



THE CAPTAIN'S LOG

THE VOICE OF CHRISTOPHER NEWPORT UNIVERSITY STUDENTS

@CNUCAPTAINSLOG WWW.THECAPTAINSLOG.ORG

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Students. Community. Growing together.



(Left to Right): Hayley Groover, Allyson Harold, Jake Duffee, Lucas Sharrett, Kayla Burke, Katelyn Potter, Susannah Garber, Joshua Grubb and Kimmy Wrobel pose on the farm at Chestertown during their week of service. COURTESY OF KERRI MUSICK

REACH: More than just an alternative break

MATTHEW SCHERGER
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Buckingham County, Virginia. Wilmington, North Carolina. Charleston, South Carolina. Chestertown, Maryland. Greenville, South Carolina.

Five groups of 12 volunteers each banded together for an unconventional spring break: a week volunteering through REACH Alternative Breaks.

Each year REACH provides students with an opportunity to contribute meaningfully to a commu-

nity in need.

This year REACH sent an unprecedented six trips throughout the year, five of which were during Spring Break.

The trips are focused around different service tracks each year to in an attempt to provide an experience of interest for any volunteer.

This year the service tracks represented were youth development, hunger and housing and environment and animals.

Kerri Musick, the Coordinator for Experiential Learning and the advisor for REACH Alternative Breaks,

has witnessed firsthand the growth of REACH in the two years since she has taken on this role.

"REACH wasn't where it wanted to be. They had only three trips and had a hard time filling their trips. It wasn't anyone's number one priority," Musick said.

This year, however, REACH had over 100 applicants, more than double from last year, and were able to easily fill all of their trips.

What changed? How was REACH able to grow from the anchor organization that no one really knew to a

competitive service program drawing students from all over campus?

"We worked on making REACH known, [becoming an anchor org] gave us access to good peer organizations and were able to talk to students during Welcome Week and had better real estate during club fair," Musick said.

"But most of it came down to the student leaders who wanted this program to be more than it was."

One of the largest areas of growth for REACH is its pool of student leaders.

"We have really awesome trip

leaders who make people excited and the experience is fun and you're making a difference and it's a good combination of things for people who have that kind of heart," Musick said.

Students who have previously been on trips can apply to be a trip leader on a future trip.

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Review the plans for CNU discussed at the Executive Leadership Forum.

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A&E

Preview the first Farmers Market of the Spring Semester.

Lifestyle

Take a look at the life-changing work that the IJM is doing on campus.



Weekly Pic

At the annual Unleash the Talent show hosted by Hypnotic Control, the Korean Pop Club won Judge's Choice. The group is new to campus and focuses on both understanding Korean culture and learning choreography.

ANNA DORL / THE CAPTAIN'S LOG

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



CNU TV

Check out the top 5 plays from the first round of the NCAA tournament hosted by CNU.

Happened

March 10

Students return to campus

Main campus re-opened at noon on March 10, welcoming students back from their much needed week-long break.

March 12

Mental Health Resource Fair

On-campus and community mental health resources gathered in the DSU Ballroom from 7-9 p.m. Featured resources include mental health, sexual assault, shelter services and more.

Happening

March 14

CNU Day Regatta

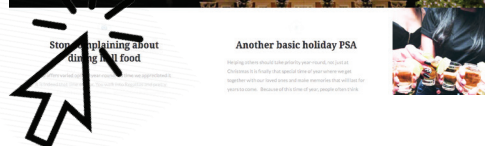
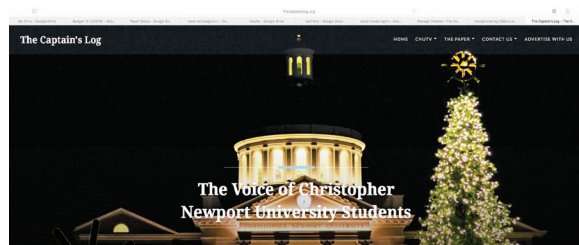
Build your own boat and race against your fellow Captains across the great lawn to win the first Regatta Cup. First, second and third place teams will also have the chance to pick a department or fund to receive donations.

March 15

Taste of Africa!

Join the African Cultural Society and the Student Diversity and Equality Council in DSU Jefferson at 7:30 p.m. for free food, music and dance.

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Visit us online on our new and improved website thecaptainslog.org. There you can experience bonus content and read all of your favorite stories.

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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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REACH

STORY CONTINUED FROM COVER

The executive board is composed of experienced members who are passionate about the direction of REACH and what they can accomplish, both as an organization and for the communities they are serving.

These communities are varied in both location and the services they need from volunteers. This Spring Break alone, REACH went to four different states and worked with a total of eight organizations.

The James River State Park group spent time outside maintaining trails and completing other environmental restoration projects.

In Wilmington students worked with WARM, a nonprofit organization dedicated to helping low-income residents with home repairs for damage from Hurricane Florence.

Other students worked on a farm with the Mid-Atlantic Border Collie Rescue in Chestertown. Between playing with dogs these students cleaned kennels and performed other labors around the farm.

The students in Charleston connected with children through WINGS for Kids, an after school program working with kids who lack the support they need at home, and Lowcountry Orphan Relief, where they put together care packages for orphans.

The students in Greenville worked with three organizations instead of the usual two. In the mornings they volunteered with Project Hope, a local soup kitchen. They alternated afternoons at Poe Mill Achievement Center and Frazee Dream Center, where they worked with kids and on renovations.

The variety of places and volunteer organizations speaks to the diversity of students who are involved with REACH. "There isn't a single stereotype of people that goes on Reach, there isn't just one kind of person besides someone who is interested in service," Musick said.

"REACH trips are open to any CNU student. It doesn't matter what your major is, or what organizations you belong to. REACH is open to anybody and everybody."

Many students returned from the trip saying they had a wonderful experience during this week of service. "The trip was fantastic," Diamonté Jones, a junior and trip leader for the Greenville trip said.

"After leaving for the trip and getting to know each other, you establish a connection with these people and really understand that there is a community of people who would take time out of their Spring Break to help people in need and give back to a community that isn't really ours."

This is the second year that Jones has spent his Spring Break with REACH, and also his second time traveling to Greenville. The experience of volunteering last year as a

trip member and this year as a trip leader, "has really opened my eyes," Jones said.

Despite the trip only being one week, Jones remarked on the strength of the bonds he created with the other members. "A lot of the night reflections and discussions brought us together as friends and as a group. We were only together to a week, but I feel so close to them," Jones said.

"It's amazing. People were crying and talking about their feelings with one another, and we've only known each other for a few days."

Musick agrees that REACH has a way of bringing like-minded students together in a way that many other organizations can't. "I really think service is one of the best ways to connect to the person next to you. It's about working side by side with the person next to you."

The future of REACH is looking brighter than even what they've been able to accomplish so far. Musick has been laying the groundwork for the direction of the organization and it's starting to produce results.

"We've been intentional about the conversations we're having before we send students to these communities," she said.

These conversations covered a variety of topics to best equip students for success during what can be an emotionally intense week for some. They discussed how students can avoid toxic characteristics such as voluntourism and having a savior complex as well as who to talk to and what resources there are in place for students who need it.

In addition to all the pre-trip work, Musick has also been focused on following up with students after the trip. All students debrief the trip in a one-on-one session after they return to school, and they have a reunion scheduled later this semester for students to share their experiences with other trip groups. She also likes to provide information for students to continue the kind of service they did on the trip here in Newport News if they express interest.

"Connecting it back here is just as important," Musick said. "This isn't just a thing you do and go on Spring Break this one time. You can do that, but it's also a thing you can do here all the time; this might just be an introduction."

