



THE CAPTAIN'S LOG

THE VOICE OF CHRISTOPHER NEWPORT UNIVERSITY STUDENTS

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Bid Day 2017

The seven Panhellenic sororities welcomed their newest members at the annual Bid Day celebration. For more pictures from the event, turn to pages two and three.

New member Rachel Gray (left) is welcomed to Zeta Tau Alpha by Courtney Maskell (middle) and CJ Spafford (right). **BEN LEISTENSNIER/THE CAPTAIN'S LOG**



SDEC, CNU community honors Martin Luther King

A celebration in the Tribble Plaza followed by a tribute from Barry Scott highlighted the organization's MLK Day events.

BY BEN LEISTENSNIER
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The Student Diversity Equality Council (SDEC) celebrated one of the most renowned American civil rights leaders, Martin Luther King Jr., on the national holiday named in his honor.

The first of the two events, which both took place on Jan.

16, was a celebration in the Tribble Plaza.

At this event, which took place from noon until 2 p.m., people were offered the opportunity to hear his famous "I have a dream" speech, receive free hot chocolate, and also write inspirational messages.

MLK DAY
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The celebration in the Tribble Plaza featured free hot chocolate, musical performance and a recording of Martin Luther King Jr.'s famous "I have a dream" speech. **BEN LEISTENSNIER/THE CAPTAIN'S LOG**

FROM THE FRONT PAGE





BID DAY 2017

Left page

(Top left) One of Delta Gamma's photographers captures the moment that junior Anna Cregan (on left) is embraced by fellow junior Abby Topping. Delta Gamma had a "Jaws"-dropping Bid Day theme, as the motto for the day was "We're going to need a bigger boat." **(Top right)** Senior Samantha Salmons greets the newest member of Alpha Sigma Alpha in front of one of the organization's giant letters. **(Bottom left)** Members of Alpha Phi swarm upon the newest addition to their organization—one of 37 during this year's Bid Day. **(Bottom right)** After all of the new members ran home to their respective organizations, the recruitment counselors—who helped lead them through the formal recruitment process and were forced to disaffiliate

for the position—finally were given the chance to return to their sorority. Here, recruitment counselor and junior Chase Laing (on left) is tearfully reunited with sophomore Lauren O'Connell. Laing and O'Connell are sisters of Alpha Delta Pi.

Right page

(Above) Senior Rachel Massey jumps for joy as she is joined by sophomore Rebecca Rash and senior Toni Shelton (left to right) in welcoming some of Gamma Phi Beta's newest members. GPhi had one of the largest incoming classes of the day, as 38 women accepted bids to the organization. **(Left)** Senior Elisabeth Grossman stands with open arms in front of her cheering Phi Mu sisters as she waits to receive freshman Emily Ford. **PHOTOS BY BEN LEISTENSNIDER/THE CAPTAIN'S LOG**

Introducing the Mayor of Newport News: McKinley L. Price

Mayor Price has dedicated part of his life to improving Newport News and being the voice of the city.

BY MELANIE OCCHIUZZO
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Introducing McKinley L. Price, Mayor of Newport News, neighborhood dentist and spokesperson for the people of Newport News.

Price was born and raised right here in Newport News. He attended the public schools when they were still segregated and went to Hampton Institute on a tennis scholarship.

In 1977, he began practicing dentistry after finishing dental school only to join the army soon thereafter.

Becoming mayor of Newport News was not on Prices' bucket list, but he says that while serving on a committee to find a new mayor he was asked repeatedly to run for the position himself.

He is the second city-wide elected mayor. Prior to his predecessor, the position of mayor was appointed by the city council.

Price ran his platform like

he ran his life: he focused on people-to-people relations, improving race relations and creating new jobs.

Something that Price reiterated many times was the fact that being the mayor of Newport News is mainly a ceremonial position.

He still works as a dentist for 32 hours a week, making the position of mayor a part-time one.

"People think I am available 24/7 but that is not the case," Price says. His primary duty to the city is to provide a voice for the people.

He is the spokesperson, the "go-to guy" for every citizen. Price says this requires him to have a good relationship with the city manager.

The city manager does the majority of the work for the city.

He takes the time to create the jobs that Price pushes for and to make sure that the city runs smoothly.

One thing that Price says that he's noticed as mayor is

the much improved relations between the Newport News police and the citizens.

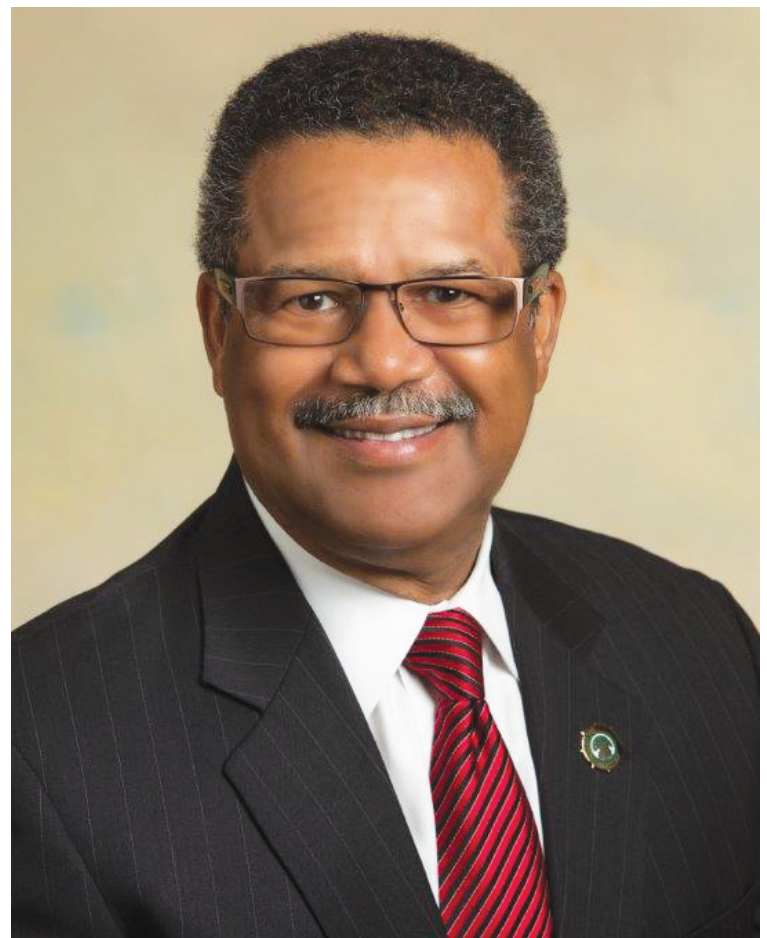
Price saw segregation rise and fall in Newport News and he feels that much of the stigma is not evident amongst Newport News citizens today.

