



THE CAPTAIN'S LOG

THE VOICE OF CHRISTOPHER NEWPORT UNIVERSITY STUDENTS

@CNUCAPTAINSLOG WWW.THECAPTAINSLOG.ORG

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Perfect 10n

#20 Jason Aigner just broke his own single-game points record, scoring 30 against Mary Washington University. PHOTO COURTESY OF CNU OCPR

Men's Basketball is flawless in last 10 games

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Men's Basketball put their nine game winning streak and unblemished conference record on the line on Feb. 1 as they hosted in-state rivals, the University of Mary Washington.

The Eagles sat at 12 wins and eight losses across the season and two and four in conference action headed into the contest. After falling behind by a few baskets early, the Captains looked to regain the lead as #20 Jason Aigner received a pass just behind the three point arc and took a shot.

The basket fell with just a few seconds left on the shot clock and gave the crowd of nearly 1500 a reason to cheer.

Aigner knocked down another three, and #33 Nick Parks found #30 Adrian Beasley who sank another shot from distance to bump the lead up to seven.

The Eagles would miss their following three chances and a layup by Aigner once again added to the advantage.

Mary Washington would convert on a couple of their next opportunities, but the Captains would still maintain control.

The ball would end up in Aigner's hands, and the onus would be on him to continue to further the lead.

Stepping up to and answering the challenge would be no problem as he tickled the twin three more times to bring his accuracy to six for seven on three point shots.

A couple more baskets for the Captains were won via battles in the paint, one each from #10 Luther Gibbs, #31 Cutch Ellis and #4 Dalon McHugh before Aigner once again added another tally to his three point total to bring the margin to 19.

The Captains would close out the first half with two free throws from McHugh as they headed into halftime.

Aigner led his lineup and everyone on the floor with 19 minutes and 26 points.

Through the first half, he also converted on eight of his 10 three pointers and at least tripled the total points of all other competitors, even outscoring the entire Mary Washington side in the half.

Coming back out onto the floor, the Captains would start with the possession and begin to add on to the lead with another McHugh layup.

Both sides threw up matching

threes with a few buckets intermixed as the lead floated around 17 for Christopher Newport while Ellis scored another three, bookended by layups from Aigner and Gibbs.

The Captains' defense continued to cause the Eagles to struggle to find an offensive rhythm. Contesting almost every shot, Mary Washington would be unable to score a field goal for over four minutes in the second half.

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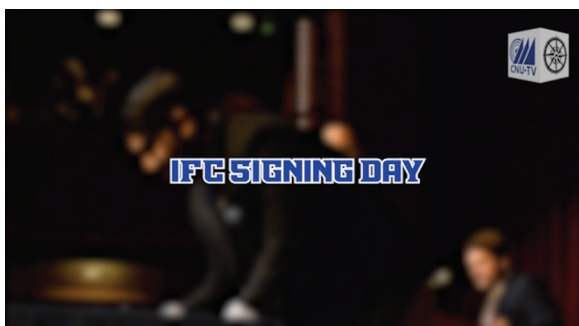


Weekly Pic

Jacob Aguilar (left) and Andrea Errico (right) represent Green Team CNU at the Winter Involvement Fair, promoting environmental awareness and responsibility.

PHOTO BY TAYLOR VIGIL / 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

After a week of recruitment, all of the IFC fraternities on campus gained new brothers. CNUTV was there to catch the new brothers sign to their respective fraternities.

Happened

February 2

Super Bowl Watch Party

The Office of Student Engagement and the Office of Student Activities joint hosted the watch party for the exciting matchup between the Chiefs and the 49ers.

February 4

Sophomore Signing Day

The class of 2022 officially declared their majors. In addition to networking opportunities, 18 interns presented how their majors and internships impacted their study.

Happening

February 5

Jean Everitt Lecture in Journalism: Dr. Michael Dirda

The annual lecture will be from 2-3:30 p.m. in the Peebles Theater. Dr. Michael Dirda is a Pulitzer Prize-winning book critic for The Washington Post.

February 5

Spring Career Fair 2020

More than 50 organizations and graduate programs will gather in the DSU from 12-3 p.m. for the Career Fair. Swing by to get a head start on your future.



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

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

- Email: clog@cnu.edu

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

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

WANT TO ADVERTISE? Circulation inquiries, advertising rates and policies are available upon request via email at clog@cnu.edu or telephone at (757) 594-7196. For more information, visit our website at thecaptainslog.org.

Winter Involvement Fair full of opportunities

Variety of cultures, special interests and even careers represented

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The Winter Involvement Fair on Jan. 30 was buzzing with hopeful and curious students looking for free items such as drink cozies, pens, buttons and, of course, new organizations to join. This year, not only was there free swag from the organizations looking for new members, but CNU Catering provided a free nacho bar and donuts for all the attendees to enjoy.

Upon entering the fair, students were greeted by all the departments and Anchor Organizations at the top of the grand staircase in the David Student Union. According to the Student Assembly, Anchor Organizations “are those that are considered to be relevant to the mission and culture of the University.” They include groups such as the Residence Hall Association, Campus Activities Board and The Captain’s Log. All of these organizations influence the campus culture and organize events that help bring everyone together as a part of the Christopher Newport University community.

There were also many clubs present at the fair that are not a part of this collective group of organiza-

tions. In the David Student Union Ballroom, there was a big LED screen flashing different images from around campus and 76 registered Student Organizations.

There were a variety of clubs from A Cappella to the Writer’s Syndicate of CNU; if you have an interest, there is a club for it. There were also clubs based on culture and identity, social awareness, profession based organizations and more.

The Asian Student Union (ASU), the Black Student Union (BSU) and the Latino Student Association (LSA) were at the front of the Ballroom, and all of these organizations welcome anybody to their club whether they are a part of the culture or just want to learn more about other cultures. Junior Maria Cira Angel, a member of the LSA, said “It’s embracing the culture so you can get more specific and learn more about different nationalities.” For social awareness, there were groups like Where’s the Line, whose main purpose is “supporting survivors and educating,” according to their Vice President, senior Karrah Tranquill.

Looking for some experience for a specific career path? There are clubs just for that as well, including Pre-Veterinary and Captain’s Emergency Response Organization; both of

those clubs are open to people looking for that career path or just general interest in the topic. For those who are into athletics, but don’t want the time commitment of varsity sports, there were plenty of options including Gymnastics, Rowing and Field Hockey within the Boardroom to the right of the second floor lobby.

Although the size of the Involvement Fair could feel daunting to some since there were one hundred organizations present, upon a closer look and more personal conversation with those sitting at the tables, it becomes a more social and engaging event. Kattie Iwanski, a sophomore from the Emerging Leadership program, said, “CNU is going to push you outside of your comfort zone, and you need to take those opportunities that they give you.”

Those who were willing to step outside of their comfort zone and embrace those opportunities were rewarded with new connections to organizations and potentially found new niches on campus for themselves. ■

To check out more details of the event go to Snapshot page 8 and 9



(Above) Students enjoy the free nacho bar that had a plethora of toppings to choose from. PHOTO BY HANNAH LINDENBLAD / THE CAPTAIN’S LOG

100 Days was a huge success

Record number of student attendance highlights class unity

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On Friday, Jan. 31, roughly 330 seniors gathered in the lobby of the Peebles Theatre to celebrate one hundred days until graduation; aptly called One Hundred Days Till the Tassel Turns.

Dressed to the nines, students

filtered into the beautiful lobby for an Arabian Nights themed cocktail party.

“The purpose of the event was to bring the senior class of 2020 together to celebrate their one hundred days left until commencement,” senior and Student Alumni Society member Alexa Hladick.

“It’s a time for students to get to-

gether and just celebrate. No commitments, no long speeches, just celebratory,” she continued.

All students who attended purchased a ticket for \$15 which included one drink for all those of age that they could use on beer, wine or the specialty Moroccan cocktail.

They enjoyed drinks, music and especially the amazing food and big, themed dessert bar.

“The turnout was absolutely incredible; it was record-breaking actually! We had over three hundred thirty tickets sold, and some tickets were sold at the door too. It was the most a class has ever bought to celebrate One Hundred Days,” Hladick said.

As the event went on, students were able to enjoy each other’s company, celebrate their achievements so far, and mark this major milestone in their lives.

Hladick and Student Body President Henry Womble stood up in front of all in attendance to give a short but sweet toast to the class of 2020.

“My favorite part of the event was just seeing the class come together to celebrate. Everyone was dancing



(Bottom Left) Alexa Hladick and Henry Womble raise a toast to the class of 2020. (Above) The dessert included Moroccan-themed desserts. PHOTO BY HANNAH LINDENBLAD / THE CAPTAIN’S LOG



and laughing and just enjoying the moment. I truly cannot emphasize enough how incredible this senior class is; at the end of the day, we all just get along. It’s amazing,” Hladick said.

It’s official: there are now ninety five days left until the class of 2020 will graduate.

While still over three months away, One Hundred Days Till the

Tassel Turns signals the beginning of the end of college for many and serves as a reminder to finish the semester strong. Although it’s just the first of many celebrations for them during the semester, this one holds a special place in Hladick’s memory.

“I loved watching my fellow students’ faces when they walked into the event, it was a wonderful evening that I will cherish forever.” ■

New equipment for Freeman

The Freeman Center is in the middle of a revamping process, receives gym equipment

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Students returning from their Winter Break may have noticed the presence of new exercise equipment in the Freeman Center. Trieshmann Health and Fitness Pavilion Director Lisa Powell explained the extent of the new equipment, all of which includes new exercise machines in the building.

"In December, in our Phase 1 replacement and upgrade project, we replaced eight treadmills, four ellipticals/cross trainers, four bikes, 11 spin bikes, one Smith machine, three weight stack machines (i.e., [abdomen] curls, leg extensions and triceps press) and the multi-jungle 8-station unit. We added a second 1/2 power rack."

Powell indicated that more equipment is to be replaced in the near future.

"In Phase 2, we are looking at replacing the remaining cardio machines and additional weight machines (both plate-loaded and weight stack types) as well as adding a functional unit that will accommodate additional exercise options."

She also expressed that the purpose of the new equipment is to serve the student body, emphasizing especially the benefits of regular exercise.

