



THE CAPTAIN'S LOG

THE VOICE OF CHRISTOPHER NEWPORT UNIVERSITY STUDENTS

@CNUCAPTAINSLOG WWW.THECAPTAINSLOG.ORG
VOLUME 51, ISSUE 11 NOVEMBER 20, 2019



Kate Almarode and Julia Golden, two students in the MAT program, share a moment together after receiving surprise job offers. PHOTO COURTESY OF CNU OCPR

MAT program graduate students surprised with job offers within Newport News schools

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Going to college is an extremely exciting experience that many teenagers look forward to. You experience more independence, take classes you enjoy and make great friends. But there is one major part of college that can be very stressful — finding a job. This is the reason people go to college; it is to further their education to find a job after graduation and start a career. Here at Christopher Newport University, there are many re-

sources to help students find jobs. One of the many resources is the highly recognized Masters in the Art of Teaching (MAT) program. Students are able to continue attending CNU for an extra year after they graduate and earn their master's degree in teaching. This is an extremely popular program at CNU, with 50 students currently in the Spring 2020 cohort of the program. Last week some of the current MAT students attended a lecture where they were given surprise job offers from Newport News Public Schools (NNPS).

"The MAT students were invited to attend a workshop that provided an overview of the Impact Study comprehensive project that will be due at the end of their internship. The workshop was initially scheduled to start at 4 p.m., but when this wonderful opportunity arose with NNPS, the time was changed to 3:30 p.m. Students were informed that Newport News Public Schools had a presentation for them that would start at 3:30 p.m., and the Impact Study information would follow at 4:00 p.m.," Associate Director of Teacher Preparation Dr. Karyn

Ward said. Students were not told much else about the presentation that was to take place, so they were not expecting anything too crazy to happen. "The CNU MAT students were extended job offers to teach in NNPS for the upcoming school year, 2020-2021, coupled with a signing bonus. The students were given ten days, until Nov. 18th, to decide if they wanted to accept the offer. NNPS has agreed to share with CNU the number of students that have decided to accept this generous offer next

week," Ward said. One does not typically attend a lecture or presentation as a graduate student and expect to receive a job offer. "The CNU MAT students were very surprised by the NNPS job offer. They had no idea that this option would be presented to them when they arrived at McMurran Hall," Ward said.

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Weekly Pic

During Diversity Dialogues, hosted by SDEC and Currents Literary Magazine, attendees had the opportunity to express their creativity and individual diversities through painting and drawing after a poetry reading.

PHOTO BY TAYLOR VIGIL / THE CAPTAIN'S LOG

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



CNUTV

Time for another installment of everyone's favorite campus celebrity. He tackles the same question for the third time in his career.

Happened

November 16

Comedy Show By CNU Tonight

There was a lively night of fun, free comedy performed by the sketch comedy club CNU Tonight that was in Gaines Theater.

November 18

Movember Dodgeball

Kappa Delta Rho hosted a night of dodgeball in order to raise awareness for men's health issues, like prostate and testicular cancer and mental health.

Happening

November 26

Thanksgiving Break

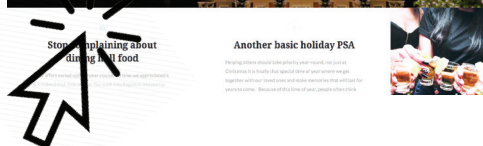
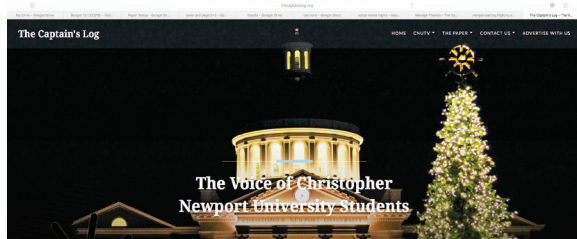
Reminder that Thanksgiving Break starts after your last class of the day, and during that time, underclassmen dorms and dining halls will be closed.

December 3

“Deception”

Introducing “Deception,” a short film by Jason Singarayer and CNU Studios. “Deception” will premier in the Gaines Theater at 8 p.m.

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

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

- Email: clog@cnu.edu

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

JOIN THE STAFF The Captain's Log is always open to students who are interested in writing, photography and editing. Editors assign stories every Sunday at 5 p.m.

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Give thanks to your stomach with the best Thanksgiving foods

A simple list of some traditional Thanksgiving foods, Sanata-style

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Thanksgiving would never be the same in my family without an unhealthy amount of Italian and some traditional Polish foods.

It's not your average Thanksgiving meal at the Sanata household without these five dishes and my grandma's homemade pumpkin pie. These things are definitely not your typical Thanksgiving dishes, but I don't have your typical family. You can tell by the strange array of foods we eat religiously every Thanksgiving.

Marinated Cheese

I know what your thinking. You don't marinate cheese- you marinate steak. Well, let me educate you real quick. My mom's marinated cheese is the best appetizer in the

game, and I firmly stand by that. It is exactly how it sounds; its rows of different types of cheese and cream cheese in between and marinated in a delicious sauce.

If you're reading this thinking that I am crazy, please email me for this recipe, and I am sure if you bring it to your family Thanksgiving they will understand.

Pit-Roasted Turkey

Of course, Thanksgiving wouldn't be the same without a delicious turkey. Most of the time it is cooked in an oven of some sort, but my family takes it a step further by roasting it slowly over a firepit.

This is an all-day process as my uncles will stand at the fire for hours tending the turkey to make sure it turns and cooks evenly.

All the hard work that is put into the cooking of this turkey almost

makes it taste that much better.

Seven Cheese Mac and Cheese

This is not your average mac and cheese, this is Thanksgiving-style mac and cheese. I would be understating if I said there was a lot of cheese in this mac.

My aunt always adds what you would think would be way too much cheese, but I promise it's not. Not one, not two, not three, not four, not five, not six, but seven different types of cheeses.

This dish includes Velveeta, yellow and white cheddar, mozzarella, asiago, gruyere, Monterey Jack and muenster cheeses. This is the epitome of cheesy mac and cheese my friends.

I promise it is not too much, and to add to the thick consistency, there is also half-and-half included in the recipe and lots of butter.

Pigs in a Blanket

This traditional Polish dish is a hallmark for my family Thanksgiving meal. Although we aren't Polish, my aunt by marriage is, and so each year, she makes this yummy dish. Pigs in a blanket are also commonly referred to as stuffed cabbage. It is slow-cooked in a Crock-Pot and consists of spiced ground beef and pork sausage rolled into a leaf of cabbage.

It is thoroughly cooked to perfection in a bath of tomatoes and chicken broth. The final product is a combination of juicy and savory. If your family is also Polish, then I'm sure you understand, but if not, you need to try this delicious dish. I like to think that if it's cooked in a Crock-Pot, then anyone can make it.

Spaghetti and Meatballs

My family is Italian through and through, so Thanksgiving would

not be the same without some classic spaghetti and meatballs. Of course, it is way better than your average spaghetti and meatballs. Sometimes my family uses different types of pasta to spice it up like gnocchi or penne.

Pair it with my grandma's unbelievable homemade meatballs, and you cannot go wrong. They are spiced as well as cooked to perfection, and I have never tasted a better meatball, but I am probably a tad bit biased.

These are just a few of the many foods that are essential to the success of my family Thanksgiving every year. Each family has integral parts to their Thanksgiving meals that cannot be forgotten and these are mine. Thanks for taking a short glance into my weird family's Thanksgiving traditions. ■

Thanksgiving season or Christmas season?

Two writers duke it out over their favorite holidays and when to celebrate each

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There are two types of people in the world: those who start celebrating Christmas before Thanksgiving, and those who are sad human beings.

The debate of when it's socially acceptable to start celebrating Christmas is a very heated one, and I'm here to tell you there's only one right answer: Nov. 1.

"But what about Thanksgiving?!" the Christmas naysayers wail. "You can't just neglect Thanksgiving!"

My response to that is simple: I'm not. It's possible to celebrate Christmas without neglecting Thanksgiving. If I decide to watch a Christmas movie before Thanksgiving, I'm not neglecting a Thanksgiving movie to do so. If I start singing Christmas carols, I'm not ignoring the Thanksgiving carols.

Why? Because there are none! There are no Thanksgiving movies, no Thanksgiving carols, no Thanksgiving seasonal drinks at Starbucks - in short, there aren't very many ways to celebrate Thanksgiving.

IMAGE FROM PINCLIPART.COM



If you're not celebrating Christmas before Thanksgiving, you're not celebrating anything. You celebrate Thanksgiving on Thanksgiving day, and that's really the limit.

There's just not much else you can do to celebrate it, aside from maybe putting up a few decorations. And speaking of decorations, Christmas definitely has Thanksgiving beat in that category.

Just think of the Christmas decorations: a gorgeous Christmas trees, sparkling ribbons, lush wreaths, twinkling lights, glowing candles, festive garlands and shining ornaments. Now compare that to Thanksgiving decorations: some fall leaves, pumpkins, maybe a cornucopia if you want to get really fancy.

Which inspires more joy? The answer is pretty clear. Additionally, November is not a very fun month; the weather turns from chilly to downright cold, work begins to pile up, finals are approaching and it seems like everyone is sick.

So, is it so wrong to want something to cheer me up during this dark time? I just want to celebrate something, and Christmas is really the only option. And when Thanksgiving day rolls around, I will absolutely celebrate it.

I love watching the Macy's Thanksgiving Day parade and sitting down to a nice meal with my family, but that's all there is to it. Christmas, on the other hand, has nearly endless possibilities for celebration.

If we don't start celebrating until after Thanksgiving, there simply won't be enough time to participate

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This weekend I walked into the mall, and I was in a store when Mariah Carey's "All I Want For Christmas Is You" came on. That is my favorite Christmas song, so I kept shopping. I enjoyed listening to it, but then I remembered that it is still the middle of November.

