



The Captain's Log

THE VOICE OF CHRISTOPHER NEWPORT UNIVERSITY STUDENTS

@CNUCAPTAINSLOG

WWW.THECAPTAINSLOG.ORG

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MEET THE INTERIM PRESIDENT

A sneak peek at what's to come in the year ahead



AEDLIA THOMPSON PHOTO FROM
CNU.EDU

JOSH GRIMES
JOSHUA.GRIMES.19@CNU.EDU

This fall, when Aedlia Thompson becomes interim President once President Tribble retires, she will be entering into her 12th year at Christopher Newport University. When Thompson accepted her position in June 2011 with the Office of Advancement, at that point in her career, it was a dream come true. In her 11 years at CNU, Thompson has led the first comprehensive

fundraising campaign, among other campaigns with the Office of Advancement, and served as the Chief of Staff. This role is one she will return to when her time as interim President wraps up.

The role of the Chief of Staff, which was re-structured after Cynthia Perry, the former Chief of Staff who worked with President Tribble, during his tenure, and Bill Brower, who helped President Tribble transform the university, retired in December 2020, involves behind the scenes work. Thompson's job is to work on a daily basis with the leaders of the important functions and programs at the university helping them obtain what they need to be successful in their roles and to make sure they stay connected with the President in a face-to-face capacity as needed.

On April 11, The Captain's Log interviewed Aedlia in her office on the fourth floor of Christopher Newport Hall. The following are her answers to some of the questions that were asked.

What's your favorite part about CNU?

"What I love most about this place is that it is a place that is what it seems to be and does what it promises in a world that is just far too often not the case. It is absolutely a culture of educational excellence and human compassion and energy toward light and hope and good. It is authentic.

Getting to come to work everyday for a place that is about educating the future of our world and goes at it the way that we do."

You've stood in as interim President for a brief time as President Tribble was on sabbatical. When President Tribble announced his retirement in September and you were asked to be president for another time frame, what was going through your mind?

"In September, President Tribble's retirement announcement was unexpected. I think for all of us. We all knew he would announce his retirement plan at some point. What went through my mind was first of all, I'm so pleased that the board has decided to take the time it needs to really do this search properly. I'm honored that they believe that I can be helpful as an interim president, and I'm only capable of doing that because I know how strong this team of leaders is that President Tribble has assembled here. I trust our team of colleagues completely. None of us can know what we don't know. There are surprises ahead, but we will lead this place forward so that whoever the new president is, knows they better bring their running shoes because this is a place that is on the move. This is not a place that hits the pause button. We will take good care of this place and this family that he and Rosemary have worked so hard to build. I am excited and hopeful and completely humbled by the whole prospect but also I do know that President Tribble stands at the ready to be called on for advice and counsel."

INTERVIEW
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CHRISTOPHER NEWPORT UNIVERSITY

DEPARTMENT of MUSIC

APRIL EVENTS

4	LifeLong Learning Society Performance Featuring the Chamber Choir, under the direction of Dr. John Irving 2 p.m. • Peebles Theatre	13	Percussion Ensemble Under the direction of Scott Amman 8 p.m. • Peebles Theatre
5	Opera Workshop Under the direction of Dr. John McGuire Featuring select opera scenes 8 p.m. • Peebles Theatre	14	Chamber Choir Concert Under the direction of Dr. John Irving 8 p.m. • Peebles Theatre
6	Composers Forum Concert World premieres by Christopher Newport composition majors 8 p.m. • Peebles Theatre	15	Rotunda Concert Series Featuring the Trombone Choir, Under the direction of Dr. John Lopez Noon • Pope Chapel
7	University Chorale Concert Under the direction of Dr. John Irving 8 p.m. • Peebles Theatre	18	University Band Concert 8 p.m. • Diamonstein Concert Hall
11	An Evening of Chamber Music Featuring Christopher Newport chamber ensembles 8 p.m. • Peebles Theatre	19	University Orchestra Concert Under the direction of Dr. Jacob Tews Featuring winners of the Concerto/Aria/Composition Competition and works for symphony orchestra 8 p.m. • Peebles Theatre
12	Electronic Music Ensemble Concert Under the direction of Dr. Max Tfirm 8 p.m. • Peebles Theatre	20	Honors Wind Ensemble Invitational 7 p.m. • Diamonstein Concert Hall
		25	Jazz Ensemble Composers Concert Under the direction of Dr. Kelly Rossum 8 p.m. • Peebles Theatre

ALL EVENTS ARE FREE AND OPEN TO THE PUBLIC
FOR MORE INFORMATION, VISIT [MUSIC.CNU.EDU](https://music.cnu.edu)

 RIVERSIDE
Performing Arts Medicine

PHOTO FROM CNU MUSIC



University Sounds

Spring Concert

Sunday April 24th at 4

Located in Peebles Theatre

FLYER FROM LEVI LANGOLF,
MUSIC DIRECTOR OF UNIVERSITY SOUNDS

Stress-Less Week

SCHEDULE

Thursday, April 21st 11:00 - 1:00 pm Freeman Center 202	PAINT & SIP Join us while we paint and relax for a couple of hours before finals! FREE Cookies and Lemonade
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PHOTO FROM CAS INSTAGRAM

CHRISTOPHER NEWPORT UNIVERSITY

MARY M.

TORGGLER

FINE ARTS CENTER

FAMILY FUN DAY

SATURDAY, APRIL 23 | 11 A.M. - 2 P.M.
It's creative fun - FREE for the whole family!

PHOTO FROM OF MARY M TORGGLER FACEBOOK



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and forms for story
requests or email list!

The Captains Log has a TikTok! It is
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Captain's Log Forever!

Our Bonds are Eternal

FELIX PHOMMACHANH

FELIX.PHOMMACHANH.18@CNU.EDU

Four years. Four years that seems longer looking back, but that was because of the pandemic, but four years nonetheless. I can't think back about my time at CNU without thinking about the *Captain's Log* (CLOG).

I joined the organization as a club member in 2018, and now, in 2022, I am leaving the organization as the former Head Director of CNU TV. It was one wild ride that defined my time at CNU.

I joined during my freshman year in 2018. I was mostly interested in creating and editing videos, so I mostly spent my time in the organization's video side, CNU TV. That doesn't mean I didn't write for the paper. I wrote some stories; however, I didn't get too involved with it as I wanted to focus on my own major and first year.

Compared to most of the editors at the time, I was a computer science major, I wasn't interested in journalism. I wanted to improve my camera skills and video editing, and this was my chance. I treated it as a club and hobby more than anything. I learned a lot about lightning as a subject for an interview and how to edit videos. The atmosphere joining them was great and welcoming. It was stressful at times; however, the kindness and friendliness I had with the members was great.

Sophomore year was much the same, with taking stories and planning videos; however, that was cut short with the pandemic coming in. It was sad to not see the editors and staff that I looked up to for university advice and guidance; however, we continue our work.

Junior year was tough with the pandemic rules. We didn't print any new issues of the paper, so it was mostly online content. I was the Managing Production Editor, the second-in-command of CNU TV. It was tough to make video content and trying to promote the *Captain's Log*, with the pandemic restrictions and managing online releases; however we did our best.

Now we are here, in my senior year. I became Head Director of CNU TV and the new editors and I began to work on reviving *The Captain's Log*. To say it was a rough reviving this organization is an understatement, it was a hellish and grueling revival. From trying to understand our roles in the organization, dealing with outdated equipment, and learning everything on the fly. To say that we struggled is beyond comprehension.

However, through that struggle, we fought. We climbed. We endured to get to the point where we are now. From our CLOG alumni helping us learn how to produce the paper to teaching ourselves how to write articles, we, as an organization, became an unbreakable force throughout this school year.

