



THE CAPTAIN'S LOG

THE VOICE OF CHRISTOPHER NEWPORT UNIVERSITY STUDENTS

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FILLING THEIR PLATES



GRAPHIC BY COLE GALLAUDET/THE CAPTAIN'S LOG

Food insecurity hits hard all year round but it's times like the holidays that make the thought of an empty plate all the more difficult, especially for families.

BY MELANIE OCCHIUZZO

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"It's not just a can of peas." This phrase captures all of the efforts surrounding food drives on CNU's campus.

Vanessa Buehlman, Administrative Assistant to the Center for Community Engagement (CCE), says that when it comes to any sort of philanthropic efforts students engage in on campus it's always about more than just the can of peas you're dropping in the collection box.

"We're always challenging our students to look at the underlying problems of food insecurity," Buehlman says.

Kicking off on Oct. 24, The Food for Thought Campaign is the only food drive that encapsulates staff, students and faculty in total.

The main premise of the campaign is to give the CNU community a chance to come together.

This year, Student Assembly has taken a more active role in getting the student body involved with the Food for Thought Campaign.

"I was thrilled to have Student Assembly come join us," Buehlman says. She explains that in the past faculty and staff engagement has always been higher in the Food for Thought Campaign than the student body.

**FILLING THEIR
PLATES CONTINUED
ON PAGE 3**

News 5

Vandalism has struck the Greek Row at William and Mary. Check out the story here.

Snapshot 8

Read about The Improvacateurs' comedy show themed after Taylor Swift's newest album.

Sports 11

Women's Field Hockey loses in the Sweet Sixteen. Read about their battle further.

A&E 12

Photograph 51 is reviewed and explained as TheatreCNU's most recent show.

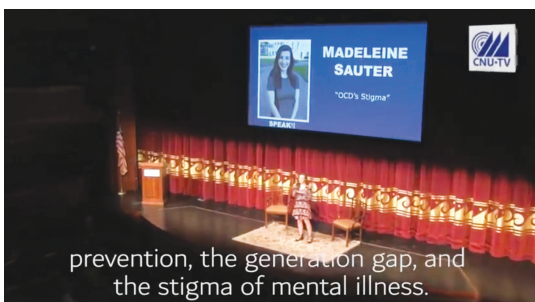
Lifestyle 16

Steve Englehart visited CNU this past Monday. Read how his book signing and presentation went.



Weekly pic

Samantha Camilletti and Andrew Benfer participated in the annual CNU Alumni 5k. Despite the chilly air they run saw a good turn out. **Photo Courtesy of Samantha Camilletti**



CNU TV

Highlights from this year's Speak CNU were recorded. Full versions of the speeches are available upon request.

Happened

Nov. 9

Speak CNU

The Office of Student Engagement hosted the second Speak CNU event on campus in the Peebles Theatre.

Nov. 12

Social Work Association and Lambda Chi Alpha's Thanksgiving Cookoff

From 8 - 10 p.m. a Thanksgiving Cook-off was hosted by Lambda Chi Alpha and the Social Work Association. The winner with the best desert took a raffle prize home. All proceeds were donated to LINK, Lambda Chi Alpha's philanthropy.

Happening

Nov. 17

Glow in the Darcappella

The biggest A Cappella event of the year at CNU, Glow In The Darcappella is on Friday Nov. 17 in Ferguson Concert hall at 7 p.m. Six groups will perform and this is considered an Alumni Event.

Nov. 18

CAB Presents...Carlos Robson

CAB will be hosting another slam poet in Crows Nest at 8 p.m. This is the second slam poet of the semester.



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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:

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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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From the Front Page

CONTINUED FROM PAGE 1

Brittany Banks, the VP of Member Development, is the point of contact and coordinator for Student Assembly’s involvement with the Food for Thought Campaign.

Banks saw this as an opportunity to bring the delegates together.

Student Assembly is a large student organization so Banks thinks that they should use their efforts to bond and help benefit the community.

Student Assembly’s job is to target the student population at CNU.

Buehlman says that Student Assembly has given a push to the students to get them on board with the campaign.

The Food for Thought Campaign is in it’s 10th consecutive year according to Brad Brewer, Director of the CCE.

This particular campaign, aside from an attempt to get the campus to work together, is an effort to give back to the community surrounding CNU.

“It’s a chance to leverage the campus’s resources,” he says.

All of the proceeds go to the

food bank of the Virginia Peninsula.

Brewer says that financial donations are encouraged because the food bank can purchase more in bulk and has a better idea of what the area will need.

For the campaign, monetary donations are calculated as \$1 equals five lbs. of food.

This equals a total “weight” for each campaign.

According to Buehlman, past year’s campaign results are as follows: 2016 yielded 4,000 lbs. of food and \$3,800 in monetary donations making a total “weight” of 23,000 lbs., 2015 yielded a total “weight” of 42,000 lbs. and 2014 yielded a total “weight” of 51,000 lbs.

Another partner that CNU works with closely for all philanthropic events including the Food for Thought Campaign is the United Way of Virginia Peninsula (UWVP).

They recently completed a need based survey of the Peninsula called Pathways Out of Poverty.

Like CNU, UWVP is looking not just at homelessness and poverty but also at the underly-

ing causes of poverty and food insecurity.

In January 2017 the UWVP hired an independent contractor to lead their community in a needs assessment.

From their assessment it was determined that the community on the VA Peninsula needed to focus its efforts on helping people build pathways out of poverty.

This is significant because according to the Virginia Performs page on Virginia.gov, Hampton Roads has 13.0 percent of people living below the poverty level in 2014.

Overall, Virginia’s 2015 poverty rate is 11.2 percent which is a decrease from 2014’s rate of 11.8 percent.

According to the 2015 Federal Poverty Level, you have to be making at the most \$12,082 for the year to be considered living in poverty.

Additionally, the poverty rate for Virginians below the age of 18 rose to 15.9 percent in 2014 from 14.9 percent in 2013.

These numbers are a small snapshot of what food insecurity looks like in the VA Peninsula and the greater Virginia

area. CNU’s goal is to ask the why’s of poverty and food insecurity.

Specifically, the Bonner Scholars have dedicated their time and resources to targeting the VA Peninsula’s needs.

Avery Naperala, a freshman Bonner Scholar, works specifically with the Youth Volunteer Corps of Hampton Roads which organizes meaningful volunteer opportunities for middle and high school students.

During the month of November it has a higher number of projects with food banks to accommodate their need for volunteers.

Naperala is coordinating a food drive for the first time, She does not have any first hand experience or knowledge of food insecurity but has seen it in her work.

“For me, the Food for Thought campaign means helping families across the peninsula ease the worry about where their next meal will come from. It has also been great to see CNU students stop at the Food for Thought table and contribute anything they were able to donate because

our campus truly cares about our city.”

She hopes that the Food for Thought Campaign reminds students at CNU of the needs that the surrounding community has year-round.

“The communities’ needs continue after the holiday season is over, and the Center for Community Engagement is staffed with people ready to help anyone find a volunteer opportunity they are passionate about,” Naperala says.

