During her second week of school, she saw a flier for SAO and went to a recruitment event with her best friend. She was inducted shortly after. She says most girls attend the whole recruitment week, but it is not required.

Sigma Alpha Omega’s rush week for this semester just ended. It included daily activities such as an Bible study and worship night, as well as an informational night so potential new members can learn more about what it is like to be a part of the sorority.

Aerin Gilday, a sister of Sigma Alpha Omega and a

recruitment committee member, said, “Sigma Alpha Omega has come to mean so much to me. To be in a chapter full of such passionate, spiritual, strong women is nothing short of inspiring and it has helped me learn more about my personal faith than I could’ve imagined. The hearts of these girls and what we do for the community as well as one another has shown me how much love there is to be had in the world! Being a part of Sigma Alpha Omega’s Alpha Delta chapter has shone so much light into my life.”

Sigma Alpha Omega’s mission statement reads: “To glorify God by reaching women across the world through the expansion of the sisterhood, by encouraging spiritual development through Christ-inspired accountability and



Sisters Aerin Gilday and Alysa Zieman pose at Sigma Alpha Omega’s spring recruitment bid night this year.



Aerin Gilday poses with her class and the rest of the Alpha Delta chapter at initiation. COURTESY OF AERIN GILDAY/ SIGMA ALPHA OMEGA

unity, by participating in evangelistic and philanthropic endeavors, and focusing on good scholarship and humble leadership.”

The sisters of the Alpha Delta chapter truly exemplify these ideals in every aspect as they live out their faith boldly and passionately on campus. ■

Review: Mission Escape

What is it like to think your way under pressure to a hidden treasure?

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As weird as it sounds, paying money to get locked in a room and struggling to find your way out is a pretty great way to spend a Friday or Saturday evening.

Mission Escape in Poquoson features several themed “escape rooms,” although the objective is usually not escapism but rather finding a treasure, removing yourself from Santa’s naughty list or curing yourself from a disease.

With the name “Texas Gold,” I knew our escape room was going to be fun. We had a mission to find Grandpa’s hidden treasure in his old cabin and we set off to solve the puzzle lying in a wood-plated room with mounted license plates, a chess board, fireplace

and plenty of other odd objects.

Walking into the room, I felt it was going to be difficult. For first-timers like me (thinking an escape room was something like a glorified house maze from “The Recruit”), I was both worried and intrigued by how normal the room looked. Except, of course, the mounted TV that hung in the corner and answered our cries for clues and hints.

Unlike some escape rooms, we were not locked in (it’s apparently illegal to lock someone in a room in Virginia) and could open the door at anytime. We were also not penalized for the amount of clues we asked for, and once or twice, the TV buzzed to give us a clue as we stumbled around, trying to re-arrange drawers or make sense of a chess board with weird symbols on it.

Some experienced escape-room goers may see the “free clues” as a lack of challenge, but I would argue that

the complexity of the clues balanced it out - feeling challenged but not lost.

Upon first glance, it appeared the room could not incorporate a huge variety of clues or surprises. There were a few noticeable combination locks and a few some pictures that looked suspiciously mobile. As we moved towards the treasure, I was pleasantly surprised (literally, as bookshelves moved and the lights revealed a completely different black light impression of the space before us).

Although the tickets run on the expensive side for a college-student budget, my roommates and I found a discount on Groupon that was only \$16 per person for an hour of challenging and intriguing adventure. Not only do I recommend this, but I will certainly be going back for another room. ■



COURTESY OF MISSION ESCAPE VIRGINIA

Sorabol soars above expectations

The hole-in-the-wall Korean restaurant provides excellent introduction to traditional food

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Tucked away in a strip mall, you will find an explosion of flavor that transports anyone that opens the door.

Sorabol, a traditional Korean restaurant, has been a staple in the Newport News community for some time.

cucumber, carrots and danmuji, a pickled radish. With these elements being seasoned and cooked, as well as fresh, the textures and flavors created by the dish were exciting and different, each bite bringing forth a different note of the dish. With the carrots and cucumbers tasting so fresh, I wonder if the restaurant was benefiting from their proximity to the market next door.

My main meal, hoe-deopbap, a mixed rice dish, featured seasonal vegetables, raw fish and fish eggs, topped a bed of rice. A side of chogochujang, a red chilli and vinegar sauce, was served on the side.

Again, the texture and combination of flavors was the highlight of the meal. Mixing the crunch of the vegetables, the buttery texture of the raw fish, and the pop of the fish eggs, this meal provided not only a cacophony of flavors, but also variable textures.

Beyond which it was very filling. I was given a side of egg drop soup with my meal as well and I felt my waistband to begin to tighten. But with sides so delicious, I found it difficult to stop myself from eating more.

My friends felt much the same. Finishing up their full meals and picking on what was left of the banchon, they spoke highly of their meals.

Given the prices which rung in at about \$15 for an appetizer and meal, I couldn't be more satisfied. When I was leaving an older woman said to me,

"Best lunch in town. It's a secret," and I couldn't think of a better way to describe Sorabol.

Although admittedly I don't have much to compare it to, Sorabol was an excellent introduction to Korean food and I beg anyone that might pass it by to give it another look and maybe step inside. ■



Hoe-deopbap is a traditional Korean dish that Sorabol paired with a bowl of egg drop soup. **MORGAN BARCLAY/THE CAPTAIN'S LOG**

Located next to the International Market on Denbigh, many pass by Sorabol without batting an eye as they go to buy their rambutans and Pocky.