He also highly appreciates the level of involvement the CNU students have in the community.

In the past, Price has spoken with President Tribble about CNU's future plans and how they will affect Newport News.

Price would like to see a continued increase in student involvement beyond the campus as it not only better the community at large but also better CNU's community as well.

Price looks forward to seeing where the rest of his term as mayor will take him, hoping to keep the citizens of Newport News safe and happy and continuing to move onward and upward. ■



PHOTOS COURTESY OF THE MAYOR'S OFFICE



Price spends portions of his mayoral duties helping promote initiatives around town that help further education and the well-being of his citizens.

SDEC, CNU community honors MLK



A celebration in the Tribble Plaza followed by a tribute from Barry Scott highlighted the organization's MLK Day events.

MLK DAY

CONTINUED FROM PAGE 1

The second event was a tribute speech by Barry Scott, an actor, writer and motivational speaker. He also is the founder and producing artistic director of the American Negro Playwright Theatre.

Scott's speech was a powerful one, as he recalled instances of discrimination he faced when growing up.

One jarring anecdote related his experience when a police officer threatened to shoot Scott—who had just been sitting in his car—if he didn't call his school teacher parents a drunk and a whore.

When his family reported the incident at the police station, the officers there laughed at them and became physical with Scott's father.

Upon returning home, Scott's father played a recording of the "I Have a Dream" speech three times for his distraught son.

Scott said that hearing those words made all the difference.

"I was no longer afraid when just moments earlier I couldn't escape my fear. I was no longer angry when I thought it was my life long duty to hate police officers."

That was a common factor over the course of Scott's tribute. It did not matter if it was his family members of the rest of the congregation at the King Avenue Baptist Church he attended as a boy; they all were inspired by King's words.

"The words of Martin Luther gave me a context to feel good about myself. And that was hard to do when you were busy growing up colored," said Scott. "At least, that's how I remember it."

Katherine Scott, the president of SDEC, hopes that people of all levels of familiarity with King, from those who lived through the civil rights movement like Scott to CNU students who only have heard his words

"The words of Martin Luther gave me a context to feel good about myself. And that was hard to do when you were busy growing up colored. At least, that's how I remember it."

— Barry Scott

a few times, can come away with a better appreciation of King's long-term influence.

"I think what we're really hoping to accomplish is giving students a place where they feel like they can really honor and celebrate the work that Dr. Martin Luther King Jr. did," said the SDEC president.

"I think that a lot of people myself especially whose' working a long with diversity initiatives can sometimes forget that some people just don't know who he was and how much he did." ■



Messages of hope and love (top) were created and hung up at both the celebration in the Tribble Plaza and outside the Gaines Theater where Barry Scott (above) gave his tribute to Martin Luther King Jr. on Monday night. PHOTOS BY BEN LEISTENSNIER/THE CAPTAIN'S LOG



Guess the weather didn’t get the memo: the spring semester kicked off with two icy snow days. **BEN LEISTENSNIER / THE CAPTAIN’S LOG**

Welcome to the “spring” semester



BENJAMIN LEISTENSNIER
EDITOR-IN-CHIEF

To paraphrase a common quote from this time of year: “new year, new you.”

While the phrase is typically reserved for New Year’s Resolutions, there is no reason why it shouldn’t be applicable to the start of the second semester as well.

I say “second” and not “spring” for an obvious reason.

With two snow days to begin the new semester, spring was the last thing on anyone’s mind—except for maybe those who were wishing that it was spring and warm again.

If we do have any more snow days this semester, be sure to thank all the maintenance staff and all of the workers in the dining halls. They are willing to brave the elements in order to try and make your experience even better.

And don’t forget about your professors, either. Sometimes students forget that their professors also have to make to make the journey to campus every day. So if your professors can drive to campus, then I promise you it’s safe for you to walk across campus.

Now that the new classes have started back up, this is the perfect time to take control of your grades and improve—or for some people completely recover—your GPA. Unfortunately, much like improving personal fitness, it is easier to slack off rather than work hard to regain a positive GPA.

On that note, for those who decided to make their New Year’s Resolution to go to the gym and get in shape, make sure to try and stick with it. The Freeman Center may be flooded with newly self-proclaimed gym rats, but just be patient waiting for that machine or treadmill. Everyone there is just looking to improve themselves—an admirable pursuit.

So it doesn’t matter whether you want to better yourself academically or physically; just try to be your best. ■

You've been wondering...

Business eXchange 2017

REVEAL

Thursday, Jan. 19th
Luter 170 @ 12:15 p.m.

SNAPSHOT

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Editors of The C



Meeting in the spring of 2004, after finding out they would be editors for The Captain's Log during the 2004-2005 academic year, Amber and Sean began dating a year after working together. In 2010, they were married and both continue to use their Captain's Log experiences in their careers.

From 2004-2006, Amber Kennedy was the Arts & Entertainment Editor and saw the transition of The Captain's Log from black and white to color printing. Amber was a reporter for seven years before transitioning to public relations. She currently works at Meridian Group, an advertising agency in Va. Beach, where she handles public relations for a major outdoor power equipment company and an art museum.

