



THE CAPTAIN'S LOG

THE VOICE OF CHRISTOPHER NEWPORT UNIVERSITY STUDENTS

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Paul and Rosemary Tribble are joined by students, administrators and others important to the Greek Village construction at a ribbon cutting. BEN LEISTENSNIER/THE CAPTAIN'S LOG

It takes a Village

A ribbon cutting and christening ceremony celebrated the construction of the new Greek Village. To read more about the event, continue on to page 3

Student Assembly outlines goals for year

Student Assembly kicked off the year with their first meeting on Monday.

BY KORTY SWIFT
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Monday, Sept. 5 marked the first official meeting of the CNU Student Assembly. The meeting began with the induction of its new members, as well as going over general rules of the proceedings.

Being the first meeting of the year, there was mainly talk of the assembly's budget, and the assigning and formation of specific committees. These committees focus on common interests that CNU students have, involving academics, finance and student life to name a few.

This year the student council

is making student outreach one of its main goals. They will be partnering with the Campus Activities Board (CAB) for future activities, speakers, and outreach initiatives. Another new idea is a town hall, a way for students to reach out and let their voices be heard.

Student Assembly president Michael Bamisile wants to put emphasis on how Student Assembly was "created by students, for students." He spoke

about the mission for the year ahead. "The big mission this year is to capture the student voice. We want our fellow Captains to know what Student Assembly is and how we are here for them."

Student Assembly meetings are held bimonthly on Monday nights at 7:30 p.m.

CNU students are encouraged to attend meetings, and voice any concerns, opinions, or ideas they may have.

News 5

One ring to rule CNU Hall: CNU's Office of Alumni Relations releases new "unifying" class ring designs.

Sports 10

A legend steps down: CNU Football Head Coach Matt Kelchner announces his retirement at end of 2016 season.

Weekly pic



Stephen Durbin celebrates his game-winning goal against Greensboro College on Sept. 2. CNU Athletics went a perfect 10-0 over the course of Opening Weekend **Photo by Ben Leistensnider/The Captain’s Log**

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Adventure is out there

Happened

- Sept. 1**
Greek Village Christening
This past Thursday, members of the CNU Greek community, President Tribble, and other CNU students and faculty gathered around the four new Greek Houses in the official christening ceremony.
- Sept. 4**
CNU Football Defeats Kean University
After Kean University won last year’s game against the Captains with a 35-10 win, the Captains managed to flip the script by posting a 26-7 victory against the Cougars this past Sunday.

Happening

- Sept. 6**
Pumpkin Spice Lattes at Einsteins
With fall right around the corner, that means the return of Pumpkin Spice Lattes at Einstein’s.
- Sept. 8**
Return of the Farmer’s Market
On Thursday, the first Farmer’s Market of the year will be held from 3 to 6 p.m. on the road outside of York.
- Sept. 8**
Comedian Coming to Campus
Also on this upcoming Thursday, co-median Tyler Boeh will host a comedy show in the Gaines Theater at 9:30 p.m.



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2016-2017

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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 6:30 p.m.

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

It takes a Village



Once the presidents of each organization finished the christening ceremony, those attendants were treated to confetti cannons. BEN LEISTENSNIER/THE CAPTAIN'S LOG



Senior Logan Cook, president of Alpha Phi, christens her organization's house in the newly finished Greek Village.

The recently finished Greek Village was christened at a ribbon cutting on Sept. 1.

RIBBON CUTTING CONTINUED FROM PAGE 1

With a storm looming in the distance, members of the CNU community gathered in front of the newly constructed Greek Village on Sept. 1 for a ribbon cutting and christening ceremony. Confetti rained down to end the event, which finished right before the precipitation started.

The ceremony celebrated the end of the \$19.3 million project that provided 100 new beds to four Greek organizations on campus—Sigma Phi Epsilon, Phi Mu, Alpha Phi and Alpha Sigma Alpha.

The event kicked off with a speech from Dean of Students Kevin Hughes. He was followed by President Paul Tribble, who spent a considerable time praising the affect the Greek community has had on campus.

"We expected them to be good citizens and leaders on this campus who excelled in the classroom. Who engaged energetically and positively in the life of this university and beyond. And they and you have delivered. And I am so grateful."

When he finished, President Tribble was joined by Rosemary, members of the four organizations to receive housing, administrators and other important

"It was good to see the future of the Greek community... It was great to see that sense of Greek unity that can unite us."

*— Colin Walsh,
Sigma Phi Epsilon
President*

figures to the construction process to cut the ribbon set up in front of the newest buildings on campus.

The ceremony concluded with the four presidents christening their new homes in nautical fashion, smashing bottles of champagne against the side of their respective buildings.

Colin Walsh, president of Sigma Phi Epsilon, was one of the four to be afforded that opportunity. Walsh had very positive comments about the entire ceremony in general.

"It was good to see the future of the Greek community. There were members of other organizations there rather than just the four, so it was great to see that sense of Greek unity that can unite us." ■

Smoothie Health Crisis

The recent outbreak of Hepatitis A throughout the well-known smoothie chain has left many questioning the cleanliness and subsequent future of the chain.

BY MORGAN BARCLAY
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Fifty nine cases of Hepatitis A have been linked to frozen strawberries used by Tropical Smoothies across Virginia: 33 in the northern region, eight in the northwestern region, six in the central region and 12 here at home in the eastern region, according to the Virginia Department of Health (VDH) as of noon on Sept. 1.

The Mayo Clinic states that Hepatitis A is a highly contagious liver infection that manifests itself in several symptoms including: fatigue, fever, jaundice, diarrhea, nausea, dark urine and pain in the abdomen, joints and muscles. However, the effects usually last for only a few days or weeks on average, and the illness is also preventable through a vaccine.

While many students are concerned about the rising number of diagnoses, Katy Glass, junior, sees a brighter side of things.