As for Jones, his journey with REACH may also continue. "I would honestly go again in a heartbeat. It's been one of my favorite experiences at CNU." ■

(Far left) Taking a break from home repairs, the Wilmington group spent some time on the beach. **COURTESY OF KERRI MUSICK**

(Left) The Greenville students spent their mornings at Project Host. In addition to working in the kitchen itself, the group also put together 600 bags of tomato seeds for the kitchen to sell. **COURTESY OF DIAMONTÉ JONES**



(Top) Students from the Charleston trip posed outside the Lowcountry Orphan Relief.

(Above) Bundled against the cold, students at James River State Park renovated trails and performed other conservation efforts.

COURTESY OF KERRI MUSICK



An open Executive Leadership Forum

Student Assembly hosts forum to discuss new expansions, future plans for Christopher Newport

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“We are here to represent you!”

This was CNU’s Student Assembly promise to the student body on its Instagram page in an advertisement for their annual Executive Leadership Forum.

On Wednesday, Feb. 27, CNU students gathered in the Gaines Theater for the event, eager to have their questions about the many changes coming to campus answered by CNU administrators.

The Forum was a PLP Passport Event, so it was heavily attended by PLP students, but drew in many other attendees who were involved in different organizations or who were just interested in the information that would be presented that evening.

The panel featured President Paul Tribble, Executive Vice President Bill Brauer, Provost Dr. David Doughty, Vice President of Student Affairs Dr. Kevin Hughes and

Vice President of Strategy Jennifer Latour, who each gave their input on many different changes coming to the CNU community which will impact students in the coming months and years.

The Student Assembly compiled a list of questions concerning these issues ahead of time so the panelists were able to answer them as best they could.

Each panelist discussed the different happenings that were relevant to their area of expertise and opened up the floor to give students a chance to ask questions and respond to the statements made if they felt the need to.

Several different aspects and areas of CNU were discussed at the Forum and shared with attendees, including the blueprints for the Ferguson Center expansion as it merges with the Peninsula Fine Arts Center and plans for Martin Luther King, Jr. Day 2020.

As the Ferguson Center expands and merges with the Peninsula Fine Arts Center, the newly renovated building itself

will include a glass-domed lobby spanning four floors, improved classrooms and an art gallery, which will bring traveling art exhibits to campus.

Additionally, over 300 new faculty and staff parking spots will be added to the area as lots are being built and expanded, which will lead to less competition between students and faculty for spots in lots they currently share.

One of the ways CNU is obtaining these spaces is by addressing the parking around the Ferguson loop.

“In order to get more spaces, we’re turning parallel parking into front-end parking so we get many more spaces in the process,” said Brauer.

In response to a question concerning how CNU will uphold the idea of diversity, Latour said, “Of the [Council for Diversity and Inclusion] initiatives, I would say our large overarching one is building a strategic plan for the university around diversity and inclusion. While we’re doing that, we are still trying to move the needle forward and create other initia-

tives.”

One of these initiatives are the new plans that are being put into place for Martin Luther King, Jr. Day 2020.

Tribble said, “Martin Luther King would not want us to close school down. We’re not going to shut the university down for a day, but we are going to pause and have a two or three hour window.”

Tribble also mentioned there is a committee gathering in consultation with students now to plan a vast array of activities for several weeks around Martin Luther King, Jr. Day as well.

These activities would honor Dr. King and his work, allowing students to have a “day on” instead of a “day off,” in Tribble’s words.

The Forum did center around many diverse issues that CNU was facing, but as the discussion unfolded, the statements made by the administration also tied in different overarching themes about how to make the school a better place, such as CNU’s commitment to upholding the ideals of diversity and inclusion on campus as well as the univer-

sity’s vision to make the arts a bigger academic focal point through blueprints of plans for the updated Ferguson Center for the Arts.

At the beginning of the event, Tribble said, “It’s a great time to be a Captain, and I would suggest that there are many things we should celebrate.”

He discussed the level of excellence to which the incoming freshman class of 2023 has already risen to, as seen in their impressive applications to the school.

Consequently, the panelists stated that CNU will continue to improve in many different areas in order to uphold this standard of excellence so the university and its new students can continue to thrive.

The Executive Leadership Forum put on by Student Assembly provided an opportunity for students to get their questions addressed in real time as the university proved its commitment to offering real solutions to issues and changes in the community. ■



ANNA DORL / THE CAPTAIN'S LOG

New additions to CNU

As discussed by administration at the Executive Leadership Forum



316
Faculty/Staff
parking spots



79 additional beds -
New CNU Crossing



Major: Cyber security
Minor: Data science



5-year Master
Programs:
Accounting
and
Finance

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Currents Literary Magazine seeking submissions

Campus publication embraces the theme Fusion for 2019 publication

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Currents, CNU's literary magazine, is currently seeking submissions for this year's issue.

The previous deadline of March 1 had been extended until March 15 in order to give students more time to turn in their personal work for publishing.

This year, the theme of the magazine is Fusion.

According to junior Abigail Barna, Co-Public Relations and Fundraising Chair and Co-Layout Editor for Currents, Fusion means a combination or blending of any multitude of things.

"Fusion is a broad topic, but I view it as an opportunity to stretch your mind and evaluate things in your life that incorporate many factors," Barna said.

Barna elaborated on how Currents decided on the theme of Fusion to allow students to have a wider lens when thinking about and creating their submissions.

"We sat together in a meeting and discussed a wide variety of options, but felt that Fusion allowed our fellow Captains to have freedom with their work," Barna said.

According to Barna, although the theme of this year's maga-

zine differs in some ways when compared to previous years, there are also similarities.

"I think this theme is different because Fusion is more of a concept than an emotion such as Nostalgia, the theme for last year's edition," Barna said.

"It is similar in the diverse ways the theme can be interpreted and used to inspire submissions."

Currents accepts a wide range of submissions for the magazine. They accept poetry, prose, nonfiction, song lyrics, drama and most recently, art.

"Anything you put under the umbrella of literature, Currents will read it and publish it," Barna said.

"If you're thinking about submitting: do it. It's a worthwhile experience and you get to see your name in print."

Barna explained that her favorite part of working with Currents is the people she works with on staff.

"They are an amazing group of working together to produce our final product and getting to witness them working on something we are mutually passionate about is incredible," Barna said.

"It definitely takes a committed group of editors to create a polished finished product, but the result is well worth the effort."



COURTESY OF CURRENTS LITERARY MAGAZINE



"Currents to me means the ability to express yourself as a writer, editor or reader. Your touch is left on the final prod-

uct." Anyone who wishes to submit to Currents for the 2019 publication can do so by submitting

work through www.tinyurl.com/submitcurrents ■

"We must break down those barriers"

CNU's Dr. Patricia Hopkins delivers speech on racism in America

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One hundred chairs were organized into neat rows and stretched across the DSU Ballroom.

Almost every single one of them was filled.

Students, faculty and community members all gathered on Tuesday, Feb. 26 to hear Dr. Patricia Hopkins' speech.

An associate professor of English and the Director of African-American studies at Christopher Newport, Dr. Hopkins specializes in African-American Literature.

Her research interests include African-American Literature and Gender Studies as well as violence inflicted upon the Black female body in cases of

sexual exploitation and rape.

Her lecture was entitled "History, Politics & Life: Still Walking that Long Walk and Educating Along the Way."

Dr. Hopkins was the final speaker in a series of lectures the Dean for Arts & Humanities and the Provost sponsored in honor of Black History Month.

Throughout her speech, Dr. Hopkins talked about the invisible tether of discrimination African-Americans continue to face in America.

She filled her speech with multiple personal anecdotes and narratives of instances when she experienced racism first hand.

For instance, Dr. Hopkins was the only black woman in her class to graduate from her high school, and when she received her diploma during graduation

it had an extremely offensive racial slur written across it.

She also discussed how her own son was beaten and bullied in school simply because of the color of his skin.

Dr. Hopkins also talked about the night her father was pulled over by a police officer. Even with the whole family was in the car, the officer made sexual advances on her mother and stole cash out of her father's wallet.

