

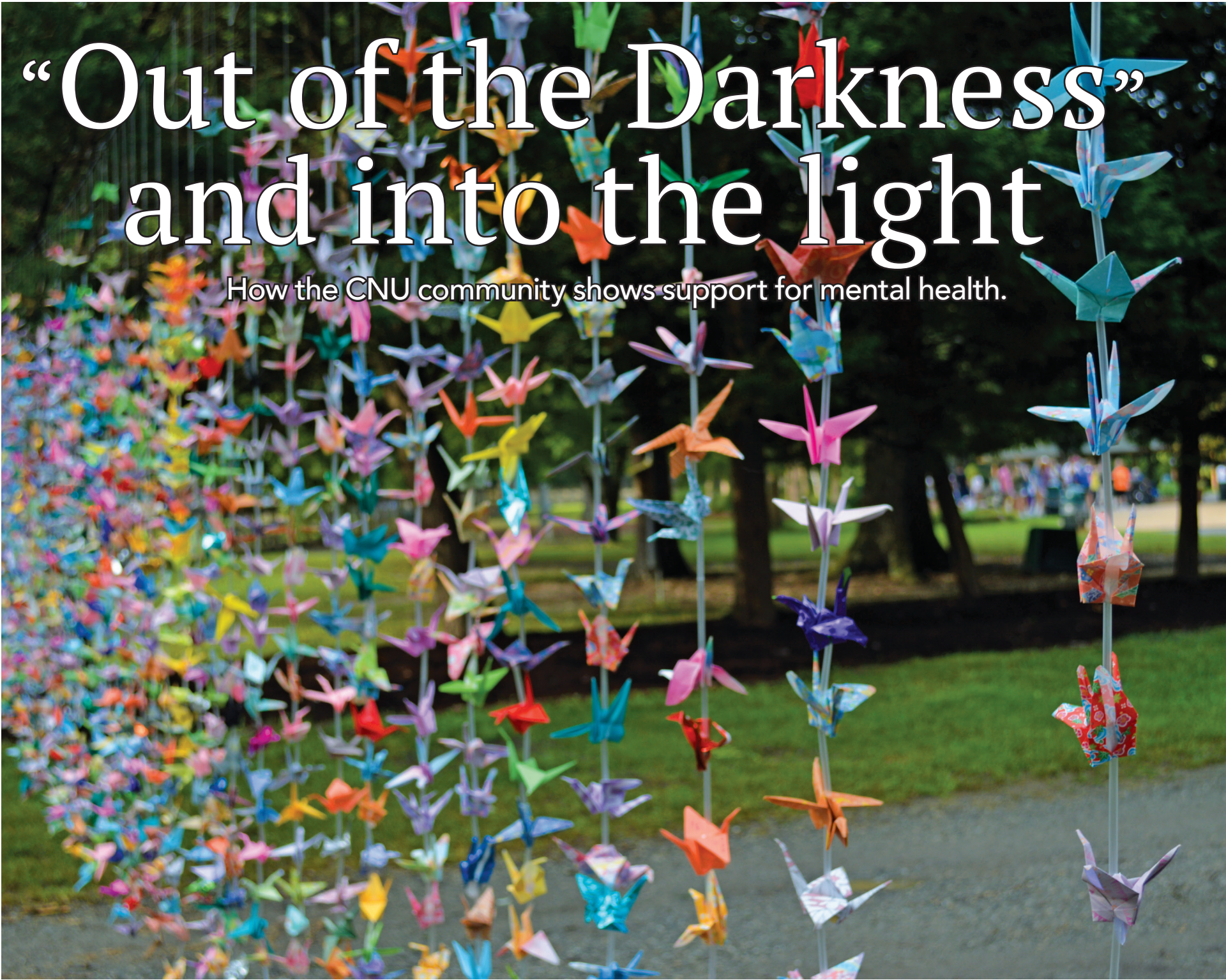


The Captain's Log

THE VOICE OF CHRISTOPHER NEWPORT UNIVERSITY STUDENTS

@CNUCAPTAINSLOG WWW.THECAPTAINSLOG.ORG

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“Out of the Darkness” and into the light

How the CNU community shows support for mental health.

1000 paper cranes become a symbol of hope during the Out of Darkness community event in Newport News Park on Sept. 23. PHOTO BY HANNAH LINDENBLAD/THE CAPTAIN'S LOG

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Family Weekend is right around the corner, here's what you need to know about the events.	Walk with fellow CNU students in the community event “Out of Darkness” in this photo recap.	Relive the excitement of the nail biter Montclair vs. CNU football game in a recap.	Go behind the pages with Alyssa Hollingsworth as she details the publication process.	Learn the best ways to take care of yourself before the stress of midterms hits.



Weekly pic

Summer may be over, but the flowers are still blooming outside of Potomac River Hall.

PHOTO COURTESY OF MORGAN BARCLAY/
CAPTAIN'S LOG

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



CNU TV

Follow Lyss around campus as she gathers opinions from students on the spot about the recent hurricane evacuation.

Happened

September 21

CAB Presents... An Evening of Music

The alternative rock band RYNO brought their sounds the Gaines Theater at 4 p.m. until a fire alarm cut the performance short.

September 17-21

IFC Formal Rush Week

Rush Week is back! Having to delay Rush Week due to Florence, brothers of IFC finally got the opportunity to meet potential new members this last week.

Happening

September 28

CAB Presents... Bowling

Bowling and rides provided for free in this CAB hosted event at the York AMF lanes. Those interested should sign up in the breezeway of the DSU ahead of the event. This event will take place from 10 p.m. to 1 a.m.

October 2

Overcoming Obstacles with George Dennehy

Join George Dennehy in the Gaines Theater at 7 p.m. as he motivates you into overcoming any obstacle. A world-known guitarist, he lets nothing, even his physical disability stop him.



Captain's Log Snapchat

Scan this image to add us on Snapchat! Follow our updates, watch us behind the scenes in the newsroom, and keep up with commentary on campus life.

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

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

- Email: clog@cnu.edu

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

JOIN THE STAFF The Captain's Log is always open to students who are interested in writing, photography and editing. Editors assign stories every Sunday at 7 p.m.

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CNU shows support for mental health awareness at community event

Multiple student organizations attended the Out of Darkness Walk this Sunday, Sept. 23.



The sisters of Alpha Phi and Delta Gamma lead the pack on the trails of Newport News Park during the Out of Darkness event. Those wearing beads have a connection, either through loved ones or themselves, to mental health or suicide. Through walking they vow to keep this issue out of the darkness. PHOTO BY HANNAH LINDENBLAD/ THE CAPTAIN'S LOG.

BY MORGAN BARCLAY
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BY ANNA DORL
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Quiet tears slid down the faces of people clad with beads of different colors during the opening speeches at the annual Virginia Peninsula Out of Darkness Walk. The yearly event brings together the Hampton Roads community in late September to fight suicide and raise awareness for mental health issues as a part of National Suicide Prevention month. It does this through their walk and through a donation drive that collected over \$16,000 this year.

The event, which occurred on Sept. 23, was put on by the Virginia chapter of the American Foundation for Suicide Prevention, described on their website as "nation's largest non-profit dedicated to saving lives and bringing hope to those affected by suicide." The organization hosts Out of the Darkness walks in various cities, communities, and campuses yearly around the United States.