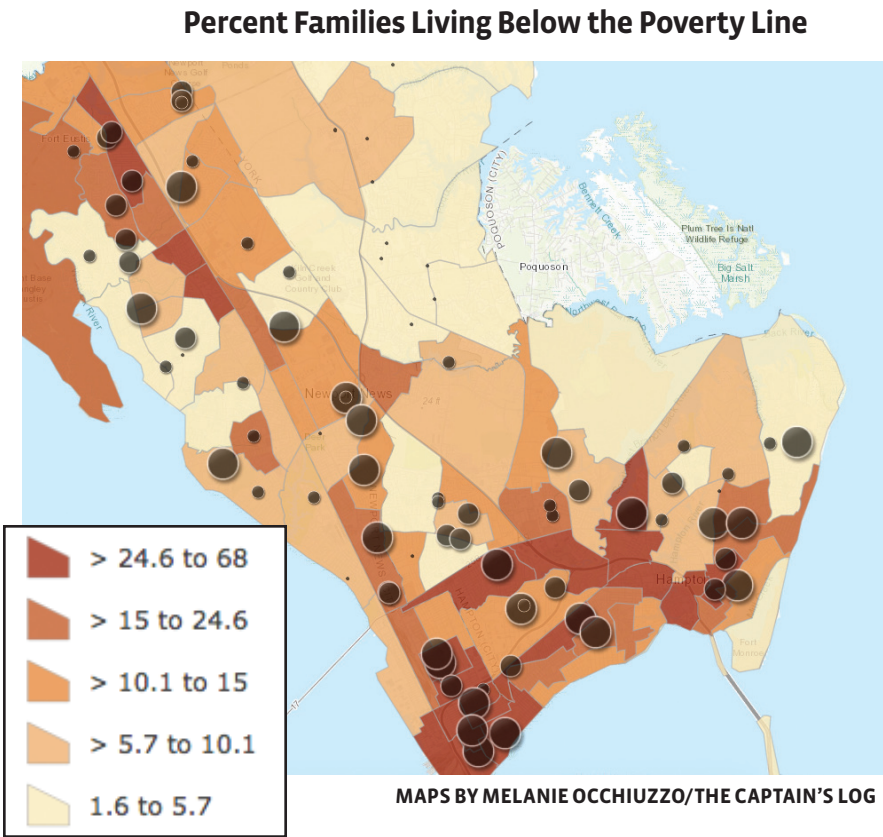
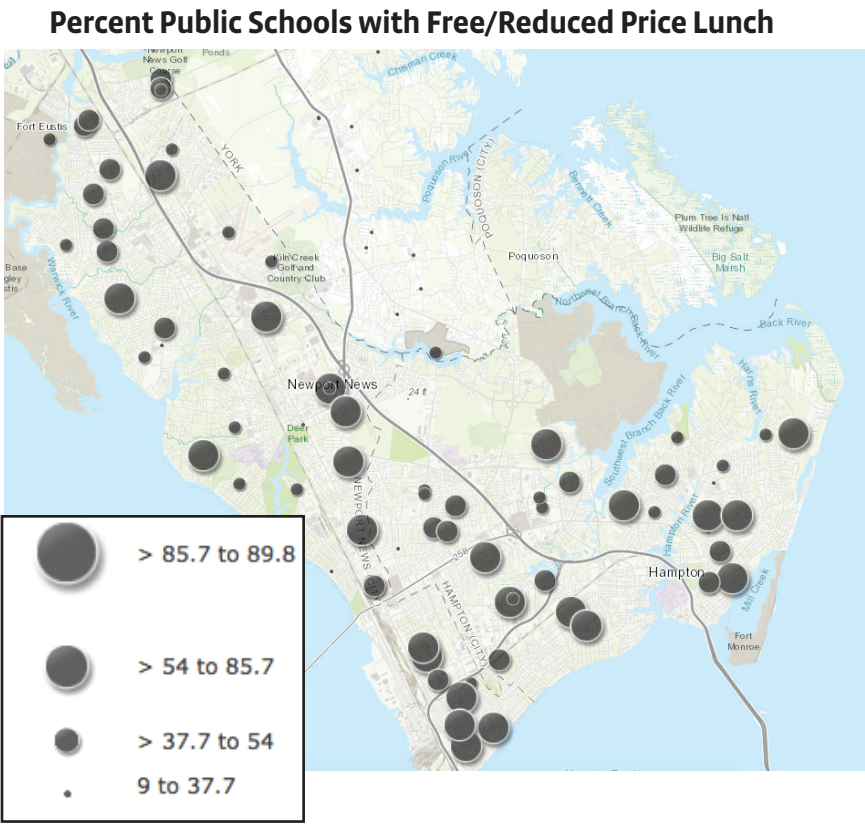
Brewer and Buehlman have repeatedly explained that it is important to understand the reasons behind food insecurity and poverty and to find solutions.

“We’re trying to gain knowledge for a longer term impact,” says Brewer.

On Nov. 16 there will be the final weigh-in for the 2017 Food for Thought Campaign.

While the fight against poverty in the VA Peninsula is nowhere near over, the efforts on CNU’s campus and the wider community are helping to make some solutions for helping those living in poverty. ■

A Snapshot of the Peninsula



The easiest way to wrap your head around food insecurity is to see a visual representation of what it looks like.

The following are two maps of the Va. Peninsula.

The first is a map showing all of the public schools on the Va. Peninsula.

Each black circle is sized based on the percentage of students who are on free/reduced

price lunch.

The bigger the circle the higher the percentage.

The highest percentage of students on free/reduced price lunch is around 89.8 percent.

These are the biggest circles on the map.

The smallest percentages are around 9 percent and reside mostly in York County which is a more affluent area.

The second map overlays the schools with the percentages of families living below the poverty line.

There is a direct correlation between families living in poverty and schools with students who are receiving free/reduced price lunch.

The darker areas of the map indicate higher rates of poverty.

Currently the highest percentage of families living in poverty is 68 percent and the lowest is 1.6 percent.

Overall the Va. Peninsula has a higher than most percentage of students who receive those free/reduced priced lunch benefits based on the map data. The areas that are higher poverty are in the downtown regions of the peninsula.

All of the demographic data for the poverty line level families comes from the 2015 US Census American Community Survey.

The data for the free/reduced price school lunch data came from the Virginia Department of Education.

Each of these maps were made using the ArcGIS online mapping program. ■

College of William & Mary Greek Life Hit With Vandalism



William & Mary worked quickly Nov. 2 to remove the paint that scarred several fraternity houses along the busy Ukrop Way in Williamsburg. PHOTO COURTESY OF THE FLAT HAT

With the topic of Title IX regulations being hotly debated over the past few months, tensions were flared at William & Mary after fraternity and Greek Life buildings were hit with accusations in the form of vandalism.

BY JOHN COWLEY
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WILLIAMSBURG — In the early morning hours of Nov. 2, while most students were sound asleep, the William and Mary Police Department began investigating a major vandalism incident involving many of the college's fraternity houses.

In a campus-wide email sent later that day, Vice President for Student Affairs, Ginger Ambler, announced that most of the fraternity houses and a Greek Life community building had been defaced with graffiti overnight, which included the words "rape" and "rapists" spray painted on the brick exterior of the buildings.

The incident occurred on Ukrop Way, a main thoroughfare of the college and home to many fraternity and sorority houses. The campus-wide email about

the incident gave a nod to the activist intentions of the graffiti, while also sharply criticizing the unlawful way in which it was conducted.

"Sexual violence and rape are serious issues on college campuses, including ours. While we have made progress at William and Mary, our efforts to educate about, prevent, and respond to sexual violence must and do continue in earnest," Ambler wrote, while adding that "defacing property and unfairly labeling an entire segment of our community is neither an effective nor acceptable way to advance that cause."

Two current William and Mary students spoke to The Captain's Log about the incident and

how it relates to the fraternity culture on campus.

Tanan Bayar, a freshman, said she understood the anger

was expressed. "The whole incident was really embarrassing for the student body as a whole," Bayar says.

"Rape is a discussion that needs to happen, but not by way of vandalism."

Another current William and Mary student and sorority member, who requested anonymity to offer her candid thoughts on the matter, confirmed the serious nature of the issue raised by the incident but saw no direct relation between Greek Life and sexual misconduct.

"I think there is a real underlying problem of sexual assault on campus, but I don't think this can be linked only to fraternities," she says.

"Changes do need to be

made on campuses across the country, not just at William and Mary, but pointing fingers at all of Greek Life and vandalizing campus houses is not an effective way to bring about this change."

The ongoing national debate about sexual assault on college campuses has heated up in recent months after Education Secretary Betsy DeVos rescinded stricter Title IX guidelines put in place under the Obama administration, which strengthened the rights and privacy of accusers and lowered the standard of proof for colleges when deciding if a student is responsible for sexual misconduct.

In a statement made at the time, DeVos said the strict Obama-era guidelines "created a system that lacked basic elements of due process and failed to ensure fundamental fairness." ■

"I don't think this can be linked only to fraternities."

-William & Mary Student

surrounding the issue but also lamented the way in which it

Hard-Fought Election Lands With Northam

Freshman Liam Rowell sat down with Dr. Quentin Kidd of the Wason Center to break down the election results.

BY LIAM ROWELL
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You know the feeling when you're looking out at the ocean and everything is looking beautiful and then suddenly a wave knocks you on your butt? That is how the Republican Party in Virginia probably felt after this week's election.

They lost just about every election they could lose both in Virginia and elsewhere.

Democratic candidate for Governor Ralph Northam beat his polling by six points to win by a little under 10 percentage points against his opponent Ed Gillespie.

The Virginia House of Delegates had 66 Republican members before the 2017 election. It now has somewhere between 48 and 51, due to three races still being too close to call.

One of those races is local, the race for District 94 between Shelly Simmons and David Yancey.

Yancey originally had a 12 vote lead, then another ballot

was found during the canvas giving him a 13 vote lead.

A whole 53 provisional ballots were cast in this election. Of these, 44 because people voted at the incorrect precinct and nine because people did not have proper identification.

If those nine people can be found, and shown to have proper identification, their votes still count.

After that the election will most likely go into a state funded hand recount since it is within one percentage point.

This is interesting because it includes looking at votes the machine couldn't read, especially since Newport News uses ballpoint pens instead of felt tips like the rest of the state, meaning the machine probably missed more votes.

Inherently, this will cause both Simmons' and Yancey's vote totals to go up. The race will most likely not be decided until after Thanksgiving.

How did all this happen?

According to Dr. Quentin Kidd, Director of the Wason Center for Public Policy, it was

a direct reaction to President Donald Trump.

Health care was the most important issue on voters' minds this election season with 39 percent saying it was their most important policy issue.

Another 34 percent said their vote was about expressing opposition to Donald Trump making opposition "essentially the second most important issue driving voters in Virginia".

