



THE CAPTAIN'S LOG

THE VOICE OF CHRISTOPHER NEWPORT UNIVERSITY STUDENTS

@CNUCAPTAINSLLOG

WWW.THECAPTAINSLLOG.ORG

VOLUME 47, ISSUE 16

FEBRUARY 17, 2016



Check out CNU TV's video on our Facebook page the various experiences of black students on campus.

A&E 12

Competition makes sweet harmony

Lifestyle 14

Behind the scenes of the Campus Activities Board

The crescent at CNU

Muslim Captains struggle with instances of Islamophobia off campus and in media.

BY JACK JACOBS AND
MADELINE MONROE

JOHN.JACOBS.13@CNU.EDU

MADELINE.MONROE.15@CNU.EDU

Senior Mujtaba Elgoodah travels the CNU social circuit as a DJ, spinning records at semi-formals, Captain's Balls and Bid Day. He meets a lot of students as a disc jockey, and recounted a conversation he often has with new friends.

"I'll be talking to people and then somehow religion would be brought up and they'll be like 'Mujtaba, what religion are you?'" he said. "I'll be like 'oh, I'm Muslim' and they'll say 'oh, really? But you seem really cool.'"

It's a situation that might be familiar to any CNU student who follows Islam. Muslim Captains come into contact with a friendly student population that often has preconceived notions of Islam and its adherents. Though Muslim students feel safe at CNU, this ray of safety is cast against a growing cloud of anti-Islamic rhetoric of conservative politicians and experiences of Islamophobia beyond CNU's campus.

CRESCENT CONTINUED ON PAGE 4

MORE THAN A
DEMOGRAPHIC
the diversity series



A TALE OF TWO SEASONS

CNU's basketball teams have similar records and successes, but the makeup of each varies.

BY EVAN THORPE
EVAN.THORPE.12@CNU.EDU

For the CNU men's and women's basketball teams, this year's seasons are ones to remember. As of Feb. 15, the teams have combined for 43 wins and just three losses, and are poised for post-season success.

The men are currently ranked first in the Capital Athletic Conference (CAC) and have clinched home court advantage throughout the conference tournament. Along with leading the CAC, they are

ranked sixth in the the nation.

The women's team is tied with Marymount University for first in the CAC with just two games remaining. The two will meet in the Freeman Center on Feb. 20—CNU's final game before the postseason.

It is very possible the game will decide the regular season champion.

While the teams are achieving at the same high level, their paths to success have not been the same.

'TALE' CONTINUED ON PAGE 3

Pictured above:
Rayshard Brown (left) and Anitra Thomas (right) both play key roles on their respective teams and have helped lead their teams to some of their best seasons in CNU history.

For more basketball coverage: Check out our timeline of highlights from both teams' seasons on pages 8 and 9.

Weekly pic

An overnight layer of snow dusted CNU’s campus on Monday—enough to cancel classes for the day. Check out our story about the snow maintanance workers online, and read opinions on the snow on page 9. Photo by Macy Friend/The Captain’s Log.



Online this week

Check out these videos on our Facebook page.



Being Black at CNU

CNU TV’s Andre Toran interviews black students across campus to see how they feel they are represented at CNU.



Who Art You CNU?

CNU TV’S John Rector goes behind the scenes at the Who Art You exhibit to discover what makes CNU’s community diverse.



Alpha Phi and AKA’s Top Chef Cookoff

Members of Gamma Phi Beta, Lexi Balzer and Anelise Overturf made these delicious lemon tarts. Check out our video coverage of this event on the Captain’s Log Facebook page and website.

Happened

Feb. 10-11
CAS Symposium on Homeland Security and Defense
The Center for American Studies hosted its 5th Annual Symposium last Wed-Thur. This year’s theme was “Achieving Resilience through Public-Private Partnerships.”

Feb. 12
Potato Drop Bag-Tying Event
Last Friday, from 12-5 p.m. in the Auxiliary Gym of the Freeman Center, United Campus Ministries held its annual Potato Drop event. Students gathered to help bag potatoes that were dropped on campus on Saturday.

Feb. 13
The Improvateurs Present: One Nightstand
In the Ferguson Studio Theatre this Saturday at 8 p.m., CNU’s premiere all-female comedy group put on their first sketch and comedy show of the semester. Read more about their performance on page 12.

Feb. 15
Can Morality Exist Without a God?
This past Monday in MCM 101, Free Thinkers at CNU held their weekly discussion which addressed the question of morality and God’s existence. Free Thinkers meet regularly to create an environment for discussion, expression, debate and education.

Happening

Feb. 17
Baskets for Breast Cancer
Today, the sisters of Zeta Tau Alpha Pink-Out the Freeman Center in support of Breast Cancer and the women’s and men’s basketball teams. Join them in the Freeman Center at 5:30 for women’s, and 7:30 for men’s.

Feb. 20
Spectrum Sorta Formal
From 8-11 p.m. in Freeman 201 & 202, Spectrum will hold their first Sorta Formal dance. As an all inclusive dance, attendees can wear anything they choose. Tickets are \$6 for 1, or \$10 for 2.

Feb. 17
PLP - Financial Literacy Workshop
From 2-3 p.m. today in the DSU Jefferson, First Command Financial Services will host a free workshop for students to address questions about student loans, 401K and other topics of financial literacy.

Feb. 21 - Mar. 6
Student Honor Council
Applications open this Sunday for positions on the Honor Council. Information sessions about the council will be held from 5-8 p.m. in the Harrison Room Feb. 17-19. The application closes Mar. 6.

The Captain’s Log Staff 2015-2016

Josh Reyes
Editor-in-chief
Melanie Occhiuzzo
Assistant Opinions Editor
Jack Jacobs
News Editor
Madeline Monroe
Assistant News Editor
Ben Leistensnider
Sports Editor
Bethany Pyle
Lifestyle Editor
Victoria Lurie
A&E Editor
Katherine Gittman
Assistant A&E Editor
Kelsey Berg
Digital Content Editor

Faris Sleem
Co-Digital Content Editor
Chris Whitehurst
Creative Director
Macy Friend
Photography Editor
Sarah Martin
Copy Editor
Collin Brennan
CNU TV Editor
Jacob Hudson
CNU TV Assistant Editor
Kelsey Schnoebelen
Marketing Director
Brandon Hubbard
Business Manager
Terry Lee
Faculty Advisor

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. in the Jefferson Room of the DSU.
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.

A tale of two seasons

CNU's basketball teams have similar records and successes but the make up of each team varies.

The men's team

Before the season started, the men's team was voted the favorite in the CAC's coach's poll for the second consecutive season, receiving 80 percent of the first-place votes. But, in their first two years in the CAC, the Captains have yet to win a regular season conference championship or the CAC tournament championship, coming in second both years.

Losing only one player to graduation, the Captains brought back their full squad while adding to their depth with three freshmen. The team is led by sophomore guard and 2015 CAC Rookie of the year, Marcus Carter, sophomore guard Aaron McFarland, junior forward Tim Daly and Senior Hunter Wetherell.