The main point Dr. Hopkins asserted was there is still a gap between how whites and African-Americans are perceived and treated in society.

Dr. Hopkins mentioned how African-Americans are still mistreated in post-slavery America, even after there has been legislation and activists like Abra-



Dr. Patricia Hopkins stands at the podium during her speech on Blackness in America. EMMA DIXON / THE CAPTAIN'S LOG

ham Lincoln and Dr. Martin Luther King Jr.

According to Dr. Hopkins, African-Americans still face discrimination and racism in today's society because of lack of education, inability to escape poverty and other racial barriers.

"We must break down those barriers. We must break down those walls," Hopkins said.

By being prepared and willing to take "baby steps," Dr. Hopkins believes racism can be fought. ■

Say yes to saying no

How encouraging over-committment can harm students

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Welcome to CNU, where our motto is get involved! Here we stress joining as many clubs and organizations as possible until we are nothing but stressed.

Students tend to join organization after organization, and they take pride in filling all their free time with activities. In fact, they can't recognize when they are at their limits, and they don't know when to stop.

Currently, according to the CNU website and Compass, we have almost 250 clubs, 21 recognized Greek organizations and 23 sports teams (10 for men and 13 for women). In addition, those 21 fraternities and sororities only include the Interfraternity Council (IFC), Panhellenic Council and National Pan-Hellenic Council (NPHC); it does not encompass any of the dozens of other fraternities, sororities and honor societies.

While these numbers already show a high involvement, they leave out a lot. They do not include any of the many bands on

campus, the artists, the theater members or the students who are employed. It also excludes the large percentage of students who are in the Presidential Leadership Program, the Honors Program, those that volunteer and those who do research.

Almost all students are involved in at least one of these areas.

Most, a lot more than one.

Me, about ten.

Oh, and did I mention that we are also students?

Getting over-involved is a major concern for most university students.

There's a belief that the more you are exposed to now, the better prepared you will be after graduation. Therefore, students join everything. And I mean, everything.

It leads to students spending so much time on their organizations and academics, however, that they stop devoting the needed time for themselves. They put

their resume above their health and sanity.

When students keep saying yes to everything, they are saying no to themselves.

Sleep is often most neglected by students. It's common knowledge

go to the gym, so the "Freshman 15" occurs every year. They weaken their immune systems, so the flu reigns king. They have too many activities, so they don't have time to do their other activities. Students are doing too much, and they are getting burnt out.

These habits are leading to increased anxiety, depression and stress. According to an American College Health survey, "nearly 40% of college students said they had felt so depressed in the prior year that it was difficult for them to function, and 61% of students said they had 'felt overwhelming anxiety' in the same time period."

Don't get me wrong, being involved is great.

These organizations make students happier and more engaged; it acts as release from their academic lives.

It's how students make friends, build their social lives and create long-lasting networks. It also

makes up what is known as the "college life," and it's what you as an alumni will reminisce about for years to come.

Students, however, are just taking on too much. They want to be the best and not let anyone down, so they push themselves to try to do everything and try to be perfect. They don't want to seem like they are incapable, so they are afraid of saying no.

I also used to be afraid of saying no.

That changed when I realized that getting involved is important until it starts to affect your physical and mental health.

College is the best time of your life, but how can you enjoy yourself if you start taking away what makes life worth living? Saying no to something for your health or sanity is not a fault.

It's human.

If you feel yourself succumbing to stress and anxiety, or if you feel that you can't handle everything, don't be afraid to take a step back. Don't be afraid to say no.

That organization will still be there, but if you push yourself too hard, will you still be here? ■

"When students keep saying yes to everything, they are saying no to themselves."

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Puzzle corner

Take a break from your work and try your hand at a sudoku



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I don't understand

My journey through suicide loss

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"Another one...?" I couldn't help but hear it repeat in my head. "Really, another one?"

My body shook with chills, and my stomach knotted itself, just as it does now remembering the story.

I wondered if hearing these stories will always affect me this way and if they would always jolt me back to that instant gut-wrenching fear that I felt on June 15, 2016.

I'm an RA for a freshman residence hall here at CNU. We have weekly staff meetings in which my boss updates us on our duties and requirements for the upcoming week and sometimes keeps us informed on campus happenings as they relate to our residents.

On Feb. 26, 2019, my boss shared the shattering news that another student at my university had attempted suicide. It had happened over the weekend, and the student was still in the hospital.

Other details were scarce, as the family had requested privacy and my boss explained

as if reading from a script. Despite my curiosity, I refrained from asking any questions. I remember being a part of that aforementioned 'family,' and I remember the overwhelming feeling that came with everyone asking 'how' and 'why.'

I remember getting choked up the last time a friend asked me why I was so passionate about suicide prevention because somehow sharing my story on my own accord felt so much easier than sharing it when someone asked me directly.

Luckily our staff meeting wrapped up after that heart-wrenching announcement, and I proceeded upstairs to my room where I suddenly broke down and cried, something that is uncommon for me. I called the first person in my recent contacts without really knowing why, other than that my extrovert self can't handle being alone at times like that.

As I thought about my feelings and tried to explain them over the phone, I reached for the journal I had written in on the day of my cousin's death over two and a half years ago. I read the passage from that day aloud to myself, wondering if I would ever be able to share those words publicly,

maybe on stage at an awareness walk, or in a blog post for anyone to read.

I imagined giving hope to someone who had also suffered a suicide loss, and I imagined impacting someone who struggled with suicidal ideation. I imagined saving a life.

I had studied that journal entry more than any other I've ever written. It started with the direct intention of painting the picture of a very regular day.

I had eaten Fruity Pebbles while watching the Today Show that morning in the summer of 2016, and I met my two best friends for lunch at our favorite restaurant before I ran an errand at Walmart later that afternoon.

Of course, that's not what I remember about that day, and that's what makes those details so important. I was having a very regular day, filling myself with friendship and checking off some things on my to-do list before starting my camp counselor job for the rest of the summer. At the same time, my 16-year-old cousin, Jake Lowery, took his own life by firearm.

I remember hearing the word 'suicide' and feeling my head spin around the room. I remember sobbing into my brother's

shoulder onto his navy blue Nationals t-shirt, and I remember repeating "I love you" over and over as he repeated it back to me. I remember hearing my dad call me 'Peanut' for the first time in years when he got home from work and embraced me.

That night I wrote in my journal.

The last paragraph of that entry reads, "I'm so in shock and unable to process anything. I'm afraid to sleep because I'll have to remember it all again in the morning—and attempt to convince myself it's true. I wept initially but haven't cried since. I'm afraid for Jesse [Jake's brother]. I loved and still do love Jake. I wish he knew how much he meant to so many people. I don't understand."

The healing process continued for weeks and months and years, and to this day, I can't say my cousin's death doesn't sting me randomly sometimes.

It stings me on June 15 of each year, when I reflect on another year that Jake didn't get to witness and as I try to fathom the amount of time that he has been gone. It stings me on July 16 of each year, when I picture Jake being another year older. It stings me on Thanksgiving and

Christmas and the Fourth of July as I picture him holding my hand as our family prays before a feast of a dinner.

It stings me even more when I hear of the death of another young person who felt that life was ultimately too painful to bear any longer, as I envision another family going through the thoughts and feelings that myself and my family underwent in the summer of 2016.

On Feb. 27, 2019 I learned that the student who attempted suicide on my campus died in the hospital a few days after his attempt. While I wish to maintain his family's request for privacy, I believe talking about his death is the only way suicide will lose its stigma.

As I've tried to grasp an understanding of suicide since that day, I have come to appreciate the connection that suicide survivors share.

It is by talking about suicide, sharing our stories and destroying the stigma of mental illness that we may combat suicide as a community.