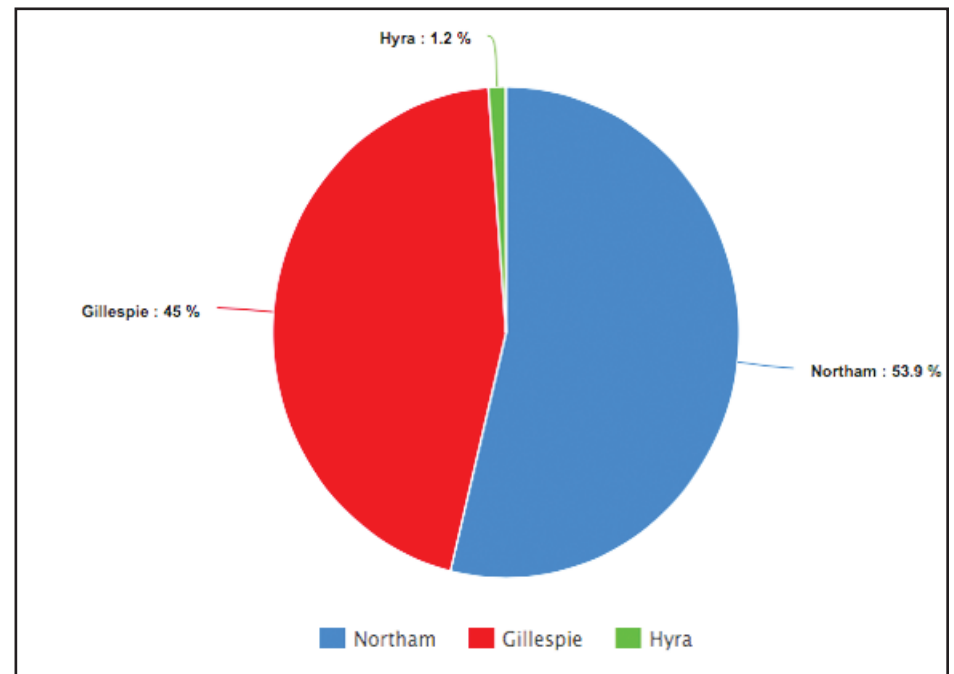
Who exactly helped push Northam (and possibly Simonds) over the edge? According to a Washington Post exit poll, Northam

began to close the gap among white voters.

Trump won this group of Virginians by 24 points. Gillespie

only won this group by 15.

This was easily the biggest demographic shift of the election. ■



This pie chart depicts percentages of votes for Governor in the 2017 Va. election.
GRAPH BY BRETT CLARK/THE CAPTAIN'S LOG

President Tribble Addresses Student Assembly

The Student Assembly received updates on construction and more while listening to President Tribble's passionate testimony.

BY KORTY SWIFT
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Along with regular proceedings, President Tribble addressed the delegates and visitors at the Student Assembly general body meeting last Monday night. Provost David Doughty, Vice President and Dean of Student Affairs Kevin Hughes and Executive Vice President and Chief Financial Officer Bill Brower were in attendance with Tribble.

The meeting began with an opening by Student Assembly President Kenneth Kidd, where he swore in delegate JoÛrney Haven as the newly appointed Chief of Staff.

Next, President Tribble took to the podium. He began by congratulating the delegates of their progress throughout the years, then went on to introduce Doughty, Hughes and Bower, respectively. Tribble continued with comments about Homecoming Week, reporting that over 2,000 alumni came back to campus for Homecoming Weekend, and along with the alumni were over 1,000 prospective students and families.

He extended congratulations to the Volleyball, Field Hockey



The Student Assembly fills up Luter Atrium every other Monday to discuss plans for campus and policies that impact the student body. PHOTO COURTESY OF THE STUDENT ASSEMBLY

and Women's Soccer teams, which each won their championship games two weekends ago.

According to President Tribble, CNU is the only school in America that had four teams go undefeated in regular conference play.

An extensive portion of the address went into discussion about CNU's current and future construction plans.

Regattas dining hall is to be completed by the time students come back from holiday break, ready for the second semester.

Construction on the Tribble Library is expected to be finished by next semester, and ready for the start of classes next August. Included in the library renovation will be around 800 more seats and a new room for the Digital

Humanities.

Tribble also mentioned plans for a new fine arts center, which will start next summer and be built between the library and Ferguson Center for the Arts.

Plans for the construction of Shenandoah Hall and extra Greek houses have currently been put on pause for at least a year.

President Tribble finished his speech by thanking Student

Assembly for their leadership on campus, specifically applauding support for Fear 2 Freedom, the Shadow Event and Food for Thought.

He also answered questions the delegates had before concluding.

When asked for advice from a delegate about how Student Assembly can continue to grow and improve, part of Tribble's response was to "Have a clear sense of your destiny, and go from there."

At the conclusion of the address, business continued with reports from members of the executive board.

The meeting ended with the Homecoming Committee extending praise to Kenneth Kidd for being a member of and representing Student Assembly on the Homecoming Court, and VP of Marketing and Communications Emmet Aylor for his role in Homecoming activities for Student Assembly.

Before the meeting adjourned, Kidd stated to the delegates, in reference to President Tribble's speech, "Remember the significance we carry with our roles."

Minutes of this meeting can be found via the CNU Student Assembly Facebook page. ■

Thoughts and Prayers

In the wake of the Sutherland Springs Church shooting, prayers alone aren’t enough anymore.

MORGAN BARCLAY

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“They were praying.”

That is the sentiment that has circled the internet in the wake of the latest mass shooting: the Sutherland Springs Church shooting.

The shooting lasted only approximately seven minutes and took lives of 26 individuals, including the lives of a pregnant woman, a fourteen year old girl and an eighteen month old baby. It occurred last Sunday morning at approximately 11:20 a.m. in the First Baptist Church in Sutherland Springs, Texas during their weekly church service. The shooting left twenty more injured and many families faced multiple losses from the incident. The survivors of the incident referred to it as a “bloodbath,” and in a town of a few hundred the effects of the incident are well felt.

As they are felt across the world. There is no shortage of sympathy for the lives lost and affected by this tragedy. It seems every lawmaker in the country issued a response and expressed their horror and shock at the tragedy, with the president responding from as far away as Japan.

But haven’t we seen this all before?

A horrifying déjà vu moment coming on the heels of the latest mass shooting in Las Vegas, many

issued responses focused on praying for those affected. For some, though, this isn’t enough. “They were in their church praying when this happened. What they need is gun control,” tweeted Gavin Newsom, Lt. Governor of California, in response to the president’s call for prayers.

In a world where this “bloodbath” seems to be becoming more and more a reality, the time for prayers without action is an affront to those who have been unfortunately affected.

While prayers have their place and there should be no shortage of them during a time of recovery from tragedy, so too does action. And fortunately there are a number of actions both individuals and governments can take.

Whether it be through the creation of a more rigorous mental health system in America, one with particular focuses on anger management, or whether it be through more comprehensive gun control with a focus on the limitation of automatic and semi-automatic weapons, something must be done. Whether it be through the simple closing of loopholes within the already existing laws, or through the creation of completely new institutions formed to protect individuals, something must be done. And even going beyond the institutional level, even in personal interactions, listening to victims of domestic violence and taking them seriously can do so much in the terms

curbing mass violence.

But beyond all of that people can simply vote.

Vote for individuals who are going to do more than take money from lobbyists and offer empty sympathy in return. Vote for individuals that will listen to their constituents and take care to put laws in place to protect individuals after tragedy. Vote for individuals that will stop tragedy from becoming our normality.

But maybe those individuals don’t exist.

Charles P. Pierce, an American sportswriter and political blogger, wrote an editorial in Esquire magazine following the Las Vegas shooting earlier this month. It featured a quote that has also made its rounds across the internet in the wake of both incidents, “If Newtown wasn’t enough, how can Las Vegas be enough?”

Can’t this be enough?

Haven’t we had enough?

Is it silly to hope for a world where individuals rise to places of leadership within their places of residence and try to make their worlds a safer place? Is it silly to believe in the power of the United States government, in the power of Texas, Nevada or Virginia state governments, of local governments across the nation, to protect its citizens?

We can’t be this far gone.

And we aren’t.

Looking at almost any other trag-

edy, there are always laws put in place. Loopholes are closed and limitations are placed on our freedoms to guarantee our rights and safety as individuals. This is seen in the case of airline travel, fireworks, cars, prescription drugs, even pasteurizing milk. While all of these issues might not be as divisive or have created as large of a tragedy as seen in the case of guns, they prove that the system is there. There is a system in place to protect individuals after tragedy. Even with the amount of debate that surrounds this issues, even to this day, direct action was taken to make the community a safer place.

With every other law, with every other right, things change. Why do guns have to be different? Why do guns only beget a prayer and a thought?

I don’t want to live in a world where individuals are punished for building community. I don’t want to live in a world where individuals are punished for having hope and trust in the world around them. I don’t want to live in a world where individuals are punished for going to church, to a concert, to school. And I don’t have to.

Yes, evil will always exist. But we can do something about it. And right now, we aren’t. We are sitting and hoping instead of taking active measures to stop these incidents.

Newtown might not have been enough, but can this be? ■

A Disaster Closer to Home

A look at the homeless population of the Newport News area and the problems they face.

NATHANIEL BROWN

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A month out from the natural disasters of Hurricane Irma, Hurricane Harvey and Hurricane Maria the human toll becomes obvious. People were forced to evacuate their homes in order to ensure their personal safety and the safety of their loved ones. After the storm, they returned to flooded plains and destroyed homes, forced to begin the long and arduous process of rebuilding their community. So, for the first time millions of Americans are beginning to understand what it means not to have a place to call home and how difficult it can make planning for the future. However, for some select Virginians, the notion of having no place to call home is the status quo instead of an anomaly. While the homeless in Virginia were not put out of their homes by natural disaster, they too find themselves without a secure household due to forces out of their control.