"The purpose of this new equipment is to provide upgraded, state-of-the-art equipment to support and encourage students, faculty and staff in their exercise and fitness pursuits. It is known that exercise provides physical benefits, but just as important, it also provides mental health benefits such as reducing stress and improving brain function."

Finally, Powell said that she hopes the equipment will motivate more students to use the Freeman Center's exercise facilities.

"We hope that the new equipment will motivate and encourage students, faculty and staff to exercise."



(Above) Some of the new stationary bikes in the Freeman Center. Students thoroughly enjoy the new equipment in the Freeman Center.

PHOTOS BY TARYN HANNAM-ZATZ / THE CAPTAIN'S LOG

Any time that can be dedicated to exercise will be beneficial, whether it is 10 minutes or an hour."

Freeman center employee Chris-

tian Lange expressed a similar sentiment, "The new equipment has better quality because it's been a long time since the equipment has been

replaced, and we want to provide students with the best experience possible."

For any questions or additional in-

formation (i.e., equipment questions, fitness classes or personal training), please contact fitness@cnu.edu or (757) 594-7882. ■

New event to help with off-campus housing

For the first time CNU puts on an off-campus housing fair for students

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On Wednesday, Jan. 29, the Office of Residence Life and The Center for Honor Enrichment and Community Standards (CHECS) hosted CNU's first Off-Campus Housing Resource Fair in the Freeman Center. The fair

provided students with the opportunity to attend an informative session that guided students as to what factors they should consider, such as location, responsibilities and initial budget questions, prior to interacting with attending leasing managers of popular local apartments.

The presentation's purpose was to

educate students on common rental definitions and policies so they would feel confident in beginning their search for off-campus living.

In particular, the presentation defined different types of leases and security deposits, discussed the importance of lease details and encouraged students to be knowledgeable

of all renters policies before signing. A slide entitled Lease Overview emphasized how necessary it is to read the entirety of a lease and ensure awareness of all terms, such as how many months the lease is for, how long the security deposit is held, rules on pets and potential additional fees for pets, understanding early

termination and sublease policies, maintenance and repairs responsibilities and payment processes for rent and utilities.

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Music and science, an unlikely match

CNU's Dr. Tfirm begins research surrounding the science of sonification

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For centuries, scientists have used visual mediums in order to transform sets of data into bar graphs, line graphs, chart graphs, etc. More recently, scientists have been using a different method called sonification to represent numerical data. Sonification is the process of turning numerical data into sound. This is done by using special software that assigns data values a pitch, rhythm, dynamics (amplitude) and a tone (type of sound). For example, Brian Foo, a data artist from New York City, coded a piece of music which showed the median income inequality in the neighborhoods of New York along a major metro path. As the median income of each area is increased, the dynamics of the piece increased with it. Turning this data into music makes it easier for people to understand what the data signifies.

Here at CNU, Director of Composition and Creative Studies, Dr. Maxwell Tfirm, is working alongside Dr. Rosanne Ford and her assistant, Rhea Braun from UVA, in sonification research. They have been using colonies of HCB1 E. coli and exposing them to chemicals to observe their chemotaxis, that is, the movement of the cells as a result of chemical stimuli, by exposing the cultures to certain chemoattractants. They use microscopes to record the movements of the bacteria under a mi-



Dr. Maxwell Tfirm with some of the equipment he uses. PHOTO COURTESY OF CNU OCPR

croscope and use special software for the sonification of the data. The videos of the bacteria are created at UVA, but the sonification occurs at CNU. Dr. Tfirm has written a special program for this research that handles the sonification.

The camera records the movement of the bacteria along the focal point of the microscope. The focal point is the place where the lenses focus. When a cell passes the focal point, the cell becomes out of focus and cannot be seen under the micro-

scope.

As the bacteria move towards the chemical, they move their flagella. Flagella are tail like structures that allow cells to propel themselves forward. As they move, they cross the focal point in a circular motion, caus-

ing them to appear and disappear under the microscope. These actions are recorded and fed to the sonification software.

Basically, the software looks at how many times the bacteria cycle through the focal point over time. As the bacteria move faster, they cycle more frequently, while when they move slower, they cycle less frequently. The frequency of the audio gets higher as the density of cells cycling increases.

These cycles of movement are heard as a grain of sound. Using sonification to observe the chemotaxis of the E.coli allows scientists to listen to how they move, which cannot be done with visuals alone. The sonification of the data makes their movements audible.

However, studying the E.coli cultures is not the main purpose of this research. Dr. Tfirm's goal is to create the auditory representation of the data live as the cultures are being recorded. This process requires a lot of computing power which is why he has ordered a powerful computer that will be able to conduct the sonification live. Being able to turn the data to sound as the experiment is occurring would open a new world of possibilities in regard to sonification. Currently, many experiments require the data to be obtained before the software can convert the it to sound; however, there are many instances in which having the auditory data instantaneously would be beneficial. ■

HOUSING FAIR

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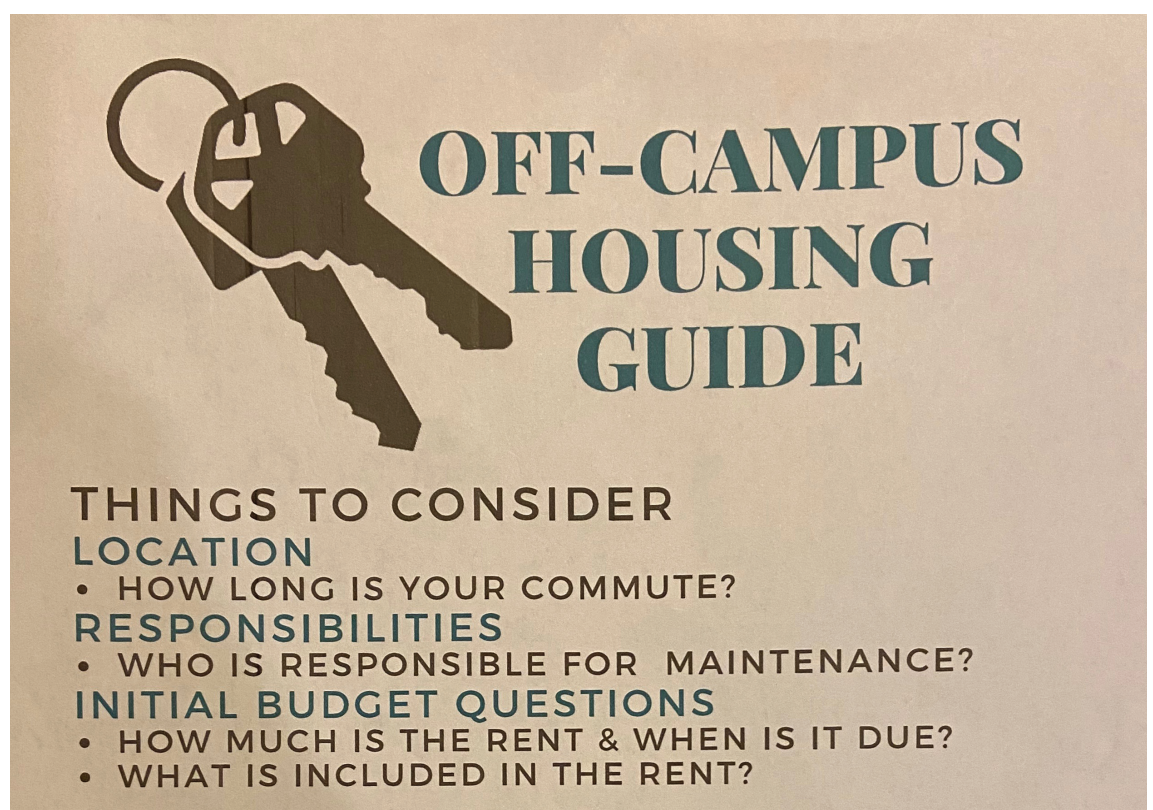
It was also noted to keep in mind parking and guest expectations, as well as any other individual responsibilities, before signing. Residence life staff highlighted that while provided by CNU, living off campus does not include a mediator for roommate disputes or miscommunications, and that it is important to create a roommate contract in regards to bills, guests, pets, cleaning and furnishing.

In addition to lease information presented, staff from CHECS spotlighted ways to engage with neighbors appropriately and politely and to be aware of noise levels to avoid a fine or ticket from a Newport News officer or a complaint from those living around you; "The CHECS department works closely with the local neighbors and students who have

transitioned off-campus to establish positive relationships and help students understand their responsibilities within their new community," states Ada Badgley, Director of Housing.

When asked what inspired CNU to initiate an Off-Campus Housing Fair, Badgley commented that "The fair was developed out of a desire to help educate students who are considering moving off campus. We want our students to consider all that living off campus entails. This inaugural event was designed to get students thinking critically about this option. We want students to make informed and careful decisions and to utilize the Residence Life and CHECS staff as resources and connectors."

The presentation concluded with a video on life in Newport News, and students interacted with representatives from Waterman's Crossing, Mariners Green, City of Newport News Public Works, Suites Port Warwick and 700 Acqua Luxury Apartments. ■



A flyer that students were given at the off-campus housing fair. PHOTO BY MICAELA MORAN / THE CAPTAIN'S LOG

The hassle behind turning the tassel

100 Days Till the Tassel Turns stirs up conversations of cultural appropriation

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On Jan. 31, CNU seniors gathered in the lobby of the Peebles Theater to celebrate 100 Days 'til the Tassel Turns. The annual event commemorates 100 days until graduation, a milestone in life that every student looks forward to finally reaching.

The evening was intended to be a night of celebration and excitement, and while it definitely encompassed those feelings for those in attendance, its theme also stirred up some somewhat negative reactions within the campus community.

The event was organized by the Office of Alumni Relations and the Student Alumni Association. A promotion sent out to seniors advertised an "Arabian Nights" theme and featured a photo of a golden magic lamp and scroll fonts. Some students, faculty and staff members have expressed concern about the theme of the event because it could be seen as culturally appropriative and generally in bad taste.