I share my story publicly because it is real and painful, and because no one deserves to feel the loss of a loved one to suicide. ■

Comics Corner

College life makes for some hilarious and meme-able moments. Here is a relatable scene for an average CNU student.

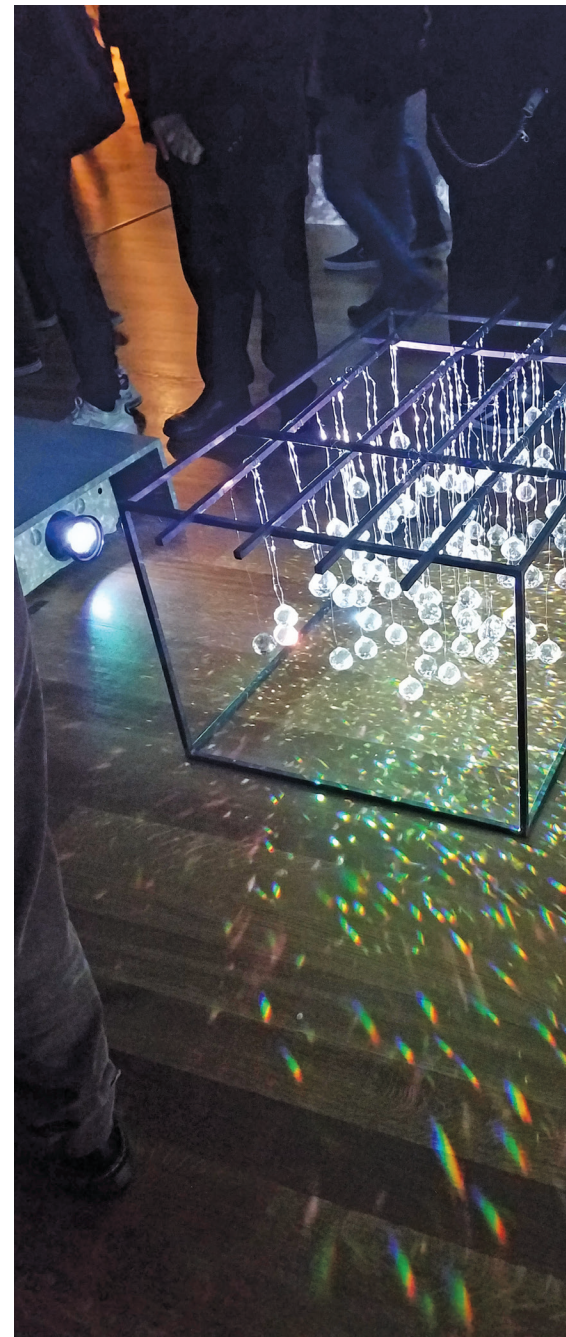
CNU
Blues

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Times Square is home to a statue of George M. Cohan, a famous playwright and composer who wrote "Give My Regards to Broadway," "The Yankee Doodle Boy" and "You're a Grand Old Flag." **HANNAH LINDENBLAD / THE CAPTAIN'S LOG**



(Left) "Reanimation" is a light projection installation that allows you to get a perfect Instagram photo. (Right) The installation "Reanimation" is exhibited in Midtown New York to promote love, peace and positivity. Gogh is exhibited in the MoMA a few steps

Captains explore New York City

The Captain's Log staff attended the College Media Convention, toured the city between events

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Spring break is usually a time for rest and relaxation on a warm beach or at home, but this year a collection of the editors at The Captain's Log traveled north to New York City for the annual College Media Convention.

The College Media Association hosts an annual College Media Convention for student journalists and their advisers to learn from journalists and professors from

universities all across America. They offer a variety of sessions that cover leadership, advertising, broadcast, design, print, radio and photojournalism.

New types of media were also covered with sessions like "Instagram and Reporting." In this session we learned how to combine old media formats with new social media platforms.

After the sessions were done we had time to experience what New York City has to offer. We walked

all around Times Square, explored the many tourist-filled shops and went to the Museum of Modern Art (MoMA).

The Museum offers free admission on Friday between 4 p.m. to 8 p.m., and like typical college students we were very excited to see the word "free" while visiting a city known for being expensive.

While touring the crowded museum, we were able to view famous artworks of Pablo Picasso,

Vincent Van Gogh and Andy Warhol among others.

In New York City, there is no shortage of options for food. We went to places like Kodama Sushi, The Melt Shop (specialized grilled cheese and comfort food), Pazzo Notte, The Mean Fiddler and of course searched for the best New York style pizza.

The food was amazing, but learning skills that I could actually apply to my current job and future career was great.

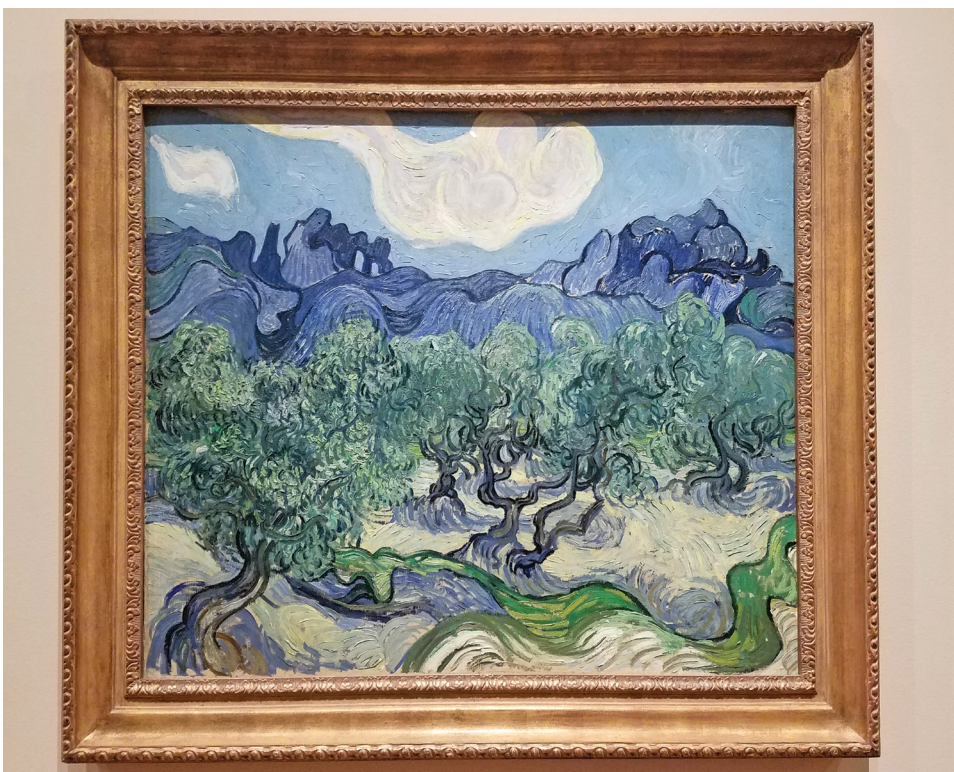
I am so grateful that I had the opportunity to spend Spring Break with The Captain's Log staff this year at this convention.

The sessions we attended helped us grow as writers, photographers and journalists while also becoming closer friends in the process.

It was informative, fun and we all avoided getting burned by the sun, or just sitting around watching Netflix; most likely the latter rather than the former. ■



and video art piece by Joan Jonas in the MoMA that was a popular spot to see the statues “Paparazzi Dogman” and “Paparazzi Rabbitgirl” sit on 6th Avenue as a way to celebrate and acceptance of diversity. (Below) “The Olive Trees” by Vincent Van Gogh is a way from its more famous companion piece “Starry Night.”



(Top) The Captain's Log staff went to Kodama Sushi, a quaint restaurant, which offered sushi and other types of authentic Japanese cuisine. (Bottom) This sushi place had vegetarian options like the Avo Q (avocado and cucumber) and a Shitake Roll.

