



The Captain's Log

THE VOICE OF CHRISTOPHER NEWPORT UNIVERSITY STUDENTS

@CNUCAPTAINSLOG WWW.THECAPTAINSLOG.ORG
VOLUME 50, ISSUE 4 October 3, 2018



A representative from a graduate school explains the benefits of a master of accountancy to a CNU student during the first day of the two day fall career fair.
PHOTO BY BRIAN BIGGS/ THE CAPTAIN'S LOG

What's Inside

News Look behind the scenes of the President's Leadership Program.	Snapshot Appreciate the art form that is dorm decorating as a student.	Sports Relive the excitement of CNU Football's last win.	A&E Discover the benefits of an arts study abroad.	Lifestyle Get all the details of Alpha Phi's event, the Red Dress Gala.
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Weekly pic

The sunset over Lionsbridge turned the sky pinks, blues, and oranges this weekend.

PHOTO COURTESY OF ANNA GOEHNER

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



CNU TV

“Ryan on the Lawn” is back and he’s asking the campus what they are listening to whether they like it or not. Laugh along with him in CNUTV’s latest.

Happened

September 28

CAB Presents... Bowling

CNU students enjoyed free bowling at AMF York Lanes from 10 p.m.- 1 a.m.

September 30

The Kookout

Enjoying music, food, and the great weather, the Black Student Union gathered for “The Kookout” on Sunday from 4- 8 p.m. on the James River Courts.

Happening

October 3

CAB Presents... Carlos Andres Gomez

Come hear an award winning poet, speaker, actor, and author, Carlos Andres Gomez in the DSU Crow’s Nest from 8-9 p.m. Snacks will be provided at the event!

October 5

Study Abroad Fair

Hear about study abroad opportunities, programs and scholarships from 2-6 p.m. in the DSU Ballroom. Open to CNU students and their family members.



Captain’s Log Snapchat

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

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

- Email: clog@cnu.edu

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

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

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Two days of new beginnings

CNU's career fair hosted over 100 graduate schools and employers on campus.



(Left) Multiple organizations interact with students at the career fair. (Top Right) The career fair gives students the opportunity to meet with employers and professional staff. (Bottom Right) There was a variety of organizations at the fair, including law enforcement like The Newport News Police Department who smile for a photo on the first day of the career fair. **PHOTO BY BRAIN BIGGS/ THE CAPTAIN'S LOG.**

BY MORGAN BARCLAY
MORGAN.BARCLAY.15@CNU.EDU

With sweaty palms and nervous laughter students on campus donned their best business attire for the career fair this past Wednesday and Thursday, Sept. 26 and 27.

The Captain's Log got a chance to sit down with director of the Center for Career Planning Libby Westley to go behind the scenes of the event.

The fair is what Westley describes as their most visible event.

"It involves the largest number of students at a given moment," Westley says.

With over a hundred different organizations represented looking for all different types of students, this event represents a clear and accessible way to find a job or practice interviewing skills.

"You get jobs by talking to people and that takes practice," Westley says. "The more students can put themselves in a place for them to practice, the better they'll be."

But Westley understands why some would not want to go to fairs, especially when recalling her first years on the job in the CCP.

"When I first started having to call organizations that I didn't know and

didn't know if they were actually going to be interested in the University I represented, it made me nervous," Westley said. "It wasn't my favorite thing to do."

As an employee of the CCP, part of her role is to recruit organizations to campus for career fairs. Part of that happens through cold calls, which are very similar to the situation students face at career fairs—coming up with an elevator pitch, understanding what they bring to the table, representing themselves well.

"It takes a lot of practice getting used to those calls," Westley said. "But after awhile, it's rewarding, interesting, fun, a challenge, and it's because I've had that practice."

The CCP understands the anxiety that surrounds career fairs.

"If CCP people feel anxious... I can certainly understand how college students could be nervous, so we do try to put in a bunch of support systems for the students to get more comfortable," Westley said.

Some of those support systems are at the fair themselves. Their "practice with a pro" booth gives students the opportunity to practice their pitch before heading into the fair. New this year, they also have "first-year friendly" organizations, which allow



those not currently in the job market a chance to practice before they begin to start working for employers.

Beyond the fair, the CCP hold specific workshops to prepare students for the fair. For those with more specific needs, they hold individual appointments with students to prepare them for their career. They also hold walk-in hours to help at a moment's notice.

One change from last year is the use of a new online system "Handshake." Taking over the place of "CNU Career Connect," "Handshake" offers a similar system of job searching that has helped students prepare in the past. However, the new system features an algorithm similar to the ones social media use today.

"The more you interact with your profile, the more likely it is that the

jobs and internships that show up in their feed will be ones that they are interested in."

Recommending jobs based on the previous activity, this new system is more customizable and personal than the last which Westley hopes will result in an improvement on the already high employment and graduate school rate post graduation.

For the 2017 class year, the graduation employment and graduate school rate was 92%, but Westley is looking to improve.

"The category I don't like to see is 'still seeking'," Westley said.

In her experience, she's found that those students in that category did not interact with CCP staff at programming or individual interviews.

Being able to reach all of these students is one her main goals for the

year. Trying to reduce the anxiety around the question "what am I going to do after college," she suggests that making the contact with these students and encouraging them to work on this question in small increments each year will help.

"We know that it may not seem like the 'funnest activity' to do, but it really is a critical skill because students learn how to talk about themselves and the skills that they have, and if they learn that, they'll be able to manage their skills for life," Westley said. "We want to make sure they're successful for their entire careers, not just their careers at CNU."

The next general career fair will be on Jan. 30. The Physics, Computer Science and Engineering specific fair will be on Oct. 18. ■

Learning leadership to succeed in the future

The President's Leadership Program strives to help students embody leadership in their everyday life.

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

The President's Leadership Program (PLP) is one of many things that makes Christopher Newport University unique. Very few other colleges offer a program similar to PLP. The program was developed soon after President Tribble arrived at CNU.

"PLP is a four year, co-curricular program that allows our students to apply the leadership theories and studies that they're learning in the classroom outside of the classroom, so that they are leading lives of significance, engaging in service and developing their abilities to bring about needed and positive change in their communities," says Lacey Grey Hunter, Director of the President's Leadership Program.

There is both an academic and experiential aspect of PLP. All members are required to complete 18 credit hours of coursework in order to obtain a minor in Leadership Studies.

"[PLP is] a leadership development program, which allows students to learn leadership theory in the classroom and really apply it in various ways on campus and in the community," says Juliann Kasza, Coordinator for Leadership Development. "The things that really drew me to this was how comprehensive the program is. Thinking about students get experience in service, in internships, in clubs, in the

classroom, and have this opportunity to go and present and do case studies and study abroad. They have all these different opportunities. Out of all the programs that I've seen, this is the most comprehensive. I love that there is an academic piece to it to."

The three main areas PLP focuses on are Experiential Learning, Leadership Development and Student Success.

The first area, Experiential Learning, aims to give students the opportunity to observe leadership in action and develop their own leadership style. This is done through community service, internships, campus engagement and studying abroad. All students admitted into the program are required to complete 100 hours of community service hours and at least one internship throughout their time at CNU. Although undergraduate research and study abroad are not required, they are strongly encouraged.

The second area, Leadership Development, challenges students to explore the practical applications of leadership theory. This includes the Speaker Series, PLP Passport Destinations and the Coffeehouse Series.

"We're offering speakers through the Speaker Series because they help us demonstrate what it's like to be a leader. They help us demonstrate different ways [of leadership]. Even though students might disagree with that indi-

vidual, you can learn so much about how someone became a leader," Hunter says.

