



THE CAPTAIN'S LOG

THE VOICE OF CHRISTOPHER NEWPORT UNIVERSITY STUDENTS

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TheaterCNU showcases love on stage



1. Beatrice (Rachel Ingle) and Benedick (Matt Stevenson) share a kiss. 2 Don Johnna (Lauren McCaffrey) and Borachio (Peyton Creasey) get down to business. 3. Beatrice (Ingle) and Benedick (Stevenson) share a moment. **PHOTOS BY HANNAH MCCLURE/ THE CAPTAIN'S LOG**

4. Benedick (Stevenson) finds himself in a sticky situation 5. Borachio (Peyton Creasey) and Count Conrade (Isaiah Brown) 6. Hero (Sydney Jones) and Leonata (Charlie Grass) and others join for a wedding. **PHOTOS BY HANNAH MCCLURE/ THE CAPTAIN'S LOG**

BY ANNIE SILVA
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Last Friday night, Theater CNU opened "Much Ado About Nothing" in Peebles Theater as the first production of the 2018-2019 season.

Matthew Ellis plays a central role of Don Pedro, Prince of Aragon, alongside Count Claudio and Benedick (two officers in Don Pedro's Army), played by Jack Little and Matt Stevenson. The Shakespeare adapted play is directed by Julian Stetkevych.

A timeless classic, "Much Ado about Nothing" is much at home in the centuries of theater. The story begins following the victory of Don Pedro in a war begun by the betrayal of his illegitimate sister, Don Johnna. Before the war, Benedick had an amorous affair with Beatrice, the niece of Leonata (the Governor of Messina). Adding to an already complicated situation is another officer named Claudio, who fell in love with Leonata's daughter, Hero. Now the war has finished, leaving lovers time to reconcile - but not all goes according to the plan.

Balancing the act of comedy and drama, the show's cast brought to life this tale of love lost and eventually found. The show's central couple, Beatrice (Rachel Ingle) and Benedick embodied a typical Shakespearean conflict rooted in love.

Several features in the supporting cast included the officers of Messina's police force: the Night Watch. Throughout the performance, the audience will note their characteristic accented Southern twang.

Shakespeare is frequently adapted for a more modern dialogue, costuming and aesthetic, an element clearly present in Stekevych's production of "Much

Ado about Nothing." Actors danced to "Cake by the Ocean" by DNCE at a ball and at the end of the play they danced to "Marry You" by Bruno Mars.

In addition, the costume design featured modern elements of military uniforms for men and various style dresses for women. Many of the woman's outfits featured bright colors and styles resembling the 1960's. Several characters wore wedding attire, ranging from simplistic floor-length white gowns to lace, ankle-length dresses.

The set for "Much Ado about Nothing" is stationary, consisting of vast archways and a patio with shrubbery surrounding. The bushes were made of wood and painted to look as if they were perfectly trimmed and could be found at a vast mansion. Patio chairs and other garden furniture tie it all together.

For lighting, there were a wide range of colors projected on the backdrop to shape and characterize different scenes. The lights were also used to indicate the various night scenes.

Theater CNU's production of "Much Ado About Nothing" will be showing October 10, 11 and 12 at 7:30 in Peebles Theater. ■



What's Inside

News

Go inside the Speaker event hosted by CNU Model UN.

Snapshot

Fall in love with the Newport News Fall Festival this past weekend.

Sports

Re-live CNU Volleyball's impressive season.

A&E

Read about an up-and-coming Gloucester band's new releases.

Lifestyle

Get stoked to vote with a preview of this year's Stroll to the Polls.



Weekly pic

The Tribble Library is a second home to many students this week as they prepare for upcoming midterms.

PHOTO COURTESY OF ALEX BURRUSS

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

Quentin Watts gives CNUTV the inside scoop on what Stroll to the Polls really means and how important voter participation is.

Happened

October 3

CNU Model UN Panel

CNU students asked questions after hearing three panelists, a former Ambassador, a Major General and a Holocaust survivor, speak about human rights.

October 4

Banned Book Reading

Students felt strong passion as they read from books that have been banned in schools. This was the thirteenth annual event of its kind.

Happening

October 11

Freedom of Speech Open Session

Join President Tribble in finalizing a statement about freedom of speech on a college campus. This event follows similar steps that the University of Chicago has taken to ensure that voices are heard.

October 12

Fall Break

At the halfway point through the first semester, Captains get to take their well deserved fall break. Enjoy it, Captains!



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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 CAPTAIN'S LOG is the official student newspaper of Christopher Newport University. It is a public forum, which is published Wednesdays throughout the academic year.

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

- Email: clog@cnu.edu

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

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

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Lederhosen and new experiences

CNU's Study Abroad Fair brought the opportunity to experience new cultures.



The career fair was attended by families and students and was hosted by faculty, staff and outside organizations. **PHOTO BY BRAIN BIGGS/ THE CAPTAIN'S LOG.**

BY MORGAN BARCLAY
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Lederhosen, basket art and flag after flag filled the DSU ballroom this past Friday, Oct. 5 in order to convince students to step off of campus and into another culture. A part of Family Weekend activities, families of students were encouraged to attend the event alongside their students.

The packed room housed 18 internal study abroad programs at CNU and featured representatives from 14 external study abroad programs. The fair also had representatives from the offices on campus that could provide assistance when planning a trip, including CNU Financial Aid, CNU Study Abroad Scholarships, CNU Exchanges, CNU Study Abroad and Study Abroad Student

Ambassadors.

Each program or office had a table and a chance to present themselves to students. With poster board, freshly printed brochures and props, they were able to connect with students and parents passing by. These posters became crucial during the height of the event when the ballroom was filled with eager students and families.

One such student was sophomore Ian Burke. Interested in attending the CNU in Scotland program next year, he's surprised by the magnitude of the event. "There's a wide range of options and they all look really cool," he explains. "There's a class about Math and Physics during the French Revolution-- that has something for anyone."

Burke expresses that he wants to study abroad because he feels everyone needs multiple perspectives and going into a different country affords that opportunity.

Two student volunteers of the event, Jordan Clark and Nicole Molnar, express similar sentiments. "When you're living here you're used to the atmosphere... being in another country you're the foreigner... a lot of people need that experience," Clark says.

Molnar agrees, "it's an experience everyone should have."

Both Clark and Molnar have had a chance to study abroad in the past and they welcomed the opportunity to help another student along in that process.

Another student volunteer representing her study abroad program, ISA CNU, Arianna Santana says her experience being able to live with a host family in Spain over the summer was "amazing."

"Ever since freshman year, I wanted to study abroad, and I chose this program because the classes were taught in Spanish, it was cost effective and it was a longer program," Santana says about her choice of program. "I got the full experience."

So far, she has gotten to notice the slight differences between her learned dialect of Spanish and the Spanish that her host family spoke. "I still don't know how to say straw," she explains an incident where she attempted to ask for a straw in a restaurant.

Being able to be fully immersed in a culture to see these differences she says is why studying abroad is such an interesting experience.

She assuages fears of those thinking about studying abroad, "If you're thinking about it, do it."

"The people going with you will have the same fears. Bond with them. Lean on them."

For many, however, the fear of being away from home is only one of the reasons stopping them from studying abroad. Funding for these programs can become costly and many have fears that these programs are out of reach.

Molnar gives students the advice to go to the study abroad scholarship event. "They have a whole meeting about it," she says. Molnar also expresses doing it the simple way — just saving money.

Santana encourages people to not ignore small scholarships. because "they can add up."

CNU's Financial Aid Office also encourages students to take advantages of the scholarships that they have available to students and encourages people to stay on top of the application deadlines and to keep searching.

Lists of study abroad programs available can be found on the CNU Study Abroad website. ■

A hard fought Family Weekend game

The Captains lost in overtime of the game.

BY MICHAEL INNACELLI
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Family Weekend brings a lot to campus, but one of the biggest events of the weekend is always the CNU Football game.

This year's game certainly put on a show for the families who attended the weekend festivities. After a poor showing from the Captains in the first half, allowing Salisbury to score 21 unanswered points, the Captains brought it all the way back to force overtime in the second half.

This was thanks to the Captains recovering two of their own punts after mistakes from the Salisbury punt returners. Recovering the punts meant that the Captains offensive surge in the second half could tie the game up at 21-21.

