



THE CAPTAIN'S LOG

THE VOICE OF CHRISTOPHER NEWPORT UNIVERSITY STUDENTS

@CNUCAPTAINSLOG

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Second annual Masquerave rocks Studio Theater

CNU indie/pop band Native Love performs in the Studio Theater. PHOTO BY TAYLOR VIGIL/ THE CAPTAIN'S LOG

WCNU Radio and CNU musicians bring the Valentine's Day vibes

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On Valentine's Day, love was in the air in the Ferguson Center's Studio Theater. At first glance it was not the typical romantic evening that one might expect.

Colorful cutouts of conversation hearts that read "BE MINE," "I'M YOURS" and other lovey-dovey sayings were hung on strings lining the walls of the room.

Gold-tinged masquerade masks were scattered among candy heart stickers and Valentine's Day can-

dy on the round tables around the room's edges.

The Studio Theater was transformed into an underground indie music venue that one might find downtown in any big city, but luckily for the Christopher Newport student body, this one was right here on campus.

The second annual Masquerave was hosted by WCNU Radio, who planned for weeks to create the perfect evening. The name of the event promised an evening in which students could wear provided masquerade masks as they danced and raved along to the

music, and the attendees took advantage of the opportunity.

Junior Mara Tharp, president of WCNU, was excited to utilize her leadership position to make this year's Masquerave the best it could be. In 2019, the first annual event was organized by former WCNU president Tom Aberman, and Tharp said the music that year was "mainly dance music" with no live local bands.

In 2020, Masquerave changed for the better, drawing in a crowd of CNU students excited to see what this year would bring. These changes included inviting local

artists to play at the event, resulting in high-energy performances from both Native Love and Grain Death.

When asked about what her intentions were for Masquerave this year and how it would be different from last year's inaugural event, Tharp responded, "It is insane how much talent is on this campus, and we want to create an environment where we can celebrate these achievements. WCNU strives to create a welcoming community of students with diverse interests and backgrounds. We want to welcome anyone and

everyone to get involved or come to an event, which is why getting our name out there is so important."

Despite the timing of the event, on an evening where many students are out on dates or doing other things with their Friday night, dozens of students were in attendance.

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Weekly Pic

While birdwatching on the dock of Fort Fun in Huntington Park, a blue heron drops in for pictures.

PHOTO BY VIVIANNA ATKINS / 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.



CNUTV

Join Lyss and Nick Varcadipane as they go on a crusade to find the true definition of Honor to celebrate Honor Week at CNU.

Happened

February 13

Jazz in the Nest

Held from 8-9 p.m. in the Crow's Nest, the Jazz Ensemble and Jazz Combo put on a show.

February 18

Toni Morrison: A Celebration of her life and work

Featuring a student dance performance, student presentations and a discussion hosted by Dr. Hopkins and Dr. Salomon, this event honored Toni Morrison and her literary legacy.

Happening

February 21

Cornhole Tournament

Habitat for Humanity and FIJI are holding a bracket-style cornhole tournament from 4:30-6:30 p.m. in the Aux Gym.

February 22

Captain's Ball

It's a 20's themed party in the Ballroom. With food, a DJ, a photo booth and a cash bar for those of age, there is plenty to do when taking a break from dancing.



\$1,000 College Journalism Grant Announced!

Scholarship platform Bold.org has just announced a new grant for college students interested in on-campus journalism. Students with any field of study or GPA will be considered.

Example projects include initiatives like a campus radio show, a news film and more. Applicants are encouraged to think big!

The application deadline is **Feb. 28, 2020**. The application consists of a proposal that details the project you'd like to pursue and an overview of how you would use the funding.

Learn more about the Bold.org College Journalism Grant here: <https://bold.org/scholarships/bold-college-journalism-grant/>

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

- Email: clog@cnu.edu

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

JOIN THE STAFF The Captain's Log is always open to students who are interested in writing, photography and editing. Editors assign stories every Sunday at 5 p.m.

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Department of Philosophy and Religion hosts new major luncheon

Sophomores enjoy food and networking after signing to their new department

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Earlier this month, sophomores gathered in the DSU and signed away to their majors.

After this momentous occasion, one department decided to come together and celebrate their new crop of students. The Department of Philosophy and Religion held a luncheon on Thursday, Feb. 13 in the Washington Room of the DSU for the first time.

This luncheon was not just some pizza and light discussion with the professors that the students would have seen before or will have in the next few years.

Instead they served tenderly cooked chicken marsala, steamed vegetables, au gratin potatoes and even a vegan option. After these delicious gourmet entrees, cheese-cake, apple pie and chocolate caramel pie were served to satisfy any and all cravings for sweets.

At each table a wide range of people who were affiliated with Philosophy and Religion sat together. Recent graduates of the department, former Deans of the department and veteran professors who still currently teach at Christopher Newport University were all in attendance and facilitated discussions that made the new department signees feel right at home.

Having an array of individu-

als who have some affiliation with the major randomly placed at all six tables allowed the new students to discuss the next steps in their career, connect with professors and gain insight into the state of mind from the recent graduates.

One of the first things everyone did was stand up and describe who they were and how they were associated with the Department of Philosophy and Religion.

While many have followed in the religion path of their careers, others have dwelled in the path of economics, pre-law and business.

In fact, the Department of Philosophy and Religion has recently announced that they have cooperated with the University of Glasgow and has plans in place for Philosophy and Religion students to study abroad in the very near future.

By having time to talk with most people in the room, the new sophomores were able to explore all of the many options that the Philosophy and Religion department offers and even get a head start on networking for their future careers.

Like many CNU graduates, the ones from the Philosophy and Religion department love the line of work that they are currently in and do not regret signing all those years ago. Christopher Newport Alum, Patrick Seger said, "During my time here, I was blown away by the insane professors in this division and how

they were so deeply invested in the field that they teach."

At its heart, the luncheon was held to foster connections and relationships between faculty and students, and it was easy to see the love and connection the faculty had with one another.

The former chair of the department, Debra Campbell, the Dean, Laurie Underwood, and a professor, George Tescher all cracked jokes throughout the luncheon.

There was clearly a strong relationship between the professors, former deans and recently-graduated Captains. Many professors have stayed in contact with their students post-graduation. One professor, George Tescher, even described how he was invited and showed up to a former student's wedding.

According to the Secretary of the department, Tara Dixon, "This luncheon is the provide students with a more grown-up perspective of their claimed major. Prior to this, we used to have pizza parties, but for our third year doing this we decided to be more formal. It's a way to celebrate the students for what they have done so far and what they will do in the near future."

Although this is the first year the Department of Philosophy and Religion has held a formal luncheon for new signees, this could be another tradition for future students to look forward to after Signing Day. ■

It's a bird. It's a plane. It's a sky-diving Captain

Skydiver excites students with CNU Day promotion

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Students, faculty and members of the community were treated to a unique event the morning of Feb. 15. Around 11 a.m. with eyes turned to the sky, spectators surrounding the Great Lawn eagerly awaited the performance of a professional skydiver, descending from the bright blue sky wearing a Captains football jersey.

Moments before his jump, the hum of the airplane sounded as a sort of countdown to the stunt, getting louder and louder until the plane was in sight.

After leaving the aircraft, the diver's bright orange suit gave an easy point of reference against the clear blue skies for onlookers to spot.

With a "CNU" flag flying in the wind behind him, a section of the Pep Band, about 50 strong, announced his arrival as he made his approach.

Staying on track proved to be no problem for the professional as he made in-flight adjustments, producing cheers and gasps from attendees thousands of feet below.

As he descended lower, specta-

tors pulled out their phones and cameras to grab photographs and videos of the stunt. After a sharp cut, the skydiver came skimming over the grass as he slowed down and skidded to a halt, right over the time capsule, to the applause and cheers of everyone in attendance with the Pep Band still playing proudly.

Photographers, Captain Chris and other bystanders swarmed around him to grab pictures and congratulate him on the thrilling jump.

The event was a part of a promotional package that will be released for CNU Day celebrations which is taking place March 11.

Throughout the event, a donut bar with toppings was also available for the people in attendance to have a snack. ■

CNU Day will be
March 11, 2020



#25 Baseball opens their home schedule

Baseball splits home opening series 1-1 with Piedmont (Ga.) and Roanoke

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After a season spent in large parts at the top of the DIII college rankings in 2019, 2020 has not been what the baseball team would've hoped for so far.

A split series is not what the Captains wanted from their opening weekend at home. After splitting the season opening series against Ferrum the stage was set for the Captains Baseball team to come home and get things back on track.

Freshman outfielder #27 Alec Reilly steps up to bat against Piedmont (Ga.). He registered 1 hit and 1 RBI on the day.

PHOTO BY TAYLOR VIGIL / THE CAPTAIN'S LOG

It looked as though they could do just that on the weekend as they won the first game against Piedmont College (Ga.). Unfortunately for Christopher Newport, Roanoke College proved to be too strong as they won a nail biter by scoring two runs in the ninth inning to take the lead back from the Captains and steal the win.

The game against the Piedmont College (Ga.) Lions started off with a bang for the Captains. Within the first inning Freshman #23 Connor Pennell had already made a solid first impression with two quick strikeouts.

After the two strikeouts Pennell gave up a double but quickly snuffed out any danger as the very next batter grounded out to end the top of the first inning. The bottom of the inning saw the Captains offense come to life as a leadoff single from #1 Connor Clark, a sacrifice bunt from another Freshman in #3 Jonathan Fisher and finally a RBI single from #7 Trey Hicks got the scoring started.