One force that drives the homelessness in our area is economic. The U.S Department of Housing and Urban Development (HUD) identified Newport News as a risk area for high rates of homelessness due to rising rent and low economic opportunities. This statement by the HUD reflects

others given by the Virginia Department of Housing and Community Development (DHCD), where half of renters in our area struggle to pay rent. Struggling to pay rent in an area with rising prices and falling economic opportunities is a recipe for homelessness. Couple that with the fact that homeless individuals have a harder time of finding, securing and maintaining long-term employment, one month’s missed rent can lead to years of vagrancy.

Another primary force that leads one to homelessness is mental and psychical state. While we do not want to admit it, society is very bad at dealing with those with health issues. This is especially true when dealing with housing. In its Analysis of Impediments to Fair Housing Choice in the Commonwealth of Virginia the DHCD recognized that those suffering from mental or physical disability had trouble finding accessible housing. Even when they did, the landlords were less likely to rent to them. This leads the homeless population to have a greater percentage of persons with health issues, not only because it is difficult to take care of yourself when you have no home but because they, who no fault of their own, are denied housing in favor of potentially younger and

healthy renters.

Virginian homelessness is such a continuous issue that Governor McAuliffe is holding a conference with realtors all over the state to find out how to solve this problem. While there is serious potential for a solution here, there is no guarantee one will arise. Also a deal between governor and business leaders does not necessarily fix these systemic problems of economic disenfranchisement and mental and physical health issues.

According to the DHCD, there are approximately 680 homeless individuals in the greater Newport News area, many of which are not being served by any government program. While Newport News has partnered with neighboring localities to fix this problem, the solution will not come to fruition until 2019. However, even after Newport News enacts its plan there will still be one axiomatic truth: No homelessness is the same. In fact, each homeless individual has their own story and requires different resources. However there is a common thread that connects all homeless and home insecure individuals in Virginia: they are hard to help. That is to say they require specialized care and attention, something that is best given by local pro-

fessionals.

But fret not, non-profit organizations such as Red Cross exist to help hurricane victims. There are nonprofits to aid in ending homelessness in Virginia as well. Specifically, LINK of Hampton Roads is the premier nonprofit for helping local homeless individuals. Combining over 20 years of experience with professional know-how, they treat each person as an individual, giving them the tools to grapple with not only their economic strife but also the psychological distress that comes from being homeless. As great and necessary as LINK is, it is always in constant need of funding for the expensive, labor intensive work that they do. This has lead to LINK partnering with SDEC, CNU’s resident diversity council, to sponsor Winter Ball Auction. At Winter Ball Auction students will get the chance to purchase specialty items, mingle with local community members and fight homelessness, for all proceeds go to LINK.

While I encourage anyone who is interested in doing so to volunteer and donate, just showing up to Winter Ball Auction will do a great deal in spurring the change necessary to make Newport News, and by association CNU, a safer, more inclusive and more just place to live. ■

The Fight for the Oxford Comma

What difference can one comma make? A \$10 million difference in one case.

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At a bachelor party your friends invited two strippers, Hitler and Stalin. The previous sentence is an example where the Oxford, or serial, comma would prove useful. A reader would naturally infer that Hitler and Stalin were the names of the two strippers, but the author really meant that Hitler and Stalin were separate guests. If an Oxford comma was included, the statement would be much clearer: “At a bachelor party your friends invited two strippers, Hitler, and Stalin.” Examples like this one prove why more writing styles should make the Oxford comma a mandatory grammar rule.

The Oxford comma is defined by the Oxford English Dictionary as, “[after the preferred use of such a comma to avoid ambiguity in the house style of Oxford University Press] a comma immediately preceding the conjunction in a list of items.” As a journalist, I am required to use AP Style, which excludes the Oxford comma. Upon learning this, I seriously reconsidered my journalistic aspirations. The comma may be a small grammar rule, but little rules add up. From my view, the situation is equatable to omitting a period or not using any commas at all. While some may deem my preference as neurotic, the United States Circuit Court for the First Circuit recently ruled the Oxford comma was worth \$10 million.

In Maine, the Oakhurst Dairy company didn’t pay their truck drivers overtime during deliveries. The company believed that, under Maine legislation, they weren’t required to do so. When one of the company’s drivers took a look at the law, they found a flaw that cost the company \$10 million: an omitted Oxford comma. The Maine statute exempts overtime pay for—

“The canning, processing, preserving, freezing, drying, marketing, storing, packing for shipment or distribution of:

- (1) Agricultural produce;
- (2) Meat and fish products; and
- (3) Perishable foods.”

Judge David Barron ruled that the omission of a comma after “shipment” makes the statement to obscure to determine if “packing for shipping” and “distribution” are connected or separate. According to NPR (Who’s the NPR?), “the drivers distribute the products but do not pack them for shipping.”

As a self-proclaimed ‘grammar-nazi’ in an AP Style profession, this case is similar to the clouds parting and shedding light on a once cold and dark night. While the comma is ‘optional’ by definition, this lawsuit affirms its necessity. The final step in the Oxford-agenda is to use this as ammunition in the War of the Commas. Maybe with this case in our arsenal, we will finally gain the respect we deserve. ■

Buzzin’ Becky

With Thanksgiving and Christmas right around the corner, Becky offers advice for those who will have to take a nontraditional route.



PHOTO COURTESY OF CLIPART LIBRARY

Many people can agree Thanksgiving doesn’t get the recognition it deserves. It’s a highly contested tragedy among society whether or not it’s okay to skip Thanksgiving and go straight into Christmas so let me just clear it up now: Y’all can wait a few days. We have a whole month to celebrate the winter holidays so let Thanksgiving have its time to shine.

Once break is over it’s a quick turn-around to the end of the semester, and wow has it flown by. In honor of Thanksgiving coming up, let me just say how thankful I am for this home away from home. I have made some of the greatest memories and friendships with The Captain’s Log and it will be something I will truly cherish for a long time. Enjoy your break, rest up and get ready to finish strong!

I’m dreading going home for the holidays. It’s going to be a lot different since things have changed within my family, and I don’t want to face it?

Well, change is hard whether it’s good or bad. I am also going through life changes that will make this holiday season a new one. It’s okay to not be ready for the change but you can’t avoid it forever. This year has been really tough on my family and with Thanksgiving next week, I’m just reminded of it even more.

One thing to remember though is that it’s going to be hard and that’s okay. I can’t speak on what you’re going through because I honestly don’t know, but for me it’s a family change. We’ll be down a person and I know we’ll try to be as normal as possible, but I hope we don’t just try to ignore that something’s different. Open up a line of communication with your family. Let them know how you’re feeling. Writing it down first helps a lot, trust me.

I’m not sure if I was much help with this one, since I clearly don’t have the answer to my own problems, but I really hope you still manage to enjoy the break and time with loved ones. Maybe you can find a way to start new traditions from this point on. It sucks a lot but make the best of whatever situation you’re in, it’ll make it a little easier.

— Becky out

**Submissions have been edited for clarity and length.*

The Importance of a College Newspaper

Is print media truly falling out of favor with the public? It shouldn’t, at least on college campuses.

KYLE GUNDERSON
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If you’ve been watching the news recently, you may have noticed that it has mostly become a stream of insults and names being flung at each other by the major media.

CNN and Fox News take the brunt of the criticism for this, but any large broadcast news organization could be claimed as having the same sickness.

College newspapers are better at giving students unbiased information, and fewer pages of fluff.

The reason college news is better is the same reason large networks are considered bad.

It is all a matter of money.

Private news organizations do not exist solely to bring news to the public. They are companies, and like

all companies, their job is to bring in money. Stories are decided based on what will bring in the most money for the company, and not necessarily what is important.

Analysts gather information on what the viewers believe as well as how they think, and that decides what stories get researched and reported.

Eventually, a base develops, and the consumer only sees the kind of news that sells the best on a particular network.

Networks, however, should not be

blamed for this any more than Oreo should be blamed for pushing a favorite cookie, but it is how it is.

The reason university newspapers are better is that we do not exist to make a profit. Each week, The Captain’s Log prints the same number of newspapers, and distributes them.

If nobody reads a certain issue because of a story they disagree with or find boring, the staff may be disappointed, but they still print the same number of newspapers the next week.

“College newspapers answer to the truth, and not the whispers of the wallet.”

—Kyle Gunderson

The staff does not rely on income generated from prints, and this ensures that our paper does not need to focus on articles and topics that will appease a certain market.

Why is the college paper important? It is important because it is free. College newspapers answer to the truth, and not the whispers of the wallet.

In today’s age of turmoil and chaos, the shackles put upon organizations to appease their primary audience leads to biased work, and playing to controversy.

College journalists are at liberty to give the viewer what matters.

Sex sells, but the truth is what matters.

We get you that truth. ■



The Improvocateurs Present: Look What You Made Us Do

(Far left) Freshman Courtney Bauserman dressed as a clown and even brought a red balloon on stage, channeling her inner Pennywise. Others dressed as the supernatural and creatures of the night. The group argued Bauserman's clown costume was unpopular and uninteresting, telling her she would not be able to scare anyone with her red nose. **PHOTOS BY MACY FRIEND/THE CAPTAIN'S LOG**



(Left) Kensie Ward and (right) Jordan Bass perform a sketch where Ward acts as the baby penguin and Bass is the mother. Ward is sad because she was told that her father was eaten by a seal when he went off migrating in the Arctic.