Dr. Danielle Stern, a professor in the Communication department,

had some things to say regarding the issue. When I asked her what her initial thoughts were when she heard about the theme of the event, she responded, "The first thing I thought is that this is a conversation that we need to be having on our campus. I just thought, 'oh, this was a missed opportunity which can now become a learning opportunity to talk about culture, ethnicity, gender expression.'"

As well as the concerns about cultural appropriation, she also discussed with me the "very rigid binary" within the dress code. It initially encouraged "a business suit, coat and tie" for men and "cocktail attire" for women.

Stern mentioned she heard about an amended promotion that subscribed somewhat less to a gender binary in terms of dress code. Initially, the promotion read, "Moroccan themed accessories and attire are encouraged!"

It is no secret that Christopher Newport is a predominantly white institution (PWI). When a PWI engages in putting together an event that has a theme that can be seen as

a form of cultural appropriation, it can give the impression of suggesting that ethnicity, race and culture are novelties to some extent.

When asked if she believed the theme was racist, Stern responded, "I want to be very clear that I don't want to identify anybody as racist because I don't think that's useful. My job here is as an educator, and I feel like it's more useful for me to talk about what are the actions that are actually going on. If we have events that are themed that encourage accessories where you can take on and off one's culture, one's ethnicity in the sense of 'Moroccan-ness.'"

"If you are promoting that you can turn your Moroccan-ness on and off, then that is part of a larger racist system. This is something that matters deeply to my research and to my students, and I think there is a difference between discussing a racist system that leads to cultural appropriation that devalues Persia... Middle Eastern culture and Moroccan culture," Stern said.

She also added, "For a predominantly white institution like ours,

where we know the majority of students that would be there [at the 100 Days event] if they are living up to the theme of the accessories that is cultural appropriation, how is it different from encouraging students to wear blackface?"

My conversation with Stern helped me to understand the systemic roots behind issues like this one.

We must honor and respect other cultures, not reduce them to decorative themes and accessories that can be taken on and off as easily as cocktail attire.

Stern and I discussed the way that non-white individuals can see a promotion for an event like this at a PWI and subsequently see themselves as "othered" in some way — set apart and reduced to a festive event theme. It's important not to assign blame to any single person for the theme of the 100 Days event and how it was received and interpreted by many members of the Christopher Newport community because it isn't a decision that just one person made.

It's the result of a systemic issue

that allows for certain communities to be set apart in a way that somewhat alienates them.

I believe productive dialogue came about as a result of the event in terms of how we address certain issues and instances that have to do with gender, race and class representation on our campus.

At the end of the day, these discussions are extremely important to have because they allow us to learn, understand and figure out what to do the next time we encounter a similar situation.

While this instance may not have been handled properly to begin with, failing gives us the opportunity to grow positively from our mistakes.

At Christopher Newport, a place of higher education, we all are integral parts of a community where we are always learning and expanding from our classes as well as from one another.

It is my hope that we will learn from this particular experience and take its lessons with us as we move forward into the most positive future for all of us. ■

Groundhog's Day or hogwash?

Are rodents reliable meteorologists?

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This past Sunday, Feb. 2, many tuned in to watch one of the greatest spectacles of the year, an American pastime in which people eagerly gather together. Yes, I am talking about Groundhogs day. Were you expecting something different?

On this day, people wait for a groundhog to emerge from its burrow. If it see its shadow because of clear skies, there is suddenly six more weeks of winter and it goes back to its den. If it does not see its shadow because of clouds and such, spring arrives early. Because we all know the vernal equinox, depending on the sun's interaction with the equator, listens and reacts accordingly to the chattering of an animal.

And when I say animal, I mean animals. There are so many groundhogs that are used. I wonder how

they converse and decide which prophecy is going to be told to the sun. Punxsutawney Phil, of Punxsutawney Pennsylvania, is the most widely known groundhog because there has "only ever been one," and he's been alive and forecasting to us for over 130 years, in defiance of the average lifespan of a groundhog being about 10. He definitely did not use his sip from the elixir of life to go to school to study meteorology though because, according to Stormfax Almanac's data, he only has a 39 percent accuracy.

You could flip a coin and be more accurate. Starting in 1887, Punxsutawney Phil has predicted 103 forecasts of more winter and 20 early springs, including this year, with nine years that somehow just didn't happen, says the Groundhog Club's records.

Maybe, just maybe, he runs back to his den each year because of the large crowds, not the weather.

"Brother" of Punxsutawney Phil, Potomac Phil had a different prediction. He said there will be six more weeks of winter and six more months of political gridlock because apparently anyone can be a politician these days. Did I mention that he's also a taxidermy groundhog? He literally can't move. But yes, let's have hundreds of people flock to the capitol to be told by a stuffed animal there's going to be more political unrest. Who could have guessed it?

In addition to those opposing brothers, there is Staten Island Chuck who predicted an early spring, Jimmy the Groundhog who predicted more winter, Buckeye Chuck who predicted an early spring, General Beauregard Lee who predicted more winter, Dunkirk Dave who predicted an early spring, Sir Walter Wally predicted more winter, Grover the Groundhog predicted an early spring and Pierre C. Shadeaux predicted more winter.

If you can't tell by all the different predictions, there is no correlation. They are completely random. What do you expect from something based on a superstition though?

Groundhog Day fades into obscurity as just one of those other random holidays that everyone forgets about until it randomly appears on your phone calendar or you scroll past it on Facebook. I'm pretty sure most only remembered its existence this year because of the Jeep commercial starring Bill Murray that aired during the Super Bowl.

Even so, while forgotten most of the year, Groundhogs Day will live on as a fun holiday to blame or thank when the weather is acting up. As foolish and inaccurate as it is, it brings hope of either more snow days or finally getting to the warm days, whatever kind of person you are. In the crazy world we live in, every little bit of hope and weirdness is needed. ■

The sporty New York Renaissance

Bob Douglas is the first African-American elected to Basketball Hall of Fame

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Before there was Doc Rivers and Tyronn Lue, there was one legendary African-American coach that formed his own team after facing racial prejudice from the segregated NBA.

Ladies and Gentlemen, let me introduce you to Bob Douglas. Douglas was a renowned basketball coach, mostly known for the foundation of the New York Renaissance who were also called the Renaissance Big Five.

Known as "The Father of Black Professional Basketball," Douglas coached the team from its inception in 1922 to its demise in 1949.

Although racial discrimination was strong and prevalent during this era in history, Douglas and the New York Renaissance preserved and fought their way to glory.

The pro-black team was a dominant force in the 1920s and 1930s.

In fact, they were winners of the first ever World Professional Basketball Tournament against the Osh-

kosh All-Stars in Chicago, Illinois.

The team would go on to play against other all-white teams which drew in some of their biggest crowds ever. In 1936, the Renaissance became the first top-level team to sign a four-year African American college star, David "Big Dave" DeJernett.

With their strategic coach Douglas guiding them to victory, the New York Renaissance were able to win eighty-eight consecutive games, a feat that has never been matched by any professional basketball team of the period.

However, the New York Renaissance reign would come to a screeching halt after the 1948-49 Basketball season.

Not only did the team move from Harlem, New York to Dayton, Ohio, they eventually folded into the ra-

IMAGE OBTAINED FROM
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DOUGLAS

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FROM PAGE 6

cially integrated National Basketball League.

Ironically, the National Basketball League quickly dissolved as it merged with the all-white league known as the Basketball Association of America.

The combination of these two professional basketball leagues formed what is now currently affiliated with the current state of the sport, National Basketball Association.

While the many average citizens may not know who Douglas was, his legacy and impact on basketball will not be forgotten. He broke bar-

riers by getting one of his players, Nat "Sweetwater" Clifton, to be the first African-American to play in the newly formed NBA.

On Feb. 5, 1972, the famed "Father of Black Professional Basketball" was a recipient of being inducted into the Basketball Hall of Fame, making him the first African-American ever to be inducted.

Although he died on July 16, 1979, Douglas's leadership helped keep the team pushing to new heights that were deemed impossible for black people at the time. Bob Douglas and the New York Renaissance opened the doors for a new wave of black athletes that nurtures the modern world of basketball.

The New York Renaissance were also the subject of a critically acclaimed documentary produced by the Kareem Abdul-Jabbar that was released to the general audience, who was fascinated by the story of a group of athletes who inspired their

own and gained worldwide recognition.

They not only defied the status quo placed on them by society but showed that African-Americans could be equal to White people. The New York Renaissance helped recognize the bigger potential within Black people.

They helped represent that no one should be segregated or discriminated against just because of the color of their skin. ■

IMAGE OBTAINED FROM
CLIPART PANDA

Brexit goes, Brexit woes

Brexit complicates travel plans and future currency

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Traveling is one of my biggest passions in life. I love everything about it: taking a taxi to the airport, checking my bags and I don't even mind security. One thing that I am not a fan of, however, is going through immigration when I arrive in another country. I know it is necessary, but I still truly cannot stand it.

One of the greatest places I think to travel is in Europe. They make it so easy for you because most of the countries are part of the European Union (EU), meaning they all have a common currency, and you don't have to go through immigration when going to and from countries within the EU. It just makes it so much easier and more enjoyable to travel. It is beginning to look like this may not be the case for much longer though due to Brexit.

Brexit has finally happened. The United Kingdom has officially left the European Union. Despite this, they do remain in a transition period until the end of 2020, so nothing

will truly take effect yet. This will give me some time to face the five stages of grief: denial, anger, bargaining, sadness and acceptance. Okay, so maybe I can't bargain with Boris Johnson, so just the other four stages of grief.

I studied abroad in Europe, and one thing that I loved the most was how easy it was to travel everywhere. However, I don't love waiting in lines at immigration when I go places. When I was living in Italy, wherever I traveled within Europe and the EU, I never had to go through immigration. It was incredibly hassle-free and I could simply enjoy my trip.

Come 2021, traveling to and from the UK, even if you are coming from within the EU, you will most likely have to go through immigration. So needless to say, I am not happy with Brexit.

Outside of travel inconveniences, I am also worried about the impact Brexit will have on the EU as a whole.

The United Kingdom was one of the largest members, and if this sets precedent and another large mem-

ber decides to leave the EU, I believe there is a chance that the entire organization could crumble and there may be a time where the European Union ceases to exist.