Men's Lacrosse
7 p.m. March 13
Washington College (Md.)

Softball
2:30 p.m. March 14
University of Lynchburg

Baseball
3 p.m. March 13
Virginia Wesleyan University

Women's Lacrosse
7 p.m. March 13
Randolph Macon

The athletic transition

Transitioning from a collegiate athlete to a non-athlete on campus

TARYN HANNAM-ZATZ

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The transition of being an athlete to no longer being an athlete is one that brings many struggles.

I have been playing sports since I can remember; I picked up lacrosse when I was in about fourth grade.

I kept playing all the way through my sophomore year of college here at Christopher Newport University.

Playing sports has always been somewhat of an outlet for me.

Whenever something was bugging me, I had a bad day or school was hard, I would remember that I had practice or a game later that day and I would instantly feel better.

Sports allowed for me to forget whatever was going on in my life,

I could just compete and have fun.

Sports do get tougher as you grow older, playing in college for example was not always fun and games.

Sometimes things would get very competitive.

It can take a toll on you mentally and physically, but lacrosse was always still that outlet for me and I loved the game.

At the end of my sophomore season I decided through a lot of deliberation that it was time for me to step away from lacrosse.

This was a decision that was in no way easy for me and even though it was best for me, I knew it would bring a lot of challenges.

Fortunately for me, only a week after I quit it was the end of the semester and time to go home for summer break.

This made it a bit easier in that

I wasn't around my team all the time.

Then the next semester, I studied abroad in Florence, Italy, which also helped because it was giving me time to be away from the sport.

Quitting a sport you love feels like someone you are close to has died.

You need time to grieve and being abroad gave me that time.

I was able to heal and come back to school feeling very confident in my decision.

Coming back was not as easy as I thought it would be.

I was always around my former teammates and around the sport which made it hard not to miss it.

Even though it was difficult I had friends and family to lean on if I was struggling.

I got over it very quickly and realized that I now had so much

more time to devote to other things. I joined a sorority, I started writing more for the newspaper and I had more time to hang out with friends that were not involved in athletics.

Though quitting was a very hard decision and I struggled, it ultimately made me happier.

I have been able to branch out and get involved with a multitude of activities on campus.

The transition is different for everyone and for me it was hard, but it is the hard things in life that make you who you are.

I am still able to be around the sport in ways that make me happy, such as practicing with my younger sister and supporting her as she goes on to prepare for her college lacrosse career.

Overall, I wouldn't give up my experience with lacrosse for anything because it has brought so much good into my life.

And though I am no longer a collegiate athlete that doesn't mean I have stopped playing sports.

I play intramural volleyball so that I can still have my outlet as well as the time I wanted to do other things.

Sports have always been a big part of my life and they always will be.

Even though I am not a collegiate athlete anymore does not mean I can't enjoy sports the way I have for my entire life.

Just because you have moved on from something does not mean you have to forget it. ■

“It is the hard things in life that make you who you are.”

‘Tis the (basketball) season

Why NCAA March Madness is actually better than NBA play-offs

ANNA THOMAS

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It's the same feeling you get as you're unwrapping that first gift on Christmas morning: you know what you want, but you're prepared to be surprised. It's the same uncertainty, high expectations and feeling of pure hope.

It's the best time of year for any basketball fan. And, to me, it trumps anything the NBA has proven to be. It's something special—it's March Madness.

I know, I know. A lot of you diehard LeBron or Kyrie fans are about to tear these words right off the page. And yes, I too have my NBA favorites, but the NCAA Tournament proves college basketball to be superior. And I know I'm not alone in thinking this.

It's no secret that the NBA game now revolves around the three-point shot. In fact, teams are now attempting an average of 31.3 three-pointers a game, according to a 2018 CBS article. That's

almost twice as many as the 18.1 average in the 2007-08 season.

It's a scoring game, with defense almost completely out the window.

The NBA is designed to be fast, hence the 24-second shot clock. Offensive possessions are short, shots are long, and the flashy dunks and fast-breaks are the highlights of the night.

However, when you're a professional athlete, those skills are expected of you. If you really want to impress me, get low and play some disciplined, lock-down defense. For a full 24 seconds, at least.

Anything other than that, to me, isn't real basketball. Now, college ball is also changing, as players are mimicking the NBA three-point shot.

The thing is, they're making those shots a lot more. The San Antonio Spurs lead the NBA in three-pointers, shooting 40 per cent from behind the arc, according to NBA stats. However, in college ball, there are six teams that are shooting just as well, if not

better than that, starting with Lehigh University at over 42 per cent percent, according to ESPN.

Shouldn't professional, adult players be better shooters than students? Well, college shooting percentages are higher because, to the players and coaches, the shots mean more.

College players are on a timeline; they have four or maybe five years before their expiration date. That means if they're throwing up an absurd, half-court, NBA-style three, they better make it.

Because in college basketball, those three points are often the difference in the game.

In March Madness, it could cost them their season. And their senior year? It could cost them their career.

With no guarantee of playing after graduation, the time limit for players makes it that much more competitive.

But that's just what makes the tournament so worthwhile. Every round poses the threat of

elimination.

It doesn't matter if you're the Number 1 seed or at the bottom of the barrel, any team can muster their way through to the Final Four if they pay attention to the details—to the fundamentals of the game. And that takes heart.

After all, it's called an “upset” for a reason. College basketball, and March Madness specifically, is an emotional game.

It might sound crazy if you're not a sports fan, and who knows, maybe it is. Maybe screaming in your living room over a buzzer-beater is crazy.

Maybe yelling at the referees on television or shedding a tear when your team loses is crazy.

Maybe it's crazy to have an earbud in as you leave work to catch the end of a game.

Maybe we're all crazy. Isn't that why it's called madness?

That's the beauty of the tournament that the NBA just doesn't measure up to.

The NBA's seven game series in The Finals is a drag. Perhaps it's meant to combat the fast-pace game, but in reality, it just makes the three-pointers and fast-breaks that much more boring.

The one-and-done style of the NCAA tournament gives every game, possession and shot more importance.

It means something. And as long as your team makes it into the tournament, it's really fair-game

for anybody.

That is, anybody that puts in the right work.

So, the competitive spirit is there simply by the nature of the game. But it goes beyond that as individual players are working to get a spot at the “next level.” For many of them, the NBA is the goal, making them even more determined to perfect their game.

There's a certain appeal, I guess, in watching kids work to prove themselves in something they love, especially when they do it as a team.

As a fan, our attachment to the players develops throughout their four years as we witness their growth as athletes.

It's bitter for us to see our beloved seniors walk off the court. The school teams we root for, especially if it's your alma mater, have a little piece of our hearts.

In the end, the tournament proves a little something about life: you should never discount the underdog.

You should always play and live like it's your last chance. And, in the grand scheme of things, the only thing that defines your success is how you live and play the game.

You don't always have to have the title to make a difference.

Call me mad, but I live for March. Every day this month is like Christmas morning. Let's unwrap this gift together. ■

Final Four: On the way to the top

CNU Men's Basketball is heading back to the Final Four for the second time in program history on the back of a 13 game winning streak

MICHAEL INNACELLI

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Final Four bound is the phrase of the week as CNU is sending the Men's Basketball team to the DIII Final Four of the NCAA tournament for the second time in program history.

The ninth in the nation Captains got there by travelling to Hamilton College and beating both 10th ranked Hamilton and 19th ranked Williams College. The first game for the Captains started off looking like they would struggle to take down Hamilton.

Being behind by 12 points at halftime the Captains looked to be crashing out of the tournament in the Sweet 16. It all changed for CNU in the second half as they went on to outscore Hamilton 55-35 in the second half alone and winning the game 75-67.

Sophomore #31 Cutch Ellis was the standout performer of the game. Ellis had a double-double on the night with 12 points and 17 rebounds to help the Captains with their comeback win.