(Right) Ashley McHenry acts as an excited new member in a sisterhood of nuns, Omega Gamma Mu. She later finds out, much to her disappointment, that the sisters used her to bring the Second Coming of Jesus by drinking in letters, which is strictly prohibited.

CNU's all-female comedy and improv troupe brought "all of the estrogen" and comedy to the Peebles Theatre.

BY MACY FRIEND

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Taylor Swift's newest single "Look What You Made Me Do" played over the speakers of the Peebles Theatre Saturday night.

Eight chairs were set up on the dark stage for four returning members and four freshmen.

Each Improvocateur paid homage to Swift's chart-topper, walking across the stage and listing reasons why they "can't come to the phone right now."

A staple of their shows, the Improvocateurs began with "Panel of Experts" in which four members were given random variables from audience members for subjects in which they are experts. As with all of their shows, audience participation was paramount. They asked audience members what questions they had for the panel of experts and some included "How do I stop the voices in my head?" and "What is the perfect romantic date?"

At each of their shows, a couple Improvocateurs perform stand-up. Sophomore Ashley McHenry discussed her panic disorder, describing the experiences that go along with that. "I'll see something and it's like, I know that's going to make me really anxious and cry in the bathroom for twenty minutes on the floor but I'm going to do it." After making jokes, McHenry takes a moment to

remind people that if they are dealing with this disorder or something similar to reach out and talk to friends or counseling.

Another staple of their shows is the game "Switch", where pairs get random variables from the audience and act out scenarios with the variable. Junior Kensie Ward and freshman Jordan Bass played the role of a child penguin and its mother living in the Arctic. Ward (baby penguin) asked Bass (her mother) when they were going to move back into their house. Bass' response was "there's this thing called global warming. Our house is gone."

Freshman Courtney Bauserman dressed as a clown and even brought a red balloon on stage during one set where the group was getting ready for Halloween while others dressed as a mummy and vampire. They argued over Bauserman's clown costume because they thought it was uninspired and would not scare people.

Freshman Hayley Burke performed stand-up for the first time and discussed her entrance essay to CNU. Burke wrote about her time in gym in high school when she collapsed from an asthma attack and was prescribed a bunch of medicine. Then she began talking about the side effects that come with the various medications.

She shares a reoccurring dream where she's standing

in a dark chamber with wet feet and begins clawing at the ceiling... which is the inside of an egg and she's a baby dinosaur with the mother triceratops staring at her.

Another reoccurring dream Burke has is one where she's standing in a long hallway and hears "ambiguous rap from 'Wild n' Out' from MTV....You're standing there and you know he's coming. You feel behind you this presence and you hear it...I just know Nick Cannon is behind me with these two machetes." While she noted it was comedic to outsiders, she mentioned that it is actually a scary thing to live with.

Next, they played a game where members spoke gibberish and had to get another Improvocateur to act out the same scenarios after they guessed correctly.

McHenry played "Hope Hopewell", a new member in Omega Mu Gamma, a sisterhood of nuns who promise to "love and cherish Omega Mu Gamma until the coming of Jesus." After being presented with her letters, "OMG," the girls make a toast and "Jesus" enters the scene and asks why people are drinking in letters and that it's "strictly prohibited," thus, the Second Coming arrived. With the Second Coming, McHenry was released from sisterhood and the nuns were able to be released from their vows.

The Improvocateurs ended their show with "I Like My Women," a game they play at the end of every show where audience members shout variables and the Improvocateurs use them in their stand-up. One of the variables was wine where junior Kensie Ward said "I like my women like I like my wine, locked in a cellar for twelve years." Much like their tagline "All of the Estrogen. None of the Drama. Pure Comedy" states, the Improvocateurs brought genuine comedy and wit to their performances.

Any women interested in joining this troupe are invited to attend their meetings from 4:30-5:30p.m. Tuesdays and Thursdays in the DSU Harrison Room. ■



Hayley Burke performed stand-up about her experience with hallucinations and nightmares from asthma medications.



In a game called "Switch," (left) Georgia Bransford and (right) Ashley McHenry perform a scene where the worker (Bransford) is tipped with a dusty biscuit and ends up getting sick from it and coming back to complain to the company representative (McHenry).

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much to her dis-

Field Hockey Loses In Sweet Sixteen

After winning their first CAC Championship field hockey advanced to NCAA's, but unfortunately lost to Kean.

BY TARYN HANNAM-ZATZ

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The Christopher Newport University Field Hockey team went into the first round of NCAA play ranked No. 4 and were set to play No. 8 Kean University on Saturday at home on the Captains turf. Both teams fought valiantly to continue their post-season runs.

The Captains came out more aggressive and took a few shots that were deflected by Kean defenders and then a save from the Cougar goalie.

Shortly after, Kean came out fighting and scored the first goal of the game. They scored in the first 11 minutes of the game off of the first corner that they were awarded.

With some momentum and holding the lead 1-0, the Cougars attempted to take a little bit more of a comfortable lead, but the Captains stepped up. Court-nie Greene cleared out a ball that came into the circle.

Later, after Kean earned a second corner, Kennedy Johnson dropped low and took away the shot attempt along the far post to keep the difference at one. Still battling, Alexa Weaver took down a ball along the arc before Stephanie McK-inney made a diving save off a corner attempt, which was eventually cleared out by Johnson.

Coming out of halftime with Kean still in the lead 1-0, Jackie Kotoriy drove home a goal off a feed from Rachel Cooke early in the second half to tie the score at 1-1, but Kean scored another goal less than two minutes later and hung on for the victory.

On the losing end, the Captains tried



Court-nie Greene totals her season with six goals and eight assists to help secure 17 wins. HANNAH MCCLURE/THE CAPTAIN'S LOG

to put together a response.

Kenzie Neylon delivered the ball into the offensive end before the attack took over again. Keeping possession, Lily Bryngelson forced a turnover with tough pressure along the near sideline before Fiest handled a hard hit along the circle to earn a corner. After Madison Doss delivered the ball from the end line, Rachel Allshouse managed to quickly

take an on-target shot attempt, but Kean's goalie made another stop.

With time ticking down, Cooke made a defensive play and Greene fired the ball into a defender earning them another corner, but the Cougars stood strong. Later,

Cooke delivered the ball into the circle along the far side to earn two more corners in the final minutes, but the Cap-

tains came away empty-handed again as Kean came away with the victory.

Christopher Newport held a 14-6 advantage in shots and an 8-5 lead in penalty corners.

Despite the statistical advantages, the Captains were not able to come away successful with a win and the Kean Cougars will continue on to the Elite Eight. ■

Who Really Wins In The Playoffs?

BY MICHAEL INNACELLI

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MACY FRIEND/THE CAPTAIN'S LOG

The seemingly insurmountable suspense and drama of the Super Bowl or a World Series final. These are the reasons that every American with an

interest in sports says playoffs are the best part of watching and competing in sports. However, we tend not to think about what these playoff formats mean for the actual season. You would think as a rule the best two teams would be competing in the final of each major sport in America. You'd be wrong to think that. Just look at one of the United States' biggest competitions.

Super Bowl 50 was won by the best team in the NFL, the Patriots, this year who had a regular season record of 14 wins and 2 losses. The second best team wasn't their opponent. Neither the third or fourth best team. The Falcons played against the Patriots with a record of 11 wins and 5 losses.

This means that the two best teams in the NFL last season did not compete against each other in the final. The second best team, the Cowboys, had 13 wins and 3 losses but will get no respect for finishing second because of the play-off system in place.

This effect is even worse in the NBA where the best and fifth best team played

each other in the final, and it's even worse when you realize it would've been impossible for more than one of the top three teams to be in the final.

So why do we as a sporting community do this? It stands to reason that the best two teams regardless of conference would make the best viewing competition.

Yet almost every year the two best teams in a competition don't end up in the final against each other. This makes for an interesting problem as sometimes a far weaker team ends up against a world class team in the final. This does sometimes allow for a dramatic upset, however this is a very uncommon and a lot of times you have a very one sided game. The question I would like to raise is why doesn't the sporting community get rid of the playoffs. Most countries don't use a playoff system and it makes for a very interesting competition all year long.

The way it is done is by a league where the winning team gets a trophy, and then several tournaments through-

out the season to give other teams the opportunity to make an upset without taking away from league wins and contributions.

This is executed brilliantly in European Football, better known as Soccer here in the United States. So much is placed on league play in European Football that every game is a thrill to watch, and no team is out just due to a bad start of the season, chances are they are still competing in at least one tournament to win a trophy.

This would be fairly interesting in American sports as it would allow for teams like the Los Angeles Dodgers who had the best record in baseball to get some recognition for "winning" the MLB but, the Houston Astros could still win a World Series of sorts by winning a league wide tournament.

Who knows, this might not work, but it would definitely add some purpose to regular season play in sports in America, and maybe bring some viewership to those long seasons we love to play here in the United States. ■

Volleyball Falls to No. 7 Emory University

Christopher Newport's Women's Volleyball team travelled to Emory University in second round of NCAA's.

BY TARYN HANNAM-ZATZ
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The Christopher Newport Volleyball team was ranked number 21 going into their second round of NCAA play on Saturday night against No. 7 Emory. They played away at Emory in the Woodruff Center.