The Virginia Peninsula walk, located in Newport News Park, began at 10 a.m. and ended around noon with 401 registered participants. The CNU community had a sizeable presence at the event. Brothers from Delta Upsilon and sisters from Alpha Phi and Delta Gamma, as well as members of CNU's chapter of the National Alliance on Mental Illness (NAMI), all walked together to bring awareness to suicide. Some teams of participants wore t-shirts or held up signs bearing the names of loved ones who had died by suicide.

Skylar Reed, a senior at CNU and

sister of Delta Gamma, walked for herself and others. "A little over a year ago I lost a good friend and fellow captain to suicide, Austin Germani," she said. "I also walked for myself. Back in April 2017 I was extremely suicidal and made plans to attempt. If it wasn't for the support I found in my friends and sisters of Delta Gamma, I truly believe would not be here today. It's important to speak to others when these thoughts and feelings arise before they can escalate. It's so important that suicide discussions aren't kept in the dark anymore."

Suicide on college campuses has gathered increasing attention in past years due to recent studies on the issue. According to a 2016 study done by the Jed Foundation, a non-profit that brings awareness to mental health, the second leading cause of death among college students is suicide. The CDC states that there were 5,723 deaths by suicide in 2016 for people aged 15-24. According to the Jed Foundation, in that same study, mental health conditions also begin to exhibit themselves between the ages of 18-24. Another study done by S.M. De Luca and published in the Community Mental Health Journal in 2016 states that 64% of students that leave college do so because of behavioral health related reasons.

ASFP wants to do something to change that. According to their website, the organization strives to reduce the rate of annual deaths by suicide by 20% by 2025. With donations from events like the Out of the Darkness walks, AFSP puts the money towards outreaches such as mental health education programs, scientific research, and Survivor Day events for those who are direct survivors of suicide loss.

Letitia Laurien, president of the Virginia chapter of the American Foundation for Suicide Prevention, greeted the participants in her speech before the walk began.

"By showing up today, you are sending the message that mental health is as real as physical health. You are showing others that suicide, which is currently the tenth leading cause of death in the United States, can no longer be swept under the rug." Laurien is, in her own words, "a social worker, therapist, mental health advocate, and supporter of suicide prevention."

Laurien further reiterated the importance of the event, "By showing up, you let others know they are not alone."

Multiple vendors were set up in the park before the walk, including a table from the US Department of Veterans Affairs promot-

"By showing up today, you are sending the message that mental health is as real as physical health."

Letitia Laurien



Letitia Laurien gives statistics about AFSP during the opening ceremony. PHOTO BY HANNAH LINDENBLAD/ THE CAPTAIN'S LOG

ing the Veterans Crisis Line and the Dreams of Hope Foundation, a Hampton Roads family charity that provides mental health services, including bereavement groups for those facing suicide loss.

Tables underneath a gazebo in Newport News Park provided free suicide prevention buttons, informational pamphlets from AFSP and other organizations present, and a rainbow of different Honor Bead necklaces with each color representing different connections to suicide and mental illness. The meaning of the colors are listed in the graphic below.

By wearing the beads, the participants silently showcased their connections to mental illness, making sure they did not leave the issue of suicide in the darkness. ■

Honor Beads Meaning	
	Lost Military/ First Responder
	Lost Child
	Lost Spouse/ Partner
	Lost Sibling
	Lost Parent
	Struggled Personally
	Friends/ Family of someone who struggles
	Supports the Cause
	Lost Relative/ Friend

Family Weekend is right around the corner

Get a preview of the events being offered at Family Weekend 2018 before online registration closes.



An advertisement that was posted on CNU's Facebook account to promote Family Weekend 2018. PHOTO COURTESY OF CNU.

BY EMMA DIXON
EMMA.DIXON.17@CNU.EDU

Christopher Newport University is a campus with many traditions. One of these traditions is Family Weekend. This year, Family Weekend will be held from Oct. 5 - 7.

"Family Weekend is a good time for the families, not just the parents, but all of the family and friends to come visit their student and see campus. We kind of showcase a lot of the different activities on campus," says Sara Isenhour, the Assistant Director of University Events. "We showcase academic, athletics, the music department, catering, dining. All of the different important areas of student life is showcased and parents and family get to experience what a student experiences while they're living here for four years on campus."

Family Weekend begins on Friday, Oct. 5 with registration

from 3 to 7 p.m. in the Tribble Library Rotunda. Families can either register online for \$25 per family before 5 p.m. on Friday, Sept. 28 or register on site.

This year, families can make a \$250 tax-deductible contribution to the CNU Parents' Fund during their registration and receive a Discovery Pass for Family Weekend. This Discovery Pass gives families access to an exclusive CNU spirit bag at check-in, VIP welcome cocktail reception with President and First Lady Tribble, reserved parking for Friday night's Family Weekend activities and reserved game-day parking with in-and-out privileges. All President's Circle members automatically receive a Discovery Pass.

After registration on Friday, there is free admission to the CNU Volleyball game vs. St. Mary's College at 5 p.m. in the Freeman Center. The President's Circle and Discovery

Pass Reception will be held from 6:30 to 7:30 p.m. in the Diamonstein Concert Hall Lobby. At 7 p.m., CNU Volleyball plays Marymount for their second game of the day. Admission for this game is free as well. Starting at 8 p.m. on the Great Lawn, President Tribble will hand juniors their class ring during the Ring Ceremony tradition. Friday night ends with a CAB movie night at 9 p.m. in Gaines Theater. They will be showing "The Incredibles 2."

The second day of Family Weekend is Saturday, Oct. 6 and begins with registration from 8 a.m. to 2 p.m. in the Library Rotunda. From 8:30 - 9:30 a.m., the President's Circle Breakfast will be held at the President's Residence. This event is only for for parents in the President's Circle. From 10:30 to 11:30 a.m., President Tribble will deliver a State of the University address at the event, Conversation with the President, in Peebles Theatre Hall. Immediately fol-

lowing Conversation with the President, at 11:30 a.m. there will be Coffee and Conversation where parents and families can mingle with faculty and staff. At 11 a.m. and 1 p.m., there is free admission to the CNU Volleyball games, where they will take on Randolph and Messiah College respectively. Tailgate zones for the football game open at 1 p.m. There will be a musical showcase in the Diamonstein Concert Hall beginning at 3 p.m. From 4 - 6 p.m., there will be a family dinner picnic and a field fest on the James River Hall Field. The price for the picnic is \$17 per person, although children under four years old or CNU students on a meal plan are free. The CNU football team will take on Salisbury at 6 p.m. in POMOCO Stadium.

Family Weekend comes to an end with brunch in Regattas from 10 a.m. - 2 p.m. Brunch is \$28 per person for guests over the age of 10, \$11 for children

between 4 and 10 years old and free for children under the age of 4. There will be music and a live musical performance during the brunch.

"[Family Weekend] is important because it gives students the opportunity to show off their institution to their parents. Unlike them coming for the initial tour or actually moving their student in, at this point they are a Captain and they know what it's about. They've been here and they've experienced," says Cassandra Krah, Assistant Director of University Events. "It's like, 'Hey, come and see how I live for a weekend. Enjoy the festivities that I get to enjoy on a daily or a weekly basis.' It's a great way to showcase the institution from the student perspective."

Those who post photos during Family Weekend are encouraged to use the #CNUFamily18. For more information, visit www.cnu.edu/familyweekend. ■

Piece of Public History has “TENACITY”

The CNU Public History Center presents an inside look at the making of a museum exhibit.

