



THE CAPTAIN'S LOG

THE VOICE OF CHRISTOPHER NEWPORT UNIVERSITY STUDENTS

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Stroll to the Polls meets the Renaissance

Brothers of the Upsilon Beta Chapter of Alpha Phi Alpha Fraternity, Inc. pose with the winners of Stroll to the Polls VII. PHOTO BY TAYLOR VIGIL / THE CAPTAIN'S LOG

Gamma Phi Beta defends their title of “Stroll Champion” for another year

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It is that time of year again: Stroll season. Every year, the Undisputed Upsilon Beta Chapter of Alpha Phi Alpha Fraternity, Inc. puts on one of the biggest events of the year at Christopher Newport University. It is Stroll to the Polls.

“Stroll to the Polls is a dancing, strolling, stepping competition our chapter hosts on campus to promote voter awareness and advocate for people to ‘stroll to the polls’ come November fifth in our

state election,” President of Alpha Phi Alpha, Jordan Taylor, said.

Every year, many different organizations compete. This year, there were six organizations that competed: Alpha Delta Pi, Alpha Sigma Alpha, Gamma Phi Beta, Delta Gamma, Alpha Phi and Phi Mu. Aside from the competition, there were six showcase performances. Among those were the Beautiful Kids Organization, the Latin Student Association, Prxject Woah, KPC Constellation and Zeta Phi Beta Sorority, Inc. .

Not only do the teams competing get scored on their dances,

there are many other factors that go into their scores.

First is fundraising. Teams can add to their scores by fundraising money. This year, the total amount of money raised was \$1,900. Alpha Phi won the fundraising competition by raising \$1,200 of the total, and Gamma Phi Beta came in second, raising around \$700. The money raised goes to support the March of the Dimes in efforts to prevent childhood defects.

Next is the social media competition. Each year there is a theme for Stroll to the Polls; this year it

was Renaissance. Each organization competing submits a photo, typically relating to the theme. These photos are then posted to the Alpha Phi Alpha Instagram page and then, based on reach and engagement which is comprised of how many likes and comments each photo gets, points get added to each team’s overall scores.

Gamma Phi Beta won the social media competition with their popular photo dubbed the “Mona Keisha” which also appeared in their performance on Saturday night with 2,499 likes and 5,991 comments. Coming in second

place for social media was Alpha Phi with 1,763 likes and 5,652 comments. And in third place was Phi Mu with 2,229 likes and 3,702 comments.

Each team worked extremely hard and it was another very successful year for Stroll to the Polls. This year, third place went to Delta Gamma, second place went to Alpha Phi and first place went to Gamma Phi Beta.

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Alexa Carlin speaks at the annual Women’s Leadership Summit.

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Check out more coverage of the performers in Stroll to the Polls VII.

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Kipchoge dashes the marathon record, finishes in under two hours.

A&E

Check out a review of the nationally-trending new film “Joker.”

Lifestyle

It’s all Greek in Newport News at the semi-annual Greek festival.



Weekly Pic

The 2019 Homecoming Court was revealed on Monday, Oct. 21. The balloons and streamers are just the start of the celebrations this week. Vote for the candidates you support on The Compass.

PHOTO BY DIANE FORLA / 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

On Oct. 19, the brothers of the Upsilon Beta Chapter of Alpha Phi Alpha Fraternity, Inc. hosted their seventh Stroll to the Polls event. CNUTV was there to bring you all of the performances.

Happened

October 18

Comedian Pedro Gonzalez

This past Friday, CAB hosted comedian Pedro Gonzalez. Using punch line humor, his jokes featured what life is like in America when you are not from America.

October 21

Court Reveal & Pep Rally

The ten Homecoming Court nominees were revealed during the Monday lunch hour. The Pep Rally featured an appearance by CNU's athletic teams and a short performance by the Marching Captains.

Happening

October 25

Glow in the Darcapella

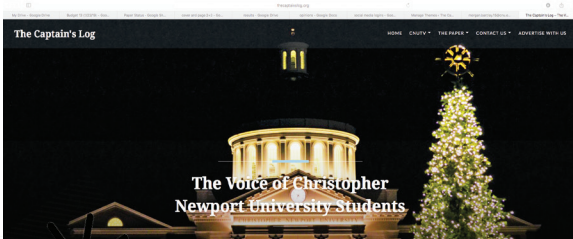
All of the acapella groups on campus are hosting their annual concert on Friday in the Diamonstein Concert Hall. The event begins at 7 p.m.

October 25

Midnight Madness

The annual pep rally will take place on Friday in the Freeman Center Field House. The event is from 10 p.m. to midnight. Come and help kick off the basketball season.

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Visit us online on our new and improved website: thecaptainslog.org. There you can experience bonus content and read all of your favorite stories.

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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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Meet the 2019 Homecoming Court



BRIAN OWENS

PI KAPPA ALPHA

Live everyday like a fairytale.
Vote Brian Owens and start your own
story. #OwensUponATime

TISHA LIM

ALPHA PHI

I love this school so much that I wanted
the CNU sails on my 21st birthday sign,
my paddle and to have my wedding
reception at the Alumni House.
#LimOrLose #NoLIMits #SkylsTheLIMit



SEAN CELLI

PSI UPSILON

Honor. Service. Leadership.
A True Captain. It's #CelliTime.

BRITTANY BRANCH

GAMMA PHI BETA

Go out on a LIMB and vote for
Brittany BRANCH!



HENRY WOMBLE

SIGMA PHI EPSILON

Vote Womble For The Win!
CNU President, CNU King.

ASHLEY MCHENRY

STUDENT DIVERSITY AND EQUALITY COUNCIL

SDEC's homecoming campaign
is about every Captain. We aim to
improve diversity and inclusion on
campus and bring together CNU as a
community.

#DontBeRashVoteForAsh



JORDAN TAYLOR

ALPHA PHI ALPHA FRATERNITY, INC.

#WE4JT

DESTINY COLEMAN

MARCHING CAPTAINS

Be passionate, be bold and put love
into each and everything you do.

Just like me, just like a Captain.

#GoCaptains



PATRICK DEALEY

DELTA UPSILON

Ideally, it would be called Homecom-
ing President because we got rid of
kings in 1776.

Thankfully, you can vote for this King.

When you vote, make sure you vote
for #TheiDealeyCandidate.

LIZ ELLIS

ALPHA DELTA PI

CNURunsOnLizEllis



Women's Leadership Summit

CNU welcomes nationally recognized public speaker Alexa Carlin to speak at the Women's Leadership Summit on Sunday with open arms

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On Sunday Oct. 20, women of Christopher Newport came together in the David Student Union in order to celebrate and encourage one another through the Women's Leadership Summit. Bursting with positivity and a strong presence from the greek community, this event included several empowering female speakers, including nationally renowned keynote speaker Alexa Carlin. Carlin, with her simply stated mission of, "making a difference in at least one person's life every single day," secured her success by becoming an entrepreneur and motivational public speaker with a focus on empowering women. In fact, the Women Empower X (WEX) event, Alexa Carlin's brainchild, is going on its fourth year. This specific event uplifts women who are leaders and entrepreneurs, and Alexa attends a multitude of different events throughout the year. Her talks at places like Women's Leadership Summit (WLS) help people, specifically women, build the confidence and motivation they need in order to achieve their goals and dreams.

I had the pleasure of attending WLS and hearing the moving words of Alexa Carlin and the sharing of her struggles. The manner in which she introduced her experiences and how she moves past them was nothing short of inspirational. Formerly diag-



(Left to right) CNU Students Ashley Hardin, Ginny Hunter and Ashley McMillan were just a few of the many students who attended the summit. PHOTO BY GINNY HUNTER/THE CAPTAIN'S LOG

nosed with an illness giving her a one percent chance to live combined with her ongoing autoimmune disease, Carlin's advice for moving past hard-

ships such as these and turning them into positivity included the power of the internal mindset on the external reality. She also emphasized the

importance of personal achievement and having a strong sense of community, values that we here at CNU can most definitely identify with.

The way Carlin ended her speech by underlining just how crucial it is to take external action was a fantastic way to introduce the Women's Leadership Summit.