Joshua Davis, #9, played a huge role in the second half as he was on the receiving end of all three touchdown

passes. Davis was able to amass 130 receiving yards with a longest reception of 27 yards on the night.

Two of Davis's touchdown receptions came from #12, Jack Anderson and the final touchdown reception came from #8, Brock Carnes.

This offensive surge was coupled with a solid defensive performance by the Captains in the second half. Salisbury could only manage 225 yards in the whole game with all of them rushing yards.

This was led by #7, BJ Hill and #24, Julien Spence having 11 and eight tackles respectively. The Captains nearly stole the game with a last minute field goal attempt.

After storming up the field in the final minutes, the Captains kicker #97 Ben Garbarini saw his 47 yard kick fly inches beyond the uprights.

After going to overtime, the Captains looked strong in the first couple of plays but could only settle for a

field goal from Garbarini. The Captains then could not stop the Salisbury Seagulls offense as they would go on to score and win the game 27-24.

The loss was the second overtime home loss in a row for the Captains. The Captains go into their week off with a 3-2 record and will look to bounce back in two weeks against William Patterson University away. ■



The CNU Football team charges onto the field during the Family Weekend game. **PHOTO BY HANNAH MCCLURE/THE CAPTAIN'S LOG**

A night honoring human rights

CNUMUN held a panel of speakers to celebrate the 70th Anniversary of the Universal Declaration of Human Rights.

BY DUNCAN HOAG
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Last Wednesday, Oct. 3, the CNU Model United Nations (CNUMUN) hosted a panel in recognition of the 70th Anniversary of the Universal Declaration of Human Rights, which was proclaimed on Dec. 10, 1948. The panel, entitled "Solving the Human Crisis," included speakers from a wide variety of areas, ranging from the military to civil service to civilian sectors. Each talk dealt with human rights they exist in the past, present and future.

There were three speakers at the event: former ambassador to Bosnia and Herzegovina Richard Kauzlarich, retired Major General Donald McGregor and Holocaust survivor Agi Geva.

President of CNUMUN, Cleo Mimano, indicated that the three speakers differed primarily in their approach to the subject of human rights.

"Kauzlerbach and [Major General] McGregor gave a more analytical approach, while Agi Geva was giving more of a first hand account of a crisis," Mimano says.

Although the event was organized and hosted by the Model U.N. Club - in conjunction with the Reiff Center and a number of academic depart-

ments - the main organizers of the event were Noah Mulligan and Rakan Alzarqa. Mulligan is the Undersecretary of Public Relations for Model U.N. Club and Alzarqa is the Under Secretary General of the club.

Mulligan mentioned that he had thought of the panel the previous spring, but it was originally supposed to consist of only one speech given by a member of Congress. When this idea did not work out, Mulligan and Alzarqa looked elsewhere. Both of their personal connections - along with some coincidence - ultimately helped supply the event's speakers, including the keynote speaker and Holocaust survivor, Geva.

Geva retold her story of living in concentration camps and suffering under the Nazis after she was forcibly deported from her home in Hungary. She later emigrated to Israel and eventually the U.S.

Mulligan was able to get Geva as a speaker through his internship at the United States Holocaust Memorial Museum.

"I worked with Emily Potter, who is in charge of outreach there, on curating research and I told her about this event, and she really liked the idea," Mulligan says. "So she threw me a bone and allowed the Holocaust Museum to provide us with a

volunteer [speaker], who happened to be a survivor."

Retired Major General Donald A. McGregor was the event's opening speaker, and characterized the problem of human rights as an amalgamation of governance, corruption, security, rule of law and enforcement. Alzarqa indicated that he reached the retired major general through a personal connection from high school.

"I'm personal friends with his [the Major General's] son, and I've known him since tenth grade. Him and I have been really good friends, and I've seen his father speak, not publicly, but privately about a wide variety of political topics, and I always thought he would be a good choice to encompass this event," Alzarqa says. "I have to say, after never having seen him speak in public before, I saw him speak at this event and I was blown away."

Richard D. Kauzlarich was another speaker at the event. Kauzlarich served as the U.S. Ambassador to Bosnia and Herzegovina from 1997 to 1999, which were the years immediately following the Bosnian Genocide. He has over 30 years of experience in the foreign service, and his talk focused primarily on efforts of international diplomacy to prevent

human rights abuses such as those that occurred in Bosnia in 1995. These included mass deportations, killings and the targeting of political leaders within the Bosnian Muslim community.

Mulligan said that he and Alzarqa had met Kauzlarich by pure chance at a Model U.N. conference in Charlotte, NC, after another speech he gave.

"Rakan and I were discussing things after his [Kauzlarich's] speech. We decided he was a good orator. We went to him with a vague idea of what was happening with the event we were planning. As we told him more about it over the summer, he agreed to come," says Mulligan.

Mulligan says that he and Alzarqa chose human rights as the event's topic partially because it was a subject the CNU's student body could benefit from seeing. Moreover, he indicated that there were not a lot of similar events already taking place on campus.

"The Universal Declaration of Human Rights sparked the idea, but I would say human rights is a pretty engaging topic. I think it's something that CNU's populace would benefit from seeing first hand - what happens worldwide, and how there are still instances where

human rights are violated on either massive scales or small scales. But regardless [of the scale], they still occur, and I don't think it's something that CNU gets a lot of speakers or lectures on," Mulligan says.

Mulligan expressed that he hopes to see more events that are run either by students or by a combination of the student body and the administration.

"I'm hoping that we can start having more lecture series - speaker events or events on campus that can be bigger and run by students, more so than by the administration. Not to say that one is better than the other, but saying that it would be best if we can try to merge the two a little bit in some capacity, rather than compartmentalizing it to one or the other," Mulligan says.

Alzarqa made a similar point, but also stressed the importance of engaging with the community through putting on similar educational events that are open to students.

"I think that's another way to show the students of Christopher Newport University that if you can have these two guys pull together an entire event revolving around this, then it's important not to just sit back, but to engage with the community," Alzarqa says.



(Left) Former Ambassador Richard Kauzlarich and retired Major General Donald McGregor respond to audience questions during the CNUMUN panel. (Top) Holocaust survivor Agi Geva retells her account of living in Nazi concentration camps. PHOTO COURTESY OF KRISTEN ZICcarelli.

Bringing workers of the grounds to the foreground

The Grounds Department does a wide range of task everyday to keep CNU's campus immaculate.

BY EMMA DIXON
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There is no doubt that Christopher Newport University has a beautiful campus. The grass is always remarkably green, the flowers are always blooming and the hedges are always perfectly trimmed. In fact, CNU's campus is so exquisite The Princeton Review recently ranked it No. 17 in the country for Most Beautiful Campus.

The reason our campus is so elegant is all thanks to the CNU Grounds Department. The Grounds Department is the reason CNU's 260-acre campus always looks pristine.

The Grounds Department is in charge of a wide variety of responsibilities, ranging from making sure the grass is cut to taking care of all of the plants to sidewalk upkeep to trash removal. Two years ago, the Grounds Department also took over maintenance of the athletic fields.

"Anything to do outside of the academic buildings that is green or brown or sidewalk is probably us," Dean Whitehead,

who has been the Director of the Grounds Department for almost 11 years, says.

Comprised of 20 full-time employees, six part-time employees and 10 to 15 student employees, the Grounds Department is split into two divisions: turf and horticulture. The turf sector deals with the upkeep and cutting of grass whereas the horticulture sector deals with the trees and beds.

"Our [horticulture] crew [does] all the pruning of the shrubs and keeping them all tight and in shape, and pulling weeds and mulching. Pretty much anything that doesn't have to do with mowing the grass," CNU Alumni Brandon Smietanski, who is now Senior Landscaper, says.

What the Grounds Department has to accomplish on a particular day is decided during a morning meeting every day between members of the administration. The administration sets priorities for what they want the Grounds Department to do each day and it can change depending on several factors.

"One of the things that can dictate what we do is

what events might be going on campus. So let's say the Ferguson Center is having an event one evening, we're going to morph our schedules so its most advantageous to make sure the Ferguson Center can look as good as it can for that event," Allen Crowder, Senior Groundskeeper, says. "Weather can also affect the schedule. So it's not necessarily a set schedule. It's not like on Monday we do [the] Suntrust [building] and on Tuesday we do Rappahannock. It's not that easy. It's a job where you have to be adaptable. You have to be able to shift on a dime."