The team has already captured this year's CAC regular season championship and has earned the top seed in the conference tournament, poising them to make a strong run at the tournament title. Players from the team have been named CAC Player of the on five occasions

For the team, winning games has only been part of what has made this season one to remember; the players take pride in the relationships they have off court.

"The best part besides winning is being able to hang out with all the guys," Daly said. The friendships they've built from basketball makes the whole experience more enjoyable, especially since they are with each most of the week. Players find themselves always laughing on away trips, from being with his teammates on the bus, in the hotels or out to eat.



(Top) Sam Porter leads a youthful women's squad with 10.6 points per game. (Above) Men's basketball has had plenty of reasons to celebrate, clinching the regular season title and home court advantage. **FILE PHOTOS BY BEN LEISTENSNIER/THE CAPTAIN'S LOG**

The women's team

For the women, this year's success has come as a surprise because of their youthfulness. The team has six freshmen, eight sophomores, two juniors and a senior, who walked on in the summer. In the preseason polls, the Captains were one of three teams to receive first place votes and were projected to finish second behind Mary Washington.

This year's team is coach Bill Broderick's first-ever team without Camry Green, who graduated and was a staple on offense and defense, scoring more than 1,000 points and grabbing more than 1,000 rebounds in her career. Green's true value extended beyond her play and into her role as a leader on the team.

In her absence, this young team is led by a band of sophomores—forwards Sam Porter and Devon Byrd and guards Anitra Thomas and Makenzie Fancher. All four received limited playing time as freshmen, and their roles have gone from the traditional sophomore expectations of playing few minutes and learning from upperclassmen, to young veterans playing significant minutes while being leaders to freshmen and few upperclassmen.

"To the freshmen we're considered vets but personally, I still feel like a sophomore," Thomas said. With being such a young team, they had to learn to handle game situations during the heat of competition. Whether that's coming from behind late in the fourth quarter or holding on to a lead against a more experienced team, this team has matured to become upperclassmen on the court.

Fancher considered the team that started the season completely different than the team now because of the amount they've matured. A reason this team has had so much success this year on the court is from their off court bonding experiences. Devon Byrd credits the chemistry the team has built through events like team dinners and movie nights that allow players to know one another outside of the aspect of basketball.

Both teams are playing extraordinary basketball and have been recognized for team and individual success. Both teams are ranked nationally on D3hoops.com top 25 rankings and, players have been awarded CAC Player of the Week seven times.

But even with the added attention, neither team gets distracted by the awards nor feels the need to compete

with one another. Instead, they use external recognition as motivation to improve and cheer on all the members of both teams.

"It's pretty cool that the girl's team is winning a lot of games too. I don't think it's a competition, but it's always fun supporting one another," said Daly.

The teams are happy with each other's success and want to end their

seasons the same way—cutting down the nets at the CAC tournament championship game.

The teams' first priority is to finish the season as regular season champions then take it one game at a time in the conference tournament. The last time both teams won the regular season and tournament championship was in 2012-2013, CNU's last year in the USA South. ■

The crescent at Christopher Newport

Muslim Captains struggle with instances of Islamophobia and discrimination off campus and in the media.

CRESCENT
CONTINUED FROM PAGE 1

Engaging on campus

Elgoodah was born in Greensboro, N.C. but moved to Reston when he was six and considers himself a NoVa kid at heart.

Of Sudanese stock and hailing from a family of doctors, Elgoodah double majors in biological chemistry and business administration. He hopes to one day sit on the board of trustees at John Hopkins Medicine.

In the meantime, Elgoodah keeps busy DJing parties and engaging with the community.

Among his activities, Elgoodah is involved in CNU's Young Democrats, where he serves as philanthropy and finance chair. In the organization, Elgoodah helps organize debate watch parties and voter drives.

"We are the future of this country, we need to get out and vote," Elgoodah said.

Islamophobia in politics and the media

As an individual engaged in the political process, Elgoodah is no stranger to anti-Islamic rhetoric coming from candidates for the republican presidential nomination and other politicians. He looks on at calls to bar Syrian refugees fleeing the Syrian Civil War from entering the United States and what he sees as hypocritical treatment of Muslim and non-Muslim criminals in the media.

"I think it's flat out racist and I think it's ignorant," he said.

"When I heard Trump get on the news ... it reminded me of the internment camps," Adeeba Waris, a junior biology major born in Pakistan said, referring to the internment of Japanese-American internment policies in the United States during World War II.

According to Elgoodah, since 2001 there have been over 1,000 mass shootings in the United States with only two being committed by Muslims.

He said that discrimination against Muslims based on the actions of a few individuals that he feels aren't true Muslims is unfair.

"Say you follow the Ten Commandments and respect Christianity but you break nine of the Ten Commandments. You're not a Christian. You're just saying you are. That's the same thing with these violent people committing these actions in the name of Islam. They're not Muslim by action," he said.

Elgoodah isn't alone. Ekrem Cetinkaya, a junior biology major of Turkish descent, also sees an unfair narrative about Muslims in American society.

"Seeing that those ideas get support is also very scary," Cetinkaya said. "The crimes that are committed by people of non-Muslim or non-Muslim names are presented differently in the media and are viewed differently than one that is committed by a Muslim."

He notes that there could be other factors involved, like mental illness, that could

have influenced the act, and notes that some tend to immediately use the label of "terrorist" or other names instead.

Waris echoed this frustration about the unfair representation of Muslims in the media.

The media "should show the bad side but also keep in mind that it's not just because they're Muslim that they're doing it. It's because they have other beliefs" she said. "Not everyone from that place or culture likes it."

She said that part of the solution might be to move away from labeling people by race or ethnicity in everyday discourse.

"The whole notion of where the phobia is coming from is because people don't know what [Islam] is. People have no idea about Islam. They haven't had any research," Cetinkaya, a Blacksburg native with medical school aspirations, said.

Cetinkaya said that the best way to challenge Islamophobia is education about Muslims, a cause he supports on CNU's campus.

He has taken initiative among the CNU community to foster dialogue about Islam and will have a seminar in March where Islamic scholars will come and talk about where Islam stands on the issue of ISIS and terrorism.

"By dialogue, by talking, by having programs, will help show that these people aren't bad," Cetinkaya said. "It's important that people stay informed about who these groups are."

Experiencing discrimination

Sometimes Islamophobia strikes closer to home than Trump's stump speeches and double standards in the media.

In pursuit of his medical career, Elgoodah earned a summer internship at Aetna, a healthcare company that sells insurance plans.

He flew to Connecticut to present on work done at his internship, but was held up in the airport security check areas.

"I almost missed both flights, both there and back because I got checked so much," he said. "I have never been checked so much."

Elgoodah said his mother, who wears a hijab, is often stopped for airport security checks too.

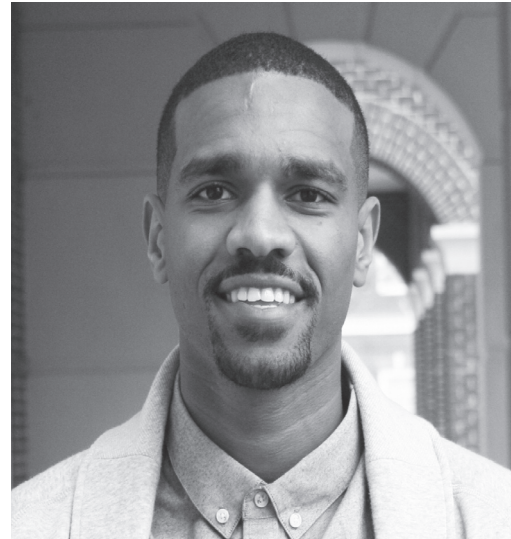
Not every experience was totally negative, though.