We published several great articles and videos together that showcase life on campus that was lost during the pandemic. We deliver compelling stories that affect the students and the community. We produced videos that gave a smile to people that performed. We started with

staff like the housekeeping, maintenance, mailroom, dining, all of them are important and the paper allows us to give everyone a voice. And every video we produce has that same care and planning to showcase the subject.

Every time someone I interview for the paper, they are very happy about having a story about them. Similar to filming videos, people who hosted the event or the subject being filmed are very happy about them, and that is something I am proud of. So the viewers and readers, thank you for your support.

For any Captain's Log members reading this, remember, you are the Student's Voice. You amplify the students' concerns, the students' perspective.

The era of *Captain's Log* that I was a part of is going to be gone when I leave, yet I see a new era of CLOG emerging with you guys. You are charting a new course for the student newspaper that will have lasting effects that I cannot wait to see. You are the pathfinders,

the world seeming against us, yet now, I see a group of talented, creative, inspiring friends that cannot fall.

My goal for my senior year for CLOG was to leave it better than I left it, and I feel like I accomplished that goal. I taught as much as I could to them and I believe that they will keep those lessons alive, to be passed on to the next volume and the next volume after that.

For the readers of the *Captain's Log* and viewers of CNU TV, thank you for the continuous support of every issue we published and every video we produced. I know we are a bit of a dying medium; however, it is important for our campus to have student journalists, to cover the news about campus life and showcase what goes beyond what tours give.

To showcase some issues that the students have with the university. To give publicity to minor clubs that don't have a huge following compared to organizations like the fraternities or sororities. To show appreciation to the campus staff that keep the university going behind the scenes,

the trailblazers, the torchbearers, and the wavebreakers that will lead CLOG into a new bright future.

From the darkness, you will burn bright. From the pandemic and online publication of a year, we ignited and burst forth, ready to print. Like Hamilton from the musical *Hamilton*: "...I am young, scrappy, and hungry. And I am not throwing away my shot." This generation of CLOG is young, for most of our editor staff being freshmen to juniors; scrappy with learning how to operate this organization on the fly; and hungry to showcase what student journalism can be. We did not throw away our shot. We took it and made that shot be heard around the world! That shot, that passion, that is what connects all generations of CLOG from the old era of when the paper was called Chris Crier and the era when it was advised by Dr. Terry Lee. We are a part of a legacy that I am happy to be a part.

Through our struggles, through our success, through our own paranoia, we succeeded in producing a volume of the CLOG that I am proud to be a part of and find some great friends. To the advisors, to staff writers, to the editors, to my friends, continue writing for the paper, continue to produce engaging videos, continue to be the Student's Voice on campus. Even after I walk across that graduation stage and get handed my diploma cover, I will always be a part of this wonderful, inspiring, crazy organization. I will never forget you guys. Our bonds are eternal and unbreakable. *The Captain's Log* will always be a part of me.



FELIX P. RAISING HIS ARM IN THE AIR WITH 'CLOG 4-EVER!'

PHOTO BY OF THE CAPTAIN'S LOG



FELIX PHOMMACHANH, HEAD DIRECTOR OF CNU TV, MAJOR IN COMPUTER SCIENCE AND MINOR IN MATHEMATICS.

PHOTO BY OF THE CAPTAIN'S LOG



Model of CNU North replacement, Photo from BoardDocs

Recap of the Apr. 14 Board of Visitors Meeting

Public comments on increased tuition and plans for expanding Luter Hall

EVELYN DAVIDSON
EVELYN.DAVIDSON.20@CNU.EDU

At the last Board of Visitors meeting on Apr. 14, the board went over the Self-Evaluation Survey Report, President's Report, a presentation by Brian Eakes, President of the Education Foundation, Finance and Facility Report, and Operations, Audit and Risk Report, Academic Affairs Report.

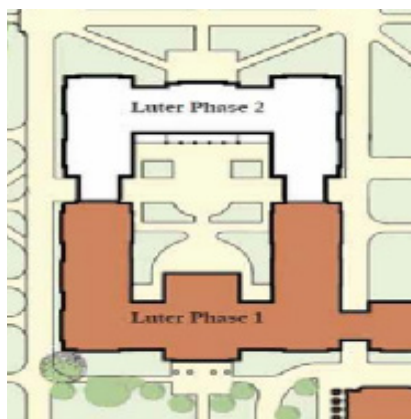
As part of the Finance and Facilities Report, the board evaluated the public comments made during the Mar. 29 Session on Tuition and Fees. Both students and faculty/staff expressed their concerns about the board's proposed 13.2% increase in tuition. According to documents on BoardDocs, One student noted that CNU cost's already exceed those of Old Dominion University, Va State University, James Madison University, and George Mason University. Several commenters pointed out that the Commonwealth of Virginia currently has a budget surplus and they argued that state universities should receive greater amounts of funding from the state instead of increasing tuition and fees for students.

In addition to reviewing public comment on tuition and fees, the board also went over the Capital Outlay Program Update which elaborates on completed and active projects for the university. Under completed projects, the board listed Ratcliffe Hall bathroom/locker room renovations, cooling towers for York River Hall East and West, and a roof and air handler for Commons. One notable active project was the "Integrated Science Center Phase III (ISC3)/Luter Hall Ex-

pansion." According to the document on BoardDocs, this 62.1 million dollar expansion of Luter Hall, "... will expand and enhance opportunities for our students in high-demand STEM disciplines and will provide technology-rich instructional space for our computer science, computer engineering, electrical engineering, mathematics, and neuroscience programs. The two-step procurement process for the Contraction Management @ Risk Contractor is in progress."

The board also looked at plans for a new administrative building that would replace CNU North, the glass building located near Rappahannock Residence Hall. Construction for this 25.0 million dollar building will begin over the summer and last around 15 months. Sketches of the renovation also revealed a possible spot for a new residence hall close to CNU North.

Some of the other renovations and repairs include roof replacements for Plant Operations, the Ferguson Center, Ratcliffe, and the David Student Union.



Luter Hall expansion plans, Photo from BoardDocs

Introducing the Interim President Adelia Thompson

A sneak peek at what's to come in the year ahead

Story continued from cover

JOSHUA GRIMES
JOSHUA.GRIMES.19@CNU.EDU

How do you feel about being president, if only temporarily as the search committee finds a new president?

"I am deeply grateful for the trust that is being placed with me. I am keenly, keenly aware of the responsibility that comes with that, of the expectation that comes with that. I am excited to get to work alongside my colleagues this next year as we take good care of this place and family. So that the next leader, and the next potential leaders as they meet this place and family will understand fully just how special this community of learning is. That they will treasure who we are and be prepared to take us into an ever changing world. How I feel about that is hopeful. I would be crazy if I weren't also mindful of the magnitude of the responsibility, but I trust with my full heart the people that are here who deliver on that promise of who we are and what we do everyday."

Do you have any hints of what could come during the next academic year? Will campus operations and activities roughly remain the same?

"We want to keep things steady for the year ahead. I don't think there's any huge change that anyone is seeking to make. Our job is, there's so much happening here that keeping everything moving forward and keeping it well supported and making sure that we deliver on the promise that has been made to you and your families of the best possible educational experience. You all can absolutely know that everybody here plans to give everything we have to make that happen. You know President Tribble always says, start out with the end in mind. And he meant that here for sure and look what happened. He's gone about the business of building something that is larger than he is, which means that there's room for a whole lot of people to step forward and be a part of caring for the place and leading the place and assuming that responsibility with joy. So, that is what I believe you all will see from us, we are grateful for all he has done and we are mindful for all that is ours to care for."

During Tribble's tenure, there have been many traditions that made this campus unique. Are there any traditions that you want to continue as president? Is there

anything that you are looking forward to doing?

"It would be wonderful to get to do all of it. So many wonderful things that, as he said, we got to build them all. All the ones that we all treasure are so special. All of them will be an extraordinary honor to get to be part of. I'm looking forward to all of them and who knows we may even just stumble into some new ones next year."