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A fun new twist on Valentine's Day

Alpha Phi hosts their annual Galentine's Day event for sororities on campus

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On Feb. 13, the women of Alpha Phi hosted their annual "Galentine's" Day mixer, a girls-only event on the eve of Valentine's Day to promote female empowerment and unity between all of the organizations of the Panhellenic community.

Walking into the Alpha Phi house, the room was filled with laughter, music and loud, energetic conversations. Groups gathered at one side of the room at a table of snacks and sweet treats, including chips, pink cupcakes, M&M's and conversation candy hearts stating phrases like "bae," "gal pal" and "be mine." In the center of the room, a painted backdrop that said "Girl Gang" served as a photoshoot center, with many lining up to take fun pictures together with heart sunglasses as props.

Karrah Tranquill, sister of Alpha Phi, was particularly enthusiastic about the mixer's overall purpose of connecting the Greek community. "One of my favorite moments is when my friend that I met in class who's in Zeta [Tau Alpha] came and played games with me and my sisters. I got her number, and she texted me Happy Valentine's Day the next day! I loved having a bunch of girls over to our house just to be weird and hang together. I felt like I could totally be myself with everyone!"

Enjoying the music, some mingling at the event taught each other TikTok dances, while others on the opposite side of the room squeezed onto couches and huddled around the coffee table, sharing funny stories and playing popular card games such as "Who's Most Likely To." A letter writing station, with pens and pretty cards, allowed girls to write sweet notes to the special galentines in their own lives.

"Being able to make personalized cards with the Greek community is my favorite part of the event. I love how we can come together as a Greek family and enjoy little moments and make memories," said another sister of Alpha Phi Peyton Stites.

Amanda Onofrio, Director of External Events for Alpha Phi, expressed her excitement in being able to execute the planning for the event, "my favorite part of having the opportunity to plan the Galentine's mixer is being able to come up with fun new ideas that are different from last year's event in order to make it exciting for the sisters and other sororities who attend it every year."

The opportunity to mix with women from all organizations and embrace the beauty of unique and diverse womanhood has made Alpha Phi's Galentine's Day a sure hit within the Panhellenic community.

Macy Highland of Gamma Phi Beta stated that, "one of my favorite



(Above) Members of different organizations decorate cards for their galentines. (Below) Members of Gamma Phi Beta pose with the Galentine's sign. **PHOTOS BY MICAELA MORAN / THE CAPTAIN'S LOG**

moments of the Galentine's mixer is reconnecting with old friends that I haven't been able to see this semester."

Onofrio also talked about the importance of a ladies-only event on campus, "I feel that the Galentine's mixer helps to bring all the organizations together as it is a day to spend time with your 'girlfriends,' and it allows Greek women to bond and unite as females. The overall theme for the mixer this year was based on the concept of 'girl gang' and to bring awareness to the unity of girls coming together to create confidence and growth within one another."

Members of all different organizations really seem to enjoy this event every year especially because it is a way for new members who recently ran home to bond with their sisters. This event seems to be one that will continue to grow and become more popular as years pass. It has achieved a lot of success over the past couple years and really brings together the Panhellenic community.

Micaela Moran is a member of Alpha Phi. ■



CNU is a “Best Value College”

The Princeton Review ranks CNU as one of the top 200 “Best Value Colleges” for 2020

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Despite being such a young school, Christopher Newport University has accomplished a lot. The Princeton Review recently released their top 200 Best Value Colleges for 2020. CNU was awarded a spot on this list, and it was one of only 63 public universities in the entire country to be on this list and one of only four public universities within the state of Virginia. The other three schools in the state were William and Mary, University of Virginia and Virginia Tech.

After gathering information from over 650 schools, the Princeton Review raved about CNU for multiple different reasons. Two specific areas in which Christopher Newport University was recognized were great career preparation and affordable cost. It also touched on the President’s Leadership Program, Honors

Program and impact of students on the community through service and civic engagement.

One thing that CNU almost seems to be known for is the beautiful campus. Of course it is not very old, so that makes a major difference, but the Princeton Review mentioned CNU as having a campus that looks, “like a castle.” They also praised the modern features and amazing technology.

Through interviews with students, it also noted Captains’ appreciation for the location of CNU as it is near Busch Gardens and Virginia Beach, as well as simple things such as playing sports on the Great Lawn. The love of the Great Lawn is a common opinion among many students as you can see the Great Lawn covered with people as soon as the weather is nice.

Overall being named to this Best Value Colleges list by the Princeton Review for another year is quite an honor for the University. ■



Students enjoy an outdoor class during nice weather. PHOTO COURTESY OF CNU OCPR

There is a new group in charge

The new Panhellenic executive board is officially in office and hard at work

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As a new year for Greek life has begun on campus there is officially a new executive board for Panhellenic.

“There was a formal application and interview process with the previous executive board, and chapter presidents from each chapter that wasn’t currently represented on E-board,” junior and new Panhellenic President Erin Stitt said. Through this process, each applicant listed ideas for each position that they were interested in and why they were qualified for the job. Once the previous executive board had chosen the slate (list of members that would be part of the new executive board) each chapter voted to pass it.

The Panhellenic executive board is comprised of six different positions. These include president, vice president of community engagement, vice president of internal affairs, vice president of recruitment, vice president of membership development, vice president of signature events and vice president of external affairs.

Stitt is currently a sister of Gamma Phi Beta and will be serving as the new Panhellenic President. She will do a little bit of everything with all the vice presidents, attend as well as run meetings and she will serve as the Panhellenic representative at university affairs. Natalee Jamerson is currently a sister of Delta Gamma and is the new Vice President of Community Engagement. Karen Wilson, sister of Zeta Tau Alpha, is



(Left to right) Sophomore Alexa Jones, junior Karen Wilson, sophomore Kayla Burke, junior Erin Stitt, junior Aly Sharp, junior Natalee Jamerson and junior Lilly Tyson pose together as the new Panhellenic executive board. PHOTO COURTESY OF ERIN STITT / THE CAPTAIN’S LOG

the new Vice President of Internal Affairs. Lilly Tyson who is a sister of Phi Mu is the new Vice President of Recruitment. Alexa Jones, also a sister of Gamma Phi Beta, is the new Vice President of Membership Development. Kayla Burke is currently a sister of Alpha Delta Pi and is the new

Vice President of Signature Events. Finally, Aly Sharp is a sister of Alpha Phi and is currently serving as the new Vice President of External Affairs.

The Panhellenic Transition Ceremony was held on Thursday, Feb. 13 in the David Student Union. “The

ceremony took place in front of the Council and other chapter members. The previous executive board received their stoles for graduation and the newly established board received Panhellenic pins and a white rose,” Stitt said. At this ceremony the members of the new executive board had

to agree to uphold and promote the standards of the Panhellenic creed in each of their positions.

The new executive board has already been hard at work as they attended The Association of Fraternal Leadership and Values (AFLV) Conference over the weekend of Jan. 30 - Feb. 2 in Indianapolis. There were over 4,000 representatives from Panhellenic, Interfraternity Council and National Pan-Hellenic Council in attendance. “It was a giant room full of student leaders, and that couldn’t make me more excited for the future of our generation,” Stitt said. “We attended breakout sessions about a wide variety of topics concerning values, how to lead an organization and what to do in times of doubt or conflict.” Not only did they get to learn a lot, but it was also a time for the Greek councils to bond and get to know one another a lot better.

It has been a busy time for the new Panhellenic executive board but an exciting one as well. “As president I am most excited to meet new people. This campus community means so much to me and each member contributes valuable and unique aspects,” Stitt said. “As a council, we are most excited to serve seven incredible chapters and the CNU community and be able to represent the University as an anchor organization.”

Overall the new Panhellenic executive board is not only excited for a new year, but they are also hard at work and ready to put all of their effort into the Panhellenic community. ■

Fracking up our future

Why we need a fracking ban, and why voters are being led astray

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Hydraulic fracturing, more commonly known as fracking, is the controversial yet widespread practice of extracting natural gas from shale fields with explosive chemicals. Contaminated water supplies, increased seismic activity and the long-term impacts of climate change are all tangible fears justifiably associated with fracking, and the practice has come under scrutiny from frontline communities, environmental activists and, recently, elected officials.

Local and state-wide concerns over the practice have recently transformed it into a nationally-divisive issue of public policy that could have significant impacts in 2020's election cycle. Moreover, the issue of fracking highlights just how this election cycle is one that could determine the future of climate action in the United States.

Climate and energy policy is already revealing itself to be a platform-defining aspect of 2020, and voters seem to agree. The Iowa presidential caucuses exit polls found that besides healthcare, climate change was the most important issue to Democratic voters in the state, and the candidates vying for the Democratic nomination have realized this. Each of the eight major Democratic candidates still in the race has spoken out against fracking: four (Senators Bernie Sanders and Elizabeth Warren, Tom Steyer and Representative Tulsi Gabbard)

have promised a nationwide-ban and four (Mayor Pete Buttigieg, Senator Amy Klobuchar, Former Vice President Joe Biden and Mike Bloomberg) plan to assess and phase out the practice in their terms.

Sanders, while leading polls for the Democratic nomination for president, also personally introduced a ban on fracking to the Senate' Energy and Natural Resources Committee on Jan. 28 alongside Senator Jeff Merkley (D) of Oregon. This bill, S. 3247, recently got a companion bill in the House of Representatives when Representatives Alexandria Ocasio-Cortez (D, NY-14) and Darren Soto (D, FL-9) introduced H.R. 5867 (the "Ban Fracking Act") on Feb. 12. Sanders and Ocasio-Cortez have been on the campaign trail together since October, and Sanders was also recently endorsed by the Sunrise Movement, the country's preeminent youth climate movement fighting for a Green New Deal.