Junior #20 Jason Aigner also had a good night on the court with 18 points and nine buckets from 10 free throw attempts.

Aigner also managed to play almost every minute from the two games over the weekend.

After the monstrous comeback performance in the second half against Hamilton, the Captains cruised to an easy victory against Williams.

Williams started the game with the first score, but never had the lead again after this as CNU ended up defeating the Ephs from Williams by a score of 79-70.

They did this on the back of a stellar performance from Senior #3 Marcus Carter who had a line of 27 points and five assists throughout the game.

This performance only helped solidify the case for giving Carter a regional honors award, his coach John Krikorian also received the honor for coaches in his region.

Another standout performer from the game against Williams came from that of Junior #52 Savonte Chappell.

Chappell started the game on the sidelines but ended up putting up 17 points on the back of a seven for seven night from the free throw line.

All of this together proves the case for the Captains as they head into the semifinals this

week against sixth in the nation Swarthmore College.

Both teams have had stellar performances coming into this game with Swarthmore defeating fifth in the nation Randolph Macon 58-57 before taking down 14th ranked Nichols 69-65.

After the semi-final game the winner will face either fourth in the nation UW-Oshkosh or non-ranked Wheaton (Ill.) in the national finals.

The Captains come into the semi-finals against Swarthmore with a 13 game winning streak.

Recently the Captains have looked the dominant figure against tough opponents and will look to continue that against Swarthmore. As with every game in the NCAA tournament it is win or go home; this means the Captains have almost played as many games as possible this season.

Seniors #5 Logan Miller, #10 Tyler Femi and Carter will look to finish their season in the Finals with the first program NCAA championship.

For more information, go to the CNU Athletics page at CNUSports.com and you can see the Captains' top five plays from the first and second games of the NCAA tournament on our Facebook page courtesy of CNU TV. ■



#3 Marcus Carter carries the ball in a game from Jan. 9 NICOLE RAMKEY / THE CAPTAIN'S LOG

Life in the Fastlane

An analysis of the Fastlane wrestling event and what that means for Wrestlemania

AUSTIN URCH

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Sunday night was not only the last day of spring break but also the night of Fastlane, World Wrestling Entertainment's (WWE) last pay-per-view before Wrestlemania 35.

With Wrestlemania only four weeks away, it was time for story lines to be ironed out and for fans to begin to fantasy book how their favorite superstars will make the card.

However, a few people missed the memo and those people are the creative team at WWE. Apart from a few story lines which have been in the cards for months (the RAW Women's Championship and Universal Title matches), not very much progression occurred.

But where there was progression, there was a lot of it. In the first match of the show The Miz

and Shane McMahon teamed up in the Miz's home city of Cleveland, Ohio to take on the defending Smackdown Tag Team Champions, The Usos.

Fans in attendance and viewers alike were invested in the match because of the story. The Miz confronted Shane near the end of 2018 urging them to team up to try to gain the approval of both their fathers.

Ultimately, it would be the Miz's father, seated at ring-side, who advised his son to attempt a splash off the top rope to secure the victory, but Jimmy Uso was ready, caught the Miz rolling him up for the pin and securing the victory.

This prompted a heel turn from Shane after the match where he ran up from behind the Miz and rained down with a flurry of fists and kicks into him in front of his father and home city earning himself an echoing chorus of

boos and jeers from the fans in attendance.

This will most likely result in a match at Wrestlemania, and did a great job of setting up the two as adversaries. Because the fans were invested and there was story progression, an okay match was turned into a good and memorable match.

However, just because story progression happens, it does not mean that the match will be elevated.

In one of the most anticipated matches on the card and possibly of 2019 so far, fan favourite Becky Lynch was set to take on Charlotte Flair, the daughter of WWE Hall of Famer Ric Flair.

Coming into this match, if Lynch was victorious, she would be reinserted into the Wrestlemania main event against Ronda Rousey.

Fans were eager to watch Lynch and Flair have a match to re-

member with an "injured" Lynch having to overcome the odds to defeat one of the best women's wrestlers of all time.

Instead, fans were given a mediocre match that paled in comparison to the war they waged on each other at shows last year like "Evolution" and "TLC." The injured knee of Lynch was the target of Flair's attacks before Charlotte ultimately locked in her Figure Eight submission hold.

When it looked like the match was just about over, Ronda Rousey runs down the ramp and into the ring before sucker punching Lynch in the gut resulting in a disqualification.

The disqualification put Lynch back in the Wrestlemania main event against the other two women currently in the ring. What was shaped up to be another great match, highlighting the strengths of both women involved, resulted in a non-finish but the fans ultimately getting what they wanted.

A common saying comes to mind, "It's not about the destination, it's about the journey." In this case, fans knew where they were going but the journey to get there was a rough one.

Yes, fans wanted Lynch back in the match at Wrestlemania but this is not how they wanted it to happen.

Becky Lynch is a fighter who has had to scratch and claw her way inside the company to get to where she is.

Because of this we were ready for her to have to fight her way back into the match she rightly deserved.

All that progression was undermined when Rousey came in, caused the disqualification, and essentially handing Lynch the opportunity.

But despite this slip up, there is no doubt in my mind that the first women's match to main event Wrestlemania on April 7 between the trio will be a great one. ■

Want to write for the Sports Section?
Contact me:
michael.innacelli.15@cnu.edu

March 14

Hozier
8 p.m. Chrysler Hall

March 15

Pink Talking Fish
8 p.m. The National

March 15

"The Hummingbird Project"
"Captive State"

March 14

Farmers Market
3-6 p.m. York Strip

March 14

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

National Women's Month bops

From Salt-n-Pepa to Ariana Grande, celebrate the entire month with a playlist fit for all women

Quiet MILCK

While this song was written by Chinese-American singer Connie K. Lim and A.G. Gonzalez in 2015, it became well-known after Lim organized its a capella performance as MILCK at the 2017 Women's March in Washington, D.C. It was inspired by Lim's experiences with depression, violence and eating disorders as a teen, and was popularized with #ICANT-KEEPQUIET on Twitter, where Lim shared the sheet music for free for anyone who wanted to organize their own performances of the song.

Q.U.E.E.N. Janelle Monáe

This R&B funk hit by Janelle Monáe is performed in a question-and-answer format that explores her thoughts about sexuality, gender and other oppressed peoples. Q.U.E.E.N. stands for "Queer, Untouchables, Emigrants, Excommunicated, and Negroid," according to Monáe in her 2013 Fuse HQ interview. Not only does this song empower women, but it includes multiple minority and oppressed groups and how those different identities flirt with intersectionality.

Bad Girls M.I.A.

The music video for this song was shot in Morocco in solidarity with the Saudi Arabian movement which campaigned for the rights of Middle Eastern women to drive motor vehicles. It revolves around girls who break rules and live rebelliously with no attempt to even disguise that they are breaking norms.

Ain't Nuthin' But a She Thing Salt-n-Pepa

In a genre that tends to be dominated by men, Salt-n-Pepa became a classic 90's hip-hop duo that spat feminist lyrics about positive sexuality, racism and respect. As a reference to "Ain't Nuthin' But a G Thang" by Dr. Dre and Snoop Dogg which mentions drugs and sex, Salt-n-Pepa turns their lyrics to comment on the discrepancies between how men and women are treated.

You Don't Own Me Lesley Gore

Recorded by 17 year-old Gore in 1963, this song became an inspiration for the second wave of the Feminist movement. Gore expressly and defiantly tells a lover that he does not own the speaker and cannot tell her to display her in any way.

Hijabi (Wrap My Hijab) Mona Haydar

Haydar, a Syrian-American artist, uses her rap to expose misconceptions that people have about hijabi women. Specifically, she counters perceptions that pregnancy or the hijab holds her back, as neither the hijab nor pregnancy mean she is disempowered or subject to societal servitude.