As the incoming interim President, is there anything you would like to share with the student body ensuring them that they are in good hands?

"I fully understand the responsibility that we have to you all. The joyful responsibility of delivering on our promises for the best possible educational experience that will feed your minds and steer your hearts and send you off into this world to make it better than you found it, because gosh knows we need you all, the leaders, to take care of this world moving forward. President Tribble has always said that his door is open and so everyone's door is open. That certainly doesn't change. All those wonderful faculty and staff leaders that you all, as students, have grown to love and lean on as the go-to's in this educational experience. Everyone is still here. Everyone understands that they become even more important during a time of transition, and you all have wonderful communications, options through and with Student Affairs, program in leadership here. I think our promise to you all is that we understand the responsibility ahead of us and we are grateful that we get to deliver on those promises and that you will be well cared for."

Beginning this August, Thompson will become CNU's interim President through August 2023. Dr. Bob Colvin, currently the Vice Provost, will be taking Thompson's place for the year as Chief of Staff.

An Interview with Vidal Dickerson

The new Chief Diversity, Equity and Inclusion Officer



Vidal Dickerson, Photo from cnu.edu

COLTON PARHAM

COLTON.PARHAM.21@CNU.EDU

Vidal Dickerson officially became the new Chief Diversity, Equity and Inclusion Officer on Apr. 1. Previously he acted as the Special Assistant for Diversity and Inclusion to Dr. Kevin Hughes, the Vice President of Student Affairs. Dickerson answered some of *The Captain's Log* questions about his new role and explained what his job entails, his goals for the future, and how his new role as Chief DEI Officer differs from his previous one.

What is a DEI Officer? What does a DEI Officer do?

"The beginnings of the field trace back to the Civil Rights era and power movements that led to the integration and increased representation of historically excluded communities in society. The many industries that once restricted certain social groups - including higher education - were now responsible for opening their doors and providing broader access. However, there were still issues with climate and safety, with persistence and retention, and with opportunities. Colleges and universities created cultural centers and minority affairs offices to attend to these new challenges.

As society and laws evolved and as organizations became more complex, the DEI officer role was created not just to keep organizations in legal compliance, but also to integrate diversity, equity, and inclusion broadly as a value across all community experiences - in classroom experiences, in work experiences, in programs, in community engagement, in research, in business relationships, in alumni relations, in our functions as a university, and in every human interaction that we have. A DEI officer coordinates the education, resources, and support necessary to keep this value alive and functioning within the organization."

From your perspective, why is it important that CNU has a DEI Officer? What difference can the DEI Officer have on the students, faculty, and community of CNU?

"Like any organization seeking success in designing, implementing, and assessing efforts surrounding its mission and values, CNU created the DEI role to be integrated into its key functions as a university. It represents the importance and priority of this work for our institution. Also, it's critical to note that the work surrounding this role involves collaboration and a broad campus investment so change and progress - or difference, as you noted - won't just rest solely with this role. Ideally, the Chief DEI Officer will aid in deepening community bonds and senses of belonging on

campus, advancing student and professional competencies related to leading and serving diverse communities and their needs, promoting scholarship and community partnerships, and visioning CNU as a model for recruiting and retaining talented students and professionals of various backgrounds and perspectives."

What about DEI made you decide being the DEI Officer was a role you wanted to step into, and what was the process like of becoming the DEI Officer?

"To be clear, I've been a DEI officer at the university for five years already. I'm now stepping into the role as an executive officer. So, I've been connected to the institutional work since I arrived, but my primary focus has been the student experience and supporting those that support students - which includes faculty, staff, alumni, and community partners. What I hope to do by stepping into the role is maintain university momentum related to DEI work as we enter transitions across the university, especially at the executive level. I'm familiar with the institutional strategy, with the partners of the work, and with some of the campus needs so it wasn't a difficult decision to accept the invitation to serve."

What do you plan on focusing on as DEI Officer?

"The university's strategic plan will be a primary focus. However, another focus will be further operationalizing the philosophy and framework of inclusive excellence. It's a framework that aligns DEI with quality education, professional excellence, and organizational effectiveness - such an ideal model for a campus with our values and reputation. We've already been introduced to the term itself and some of its components, but there is so much more available to promote our success around DEI work. I look forward to exploring that with the community."

What are your short-term plans and goals as the new DEI Officer?

"Some immediate plans include continuing the collaborative work of refining our strategic priorities and their measurements and getting a pulse on the many communities represented here. I'm curious about our re-entry following an extensive and intensive remote experience - what has changed for us as a community? I'd like to hear from the different pockets of campus. Also, the campus has experienced some community tensions over the past couple of years, and I'd like to take a look at what we've learned and how we're continuing to address the issues presented. Lastly, I plan to learn more from our university leaders about their goals and current needs."

What are your long-term plans and goals as the new DEI Officer?

"My long-term goals are rooted in sustainability. When I consider what is involved with our university DEI strategy, it's glaringly obvious that this is not the work of one individual. There is a need for coalition building, for data and research, for learning and development, and for purposeful communication. It will take time to build and sustain strategic relationships, to gather information, to develop learning opportunities, and to share our story and progress along the way. A goal would be developing a lasting infrastructure for the university's DEI work."

Is there something you look forward to most as DEI Officer?

"I am looking forward to engaging in this work from an executive level and with all of the complex relationships associated with it. The relationships make the work dynamic and challenging. I'm looking forward to establishing new partnerships, on and off campus, while re-engaging with old partners as we re-imagine the opportunities and challenges that may be created in this new capacity."

Is there something CNU has already done for DEI that you want to build on as DEI Officer?

"Dialogues. I really want to expand opportunities for us to have exchanges across roles, across communities. I'd like to amplify as many voices as possible."

An Update on the Ukraine-Russia War

Russia and Ukraine conflict seems to have no end point in sight



The flag of Ukraine, Photo from Wikipedia

GRACE GRILES

GRACE.GRILES.20@CNU.EDU

Live updates from sources such as CNN and NBC claim that there is no sign of peace or ceasefire between Russia and Ukraine in the near future.

When Russia first invaded Ukraine on Feb. 24, 2022 it was a "hot topic." There were TikToks circulating from the Russian soldier's point of view of them driving over on tanks to attack Ukraine. Live streams of people in Ukraine bunkering from the bombings swarmed Americans' TikTok feeds. There were numerous tweets complaining about the rise in gas prices due to the U.S. banning Russian oil imports.

Now, at least from an average college student's perspective, the Russia and Ukraine conflict is a looming fear that is in the back of our minds, but it is hard to keep up with the constant changes of the situation. A reason for that may be that the U.S. has not played a huge role in the conflict. In the beginning of March, Biden did stop all U.S. bank and oil transactions between Russia; however, that is the largest course of action the country has taken. Vladimir Putin recently stated that these efforts made by the West have been futile. "The West 'expected to quickly upset the financial-economic situation, provoke panic in the markets, the collapse of the banking system and shortages in stores,'" Putin said in televised remarks during a video call with top economic officials. He added that "the strategy of the economic blitz has failed," (NBC New Apr. 18, 2022). According to thewhitehouse.gov, President Biden announced on Mar 16, 2022 that the U.S. Security Assistance would be giving Ukraine an additional 800 million dollar assistance package making the total U.S. contributions to Ukraine 2 billion dollars.

While these actions definitely show support for Ukraine, no troops have been sent to fight on Ukraine grounds, so the U.S.'s involvement does not feel hands on to people who do not pay attention to what the government is doing with citizens' tax dollars.

As of Apr. 18, 2022, the U.S. State Department is considering labeling Russia as a state sponsor for terrorism. This would mean that the U.S. recognizes that Russia has consistently promoted terrorists ideas. On the same day, at 4:30pm, CNN reported that the President Zelenskyy of Ukraine stated the second phase of the Ukrainian-Russian war had begun in Donbas. NBC reported on explosions in Lviv today at 6:39pm.