In addition to the powerful words of Alexa Carlin, WLS included several other eloquent and impactful speakers who highlighted different aspects of feminine strength and women's rights. After Carlin's introduction, there were three smaller sessions to attend. Each session was made up of three different speakers, all women who are part of CNU's very own community, to choose from based on personal interest. Every group and speaker focused on a different topic, such as self growth, overcoming obstacles that are associated with womanhood and courageousness. During the lunch provided by the event, there was a lighthearted, fun guest performance by a women's comedy group on campus called the Improvcoaters. Following all of these lovely ladies and closing out the WLS was Dr. Rachel Bitecofer, who reminded us all of the significance of gender diversity and women's rights throughout history. She brought up the fact that the 100th anniversary of the nineteenth amendment, which granted women the right to vote in America, is coming up next year. These reminders of progress were an encouraging and thoughtful way to close out the Women's Leadership Summit, and it left its attendees on an empowered note. ■

Cups to cheer about for senior Captains

New senior class glasses offer great deals that go towards the senior class gift

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You may have seen the posts about a senior class glass going around. Seniors have been able to purchase a drink glass that reads "Class of 2020" on it. The glasses are currently \$10 for students to buy.

"\$6 of the \$10 goes to the senior class gift that will be presented to President Tribble at the Champagne Toast before commencement," Senior Class Gift Co Chair Alexa Hladick said.

So each person that purchases a glass will be donating towards the senior class gift. In addition to the donation, buying the glass comes

with some perks.

Not only is it a souvenir from your time here at CNU, but there are currently partnerships where students with the glass receive special deals at certain places around Newport News.

"Partnerships right now are Manhattan's and there are others to come," Hladick said.

Students are enjoying the current deals at Manhattan's and hanging out with one another but they are also excited for more deals to come.

"I'm excited for more partnerships in the area, and I have already participated in the kick off at Manhattan's," senior Sarah Casey said.

It is nice to have this glass and par-

ticipate in the deals they are offering and to keep up to date on the new deals and partnerships are coming make sure to follow them on social media. That is where they will be announcing updates.

"Students should buy them because not only will it benefit them, but also the class of 2020," Hladick said. "They will be a legacy of the class of 2020 and will be able to leave their gift to Christopher Newport University. One small purchase helps leave a lasting legacy," Hladick said.

So, to participate in the deals and to donate a little bit to your senior class of 2020, be sure to purchase your own drink glass before the limited-time offers are gone. ■



PHOTO COURTESY OF ALEXA HLADICK

Stroll

STORY CONTINUED
FROM COVER

"We began preparing for Stroll during the second week of school, so two months before the event," said Choreographer for Gamma Phi Beta, Keisha Dance. "Creating the choreography is the most difficult part in the preparation process."

The Gamma Phi Beta team typically practices around two to three times a week to prepare for Stroll.

"It sounds stressful, but, in all actuality, my sisters make this experience enjoyable, and the time we spend together strengthens the bonds between us," Dance said.

Though the competition is tough, as every organization puts in so much hard work and time, it is not all about winning.

"The goal of Gamma Phi Beta participating in Stroll is to raise money for a great cause and to have as much fun as possible," Dance said.

The event is about bringing people together and trying to promote voting. It is to inform and encourage people to get out there and vote when the election comes around. It is also about bringing together the CNU community.

"My favorite part about Stroll is the engagement we get from the organizations on campus. An event of this magnitude and caliber is not possible with just our chapter of five," Taylor said. "The hard work, dedication, promoting and fundraising that the teams do to put on this event means so much to us and helps us unite the Greek and CNU communities."

Throughout the night there were also many speakers that helped to shed light on issues surrounding our

community.

The keynote speaker was Nupol Kiazolu. At just 19 years old, she is an activist and organizer in the Black Lives Matter movement, as well as Miss Liberia USA 2019-2020. She spoke about how important voting is and how there must be change, specifically from the younger generations.

Other speakers included Angela Reason, currently running for the Newport News Clerk of Court; Derrick Stephenson Jr., an alumni brother of Alpha Phi Alpha Fraternity, Inc. who spoke about the Community Captains program and Cameron Bertrand who spoke about his Violence Intervention Program, better known as VIP.

Stroll to the Polls is an event that many students here at CNU look forward to every year. The Diamondstein theater is always packed with students cheering for their peers and helping to support a great cause.

"Stroll is an event that brings together the entire Greek and CNU communities. The support is endless, and the Greek love literally radiates throughout the entire audience. It allows for people to express themselves, and it underscores the significance of younger adult involvement in future elections," Dance said.

Whether you attended Stroll to the Polls or not, this event is a tradition at CNU. Buy your tickets next year to support Alpha Phi Alpha Fraternity, Inc. in this extraordinary event and cause.

To check out each of the individual performances, go to The Captain's Log Facebook page. ■

(Above right) Alpha Phi's dance featured strong movements during their performance.

(Below right) Sisters of Delta Gamma celebrate their first time placing top three in Stroll to the Polls. **PHOTOS COURTESY OF CNU OCPR**



Major milestone for CNU theater major Junior Amara Breisch hits a major achievement in the world of theater

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Amara Breisch, planned on auditioning for Drew Gasparini, an award-winning musical theater composer, lyricist and singer/songwriter, when he held a workshop at the Ferguson Center.

Although the junior musical theatre major (with a minor in dance) originally decided against the audition, she ended up being cast as Bonnie in Gasparini's "We Aren't Kids Anymore," an autobiographic song cycle being performed at the Ferguson Center.

In addition, Gasparini surprised Breisch with the opportunity to perform in a concert in New York City.

The concert was in honor of the re-release of Gasparini's album "I Could Use A Drink." The venue was 54 Below, also what is known as "Broadway's Living Room."

"It's very exciting that I got to sing

there. 54 Below is a big thing. It's not only fun, but you know you've kind of made it. You're there," Breisch said.

Astonishing enough, Breisch held her cool throughout her entire pop-style song.

Dr. Colin Ruffer, assistant professor of theater, and his wife, Diana, came in support of Breisch.

Ruffer was Breisch's vocal instructor. With a pop theater song, such as the one Breisch sang in the concert, her range was shown off extremely well.

This was a moment that both instructor and performer were proud of. "I was nervous about everyone else that was there because these are all people I look up to. These are all people I've watched, but I wasn't nervous to sing because the song was in my bones," said Breisch.

"I will always remember this moment as a turning point for myself. This helped me realize that this business takes hard work, dedication and

tough skin, and I'm ready to pursue it," said Breisch, reflecting on her experience in New York City.

She was granted an opportunity many would love to have and implemented all of the lessons she learned.

Christopher Newport University's ability to form professional connections to benefit the students and help the departments grow professionally is one you will not find elsewhere. ■



OBTAINED FROM 54BELOW.COM



PHOTO COURTESY OF AMARA BREISCH

Sustainably sourced cold-brew showcases an exciting partnership

Chameleon Coffee, a company with impressive environmental and social initiatives, is now on tap in Einstein's Cafe

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As an Einstein's Cafe regular as well as an avid cold-brew coffee fan, I was excited when I, along with many other students, noticed the new cold-brew tap at our campus cafe. The Chameleon Cold-Brew Coffee (with traditional and nitro versions) double-tap has been up and running for the past few weeks.

With a new brand present on campus, I was eager to research this company and find out what makes their coffee so special, and what I found was an impressive track-record of corporate initiatives focused on social and environmental sustainability.

Founded in Austin, TX by two coffee specialists in 2010, Chameleon Cold-Brew has since become the first major fair trade and organic cold-brew coffee producer in the United States, touting social and environmental sustainable practices since they began. The company, now owned by Nestle USA, has reached across the country and can be found both as ready-to-drink, bottled cold-

brew in stores like Whole Foods, Harris Teeter and Target, or on-tap in select coffee shops and local cafes around the nation.

This semester, Christopher Newport became the first and only university in the southeast US to offer this brand of cold-brew on-tap on campus. Not only is their cold-brew coffee delicious and high-quality, it is also ethically and responsibly sourced. Here's a rundown on some of the practices that make Chameleon Cold-Brew a responsible corporation, and why that is an important factor of our current consumer-economy.

Chameleon's website almost immediately puts their sustainable practices on the table for consumers to access, which is an important level of transparency not often found in today's marketplace. Right away, their site emphasizes that their mission is to "develop long-term economic, environmental and social sustainability through compassionate leadership throughout the coffee supply chain."

Because coffee is brewed using the fruits (or beans) of plants in the trop-

ical genus *Coffea*, our daily cup of coffee travels a long way to reach us here in the mid-Atlantic US. Chameleon has sought to be involved in sustainable ways throughout this journey, starting at their coffee farms in countries like Guatemala, Myanmar, Colombia, Indonesia and Peru.