As a former fast-food worker, she states, "I'm really surprised there haven't been more illnesses this past year, but I'm happy this case has brought to light the problems that I personally have seen, and may bring higher restrictions about not only the cleanliness of restaurants, but also, where our food comes from."

Vimal Patel, the owner of our local Tropical Smoothie here at CNU has already acted on that brighter future Katy imagined. He made a statement to The Captain's Log earlier this week reassuring us of Tropical Smoothie's high standards,

"We immediately took action to voluntarily withdraw all questionable strawberry product from our cafes. We now source strawberries exclusively from Americas." He continued, "we are doing whatever we can to show guests that this incident does not reflect the brand as a whole and we follow the strictest standards as it relates to food handling."

He furthers by saying, "We are a resilient group focused on moving forward and continuing to provide great tasting better for your food and smoothies to our fans. While it is unfortunate that this occurred, I don't believe it changes our values as a brand, and I will continue to abide by the 'Better For You.' philosophy that I live by."

Even still, some students, like sophomore Michelle Moore believe that something more must be done. She says she's not going to visit until "the company offers a large scale solution for the problem publicly."

She cites the E-Coli incident from Chipotle, "I used to go there [Chipotle] all the time, and it really took me a while to go back after the incident. I really think a company has to reevaluate their stances and offer forgiveness."

A CDC spokeswoman reassured Carol Beach of FoodSafetyNews on August 30th, stating, "At this time, we do not have information to suggest that there is an ongoing risk of Hepatitis A virus infection at Tropical Smoothie Cafés."

However, the Virginia Department of Health still urges those who have had any smoothie at any restaurant to monitor their health and seek medical attention immediately if they experience any symptoms, as the "Virginia Department of Health continues to investigate cases and work with state and federal partners... to identify additional locations where the product may have been distributed."

Patel still offers thanks to his loyal customers, "I appreciate the support from loyal guests who know how committed I am to delivering unparalleled hospitality and a superior experience in a safe environment to all guests."

Both Tropical Smoothie, the CDC and the Virginia Department of Health urge you to contact your local health department, as well as, the Tropical Smoothie Helpline at 1-855-292-4770, if there are any concerns. ■



Tropical Smoothie's customer base took a nosedive after several Hepatitis A cases appeared in the Virginia area over the past few weeks. MACY FRIEND/CAPTAIN'S LOG.

Contaminated
Frozen
Strawberries
lead to:

59 cases:
33 in the north region
8 in the northwest region
6 in the central region
12 in the eastern region
Of Hepatitis A

One ring to rule CNU Hall

CNU shakes things up with a whole new look at the class rings the junior and senior classes will buy.

BY MADALYNN AMOS
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The new Christopher Newport class ring was showcased and sold in the atrium of the David Student Union from Aug. 30 to Sept. 1.

Baxter Vendrick, Director of Alumni Relations, was present at the Jostens' table, the company producing the rings, and revealed that within the first hour of the sale, there were more purchases and orders than years past had in two days.

This new collection is unlike the former rings. There will be less variation, and the integral parts of the design will stay the same in the future. Jostens, a company known for creating class rings and other memorabilia, brought sample models.

The council worked through around fifty concepts to finally come to a compromise. According to Vendrick, "Your children will buy this ring." Creating a single ring design unifies the graduating classes and enforces the power of being a Captain for life, he continues.

College rings are a symbol of growth and success, and Vendrick describes them as "a ring you will wear for the rest of your life."

These new rings have been months in the making. Class Council member Nora Huston described meeting with Vendrick in the spring and "bouncing new and vibrant ideas off each other." Vendrick described the final product as a representation of the uniqueness of Christopher Newport University, as there is "not an institution quite like this."

Another voice in the design process was Rico Francis, the executive vice president, who gave input as not only a student leader but also as a fellow captain. He spoke for the typical college student and the team made the ring as inexpensive as possible while keeping with the traditional design.

Having choice in designs is one line of thinking when it comes to producing class rings.

The students of Christopher Newport who wear the ring will be more easily recognizable. Vendrick explains, they could walk down the street and identify another Captain who walked by simply by the



The Josten's table in the DSU Atrium previewed a sampling of the new line of CNU class rings. PHOTOS COURTESY OF BAXTER VENDRICK

ring they were wearing. This even further links Captain and enforces relations among former classmates and alumni.

Vendrick continues, the sense of community that makes Christopher Newport special will resonate throughout the rest of the world as alumni travel to change the world.

Another difference from most class rings is the manner of presentation. During Family Weekend in October, juniors and seniors who bought rings will be receiving them during the Ring Ceremony.

The presenters will be President Tribble and First Lady Rosemary Tribble. This shows what a special place Christopher Newport is.

The head of the school personally invested in uniting the entire student body. In the future, the Ring Ceremony will be primarily reserved for juniors, but the Class Council wanted to include the senior class.



Christopher Newport community unites current students, former students and those who will be

students in the future.

Vendrick hopes that this brand new ring collection will be a success, but he remarks that "you are still a Captain without it." ■

“The voice of Christopher Newport Students”

The Captain’s Log is a powerful tool that can be used to spark change in the CNU community. Use it.



BENJAMIN LEISTENSNIER
EDITOR-IN-CHIEF

“The basis of our governments being the opinion of the people, the very first object should be to keep that right; and were it left to me to decide whether we should have a government without newspapers or newspapers without a government, I should not hesitate a moment to prefer the latter.”

In one of Thomas Jefferson’s most famous statements regarding the function of newspapers in a nation, he describes a societal force that has since come to be known as the Fourth Estate—a watchdog for the people.

It’s not just strictly limited to newspapers, however. The field of journalism in general is a way for the common person to voice concerns and complaints about actions made by his or her leaders and government.

The Captain’s Log is no different.

There is a reason that at the top of each issue we say that our paper is “The Voice of Christopher Newport University Students.” It is our goal to bring the students information about what administration is doing and provide a medium for the administration to hear problems facing students.