Not only is this a problem for things that I enjoy such as traveling, it will make it much more difficult for the people who live there as well. If the EU were to dissolve and countries went back to having their own currencies and things like that, life would be much more difficult.

To me, this would be like Virginia and Maryland having different currencies. I know we are part of the same country and that is not the case in Europe, but the close proximity and borders shared by so many countries in the EU makes it so that is how it would feel.

This is such a controversial topic and the vote to leave was extremely close with 52% voting to leave and 48% voting to stay which shows how big of a deal this is to people. Overall, I understand the reasoning behind Brexit and why they have decided to leave the EU, but I certainly do not agree with it, and I am definitely not happy about it. ■

"Google, remember Loretta"

Super Bowl ad took a unique, heartfelt turn

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The 2020 Super Bowl commercials took on a mood of sentimentality this year with a heartwarming, tear-jerking look into one of the few good things technology can bring.

From commercials like Hyundai Sonata's "Smaht Pahk" to the old west Doritos commercial, I was quite entertained throughout the breaks between plays.

Most of them made me laugh, and some of them I cringed at how utterly ridiculous they were. Only one of them almost made me cry.

Google's Super Bowl commercial entitled "Loretta" was a heartwrenching depiction of technology and how it can help people in their daily lives.

Technology can give us a connection with the ones we love from far away, as well as being able to look back on memories once they're gone. The commercial portrayed an elderly man asking his Google Assistant for help remembering parts of his life.

He spoke sweet words about his wife and it showed the impact that technology can have on our relationships.

The more I learned about the making of this commercial the more I appreciated the realness of it. Throughout the minute and a half, you can hear an older man asking Google to show him photos of his late wife named Loretta.

You can see loving photos of the couple on the screen as he asks his assistant to remember things for him. Things like "she always snorted when she laughed" and "[Loretta] hated my mustache."

His Google Assistant even played their favorite movie when asked, "Casablanca."

One of the best things about this

commercial was the real, storytelling aspect of their marketing.

Not only was it raw and emotional, but it was a true story based on a real couple. The man and woman portrayed in the commercial are the grandparents of a Google employee.

You can't get any more real than that in terms of advertising. I might be a little biased because I have a Google Home, but even if I didn't, I would certainly want to own one now.

Not only does it show how technology can be used for good, the ad makes it clear that Google products are easy for older people, who might not understand the intricacies of modern technology, to us as well.

With just a simple voice command, Google remembered everything the man said.

Every time he asks Google to remember something, she responds with "Okay, I'll remember that."

And that is exactly what she does. The commercial comes to a close with his Google Assistant showing him all the things he has asked it to remember over the years.

His last few words are a real tear-jerker: after we see all the things she remembered for him, he gives her a final command: "Remember, I'm the luckiest man in the world."

If I wasn't surrounded by people at a Super Bowl party, I probably would have burst into tears, although many other people in the room almost did too.

According to one article by CNN, a marketing expert said this ad "won the Super Bowl" and I could not agree more. While many sentimental ads can seem predatory, this one struck just the right balance to seem sincere while doing its job as an advertisement.

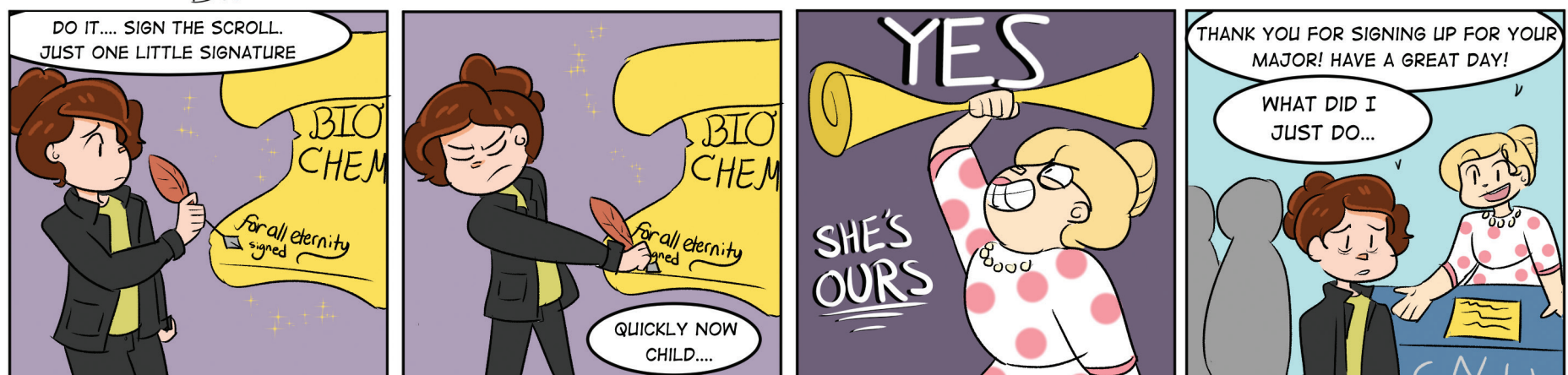
It is real, raw, heartfelt and emotional. Marketing doesn't get any better than that. ■

CNU
Blues

SIGNING DAY

MEGAN MOULTON

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Involvement Fair 2020

Photographer Taylor Vigil explores the many groups at Involvement fair and gets a closer look at the people behind the tables and their organizations



(Above) Emerging Leaders is a four week program tailored towards transfer, first year, and second year students which works to push students outside of their comfort zones and help them to get involved and be successful in the CNU community. From left to right: Nicole Killen, Fellow '19, Kattie Iwanski, sophomore

(Below) The Ballroom Dance Society is a social club that also participates in dance competitions. From left to right: Elaina Pfannkuch, sophomore, Chris Bell, senior



(Below) The Captain's Emergency Response Club is dedicated to helping others, and the process of becoming first responders through creating a curriculum to teach members and communities basic first aid skills.



(Above) Pre-Vet Club welcomes all majors to join them as they work to promote and spread awareness of the safety and well-being of animals. From left to right: Nihal Guennouni, sophomore, Enjhalika Esmena, sophomore, Lauren Sanger, sophomore





(Below) The Black Student Union (BSU) is open to all students and strives to be a diverse club that creates awareness of the minority group through workshops, discussions, and wother networking events. The BSU's highlight event of the year is their annual Black Ball. Pictured: Malik Dickens, junior

(Above) Where Is The Line is an organization that works with Fear 2 Freedom and hosts the annual Shadow Event. From top to bottom, left to right: Sarah Ziolkowsar, freshman, Caroline Wagner, freshman, Faith Tanous, freshman, Isabella Hella, freshman, Karrah Tranquill, senior



se Organization (CERO) is a group many of their members are in the themselves. CERO has been working on s of the CNU and Newport News



(Above) The Latino Student Association's goal is to help educate people on Latino culture through fun event, community service and in the future hope to create a panel for bilingual teachers to share their experiences' of being bilingual.

UPCOMING HOME GAMES

Saturday, Feb. 8, 12:30 p.m.

Women's Tennis vs.

Longwood University (Exh.)

Sunday, Feb. 9

Track and Field

Vince Brown Invitational

UPCOMING AWAY GAMES

Wednesday, Feb. 5, 7:00 p.m.

Men's Basketball vs.

St. Mary's College of Maryland

Friday, Feb. 7

Track and Field

Camel City Invitational

Perspectives on the Super Bowl

Why watching the Super Bowl captivates people everywhere

DIANE FROLA

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The Super Bowl is one of America's biggest cultural events. Thousands of people across the country crowd around their TVs to watch the game. We watch our favorite teams fight for the title of the championship. Or, if your team didn't make it, you watch for the funny commercials and crazy halftime show. But for me and many others, the Super Bowl isn't just about the game itself but the celebration and memories that come with it.

Some of my favorite memories come from Super Bowl Sunday. I remember how exciting it was as a kid to stay up late on a school night. Back then, the best part always used to be the halftime show as me and my friends would dance our little hearts out to the performances.

So yes, the Super Bowl is just a game, but to some, it's so much more. It could almost be considered a holiday in America. It's a time for people to get together and celebrate a beloved sport.

It's a night of eating and drinking with friends as they get together and catch up. We eat classic game food such as hamburgers and hotdogs and reminisce on old memories. And if you're lucky, you can brag to them that it's your team in the game. Football is so important in American culture. It allows people to become

part of something bigger than themselves. We get to cheer on our favorite teams with thousands of other people. It brings people together to share their passion for the game.

The teams we support become a part of who we are. As I'm from DC I have to support my home team the Redskins. But honestly, there is nothing to support as they were 3-13 this past season and lost their last game of the season 16-47 to the Dallas Cowboys.

So as the Redskins keep disappointing I am also a diehard fan of the Greenbay packers as my family is from Wisconsin. One of the best years for me will always be getting to watch my beloved Packers win it all in 2011 against the Steelers by the score of 31-25.

People become so connected to their teams the wins and losses can be an emotional experience for some. Like how one of the only times I've ever seen my best friend cry was when the Eagles won in 2018. Or how when the Eagles won their first Super Bowl fans rioted in the streets of Philadelphia in celebration.

Super Bowl Sunday will always hold a special place in my heart and many others. I look forward to the many more years of games we get to celebrate. Maybe one day in a hundred years or so the Redskins will actually win, or at least a girl can dream. ■



OBTAINED FROM NBC SPORTS

MICHAEL INNACELLI

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Unlike last year, we were treated to one of the best games of football in recent memory for the 2020 Super Bowl.

I've never really cared about a Super Bowl that didn't involve the Giants or the Seahawks all that much, but the Chiefs and the 49ers really put on a show this year.

The 49ers were definitely in line to win the game, but Patrick Mahomes wasn't going down without a fight.

I don't think I've ever yelled that loudly at my TV as when Mahomes through that 44-yard pass to Tyreek Hill.

Yes, Hill didn't actually catch the ball and pass interference was called, but that was such an incredible moment.

Isn't that what the Super Bowl is all about? Screaming at the top of your lungs about a game with two teams you don't care about is the best way to celebrate the annual football extravaganza.

It's always fun when your team is in but I can honestly say I enjoyed not having a team to root for more than any Super Bowl involving my teams.

This is due to the excitement of the game and the atmosphere of the 2020 Super Bowl.

