



# THE CAPTAIN'S LOG

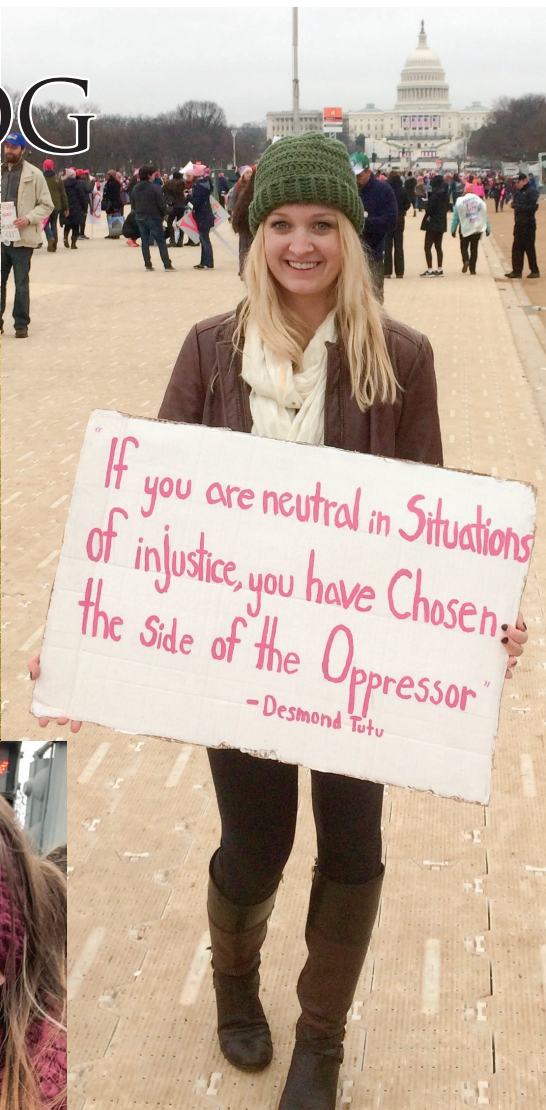
THE VOICE OF CHRISTOPHER NEWPORT UNIVERSITY STUDENTS

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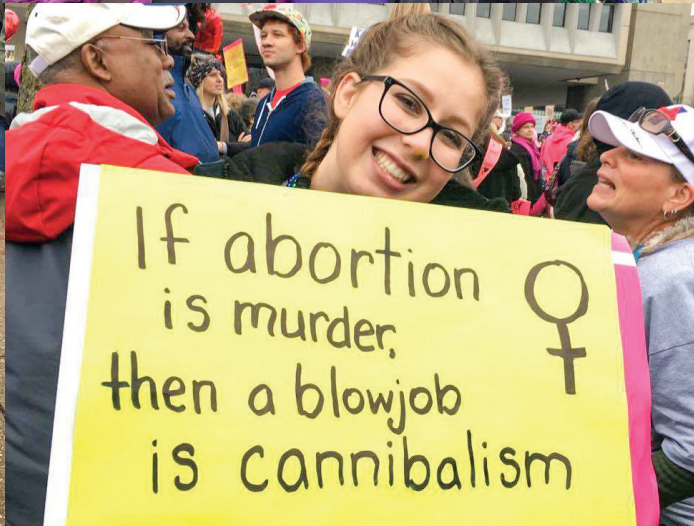
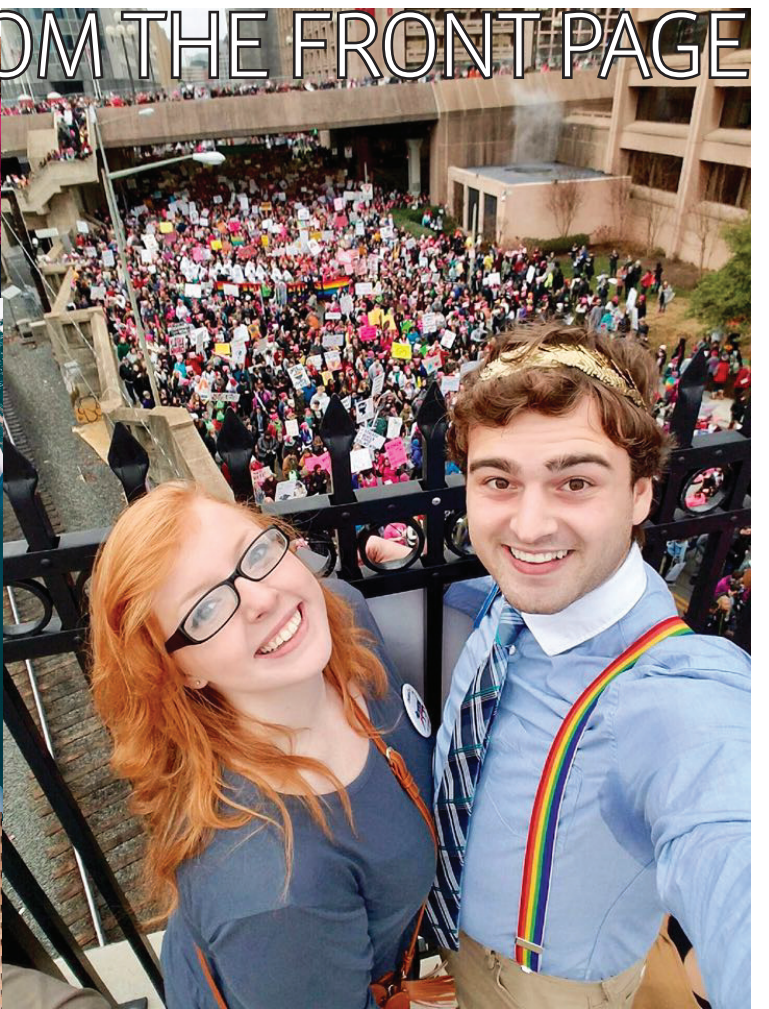
## CNU'S NAST ♀ WOMEN AND BAD ♂ MBRES

CNU students, faculty and alumni attended Women's Marches across the nation on Jan. 20. Turn to pages two and three and the opinions section for more information.





# FROM THE FRONT PAGE



Photos from the march courtesy of students, faculty and alumni at requests from The Captain's Log via email and Facebook groups.



# CNU'S NASTY WOMEN AND BAD HOMBRES

Christopher Newport University students, faculty and alumni attended Women's Marches across the nation on Jan. 20. While their reason to march may have differed, they all unified behind a common cause.

BY BENJAMIN LEISTENSNIER  
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She may have boarded the silver line on the metro, but by the time she got off, junior Summer Kelly may have just as well gotten off the pink line. Surrounded by pussyhat wearing "Nasty Women" and "Bad Hombres"—names of empowerment derived from insults made by President Donald Trump—Kelly was one of millions of people worldwide who protested in one of 673 Women's Marches on Jan. 21. "There were many misconceptions about the March being strictly 'anti-Trump,' when in reality it was so much more," said sophomore Nicole Meservy, who cited issues such as healthcare, LGBTQ+ rights and gender equality among the reasons to join the march.

Although she felt that the march was not entirely anti-Trump, Meservy still believes that it sent a message to the American people regarding the president. "The Trump campaign was built upon intolerance and hatred, and the march stood as a reminder that our country is better than that."

Junior Julia Davis touched on that intolerance in her reasoning for marching, believing that Trump

"spews hate." For Davis, marching allowed for her to overcome that hate and feel empowered. "After feeling like our voices could not be heard, this march showed... we will do whatever we can to be heard and viewed as equals."

Kelsey Hill, an alumna of the class of 2016, said that when Trump was first elected, she felt terror, but the march helped regain some positivity. "It felt like a giant step backwards but marching with all these like-minded people and seeing how many came out to support this movement gave me a lot of hope."

Hope for the future proved to be a motivator for freshman Caitlin Catterton, who marched so that "one day in the future, the

daughters of my generation won't need to."

"Every day Trump objectifies women, encourages sexual assault and dehumanizes basic women health care, it teaches a new generation of kids that this is okay," said Lauren Knouse, a freshman, also thought of the future generation in her justification to march.

Some marchers have already experienced that objectification in their lives firsthand. "I have been catcalled, talked down and belittled

to because of my gender. I hate the fact [that] is considered normal," said senior Karlin Stucky.

Some used the march as a way to become a better person,

such as Joelle Blas, an alumna who graduated as a member of the class of 2016.