Overall, it appears that what was once talked about as a conflict has quickly turned into a full-fledged war that will be talked about in future textbooks.

Trivial Pursuit Live (Switch Version)

FELIX PHOMMACHANH

FELIX.PHOMMACHANH.18@CNU.EDU



**Screenshot of Trivial Pursuit Live! title screen.
Screenshot by The Captain's Log**

Trivia games are a great genre of games. Game like jeopardy have a staying power for a reason, people have initial knowledge of subjects and want to see who is the better factchecker. A game that I love to play and test my knowledge is Trivial Pursuit Live! (Switch Version). Published by Ubisoft and co-developed with Longtail Studios, the game test your general knowledge of all things from science to history in a tv-showque experience that will leave you on the edge of your seat.

Now, the video game is released on PlayStation 4, Nintendo Switch, Xbox One, PlayStation 3, Xbox 360; however the Switch version has the most recent update questions compared to the other platform. And recently, on March 17, 2022, Ubisoft released Trivial Pursuit Live! 2, the sequel on all current generation consoles. For this review, I will be focusing on first game and on the Switch as that is the only version I own and played.

Trivial Pursuit can be played solo against A.I opponents, or with up to four players. In addition, the players stats will be kept track in the system, so you can compare scores and track how many questions you answered correctly. In game, there is two modes of play, three rounds or five rounds. The objective of the game is to get enough points to earn a wedge, and the first one to get six wedges, wins. The questions are split into six categories: Geography, Entertainment, History, Arts & Literature, Science & Nature, and Sports & Leisure. Each categories has it own variety of questions that can be as simple as common school knowledge to trivia night at the local bar. Except your brain to go into overdrive to figure out these questions because there are some tough ones.

In addition, each round of questions are different mini-games. There are Quickstarters, Switchagories, Close Call, Close Call Blitz, Grab Bag, Grab Bag Blize, and Final Call.

Quickstarters is the first game in every instant, to get players to understand the controls of the game. It is a multiple choice questions with four options.

Switchagories is another multiple choice questions game that after one question is finished, a player picks a new category and could get bonus points if they answer correctly.

Close Call is a game where all the answers are right; however it is ranked from best to worst. Players take turns picking their answers and hoping they get the best answer. Blitz version is where all the players pick their answers at the exact same time.

Grab Bag is a game where there is 16 answer choices to a question and only eight choices are correct and the other eight are incorrect answers. Like Close Call, players take turns picking their answers. Blitz version is everyone goes at the same time till all the answers are chosen.

Finally, Final Call, the final round where they go through all the question categories and answer a series of rapid-fire questions that, when completing the categories; however answers all the questions or is the last one standing, earns an wedge. The game ends with a player earns six wedges or, if its a tie, player with the most points wins.

It is a fun party game to play with friends or play solo and learn some interesting trivia.

Gilbert Gottfried Passes Away at Age 67

JARRETT CONNOLLY

JARRETT.CONNOLLY.20@CNU.EDU

On April 12th, iconic comedian and actor Gilbert Gottfried died at the age of 67 after a battle with ventricular tachycardia. Beloved for his shrill voice and crude humor, Gottfried's career spanned 5 decades and the funnyman leaves behind an impressive legacy.

Born and raised in NYC, Gottfried's first big break was a short stint on Saturday Night Live, from there his career only began to rise. Gottfried's comedy was most known for the loud grating voice he used during routines. While not his natural speaking voice, it became his entire brand. His comedy routines were notoriously ripe with dirty humor and very controversial jokes on the recent tragedies of the time. Regardless of the controversies, he was beloved by his peers and was a frequent guest on "The Tonight Show with Jay Leno" and "The Howard Stern Show.". He also hosted a comedy podcast called "Gilbert Gottfried's Amazing Colossal Podcast" One of his famed quotes

on comedy was "The pressure to being a comedian is being funny, but I've given that up, so there is no pressure whatsoever."

He was also well known for his voice acting roles. His most well known is probably Iago the Parrot in the Disney film Aladdin. He was also known for voicing Digit LeBoid on the long running PBS show Cyberchase and the alien villain Kraang in the 2010s Teenage Mutant Ninja Turtles cartoon on Nickelodeon. He was the original voice for the Aflac duck as well. His last role was a guest appearance on the hit adult animated show Smiling Friends on Adult Swim. Gottfried was also one of the first celebrities extremely popular on TikTok and Cameo, where he entertained millions during the early months of the pandemic. He made 12,000 Cameos for fans until his passing.

Upon news of his passing, many in entertainment expressed their sorrow for this shocking loss. Former Daily Show host Jon Stewart called him "indescribably unusually hilarious" and comedic actor Jason Alexander said "He made me laugh at times when laughter did not come easily. What a gift. I did not know him well but I loved what he shared with me."

Gottfried is survived by his wife, two children, family, friends, and the millions he entertained.

Photo from CNN of Gilbert Gottfried performing a comedy show



CNU's Aca-Family Spring Concerts

The CNU Acapella Groups Prepare For Their Spring Concerts

JARRETT CONNOLLY
JARRETT.CONNOLLY.20@CNU.EDU

Acapella is a unique musical style, singing without instrumental accompaniment. Acapella has a vast amount of popularity on college campuses, CNU is no different. 4 of our extremely talented acapella groups, those being USounds, Take Note, Trebled Youth, and Newport Pearls, will be performing their spring concerts this coming weekend.

"I don't know where I'd be without music" says Cat Oliver, the current President of the Newport Pearls. She's been a member of the group, which upon formation in 2005 was the first all female acapella group on campus, since her freshman year. Now a junior, she's loved her experience in the Pearls. Their concert on April 24th will be both their spring concert and the sendoff for their seniors. She says they want to spread their love for their community and music on campus and described the group as being a supportive family.

Sophomore Lydia Danielson, the Public Relations head for Trebled Youth, echoed the same sentiment. "They're some of the first people I turn to, the first people I want to share my successes with, it's a real tight knit group." Trebled Youth is a mixed group that was formed in 2011, Danielson says that Trebled Youth has allowed her to pursue her love of music in a fun way, "You can sing and it can be casual and fun and it's not for a grade"

Acapella is a growing presence across the campus and all of American colleges. Each group has seen a major boost in members in the past year with people of all majors joining. Even with the pandemic there have been so many interested in joining the "Aca-Family" as Danielson described it. These groups are also extremely supportive of one another, Oliver mentioned that they



The Newport Pearls performing at Extreme Measure's Blue Tie Affair
Photo from The Newport Pearl's Facebook page

all have a close bond and try their best to support each other. They hold fundraisers for the community and try their best to keep CNU a positive place to be.

These acapella groups are wonderful parts of the Captain community. Their resilience in the face of the unpredictable pandemic and their love and friendship for one another is something that is so remarkable and beautiful to see.

You can support these groups by attending their events this weekend. Take Note will perform at Pope Chapel at 7 PM on April 21st, Trebled Youth will perform in the Pope Chapel at 7 PM on April 22nd, Newport Pearls will perform on April 24th at 2 PM at Gaines, and University Sounds will perform on April 24th at 4 PM in Peebles. You can also support these

groups by donating to them and also streaming the EPs that Trebled Youth and Newport Pearls have released on Spotify and follow all the groups on Instagram (@univsounds, @cnu_takenote, @trebled_youth_cnu, and @newportpearls)

All Spring Concert
flyers from the
Campus
Announcements
See more Spring
Concert flyers on
page 2



Top 10 Rising Wrestlers

The stars who are coming up in the field

JARRETT CONNOLLY

JARRETT.CONNOLLY.20@CNU.EDU

1. Jamie Hayter

The English born AEW women's wrestler is cold and ruthless in the ring. Her charisma, combined with her experience around the world and a well versed British style of wrestling, put her on the map in women's wrestling and the whole sport. What will she do next?