It is that time of year again. The time of year where everyone debates whether it is acceptable to start celebrating Christmas before Thanksgiving. It is November, and

in all the fun-filled activities of Christmas! For example, just think of how many Christmas movies there are.

If you wait until after Thanksgiving, you could never watch them all. Personally, I've already watched four Christmas movies, with no plans of stopping. And of course, Christmas movies aren't the only way to celebrate. There's decorating gingerbread houses, looking at fancy lights, going caroling, shopping for presents and many more fun traditions. No one wants to miss out on all of that. And there's absolutely no way to fit all of that in between Thanksgiving and Christmas.

So why do I start celebrating Christmas before Thanksgiving?

Simple. Because I just want a little bit more joy in my life and in the lives of others.

And that's why you'll see me in November proudly wearing my Christmas socks as I sing Christmas carols while drinking a peppermint mocha out of a Christmas-themed mug, in front of a Christmas tree, while watching a Christmas movie and baking Christmas cookies. ■

people are playing Christmas music, shopping centers have decorations up and Santa's village is even being put together at the mall.

It seems to me that the vast majority of people think there is no problem with all of this. I would have to disagree.

Don't get me wrong. I love Christmas music just as much as anyone else- I just think that it can wait until after Thanksgiving. The main reason I believe this is because of the differences in the holidays. Christmas is a religious-based holiday whereas Thanksgiving is not.

Thanksgiving is my favorite holiday, so I am definitely biased, but it is always overlooked. The holiday is all about being with friends and family. It's about having your loved ones around you and being grateful for everything that you have. Plus, let's not forget the amazing food and traditions that people have on Thanksgiving.

For a holiday with such a great message, it needs more recognition and respect. Sure some people may argue that after Thanksgiving then you don't have much time until Christmas, but you have at the very least an entire month. That is plenty of time to put up your decorations, buy your tree, decorate it, get presents and listen to Christmas music.

Thanksgiving is an American tradition, whereas Christmas is not, so why do we diminish it? Thanksgiving brings all sorts of people together, it is something that everyone in this country can celebrate.

Every holiday has its time to be celebrated, and Thanksgiving really gets the short end of the stick.

Christmas has its time. It is one of the most celebrated times of the entire year, so Thanksgiving deserves its own time.

Hang up some fall decorations, put a multicolored leaf wreath on your front door and eat pumpkin-flavored snacks.

Be around your friends, be around your family and think just how lucky you are to have them in your life. Think about all the great things you have going on and be grateful. Thanksgiving is a holiday for us to be thankful, and it should not be overshadowed by a holiday that is at least four weeks away.

Simply enjoy your Thanksgiving, and afterwards, start celebrating Christmas. Thanksgiving is meant to be simple, so enjoy your time and be grateful. Let's think about all we have to be thankful for and celebrate Thanksgiving before we celebrate Christmas. ■

IMAGE FROM CLIPARTWIKI.COM



Christopher Newport University to join new technology program

CNU has been accepted to be part of the Technology Talent Investment Program

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Christopher Newport University is on the rise again. The school is becoming much more well-known, and an education from CNU is becoming extremely valuable. The university was recently accepted to join a new program called the Tech Talent Investment Program.

Dean of the College of Natural and Behavioral Sciences, Nicole Guajardo, said, "The program is designed to increase the number of graduates in technology, focused in computer science and computer engineering, by 31,000 over the next 20 years to expand workforce development in these areas, in particular to support the Amazon headquarters that will be developed in Arlington, Va."

This program is a major accomplishment for CNU, and being accepted into it will provide future Captains with even more opportunities specifically in technology-related fields.

"Last spring, the state called for applications from Virginia universities who were interested in being a part of the Tech Talent Investment Program (TTIP). Specifically, proposals were to focus on increasing graduates in the areas of computer science and computer engineering," Guajardo said. "Christopher Newport University developed a proposal that included projections of growth in the number of graduates in these areas across the next 20 years and plans for how support could be utilized."

It was a long process to work on the proposal, complete the application and then finally find out the results.



IMAGE OBTAINED FROM PEXELS.COM

"Proposals were submitted this summer and then they were reviewed by a state-level committee, including the secretary of education, director of the Virginia Department of Planning and Budget, director of SCHEV, staff directors of the House Appropriations Committee and the Senate Finance Committee, CEO of VEDP and the secretary of finance,"

Guajardo said. "Awardees were notified in early October and award amounts were finalized and announced in November."

Christopher Newport is the only non-doctoral degree granting institution that received support in the first round of awards. The school will receive funding from the state specifically to support equipment,

capital and program development.

"In return, we have committed to increasing gradually the number of graduates in computer science and computer engineering each year over the next 20 years, which will ultimately lead to a total addition of 393 graduates," Guajardo said.

The Technology Talent Investment Program is a highly recogniz-

able program and it will contribute to the growing importance that technology has, especially in northern Virginia. The ability for CNU to participate is tremendous and will allow CNU to become more competitive as a university.

"It is significant to be recognized as a university that provides exceptional training in the fields of computer science and computer engineering," said Guajardo. It is noteworthy that a university of smaller size received funding in the first round of awards, along with 10 other larger peer institutions including William & Mary, Virginia Tech, and UVA. We have been recognized for the excellent education we provide.

"It also will provide funds that will enable us to strengthen our current programs in computer science and computer engineering. Funding will provide additional faculty lines, equipment for labs and research, and scholarships in these areas. This is a very exciting opportunity for our students and our faculty," she said.

This opportunity does not come along often, and the Technology Talent Investment Program is a long-term program, so it is significant that CNU will be involved in it for the 20-year period that they specified. It will allow CNU to grow and give future Captains more opportunities to further their success.

Not only will it increase the level of education they receive, but it will also allow more students to find jobs after graduating in an extremely innovative field.

Christopher Newport University has already established itself among other universities, but this allows it to grow and flourish even more into an extremely prestigious school. ■

JOBS

STORY CONTINUED
FROM COVER

This was a wonderful surprise for many of the students and validated their effort throughout the school year. It was not a spur of the moment decision, but rather a plan that had been in the works for some time. "Dr. Filetti and I from the CNU Office of Teacher Preparation and Allison Anderson and Stephanie Hautz from NNPS jointly agreed to surprise the students with the job offers. Once a date and time were agreed upon by CNU and NNPS, the 'surprise' was a go. I emailed the students and asked them to attend a presentation by

NNPS that would start at 3:30 p.m. on Friday, Nov. 8th," Ward said.

"41 of the 50 students received firm job offers extended by NNPS. The nine music endorsement seeking students talked with Stephanie Hautz, Director of HR at NNPS, in a small group near the front of the room. She explained that there may not be job openings for each of them, but if they are interested in working for NNPS, that they would be placed at the front of the line," Ward said.

To have so many students receive job offers is quite an accomplishment, it shows the honor that an education from Christopher Newport University has in the Newport News Community. These jobs will also serve as a great way for students to give back to the same community that they have been a part of for the last four years. While it is not known yet how many students will accept their offers, having opportunities

like this can be a huge relief.

For many of them, these students can now finish their graduate education without having to worry about receiving job offers afterwards and they can truly focus on being the best teachers they can. ■

Students discuss their options after receiving their offers. PHOTO COURTESY OF CNU OCPR



Panhellenic unites the Greek community

The Circle of Sisterhood brings together all of the sororities for communal philanthropy

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In the Greek community, the Panhellenic Council is the governing body for all Panhellenic organizations. For a total of seven sororities on campus at Christopher Newport, the Panhellenic executive board is in charge of creating events for potential new members (PNMs), streamlining communications from each chapter to another, voting on by-laws, and evaluating the health and morale of the community. Beyond the maintenance and support of the Greek community, the Panhellenic executive board contributes to a nationwide philanthropy as well: Circle of Sisterhood.

Sam Hernandez, Vice President of Signature Events in CNU's Panhellenic executive board described the purpose of the nationwide philanthropy. "Circle of Sisterhood is a foundation that works to remove barriers for women in other countries and in the US," Hernandez said. "Barriers in a sense that take them away from education, and help girls receive an education. The Circle of Sisterhood pays for school supplies, mosquito nets, books, and as well helps build schools in those areas so they are able to achieve an education."

For the 2019 year, Hernandez has been deeply devoted to promoting Circle of Sisterhood to the public and Greek community.

"It has been instituted for 3 to 4 years, but the awareness hasn't really been there. Random fundraisers would be planned out, but attendance

was lacking. Sam has dedicated a lot of time towards events, like Circle of Sisterhood week, just so people know about our philanthropy and where the money is going towards," Taylor Lambert said, President of CNU's Panhellenic's executive board. The past executive board asked for Hernandez, when she became elected into her position about last year, to implement new events to promote Panhellenic's philanthropy.

In order to create a chain reaction about the choice behind their philanthropy, the executive board bought the copyrights of the documentary film "Half the Sky." The film is encompassed as a visual rhetoric when put alongside Circle of Sisterhood, plunging into the hard to discuss topic of the oppression women face worldwide, but how to turn oppression into opportunity. On Nov. 5, during the week of their Circle of Sisterhood week, Panhellenic displayed the documentary for all sororities to see. All of the sororities came together for one purpose, and it was to enlighten themselves about the honest truth that is happening in countries that prevent women from receiving an education.

This event has never been done before on CNU's campus, and thus it illuminated and raised awareness about Circle of Sisterhood. Panhellenic has plans to have the upcoming executive board to plan more viewings for the documentary so all sorority women are given the chance.

Beyond this viewing, students at CNU may have noticed throughout the year Panhellenic's new collaborated events among CNU's sororities

that have as well promoted Circle of Sisterhood, while also exhibiting Greek unity. Once the pairings were made, the sororities would have to create their own idea and then were given the task to execute the idea into an event. For example, some events that have supported this cause are Pancakes for Panhellenic with Delta Gamma and Phi Mu, and Painting with Panhellenic with Alpha Delta Pi, Alpha Sigma Alpha and Zeta Tau Alpha.