The Passport Destinations are divided into six domains: civic engagement, self-appraisal and identity development, integrative learning, group dynamics and meaningful relationships, persistence and achievement, and commitment to diversity and inclusion. All of the Passport Destinations fall within one of these domains and range from workshops to lectures to film discussion to interactive activities. These Passport Destinations seek to bring leadership studies to life. Passport Destinations are put on by the PLP staff, as well as a wide variety of academic departments and campus organizations.

"We're really just making sure students are getting involved in hearing about leadership in different ways," Kasza says. "Anytime someone submits a [destination], we have to make sure it fits within one of these leadership domains. There [also has to be] an educational piece to it. You can't just have a fundraiser. It has to be something where you're learning and figuring out how it fits into leadership."

The third area, Student Success, allows students to merge program expectations with their personal values, goals and beliefs. PLP helps students achieve this through one-on-one success meetings with PLP staff guides and the senior capstone project.

Each year, PLP students submit a portfolio that has to do with that year's theme. Year one is exploration, year two is authenticity, year three is application and year four is synthesis.

In order to be accepted into the PLP, prospective students must write an extra essay while submitting their application to the university and complete an on-campus interview with one of the PLP Student Ambassadors.

"We're looking for students who have been successful academically, who want to learn more about leadership, who have expressed an interest in the program, who are committed to CNU and who want to develop themselves further as leaders," Hunter says.

Kasza encourages everyone, even if they are not in PLP, to attend events put on by the program.

"I think it is really important to let students know that even though we have this minor, we have these passport destinations, we have the speakers, they're open to everyone," Kasza says. "You don't have to be in the program. We want to share the wealth with everyone."

Kasza also mentioned that feedback from students is highly encouraged, which is one of the reasons why they require PLP members to fill out an End of Year Report.

"We really try to make our program the best it can based on our student feedback. Tell

us your ideas. Tell us what you want and what don't want because we're really trying to use that make it better for everyone involved," Kasza said.

According to Hunter, one of the main goals of PLP is to help students realize that they have the capacity for leadership, and to empower students to be able to recognize and act upon that leadership.

Kasza believes one of the main things students should take away from the PLP program is a better understanding of their own personal leadership philosophy. She believes it is important for students to take all of the theories they have learned in class and all of the experiences they have had to realize what type of leader they are.

"Being confident in [your leadership] and being able to express that to other people is really ideal, especially when entering a workforce and figuring out, 'What skills do I have as a leader?' and 'How can I be a follower in an entry level job?'" Kasza says. "A big part of leadership is also followership. When you're entering the workforce you're going to be a follower so, 'How can you be the best follower that you can be?'"

"We're here to help you, and it doesn't have to be in your leadership journey. Just anything in life. If you have questions about careers or service or anything, we're here to be a resource," Kasza says. ■



(Top) Senior James Davis, center, receives the Student Servant Leader Award on behalf of PLP at the Student Life Leadership Award Ceremony last spring. (Left) PLP students participate in a ropes course as a Passport Destination. PLP members are required to attend four Passport Destinations each year. PHOTO COURTESY OF LACEY GREY HUNTER.

SDEC holds an open council about gun violence

In the first of a series of bi-weekly sessions, SDEC presented information on how gun violence affects diverse communities.

BY DUNCAN HOAG
DUNCAN.HOAG.15@CNU.EDU

Last Wednesday, the Student Diversity and Equality Council (SDEC) held an open council about gun violence. The panel is the first in series of bi-weekly meetings dealing with a range of topics, from voting habits to mental health. The gun violence panel dealt specifically with how that issue affects neighborhoods, cities, and communities of disadvantaged people.

SDEC President Gabriela Olivera spoke about the panel and how the decision was made to cover gun violence. She indicated that gun control was a relatively clear choice, but the SDEC's members ultimately settled on gun violence because of its greater relevance to the organization's purpose. The SDEC describes itself as a sounding board/support system for CNU's student organizations to

address multicultural issues of concern.

"Once the date [of the panel] came closer and we were revising it, we really wanted to tie it back to our mission statement for our organization. Gun control — if you do an event just to talk about it — the College Democrats and College Republicans, those organizations, they could easily do the same kind of event about gun control," says Olivera. "So we looked at it again and said, 'How can we relate it to diversity issues?' So, with that, we changed the wording to gun violence specifically because it means a different thing in diverse communities."

SDEC Vice President of Development Ashley McHenry helped run the event, and indicated that it went smoothly.

"I am entirely new to SDEC and entirely new to this position, so I felt a little shaky about it, but I was really thankful that people showed up and that

people were willing to talk," says McHenry.

The panel was structured as a brief presentation providing raw data on gun violence, including perpetrators, victims, frequency and region of occurrence, and was followed by a roundtable discussion of the issue.

Both Olivera and McHenry discussed the challenges that arose from arranging the panel. Olivera stressed the difficulty of getting ideas for subjects from the student body directly, which is part of how the SDEC decides what to cover in panels.

"I would say just trying to get specific themes or ideas for the events from students. We've been mentioning it in our meetings, we've been saying it in our emails, but we're just trying to get ideas from the student, like 'Hey, we want this,'" Olivera says. "Right now it's kind of been from those who are very interested in our organization, or those we get to interact

with."

McHenry says that much of the difficulty stems from the nature of the issues, making them difficult to discuss in an open forum.

"These things are really hard to talk about, so facilitating a conversation where people feel brave and safe is going to be really difficult in breaking that ice, so to say, and ensuring that everyone feels comfortable but also confident to share their opinions, especially when we are so polarized right now," says McHenry.

Both Olivera and McHenry discussed the positive aspects of their work in the SDEC. Olivera emphasized that as President she especially values the opportunity to reach out to people who may have been previously uninformed about current events and giving them the tools to have an informed opinion.

"Typically we've always had opinionated people come and

talk about a controversial issue — like say the refugee crisis one from last year. We always had a community of people, but we kind of forget that there are people who may not know anything about the refugee crisis, for example, or don't have an opinion because they don't know enough," says Olivera. "I really wanted to draw on people who [don't know], and we really want to give them unbiased information and say 'Hey, what do you think?'"

"When I was coming [to events] as a non-member of SDEC, I felt very supported in that space," McHenry says. "I felt like I could say things that I wouldn't normally say in casual conversation, and that I could really talk about what I've learned in politics and how I've been interpreting the world, and learn from other people and how they've been interpreting the world based on their own experiences." ■

Visual representations of voting information

A series of infographics showing voting patterns of the November General Election over the past four years.

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

Voting is an important civic responsibility that everyone over the age of 18 is allowed to participate. This year, the Virginia General Election will be held on Tuesday, Nov. 6.