"I remember the feeling of disappointment of the outcome of the election. At first it was disappointment in the country, but then I realized it was disappointment in myself. I didn't fully participate in the election voting process and that was the underlying problem—I wasn't participating."

Blas went on to march in DC despite the fact that the day prior she had witnessed burning trash cans and destroyed buildings resulting from violent riots.

Her insistence that the march in DC—which resulted in zero arrests—was a peaceful one was shared by many other protesters.

Senior Chloe Pierce noted even though security was limited, there were no violent incidents. For her, the march reminded her "what it really means to be an American."

Devon Mearns, who graduated this past December, felt free of fear of violence and safe in "an aura of love and positivity" as she attended a

Women's March in New York City.

She also noted despite some anti-Trump sentiments, "people weren't putting him down as much as they were simply bringing women up. It was a march for all women, all men, all people who feel oppressed in any way."

"Although labeled a women's march, it was a march for all marginalized groups and the people that support them," said junior Lillie Cummings, who happened upon the local march in Norfolk with family.

This was true for many CNU marchers.

Kimberly Fonseca, a sophomore, said that she went with a group of her friends who were a part of the LGBTQ+ community, but she had her reasons to go as well.

As the daughter of immigrants, Fonseca said she has before witnessed "the round ups of immigrants first hand and the after effects of a child losing their parents."

"So I marched for them," said Fonseca.

Isabella Diaz, a Mexican-American, said that she and her Muslim sister were willing to fight for rights she fears may be taken away.

The diversity of issues is what led senior Caroline Herodet to praise the intersectionalism of the march. "At its core, it's about human rights, equal rights for all. It started with women, but it now spanned to being just about everyone."

So while the Nasty Women and Bad Hombres around the world may have had different motivations or experiences, all of them appear to be united under a shared trait: the drive to protect rights of others. ■



# CNU gets a tech makeover

The website and navigator app that CNU hosts have undergone some cosmetic and functionality changes.

## Website Re-Design

## App Re-Design



PHOTOS COURTESY OF CAITLIN DANA

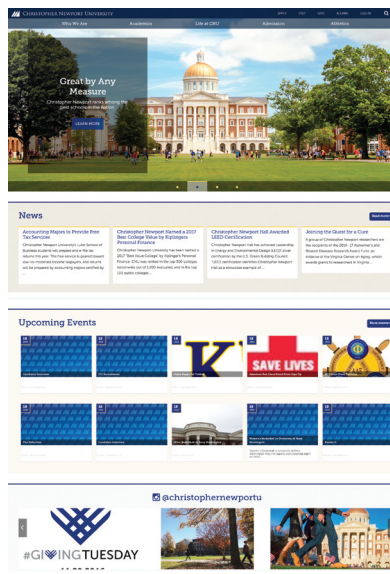
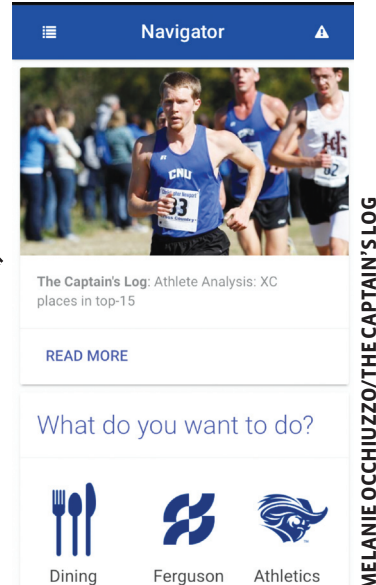
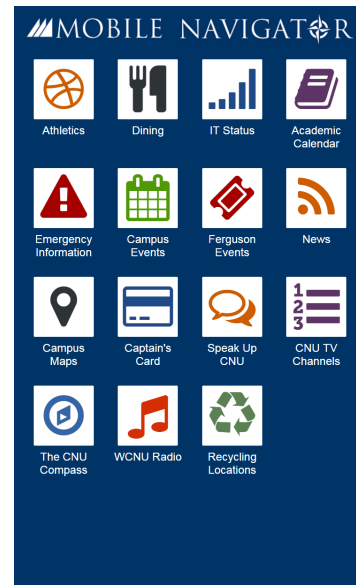


PHOTO COURTESY OF ADAM FENDLEY



MELANIE OCCHIUZZO/THE CAPTAIN'S LOG

The website has gone from a labyrinth of clicks to a user-friendly model that makes finding information easier.

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

The website that greets each user upon searching for Christopher Newport University has recently undergone a major overhaul.

Highlights of this update are a much improved calendar, an intraweb portal for students and faculty and a more consistent model by which the website is coded.

The last update to the website was seven years ago according to Caitlin Dana, one of the designers for the updated site.

An external company handled the bulk of the work and the CNU team was left with just filling in the blanks.

Now CNU has created this new website completely

in-house. One of the major reasons behind updating the site, Dana says, is due to the fact that technology has come a long way.

The new site was designed to be mobile-friendly first and a desktop site second. The reasoning behind this came from previous incoming freshman and focus group surveys.

The whole process took about a year and a half, a year of which was taken to code the website.

Dana explained that the process was split up into two halves, two people worked on the intraweb portal and the rest were focused on the public site.

Maggie Vaughan and Jered Benoit were responsible for creating the intraweb. Vaughan had the vision for what the intraweb would

look like. She took care of the content and made sure the concepts would blend with CNU's message.

Jered Benoit wore two hats in this operation. He was the technical lead for both halves of the site. He assisted Vaughan just as much as he assisted the team with creating the public face of the site. Dana cites the main reason for creating a secondary site is so that the public doesn't have to wade through unnecessary information to get to what they are searching for.

"Most people don't need to see the forms for getting travel funds reimbursed, they just want public information about the university," Dana says.

Dana, Brian McGuire and Benoit all took time to create

the public face of the website. McGuire was in charge of the content. He wanted to make sure that the website had the voice of CNU.

Dana had an idea of what the website should look like and she spent most of her time coding and designing the site.

One of the major obstacles that the team faced while working on the site was the enormity of the learning curve they were faced with, Dana said. They updated the website's calendar that integrated information from scheduling and was more user friendly.

"This creates a new social platform," Dana says. With this updated calendar, students can see who's going, share the event and even RSVP for the event online.

This calendar model is based off of models from other schools. Dana says most of the updates to the system came from researching what worked best in other schools.

Another major update is the consistency with which the intraweb was created. Before, each department was in charge of maintaining their own page, so there were an inconsistency in the style of the pages.

This dispersed model, as it was previously called, now is all maintained by the team who created the site. Dana says she's gotten a good response so far but would love to get more responses from users. "It's hard to make something better when no one is using it... until it's out there we can't tell what's missing." ■

The app has been completely redesigned to show students what they need to know about CNU's campus.

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

Over the course of the past year, CNU's Internet platforms have undergone a major change in layout and function.

The school's website features a clean aesthetic and new arrangement of features.

Another large change happened to The Navigator app, which developed an all-new layout along with an assortment of new features as well. Adam Fendley, student and creator of The Navigator, felt that it was the time to follow suit

with the website and update the app.

"I [thought] it was high time that we had a new app that has a more modern design and more full feature set," commented Fendley about his decision.

According to Fendley, the largest change to the app is the design. "This is a completely new app—it doesn't share any of the old code and is built with a newer system that allows more cool stuff. I was working on this new version from scratch for a year and a half before it was released this month.

So in that regard everything

is changed at least somewhat." Now, users can search through TV channels and see athletic highlights, just to name a few upgrades.

There are also a lot of new and exciting additions to the app. Now there is a section for the Freeman Center, a feature that shows on-campus recycling locations, campus printers, the Campus Activities Board schedule and the WCNU radio show lineups are shown to name a few.

Also, the app will involve contributions from CNU staff. "...This means that in the

future, when there's a break and you want to know when the Freeman is open, you won't be stuck asking on Facebook what the hours are or checking your email to see if they sent it out."

According to Fendley, Freeman Center directors can log on and update the hours themselves on the app.

He also said that the app helps bypass the long process to contact IT to get something changed and towards a place where if something needs updating, it can be easily done online and show up in minutes on everyone's app.

"For the people in charge this means way less hassle and for students it means a much more reliable and active source of information," said Fendley.

This update isn't the final edition of the app; there is still more coming to the Navigator in the future.

Fendley hopes to add more on to the app, such as the ability to log in using student IDs and be able to access individual information. For any feedback or suggestions involving The Navigator app, contact: cnumobileapps@cnu.edu. ■



# CNU Hosts First Teach-In

Christopher Newport University will host its first Teach-In on Jan. 28 to help educate students on issues facing our country.