"When the chapters were planning these events together, they as well had to discuss what the money was going towards that they were raising. This was an easy way to get the word out about Circle of Sisterhood's purpose," said Lambert.

All of the above-mentioned events have helped Panhellenic get the word out about their Circle of Sisterhood, while as well increasing fundraising for their philanthropy. Lambert continued, "While trying to raise awareness for our philanthropy, we also definitely have had an increase with how much we've raised in the past - which is really exciting!" Hernandez added that, "That honestly wasn't my main goal, my main goal was to raise awareness, but the fundraising the Greek community has helped make was a plus."

The 2019 Panhellenic executive board will be ending their term on a high note for the Greek community at Christopher Newport. They confidently have developed changes that will undoubtedly continue their mission of Greek unity, and assure the collected awareness of their philanthropy. ■



Sisters gather around to take a photo of their paintings at the Circle of Sisterhood Event in front of the banner. PHOTO COURTESY OF ASHLEY MCMILLAN / THE CAPTAIN'S LOG

Virginia turns blue, makes political history

The Democratic party hits their historic trifecta with the recent elections

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Over the last couple of general elections, the Commonwealth of Virginia made history in some sort of fashion.

Since 2017, the blue wave began after the flip of 15 seats in the House and the election of Governor Ralph Northam, giving them hope for 2019. It then continued into 2018, when they netted three seats in Congress, which resulted in an increase of statewide support. Now in 2019, Virginia became the most-watched election nationally and the most expensive election in years, after all of the 140 state legislature seats went up for grabs. This resulted in the continuation of the wave after the Democrats flipped 2 seats in the Senate and 5 seats in the House, causing a new majority in both and a Democratic trifecta for the first time since 1994 (26 years).



The Capitol building in Richmond, Va. PHOTO COURTESY OF TARYN HANNAM-ZATZ / THE CAPTAIN'S LOG

The greatest moment from that night was the statement by Governor Northam in which he said: "I have only one question for you. Do you like the color blue? Because I'm here to officially declare today November 5th, 2019 that Virginia is officially

blue. Congratulations." After that moment, the Virginia legislature officially turned from Red to Blue, completed after three years.

Moving forward into the future, the Commonwealth of Virginia now has a chance to help lead the nation

into a world where fair elections will have their momentum, based on The Nation article published on November 6th written by Joan Walsh.

With this victory, we can now look into the impacts it will have in preparation for the 2020 election, as our Commonwealth could become a battleground state (a state that could reasonably be won by either party's presidential candidate).

Since 2017, the number of women elected keeps increasingly getting higher and higher, especially with the most recent election. The importance of the increasing number of women elected shows that the voters are looking at them to help lead the country.

With 2020 fast approaching, it shows a warning to both the Democrats and the Republicans that the mood of the country overall could go well for the generation of women in future elections because we now know that, "despite concerns of

electability, women can and do win," based on an article written in Vox by Anna North.

Also with this victory, the Democrats are unleashing the agenda of getting stuff done that they couldn't get done in the past. Some of their agenda items include passing the Equal Rights Amendment, that would guarantee legal equality for all Americans regardless of sex, making Virginia be the 38th and final state to do so; more gun legislation after the failed Republican-led special session from July, after the Virginia Beach shooting; raising the minimum wage to \$15; Medicaid expansion; climate change legislation; education legislation and other legislation that would impact women.

Because of the victory the United States saw in Virginia, the Democrats can now "help build a stronger, more inclusive Commonwealth together" (ending to Northam's written statement). ■

Utilizing CNU's single-stream recycling

The do's, don't's and best practices for sustainable waste management

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This past Friday, Nov. 15th was "America Recycles Day," a yearly celebration and recommitment to sustainable waste management, specifically recycling.

Here on campus, there are more recycling bins available across campus than ever thanks to the work of the Office for Sustainability and Plant Operations staff.

Recycling is a great daily practice that can make you more conscious of your own waste, and doing so effectively and properly requires understanding the process.

There are some very important dimensions to recycling, especially with our single-stream program here at Christopher Newport, that are important to know in order to make recycling more efficient.

Here are some of the most important aspects of recycling to know (and share) about our single stream program here at CNU:

1. Single-stream means all of our recyclables go into one bin and one facility. You may have encountered a vast array of different recycling bins in your local Target, Whole Foods or other stores, one for every type of recyclable you can imagine. But here at Christopher Newport and in the city of Newport News, a single-stream program operates, meaning all acceptable recyclables go into the same bin, and all go to a materials recovery facility (MRF), where they are sorted and prepared for post-

consumer use.

2. There is an important distinction to make between "recyclable" and "acceptable." This is probably the most important facet of our single-stream program - not all plastics, papers and otherwise "recyclable" materials are accepted in our single stream.

Almost anything can be recycled with the right technology and resources, but our single stream program, as well as the Newport News city program, only accept certain types of materials based on their market to sell them out.

For example, plastic grocery bags are recyclable, but they are not acceptable in our (and most) single stream programs because they require a unique process with different machinery to be recycled.

Furthermore, there are many different kinds of plastics, most all of which are labeled with a small number in a recycling-shaped triangle as a 1, 2, 5, etc. Of these types of plastics, only 1's and 2's are accepted in CNU's single stream, while 1's, 2's and 5's are accepted by the city of Newport News' recycling stream.

That means things like plastic wrap, plastic silverware, many plastic drink cups and straws are not recyclable and should be placed in the trash. If you live on campus at CNU, you can use the attached diagram to see a comprehensive list of what you can place into campus recycling bins.

3. The physical condition of our recyclables matters. The shape, form and overall condition of our recyclable materials can greatly impact

the efficiency of recycling facilities.

Some important recycling etiquette includes completely flattening cardboard boxes, never trying to recycle greasy pizza boxes or anything with non-washable food contamination, always rinsing your jars and bottles and separating different materials within bins (i.e. making sure paper bags don't have plastic in them, etc.). This is an easy but crucial way to make recycling processes at material recovery facilities more efficient.

4. Recycling is good, but reducing is great. Recycling whenever possible is a great lifestyle for anyone looking to be more environmentally conscious, but reducing and refusing the amount of unnecessary disposable waste that is so common in college life is the best lifestyle practice to develop.

Personally, I always try to avoid using any non-acceptable materials (like plastic cutlery, plastic wrapped foods, certain plastic drink cups and straws) by using my own reusable

ones. But even if I forget my reusable products, I will try to use paper or acceptable plastic alternatives instead of non-recyclable plastics or styrofoam.

The best way to make your daily practices more sustainable is to understand what personal choice you can change or improve.

A great exercise to kick-start thinking about your daily waste is to spend one day thinking about every time you go to a trash can, and note (1) whether or not there is a recycling bin within close proximity to it, (2) how much waste you are actually disposing there, (3) and how much of

that is accepted recycling and (4) how much of that waste could be replaced with reusable products.

Talking with friends, coworkers and professors are also great ways to learn about the individual practices of others that help them to be more sustainable in their resource use.

For more information about recycling at Christopher Newport, you can visit the Office for Sustainability's internal web page at <https://interweb.cnu.edu/sustainability>, where recycling and waste management resources are available to students, faculty, and staff. ■

Here are the standards for campus recycling. IMAGE COURTESY OF CNU



An update on the housing situation

Changes made so far are still far from a long-term solution

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Recently, the Office of Student Activities sent out an email to all students regarding the 2020-21 Housing Selection Process.

The email included information regarding the formation of a committee, in response to student feedback, to make revisions to the housing process.

This feedback was provided by students who had participated in the housing selection process the previous school year. Made up of staff, Residence Life and other groups, the committee gathered to discuss opinions and met over the course of several months.

Last year, rising juniors struggled to find housing in their designated upper-class dorms due to shortages. Many were subjected to living in underclassmen dorms, such as Warwick Hall.

As a result of this difficulty and, dare I say, mistake, the committee set out to provide further clarifications and create a smoother process for years to come.

Generally, the changes made provide more housing for third and fourth years as well as a few adjustments to pre-existing residency.

A new residence hall is currently being constructed and is projected to be available next school year for third and fourth years.

This new building on East Campus, soon to be called President's Hall, will provide 79 more beds which is a significant improvement and exciting for upper-classman.

There have also been a few modifications to apartment leasing terms with the intent of creating more housing for students required to live on campus.

Ten-month apartment leases will no longer be available, and 12-month apartment leases will now require

all occupants to be retained the full time. The committee decided to release lease dates to students two years prior as to allow for students to better plan financially.

Additionally, the current double rooms in Rappahannock River Hall will remain double rooms in order to provide more housing. And the apartment style suites in James River Hall will be limited to four occupants as to provide more single rooms.

Further information regarding the new content of this email, a timeline, procedures, etc. can be found at CNU connect under 'Housing.'

While these changes will improve the overall shortage in housing, simply adding rooms will not completely fix the situation.

Modification of the selection process is required. In my previous article about housing, published Sept. 11, 2019, I brought attention to the flaws in the selection process.

In order for the Housing Selection

Process to be efficient and effective, the method in which students select their dorm rooms needs to be altered.

Currently, individuals are evaluated based on their standing with the school, whether they are in the President's Leadership Program and/or the Honors Program. These students are told they have priority housing in that their time slot to select housing is earlier.

However, the reality of this system is that the groups who wish to live together rely on the individual with the highest status and earliest time to guarantee they are placed in their desired housing.

These groups are often comprised of individuals from varying status, which creates an unfair advantage for a group of students who are, for example, all in PLP or Honors.

My previous proposed plan is to evaluate the group as a whole rather than the individual and then assign a time to create a fairer selection process.

This will eliminate the advantage certain groups have because of that certain individual.