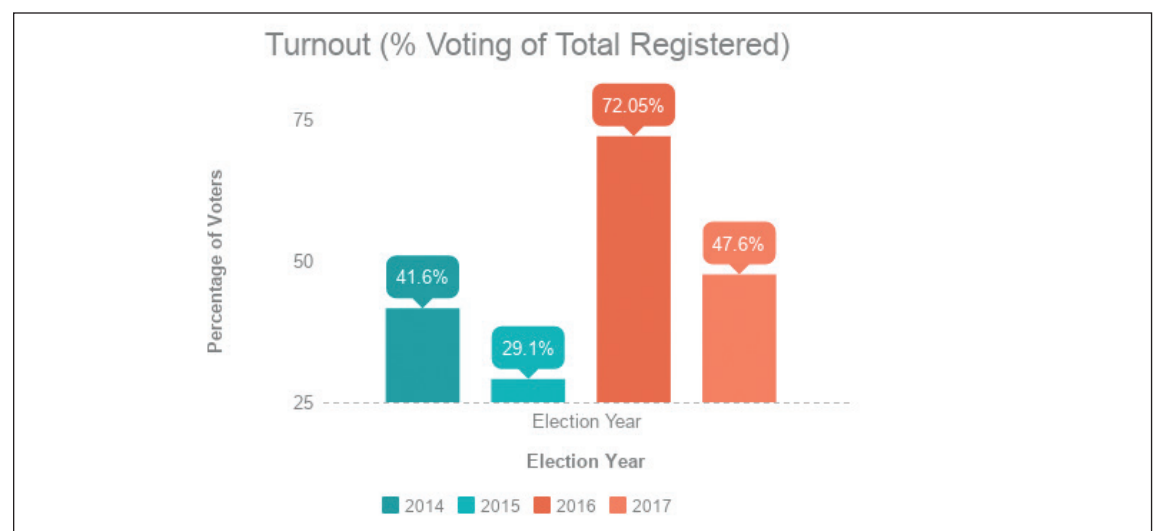
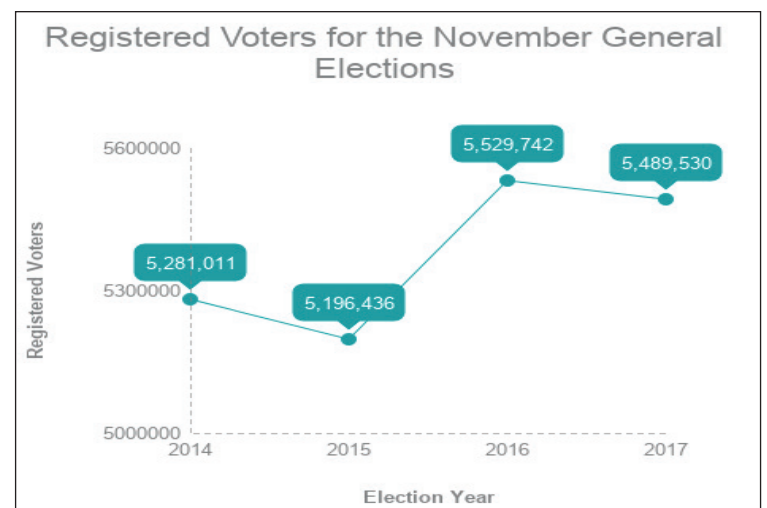
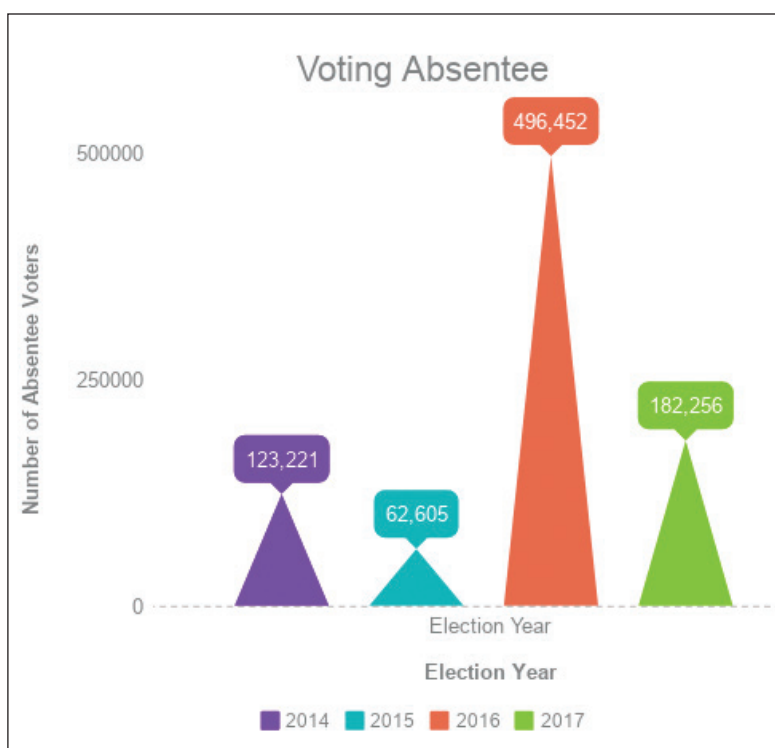
The deadline to register to vote, or update an existing registration, is Monday, Oct. 15.

The deadline to request an absentee ballot to be mailed to you is Tuesday, Oct. 30. Requests must be received by your registrar by 5:00 p.m.

The deadline to vote an absentee ballot in-person is Saturday, Nov. 3. Check with your registrar for specific hours of operation.

For more information about the candidates running for office, to register to vote or apply for an absentee ballot, use the citizen portal at <https://www.elections.virginia.gov/citizen-portal/index.html>. ■

Infographics created by Emma Dixon. INFORMATION FOR INFOGRAPHICS OBTAINED FROM THE VIRGINIA DEPARTMENT OF ELECTIONS' WEBSITE.



Students react to Kavanaugh hearing

The train stopped for me.

MORGAN BARCLAY
MORGAN.BARCLAY.16@CNU.EDU

"Once he was selected and it seemed like he was popular and it was a sure vote, I was calculating daily the risk/benefit for me of coming forward, and wondering whether I would just be jumping in front of a train that was headed to where it was headed anyway and that I would just be personally annihilated."

What happens when the person who assaults you is popular? What happens when the person who assaults you is the 'nice guy'? What happens when the person who assaults you is someone important?

Coming forward after a sexual assault is never easy. These questions that Christine Blasey-Ford so honestly and vulnerably shared during the Ford, Kavanaugh hearings, weigh on survivors everyday. Will the costs outweigh the risks? Will I be okay if I tell the truth?

These are not questions that people should ask when they have already been taken advantage of—this weight is not one they should shoulder.

But maybe they don't have to. Maybe something is changing.

Ford's testimony during the hearings last week represents a turning point. People are starting to get the picture, to understand that we cannot let boys be boys and we cannot let men treat women's bodies as play things, games with friends.

Kavanaugh's statements about liking beer, his attachment to his calendar, the

"drinking games" he would play, like the "devil's triangle," are not seen in the light of fun with friends, they are seen for what they are: pathetic and cruel.

While it can seem that this whole situation is for naught, especially since the conformation of Kavanaugh is increasingly more likely day by day, the tide is turning.

Being able to see a woman so confidently and bravely tell her story. Being able to see not one senator call her a liar or a whore or some other phrase that survivors of sexual assault hear all too often, is something that at least I can hang on to.

While there is still questions regarding her testimony, with many citing the lack of specificity or the reasons behind the hearing, I have not heard the uproar that usually follows these accusations. And while we are nowhere near where we should be about protecting and supporting survivors in our community, this instance shows that we are getting there day by day.

Thank you Dr. Ford for sharing your testimony, for doing your civic duty, for telling the truth, for showing women they can come forward. It may seem like we aren't getting anywhere, but the train is stopping, at least for me. ■



CLIPART COURTESY OF PIXABAY

There is more to be considered.

KRISTEN ZICCARELLI
KRISTEN.ZICCARELLI.17@CNU.EDU

Who really is Brett Kavanaugh? It's this question that has grabbed headlines, troubled journalists and divided the country over the past few months, and even with midterm elections coming up, showing no signs of stopping.

While the media, FBI, and politicians race each other to find out, few people have stopped to address the things we do know about Supreme Court Nominee Brett Kavanaugh. Fewer have stopped to ask the most important question: is he qualified to be a Supreme Court Justice?

Kavanaugh is a graduate from Yale Law School. He is a former clerk of Justice Anthony Kennedy and co-wrote the independent counsel Kenneth Starr's report in the 1990's. He has a somewhat vague stance on abortion. President George W Bush nominated Kavanaugh to the federal appeals court after serving 12 years on the D.C. circuit. Kavanaugh has spent a large portion of his life in Washington and has notable friends on both sides of the isle. He is married with two daughters, and volunteers for Catholic Charity groups.

Whether this information is directly indicative of Kavanaugh's innocence or not, the fact is that no one is using these very basic facts to assess his character. Instead, name-calling, accusations and largely uncorroborated allegations are the only 'evidence' the media and government need these days to call someone 'evil' and have the rest of the world believe it.