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

Amid the confusion and misinformation that has clouded the recent election and legislation, CNU's professors have decided to do what professors do best, teach.

Dr. Roberta Rosenberg and Dr. Linda Waldron have decided to host CNU's first teach-in.

"There is so much misinformation and disinformation and fake news about what is important to us right now," says Rosenberg.

She comments on the rampant sharing of information that people may or may not know is fake.

Rosenberg says that the world is in a post-factual age; if you can say something with no backup passionately, then you can make it true. However, Rosenberg says that you can't do that and too many people argue based on their passions, rather than with reason.

Here is where the Teach-In comes into play. This will be

a forum for people to learn as objectively as possible and to be able to have a conversation about it.

There will be representatives from the whole political spectrum and the hope is that those who participate will come to an agreement of what the actual problems are.

Senior Hilton Farmer will be working social media for the event and agrees with Rosenberg's wishes for the forum.

He says that this is a good chance for people to educate themselves and have healthy dialogues on politics.

"People want to arm themselves with knowledge... they want to learn more," Farmer says.

Rosenberg has been attending Teach-Ins since the Vietnam War. She says that these forums helped her decide what she wanted to do about the things that bothered her. Rosenberg wants this not just to be an educational event, she wants students to understand what is happening and what to do to fix

the things they don't like.

Students are encouraged to come for the sessions they are interested in, to learn as much as they can and participate in an open dialogue about the state of the country, Rosenberg says.

This event will be free and open to the public and students are encouraged to ask questions. Rosenberg says that hosting a forum like this at a university is a great way for people to learn and understand. She says "Universities are good at teaching people things." ■

*Dr. Linda Waldron was unable to be reached for comment due to being out of town.*

**Questions?**  
**Contact Dr. Rosenberg**  
**at [rosenb@cnu.edu](mailto:rosenb@cnu.edu)**

Key Issues Facing the American Public in the **Trump Presidency**  
a community conversation  
saturday, january 28

|  |   |
|--|---|
| <b>9:30 a.m.</b><br>Opening Remarks (MCM 101)<br>Delegate Michael Mullin<br>Professors Roberta Rosenberg & Linda Waldron | <b>12:30 p.m.</b><br>Pizza and Discussion (MCM 1st floor atrium)<br>Professor Danielle Stern  |
| <b>10:00 a.m.</b><br>Immigration & Interfaith Relations (MCM 112)<br>Professors Hussam Timani & Dana Obeid               | <b>1:45 p.m.</b><br>Women's/Gender/LGBTQ Issues (MCM 112)<br>Professors Bek Orr & Jaime Harris  |
| <b>11:15 a.m.</b><br>Race Relations (MCM 112)<br>Professors Antonia Randolph & Danielle Docka-Filipek                    | <b>3:00 p.m.</b><br>Next Steps: Activism and Community Dialog (MCM 101)<br>Professors Linda Waldron & Andria Timmer                     |
| <b>11:15 a.m.</b><br>International Relations and Defense (MCM 114)<br>Professor Nathan Busch                             | <b>3:00 p.m.</b><br>Freedom of the Press, Fake News and the First Amendment (MCM 114)<br>Professors Jenn Billington & Nicole Emmelhainz |
| <b>11:15 a.m.</b><br>Climate Change & Environmental Issues (MCM 164)<br>Professors Robert Atkinson & Johnny Finn         | <b>3:00 p.m.</b><br>Future of Political Parties (MCM 164)<br>Professors Michelle Barnello & John Camobrieco                             |
| <b>11:15 a.m.</b><br>Economic Issues and Health Policy (MCM 114)<br>Professors Robert Winder & Rachel Blecker            | <b>3:00 p.m.</b><br>Social Protest Movements (MCM 164)<br>Professors Trevor Hoag & Joseph Sery  |

CHRISTOPHER NEWPORT UNIVERSITY  
"an honors event"

PHOTO COURTESY OF DR. ROSENBERG

# IFC Signing Day: An ode to brotherhood

IFC Signing Day welcomed new additions to CNU fraternities and emphasized the importance of brotherhood.

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

The serious atmosphere of the Interfraternity Council's 2017 Spring Signing Day starkly contrasted with the enthusiastic Bid Day put on by CNU's sororities.

Men clad in professional attire filled Peebles Hall on a rainy Sunday afternoon. The event is usually held outside but due to threat of rain they had to move to their rain location says Spencer Hudec, advisor for greek life.

They remained quiet and reserved until the new members were announced; that's when the emotion emerged.

As each new member made their way across the stage, they were met with applause and encouragement.

Each of these men were then welcomed into the respective brotherhood in which they had chosen to become a member.

Hudec commented on the generally serious nature of the event saying that while the men were given the option to run home, they as a group decided they wanted this

event to remain more professional and reverent.

Hudec says that the IFC signing day is meant to have the atmosphere of sophomore signing day or Convocation.

According to Hudec, she finds it interesting about signing day is the fact that no signing day has been the same. "I love it," she said when asked if she enjoys Signing Day.

One organization stood apart from the rest in terms of numbers, as Psi Upsilon had a new member class of 27. They also instituted a raise in the minimum GPA in order to rush.

The GPA went from a required 2.6 to a 2.7, which is higher than the Greek-wide minimum. Hudec says that brothers wanted to put a heavier emphasis on academics. They want to change how fraternities are viewed.

This year's keynote speaker was Jonathan Colb. He was chosen in order to give a younger perspective to the newest class of fraternity brothers. Colb is a graduate of the class of 2016 and a university admission fellow.

He took the time to emphasize the importance of brother-



Freshman Nic Falcione signs his name for Kappa Delta Rho. BEN LEISTENSNIER/THE CAPTAIN'S LOG

hood and the impact they will have on the lives of everyone around them. "You are always wearing your letters."

In other words, by accepting this membership these men are always representing their fraternities and the IFC.

This event also gave congratulations to the recruitment chairs who helped to organize events for each fraternity. ■



# #WhyIMedia

Editor-in-Chief Benjamin Leistensnider explains how the Women’s March reporting in this week’s edition of The Captain’s Log came to be, his reasoning why he felt it was important to have such extensive coverage and a few of his views about the ongoing battle being waged between the press and President Donald Trump and his team.



**BENJAMIN LEISTENSNIIDER**  
EDITOR-IN-CHIEF

Over my four years as a writer and editor at The Captain’s Log, this has easily been by far been one of the most time-intensive, exhausting issues I’ve ever worked on. But it was also the most rewarding.

When I started to think last weekend about what news stories I would want to cover, I knew that I had to do something concerning the inauguration.

The last time we celebrated a transfer of power from one president to the next, some of the freshman class hadn’t even reached an age that was in the double digits.

What I didn’t expect as I was planning out this week’s issue, however, was which event I decided deserved to have the main focus, that is, until this past Saturday, Jan. 21.

I was expecting the Women’s March in Washington D.C. to attract a large crowd as I had been hearing about the event since the election.

I knew of a few friends planning on going, so I figured I would just talk to them, get a few quotes and pictures and call it a day.

As the day wore on, I kept reading new updates about how these marches were surpassing all previous estimations. For example, a march planned in Chicago had to be canceled since there was legitimately no safe way to fit all the

demonstrators along the intended route.

Organizers were originally planning to bring in “just” 50,000 people, but according to numerous media outlets, including the Chicago Tribune, CBS and NBC, an estimated 250,000 individuals eventually showed up.

According to USA Today, this trend was the case worldwide as 2.6 million people from 32 different countries took part in 673 different marches. There were even protestors in Antarctica.

Just as organizers were not planning on having that many supporters, I was not expecting the number of posts I saw on various social media sites by my fellow CNU students, professors and alumni.

I took to Facebook and posted in the various “Class of 20\_\_” pages to try and find a larger pool of potential sources. The amount of feedback I received solidified my decision to devote so much of this week’s issue to the Women’s Marches.

My initial plans were to have a collage solely on the front page and write an accompanying story on the third page.

Receiving dozens of replies of those interested in contributing made me reconsider my approach, which is why I chose to continue the collage on the second page and even continue to put pictures in this section.

Considering the amount of interest people had in being a part of this story, I felt it would be wrong of me to turn down their pictures and tales from the march.

Even alumni who graduated back in 2014 found out about my project and contacted me, even though they were at least three years removed from the university.

In the past I’ve tried to use Facebook groups in order to try and find sources, but I never got as passionate of a response as I did for this topic.