BY EMMA DIXON
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On Thursday, Sept. 27, the Christopher Newport University Public History Center will present “The Making of ‘TENACITY’: Women in Jamestown and Early Virginia at Jamestown Settlement” in the Tribble Library Auditorium. This event is a part of the Piece of Public History career lecture series hosted every semester by the CNU Public History Center.

“CNU students learn from diverse practitioners in the field about innovative and exciting ways to present history to the public,” says Dr. Sheri Shuck-Hall, Director of the Public History Center. “Students also learn about job and volunteer opportunities in Hampton Roads and beyond, so if you like any kind of history and making a significant impact in your community, come join us.”

This event will feature Katherine Egner Gruber, who is the Special Exhibits Curator at the Jamestown-Yorktown Foundation. Those who attend the event will explore the making of the new museum exhibit opening Nov. 10 at Jamestown Settlement entitled, “TENACITY: Women in Jamestown and Early Virginia.”

“Many people don’t realize the extensive research, design and planning that goes into interpretive exhibits,” says Shuck-Hall. “Katherine will share an insider’s look into how it all happens. She also will tell us how she got into the field of

public history and take questions from the audience.”

“TENACITY” is a special yearlong exhibit that is part of a legacy project the American Evolution 2019 Commemoration has created.

“‘TENACITY’ was identified by Smithsonian Magazine as one of the Top 10 Must-See Fall Exhibits, so it is incredibly exciting to learn more about it from Katherine before it opens,” says Shuck-Hall. “‘TENACITY’ examines the impact of African, American Indian and English women in the foundation of early America. We have heard a lot about the Founding Fathers, but now women’s stories from all perspectives are front and center, focusing on how their diverse efforts led to the success of what was to become the United States.”

“The Making of ‘TENACITY’” is open to all students as well as the public, and is an approved Honors event.

This Piece of Public History event is co-sponsored by the American Evolution 2019 Commemoration, which the Public History Center has partnered with for a variety of programs this fall and throughout 2019. There will be more upcoming events, including a special early showing of the soon-to-be released PBS documentary, “Evolution of America, 1619 to Today” on Oct. 25 at 7 PM in the Tribble Library Auditorium.

For more information about this event, contact Dr. Sheri Shuck-Hall by email at sheri.shuckhall@cnu.edu. ■



An advertisement that showcases the diversity of experiences this new interpretative exhibit will feature. PHOTO COURTESY OF THE CNU PUBLIC HISTORY CENTER

The newsroom meets the mailroom

Discover how the mailroom operates and delivers packages to the students on campus.

BY EMMA DIXON
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Week 1: 3,401 packages. Week 2: 5,249 packages. Week 3: 5,886 packages. This is just a glimpse at how many shipments Christopher Newport University’s mailroom receives every year. Only 5 weeks into the first semester of the school year, the mailroom has already received 18,963 packages. This information does not include any letter mail that was received.

The mailroom sends and

receives mail for approximately 3,880 students. Workers use a combination of manual and electronic methods to ensure every student receives their mail. After a UPS, USPS, or Amazon driver delivers a shipment of packages, an employee writes the student’s box number on their package. Then, the package is entered into an electronic tracking software, called EZTrackIt. Once the package is added into the system, students receive an email saying they have received a delivery in the mailroom. Finally, once the student comes and picks

up their package, it is logged in the system that the student received their delivery.

Bob Olson and Shaaron Wright-Russell have worked in the mailroom for eight and 12 years respectively. They both note that one the busiest times for the mailroom are the first three weeks of school. In fact, the mailroom moves from its usual location on the second floor of the DSU into the DSU Ballroom for the first three weeks in order to offset the influx of arriving packages. Another busy time of year for the mailroom is Valentine’s

Day, with lots of shipments of flowers, cookies and Shari’s Berries.

The mailroom has about 20 student employees who help the process move smoothly. Additionally, the mailroom has some fridge storage where student’s medicine and other temperature-sensitive items can be stored.

For up to one calendar year, the mailroom will forward mail to graduated seniors.

Throughout their time in the mailroom, Olson and Wright-Russell have seen some strange packages pass through,

ranging from two tires to a futon.

Wright-Russell commented on how the mailroom has grown and progressed over time. When she first started in the mailroom, everything having to do with tracking was done on paper, and she called every student in their room whenever they received a package. She also mentioned how the type of mail the mailroom receives has shifted over the years. In the past, the mailroom used to get more letter mail whereas today it predominantly receives packages. ■

It's more than a feeling It's time to take mental health seriously.

MILLER BOWE

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Mental health is serious. Although some reduce it to "feelings", things that are "all in your head" and thus not worthy of as much attention as physical issues, mental health is as important an element of one's well-being as any other element of health.

For many students college is a big change—never before have they been this far from home or afforded this degree of independence. Aside from offering the first baby steps into adult life, college also brings with it new responsibilities, especially academic ones. Additionally, we have been cursed to live in interesting times, and it is all too easy for members of our extremely online generation to suffer the ill effects of information overload from social media.

Because of these factors, college students can find themselves struggling with stress, anxiety, and other problems. CNU's Office of Counseling Services offers individual and group counseling services to students.

I have had good experiences with our campus's counseling center. During the second semester of my Freshman year, someone I cared about expressed concern

for me and asked me to make an appointment with the counseling center. My problems weren't uncommon ones—anxieties about the future, about keeping up with schoolwork, and about making friends and relating to people.

Counseling doesn't make these problems go away, but it is still helpful. Sometimes just talking about one's problems can help order one's head, and counseling can be a safe place to do that. While it's not a bad thing to vent about one's problems to one's friends, or to try to help friends with their problems, one must be careful not to use the people close to them as impromptu therapists: it's not their burden to bear and they don't have the expertise a licensed professional has to offer advice.

In addition to helping to get problems out and in doing so clearly define them, counseling can provide one with the tools to help oneself. During the first appointment with the counseling center, they help to set a goal to deal with over the coming meetings.

My experiences are only my own, and I make no claims to speak for anybody but myself. My problems were not, and are not, as severe as those others may experience. However, the counseling center is

equipped to deal with the needs of college students who are adjusting.

It isn't possible to wave a magic wand to make the mental stress caused by college disappear. However, in my experience, the counseling center has been enormously helpful, and I would and have recommended it to people in need. ■

To make an appointment call (757)-594-7661 or visit in person on the second floor of the Freeman center.



The Office of Counseling Services is free to students and is housed within the Freeman Center. PHOTO BY ANNA DORL/ THE CAPTAIN'S LOG

Don't jump in without your buoy Make sure you take care of yourself while you're taking care of others, even if the situation is challenging.

MORGAN BARCLAY

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For the past couple of summers, I've worked as a lifeguard. In training they always teach you to take care of yourself first before helping others. We practice specific maneuvers to protect ourselves from drowning patrons. We learn not to jump into dangerous waters. We learn to put gloves on before nursing a wound, even if it is life threatening. We don't jump in the water unless we have a buoy.

Most of these maneuvers come as no surprise. It makes sense for the safety of other patrons, that the lifeguard protect themselves, even if it means putting one patron in danger for a small fraction of time. These behaviors are seen as commonplace at a pool. In the realm of mental health, however, they are not.

When was the last time someone came to you with a problem and you checked in with yourself to see if you could handle it? When was the last time you protected your own mental health? Put the gloves on, called out to someone more specially trained?

More often than not, people are afraid to

treat mental health as seriously as it should be treated. Many don't want to escalate a situation by reaching out and getting a buoy themselves, leaning on mental health resources, so it can be even more difficult as another person to do that. But if you don't, you both may drown.