The outcome of the Kavanaugh investigation has yet to be determined, but in a sense, the damage has already been done. Repeated attacks on his character have claimed headline news and absorbed every social media one can think of. Regardless of his innocence, there will be a permanent stain on his name forever.

To a certain extent, the Kavanaugh turmoil represents the state of animosity in politics today. It is dangerous how easily one's character can be slandered—how a few people's words can spiral to completely undermine a lifetime of accomplishments and characteristics.

No doubt that the allegations against Kavanaugh are serious, with weighty implications considering his character and qualifications. But we need to remember that prospects of innocence and guilt should be examined thoroughly, and not just written off for the promotion of political agendas. If this investigation is truly in pursuit of the truth, we need objectivity and critical thinking to replace the takeover of name-calling and accusations in modern politics. ■

This day in history: Oct. 3, 52 BCE

Travel back into the world of Julius Ceasar as Vercingetorix surrenders.

MILLER BOWE
STEPHEN.BOWE.15@CNU.EDU

Although the event in history this column discusses happened more than 2,000 years ago, it concerns a figure who looms large throughout history even to this day: Julius Caesar. On this day in 52 BC, Caesar won the battle of Alesia.

Caesar's campaign in Gaul (the region that is now France) had begun in 58 BC and in the space of about two years had conquered territory all the way up to the English Channel. Gaul was home to dozens of Celtic tribes that fought each other frequently, which Caesar used to his favor.

However, Caesar's army was small and Caesar himself faced political troubles in Rome. Seizing on this, and in response to droughts and famine, the Gauls began to revolt against the Romans in 54. By 52, several dozen tribes had banded together to fight the Romans.

The leader of this alliance was Vercingetorix. According to Dr. John Hyland, a history professor at CNU who teaches courses deal-

ing with the Gallic Wars, Vercingetorix and the revolt he led represented the best chance for the Gauls to send the Romans back to the Mediterranean.

Caesar's defeat of Vercingetorix established Roman control in Gaul and kept further revolts from breaking out.

"After that, there aren't any serious challenges to Roman domination even though civil war breaks out in the Roman world about two years after the siege," said Hyland.

Like so much ancient history, Vercingetorix and the Gallic Wars remained important into the modern world as symbols.

"For various empire builders in the 19th century and the early 20th century—Napoleon Bonaparte, Hitler—this event symbolized the beginning of a powerful, autocratic military empire," Hyland said. "It justified, in their minds, the use of extreme force to create new, advanced imperial states."

However, symbols are not universal, and to many in 19th century France Vercingetorix represented their romantic notions of their Celtic heritage. The emperor Napoleon III,

who ruled the Second French Empire from 1852 to 1870, used the symbol in both ways.

"He wanted Paris to be the new Rome, but he also was an advocate of a romantic French national spirit that he traced back to the courage of Vercingetorix and the resistance of the Gauls against foreign foes," Hyland said. It was Napoleon III. who commissioned archaeologists to find and excavate the site of Alesia where Vercingetorix surrendered.

During the Second World War, Vercingetorix and Alesia took on new meanings. "To the Vichy regime it became a symbol of surrender in order to preserve the national character," said Hyland. "For the Resistance, it symbolized resistance, and fighting until it was not possible to fight any more."

The ancient past persists to this day: Caesar's conquest of Gaul was an essential moment in the expansion of Roman territory, and Gaul was one of Rome's most important provinces throughout the imperial period. Even to this day, the French language descends from Latin and the French system of laws has its roots in Roman law.

The undeniable influence of Rome on everything that followed it aside, Vercingetorix's surrender also reminds us how important it is to consider how people in more recent times make symbols of ancient history. Symbols can be potent tools to convey meaning. However, one must be wary of removing symbols from their historical context. Did Vercingetorix really represent the indomitable spirit of the French, a spirit that existed before the Romans and persisted into the 19th century? Would Caesar and Vercingetorix have recognized the empires of the 19th century?

The British author L.P. Hartley said "the past is a foreign country; they do things differently there." Although we today still feel the effects of ancient Rome and Gaul, it is important to remember that the ancient world was not a prototype of modernity but its own world, similar to ours in certain ways and vastly different in others. The symbolic value of ancient history should not cause us to forget this. ■

A Captain abroad: Homesick 4,000 miles from home

Homesickness doesn't have to stop you from studying abroad.



Taryn Hannam-Zatz with friends in Pompeii PHOTO COURTESY OF TARYN HANNAM-ZATZ.

TARYN HANNAM-ZATZ
TARYN.HANNAMZATZ.16@CNU.EDU

I have been in Florence for over a month and I am loving it. That's not to say I haven't had some struggles. The two hardest things to overcome during study abroad are culture shock and homesickness.

Culture shock is something you hear about all the time and is something that you never

think will happen to you, until it does.

I have lived abroad and traveled a lot. I thought I would be totally fine. That was not the case. Culture shock doesn't set in until after at least three weeks, and it doesn't happen with the big things either. It's the little things. The missing ice in your drink, the difficulty grocery shopping, the formality of meals (you have to dress nice for every meal; it's a lot of effort)—that's what will

drive you crazy.

Despite these obstacles, I have been able to overcome them and adapt into the culture, becoming aware of my differences and respecting them. There will be some things you really don't like about a new place, and there will be so much that you love. That love will, hopefully, outweigh the bad things.

Now homesickness is a whole other battle. Being homesick can happen anywhere, not just when you're studying abroad, but it can be a lot harder. For instance, looking on Find My Friends and seeing that my mom's phone says it is 4,000 miles away is a little unnerving.

But just because you're homesick doesn't mean you're alone. I have made sure to branch out and make friends here so that if I ever am feeling down I can lean on them. I also make sure to keep busy. I remember why I am studying abroad, I can go plan a trip, tour a museum, walk around the beautiful city, or even just go get a little treat to pick myself up. And don't forget, if you're extremely homesick, your family is just a phone call away. I make sure to text my family every day and call at least a few times a week. That really helps to make you feel better knowing that you're so far from home.

Though culture shock and homesickness are real and can be really difficult they are no reason not to study abroad.

Studying abroad gives you the opportunity to really dive into another culture and learn more about yourself. I have been able to make so many new friends, travel to so many places, and learn so much about myself and the amazing city I am living in. Don't let the fear of culture shock and homesickness keep you from doing something that could be one of the best experiences of your entire life. ■

Letters to CNU

Dear Mongolian Grill...

BARRETT GOODE
BARRETT.GOOD.17@CNU.EDU

Dearest Mongolian Grill,

I have been feeling this way for a long time now and I can no longer keep my feelings in. Sweet, sweet Mongolian Grill, how I love thee with all my heart. Every day when I check CNU's Navigator app and see thee open, my heart flutters with joy at the anticipation of feasting on your beloved teriyaki steak with diced carrots and steamed broccoli.

I remember the first time that I had you. I was but a freshman walking around towards the brand-new section of Regatta's when a most delicious smell arose through the air. I was entranced by the smell and was immediately addicted. Ever since that day, I have loved you. I love thee so much as to have thee at 10:45 in the morning so I don't have to wait. Your steamy hot surface, your array of sauces to choose from, your multiple sides to have with the man course; ah, my mouth is watering just thinking about it.

In short, my appetite has wildly been widened since thee have appeared in my life. You have shown me new things and allowed me new tastes that I never would have thought possible. As the renowned chef Delia Smith once said, "Food is for eating and good food is to be enjoyed... I think food is, actually very beautiful itself," and in your case Regatta's Mongolian Grill, thou are my life's Aphrodite. Keep fighting the good fight against bad food.

With love,
A Mongolian Enthusiast ■

Have something you want to write a letter to on campus? Submit a letter to clog@cnu.edu

Buzzin' Becky is back!