2. Thekla

Hailing from Austria, the "Toxic Spider" Thekla has become one of the fiercest women in the ever growing Japanese women's wrestling scene. The ruthless agile performer has been cutting down the competition after signing with World Wonder Ring Stardom and has her eyes set on ascending to the top soon.

3. Roxanne Perez

Roxanne Perez's recent signing to WWE has the wrestling world thrilled. The 20 year old ascended the ranks of women's wrestling quickly. She won the ROH Women's title at only 19

and became one of the most popular women in the sport at such a young age

4. Theory

The newly crowned WWE United States Champion is on the fast track to stardom. He's oozing with charisma and fun to watch in the ring. On the mic he can be serious and he can also be goofy when need be. He's definitely one of the most entertaining forces in WWE

5. Nick Wayne

Nick Wayne can't actually wrestle for many promotions, that's because he's only 16. But that hasn't stopped this 3rd generation wrestler has been wrestling as much as he can. He even was asked to sign with AEW once he turns 18. His matches are impressive and he's earned the respect of his peers despite his youth.

6. Swerve Strickland

When WWE surprisingly released this upstart in November, other promotions began a bidding war to sign him,

AEW and NJPW both scored a contract with this star. It's no surprise everyone wanted to sign him, the wrestler/rapper is one of the most athletic performers in the business. He's fast and exciting. He will have your eyes glued to the screen to watch him.

7. Hook

No one could have seen the popularity of the "Cold Hearted Handsome Devil" Hook coming. The quiet son of wrestling legend Taz unexpectedly became one of the most popular wrestlers on earth. He even topped CM Punk for number one merch seller for AEW. The fans are obsessed with him. He has a calculated judo based technical style and his presence is just enthralling as he calmly walks down to the ring to tear his opponents apart

8. Willow Nightingale

Have you ever met someone who's infectiously fun and exciting and you want to see them all the time? For wrestling fans,

Willow Nightingale is that person. Her recent matches have turned her into a fixture for wrestling fans across the country and people are demanding a company sign this amazing talent.

9. Ricky Starks

The charismatic AEW star may be a villain, but fans are cheering for him almost every time he comes to the ring. He holds wins over big names like Jay Lethal and Eddie Kingston. Ricky absolutely is going to be an even bigger name soon

10. Wheeler Yuta

The 25 year old's popularity skyrocketed recently when he joined the Blackpool Combat Club faction in AEW. His technical abilities are just unbelievable to watch. His bloody match with Jon Moxley on April 8th proved that Yuta is only going to get better. He's got the passion and talent to be a world champion very soon.

CNU Athlete of the Week - Jack Armel

The Athletic superstar with a bright future

ELIJAH WILLIAMS

ELIJAH.WILLIAMS.19@CNU.EDU

CNU's Athlete of the week goes to Jack Armel! The Track and Field Junior has continued to elevate his success when he was celebrated as the Top Field Standout on the Men's side during the Coaches Classic in Lynchburg this past weekend. Adding another accomplishment to his collection, Armel had been praised when he was awarded the Field Athlete of the Week during his sophomore year.

As a result of last weekend's meet, Jack Armel's performance not only placed him second place in the regional charts, but marks him as the 44th best in the NCAA. It's probably the one of the best efforts in CNU's Track and Field Program and the finest by even the highest standards of college athletes.

Ever since the start of his freshman year, Jack has quickly established himself as a stellar contender for the heptathlon. For those that are not in the know, a heptathlon is a track and field event in which a com-

petitor participates in the same seven events. These events include: 60 meter sprint, 60 meter hurdles, high jump, shot up, 1000 meter, long jump, and pole vault. Each participant receives a score based on their performance in each event, with the winner the athlete with the highest total score at the end of the competition.

However, it was his sophomore year where Armel really began to excel. He was a part of the first-team All-state crew where he individually collected accolades for his work in the decathlon and pole vault. At that same track meet, Armel and his team also received a citation for their work in the jumps and vertical events. Additionally, he was selected as an All-Region Athlete for his performance in the combined events.

Just from slew of accolades and achievements alone, Junior Jack Armel has certainly secured his place among CNU's top standout Track and Field! Here's to the Senior year that awaits him!



(LEFT) TRACK AND FIELD SUPERSTAR, JACK ARMEL

(BOTTOM) ARMEL COMPETING IN POLE VAULT

PHOTOS FROM CNU ATHLETICS & TOM CONNELLY



Here's What Happened CNU Results from highly anticipated games last week

April 14th

Women's Softball

Captains Win 10-2 Williams Peace University —> 2:30pm

Captains Win 16-1 Williams Peace University —> 5:00pm

April 16th

Women's Lacrosse

Captains Win 11-10 (OT) Univeristy of Mary Washington

Men's Baseball

Captain's Lose 4-1 Salisbury —> 12pm

Captain's Lose 7-2 Salisbury —> 3pm

Men's Lacrosse

Captain's Win 17-7 against Salisbury

Senior SZN Baby!!

It's the Last Ride for Senior Athletes and their exceptional sports careers

ELIJAH WILLIAMS
ELIJAH.WILLIAMS.19@CNU.EDU

Ahhhh, April. It's a wonderful and pleasant time of year.

A time where pollen massively spreads across campus, students are clamoring to get those last-minute projects and exams completed, and where multiple Christopher Newport University athletic seasons come to a winding close.

Many athletes are in a different kind of feels as some CNU senior athletes have to say goodbye to the sports they have loved playing for the past four years.

When it comes to any sport, one must always strive to put their best foot forward and give it their all on the court. This sentiment is raised to the next level as an individual's senior year approaches. Particularly, in their final year,

senior athletes raise the steaks and go the extra mile to pursue the national championship or the Division title.

During the current 2021-2022 academic school year, CNU has already witnessed a lot of the sports teams reach their highest apex. Women's soccer was ranked #1 in the whole division and won their division.

The girls basketball team had a record-breaking forty-two game winning streak. Additionally, their counterpart, the guys basketball team secured their own winning streak of about twenty-four games. Both of the basketball teams were in serious contention for the NCAA Basketball Tournament, a first for the Christopher Newport University Captains.

While these accomplishments are staggering nonetheless,

it just wasn't enough. The Boys and the Girls team nearly missed the tournament standings by a few mere points, ending their seasons.

As there was much heartache and loss in the loss the teams were not too discouraged as they looked back on the successful road that brought them there. They dominated the section and regional division, adding on to the collection that CNU has earned year after year.

In a more encouraging and enthusiastic outlook, many seniors have taken to their social media accounts to express their contemptment and gratitude over the past four seasons. Within such media posts, many senior athletes have shown love to their teammates, coaches, CNU, and families for their

loving support and encouragement.

Talking to some seniors, it has become a bittersweet part of the school year. As many are playing their last games and finalizing their careers post-undergrad, the class of 2022 has brought their 'A' game even in the midst of an ongoing pandemic. Therefore...

To all the Seniors out there:

Congratulations on all of your hard work and determination over the past four years. The success of ALL CNU sports teams would not be the same without you!

Thank you and the best of luck in your journey beyonds Christopher Newport University.



(ABOVE AND TO THE RIGHT) BASEBALL SENIOR, JASON AIGNER REFLECTING ON HIS 5 YEAR BASEBALL COLLEGE CAREER

PHOTOS FROM JASON AIGNER'S INSTAGRAM (@JBUTTER3_)



What's happening soon in Sports:

April 20th - 26th*

*Games listed are happening at CNU

April 20th:

Women's Softball
CNU v. Salisbury University
Time: 4:00pm + 6:30pm

Women's Lacrosse
CNU v. Meredith College
5:00pm

April 21st:

Women's Tennis:
CNU v. North Carolina Wesleyan College
Time: 3:00pm

April 23rd:

Men's Lacrosse
CNU v. University of Mary Washington
Time: 1:00pm

Men's Baseball:
CNU v. University of Mary Washington
Time: 12:00pm + 3:00pm

To look at sporting events off campus and for future weeks, visit cnusports.com

Pre-Finals Stress Relief Events and How to Manage Stress

Here's some ways to get rid of stress this week

SHANNON GARRETT
SHANNON.GARRETT.19@CNU.EDU

It's the end of the semester, and all of us are loaded with papers and tests causing us to stress out. CNU knows this and wants us to be less stressed out. Around campus this week are a few events meant to help students relieve stress before finals.