Some of their key social sustainability projects in these countries include community partnerships with farmers to support their livelihoods via farm restoration, women-led co-ops in local, organic farming and special attention to agricultural communities that are recovering from socio-political conflicts.

After all, fair trade status means that the company takes international equity, dialogue, transparency and respect seriously into their practices and management.

Environmentally, Chameleon prides themselves on 100% organic practices and 100% recycled packaging. Organic coffee entails what the company calls a "holistic approach" to agriculture and environmental conditions, with goals of preserving biodiversity and reducing overall environmental impacts. Furthermore,

all Chameleon coffee grounds are composted after their use for brewing and are used in gardening practices. The company has also aimed to reduce their carbon emissions via the Green Mountain Energy offset program in which they indirectly invest in local renewable energy sources.

Altogether, it is evident that Chameleon Cold-Brew takes sustainability seriously, and I am excited

that their products are available on campus now. Corporate social and environmental responsibility is something that is crucial to our planet and communities in the face of the climate crisis, loss of biodiversity and unsustainable consumerism and researching the companies you support is a great way that you a more informed and sustainable consumer. ■

Einstein's barista with the new double-tap of Chameleon cold-brew coffee. **PHOTO BY JAMES DUFFY/THE CAPTAIN'S LOG**



What's the point of an internship?

A student discusses the benefits she found from interning over the summer

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Once upon a time I thought internships were a waste of time. I thought that they were pointless, and I was convinced that I would never do one. I was wrong.

In my junior year, the Center for Career Planning put on an entire fair just for my major. I was really busy, but I decided that I needed to do something to get an internship. I uploaded my resume to Handshake, and applied to every company that came even though I did not know much about the companies. Surprisingly, I got eight interviews for various internships within my major. While that sounds like a lot to handle, it was actually great experience. By the end, I felt a lot better about interviews, and I got less stressed for each one.

Not long after the interview, I got my offer to work over the summer. I was reluctant at first because of wanting to be with my family, the almost hour commute and housing, but I ended up taking the job.

And I am so glad I did.

To start, I met so many amazing people. They were all welcoming and helpful. They wanted to get to know me, and immediately added me to their social media accounts to stay in touch. I got close to many different people, including several partners at the firm. I know it is said constantly by the CCP, but I was unaware of how easy it is to network. From my internship I now have so many more people to reach out to for advice and opportunities. Also, a few people there also came from CNU and my fraternity, and they were able to put in a good word about my university and organization. I did not realize it, but being involved and the connections you make actually matter a lot.

I normally roll my eyes when people talk about how much work experience they got from an internship. I could not believe one could actually gain much insights on their field in a single summer of work. Every day, however, I was doing real work that I would do if I worked there, and I was treated as more than just an intern. I had freedom without people looking over my shoulder, and I even had my

own clients that I reported to. It was enriching because I could see real applications of my school work, and I could see how everything I did add up to something bigger.

I learned so much, and things make more sense to me even in my classes now. Internships are great to discover if you will actually like the career that you are pursuing. I loved what I did over the summer, but that is not always the case. Sometimes you need to actually live it to find out if you really want to do it.

After my internship, I was sad to leave. I matured a lot while working because, for the first time, I felt like an "adult" adult. I was working full time, riding the metro every day and working in DC. Knowing this feeling, I am less stressed about how I am going to make it in the real world after I graduate in May.

This leads me to the biggest perk of internships: job offers. My internship led me to a full time job offer once I graduate from CNU. And I am not alone. Most of my classmates who did an internship this summer got job offers from their respective

companies. In fact, according to a 2015 Gallup poll, "Internships Help Community College Grads' Job Prospects," 40 percent of students with a relevant job or internship had a good job already lined up once they left their universities. Compare this to the six percent of people who had a job lined up but without an internship. So, no, you are not guaranteed a job offer, but your chances of having a job are significantly higher.

If you didn't get an offer, or didn't like that particular company, that internship you did is still useful. You know whether you would want to work there after graduation, and you may know if you just want to change your major.

You also get to add an internship to your resume, and trust me, hiring companies love to see this. It shows that you actually have work experience in your field and you've done more than just study for it.

In addition, if you did decent at your internship, you can also get valuable recommendations. They can tell your next interested employer why they should hire you, and

it will be more credible than your best friend writing a recommendation instead.

Lastly, while I did not do this, your internship can get you college credit. It can help you reach your graduation goals, and it can even be used in place of a class you may not want to take.

In all, every student should take advantage of internships. PLP was smart to make it a requirement because it really is such a great opportunity.

Even if it is unpaid, internships teach you a lot about your field, they help you network with many "higher ups," you get to experience that after graduation life while still having a safety net, it looks great on your resume, and it is very possible you will get an offer to work after graduation.

Taking that internship was one of the best things that I have done at CNU. I know exactly what I am doing after my graduation, and an internship can do that for you too.

Even if you are nervous, just do it. Submit your resume and apply. You can't lose anything, but you can gain so much. ■

From teen to superstar: The story of Britney Spears

"...Baby One More Time" debuted 21 years ago

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Aaaahh... the 1990s. The Last Great Decade. Everybody was doing the Macarena, people were allowed to smoke on airplanes and life seemed pretty good. In terms of the music during this particular time period, Grunge had overtaken the earlier part of the '90s whereas East Coast/West Coast Rap dominated the middle part of the decade. After the Death of both Tupac and Biggie, the music industry seemed to have lost its way and was on the verge of something big. 1997 became the year Americans witnessed the first wave of girl groups and boy bands, such as Spice Girls and Hanson, making a big impact on the Billboard charts and on the hearts of many American teens.

October 23, 1998 - An iconic date that will become ingrained into the minds of many young millennial girls who were alive at the time. A young and sweet Britney Spears dropped what would become not only her signature song, but would kickstart the teen pop phenomena of the late '90s and early '00s. "...Baby One More Time" changed the game for the music industry. The song altered the landscape of pop culture after a period of decline during the grunge and hip-hop period. It was at this point where people, primarily teenagers, really fell in love with the genre again.

The debut single topped the charts in early 1999 on the all-genre inclusive Billboard Hot 100. Not to mention "...Baby One More Time" reached the number one spot in all countries in which the song charted in. This helped the song become one of the best-selling singles of all time, with over 10 million copies sold and becoming certified Platinum.

Following her success, more teenage pop stars soon followed from the

likes of Christina Aguilera, Jessica Simpson and Mandy Moore in 1999. Britney Spears, single-handedly, showed the world that teenage girls can handle the superstardom of success and fame.

The music video alone has left an impressionable mark on the visual lens of teenagers and men over 30. Fun fact: The entire concept of the music video was entirely Britney's idea. Not only has the "...Baby One More Time" video given us the ideal Halloween costume for years to come, but has pushed the boundaries of female promiscuity and sexuality.

On a grander scale, the 1990s were a time of musical explosion and independence that created some of the best and unforgettable songs of the 20th Century, such as "...Baby One More Time."

Britney Spears is an iconic performer who has graced the stage for over twenty years. Once graced as America's sweetheart, many have witnessed her early success with albums "...Oops! I Did It Again" (2000), "Britney" (2001) and "In the Zone" (2003). We have also seen her go through some very troublesome years resulting in a loss of parental custody and a public meltdown of epic proportions. Many critics and fans alike assumed Britney was done

for and even thought that shouldn't make through the storm. However, there was light at the end of the road. Britney has recently returned in style by performing in Las Vegas for nearly five years during the 2010s. And while Britney is currently taking a break from her professional career due to family issues and concern regarding her conservatorship, she will always stay in our hearts as the sexy Catholic school girl that matured into a grown woman.

"...Baby One More Time" represented something bigger than a simple song for a new pop artist. This song showcased female freedom. Britney developed a public persona that was part kid-friendly and part pure male fantasy, essentially walking a thin line between family-friendly and shameless sex object. During these modern times, lines are becoming blurred in terms of family-oriented content and R-rated adult material.

With the worldwide web at our disposal, it's becoming easier for children to become easily exposed to mature content. With a touch of the screen, children will be on websites that they know they shouldn't be on. If people thought an exposed midriff of a sixteen-year-old Spears was controversial, then the nature of music videos are certain to decline. ■



SCREENSHOT OF ORIGINAL MUSIC VIDEO FOR "...BABY ONE MORE TIME."

CNU mourning death of key founding father, Alan Diamonstein

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On Thursday, Oct. 17, the CNU community began mourning the loss of a key founding father figure that was our "most ardent and effective supporter," according to a statement released by Christopher Newport University the next afternoon.