This year's contest made for some interesting stories during the game.

A tight affair between the best of offense in the league and the best defense created some tension.

The game was close at halftime making it even more exciting, then of course you have Shakira and J.Lo setting the crowd into a frenzy.

Even before the second half started, people were already mad about the perceived "sexiness" of the halftime show.

This created a nice break from the tension of the game, and some hilarious memes online.

Once the game got back underway it was clear the 49ers would take it home, that is until they fell apart allowing for an incredible comeback story.

Put all of this together and I can honestly say it was the best Super Bowl in recent history. It truly was a spectacular Super Bowl.

All of this is to say I take back all my criticism of the Super Bowl event as a whole from last year.

This year showed me that it could still be exciting. The ads could still be good. The halftime show could still be amazing and controversial (even though I don't think this year's halftime show was controversial at all).

I can't say that all of the shortcomings of the last three Super Bowls are forgiven or forgotten, but I can say that this was one for the history books. Here's to football and to the biggest televised event worldwide. ■



Team Fluff overcomes Team Ruff



With a "ruff" score of 63-59, Team Fluff wins the 2020 Puppy Bowl

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The "good boys" (and girls) had finally arrived to the stadium. Chew ropes and squeaky toys were strewn across the tiny turf football field.

Puppies, kittens, goats and even armadillos lined up for one of the most anticipated TV events every February - no, not the Super Bowl, the Puppy Bowl.

Animal Planet has produced yet again an adorable competition for all audiences to enjoy. In the beginning of the program, the 2020 Puppy Bowl introduces the contenders of the two teams with rhyming introductions like "The powerhouse pup who always steps up, here to mingle with her face full of wrinkles - it's Betty!" The two teams, Team Ruff (the red team) and Team Fluff (the blue team) hit the field with plenty of rough play

and kisses to start off. After every commercial break, each team introduces its new starting lineup.

In order to lighten the feisty mood of the rough-and-tumble puppy play on the field, water bowl spills and whatever else happening on the field, the narrator voices out cute puns for each action and puppy that comes to eye-view.

A kiss cam zoomed in close to puppies who were sharing a smooch on the field.

The teams diversified in breeds all across the board. Big or small, the puppies were welcomed to the field. For Team Fluff, breeds ranged from an Australian cattle dog-Labrador retriever, to a German shepherd-Samoyed mix, and even a Pomeranian-Siberian husky mix.

A fan favorite for Team Fluff was a stubby puppy named Rummy, a shaggy Chihuahua-Boston terrier mix whose favorite tactic on the field is rolling over the ball before scoring.

For Team Ruff, the contenders

ranged from a German shepherd, to a American Staffordshire terrier, and even a Labrador retriever-chow chow mix.

The fan favorite for the team was Huck, a miniature poodle-Shih Tzu, whose smile is accentuated by his floppy pink tongue.

Regardless if they were short-haired, long-haired, lazy or active-each puppy never failed to bring a smile to a viewers face.

Each puppy has their DNA stats pulled up on the screen during different points within the game. Through Wisdom Panel DNA, their mutt makeup is broken down into different breed percentages as well as their weight and height.

Most of the puppies who participated in the Puppy Bowl came from different rescues within the United States, some travel from various locations across the world such as Colombia and the U.S. Virgin Islands. The narrator delves into the back-story of each pup during "Pup Close

and Personal" segments.

Rummy, a 20 week old Chihuahua-Boston terrier mix who is reported as an original "Love Island" contestant, flew across the ocean from the U.S. Virgin Islands to start a new journey in his young life. His foster parents, owners of a horse farm along the beach, use the proceeds from their horse tours to help stray pups in the area to find their forever homes on the beautiful island and beyond. To date, Rummy's foster parents and fellow coworkers have helped 700 to 800 puppies find their home. Another way puppies may find their home is that at the end of each trip, horse-back riders have the lovely chance to adopt a puppy.

This year's Puppy Bowl was especially unique because it featured five puppies with special needs who competed alongside other canine counterparts.

Filbert, an all-white Australian shepherd puppy who is blind, comes from Double J Dog Ranch in Ohio

where he was trained with special skills to help him navigate the world. His blindness didn't slow him down at all on the field, where he galloped around and played with toys alongside his puppy pals, scoring a couple of goals for his team.

After many "Pup Close and Personal" segments, the half-time show finally began. The "performance" featured Jennipurr Lopez and Catira, complete with sparkly outfits and wigs, who took to the stage surrounded by other feline friends.

The two cats took a rather relaxed take for their performance by laying on the stage, gazing at their rather naked feline audience before them.

Although it wasn't the standard display of athleticism that most audiences gather to watch on Super Bowl Sunday, the 2020 Puppy Bowl was a light-hearted alternative to those who wanted to find someone to cheer on and root for. And who doesn't like watching dozens of cute puppies run around? ■

The end of a “Giant” career

Making the Hall of Fame case for #10 Eli Manning

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My fellow Captains, did you know that Eli Manning’s real name is Elisha? The guy has been in the public eye for nearly two decades, and I’m just now learning that. I can’t be the only one, right?

If you’re going to write an article about celebrating his career, you should probably know his name, no? Anyways, Elisha Nelson Manning IV retired from professional football on Jan. 22, 2020. Since the announcement, the talking heads of the sports reporting world have been ruthlessly and painstakingly debating (or really talking over each other) just how good Manning actually was. When it comes down to it, there’s really only two sides. You’ve got the “of course, he’s got rings, baby” side and the “come on, just look at him” facially ostracizing collective. Both sides have valid reasoning for either granting Manning entry or denial from the Professional Football Hall of Fame, but I’m here to tell you why you’re potentially right or wrong. Eli Manning is a Hall of Famer.

First of all, he was the number one overall pick in the 2004 NFL Draft. I

understand that being the number one overall pick doesn’t automatically make you destined for greatness (see JaMarcus Russell), but that fact does get overlooked due to all the drama surrounding that selection.

However, to be a Hall of Famer, I believe you need a collection of indisputable examples for how successful you were, and being the number one overall selection falls into that category.

Logically, the followup to that statement would be who exactly are those four other players. Bart Starr in the 1967 and 1968 Super Bowls, Terry Bradshaw in the 1979 and 1980 Super Bowls, Joe Montana in the 1982, 1985 and 1990 Super Bowls and Tom Brady in the 2002, 2004, 2015 and 2017 Super Bowls. All four of those other guys are Hall of Famers. I know Tom Brady isn’t eligible for the Hall of Fame yet, but let’s not even pretend that his entry is up for debate.

Speaking of Tom Brady, Eli Manning twice successfully defeated him in the Super Bowl. In the 2008 Super Bowl, Manning and the Giants overcame the nearly impossible task of bringing down the peak of the Kraft-Belichick-Brady unholy trinity. According to Odds Shark, the New

England Patriots opened as 12-point favorites against the New York Giants.

This monumental spread was due in part to the Patriots being the second team to ever finish the regular season undefeated and win all of their subsequent playoff matchups. In addition to the utter and complete domination put forth by the Patriots, the Giants entered the playoffs as a Wild Card team. In the Super Bowl era, no National Football Conference team who began the playoffs as a Wild Card team had won the Super Bowl.

All these facts set the stage for what is widely considered both the biggest upset in professional sporting history and the best Super Bowl of all time. No, it’s not because Tom Petty and the Heartbreakers did the Halftime show. It’s because in the final two minutes of the game, Eli Manning slang the ball 32 yards downfield after almost being sacked by the Patriots’ Richard Seymour and Jarvis Green.

It’s because on third down from their own 44 yard line, while down on the scoreboard, Eli Manning trusted Special Teams player David Tyree to make the catch of the century. In what has since been deemed the “Helmet Catch,” Eli Manning made the play that lifted the New York Football Giants to their third ever Super Bowl victory. That play is so iconic, NFL Films named it “The Play of the Decade (2000s).” It was so good, David Tyree had to up and re-

tire after the catch. Nothing could’ve topped that play.

So obviously you could argue that everything I’ve mentioned so far are specific moments in time. Sure, Manning may have had some spectacular playoff runs, but where is the sustained stability? Well, you got me there. Sort of. In a way, Manning was very stable. In fact, he was a little too stable. He finished his career with an even 117-117 win-loss record. Now this statistic pales in comparison to other Hall of Famers like the 186-112 Brett Favre and the 148-82 John Elway, but what about Hall of Famers like Warren Moon and Dan Fouts? Moon had a career record of 102-101, and Fouts similarly had an almost .500 record of 86-84. The point is, that statistic does not seem to matter to the Pro Football Hall of Fame voters.

Other than those two Super Bowl runs, he never won another playoff game. Okay, fair point, but the rings speak for themselves. Winning one Super Bowl is hard enough, but Manning did it twice. I’m sure New York Giants fans would’ve appreciated a few more shots at winning the Lombardi Trophy, but as far as individual achievements go, Manning’s championships should outshine his other playoff woes.

Some of you other haters might mention he threw 244 interceptions in his career. Come on, really? Just look at the names ahead of Manning on the list. Dan Marino, Johnny Unitas, Fran Tarkenton, Brett Favre and,

even Eli Manning’s big brother, Peyton Manning is ahead of him on the list. If you want to bring up stats, Eli Manning threw for 57,023 yards and 366 touchdowns during his career. That’s good enough for seventh best all time in both categories (Aaron Rodgers is three touchdowns away from passing him, but you get my point). Here’s another stat for you. Eli Manning started 210 games in a row from Nov. 21, 2004 to Dec. 3, 2017. That was good enough for the second (now third) longest streak of consecutive games started at the quarterback position in NFL history. Essentially, Manning played through countless injuries in his time as the face of New York football.

He was rarely, if ever, in the conversation of who the elite quarterbacks of the NFL were. But how can such a metric be determined? What statistical categories are taken into account when deciding who’s elite? I have always been a fan of rewarding the players who win championships. Sure, individual award winning seasons are fantastic and should be celebrated, but the whole reason you compete is to take home the ultimate prize. Manning did it twice. I know it didn’t always look pretty, but Manning got the job done when his team, his organization and his fans needed him the most. In my personal opinion as a kid from Yorktown, Virginia, Eli Manning has done enough to be ingrained in the hallowed halls of Canton, Ohio. Not too shabby for ol’ Elisha. ■

Want to write for the Sports Section?
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#20 Jason Aigner calls a play in a game against University of Wisconsin-Stevens Point. PHOTO COURTESY OF CNU OCPR

BASKETBALL

STORY CONTINUED FROM COVER

Mary Washington also shored up their defense and began to provide more pressure on the Captains shooters and held them to only three baskets from behind the line.