She notes that her time with The Captain's Log has given her numerous skills like writing, photography and design that she uses daily.

"I don't know how many people draw a straight line from their undergraduate expe-

riences to their professional career, but I'm really proud I can."

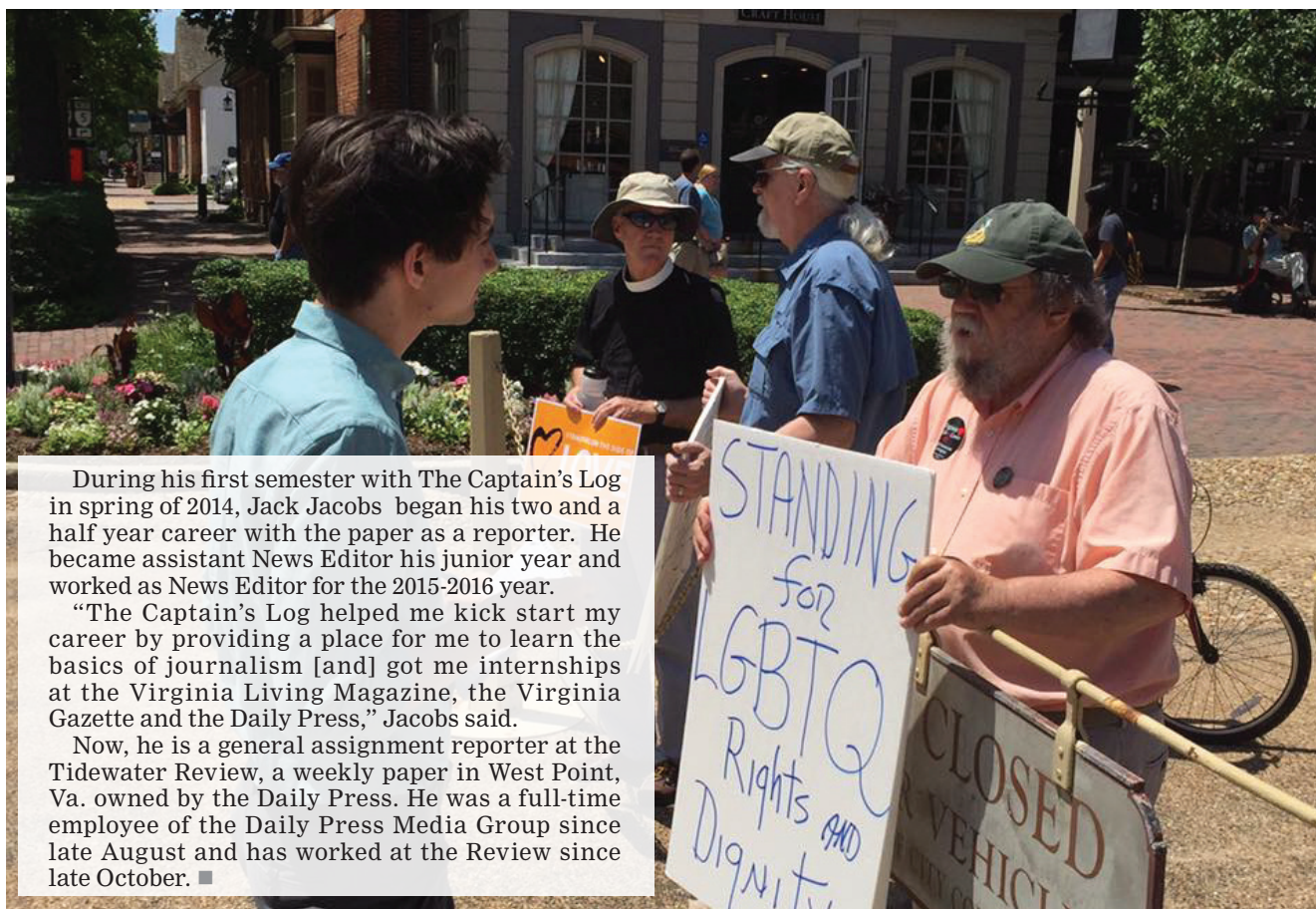
Starting his junior year as a sports writer, Sean Kennedy was the Sports Editor for the paper for the 2004-2005 academic year.

Although he was not an English or Journalism major, he utilized the journalism knowledge from other editors and began working full time for the Daily Press upon graduation.

He became the deputy editor there, where he was in charge of making sure the publication was ready for print and ensuring that breaking news events were covered. He notes that the highlight of his career was when he heard about Osama Bin Laden's death and they had to stop the presses and change their front page story the same night.

He is currently the senior digital editor at the Virginian-Pilot in Norfolk, working on homepage management, analytics and various social media. ■

After meeting in spring of 2004, Amber and Sean Kennedy got married in 2010. Amber was the Arts & Entertainment Editor for The Captain's Log from 2004-2006 and Sean was the Sports Editor from 2004-2005. COURTESY OF AMBER KENNEDY



During his first semester with The Captain's Log in spring of 2014, Jack Jacobs began his two and a half year career with the paper as a reporter. He became assistant News Editor his junior year and worked as News Editor for the 2015-2016 year.

"The Captain's Log helped me kick start my career by providing a place for me to learn the basics of journalism [and] got me internships at the Virginia Living Magazine, the Virginia Gazette and the Daily Press," Jacobs said.

Now, he is a general assignment reporter at the Tidewater Review, a weekly paper in West Point, Va. owned by the Daily Press. He was a full-time employee of the Daily Press Media Group since late August and has worked at the Review since late October. ■

Following the Orlando shooting in June 2016, Jack Jacobs interviews members of the Williamsburg community as they participate in a demonstration to stand in solidarity with the LGBTQ community. COURTESY OF JACK JACOBS



"Mom, this is what I want to do with my life," said 2010 freshman Sally Grace Holtgrieve, after writing just a few articles for The Captain's Log.