It is obvious that progressives, climate activists and a good portion of Democrats are leading the fight to phase out this dangerous practice in order to decarbonize our energy system, but others are dragging their feet.

Not all Democrats (and certainly not all voters) are nearly as gung-ho about banning fracking this election cycle.

In fact, some moderate Democrats worry a candidate with a full-on fracking ban will lose support of union Democrats working in the fracking industry in swing states

like Pennsylvania (where Hillary Clinton lost the Electoral College to Donald Trump in 2016). A recent article and podcast from the New York Times' "The Daily" cites various interviews with union leaders and 2016 Clinton supporters from Pennsylvania. In the podcast, the union workers say they'd consider staying home or voting for Trump should a fracking ban be attached to the ballot in November. Unfortunately, these voters are being fed the age-old lie that our economy will indefinitely suffer at the hands of environmental action, nor do they realize that a just transition is a crucial aspect of both pieces of legislation.

Working to do everything in our power to decarbonize our economy and invest in renewables is crucial in 2020, both in the United States and globally, if we are serious about achieving climate justice. However, this current fracking debate feels all too familiar; as is often observed in the contextualization of environmental crises in policy, a false dichotomy of jobs versus the planet is once again being perpetuated. Powerful, wealthy companies (whose shareholders have pockets full of natural gas money) are arguing that banning fracking isn't worth the potential "economic burdens" associated, and everyday employees are being understandably swayed at the idea of losing their jobs.

Take for example an article published to CNN's Business Perspectives just two weeks ago titled "Many of the Democrats want to

ban fracking. That would trigger a global recession." Sounds scary, right? That would probably be even scarier to read if you were an employee of the fracking industry working to support yourself or your family.

At first glance, the article causes any reader to become concerned, citing memories and stories of how oil embargos over the years have caused global economic issues. But at a deeper look, this article and its credibility fall straight to the floor. The author, Mark P. Mills, is an energy-tech entrepreneur funded by the Manhattan Institute, a well-known anti-climate action think-tank funded by fossil fuel giants like Exxon-Mobil. Throughout his transparent op-ed, Mills does not mention climate change once, nor does Mills acknowledge the massive costs already facing communities across the globe in recovery from climate-charged natural disasters as a result of a failure to divest from fossil fuels. The International Monetary Fund (IMF) estimated that "the top 10 largest climate change-related disasters in 2018 alone cost at least \$85 billion in damages," according to a piece from the Union of Concerned Scientists. It is easy for wealthy think-tanks with ties to the fossil fuel industry to poke holes in the fight for climate justice, as observed in this individual piece, and it is even easier for them to try to scare voters away from substantive action on fracking.

Perhaps even more dangerously, voters are being led astray from the

reality that new legislation against fracking aligns their rights with the rights of our future generations, our frontline communities and our planet. Both Sanders' and Ocasio-Cortez and Soto's pieces of legislation include measures to ensure job security. According to a press release from Soto last week, the House resolution includes "a just transition for the working families in the fracking industry." Soto's statement goes even further, stating that "the bill directs the Department of Labor to partner with other federal agencies and stakeholders, including representatives of organized labor, to develop a plan to prioritize the placement of fossil fuel workers into good-paying jobs in the communities in which they live as the United States moves quickly to an energy system based on sustainable energy and energy efficiency." Workers, ecosystems, entire communities and generations are at risk if we don't divest from fossil fuels like natural gas, and it is their rights that this environmental justice legislation will aim to preserve.

Altogether, the idea of a fracking ban may sound scary to many Americans who have been conditioned to prioritize short-term profits over the realities of environmental crises and long-term, community well being. However, a failure to ban fracking and reorganize our energy economy until it is too late is an even scarier reality for me and many other young people who understand the urgency of the climate crisis firsthand. ■

Bobsledding to first place victory

Feb. 19, 2002: Vonetta Flowers became the first African-American woman to win a Gold Medal

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Black history has its old historical figures such as Martin Luther King Jr. and Rosa Parks.

While it is good to reflect on the amazing accomplishments and strives for equality that they have pushed for in the African-American community, we also need to recognize the growing number of modern-day African-American leaders of the 21st century.

For instance, Vonetta Flowers has become an almost-forgotten athletic figure in the sports world. Born Oct. 29, 1973 in Birmingham, Alabama, Flowers had a dream of being one of the greatest athletes that the world had ever seen.

She originally trained and competed as a sprinter and long jumper at the University of Alabama at Birmingham.

Aspiring to make and compete in the 2000 United States Summer Olympics, she tried multiple times, but sadly was never able to make the official team.

Reeling back from missing the Summer Olympics Team, Flowers surprisingly turned to bobsledding. In a twist of fate, she found sweet success as a brakewoman instantly. As a result, she obtained a spot in the 2002 Winter Olympics, which were being held in Salt Lake City.

On Feb. 19, 2002, Flowers, along with driver Jill Bakken, sled to the finish line and achieved first place glory. By winning the bobsledding

race, Flowers and Bakken received the gold medal, crowning the former as the first African-American woman to earn this prestigious award.

Unlike her fellow bobsled champions, Flowers became famous nationwide once she returned from Salt Lake City. She appeared on newspapers, online blogs and discussion boards and even as a guest on "The Today Show" with Katie Couric.

Flowers returned to the snowy stage in the 2006 Winter Olympics, located in Turin, Italy. At this competition, Flowers and her new teammate placed sixth, a fall from the surprise of her first place victory just four years ago.

It was after this Olympic season

that Flowers decided to retire from competition.

In 2010, Flowers was elected to the Alabama Sports Hall of Fame. She was inducted that following May, cementing herself as a part of not only Alabama's history, but as an inspiration for other African-American women who want to be just like her.

In the years since Flowers's retirement, many women of color have

achieved similar great heights in the world of sports. Specifically, Gabby Douglas and Simone Biles have consistently been trailblazers in the world of gymnastics.

With a total of 10 olympic gold medals earned between the two young gymnasts, it's clear that the legacy of Flowers has not been forgotten and has influenced a new generation of African-American women who strive to be the best. ■

Want to write for the Opinions Section?
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Diving into CNU's divisive dress code

The diversity and inclusion statement has yet to be applied to all parts of student life

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Individuality.

Here at CNU, students express themselves in every type of way possible. From tattoos and hair colors to piercings, there are creative new takes on how to uniquely showcase yourself in a community hypnotised by mainstream looks. Personally, I have gotten tattoos in places that are away from the public eye, for my own personal daily reminder. But for others, that is entirely not the case. Those who have any type of visible body art might have some issues getting involved in the CNU community.

On campus, there are many ways to get involved and find friendships. For some, it's through on campus jobs that they are able to find a small community while making a quick paycheck. But when it comes to on-campus jobs, students find themselves unable to showcase who they truly are due to the demeaning, strict dress codes on how to look and dress. Students are told to cover piercings and tattoos, and may even be advised to not dye their hair unruly colors.

These rules specifically apply to one's own gender or sex, which is simply derogatory considering ones gender or sex should not determine how one should traditionally dress at work. For example, male student employees for this university aren't allowed to wear earrings, while female student employees can.

But honestly, why do students have to wear a bandaid over their nose ring, and not their earrings? Isn't a bandaid more distasteful than a small piece of metal?

Also, more importantly, what happens when someone identifies as agender, or they/them?

The university does not uphold the values currently stated on their websites Diversity and Inclusion tab: "Christopher Newport University is committed to promoting an environment that honors the uniqueness of each student. The presence and active engagement of a diverse community offers a vibrant, rich and transformative campus experience that impacts all facets of student life."

In this case, why is there a gender divide for students working under the school? CNU's diversity and inclusion statement should apply to all areas of life, especially on-campus jobs. Students should be able to wear anything they please, as long as it doesn't include any offensive concepts.

A majority of students, have a meaningful connection as to why they got a piercing, hair color or tattoo. Even if one doesn't, that honestly isn't anyone's business. The fact that we, as adults, are able to have the ability to make individual decisions for our own comfort is essential.

I hope CNU is in the works on changing the current dress code for on-campus jobs because frankly it's not a joke anymore — it's an issue. ■

Join the fight for human rights

Is enough being done to combat this growing global problem?

KAITLIN SANATA

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We as a Newport News community are starting to become more aware of sex trafficking within our area. We hear on the news about people's cars being marked with socks outside of the Walmart on Jefferson. These socks are considered a marker for sex traffickers to incapacitate unassuming people using some sort of chloroform substance and sell them for a profit. But what precautions have been taken as a university? Have you done anything differently as an individual to keep yourself safe? I always carry around pepper spray to make myself feel safer when going out alone. This is a dangerous and real thing not just in our community but in our world today that remains overlooked.

This past Friday, Feb. 14 was Shine a Light on Slavery Day. The purpose of this day is to inform people in the world about one of the most significant human rights issues of our generation. Celebrities and people of influence such as country singer Carrie Underwood and Pop Rock Band OneRepublic marked their hands with red X's symbolizing the exposure of the problem of slavery. One of the biggest organizations involved in the fight is the END IT Movement which partners with many others such as International Justice Mission (IJM) and World Vision. We even have an IJM chapter on our campus that participated in the movement.