As much as you may choose to accept it or not, I believe that the administration truly wants to help students enjoy their time at Christopher Newport as much as they possibly can. They are open to criticisms and seek recommendations for how to improve.

Let me provide an anecdote to help illustrate my point.

On March 31, 2015, students in the President’s Leadership Program attended a speech from the final mandatory speaker of the year—President Paul Tribble. At the end of the event, the floor was opened to any students who wished to ask the president questions. Class of 2015 alumna Emily Mathias used this opportunity to ask about why Commons and Regatta’s switched from plastic to paper straws.

For those of you who weren’t here for that, the paper straws were cheaper and more environmentally-friendly—but they also tended to disintegrate in drinks after a while. Upon hearing the support that this question received from students in the audience, President Tribble responded with “I can fix that problem.”

Two days later, the paper straws were gone.

Now it’s not every day that students are provided an opportunity to address the president with their complaints. That’s what the opinions section is here for. If you ever have a cause or concern that you feel passionate about, here is a perfect place for you to push that agenda.

Fact of the matter is the president most likely doesn’t have the time to read every single article that you share on Facebook—and even if he did I don’t think it would make too much of an impact.

Now that’s not to say those articles that you and/or your friends write and share on various websites aren’t important. It’s important to have your voice heard. Those stories and op-ed pieces that you see on Facebook or other CNU media websites are extremely important to gather support to help effect a change in the community.

But that is just half the fight. Even with a lot of support from your peers, you still need a way to reach the administration. Let The Captain’s Log do that for you. ■

Weekly Crossword

Across

1- Some nest eggs; 5- Got together; 8- Cause of ruin; 12- Pianist Hess; 13- Male and female; 15- Keats creations; 16- Banister; 17- Muse of poetry; 18- French friends; 19- Expansion; 22- Land in la mer; 23- Grog ingredient; 24- Pressing need; 26- Fashions; 29- Attractive route; 31- AFL partner; 32- Foe; 34- "One Flew Over the Cuckoo's Nest" author; 36- Elvis's middle name; 38- It's human; 40- Salt tree; 41- Divulge; 43- Run-of-the-mill; 45- Ich bin ____ Berliner; 46- "Fiddler on the Roof" setting; 48- Capital of South Dakota; 50- Andean country; 51- Born; 52- Tax pro; 54- Token of peace; 61- ____ majesty; 63- Hubert's successor; 64- "Star Wars" princess; 65- Dog star; 66- Good ____; 67- ____ Blanc; 68- Person of action; 69- Some MIT grads; 70- Dagger;

Down

1- Nagy of Hungary; 2- Tatum's dad; 3- Seed covering; 4- Payment for regular work; 5- Trifling; 6- Checkup; 7- Head of France; 8- Anaconda; 9- Direct; 10- Singer Sedaka; 11- "____ quam videri" (North Carolina's motto); 13- Section; 14- ____ boom; 20- Dominion; 21- Difficult journey; 25- Draft status; 26- Fathers; 27- Dentifrice; 28- Capital of South Korea; 29- Thick sweet liquid; 30- Whoopi's role in "The Color Purple"; 31- "Silent" prez; 33- Parisian possessive; 35- Monetary unit of Japan; 37- Short letter; 39- Multicolored; 42- Emperor of Rome 54-68; 44- Suggestive look; 47- Oklahoma city; 49- Kingdoms; 52- Dressed; 53- Cancun coin; 55- ____ dixit; 56- Grape plant; 57- "____ Tu" ('70s hit); 58- Inert gas; 59- Movie theater; 60- Abhor; 62- Musical gift;

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68						69					70			



(Left) Camille Drozdowski and (right) Briana Jackson pose at the Cliffs of Moher in Ireland. These cliffs are 702 feet tall and stretch five miles along the Atlantic coast of County Clare. “My favorite part of the trip was traveling through southern Ireland where most of the scenic views are. It was absolutely breathtaking, especially the Cliffs of Moher,” Jackson said. **PHOTOS COURTESY OF BRIANA JACKSON**



Senior Briana Jackson takes in the view at a hiking trail in Howth near Dublin. This was just one of the many scenic views Jackson was able to see. She also spent time in Dublin where she was able to meet with representatives of their police force and visited the Irish parliament.

Summer Abroad: Around the World

CNU students experienced foreign landscapes and diverse cultures through their summer expeditions.

BY MACY FRIEND
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Summertime gives students the opportunity to travel abroad, whether it be through a school program or a personal vacation.

Five students shared their experiences abroad. Collectively, students travelled to 18 countries. Among these were the Czech Republic, England, Germany, Ireland, France, Barcelona and the Mediterranean.

While some travels were leisurely, other students spent time out of the country to gain credits and to pursue individual interests.

The trips are more than taking classes for credit though. For junior Arden Cooper, her experience through Leadership exCHANGE, a program that allows students to travel and focus on leadership studies, opened her to the diversity that travelling can offer.

“My favorite part of the trip was getting to meet such amazing people from different coun-

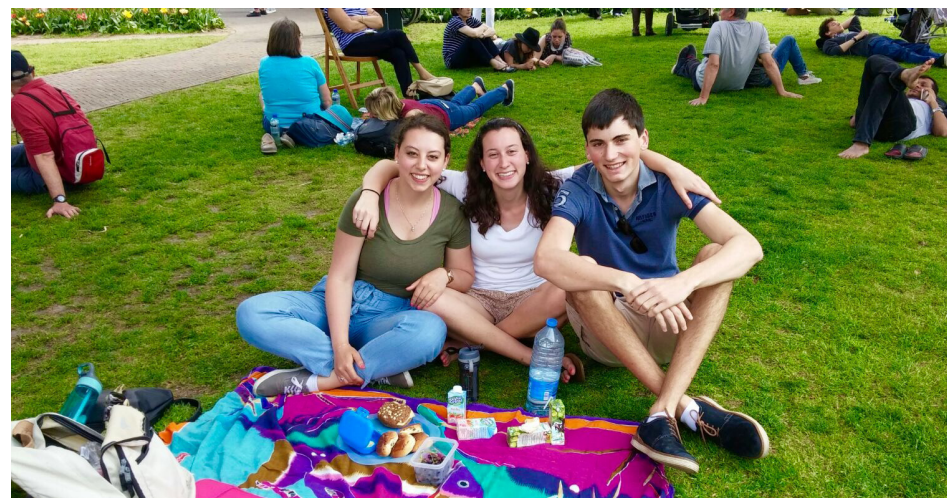
tries. They were all very nice, inspiring people. Some of them had started their own nonprofit organizations,” Cooper said.