Though I am excited for the increase in residential dorms for upperclassmen next year, I will patiently wait for a change. ■

Write for the Opinions section!
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Preventing the AIDS Virus

World Health Organization presents global effort to stop AIDS

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The 1980's. The time where innovation shaped us. New technology has changed the way we live our normal lives. We were able to play video games in our own home, we were allowed to have pagers and, if we were lucky, had our very first home computers. However, technology has not only made our lives cooler but it made us aware of bigger problems that have plagued parts of the United States of America.

Described as a health disaster of epic pandemic proportions, the federal government officially acknowledged the AIDS epidemic in 1982 and in-between the years that followed there was a negative outcry against people with AIDS. Many HIV-Positive citizens were bashed and banished from their favorite everyday spots. In fact, children with HIV/AIDS were told to stop coming to school and were forced to be kept at home, contained within the confines of their room. This was most famously portrayed by Indiana teenager Ryan White, who was banned from school, primarily to prevent the newly discovered disease from spreading to other vulnerable youth.

In December 1984, Ryan White was diagnosed with the AIDS virus following a blood transfusion at birth. He was one of the first hemophiliac kids to come down with the newly discovered disease. Many of his personal doctors gave him only three to six months to live, however he managed to stay alive for nearly six years. After about a year and a half of dealing with this shocking news and the precautions placed on by the Center for Disease Control (CDC), Ryan was eager to return to school. Instead of being greeted by his childhood friends and a loving community, Ryan White was welcomed with insults and cruelty amongst the older parents. Due to the intense backlash

and constant nationwide media coverage, Ryan and his mother moved to Cicero, Indiana where they were accepted and supported.

Ryan became the poster child for public education about the virus and being a hemophiliac throughout the rest of the 80's. Even though he lived longer than most doctors expected, Ryan White succumbed to his disease on Apr. 8, 1990 at the age of 18. In honor of his memory, the Ryan White Comprehensive AIDS Resources Emergency (CARE) Act was passed and enacted in August 1990. The act essentially improved the quality and availability of care for medically deserving parents and families that are affected by HIV/AIDS.

Just like Ryan, people from the HIV/AIDS community all over the world faced embarrassment from their fellow healthier peers. It wouldn't be until Nov. 20, 1986 when the World Health Organization announced their first global effort to combat the growing AIDS virus. Some of the points for this program consist of developing medical strategies for combating AIDS, providing a framework among researchers to share information with regular citizens regarding the disease and creating a far more aggressive drug, vaccine, and other therapeutic practices. One of the main points of the first global initiative was for inexpensive blood tests around the world to detect infection to unaware victims. However, reports showed that these experimental blood tests were not as effective as one may have hoped. With a financial backing of approximately five million dollars from the United States, Sweden, Norway and the United Kingdom's government, a lot was riding on the success of this first global combat to fight HIV/AIDS.

Not to mention, there was a lot of criticism surrounding the World Health Organization in regards to

the lack of efficacy of trying to contain this widespread disease before it got out of hands. In response, the World Health Organization blamed other countries for ignoring the problem when it first arrived in their respective country throughout the early 80's.

In the modern 21st Century, there is still this sense of blaming others and failing to take responsibility for our mistakes. Looking at the grander scale of things, the world has transformed into this personalized and subjective realm in which can be altered and manipulated for the better and for the worse. Most of the news and content that we receive on a daily basis can always be subjected for debate. There is material out on the internet that blurs the line between safe and family-oriented to the risqué and for mature audiences. We have some of the best technology at the tip of our fingers, such as iPhones and social media platforms that we not only use to our advantage, but use to promote, engage and assist the young adults in HIV/AIDS prevention domestically and globally. The real breakthrough came with the creation of antiretroviral therapies (ARTs) in the 1990s. ARTs modify the HIV/AIDS strains within the human body by directly attacking the virus and preventing its rapid reproduction. They also improve the immune system's ability to fight off infections and other HIV-induced diseases.

While we are still creating, innovating and changing the game when it comes to HIV/AIDS, there are still citizens that struggle with this disease primarily due to financial costs. As we all know, there is still no solution to the HIV/AIDS Virus. However throughout its thirty plus year reign of killing humans, it's been proven time after time that when we, as a nation, come together and beat the odds, it becomes a monumental win for those affected and one step closer to the cure. ■

Deadline rush

Everything is due right now

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We are almost at the end of the semester, and all the professors are assigning projects and papers, study guides and test, due dates and deadlines. It stacks up and everyone gets overwhelmed.

With the amount of items that are due within a week, it is hard to manage time to study for a test, find articles for your paper or set aside time to write an article for the newspaper.

In addition, with the semester ending soon, everyone is done with school work and putting it off till last minute. Some students maybe are in a burnout state with all the work and can't stand it anymore, feeling overworked.

Lastly, many of us stress because we want to raise that one class grade one more letter to not fail the class. There are many things going on, and there is little time to do it.

From personal experience, it just builds up. The projects, tests, papers and major assignments come at you like a stampede of bulls. I often feel overwhelmed and claustrophobic with the amount of work put on me, and sometimes feel like it is impossible to complete everything.

The stress makes me doubt what I am doing and clouds my better judgement; however, in the back of my head, I know I have to persevere and pull myself.

With all this in mind, here is some advice that keeps me on track with my deadlines:

Prioritize the closest project/paper/test. Whatever due date is first, I suggest doing that work. The reason being is that the date will come up quickly, and you may be caught off-guard by it. You can prepare for your paper that is due in two weeks, but preparing for a test that is one day away is no small feat.

Manage your time. You should try to do bits of your work leading up to the due date. Study for 30 minutes to an hour on your test, a 15 minute break, then go do that paper for an

hour and a half. Plan out your day so you can efficiently finish everything before the due dates.

Have a break. Don't just study twelve hours straight; it is unhealthy. Have like a 30 minute to an hour break.

Either take a walk, play a video game, call your family, talk with a friend, eat good food, just something that is not studying.

With this break, have self-control to go back to studying. We are easily distracted and lazy when it is time to go back to work, so have some self-control to put down the phone and go back to studying.

Sleep. Doing an all-nighter is not the best idea, since you will not retain a majority of information you'd study. Sleeping will allow you consolidate the information you'd study across the day and keep it in memory.

These points kept me above the sea of papers and scholarly journal as the piles builds. Knowing what's the closest due date and what is the farthest makes me plan what to study.

If I have a test coming up in five days and a paper due in two weeks, whenever I have free time, study for that test for an hour or two, break off and play a video game, and work on the paper for about an hour.

It is mostly time management. In addition, because you feel overworked and burnout from studying from dawn to dusk, you will feel stressed and depressed, which is only further demotivational.

A reasonable option is to do something you enjoy. I have always felt like banging my head against the door whenever I face a difficult computer programming assignment or writing a newspaper article.

To relieve myself from that anxiety and frustration, I do another activity like playing a video game or doodling. It helps relieve the tension and motivates me to tackle projects.

I hope this helps some of you Captains stay afloat in this torrent of papers, projects and tests. Good luck and do not drown in the sea of work. ■

CNU
Blues

"Christmas in November"

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Thrifting near CNU

A CNU student shares her thrift store finds

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The first time I walked into a Goodwill, I was less than thrilled. The musty smell of my grandmother's closet, combined with the endless racks of stained and fading clothing, made me pause, wondering why in the world I left the cleanliness of the mall behind for this. Who would have thought that six years later the majority of my wardrobe would be

made up of bargain-basement finds such as these?

Beyond the thrill of finding a hidden vintage piece or stumbling upon something you just didn't know you needed, thrifting is one of the most sustainable ways to revamp your wardrobe with minimal cost to your wallet and the environment. It discourages waste and provides a space for creative expression on a budget, which, as college students, who wouldn't want?

Thrift stores such as Goodwill or the Salvation Army are common, but independently owned shops such as the ones we have in Newport News are equally accessible and give residents a way to support the small local businesses.

All thrift stores, regardless of their size, regularly import new items and refresh their stock. This means that no matter how frequently you find yourself searching through racks on racks

of clothing, you're always bound to find a new piece. This sort of diversity allows second-hand retailers to provide diverse products at consistently low prices, giving buyers the chance to purchase unique pieces at a rate you couldn't find elsewhere.

With all of these factors taken into account, and a handy washing machine ready to get rid of that used-clothes smell, thrifting is a fun, sustainable and affordable way to shop.



(Above) This checkered dress from Goodwill only cost \$14. (Left) This slimming black dress is from The Act II Consignment boutique, and it costs even less at \$12, which is a great deal. **PHOTOS BY ERIN BAILEY / THE CAPTAIN'S LOG**



(Above) This warm \$8 mustard yellow s



Thrift Stores - Distance from CNU in miles

Village Thrift - 0.8 mi. Goodwill - 1.9 mi. The Act II Consignment Boutique - 3.1 mi.



weater is from Goodwill.



(Above) This Mary L Couture dress was \$36 from The Act II Consignment boutique. (Left) this blue blouse with a ruffle across the middle was only \$12 from village thrift.



(Above) This cool denim jacket is from Village Thrift and was only \$2. (Below) This black and white checkered blouse, that is perfect for a job interview, was from Village Thrift for \$16.



UPCOMING HOME GAMES

Friday, Nov. 22, 7:30 p.m.

Men's Basketball vs.

Randolph College

Saturday, Nov. 23, 7:00 p.m.

Men's Basketball vs.

University of Lynchburg

UPCOMING AWAY GAMES

Wednesday, 20, 6:00 p.m.

Women's Basketball vs.

William Peace University

Saturday, Nov. 23, 3:00 p.m.

Women's Basketball vs.

Meredith College

Another PK loss brings heartbreak to #23 Men's Soccer

Captains lose 4-3 in PK shootout in the second round of the NCAA tournament

MATTHEW SCHERGER

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It was a chilly and windy weekend for soccer at Jennings Family Stadium for the first and second round of the NCAA tournament. Despite the weather forcing the four teams to change from Captains Field to Jennings Family Stadium, there were three tight games played over the weekend. In the first round of the NCAA tournament, the Captains of Christopher Newport faced off against the Eagles of Eastern University, and the Roanoke College Maroons played the Swarthmore College Garnets.