Its storefront is something that is easy to miss. A large sign in yellow font above a nondescript door is all that welcomes those who enter.

Going into the restaurant, I had trepidations. How good could something next to a supermarket be? How good could something next to a restaurant with bars on the windows, simply labeled Burgers, Wings and Fries, be? And why can't I see through the windows here?

As I walked in, these fears weren't necessarily assuaged. Dimly lit and sparsely decorated, what was there looked as if it hadn't been updated since the '80s. The chairs were angled benches and a dark and seemingly broken karaoke machine stared me down as I took my seat.

The menu was filled with all of the traditional Korean you would expect to find—bibimbap, bulgogi, dumplings, teriyak—if it's Korean, it was probably there.

As this was one of my first Korean food experiences, I was also thankful to see there were also descriptions of each dish and pictures in the menu.

Looking through the menu I decided to choose gimbap as an appetizer and hoe-deopbap as my main course. My friends went with dumplings as an appetizer, chicken teriyaki and beef bulgogi.

The gimbap, a traditional Korean sushi, was wrapped with seaweed and rice and contained eggs, cooked beef,

Although I didn't partake as to save room for the rest of my meal, my friends spoke highly of Sorabol's dumplings. Brought to the table still steaming, their texture combined with the seasoning and the moisture of the beef inside brought smiles to their faces and echoes of, "you've got to try this."

The next food to arrive was the sides, or banchan. Small plates of kimchi, fried pork belly, vegetables and noodles were brought out for the whole table to feast on and they provided quick bursts of flavor if we were to ever get bored of our meal, which we would be hard-pressed to do.



Gimbap is a fresh variety of Korean sushi, filled with different flavors such as beef, carrots and cucumbers with a dipping sauce on the side. **MORGAN BARCLAY/THE CAPTAIN'S**

Career Horoscopes: January 23-30

What's in your future this week?

JARON OVERTON

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Aries (March 21 – April 19)

You could be in a nerve-racking period. Impatience and overwork could agonize your nerves. Nurture yourself and have some harmony. A nice bath or short break to accumulate motivation will help more than you understand. Be happy!

Taurus (April 20 – May 20)

Do not let your health suffer via impatience. It can cause hypertension or major migraines. If you get wildly wrapped up, go for a massage or a bath with aromatherapy. Daily attempts could calm you down.

Gemini (May 21 – June 20)

Protect yourself from contamination. Ensure that high pressure is not debilitating your immune system. Find a way to feel more settled and amassed. Taking the correct supplements for your system will likewise help you remain healthy.

Cancer (June 21 – July 22)

You can either travel through life in a quiet, tranquil state, which is ideal for your body, or you can succumb to the energies that may leave you burned out. This period may not be straightforward, but challenges don't need to be reflected in your health. Fight the temptation to ascend to the trap if others push you.

Leo (July 23 – Aug. 22)

You may be more sensitive than before, so be alert. Keep your own limits unscathed or you may find that others aggravate you, even accidentally. Avoid contamination and keep a resilient immune system.

Virgo (Aug. 23 – Sept. 22)

You want to look your best. A solid shine is a standout amongst the most captivating things about a body. You realize that. You're anxious to drop any weight and accomplish a magnificent appearance. It helps the push to get your diet right, despite all the trouble, it'll be worth it.

Libra (Sept. 23 – Oct. 22)

Remain grounded. It takes care of your body. Exercise, get enough rest and eat well. These exercises will help keep your nervous system working admirably. You won't freeze if things don't go perfectly - perfection is rare. There could be a couple of difficulties, however you can manage.

Scorpio (Oct. 23 – Nov. 21)

You're feeling extra confident and hopeful, and your health reflects this. An upbeat standpoint is enough to remedy any number of minor ailments. Keep caring for your feet and lower legs. This is the scenario for short errands. Watch those uneven surfaces and stay alert.

Sagittarius (Nov. 22 – Dec. 21)

As within, so without. This truism applies to your health. Nothing is accidental, particularly getting ill. Vulnerability around one issue could breed contamination. A difference in context may be the difference between staying healthy or crawling into bed. Have confidence in your inner power and peace. Take care of yourself.

Capricorn (Dec. 22 – Jan. 19)

If you have a responsibilities in which you have to stay alert, do them right off the bat this week. The weekend could be disappointing, and you don't often deal with such things. You could be edgy to the point that you're an accident waiting to happen. It's an ideal opportunity to settle down and unwind.

Aquarius (Jan. 20 – Feb. 18)

You're raring to go and feeling essential, but certain burdens could carry headaches alongside nerves. Don't fight it. Stay calm and let everything wash over you. You'll feel more than ready to cope. It's an ideal opportunity to ponder your way of life. Is it healthy or not? You can change it.

Pisces (Feb. 19 – March 20)

Take care of issues that could take an emotional and physical toll on you. Understand the pressure so it won't affect you. Let the cosmos give you a new beginning. Get energetic and prioritize your health. It will give you the strength and vitality to manage any issue. ■

JOIN THE STAFF!

The Captain's Log is always looking for new members. If you're interested in becoming part of our team, email editor-in-chief Morgan Barclay at clog@cnu.edu or morgan.barclay.15@cnu.edu, at any time.

Interested in:
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