His name was Alan Diamonstein who was a proud friend of President and First Lady Tribble. During his time on earth, he was devoted to making the world a better place. He had a positive impact on every area of his life from his childhood to his death. From serving in the U.S. Air Force, to practicing law, to being part of the UVA Board of Visitors (appointed by Gov. Mark Warner as well as Gov. Tim Kaine), to working as a member of the Virginia House of Delegates for 34 years until his retirement in 2001, he was dedicated to bettering others.

While he was in politics, he continued to make a difference through some of his legislation, eventually becoming a trusted advisor and confidant to many governors of our commonwealth from Gov. Charles Robb through the current Gov. Ralph Northam. He also played a major role in representing our commonwealth both statewide and nationally with the modern Democratic party.

In addition to all this, Diamonstein also played a huge role within the CNU community, helping to build it into what it is today.

There is no more perfect way to end his list of incredible accomplishments but to repeat what President Tribble had to say when he was writing his statement to our community: "Christopher Newport and Virginia have lost a great leader this week. Alan Diamonstein died at the age of 88 years old. We will all dearly miss Alan. He was truly one of the found-



Alan Diamonstein was a leader and one of the key figures that contributed to the vision of Christopher Newport University. COURTESY OF CNU OCPR

ing fathers of the modern Christopher Newport University. As a respected and influential member of the House of Delegates for 34 years and as a friend and enthusiastic supporter of the university, Alan's contributions are everywhere on our beautiful campus - most especially the Alan and Beverly Diamonstein Concert Hall that so enriches the life of our community and Commonwealth.

"As much as we will miss his support and encouragement we will also miss his kind friendship. A few years ago, Alan was asked his greatest hope and he replied: 'That people understand each other, appreciate each other and work with each other.' In every aspect of his long and remarkable life, Alan worked tirelessly to make that wish a reality. Rosemary and I and Christopher Newport have lost a cherished friend and our world has lost a wonderful human being." ■

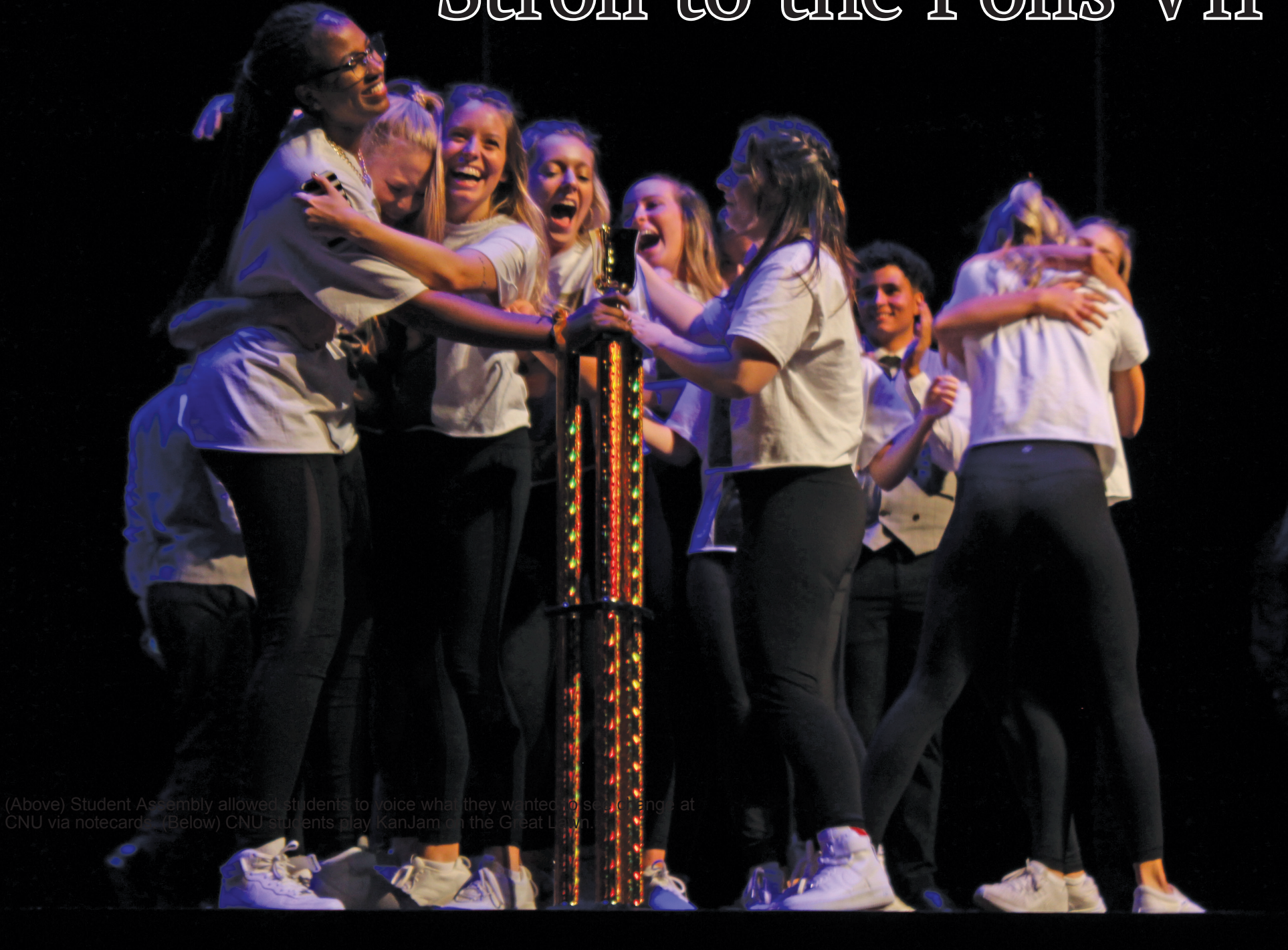
CNU
Blues

"Just Fall Things"

MEGAN MOULTON
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Stroll to the Polls VII



(Above) Student Assembly allowed students to voice what they wanted to see change at CNU via notecards. (Below) CNU students play KanJam on the Great Lawn.

(Above) The winners of Stroll, Gamma Phi Beta, wore shirts inspired by the Mona Lisa, but her name was changed to the Mona Keisha after one of their sisters. (Below Left) The sisters of Phi Mu stuck with this years stroll theme of the Renaissance and Rebirth for their costumes. (Below Right) Alpha Sigma Alpha had Galaxy themed costumes and strolled to songs like "Centuries" by Fall Out Boy and "Stronger" by Kanye. **PHOTOS BY TAYLOR VIGIL/ THE CAPTAIN'S LOG**





Stroll to the Polls VII keynote speaker was Nupol, an award winning activist, President of the Black Matter Movement Greater NY, Founder/ CEO of the #NoCampaigns campaign and Miss Liberia USA 2019 - 2020.



The brothers of Alpha Phi Alpha Fraternity, Inc. hosted this event for the seventh year in a row.



(Above) The Beautiful Kids Organization (BKO) was one of the exhibition strolls between the sorority contestants. The BKO is a non-profit that supports kids living with alopecia. (Left) Alpha Phi gets down to “Truth Hurts” by Lizzo. They earned second place for their stroll, received best costume and fundraised the most for this event. (Below Left) The first Sorority to perform was Alpha Delta Pi; they started off with instrumental music and ended with EDM. (Below Right) Delta Gamma takes a celebratory selfie after earning third place at Stroll and winning best mix.



UPCOMING HOME GAMES

Wednesday, Oct. 23, 5:00 p.m.

Field Hockey vs.

Southern Virginia University

Wednesday, Oct. 23, 7:00 p.m.

Men's Soccer vs.

Southern Virginia University

UPCOMING AWAY GAMES

Wednesday, Oct. 23, 6:00 p.m.

Women's Soccer vs.

Southern Virginia University

Wednesday, Oct. 23, 7:00 p.m.

Volleyball vs.

St. Mary's College of Maryland

Volleyball remains undefeated in CAC

Captains Volleyball bounces back with two conference wins after loss to Stockton University to keep their undefeated record in conference play

AUSTIN URCH

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This last week, Captains Volleyball faced both Southern Virginia University (Oct. 16) and the University of Mary Washington (Oct. 19) in two more highly anticipated matches.

The Captains have already faced both of these teams this season, courtesy of the new format the Capital Athletic Conference adopted for regular season play. With Christopher Newport picking up convincing wins, they looked to do more of the same as they hosted the Knights before driving up to Fredericksburg to play the Eagles.