The home team for the weekend kicked off the action Saturday. Because of the high winds that made long ball plays difficult, both teams remained locked in a defensive battle for the majority of the contest. It was not uncommon for goal kicks to drop suddenly to the ground in the face of the gusts that swept through the stadium.

The midfield was the center of attention for the majority of the match, with possession battles won and lost by each team, flipping the field every five minutes of play. Despite several good runs made by each team in the first half, neither side was able to beat the last defender to earn any points. The Eagles managed to get only two shots on target during the first 45 minutes, while the Captains were only able to get one.

During the second half of the

game, the Captains were able to take advantage of the wind. Ten minutes into the half, Keeper #0 Anthony Hitchcock's kick went straight into a strong headwind, and the ball dropped dead around twenty yards in front of his own goal. Luckily #7 Justin Wilson saw the opportunity and beat his defender to win the ball and quickly slammed a shot past Hitchcock to put the Captains up 1-0.

The goal was just what the Captains needed to create pressure on the game. The Eagles grew increasingly desperate for deep through balls as the game wore down, but the defense of the Captains stood strong, not allowing a single shot on target for the remainder of the game. The Eagles' defense did the best they could, turning aside a few great opportunities by the Captains on counterattacks, but it would not prove enough to win the game.

Frustrated by a lack of progress against the tight Captain's defense, the Eagles earned two yellow cards within three minutes of each other with around 15 minutes of play left in the game. The Captains also earned two yellows of their own in the contest, one in each half.

In the second of the two first round games of the day, featuring Roanoke College and Swarthmore college, the weather turned even colder. With the setting of the sun, the temperature dropped another ten degrees, and the wind did not slow down at all during the match. The players on the field battled

through the conditions and multiple leg cramps to deliver an intense game of soccer.

Tensions were high in Jennings Family Stadium as the game could not be decided in regulation, and the final minutes became chippy, with players taking risky challenges and earning foul after foul. Although the game ended 2-2, an additional twenty minutes of play were not enough to settle it, resulting in a penalty kick shootout for the right to play in the next game against Christopher Newport.

Swarthmore Goalie #0 Max Kral was a hero in the shootout, making two fantastic dives to keep the Roanoke shooters down. On the offensive side of the ball, Swarthmore was able to make all four of their attempts to win the shootout 4-2 and earn the right to play the Captains the following day.

Sunday's weather was much nicer in comparison to the brutal conditions of Saturday. Although the wind was still present, it did not reach the gusts that were constant the night before.

The Captains' defense showed once again why it is one of the premier units in the nation, allowing just three shots on target throughout the whole contest. Swarthmore did their best to test this defense, with multiple dangerous opportunities in the Captain's defensive third.

Although the scoresheet did not reflect it in shots, the Garnet's attack was swift and able to capitalize on small mistakes by the Captain's.

On the other side of the field, Kral for Swarthmore again showed off his athletics, turning away five shots on target throughout the contest, including an impressive dive to prevent the Captains from scoring early in the game. #29 Will Collins and Wilson combined for nine shots, with three on target, but Kral was able to hold strong.

A defensive battle can be frustrating for the players on the field, and this was reflected in the play. Both teams engaged in small moments of chatter, and the teams combined for 46 fouls throughout the game. In addition to the five yellow cards picked up the night before, Swarthmore added another five to their name during this contest, and Collins picked up a yellow as well for the Captains.

Both defenses remained stout, however, keeping the score 0-0 at the end of regulation. Offensive opportunities were limited by the Captains in overtime, but Swarthmore was unable to make much of their possession either. #27 Justin Piercy saved the game for the Captains in the second overtime by preventing a potential score from #2 Ben Lau. 110 minutes were not enough to break the tie, and the game went to a penalty shootout again.

Despite a history of tragedy in penalty shootouts for the Captains, this one initially looked great for them. #36 Cory Hogge made the first attempt for Christopher Newport, and Piercy blocked the first shot by Lau. The referees ruled that Piercy

jumped off his line early, however, and Lau was able to retake his shot, which he made.

Although #31 Derek Cook missed his shot, Piercy made another great save against #11 Woojin Shin to keep the score 1-1. Collins put his shot away, juking Kral neatly to put the Captains up, 2-1, but #5 Trevor Homstad wasted no time evening the score up.

Wilson missed with his penalty attempt, and #14 Connor Gill, who made the game-winning PK attempt the previous night, had no problem sliding a shot past Piercy to give the Garnets their first lead of the shootout.

#2 Harry Whittleton kept the Captains in it and brought the tally to 3-3, but #21 Jason Meuth was able to seal the deal for Swarthmore, tricking Piercy into diving the wrong way for a 4-3 win for Swarthmore.

Although the Captains did not advance as far into the NCAA tournament as they would have wished, their team still enjoyed much success compared to the previous two years. Coach Justin Chezem ends his first season as head coach with a winning record (14-2-5) and won his first NCAA game.

Graduating seniors Piercy, Cook and #30 Khari Jones led an oppressive defensive unit that allowed just 12 goals all season, and the offense, led by Sophomore #25 Lincoln Kickbush and Junior Justin Wilson, will return next year to continue their impressive efforts. ■



(Left) #19 Michael Wilson dribbles the ball down the line. (Above) #29 Will Collins heads the ball under pressure from the Garnet.

PHOTOS COURTESY OF CNU OCPR



#18 Allie Plumlee dives for a dig in the NCAA Volleyball Regional Semifinals match against Stevenson University over the weekend. PHOTO COURTESY OF CNU OCPR

Volleyball loses in round of 32 Captains fall to Marymount in Regional Finals

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The weekend of Nov. 15 was a special one because for the first time since 2014, the Freeman Center was the host site for one of the NCAA Volleyball tournament Regional Championships. Christopher Newport would invite seven other teams from a variety of states: Virginia, Maryland, New York, Pennsylvania and even Texas.

Seven matches were scheduled to decide one winner who would advance to Cedar Rapids, Iowa, the host city of the National Championship match.

Some familiar faces for the Captains showed up ready to fight for the chance to etch their name in history. The Juniata College Eagles, Virginia Wesleyan University Marlins, Marymount University Saints and Stevenson University Mustangs all made the return to Newport News.

Other programs like the Randolph-Macon College Yellow Jackets, Hunter College Hawks

and Trinity (Tx.) Tigers took that trip for the first time in at least five years when Randolph-Macon last came to Christopher Newport University. All eight teams were paired off and played on Friday with only four spots available for the next round of the tournament.

Virginia Wesleyan was making their NCAA tournament debut against a strong Juniata program who had been to the big dance for the last 39 consecutive seasons. Hunter, a program who received an automatic bid after winning their conference for the sixth year in a row, was up against #7 nationally ranked Trinity University out of Texas.

With a preview of the following match occurring on Sept. 6, Randolph-Macon was in the third match of the day against Marymount University.

Randolph-Macon won that match 3 - 1, but now with their seasons on the line, both teams would be giving it everything they had.

The main event of the evening was the Captains hosting Steven-

son, who were riding high on an undefeated streak of six matches at the time.

The tightly contested matchups that the NCAA tournament can provide were on full display as not one of the Friday showcases resulted in a clean sweep and saw Juniata drag Virginia Wesleyan out to a five set thriller before eventually overcoming the Marlins.

Hunter was able to take a set from Trinity (Tx.) before eventually falling in four. Marymount forged a new future for themselves as they surpassed Randolph-Macon and secured their first ever NCAA tournament victory.

With over 600 fans in attendance cheering on the home side, the Captains rebounded after dropping the first set to win the next three and move on to the regional semifinal the next day. It seemed almost like Groundhog Day as Juniata would be facing Trinity (Tx.), a matchup that took place already back on Sept. 13 where Trinity (Tx.) came out

on top. In addition, Christopher Newport would face off against Marymount for the third time this season, with the Captains securing both victories.

The next day, Trinity (Tx.) fought through an extremely close first set (27-25) and then began to settle in as they won by four points in the second frame and completed the sweep with a statement win by 11 points. In the second match, the Captains started out strong and took the first set off Marymount after jumping out to an early six point lead. Looking to make more history on the season, the Saints fought back and squeaked out a second set victory despite being unable to finish four set points thanks to a Christopher Newport service error.

With both sides having one set under their belts, the match was now best two out of three. The Captains closed out the third set on a 6-2 run to put the Saints' season on the line. Both teams battled neck and neck throughout the fourth set before it was tied up at 22 points each.

Two emphatic blocks denied the Captains attack after a pair of points to force a deciding fifth set. With months on years of hard work leading up to this moment, it would be a race to see which side would grab 15 points first.

The Saints offense came out swinging and powered four kills in a row to the hardwood before an ace slipped through the home side squad. From there, Christopher Newport would never get closer than three points as Marymount took the fifth set

and achieved their first victory against the Christopher Newport volleyball program since 1999.

Sunday afternoon the two remaining teams faced each other on opposite sides of the net, both knowing that only one would be able to make the trip to Cedar Rapids with a spot in the NCAA quarterfinals.

An unfortunate broken ankle the previous night after the contest with the Captains claimed Marymount's setter, giving the team about 12 hours to mentally prepare with a new style of offense that had not been tested in a match this season. That was all that Trinity (Tx.) would need as the Tigers would outperform Marymount in the first set while the opposition was getting a feel for their new play style.

The second set was more of the same as Trinity (Tx.) leaped out to an eight point lead just 12 points in. They would also score the final seven points and have more than enough momentum needed as they propelled themselves into the third set with their eyes set on the upcoming plane ride to Iowa. With victory in their sights, the Tigers again would claim an early advantage of seven points. Then the Saints began to connect and link up to answer the points that Trinity (Tx.) would register.