With all the shots that were put up from distance, both sides would rely on their inside players to crash the boards and pull down rebounds.

For the Eagles, #11 Drew Johnson gathered five offensive rebounds to gift his teammates second chances. Johnson leads the conference with 185 rebounds, 139 of those taking place on defense. However, McHugh stood out head and shoulders among the rest when he

grabbed nine defensive rebounds to limit second chance opportunities for the visitors.

McHugh would snag three more boards on the offensive side of the ball to bring his total to 12, and that, combined with his proficiency from the charity stripe, gave him the game’s only double-double and his seventh of the season, including four in his last four games.

The score differential slightly wavered in the final 10 minutes as Mary Washington made an attempt to fight their way back.

However, the Captains would hold the reins steady and remain composed, scoring nine of their final 15 points from the free throw line, shooting 70 percent through the whole game.

The Captains currently sit atop the CAC leaderboard with a record

of six and zero while York is one position behind, only dropping the one conference matchup against Christopher Newport. These two teams will battle it out once again on Feb. 8, and the Captains defense will have a tough task in slowing down #5 Jared Wagner who dropped 24 points in the last meeting. He also currently leads the conference in points scored with 364.

Aigner, the Captains’ point leader, trails him by almost 100 points, sitting at 277. Wagner also fought for 12 rebounds. The upcoming contest looks to be a tight game and has heavy postseason implications based on the outcome.

Christopher Newport Men’s Basketball will be back in action on home court on Feb. 15 as they take on out of state rivals, Salisbury University. ■

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

Recap: "Dr. Frankenstein" hits the stage

The Science Play Festival continues with a new twist to an original play

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At the second showing of the 2nd Annual Science Play Festival, "Dr. Frankenstein" came to the stage on Jan. 30. "Dr. Frankenstein" is a stage adaptation of Mary Shelley's "Frankenstein" written by Selma Dimitrijevic. In this adaptation, the character of Dr. Victor Frankenstein is turned into a woman by the name of Victoria. It also goes in depth in what it would have meant to be a woman in the sciences in the 19th century, 1831-32 A.D. to be exact. The plot of "Dr. Frankenstein" is very similar to that of the book with slight deviations and a different ending, reflecting the change to our main character's gender. If you're familiar with the plot of "Frankenstein," you should expect what will happen, except for the end.

This play has two acts with a ten minute intermission in between. It's set in the early 1830s in England and Germany. The cast is made up of some CNU alumni and people from the Virginia area. The crew has one CNU student, one faculty member and one CNU alumni. "Dr. Frankenstein" was done as a play reading, meaning there were no costumes, no action or moving around on stage and no props; there was just the actors sitting on stage reading their lines. There was a keynote speaker beforehand who talked about women in science and this event. The director also had a few words to say and introduced the cast.

At the beginning of Act one, we meet all of our characters, and their dynamics are established. Set in the family's home in England, Mary, the servant, and Victoria have a discussion about God and of Mary's mother.

Then we transition to another setting in Germany. We see Victoria experiment on a rabbit and talk to her soon-to-be brother-in-law about her life in Germany and her work. Her main purpose in Germany is to try to bring the dead back to life. Not so soon after, we see the rabbit become "alive" again, and we see the dead body hidden behind the curtain move. In a flashback set in England, Mary and Victoria speak about Mary's dead husband. Henry and Victoria talk about Victoria's life, which is a continuation of their earlier conversation about his feelings on her work. Victoria drinks and angrily talks to the dead body about her feelings towards be-

ing a woman. Then the dead body, now known as the creature, wakes up, and Victoria tries to experiment on him. He escapes, and she loses consciousness. The creature then looks at the audience. In another flashback, Mary sings a lullaby to Victoria. Back in England, Victoria is home and is sick with a fever in the care of her family. She then has a nightmare about her fear of her family not wanting her anymore. We then see the creature out in the world somewhere waiting for Victoria. This is the end of Act one, and then there is a ten minute intermission.

In Act two, we start with a monologue from the creature. One line he says is, "You think I can't see you?" Victoria has been traveling and has just come home to England. She sees her family again, and they all talk about their lives. Victoria gives her father some matches, and then we learn William, Victoria's brother, is dead. The creature has another monologue about his need for acceptance and human connection. We see Justine, William's nanny, in a jail cell recounting what she saw when William died. She won't lie and say it was a man who killed William, so she will be hung. Victoria comforts her and tells her it's okay to tell the truth. The creature monologues again, and we learn how he got some of his scars. Victoria and Henry have an argument about William's death and the creature, then about her work and morality. Father comes in and shares about Victoria's dead mother. They all sit in silence to mourn Justine, and now Father and Victoria are arguing. Mary announces a visitor for Victoria, and we find out it is the creature. The creature and Victoria talk about his survival, their situ-

ation, his feelings and his desire for a family, which Victoria agrees to. Elizabeth and Victoria talk, and we learn their dead mother and Mary were friends. We learn what Elizabeth and Henry's plans are. The creature has yet another monologue about the difference between him and other people and human nature. Back in Germany, Victoria is back in her old house and

relationships in the play that show the audience different portrayals of women that do not strive to bring each other down. Another theme was ethics in science; when it comes to experiments, what is the line between good and bad? Religion was also an important theme, due to many characters being religious, as well as how science and religion can relate to each other.

"Another theme was ethics in science; when it comes to experiments, what is the line between good and bad?"

hears the voices of her family in her head. She finds the reanimated rabbit dead again, and cries. She goes to bed with the creature sitting at her bedside. Victoria wakes up, and she and the creature talk about the rabbit, how William really died (he drowned) and how the creature is starting to rot. Victoria reveals that she is not scared of the creature, unlike many others. The creature decides to help Victoria with her experiment by speaking of his experiences. At last, the play ends.

After the play there was a discussion about the play's events and themes. The ending of the play is different from the source material because it is the creature that dies, not the scientist. The scientist and the creature also have a different relationship, a more positive relationship, partially due to the scientist being a woman who responds to the creature in a gentler manner. The main theme of the play was feminist in nature, in that it deals with a woman working in the sciences. There are many female

The play shows the audience differing portrayals of how much the characters believe in religion.

I really liked "Dr. Frankenstein" because it's a new take on an old classic that explores themes relevant to today. The actors were very good, and there was a moment in Act two where I felt genuinely moved by the creature's monologue about his need for acceptance. In most media, men usually do not express that sort of need, so it was refreshing to see it explored here. I had not read the book "Frankenstein" by Mary Shelley before seeing this play, and all I knew of it was from popular culture. You don't really need to know what the plot of "Frankenstein" is beforehand; it does help, but it's not necessary. I thought the slight plot/ending changes and themes of the play made it one of the more intriguing adaptations of Mary Shelley's book out there. I would love to see this play performed on stage one day; it would be an exciting show to watch. ■

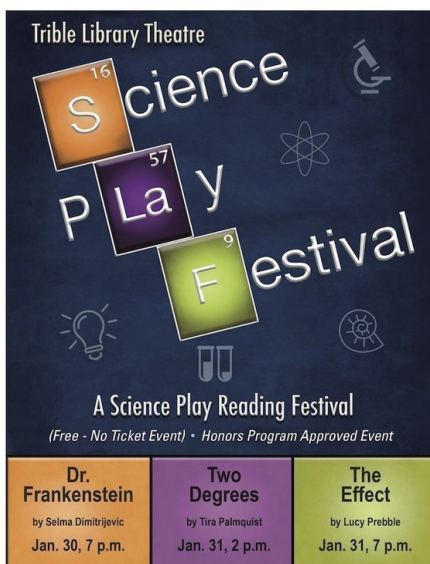


IMAGE OBTAINED FROM CNU OCPR

Kisses and disses

Recap: The best of "The Bachelor" week 5

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This recap contains spoilers.

The drama continues this week on "The Bachelor" as at the start of the episode, the Alayah drama ends and Peter finally sends her home. Although, the women this week are still out for blood as they question Peter's decision-making abilities - no shock there. He personally apologizes to each woman before the rose ceremony where three new women are sent home: Deandra, Savannah and Kiarra.

Afterward, the ladies are off to Costa Rica, kicking it off with a group date where Peter shows up with 22 stitches in his head. He (hopefully) jokes about being attacked by a Puma when he really just ran into a golf cart. He walked into it and banged his head on a glass he was holding. Oh, Peter you clumsy man; you're a pilot for goodness sakes. Luckily we got security footage of this taking place because I could not picture in my head how that happened. Regardless, the group date is a fun Cosmopolitan

photoshoot in which Victoria F. lands the cover with Peter.

Sydney gets the one-on-one date where she opens up about her emotional past, later having an intimate moment in the pool with Peter. I don't know about you, but who wouldn't want to make out in front of 10 cameramen and producers standing around and watching (joking).

But the show gets worse. Rumors are spread by Tammy to Peter about Kelsey having a drinking problem. Uh oh. Here we go again



IMAGE OBTAINED FROM YOUTUBE

with the "she said, she said" and Peter right in the middle. Who even cares that Kelley got the one-on-one date with all this drama happening? The rose ceremony gets canceled, of course, when Kelsey shows up at

Peters hotel room to spill tea about Tammy. This drama-filled episode ends with Peter sending Lexi and Shiann home. Much to the surprise of everyone, Tammy stays, although she is the villain of the week. ■

Pokemon DLC will arrive this Summer

The gossip is finally over, Gamefreak continues the “Sword” & “Shield” journey

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Going into 2020, I was really hoping that there wouldn't be a new Pokemon game coming out in the main series. This isn't because I wouldn't like any game that would come out; there has just been a new mainline Pokemon every year ever since “Pokemon Sun” and “Pokemon Moon” came out in 2016. While I will happily play whatever Gamefreak has in store, after four years of non-stop Pokemon, I understand why people feel fatigued about this series. Many fans were wondering how Gamefreak was going to follow up “Pokemon Sword” and “Pokemon Shield” and if it would be out this year. Was it going to make a third version for Galar? Was it finally going to make the Sinnoh remakes? Unfortunately, we'll have to wait even longer for Gamefreak to give the 4th generation some love. Fortunately, we're also not getting another pointless third version. Instead, Pokemon has done something way smarter by giving “Sword” and “Shield” an expansion pass with “The Isle of Armor” and “The Crown Tundra.”