Cetinkaya said he has never experienced discrimination, which he attributes to his lighter skin tone.

While never personally impacted by Islamophobia, Cetinkaya did recall a story a friend had once shared with him about the aftermath of Sept. 11.

"He told his wife to stay home for two weeks. And after two or three weeks, she had to go to the grocery store. This man started to follow her, so she asked him 'Why are you following me?' He said that, 'I'm here so that if someone tries to hurt you, I'm going to protect you from them.'"

"People are actually willing to put their lives in danger to help," he said. ■



Mujtaba Elgoodah is involved in politics and as a result has a close look at the Islamophobia that appears in American politics. MACY FRIEND/THE CAPTAIN'S LOG



Ekrem Cetinkaya sees Islamophobia as a result of unfamiliarity with Islam and works to raise awareness of Islamic culture. MACY FRIEND/THE CAPTAIN'S LOG



Adeeba Waris said anti-Islamic rhetoric in politics reminds her of past oppression in American history. MACY FRIEND/THE CAPTAIN'S LOG

CNU aims to roll out self-serve bike repair stations

The repair stations will come to CNU as soon as promised funds are collected.

BY MELANIE OCCHIUZZO
MELANIE.OCCHIUZZO.13@CNU.EDU

A trio of bike repair stations is slated for campus once funds are secured, Ryan Kmetz, director of sustainability initiatives, said.

The green initiative, spearheaded by Kmetz and Student Assembly, has been in planning since the fall semester.

The bike repair stations are self-serve and will be able to handle all general bike maintenance such as changing a tire, pumping air and has the tools that students can use to repair parts on their bikes.

Students will be able to access a free QR code that allows them to watch instructional videos on how to perform the bike maintenance that they need.

By putting these bike repair stations on campus, CNU will promote sustainability around campus as well as contribute to Newport News' sustainability agreements, Kmetz said.

In 2013, Newport News began a comprehensive plan to increase the city's sustainability, according to city documents.

The devices are made by Dero Fixit Company, and the company will probably be the source CNU buys from, Ryan Kmetz said.

Each station will cost \$1,400. One unit will be paid for jointly by Student Assembly and Christine Ledford, senior associate vice president of Administration and Finance, with each contributing \$700. Student Assembly will also bear the entire cost of another unit. Robert Midgette, senior associate vice president Auxiliary Services will be donating the funds for the final unit. Midgette and Ledford are making private donations to the project, Kmetz said.

While not at all funds anticipated to be provided by Student Assembly have been formally earmarked for the project, Midgette and Ledford are 100 percent committed to providing their donations, according to Kmetz.

The unit Student Assembly will pay for in full isn't guaranteed to be part of the project because Student Assembly is unsure if it can raise enough funds.

Delegates expressed interest in contributing a third bike station during Student Assembly's



Devices cost \$1,400 each and are intended to be paid for by Student Assembly and the university. MACY FRIEND/THE CAPTAIN'S LOG

Feb. 8 meeting.

Currently, the exact locations of the devices have yet to be determined, Kmetz said.

Kmetz said there were logistical concerns like accessibility and pricing that were considered while selecting the devices.

Newport News also has at least one self-serve bike repair station located in front of Whole Foods at Tech Center. Kmetz said he isn't aware of any other self-serve stations in immediate area.

These units are compliant with the Americans with Disabilities Act of 1990, which means they're considered accessible for those with disabilities.

Bike repair stations: by the numbers

\$4,200: total cost for project
\$2,100 provided by private donation
\$2,100 provided by Student Assembly
\$1,400 per station
3 repair stations

Dero Fixit provides free installation and the devices will take approximately five to six weeks to be delivered.

Once the funds come in, the stations are ready to be ordered and installed on campus Kmetz said. ■

The trials of college credit transfer

Some students feel like they essentially start over academically after transferring.

BY LYDIA JOHNSON
LYDIA.JOHNSON.13@CNU.EDU

Differences in universities' curricula can set transfer students back on the path to graduation when they enroll at CNU.

Students from community colleges can transfer a maximum of 66 credit hours, and students from four-year institutions can transfer a maximum of 92 credits, according to CNU's transfer guide. Students must complete the last 45 hours in residency, according to CNU's transfer guide.

The Virginia Community College System (VCCS) has a Guaranteed Admission Agreement (GAA) with 36 colleges in the state, including CNU. GAA ensures students with Associate's Degrees from a VCCS school will transfer in as juniors. No such guarantee exists for students transferring from schools other than community colleges.

James Faircloth, a senior, transferred to CNU in 2013 after completing two years at ODU. Faircloth said he lost about thirty credit hours when he transferred.

"I retook a lot of elective classes I took at ODU that were kind of the same," Faircloth said. "I'm really doing the same stuff. It kind of feels like a money grab to me."

He said he didn't know he'd lost those credits until after he accepted a position on CNU's football team.

Director of Transfer Enrollment, Bonnie Tracey said academic department chairs evaluate outside credits by comparing them to CNU's curriculum.

"A lot of times they'll ask for a syllabus and some additional information from the student," Tracey said. "From that information, we're building these catalogs in the system so that we have consistency for any student that comes through that pro-

gram."

Tracey said the catalog for credits from four-year schools is not currently available for students to view.

Other public universities in Virginia have online transfer databases, both for VCCS and four-year institutions.

George Mason, VCU, and JMU have online research tools that let prospective transfer students see what a class transfers to at the university in which they're interested.

CNU has an online credit guide for VCCS transfers, but none for students transferring from four-year schools.

The Office of Transfer Enrollment reports 140 students transfer to CNU each year.

Sixty-seven percent come from Virginia community colleges, 10 percent from public universities, 4.7 percent from private, and 18.3 from out-of-state. Tracey said the Transfer Enrollment office is working to make the transfer credit database from 4-year institutions available for prospective students.

Junior Isaiah Greene transferred from Norfolk State University in 2013. Greene said he tried to transfer 31 credits, but CNU only accepted 15,

putting him a semester behind.

"I paid all that money and did all that work and then I feel like I'm starting back again a freshman," Greene said.

Sophomore Paige Long transferred from Longwood University in August 2015.

Long said some of her general education courses from Longwood only transferred as electives, but she's still graduating on time.

Sophomore Maryanna Turnage, who transferred this semester from University of Richmond, said many of her classes didn't transfer because Richmond operates on a unit system, not a credit system.

"It's so frustrating being counted as a sophomore when I'm supposed to be getting ready to go into my junior year," Turnage, who's a semester behind, said.

An article from Inside Higher Ed stated 37.2 percent of college students transfer schools at least once in six years. ■

"I retook a lot of elective classes I took at ODU that were kind of the same. I'm really doing the same stuff. It kind of feels like a money grab to me."