On April 20th, this Wednesday, from 11am to 2pm in Freeman 101 and 102 is the Operation Relaxation event. They will have massage chairs, an oxygen bar, zen gardens, spinal exercises, aromatherapy rollers, and Rita's Italian Ice. This event is hosted by OSA here on campus.



Another event happening this Wednesday from 5:30-8pm is the Stress Relief Workshop event hosted by SGA. It's in the Washington room of the DSU. The event will have snacks, coloring pages, and other fun activities meant to help reduce stress.

Some other ways to reduce stress include getting things done before they are due, taking some time out of your day to do absolutely nothing, and going for a walk. Distracting yourself from what's stressing you out works well, but only for a little while. Getting started early on all the papers you have to do will dramatically reduce stress and your workload during finals.

Left: Operation Relaxation Poster

Right: Stress Relief Workshop Poster

Photos from Campus Announcements

Sustainability Club Interview

Easy Sustainable Alternatives to Household Items

GRACE GRILES
GRACE.GRILES.20@CNU.EDU

At the Campus Activities Board's annual Spring Fest there were tables for many organizations, one of which was the Sustainability Club. Headed by Dr Linda Manning, one of CNU's Communication professors who is the Director of Sustainability and Education, this club focuses on how to bring sustainability to campus and awareness to students about how to be more sustainable in their day to day lives. For example at their Spring Fest table the organization was handing out reusable bags and high quality reusable straws in a case with CNU's name and logo.

"Here at the Sustainability

Table, Spring Fest has water as their theme, so we are looking at how we can take water out of things and be more sustainable. For example we have a big container of Tide and we have these detergent sheets... they work just as well as the traditional products, but they lessen the carbon footprint on the planet," Manning explained.

There were many sustainable products at the table such as shampoo and body wash bars which are products people normally get out of plastic bottles.

"Plastics, sometimes people recycle them. Sometimes people don't. Some plastics don't get recycled, but all cardboard and paper tend to get recycled,"

said Manning.

Most of the products Manning showed me were none I had seen at the stores people usually go to for their everyday needs, such as Target or Walmart, so I asked her where I could find these products.

"Sometimes I get them online. Tru Earth is a great organization...Life Without Plastic and Clean Canteen are places you can order some of this stuff online.

CNU is a member of Plan, so if you scan the QR code you can get some discounts if you order with your CNU address," Manning said.



Top Left: Detergent Sheets from TruEarth and Generation Conscious



Bottom Left: Photo of Information Sheet containing the CNU Plan QR Code Photoby the Captain's Log



Bottom Right: Sustainable Alternatives Next to the Plastic Bottles by the Captain's Log

Some Good Newport News Restaurants

Places to go to, Places to eat at

FELIX PHOMMACHANH
FELIX.PHOMMACHANH.18@CNU.EDU

If you are wanting to explore the food scene of Newport News, here are some restaurant suggestions that might strike your fancy for a night out or weekend lunch run.

1: Brickhouse Tavern:
Location: 141 Herman Melville Ave, Newport News, VA 23602
Times: Monday/Tuesday/Wednesday/Thursday/Sunday: 11AM-12AM, Friday/Saturday: 11AM- 2AM
About a ten minute car ride to get to Brickhouse Tavern, it is a great place for a night out with friends. The atmosphere there is great with very friendly staff. Food is amazing with a variety of appetizers like wings, fries, jalapeño poppers, and fried calamari. The main dishes are great as well with them dishing out bar room classics like burgers, pizzas, subs, sandwiches, calzones, and pasta. And yes, they do serve alcoholic beverages and do check IDs. When I go there, I order the Moe's Burger on a sub roll with sweet potato fries with a pint of beer and water. Great food, great atmosphere, and great service.

2: Viking Burger
Location: 11745 Jefferson Ave Suite #8, Newport News, VA 23606
Times: Monday/Tuesday: 11AM - 8PM, Wednesday/Thursday/Friday/Saturday: 11AM - 9PM, Sunday: 11AM - 7PM
A great local burger shop nearby that serves some great, mouthwatering burgers and grilling staples. A Viking inspired burger shop, they serve some juicy, beefy patties that would even fill the belly of the mighty Thor, the Norse God of Thunder. They serve some great burgers, hot dogs, and grilled cheese with additional sides of fries or tater tots. In addition, you can also customize your burger to your liking. One of the burgers I tried was their Valhalla Burger, which is a stuff burger with three items that they put into the patty before putting it on the grill. I had chorizo, mushrooms, and bacon stuff inside with cheddar cheese and by god, I felt I was being carried away by the valkyries and placed in the halls of Valhalla. I would recommend this place.

3: TotO Pho & Seafood Boil
Location: 550 Oyster Point Rd, Newport News, VA 23602
Time: Monday/Tuesday/Wednesday/Thursday/Sunday: 11AM - 9PM, Friday/Saturday: 11AM-10PM
This one is a staple of my trips when coming or leaving Newport News. The Vietnamese restaurant was called Pho Saigon before they rebranded to TotO Pho & Seafood Boil. Now, for those that are curious about what Pho is, Pho is a Vietnamese noodle soup dish, akin to Japanese ramen, but using rice noodles and different cuts of meat. It is a warm and nice dish, especially during rainy days when the warm broth of the soup fills your body with rekindle warmth. In addition, they now also serve Seafood Boils, which you can add snow crab legs, mussels or clams, shrimp, even sausage. They also serve poke bowls as well. It is a new direction that I didn't know until going back this year. It is honestly cool, but I mostly stick to having their pho because it is comfort food to me. When I go with family or friends, we usually order pho, with my order being a small bowl of pho with well done flank, tendons, brisket, and tripe. Great place, great services, and nice atmosphere.

4: Aux Delices
Location: 129 Herman Melville Ave, Newport News, VA 23606
Times: Monday/Tuesday: Closed, Wednesday/Thursday: 2-8 PM, Friday/Saturday/Sunday: 1-10 PM
For the dessert lovers, Aux Delices, (pronounced "Oh Da Lease") is a dessert shop specializing in French crepes and Belgian waffles. It is a lovely shop with fresh crepe batter made daily and is a great place to get something sweet and relax. They have a set menu of items you can choose from, like the Napoleon with Nutella or Monet with cranberry relish with grand mariner, cream cheese crumbles with a mocha drizzle. Or you can create your own dessert, from choosing the base of either a crepe or belgium waffle, adding ice cream or not, toppings of fruits, spreads, drizzles, or other sweet toppings! And they make it fresh and right in front of you to see. In addition, they also sell other items like jams, sauces, and t-shirts. Overall, if you have a sweet tooth, go try it out.