Before going into the specifics, let me just say this is probably the best move Gamefreak could have done besides just not doing anything (which would be equally as good). Another main line game would have angered the already volatile fanbase as it would have come across as “rushed.” An op-

tion add-on to “Sword” and “Shield” gives the people who are justifiably tired of the yearly releases a break if they don't care for downloadable content (DLC). “Poke-enthusiasts” like me can pay half the price of a third version while enjoying new content without having to play through the entire campaign all over again. DLC is just a more convenient and modern practice for the average consumer while also making practical business sense. In this case, it's a much preferable option compared to making a third version of “Sword” and “Shield” that would be more of the same thing. As long as the expansion pass is filled with the right amount of satisfactory content, I think it should succeed in continuing the momentum of the series without burning it out.

This brings me to talk about the many reasons why I'm excited about what the DLC is bringing us. First off, the two new open areas to explore both look extremely promising. Although we currently don't know too much about each area, the concepts seem promising. The Isle of Armor looks to be a nice tropical area while the Crown Tundra is a mysterious frozen landscape. Both areas will apparently have different focuses with the Island of Armor being focused on growth and the Crown Tundra being focused on exploration. Each area will also feature its own story that will hopefully add on more complexity and development to the lore of the Galar region.

Even if I don't know what exactly each area will bring to “Sword” and “Shield,” I'm optimistic that they will bring something fun and memorable.

Another thing to be excited for is the new Pokemon that will be added in the expansion pass. Both Urshifu and Calyrex, the main legendaries of each part, both look

birds: Zapdos, Articuno and Moltres. These beasts look very cool and are huge upgrades to their predecessors. I'm excited to find these things when I play through the DLC, along with any other possible new creature that hasn't been announced. I hope that Gamefreak will add more regional variants and new Pokemon on top of what's

“It's the best option for the series as a whole, as it brings modernity and stability to a series that is trying to reconcile constant content with quality products.”

weird yet interesting, and I'm excited to see what they bring to the lore of the Galar region. Meanwhile, Urshifu's pre-evolution, Kubfu, looks cute enough. I'm also excited to see what's the deal with what appears to be new Regis. They look pretty interesting, and they could introduce new mind-bending puzzles like the original trio had in “Pokemon Ruby” and “Pokemon Sapphire.” Each of these new Pokemon could add lot to Pokemon's immense roster or at least be decent and memorable ones in their own right.

The DLC will also feature some new regional variants, one of them being the Galarian Slowpoke. While the Galarian Slowpoke looks pretty underwhelming, I'm interested to see what its evolutions will end up looking like. Other regional variants included the original legendary

already been revealed, but I can't complain with what we currently have.

Finally, it's not just the new Pokemon that bring value to the pass, the returning ones are important as well. Gamefreak has promised that more than 200 Pokemon will be returning over the course of each DLC. The good news for people who are not interested in the expansion pass is that each returning Pokemon can be transferred or traded once they become available with no purchase necessary. The games will also have a new co-op mode where players can catch a monstrous amount of returning legendaries in raid battles. While I like the idea of bringing back many legendaries as an incentive to do more raid battles, I do think Gamefreak went overboard in bringing back too many of them. It's great to see

many of these Pokemon again, but the prospect of Pokemon like Landorus dominating the meta-game once again is worrying. I would have liked if they held back on releasing so many overpowered Pokemon, yet this complaint is an admittedly small one. While I'm happy that many people's favorites are returning, I do feel pity for the competitive scene that will have to deal with some of the more infamous Pokemon once again.

All in all, the expansion pass for “Pokemon Sword” and “Pokemon Shield” looks very promising and worth the investment. It only costs \$30 for each game, and it offers a ton of new content to digest and new creatures to meet. I do wish that you only had to buy one pass for both versions, as it is a bit expensive buying two passes. However, I feel it's only necessary to buy a pass for one of the versions since there doesn't seem to be a humongous difference between the two. In any case, I'm excited in what Pokemon has in store for 2020. Adding DLC to last year's games makes said games more lasting while also giving the developers and players a slight break. It's the best option for the series as a whole, as it brings modernity and stability to a series that is trying to reconcile constant content with quality products. Despite what many in the community feel, I'm optimistic about the future of this historic franchise, and the DLC actually lessens any worries I may have with it. ■

Review: “Crime Junkie”

Need a true-crime podcast for your walk to class? Check out this review



“Crime Junkie” host Ashley Flowers (left) and co-host Brit Prawat (right). IMAGE OBTAINED FROM THE WEEK

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Looking for your next true crime fix? Look no further, and try out the “Crime Junkie” podcast. Hosted by two lifelong friends, Ashley Flowers and Brit Prawat, the podcast combines drama and facts to bring an all-around enjoyable experience. Released weekly on Mondays, the episodes are 30-60 minutes long and discuss a recent murder victim, missing person or serial killer case each week. Unlike other true crime podcasts, which act like a television series and require you to have listened to the previous week, “Crime Junkie” focuses on a new case each week. By having this podcast structure, “Crime Junkie” creates an investigative experience for an always-on-the-go college student like myself.

I love tuning in every Monday

for new episodes, but with 114 past episodes that are already online, one of my favorite things to do is to scroll through the list on iPhone's podcast application or Spotify, pick an episode that sounds interesting and listen to it while I'm doing homework or even going for a walk. Earning five stars from almost all of the 10,000 listeners, “Crime Junkie” is always worth a listen if you have some time to spare.

I am particularly fond of the serial killer cases, as morbid as that is. My favorite episode, although incredibly hard to pick a favorite, has to be the episode on the Serial Killer truck driver dubbed Dr. No. Hosted by Prawat primarily, as opposed to Flowers taking the lead, this case is full of twists and turns, and hearing the voice of the so-called Dr. No sent chills up my spine.

“Crime Junkie” was created by

Flowers and Prawat in 2017, and they have stuck to a schedule of releasing on Mondays domestically and Tuesdays internationally for the past two years. Flowers used to work full time at a hospital but decided in 2019 to make managing “Crime Junkie” her full-time job. Every month, Flowers and Prawat release a bonus “Puppet of the Month” segment, where they tell the adoption stories of their fan's dogs. This segment, as well as the “AudioChuck Productions” featured at the end of every episode, were inspired by Flowers' dog Charlie, who she says is “my whole world.” Flowers and Prawat also have a Patreon page for listeners who pay a monthly fee to view exclusive content. The “Crime Junkie” duo have taken the podcast to four cities in the US, where they do a live show telling a story never before heard on the podcast. ■

Building better habits for equality

The 21 Day Racial Equity Habit Building Challenge encourages understanding among communities

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The third annual 21 Day Racial Equity Habit Building Challenge has returned to campus. This year its participants started the challenge on the National Day of Racial Healing, Jan. 21, and it will continue through Feb. 10.

"It's critical for us because we're fully articulating that diversity, inclusion, and access equity is a value of ours," said Vidal Dickerson, Special Assistant to the Vice President of Student Affairs for Diversity and Inclusion. "It's more than just generating policies and different professional expectations. It's prompting conversations community-wide so this allows faculty, staff, students, and alumni to actively engage in ways where everyone can be impacted."

Participants who are engaging in this challenge take one daily action to further their understanding of race, power dynamics, and equity issues. These actions are offered within seven categories: read, listen, watch, notice, connect, engage and act.

The challenge heavily relies on personal responsibility. In the past, there has been feedback requesting reminders for the challenge. Accountability teams are a new component of this challenge for those

who need support throughout the process.

"The challenge is when we try to take the steps forward, we may forget or run out of time so even that struggle is a part of the experience," Dickerson said. "It's not just mastering the complex issues surrounding race and ethnicity. Finding personal time to invest can present challenges as well."

The Environmental Health and Safety (EHS) department decided to take on this challenge as a group.

"We have a diversity of perspectives," sustainability coordinator Jen Jones said. "There is immense value added in hearing from three totally different life experiences."

There are many ways to approach the challenge and each individual takes on the challenge differently.

"I tackled it from a more transparency standpoint when it comes to different opportunities given to each individual with the department or the campus as a whole," said Allen Harris, Fire and Life Safety Coordinator. "While discussing that, we realized that we all have different viewpoints from walking different walks in life so that was very interesting."

In a group setting, it can be challenging at first to discuss racial issues with other individuals. A topic that can be sensitive is hard to approach at first. There might be

a general politeness before the setting is more comfortable and people are more open as they understand that it's all about respect and verbalizing feelings.

"It's nice to have a focused, intentional effort to think about race equity and diversity and the role it plays in your daily life," Jones said. "Doing it as a group is a great way to reset and say I'm committed to this and I'm motivated to make the conversations between my team productive."

From this challenge, an individual might encounter an issue that challenges a previous belief.

"For a white person, a common message we learn and teach our kids is colorblindness - we're all the same don't point it out," said Jacqueline Roquemore, Environmental Health and Safety Manager. "This experience helps explore this idea and allows us to see we're not all the same. It's okay to say that and let's address that and understand it in a meaningful way."

One purpose of the challenge is to build a greater understanding of diversity and racial issues in daily life that one might not be attune to.

"For me, the challenge began way before the official challenge ever came out," Harris said. "After it ends, it's still going to carry on because these are conversations I have amongst my peers, family members,

and friends on a constant basis so it's more than a 21 day challenge."