While there are effective ways to support from the shore, to throw a lifesaver, that may not always be enough. Being the shoulder to cry on, the person to vent to, the one that cares, may not always help that person. And there comes a point when you feel you need to get into the water with them, to become a pseudo-therapist, and delve deep into their darkness.

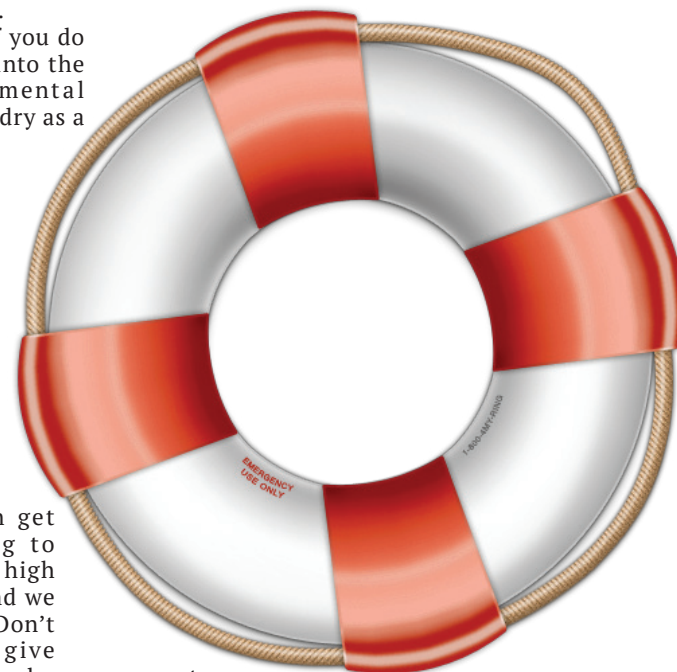
But you don't have a buoy. You may be a strong swimmer, but that isn't all that's necessary. We need to leave severe mental health concerns to the professionals, those who have the buoy.

And it can be difficult if those you're helping don't want to take that step or can't afford to take that step, because, let's face it, long-term therapy in the United States is expensive. But you have to work with them to find ways to take it seriously. Come up with payment plans, look for therapists that have a reduced cost, pool money

from family and friends.

Beyond this, even if you do find yourself delving into the darkness—because mental health isn't as cut and dry as a pool deck—make sure you're putting your gloves on. Make sure your checking in with yourself throughout the whole process. Make sure you're being kind to yourself, taking time to have a breather after the fact. Make sure you're not absorbing the problems of those around you.

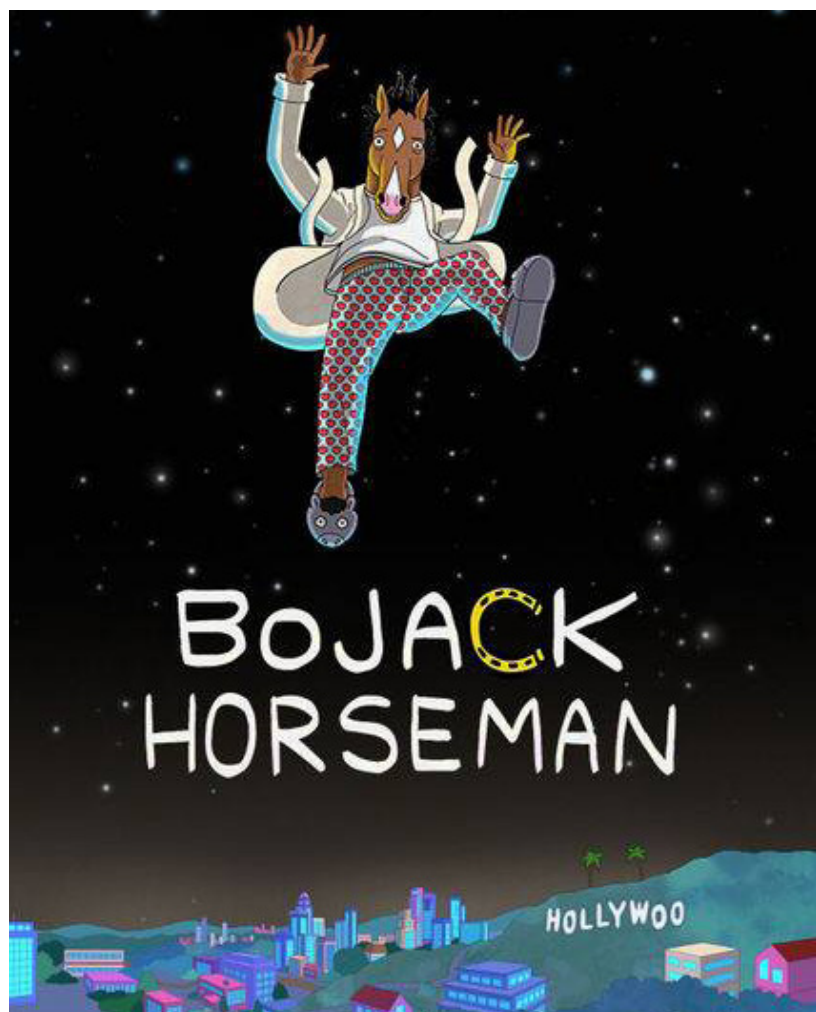
Sometimes we can get bogged down trying to climb up to the moral high ground of altruism and we fall right back down. Don't let that give, give, give mentality put you in a dangerous spot. Make sure you're taking care of yourself while you're taking care of others, before it may be too late. ■



CLIPART COURTESY OF UBISAFE.COM

Oil and water: mental illness and entertainment

As creators get more comfortable with the topic, they may miss the levity needed to depict mental illness.



AMANDA SHORT
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As the subject of mental illness becomes less and less taboo, the media has latched on. Shows are beginning to highlight mental illness more and more. They attract millions of viewers, but they also have the tendency to create backlash for portraying mental illness in an unflattering and or unrealistic light. Sometimes things don't mix and maybe it is time to consider that a serious topic, such as mental illness, and entertainment television do not mix well.

The controversy of "13 Reasons Why" was inescapable for a long time. The show's portrayal of 17-year-old Hannah Baker's depression and eventual suicide faced significant criticism from mental health professionals. When it comes to

representation, the fault in "13 Reasons Why" was not the pivotal suicide scene being unrealistic, but the aftermath of the suicide itself. The show takes place partially at Liberty High School; a place littered with bullying, violence, and incompetence. However, with the 13 tapes Hannah leaves behind, that all seems to change. Essentially, she gains the power of social change through her actions, spreading a glorified and dangerous message about suicide. In addition, the show fails to acknowledge that Hannah's circumstances were an anomaly as bullying only accounts for around 10% of suicides (the other 90% being from mental illness). Realistically, most people who commit suicide will not impact whole communities like Hannah did. People will grieve, accept what happened, and then work to heal and move forward, but this does not



(Left) Netflix's "Bojack Horseman" uses comedy to bring levity and weight to its depiction of mental health. (Right) "13 Reasons Why" high school drama misses the mark in depicting mental health. **PHOTOS COURTESY OF NETFLIX**

make for good television.