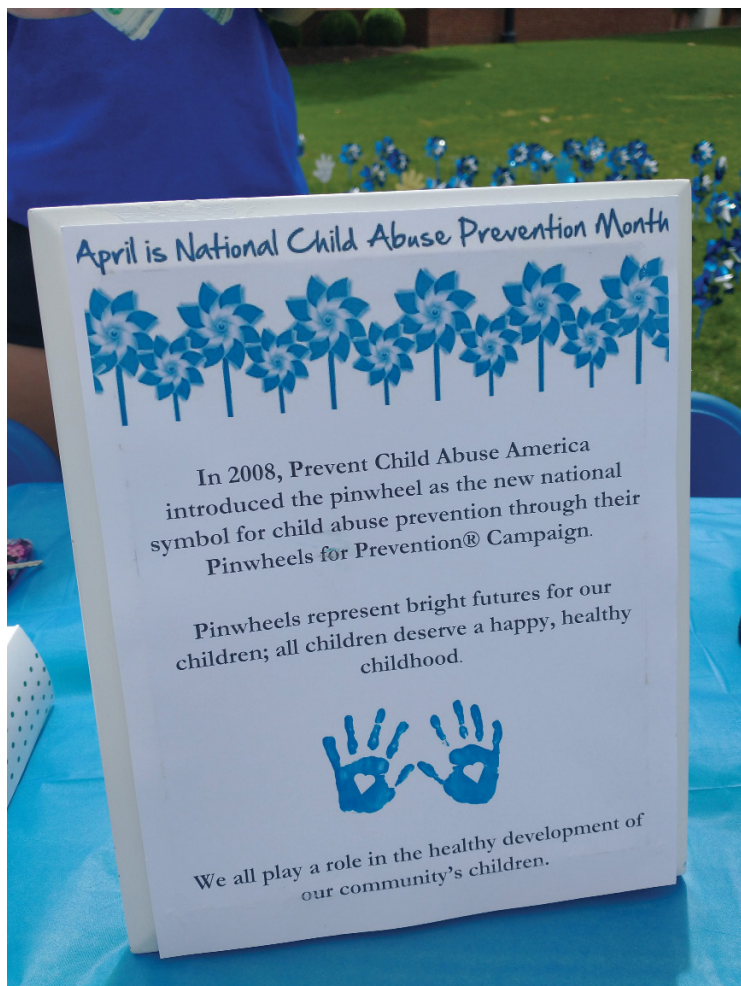
Top: TotO Pho & Seafood Boil menu
Photo from TotO Pho & Seafood Boil
Facebook

Bottom Left: Waffles from Aux
Delices
Photo by Captain's Log

Bottom Right: Burger from
Brickhouse Tavern
Photo from Doordash



Pinwheels For Prevention



Top Left: A poster explaining what Pinwheels for Prevention is
 Top Right: Stephanie Friedman and Marybeth Lannon stand at the Pinwheels for Prevention table and pose for a picture
 Bottom Left: A painted rock for Pinwheels for Prevention
 Bottom Right: All of the pinwheels on the Great Lawn

Spring Fest



Top Left: Students gather on the Great Lawn to enjoy Spring Fest

Top Right: Two students pose for a picture in front of the surf shop photo booth

Middle Left: Students play on one of the inflatable games

Middle Right: Two students pose together for a picture holding their cotton candy

Bottom Left: A line forms as everyone is eager to try the cotton candy

Bottom Right: The inflatable mechanical shark game

Reflecting on favorite moments of the academic year



LIGHT THE NIGHT - FALL 2021
PHOTO BY THE CAPTAINS LOG



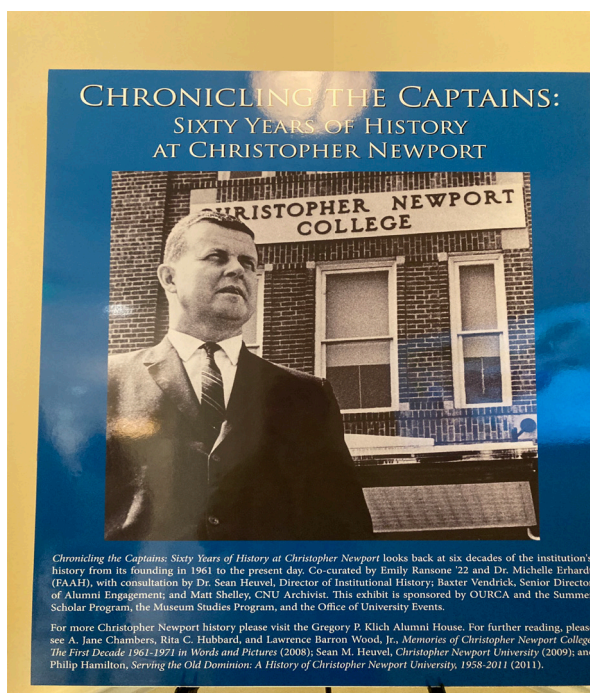
FAMILY WEEKEND 2021 PHOTO BY OCPR



CELEBRATING 60TH ANNIVERSARY - FALL 2021
PHOTO BY THE CAPTAINS LOG



ORCHESTRA CONCERT 2021 PHOTO BY OCPR



HOLIDAY HAPPENINGS FALL 2021
PHOTO BY OCPR



SNOWFALL ON THE LAWN - SPRING 2022
PHOTO BY THE CAPTAINS LOG



GREAT WEATHER ON THE GREAT LAWN - SPRING 2022
PHOTO BY THE CAPTAINS LOG



CNU STANDS WITH UKRAINE
PHOTO BY THE CAPTAINS LOG



CAPTAINS AT THE CAPITOL - SPRING 2022
PHOTO BY THE CAPTAINS LOG

Captain's Den Prices

Student shares thoughts about the menu prices of the newest food place on East Campus

JARRETT CONNOLLY

JARRETT.CONNOLLY.20@CNU.EDU

I think the Captain's Den is a great place. The food is good, the menu is creative, the people are very nice, it's a beacon to many in Newport News for serving Aromas coffee. But I think there is a problem that is keeping people, particularly college students, from fully enjoying the Captain's Den. That problem is the high prices.

Small businesses can sometimes be more expensive than a chain and that is completely respectable but some of the items on the menu are just insanely overpriced.

Most of the burgers cost \$14-\$15, the omelets are \$10, the chicken and waffles are \$18 and the granola bowl is \$8.

Right after it opened, my roommate and I went to Captain's Den, he got a BLT and a small drink, I got a root beer and a burger. Our whole meal was around forty dollars and we haven't been back since.

We enjoyed our meal but not enough that we would empty our wallets again. The root beer itself is \$5 (which is odd since a bottle of the same brand only cost \$2.01 at a local store)

And it's not like we have gone to chain restaurants in place of

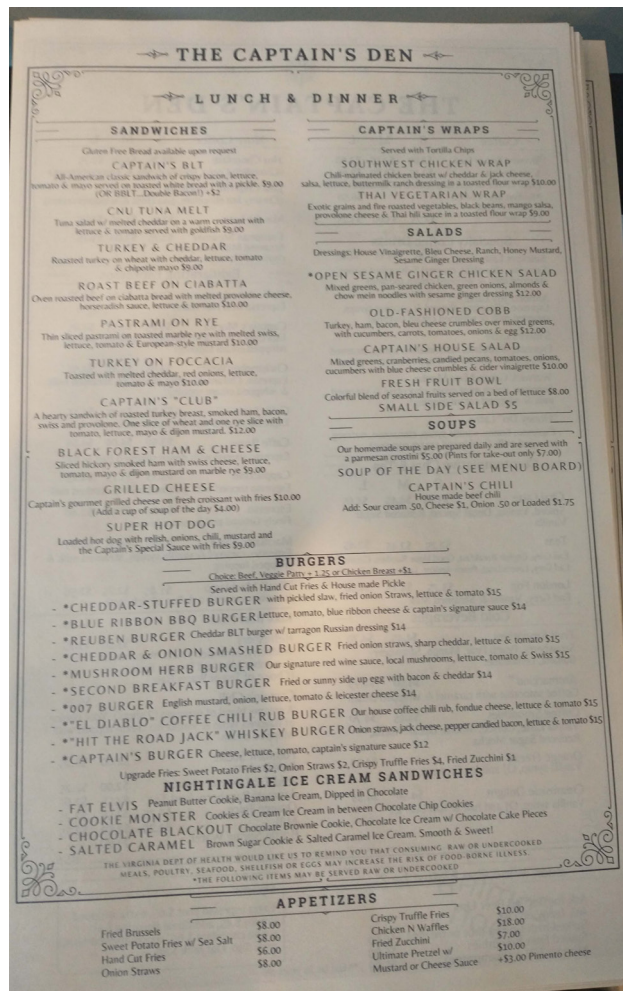


PHOTO OF THE CAPTAIN'S DEN MENU TAKEN BY THE CAPTAINS LOG



PHOTO COURTESY OF YELP

the Captain's Den, there's other local businesses in the area where we can eat that don't cost a pretty penny like Subway Station or Warwick Restaurant.