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

SNAPSHOT PAGE 8

Dorms as an art form



Freshman Elizabeth Wilmore says about her dorm, "I really just love my color scheme and how I incorporated my cat. My favorite part of my room is my awesome room. I loves decorating for each season just like me." **PHOTOS COURTESY OF ELIZABETH WILMORE**



Sophomore Ashley Mcmillan says about her dorm, "My parents are in the middle of retiring and selling their house, so I barely have a 'real' room—therefore, my favorite creative process was pulling together a few small things that showcased me. I wanted my dorm to feel homey for not only me but my friends too, which is shown [through] the setting idea I [had] for my bed area." **PHOTOS COURTESY OF ASHLEY MCMILLAN**



(Top) Sophomore Emma Sturgeon says about her dorm, "The most creative part of my dorm is either my headboard that my dad helped me build because it allows me to keep the bed facing the direction that I want without me having to lean my pillows against the window, or my macrame wall hanging that I made for super cheap." (Left) Junior Vivianne Atkins says about her dorm, "My favorite part would have to be either the APO letters or the canvas layout on the walls." **PHOTOS COURTESY OF EMMA STURGEON AND VIVIANNA ATKINS**

Feeling inspired by these decked out dorm rooms? Check out the Lifestyle section to see fun ideas about how to decorate your dorm room.



CNU Football collects another win

The Captains traveled to play against their conference opponent, Rowan University. They defeated the Profs 39-6 and were led by their junior Quarterback Jack Anderson with his five touchdown passes.



Sophomore offensive lineman Nick Norman celebrates as the Captains score a touchdown. The Captains Offense has been dominating their opponents this year. They have outscored their opponents 108-45. **HANNAH MCCLURE/ THE CAPTAINS LOG**

BY PHOENIX HINES
PHOENIX.HINES.17@CNU.EDU

The Christopher Newport University football team had one of their best performances of year this past Saturday when they took the five hour bus ride to Glassboro, New Jersey and took on Rowan University. The Captains were victorious in this game against the Profs, 39-6, dominating them in every aspect of the game.

On the offensive side of the ball, the Captains were led by Jack Anderson and his 313 yards and five touchdowns; a career-high for the junior quarterback.

Anderson's performance also earned him New Jersey Athletic Conference Offensive Player of the Week. This was his second time receiving this award as he also earned it during week one in the Captains victory over the Southern Virginia Knights, 38-9.

He was just the second quarterback in program history to throw for five touchdowns in a single game. Despite being a first year starter, Anderson has lived up to his hype and continues to excel each week.

The receiving core also performed well for the Captains as five different receivers hauled in a touchdown catch.

Nick Hunter led the bunch with his four

catches for 65 yards and one touchdown. Reigning Conference Rookie of The Year Cole Blais had three catches for 60 yards and a touchdown, as well. Garrison Mayo also had a touchdown in this game, giving him a team-high, four touchdown catches on the year, including one in each game.

The Captains also got the ground game going as well. C.J Donaldson rushed the ball 17 times for 60 yards while Nehemiah Harris rushed for 31 yards on just six carries.

Defensively the Captains had a very balanced day. Sophomore cornerback, Damian Jiggetts recorded his third interception of the year as he picked off the Rowan quarterback and returned it for a touchdown. Sean Wilkinson also had a solid performance on defense, recording four solo tackles and five total.

The game started off very slow for both teams. The first few possessions were just three and outs, with a punt to follow. The Profs broke the early tie when Elijah Rehm returned a CNU punt 66 yards for the opening touchdown, giving the home team a 6-0 lead.

During the next drive, the Captains took it down all the way to the Profs 23-yard line before attempting a field goal that was missed wide.

Just a few drives later, the Captains finally got on the scoreboard when Anderson capped off a 7 play, 57 yard drive with a seven-yard touchdown completion to Michael Vandertulip.

During the next drive, Jiggetts recorded his pick six and gave the Captains an early 13-6 lead.

The Captains came out firing in the second half as D.J Wright returned the opening kickoff 64-yards into the Rowan territory. Just a play later, Anderson connected with Blais, giving the Captains a 19-6 lead.

The Captains offense started to become unstoppable. Their next possession, they drove straight down the field before Anderson finished off the drive with his third passing touchdown, hitting Mayo in the end zone for a six-yard touchdown, capping off a nine play, 73-yard drive.

After another failed drive for the Profs, the Captains took advantage once again. They kept using their passing momentum as Anderson helped lead them down the field into the Profs territory, eventually leading to a nine-yard touchdown catch by Hunter. Giving the Captains a 32-6 lead, including 32 unanswered points.

The Profs were finally able to stop the Captains for a few drives until the Cap-

tains, once again, kept using their passing attack to dominate the Profs defense. The Captains managed to pull off a ten play, 80-yard drive in just over five minutes to extend the score to 39-6. The drive was capped off by Anderson's fifth throwing touchdown of the game. The pass went to Harris, hauling in his first touchdown of the year.

The rest of the game was filled with back and forth drives leading to punts. Rowan had one more chance to put some more points up on the board before they ended up fumbling late in the fourth quarter. The Captains got the ball back and knelt to chew the clock out before it hit zero, officially giving the Captains their 39-6 win.

This win pushes the Captains record in league play to 2-1 while also boosting their overall record to 3-1.

They will return to action this Saturday during family weekend as they host their undefeated conference rival, Salisbury University. Kick off is set for 6 p.m. at POMOCO Stadium. ■

CNU Marching Band brings the energy

Senior John Pulley emphasizes his passion and pride in playing for the CNU Marching Captains.

BY PHOENIX HINES
PHOENIX.HINES.17@CNU.EDU

When it comes to sports, there are a few things that everyone notices. The teams playing, the coaches calling plays, the fans cheering, etc. What most people don't immediately notice is the marching band creating an electrifying atmosphere for all of the players and fans. Junior John Pulley has been doing this since his freshman year of high school.

Pulley is from Ashburn, Virginia where he went to Stone Bridge High School and has been playing the saxophone since sixth grade.

Despite the heavy time commitment towards the marching band, Pulley has had a great time performing for the teams here at Christopher Newport.

Many say that the marching band plays a huge role in setting the tone of the atmosphere at football games, while also playing great music. The energy they create can distract opposing teams and can also help shift momentum in the game.

The marching band takes a lot of pride in their commitment towards the football team. "We like to think that we play a major role in our team's successes but we most importantly, we are there for the team whenever they play. We like to say that even if it is raining, snowing, or if it's zero degrees out, if the football team is there, then we are there," says Pulley.

Pulley realized right away how big of a time commitment playing in the marching band would be.

They have to learn and perfect so much before they get the chance to perform. The marching band practices on Mondays, Wednesdays, Fridays from 4-6 p.m. and they have performances on most Saturdays throughout the semester, especially home football games in the fall. The football games are usually all day events as they have early rehearsals on those mornings.

This past fall Pulley got to do something that he hasn't done since his senior year of



The Marching Captains perform at Halftime during the football game. HANNAH MCCLURE/ THE CAPTAINS LOG

high school. He was appointed as one of the bands three drum majors who are the conductors on the stands. "That was one of the most incredible experiences of my life because I got to lead the band from a brand new perspective and serve as a figure head for it in a way," says Pulley. He had the same position for his high school

band during his senior year.

Although Pulley has a passion for music, he played recreational league basketball throughout his high school and middle school life. He enjoyed his experience with basketball, but as time went on, he realized that his true love was for music.

Every year the team has band camp which is filled with fun events. They also have fun events during the season like karaoke night, a tug-o-war tournament, and a movie night. Pulley has one more year of playing for the marching band before he graduates and he is going to make the most of it. ■

CNU Soccer pulls off overtime victories

The Men's and Women's teams both registered victories against Penn State-Harrisburg.

BY PHOENIX HINES
PHOENIX.HINES.17@CNU.EDU

The Christopher Newport University Men's and Women's soccer teams had a wild double header this past weekend.