Being aware of these issues in the world is important to understand the complexity of one's community. The 21 Day Racial Equity

Habit Building Challenge seeks to bridge the gap between individual life and personal life and help one understand that it's about creating a mindset of growth and understanding throughout one's life. ■



The "Day 21" graphic was one of the stock images sent to participants in the challenge when they received their daily emails.
COURTESY OF VIDAL DICKERSON



OBTAINED FROM FIND A FABRIC

A much-needed return to Old Coke

A satirical take on why we should go back to the drink that's always had our backs

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A great tragedy on college campuses is that our minds are constantly fueled by coffee, soda and other caffeine-filled products. Yet, everyday we fall asleep at our desks, complain about our tiredness and nap in desperate hope of a clearer thought process.

Everyday, we're accepting a drug that isn't working. If your doctor's prescribed medication failed to cure your bronchitis, would you shrug your shoulders and order some more? No! You would find something different to cure your problem or at least significantly improve your condition.

And for this particular problem, the answer is cocaine. The 'Old Coke' (c 1885) recipe including cocaine from a plant had its buyers buzzing for hours on end - working hard and

more energetic than ever. Imagine walking into the library and feeling that contagious high from your fellow students, hard at work and eager to keep drinking their coke!

Radical ideas often inspire opposition because it's hard for society to adjust to new norms. However, true thinkers know that one cannot solve a problem with the same thought-process as creating the problem. One must transcend the parameters of that problem - that is, think outside the box, or the can if you will.

Students aren't naturally prone to lack of motivation - but sleep deprivation and stress can severely impact their performance in class and even their transition into the professional world. With this small adjustment to our ingestion, the benefits would be enormous - with virtually any hours of sleep, our students could be constantly at the pinnacle of success! ■

Phone time = productivity?

Download these apps to keep focused and stay on top of your schedule this semester

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Since we're a couple weeks into the spring semester, you've probably gotten into a somewhat decent rhythm of work-life balance. You've started to finally adjust to your new class schedule alongside the organizations you're involved in, making time to hang out with your friends and stay in touch with family and, oh yeah, make sure you take care of yourself as well.

Let's face it: as college students, we're on our phones way too much. Sometimes this is a bad thing because it can become such a time-sucker. But what if you could make your lowkey phone addiction work in your favor this semester and have it help you find ways to stay on track and help you work harder and smarter? Here are a couple suggestions of apps that you can download that will contribute to your overall productivity and functionality as a student as well as just a person in all other aspects of life.

Google Docs/Google Drive

This one may seem a little obvious, but it comes in handy more often than you might think. How many times have you needed to pull up a syllabus for one of your classes on your Safari app and it tells you that you can only access it through Google Drive? Besides the obvious functionality, it can also just make your life a lot easier to be able to access important documents from your phone without having to click a million different things on Safari to get there.

Blackboard

CNU courses are accessible through Scholar, an offshoot of Blackboard. Another way to make your school life slightly easier is to download the Blackboard app and log in with your username and password to access all of your course information quickly and easily. Just like the normal Blackboard website, you can see your assignments by class, your grades, syllabi and other important information.

Duolingo

If you're taking a foreign language class this semester, chances are you don't always want to open your textbook (sometimes getting English right can be difficult enough). Duolingo can be extremely helpful whether you're actively trying to delve into learning a brand new language or if you only know a little bit of Spanish and you're trying to brush up before you have to give that big final

presentation in SPAN 200. Duolingo lets you select your level of knowledge before you use the app so you can skip over what you already know or go back if you need a quick refresher. Not everyone can afford Rosetta Stone and fancy headsets nowadays, so Duolingo is the next best thing that works much easier for those on a college budget

Calm

If there's anything that all students can agree on, it's that school can get extremely stressful. Calm is an app that offers opportunities for relaxation, like guided meditation, breathing exercises and calming music that plays in the background as you scroll through it. The app's simplicity makes it user friendly and easy to navigate. Each section of the app can be used for however long the user would like, which makes it great for those stressful moments when you just need to take a minute to breathe.

Productive Habit Tracker

Trying to build and maintain positive habits while dealing with all kinds of other college responsibilities can be hard. Although there are many habit tracker apps out there, one of the highest-rated is Productive Habit Tracker, a name as simple as the purpose of the app.

You can add habits and tasks you have to get done and swipe to check them off as you go about your day with a customizable and aesthetically pleasing setup. Whether you have

a one-time thing that you need to remember to do or a daily reminder, this app is perfect for both.

Google Calendar

While having a physical paper planner can help you stay organized, sometimes you need to be able to access your schedule more easily on a variety of platforms. Just like downloading Google Drive and Docs, Google Calendar makes planning our every minute of your day super simple.

You can block out class times to make sure you don't accidentally schedule something important during them in the middle of syllabus week (trust me, I've been through that recently).

Your calendar can also sync up with your friends' or your significant other's so that you can all make sure you have adequate time to meet up when you know all of you will be available.

It's 2020, and whether we like it or not, our phones aren't going anywhere. If anything, they're only becoming more and more integrated into our daily lives. As "Black Mirror" as that sounds, there are many ways to make this technological takeover work in your favor.

Make the difficulty of staying on top of things a little easier on yourself by installing and using these apps if you find them helpful. Hopefully the right combination can help you figure out what works best for you so that you can become the most productive and organized student you know. ■



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Weekly career horoscopes

"It may be time to prepare for a new job"

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Aries (March 21 – April 19)

Finish what you've started to get the perfect job for you. If your change of pace gets out of control, you'll lose your chance. Remain patient and persevere for the best outcome.

Taurus (April 20 – May 20)

Those who offer great service have the strongest of appreciation. There are ways to benefit more than one business; which could lead to your prime concern of living, money-wise. Look out for those who are destined to tease you at work.

Gemini (May 21 – June 20)

Your combined skills of marketing, philosophy, and organization can sharpen your mind. Delayed meetings can see that progress, yet everyone in those meetings will feel more encouraged and empowered as soon as you show up.

Cancer (June 21 – July 22)

Your superiors begin to recognize that you are the powerhouse of your current career. Remaining positive can have you and your coworkers make a stand. Women, do not hide your femininity to blend in; be who you are. Bad starts can still lead to a good ending.

Leo (July 23 – August 22)

You have incoming new ideas! With the help of others, this is your week to shine! Share your interests with those who believe that you will succeed. Someone may even give you a seat in office politics.

Virgo (Aug 23 – September 22)

Play fair to remain strong. If you're into a health-related career, human resources can help you find answers. As long as you stay positive, you'll collect enough info and support to reach your goal. Look for contacts from those who empower you.

Libra (September 23 – October 22)

Intense pressure could wreck your week. You can overpower incoming problems as long as you remain calm and be care-free. Helping the public is the biggest favor you can handle. Share your knowledge.

Scorpio (October 23 – November 21)

Rise up for what you believe in. Get ready to become creative. Your street smarts can give you a good start. You have the instincts of ideal decisions. Trust them.

Sagittarius (November 22 – December 21)

Your expertise in analysis can ease severe difficulties. You can share your impressions with others. You'll be recognized via creativity. Time for an upgrade on your technology, and your public service will be worth acknowledging.

Capricorn (December 22 – January 19)

You are to be busy, but you are surrounded by stress from stubborn employment. Evade infighting, otherwise you'll be part of an intense tantrum despite not being the host of it. Simplicity is your sword; your trusty companion is your shield.

Aquarius (January 20 – February 18)

You have the power to enhance your future. Plan ahead first. Your positivity can lead you to the proper place in the proper time. Management can become one of your talents, but do not forget law and order. Protect them.

Pisces (February 19 – March 20)

Everyone has needs and wants; you are no exception. If you're a manager of others, you can easily tell what they are looking for. Maintain simple ideas for satisfaction and recognition.

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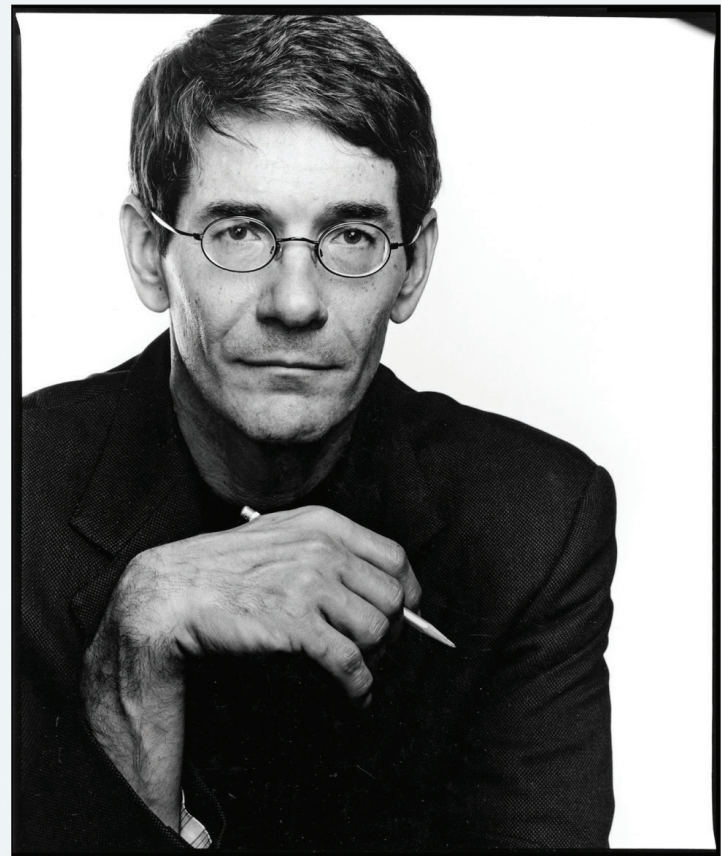
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DR. MICHAEL DIRDA

A Pulitzer Prize-winning book columnist for *The Washington Post*, Michael Dirda is the author of five collections of essays: *Readings*, *Bound to Please*, *Book by Book*, *Classics for Pleasure and Browsers*, as well as the memoir *An Open Book*. His biographical/critical study, *On Conan Doyle*, received a 2012 Edgar Award from the Mystery Writers of America.

Dirda graduated with highest honors in English from Oberlin College and earned a PhD in comparative literature (focusing on Medieval studies and European romanticism) from Cornell University. He is a contributor to *The New York Review of Books*, *The Times Literary Supplement* and several other literary periodicals. He is also an occasional lecturer and college teacher. His current project is an appreciation of British popular fiction of the late 19th and early 20th centuries.

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