Unfortunately, it was too little too late as Marymount closed a historic season in the regional championship match. Trinity (Tx.) is moving on to play #3 nationally ranked Calvin College on Nov. 21 for a place in the semifinals. ■

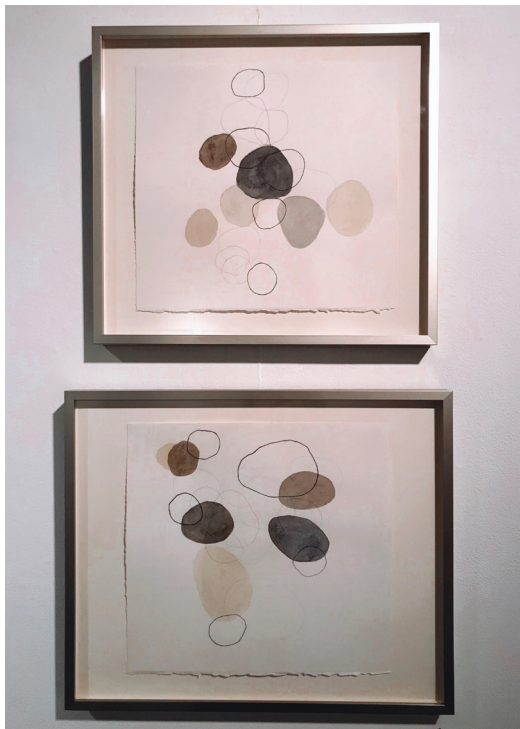
For more information on all Captains sports
action, visit CNUSports.com

The creator behind the "The Starry Messenger"

Kris Iden showcases a movement of experiences through her art

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The Ferguson Center for the Arts invited the Christopher Newport community to an artist reception on Nov. 4, a showcase for the Ferguson's newest temporary exhibits. If you walk down the halls of the Ferguson to the Falk Gallery, you will encounter a rather lovely collection. The Falk Gallery displays Kris Iden's newest exhibit,



The second piece of the series, "matter didn't spread out evenly," hangs brightly. **PHOTOS BY ASHLEY MCMILLAN / THE CAPTAIN'S LOG**

"The Starry Messenger." Iden had been diligently working on the series for the past three years before its final presentation at CNU.

The Falk Gallery interns are in charge of the exhibition's planning in coordination with Iden's series. The intern team created a new structure in the middle of the room that allows the exhibit to be strictly circular to catch the viewers attention, rather than leaving it as a plain, square room. The way the exhibit was planned out seemed very professional, yet intriguing in its modesty at the same time.

The technical aspect behind the exhibit was quite simple in taste. The lighting of the room creates an airy atmosphere, letting visitors like myself guide through at ease. Even though the lighting was more white than warm-toned, the colors of each piece were truthfully shown. Each piece was carefully enlightened in order to show the simplistic, yet intricate details. There was no frame left out of the exhibition; each piece had an equal presentation within the exhibit.

Even though most

of the series is online, not everything is presented like it is in the exhibit. The exhibit is a chance for an artist to have the freedom to enlarge their idea for the public, and possibly find new ways to interpret their artist statement. The lighting on Iden's website is desperately too dark for some pieces to be truly understood, so the exhibit creates a space that can enlighten the series truthfully. For instance, "...the center is everywhere" piece is presented with shadows within it. While in person, the piece is lightened just right for the purpose to see every faint line dramatically. The exhibit is able to provide exactly what Iden wanted to showcase: it's difficult to see what's remotely in front of you, unless you given the piece another longing glance.

Now, the pieces are lovely and wonderful. Iden mainly used graphite, intaglio and watercolor in her artistic creation. Though, there was one resource used that wasn't quite as popular as the rest. One of the materials used in the process was mica powder (a natural substance pigment), which was intended to be a more textured, watercolor paint that resembles the earthly substances in everyday life. The paint strokes that used mica glistered in comparison to the rest of her works. During the reception, Iden stated that "the world we are living in now...we really are made of such basic material and stuff you really get in a hardware store," which genuinely hit home.

As shown by the piece "matter didn't spread out evenly," the unique

circular shapes and lines overlapped and mingled across the page. From purely looking at the two pieces in connection with one another, you can begin to understand how everything, or every person, collectively joins in moments. In my opinion, I may see the figures as an aerial view of a crowd, or maybe an assembly of atoms in one point of time. This piece purely presents Iden's work, how space is inherently being occupied throughout time and all of the movements used in between. From the faded and dark circular outlines to the watercolor-filled rounded shapes, the way Iden spatially presented her thoughts distributed beautifully.

In our interview, Iden discussed how the paper's color can present the movement being shown in the pieces. For pink paper, as shown in the piece "nothingness is alive with possibilities," there is no solid substance, but just the periphery. For the smaller grey paper, there is the periphery of the shapes and its mass, showcased as either one solid shape or two solid shapes. If you take a moment longer than what you thought you needed, the realization of the movements within the papers bounds and the subjects connections to the paper come to a full circle.

When discussing with her what is represented in her work, Iden states, "These drawings do not have imagery. The rocks in them are not images of rocks. Instead they offered the least referential derivative shapes possible to work with." Through this state-

ment, it's theorized that Iden's creation encompasses a visual rhetoric. Iden continues, "There is no representation in these pictures, so they are not making pictures of things... though, it's a study more or less."

One quote used in Iden's exhibit jumped out to me: "The moon shines in my body, but my blind eyes cannot see it," which is from Kabir's poem, "There's A Moon Inside My Body." Though we cannot see what we are doing, it is there, realistically or not. This poem resonated with me throughout the exhibit as I discovered each piece. Then, as I walked around carefully considering the titles and content of the pieces, I try to manifest what could be a current, central theme of the exhibit. As soon as I remembered what it could possibly be, I walked over to the entrance of the exhibit to read the artist statement about why this exhibit is so special.

Iden's statement brings to full circle about why the Ferguson Center for the Arts had chosen this piece. In an interview, Iden spoke of one word that came to mind about why this series was significant, and what summed everything up: Contemplative. The word "Contemplative" is described as an action of expressing or involving prolonged thought. Throughout her work, Iden is circling about what it means to be meaningful in this world.

The exhibit will be available until June 24. Considering winter break is coming up, I highly encourage anyone to see this thought-provoking exhibit as soon as they can. ■

Wunderbar Together

Panel discussion highlights the stories of German-American friendship

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Throughout history, war and peace-making have formed some incredible bonds between countries that still stand to this day. Germany and the US have seen some of the most historically significant and tumultuous relations that have fortunately led to a great alliance in the present day.

Showcasing a strengthening bond in the past few decades, the "Wunderbar Together" Program celebrates the American-German friendship in events and tours around the US. Last week, CNU hosted three panelists as part of the program, including CNU professors Dr. Brian Puaca and Dr. Delulio, as well as German Embassy Senior Tax Counselor Ms. Sandy Rad-

manesh.

While it may not seem initially obvious, the German cultural influence on the US is quite extensive; Dr. Delulio pointed out how German cars, beer and classical music have influenced American culture for decades. After first visiting Bamberg (one of the oldest German cities) on a study abroad experience, she described her awe at the old, imposing structures around the city. Medieval remnants characteristic to almost any European city are "aspects of the human condition that we simply don't experience [in the US]," according to Delulio.

Like many students at CNU, Delulio had an eye-opening experience during study abroad in Dresden, where the historic Frauenkirche is at the center of the Old Town. Not only was the church at

the center of the 16th century Protestant Reformation, it was also destroyed during the Second World War and later rebuilt in the process of German unification.

A physical representation of this history, Delulio stated, "cannot be reproduced in the classroom."

While the presence of the old certainly represents a difference between American and German landscapes, the connections between these two societies lies with the vast exchange of people seeking to learn about each other's cultures.

In particular, Puaca noted that there is a significant amount of students on youth exchanges and those with relatives that previously served overseas who have fostered connections with Germany overtime. Historically, the

relationship has strengthened with the Marshall Plan rebuilding infrastructure in Germany and the NATO alliance.

Sharing first-person experience of living under the German Democratic

Republic (GDR or DDR - Deutsche Demokratische Republik), Radmanesh addressed many audience questions about her life and family struggles and eventual escape from communism. ■



IMAGE OBTAINED FROM WUNDERBAR TOGETHER

What to watch this Thanksgiving break: “Doctor Sleep” review tells all

A thrilling, visually stunning sequel to one of the greatest horror narratives of all time

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Steven King’s “Doctor Sleep,” a novel released in the fall of 2013, received rave reviews from critics and fans alike, and is now recognized as one of King’s greatest sequels ever written. Six years later, “Doctor Sleep” (2019) has made its way onto the big screen with equally positive reviews across the board, continuing the journey of little Danny Torrance from “The Shining” after the events of the original book/film. Truth be told, the film still deviates from its source material quite a bit, much like Stanley Kubrick’s “The Shining” (1980).

However, despite any changes made, both the original “The Shining” and “Doctor Sleep” hold up to be a pair of fantastically acted and well-produced horror films, with an expertly-wound story, world building and terrifying, blood-curdling visuals. If you’re looking for something to go and see over Thanksgiving break, this film should be on the top of your list.

Set well over 30 years after the events told in “The Shining,” the film follows protagonist Danny Torrance (acted by Ewan McGregor) as he stumbles his way through adult life, struggling with alcoholism and drug abuse, much like his father. The film begins with a handful of flashbacks, chron-

cling Dan’s life with his mother after the events that took place at the Overlook hotel in the winter of 1980. Despite receiving a settlement from the owners of the hotel for their troubles (you know, Danny’s father going mad and chasing him and his mother around with an axe and all) Danny lives in a small apartment with his mother. He still finds himself afflicted with visions of ghosts and spirits that have continued to haunt him, due to his ability to ‘shine.’