I think part of the reason why so many people have felt so strongly about these Women’s Marches is that this is one of the first major historical protests our generation has been old enough to fully participate in and influence.

And this protest is even more noteworthy because of the sheer magnitude of participants. If estimates published by The Washington Post are to be believed, more than 500,000 people took part in marches in Washington, D.C alone.

That is double the amount of protestors who watched Dr. Martin Luther

King Jr. give his “I Have a Dream” speech and around the same number who marched on Washington in 1969 to protest the Vietnam War.

Now to avoid being completely biased, I will admit that these marches weren’t perfect. A major controversy headed into the weekend was that the Women’s March organizers revoked official partnership status from the group New Wave Feminists, an anti-abortion organization from Texas.

But at the same time, this was not a march centered around the topic of abortion. It was a march that sought to unite people behind the fight to attain and protect women rights and equality.

And just because the anti-abortion protestors’ organization didn’t have its name attached to the March didn’t also mean that they would face discrimination from those in attendance who believe in a woman’s right to choose.

Reports of anti-abortion groups surfaced. According to a story by The Huffington Post in which they spoke to individuals of such organizations, pro-choice supporters commended their actions.

Catherine Glenn Foster, the general council for a self-described life-affirming medical clinic, told reporters that she experienced a wide range of interactions with others in attendance.

She attributed this scattering of opinions to the fact that “This is not a monolithic march. It’s a march of so many diverse people and diverse viewpoints.”

This acceptance of diverse viewpoints is why I still think that the marches are an incredible accomplishment. Despite the fact that those divides do exist, the protests remained peaceful.

Even Breitbart, known for its noticable alt-right history, confirmed reports that there were zero arrests in Washington, DC. According to The Associated Press, this comes just one day after a protest led by self-described anarchists led to 200 arrests on charges of felony rioting.

The reason I mention Brietbart’s conservatism is that President Trump and his team have led a crusade against the media, criticizing many reputable outlets.

In his first press conference since being elected, Trump refused to take a question from a CNN reporter with his justification that the organization was “fake news.”

Many individuals and organizations—including Trump-approved Fox News—

defended CNN from this attack by the new president.

It is alarming how dismissive the Trump team in general has been toward the press.

White House press secretary Sean Spicer recently went on a tirade about how the media was seeking to undermine Trump at his inauguration by pointing out how the crowd size was much smaller than that from the 2009 inauguration.

Spicer asserted “this was the largest audience to ever witness an inauguration, period”—despite numerous pieces of evidence disproving that.

Chuck Todd from NBC’s “Meet the Press” questioned Trump’s senior adviser, Kellyanne Conway, about these false claims in an interview on his show. Conway responded with that Spicer was not telling falsehoods, but merely providing “alternative facts.”

If we are to live in a nation where the president seeks to assert that “alternative facts” are the truth and reputable news outlets are “fake news,” then I am taking my job as editor-in-chief as an even larger responsibility. I know that comparing The Captain’s Log to these global news agencies is elevating it to a far too grandiose level.

But if the building blocks of journalistic ethics are undermined at the lowest levels, the press will be corrupted and fail to protect the citizens. Transgressions and lies told by the government must be covered to the same extent that positive contributions by the citizens are reported.

And so I believe that the message of peace and unification that the Women’s March tried to convey to the world is one that deserves to be spread. Even though underlying tensions may have existed, the positivity and faith in humanity it helped some people regain are to be commended.

As the country is seemingly headed into a politically heated and active four years, let us just hope that the lessons learned from these peaceful protests can be repeated in the future. ■

(On opposite page) Originally, I was expecting to only get enough pictures to fill the front page. Much like Women’s Marches across the world, however, I found that I needed to provide overflow space on the second page and even here in the Opinions section.





Friday, Jan. 27th  
Tribble Plaza @ 11-2 p.m.





# SNAPSHOT

PAGE 8



(Left) Junior Zack Waskin and his group were able to see the Western Wall in the Old City of Jerusalem. (Above) Waskin (far left) poses with the friends he grew the closest with during his trip. Among them were three of the Israeli soldiers (the woman to the right of Waskin and the two men posing in front). **PHOTOS COURTESY OF ZACK WASKIN**

## Israel

Usually when students think of traveling, especially out of the country, they are faced with large travel costs. Junior Zack Waskin was able to travel to Israel for free through the Birthright Israel Foundation.

Through partnerships with a few organizations and donations, this foundation is able to send Jewish-born students to

this religious site every year.

Waskin spent 10 days exploring Israel with 40 students—two others came from CNU (Ross Robbins and Aaron Bonda), while the rest came from several different colleges and universities, including William & Mary and Old Dominion University.

Traveling abroad gives students the chance to immerse

themselves in the culture of the area they are in. Waskin's group was able to do this by befriending Israeli soldiers, who were in the same age group and who they formed close bonds with.

"For five days of our trip, seven Israeli soldiers joined our group and in that short time I grew close to them. [I] still keep in touch with them

almost every day. It would be an understatement to say the trip was incredible, but the people I met truly made the experience," Waskin said.

While in Israel, Waskin notes the several things he did. He swam in the Dead Sea, hiked Masada (an ancient fortification that sits on a plateau and overlooks the Dead Sea), spent the night in a Bedouin

camp belonging to the pastoral nomadic tribe and rode camels at 6 a.m.

"Visiting the Western Wall is something that will stick with me for the rest of my life," Waskin reflects. "Growing up, I had constantly heard about it and seen pictures, but to be there up close and touching it was absolutely unreal." ■



(Left) During her day spent with her sponsored child, Pike, senior Anna Bowers was given the opportunity to feed their cow, one which her family's donation helped purchase. (Above) During her first week in Uganda, Bowers shadowed a friend who moved there to teach children. **PHOTOS COURTESY OF ANNA BOWERS**

## Uganda

For senior Anna Bowers, winter break was a time for her to learn about teaching in a third world country as well as meet a child she's been sponsoring through Compassion International for three years.

Compassion is a Christian-based program that advocates for children to "release them from their spiritual, economic, social and physical poverty and enable them to become respon-

sible and fulfilled Christians," according to the Compassion website.

During Bowers' 12-day stay, she spent the first week living with a friend who moved to Uganda to teach children and shadowed her work, as it is something she is interested in doing upon graduation.

The child she sponsors, Pike, is seven years old and he lives in Kabehesi, six hours away from where Bowers was origi-

nally staying, Kampala.

Bowers spent three days traveling to meet Pike and was able to spend a day with him. During this time, she was given a tour of the Compassion center, meeting the workers at the center and getting a glimpse of what her monthly donations go toward.

Bowers also went to the home in which Pike lives. There, she met his parents and two sisters. After giving the children toys,

Bowers notes that the family gave her a hand-crafted basket and avocados in exchange for her gifts.

She was able to take Pike to a lake, which is something he's never seen before, and she was able to see the direct impact her donations are making.

Bowers noted that as a Christmas donation last year, her family gave Pike's family 50 dollars, which went a long way. With this money, his family

was able to expand their land, selling their goats to buy a cow.

"The highlight was definitely being able to meet Pike after three years of sponsoring, praying and writing letters to him. It was so incredible to truly see his world," Bowers said. ■

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# Winter Break Expeditions

Across the continent or across oceans, your fellow Captains took advantage of winter break as a way to travel and capture countless memories.



One of the several places that juniors Brian Duong and Sam Herring went were the Rocky Mountains. During their trip, a mother moose and her babies tried to cross the road. (Right) In California, Duong and the other juniors drove through the Chandelier Tree. **PHOTOS COURTESY OF BRIAN DUONG**

**Out West**  
tripping through 10 states: Va., West Va., Ky., Kan., Nev., Calif., Ore. and Idaho in 14 days might seem a lot, or to some, thrilling. Two students, juniors Brian Duong and Sam Herring, shared an experience that offered photo opportunities.