After a long five-set victory over Thomas More in the opening round on Thursday, the Captains stumbled early against Emory.

The hosts were ready to play and came out with a commanding 13-4 lead in the first set before CNU had to take its second timeout.

Following the break, Katelyn Newsome came through with two kills and a block during the span of four rallies, while Josie Lucernoni delivered an ace to come back within four at 14-10.

Despite the tough effort to come back, Christopher Newport could not pull any closer as the Eagles retaliated and took away a 25-16 victory for the first set.

Coming back in the second set already being down a set, CNU capitalized on its front-row defense to lock down an early lead.

Garrison, Newsome, and Katie Crof-

ford all had a hand in two blocks each to secure a 9-7 advantage.

Later, Abby Oren delivered a kill before Katie Piper gave a pair to keep a small advantage in the set.

Still losing at 18-16, Emory called for a timeout and regrouped.

Following the break, Garrison delivered two hits, while Crofford and Piper each had one, but the Eagles fought back and took another victory at 25-22 for the second set.

Needing a win to stay in the game, early in the third set, Garrison delivered two more kills to put the Captains at a 5-5 tie.

Megan O'Hara also gave a hit off a feed from McGill, but the Eagles were not stopping putting up a fight. The Eagles won 10 of the next 13 rallies to take a 15-8 lead following a CNU timeout.

Although Garrison and Piper came back with kills during the final moments of the match, Emory successfully took the 25-13 win to get a victory for the game.

The Captains fought hard throughout the whole match but unfortunately were not able to end with the win in the second round of NCAA play. ■



The Captains came together as a team after the loss. PHOTO COURTESY OF TYLER MCGILL

Women's Soccer Loses Undefeated Streak

Lady Captains advance from first round of NCAA's to second, but unfortunately lose to Lynchburg College.

BY PHOENIX HINES
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Despite the freezing weather, over 600 people came to watch The Christopher Newport University Women's soccer team go to work in their 6-0 victory over Cabrini University in the first round of the NCAA tournament.

This is the first time the captains have hosted a NCAA tournament game since 2006. With this win, Christopher Newport improved to 19-0-1 and added another tally to their unbelievable win streak, which now sits at 17.

The offense was dominant as always by outshooting the Cavaliers 33-4 on total shots and 20-3 for shots on goal. The Captains showed their depth this past Saturday night as six different players put the ball in the back of the net.

The Captains also notched their 76th goal on the year, which ties the program record for goals in a season.

On the defensive side of the ball, the Captain's backline played another great game as Danielle Pratt, Alexi Manley, Shaye Doherty, and Keiley McCarthy held the Cavaliers to three very low percentage shots while senior goalkeeper Carly Maglio registered another Shutout, her twelfth of the year. She also collected her 51st career win.

The captains got on the board early as Logan Montel finessed a perfect touch pass to Victoria Reed for the goal at the 22nd minute mark.

This goal was Reed's second of the year and first ever NCAA tournament strike.

Eleven minutes later, CAC player of

the year, Gabby Gillis notched her 14th goal of the season after Taylor Hudgins passed Gillis the ball in the middle of the field and she juiced out the goalie for the easy goal.

Keiley McCarthy opened the second half scoring with a header off a beautifully placed corner kick from Carson Pokorny.

Pokorny's assist was her 13th of the season, tying the program record held by Carly Utterback.

Once the game was out of reach, some of the Captain's reserves got some time to shine. In the 67th minute, Freshman Maddie Kelsey set up Taylor Hudgins for her fourth goal of the year.

In the 78th minute, sophomore Kayla Locklear grabbed her third goal of the year off a rebound from Michelle Green's shot that hit the post.

Just a minute later, Olivia Bolton set up Kelsey for an upper 90 snipe.

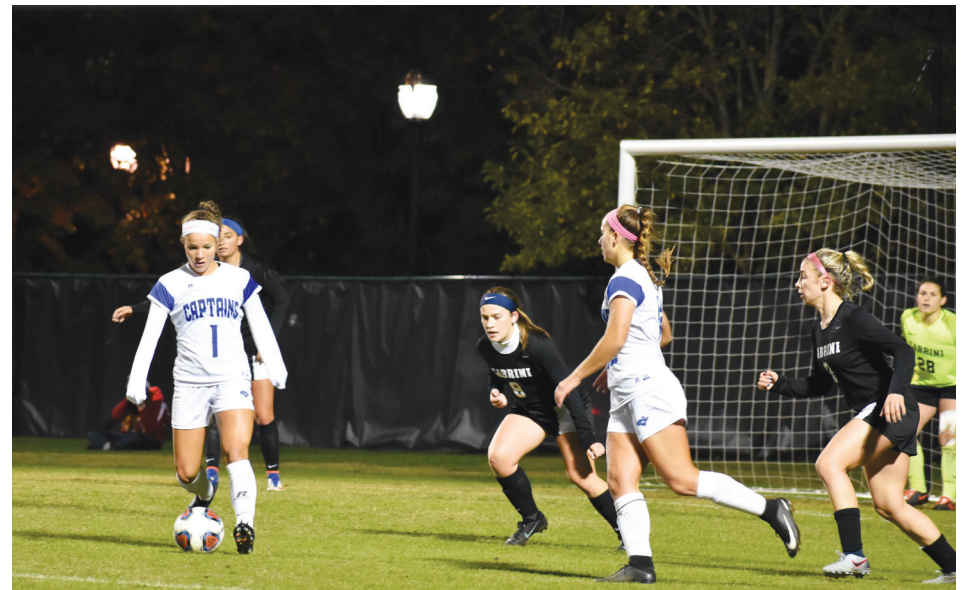
The team got a day of rest before they had to take on the 20th ranked Lynchburg. The captains unbelievable season came to a tragic end as they fell to the hornets 2-1.

This was the captains only loss on the year as they wrapped arguably one of the most prolific seasons the program has ever seen.

The first half was a defensive battle as both teams only tallied three shots on goal each.

CNU's backline played exceptionally well, similar to the night before in the first half while holding the Hornets to three sub-par shots.

The majority of the first half was



Women's Soccer hosts second round of NCAA's Sun. Nov. 12, 2017 as they lose their undefeated season to Lynchburg College. MACY FRIEND/THE CAPTAIN'S LOG

played in the middle of the field as both teams defenses weren't giving any easy looks.

The Captains almost struck first in the opening half when Carson Pokorny almost broke the assist record in a season as she set up Maxine Borris for a header, but Lynchburg's goalie made an acrobatic save to keep the Captains off the board.

At the 56th minute, the momentum started to shift as Lynchburg's Caitlin Mertens sniped the ball past Maglio to gain the 1-0 Lead.

Shortly after that, Lynchburg's Rachel

Cooke put in a goal for the Hornets to stretch the lead to 2-0. Keiley McCarthy captured the lone goal for the Captains on a penalty kick in the 83rd minute. This goal marked the teams 77th goal on the year which broke the teams previous record of goals in a season of 76.

Despite the loss of the most decorated goalie in the history of the program, the Captains will return nine of their eleven starters next year, including the CAC Player of The Year in Gabby Gillis, CAC Rookie of The Year in Riley Cooke who was sidelined to injury and the CAC Coach of The Year in Dan Weiler. ■

'X' Marks the Spot

TheatreCNU uncovers the untold story of X-Ray crystallographer Rosalind Franklin in their latest production, 'Photograph 51'.

BY KRISTEN ZICCARELLI
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Sometimes, the theater must venture into uncharted territory, telling the stories of the unknown or forgotten. Sometimes, this task is as momentous as correcting history.

In their second production of the Fall Semester, TheatreCNU performed "Photograph 51," the story of x-ray crystallographer Rosalind Franklin and her overlooked role in the discovery of DNA's double helix structure. "Photograph 51" was written by American playwright Anna Ziegler.

In a theater staged with total darkness, the actors and actress emerged from within the audience, as the chairs and floor room became extensions of the stage. The circular configuration of audience chairs added to the intimacy of the theater, with many having the opportunity to sit inches away from the actors and actresses themselves.

With the audience encircling the stage, there were infinite views of the action. The stage dynamic alone increased the diversity of audience impressions, something that the traditional stage configuration could not accomplish.

As an audience member who observed the six-member cast convey drama as well as science, their versatility using one set and minimal props was impressive. The cast also used conventional methods of conversation to convey unique forms of communication. More than once, two character's stood opposite each other on stage, apparently in conversation while actually reciting their responses to each other's letters.



(Above) The theatre-in-the-round style creates an intimate atmosphere. **MACY FRIEND/THE CAPTAIN'S LOG** (Below) Maurice (Matthew Ellis) showcases the complexities of companionship within the scientific field. **HANNAH LINDENBLAD/THE CAPTAIN'S LOG**

Playing the role of Rosalind Franklin during her studies in the 1950's, Kristin Zipprich conveyed the difficulty in confronting the biases and asserting herself

in the male-dominated field of science. Her quick comebacks and stubborn retorts established her from the opening minutes as a scientist, determined to make a mark on the world through her brilliance in x-ray crystallography.

Beyond the gender biases of the 1950's, the cast of "Photograph 51" artfully tied in additional meaningful themes. Co-star Maurice Wilkins, portrayed by Matthew Ellis addressed the dual nature of the science field, lamenting the death of Rosalind Franklin after she passes away from cancer. "Science is a lonely pursuit," he declared. "There are either answers or there aren't."