However, there are shows that embrace the mundane nature of common mental illness. This is the case for the Netflix cartoon "BoJack Horseman". The show focuses on BoJack, a cartoon horse, and his associates as they face various challenges in their lives throughout the five seasons. While some shows look for the main character to solve their struggles in an entertaining manor (finding love, facing an epiphany, or even a gory montage), "BoJack Horseman" explores the anticlimactic realities of mental illness. The eponymous character faces depression throughout all five seasons and though he acquires wealth and fame, he proves that money cannot buy happiness. BoJack becomes a withdrawn substance abuser who puts on a fake smile for those around him; and though BoJack is a horse, his depression is one of the most relatable as it is unexplainable and has no definite solution. This unapologetic realness is what saves the show from the same con-

troversy as "13 Reasons Why" and exactly why it is overall praised by the mental illness community.

It is risky to portray mental illness in the media because it is like pouring oil into water. Oil and water do not naturally mix. With enough shaking, they mix together, but they will eventually separate again. There is a fine line between informative and offensive, and though some producers find that balance, many do not. It seems that even those that get it right still have the lingering cloud of controversy hanging over them ready to spill its rain. Consequently, it is important that producers who are creating a show with mental illness as a core theme are informed and are prepared for the consequences, good or bad, they may face. ■

"Bojack Horseman" and "13 Reasons Why" are available to stream on Netflix.

Buzzin' Becky is back!

Send in your questions to the double anonymous form on The Captain's Log Facebook for a chance to get it answered in the paper by our resident sass master, Becky!



(Top) The Dreams of Hope Foundation's booth at the walk has information on how to deal with loss. This foundation also runs specific support groups for those who lost someone to suicide. (Top Right) CNU's chapter of the National Alliance for Mental Illness annually participates in this walk in order to support those who have been affected by mental illness at some point in their life. (Right) The American Foundation for Suicide Prevention is the organization in charge of the Out of the Darkness walk, and they have hosted this walk in multiple location not only in the Hampton Roads area, but also all over the United States. **PHOTOS BY HANNAH LINDENBLAD /THE CAPTAIN'S LOG**



One of CNU's organizations that has the most participants in this years Out of the Darkness Walk is Alpha Phi. **PHOTO BY HANNAH LINDENBLAD /THE CAPTAIN'S LOG**



The fraternity Delta Upsilon is one of CNU's organizations that has the most participants in this years Out of the Darkness Walk. **PHOTO BY ANNA DORL /THE CAPTAIN'S LOG**



The Out of the Darkness Walk is held every year at Newport News Park. The whole length of the walk was three miles, and everyone who walks has the opportunity to pick up beads that signify different reasons for walking; including blue beads in order to indicate their support suicide prevention
PHOTO BY ANNA DORL /THE CAPTAIN'S LOG



NU's organizations that help support the cause of suicide prevention.
N'S LOG

Delta Gamma is another organization that participates in the walk and carries a sign that says "I walk for myself and every other warrior." **PHOTO BY ANNA DORL /THE CAPTAIN'S LOG**

CNU Football drops a tough one

The Captains hosted conference opponent Montclair State University and lost by a field goal in overtime to the Red Hawks, 17-14



CNU Quarterback Jack Anderson drops back and delivers a pass down the field. Anderson has been playing lights out so far this year. The junior has been averaging 245 yards per game while tossing five touchdowns for the Captains. HANNAH LINDENBLAD/THE CAPTAIN'S LOG

BY PHOENIX HINES
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After starting the season 2-0 for the third straight year, the Christopher Newport University Football team dropped a heartbreaker in overtime against the Montclair State University Red Hawks, 17-14.

Last year, the Captains traveled to Montclair, New Jersey to take on the Red Hawks and won that game 16-8. That game was a defensive battle, and this year's game was no different.

The Captains forced four turnovers on the day. They picked off Red Hawks quarterback Ja'Quill Burch three times throughout the game.

The first interception was made on the first play of the game when Burch dropped back and tried to hit his receiver in stride down the right sideline right before Captains defensive back Damian Jiggetts swooped in and picked off the pass at the CNU 27-yard line.

The Red Hawks got the ball right back after forcing a three and out. They drove down the field quickly during their second drive and ended up scoring the game's first touchdown when Burch hit Brian Kowalczyk for a two-yard strike in the endzone. This score was set up by a 33-yard pass to Craig Merkle earlier in the drive that got the Red Hawks into the Captains territory.

After a couple of back and forth defensive stands between both teams, the Captains offense finally started to march down the field towards the end of the first quarter. The Captains quarterback, Jack Anderson, racked up some yards while hitting four different receivers before Hunter Rogers finished the drive with a two-yard rushing touchdown to tie the game up at

7-7. This was Roger's first touchdown of his career.

The next drive, the Captains forced two negative plays before B.J. Hill picked off Burch's pass down the field and returned 19-yards to the Red Hawks 40-yard line.

Unfortunately, the Captains could not capitalize on the next drive so the Red Hawks got the ball right back. The next few drives were back and forth, resulting in no scores until the Captains got the ball with about eight minutes left in the half.

The Captains drove down the field thanks to a stellar drive from Anderson and his sophomore receiver, Garrison Mayo. Anderson hit Mayo for a 35-yard touchdown which got them in scoring range. A few plays later the Captains ran a double reverse trick play, and junior receiver Nick Hunter hit Mayo for the 17-yard touchdown. To gain a 14-7 lead.

A few drives later, the Red Hawks intercepted Anderson on the Captains own 20-yard line. This led to a touchdown drive for the Red Hawks; tying the game at 14 with three minutes left.

The Captains did get one more chance to put points up on the board before the half ended as they drove down the field straight to the Red Hawks 21-yard line. Ben Garbarini lined up to kick the 38-yard field goal with a few seconds left. Garbarini missed wide right as the clock wound down to zero in the half, resulting in a 14-14 score at half-time.

The second half of the game was about as defensive as a football game can get. Neither team was able to capitalize on their offensive drives. The Captains forced two turnovers in the half, including a potential game changing interception by B.J. Wright in the third quarter. Wright picked off Burch and returned 26-yards into the Red Hawks territory. Unfortunately, the Captains were



Junior Runningback Nehemiah Harris scans the field before cutting back. Harris had 74-yards in the game. HANNAH LINDENBLAD/THE CAPTAIN'S LOG

called for a highly questionable block in the back penalty.

Both teams were bombarded by the referees in the game, as the Captains and Red Hawks were both flagged nine times for 100 yards each.

The fourth quarter was a back and forth defensive battle in which neither team could crack the tie.

The game headed into overtime and the Captains received the ball first. Just four

plays into overtime, Anderson threw a risky pass that was intercepted by the Red Hawks. They ended up driving down the field before hitting the game winning field goal from 25-yards out.

The Captains will travel to Glassboro, New Jersey this Saturday to play Rowan University; a game the Captains won last year 30-0. Kickoff is set for 6:00 P.M. ■

A week in review for CNU Sports

CNU sports teams had a very busy week as every fall sport team had a competitive match and most have already started CAC play.

BY PHOENIX HINES
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The Christopher Newport University athletic department has had a very productive week, as most of their teams started Capital Athletic Conference (CAC) play this past week.

The CNU Volleyball team dropped a tough game at Virginia Wesleyan last Wednesday, 2-3. This was one of their last out-of-conference games left.

They also hosted York College for their CAC opener and dominated the Spartans, 3-0. Katie Piper had a solid day with 15 kills in the match. Freshman Lauren Tracy also had a solid day, recording 40 assists in the win.

Their next game will be on Wednesday, September 26th at 7:00 P.M. against William Peace University.

The Men's Soccer team dropped to 3-4 this past week after dropping two heart-breaking games in overtime.

Their first game was at Washington and Lee where they fell to the Generals in overtime, 1-2. David Eddelton had the lone goal for the Captains in this match.