—James Faircloth, senior

Diversity is a strength

Students should embrace the diversity of experiences that exist at CNU for a more varied outlook on life.



RACHEL WAGNER
STAFF WRITER

Let’s cut to the chase: CNU is not exactly the poster-child in the family of diverse colleges around the nation. There is a clear majority among the students here: white, from NoVa and Christian. That’s not a *bad* thing. But it doesn’t mean it’s

a *good* thing either.

Diversity provides the avenue for numerous educational opportunities, and at CNU we might be lacking a little bit of that well-rounded perspective. In particular, I would like to focus on religious diversity.

Once again, I’ll emphasize that is not necessarily a bad thing to have a primarily Christian campus, but I’d imagine that sometimes the lack of non-Christian students can make those who are not the majority feel extremely isolated. For example, take our Muslim students.

Being a freshman, I have not been here long and therefore perhaps my view is skewed, but I can confidently say that during my time at CNU I have not met a single Muslim Captain. This week’s news article on several Islamic students should hopefully shed some light on the subject.

I have found from personal experience that people here automatically assume everyone is a Christian; I have been asked numerous times “Which bible study do you go to?” or “Are you a part of Cru, InterVarsity or Young Life?” It feels as though there isn’t a “none of the above” option available on this multiple choice exam. The situation has certainly made me feel awkward in the past, and I can imagine that it would be even worse for a student to admit “I’m actually a Muslim” or “I’m actually Jewish” or “I’m actually Hindu,” because if I am met with uncomfortable silence for my lack of structured religious activity, practicing another religion is likely to produce a similar reaction.

It is important to remember that our Muslim students are a minority on this campus, and also that the media has contributed to a picture of Islam that is not representative of the whole. Something that really struck me from Ekrem

Cetinkaya’s story was his emphasis on the importance of education to fight Islamophobia. Islamophobia does indeed exist; we live in a world where people are padded down more carefully at airports for wearing Hijabs or for the color of their skin, where those who are in the media have the power to paint the loving faith of a people as terrorism. Even more terrifying, we live in a world where people believe and support the spread of incorrect and ignorant hate rather than the intellectual exploration necessary to understand those different from ourselves.

Diversity can make us stronger, so do not fear what is different. Celebrate it. Question the media, look to real sources for information, and most importantly, remember that we are all a family here, we are all Captains. We should be encouraging the education of other religions such as Islam rather than fearing the proximity of another religion that isn’t any less loving than other religions.

The real world will not be CNU; the real world is not our comfy college bubble. There are hardships, no hand holding and 7 billion other human beings to communicate with and learn from. They will not be all from the same mold, and it is important to learn not only how to communicate with those different from you, but how to respect them and make them feel welcome. The more diverse CNU becomes, the more we will be prepared for the free marketplace of ideas that exists outside of our columned campus. I applaud our Muslim students for sharing their stories, and for their efforts to educate us on their faith. ■

“Do not fear what is different. Celebrate it. Question the media, look to real sources for information, and most importantly, remember that we are all a family here.”

—Rachel Wagner,
staff writer

Lessons learned at the CLog

Working for the The Captain’s Log has been a cornerstone of its staff’s educational experience.



BETHANY PYLE
LIFESTYLE EDITOR

Last summer I substituted in a 10th grade classroom and when we ran out of work to do, a student asked me “what do you want to be when you grow up?” While I was flattered at the time with the thought that I was not yet “grown up,” I realize now that when I graduate from CNU in less than 100 days, I’ll have to settle on a career. I began to wonder, do I really want to be a journalist when I grow up?

In my two and a half years with the Captain’s Log, the newsroom has become my second home on campus. I’m comfortable with the people, the equipment and even the messiness. That comfort is probably what contributed to my recent existential crisis. Soon I’ll be leaving that safe, comfortable newsroom and I will hopefully be thrown into the chaos of a real newsroom. The thought alone made me question nine years of hoping to be a reporter.

Working at the Captain’s Log has been one of my favorite college experiences. It’s allowed me to dig into corners of campus that I would never have known about before. It’s taken me to countless couches, offices and even Newport News City Hall for interviews. But there have been plenty of blunders along the way. There was the time I assumed that all of the people I interviewed could remain anonymous, the time I set to have two interviews at the same time and had to explain my mistake to a frustrated faculty member and even one instance of addressing someone as Mrs. When it turned out to be a Mr.

But each time I messed up, whether it was a big blunder, a little misspelling or a misplaced comma, I could always use the excuse that I’m only a student. Just like everyone else here, I’m still learning how to do this job. I can take my mistakes and learn from them. But what am I supposed to do when I’m thrust into a real newsroom and inevitably screw something up again?

I also began to imagine working in a professional newsroom. I’ve heard all the stories of how fast-paced and cutthroat it is. You need to be creative, quick-thinking and innovative to keep this job. You need something to set you apart from every other writer in the world. And that’s scary. What if I can’t keep up? What if I’m good in college, but not in the real world? The only experience I have is in my college newsroom where we work hard, but the stakes aren’t quite so high.

But when I began to weigh my options, I realized that fear is what every one of us is facing as seniors. We’ve all spent the past four years in a soft and comfortable space. Sure, it may not have felt that way freshman year, but we’re all pros now. We’re comfortable conducting research in Forbes, but are intimidated by a real lab. We know how to debate politics in McMurran, but Washington is a bit more intense. No matter where you are or what your major is, we are all about to take a huge leap of faith out of the safety of this University, and into the real world.

Taking that leap is scary, but it helps to remember that no one is going to throw us to the sharks. No job is going to expect us to come in as experts. We’ll have mentors and guides to help us get settled, and they’ll likely accept a few blunders while we get adjusted to the new place. And all the work we’ve done in school has been a training ground for that real world we’re about to jump into. I may still be slightly terrified of moving up, but it’s something we all have to do. We’ve worked hard for it, and we’re ready to take the next step. ■

30-

**MORE THAN A
DEMOGRAPHIC**
the diversity series

Snow days serve to remind us of childhood, convenience



With classes canceled on Feb. 15, students either huddled inside residence halls or ventured out in the snow for a snowball fight. PHOTOS BY MACY FRIEND/THE CAPTAIN'S LOG

Snow days remind us of what it's like to be kids again, as well as the conveniences we take for granted.



RACHEL WAGNER
STAFF WRITER

Nothing like heading to a math class when the air hurts your face and freezes your hair, you know? Luckily for us, CNU cancels at the mere threat of icy roads and slushy pathways.

As I left the library on Sunday night, it was lightly snowing and I made my prediction then: classes would be cancelled for this light dusting, even though northern states would only cancel in lieu of two to three feet. Our tolerance for cold and snow is clearly not what it is in areas that regularly battle that kind of weather. Sure enough, the following morning I was awoken by my roommate squealing at the cancelling of classes, and at this I couldn't help but feel relieved that I didn't have to face the bitter cold outside for a few more hours, but also slightly disgusted with my own wimpiness.

Despite my inner disdain at our intolerance for minor weather inconveniences, I've also realized and have been pleased that snow tends to bring out the small child in everyone.