As people who live in a now free country, we don't realize that slavery even still exists in our lifetime. Surprisingly, the END IT Movement's website says that there are more people trapped in slavery today than ever before in human history: over 40 million people. More people now than those involved in the Atlantic Slave Trade that took African people out of their native

homes to be sold as slaves in countries all over the world. More than the concept of slavery that we all hear about in our American history classes. Even one person involved in slavery and sex trafficking is one too many. How can we as fellow humans just sit around and let it happen? Well, that is because not a lot of us are aware of the existence of slavery. These organizations such as IJM not only exist to tell the world about

have it as good as us. Many of us, especially at our university, have lived relatively free lives. Think about the people in the world who do not have that option because they are owned by another person against their will. Slavery is still here, it is still real. We need to start doing something about it.

We as a society can hopefully agree that slavery is horrible no matter the context. So why are we not more aware of these issues and how can we help change this? One of the reasons could be that many of us do not connect with this topic personally. I do not know about you, but no one I know has fallen victim to sex trafficking or slavery. This should not matter when innocent people are being enslaved every single day. Think about if it was your mom, your dad, your sibling or one of your best friends, then you would care a lot more. There are so many organizations working under our noses in plain sight to rescue these people from lives of servitude whether it be labor, sex or abuse focused. We can help

improve this not only by donating to these organizations, but supporting and advertising their cause even if it means just posting on your social media or getting involved whether it looks like writing a red X on your hand or joining IJM. People in these countries do not support the impoverished people who are targeted because they do not have the skills or means to. We help by supporting, but we all know we might not have the means to. You can instead help by raising your voice to make light of this problem and making it known to the people around you. These organizations will stand and fight for the rights of these people until the number of men, women, and children suffering from enslavement is reduced from 40 million to zero. How will you stand with them to help change that number? ■



Carrie Underwood and Mike Fisher pose with red "X's" on their hands. PHOTO OBTAINED FROM @MFISHER1212

this problem but also to free people from slavery all over the world. They do this by supporting the local police in rescue operations as well as meeting the needs of victims after they are rescued. This could mean housing, food, medical care and so much more. IJM walks alongside survivors of human slavery until they are fully supported. CEO of International Justice Mission Gary Haugen says "nothing happens just because we are aware of modern-day slavery, but nothing will ever happen until we are."

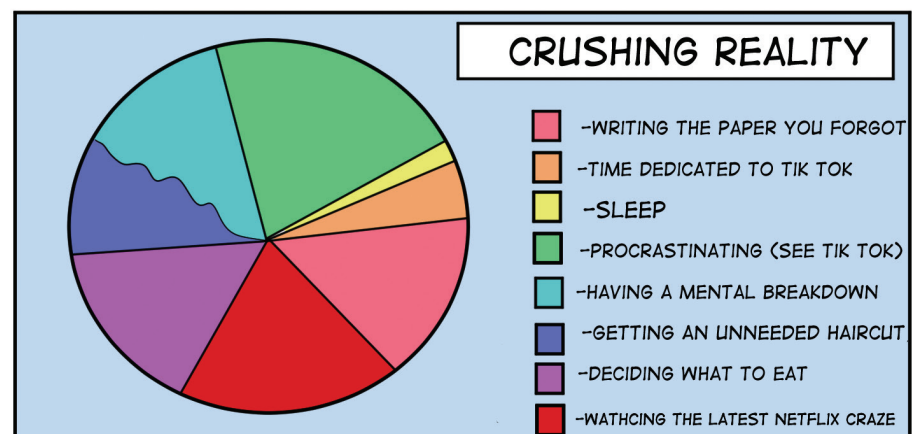
Whether or not it is personal to you, make it personal. We as Americans forget about people who do not



TIME MANAGEMENT- COLLEGE EDITION

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Thoughts on Valentine's Day

Photographer Taylor Vigil interviews those in the DSU asks them their opinions and plans for the special day

"I do
spec
you
choo



"I think it's fun and cute for people who like to celebrate it. The best part is seeing everyone else have their gifts and stuff because sometimes it's really over the top and it's funny, but sometimes it's genuinely very sweet." ~Bailee Corner, Sophomore



Sophomore Mary Romanello's favorite part of Valentine's Day is "being free and taking time to hang out with him." Her boyfriend, Dhykwon Cain-Smith, freshman, described their plans for Valentine's Day. He says, "We just exchanged gifts, and then we're going to go to a movie, and she is going to give out flowers and stuff to the staff [of regs] and then we're going to go to dinner as well."



Sophom
time to do
busy. It's a
sophomo
evening. "
we're goin

"I think Valentine's Day is a really nice day for people who have someone, and it's a great day for everyone to get into the spirit, especially with one of the a cappella groups on campus where you pay money to have them go serenade their friends just to embarrass them. I think it, surprisingly, is a good way to get everyone invested in the holiday which is not normally a big one." ~Ryan Choate, Sophomore



...n't really get Valentine's Day. It's always good to have a special day to appreciate your loved ones, but in my opinion, you should appreciate your loved ones everyday. I do like the chocolate though." ~Erika Mirkay, Sophomore



"It's nice for people to be able to celebrate love... I think it's become a bit commercialized, especially recently, but overall the overall message is good." ~ Cate Wells, Senior

...re Jack Little thinks Valentine's Day is "a fun day to do something special when everything else is busy." Sophie Boerner, a senior, shares her plans with Jack for the day. "We're going to Build-A-Buddy and then to the peninsula town center."



Sophomore Sophie Christian said that a perk of being single on Valentine's Day is that "you don't have to worry about the stress of buying someone a gift." Sophomore Kim Beasley said a good way to spend Valentine's Day if you are single is to "surround yourself with single friends or have introspective time, like a self spa day."

Men's Lacrosse starts off hot with big win

Captains Men's Lacrosse picks up nine point win of season on the road

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The Captains opened their season with an emphatic victory in Chestertown, Maryland on Feb. 15, overcoming their opponents and winning by nine.

Despite the final score line, things started very differently for the visitors. Freshman #17 Aaron Casteel won the first faceoff which set up Christopher Newport to move into the offensive zone, but they would only have a pair of shots on target before Washington College (Md.) would have a successful clear and head back down the other way.

#1 Scott McAneney was positioned between the pipes to make the save, but the ball slipped by him, putting the Shoremen up by one just under four minutes into the contest. Washington (Md.) would win the next faceoff, and both teams would take turns on the attack.

The next seven minutes would see McAneney pick up four more saves as well as a pair of turnovers caused by #6 Dylan Rice for the Captains.

However, on the last shot faced, McAneney and the Captains would be unable to keep the ball away from the Shoremen as #8 Cooper Sloan would fire another shot into the net

for his second on the day and doubling Washington's (Md) lead.

Not wasting any time, as soon as the defensemen had done their duties and cleared the zone, the attackers for the Shoremen would once again march down to the other side and fire off another goal. Up by three with zero goals allowed in the first period, the Shoremen were in control of the game.

Casteel would win the opening faceoff to start the second frame and the Captains would have an opportunity, but #25 Brady Altobello's shot would miss just over the crossbar.

#11 Will Stockhausen would pick up a one minute penalty for slashing, yet the Captains would be able to hold off any chances cultivated by Washington (Md.) during the penalty.

Stockhausen and #22 Alex Brendes would both block shots leading to a groundball pickup by the former. The Captains would wedge their foot in the door as Altobello would convert on his second chance of the period just seven seconds later.

The next minute would see a flurry of offense, #31 Drew Miller's shot would ring off the post and act as a war cry for the rest of the squad. Stockhausen would create some space for himself and keeping

his head up, be able to find #20 Coby Auslander who had no difficulty beating the keeper bringing the Captains to within one.

The Shoremen struck back forcing two saves out of McAneney on four shots before the Captains would find reprieve. With the ball in their sticks, the attackers knew the Shoremen were within reach and took a chance. Brendes navigated his way through the zone and came up with the equalizer with just under seven minutes remaining in the half.

The Captains not satisfied with the progress they made, called a timeout for the best chance at finding a go-ahead goal. Rice, after the restart, had his shot blocked but would not be denied a second time as he fired off a shot that snuck past #2 Chris Del Rosario. The Captains now had jammed the door open and it would not close on them again.

Exactly two minutes later, the horn sounded again as this time it was #8 Thomas Mark whose shot found the mark. Casteel would win the next faceoff, but nothing of consequence would take place until the final 15 seconds. Sloan would pick up a 30 second interference penalty, but with the first half coming to a close, the advantage would carry over into the third frame.

Starting the third quarter, the Shoremen would be on high alert playing a man down. They would see out the penalty, but the Captains would still be breathing down their necks as Christopher Newport would pass the ball around the zone, waiting for their chance.

Rice decided not to try for his second as he threw an apple over to Brendes who would score his second.

After a turnover, #16 Phoenix Hines would find #21 Miles Collins for his first of the day and the Captains' seventh unanswered goal.

The Shoremen would respond in turn and scored a goal of their own, their first in just under 20 minutes.

After the third period was halfway over, the Captains would find another chance as Brendes would look for his hat trick three separate times but was stopped twice by Del Rosario and missed wide on his third shot. But a quick response from the Captains bringing the ball back in play allowed Mark to score his second bumping the lead back up.

A faceoff violation gave the ball over to the home side, but the subsequent shot flew over McAneney's head. The Captains' defense would struggle clearing the ball as McAneney had a turnover.

After, in an attempt to one up the

Shoremen, Hines would knock the ball loose with #33 Max Wayne in the right place at the right time, and the clear would be successful.

#9 Danny McMinn would register his first collegiate goal off the feed from #42 Jackson Deal to boost the lead back up to four.

Christopher Newport came out of the break with a fire beneath them, scoring two goals in under a minute.