***Flawless Beyoncé

In 2013 Beyoncé released this song online, consisting of two parts: "Bow Down" and "Flawless," bisected by a sample of Nigerian author Chimimanda Ngozi Adichie's speech entitled "We Should All Be Feminists."

Girls like Girls Haley Kiyoko

In her interview with Us Weekly, Kiyoko remarked that "there is no anthem for a girl stealing another guy's girl" while there are always song about men stealing other guy's girls. The song was lauded as a lesbian anthem for representing lesbians and women who love women for representing LGBT+ women without overtly sexualising them for the male gaze.

God is a Woman Ariana Grande

Ariana Grande's music video for this song is rife with references to biblical power - but also Grande's power found in her femininity by representing it through various depictions of herself as a god, as Thor, as the center of the actual galaxy, and as God in Michelangelo's "The Creation of Adam."

Just a Girl No Doubt

Released in 1995 by New Wave/Ska-punk rock band No Doubt, Gwen Stefani and Tom Dumont wrote this sarcastic song about Stefani's life experiences as a woman who would be considered vulnerable, growing up with strict parents who treated her as a young child.

COMPILED AND WRITTEN BY SABRINA RIVERA
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Historical Breakdown

Commonly known for Leprechauns and Easter bunnies, March is now known also for National Women's Month. Tracing its origins to International Women's Day established in 1911 and organized celebrations in schools and institutions in the late '70s and early '80s, the milestone has certainly grown overtime. In 1981, Congress passed Pub. L. 97-28, which "authorized and requested the President to proclaim the week beginning March 7, 1982 as 'Women's History Week.'" The National Women's History Project petitioned Congress to pass Pub. = 100-9 and make March Women's History Month in 1987 and every year thereafter. But there's no better way to celebrate a movement than with music about women's empowerment.

Farmers Market to start season Thursday with 23 vendors

Pie themed market in honor of March 14 will feature old favorites and a host of new sellers



COURTESY OF CNU FARMERS MARKET CLUB

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Every Spring semester since 2011, warmer weather has signaled yet another outdoor event: the CNU Farmers Market. Located on the York Strip Thursday afternoons, vendors gather to sell their goods and students perform for

a crowd of students, faculty and community-members.

Opening March 14, the first farmer's market will host 23 vendors selling produce, prepared food, desserts and other products ranging from artwork to clothes. From 3-6 p.m., the 'Pi Day' themed event will have a pie eating contest and extra desserts to

celebrate the day.

Without the work and preparation from the Farmers Market club, the event would be nonexistent.

The club has gathered 23 vendors, drawing from their regulars since the first market in 2011 and new sellers they have recruited over the past year.

President of Farmers Market club and sophomore Jacqueline Gillespie has facilitated the preparation for the season since last year.

With a mostly new Executive Board staff, members have taken it upon themselves for active recruiting and brainstorming.

"We were really hoping for food

trucks this semester, and we have a few new ones, which I'm really excited about," Gillespie said. "They tend to do best and we always try to find vendors that we know will succeed."

Market-goers will likely recognize Pelicans Sno Balls and Rocking RC Pizza from previous seasons, creating a pleasant aroma to accompany music and chatter.

A variety of student performers are scheduled to sing and play their instruments in front of the DSU this year. As another way to involve and promote student involvement, the club considers performance opportunities for all interested talent.

Later in the semester, the club hosts 'Night Market' in the evening, usually featuring student vendors selling their art and various products. Expressing enthusiasm for the event, Gillespie enjoys planning this night in particular.

"I'm actually seeing an increase in students starting their own businesses and a lot of people selling their art and I love seeing what CNU students are doing," Gillespie said. ■

Mariner's Museum: Upcoming Events

Civil War Conversations
 Mar 28 @ 6:30 p.m.

Maritime Mondays
 Apr 1, 8, 15, 22, 29 @ 10:30 a.m.

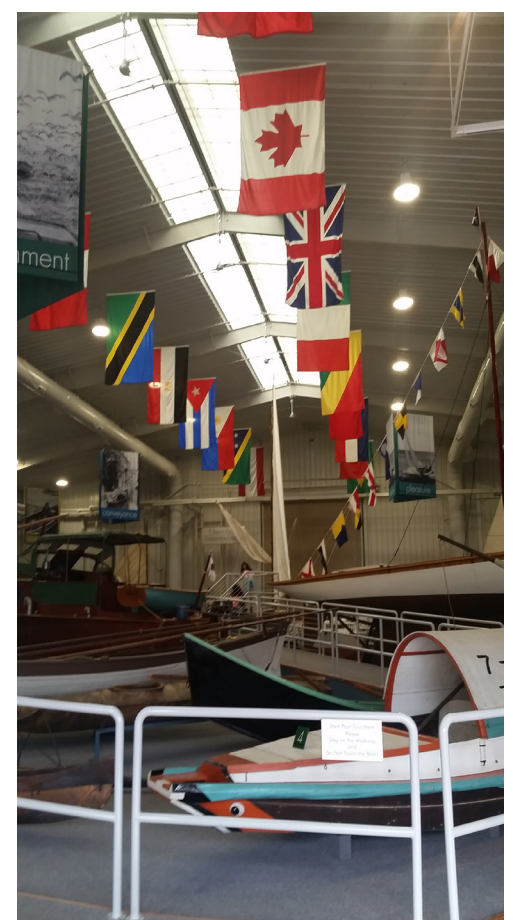
Civil War Round Table
 Apr 5 @ 12:30 p.m.

Maritime Connections Lecture
 Apr 6 @ 10:30 a.m.

Book Talk with David Silkenat
 Apr 20 @ 2 p.m.



The Mariner's Museum features exhibits such as the International Small Craft Center with several boat models. KRISTEN ZICCARELLI / THE CAPTAIN'S LOG



Captains #SpeakUp against human trafficking CNU's chapter of the International Justice Mission campaigns for change

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The goal of the International Justice Mission (IJM) is to "end slavery in our lifetime."

IJM's chapter at CNU is working every day to do just that.

They recently held their spring campaign entitled 'Speak Up,' which ran from Feb. 26 - 28.

The initiative drew attention to the plight of human trafficking in America and all around the world and campaigned for more funding for the 'End Trafficking Now' movement that was proposed by Congress.

Before the campaign officially began on Feb. 26, members of CNU's IJM chapter covered the campus with flyers stating "Who will speak up for Amita?" (a girl who was a victim of human trafficking).

Members of IJM tabled in the DSU during the week of the campaign, where they had information available for students walking by.

They handed out flyers featuring Amita and information about human trafficking.

They also encouraged students passing by to tweet using #SpeakUp, #EndItMovement and #CaptainsSpeakUp.

These hashtags created a movement and a strong presence online, the goal of which was to get

the attention of lawmakers and bring human trafficking into the national conversation.

"For [the Speak Up Initiative] this year, you tweet your Congress representatives," Vice President of CNU's chapter of IJM Makenzie Wolf said. "Each week, [the hashtags] gain attention. Yesterday alone, there were over 5000 tweets to different representatives. We're tweeting to get funding for this initiative as well as to get the word out that [human trafficking] is still going on."

The outcome IJM hoped for was to encourage funding for anti-trafficking initiatives so that victims can be reached and rescued from sex slavery as soon as possible.

Human trafficking, along with many other different kinds of human rights violations, is one of IJM's main missions and issues that they focus on in America and beyond.

Wolf said that the fight for freedom for all is not just in some distant country thousands of miles away - it can hit close to home as well, and the plight is just as serious no matter where in the world it takes place.

The United States is a haven for victims of trafficking, which is why CNU's IJM members continue to fight to end the practice as it directly affects their immediate community.