Franklin's death invoked a slew of deep responses, as the play skillfully mixed the drama of her raw emotions into the ambitions of science and work. While the audience could see her love for the lab and appreciation she for the study of DNA, they simultaneously could feel her longing for fulfillment outside of the world of science.

As a testament to Franklin's memory, the cast of highly diverse and sometimes



warring perspectives seemed to agree that despite her death, her spirit lives on.

Regardless of those who know her name, the embodiment of her character as an ambitious and courageous woman in the face of significant obstacles continues to live on in a world where stereotypes and the norm are consistently challenged. ■



Dr. Casper (Cody Davis) converses with Rosalind (Kristin Zipprich) as the DNA structure takes a focal point. **HANNAH LINDENBLAD/THE CAPTAIN'S LOG**

A Force to Be Reckoned With

The Knights of the Force's show was more than enough to bring out crowds despite frigid temperatures.



The members of the Knights of the Force bear the cold temperatures while wielding their lightsabers to pose for a photo after their performance.

PHOTO COURTESY OF LOGAN TESKA.

BY STEPHEN BOWE
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The Great Lawn felt colder than the icy fields of Hoth on the night of Friday, Nov. 10, but it wasn't enough to stop CNU's Knights of the Force from putting on their Fall performance, demonstrating their skills at choreography and lightsaber dueling alike.

The Jedi and the Sith faced off in a flurry of saber-slashes, the clatter of their neon blades contrasting against the night sky. The performance was set to a combination of music and dialogue, and was centered on an epic face-off between the two sides, a grand battle fresh out of the "Star Wars" films taking place right on The Great Lawn.

The audience could be heard gasping as each light-side Force user fell.

Junior Roni Edwards, who plays a Sith apprentice in the performance, was very happy with the way the performance turned out. "We had some really good people who came in and just dove right into the choreography, they had so many great ideas and such a great willingness to learn, and they mastered the material really fast."

The performance was the culmination of a great deal of practice and preparation. The show's lead choreographer was sophomore Tyler Blanks, whose official

position title is Sage. (The Knights of the Force executive board, or Council, have "Star Wars" themed titles.)

"This particular show we started really working on it probably about a month ago, and then the finished product we polished it all up about Wednesday," said Blanks.

According to Blanks, the most difficult part of the process was synchronizing each fight with the musical accompaniment, which was put together by sophomore Brannon Linder.

Linder, who plays a Sith Lord, was pleased with the absence of technical difficulties leading up to and during the performance.

"A lot of the times when we do these shows, a lot of things go wrong before the show, so we're always stressed out, but surprisingly this year nothing went super-haywire, and so it was much more pleasurable process throughout, and everyone did really well. I'm proud of everyone who performed," said Linder.

"I want to thank everybody that came out to see this and support us, because we worked really hard on this," said Blanks. "I also want to thank everybody in the club that put all of this hard work into it."

The Knights of the Force will be performing the same routine on Friday, Nov. 17, at 9 PM on the Great Lawn for anybody who missed the first show. ■

A Touch of Grey

The Front Bottoms' newest album 'Going Grey' is a rallying cry for those that are in-between.

BY MORGAN BARCLAY
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How far can a band whose name is a crude innuendo for vaginas truly get? This is the question that runs in the center of The Front Bottoms' newest album "Going Grey."

Their newest album, released last month, shows a distinct change from their previous style. The folk punk band, made famous for their raw energy, tongue-in-cheek lyrics, and brutally honest explorations of teenage angst, faced a major problem—they are no longer teenagers.

"Going Grey," plays off of Brian Sella's, the lead singer of the band, own realization of his grey hair. Turning the corner towards 30, Sella remarked in an interview with Russel Gardin of Free Press Houston on his hair and his progression into adulthood, "Going grey — it's just the beginning process of getting older, you know? I can say the same thing I did the last time: I'm not a little kid anymore..."

And their sound isn't that of little kids anymore, either. Turning in their older cruder sound of power chords and rudimentary drum beats, in favor for a more atmospheric tones and sounds, including oceanscapes, bouncy synths, complex orchestration, and beats that pull

you into the album whether you want to or not, the band is certainly maturing.

But they haven't lost the sound that made fans flock to them in the first place. Keeping their brutal honesty and punk edge, the album unfolds from an oceanscape. Matt Uychich's steady drum beat emerging from underneath the sound of pounding waves. Sella's voice comes as loud and brash as ever, all reaching a crescendo as he brazenly sings "Holy, F---, I'm about to die."

The tone is set.

The rest of the album follows suit. Placing Sella in between two worlds, that of life in death in the opening track, that of vacation and work life, as seen in the case of "Vacation Town," or in between hospitals and the outside world, as seen in the case of "Raining," the album never settles into a place of comfort.

This is even seen in the tracklist of the album. From songs like "Bae" to "Peace Sign" to "Trampoline," there is a harsh mixing of two worlds in opposition. For even though these songs have titles that could be found on the Twitter of a tenth grader, the songs feature explorations of feelings of fear of stagnation, inability to control one's own emotions and one's own mortality. These adult themes paired with their bouncy synth chords and plunky piano choruses, as well as

their younger vocabulary, emphasize the feelings of the whole album.

Not grey yet, but going there. Both grey and brown Sella's hair features an opposition that we have to live with even though we might be scared.

Ending on that very same line, an honest, "I'm scared," before dissolving into that very same oceanscape that

started the album, the album leaves its listeners with feelings of companionship in an ever increasingly opposed world.

While we might not be able to change our band's name from vaginas once we become adults, we're learning to live with it bit by bit. We can exist as both adults and teenagers, at least until we finish going grey. ■

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Students Marvel At Comic Legend

Comic book writer and novelist Steve Englehart encourages students through his speech on experiences with superheroes, politics and the silver screen.



BY ANNA DORL
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Sharing his experiences as a writer and artist working in the comic book industry, Steve Englehart, an alum of Marvel and DC Comics, visited Christopher Newport Monday, Nov. 13.

He presented "My Life in Comics" in the Gaines Theater at 8 p.m.

He is credited with creating Star-Lord of Marvel's popular Guardians of the Galaxy series, and with reinventing Batman and Captain America for newer generations.

Englehart has written stories for almost every character in the universes of both Marvel and DC Comics, including the Avengers, Superman and Iron Man, although he was quick to explain to the eager audience that he isn't keeping any secrets about what will be happening in the next blockbuster superhero movie (he's as curious as the rest of us).

Englehart was an avid comic reader when he was a kid, but it wasn't until his first year of college that he rediscovered his love for them.

Serving in the Army before his

own foray into the world of comics began, he left the military once he realized his true passions.

"The last seven months I was in the Army, I was going to New York, working at DC Comics," he says. "In order to do comics, you had to go to New York. You went to New York and slept on a couch."

Which is exactly what Englehart ended up doing when he was new to the comic scene, befriending editors and trying to work his way up into the ranks of the largest and most influential companies.

His hard work paid off immensely.

While working for DC, Englehart wrote new Batman stories and developed the character into someone darker and more human, which was a big hit with readers.

His comics were eventually adapted to the first movie in the franchise, Batman, in 1989, with multiple installments after.

Englehart also reinvented the classic Captain America, who went from a dusty old World War II hero to the beloved symbol of traditional American values like integrity and patriotism in today's popular Marvel movies.

"Our Captain America stands for something bigger than himself," says Englehart.

When he first started out in the industry, he thought he wanted to focus on the visual and artistic aspects of comics, but ended up unearthing an even bigger passion for storylines and writing.

"I was trying to be an artist. It was the art which had intrigued me," he says.