"It's really all dependent on the day. If there's an event, we have to everything ready for that event. Whether it's just touching up shrubs and making them look nice, wiping stuff down or laying new mulch," Smietanski says. "But if we're out there pruning some shrubs and they need us somewhere else to do another job you've just got to be ready to adapt and get up and move to the next task."

The Grounds Department's employees work around 40 hours every week, although there are

some certain weeks of the year when they will work closer to 50. During certain times, such as the few weeks leading up to graduation or when they are changing out the flowers, they will ramp up and work longer. Even if it rains, the Grounds Department will continue to work, although it can alter what they do during the day.

"If it's raining and it's not really bad we can still cut grass. Once it gets to the point where you're leaving marks or you get stuck or you're going to spin, they'll pull [workers] out," Crowder says. "When it gets to that point we may end up doing some training in [the office] or we may end up doing some maintenance around the shop area. We don't go home when it rains."

The Grounds Department works all year long, including the summer season when students are gone and winter. During winter, the Grounds Department is in charge on clearing snow off of the sidewalks so students can make it to class safely. They are also responsible for storm water management during severe rain.

Both Smietanski and Crowder mentioned their favorite part about working for the Grounds Department.

"My favorite is just being outside. I couldn't work inside, so just being outdoors," Smietanski says. "Also, learning all of the little different things to help keep the plants alive. It's a constant learning process."

"For me, my favorite part is the comradery within the department. There are some really good people. It's a great group of folks and you don't get that everywhere," Crowder says.

Whitehead believes some other institutions do not think as highly of their grounds as CNU does. He also feels like he has been part of building CNU into what it is today through his work.

"I guess for me, it's being able to provide a great atmosphere and grounds, which I think enhances the academic experience. We do our part in providing a great atmosphere for someone studying on the lawn," Whitehead says. "We feel like we are a part of the academic experience. The grounds are an inspiring classroom."

CAB's Fall Fest is not lightyears away

CAB will be hosting their annual Fall Fest, which has an outer space theme this year, on October 19.

BY EMMA DIXON
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This year, the Campus Activities Board's (CAB) annual Fall Fest will be "out of this world." The event will blast off on Oct. 19. The launch time will begin at 4 p.m. and will end at 7 p.m.

The theme for Fall Fest 2018 is outer space, with the tagline, "Fall out of this World." CAB will provide a wide variety of space-themed food and activities for students. This year, CAB will also have a huge inflatable U.F.O. that when you walk inside is laser tag.

"I think [Fall Fest] is important because it accomplishes one of the key missions for the students, which is to have a lively campus atmosphere and a campus where people are not just in their room or in their dorms. They can have entertainment on campus where they can hang out and meet other people in the CNU community and start developing their social skills that are important

after college," Hayden Cochran, Special Events Chair, says.

CAB's promotional item for this year is Fall Fest fanny packs, which has the Fall Fest logo embroidered on it. Additionally, the novelty item this year is photo ceramic mugs. Students can go up to a green screen, get their picture taken with different space-themed backgrounds and have it printed on a mug. Anything CAB offers at the event is free.

CAB has been planning Fall Fest since immediately after they chose their new executive board in February.

"The first step is nailing down a theme. Once you nail down a theme, you can start finding things that go along with that theme that can really make the event as good as possible," Cochran says. "But the hardest thing I would say is nailing down a theme. Some themes are really cool, but it's hard to find inflatables and activities to match it. You have to come up with a theme that people will be interested in, but

also is realistic to do with tying decorations, inflatables and food together.

Unlike previous years, CAB has assigned each club an activity to be in charge of this year.

"In the past, we have had clubs come and they would table at Fall Fest, but they would not really have anything to do. It was just their club labeling and they would have their promotional item for their club. [This year] it's not just clubs labeling. For example, RHA is doing moon shoe races where students can race in moon shoes," Cochran says. "It's just so that everywhere someone goes in Fall Fest there will be something to do. This year we have over 27 organizations participating in Fall Fest and each one of them is assigned to either an activity, an inflatable or a giveaway."

Like past years, Fall Fest will take place on the Great Lawn.

"Fall Fest, on the surface level, may not seem like it's a



good event for someone to learn something from, but it really is good in the sense of you are hanging out with your community of peers. That's why we have it every year," Cochran says.

The logo for Fall Fest 2018. This year's Fall Fest Theme is outer space. Fall Fest will take place on Oct. 18 from 4 p.m. to 7 p.m. on the Great Lawn. PHOTO COURTESY OF HAYDEN COCHRAN.

Freedom of speech on campus

It's necessary for the liberal learning curriculum.

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What do the University of Chicago, Purdue University, the University of Nebraska, Johns Hopkins University and 43 other leading colleges and universities have to do with CNU? These institutions have all endorsed strong written commitments to campus freedom of expression, and CNU now has the opportunity to take a leadership position in this growing national movement.

On Tuesday, Oct. 2, President Tribble announced to faculty, students and staff the university's intent to develop a statement that appropriately characterizes CNU's commitment to free speech and expression. This is a very important moment for CNU. In the spirit of free inquiry and open discourse, President Tribble has called upon the CNU community to share their comments and suggestions with representatives from the committee that prepared the draft statement.

The first discussion session took place on Oct. 4, and the remaining two sessions will occur on Thursday, October 11th at 7 p.m., and Friday, Oct. 12, at 4 p.m. in the new Tribble Library theatre. These sessions are aimed to be community discussions rather than debates.

Last fall, we began advocating for the adoption of such a statement by reaching out to student organizations and administration. Maintaining a culture of free inquiry and open dialogue requires a conscious commitment to these principles. We

greatly appreciate the steps that CNU has taken toward publicly affirming the rights of students, faculty and staff to speak, inquire, hear and debate.

Some might fear that endorsing this statement means that the University is promoting all opinions as equal. However, from our point of view, the statement does the exact opposite: all people have the right to express their views, but the value of those views is only determined by the students, faculty and staff engaging in the free marketplace of ideas.

We need not fear erroneous or even offensive opinion. Let the faulty ideologies surrounding racism, sexism and bigotry of all kinds be brought out into the open, where reasoned dialogue can combat them.

Truth only becomes clear when we work together in a sound and rational dialogue to sort through our disagreements and discern reality from fantasy, fear and hatred. It is important to remember that ultimately, America's greatest social advances came because of freedom of speech, not through the silencing of viewpoints that diverged from the mainstream beliefs of a past era.

CNU's draft text owes much of its essence to the Report of the Committee on Freedom of Expression of the University of Chicago. The "Chicago Principles" represent a reinvigoration of commitment to a higher standard of conduct and acknowledgement of open discourse as the lifeblood of the University. Free speech organizations have turned to the Chicago Principles as a gold standard for universities to adopt as guiding principles, in thought and practice.

In CNU's draft statement, the emphasis

on civility and allowing space for controversial opinions to be articulated does not prohibit students from speaking out against that with which they disagree. If anything, the draft statement preserves the mode for such discourse—it just means that disruption for the sake of silencing opinions, rather than engaging with and disproving them, is not in alignment with Christopher Newport's values as a liberal arts institution.

We are here, at Christopher Newport University, seeking lives of significance. In order to be civically engaged to the fullest extent and prepared for a life serving our democratic republic, we as students must have the full rights to engage in discourse. Part of that engagement requires that we are faced with opinions that upset, disgust or even horrify us.

We encourage all students to attend the upcoming discussions on this issue. We have been lucky not to face the hostility toward controversial speakers recently seen at institutions like Berkeley or Middlebury. However, even though we have never had such issues at CNU, endorsing this statement provides a commitment to future Captains.

We feel that this campus represents many of the values of a true liberal arts education, which is not to say that we are perfect. However, CNU's draft statement provides the platform for future improvements through community dialogue.

Whether you agree or disagree with the points expressed in the draft statement, we urge you engage in the next discussion. How can we create a community committed to free expression and protect

the voices of the minority from being suppressed? How do we simultaneously champion free speech and diversity? These are challenging questions. The only way for us truly to answer them is through community dialogue between students, faculty and staff.

We close with a quote from Oliver Wendell Holmes' dissent in *Abrams vs. the United States*: "Persecution for the expression of opinions seems to me perfectly logical. If you have no doubt of your premises or your power, and want a certain result with all your heart, you naturally express your wishes in law, and sweep away all opposition."