Although she was involved all four years with the paper, she notes that her role as Editor-in-Chief during the 2013-2014 academic year was the "best thing I did in college."

Upon graduation, Holtgrieve began working as a politics and government reporter with the Williamsburg Gazette and recently has switched to freelancing full time, stating, "yes, writing can pay the bills."

Despite CNU lacking a journalism major, Holtgrieve notes that it was through mentorship from Dr. Terry Lee—one of the current advisors for The Captain's Log—and by collaborating with other staff members that she was able to gain significant experience to assist her in making her dream a career. ■

On a Wednesday morning in January 2014, 2013-2014 Editor-in-Chief Sally Grace Holtgrieve interviews members of the Williamsburg community as they participate in a demonstration to stand in solidarity with the LGBTQ community. COURTESY OF SALLY GRACE HOLTGRIEVE

Captain's Log: Where are they now?

graduation, its usually go to graduate or to begin careers. These i reflect on time at The n's Log and ow that rience has applied to respective areers.



Working with The Captain's Log for three years, Josh Reyes began as a News reporter, then News Editor and finally as Editor-in-Chief for the 2015-2016 academic year.

"I owe everything I have in my professional life to The Captain's Log. It provided a place for me to learn journalism and storytelling while doing something that really mattered and had an impact on CNU.... I get to use everything I learned at the paper in my everyday life," Reyes said.

Reyes now works at the Daily Press, the newspaper for the Peninsula area located in Newport News. Most work days consist of being in the office starting as early as 5 a.m. Monday through Friday. Reyes worked at the DP as an intern during his senior year at CNU and started full-time upon graduation.

He spent about six months covering breaking news and is soon going to switch to cover York County and Poquoson. ■

Josh Reyes wrestles with Saber, a Hampton police dog, while working on a Daily Press story about the K-9 unit's protective vests. Reyes said he's often written about local police in his six months as a full-time reporter. **COURTESY OF DAILY PRESS**



Chief Sally Grace Holtgrieve prepares to deliver newspa-



A two-year staff member, Heather Bridges began working with The Captain's Log as a writing intern her junior year and spent the spring semester as Arts & Entertainment Assistant. During the 2014-2015 academic year, Bridges was A&E Editor.

"[The Captain's Log gave] me the chance to realize my passion for storytelling and to pursue that passion. When I joined The Captain's Log, I knew I sort of liked writing, but it wasn't until I started writing for the campus newspaper that I realized how addicting, how fun and how powerful journalism is," Bridges said.

Bridges is currently a Features Reporter at the Virginia Gazette, a newspaper in Williamsburg, Va. ■

Features Reporter for the Virginia Gazette, Heather Bridges, poses next to a bell to be placed in Williamsburg's historic First Baptist Church. **COURTESY OF HEATHER BRIDGES**

Lady Captains hold perfect season record



(Above) Junior Anitra Thomas helps out Captains each game by averaging eight points against each team. She scored an average of 15 points against York College of Pennsylvania making that game a season high in points. (Right) Junior Sam Porter averages 12 points per game. She received a career high in points against Penn State Harrisburg with 22 points that game. PHOTOS BY BEN LEISTENSNIER/THE CAPTAIN'S LOG



Sam Porter's career high of 22 points against Penn State Harrisburg helped Lady Captains remain undefeated.

BY JJ LAPOINTE
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The CNU women's basketball team has set the bar incredibly high for the season. Holding an undefeated 15-0 record, the sixth ranked Lady Captains continued their dominance against a strong Penn State Harrisburg team on Jan. 14.

Ultimately, CNU won the game 63-46, but they had to battle throughout the game to get the win.

The Captains trailed at the half for the first time this season due to a slow start shooting the ball.

The ladies of CNU shot 21 percent from the field in the first half, while the Lions of Penn State Harrisburg shot 37 percent.

The game truly was a story of two halves, as CNU's offense woke up,

shooting 51.7 percent from the floor, and dominating their opponents in the fourth quarter 26-10.

The CNU defense proved to be too much for the Lions, holding them to only a 29.6 shooting percentage.

The Captains controlled the paint throughout the game, scoring 30 points while Penn State Harrisburg only mustered up eight points.

A great second half showing for the Lady Captains gave them their 15th win.

Individually, standout junior guard, Sam Porter led the way for the Captains in all categories.

Porter scored a career best of 22 points, shooting 50 percent from the floor. She managed to snag nine rebounds, one away from getting her a double-double. Porter also dropped three assists, but it was not just her offense that stood out.

She dominated the defensive side of

the ball, recording a team leading six steals. The quick-handed Porter now has 199 career steals (cnusports.com).

Junior Devon Byrd also steered the Lady Captains to the 17-point victory. Byrd scored 12 points, shooting 71 percent from the field.

Coming off the bench, Anitra Thomas and Makeda Wright helped ignite the Captains' defense, recording a combined

seven steals.

CNU will face another tough opponent at the Freeman Center on Wednesday, Jan. 18 at 5:30 p.m.

The Captains will go to battle against the Eagles of the University of Mary Washington: another nationally ranked team and the only other undefeated CAC team. Mary Washington was selected as the preseason conference favorite. ■

Why hire athletes?

As student athletes work hard to balance practice and academics, they learn teamwork and motivation that make them perfect candidates for the professional world.



COURTESY OF CNU OCPR

BY BRETT CLARK
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There is an old adage that 95 percent of Fortune 500 CEO's played collegiate sports. The authenticity of the exact number should be taken with a grain of salt since there isn't an actual study readily available online but there is still some truth in the sentiment.

According to a Business Insider article by Kathleen Elkins on Feb. 18, 2015,

there is an impressive amount of "dumb jocks" at the head of some of the most powerful and successful businesses in the world. She highlighted the athletic feats of the CEO's of IBM, Whole Foods, GE, HP, Sunoco, Bank of America, Mondelez International, and the former CEO of General Motors, who all played collegiate sports.