Another student, sophomore Paige Long, travelled to England and Germany for her History & Systems of Psychology class. Discussions focused on the birth of psychology in Europe and the beginning of mental healthcare.

Although studying abroad can be considered leisurely, nothing is quite as relaxing as travelling just for fun.

Senior Stephanie Swift went with her dad and sister on a Mediterranean cruise. There were 10 ports of call between Italy, Greece, Croatia and France.

This was not Swift’s first visit to Italy. She spent time there last year with CNU’s Chamber Choir. “Italy has a special place in my heart and being back where I shared some amazing music with the Chamber Choir was so great,” Swift said. ■



Sydney Lehrman poses with her best friend and boyfriend in Keukenhof—a park with seven million tulips. **PHOTOS COURTESY OF SYDNEY LEHRMAN**



Junior Arden Cooper participated in Leadership exCHANGE, which is a program created by Heather McDougall, a previous CNU professor. This is one of the views Cooper saw on her way to classes in Prague.



Senior Stephanie Swift poses with her sister and friends on a boat in Paris. While in France, she and her sister saw popular landmarks like the Eiffel Tower and the Palace of Versailles. **PHOTO COURTESY OF STEPHANIE SWIFT**



Sophomore Paige Long poses at the Reichstag Dom in Berlin, Germany, which overlooks the German parliament. **PHOTOS COURTESY OF PAIGE LONG**



As part of summer vacation, Lehrman visited Germany, the Netherlands and Hungary. Lehrman's daily activities included sightseeing, like in Budapest (above) and immersing herself in the local culture.



(Front center) Cooper takes a selfie with her group while boating in Prague. Her peers were from various countries including the U.S., Australia, Mexico, Iran, Uzbekistan, Ecuador, Serbia and India. **PHOTOS COURTESY OF ARDEN COOPER**

Stephanie Swift poses on a ferris wheel in Paris, France. Swift and her family visited the Eiffel Tower, the Louvre Museum, the Palace of Versailles and Notre-Dame de Paris. **PHOTOS COURTESY OF STEPHANIE SWIFT**



Long's favorite part of her trip included a stop at the Freud house in London, which was part of a talk about the birth of psychology in Europe.



In Barcelona, Spain, Swift boarded the Carnival Vista but took time to visit local markets. La Boqueria is a market with hundreds of different food vendors.

A legend steps down

After 16 years and 100 career wins, Coach Matt Kelchner announces the 2016 season will be his final as head coach of CNU football.

BY ANDRE TORAN
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After 15 years of elephantine success and triumph, CNU's Head Football Coach Matt Kelchner has decided to finalize his career in this last season.

On August 10, 2016, Kelchner called his team into a private meeting in Gaines Theater, where he made his first publicly announced decision to his beloved team.

An immediate hush fell over the crowd of his players -- as blank faces peppered the room and hearts dropped.

"When he first told us it was surprising. My jaw dropped and it was a sad feeling, being that he's done so much for this team and program the past 16 years -- he's a great coach and will be truly missed," said Shomari Wright, senior defensive back for the Captains.

Serving as the University's only Head Football Coach, since CNU's inaugural season of 2001, Kelchner has done nothing but make his mark at CNU.

He has produced an overall record of 102-57 with a winning percentage of .642. Last year Kelchner reached the vaunted 100 win mark versus bitter rival Salisbury on Halloween, October 31, 2015.

Out of his 15 seasons at the school, he has earned a berth into the NCAA playoffs 10 times. Out of the 10 playoff appearances, each appearance came with a division title as his teams have produced a stunning record of 82-22 in conference play.

Statistically speaking, Coach Kelchner has made himself into more than a legend.

But stats aren't the only thing that speaks to a person's legacy. Legendary status is reached when one has not only done what is required of them but when they have also gone that extra mile.

Coaching is an occupation in which one reaps what they sow. In Kelchner's case it's deeper than football.

This game is about molding and grooming young student athletes into men and productive citizens and Coach Kelchner understands that fully, "I hope I helped some guys become

better young men while having some fun playing football."

Kelchner's legacy will live on because of all the lives he has touched and poured in to on the way. He has built his program on four pillars of excellence: graduate, positive social impact, team first, and win.

These four mainstays within the program is what has led to the 102 wins, 10 conference championships and the production of successful young men.

Even though Kelchner will be stepping down as Head Coach of the program, he won't be straying far.

At the conclusion of the 2016 season, he will take on a new title as the Associate Director of Athletics at CNU. The school will then look to conduct a national search to fill the coaching vacancy.

As far as how the football program will fare moving forward, junior quarterback KJ Kearney states, "I feel like Coach K will still be around and we will bring someone in similar to him. I feel that most of coaching staff will be here as well. CNU is a good place and I know

"When he first told us it was surprising. My jaw dropped & it was a sad feeling, being that he's done so much for this team and program the past 16 years."

- Shomari Wright, Senior defensive back

they are going to hire the right person that will step in and do the job. Overall, CNU football will still be great at the end of the day."

Regardless of who administration chooses to hire, they will have some legendary shoes to fill.