To allow opposition by speech seems to indicate that you think the speech impotent, as when a man says that he has squared the circle, or that you do not care wholeheartedly for the result, or that you doubt either your power or your premises. But when men have realized that time has upset many fighting faiths, they may come to believe even more than they believe the very foundations of their own conduct that the ultimate good desired is better reached by free trade in ideas -- that the best test of truth is the power of the thought to get itself accepted in the competition of the market, and that truth is the only ground upon which their wishes safely can be carried out. That, at any rate, is the theory of our Constitution."

At a university, perhaps above all other places, we can acquire the habits that characterize citizens of a free society. Let us embrace the opportunity confidently to adopt a statement that fosters an environment in which we can best learn and grow. ■

Slap in the face to survivors

Kavanaugh's nomination paints a clear picture.

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The appointment of Brett Kavanaugh to the Supreme Court of the United States was a step backwards in time for sexual assault survivors everywhere. For many, the accusations surrounding his appointment, brought to national attention by the testimony of Dr. Christine Blasey Ford, brought up traumatic memories dredged in the backs of their minds of horrendous experiences they have been trying to heal from and forget about. The fact that someone accused of such things could be appointed to such a prestigious position regardless of the claims against him is a slap in the face to sexual assault survivors not only in America, but around the world.

Ford, though undoubtedly shaken by the hearing in general, kept her composure

while testifying against Kavanaugh. Kavanaugh and Senator Graham, on the other hand, lost their tempers in an attempt to defend Kavanaugh. If a woman, especially Ford, had behaved in such a way, she would have been called hysterical, hormonal, or other terms of that nature.

Many Republicans, including Kavanaugh himself, believe that Ford's coming forward was a Democratic ploy to cause voters to question Kavanaugh's credibility. They also claim that Ford's lack of memory about specific details of the event means that she wasn't really assaulted. If she had been, if it was such a horrific incident, she would have remembered everything that happened. However, trauma affects the brain irreversibly, causing memory loss and other effects that can change a person forever.

Kavanaugh did not initially want a full FBI investigation of the charges because

he claimed that they do not "reach conclusions." Senator Durbin offered that if Ford's charges were false, then Kavanaugh should be okay with the idea of a full FBI investigation to clear his name for good because no evidence of the crime would be found if he was innocent. Kavanaugh refuted this by claiming over and over again that "the FBI does not reach conclusions." If Kavanaugh is really innocent, wouldn't he have immediately agreed to an full-scale investigation to prove it?

Kavanaugh's appointment to the Supreme Court proves that sexual assault cases are not taken seriously enough. So many voters are biased simply because of the party they align themselves with - for example, many Republicans believe that "Kavanaugh is Republican too, which means he'll support my viewpoints if we elect him," so they vote for people like him.

They look past issues such as Ford's accusations in favor of what Kavanaugh could do for America through his new position as a Supreme Court Justice. The very idea that these accusations were made and that Kavanaugh's nomination went through anyway calls to mind serious questions about what voters justify. With so many being elected to positions of power despite sexual assault allegations, where do we as Americans, as human beings, and as voters draw the line? What do we think is okay in our country?

The fact of the matter is that sexual assault needs to be taken more seriously in America, especially when nominating the accused to positions of power. Whether or not Kavanaugh is truly guilty of assaulting Ford, Americans need to look more closely at who they are voting into office and decide for themselves what kind of people we want representing our country. ■

Something needs to change

Kavanaugh's nomination is not the end.

JACK RONAYNE

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As some of you may well know, I've followed the Kavanaugh nomination extensively over the course of the past few weeks. The twists, turns, and revelations reminded of the O.J. Simpson case, which I viewed as dramatization over the summer with my Dad and brothers. Just as that case polarized the country along familiar lines, the Kavanaugh hearing repeated history in that regard. This episode in American history stands out as distinctly different, as the stakes for our country's future were significantly higher.

Both sides of the aisle have valid arguments. Kavanaugh's hearing was by no means a criminal trial, while some incorrectly treated it as such. Boiled down to a simple point, the judge's hearing was a job interview, one broadcast to the nation and to the world. I do agree with the point regarding presumption of guilt. Our country's foundation stands upon innocence

until proven guilty, and Kavanaugh was not proven guilty of any crime during the hearing. To me, those points remain convincing. While Kavanaugh's stance on executive power causes me to pause with unease, I believe his prior job experience made him a qualified judge for the bench before the hearing.

However, far too many facets of Judge Kavanaugh's character to me remain alarming, concerning, and even repulsive. To begin, Kavanaugh's defense against the allegations leveled against him by Dr. Christine Blasey Ford demonstrated the judge's inability to remain impartial, collected and coherent. To me, Kavanaugh appeared unable to contain strong emotions, exhibited a tendency to quickly arrive at conclusions, and in a crucial moment, demonstrated an inability to rationally view the other side of the argument. A judge should retain qualities which society aspires to: tact, understanding, humility, patience, and most importantly, compassion. Kavanaugh possessed none

of those qualities when displaying the response to Ford's statements. If this human being cannot possess such traits so early in the process, there is no evidence that Kavanaugh will do the same on the Supreme Court bench.

As a vicious partisan debate swirled around the hearing throughout the past few weeks; one line of rhetoric stood out as particularly troubling. Certain leaders, outlets, men, and women argued that these women conjured narratives out of thin air; that the accusations of sexual assault were completely fabricated. This plotline is horrific. Over the course of my life, especially at Christopher Newport University, I've learned how sexual assault damages survivors in all aspects of their lives: physically, emotionally, psychologically, and spiritually. Women do not, for the fun of it, make up such traumatic experiences to potentially expose themselves to widespread vicious criticism and scorn. Would a honored veteran make up an experience which led to PTSD? Would a wide-eyed

child make up a story about domestic violence? Rosemary Tribble, beloved wife of CNU President Paul Tribble, was sexually assaulted as a young woman. Women and men at my university take steps daily to prevent sexual violence on our campus and I sincerely hope the nation and world follows.

I believe Ford, I believe Deborah Ramirez, and I believe Julie Swetnick. I said in a similarly worded statement regarding last year's hate march in my hometown of Charlottesville, I will be bringing change to this country in the way that I can: my right to vote. Please, for the sake of this country and democracy, vote.

It is no understatement to say that every vote counts, so exercise your right which Americans have been continually fighting for in every conflict since the American Revolution.

Our nation declines when its citizens sit idle and unengaged. It is your duty as a productive member of society and as a global citizen to vote, to bring change and restore hope. ■

This day in history: "The Hammer"

The importance of assessing and reassessing history is seen in The Battle of Tours.

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A notable battle, a minor skirmish, a "defense of Western culture," or something else-- today's event in history is the Battle of Tours, which was fought on Oct. 10, 732.

Frankish forces, led by Charles Martel ("The Hammer"), battled an army belonging to the Umayyad Caliphate, earning a decisive victory. Charles Martel was the grandfather of Charlemagne, one of the most important figures in medieval history. As the founder of the Carolingian dynasty, Charles Martel is a figure who has often been used as a symbol.

There are many who remember Tours as a key moment in the history of Christendom, and Charles as an important anti-Muslim figure. In the 1970's, a French far-right terrorist group that targeted French Arabs named themselves the Charles Martel Group. Today, a similarly-named group called the Charles Martel Society styles themselves the "Saviors of Western Civilization," and publish a pseudo-scholarly journal called the Occidental Quarterly to espouse white nationalist viewpoints.

But was the Battle of Tours seen in this light during the 8th century? According to Dr. Charlotte Cartwright, a CNU professor specializing in the medieval era, the narrative of Tours as a battle between Christians and Muslims has its origins in romances written during the Crusades, when anti-Islamic rhetoric became prominent.

"The modern interpretation of [The Battle of Tours] is based on 12th century literary adaptations that are designed to prove Christian knightly supremacy over

Muslims, but in an atmosphere of the time of the crusades, that don't actually map onto the geopolitical realities of the 8th century."

During the 8th and 9th centuries, the Battle of Tours was not regarded as a landmark battle. "It's a little minor skirmish, as far as we can tell. Arab sources don't even mention it for the most part," Cartwright says. "And our Christian sources don't make a big deal about it." The fact that Carolingian sources say little about the battle is telling, as they were very concerned with the great deeds of Charles as their dynasty's founder. "This is clearly not a defining moment for Charles Martel," Cartwright says.