The CEO of Comcast, Brian Roberts, even won an Olympic gold medal for the U.S. Squash team. Samuel Palmisano, the CEO of a little-known company called IBM, even walked away from tryouts for the Raider's after being a star center for the football team of an even smaller known school- you might have heard of it- called John's Hopkins. Meg Whitman, the Chief Executive Officer for Hewlett- Packard, summed up her experience as a two-sport athlete (Lacrosse and Squash) at Princeton perfectly in her book *The Power of Many: Values for Success in Business and in Life*.

She says, "I liked team sports the best. When I'm pulling a business team together, I still use those basketball aphorisms I learned as a young person: 'Let's pass the ball around a little before game time.' 'Do we need man-to-man or zone defense?'"

Collegiate Athletes don't need this pep

talk, though. They know that their sacrifices are making them a better person, whether or not employers notice.

When my teammates and I wake up at 5:20 for 6 a.m. lifts every Monday, Wednesday, and Friday in our off-season, we don't need to be told that hard work is important and goes beyond the lacrosse field.

The football team doesn't need to be told that the wind sprints they did in August were helping to build men with determination for success- a mental must have to reach the top of any company or industry.

Brian Moynihan didn't need a pep talk on how his Rugby experience at Brown was giving him the skills needed to put together a team with a common goal as CEO of Bank of America.

Competitors do these things because it is just what they do; it comes with the territory.

Every day, whether they feel it or not, they are putting together a portfolio of experiences and traits that equate to success in the workplace.

When one starts looking at the traits of a collegiate athlete, both learned and inherent, they begin to reframe the question posed in the name of this article.

Why hire athletes? Well, all else being equal, why wouldn't you choose the athlete?

The ability to work with a team, the ability to overcome obstacles and opponents, the ability to perform under pressure, and the ability to put strategy into

action are all things that HR departments and other employers are looking for.

These abilities apply to almost all forms of work in modern society. Two people have the same degree from the same school with the same GPA, what will set you apart?

Clubs and Greek life are great, but employers should (and do) recognize the incredible grit that goes with waking up to exert your body at six in the morning, then going to class... Or the insane determination and fight that lights the soul of a student-athlete who tears his ACL during the playoffs in April, and proceeds to fight and work to be ready to go for tryouts that following January. When all the attributes and behaviors of a student-athlete comes together, it creates a man or woman who is more than capable of stepping up to the plate in the business world and beyond.

The question really becomes: Why wouldn't you hire a collegiate athlete?

"It was great to be a part of a team that had wanted to do something very dramatic and wanted to win. Not every play works, not every situation works, but you've got to figure it out, and there's always a next play. And I think all of those things just happen to stick with you for a lot of your life, and in my case for my whole life. This essence of trying to build a culture of excellence that I learned in sports is highly brought to the business world." -Jeffrey Immelt, CEO of GE, Offensive Tackle for Dartmouth football, class of 1978. ■

Mens Basketball add to five game win streak

Captains pull ahead against Nittany Lions in match up this past weekend.

BY TARYN HANNAM ZATZ
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This past Saturday the CNU men's basketball team traveled up to Penn State-Harrisburg to take on the Nittany Lions. The Captains took home the win in an exciting game that ended with CNU up 73-55.

The Captains are ranked fourth in the nation right now and have had a highly successful season.

After a five game winning streak they were able to add another win after their game in Pennsylvania. Marcus Carter led the team with 17 points.

There were also three other important players who contributed to the Captains' success, Tim Daly with 15 points and eight rebounds, Rayshard Brown with 15 points, five rebounds and three assists and Kevin Regimbal with 12 points, five rebounds and two steals.

Overall the team played a great game with many contributors leading the team to victory and adding to their 13-2 winning record.

The game was really back and forth for the first half as Penn State played a



Freshman Savonte Chappell scored 11 points against St. Marys which led to their overall success. The Captains ended the game with an 8 point lead on the Seahawks. BEN LEISTENSNIER/THE CAPTAIN'S LOG

physical game, but the Captains were able to pull away going into halftime with a seven-point lead over their opponents.

After halftime the Nittany Lions fought back and were able to close the

gap, but CNU battled back harder and won the game with a 12-0 streak to end it.

The Captains are now 7-1 in the CAC and are continuing a successful season.

They will be back for another impor-

tant game at home on Wednesday against the Mary Washington Eagles at 7:30 p.m. in the Freeman Center.

Make sure you come out to support your captains as they strive for another victory in the CAC. ■

MOVIE REVIEW: LA LA LAND

This movie may cause some toe-tapping and happiness.

BY CALEB SMITH
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From opening act to end credits, "La La Land" delivers a spectacular original musical performance.

It has become the most anticipated Oscar winner this year and is well positioned to receive other prestigious awards.

"La La Land" follows the love story between aspiring, but so far unsuccessful, actress Mia, played by Emma Stone ("The Help") and jazz musician Sebastian, played by Ryan Gosling ("The Big Short") who is obsessed with reopening his jazz club and reigniting the country's interest in jazz.

Through musical ensembles, some well-placed fantastical elements, beautifully captured cinematography and believable characters that the audience can relate to while they struggle through Hollywood life, "La La Land" gives the audience something to be truly excited about.

In an industry full of reboots and sequels, "La La Land" provides a breath of fresh air. Director Damien Chazelle ("Whiplash") has created a daring and original movie that generates an emotional response from the audience through its musical storytelling.

Giving homage to 1950s movie musicals, "La La Land" knows how to draw the audience into something familiar while still delivering new music as seen through its brilliant jazz rhythms, dance and stylization.

As the film transports audiences back to Hollywood's golden age, the characters still struggle with situations and problems that are relatable to a modern audience. All of these elements combined certainly gives this movie its richly deserved Oscar buzz.