At our last snowfall, I passed a group

of freshmen boys trying to climb the snow mountain that took over the Tribble Plaza. The weather apparently has the ability to reduce college students to 8-year-olds. However, I do not suggest snowball fights this time. This snow, while it did call off school, has quickly turned into mush. Being hit in the face with it would be more reminiscent of being "slushied" on Glee rather than a traditional snowball fight like in "A Charlie Brown Christmas."

While the snow does bring out our inner child, it also takes a toll on our tolerance for cold weather. As 21st century students, we have a lot of conveniences that others lacked before us.

When General George Washington crossed the Delaware River in order to advance the troops during the Revolutionary War - *on Christmas I might add* - he and his men definitely did not have Bean Boots, Uggs or trendy rain boots. More than likely, they had no shoes. They were lucky if they had a jacket or blanket. They put their blistered, bloody, frostbitten feet in the snow, and they fought for the nation we now enjoy.

Now, I'm not saying that I don't shiver when it drops below 40 or when I don't have my plush jacket, but I do think that sometimes our 21st century perspective needs to remember that we have a lot of privileges that previously did not exist.

So stay warm captains and don't be afraid to stop and let your inner child roam free. ■



Want a look at how CNU's snow is cleared?

Visit thecaptainslog.org for a look at how CNU's grounds department dug the university out on Monday.

MEN'S BASKETBALL

CNU

WOMEN'S BASKETBALL

First

Both teams have the top offense in the CAC

Sixth

The position the men hold in the NCAA national rankings

14 of 16

Of the 16 athletes on the women's basketball team, 14 are underclassmen

.935

The combined winning percentage of

Overall: 19-1
CAC: 13-0



Aaron McFarland

Win first conference game.
CNU: 74, Frostburg: 47

Close victory against Virginia Wesleyan with final minute scores by Aaron McFarland and Rayshard Brown.

Still ranked 13th, CNU picks up first and only loss of season in close game against University of Scranton, 65-58.



Marcus Carter



NOV. 15

Strong start with 79-63 win over Washington and Lee.

NOV. 29

54-point margin win over Frostburg state is a victorious destruction.

DEC. 13

Well-earned victory over Virginia Wesleyan puts Captains back on top. Devon Byrd and Bailey Dufrene had 20-point games—a career high for both athletes.

DEC. 30



Devon Byrd

54 points

The largest margin of victory for the women's team came in a 92-38 blowout of Frostburg

7

The number of times Captains have been named CAC Player of the Week

0

The number of road losses for the men

Up Next

Both teams host St. Mary's on Feb. 17 and Marymount on Feb. 20. There are no major playoff implications for the men who have already clinched home court advantage throughout the playoffs, but the women still have a chance to claim the top seed with a win against Marymount.



Ninth-ranked, CNU dominates Penn State Harrisburg, 90-41. Record improves to 17-1 overall and 11-0 in CAC.

CNU in sixth, narrowly defeats Salisbury University 61-59.in overtime. Junior Kevin Regimbal scores final point at foul line.



KevinRegimbal

JAN. 2

Triple digit scoring as CNU doubles up Southern Virginia University, 106-53.

JAN. 30



SamPorter

FEB. 3

CNU seeks revenge over Salisbury with a 55-52 victory that propels the Captains into 23rd.

FEB. 13

A 59-50 win over York puts CNU in a tie with Marymount in the CAC. Top seed *up in air*.

Leading Scorers:

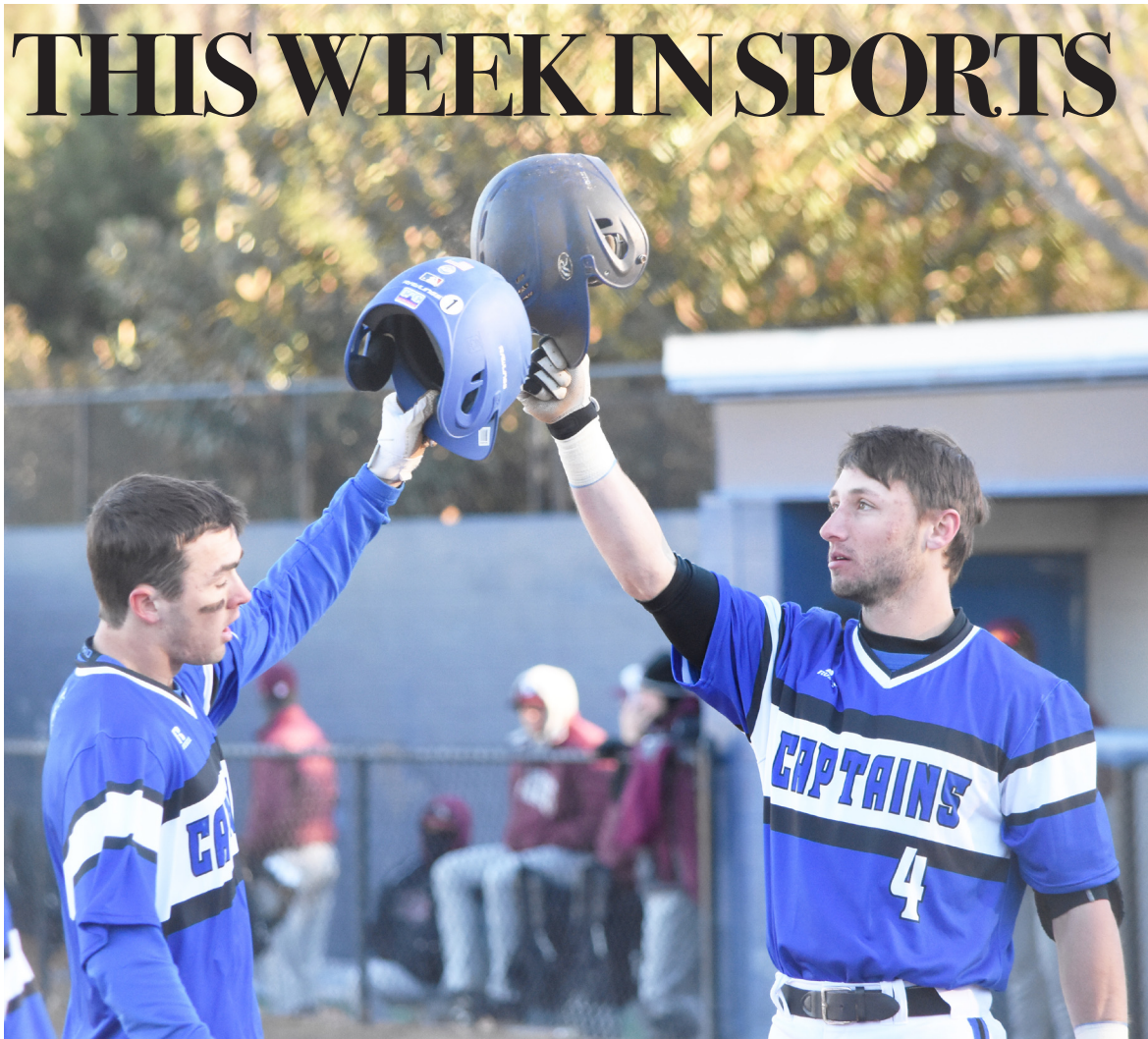
- Sam Porter - 244
- Devon Byrd - 227
- Anitra Thomas - 215

2016

SNAPSHOT

PAGE 10

THIS WEEK IN SPORTS



(Left) Freshman Jordan Mason (left) is greeted at home plate by junior A.J. Nicely (right) after hitting his first career homerun as a Captain. (Right) Junior Michael Thomas posted five strikeouts in just two innings of work on the mound in the Captains' 9-3 victory against Hampden-Sydney. **PHOTOS BY BEN LEISTENSNIER/THE CAPTAIN'S LOG**



(Left) Sophomore Brendon Burrows beats a double team in the game against Mary Washington, finishing the game with eight points. (Right) Sophomore forward Sam Porter recorded a double-double against the Eagles with 12 points and 13 rebounds. **PHOTOS BY TYRUS WOOD/THE CAPTAIN'S LOG**

CNU DAY T-SHIRTS NOW ON SALE!