Later in the week, they traveled to play #18 Lycoming college. They fell in overtime for the second straight game, 1-2. Justin Wilson had the Captains only goal in this game.

The Captains will look to get back on track as they host Penn State(Harrisburg), Saturday, September 29th under the home lights at 6:00 P.M.

The Women's Soccer team continued their hot start, jumping out to 5-0 on the season. Their first game against Arcadia University was an easy 3-0 win for the Captains. The usual suspects lead the Captains as All-American Gabby Gillis recorded two assists on that day. Riley Cook had a goal on that day as well.

The second game of the week against Roanoke was delayed at first because of storms occurring in the area. After a few hours of waiting, the game finally started

and the Captains went to work.

Cook had two goals in the game while Gillis had one goal and one assist.

Gillis also set a record during this game. She now holds the record for most games started in program history with 67.

Goalkeeper Haley Eiser was awarded CAC Defensive Player of The Week for her efforts in cage.

In 158 minutes of action last week, the keeper recorded six saves while only allowing one goal past her.

She also had her first career shutout as well against Arcadia.

The CNU Women's soccer team will return to action this week on Wednesday, September 26th when they travel to play against Lynchburg College, the team that upset them last year in the NCAA playoffs.

The Field Hockey team dropped their first game of the year last week as they fell to Washington and Lee University, 2-3.

The Captains went back and forth with the Generals the whole game before the Generals put the game away with a strike at the 47:14 mark. Jackie Kotoriy and Ariana Samuel had the Captains two goals in the match.

They will return to action on Saturday, September 29th as they host Concordia University(Wisc.).

CNU womens tennis was well represented by Junior Johanna Ranta-aho this past week as she competed at the ITA Southeast Regional Championships.

Ranta-aho had a solid weekend before falling in the semifinals to Anjali Kashyap from Johns Hopkins University, 6-1, 6-3.

The CNU Golf team was led by three seniors this past week. David Rabil, Kurt Funkhouser, and Will Snyder all traveled to Rocky Mount, North Carolina to play in the 2018 N.C. Wesleyan Don Scalf Invitational.

Snyder placed fourth in the tournament individually as he had one of his best performances in his career, shooting a three-over 75 this past monday.

Rabil had a solid day on the green as he shot one-over par to finish in fifth place.

Upcoming Games

Men's soccer

Sep. 29: CNU vs. Penn State Harrisburg

Women's soccer

Sep. 26: CNU at University of Lynchburg

Sep. 29: CNU vs. Penn State Harrisburg

Oct. 3: CNU at Methodist University

Football

Sep. 29: CNU at Rowan University

Field Hockey

Sep. 29: CNU vs. Concordia University

Sep. 30: CNU at University of Mary Washington

Volleyball

Sep. 26: CNU vs. William Peace University

Sep. 28: CNU vs. York College 3-0 W

Sep 29: CNU vs. Neumann University/Lebanon Valley College

As a team, the Captains finished the event in third place during the 36-hole event.

The Captains will take a short trip to Suffolk, Virginia on October 15th to compete in the VSGA intercollegiate.

Stay tuned to find out how all of

CNU's teams do this upcoming week against it's CAC Opponents. ■

Lebron James is the best player ever

The hottest debate in sports nowadays is Lebron James's legacy vs. Michael Jordan's legacy

BY PHOENIX HINES
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One of the most controversial topics in today's sports world is about the legacy of one of the best players to ever step on a basketball court: Lebron James. Season after season, James goes out and performs above-and beyond everyone else's expectations, yet he always gets criticized for something. This fact bugs me because I would never consider hating on someone who brings both greatness to the court and pride to his own hometown city.

There are a bunch of people on Twitter who create memes about "crying Lebron" or about his 3-6 record in the NBA finals, but what for? It is utterly insane that a person can criticize someone who has not only done so much for the sport of basketball, but also has made a huge impact on the lives of kids from the small city of Akron, Ohio.

When it comes to sports, an athlete should be judged on two main things. The first thing: performance on the court or field. The second thing: how they impact the community around them. Lebron obviously performs on the court, but honestly, what he does off the court is what truly impresses and inspires me. He is the founder of the Lebron James Family Foundation, which basically helps younger kids around the country who live in broken homes and have no opportunities. James plans on donating \$41.8 million to send 1,100 kids to college for free. What other basketball player devotes that much

time and money for their community?

Another thing people try to bring up when tarnishing his legacy is his finals record. James is 3-6 in the NBA finals but when you consider those losses you will find out how impressive it is that he even brought those teams to the finals. In the 2006-2007 NBA season, James led a team full of old veterans with nothing left to give in their careers, and took them all the way to the NBA finals. No one could convince me that any other player in the history of the NBA could do that.

Michael Jordan went to the finals six times and won, but in my honest opinion,

I would rather go to the NBA finals and lose instead of watching the games from home. Going to the finals nine times (and counting), including eight years in a row, is just unheard of. Win or lose, people should respect that.

Every year it seems like the same story. Everyone thinks James is going to slow down and produce minimal numbers. However, here we are at Year 16 and he is top five in the NBA in total points, assists, triple-doubles, and field goals made in the year. To put that into a clichéd perspective, Michael Jordan wasn't even top 20 at James' age.

Even though it seems like James is going to slow down soon, history tells us the same story time after time. That being said, no one can play forever, and the sports world needs to appreciate what we are witnessing because he won't be playing forever. ■

"Lebron obviously performs on the court, but honestly, what he does off the court is what truly impresses and inspires me."

concerts

September 27 September 30
 Escape the Fate Breaking Benjamin
 6:00 p.m. Shaka's 7:30 p.m. Norva

in theaters

September 28
 "Night School" PG-13
 "Hell Fest" R

campus

September 27 September 28
 TNT CAB Bowling
 8:00 p.m. DSU Crow's Nest 10:00 p.m. AMF York Lanes

Hollingsworth publishes "The Eleventh Trade"

The writing process for Honors Assistant Alyssa Hollingsworth's debut novel is a story within a story



(Top) Debut author Alyssa Hollingsworth talks with Dr. Jay Paul at the launch party of her new release, "The Eleventh Trade."

(Left) Hollingsworth reads from a hard cover copy of her 304 page novel.

(Bottom) "The Eleventh Trade" book spine on top of a music sheet.

PHOTOS BY LAURA HOLLINGSWORTH AND ALYSSA HOLLINGSWORTH

BY KRISTEN ZICCARELLI

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For most of us, publishing our written work is outside our comfort zone – but for author Alyssa Hollingsworth, writing in a style outside of her comfort zone wasn't an unimaginable challenge. It was the raw ingredients of her debut novel.

Last Tuesday saw the release of CNU Honors Assistant Alyssa Hollingsworth's debut novel, "The Eleventh Trade." Set in the city of Boston, her contemporary middle grade novel revolves around a refugee boy's journey to find his grandfather's lost instrument.

Hollingsworth's own path to publication is as riveting as the plot itself. Her book began in 2014 in response to an assignment to write outside of her comfort zone – however, literature and writing were her close companions since childhood.

"I grew up in a Southern family that was big on oral tradition, so we did lots of family stories," Hollingsworth said. "I really grew up on stories and knew I wanted to be a writer as long as I knew I could be whatever I wanted."

Hollingsworth cites inspiration from authors such as J.R.R. Tolkien, C.S. Lewis and Jane Austen. Although those stories were a large part of her childhood, she has greatly expanded her book repertoire. Since only this year, Hollingsworth has read 85 books, citing Cindy Baldwin's "Where the Watermelons Grow" as a recent favorite.