#39 Michael Brost would take the next faceoff for the Captains. Collins would come away with the ball, but it would take another five minutes for Miller to score his first goal of the contest after sending a shot off the post in the first half. A Washington (Md.) timeout and just under 30 seconds later, the Shoremen would put tack on their final goal of the game.

With under two minutes remaining in the game, Brendes would finish off his hat trick and score his final goal, making him only the fourth freshman with a hat trick on opening day in program history. Stockhausen has registered at least one point in the previous 26 consecutive contests which is the longest streak in program history.

The Captains have their home opener on Feb. 22 against Hampden-Sydney College at 6 p.m. under the lights at Jennings Family Stadium. ■

Basketball deals two setbacks to Salisbury

With the CAC regular season coming to a close, Captains remain strong

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CAC regular season action is coming to an end soon, but the Captains are not slowing down.

Both the Men's and Women's teams were able to outlast tough Salisbury to pick up wins on Saturday. The Women kicked off the action looking to continue their undefeated streak in the CAC.

Although they have already clinched the CAC regular season and guaranteed home court advantage in the playoffs, they proved that they are not going to relax anytime soon.

Despite initially holding Salisbury to just seven points in the first quarter, the defense of CNU was forced to prove their mettle as Salisbury fought back in the second and third quarters to make it a tight game.

#55 Natalie Terwilliger displayed a return to form after being held to less than 10 points a game for the last four games, putting away 17.

#15 Sondra Fan continues to terrorize the conference, adding 21 points to her season total, which pushes her above 300 points on the season. On the defensive side, #14 Julia Hobbs registered both of CNU's

blocks, and the 11 steals (including one from Hobbs and three from Terwilliger and Fan each) equalized the 11 from Salisbury.

After giving up over 20 points in each of the second and third quarters, the defense was able to hold the Seagulls to 16 points in the fourth to preserve their lead and the offense picked up the pace to earn a 72-68 victory.

The Men's game featured a competitive first half but ended in a rout as the second half Salisbury team could not compete with the Captains.

Although the Captains initially suffered a deficit, they were able to battle back and pull ahead for a close 39-36 halftime advantage. The second half looked to feature two completely different teams from the first half, with the Captains outscoring the Seagulls 43-28.

Defensively the teams looked well-matched, but the power from the Captain's offense shined with three players scoring more than 15 points in the contest.

#20 Jason Aiger celebrated another big game for himself, playing for 37 and adding another 23 points to his tally. In addition, he has made

his long-awaited entrance to the 1,000-point club, finishing the day with 1,009 career points.

Freshman #45 Ian Anderson continues to make a name for himself with yet another fantastic showing, including a first quarter dunk on a Salisbury defense that looked unable to deal with his presence in the paint throughout the game.

Six other Captains also contributed to the score sheet throughout the night.

With the victory, the Women's team improves to 20-4 and remains undefeated in the conference. They will face their final regular season game at Southern Virginia University, who have maintained an impressive 9-2 home record despite a 4-5 overall conference record.

The Captain's will have to overcome this home court if they wish to preserve their 12 game win streak.

The Men's team improves to 19-5 and remains tied with York (Pa.) at the top of the conference with an 8-1 conference record.

They will host Southern Virginia University in the Freeman Center on Feb. 19 and will need to win to guarantee the #1 seed in the CAC tournament. ■



#22 Jovia Winkey holds the ball over her head. PHOTO BY NICOLE RAMKEY / THE CAPTAIN'S LOG



#23 Connor Pennell pitches against Piedmont (Ga.). PHOTO BY TAYLOR VIGIL / THE CAPTAIN'S LOG

For more information on all Captains sports action, visit CNUSports.com

BASEBALL

STORY CONTINUED FROM PAGE 3

The second inning saw both sides get dominated by the pitching staff as both the Lions and Captains went down in order. In the third inning #23 Connor Pennell got into some trouble as he loaded the bases with only one out. A stellar breaking ball got him out of trouble as the Lions' #4 Tyler Sheley hit a ground ball straight to Pennell which turned into an inning ending double play involving Catcher #5 Eric O'Brien and First Basemen #29 Evan Baer.

Pennell managed to throw five shutout innings in his collegiate debut striking out six and only walking one. Due to more stellar pitching from both sides, the game remained quiet until the top of the sixth inning when the Lions were able to tie things up off a sacrifice fly from #13 Duke Wodetzki. The game didn't stay level long as in the bottom of the sixth the Captains were able to bat around and put six more runs on the board.

The sixth inning theatrics by the Captains was highlighted by small ball tactics with a sacrifice bunt, a normal bunt, several singles and a walk. The Captains would take this

lead all the way and after a few more runs from both sides towards the end of the game they would win it with #10 Gray Goodrich picking up the win.

On day two of the home opening series, the Captains went on to play the Maroons of Roanoke College. The game remained tight through all nine innings, but the Captains looked like they were going to take home the win with a tight 4-3 lead in the ninth. Senior #34 Andrew Supah was set to close the game out, but gave up two runs in the ninth. The runs came for Roanoke off the bat of #7 Mason Staz with a two run single to deep center field. The Captains could not recover to take the lead back in the bottom of the ninth and would split the games on the weekend.

Baer was one of the Captains' stand out performers on the day with three runs batted in off a walk and a double against the Maroons. Along with Baer, O'Brien knocked a run of his own in with a single to center field.

The loss brought the Captains' record to 2-2. The Captains were back in action on Tuesday, Feb. 28, against Hampden-Sydney College. For a recap of the game on Tuesday, Feb. 18, as well as all Captains Baseball, go to CNUSports.com. ■

Hidden gems on the hardwood

Two current NBA stars who overcame their mediocre college teams

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When you think of memories of Michael Jordan, do you remember him as the dominant member of the Chicago Bulls or of his times at the University of North Carolina first?

Sure, he's the greatest basketball player ever, and he solidified that in the mid-eighties and nineties, but you can't gloss over his performance in the 1982 NCAA Division I Men's Basketball Tournament.

Or what about the career long battle between Larry Bird and Earvin "Magic" Johnson?

Do you think of the three clashes between the Boston Celtics and the Los Angeles Lakers in the National Basketball Association's (NBA) Finals or the 1979 NCAA title game between Bird's Indiana State University and Johnson's Michigan State University?

The point is, these players present a potential precedent for the game's greatest professional players to have similar outstanding college team results.

If you read the title of this article, you'd know this is hardly the case. If you don't believe me, let's take a quick look at current Los Angeles Clippers star, Paul George.

George attended California State University, Fresno, more commonly referred to as Fresno State, from 2008 to 2010.

In his two year stint with the Bull-

dogs, he earned a Second-team All Western Athletic Conference (WAC) selection, and his number 24 jersey was retired by the University.

In 63 games, George averaged 15.5 points, 6.7 rebounds and 2.4 assists. He had a field goal percentage of 45 percent and a three point percentage of 40 percent.

The season before he arrived at Fresno State, they finished with a win-loss record of 13-19. They were 5-11 in conference play. Over his two seasons at Fresno State, the team had a combined record of 28-39. That's no good.

It gets even worse when you think about the competition he played against. As a member of the WAC, their toughest games came against Utah State University and the University of Nevada.

Obviously, this story has a happy ending. George would leave after his sophomore season and be drafted tenth overall by the Indiana Pacers.

Rumors have since circulated that the Pacers had attempted to trade up to the third pick to select Georgia Tech big man Derrick Favors, but the deal couldn't get completed.

George went on to be a six time All-Star, a five time All-NBA member and a four time All-Defensive Team member.

In spite of the University and team he played for, George proved he is a perennial All-Star type player and a true hidden gem of the college hardwood.

Two years after George was selected by the Pacers, a point guard from Weber State University was selected with the sixth overall pick. I'm talking, of course, of "Dame D.O.L.L.A." Damian Lillard.

Lillard's status as a hidden gem dates all the way back to his high school days. At the aptly named Oakland High School in Oakland, California, Lillard was graded a three star recruit according to 247Sports.

Since he didn't receive many Division I offers, he took a scholarship from Ogden, Utah's number one college, Weber State.

In his freshman year, Lillard averaged 11.5 points, 3.9 rebounds and 2.9 assists in an average of 29.4 minutes per game.

That was good enough to earn him First Team All-Big Sky Conference and Big Sky Conference Freshman of the Year honors. In order to not be complacent, Lillard averaged 19.9 points, 4.0 rebounds and 3.6 assists in his second year outing.

His statistical uptick landed him the Big Sky Player of the Year and honorable mention from the Associated Press' All-American list. Perhaps you've noticed I've left out a few key insights.

For instance, why were Lillard's assist numbers so low for his position? Or what was their win-loss total? It must be good, right? They've got THE Big Sky Conference Player of the Year. Well, things look better than George's Fresno State, I can tell

you that. In Lillard's freshman year, the team went 21-10 and finished first in the Big Sky.

Their prime positioning in the conference's tournament didn't seem to matter, as they were bounced by the 14-17 Montana State Bobcats in their first game.

In Lillard's sophomore year, the team went 20-11 and once again finished first in the Big Sky.

This time, Weber State and Lillard survived their first game and reached the conference title game. They were on the cusp of reaching the NCAA Tournament.

All they had to do was get past the other team from Montana, the Montana Grizzlies. In an incredibly noble effort, Weber State lost to Montana 66 to 65.

Once again, basketball teams based in Montana proved to be Lillard's kryptonite.

An injury kept Lillard out of competition during his junior year, but he returned with a vengeance the following year.