In the Wednesday night war, the Captains quickly jumped out to an emphatic 14-4 lead, with three of the Knights' points coming from unforced errors.

The Southern Virginia offense began to correct itself on the fly as they went on an 8-2 run to reel the Captains back into just a four point lead.

Neither of the two teams could find a significant scoring streak with the four point margin being whittled away as the Knights held off a Captains set point before taking their first lead of the match 25-24. But even after being on the end of that metaphorical punch in the mouth, #10 Me-

gan O'Hara responded back with a kill to pull her side back level. With the Captains on the verge of clinching the set, a service error gave the Knights a second opportunity to claim it for themselves. However, #15 Riley Garrison fired off back-to-back kills to put the Captains back on the front foot, closing out the set 28-26.

Unlike in the first set, both teams kept each other close, with the largest separation never growing larger than two points. Both teams suffered from lackluster defense as well as unforced errors, both on the attack as well as behind the service line.

The Knights flirted with a two point lead throughout the first 42 points of the set until the hosts seized back the lead off a tandem defensive effort at the net by O'Hara and #9 Mackenzie Wright, the latter being named CAC defensive player of the week.

The Captains looked to the same duo on the other side of the ball, as they tried to seal off the second set and put a stop to the sub-par volleyball.

Wright and O'Hara found two more kills to give themselves a set point, but were this time denied by freshman #11 Courtney Singleton of the Knights.

Garrison looked to follow in her own footsteps and secure the winning kill once again as she

was on the receiving end of a back set from #3 Sammy Carroll, who picked up CAC offensive player of the week accolades. She powered her swing through the Southern Virginia block and down to the floor to cap off the second set.

The third set was tightly contested as well to start, both teams finding their way to nine points each.

The Captains then went on a 13-4 run, highlighted by Carroll who caught the defense napping with a cheeky setter dump, Garrison who smothered the attack with a stifling block and #2 Kayleigh Reagan-Smith who pulled out an ace that was stowed up her sleeve which gave them a nine point lead.

From there, the Captains only gave up two more points as they cruised to a decisive sweep victory on their home court.

The volleyball team then started their weekend with a morning bus ride up to Fredericksburg, Virginia as they looked to come away with another victory against their in-state rivals.

Two weeks ago, the Captains held the Eagles to just 54 total points, the Eagles' lowest match total against Christopher Newport since 2015, almost four years to the day, when All-American Briana Sutton unloaded 10 kills during a swift three set sweep.

Things once again started off shaky for the Eagles as they only picked up 13 points against the Captains in the first set. O'Hara and #14 Katie Crofford started things strong, picking up five kills in the first 12 points alongside #22 Rebecca Frey who fired off two aces amidst the kills.

Strong defense from Christopher Newport preserved the lead, preventing the Mary Washington attack from fighting their way back into the set. #20 Katie Piper brought the set to a close with momentum heavily in favor of the visiting side.

Through the second set, the contest turned into an offensive focused one for both sides as the teams combined for 29 kills, 13 of which went to Mary Washington, who was slowly but surely piecing together a better second set.

Piper would let seven more kills fly throughout the duration of the second frame, blistering the Eagles' back line.

A strong 6-2 run by the Captains late in the set pushed their advantage almost to the tipping point as they were set up to only need one more point.

After scoring two last ditch points, the home team succumbed to the pressure being applied by the Captains and gave away the set. As an old saying goes, "no pressure, no diamonds," and with

the Eagles feeling the pressure, they had to respond and create a way back into the match. Led by #4 Peyton Dunow, #8 Krista Rodgers and #12 Savannah Powers on offense, everything seemed to click as they raced out to an eight point lead.

But with victory in their sights, the Captains would not give up so easily, as they attempted to claw their way back from a 19-11 discrepancy.

Four consecutive points was the answer provided in part by the Christopher Newport block. In the end, the lead was too much as the Eagles claimed their first set against the Captains this season.

But after some adjustments during the break, the Captains' attack nearly tripled their kill total from the third set, notching 16 more against the Mary Washington squad across 44 attacks. O'Hara and Piper combined to see five attacks apiece fall to the hardwood in the process of picking up the fourth set and securing the victory.

The Captains continue their undefeated run in Capital Athletic Conference play, now with a 7-0 record to add to their 19-7 mark on the season.

Christopher Newport will be back in action at home on Oct. 25 as they host the York (Pa.) Spartans on senior night. ■



The Captains Volleyball team and coaches celebrate after getting a point in their match to win the set. PHOTO BY SARA KOOCHAGIAN/THE CAPTAIN'S LOG

#17 Men's Soccer loses rematch with Eagles

Tough 1-0 loss for the Captains Soccer team in conference play



#8 Ethan Larson dribbles the ball in a game against Mary Washington. PHOTO COURTESY OF CNU OCPR

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The Captains traveled to Mary Washington this past week to take on their conference rivals, and the Eagles handed the Captains their second loss of the season and their first conference loss.

The game remained close throughout with the Captains forcing overtime against the Eagles.

Two minutes into overtime, the Eagles midfielder #8 Pierre Richard would score the game winning goal to end it in single overtime.

This would mark the Captains first conference loss of the season, but it would not knock them out of the first place spot in the CAC.

The Captains trailed the Eagles in shots as well as shots on target with seven shots and three on target for

the Captains, and eight shots and five on target for the Eagles.

The Captains also spent a lot of time fouling the home team of the Eagles with 13 fouls against them and only eight fouls called against the Eagles.

Along with fouls, both teams had one player receive a yellow card caution during regulation. The Eagles #2 Lucas Tierney was cautioned in the 51st minute, and for the visiting Captains, #19 Michael Wilson received his card in the 88th minute of the game.

Both players would remain on only a yellow card, and there were no red cards given during the match.

As for conference play, both teams are sitting in solid positions going into the later portion of the season. The Captains sit in first place with the Eagles sitting just

behind them in second place. Both teams will look to end the regular season on top of the CAC and host the final if they make it that far.

For the past two years the Eagles have been the champions of the CAC and will look to keep that title. The Captains are their main competition in the CAC, but York (Pa.) and St. Mary's (Md.) could also prove a tough obstacle for the Eagles.

As for the Captains of Christopher Newport University, they sit in a good spot to finish the season atop the CAC as they have already won games against Mary Washington, St. Mary's (Md.) and York (Pa.). They have only one loss in the CAC thus far.

The Captains are back in action today against the Southern Virginia University Knights at home at 7:00 p.m. ■

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

Kipchoge breaks two hour mark for 26.2 miles

The fastest marathon ever was ran on Oct. 12 by Eliud Kipchoge

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Two hours, depending on who you ask, can either be a lot of time or hardly any at all. Two hours of sleep at night seems to go by much too quickly, but two hours of class during the day seems like a never ending torturous death sentence.

However, in both situations, we somehow make it through to the other side. But in the running world, there is something special about that time.

That time was the arbitrary mark set out that people all over the world considered to be an impossible barrier to break when it came to running a marathon.

Covering over 26 miles in less than two hours was thought, for a long time, to be impossible. But on Oct. 12, 2019, Eliud Kipchoge of Kenya, alongside many of the best runners in the world and with support from INEOS, a petrochemical company, set out to make history.

Kipchoge already had in his possession the world record which he earned in Berlin of 2018 with a time of 2:01:39, but he wanted to continue to push the limits of what was considered possible.

INEOS organized an event in Vienna that was specifically designed for Kipchoge to break that time. Under the mantra #NoHumanIsLimited, newly created and highly controversial "shoes" on his feet, surrounded by 41 pacesetters rotating in and out of the race, a roaring crowd offering their support and an electric car driving at exactly 4:34 minute per mile pace to keep him on track, the racers toed the line and set off.

After falling behind pace early on, Kipchoge was able to recover and then shatter the temporal ceiling by 20 seconds with a time of 1:59:40, proving that the two hour limit was nothing more than a myth.

Due to the cycle of pacesetters not running the entire race, as well as the methods Kipchoge received his nourishment throughout the race, as well as a few other reasons, this is not an official world record, but it is still the fastest marathon time in history which is an incredible accomplishment in and of itself.

Running a 4:34 minute mile is difficult on its own and then running another mile immediately after at the same pace gets exponentially more difficult. And when you tack on 24 more miles after that, the

realization quickly sets in why the two hour barrier was deemed impossible.

Kipchoge's time invites more runners to break the 120 minute mark which he firmly believes will happen now that the hurdle has been overcome. The new milestone reveals to the world what was once thought impossible, is now achievable.