According to Cartwright, the Battle of Tours was mostly significant as one of many battles during the rise of Charles Martel to power during the decline of the Merovingian dynasty, which had ruled the Franks for some three centuries beforehand.

"This is part of Charles Martel establishing himself as the pre-eminent war leader in the Frankish world, and thus the guy whose descendants are eventually going to be able to become kings," said Cartwright. "But it's part of an internal Frankish politi-

cal power struggle that has very little to do with who they're fighting at any given time." Meaning, contrary to many's beliefs, that the context of Christians fighting Muslims was probably not notable.

Writing in the late 18th century, the historian Edward Gibbon did not assess the battle in the same way and drew from later literary narratives when he described the Battle of Tours in Volume Five of his "History of the Decline and Fall of the Roman Empire."

Gibbon characterizes the Battle of Tours as a great clash between the Christian and Muslim worlds, and goes so far as to speculate that, had they not been defeated at

Tours, the Umayyads may have continued to expand all the way into Scotland. Gibbon's publication was an influential work of historical writing, but shows its age in many ways, and his characterization of the Battle of Tours as a clash of civilizations is a firmly antiquated one. However, Gibbon's influence with this work can be seen today.

History is frequently mined for symbols, and medieval history provides no shortage of figures and events to look to, mythologize, and exaggerate in the name of modern agendas. Charles Martel and the

Battle of Tours are examples of this.

Historical memory of Charles Martel has shifted over the centuries. During the crusades, he and Charlemagne were used as examples of good, knightly, Christian kings. As the Crusading movement waned, chroniclers turned against Charles, and at least one claimed his tomb was frequented by demons. In the 19th century he was again used as an example of an ideal Christian ruler.

"The way that Charles Martel is presented very much shifts depending on bigger cultural movements going on at the time," Cartwright says.

History is frequently distorted, and that is part of the value in studying it. Assessing and re-assessing people and battles that have become symbols and questioning the traditional narrative are important elements of what historians do.

"Everything is complicated. It's never as simple as anyone, even professional historians, make it out to be, so it's always worth questioning our predominant narratives and thinking about why they are predominant narratives," Cartwright says. "Because I think a lot of times this tells you more about the people doing the writing than the people and/or the events from the actual past."

To groups like the Charles Martel Society, the name of Charles Martel is a symbol of the supremacy of white Europeans. Would Charles have really seen himself as a "defender of the west?" Would the people of the 8th century have the same conception of "Western Civilization" as 18th century enlightenment authors or 21st century white supremacists? Historical writing is shaped by the world it is written in, and that is why these are important questions to ask about how we see our past. ■

"Everything is complicated. It's never as simple as anyone, even professional historians, make it out to be, so it's always worth questioning our predominant narratives..."
Dr. Charlotte Cartwright



Newport News
Fall Festival

(Top) At the Newport News Fall Festival the proceeds from sales from their small pumpkin patch went to the restoration of the Lee Hall Depot, the last remaining station from the C&O Railroad's expansion into Warwick County, Virginia. (Bottom) Near the entrance to the Festival was a petting zoo with a donkey, geese, goats and sheep for the attendees to enjoy. PHOTOS BY HANNAH LINDENBLAD/ THE CAPTAIN'S LOG



A street performer entertains the audience by allowing anyone who pays a dollar to hold the monkey and take a photo with the monkey. PHOTO BY HANNAH LINDENBLAD



The Southern Belle Alpaca farm and company that creates products with Alpacas , brought two alpacas for everyone at the festival to see, and also brought some of their products for purchase. PHOTO BY HANNAH LINDENBLAD



Oberweis Dairy, which offers a variety of dairy products and a milk delivery service, is a popular vendor since they have free samples of chocolate milk. The charismatic milkman has lively conversations with all of the customers. PHOTO BY HANNAH LINDENBLAD



Food stands and truck offers a variety of fried festival food such as fries, fried Mac & cheese, burgers and hot dogs. Lemonades, sodas and shaved ice were also available for purchase, and were needed since the temperature was over eighty degrees.**PHOTO BY HANNAH LINDENBLAD**



(Top left, right) Fortune Teller “Lady Mirra” offers free fortune tellings sessions for those who attend the Newport News Fall Festival and were willing to wait in line to see her. **PHOTOS BY HANNAH LINDENBLAD.**

There are many art vendors at this festival with a variety of different items for sale. For example, some vendors sell jewelry, wall art, pottery, photography and even clothes for dolls and dogs. **PHOTOS BY HANNAH LINDENBLAD**



(Top left) Newport News Fall Festival offered multiple location to listen to live music including this concert, near the art and specialty food vendors and was also available near the food stands, and trucks. (Top right) Vendors not only sold art and food, but also sold niche items like ChaCha Chips, which are part of a reward system for parents to use to help children not only learn manners and behave, but also learn about animals at the same time. **PHOTOS BY HANNAH LINDENBLAD**

CNU Volleyball dominates the court

The Captains have won their past ten games and stand at 15-3 on the season.



#9 Mackenzie Wright lifts the ball over the net. The Captains are currently on a win streak of ten and during these ten games they have outscored their opponents 30-4. They have also defeated three out of the four ranked teams they have played. **PHOTO COURTESY OF CNUOCPR**

BY SYDNEY-PAIGE HERNANDEZ
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CNU Volleyball is continuing their winning streak after a strong season in 2017. Ending last season 28-4, CNU is currently 15-3, winning their past ten games.

This past weekend, CNU played four games against, St Mary’s College of Maryland, Marymount University, Randolph College and Messiah College.

The Captains played 13 sets and won 12.

The team is currently composed of five freshman, six sophomores, five juniors and three seniors, led by Head Coach Lindsay Birch, Assistant Coach Cory Taylor, and Team Managers Forrest Mann and Ke’alani Sison.

The team has three Setters, five Opposites, five Outside Hitters, five Middle Blockers and five Defensive Specialists.

The three seniors on the team are, number 2 Kellyn DeChirico, number 3 Josie Lucernoni, and number 17, Cat Boyle.

Kellyn DeChirico hails from Williamsburg, VA. She stands at 5’11 and plays Middle Blocker/ Opposite.

DeChirico has been on the team since her freshman year at CNU and serves as a key reserve in the front row last year, finishing the season with a total of 48 points.

She competed in seven matches in her first year and led CNU to victory in four

Ten game win streak

Sep. 22: CNU vs. York College(PA.) W, 3-0

Sep. 26: CNU vs. William Peace University W, 3-0

Sep. 28: CNU at Frostburg State University W, 3-1

Sep. 29: CNU vs. Lebanon Valley College W, 3-1

Sep. 29: CNU vs. Neumann University W, 3-0

Oct. 2: CNU vs. Bridgewater College W, 3-2

Oct. 5: CNU vs. St.Mary’s College of Maryland W, 3-1

Oct. 5: CNU vs. Marymount University W, 3-0

Oct. 6: CNU vs Randolph College W, 3-0

Oct. 6: CNU vs. Messiah College W, 3-0

matches from October 21st to October 28th last year.

Josie Lucernoni comes from Ashburn, VA. standing at 5’7, Luceroni plays Defensive Specialist for the captains.

Lucernoni has been on the team since her freshman year at CNU, ranking fourth on the team during her sophomore year and setting a record in her junior year with 25 consecutive double digit dig efforts, becoming the sixth player in CNU program history to get at least 20 digs in three contests consecutively.

Cat Boyle comes from Blacksburg, VA. The defensive specialist stands at 5’10. .

Boyle has been on the team since her freshman year at CNU and gained 14 kills with no errors her freshman year.

She served as team captain her junior year and competed in ten matches as a defensive specialist.

She finished the season with four aces, four assists and 14 digs. ■

Five ways to maximize your workout

The Freeman Center has multiple resources in order for CNU's students to maintain their physical health. Here is some ways students can utilize these resources.