Stone delivers her best performance yet in such a way that it is hard to imagine any other actress being cast for her part.

Harkening back to her Broadway runs, Stone provides a sympathetic character and an impressive repertoire of singing and dancing to the jazz rhythm. The on-screen chemistry between Mia and Sebastian is what makes this movie the great success it is.

As their characters sing, act, and now dance, it seems as if there is nothing that Stone and Gosling can't do. ■

RATING:



The road from CFO to B.A.

Rhonda Hughes went from handling finances to handling paint brushes and pencils, and she couldn't be happier.

BY SAMANTHA CAMILLETTI
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Rhonda Hughes, a Lifelong Learner student since 2016, knows better than anyone that dreams do not have an expiration date.

Before CNU and before her art classes, she was the Chief Financial Officer of a contracting company in Baltimore. After the corporate office was closed, Hughes returned to Newport News, a place that was quite familiar to her. "I graduated from Homer L. Ferguson High School," she said, which built the foundation for the current Ferguson Center for the Arts.

Her transition from CFO to art student began with a car accident.

"Several years ago, I was crossing the street when a car suddenly turned and hit me," she said. "While recovering from the injuries, I realized my life could have ended in that accident and it gave me the opportunity to consider what I had done with my life up until then."

When ticking off her accomplishments- her career, her family- what came up short was the chance to expand her art repertoire.

"While recovering from the injuries, I realized my life could have ended in that accident and it gave me the opportunity to consider what I had done with my life up until then."

*— Rhonda Hughes
Lifelong Learner*

Hughes was granted a second chance and she took it.

Currently, she is pursuing a double major in Fine Arts Visual and Art History with a minor in Museum Studies.

She is set to graduate in May 2018, which is fifty years after she originally graduated from Ferguson High School. "Crazy, right?" she quipped.



Hughes completed her final exam project for Painting 1 last fall. This showcases her familiarity with still life while incorporating techniques taught during her class. **COURTESY OF RHONDA HUGHES**

Since joining the classes, Hughes has, perhaps unwittingly, set an example for learning. "She is an impassioned learner, for sure, with the drive we hope for in studio artists," Jodie Gordon, Administrative Coordinator and Falk Gallery Manager said. "Rhonda shows an established talent in realistic, still life painting in her portfolio, but as a CNU student she's exploring her capabilities beyond her comfort zone: in figure drawing, abstract art, quick charcoal sketching and palette knife painting."

These are all new techniques for Hughes, who is most comfortable with the stability of still life, but Gordon is quick to note that this inexperience

does not slow her down. "These kinds of works test a student's assuredness," Gordon said, referring to the type of work expected in these art classes. "It pushes past the technical analysis of a subject to a more immediate connection: of mood, weight, luminosity."

But expanding her comfort zone is exactly the kind of challenge Hughes is looking for. "I have enjoyed learning additional techniques for creating drawings and paintings and using different mediums with which to do them," she said.

She is also happy to do what she's always wanted to do.. "to create art".

Hughes' seven pieces of work will be on display until Mar. 3 in the Ferguson Hall Gallery. ■

Singing for the world

Take Note's "In a Nutshell" helped achieve their goals of sharing their love of music with their friends, family and fans.

BY SAMANTHA CAMILLETTI
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Just ahead of spring auditions, Take Note, one of the two all-female a cappella groups on campus, has an impressive feat to entice new members: their own album.

"In a Nutshell," a nod at the group's squirrel inside jokes, was released Dec. 10. It is currently available on major media outlets such as Spotify and iTunes.

This album was perhaps a surprise to many, but it was the culmination of years of hard work. "We all really just wanted to display our music for everyone to hear and enjoy, so we decided to create our very first album," junior Mary Elam said, who is a soprano one for the group.

Da Spot Recording in Richmond provided the perfect setting to be able to showcase their music to parents, friends, and fans that wasn't just stage performances.

"Every year after spring finals, our whole group goes to Richmond for a few days and records. We work really long hard hours, and sing and record and mix our songs for a few days, all of us working 15 hour days on our album," junior Kellyn Meeks said.

Between recording, mixing, mastering, and other finer details like designing the cover and buying rights to their songs, this trip to Richmond is no vacation, but the rewards from the trip are immense.



In the midst of making an album, the women of Take Note found some time for a fun photoshoot. COURTESY OF TAKE NOTE

"It definitely was a lot of work, and more than we expected," said junior Alexandra Austin, the assistant music director for the group. "But, throughout the process we all knew it was worth it."

Most of the members noted that despite the album being released, that the group goal of loving music and sharing that love has not changed.

"If anything, it has only given us more of a sense of accomplishment and a chance to show our music to more people," Meeks said.

That sense of accomplishment will linger long after the album, according to Elam. "I believe if anything there has been a confidence boost among the group," she said. "If we ever are feeling stuck and in need of some inspiration, our album is something we can turn to remind ourselves of what we are able

to accomplish."

Though they are now a group of musicians who officially have released an album, the women of Take Note understand that the key to success is a balance between work and play.

"Take Note will always be a place of happiness and silliness grounded by hard work," freshman Payton Vernier said.

Senior Charlotte Topp, a soprano two for the group, notes that they are determined in rehearsals, but don't harp on the stress. "We try to keep the energy and fun at a high level," she said.

It seems the group is able to accomplish all of their aspirations because of their emphasis on teamwork and sisterhood. "I think that each girl brings a different gift to the group and that's what makes it such a fun place to learn and get to know new people," Vernier

said. "We are friends, sisters, students, teachers all together." Indeed, the very notion of an a cappella group is to allow different people, and more specifically their voices, to shine all at once.

The inclusiveness of the group is easy to see.

"We can always count on the group to be there when things get stressful in school or there is a problem we need to talk about," Topp said. "They are supportive of our academic endeavors and will help you with anything you need from bringing you food to crying with you. Take Note is an amazing group of talented women who just want to sing for the world." ■

Auditions:
Jan. 22, 7-9 p.m.