Captain's Den is absolutely wanting CNU students to attend. Its close to campus and literally themed after our university, But how can most CNU students, regardless of employment status, afford to go on a regular basis?

1 in 3 students in America is struggling financially and barely making ends meet. Some can't even afford food.

There's endless costs in college: textbooks, gas (which is still very high), school supplies, and other costs exist that have students paying out of pocket.

Some are even paying out of pocket for tuition. When they need to eat and they're forced to use their own money, they're not going to pick a restaurant that's going to cost them a good chunk of cash. They're likely to pick fast food or a cheaper local restaurant.

We should all hope for the Captain's Den to be successful and this article isn't meant to denigrate the restaurant but rather provide perspective as to why a lot of students aren't exactly lining up to the Captain's Den

'What a ride'

Editor shares a reflection on the academic year of trial and error

JOSH GRIMES

JOSHUA.GRIMES.19@CNU.EDU

What a ride it has been. As my time as Editor in Chief is coming to a close, it feels surreal with what we were able to accomplish.

Despite some setbacks in the beginning, as *The Captain's Log* was getting back onto its feet, I'm pleased with where we are now and where we are going this Fall.

Having a story begin on the cover came full circle in this edition.

It honestly was an incredible experience getting *The Captain's Log* back onto the stands and on its feet after not having it for a year.

Seeing the community picking up the paper, reading and participating in the puzzles and games makes me feel validated, knowing what my team works hard on is being respected.

This spring semester was the first since Fall 2019, when we had a full semester of weekly *Captains Log* editions. It really was an amazing ride.

The stories we were able to cover are ones I will not forget. I'm grateful to have been able to help document campus life during the 60th anniversary year.

I'm also grateful that during this year of trial and error we tried several new things.

Firstly, the expansion of the paper to 20 pages.

Secondly, the addition of the milestone and traditions section, whose aim was to showcase the campus milestones, traditions, and the history-making moments as campus events returned.

Finally, the addition of flier space for campus events.

Despite some controversial stories surfacing, we learned from it and the paper got better every week.

I'm grateful for all the connections I made during the year. It allowed me to learn more about the school, covering several big continuous stories like the Board of Visitors Meetings, President Tribble's retirement, and the presidential search committee.

As I conclude my reflection, I can't wait to see how Grace Griles will do in my role next year.

The pandemic era has come to a close, the next is beginning soon.

As for my plans with Clog, as I go into my senior year, I'm honestly unsure, at this moment, but know I am planning to finish covering stories that I started this year like the Presidential Search.

CLOG



IS HIRING!



**APPLICATIONS OPEN ON
FRIDAY APRIL 22ND**

If you are super interested and can't wait until Friday email me @grace.griles.20@cnu.edu and introduce yourself. I will email the application form to you personally!

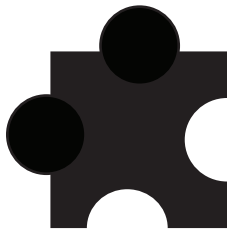
saturday

27TH

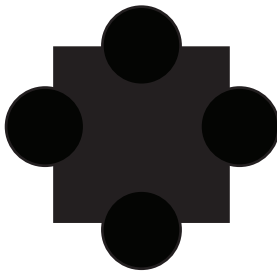
May 2022

more information and the link on our Instagram

@CNUCAPTAINSL0G



Puzzles & Games



Rebus Puzzle

A REBUS is a picture representation of a name, work, or phrase. Each "rebus" puzzle box below portrays a common word or phrase. Can you guess what it is?

1.

H
A
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D

2.

H
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N
D

3.

STOIRM

4.

H
S
A

5.

GAHEADME

6.

COOL

7.

FOOT FOOT FOOT FOOT

FOOT FOOT FOOT FOOT

8.

T
O
U
C
H

9.

DICE

DICE

DICE

DICE

10.

MILONELION

1. Left-Handed, 2.Right-Handed, 3. Eye in the Storm, 4. Raise from Ashes
5. Head in the Game, 6. Cooldown, 7. 8ft Under, 8. Touchdown, 9. 4-Sided Dice
10. One-in-million.

Where's Tribble?

Can you Spot the Tribles in the pictures?

Note: President Tribble is photoshopped into the picture.



Photo By The Captain's Log

Become a published scholar!



Christopher Newport University's Undergraduate Research Journal
THE CUPOLA 2021-22
Call for Submissions

To be eligible, undergraduates must submit an electronic version of their paper or poster following the submission guidelines. Papers and posters presented at Paideia are especially encouraged.

Published authors receive a \$100 award.

Top papers receive \$500 Cupola Awards.

DEADLINE FOR SUBMISSION: 5 P.M., MAY 13, 2022

For complete information, go to my.cnu.edu/research/programs

Dr. David A. Salomon, director, OURCA: david.salomon@cnu.edu · Library 230
OFFICE OF UNDERGRADUATE RESEARCH AND CREATIVE ACTIVITY

PHOTO BY HE CAMPUS ANNOUNCEMENTS



SPRING 2022 Events Calendar

APRIL

4/8 Magician: Kid Ace &
Movie: Spider-Man: No Way Home

4/15 SpringFest & Band: Dawson Hollow

4/22 Intercultural Festival

CAMPUS ACTIVITIES BOARD
@CNUCAB

PHOTO BY CAB (CAMPUS ACTIVITIES BOARD)

Visit the Captain's Log Online on our website:
thecaptainslog.org.

There you can read all of our stories from the past
semesters and from this semester.



PHOTO BY THE CAPTAINS LOG

If you have an interest in wanting to see what
older issues of the Captain's Log look like
including some other campus newspapers and
yearbooks, visit chris.cnu.edu.

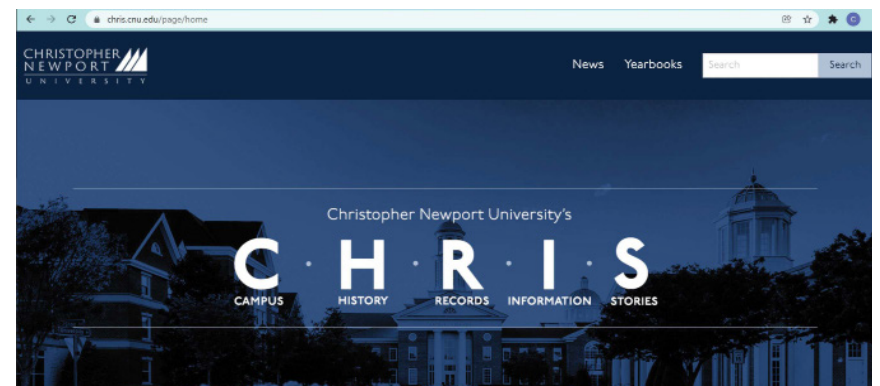


PHOTO BY THE CAPTAINS LOG



CNU TV videos on Instagram
and Facebook

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Josh Grimes
Editor in Chief
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Elijah Williams
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Justin Heller
Copy Editor

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

THE EDITOR welcomes letters from readers. Editors reserve the right to edit letter 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 Tuesday at 7:30pm in MCM 260.

WANT TO ADVERTISE? Circulation inquiries, advertising rates and policies are available upon request via email at clog@cnu.edu. For more information, visit our website at thecaptainslog.org.