Fast forward 30 years to 2011, we see that Danny (now simply ‘Dan’) has grown up—living alone, getting into fights at bars and waking up in less than savory places. Despite him learning the ability to lock ghosts that haunt him in mental prisons, Danny is still struggling with the demons of his past. All of that changes, however, when Dan makes the decision to move up north and go cold-turkey. Soon, his ability to shine (previously dulled by his alcoholism) returns, and Dan begins to make his way back into the world of the supernatural with the help of a psychic penpal, named Abra. With Abra’s abilities

also awakening in her youth, the pair begin to be hunted by a group known as the True Knot, a quasi-immortal cult of psychic vampire-like beings

who steal and feed off the ‘shine’ Dan and Abra possess.

The casting of “Doctor Sleep” is likely one of the film’s strongest qualities, with the likes of Ewan McGregor (“Star Wars,” “Trainspotting”) and Rebecca Ferguson (“The Greatest Showman,” “Mission Impossible: Fallout”) taking the lead roles of Dan Torrance and Rose The Hat, the leader of the True Knot. The star of the show, however, is Kyliegh Curran—the actress that plays Abra—who absolutely shines on screen (pun very much intended), and has already proven herself to be one of the greatest child actresses working today.

Aside from the on-screen talent, the visual effects department for “Doctor Sleep” held nothing back when crafting some of the insane and beautiful visuals the movie showcases. Whether they be elaborate, psychic dream sequences of flying across a night sky or maybe the gruesome and terrifying visual effects of the True Knot members meeting their demise, the visuals for the film are as

stunning as the story, which proves to be a true and worthy successor to “The Shining.”

“The Shining” provided audiences with a visceral, dark (and often puzzling) story that was critiqued, analyzed, and theorized about for decades to come. While there are some similarities in the structure and ‘easter-eggs’ that “Doctor Sleep” contains, this newer film is not nearly as open-ended or purposefully obtuse as its successor.

Regardless, this does not at all detract from the films overall quality, as it is everything that a Shining fan could want, and more. Ferguson and McGregor’s performances are some of the best of their careers, and are a delight to watch on screen together, or at the side of breakout star Kyliegh Curran. The soundtrack calls back numerous times to the classic, dark synth-bass tones of “The Shining,” only furthering any fan’s excitement and expectation of terror. “Doctor Sleep” is a film best watched in the theatre, and is an incredible movie-going experience for any fan of “The Shining” or horror films as a whole. ■

**CRITICAL
CONSENSUS**

8/10



IMAGE OBTAINED FROM IMBD

The often unsung heroes of theater

Discover how magic becomes reality due to the talent of Theater Tech

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When the average person thinks about a play, a musical or any other type of theater production, they tend to immediately think of the actors first. Although the work of actors is often the most initially noticeable considering they are the people who are most prominent onstage, theater technicians constantly work behind the scenes in order to ensure that productions run smoothly and have everything they need to be successful. This is the case within Christopher Newport’s theater department, TheaterCNU, just as it is in professional theater companies.

Those who are involved in theater tech do not just have one job by any means. Although there are a number of different concentrations inside the umbrella term of “tech,” theater technicians often have to wear a number of different hats at once. In CNU’s theater department, the different focuses within tech and design include stage management, carpentry, scene design, scene painting, sound, light-

ing, makeup, and costume design. Theater majors at CNU are required to take classes within all these different categories (as well as acting and other performance-related subcategories) so that they can become adequately educated in all things theater and fully prepared for a career in the field after graduation.

Senior Emma Avelis is a Design and Technical Theater Major with a focus in Stage Management. When preparations for a production officially begin, she runs auditions and handles casting paperwork. As a stage manager, she has to put together paperwork with important information about the show she is working on and the cast and crew who are also involved with it, to ensure that everyone has what they need for the production to run smoothly. When a show starts, stage managers call lighting and sound cues so that every moment in the production happens punctually. Avelis is also a scene shop assistant, meaning that she spends a lot of time building sets for shows.

“I chose to be a theatre major because I wanted to interact with people,

and the amazing thing about live theatre is that you are able to see the immediate impact all your hard work has on an audience,” said Avelis. “I am able to spend my days being creative and using the skills I learn in class every day.”



IMAGE OBTAINED FROM
ICON LIBRARY

Kayl Williams is a junior at CNU and a Theater Design and Technology Major with a concentration in lighting design. “I personally take part in the hands on work for lighting,” he said. “I came into CNU wanting to do sce-

nic design, but had the chance to work lights for the show Oklahoma that Theater CNU put on and really enjoyed lighting that, so I switched my focus. I love doing Master Electrician work and planning out all the lights for a show.”

Williams spoke to the practicality that his classes prepare him to apply his skills to each production that he works on. He said, “Instead of... most people who have to write an English paper, write a lab report or plan a speech, I get to paint a board, or design a lighting scene or even build something in the shop. My classes are all hands on and focus on learning new tools, programming things or ways of thinking. Then we actually apply what we learn in shop time.”

TheaterCNU’s most recent production, “Hearts Like Fists” written by Adam Szymkiewicz, placed superhero characters in a romantic, comedic setting with noir elements. Both Williams and Avelis said that this particular show has been one of their favorites to work on. The production incorporated creative lighting texture and color choices as well as live foley sound effects, which was one of the

challenges that theater tech students faced while working to bring the story to life. Williams explained that foley for this particular show was made up of “all the punches, kicks, wooshes, and other random sound effects for the stage combat that happened on stage.” Avelis said, “In [Hearts Like Fists], we are using sounds like those in action movies to create the sound of the characters punching or kicking each other. We have a student who is our foley artist that must watch the fights and play the sound effect at just the right moment.”

Whether or not a student who is interested in participating in theater on campus is a theater major or minor, TheaterCNU encourages them to audition to be a part of shows. “Our department is so welcoming and we always love having non-majors come audition,” Avelis said. Theater tech students are an integral part of every theater production who help bring stories to life in a myriad of different technical ways. TheaterCNU would not be the same without their contributions and neither would theater as a whole. ■

Hot or Not Yoga's Himalayan salt room is a sweet success

Local yoga studio offers oasis of relaxation and rejuvenation

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Pink Himalayan salt - is it a gimmick? A bougie seasoning that lots of middle-aged moms buy at TJ Maxx? Another facet of the millennial obsession with everything rose gold? Or does it actually have properties that have real potential for health benefits?

Recently, I had the opportunity to spend some time in a Himalayan salt room. The one I visited was inside of Hot or Not Yoga and Massage Studio, one of my favorite yoga studios in Newport News with its close proximity to campus, inviting interior and comforting vibes.

So when I was driving out of Hidenwood Shopping Center one day after running some errands, a sign in front of the door caught my eye. It advertised this new little oasis of relaxation and invited passersby to come inside to try it out themselves for 30 minutes for only \$10. My curiosity (and insatiable need to spend money I don't need to be spending) got the better of me, and I decided to give it a shot later that week.

Before I attended my salt room session, I did a little bit of research on the alleged benefits of Himalayan salt to see what I was getting into. According to a number of different websites I visited, immersing yourself in a room full of Himalayan salt can have a lot of positive effects on your skin and your respiratory system.

This makes a salt room a great idea for those who struggle with allergies, other lung issues and skin conditions from psoriasis to normal acne. The dry, sterile salty air in the room helps to kill bacteria and reduce inflammation.

The negative ions contained within Himalayan salt cancel out with the positive ions we tend to pick up from being on our phones and electronic devices so often. This balance can contribute to a more positive and relaxed mindset. A soothing, sterile space like a salt room is the perfect place to unwind and to cleanse and treat your body as well as your brain.

As a full-time college student with two jobs, multiple extracurriculars and more unnecessary stress than I know what to do with, I'm always on the hunt for an opportunity to relax. I was extremely excited to try something new that could potentially help with my dry, sensitive skin and also bring a little bit of calm to my busy days.

I walked into Hot or Not Yoga on a cold, rainy afternoon and spoke to the woman working at

the front desk. She disappeared down a long hallway to go get the salt room ready for me as I was the only one who would be using it at that point in the day. After a few minutes, she beckoned me to follow her down the

way she came. In the building, one long hallway leads to the main yoga studio, and the other one she led me down led to the salt room. Small canvases with paintings of different yoga positions were hung on the wall, adding to the overall vibe of relaxation and centeredness.

The room was dimly lit and paneled with parquet patterns of Himalayan salt blocks that were stacked up on top of each other all the way to the ceiling of the room. There were three reclining zero gravity chairs situated in different spots within the room. A small heater created warmth, and two ceiling fans spun slowly, spreading the microscopic salt particles through the air. On one of the walls that wasn't covered in Himalayan salt bricks were little shelves that each held a small salt lamps shaped like rocks.