Ferg 208

Top Films of 2016

After viewing over 90 films, one writer offers his opinion on the five most influential ones that helped him through the tumultuous year of 2016.

BY CHRISTOPHER GABRO
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5. "The Hunt for the Wilderpeople"

Some people seem to think that original ideas in Hollywood are dead, but this film might just change their minds. This is a New Zealand comedy of sorts that is able to tap into a certain level of humor that most films in this genre lack.

The story follows Ricky and Hec, an unlikely duo who are forced to go on the run after Ricky's foster mother passes away in order to escape child services. Filled with quick wit and attitude, this movie breathes life and intrigue into the characters that makes them both believable and relat-

able.

Beyond comedy, this movie offers a refined moral that might encourage some viewers to consider the broader scope of the film.

4. "The Neon Demon"

The topic of beauty has never been tackled better than in this film.

This film follows the story of Jesse, an aspiring model in Los Angeles, and the fascination—or obsession, depending on who you're talking to—with the modeling industry as a whole. Appropriately named, the color scheme of the film can perhaps be overwhelming for some viewers, but for those who can bear it, visually stunning scenes await. Though the performances seem to be lacking because of the lack of dialogue, this

is a misnomer. The director lets the silence and composition of the scene to tell a story. It has a hauntingly beautiful score that makes the movie feel stilted, but in a way that further emphasizes the tone of the film.

The third act of the film takes a turn that may be off-putting for some viewers but if you stick with the film it will lead to climax that is equally morbid and spectacular.

3. "The Witch"

Horror has seemed to lose its way as a genre and has fallen to poor acting, poor direction and cheap scares. This film throws off all those stereotypes.

In this thought-provoking fairy tale, one family is forced to confront witchcraft, black magic, and perhaps the fallibility of human nature in 17th century New England.

The plot, which takes no time to introduce a death, immerses the audience into the situation and holds interest even when the characters disturbingly begin to unravel.

Normally I do not rave about the lighting of a film—but here the lighting is used to transform the scenes and better convey both the story and suspense that makes this film so great.

The best way to sell this movie would be to say that it is a bizarre

mixture of "The Crucible", "The Book of Job", and "Ferris Bueller's Day Off".

2. "La La Land"

As someone who has acted and performed in live musicals, I have always had a certain aversion towards them. Somehow this charming film managed to not only capture my attention, but make it onto this list. The original songs and score are impressive.

Notwithstanding that the lavish sets and costumes are oozing off the screen. There is a bravado in the direction of the film with great performances all around.

1. "Nocturnal Animals"

A thrilling film unlike any that I have seen. It crosses boundaries between suspense, horror and romance all at the same time. With charismatic performances from all the actors; everyone is giving it all in this film. The direction is impeccable and the edition of the film is flawless and deeply immersive.

The idea of a story within a story is one that dates back further than the age of cinema, yet through all of literature, theater and cinema no film has better portrayed that concept.

I cannot recommend any movie more than this one from 2016. ■

Inside the life of a recruitment counselor



RC Bree Brown runs home to her cheering Gamma Phi Beta sisters. PHOTO BY BEN LEISTENSNIER / THE CAPTAIN'S LOG

Women disaffiliate from their collegiate chapters to serve as guides for potential Panhellenic new members.

BY MADELEINE SCHULER
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Legs clothed in gold leggings, heads covered in flower crowns and faces coated in enough glitter to make Kesha proud, paraded into the Freeman Field House on Sunday, Jan. 15. The anticipation in the gym rose as the first group of women walked in, ready to sprint to their future sisters.

However, this anticipation and energy in the room was amplified when 23 other women stepped up, identical, blue shirts clutched their chests to cover the lettered shirts that lay beneath them. These ladies are already members of the Panhellenic community, but gave up their letters to take on the position of a recruitment counselor (RC).

RCs serve as guides to potential new members throughout the entirety of the recruitment process. According to the CNU Panhellenic website, "after applying, RCs are chosen based on their positive attitude, their ability to work well with others, and their knowledge of the

Greek community."

Although recruitment is certainly exciting, it can also be a grueling, stressful and emotional process. It is important for these potential members to have a support system that they can lean on, and it is especially helpful to lean on someone that has been in the exact same situation. For some, becoming an RC is a way to give back to a process that has given them so much.

"I have grown to become a stronger, happier, and wiser individual through the Panhellenic community," said RC and sister of Phi Mu, Sarah Fitch. "I wanted to help young women experience this same growth by finding their homes."

Others view the position as a means to guide younger students who might feel a little lost at this point in their CNU experience. For senior and sister of Alpha Sigma Alpha McKenna Seeley, becoming an RC was reflective of a personal experience that she had during her recruitment process.

"I was considering transferring if

there was not an organization that I could find to be passionate about on campus," said Seeley. "Having these feelings of being a little lost my freshman year inspired me to be an RC to help other women through an experience that is much larger than simply 'finding their home'."

Although holding this position can turn out to be a rewarding journey, these women also give up a lot to apply. Because they are completely disaffiliated with their chapter, in order to remain unbiased, they do not attend any of their sorority's recruitment functions, do not openly wear their sorority's paraphernalia around campus, and are unaware of the women that their chapter might be recruiting.

They give up the singing, the chanting and the deep discussion that happens during recruitment

rounds to become a part of something that is bigger than their own chapter.

After months of hiding their letters, these women got to run home once more, but this time into the

loving arms of their awaiting sisters.

"I saw my best friends' faces peering out from behind our letters and I immediately

"We are there for the very start of their journey, and want to continue being there as a support throughout all their years as a collegiate sorority woman."