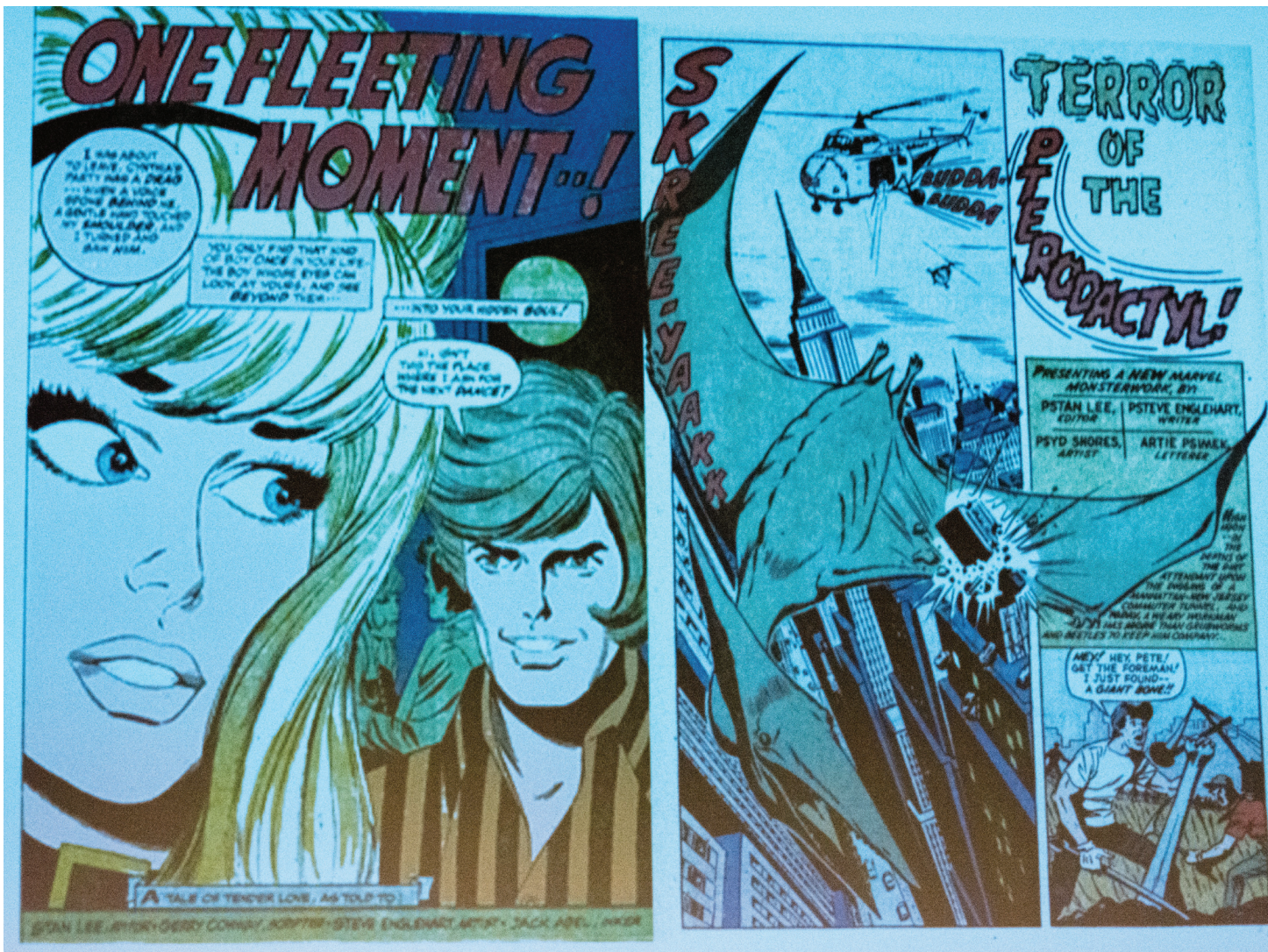
"I had no plans at all to be writer, but I loved it. I'm just a guy who wanted to be an artist who ended up in the right place at the right time."

In addition to his successes in Marvel, DC and Marvel's subsidiary Malibu Comics, Englehart is a novelist, video game creator at Atari and a children's book author.

Beginning with a childhood spent reading Batman in his bedroom, Englehart's origin story in the comic universe is an inspirational one with a lasting legacy.

"If a door opens, go through the door," Englehart encouraged his audience at CNU. "If you go through and you don't like it, there will be another door." ■

(Top) Steve Englehart speaks in the Gaines Theatre about his journey through the comic industry. (Bottom) Throughout the presentation, Englehart displayed examples of his comic drawings. MACY FRIEND/THE CAPTAIN'S LOG





Rachel Johnson and Natalie Weber pose for a photo, geared up for the Massive Medal Half Marathon. PHOTO COURTESY OF NATALIE WEBER

Races Challenge Captains

CNU hosts sixth annual Virginia Running Festival.

BY KATIE KRYNITSKY
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On your mark, get set, go! This year's Virginia Running Festival took place Sunday, Nov. 12 to benefit Students Run the Streets and the Christopher Newport Alumni Society.

The festival included the Massive Medal Half Marathon, CNU Alumni 5K, Captains Challenge and the Little Captains 400-meter Fun Run, all taking place on Christopher Newport's campus.

Students Rachel Johnson and Natalie Weber trained for months leading up to the event in order to race in the half marathon.

"My purpose in choosing to do the race was sparked by doing gymnastics my entire life. Since I wasn't working out as much as I had in the past, I wanted something to train for and something to feel a sense of accomplishment for once com-

pleted," says Weber.

Start times for the races were 7 a.m. for the Massive Medal Half Marathon, 9:45 a.m. for the CNU Alumni 5K and 10:45 a.m. for the 400 Meter Dash.

The Captain's Challenge allowed participants to race in both the half marathon and the Alumni 5K.

The only catch? Runners had to finish the half marathon in less than two and a half hours in order to qualify.

"The race was very well run. The easy check-in and the small crowds made it less chaotic and a much more enjoyable experience," says Weber.

Finish lines were marked in front of the newest building on campus, the Gregory P. Klich Alumni House.

"Afterwards, I felt an extreme sense of peace. Knowing I accomplished my goal that I never knew was possible was so rewarding," says Weber. ■

Thanksgiving Break Travel Tips

The Thanksgiving season gathers families for turkey, stuffing, football and other traditions. Don't let traffic and congestion bring you down this holiday.

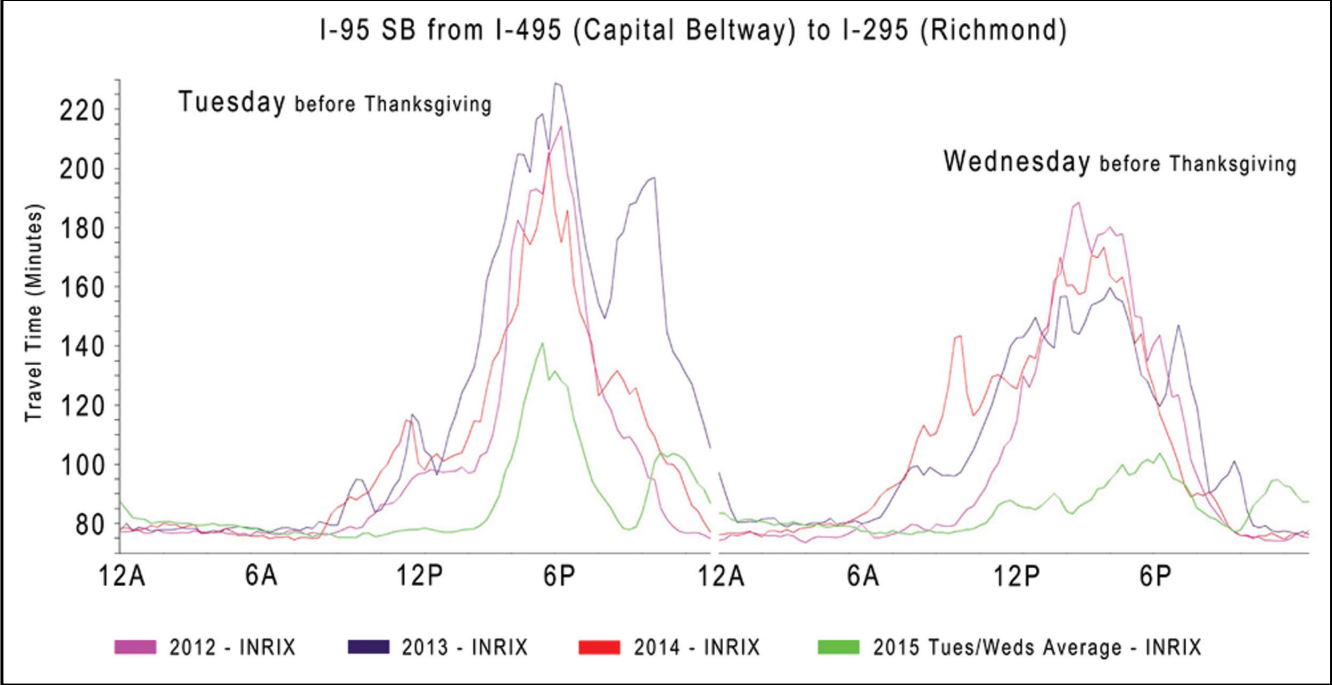
BY EMMA DIXON
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LEAVE AT ODD TIMES

As seen in the graphic below documenting 2012-2014 traffic patterns on I-95, I-495 and I-295, the Tuesday and Wednesday before Thanksgiving have common, repeating peak times of heavy traffic. The best time to leave is before 12 p.m. Tuesday, between midnight and 6 a.m. Wednesday or on Thanksgiving day.

TAKE ALTERNATE ROUTES

If you can't get on the road early in the morning, or during prime travel times, make your trip easier other ways. Take alternate routes, such as Rt. 17 or Rt. 1 instead of I-95 to head north for the holiday.



GRAPHIC COURTESY OF WTOP

USE NAVIGATION APPS

Even if you know what roads to take, it's always good to have Waze or Google Maps on in the background for convenient bathroom breaks or coffee stops. These navigation apps will also send you traffic and accident reports and updates.

PREPARE A PLAYLIST

Texting and driving is dangerous, but so is scrolling through Spotify or Pandora while on the road. Put together your favorite bops and bangers to keep you awake and alert during your drive before hitting the road. The Jonas Brothers come highly recommended.

FILL YOUR TANK

Although a quick stop at the gas station may not take too long, it will save you money and time on your trip home, or to wherever your destination may be, by filling up a few days earlier. You may also want to load up on some snacks and caffeine to avoid stopping during your drive. ■

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 Melanie Occhiuzzo at clog@cnu.edu

**Interested in:
Writing,
Editing,
Design,
Photography,
Video,
Digital content,
Business or
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Then there's a place
for you at The
Captain's Log.**