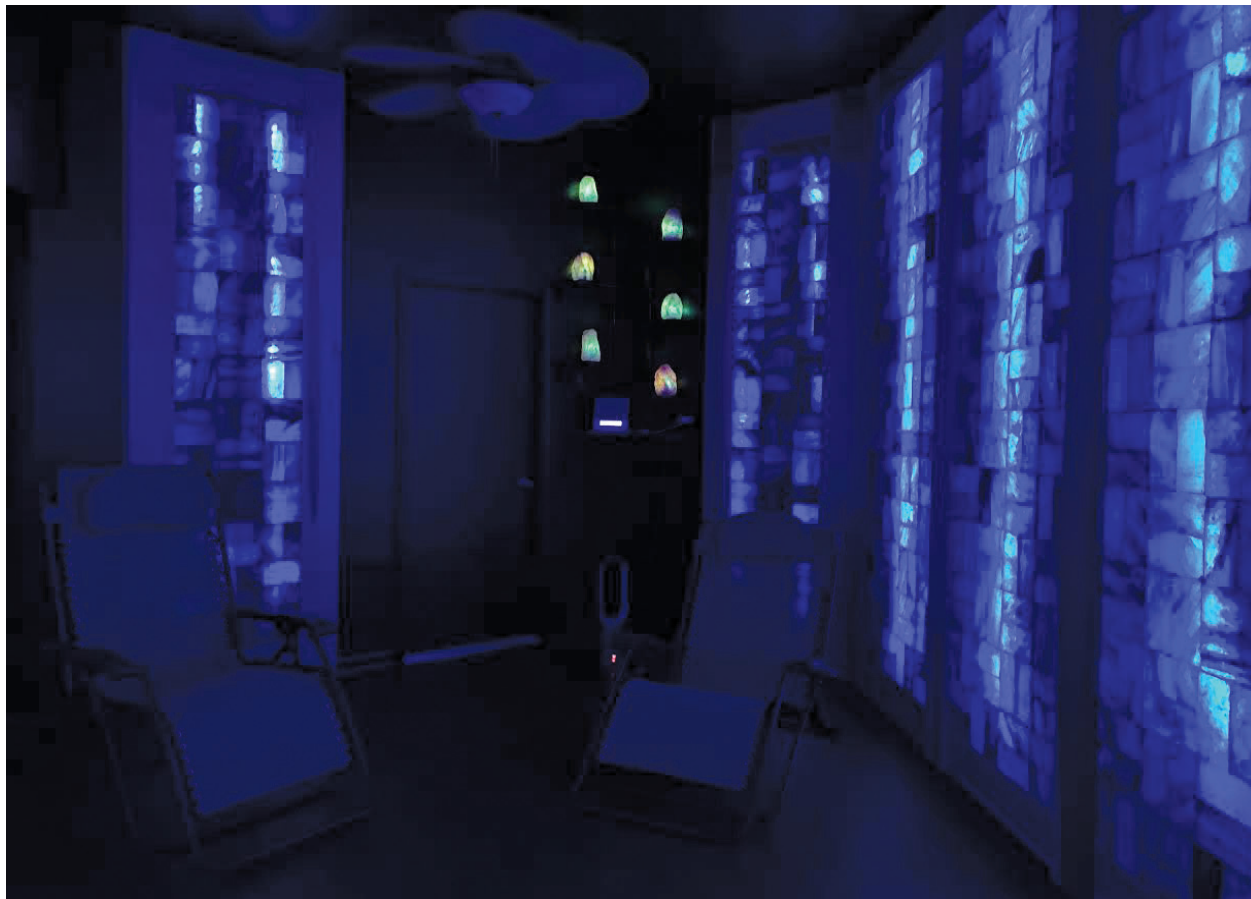
The woman asked me what color I wanted the light in the room to be, and when I asked for blue, the room filled with a dark royal blue color. She also told me that I was able to play my own music from my phone if I wanted to or instead choose to just listen to the ocean sounds and white noise they provided (I decided to do both to achieve maximum chill).

She then left me alone to enjoy 30 minutes of relaxation and supposedly all kinds of benefits from the salt. The dim blue lighting, subtle warmth from the heater and the combinations of my "chill" playlist on Spotify and the ocean wave sound effects all added up together to create a calming environment.

I tried to put my phone away and just think about where I was in the present moment as I closed my eyes and listened to my music and the ocean sounds. It was so peaceful that I almost fell asleep. I eventually lost track of time and wandered out when I thought my time was just about up.

It was hard to leave such a relaxing space. Whether its benefits are placebo or not, it was a great place to relax and spend some time in a place without any expectations, and my skin did feel a little softer after I left.

If you're looking to fit a quick trip to a local oasis into your busy schedule as finals week approaches in the next month, be sure to give the Himalayan salt room at Hot or Not Yoga a try. As strange as it may sound at first, you might be surprised at how helpful it can be to spend some time in a quiet, warm room full of salt. ■



The Himalayan salt room was lit up in a dark royal blue color since Hot or Not Yoga & Massage Studio gives patrons the option to change the color of the lights behind the walls of salt. **PHOTOS BY ANNA DORL / THE CAPTAIN'S LOG**



The hallway leading to the Himalayan salt room was lined with little canvases depicting different yoga positions and one-word mantras such as "peace."

SDEC and Currents host Diversity Dialogues

Two organizations came together for a night of unity, diversity and creativity

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As campus became showered with rain and early darkness last Friday night, Nov. 15, two organizations on campus enlightened the Crows Nest with their comforting event. The Student Diversity and Equality Council (SDEC) teamed up with Currents Literary Magazine for an evening called Diversity Dialogues. The event began with everyone huddled together, confused but curious about what was to come of the night.

Ashley McHenry, President of SDEC, started off the evening with an engaging activity for everyone: puzzle pieces where we can write and enlarge on what we signify as our identity. My immediate identity marks were how I see myself as a “Delta Gamma woman,” “Scottish” and a “Film Re-

viewer.” Every day, I pertain these identities to my overall, diverse self. Ever since I have joined a sorority, I have been more mindful and thoughtful about my values and my livelihood on campus.

The small yet impactful symbol of a puzzle piece showcases how proud each of us is of our identities and how everyone’s unique attributes contribute to a diverse community. My friends and our other fellow attendees all discussed these individual identifying choices and why they were chosen. It was reassuring knowing that regardless of our majors, sexual identities, ethnicities and other identifying factors, we can come together and find similarities in one another.

As this quick session ended, the event moved on to the poetry reading, which was a keynote by Derick Stephenson, Jr. At first glance, attendees could

notice the heavy stack of books in his hand titled “Stream of Consciousness: Hoodie Season.”

Before Stephenson introduced himself, he asked one thing from the crowd as he freely handed out his own signed copies of his poetry book: to read it and then to ask a friend of ours to go out and buy their own copy.

After his short introduction, Stephenson started to read aloud his own poetry excerpts to all of us. He elaborated on the reasoning behind the poems content, diving deep into his own intersectionality as a black man and his reflections on his childhood and manhood collectively.

“We make up so many rules about being black,” Stephenson said. “Even as a man, I actually went and got a pedicure over the summer after years of withholding myself from self care due to society’s image of masculinity... I’m so appreciative to have been apart of my fraternity because we aren’t afraid to say we love each other and hug each other.”

Stephenson’s honesty about toxic masculinity and the oppression in black stereotype broadened the horizons of everyone in attendance as he passionately read aloud his poetic works. His words mirrored the down-to-earth reality about the dishonesty in the mass media’s interpretation, and they connected my own conflictions in oppression and privilege.

Once Stephenson wrapped up, McHenry invited everyone to a painting set up behind us. As the music hummed in the background, everyone began to sit in the tight-knit corner, conversing about our unique backgrounds.

Diversity Dialogues became

a night of reflection, full of kind hearts and audibly spoken truth. I encourage anyone and everyone to come out to SDEC and Currents Literary Magazine’s next possible future collaborative events and to not be afraid to open up about your own diverse nature.■



(Above) Attendees wrote different facets of their individual identities on puzzle pieces. (Right) Poet Derick Stephenson, Jr. read his work to the crowd. PHOTOS BY TAYLOR VIGIL / THE CAPTAIN’S LOG

How to practice gratitude in your everyday life

Here are five simple suggestions on how to be thankful for the blessings you have

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With Thanksgiving right around the corner, now is the perfect time to start thinking about gratitude and how to incorporate it into your everyday life. Here are five easy ways to start practicing gratitude and to start including it in your daily routine.

Wake up thankful

First thing in the morning, before you look at your phone and get consumed by the often jealous world of social media, take a moment to ask yourself what you are grateful for and to remind yourself of all the good in your life.

You can thank your body for all it does for you, take a moment to be appreciative of a

characteristic you have or even just be thankful for waking up and getting to enjoy another day.

If you are having trouble getting started, you can try filling in the blanks to thoughts like, “I am grateful for _____,” “I really appreciate how I _____” or “I’m so glad that _____.”

Think of five good things

Some days are just hard, and that’s okay. The important thing to remember is that no matter how bad a day seems, there is good in every day.

A good way to practice this is to take a moment each day, and especially on days in which nothing seems to be going right, to pause, reflect and find five good things that have occurred.

These don’t need to be mon-

umental things, and there is no such thing as a “not-good-enough good thing.” Some days one of your good things may be that you had a good cup of coffee, and other days it might be going out and having dinner with friends you haven’t seen in a while.

In doing this, you are training yourself to find the good in every day, no matter how small and eventually this skill will become a habit.

Call your mom

...or anyone else who means a lot to you. Let them know how much you love and value them. Not only will you be making their day, but you will also be spreading the love to whomever you reach out to. Too often, we get caught up in the business of life and forget to check back

in with those we love and care about.

If phone calls aren’t up your alley, sending a quick text just to check in and see how they are doing is good too.

If you feel like going old school, you could even write them a letter and mail it out. The important thing is that you are reconnecting with a loved one and reminding them how much you care about them.

Keep a gratitude journal

Find some place to write down things that make your grateful during the day. This is the perfect opportunity to use that gorgeous journal you picked up on a whim but haven’t found the right time to use yet. Fill your gratitude journal with things that bring you joy in your day, make you grateful, make you

laugh or just make you smile. Later, you can look back and reflect on those moments.

Do good deeds

Practicing gratitude doesn’t just mean saying thank you. Practicing gratitude can also mean sharing your own gifts with others.

Volunteering is a great way to help others, spread love and gratitude and also make yourself more aware of how fortunate you are. Good deeds don’t have to just be volunteering though; good deeds can include things such as saying good morning to the people in Commons at breakfast, thanking the housekeeping staff in your residence hall, holding the door for someone or even sharing a simple smile in passing on your walk to class.■

JOIN THE STAFF!

The Captain's Log is always looking for new members. If you're interested in becoming part of our team, email editor-in-chief Matthew Scherger at clog@cnu.edu or matthew.scherger.16@cnu.edu.

Interested in:
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