Herring's brother who spent winter break moving to Washington state for a job opportunity saw the trip as a vacation, bringing Sam and Brian along. The stops made along the way included Rocky Mountain, Arches and Redwood National Parks as well as Lake Tahoe. "We took pictures of every-

thing," Duong said, which is not all that surprising considering they spent two full weeks eating fast food and singing car karaoke. This sounds like the typical road trip. Something that may not happen to everyone as they travel through 10 states is that random people reached out to

Sam Herring to take photos of them through his Instagram account. "The highlight of my trip was [visiting] Northern California. It was absolutely



beautiful. From the fog in the valley to the Redwood trees, to the unreal blue water, it was unbelievable," Duong said. ■



While exploring San Francisco, senior Briley Naab stops for photo opportunities along the pier. It was special to Naab because the Alcatraz was one of the places she saw the first time she visited California with her mom. (Above right) Naab poses in front of Golden Gate University where her cousin works, after stopping for coffee at Starbucks along the way. **PHOTOS COURTESY OF BRILEY NAAB**

**California**  
Senior Briley Naab took advantage of winter break to spend family time over winter break, as most students do. Instead of dealing with the cold weather, though, she spent her time in sunny San Francisco, California. During her time in San Fran, Naab explored the city, taking a boat trip under the Golden Gate Bridge. In the city, Naab spent time with

family and had an 80's-themed New Years Eve/birthday party for her cousin. The highlight of her trip, Naab says that she and her cousin got matching tattoos that were inspired by her mother, a bright orange sun on her back with the words "My only sunshine" scribed in the center. ■



their hostel to go hike El Yunque National Rainforest. They set up camp and spent the night experiencing the natural sounds of the rainforest. (Bottom) The group spent their first night in Puerto Rico walking around Old San Juan. **PHOTOS COURTESY OF WILL BURCH**

## Puerto Rico

Several students (from left to right in photo—Colin Johnston, Luke Argleben, Will Burch, Chris Keenan, Haley Vaughn and Christina Furst) traveled to Puerto Rico over break.

Furst planned the group's trip where they spent time walking around Old San Juan, hiking in El Yunque National Rainforest, exploring the Las Cuevas Ventanas (caves) and visiting a beach in Areceibo, a stretch of land with several beaches.

While at the beach, the group's rental car was broken into. Several items, including backpacks, phones, wallets and passports were stolen.

While most would think this would ruin their time, junior Will Burch shares how the group handled the situation.

"We decided to pray that the people who stole from us find peace and hope that what they took from us does good for them. [We] went about our trip enjoying the company we still had, regardless of the material things we lost." ■

(Top) Their second morning in Puerto Rico, the group poses before leaving



# Men's lacrosse prepares for tough season

After advancing to the CAC semifinals and becoming nationally ranked last season the Captains are starting their season focused on beating their toughest rivals.

BY ANDRE TORAN  
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Fresh off a record-setting campaign, Christopher Newport men's lacrosse is ready to strap it on and improve upon the finest season in program history.

The 2016 season was one defined by success, as the Captains racked up 13 victories and earned their first ever national ranking. The team was able to advance to the CAC semifinals—another first in program history—and four Captains earned All-State men's lacrosse honors.

Additionally, head coach Mikey Thompson was named VASID Co-Coach of the Year.

The Captains are poised for another record-setting season, merely losing seven seniors.

This year's squad is loaded with a mesh pool of solid veteran leadership and youthful talent.

The Captains welcome back six starters from the 2016 campaign, as well as four of their top scorers—including All-American Randy Foster, captain Will Giese and a record-setting defensive stopper, goalie Matt Hayden.

With that being said, the team may have some lofty expectations hanging over their head because of last season's

immense success.

"I don't feel that there is any pressure on us at all," senior captain Randy Foster said in a statement.

"We just have to take it game by game. You can't really look forward or even look in the past at what we did last season. It's more of an emphasis on what's ahead of us and more importantly, focusing on that game and that day. Our team motto is win the day and that's where our focus lies."

The Captains open up the year with a three game stretch on the road—beginning with an early test versus Washington & Lee on Feb. 15. CNU will continue their early travels, visiting Randolph-Macon and Hampden Sydney—two teams they beat last year by an average point differential of four. The Captains will eventually return to Newport News, opening a six game out of conference home-stand starting on March 1 versus Virginia Wesleyan.

"We had a decently challenging out of conference schedule last year, and after looking at the schedule for this year it's probably just as challenging," senior captain Will Giese said in a statement. "But there's no reason for us not to win our entire out of conference schedule."

The Captains will open CAC conference play versus Marymount on March



The Captains welcome back six solid starters, including All-American Randy Foster as they lost important contributing players last year. BEN LEISTENSNIDER/THE CAPTAIN'S LOG

18. However there are two games that the Captains have circled on their schedule.

Their matchups versus York and reigning NCAA champion Salisbury, will have an impact on how they finish in regards to the final CAC regular season standings.

Giese continued to comment on how crucial it is for the Captains to secure key victories within the conference by saying, "Once conference play starts

things get a little bit more challenging—not saying we can't win it out—but we have two of the best teams in the country (York and Salisbury) so that's going to present more of a challenge for us."

So, the question still remains for the team. How do the Captains repeat on the success they had last year?

"I am a firm believer in momentum," freshman Brett Clark said. "Winning is a culture and you can't win them all if you don't win the first." ■

# Shrieves breaks record in long jump



Wes Shrieves now owns the CAC long jump record. BEN LEISTENSNIDER/THE CAPTAIN'S LOG

BY BRETT CLARK  
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After a long furlough from his last competition in May, Wesley Shrieves had an outstanding performance on Jan. 13 in CNU's Indoor Track and Field meet.

His Junior season started out with a bang as he set a personal record in each

of his main three events.

He broke a Capital Athletic Conference record in his favorite event, the long jump, as well as coming in second in the 60 meter dash and tying with the best height in the high jump.

He summed it up perfectly himself when he said that it was just a great day all around.

When asked whether he cared as

Setting personal records in each of his three main events, Wes Shrieves breaks Capital Athletic Conference record.

much about breaking records as the history books do, he smoothly responded, "If the records come, they come. It's more about doing my personal best."

He talked about his experience at Broadwater Academy and how key the technical details are that he has learned from CNU's great coaching staff.

A two-sport athlete at Broadwater, Shrieves played four years of football as well. Shrieves also played football his freshman year at CNU before deciding to devote majority of his time to track.

He is a Computer Science major from Painter, Virginia, a small town on the Eastern Shore.

He mentioned how Computer Science, like track and field, shares the need to be able to drill an exercise "over and over and over" until you get it right.

He expressed his love of fishing in his free time at home, especially Bass, Kobe and Red Drum fish. Much like his love for speed on the track, he also drives a

motorcycle when he is at home, an activity that he and his father can share.

As Shrieves reminisced on goals he set for himself as a freshman he mentioned that he wanted to be an All-American, a goal that is within his reach if he continues to fire on all cylinders.

Going forward Shrieves wants to improve his three main events, Long Jump, 60 Meter dash and High Jump, but also in the triple jump.

He wants to work to beat his teammate and friend, Dominique Torres, who currently leads him in the event. Torres held the previous CAC record for Long Jump before Shrieves edged him out—which was something he didn't realize until after the fact.

Shrieves said his performance "exceeded his expectations" that night. He can't wait to see what the future holds and what ceilings he can break; a feeling that was mutual after talking with him and feeding off his energy. ■



# Carter's 1000th point

Marcus Carter scored his 1000th career point in January of his junior year. He joins a list of just 31 athletes in Christopher Newport history to reach this milestone.

BY TARYN HANNAM ZATZ  
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Marcus Carter, a six foot two junior guard from Williamsburg, Va. Made history in the men's basketball game against St. Mary's last week.

Only about 30 men in the history of CNU men's basketball have ever accomplished what Carter could last week. He scored his 1000th point against the Seahawks.

"The defender was late getting to me when I came off of a screen so I tried to drive past and got some contact but was still able to make the right-handed lay-up," Carter said describing the play in which he scored his momentous 1000th point.

One can only imagine the feeling after knowing you have finally achieved the feat of scoring 1000 points in only three years of college basketball.

Carter said he took a second to take it all in but he had to jump right back into the game as St. Mary's was ready to head down the court and get some points back.

It wasn't a personal goal for Carter to score 1000 points but he told himself that, "if I get it, I get it, but my main focus is to just win games and help my teammates."

He did help his teammates and the Captains were able to take home a victory after a hard-fought game against St. Mary's. It was a big win for the team as it is another win in the CAC for the

Captains that will help them go further in the playoffs at the end of the season.

Carter is only a junior and wants to continue to get better at basketball and be able to help his team grow as an organization.

"Just working hard in and out of the gym, making sure I stay healthy and building chemistry with my teammates," Carter said is what he strives to do throughout the season.

Not only has Carter had an amazing college basketball career, but he finished off a great high school basketball career as well three years ago.

While attending Bruton High School in Williamsburg, Va. Carter reaches his 1000 points goal.