The treadmills in the Freeman Center gym. These are for when you need to get a good cardio workout in. You can also get a leg workout using these machines as well. **KRISTEN ZICCARELLI/THE CAPTAIN'S LOG**

BY KRISTEN ZICCARELLI

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Let's face it, not all gyms are created equal. And while CNU offers some nice

facilities and equipment in the Freeman gym, it seems that all too often, the machines fill up fast, exercise rooms are booked and students are hard pressed to

find a time where the gym isn't crowded. Here are some of the best ways to get a great workout in anyway.

1. Switch up your warm up, not your entire routine.

As someone who loves running and walking on the treadmill, one of my favorite ways to turn a negative into a positive (when I see all the treadmills are full) is to do a warm up on another machine. This keeps things interesting and keeps me constantly on the lookout for when people are finished exercising.

2. Vary your scheduled work out time.

Most people do this anyway, but if you can, change up the time you workout. Most of the time, the gym is more crowded at night and has less people during the afternoon,

So if there is a day or two you can go during the day, go for it. And then you may discover if you truly are a morning, afternoon, or night person. If you're really hard-

core, you can go at 6:30 a.m. when it opens or 11:00 p.m. an hour before closing, and you're almost guaranteed a machine.

3. Take advantage of the free workout classes.

Not all of us have extra money to spend on a Fitness Class pass, but you can still take advantage of the FREE Happy Hour classes on Friday afternoons. Not only is there a space already reserved, but it can be a great way to begin your weekend in a stress-free way.

4. Go with a friend and do opposite workouts.

If you have are lucky enough to have a gym buddy, you can ensure maximized success with their company. One of you can work out on the free machine while the other exercises somewhere else, and then you can switch equipment/machines for the second half of your workout.

5. Take your workout to nature.

As much as we love our Freeman gym, staring at those beige walls can get a little routine. One remedy is to take your cardio outdoors on the Noland Trail or nearby neighborhoods, and go to the gym for your weights and strength training exercises. It's guaranteed that all the sidewalks won't be filled. If you want to go and get a workout in at the gym, the Freeman Center is open every single day during the week. It is open Monday-Friday from 6:30 a.m. -12:00 a.m. Saturday hours are 9:00 a.m.-11:00 p.m. Sunday hours are 12:00 p.m.- 11:00 p.m. ■

Artificial turf is worse than you think

A lot of teams throughout the country play on turf fields. They seem useful, but there are multiple reasons that shows how dangerous playing on this material can actually be.

BY MORGAN BARCLAY

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A soccer field at the crack of dawn, the sun rising and shining on the plastic—time to get playing before the sun stays up too long and sliding will give me second degree burns.

While an over exaggeration, the above statement is one many have to think about during the summer, as the plastic in artificial fields absorbs heat upwards to thirty degrees hotter than the air temperature.

But that's not the only problem with artificial turf. The rough plastic blades can become razors when wet causing cuts and scratches like the ones we saw during the women's soccer game a month back. And even when dry, players have noted 'rug burn' type rashes from the plastic substitute.

This problem of cuts and burns becomes even more dangerous when combined with

the heightened danger of bacteria on the blades.

Carrying inside of it all of the blood, sweat and skin from the game, these turf fields are not something you want to go near an open wound.

Not only does this affect the safety of the players, but it also affects the quality of the game. If players are afraid to slide, run, fall, a level of hesitance is added to the game which results in less interesting plays.

Turf is also bad for the environment. Run off from the fields can carry with it the artificial 'stuffing' used within the field to keep the blades upright. That run off can find its way into waterways causing problems with drinking water.

More than run off, it also affects the ground underneath the turf. Killing any living organism within the subsoil, recovering from these fields can be difficult without major soil remediation.

Even omitting the potential long term

consequences of the toxins from the chemicals used to treat the 'stuffing,' of the field, there is more than enough reason to kill the turf.

This is not new news either. The United States National Women's Soccer Team made headlines during the 2015 world cup when they refused to play on artificial turf, and again in 2017 when they faced similar problems. There are multiple ongoing studies about the harm turf does to players.

Turf fields are bad for the game, the health of the players and the health of the environment. We've known this for some time. It's time we retire them once and for all. ■



Homegrown talent reaches farther

CNU Alum Eric Kennedy's Indie Rock band, Elements and Artifacts, released their first music video for "All the World" last Friday, reaching beyond their roots in Gloucester, VA.



Members of Elements and Artifacts left to right: Kenny Epling, Rob Fehrman, Eric Kennedy and Jordan Gonzales PHOTOS COURTESY OF THROUGH IT ALL PHOTOGRAPHY

BY KRISTEN ZICCARELLI
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An indie alternative band from Gloucester, VA just might be on your next shuffle of bops for this fall season.

Formed in 2016, Elements and Artifacts grew from the shared hobby of two musicians: CNU Alum Eric Kennedy and Kenny Epling. While both had jobs and families almost immediately after graduating college, they decided to pursue their musical passions all the way to present day, where their band currently produces music and performs live. Their recently released music video for "All the World" debuted from their EP titled "Ordained."

The Elements and Artifacts band currently includes Kennedy on guitar and vocals, guitarists Kenny Epling and Jordan Gonzales, drummer Chris Wagoner and Rob Fehrman on bass. Although Kennedy played in a different band at CNU, he remembers a few notable people and experiences that contributed to his present success.

"[My friends] really tried to encourage me when my band broke up to just stick at it, and because of that I started to write music just for myself and that became what this is now," Kennedy says. "I'm so glad that I got that encouragement for sure."

Present day has seen a similar encouragement, where Elements and Artifacts has enjoyed recognition beyond campus

and garnered largely positive feedback from family, friends and people offstage.

"The response has been overwhelmingly positive," Kennedy says. "We wouldn't keep on doing that if that weren't the case, so hopefully we'll continue."

Wagoner attributes their appeal to the diverse scope of their music, especially after noticing the range of interested ages in concert and on social media.

"It's got a 90's flair, so it's got that throwback feel, but with the way that it's written, it appeals to the masses," Wagoner says. "You got the younger generations that love the little bit of the grit in the vocals and then you got the older generation that enjoys the melodic tunes."

According to Kennedy, whose personal influences include Foo Fighters, Nirvana, Everclear, Soundgarden and other grunge bands.

"I'm not going to write songs like Teen Spirit, but I can do my part and get across what I'm trying to get across," Kennedy said. "Capturing that energy and that feeling as well, since they have a lot of emotion in their music and we want to put that forward to."

Perhaps one of the band's biggest measures of achievement was performing at The NorVa Summer Rock Fest in August.

"We had a great time at the NorVa and being able to play there was a big step for us," Kennedy says. "Hopefully we'll continue to play bigger and better venues with more crowds."

Their next event is in November opening for

Assuming We Survive at 37th and Zen in Norfolk. Although Kennedy is not from this area, he acknowledges the wide-ranging opportunities for performers and interested audiences.

"That's sort of one of the greatest things about this area," Kennedy says. "Musically and event-wise, there's so much opportunities around here [and] probably ten good big-name venues that you could play at it all, depending on how much you want to work."

For the band members, balancing their work lives and band is largely a matter of dedication and commitment to making their dreams a success.

"The more you put in, the more you get out," Kennedy says. "We're trying to put out as much as we can because we're weekend warriors, because of our jobs."

Much of their coordination revolves around making sure their schedules line up and continuously meeting to discuss new ideas. Collaborating on music ideas usually takes the form of sending demo recordings back and forth over email, layering each part of the track over the next.

With their new music video and performances at the NorVa, Elements and Artifacts has spread their wings beyond Newport News or Gloucester where it all began and have spread their social media all throughout the state. For more information, visit their social media listed to the right. ■

Album: Ordained

All the World
3:30

Ordained
5:15

What I Am
3:48

Generator
3:40

Social Media

Instagram:
@elements&artifacts

Facebook:
@elementsandartifactsband

Spotify:
Elements and Artifacts

Review: Why the snap matters

The ending of “Infinity War” has been recieved with incredible popularity and some undeserved criticizim regarding the deaths of many characters.

BY DANIEL MOSAKEWICZ
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Since its release in late April, the ending of Marvel Studios’s “Infinity War” has become unbelievably popular, and of course, notoriously criticized. The main point of criticism is often that the deaths do not matter, as many of the passing characters were ones with already announced future titles, including prominent characters such as Spider-Man and Black Panther. Many say this clearly means these characters are not really dead, making the ending pointless and ineffective. I disagree, and instead will explain how it is not the deaths themselves that create “Infinity War”’s amazing ending.