CNU DAY

LUCKY T[♣] BE A CAPTAIN

3 - 17 - 16

CNU DAY
MARCH 17, 2016
LUCKY
T[♣] BE A
CAPTAIN

Order yours at **cnuday.cnu.edu/tshirt**

On March 17 we will hold our second annual CNU Day – a special day where we all show our pride, honor our history and raise funds to support Christopher Newport.

Let's all come together and show the world how lucky we are to be Captains!

You can be a part of the excitement on CNU Day by sporting one of these great T-shirts and joining us for a celebration on the Great Lawn at 12:30 p.m.!

Price: \$17

(\$10 for the shirt and a \$7 donation that will count toward CNU Day)

Order by Friday, February 26

CNU Day T-shirt pre-sales are only available to current students, faculty and staff members. For questions about your purchase, please contact Kara Lusk '10 in the Office of University Advancement at kara.lusk@cnu.edu

Competition makes sweet harmony

"Pitch Perfect" arranger coaches and combs CNU a cappella community for Vocalosity's upcoming opening act.

BY SAMANTHA CAMILETTI
SAMANTHA.CAMILETTI.14@CNU.EDU

While the biting wind and brief snow flurries drove most indoors, it did not stop CNU's cappella groups from venturing out to the Ferguson Center for a unique opportunity to be the opening act for Vocalosity, a live-concert a cappella event Feb. 22 at 7:30 pm.

The master classes provided an opportunity for the a cappella groups to refine and transform their performances to suit a professional stage. To add to the caliber of the event, master arranger Deke Sharon was on hand to coach the groups. A star in his own right, Sharon has had an illustrious history with a cappella, from directing his Boston-based group The Beelzebubs to arranging for the popular film "Pitch Perfect," to playing multiple behind-the-scenes roles in America's first a capella competition show "The Sing Off."

"I don't want this to be a lecture," Sharon said at the start of Friday's two-hour class. "That's not my kind of thing." Indeed. As his roots are from a group with the motto "Fun Through Song," he gave equal parts technical advice and wisdom. "Music is not about perfection," he reminded the groups multiple times. "Don't spend your time impressing me."

Sharon allowed the groups 40 minutes to showcase their talent, and simply gave suggestions to refine and animate their performances. He stressed the importance of building a foundation with the song's theme at the bottom, and communication of that theme on top. Sharon also pointed out the importance of outward articulation, or "flirting with the audience." He also emphasized that intricacies are what differentiate singing from a performance. "Make this more about sisterhood and about each other," he reminded Take Note, CNU's all-female a capella group during their mashup of "See You Again" and "Love

Me Like You Do." Every song should tell a story. A story can be told through an intense gaze, or a quick side glance, or something as extravagant as two lead singers acting out a scene while singing.

Though these groups were ultimately competing against one another, everyone was humming and tapping their feet to the song and offering encouragement to their fellow singers. Sharon also reminded the groups that they are

quite literally making music with their entire selves. "Throughout history, people sang. At the end of the hunt, they sang. Even if you wanted to listen to Christmas carols, you had to make those carols. As part of the animal kingdom, we are hardwired to sing," Sharon said.

His passion to extend singing beyond technicality is clear. "Three things eroded music: 1) recorded music, people no longer own music 2) music became a third grade subject 3) shows like "Amer-

ican Idol" that mock people on TV. Every time you get up on stage you change someone's life. Save a life. I want that baked in your performance." ■

Early Tuesday, Sharon announced via Youtube that the Newport Pearls would open for Vocalosity, with University Sounds and Take Note performing in the Ferguson Center lobby. He chose the winners out of a hat, citing that the groups were all so good he just couldn't choose.



Deke Sharon, professional a capella arranger, praises the directing ability of junior Torrie Buckman (second from left) from Trebled Youth, a group he claimed deserves the "punnier a capella group of the month" award. BEN LEISTENSNIER/THE CAPTAIN'S LOG

Improvocateurs' "One Nightstand" cherry on top of V-Day

The comedic ladies are at it again, this time mocking everything from hookup culture to their own love lives.

BY SAMANTHA CAMILETTI
SAMANTHA.CAMILETTI.14@CNU.EDU

It's been fun seeing The Improvocateurs find their own niche here at CNU.

From humble roots as a rugby club (in name only) to winning the Outstanding New Student Organization award, to amassing a large and energetic crowd last Saturday, Feb. 13, the Improvocateurs once again didn't disappoint. They have the professionalism (or as much as can be expected in the improv business) and the attitude.

They have a gift that allowed their audience to forget about the cold, forget about their own problems and sit back to enjoy the show. Kicking things off with an implied orgy will do that.

The Improvocateurs have also matured in terms of their content. While still maintaining their slightly risqué sense of humor (multiple sex jokes, and Gracie Peck demonstrating the trials of locating unlubricated condoms) they prove that by far their talent draws from their subtle teasing.

Perhaps taking a leaf from Aristophanes, The Improvocateurs recognize that comedy encourages discussion by showing things at a different angle. They critiqued heterosexual culture with a daughter coming out as straight to their parents, and mocked dating apps by acting out a scene in prehistoric times with the newest app "Flint."

The stand up acts are great additions because they allow an opportunity for

the audience to acquaint themselves with individual members of this powerhouse team. Hannah Czarnaski retold the story of kissing someone at her small Christian school while her creepy Teddy Graham-shaped principal watched.

Bonnie Newton created Yelp-style reviews of what it's like to date her, written from the perspective of the girl she kissed on the cheek at Girl Scout Camp, a Tinder date and someone who wrote her a rather intense 25 stanza love poem. Katie DeChristopher talked about her former love life and nicknames that she gave her past crushes. She ended her piece saying that the nickname of her current boyfriend is "Chris the Keeper".

New to the acts were the Mime Gibberish game, where DeChristopher had to guess what Caitlin Caplinger, Victoria Banks and Peck were with no real help besides hand gestures and gibberish

language. Another memorable piece: a sketch where a group of 40 year olds still prove that they are still young by trying to join a frat party. Caplinger, as Janet the Birthday Girl, ends the scene by downing some alcohol and running through the aisle in nothing but her bra and underwear (probably mortifying her parents who were in the audience as well).