Cultivating such a repertoire is only part of the writing and publishing experience. Her debut novel required an expanse of research in the form of a trip to Boston. In her presentation about literary research with author Sarah Driver (author of the Huntress Trilogy), Hollingsworth expressed the importance of research in expressing detail and creating an immersive sense within a story.

"Research offers exploration of multiple senses instead of just sitting behind a screen," Hollingsworth said.

During her trip, she visited various locations in Boston to refine where her characters could economically afford to pay rent. She also visited local tea shops in an effort to capture life and culture from a multisensory perspective.

Before the research even began, Hollingsworth felt an emotional connection to Boston after she had visited the city only once after the death of her grandmother.

"The city kind of absorbed this weird, beautiful sad feeling for me," Hollingsworth said. "When I was thinking of the feeling that I wanted this book to have, I wanted it to be that kind of sad hopeful feeling so it made sense to kind of return to the place where I felt like that."

Just as Hollingsworth collected the characteristic details of Boston to piece together her story, she relied on fragments of information from a diverse group of experts all throughout the writing process.

"Even though it was so far out of my comfort zone, it was very humbling and cathartic in a way to be in a position where I got to approach people that know their stuff," Hollingsworth said. "I felt like [I was] collecting all these little webs of people's stories and putting them together in a way that sometimes felt magical."

For Hollingsworth, the experience highlighted the "community aspect" of writing. Throughout the revision process, various readers critiqued the text from the angle of soccer, Islam and other elements.

As a writer and avid reader, Hollingsworth immersed herself in the middle grade genre, but also found a distinct voice to mark her literary contribution.

"It really informed me in respecting people in my genre and how hard it is for this particular age group," Hollingsworth said. "Not to steal people's ideas but to take what you've done and sort of put my own spin on it."

According to her contemporaries, Hollingsworth not only possesses a unique voice, but has many layers of content that

set her story apart in the expansive genre.

"I've been told that my voice is really unique, but I don't see or hear or view it intentionally," Hollingsworth said. "It has a very fun and engaging plot that has a series of traits where my character is trying to get this instrument back, but it has an underbelly of really serious topics like the refugee crisis, PTSD, trauma and grief and trying to find a home and memory and memory loss."

The multilayered complexity of "The Eleventh Trade" has already garnered attention from homeschooled parents and students alike. With family connections in the homeschool community, Hollingsworth has received positive feedback from parents who have used the book as a gateway to learn about important issues.

Although Hollingsworth emphasized that her novel is not an "issues book," she believes its capacity to open doors.

"That's why this book exists," Hollingsworth said. "I want people to ask questions."

While the reading process can certainly be one of questioning, Hollingsworth's writing process was not one of comfort regarding the complexity of the issues in her book.

"A lot of people say, write what you know, which I think is good advice but I think the better advice is actually write what you question," Hollingsworth said. "Ask yourself, what don't I understand about whatever and how can I understand that better?"

Sometimes, understanding is only

achieved through the writing process itself.

"This book is about how do you deal with it when you lose something that's irreplaceable and what's the answer to dealing with this kind of loss," Hollingsworth said. "It was really interesting writing the book not really knowing what the answer was until I got to the end." ■



Netflix tackles mental health in controversial series of 2018

BY MARA THARP
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First a book, now a television series whose third season is currently in the works, "13 Reasons Why" is a hot topic among young people and adults. Public opinion on the controversial Netflix Original is shaky at best. Many parents and mental health professionals claim the show "glamorizes" suicide, creating a dangerous avenue for young viewers. Their concern is not unwarranted - Hannah Baker, the show's subject, contributes the blame for her suicide on those around her.

While bullying, sexual assault and other traumatic events can be directly linked to depression and suicidal ideations, the lack of ownership the show gives to Hannah Baker imparts a dangerous message. Drama following the release of Hannah Baker's tapes builds a revenge fantasy that puts a grotesque twist on the aftermath of suicide. For those who are currently struggling with trauma similar to Hannah Baker's, the show's lasting impressions may prove to be triggering.

In the first season, the show failed to provide viewers resources in both dealing with mental illness and recognizing warning signs in others. The first episode features a teacher who begins to outline the warning signs to Hannah Baker's classmates, but the lesson fades into a flashback and the viewer does not hear the other warning signs.

Following the response to the first season, Netflix added additional "Beyond the Reasons" shorts that discussed the

events of the series. Viewing guides and content warnings that play before episodes adhere more to standard practice of mature content in television. Netflix's solution to the criticisms marked a positive improvement in the show's cultural impact, and the development of the plotline has attempted to repair the problematic "revenge fantasy."

Out of what the series does wrong in framing suicide and providing healthy resources, it strikes an important chord for viewers today. In a society where major tragedies are often merely a blip on our phone, it is too easy to desensitize from true issues. While catastrophes may only receive a retweet or a like with no further thought, many of us will spend our energies reacting to issues of smaller consequence.

"While catastrophes may only receive a retweet or a like with no further thought, many of us will spend our energies reacting to issues of smaller consequence."

An offensive tweet, celebrity gossip, minor inconveniences - I am guilty just as much as the next person of focusing more on fluff than substance. This series tries to make up for its original shortcomings by reminding viewers of the true emotional tragedies that take place every day. In

many ways, it has been successful.

Conversations across the globe have started due to the show's ability to create strong emotion in the viewer. School districts (like Fairfax County Public Schools) have consulted with professionals on how to respond to students reactions to the show and informed their staff and parents of students. Facebook has turned into a forum of sorts, with adults, mental health professionals and young people alike commenting on the ramifications of the series.

"13 Reasons Why" woke up many viewers who may have become numb to what is truly a public health issue, but in doing so, it opened the door for unhealthy triggers about the same subject. Discussions about suicide, mental health, bullying and sexual assault are increasingly necessary in our society, but I warn anyone who goes to watch the show to prepare themselves for an intense experience. Hotlines, informative websites, advice on how to approach someone about mental health - this is information that needs to be available to everyone. Hopefully, Netflix will help pave the way for mental health discussions in television and set a higher standard for resources provided by producers. ■

Find more information on suicidepreventionline.org or call the U.S. National Suicide Prevention Lifeline at 800-273-TALK (8255).

Capturing historical beauty in Iwasaki's "Memoirs of a Geisha"

BY AMY CAMIRE
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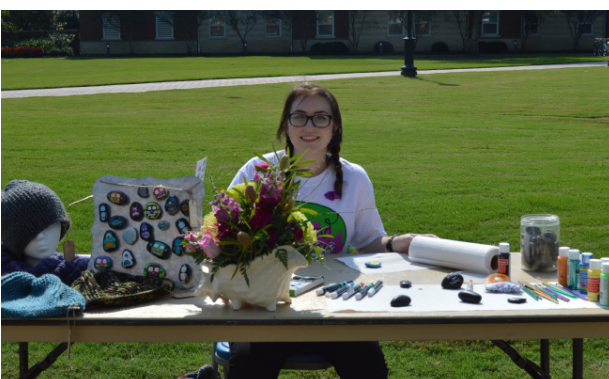
Chiyo is a nine-year-old girl whose whole world is changed when she is sold to a geisha house in WWII-era Gion, Japan. "Memoirs of a Geisha" is a pseudo-fictional novel that chronicles Chiyo's journey from rural peasantry to one of the most respected geisha in all of Japanese history. The sweeping narrative is told from the first-person perspective of Mineko Iwasaki, whose real-life story is the foundation of the novel and whose interview that made "Memoirs" possible has become a source of controversy since the novel's premier. Within the tapestry woven by Arthur Golden's second-hand account, readers are transported to a world of turmoil and intrigue, beautiful women and sacred ceremonies, and the secret struggle of a legendary sisterhood.