But, let's not consider Coach K's retirement as a finite end but, instead let's carry on his legacy for years to come and honor all that he has done for CNU athletics and the people he has impacted along the way. ■



Matt Kelchner has decided to transition from head football coach to Associate Director of Athletics where he will continue to keep an eye on his student athletes. **BEN LEISTENSNIDER/THE CAPTAIN'S LOG**

New additions to medical staff

Virginia native David McCune returned to his roots by accepting the Head Athletic Trainer position. McCune is part of a new staff which only has one returning trainer—Stephanie Mooney.

BY REAGAN MASON
REAGAN.MASON.16@CNU.EDU

Along with the new class of 2020, the CNU campus has some new additions: an almost completely new athletic training staff.

The only returning member is Stephanie Mooney, the Assistant Athletic Trainer who primarily works with men's soccer and lacrosse.

The new Head Athletic Trainer is David McCune, who has over 26 years of experience as an athletic trainer. Accompanying them is a staff of four other people, with one position still looking to be filled, according to McCune.

McCune is a Virginia native with a very impressive Athletic Trainer history; he has worked with the University of Miami,

James Madison University, and Rutgers University. He left Rutgers due to some changes in positions, changes that he decided he wanted to make "on his own terms".

McCune only applied to three places, and since being here he has been continually impressed by the kindness of the staff and the receptiveness of the athletes.

McCune also commented on how helpful Stephanie has been through the process of getting acquainted with the CNU style of athletic training.

McCune does have some adjusting to do: the training team here is about half the size as the Rutgers staff with a smaller room for roughly the same number of athletes, and the budget at CNU is smaller.

But even with some of these

adjustments, McCune is excited to be able to work with students from many different sports as he has been mainly football oriented for the past few years.

Stephanie Mooney, the Assistant Athletic Trainer, has been with the CNU program for just over a year now and is the only returning staff member to the athletic training team. She works primarily with men's lacrosse and men's soccer, but she "helps anyone who walks in with a smile".

She called this year a period of transition: getting everyone situated and working through everything as a team.

She's been impressed by everyone on the team's willingness to work together and

David McCune

This is David's first year at CNU as Head Athletic Trainer. Previous to Christopher Newport University he has been head athletic trainer at University of Miami, JMU and most recently Rutgers University. David received his bachelors at James Madison University and Masters from Missouri State.

Stephanie Mooney

This is Stephanie's second year at CNU as Assistant Athletic Trainer. She received her Bachelors in Kinesiology at UMD College Park and her Masters from California Baptist University in Riverside. She is a member of the National Athletic Trainers Association and has been licensed in the state of Virginia.

help everyone out, and says that as a team they "do the best they can to help the athletes the best they can."

Like McCune, Stephanie said that the people are what makes the CNU community so great, both in terms of the athletes and the other staff members.

About McCune, Stephanie said that "it's great to have a head trainer who's excited and willing

to teach" and that she's excited to see what he has to bring to the table.

Overall, the athletic training staff is meshing well and is excited to be at CNU. They have a lot of work on their hands, especially with what might be more student athletes than they've had in the past, but they're excited and prepared to take it head on. ■

Football takes lead in first home game of season

After losing to Kean University 35-10 last season, CNU comes out on top winning 26-7.

BY JOHN RECTOR
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After Hurricane Hermine rained on Saturday, it was Christopher Newport that was raining points on Sunday.

CNU football notched their first win of the season against Kean University after putting up 26 points, a score that included offensive touchdowns, a defensive touchdown, a field goal, and even a safety.

Meanwhile, the Captains' defense held Kean to only 177 yards including a measly 53 rushing yards. Overall, the Captains dominated the time of possession as they held the ball for almost twice as long as Kean.

After losing to Kean last year on the road 35-10, the Captains came out this year fired up for revenge, and Head Coach Matt Kelchner took note of his team's improvement.

"I looked at where we were after day one, and I told these guys each week, 'We're further along than we were last week,' and it's because these guys dedicated themselves."

The offense certainly looked further along than many expected under the leadership of new starting quarterback,

junior Ronald Kearney. CNU moved right down the field on their first possession of 5 plays for 61 yards. The drive culminated in a pass from Kearney to tight end Danny Mattson who broke two tacklers and dragged a third into the endzone.

The strong early play would set the tone for CNU who dominated all day.

"Our goal is to send a message and I feel like everyone came out focused and laser sharp," said wide receiver Taylor Loudon who caught 7 passes. "We did what we needed to do, executed and then (Kearney) threw a nice ball [and] Mattson made a big play."

The play of the game, however, would not come until right before halftime.

With CNU leading 10-7 Kearney fumbled and his fumble was recovered by Kean and taken back before a magnificent touchdown-saving tackle by Taylor Loudon at the 15 yard line.

Right as it looked like Kean might score at the end of the half, junior defensive back Justus Drakeford snagged an interception at his own 5 yard line and ran it the distance for a touchdown as the half expired. Instead of being down 14-10, the



Pictured above, defensive back, Justus Drakeford catches ball on 5 yard line and runs it the entire distance of the field making the score 17-7 right before halftime. BEN LEISTENSNIER/THE CAPTAIN'S LOG

Captains went into halftime with a 17-7 lead.

Immediately after the game, Coach Kelchner praised the way his team started the season. "We were more physical, we played harder, we played better as

a team than we have in a long time. There's a lot of statistics in there a lot of great plays, a lot of wonderful plays, but we put their defense on the field for twice the amount of time ours was. It was an outstanding effort by the whole football team and every-

body associated with it."

CNU football plays next weekend at Hampden-Sydney and then returns home to Pomoco Stadium on the 17th to play Wesley College where student athletes will be recognized at halftime for academics. ■

concerts

Sept. 7 "An Evening of Brahms" 7 p.m. M&T Hall
 Sept. 9 Jack Enea 7:00 p.m. Aroma's

in theaters

Sept. 8 "Don't Breathe" Rated R
 "Sully" Rated PG-13

on campus

Sept. 8 CAB's Tyler Boeh 9:30 p.m. Gaines
 Sept. 10 CNU Voices 6 p.m. Pope Chapel



The healing power of art

The Alumni Exhibit in the Ferguson Hall Gallery shows the importance and growing popularity of art therapy.