Two standouts in the show were Bonnie Newton —proof that creepy pickup lines like "I have an STD, but with you I could be a STUD" don't work on any normal person— and Tiffany Reese, with her fantastic deadpan humor, displayed in scenarios like what single people should do on Valentine's Day: "Maybe they can form a comedy group." ■

Check out the full show on The Improvocateurs' Youtube Channel

Beyond “Blonde”: a sneak peek at Tech Week

“Legally Blonde” opens this Friday, but more work than we realize goes into bringing Elle’s tale to life on the stage.

BY SAMANTHA CAMILETTI
SAMANTHA.CAMILETTI.14@CNU.EDU

There seems to be nothing that TheaterCNU can’t do. Whether they delight with the morbid comedy “Into the Woods” or raise a play out of the sea like “Pericles, Prince of Tyre,” the combination of the staff, performers, accompaniment and stage crew prove a formidable force in staging a production, especially since the next gem in their repertoire will be the musical “Legally Blonde.”

Already sold out for opening night on the Feb. 19 “Legally Blonde” will delight the audience by staying true to the essence of the movie while adding peppy (and hard to get out of your head) scores and impressively athletic dance

numbers.

At the crew viewing on Friday, Feb. 12, the props were mostly out, but the small intricacies that will make this show stellar were not in place. There were no costumes, no special lighting designs, and, in some cases, no actors. With 50% of the cast sick, according to stage manager Cheyanne Christopher, the rest really had the opportunity to showcase their already clear talent in an unexpected way—by making do with what they had and filling in when necessary. This week before the show, called “Tech Week” and colloquially nicknamed much worse, is where the true dedication and patience of the cast can be seen, especially when nothing is perfect.

fectly in order yet.

“Legally Blonde” will feature all of the original scores that fans of the musical will be looking for, like Warner and Elle’s “Serious” duo, the dynamic “What You Want,” “There! Right There!” and “Blood in the Water.” If those don’t impress, there are plenty of other songs that will have the audience unconsciously tapping their toes to the often high energy beats. By now, the cast has worked out all of the kinks, and it’s delightful to see the different dynamics that appear between the characters.

TheaterCNU handles the sprawling ensemble by assuring that even the most minor or peripheral characters have

personality, like the disgruntled girl during Brooke Windham’s “Whipped into Shape” exercise video, or the restaurant patrons during “Serious.” They add a wonderful element of depth to this at-first-glance fluffy musical. The Delta Nu sorority girls who appear to help Elle at various points in the musical are reminiscent of a Greek chorus, which adds an entirely new implication of this musical as well.

Also, some four-legged cast members will be joining the set—the iconic Bruiser and Paulette’s dog Rufus. Hopefully, Rufus and Bruiser will make more of an appearance than they did at rehearsal, but if nothing else, it is exciting to see that TheaterCNU handles this new dynamic (real live animals) with ease and confidence. ■



Cast members hold their poses during rehearsal earlier this month.
COURTESY OF THEATER-CNU

MOVIE REVIEW: DEADPOOL

This self-referential superhero movie delivers on raunch and heart.

BY CHRISTOPHER GABRO
CHRISTOPHER.GABRO.14@CNU.EDU

“Ryan Reynolds was born to play the role of Deadpool; **he is brash, quippy and raunchy** and it is the best we’ve seen Reynolds on the big screen.” - Gabro

BY JOSH LEDUC
JOSHUA.LEDUC.12@CNU.EDU

“The most fun I have had at the movies in a long time.”
- LeDuc

“What makes the action scenes exemplary is the jokes; the sequences are addressed head on in “Deadpool” and are **unpredictable** simply by [not knowing] what type of joke is coming next.” - LeDuc

“It proves the audiences are yearning to see something new and **refreshing** rather than the same old dull knock ‘em, punch ‘em superhero flicks.” - Gabro

“FIVE STARS”

- LeDuc

“The sheer self-awareness of the movie is truly its greatest strength. I highly recommend it because it usurps the typical superhero tale with great effect and **the result is absolutely entertaining.”** - LeDuc

See both reviews in their entirety at: http://www.thecaptainslog.org/2016/arts_entertainment/dueling-reviewers-love-deadpool/

YOUTUBE

Now on Snapchat!

Get a snapchat geofilter designed for your organization's event!

email mitchell.phillips.12@cnu.edu
designedbymitch.com



This year, CAB has shown the movies Mockingjay Part 2 and Straight Outta Compton, and has also hosted a casino night and an ice skating trip. [YOUTUBE](#), [WIKIMEDIA](#), [BAGOGAMES](#)

Backstage of CNU's Campus Activities Board

Almost every weekend there's a different CAB event on campus. But what goes into planning so many different events all year?

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

Arguably one of CNU's more recognizable organizations, CAB, the Campus Activities Board, keeps itself very busy making sure to bring fun entertainment to campus.

Hard work is the foundation of this organization. "Last semester, we planned all of the events for this semester, so we got all of the dates worked out, what we want to do," sophomore Kelsey Weigel, member of the Headliners committee, said.

Senior and Vice President of Recruitment and Retention Kaliena Dimaano said that then they work with CNU to reserve the spaces they need and communicate with whatever organizations that might want to collaborate on their events.

"Typically we try to bring one band and one comedian a semester, and then we have 'homegrown,' which are the open mic nights," Weigel said. "And then we also have every committee put on a movie, so like Headliners are showing Spectre."

CAB has the typical composition of most campus organizations. It is made up of five committees-Headliners, Leisure Studies, Special Events, Cul-

ture and Lecture and finally Marketing. It also includes an E-Board, committee chairs and a staff advisor. The key to keeping the committees working efficiently, according to Dimaano, is "making sure that committees are putting on an event that they're passionate about, and that everything works out budget-wise".

CAB is a prime example of a student organization that works. It is efficient and effective in its planning and execution. "We're very cohesive, as long as we communicate with each other," Dimaano said.

Weigel, who joined CAB last year, agreed. "We tend to have similar personalities, because there is an application process and there's an interview," she said. "So they kind of pick people that they think will work well together." For Weigel, the perception of what the organization was and the actual proceedings are very closely entwined. "It's very simply: You go, you work together, you figure out what kind of events you want to have," she said. "Like this was the first year we did Lip Sync, because we saw it on Jimmy Fallon and we were like: 'we should do this!' and we just did it."

"Just doing it" is also contingent upon the seemingly solid support system within CAB, as evidenced by Dimaano's job role. "My main job is to recruit people during our application period and to be a support system for Cabbies who might need help staying in CAB and balancing CAB with school and work," she said.

The experience in CAB is a fulfilling one. "For me it's just seeing people at events and Cabbies just all enjoying themselves and having fun and I love people, so I love making people happy and that's what these events do for people. And that's the best part of CAB," Dimaano said.

Weigel remembered her favorite event to plan was the Mowgli's performance during FallFest in 2015. "That was really cool because they're almost famous, and they hung out with us... I had to body-guard for them which is really funny because I'm me," Weigel said.