Naysayers speak on the faults of the course, the method in which the race was being carried out and even the shoes he was wearing, but the

feat is undeniably incredible. Arguably the best moment of the day came milliseconds after Kipchoge crossed the finish line with hardly any strain on his face as he seemed to glide over the last 500 meters.

As soon as he crossed the line, he ran straight into the embrace of his wife, Grace and their children. What made their embrace so memorable was that this was the first time they have seen him race in person. The pure elation etched across not only his family's faces, but also the thunderous cheers and deafening ap-

plause from fans in attendance and all over the world, truly made this moment an iconic one that will go down in history. But Kipchoge does not want this record to sit and metaphorically collect dust on the shelf.

He hopes that other runners are inspired by his performance, continue to push the limits of human achievement and in the words of Kipchoge after crossing the line, "when we run, we can make this world a beautiful world." ■

OBTAINED FROM ABC NEWS



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Review: "Joker" (2019)

DC's successful attempt at a dark, beautiful, masterfully-acted character study

BEN STIES

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One might think that Todd Phillips' "Joker" is simply just another comic book movie to plague the screens of cinemas this year. One may believe that it is nothing but another desperate take on the titular character by the executives at DC, and it would likely pale in comparison to that of Heath Ledger's masterful performance in 2008's "The Dark Knight." One might think a movie with this subject matter could not possibly capture an accurate portrait of mental health, poverty or a descent into madness by an average citizen. Fortunately, one would be very, very wrong.

It may be needless to say, but "Joker" is not a film for everyone. Despite its masterful performances by some of the top talent working in Hollywood today, a beautiful and haunting soundtrack by one of Iceland's best composers or a script that weaves together just the right amount of Batman and DC lore into a perfect self-contained story, the story is dark, and it is not for the faint of heart. "Joker" tells the tale of a man so beaten-down by society that he breaks, setting him on a quest to find the only thing that gives his life purpose in a world full of people who otherwise wouldn't care about him. "Joker," despite what you may think, is a masterfully-crafted film about one man's search for identity.

For some context, here's a brief, spoiler-free summary about the film. Set in Gotham City in the early 1980's, lead actor Joaquin Phoenix plays the character of Arthur Fleck, a poor, failing comedian and party clown who barely makes enough money to afford

his own medication and food to feed him and his mother, with whom he lives in a run-down apartment. Arthur suffers from a number of mental illnesses, including a brain condition known as the pseudobulbar effect—an emotional disturbance characterized by uncontrollable bouts of laughing. Frances Conroy, famous for her roles in American Horror Story, plays the role of Arthur's mother Penny Fleck, a woman confined to her apartment due to health issues in her old age. Penny, however, finds hope day-

"...Arthur's mental state begins to wane as he also begins to uncover secrets about himself and his mother, leading him down a dark road of self-discovery."

to-day by writing to Thomas Wayne (yes, that Thomas Wayne!) for whom she worked for in her youth. The two get along just fine; they have a tradition of watching The Murray Franklin Show (think 'Jimmy Kimmel,' but set in the 80's) every night, with Arthur often fantasizing about one day making it onto the show himself.

However, as the city of Gotham falls apart around Arthur and his mother leaving them to suffer from cutbacks and programs that once helped the pair, Arthur's life begins to shatter under the totalitarianism of Gotham's elite. Subjected to the brutality of citizens who criticize him for his appearance and condition, Arthur's mental state begins to wane as he also starts to uncover secrets about himself and his mother, leading him down a dark road of self-discovery.

The cast of "Joker" is likely the greatest part of the film, star-studded with the likes of Phoenix himself,

as well as Robert De Niro and Zazie Beetz (Deadpool 2, Atlanta). "Joker" provides audiences with yet another outlet for lead actor Joaquin Phoenix to show his masterful prowess in front of a camera, delivering a dark, mystifying performance as a character most viewers thought they already fully understood. Previously known for his work in "Her," "The Master," "Gladiator" or 2017's "You Were Never Really Here," Phoenix has consistently proven himself to be one of the greatest actors working today, capa-

ble of showing complex, raw emotion during any project he takes on.

Despite Phoenix famously being known for being anxious on movie sets (even though he has acted since he was a child) he manages to deliver a deep, emotion-heavy performance as the character of Arthur Fleck, tackling, and embodying, an incredible take on mental illness. Phoenix is easily one of the greatest parts of the film, rivaled only by its soundtrack composed by classically-trained Icelandic cellist Hildur Guðnadóttir.

While I might be a bit of a biased source, "Joker" really does accomplish something I think few people thought it could manage. Phoenix's performance is pitch-perfect, offering up just the right of comedy, horror and dark, melancholic sadness for a character you really shouldn't be rooting for, even though you will, even to the final shot of the film. That final shot happens to be my only critique of the



IMAGE OBTAINED FROM IMBD

movie, summed up better in other reviews as something along the lines of "the director's inability to choose what beautifully-shot frame to end the film on."

The final act of the film does extend for a few minutes longer than I think it should, but really, I still can't complain—I have seen the film twice

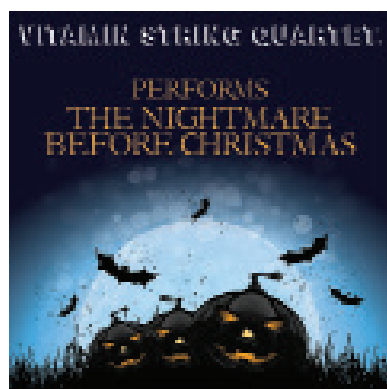
now, and I would gladly watch it again if I were given a chance. "Joker" offers everything a comic book fan could want, as well as any fan of cinema as a whole. ■

Critical Reception
9/10 — a masterful take on the character and genre

Spooky study session songs

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"This is Halloween"
By Vitamin String Quartet



"Fate"
By Marioverehrer



"Victor's Piano Solo"
By Danny Elfman

IMAGES OBTAINED FROM SPOTIFY

From RVA to CNU

The Richmond Ballet Comes to the Ferguson Center for the Arts

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On Oct. 5, Newport News got a little taste of Richmond when the Richmond Ballet came to the Ferguson Center on tour. The Richmond Ballet brought John Butler's stunning contemporary ballet, "Carmina Burana," to the stage. Set to Carl Orff's choral work of the same name, this ballet is far from traditional, but breathtaking nonetheless.

The ballet, while not a direct

tells of the joy of spring, the second part relates all the highs and lows of tavern life and the third part is all about love.

The biggest departure from traditional ballet is the fact that the dancers were all barefoot, which is very unusual in ballet. The style of movement was also distinctive from the typical pirouettes and jetés one might normally see. The dancers moved in ways that were unique, intense and sometimes slightly strange. It evoked feelings of grief and joy, excitement

of human emotion played out on stage. And it ends where it began: with the relentless turning of the Wheel of Fate.

On a lighter note, before "Carmina Burana," they also performed "Theme and Variations." This was a shorter and more traditional ballet which, although it did not follow a plot, was every bit as captivating as the main work. Choreographed by the legendary George Balanchine, this beautiful piece elicited feelings of wonder. Watching the dancers move gracefully across the stage, one could not



IMAGE OBTAINED FROM THE FERGUSON CENTER FOR THE ARTS

"With no words but the Latin of the songs, the dancers managed to tell a story both beautiful and terrible."

dramatization of the poems, still conveys their meaning. It is set in three parts with a prologue and an epilogue. The prologue and epilogue lament the turning of the Wheel of Fate. The first part

and despair, love and hate.

With no words but the Latin of the songs, the dancers managed to tell a story both beautiful and terrible. It was a story of humanity, with all the heights and depths

help but marvel at the beauty and precision with which they moved.

While the Richmond Ballet is located in Richmond, not New-

port News, I strongly encourage anyone who finds themselves in the area to make time for a performance. ■

Review: Tove Lo's "Sunshine Kitty"

After a two year hiatus, Tove Lo returns with a roaring, bold album

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The "Habits (Stay High)" singer-songwriter, Tove Lo, recently released her fourth studio album titled "Sunshine Kitty." The Swedish-born singer garnered media and popular attention in 2014 with her first hit, "Habits (Stay High)," from her first album. Lo has gone on to release two additional albums, "Lady Wood" and "Blue Lips," both seeing more overseas success than domestic. Her latest album comes with several features and a continued autobiographical narrative that the singer-songwriter takes to her music. Opposed to her other albums, "Sunshine Kitty" features a happier sound, albeit it being still rather mellow and grunge-y.