Julia Willinger's "They Leave Their Mark" headlines an exhibit that shows both the need of art therapy and its impact. PHOTO BY MACY FRIEND / THE CAPTAIN'S LOG

BY AARON ROYCE
 AARON.ROYCE.16@CNU.EDU

When you first hear the words "art therapy," you probably think it's some scholarly term for "normal" art. After all, most art in museums or galleries has been therapeutic at one point, usually stemming from personal struggles the artist has dealt with. However, art therapy is much deeper and personal – or, as the case might be, impersonal – than that.

Art therapy is defined in the dictionary as "a form of psychotherapy involving the encouragement of free self-expression through painting, drawing, or modeling, used as a remedial activity or an aid to diagnosis". If you've ever filled in parts of your "adult" coloring book during the free hour before your next class, you've engaged in art therapy. But it isn't purely recreational. Art therapy is also medical and has helped hundreds of thousands of people in the United States heal from physical and emotional problems as well as encourage self-discovery and emotional growth. It has been especially useful in child psychology, as most younger patients have limited speaking skills and are better at visual expression than vocal.

Three of Christopher Newport's past Studio Art majors: Nicolas

Denson, Michelle Vaughan and Julia Willinger, will display works concerning art therapy in a special exhibition currently displayed in the Ferguson Hall Gallery.

For Julia Willinger, who just started her second year at Eastern Virginia Medical School with hopes of becoming a children's art therapist, taking part in the show was a fantastic opportunity to showcase her work and teach people about art therapy. "Last fall, I heard about the exhibition being under consideration from Professor Harris and Jodie, who's in charge of the gallery. I was contacted mid-spring that it was happening, and that they wanted some of my art in it," Willinger said. "For the gallery, I picked out some of my pieces and worked on making others. I think it's a really wonderful exhibition because not many people know what art therapy is."

Art therapy was a perfect career for Willinger because it combined two of her biggest passions. "I've been into art since I was a toddler; I took classes throughout school, and it was one of my biggest passions," she said. "My other passion was helping people and supporting my friends. About halfway through high school, I discovered art therapy, which combined my love of art and helping others, so it was perfect."

Willinger's art, mainly inspired by the outdoors and her personal discov-

ery as an art therapist, has changed in composition since her time as an undergraduate student. "In all my art I made growing up and through CNU, I mainly used oil paints," she said. "And at EDMS, I experienced different varieties of art and really got into 2D mixed mediums. My primary medium is weavings, but I also make 2D pieces using mixed media."

It's some of these weavings and mixed media pieces that have been chosen and displayed in the exhibition, which she couldn't be prouder of. "I'm most proud of my weavings, particularly the larger one; I did that piece as a culmination project for the EDMS Medical School Art Therapy and Counseling Program," Willinger said. "I worked on it sporadically throughout the year. It starts out dark, but as it builds upwards it becomes more colorful. I feel that it shows my personal development as an art therapist and a representation of my developing art therapist identity."

Despite the emotions and experiences Willinger had when creating her art, she doesn't want her pieces to make obvious statements and be open to interpretation. "I hope that viewers can enjoy the aesthetics of the art by looking at it," she said. "And take it in for what they do notice in front of them. I hope they find meanings out of it in their own sense and interpret it in their own ways." ■



One of the pieces featured in the art exhibit is Michelle Vaughan's "Untitled." AARON ROYCE / THE CAPTAIN'S LOG

Ferguson decorated with visiting artists' works

"Wrapped" in the Ferguson Hall Gallery and "Neither Mine Nor Yours" in the Falk Gallery call attention to cultural diversity and the power of time.

BY SAMANTHA CAMILLETTI
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Since the days of prehistoric cave paintings, art has both been an inspiration and a challenge for others to expand their visual language. Art excites, dares, motivates, even disturbs, but is important because the great artists offer a chance to reconsider the human condition or events in ways never thought of before. "Neither Mine Nor Yours", a powerful exhibit by visiting artist Michelle Dickson offers the opportunity of this reconsideration right here at CNU.

Dickson's exhibit is a series of sculptures with her own face plastered on pieces of wood gathered from hikes around her native Maryland and D.C. area. This combination, according to Dickson, forms a "self-portrait to investigate identity and my place in a world where the political, social, and environmental future seems more uncertain than ever." Uncertainty, and then confronting that uncertainty, is an overarching theme of her work.

Dickson's sculptures also examines the brevity of life, the instability of memory, and the irrefutable effect time has "on the body and our relationships to each other, and our environment". In many of her sculptures, the line between plaster and wood is difficult to define. "I attempt to reveal the thin lines that separate presence and absence, tension and release, the beautiful and the grotesque. I dip back and forth from one side of the line to the other, producing work that often lands in the overlap of attraction and repulsion." Dickson leaves that line completely for her audience to determine. Her work is perhaps startling because it also calls attention to a place usually avoided. "Both my sculpture and drawings bear witness to the thing we spend our lives denying: everything has an end. Even us," Dickson said.

With such sweeping and prophetic themes, Dickson's creation process is remarkably spontaneous. The beauty of it lies in what she calls intuitive work. "I begin in the studio with an idea or emotion that often at this early stage isn't easily verbalized," she said. "I make something and respond to it, adding on and then taking away, building up and concealing." Dickson embodies the theme of confronting uncertainty even the beginning of her work, which she is quick to point out, sometimes does not lead to any new sculptures. "It may turn out that the piece never

goes anywhere, but what I learned while making it shows up in other work. Exploration and experimentation are a vital part of my process. I never let the fear of ruining something stop me from experimenting."