Geisha, as they are known today, are more myth than reality, and if you should see one walking the streets of Japan, it's considered an incredibly lucky and special encounter. However, much of their history remained in the shadows until the publishing of "Memoirs of a Geisha." Although it presents Chiyo's struggles of being sold into slavery, separated from her sister, and fighting to survive as a geisha as if the events were true to the interview mentioned earlier, it has been met with its fair share of criticism. After the publishing of the novel, Arthur Golden was sued by Mineko Iwasaki for defamation of character. She claimed Golden had breached contract when revealing her true identity, which had her receiving various threatening letters for having relayed many aspects of the geisha lifestyle that traditionally are kept hidden from public knowledge. It was also claimed by Mineko Iwasaki that Golden fabricated many of the more shocking geisha traditions, which readers can investigate for themselves, though it does step into 'spoiler' territory for those wishing to read the novel.

"Memoirs of a Geisha" is a beautiful, well-written story. Readers would want to take it with a grain of salt, understanding that despite various authenticity claims, there are aspects of the novel more fictionalized than they would appear to be. It educates not only on important aspects of geisha history, but also on the history of Japan during and following WWII. The world in which Chiyo lives seems at times magical, at times dark, and sweeps the imagination into a narrative that you won't soon forget. ■

Scholefield's Lymphoma Art Expo raises nearly \$4,000 for cancer

Saturday's Art Exhibition featured music, art for sale and profits towards the Lymphoma Research Foundation and American Cancer Society



(Top Left) Local Virginia Beach artist Geoff Filer and VCU Art Student Maya Deguzeman sell their artwork during the Lymphoma Art Expo.

(Top) Musician and artist Ryan Swindell and Maddie Gibson perform during the Expo. Swindell is a Hodgkin's Lymphoma survivor and has been in remission for almost three years. His relationship with Scholefield inspired her to organize this event and the one before it. Gibson is a high school student Chesapeake resident who sang at the event.

(Left) Local Virginia Beach artist Whitney Hendri poses with her artwork. She crocheted and created little magnets at the event.

PHOTOS BY HANNAH LINDENBLAD/THE CAPTAIN'S LOG

Self-Care for stressed students

College has been shown in recent studies to affect your mental health. Here's how to stay sane and take care of yourself as the semester progresses.

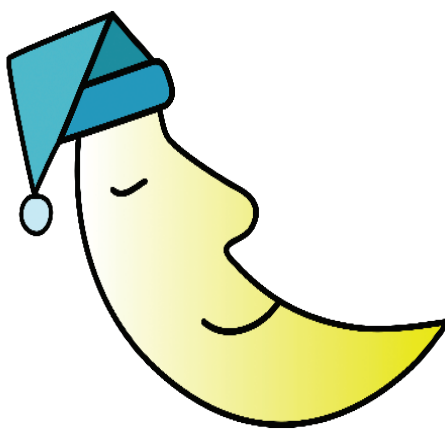
BY CAROLINE TUCKER
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Let's face it, college is stressful. Life is stressful. Whether ____ the piles of homework or personal problems, college can take a toll on you if you're not careful. Here's a quick list of tips if you're feeling so stressed that you might break down.

NETFLIX

NETFLIX LOGO COURTESY OF STICKPNG

Turn on some Netflix. Sometimes turning off your brain and turning on a favorite movie or TV show can help relieve some tension. If you're bad at budgeting time, set a timer on your phone and stick to it. Resist the urge to ignore it in favor of the show.



MOON CLIPART COURTESY OF CLIPART
PANDA



CLEANING CLIPART COURTESY OF
MELBOURNECHAPTER

Clean your room! Studies have shown that people who suffer from anxiety and stress respond well to an easy task like cleaning because it provides a sense of control. Whenever everything is getting too much to handle, making your bed or taking out the garbage can clear your head and give you a sense of accomplishment.

Go to bed. Not sleeping is a terrible idea, but many people don't think twice about it in order to finish a paper or stay up an extra hour to study. This is understandable, but it becomes detrimental to your health in the long run. If this is a problem for you, either find time to take a nap or try to implement a sleeping schedule. Your body needs to rest so that your brain can work hard the next day.

Take a shower. One: you need to shower. Please. It's the best option for everyone involved. Two: it's very calming to be submerged in water. Studies have also shown that it relieves stress and depression. A good shower can do wonders for your mental and physical health. If stressed, suds up!



SHOWER CLIPART COURTESY OF FLATICON



Spend time with people you love. Go out to a restaurant, call your mom, or stay in and play a board game with your roommates. Just sitting around and talking to people you enjoy spending time with is always a good idea and definitely makes you feel less alone. We're in this together, Captains! ■

FAMILY CLIPART COURTESY OF KISSCCO

How to thrift shop like a pro

Thrift stores have a lot of hidden gems, but how can you actually find the really good stuff in Goodwill?

BY MORGAN BARCLAY
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Whether you're interested in reducing clothing waste or simply finding a great deal, thrift shopping is an excellent alternative to traditional shopping. But with rows and rows of clothes, all in various conditions, the store may feel more like the wild west. And while some are destined to find gold, others come up flat. Here's my top eight tips for making the most out of your thrifting prospects.

1. Try everything on. Just because the tag says an eight does not mean it's an eight. Clothes in thrift stores come from all different places and from all different times meaning the number on the tag is basically meaningless. Beyond this, these clothes were people's personal items, worn, distressed or tailored, they lived a life far beyond what was once on the tag.

2. Pay attention to fabrics. Buying cheap does not mean you have to skimp on quality. The type of fabric used in a garment can be your key to test its overall quality. With many unknown brands at the thrift store this is sometimes all you have. I like to look specifically for high quality silks, natural cottons, structured denim and wool.

3. Go beyond your section. Whether it is because someone placed an item in the wrong place, or you found out you look really good in men's jeans, the thrift store is your place to test the limits of the clothes. Some of my favorite finds are actually from the kid's section.

4. Find your thrift store staples. Going through an entire thrift store is a time consuming task and it can be nice to have your own shorthand to fall back on, especially when you are starting to lose confidence in your thrifting abilities. For me these staples are graphic t-shirts, baggy sweaters and silk blouses. I know I will almost always be able to find these pieces, and I won't leave the thrift store empty handed.

5. Accept the clothes you just can't find. A thrift store isn't a magical land with gold on every street corner. Going in with very specific mindsets of finding the perfect fitting pairs of Levi 501s can leave you missing the real steals that are in the store. Keep an open mind and recognize you won't always be able to find exactly what you're looking for, but you can surprise yourself.

6. Embrace the DIY. Clothes at the thrift store are usually one of a kind and one size only. Learning how to do simple hems and alterations can open up your closet to many more combinations found at the thrift store. Even learning simple alterations, like cropping and distressing can completely alter a piece.

7. Be respectful. Although it can be fun to try on the wackiest clothes you can find and laugh about how ugly they are with your friends, for a lot of people shopping around you, this is their only option. Be respectful of them and their time. Clean up after yourself and be aware of the impact you can have.

8. Think outside the box. No other stores will have the same diversity of style, design, age or wear. Take advantage of this and find some truly unique pieces.

With these eight tips you're more prepared to enter the wild world of thrifting. ■

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