The Men's team registered a victory over the previously undefeated Penn State-Harrisburg Nittany Lions in double overtime. The final score of this game was 1-0 in favor of the Captains.

The Women's team also defeated Penn State-Harrisburg 2-1 in overtime as well.

In the Men's game, it was a back and forth defensive battle the entire game. The Captains held the Nittany Lions to one shot the entire game.

The Captains started to get some offensive production in the second half as they posted ten shots, including four of them on goal, but could not convert on any of them.

When the game got into overtime, both

teams were struggling to get shots off which resulted in a second overtime.

At the 102:28 mark the Captains finally scored when Michael Wilson crossed a ball to the middle of the field and Khari Jones headed in the game winning goal; his first goal ever as a Captain.

The Women's Game was a nailbiter just like the Men's game. The Nittany Lions struck first late in the first half to gain an early 1-0 lead.

In the second half, the Captains finally got on the board when Carson Pokorny scored her second goal of the season off of a pass from Keiley McCarthy.

In overtime, Riley Cook scored the game winner, giving the Captains a 2-1 victory.

This game pushed the Captains record to 6-1, including 1-0 in conference play.

Both teams will start playing more in conference games as they continue their season. ■

Upcoming Games

Men's soccer

Oct. 3: CNU at Virginia Wesleyan University

Oct. 6: CNU at Frostburg State University

Women's soccer

Oct. 3: CNU at Methodist University

Oct. 6: CNU at Frostburg State University

Oct. 8: CNU vs Virginia Wesleyan University

Benefits beyond borders

Leadership study abroad course in six European countries pays dividends for present and future



(Top) Students in the Summer 2018 Cross Cultural Program LDSP 330 pose with a CNU Flag on top of Mount Pilatus in Lucerne, Switzerland. (Top Right) Canals in Strausbourg France were among the sites visited during the three-week period. (Middle Right) The group visited the Swiss Alps as part of their cross-cultural journey. (Bottom Right) Part of the experience in Switzerland included sight-seeing by boat. **PHOTOS COURTESY OF MICHAELA NADEAU AND JORDAN CLARK**

BY KRISTEN ZICCARELLI
KRISTEN.ZICCARELLI.17@CNU.EDU

For many students, the fifth week of school can be trying. Tests, papers and assignments take a toll that comes in the form of a '20%' staring down at you on the syllabus. Hours of sleep are lost and cups of coffee are downed. Life as a student can become increasingly monotonous, as work takes over any dreams you had to live vicariously through your college experience.

While all this seems inevitable, it doesn't have to be. The phrase, 'there's another world out there,' can be one of the few things to emerge from this ennui, open up new doors, or at least change the odds (as cliché as it might sound).

'Leaving the familiar behind' is perhaps one of the informal descriptions of CNU's Cross-Cultural Leadership Study Abroad (LDSP 330) opportunity in Western Europe. Led annually by Dr. Brent Cusher and Dr. Qingyan Tian, the course offers the three-week opportunity to study in six different countries with a home base in Maastricht, Netherlands.

While CNU offers a multitude of Study Abroad options, the unique chance for one to study in countries like Belgium, France and Switzerland but also have a 'home base' University experience offers plenty of cultural diversity. After participating in the trip this previous summer, sophomore Michaela Nadeau appreciated this design.

"It was actually pretty cool because Maastricht is a college town and it's really easy to

travel around and the local restaurants were really catered to college students," Nadeau says.

Junior Jordan Clark expressed similar sentiments, adding that a three-week time frame did not detract from her overall experience.

"It was really cool to see multiple countries in three weeks," Clark says. "I know some people would have wanted it to be longer, but it was cool to see different cultures very fast."

Nadeau, who had never been overseas before, noted the immersive experience of studying abroad that contrasts studying from a textbook in a classroom. This multisensory learning offers more than a fuller perspective on the countries themselves—it pulls one out of their culture in one of the highest forms of independent and unfamiliar learning.

"One thing that Dr. Cusher talked about and emphasized was the fact that when we traveled to different cities, we got to explore on our own," Nadeau says. "I guess his purpose for the trip is that we could go out and really immerse ourselves in the culture ... and that really helped with the leadership aspect."

While students were able to explore many elements of the European cultures through travel and touring, part of the cross-cultural instruction took the form of leadership lectures in differing locations.

Sophomore Parker Wintink noted a specific lecture in the Central Bank of Luxembourg, where a lobbyist addressed how knowing his own culture helped him interact with others from the European Union.

"They actually did a really good job of directly tying leadership and followership and

culture," Wintink says. "It showed how... being a follower you're going to think a certain way because of how you were raised and being a leader you probably weren't raised the same way ... so if you ever get someone in your group that you have to lead that's from a different background, it shows you different ways that you could relate to them."

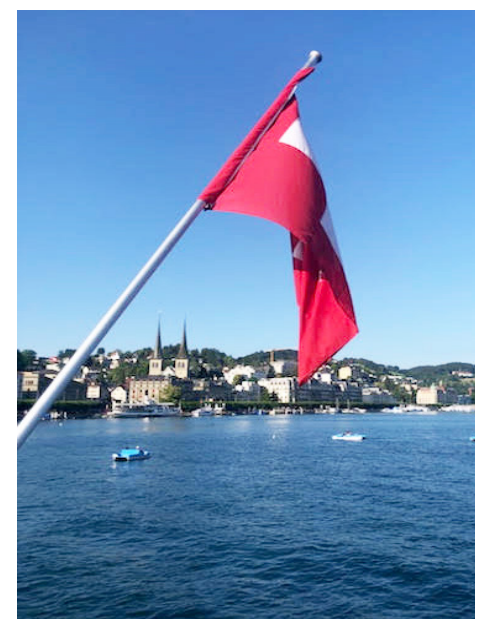
Although a striking cultural clash of backgrounds may not arise frequently at CNU, bringing this topic to the foreground through study abroad has made some students consider this phenomenon as a challenge to be pursued.

"With leadership, I think that you learn that you can apply it every day with how you confront people or do meetings with Skype or go abroad for your job," Clark says. "It makes me hope that I find a job that's cross-cultural."

Wintink's overseas experience has led him towards a more cross-cultural future as well. After working with an American student intern from the University of Maastricht, he is exploring this program that could lead to yet another overseas environment.

"That's a program that I now want to look into, just because it seems so interesting to be able to help people," Wintink says. "She wasn't necessarily in a leadership position in the program, but she was able to learn more things working in some place that would have me work with people from different cultures."

So, next time your college experience de-



scends into a repeated schedule of studying for hours, drifting to sleep and spending all your dining dollars on coffee, pursuance of the unfamiliar just might prove a good remedy. If nothing else, it's worth living by the wisdom of Wayne Gretzky: "you'll always miss 100% of the shots you don't take." ■

A life of its own: TheaterCNU's backstage prep

"Much Ado about Nothing" stays on track despite the evacuation interruption of Hurricane Florence

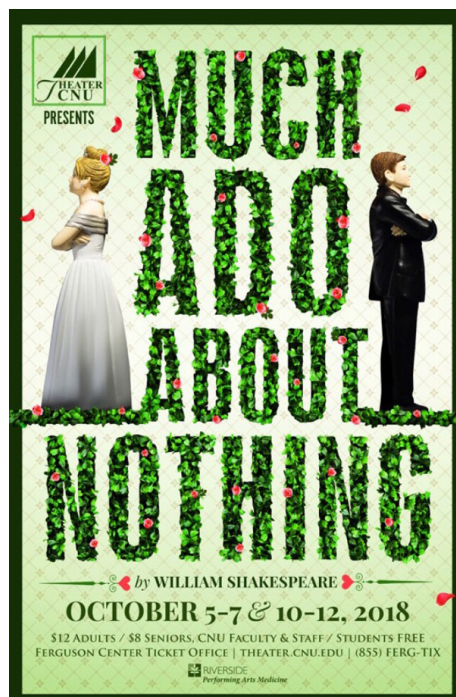


PHOTO COURTESY OF THEATERCNU

BY CAROLINE TUCKER
CAROLINE.TUCKER.17@CNU.EDU

The TheaterCNU program turns out four mainstage productions a year with numerous smaller shows sprinkled in between. How do they do it? The short (and not particularly exaggerated) answer is blood, sweat, tears, and a lot of hard work. The long answer though takes months of planning and preparation.