"In high school my dad was the first 1000th point scorer at my school and once I achieved it in high school my dad and I were the first father-son duo to accomplish it," Carter said.

Carter tries to get in the gym as much as possible to work on parts of his game he feels he may be his biggest weaknesses. He is working hard to lead the Captains far in the playoffs.

During his freshman year, Carter was CAC Rookie of the Year and was named second team all-conference.

In his sophomore year he was CAC Player of the Year, first team all-region, district player of the year, and first team all-American.

In his junior year he accomplishes 1000 points and works to give his seniors the best season they could imagine. ■



Carter has reached 1000 points for his high school career and now college career. He scored the point in the first half against St. Mary's. BEN LEISTENSNIDER/THE CAPTAIN'S LOG

## DIII sports, DI excitement

Although CNU may be a Division III athletics school, that doesn't mean that the sports here are any less interesting.



BY BEN LEISTENSNIDER  
BENJAMIN.LEISTENSNIDER.13@CNU.EDU

Whenever I'm talking to people about how well our athletic teams perform and are ranked on the national level, I am always met with the same response. "Well just in DIII, right?"

Yes, CNU is a Division III sports school. But just because we aren't among the elites of DI, does NOT mean that the accomplishments our athletes deserve to be undermined for that reason alone.

Now I'm writing this op-ed piece strictly from the lens of a spectator—my time as an athlete reached its end when I was cut from my middle school baseball team (needless to say, I wasn't that good).

In my personal experience, some of my favorite sporting events from any level of play have been games played here at CNU. From blowouts to nailbiting overtime wins, I've seen them all during my four years here.

Take for instance our softball team. Although it happened my freshman year, I still remember its 39-0 rout of Wesley as well as the two run walk-off homerun to deny Salisbury its 18th-straight conference championship.

Speaking of Salisbury, the rivalry between the two schools and some of its teams are as heated as those on the professional level. At times, the rivalries between the Cowboys and Redskins or Tom Brady and Roger Goodell pale in comparison to that between the Captains and Seagulls.

Part of the reason for that, in my opinion, is that when the two teams meet, there's no telling what can happen.

No one, for instance, expected our unranked men's lacrosse team to take down the second-ranked Salisbury team during the 2014 season—but we did.

Any time our two basketball teams play each other, it is a back-and-forth affair the entire time. Just take a look at their most recent matchup in which Salisbury edged past CNU with a half-court buzzer-beater to win by one.

It doesn't matter which level of basketball you watch; a buzzer-beater will elicit the same level of emotions, regardless of whether they are positive or negative ones.

So before your four years wind up flying by you, I encourage you to attend at least some games here. True, the athletes may not make it to the professional level in their respective sports.

But they do share a love of the game that the crowd can't help but feel is infectious. ■



Jan. 27  
Kodak Black  
8:30 p.m. Norva

Jan. 28  
Thompson Square  
8 p.m. Concert Hall

Jan. 27  
"Live By Night" Rated R  
"Sing" Rated PG

Jan. 27  
CAB's Lip Sync  
8 p.m. Gaines Theater

Jan. 31  
CAB's Volleyball Tournament  
7 p.m. Aux Gym

# Porsha O. speaks out

Porsha O. used her slam poetry skills to express ideas about feminism, politics and everything in-between last Tuesday.

BY AARON ROYCE  
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Past the Crow's Nest whiteboard that proclaims in orange and green marker, "CAB Presents...Porsha O", and further into the venue sits Porsha O. She's dressed in a floral-print shirt and a fur vest. A gold septum piercing sparkles from her nose and a bolo is wrapped neatly on her head.

From afar, she gives off an edgy, urban vibe. Yet, when we are introduced and she shakes my hand, her eyes behind her glasses look wise and kind.

These are not the eyes of a young Chicago native born in Boston, but of someone much older, who has lived through many lives and has an equal amount of stories to tell.

She has been interested in poetry "since forever."

From a young age, she used to re-write lyrics and re-make songs to fit her life at that moment. "Any kind of pop culture songs," she said. "That was the first evidence of it. But I started doing slam poetry in my junior year of high school."

Even now, with two poetry titles under her belt, Porsha didn't always know poetry was something she wanted to pursue as a career. "That's still something that I ask myself all the time," she said.

"But I quit my job in June, so I have been pursuing poetry full-time for a little more than six months now. So it's not that long."

Porsha is drawn to the slam poetry scene for many reasons, but one is to satisfy her competitive edge. "I am pretty competitive. I definitely love slam, and I love slam as an art form," she said. "But in addition to that, I'm very much interested in it as an act of a craft. I'm the type of person who wants to be able to combine the best of both worlds, and to blur the lines in between them."

We're briefly interrupted by a young man who I will later find out is Bishop, a high school fan of Porsha's who visited CNU solely to see her.

Porsha greets him, and asks if they can talk later, reinforcing her politeness with the deftness of a businesswoman.

Porsha may be a passionate artist, but even passion can be dampened by discouragement and negative experiences. She experienced most of these starting out.

"I was so discouraged because there are so many talented people in the world. There are so many beautiful writers. And I'm just surrounded by greatness. Do I deserve to be this person on this platform?" she said.

However, despite her times of discouragement, Porsha stays strong and dedicated to her passion. "Every day I kind of overcome that," she said. "One day I

won a competition, and then one day I won another one, and then this other day I got accepted to this tournament. I feel fine and I feel good, and I think that all will be okay."

Surprisingly, Porsha didn't indicate any specific poems that represent herself or her art.

"There are so many things to say. Recently, what's felt the most consistent for me is the poem about my mother, which I'll probably do tonight, just because it encapsulates all the complexities of what it means to be a woman, and also a black woman. By 'complexities' with my mother I'm talking about my mother, but also about me, you know?" she said.

"I believe in this idea of generational girlhood. It's just been on my mind. And my mother's a revolution. And what can we be, right now, other than a revolution?"

Porsha's poetry is inspired by everything around her and she tends not to focus on specific figures or historical events. "I've been avoiding talking about Trump. I prefer to talk about, I don't know, how pretty the flowers are."

"I have a lot of poems that are not about Trump, but that are about politics," she said. "They say it's the duty of the artist to reflect the times. So I'm just trying to do my part. I'm trying to think, 'if my work is revolutionary then I have to write about it.'"

*"I definitely love slam, and I love slam as an art form. But in addition to that, I'm very interested in it as an act of a craft. I'm the type of person who wants to be able to combine the best of both worlds, and to blur the lines in between them."*

— Porsha O.  
Slam Poet

However, large portions of her poems are inspired from her personal experiences. "I think intersectionality is probably what I try to show the most," she said.

"The intersection of black, queer,

female, poor, non-academic. I think I'm existing in all of those places all of the time, or trying to," she said.

Feminism is an area that Porsha focuses on as well, especially with her struggle with labeling it.

"I remember when one of my teachers, the same teacher that introduced me to poetry, used to say that I was a feminist, and I just hated that word," she said. "There are so many different types of feminists. And I think it took me time to know what my feminism was, and I think I definitely found it. It exists here."

Though her poems are well planned, perhaps her performances aren't.

A CAB representative comes over at the end of the interview and asks if Porsha wants to do a sound check.

She shakes her head, saying, "I'll just surprise everybody," and asks for water.

As I take my seat, I see that more students have filled the Crow's Nest during our interview.

They are of different races, genders, ages and hair colors.

I see Bishop in the crowd. All of them

are connected by their love for slam poetry and Porsha's skill.

The lights dim and Porsha begins to read.

She starts with the poem about her mother and follows with a poem about a modern-day take on the story of Cinderella.

A multitude of poems concerning politics, women, racial and sexual injustices and Porsha's personal experiences are all laid out for the audience to react to.

There are funny ones, like a haiku about messy girls acting like they "woke up like this", there are sadder ones, like the one on her feelings after the Pulse nightclub shooting, and, above all, there are reactions- gasps, shouts, exclamations, continuous cheers, and continuous applause and snaps before she's even finished speaking.

These poems are honest, a true testament to the raw emotion throughout all of her poetry.

They will be sure to stay with those present to it long after the lights turn back on and the stage is empty. ■



After many slam performances and two national titles, Porsha seems comfortable in telling sometimes difficult stories up on stage. COURTESY OF WORDPRESS



# More Pearls in the “strand”

The Pearls added five new members and they're just as excited as the rest of us.

BY SAMANTHA CAMILLETTI  
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There are two things you need to know about the Pearls: they are a loving, inclusive group and they aren't afraid to show it.