The album opens with "Gritty Pretty - Intro" that features a recording in Italian that resembles a voicemail. Next, "Glad He's Gone" which was released as a single ahead of the album features Lo's signature rhythmic vocals and heady drum beat. Following that is "Bad as the Boys" featuring Finnish singer, ALMA. This song is a much more typical pop song in its essence and hits all the key points of a Tove Lo song. She brings a melodic element to this song that, unlike some of

her other songs, is reminiscent of a mid 2000's pop song with elements similar to artists like Kesha or Katy Perry. The fourth track is titled "Sweettalk my Heart" which is much more rhythmic and beat-heavy than other tracks. She focuses a lot of her vocal prowess in this song with melodious highs and lows in her soprano range.

"Really don't like u" features Australian singer Kylie Minogue. This song is more similar to what a listener can expect from Tove Lo as it is referential to her older sound. The twelfth track is "Shifted." With a burst of synth, this track is definitely a stand out from the rest. Lo brings in a strong dance beat and lyrics that are easy to understand and sing along to.

Overall, "Sunshine Kitty" stands as a strong addition to Tove Lo's discography and is a great example of an artist who, while still being considered mainstream pop, takes the listener outside of the "norm." Lo manages to reveal herself and her thoughts through this album, and she makes the listener understand her through the music alone- and maybe allow for some similarities to arise.

The album overall flows well and fits together, the songs are danceable with some standouts that should be given special attention: "Shifted," "Bad as the Boys" and "Sweettalk my Heart." Tove

Lo has released yet another strong album that should be listened to, and I can't wait to see what else she will do in the future. ■

TRACK LIST:

1. GRITTY PRETTY- INTRO
2. GLAD HE'S GONE
3. BAD AS THE BOYS (FEAT. ALMA)
4. SWEETTALK MY HEART
5. STAY OVER
6. ARE U GONNA TELL HER? (FEAT. MC ZAAC)
7. JACQUES (WITH JAX JONES)
8. MATEO
9. COME UNDONE
10. EQUALLY LOST (FEAT. DOJA CAT)
11. REALLY DON'T LIKE U (FEAT. KYLIE MINOGUE)
12. SHIFTED
13. MISTAKEN
14. ANYWHERE U GO

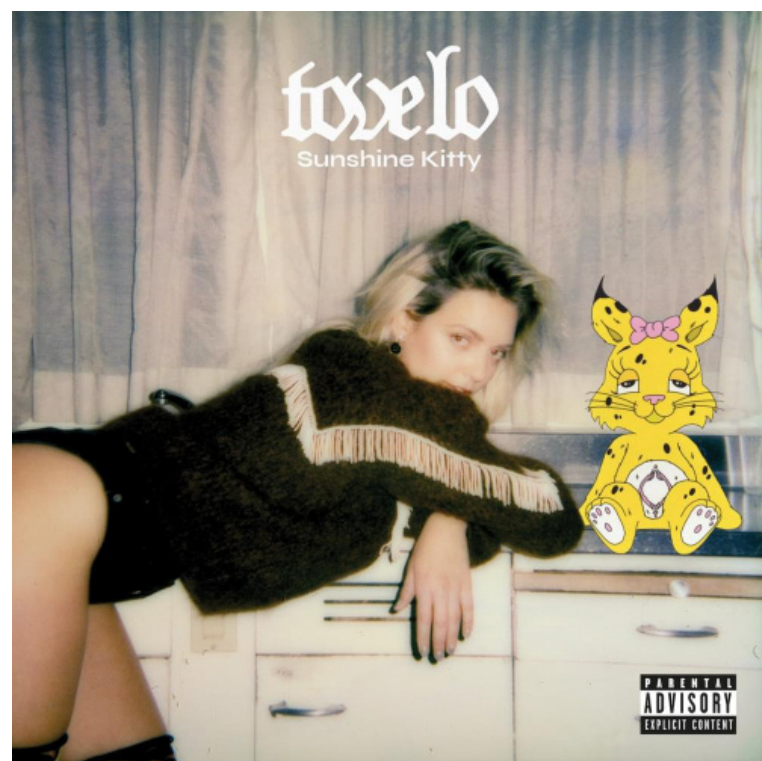


IMAGE OBTAINED FROM SPOTIFY

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Newport News Greek Festival brings cultural creativity

The semi-annual festival celebrated Greek culture, food and handiwork



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During the weekend of Oct. 17-19, Saints Constantine & Helen Greek Orthodox Church sponsored the Newport News Greek Festival for the Newport News community.

We arrived on a Saturday afternoon, and the weather complemented the event well. The air was brisk, yet the sun kept us warm as we made our way to the festival entrance inside the Hellenic Community Center beside the church.

The wind captured the aromas of the festival's food—olives, meat and pastries—which only made us want to give away our wallets more.

As we walked in, it was noticeable how tight-knit, yet neighborly the festival was. The festival was encapsulated into mostly one large communal room. Tables filled with either food, drinks or crafts gripped close to the walls.

In the middle of the room were long tables that stretched across the room, which added to the community feeling of the festival. It seemed that wherever you

The mosaic of Jesus adorns the dome in Sts. Constantine & Helen Greek Orthodox Church, where tours were held for attendees of the Greek Festival. **PHOTOS BY ASHLEY MCMILLAN / THE CAPTAIN'S LOG**

would sit, you could end up possibly sitting with a total stranger, but we didn't mind one bit.

What struck us the most as we turned the corner into the main room where the festival was being held is the geometric designs used in almost every craft that various community vendors were selling.

The designs in each product were intricate and mesmerizing to look at. From ornate jeweled desk lamps to hand-painted salad bowls imported from the Grecian isle of Rhodes, the display of colors and shapes enlightened the dull room.

Locketts and Christmas ornaments were designed to look like Easter eggs, as they are essential in Greek Orthodox tradition. Each product was unique, which made us want to purchase as many as we could.

As we walked along the trail of tables that lined the main room in the Hellenic Center, we sampled every possible olive oil at Laconiko's table. Laconiko is known to have award winning extra virgin olive oil and balsamic vinegar, and they did not

disappoint with their wide array of free samples. The large bowl filled with bread pieces to mix with the oils was impossible to miss. More than any other product sourced in Greece, olive oil is linked closely with Greek tradition and culture. By having Laconiko at the festival, Greek traditions were upheld in a refreshing, savory way by having the public try their own taste of Greece.

Regardless of the high prices of most of the jewelry and many of the crafts, we thought it was wonderful to support local shops and vendors. Each shop owner thoroughly explained to us how each piece was special, which is not usually done in chain stores.

The food served at the Greek festival was traditional, and many familiar dishes could be found, such as pastichio, mousaka and gyros.

Pastichio is a baked pasta dish with ground meat and béchamel sauce, and moussaka is similar, but it includes eggplant instead of pasta. Gyros included freshly roasted lamb and chicken, diced tomatoes, let-

tuce shreds and tangy tzatziki sauce wrapped in tinfoil to keep them warm. In the food line was rice pilaf and yahni, which is green beans in a tomato sauce, as well as dolmades, which is rice wrapped in grape leaves.

In another room a little off to the side were the desserts. Festival attendees were able to get baklava, a crowd favorite at Greek festivals, as well as other traditional Greek desserts, such as ergolavi (almond cookies) and galaktoboureko (a Greek custard dish).

They also had dessert packs filled with baklava, kourabiedes (Greek wedding cookies), a butter cookie with almonds, koulourakia (a type of butter cookie that is long and skinny) and finikia (a type of cookie made of grains with almonds in it).