~ Junior,
Sarah Fitch

had the chills, wanted to cry and hoped I wouldn't trip all at one time," said Seeley. "I did trip. I also cried, and felt the most intense wave of love that I had felt in a long time. That feeling was pretty indescribable." ■

An alternate choice

Looking for a brotherhood or sisterhood that have more specialized interests? Then these might be for you.

BY BEN LEISTENSNIER

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Although the Panhellenic, National Panhellenic and Interfraternity Council organizations may appear to be the only Greek groups on campus, there are actually a wide variety available.

Many of these organizations are hosting their rush week events over the next few weeks. Here is a guide covering some of them.

Alpha Chi Sigma

The co-ed professional chemistry honors fraternity Alpha Chi Sigma is hosting their rush week starting on Jan. 22 with an interest meeting in Forbes 1022 at 6 p.m.

Although it may seem intimidating for non-chemistry majors to join, the group requires only eight chemistry credits to join. According to their page, they say that all majors are welcomed.

Alpha Chi Sigma is not purely based around academics as well. The group conducts quarterly environmental clean up of the Lion's Gate Bridge and hosts field days, date functions and a chemistry Olympics.

Alpha Phi Omega

For those interested in helping others, Alpha Phi Omega (APO) is a leadership based, co-ed service fraternity.

According to Holden Hegmann, the president of APO, it is "an inclusive organization open to anyone who wishes to serve others, develop their leadership skills, foster new friendship, foster new friendships or simply become more involved on campus."

The organization is hosting information sessions all of this week, with two more information sessions taking place on Jan. 26. The rush week then kicks off with a leadership night on Jan. 30.

Nu Kappa Epsilon

The sisters of Nu Kappa Epsilon are an alt-Greek music appreciation sorority that, according to senior Kathy Lamarsh, tries to "spread the love of music in the sorority to the campus and community." Their local philanthropy, Soundscapes, raises money to provide instruments for underprivileged people.

Their rush week begins on Jan. 23



(From left to right) Seniors Melissa Garlem, Kathy LaMarsh and Riane Reiss are all members of Nu Kappa Epsilon, one of the number of alternative Greek organizations hosting rush weeks. PHOTO BY BEN LEISTENSNIER/THE CAPTAIN'S LOG

with a "Get to know NKE" night, and it will also include events such as desert socials and game nights. In order to be considered for a bid, you must attend at least three events.

Sigma Alpha Omega

For those women whose Christian faith is particularly important to them, Sigma Alpha Omega might be a perfect fit for them.

Maisie Ritter, president of SAO, likes the fact that despite being a

smaller organization, she still winds up seeing sisters around campus every day.

The organization's rush week will take place from Jan. 23-27 in the Madison room at 7 p.m.

Ritter encourages "any lady who doesn't think they are 'sorority material,' but loves Jesus, to come out to recruitment and just see what we are about. It could end up being the best decision of your college career." ■

New year, slightly improved me

Before professors begin to pile on the course work, make a few adjustments to better your spring semester.

BY MADELEINE SCHULER

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It is the second week of classes.

You are probably still doing your assigned readings. At least one of your professors is filling his class time with videos to keep your attention, and make you dare to think that his class might not be too bad. Another professor has already assigned a minimum three-page paper due next class, forcing you to question whether college is worth the agonizing pain you are sure to feel in upcoming weeks.

Whatever the situation, second semester is difficult to tackle. Here are some tips on how to stay on top of your work.

Gather the proper materials

Congratulations. Your planner is your new best friend.

Although color coding your assignments by class is unnecessary (though encouraged), I find that writing everything down is the best way to remember it later.

In addition to a planner, investing in new pens, spirals, binders and folders is vital to your success. Do this now before there is a two-inch pile of miscel-

laneous papers, shoved carelessly and wrinkled in your backpack.

Find a study buddy in each of your classes

Unlike your planner, this study buddy does not have to be your best friend.

However, having another responsible classmate's number will help you at 3 a.m. when you just can't figure out question number 76 on your midterm exam review.

An emphasis should be placed on the word "responsible." This classmate's only criteria is that they have a phone and most likely know more about the class than you do. A solid way to judge this is if they color-code their planner.

Pay attention in classes

No way.

What a marvel thought.

But really, this is the time to lock away thoughts of weekend plans and focus on what your professor is saying.

I know how tempting it can be to doodle down the song lyrics that have been stuck in your head all day, or begin to plan your dream wedding

while your professor drones on.

However, we register for classes for a reason. Listen to your professor and take detailed notes, even if these notes are simply key words. This will help you stay engaged, and away from thoughts of your future fiancé.

Do those little assignments.

While you may not need to read every chapter in the textbook, or watch that TED talk your professor claims is "life-changing," it is important to remember that these small tasks add up.

When you are .0001 percent from getting an A in the course, you will thank your past self for being so unbelievably fabulous and proactive.

Turn off the notifications on your phone

Though this is important to do while in class, it is more important to do when studying. Phones can be the most distracting object by merely sitting on the table next to you.

In order to avoid the inevitable, mindless scrolling, ensure that a light does not pop up on the screen every two minutes, by switching your notifications to the off setting.

Reward real progress

Real progress does not mean that you finish one page of your 30 page reading and automatically get to binge

watch three episodes of your favorite Netflix series.

Rewards should be consistent with the work completed.

Take advantage of office hours

Professors want to help you. Shocking, I know. Your only job is to ask for that assistance.

The trek from your dorm to campus might seem like an unbearable seven minutes, but the rewards you get from that walk are vital to your success at CNU and after graduation.

Visiting during office hours is not only helpful to your success in the class that you are enrolled in, but this time spent also forces you to form bonds with your professors.

It shows that you care about your studies, which will later influence the recommendations they may be writing for your applications to graduate school. Plus, the majority of them are pretty cool people.

Remind yourself of your future

You came to college for a reason. In order to stay on task, remind yourself daily of that reason.

Whether that is taking on an internship in your future career field, or simply posting an encouraging sticky note on your mirror, know what you want and go after it. ■



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