Most people know that “Infinity War” is one of a two-part event, and logically conclude that the characters killed by Thanos’s snap will return. I completely agree - there is no way the future faces of the franchises are going to go out like that. How can I love the ending, then, if I know the dead will soon be back?

It’s simple. Their deaths were a promise that they would come back. The directors, the Russo Brothers, know it, and know you know it. What is important now is how they are going to come back and how much will the remaining Avengers have to sacrifice to bring them back. It is not about the characters that are gone, but rather the ones that remain. Three key characters have lost the one thing they care about, and are willing to do anything to get them back.

Let’s start with the most obvious example of Tony Stark (Iron Man). It is well established in the Marvel Universe, that Tony wants to protect Peter Parker (Spider-Man). Tony sees a chance to be the father he never had to a boy who desperately needs guidance. Peter is Tony’s redemption, and his last test to prove himself greater than his demons and

his father. Peter, and all he represents have now literally turned to dust in Tony’s hands. If you know anything about Tony Stark, you know just how well desperation drives him, and it is pretty obvious that he will get Peter back, but at what cost? What does he have left that he hasn’t given up already? His pride is long gone, his dignity is destroyed and he may very well have to give his life too.

Tony isn’t the only one facing this level of devastation. Steve Rogers (Captain America), just watched his childhood friend fade to dust before his eyes. We’ve already seen the absolutely insane things Steve will do for Bucky (Winter Soldier), so there is no doubt that this will bring out an intensity and fury we’ve never seen. Will this drive Steve to fight Thanos man to man, or to pull

out something even deeper and desperate?

The last character I want to relate this idea to is Rocket Raccoon. Two previous films, establish just how much Rocket cares for and needs the Guardians of the Galaxy. Without them (especially Groot) he has no family and certainly no other friends. Essentially, he has no purpose to go on. Now, post-snap, this darkest fear has come true. He has nothing. For a character like Rocket, who is reckless, fierce and volatile, this is just a recipe for desperation and an indicator that extreme measures are going to follow.

So, if you think the ending of “Infinity War”, is boring, remember this: it was a promise. Of course those characters are coming back, but how many are we going to lose in the process? What are the remaining heroes going to have to sacrifice to get them back? I can promise that it will be quite a bit. If anything the stakes have never been higher, more personal, and more heartbreaking than before, and that makes a great movie. “Infinity War” is incredible, but with a set up as good as this, the next one has a very good chance at being even better. ■

“It is not about the characters that are gone, but rather the ones that remain”

Breaking down barriers and building up smiles

Comedian John Poveromo performed his stand-up routine at Cozzy’s Comedy Club and Tavern and interviewed about the mutual enjoyment of comedy between audience and comedian.



BY KRISTEN ZICCARELLI
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Perhaps one of the most obvious facts about comedy is that it makes people laugh. Not everyone has such a talent to appeal to a society with wide-ranging types of humor, but those that do can certainly make a name for themselves.

Brooklyn-born comedian John Poveromo performed at Cozzy’s Comedy Club and Tavern Saturday night, with three opening acts and a crowd filling almost every free table and chair. The dimly lit crowd reflecting white t-shirts and shiny drinks drew contrast to the spotlighted stage, where Poveromo performed his stand-up routine, receiving many laughs throughout the night.



Comedian John Poveromo begins his show at Cozzy’s Comedy Club and Tavern after three openers Saturday night. PHOTOS COURTESY OF KRISTEN ZICCARELLI

Poveromo’s act featured a little bit of every topic – social issues, relationships and some politics thrown in. However, he was quick to veer off course into his interactions with the audience, asking about their lives and making lighthearted fun of their responses.

In an interview, Poveromo elaborated on the best topics for stand-up: “I genuinely tend to lean more towards social commentary, I love talking about relationships, friendships and how people interact in general, but human behavior is my favorite thing to talk about.”

On Saturday night, Poveromo referred frequently back to his own life, but also brought in audience background and interests to personalize his comedy. For instance, he had a recurring joke about a man in the audience who mistakenly said his wife was also his sister. Poveromo immediately caught on to the

audience’s laughter at this joke and brought it back several times throughout the show.

Since the first time he tried stand-up, Poveromo recognized how shows can be equally enjoyable for those in front and behind the spotlight.

“We get a bunch of older people and younger people, a great mix of people, they’re all there to have a good time, we’re all there to have a blast,” Poveromo said. “I really do get like a little bit of a buzz from telling a joke and having an audience respond to it.”

His technique and topic vary from audience to audience, but one of the most certain things is having a good time.

“I always go on stage, have something new in my act, [and] I like to improvise a lot,” Poveromo said. “I like getting in front of a new audience and just like hav-

ing a good time, that’s my favorite part.”

Although Poveromo’s was an active member of his performance, he says comedy is not always about having an audience – at least in the more traditional sense.

Paraphrasing a quote from comedian Doug Stanhope, Poveromo says, “being a comedian isn’t always about getting on stage and making people laugh, it’s about making the cashier smile and crack up after having a bad day.”

He cites this kind of exchange as one of the most rewarding parts of his career.

“That’s the stuff I did when I was younger, working jobs and stuff that inspires me,” Poveromo said. “I like connecting with people and breaking down the norm.”

From an early age, he knew stand-up comedy was one of his favorite things to do, especially in the place of majoring in English or Political Science for four years in college and racking up a lot of debt.

“After my first year [in college], I wound up going, ‘I’d rather invest ten years of this, because by the time I’m 30 I’ll have ten years of experience at this job at this career and I think that’s invaluable,” Poveromo said.

During his career, Poveromo has had a few TV and radio experiences performing, as well as the opportunity to write for comedy or satirical shows that aired on live TV. He describes himself as “notoriously off the cuff,” with a certain amount of excitement “like the first day of school.”

Hoping to continue and further his career as a comedian, Poveromo believes his more critical view of society can end up making a long-term difference beyond the amused reactions from a stand-up performance.

“I think comedy is important because comedy tends to break down barriers between people,” Poveromo said. “Comedians change the culture and I don’t know if people realize that.” ■

Stroll to the Polls gears up for another year

Take a look inside Alpha Phi Alpha's Stroll to the Polls this year and get excited to make a difference this election season



The Upsilon Beta Chapter of the Alpha Phi Alpha Fraternity, Inc. starts the show off with a bang at last year's Stroll to the Polls. **PHOTO COURTESY OF BEN LEISTENSNIDER/CNU OCPR**

BY KAITLIN SANATA

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Fall semester is in full swing and clubs and organizations on campus

are gearing up for Stroll to the Polls, the annual stroll dancing competition of the Upsilon Beta Chapter of the Alpha Phi Alpha Fraternity, Inc.

The event encourages voter registration and participation in upcoming elections and voting in general, especially among college students.

Dainen Brass, a brother of the Upsilon Beta Chapter at CNU, revealed a little more about the history behind this event and what it means as a brother of Alpha Phi Alpha Fraternity, Inc.

"Stroll to the Polls is an event for our national program, 'A Voteless People is a Hopeless People,'" Brass says. "The goal is to get people inspired to go out and vote in the election season, which is very important this year."

Strolling is a type of line dance done in groups, first popularized in the 1950's and now demonstrated at modern panhellenic events. Fraternities, sororities and other CNU organizations will be participating.

The significance of this event was explained by Brass, who describes the night as a "celebration of voting."

"It's such an important power in our society that many people try to restrict," Brass says. "Celebrating it through dance and strolling and having this huge event where everybody can just come together and have fun."

According to Brass, the theme of this year's Stroll to the Polls is 'Invictus,' which is based off of a poem written by Nelson Mandela in prison. Upon asking Brass what the poem means to the chapter, he recited their favorite line: "I'm the master of my fate, I'm the captain of my soul."

Brass interprets the meaning of this line as a message of resiliency.

"Despite what's going on around you, you refuse to be stopped, you refuse to lay down to what society says or what life tells you it has to be like," Brass says.

The brothers of the Upsilon Beta chapter of Alpha Phi Alpha Fraternity, Inc. have been pouring their hearts and souls into making this important event a success again this year. The brothers coach one or two teams, teaching them how to stroll and "polish up" their routines.