Last week, the Pearls added five new members to their “strand”, the nickname for their group. This is a continued effort to improve their group and to perhaps lessen the hole that the many graduating members will inevitably leave.

And much like a strand of pearls, these girls stick together.

Most of the new members, all freshman, didn't start out wanting to join the Pearls. Rather, they found their love through the auditioning process.

Freshman Jayne Thomas originally auditioned for Extreme Measures, but a friend convinced her to audition for the Pearls. “I was walking down the hall, leaving the Extreme Measures audition and she was like: ‘Please, come audition and just see what happens,’” Thomas recalled. “And I thought, you know what? Just do it.”

Initially, Thomas, who is involved in other student organizations like the Black Student Union, choir and work at the Wason Center was going to be too much. “I was nervous that I was making

a hasty decision, but once I was singing with them [at callbacks], I thought: ‘this is right.’”

What further proved that she made the right decision was the surprise she received at midnight.

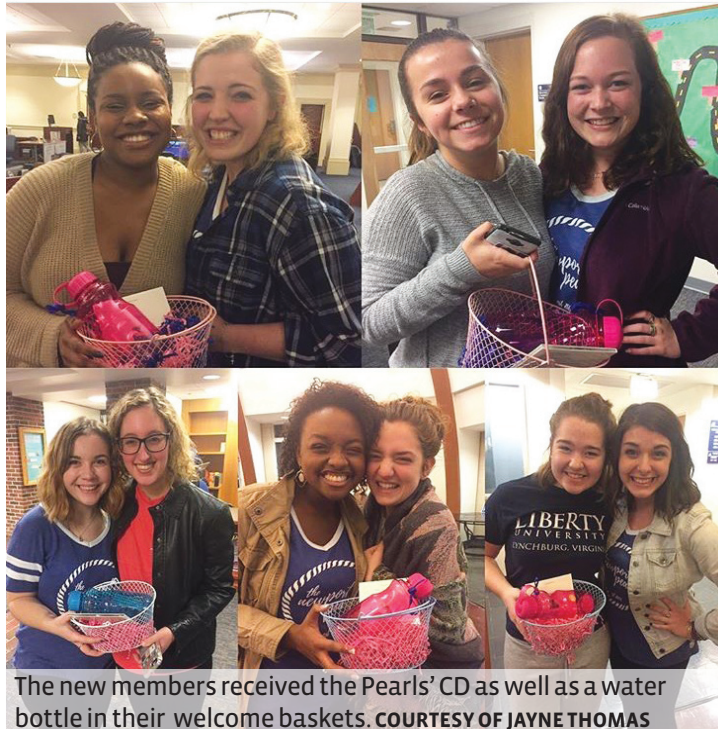
After auditions and callbacks, Thomas went to the library to study and received a call from the front desk of Santoro.

They told her they had lost her security questions and that she needed to return to Santoro to fill them out. “That's really weird,” she said. “Stuff like that doesn't happen.”

Little did she know that it was actually the Pearls surprising her. Unable to get her to Santoro, her new group members visited the library and surprised her,

pink gift basket in tow. “That was a great day,” Thomas added, laughing. Fellow freshman Abby Ridderhoff was equally surprised and in her PJs when she got

the fake news that she needed to fill out some paperwork. “I was falling asleep, but thankfully I was not there yet,” she said. “I just threw a blanket over me” to get to the door and receive her welcome. “They were so excited,” Ridderhoff said.



The new members received the Pearls' CD as well as a water bottle in their welcome baskets. COURTESY OF JAYNE THOMAS

Though the Pearls weren't her first choice, Thomas found the ‘singing sisterhood’ too good to resist. “They're really inclusive,” she said

“Immediately it was like ‘family, family, family.’” Ridderhoff shared similar sentiments, though she knew she wanted to be a member of the Pearls since her sophomore year of high school.

She was watching their concert at Hollydazzle when the idea struck. “They just stand out,” she said. “I love the way they interact on stage. You can tell that they're best friends.” Her friend and fellow Pearl Ellie Duhadway convinced her to join the group by sharing what it's like at rehearsals.

“They're just like a family. They just act like you're part of the group. Even during callbacks they were like ‘We love you guys, you guys are all with us.’”

Freshman Tessa Delano felt the inclusive nature of the Pearls before she even got into auditions. “They all love each other and support each other,” she said.

This inclusiveness extends beyond the two-day-a-week rehearsals.

“I think I'm going to get really close with them and make a lot of good friends,” Cooper said.

Both Delano and Ridderhoff said that they didn't belong to a specific ‘group’ before this, and are excited to see a bond form. “I'm pretty introverted so it's hard for me to reach out and meet new people,” Delano said.

But with this group, she already made the connection and it isn't as stressful.

“I feel like this will definitely be people I can hang out with and talk to and just have a good time with,” she said. “I guess it's like having a little sorority,” Ridderhoff added. ■

## MOVIE REVIEW: HIDDEN FIGURES

“Hidden Figures” is a sincere movie that deals with 1960s racism and shares a distinct message about maintaining courage and integrity when the odds are stacked against you.

BY MARA SCALLY  
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If you're looking for a feel-good biographical drama with a positive message, then this is the film for you. This film, directed by Theodore Melfi, is based off a nonfiction book with the same name. It focuses on the well-told and heart-warming tale of three women who provide the backbone of NASA's plans to send a man into space at the Langley Research Center in Hampton, Virginia. You have Katherine Johnson (Taraji Henson) who is known as the human computer because of her ability to “handle any numbers put in front her.”

This was a time before a computer could be carried around in your pocket, so solving equations had to be done by hand (though jobs are at stake when an IBM computer arrives at NASA). While Katherine is the protagonist of this tale, the plot also revolves around Dorothy Vaughn (Octavia Spencer) who is working to be the first black female supervisor at NASA, and aspiring engineer Mary Jackson (Janelle Monáe) both of whom are close friends of Katherine.

I would say this is a good film. This is a film that teaches us the lesser known history of NASA and how these three women overcame segregation through

their dedication to their work. It's a very character-driven story and this film is both engaging and enjoyable because of the performances given. All three women are well-developed and enjoyable to watch which helps to make the viewer feel very involved in their lives. The highest praise I can give a actor or actress is “I couldn't tell they were acting” and I give this compliment to the entire cast of this film.

Jim Parson (an actor in “The Big Bang Theory”) is in this film. I was concerned he had such a recognizable face that he wouldn't be able to shed his “Sheldon Cooper” persona. In this film Parsons plays Paul Stafford, the head engineer of the group who has a tough time accepting that genius is color blind. Not once did he remind me his quirky character that he plays on TV. That can be said for the rest of the cast (Kevin Costner, Kirsten Dunst, Mahershala Ali and etc.).

In terms of techniques, the camera motion in this film was great and as a result there were some very powerful shots. Unlike the cinematography of “12 Years a Slave” (that made every shot look like a painting), “Hidden Figures” relied on quite simple techniques that let the scarce background speak for itself. The angle of the camera and the color palette really worked for this film.

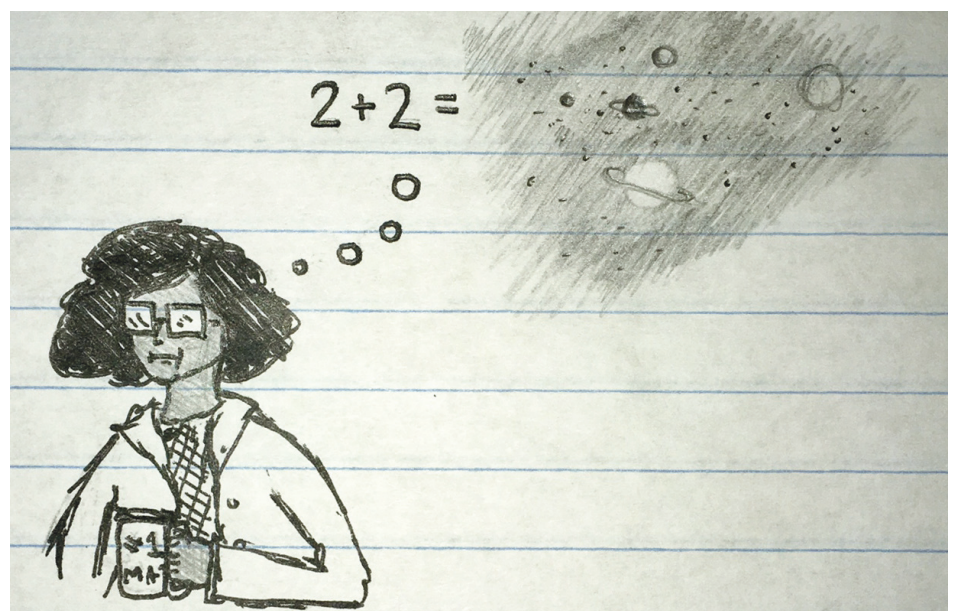


ILLUSTRATION BY MARA SCALLY

There was a great original music score (that was even nominated for a golden globe) that really blended well into the film. While on the subject of blending, the creators of this film had some humorous moments added in.