Art also helps tell a story. Something as prosaic as a section of fruit or as tasteful as decorative fabrics can be used as a prop in a story. The latter is the central theme of visiting artist

Leeah Joo's exhibit "Wrapped", which piques interest in Asian-influenced art through its unique use of fabric as the subject. While predominantly canvas paintings, "Wrapped" also features manga-inspired drawings. "The current body of work is a combination of what I love about eastern and western art traditions," Joo said. A combination herself, Joo grew up in Seoul, South Korea, but emigrated to the U.S. when she was 10, thus being trained in the "western tradition of observational painting" for most of her life. Her work has travelled all over the country. "As far as subject matter," she said. "Each painting is inspired by a current, political or historical event but filtered through my personal perspective and aesthetics."

The 'dokkebi-goblin' paintings were the first of these works to have perhaps an unintentional effect. These paintings are of fabric, but resemble landscapes with their extensive cascades and design. This is one of the more traditional references to Asian art, particularly the great Japanese printmaker, famous for his "The Great Wave off Kanagawa". While working on her own "wave", tragedy swept in. "I listened to NPR's report about the tragic ferry disaster in Korea where hundreds of students drowned," she said.

"Suddenly, my wave took on a different meaning."

Another style featured in the exhibition are long panels with gold and silver drawings, reminiscent of Korean Buddhist manuscripts. The most recent addition, and more personally inspired, are the pojagi "wrapping cloth" paintings. "There is a wonderful tradition of wrapping gifts and valuables in cloths in Korea," she said, referring to the usage of the pojagi. "As I work with these beautiful traditional fabrics in other paintings, I remembered the way grandmothers wrapped everything into bundles for storage or baggage. The fabrics I used for mountains and hills became bundled, like a gift."

Joo's gift, in turn, attempts to highlight the benefit of blending cultures and the reality that art has the ability to transcend cultures. "I love hybrids of cultures," she said. "Taco with kimchee is a great example. It is a wonderful blend of cultures that is not only delicious, but a reflection of where and how we live now." ■



(Above) A pojabi from "Wrapped". PHOTO BY MACY FRIEND / THE CAPTAIN'S LOG. (Below) An interesting meld of nature and humanity. COURTESY OF ALAN SKEES.



"Wrapped" will run in Ferguson's Hall Gallery and "Neither Mine Nor Yours" in the Falk Gallery until Oct. 29. Both artist talks will be on Oct. 29 at 3p.m. and 4:30p.m, respectively.

The art of stage fighting

The theater department offers a class that is both unique, practical, and maybe just a little bit of fun. Just ask Dr. Greg Lloyd.

BY MADALYNN AMOS
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Christopher Newport's drama department is showcasing an interesting class devoted to stage combat. Stage combat can be a necessary part of many different types of productions, and it must be done well if it is to be done at all. This 300 level course teaches the basics of hand-to-hand combat. This course is not only exciting, but also practical.

Dr. Gregg Lloyd, Associate Professor and Chair of the Theater and Dance Department, expressed what a "valuable skill" stage combat is to performers. Lloyd is a Certified Stage Combat Instructor, a title he received from the Society of American Fight Directors.

This prestigious accreditation shows the students that their professor cares deeply about their success, and wants to teach his students to the best of his ability. In addition, Lloyd also has black belts in Hapkido and Tang Soo Do- skills which allow him to present his students with a well-rounded approach to stage combat. Lloyd also explained that "the course instills confidence in the actor's ability to move on stage."

The course itself is comprised of theory and practical measures. Students begin by learning principles of stage combat, then move to completing drills. Finally, they "engage in dramatic scene work to which fight choreography may be applied" according to Lloyd. Students take incremental steps towards more advanced measures to keep them safe and make sure they are confident with the movements.

While the upcoming TheaterCNU programs don't require stage combat, two of the shows from last year did. Most of the actors involved in the combat had taken a course in the area, which made the fighting seem more thorough and genuine. Lloyd explained that stage combat is often dramatically placed in "climactic moments" when the dramatic tension depends on the success of the stage combat. This was the case in Macbeth, which TheaterCNU staged last year.

There are many different types of stage combat, ranging from slapstick humor to sword battles. This class focuses more on hand-to-hand combat, but there is a class that follows titled 'A Call to Arms'. This class focused on sword play, using either a rapier and dagger or a single sword.

One of the culminating tests happens when students are invited to test for the weapon certification, a title granted by the Society of American Fight Directors. Lloyd stated that this was his favorite class to teach, as he "love[s] to see students gain confidence in themselves and push themselves to master the techniques." ■

Psi Upsilon launches Friends of Phi Nu program



The students' smiles matched the enthusiasm of the Greek community, as they supported Psi U and welcomed the kids back to school. PHOTO COURTESY OF HUNTER WILLIAMSON

The brothers of Psi Upsilon launch a mentoring program for elementary school students and strive to make a positive impact in the community.

BY SAMANTHA CAMILLETTI
SAMANTHA.CAMILLETTI.14@CNU.EDU

CNU not only encourages students to dream big, but gives them the means to accomplish those dreams. An apt example of a dream set in motion is Psi Upsilon's new mentoring program at Hiddenwood Elementary School called "Friends of Phi Nu".

While Psi U is no stranger to working with children, the fraternity frequently volunteers at the Boy's and Girl's Club in Denbigh, this ambitious new program was basically an accident.

"I went to the school and while I was there I talked to the principal," junior Rico Francis, philanthropy chairman and creator of the program, said. "It was just going to be something like: 'Hey, I'm going to get some brothers in here to cut bulletin board paper for you.' And with that, I just saw the passion she had for her school and her students. And I thought I have the passion, energy, and the brothers to do something

bigger than that. So I spent four months with her creating a youth development program."

The brothers of Psi U will have the opportunity to mentor boys on a one-on-one basis from 8-3 p.m. during school hours once a week or help the teachers prepare for classes if they are unable to make that large of a time commitment. Even playing basketball with the students counts as service, Francis noted.

"It's just to show that they matter and have a reason to come to school," he said.

So far, 25 members have verbally committed. Francis is excited to see the immediate impact of his program on both the brothers and on the kids.