The Stroll event involves multiple organizations on campus every year, with the competing campus organizations fundraising and encouraging other students to attend. Eight teams are working towards the title of "Stroll Champion" through fundraising for March of Dimes, social media and their performance on the Diamondstein stage later this month. ■

Stroll to the Polls will take place in the Diamondstein Concert Hall at 6 p.m. on October 20th.

Tickets are \$15, but \$10 for voters with proof of registration.

Eating healthy on a college budget

Trying to avoid (or get rid of) the dreaded Freshman 15? Eating healthy at the college dining hall does not have to be difficult

BY ANNA DORL

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Eating healthy in college can sometimes seem like a difficult and almost impossible task. When you have so many options available and no parents to breathe down your neck, saying things like, "should you really be eating that," we tend to eat whatever we want. The fact is that not all students know how to keep themselves healthy while having access to all kinds of food.

One good idea to save you money, as well as calories, is to check out your choices on campus. If you have a meal plan, CNU's two dining halls offer a variety of healthy options. The Healthy Haven section can be found in both Regattas and the Commons, which are home to dishes that are a little better for you than many other choices. For example, try some of the grilled pineapple chicken as opposed to indulging in the temptation of Chicken Tender Tuesday. Vegetarian and vegan options can also be found here, as well as gluten free bread, cookies and other baked items. The

salad bars in each dining hall have different blends of lettuce and spinach, as well as a ton of different dressings and a variety of toppings such as fresh veggies, cheese, eggs, and meat. With so many choices, you're sure to find something you like that isn't just another slice of Regs pizza.

Another tip you can utilize while attempting to eat healthier is to purchase healthier groceries. If money is tight (let's face it, we're college students – it probably is), places like Walmart and Food Lion are probably where you're shopping for most of your groceries. Although your first thought may be to reach for the sugary cereal and ramen, which are undoubtedly cheap, easy and tasty options, remember that grocery stores have all kinds of food, and healthy choices are often easy to make.

There are also health food specific stores such as Health Haven located by Village Thrift, as well as places like Whole Foods and Trader Joes. Lidl, a German grocery store chain, has a few locations in Newport News. One is just down the street from CNU. Because almost everything in there is Lidl's own brand, their products are pretty

inexpensive, perfect for a college student's budget. Explore the fresh produce section and pick out a fruit you've never tried before or get a bag of nuts or trail mix (splurge and get the kind with M&M's if you want – you still have to treat yourself sometimes!)

Many college students mindlessly reach for unhealthy snacks when stressed or bored, and those all add up eventually. Make sure you're snacking smart.

College kids tend to eat whatever they want whenever they want it, and we don't always make the best choices. Swap out junk food for something that will be better fuel for your body, such as fruits, veggies, nuts. Buy one of those big plastic containers of peanuts or pecans in bulk from places like Costco – they'll be cheaper and you'll get more for your money. If you're starving and need a snack in between back-to-back classes, save some money and some calories by avoiding vending machines in the academic buildings and keeping healthy snacks in your backpack instead, like a granola bar, a bag of baby carrots, or a banana. Carry a water bottle around with you and



The salad bar at Regattas has many healthy options. **PHOTO BY ANNA DORL/THE CAPTAIN'S LOG**

take it to class; it'll help curb hunger and keep you hydrated.

Between juggling six different classes, on- and off-campus jobs and going to bed when the sun comes up, college can really take a toll on your health. Eating healthier helps feed your brain and your body and gives you the

nutrients you need, making it easier to focus and excel in the classroom and extracurriculars. It all really comes down to making small lifestyle choices that all add up to make a healthier and happier you. Anyone can do it, even a busy and broke college student. ■

Plant some happiness in your room

Plants can liven up your dorm room and come in many varieties that even the most forgetful student will have a hard time killing

BY MORGAN BARCLAY
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If you're anything like me, you know the last thing on your mind is taking care of plants. From work to clubs to school, I barely have enough time to feed myself let alone water an orchid. However, I recognize the wonderful benefits of owning plants. Here's a list of college-student friendly plants that are both budget friendly and beautiful.

POTHOS PLANT

Epipremnum aureum
Devil's ivy, money plant, hunter's robe, ivy arum, silver vine, taro vine-- this plant of many names has been around for forever is almost impossible to kill. Being able to grow in incredibly low light and being resistant to drought makes it is a dorm room must. Bonus: This plant is super easy to propagate. All you have to do is cut a vine and place it in water in front of a window and like magic you have two perfectly healthy pothos plants ready to trail down your window sill.

DIFFICULTY: EASY
WATERING: BIWEEKLY
PRICE: \$

MADAGASCAR DRAGON TREE

D. marginata
A palm without the effort? This tropical and colorful plant is actually an evergreen able to grow in shade without much water, making it perfect for dorm rooms. Bonus, it's relatively cheap and grows up to 13 ft as a houseplant.

DIFFICULTY: MEDIUM
WATERING: WEEKLY
PRICE: \$\$

LUCKY BAMBOO

Dracaena sanderiana
Not actually bamboo at all, this member of the dracaena genus is so indestructible it can grow without dirt. Bonus, due to its fast growth you can shape it as it grows to create a living sculpture. The only drawback is it requires a good deal of sun to survive.

DIFFICULTY: MEDIUM
WATERING: CHANGE
WATER MONTHLY
PRICE: \$

PEACE LILY

Spathiphyllum
Most flowering plants are delicate and vulnerable, but don't tell peace lilies that. These sturdy plants are able to withstand mistreatment and bounce back. That said, they are sensitive to sun and require bright indirect sunlight, which can be difficult to come by in a dorm. However, if you're willing to take the challenge peace lilies will more than please.

DIFFICULTY: MEDIUM
WATERING: WEEKLY
PRICE: \$\$

ZZ PLANT

Zamioculcas
A new plant to the houseplant game, these sturdy plants were first widely distributed in 1996. The plant is also known as the Zanzibar Gem, or the Welcome Plant. Their waxy dark green leaves create a striking shape and are able to withstand anything you could do to them. While they require pruning every once and while to ensure growth, their funky shape make the perfect decor.

DIFFICULTY: EASY
WATERING: ONCE A MONTH
PRICE: \$\$\$

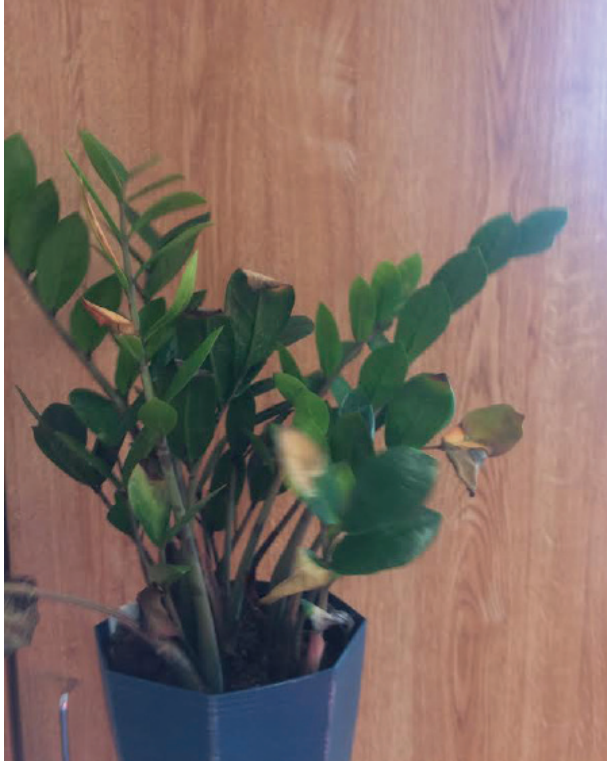
PURPLE PASSION PLANT

Gynura aurantiaca
Covered in tiny purple hairs, this plant feels like velvet and looks even funkier. Drought resistant and able to grow in medium light, this plant is the perfect way to bring living color to your room. Brighter lighting intensifies the purple in the leaves, making a more colorful addition to your dorm.

DIFFICULTY: MEDIUM
WATERING: BI-WEEKLY
PRICE: \$



(Top) One of Barclay's pothos plants hangs in the window of her dorm. (Below, left) A Madagascar dragon tree. (Middle) A potted pothos plant sits next to a purple passion plant on a windowsill. (Right) A potted ZZ plant. PHOTOS COURTESY OF MORGAN BARCLAY/ THE CAPTAIN'S LOG



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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.

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