As part of the Speak Up campaign week, IJM held a screening of the original IJM documentary, "I Am



(Left to right) Brooke Borchardt, Emma Miller, Makenzie Wolf, Hannah McClure and Abigail Ridderhoff table in the DSU for IJM's 'Speak Up' campaign. ANNA DORL/THE CAPTAIN'S LOG

Brave."

The film focused on the true story of Joy, a survivor of sex trafficking in the Philippines, who found her way to freedom and a second chance at life thanks to IJM.

The name of the film comes from a statement Joy made in a scene after she had been rescued: "I am not weak, I am brave. I am brave enough to stand on my own."

The film was extremely powerful and allowed students to make the connection that human trafficking is a very real thing that happens to real people around them every day.

Patrick McKenna, co-founder and director of the Virginia Beach Justice Initiative, spoke after the screening and reinforced the truth that human trafficking can happen to anyone, anywhere, at any time.

He also presented students with information on who to contact if they or someone they know is a victim of trafficking.

IJM holds a lot of different events and initiatives every year, each bringing awareness to a different issue that isn't talked about much.

Last semester they held a Freely Made fashion show to raise awareness about fair trade and unethical labor practices across the world.

Wolf says that IJM tries to bring awareness to different injustices in the world through their events and initiatives, as well as educating club members at their biweekly meetings

about certain issues going on in the world, such as police brutality.

The club's main goal is to bring attention and awareness to ongoing human rights violations that happen all around the world every day, not just the United States.

"There are things that people don't really talk about because it's almost uncomfortable, so making them less of a taboo topic, allowing these [issues] and justice to be talked about, is something we can all strive to go towards," Wolf said. ■



COURTESY OF @IJM_CNU ON TWITTER

If you or someone you know is a victim of human trafficking, help is available.

National Human Trafficking Resource Center
888-373-7888 or text Info or Help to 233733

Virginia Beach Justice Initiative
877-227-2321

Local Victim Hotline: 757-656-1015
justice.vb@gmail.com or www.vbji.org

Coordinated Community Response Hotline
757-251-0144

Homeland Security Investigations Tip Line
1-866-347-2423
hamptonroadsHHTF@ice.dhs.gov
or submit online at www.ice.gov/tips

COURTESY OF THE VIRGINIA BEACH JUSTICE INITIATIVE

Cruelty free beauty guide

Look and feel beautiful without hurting the bunnies

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There are a lot of cosmetic companies out there, and you probably already have a few favorite brands that you know, love and like to stick to when it comes to buying personal care products.

It may be surprising to learn that hundreds of mainstream beauty brands (and their parent companies) engage in animal testing.

If you're a compassionate consumer like I am, you probably can't stand the idea of innocent creatures being experimented on and being on the receiving end of unnecessary pain and suffering just so you can buy a new mascara formula.

Here are a couple of simple tips to help you shop more consciously and find products that are good for you as well as the animals.

Consider this your guide to cruelty free beauty made easy.

1. Look for the Leaping Bunny symbol on product labels. It's a universal symbol of cruelty free products used by many cosmetic companies to denote their compassionate practices.

2. If you're vegan or vegetarian, you may want to make sure the products you buy are made of ingredients that don't come from animals, such as squalene (shark liver extract that often ends up in lip balms) and stearic acid (made from pigs' stomachs, found in some hair and body products).

3. Don't buy makeup brushes and fake eyelashes that are made from animal hair. Foxes, squirrels, minks and other animals are killed and skinned to create these products and there are plenty of synthetic (and more affordable) alternatives.

4. Seek out natural and organic products if possible. They are much less likely to contain animal ingredients and definitely more likely to be cruelty free. Plus, they're overall kinder to your own body, too.

5. Do your research. Google cruelty free makeup and personal care brands before you go out shopping and know which ones to look for - make sure you look at parent companies as well. Lots of well-loved brands have recently made the switch: Covergirl, Dove and Herbal Essences were recently certified cruelty free by PETA.

However you decide to incorporate the cruelty free lifestyle into your beauty routine, there are lots of easy ways to make sure your cosmetic cabinet is a compassionate one. ■

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COURTESY OF ETHICAL ELEPHANT

Jaron's Trivia Corner

Throughout the movie series of "The Lion King," eight characters have names that end with the letter A. Name as many of the African A-listers as you can!



COURTESY OF DISNEY.COM

(Answer: Simba, Nala, Scar, Zira, Kiara, Pumbaa, Mufasa, and Sarafina)

Career Horoscopes: March 13-20 "Making useful contacts"

JARON OVERTON
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Aries (March 21 – April 19)

Talk about perfect timing! Stay on your best work. Think what others think and they will know where you stand. This is a fortunate time for a leader, despite the dull tasks. Remain comical. Partnerships and legal matters will have your attention. Be as political as possible for the best outcomes.

Taurus (April 20 – May 20)

Treat everyone as equals. The best work will offer grand support and acknowledgment. If not, swap your concentration to rewarding conclusions. You aren't stuck if you keep your alternatives open. Exceed your work completion, despite overtime. Endure dissatisfaction with irresponsible people.

Gemini (May 21 – June 20)

You may have everything under control, but it is best to support your interests. Be alert for any signs someone might be pushed and having trouble at work. Lend a helping hand. Encourage employees to use more leadership abilities. Resolve will improve when people improve input.

Cancer (June 21 – July 22)

Since you're touchy to bad weather, you can be the casualty of employment pressure. Don't confront troubled people. Stay generous. It repels troublemakers. You may be disappointed or tired. Entertain yourself. You need more realism and less imagination. You can go in many directions. Less equals more.

Leo (July 23 – Aug. 22)

Look out for office flirtation. Remain professional no matter what. Expect karmic exercises. What goes around comes around. Do not host gossip. Your boss should know what you're doing. You could get caught in a crossfire of criticism. Stay away from antagonism and stay at your best.

Virgo (Aug. 23 – Sept. 22)

Speak up bravely. Strategy leads to great progress. One harsh word can kill morale. It might take some careful planning to adjust the requests of work with similarly convincing family duties. Do your best to keep things basic. Go wherever your interest drives you. Sharing info will promote your plan.

Libra (Sept. 23 – Oct. 22)

Other people's interests and perspectives should be cautiously considered. This is a day of reckoning for organizations. You can be stressed when adapting to stubborn people. Things can settle down in the weekend. Anticipate smoother relationships and support to help you ease up. This is a good time to reflect, repair, and relax.

Scorpio (Oct. 23 – Nov. 21)

Stay reasonable about your job and its impact on you. Long-standing disdain should be looked in the eye. Requesting reasonableness may not be useful. Talk with a strong supervisor. Slow down. Remain calm and do what's normal for you, otherwise you could feel scattered in the weekend. Update your technology.

Sagittarius (Nov. 22 – Dec. 21)

You're cheerful and beneficial even in a period of colossal and uncontrollable changes. Invest some energy distinguishing the main stresses and find a way to make changes. It will be important to be tolerant with obstinate people. It's certain for getting together with acknowledged collaborators. It's fortunate for business trips.

Capricorn (Dec. 22 – Jan. 19)

Regardless of what is going on in the outer world, you'll feel settled and cheerful. Be very careful not to let stress dismantle your reasoning. Do your best. Expect a simple stream of thoughts and support from coworkers. Rest up, otherwise you'll get severely puzzled.

Aquarius (Jan. 20 – Feb. 18)

Intensity is in your way! You might adapt to the awful conduct of colleagues. Not everyone is as able as you. If these issues don't influence you, ignorance is bliss. There could be a change in plans. Tune in to others' opinions. Stay with planned methods. You'll be applauded in your group.

Pisces (Feb. 19 – March 20)

This week you might be on the sidelines of your very own emergency not making. Take on additional work in case you're inquired. You may not get a positive reaction at first, yet it's a decent move. Do your best to be agreeable with difficult people. Look out for incoming crushes and flirtations. ■

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