Weigel also cited that her teamwork skills have improved since joining CAB. "I'm getting better at being able to express my ideas without stomping on anyone else's and being able to reach a consensus that everyone likes," she said. ■

Lent: A season to sacrifice and refocus

Many students are giving things up in anticipation of the coming Easter holiday.

BY MELANIE OCCHIUZZO
MELANIE.OCCHIUZZO.13@CNU.EDU

Every year between Mardis Gras and Easter, several denominations practice a 40-day fasting period. These 40 days represent the time Jesus went into the wilderness to fast and was tempted by the devil.

Despite the history behind it, each person celebrates Lent a little differently. It's not only Catholics that observe Lent but rather a whole host of Protestant denominations. I am a Lutheran and I observe Lent

as a time to reflect on my faith and the common practice in my church is to give up something you really enjoy, or take on a new challenge. In previous years I have given up chocolate, peanut butter and taken on daily devotionals.

The opinions on Lent seem to be pretty centered on the same concepts at CNU. Sophomore Hannah Snyder said that "It comes around every year and it's a good time to reflect on sacrifice." She takes advantage of this time every year to give up a favorite food that she has an excess of in her life and fasts in

meditation of the sacrifice the season represents.

Junior Blake Allen said "I believe this is a process that I think everyone should practice at least once." Her thinking behind the season of lent is that sacrificing a favorite item for 40 days is a difficult task and that this difficulty should help focus your thoughts on the true meaning of Easter.

There are others on campus who do not observe Lent and have neutral feelings towards the season. Sophomore Taylor Geer has never participated in Lent but feels that it is great that students are able to observe this time of year with the respect that they deserve.

A few other popular ways to practice fasting during Lent is to eat fish on Fridays instead of meat and to take time to fast for certain hours of the day during the total 40 days. CNU has been very responsive with



Many students give up junk food or Netflix in favor of meditation and refocusing on their faith. PHOTO ILLUSTRATION MACY FRIEND/THE CAPTAIN'S LOG

offering fish options every Friday on campus and there is an air of respect for those who observe this season just like any other religious season.

Like many students, I look

forward to Lent each year as a way to connect my faith closer to my church. I'm happy to take on new challenges all in reflection of this religious season. ■

New Free Thinkers club

The club's goal is open, judgement-free conversations.

BY KELLY NICHOLAS
KELLY.NICHOLAS.14@CNU.EDU

College students across the country are criticized for being easily offended in an age of cultural appropriation, safe zones and trigger warnings. Freshman Rachel Wagner, president and founder of the Free Thinkers club, saw a need for controversial but informative discussion at CNU.

"I'm interested in religion and I had been carrying The Book of Mormon around. People assumed I was Mormon, and I faced oppression for that" said Wagner. The Book of Mormon is a sacred religious text of the Latter Day Saint movement. She talked with Professor Linford of the Philosophy department about the incident and her desire to have an open forum for questions and discussions. Luckily, there's a philosophy for that.

Free Thought is the philosophical movement that came to term in the 17th century to describe inquiry into the basis of traditional religious beliefs. According to Merriam-Webster's dictionary, a free-thinker is "a person who forms his or her own opinions about important subjects (such as religion and politics) instead of accepting what other people say."

"Everything should be questioned and everything should be talked about," Wagner said. However they have been met with skepticism from some members of the student body. When Wagner described the club to a peer, the response was, "Free Thinking? That doesn't sound like CNU."

Wagner wants to define the club as "uniquely CNU." She said, "I want to create an environment where students can learn and discuss and debate, and not worry about judgment. I don't want

to offend people with questions, but we aim to push students to be intellectually uncomfortable so that they can learn."

This objective is reflected in the Executive Board philosophy that states "We have E-Board members who are religious, nonreligious, somewhere in the middle. We disagree with each other on topics, and we will play devil's advocate in meetings. Our goal is to not have people know where [E-Board members] stand." The lack of transparency amongst the E-Board allows members to feel comfortable to express their opinions without fear of judgment from the leaders. "This is where the strength of the club comes from" said Wagner.

The first meeting was on Monday, Feb. 8 with the topic "why should we question". Both Wagner and secretary Kendal Michels think it went well. "Once everyone started getting used to each other, they started talking" Michels said.

The club is looking for more upper-classman to join and provide input. They are also interested in partnering with any organization on campus for discussions. "We want the most diverse group possible, we want as many different people involved" said Wagner. Future topics could include the role of gender in society, the moral obligation of suicide, self-evident truths and the American foundation.

Free Thinkers meets every Monday at 6:30 p.m. This week they will meet in McMurran 101 and the topic will be morality without God. ■

Rachel Wagner works for the Captain's Log

The Suites at Port Warwick

A.K.A. Port



Live Off Campus for ONLY \$555 a month!

-Pet Friendly

- ★ -Individual Bedroom Leases Available
- Free Tanning, Swimming Pool
- 24/7 Computer Lab and Fitness Center w/ FREE Printing
- Free Cable, Internet, Water, Sewer and Trash
- Fast Commute to CNU via Middle Ground Road

NOW LEASING FOR SUMMER AND FALL MOVE INS!

Spaces are filling up quickly, don't wait, Apply Online today!

<http://newport.universitiesuites.net>

(757) 599-3355

IT'S TIME TO STUFF YOUR PIE HOLE

NOW OPEN!

Hand-Tossed Specialty Pizza
Craft Beer Selection
Hoagies • Salads • Munchies
Dine-In • Take-Out



mellow
MUSHROOM
PIZZA BAKERS

12090 Jefferson Avenue • Newport News, VA 23606

757-931-1700

YOUR RECLINER IS WAITING.
RESERVE IT NOW.
ONLINE AT PARAGONTHEATERS.COM



PARAGON
CITY CENTER 12

\$8 MOVIES FOR CNU STUDENTS
(MUST PRESENT ID)

LEATHER RECLINING SEATS
WITH FOOTRESTS AND TRAY TABLES

BEER, WINE &
EXPANDED CONCESSIONS MENU

TWO 60' EXTREME SCREEN AUDITORIUMS

FREE PARKING – STREET LEVEL & GARAGE

\$6 TUESDAY - ALL MOVIES*, ALL DAY!

11810 FOUNTAIN WAY, NEWPORT NEWS
(CITY CENTER AT OYSTER POINT) ■ 757.525.9898

PARAGONTHEATERS.COM



*EXCLUDES HOLIDAYS. 3D FILMS NOT INCLUDED. SOME RESTRICTIONS MAY APPLY.



MATINEE BURGER JUST \$3
ALL DAY WEDNESDAY

(SERVED A LA CARTE; SIDES ADDITIONAL)

neo
kitchen + bar

NEOKITCHENANDBAR.COM



11810 FOUNTAIN WAY, NEWPORT NEWS • CITY CENTER AT OYSTER POINT

MONDAY – THURSDAY, 3:00 – 5:00 PM IS

POWER HOUR

GET A MY PI* FOR JUST \$3.14

my pi

custom pizza • craft beer

CITY CENTER AT OYSTER POINT • 11810 FOUNTAIN WAY, NEWPORT NEWS
PENINSULA TOWN CENTER • 4311 EAST CLAIBORNE SQUARE, HAMPTON

MYPIZZA.COM



*SOME RESTRICTIONS MAY APPLY