I say well blended because this film tackles some tough subjects, and has some heart-churning moments and for them to have genuinely good and witty humor mixed into this film deserves a dose of high praise. My only complaint about this film is that at moments the film can be a tad corny and the film can

be a little on the nose about some of the points they are trying to make.

Whether you see it in theaters or decide to stream it online illegally because you're a poor college student, I encourage you to go see it if this sounds up to snuff for you. ■

**RATING:**







MADELEINE SCHULER/THE CAPTAIN'S LOG

With the new year in full swing, finding your way back to the gym might require some changes to your routine.

BY MADELEINE SCHULER  
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Although the finger scanner used to enter the gym might induce some mild anxiety and possible embarrassment if you are the unfortunate individual who has never had your prints programmed, those feelings will soon vanish. When you finish your workout out and walk through that turnstile once again, you will be exhausted, but relieved.

Now that those pesky gym-going wannabes have given up on their New Year's resolution of staying active, the gym is open and it is your time to shine.

#### Start small

Do you think Simone Biles did a double layout with a half twist on her first day at gymnastics practice? Probably not. Practice makes perfect. So, if you can't remember the last time you went to gym, you cannot start day one with a five mile run. It is vital that you build your way up to the level you would like to be at, otherwise you will be left

feeling overwhelmed and frustrated. As a result, these feelings will make you less likely to stick with your routine.

#### Find a friend

For those of you who struggle to remain on track without the influence of others, this point will be vital to your success. If you are going to suffer, you might as well suffer with someone else. A workout buddy will not only make routines a little more bearable, but he or she will keep you accountable. It is easy to bail on exercising when that missed workout only affects you, but it is much more difficult when you are letting your partner down.

As an important note, remember to choose your gym friend wisely. It should be someone that is around the same athletic level as you. Otherwise, that person could leave you feeling hindered, or inferior.

#### Keep track

Whether you use a Fitbit, a pedom-

eter or just the health app on your smart phone, having a visual representation of your progress helps you reach your daily goal. It becomes a competition between your past, current and future self that will push you to greater limits.

To make it even more of a game, you can also try to get your workout buddy involved. See who gets the most steps, who runs the most miles, who spends the most time in the gym. Keep track of your progress, so that in the future you will be able to see how far you have come.

#### Mix it up

Eating the same foods everyday can get boring and unappealing. The same goes for workouts.

To keep things interesting, venture out of your comfort zone, maybe into a yoga or Zumba class.

If you don't want to go that drastic, try tweaking your normal routine a bit.

Not only does this help make exercising more bearable, but it also helps to build new muscles and prevent injuries.

#### Make it an adventure

Do not contain yourself to a tiny room in the middle of the Freeman. Different locations around Newport News have so many outdoor adventures to offer.

Take a run on the Noland Trail, by the Lion's Gate Bridge or down the boardwalk in Yorktown. Immersing yourself in nature will allow you to remain entertained, while still being active.

#### Just do it

Unless you are one of those strange people who love to run, daily exercise is probably not on the top of your priority list. To many, the pain and exhaustion you might feel during a workout is not worth the rewards. However, there is reason that people do it. Those rewards are numerous.

Not only does working out obviously reap many health benefits, but once it is all over, you feel accomplished, confident and relieved. ■



# Putting your wallet to good use

Struggling to survive on a small meal plan? Here are tips to ensure you are getting the most for your money.

BY AARON ROYCE  
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As the third week of spring semester classes begins, many students' classwork amounts begin to increase; and as a result, free time, energy and mental space start to decrease. Our minds—and our agendas—are slowly filling up with anticipated due dates, assignments and club-related activities.

Many of our eating habits and plans from winter break have to be abandoned or adjusted, in wake of having a “real,” solid schedule. Since everyone is different when it comes to food, there isn't a “one-size-fits-all” strategy for how to help us get back on our feet, meal-wise. However, there are tips you (and your wallet) can use for shopping at the grocery store, cooking for yourself and avoiding the pull of constantly eating out.

## Look for deals

Harris Teeter, which is within walking distance of our campus, constantly has deals for college students and regular shoppers alike. Signing up for a free VIC card there saves you 5% on your entire purchase from Oct. 1 – May 31. Showing your student ID (as long as it's valid) to the cashier there also saves you 10% on your purchase.

The item-specific deals there vary, but all of them apply to VIC-card customers. Looking for coupons online can also help, as many stores and businesses have broadened their range of services for people who shop online and through apps.

## Make a plan

For people who frequently dine at restaurants or chains, financial planning helps with saving money and creating healthier habits. If you make an estimate or look at your credit card records and you're surprised by the amount you spend, it might be time to make a plan for eating out.

Thinking about how this affects your personal finances can be a wake-up call you didn't know you needed, and can help with future planning.

For example, if you need a new pair of sneakers, and you know you could save a fair amount for those if you didn't eat at Cook Out so often, it might be time to cut back on the burgers and invest more of your cash in something that lasts longer and is more beneficial in the long run.

Try to have a general amount of money designated for eating on or off-campus, be it per week or per month. If it's too much and you have money left over at the end of this period, save the excess for future purchases. Food is important, but if it's “extra stuff”

and the amount you spend on it is negatively affecting your finances, it's probably time to cut back.

If you also already have a pre-paid school meal plan with regular times for eating, that helps you spend less money on food and should automatically be a go-to, since you readily have food and can get it in a (generally) unrestricted amount, unlike most restaurant portions. Having a set amount of Dining Dollars also helps, if most of your “eating out” is at the DSU's Chick-Fil-A or other popular restaurants on-campus or nearby.

Having regular times for eating also helps with keeping a steady diet and making normal meals a part of your schedule.

Rather than stuffing yourself with Wendy's or something equally unhealthy just so you “have something” in you before your next class or two, try to make a time-oriented plan for when to get meals. Regularly having a snack on you also helps balance irregular eating habits and combat unhealthier ones that can result from them.

## Do your research

Many people struggle with cooking meals for themselves, as it is a lengthier process than just grabbing some takeout Chinese or ordering a pizza. Also, figuring out what you're in the mood for that you have the means to prepare yourself is difficult. But it doesn't have to be. The internet can be a great resource for this, if it applies to your situation. Websites like The Simple Dollar and Greatist have numerous cheap and healthy (or semi-healthy) meals that college students can easily prepare themselves. Just Googling “cheap meals for one” brings forth tons of options that college students can easily choose from and make themselves.

Since you're only buying groceries for you (unless you're cooking for a larger group), it's cheaper than buying a standard amount for a recipe that serves more people.

On a side note, if you're cooking for more people and live in an off-campus apartment, making a grocery list and having them financially contribute to it is something worth considering. After all, if you're the one making a meal (or if you're making it with others), and it's for more people than just you, your wallet shouldn't be the only one that has to lose some weight to pay for the food.

## Calories count

As much as people hate doing it, counting calories is essential to our health—and it can save you money, too.

Look up the calories in your order at the next restaurant you eat at. If the amount in your order or one part of it makes up a larger part of your daily intake, consider eating menu items that are lower in calories but can still be filling.

Or, try not eating there for a week and see if it has any major positive effects on your health or physical state. If it does, that means it might be a sign that cutting out those extra calories or lowering the number of times you go to that restaurant is a good thing, and eating there isn't something you have to do consistently...or at all.

Grocery-wise, looking up the amount of calories can save you more money where impulse purchases and healthier items are concerned.

If you compare the prices of less essential manufactured items like ice cream to something healthier that has less calories, like almonds or fruit, the healthier, unprocessed options are usually cheaper (or at least, cost slightly less) than the unhealthy ones.

Replacing items you'd normally buy that have unnecessary calories with healthier ones that are similarly priced is another strategy that can help to lower the amount you spend and the calorie count in the food your body will intake. Steering clear of unhealthy impulse buys, like candy and sodas that are closer to the check-out lines, also helps to save you a little money and prevents more unnecessary calories from becoming a part of your diet. ■

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