Production planning for an upcoming show begins in the spring semester of the year before. During this time, all shows are chosen for the coming year, and the plan is solidified enough to begin preliminary auditions. The principal cast (or lead roles) are chosen at the end of that semester, giving actors and actresses a head start on their many lines. The rest of the cast fills out at the beginning of fall semester, allowing freshman a chance to get cast. This is usual for the beginning of a show, but "Much Ado About Nothing," the first show of the 2018-2019 TheaterCNU season, has not had a usual beginning. The unexpected hurricane evacuation

threw things off track. Costumes, lights, sound, and the set still needed to be established before the hurricane hit and by losing a week, everything was put into crunch time. The actors lost a week of blocking as well, which only worsened the time crunch.

For many, such an interruption may seem like a minor disadvantage, but for anyone who knows anything about theatre, this can be very detrimental. A whole week was lost with no way to get it back and an opening date looming nearer and nearer.

Through the darkness, however, there is always a positive light. An interruption like this sparked everyone's unifying spirit and hard work ethic, as everyone stepped up to help regardless of their designated tasks. Lighting crews stay extra hours and actors help place set pieces where they should be. One of the good things about theatre is a consistent willingness to help where help is needed.

All of this preparation goes into a run through of the shows on the Sunday before the show opens. Either all of the set or most of it is constructed at this point and actors should have

their lines memorized. This rehearsal lasts from ten o'clock in the morning to ten o'clock at night. The show runs cue to cue, meaning that everything is checked with a fine tooth comb. Changes in lights or sound must fit with the show and space, and all must fit with the director's liking. It may sound tedious, but this rehearsal is crucial to creating the correct visual atmosphere that a show needs. After this day, the show is run every night as practice until it opens.

Although "Much Ado About Nothing" has currently one of the more unusual origin stories for a show here at CNU, it still brings the same level of professionalism that all productions have. It is sure to be another crowd pleaser and a must see for all students. Tickets are sold in the Peebles Lobby and are free for students. ■

Caroline Tucker works on the crew for this production of "Much Ado about Nothing"

"Much Ado about Nothing"

Oct. 5, 6, 10, 11, 12 @ 7:30 p.m.

Oct. 7 @ 2:30 p.m.

To all the movies I've loved before

One of Netflix's latest rom com movie adaptations stays consistent with book representations, while also breaking stereotypical gender norms

BY JUSTINE WALTON
JUSTINE.WALTON.17@CNU.EDU

Cheesy romantic comedies have made their mark on every generation. In the 80's, when hair was big and fashion was questionable, Sixteen Candles had girls dreaming of a boy to put their hand in their back jean pocket. Fast forward to the early 2000's when Princess Diaries had them wishing for a foot-popping first kiss. The list of romantic comedies that people have fallen in love with over the years goes on and on. Now a new Netflix original movie, "To All The Boys I've Loved Before," is taking its rightful place on this list of influential rom coms for a new generation of hopeless romantics.

The story follows the life of Lara Jean, a daydreamer of romance and love. Lara Jean's younger sister decides to take it upon herself to send letters that Lara Jean has privately written to all her secret crushes over the years. The letters were never intended to be sent, rather, they served as a release for Lara Jean's feelings. After receiving one of these love letters, Peter Kavinsky approaches Lara Jean. Instead of making a grand romantic gesture or confessing his love, the two create a scheme to pretend to be dating to invoke jealousy on Kavinsky's ex and to reassure another receiver of Lara Jean's letters that she is not interested. Their relationship starts with a contract outlining the rules of their "fake" relationship, but as life becomes messy, the two must distinguish what feelings are fake and which ones are becoming undeniably real.

In many ways, this film is revolutionary to the genre of romantic comedies. To start, the movie's leading protagonist, Lara Jean, is played by Lana Condor, a Vietnamese-American. Not only does Condor do an amazing job portraying a quirky and relatable character, but becomes the catalyst for a conversation about the importance of the representation of people from all ethnic backgrounds in film. There are

not many teenage romance movies that have cast an Asian lead. In fact, there was struggle to find a studio who would cast an Asian lead for this one. This movie is an adaptation of the book, "To All The Boys I've Loved Before," written by Jenny Han. In the book, the character is half Korean and half Caucasian; however, many of the studios who had the opportunity to cre-

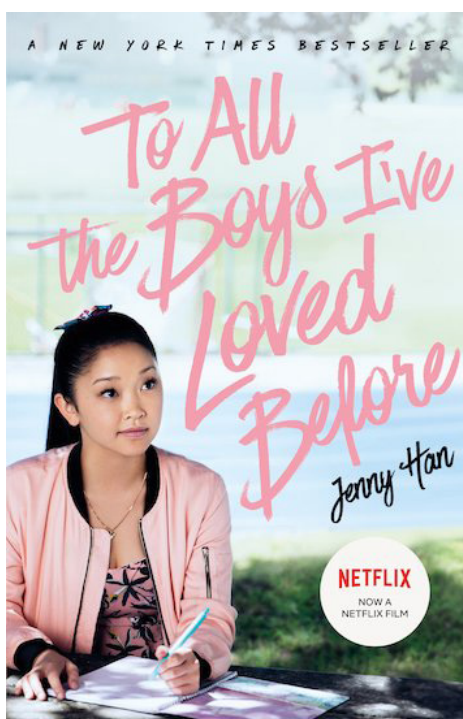


PHOTO COURTESY OF NETFLIX

ate an adaptation wanted to change the race of Jean to be completely Caucasian. Not willing to accept this, Han continued to search for a studio that would maintain the originally intended race of Jean. Finally, Netflix bought the rights to the film in March 2018 and Susan Johnson

directed the film, casting Condor as the lead.

Establishing its legacy in present times, the movie has garnered a notable social media following. Since the film's release, there seems to have been a nation-wide swoon over Peter Kavinsky, played by Noah Centineo, Lara Jean's 'fake' love interest. This swoon, however, is definitely not misplaced. Not only does he have a beautiful smile and perfect personality to match, he is also a revolutionary male counterpart for this new generation of teenage romance movies. Kavinsky is humble, compassionate and most importantly, his masculinity is not threatened by Lara Jean and her intelligent, strong character. Instead, he supports Lara Jean in her endeavors and is there for her in her struggles. This is not a rom com about a tough guy who needs a female for emotional support and that seems to be different than those of previous generations. The chemistry between Condor and Centineo is electric.

Even though their acting is key to the movie's success, it is not the only feature that makes this film stand out among the sea of cheesy rom coms. This movie is also aesthetically pleasing with stunning cinematography and symmetrical shots that will make viewers appreciate the intentionality behind the scenes throughout this film.

To accompany outstanding acting and cinematography, the movie has a bopping soundtrack. All of these elements together make this an all-around great production.