Averaging 24.5 points, 5.0 rebounds and 4.0 assists garnered him much national attention.

At the end of the season, Weber State was 25-7, and Lillard was a finalist for the Bob Cousy Award (the award given to the country's best point guard).

Things were finally starting to come together for Lillard and his team. Then it happened again.

The sky turned grey and distant

rumblings of thunder could be heard. A college from Montana was back. In the 2012 Big Sky Conference Championship Game, the University of Montana mollywhopped Weber State 85 to 66.

All hope was not lost for Lillard. His redshirt year performance put him at the top of many draft boards heading in to the 2012 NBA Draft.

When the Portland Trailblazers were on the clock with the sixth pick, they made Lillard the first point guard selected.

He has since become a five time All-Star, a three time All-NBA member and the Rookie of the Year in 2013.

Despite playing at a smaller school, Lillard has gone on to be one of the league's most recognizable players.

Lillard's accomplishments are great and all, but I can't help but wonder if he'd still have accrued the success he has if there was a professional basketball team in Montana.

Well there you go, that's two current NBA stars who outshined their college's standing.

George and Lillard are certainly not the first to do so, as guys like Chris Bosh, John Stockton and Pete Maravich similarly went on to do great things in the league after playing for mediocre and underperforming college teams.

All the players mentioned prove an NBA great can emerge from anywhere. ■

CONCERTS

February 22nd
The Legwarmers
7:30 PM, The NorVa

CAMPUS

February 21st
Mahler & Mozart
8 PM, The Ferguson

IN THEATERS

Feb. 3rd to Mar. 27
"A Not So
Perspicuous Arrangement"
Falk Gallery

February 21st
"The Call of the Wind" PG
"Brahms: The Boy II" PG-13

The prince of modern cinema wears a king's crown

Uncover a review of Timothee Chalamet's Netflix Original, "The King"

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This review includes spoilers.

The internal conflict of a leader, the value of human innocence and the spilled blood of past friendships; Netflix's original film "The King," released on Nov. 1 of last year, encapsulates numerous details of a royal's life-long battle with morality and treachery. The period drama begins with Prince Henry V living a simple life outside the kingdoms walls, away from his father's warmongering and blood-boiling intent to reign over more land. The fresh take on Shakespeare's classic story of Henry V is given a new light thanks to director David Michôd, a pitch-perfect cast and wonderful cinematography from Adam Arkapaw. Though it doesn't "speak" Shakespeare in regards to the mood, the dialogue is firmly rooted in Shakespearian origin. A favorite quote of mine from the film is "I welcome your umbrage!", which nurtures the dialect of the 15th century.

The cast is perfect due to producers picking an ideal actor (who happens to be a favorite of mine) for the main character, Henry V. He is played by Timothée Chalamet, a popular actor from films like "Interstellar," "Call Me by Your Name," "Beautiful Boy," "Little Women" and so much more. A citizen of both France and America, Chalamet's character as Henry V (or otherwise known as "Prince

Hal") is presented highly with his natural French tones when in contact with his French enemies; Hal creates a perfect entity of a cultured royal talking with those that either despise him or love him.

Before he became King, Hal's father grew ill and originally presented to his second son, Thomas (Dean-Charles Chapman), as next in line in regards to a potential attack. Hal, in his father's eyes, was seen as a drunken aloof of a son, who had no desire for the crown and wanted to live amongst the kingdom's people. Immediately after, Thomas is dictated by his father to go into war with their treasonous cousin, King Richard. Though, with two full armies ready to fire amongst an empty field, Thomas is untimely stopped in his tracks by his own big brother, Hal. After a moment of despair is locked between the two, Hal demanded that King Richard fight in replacement of his own army so there may be no more bloodshed. After a thrilling fight that included both fists and swords, Hal kills King Richard II with his last stroke of energy. From then on, the army and the people he rules look up to Hal as their king, while Thomas is taken off the throne.

Ever since that bloody moment, the film continued to defy an audience's expectation and offered the thrills of a true, dirty battle. Henry V is undoubtedly known as one of the greatest warrior kings, and has been consistently im-

mortalized in Shakespeare plays. Throughout the film, what goes unnoticed is the visual metaphor of war and imperialism, and its underlying real impact on not just the people, but the one who holds the crown (and ultimately, the morally-defining decisions). Throughout Hal's and Richards fight, the quiet rising tempo moves along the stretching strength seen in each of the characters. Regarding that, the mise en scène-focused decision brought truth to the short, yet longating battle, considering the scene was quiet, yet thrilling all at once. A move as such is difficult to play into film without being reflected as tedious, but "The King" works with the act well.

Besides that fight, the Battle of Agincourt, which is against The Dauphin, the mayhem choreographed to the smallest detail. As far as historical war epics go in the film industry, "The King" is one of Netflix's biggest. Hal and his men hacked his way through the mud and tears which goes unnoticed that it looks like one continuous shot — which is how war films should be presumed to be filmed as, a visual metaphor of uninterrupted pain. The film balances its blood and guts with a post-war reckoning when Hal is forced to face difficult questions that any ruler should make. Though this time around, he is reminded of his morality and royal status goes when a couple questions come

to mind: who benefits from the slaughter, who gets left to die and will it be himself? Hal showcases himself as one of his own army men, which was presented in the beginning of the film when he and his cousin fought. In this regard, he is quite literally the bottom of the bottom; men from both sides fight atop of the muddy dead, and close-to-death bodies like Hal who from the beginning, treats himself likewise to the man in front of him (or honestly, on top of him).

From beginning to end, the mise en scène and cinematography of "The King" is never interrupted or questioned when each scene folds into the next. The color grading really adds to the storyline and the history behind the film; the blue, gray-ish atmosphere the film encapsulates how

the emotional battles and notions for more land control took over the European continent. The cinematography on the other hand, by Arkapaw, is extraordinary. Some of what he creates gets lost on the screen of one's TV — from the misty shadows and dim lighting within Hal and Falstaff's favorite tavern, to the harsh lighting of the throne room on a clear day. Everything Arkapaw makes allows the audience to see the most beautiful truth in what the film is trying to portray, whether it's at twilight, at sunrise and in the dead of night, he adapts the mood with the atmosphere.

If you have the time during midterms frantically happening, I highly encourage anyone to see the sought after film "The King" Netflix Originals has created. ■



Hal bows in front of his own army. IMAGE OBTAINED FROM GEEKS OF DOOM

Kisses and disses

"The Bachelor" recap: Week 8

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Yikes is how this episode could be summarized in one word.

Hannah Ann was the first hometown visit of the episode with Peter heading to Knoxville, Tennessee. Hannah Ann's father was a little less than thrilled about meeting Peter, as most fathers might be when their daughters' boyfriend is dating three other women. Peter attempted to make up for it by telling his father, as well as Hannah Ann,

that he was falling in love with her and could see himself proposing. It was a hometown visit full of love, ax throwing and skeptical Southern fathers.

Afterward, Peter heads to Des Moines, Iowa to meet Kelsey's family. She starts the visit by taking him to create homemade wine with her, and we are blessed with lots of grape stomping and cheesy wine metaphors from Peter. Throughout the entire season, Kelsey has been very emotional and vulnerable about her feelings for Peter, and so it's no

surprise when she tells Peter she is in love with him. Peter responds with a kiss, but we can all tell that he doesn't feel the same as he does about Hannah Ann. He then meets her family, and of course, her mom is worried about her getting her heart broken for good reason. Her family dynamic is not as emotional as we expected from her reveal during the last episode.

Madison is up next in her hometown of Auburn, Alabama. They end up in the Auburn University basketball stadium. The two play a little one-on-one, and, being a four-time high school basketball champion, Madison crushes him. Peter gets to meet Madison's mom, dad and two sisters at dinner where they share some sweet traditions with him. In a side conversation between Madison and her mom, it is revealed that Madison is a virgin when her moth-

er asks if she has told Peter that she is waiting until marriage. Peter confesses he is in love with Madison in his personal interview and tells Madison he is falling head over heels for her. She does not tell him she's in love because she says "I'm still trying to figure out if our spirits and our souls are compatible."

Last and definitely not least, Peter visits Virginia Beach, the hometown of contestant Victoria F. She surprises him with a Hunter Hayes concert to make up for their first one-on-one date. Although, this date does not turn out much different from their first because Peter runs into an ex-girlfriend. Her face is blurred, but he has a brief conversation with her where she gives him some tea on Victoria. She says blatantly "Just be careful" and "There's been many relationships broken up because of her." What does she

mean by this? Well, we never really find out when Peter confronts her about it later. She becomes defensive and says their relationship cannot move forward. She once again pushes Peter away, and her family comforts her as he drives off.

We think this is the end of Victoria and Peter, but man we are wrong. They meet up the next day in his hotel room where they apologize to one another. Everyone knows they should break up, but they decide to keep moving forward. Peter never gets to meet her family. The episode ends with a rose ceremony where Hannah Ann, Kelsey and Victoria receive roses - and yes I didn't type that wrong. Victoria receives a rose while Kelsey is sent home.

Tune in next week for fantasy suites, where more will be revealed about Madison's decision to wait until marriage. ■

More than just static

Pink noise helps improve memory and promote deep sleep

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We're college students. That means we all have a few things in common. We overload our schedules with extracurricular activities, have piles of work for classes, and are stressed trying to figure out our futures.

The one time we can escape from all of these external pressures that are weighing down on us is at night, when we can finally fall asleep at an ungodly hour after we finish everything.