"Hiddenwood has about 40% of their population that is at or below the poverty level, so a lot of these students don't have dads or older brothers or have stable homes," Francis said. "So we're going to be that bridge for them. And we're going to do it by playing basketball or having a conversation."

These seemingly average things will have an enor-

mous impact on the community, which is something that Francis suggests students need to care more about.

"Plenty of organizations on campus are raising money for philanthropies nationally. But I feel like organizations need to focus locally with that as well," he said.

Psi U's national philanthropy is raising awareness of mental health and suicide prevention.

"Although I do support large philanthropies, it kind of feels like you're putting money into a tank and it kind of gets siphoned in with everyone else's," Francis said.

Francis hopes that this mentoring program will help mitigate that feeling. "We need to make an impact on the local community with kids that are surrounding us, with individuals that are surrounding us, and with Newport News as a whole," he said. "Although we want to save the world we have to save where we are first."

In addition to the mentoring program, Psi U will be collecting school supplies until Friday, September 9th that will go to the students at Hiddenwood. ■



Brothers of Psi U gather on the sidewalk to cheer on the elementary students arriving in the carpool line and on buses. PHOTO COURTESY OF HUNTER WILLIAMSON



Some members of the Greek community put their crafting skills to the test and made signs to show their support. PHOTO COURTESY OF HUNTER WILLIAMSON

Life through the lens: YouTuber Alyssa Williams

Freshman Alyssa Williams is bringing her videos to campus, expressing herself and hoping to influence her viewers in a positive way.

BY KORTY SWIFT
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With social media apps such as Instagram and Twitter allowing us to share an abridged version of our lives through photos, videos, and 140 character posts, video blogging, also known as vlogging, has become the more personal and in-depth way to see one's life and creative interests on the Internet.

Freshman YouTuber Alyssa Williams is one of those people who puts herself out there through vlogging. Her eponymous channel consists mostly of book and writing related videos, along with others on various topics.

Only just recently has she made the venture into vlogging. According to Alyssa Williams when talk-

ing about her channel's beginnings, her first video was uploaded onto YouTube in May 2014. Despite her relatively new presence on the web, Williams has gained over a thousand subscribers.

"At first, I wanted my channel to be centered around comedy," said Williams. "I was hugely inspired by [YouTube star] iiSuperwomanii, but the comedy aspect of the channel never really happened."

Other stars have inspired Williams to get her channel to where it is now. Katytastic and Abookutopia motivated her in that aspect to make videos about writing and books.

Her vlogs consist of videos of her day-to-day life, as well as "tag" videos, though due to the vlogs being a newer addition to the channel, more people are sub-

scribed for the original book and writing videos.

"I think vlogging is amazing because it's a form of expression for me," said Williams. "I'm usually incredibly introverted and have a hard time speaking up in person, but with vlogging, I can be or seem as extroverted as I want."

Williams loves vlogging because it is "a form of expression that anyone with a camera can partake in," but the new form of media is also important to Williams because it is an aid to those watching her videos.

"It's special to be able to help other people through my vlogs, whether it is writing or something more serious like self-confidence," said Williams.

To mix it up from your usual Instagram, Snapchat and Twitter grind, begin checking out vlogs. Or, take the initiative to start one up. For those who enjoy vlogs or videos focused on books and writing, show some support for a fellow Captain and check out Alyssa Williams on YouTube. ■

Student Ambassadors making a change on campus

BY SAVANNAH SHERMAN
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As summertime winds down, "prospective student season" is upon CNU Student Ambassadors. The job of these 50 Ambassadors is to prove to hundreds of future high school graduates that CNU is the place to be.

A Student Ambassador's job is to give campus tours to these individuals and their families. They undergo visits from people from all around the state and country from Monday through Friday at 10 a.m. and 2 p.m. and Saturday at 11 a.m.

Rico Francis, a third year veteran Ambassador, believes that his job requires a student who embodies CNU. The reason he chose to undertake this task is because of the unforgettable experience he had when he went on his first campus tour. He remembers his tour guide's positive attitude towards the university.

This later influenced him to apply for the same job, hoping to make a similar impact on the prospective students he toured.

Although Francis has been giving tours for three years now, the process does not get repetitive for him.

"I try to change it up," said Francis. "Each tour group has a different personality and gives a different reaction toward each campus spiel."

Along with the repetition, there comes a script they must follow. Therefore, a lot of these Student Ambassadors have the same jokes that they use each tour.

Nassir Criss is newcomer on the job. Even though he has been doing this for about three months, he likes to use the same five jokes to humor his tour groups.

According to Criss, however, he has different ways of saying them in order to keep things fresh.

"I love meeting new people," said Criss "I love putting smiles on people's faces."

Like any other job, Student Ambassadors have had to feel the wrath of embarrassment, uncomfortable weather and very awkward questions.

"I ran into a golf cart when walking backwards," said Francis.

Walking backwards while talking to a dozen people is the norm for this job and is something these students will get the hang of fast.

They also must get used to talking with hundreds of people who might have strange topics of conversation.

Francis, for example, has been asked how many people can he fit in his bathtub.

Katherine Mumaw has not had a tripping-while-walking-backwards incident but she too has been asked weird questions while on the job.

"Sometimes they will ask me if I have a boyfriend," said Mumaw.

Besides the awkward moments, they all agree that this job is unique from any other.

"These are my people. This is the best decision I have made," said Mumaw. ■



MACY FRIEND/THE CAPTAIN'S LOG

"These are my people.
This is the best decision
I have made."

~ Katherine Mumaw



BENJAMIN LEISTENSIDER/THE CAPTAIN'S LOG

"I love being a student
ambassador because it
allows me to change
lives. And that's what I
think it's all about."

~ Nassir Criss



MACY FRIEND/THE CAPTAIN'S LOG

"Each tour group has a
different personality
and gives a different
reaction toward each
campus spiel."

~ Rico Francis



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