Enjoy this movie for its intriguing plot, acting, cinematography, and soundtrack. Be prepared to join everyone else in falling in love with this film as it rightfully takes its place on the list of dearly loved rom coms. There are two more books written by Han that continue the story of Lara Jean, giving hopes that their may be sequels to come. So, indulge in this new, revolutionary, must-see romantic comedy and enjoy every minute of this beautiful film. ■

Classical jams for your late-night midterm crams

Beethoven's Seventh Symphony (Complete)
41:48

Mozart's Eine Kleine Nachtmusik (Complete)
20:42

Haydn's Symphony No. 79 in F Major
21:35

Mozart's Symphony No. 36 in C, K 425 (Complete)
28:54

Beethoven's Sixth Symphony (Full Version)
42:31

Bach's Brandenburg Concerto No 5. In D Major
19:44

Mozart's Piano Quartet No. 1 in G Minor K 478
28:48

Handel's Water Music
58:59

Mozart's Clarinet Concerto in A Major K 622 (Full)
29:07 ■

GRAPHIC BY KRISTEN ZICCARELLI

Successes in red dresses

Alpha Phi's annual Red Dress Gala raises \$20,000 for women's heart health.

BY ANNA DORL

ANNA.DORL.17@CNU.EDU

Sisters of Alpha Phi at Christopher Newport University gathered together in the DSU Ballroom on the evening of Friday, Sept. 28 for their annual Red Dress Gala, joining benefactors, friends, and other community supporters of their cause. On this "night of fun and philanthropy" to benefit the Alpha Phi Foundation, the purpose of the event is to raise awareness and fundraise to help those affected by heart disease, the number one killer of American women.

Sisters agree that their goal for fundraising at this year's Gala is to surpass \$23,000, last year's donation total. This year's final donation number was \$20,000.

The vice president of member education and programming for Alpha Phi, Logan Bramhall, talked about the outreach of the Alpha Phi Foundation. "It allocates money to five different pillars," she says. "The biggest is for heart health research because [heart issues are] the number one killer of women." One in four women, as well as one in five men, are affected by heart disease of some kind.

The president of Alpha Phi at CNU, Taylor Saville, emphasized the importance and the components of the fundraising goal. "We are trying to meet our goal of \$23,000, which was last year's fundraising. [This] not only comes from our ticket sales, but our baskets [and] poker along with donations. All of that money

is going to our foundation. That goes to advancing leadership development, improving women's heart health, and helping sisters in need." Alpha Phi auctioned off gift baskets with different themes such as a movie night, photography sessions, and a CNU spirit pack.

Mary Hanula, an alumna of Alpha Phi's Theta Phi chapter, graduated from CNU last year. She returned to the Red Dress Gala again this year to speak about her family's personal connection to heart disease. "My mother has had problems with congestive heart failure in the past," she says at the event. This past summer, Hanula's father left her frantic messages while she was away from her phone at work.

"When I called back," Hanula recounted, "the only job that was being referenced was my mother's mission to live." As her mother stabilized and recovered, Hanula reflected on the impact that the Alpha Phi Foundation has on those who are living with and affected by heart disease. The Foundation's mission to fight heart disease now is the personal mission of Hanula and her family as well.

Other activities at the Gala this year included a performance from a live jazz band, a photo booth, a wine pull, a poker room and the Mr. Heartthrob contest.

Mr. Heartthrob was made up of male representatives from different fraternities and



(Top) Sisters of Alpha Phi pose with Mr. Heartthrob contestants after the dress making competition at the Red Dress Gala. **PHOTO BY PAIGE STEVENS/THE CAPTAIN'S LOG**

campus organizations. "We're going to give [the boys] a piece of red fabric and they're going to make their own red dress and answer some questions," says Erin Niciphor, a senior member of Alpha Phi at CNU and the director of external philanthropy and community relations. The contestants also raised money through sponsorship from the

organizations they are a part of. David Rabil won the coveted title this year, representing his fraternity, Kappa Sigma.

"A lot of sisters have been personally affected by heart disease or their families have been personally affected, so it's really nice to have an event where we can all talk about what it means to us and why we are getting together to raise this kind of money," says Niciphor.

Donations to the Alpha Phi Foundation go towards scholarships, leadership opportunities, and educational programs on heart health and philanthropy in general, as well as Forget Me Not assistant grants for girls dealing with the aftermath of natural disasters such as Hurricane Florence. CNU's chapter of Alpha Phi plans to allocate some of this money to the UNC Wilmington chapter to help them recover from the aftermath of the hurricane.

The Red Dress Gala is by far Alpha Phi's biggest and most popular fundraiser every year, but they also take part in Mac and Phis, another fundraising event, and tabling around campus for Heart Health Month in February. The sisters aimed to expand the influence and significance that the Red Dress Gala has even more this year, reaching out into the

community for support. They are participating in two heart health walk events with Old Dominion University's chapter of Alpha Phi.

Saville says that sending money away to benefit a foundation is great, but people often don't see the immediate effects that their donations have on those in need. "But when you get to hear the stories and see the money actually helping people, it's awesome. It's a good feeling.

"We just want to thank everyone for coming out," she continued. "It means so much to us and being seniors. This is our last [Red Dress Gala] as undergrads, and we're so excited to come back for more years and hope to raise more money." ■



(Top) Mary Hanula, Alpha Phi alumna, speaks about her mother's experiences with heart disease and the importance of the Alpha Phi Foundation to her family. **PHOTO BY PAIGE STEVENS/THE CAPTAIN'S LOG**

For more information, check out CNUTV's video posted on the Captain's Log Facebook.

Transform your dorm

Dorm rooms are the perfect place to showcase your personal style. Here are some ideas to make your space more unique.



**Check out
the Snapshot
section for more
dorm room
inspiration!**

(Left) Elizabeth Wilmore and her roommate Emily McGinness have photos hanging on their walls and different decorations with matching and coordinating colors on each side of their room. (Below) Sophomore Ashley Mcmillan hangs a landscape tapestry with string lights and different works of art on her wall. Her bed has a variety of cute pillows and stuffed animals. **PHOTOS COURTESY OF ELIZABETH WILMORE AND ASHLEY MCMILLAN**

BY ANNA DORL
ANNA.DORL.17@CNU.EDU

Coordinate with your roommate.

If you and your roomie have similar styles and taste in room decorations, consider collaborating with them and coming up with some ideas that match or complement one another. Think about corresponding colors, matching comforters, or similar posters and wall hangings.

Put up some tapestries.

Don't know what to do with all of that boring white brick wall space? Tapestries are much more colorful and fun to look at. You can purchase them on sites like Amazon for under \$20 and they are available in all kinds of styles, such as intricate mandalas and breathtaking landscapes.

Find some fun pillows.

A variety of different pillows can really liven up your space. Because they come in all shapes, sizes and colors, you'll definitely find something that complements and works well with your space. If you brought any stuffed animals from home, throw them up there too. Making your bed more comfortable and inviting is always a great idea.

Hang up some photos.

Pick out some of your favorite photos on your camera roll or in your Snapchat memories—friends, family, your dog back home. Print them out at your local Walgreens or CVS and then hang them up with some twine and clothespins. Arrange them in any way you'd like: you can always take them down to make room for new ones! If you want to add a little more pizzazz, switch out your wire for a string of small battery-powered lights. You can pin up some inspirational quotes or important notes on your line as well.

Print out some artwork.

Buying official prints of different famous works of art can be super expensive. Go on Google and type in some of your favorite masterpieces (such as Hokusai's "The Great Wave" or Van Gogh's "The Starry Night"). Then print them out and pin them up on your wall. Soon, you'll have your own little art gallery.

Get some plants.

Plants can definitely add some vibrance to your room. They also help purify and filter the air around them, keeping your dorm well-ventilated. Also, they're much easier to take care of than a fish—all a plant really needs is water and sunlight. Succulents are a popular choice as they are inexpensive and hardy plants that can withstand almost anything. ■



JOIN THE STAFF!

The Captain's Log is always looking for new members. If you're interested in becoming part of our team, email editor-in-chief Morgan Barclay at clog@cnu.edu or morgan.barclay.15@cnu.edu, at any time.

Interested in:
Writing,
Editing,
Design,
Photography,
Video,
Digital content,
Business or
Advertising?
Then there's a
place for you at
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