But if you're a naturally anxious and stressed person like me, falling asleep can be a challenge. I have a hard time turning my brain off at night. It's hard for me to relax and fall asleep. No amount of melatonin or a

heavy weighted blanket helped me fall asleep earlier.

Then I discovered a natural remedy that actually helped me fall asleep.

Pink noise.

Now I know what you're thinking. What is pink noise? And is it actually effective?

The short answer is that pink noise is a combination of high and low frequencies. Because it is a mix of high and low sounds, pink noise is more balanced and natural than the more famous white noise. Pink noise consists of all the frequencies we can hear, but it is more intense at lower frequencies which makes it a deeper sound. There are lots of sounds in nature that pink noise are similar to like rain and wind and heartbeats.

Research conducted at North-

western University has proven that playing pink noise while you sleep actually helps improve memory. The studies also found that playing more natural music or sounds helps improve sleep, and sleep consequently improves your brain and body.

A 2017 study

discovered a positive correlation between listening to pink noise and deep sleep, which is a sleep that supports memory and makes you feel more refreshed in the morning. A different 2012 study found that a steady pink noise helps slow down brain waves which increase a sound sleep.

I never Googled or researched pink noise before I started listening to it before bed. There was just a period of a few days when I wouldn't be able to fall asleep at night so I would still be awake at 2:30 in the morning.

After a few nights of this, I just typed "sleep" into the search bar of Spotify. I found some meditation playlists and acoustic guitar albums. But the playlist that caught my attention the most was one simply called "Pink Noise."

If I'm being honest with you, I didn't really expect it to work. I turned my volume up and played the first song "Soft Pink Noise - Mid Boost" and I was very abrasive. It was very rough and jarring. It was a very granular sounding and was a very harsh frequency. I almost turned it right off and moved on to something else. But I gave it another try. And I'm so glad I did.

I skipped to the third song "Pink Noise (LP4k6dB) 5 min" and turned the volume down to half-way. Instead of using headphones, I put my phone

on my bedside table. I laid down and closed my eyes.

I fell instantly to sleep. And when I woke up to my alarm in the morn-

noise to make you feel secure and drown out unnerving silence. Even though it can seem harsh and shrilly at first, if you find the volume that

"Everyone's ears hear slightly different and find certain frequencies more relaxing.."

ing, I felt very rejuvenated. I was the most energized in the morning that I had been in ages. I didn't feel groggy or muddled. I felt revamped and refreshed.

I was surprised, but I wasn't about to jump on the bandwagon just yet. I hadn't gotten a lot of sleep the previous days and it was late when I turned it on. But I tested it out the next night and it had the exact same effect.

Pink noise is hard to describe itself because it is just sustained frequencies. But it is easy to explain and describe how it makes me feel.

Pink noise is very soothing. It feels reassuring. For someone who is very anxious, pink noise makes me feel comforted. Knowing the sound is constant, stable, and doesn't change much is soothing and tranquil.

Pink noise is sleep-inducing because it makes me feel calm and relieved. It is a comforting sound to have playing in the background when trying to sleep because it is enough

works for you personally, it can seriously help you fall into a deep, restorative sleep.

People will find different volumes and frequencies of pink noise more relaxing. Everyone's ears hear slightly different and find certain frequencies more relaxing. If you find the right combination for you, pink noise can truly change your sleeping habits for the better.

As an anxious person who has trouble sleeping, I now live by pink noise. I have played it every night for the past two months and will continue to play it for the foreseeable future. I never realized that something seemingly so straightforward, effortless, and arbitrary could impact me in such a beneficial way.

Now, instead of taking multiple doses of melatonin or going through restless nights where sleep eludes me, I turn on pink noise and fall asleep in the blink of an eye. ■

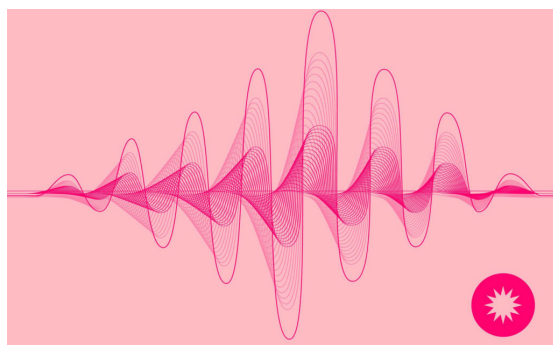


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Celebrating V-Day with love and sirens

CNU's University Chorale and Chamber Choir brought life to the Tribble Library

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On Friday, Feb. 14, the CNU University Chorale and Chamber Choir performed a Valentine's Day concert in the Tribble Library Rotunda. The choir ensembles were under the direction of conductor and Voice Director of Choral Studies at CNU, Dr. John Irving. This lovely concert lasted 30 hasty minutes and was filled with delightful songs that bewitched the audience.

There were two main themes for this concert: love and sirens. The University Chorale performed "Liebeslieder-Walzer" movements one, two, six and 11 by Johannes Brahms, which fell into the love theme of the concert. Meanwhile, the Chamber Choir performed "Ave Maris Stella" by John Dunstable, "Miniwanka" (the movement of water) by R. Murray Schafer and "Down to the River to pray" arranged by Philip Lawson, which was under the sirens theme.

During their performance, the Chamber Choir scattered them-

selves around the rotunda to sing "Miniwanka." The song required a distinct layout to bring out the harmonious properties of this mystical piece. Even the notation of the music was peculiar. The score contained sketches representing what the piece should sound like using imagery, words and drawings.

The concert also included audience participation. Dr. Irving asked the crowd to vote on the movement the ensemble was going to play for their final piece. The two options were a song that lauded Valentine's Day while the other celebrated singles awareness day. Surprisingly, the public chose the singles awareness day piece.

These fantastic concerts take a large portion of the student's time. The University Chorale has sixty members, and they practice for about three hours a week in rehearsals. All CNU students who are interested in becoming a part of the University Chorale are welcome to join. Another voice ensemble, the Chamber Choir, is made up of fifteen students. They

practice slightly more at around four hours a week. On the other hand, performers had to audition in order to become members of the ensemble.

Emma Naomi, a freshman at CNU, is a member of both voice ensembles. She was asked after the concert what her favorite part of the concert was. "Singing 'Miniwanka' with the chamber choir. It was a difficult but interesting piece to perform. We were all confused when we first started rehearsing the song, but I think everything came together at the concert!"

The University Chorale and Chamber Choir perform rotunda concerts once a semester as a way of giving "snippets" to the public so they can get a taste of what their longer concerts are like. That being said, their next concert will be on April 23 at Peebles Theater (admission is free). Provide some time in your schedule to come out and support your fellow peers by attending a night of vocal talent. After all, there is nothing better than an evening filled with music. ■



The Chamber Choir in the Tribble Library's rotunda. IMAGE OBTAINED FROM CNU

Want to write for the A&E Section?
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LIFESTYLE

MASQUERA VE

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STORY CONTINUED
FROM PAGE 3

“Having [Masquerave] on Valentine’s Day was a challenge,” Tharp said, “but with scheduling, it was really the only time this semester it would work. We did our best to incorporate the holiday into our theme. Our Events Director, junior Libby Keely, managed to mix Valentine’s Day, Masquerave and WCNU’s overall vibe into a great venue.”

The Studio Theater, a typically dark performance space with its floors and walls painted black, was transformed for the event. At the beginning of the evening, the room was bathed in royal blue light as students arrived.

The night began with a performance by Native Love, a band comprised of CNU juniors Thomas Fosdick and Sean Luffy. They took the stage as students showed up in crowds to cheer, clap and sway to Native Love’s synthy set of their original indie pop songs.

The band performed on vibrantly colored electric guitars and a burgundy drum set in front of a shimmering rose-gold tarp as their backdrop.

Following Native Love was a performance by Aberman, also known as Grain Death, who has become somewhat of a household name among the CNU community.

During his unique dubstep stylings, he switched up the moody blue lighting into frantic flashes of red and white. He sampled several popu-

lar songs such as “Humble” by Kendrick Lamar in between his beats, each of which were different from the ones that came before.

Tharp said, “We also wanted to highlight CNU-based bands, and are looking to do events like this in the future.”

WCNU has seen massive growth throughout the past couple of years, and their continuing development is showing no signs of stopping anytime soon.

Recently, its members have collectively overcome spending a few years off the air, conflicting schedules from e-board members and issues with the station’s air conditioning unit that made the station unbearably hot. Nevertheless, the dedicated members of WCNU have never let those issues take away from their dedication to their organization.

“Our organization is now on the path to growth,” Tharp said. “We definitely achieved our goal [for Masquerave] — even surpassed it. Personally, I was blown away by the turnout at the event, especially on Valentine’s Day.”

For anyone interested in potentially getting involved with WCNU, Tharp encourages participation. “WCNU strives to create a welcoming community of students with diverse interests and backgrounds. We want to welcome anyone and everyone to get involved or come to an event, which is why getting our name out there is so important.”

“For many people in WCNU, this has been a source of support and community that they had yet to find on campus. I hope that events like these will not only showcase talent but to bring people together over



The contents of one of the round tables around the Studio Theater: Valentine’s Day candies, festive napkins, stickers that read “THE MASQUERAVE” and a masquerave mask. PHOTO BY TAYLOR VIGIL / THE CAPTAIN’S LOG

common interests in music and pop culture,” she added.

Masquerave 2020 marks a turning point for WCNU and their growth. As their organization surpasses past

problems, they look hopefully into the future together towards more success.

Whether those in attendance were lonely hearts looking for something

to do on the evening of Valentine’s Day or they were couples out on a cute, artsy date, Masquerave provided good music and good vibes for all. ■

To tune into WCNU Radio, visit
wcnuradio.com.

Virginia spring break destinations

Not traveling for Spring Break? Here’s some local options to keep you busy

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Spring Break is almost upon us, but not all of us can afford to travel the world or spend the week at Disney World. That doesn’t mean Spring Break has to be lame and uneventful, however, as there are plenty of events and day trips within a few hours of CNU. Here are six potential places to check out during your Spring Break; I guarantee there is at least one for you to explore.

Colonial Williamsburg

It’s near and dear to all of our hearts (and CNU), but if you haven’t spent a day or two exploring Colonial Williamsburg, you’re missing out. In addition to a variety of historical re-enactments and interactive activities, there is a wide range

of shopping and fine dining options as well. They will also have special programming for Black History Month, including a guided gallery tour dedicated to the accomplishments of African Americans and the art they created.

Grandview Nature Preserve

A local beach and wildlife preserve in Hampton, this is a great way to way a beach day without the crowds of Virginia Beach or the costs of traveling down to the Outer Banks. Although parking can be a hassle, the seclusion is worth it. Swimming in the water should be done with caution, but the walk and wildlife is highly praised. Bringing bug spray is highly recommended, as the flies and mosquitoes can be quite aggressive.

Westmoreland State Park

For those who want a little beach, but not as much as Grandview Nature Preserve, Westmoreland State Park might be the answer. 1,321 acres of wildlife, this park is perfect for casual campers and seasoned outdoor people. The park extends over a mile and half along the Potomac River with great views and a serene beach. Although this park is popular, there are options to avoid other people too. Cabins and boats are available to rent, and it is an especially rewarding park for bird enthusiasts. Ospreys and herons frequent the area, as well as occasional American bald eagles. Without cell service and limited Wifi, Westmoreland offers a wonderful chance to get away from the hustle and bustle of everyday life.

Chrysler Museum of Art

For those interested in explor-

ing the art world a bit, there are few museums better than the Chrysler in the area. With exhibitions from the Middle Ages to the present day and featuring over 30,000 objects, there is definitely a little something for everyone. They are known for having one of the largest and most comprehensive glass art collections in the world, so if nothing else, seeing that exhibit alone is worth the day trip. Parking and admission are always free, which is great for students on a budget.

Mid-Atlantic Quilt Festival

Held from Feb. 27 - March 1 in the Hampton Roads Convention Center, the Mid-Atlantic Quilt Festival celebrates everything quilting. In their 31st year, the Festival will have all types of quilts from traditional styles to more modern design. Between workshops, lectures and ex-

hibitions there are enough things to keep yourself busy for multiple days. Prior registration is required, but luckily there are options to attend specific activities or the entire festival.

Circuit Social

This one is primarily for the 21+ crowd, but there is fun for all ages here. If you miss the nostalgia of spending quarters on Guitar Hero and Skee Ball, Circuit Social is a great place to spend an evening. Beer, ciders and wine are both pay-by-the-ounce and self-serve, which means you can drink as much or as little as you like and can try a bunch of different types as well. Although this barcade does not give you tickets to cash in for prizes, the satisfaction of playing pinball with a drink in hand more than makes up for it. ■

Review: Lucky Cup Coffee

“Changing the world, one coffee cup at-a-time”

ANNA DORL
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Nestled in the DW Shopping Center on Denbigh Boulevard is Lucky Cup, a cafe and coffee shop combo. Newport News has seen a lot of these establishments crop up in the past year, so I was excited to see how this particular one stacked up to all of the others I've tried recently. Lucky Cup was extremely difficult to find at first, but I blame Apple Maps for steering me wrong. (For those of you reading this who end up going, it's inside the actual shopping center near Surge Adventure Park and not closer to the main road like Apple Maps says.)

Immediately upon entering Lucky Cup, I noticed that the cafe space stretches into wide L-shape with bar-style seating along the rear wall next to the ordering counter and smaller rectangular tables across from it. The ordering counter is long, rounded and dark brown with a glass case of fresh baked goods such as flaky croissants and toasted bagels perched on top of it. An upright cooler sits opposite of the counter full of sparkling water and other drinks for those who aren't interested in coffee or baked goods. The cafe capitalizes on its Irish theme with a myriad of green decorations, a colorful mural

wall and shamrock motifs scattered around the establishment. It's safe to say that Lucky Cup will most likely be busy on St. Patrick's Day when customers might be looking for a more atmospheric experience.

One of the specialty drinks available at Lucky Cup sounds somewhat counterintuitive at first: CBD-infused coffee. The menu advertises it as something interesting and new to try if you're looking to switch up what's in your daily cup of joe. It is made from High Tide CBD and Weird Beard Coffee, and Lucky Cup sells it be the cup as well as coffee beans by the bag if you're interested in taking it home to hoard and hide it from your roommates.

Unfortunately, I didn't notice it on the menu until after I ordered, but I can definitely say I will return to Lucky Cup to try it out. I ordered an iced vanilla latte instead, a favorite of mine, and I can surely say that Lucky Cup coffee tastes tried and true, similar to Starbucks.

One unique factor of Lucky Cup that sets it apart from other coffee shops and cafes in the area is the company's constant and inherent dedication to charity. Recently, they have partnered with The Virginia Hispanic Foundation and Virginia Union University to offer them support and raise money for those

in need of scholarships or grants. True to its name and its Irish theme, Lucky Cup spreads its wealth around and doesn't hide it all in a pot under the rainbow.

According to their website, the company plans on expanding to various other areas of Virginia, sharing its good vibes wherever possible.

Their colorful mural painted on one of their walls depicts a coffee cup with the Lucky Cup Logo on it pouring out a rainbow. Next to it, another logo that resembles a medallion with a cup of coffee in the middle reads, “changing the world, one coffee cup at-a-time.” That's exactly what Lucky Cup is doing.

While Lucky Cup is unlike all of the other coffee shops in the area, it does offer unique drink choices and a promising environment that feels warm and inviting. Its casual cafe environment offers a place for shopping center patrons to get a treat in between their errands.

As more people learn of Lucky Cup's existence, I hope it continues to develop and gain more support as it grows in the Newport News community.

You'll definitely be lucky to step foot inside, try their delicious coffee and food and help them achieve their mission of spreading the love to those around them. ■



A flaky croissant and two iced lattes, one vanilla and one caramel, sit in front of the front counter of Lucky Cup. PHOTO BY ANNA DORL / THE CAPTAIN'S LOG

Lucky Cup is located at 14346 Warwick Blvd #428 in Newport News.

Hours:
Monday
7-9

Tuesday-Saturday:
7 a.m. - 7 p.m.

Sunday:
8 a.m. - 7 p.m.

Weekly career horoscopes

“Things get busy these days. You have a choice.”

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Aries (March 21 – April 19)

You have ideas to share, yes? Remain focused on what currently takes priority, otherwise distraction will be incoming. Share your support to those with heavier problems, and they share their happiness in return. Look out for being rushed before getting prepared.

Taurus (April 20 – May 20)

You are so busy that you may need some help. That assistance can turn into a good relationship. What you could be more worried about is your salary. You want more money, yes? Don't stress over the decreasing number of resources; blend in with the customers.

Gemini (May 21 – June 20)

Teamwork is key for this period. No reason to handle everything on your own; it's more fun and more educational to work with others. You must never mislead others, otherwise conflict between your wants and needs will break loose.

Cancer (June 21 – July 22)

There are events destined to challenge your emotions. Never micromanage your employees if you're the one in charge; they can work at their own pace. Trust your employees, and soon enough, you guys will get along well.

Leo (July 23 – Aug. 22)

Busy times can lead to communication. You can join an organization that treats the elderly, children, and even the disabled. Events like those support team builders, especially when your team brings good meals and snacks to share in a pleasant atmosphere. This is something to be proud of.

Virgo (Aug. 23 – Sept. 22)

Get ready to find a work partner. Your conversation can lead to an unexpected conclusion, and something that seemed unfair could shift everyone's attitude, but it'll settle down soon. Why not start an outdoor project? You could open a business.

Libra (Sept. 23 – Oct. 22)

The time for interviews could never be more impeccable. You can enhance your position or learn about a new one. Overpower your stress; you have your own future. Open up a new path. Your confidence can lead you to great partnership. It is time for a new project.

Scorpio (Oct. 23 – Nov. 21)

Your supervisors are ready for you to impress them. Some projects require communication and compromise. Think outside the box for research on how to complete your project. Every team member has a role to play; you are no exception.

Sagittarius (Nov. 22 – Dec. 21)

You have a crossroad of choices in front of you. Patience is a virtue; you need to take one step at a time if you want to make change. Sure, the results will not be ready in an instant, but you must not blame others if they are not precise. Help them with the corrections.

Capricorn (Dec. 22 – Jan. 19)

Are you ready for a new and better job? Not everyone has the same common sense as you do, don't make things critical for them. Show some restraint and let them handle everything that can while you focus on your problem. Events like this could lead you to a choice of careers.

Aquarius (Jan. 20 – Feb. 18)

When it comes to preparing for a new job, you have to speak up with certainty. Encouragement overpowers stress and stubborn streaks. Don't let the roles of your job bring tension to you; it is time for a new start.

Pisces (Feb. 19 – March 20)

You have the right to believe in yourself. Bravery is what you are needing to stand up to the fears in unwelcoming situations of your current position. This time, use your skills to impress others, not just yourself.

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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 Matthew Scherger at clog@cnu.edu or matthew.scherger.16@cnu.edu.

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