Loukoumades, which are pastries of deep fried dough covered in honey

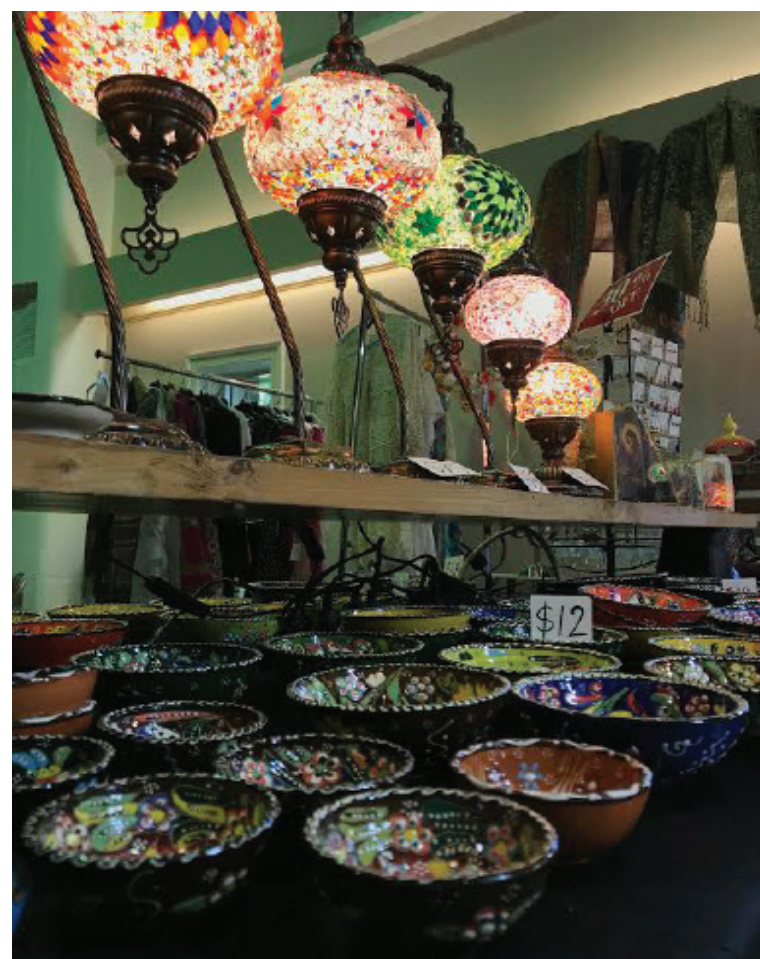
and cinnamon, were there too. The desserts were utterly delicious, and the lines were long because everyone wanted to get a taste.

Considering the Greek Festival is sponsored by Sts. Constantine & Helen Greek Orthodox Church, free tours of the beautiful worship building were available right next door to the Hellenic Center.

Before walking into the church, we were welcomed with high arches that radiated a blue hue in its entrance. Greek Orthodox paintings were displayed above the church entrance, which felt very heavenly in comparison to the festival's more subdued, plain entrance.

The afternoon sun shone through the stained glass windows of the church and enlightened the gilded tiles on panels depicting Jesus standing up next to the altar.

The Newport News Greek Festival was a lot of fun, with great shopping vendors and food. It's a little smaller than some Greek festivals out there, but there was a sort of charm that made the festival stand out. ■



Jeweled lamps hang above hand-painted bowls from the isle of Rhodes in Greece.

Side hustles for busy college students

Are you in need of some easy ways to make a little extra cash?

ANNA DORL
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Are you a broke college student? (If you're reading this article in search of some guidance, the answer is probably yes.)

Do you have a hobby that you think you could turn into a quick and easy way to make money?

Are you looking to make some extra cash on the side to pay for some of your expenses, or just to help offset your expensive Cook Out habit?

Whether or not you work any other kind of job, on-campus or otherwise, while also being a full-time student, we all find ourselves in need of a little financial help every now and then.

Here are a couple easy side hustles for college students to take up that don't require you to clock in for eight hours at the end of a long school day.

Start a (very) small business

You don't have to have an LLC to make some money selling unique homemade products. Learn to make scrunchies, paint canvases with sorority letters on them or cultivate succulents and sell the new sprouts that come from them in teacups purchased from Goodwill.

It doesn't take a genius to come up with a business idea that fellow college students will eat right up.

You can market your creations along your residence hall or even set up a table at the CNU Farmers Market when it returns to campus next semester. You can even create an Instagram for your little business to start creating a following and creating loyal customers.

Sell some of your old clothes

With sites like Depop and thredUP becoming more and more popular among our generation, selling old clothes has turned into an exceedingly popular means of making money for high schoolers and college students alike. This is especially true because of the rise of thrifting; recycling clothes is cool now.

If you have name-brand or unique items that you aren't into anymore, create an account on one of these websites and post your items on there. You can also set your own prices, so you control what you make. Your old pair of Levi's jeans are bound to find a new home and make you a little pocket money (pun intended).

Babysit and/or pet sit

Remember in high school when your neighbors asked you to watch their kids for a couple hours while they went out on a date night, and you

walked away with much more money than you felt like you deserved?

Babysitting and pet sitting are easy ways to make some money that don't take a whole lot of special skills (as long as you feel confident in your abilities to entertain kids and animals- and to keep them alive).

If you're new to the Newport News area, babysitting and pet sitting is a good way to get to know neighbors who you share your community with. Ask around with people you know who already sit for certain families, and you'll be sure to find someone in need of your services.

Drive for Uber, Lyft or Uber Eats

As long as you have a valid driver's license, a well-working car and a clean record, you can easily sign up to become a rideshare or delivery driver. Since we are on a college cam-

pus, students often require rides from place to place at all hours of the day and night.

No matter what your class schedule looks like, you can find a couple hours during the week to devote to driving others where they need to go.

Different rideshare companies require different age minimums for their drivers, so be sure to check that out and read all the requirements and rules before you sign up, but this is definitely another easy option to make some money on the side.

The options for side hustles that are easily accessible to college students with all kinds of other responsibilities are endless.

No matter what you enjoy doing or what you feel like you can easily make a little pocket money off of, you're sure to find something that you can fit into your already extremely busy schedule. ■

Easy vegetarian dining hall hacks

Simple ways to make your on-campus vegetarian entrees protein-packed

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"Don't you miss meat?" "Would you like any meat on that?" "You don't get enough protein." "Is that the same thing as a vegan?"

If you're a vegetarian like me, you've heard these questions or statements more times than you want to hear and can count.

Despite popular belief, not all vegetarians are vegan, and we surprisingly eat more than just lettuce.

I'm here to set the record straight and give you three examples of vegetarian meals you can make here on campus in the CNU dining halls.

Deconstructed Poke bowl

I know what you're thinking. Poke? At a CNU Dining hall? No way. But it's more likely than you think.

If you grab one of the black salad bowls and take it the Mongolian Grill, ask for a few scoops of steamed white rice. Sometimes the Healthy Heaven line may even have brown rice if you prefer.

Once you have your rice, you can go back to the salad bar line and add some of the fresh vegetables on top of the rice. Whether you are feeling carrots, cucumbers, corn or any other vegetables the line has to offer, pile up the veggies. Sometimes the din-

ing hall even has fresh fruit like peaches, mandarin oranges or mangos you can also add on top to add even more color and flavor to the poke bowl.

Although this is not a traditional poke bowl and may not be quite as fresh, it is pretty darn close and gets the job done. Although there may not be yum yum sauce available, the CNU Dining Halls do offer duck sauce and soy sauce to drizzle on top of your creation.

The Staples: Rice and beans

I may be slightly biased because I am a well-known rice aficionado or connoisseur, which ever you prefer, but nothing beats a good rice dish.

If you want my opinion, plain rice is fantastic by itself, but evidently, it does not have a whole lot of protein. So, here's a way to amp up your rice to pack it full of more protein.

There is almost always some sort of rice at one of the dining halls. The easiest way to add protein is to mix different kinds of beans into the rice. The salad bar always has black beans, kidney beans, pinto beans or all three. Grab a large, steaming bowl of rice and watch your mouth begin to water as you stir your favorite kind of beans into it.

To incorporate even more protein in this dish, mix in shredded

cheddar or shredded mozzarella cheese from the salad bar. I promise you will not regret the melted, stringy, cheesy deliciousness that ensues from this addition.

Open-faced bagel

Who doesn't like bagels? Seriously. What beats bread in donut form.

An open-faced bagel seems simple in theory and is just as straightforward in the actual construction/execution.

Grab your favorite flavor bagel - personally I am an advocate of the asiago cheese bagel - and toast it to golden perfection or burn it to a crisp, whichever you prefer.

Then, it is pretty uncomplicated: add spinach, cheese, onions, peppers or any other topping that tickles your fancy on top of the bagel. You can either keep it plain Jane with a few simple garnishes or go the whole nine yards and pile as many toppings you can physically fit onto the bagel.

Whatever you do, make it your own.

So, there you have it. Vegetarians can come up with creative ways to incorporate more protein into their diet. Who would have thought?

And here's the crazy thing: you don't have to be a vegetarian to try these ideas. Whether you are a meat-loving carnivore or a plant-based herbivore, these tips can help add more color, flavor and protein into your daily diet. ■



This colorful creation is just one example of a deconstructed poke bowl that you can create in one of the two dining halls at Christopher Newport University. This bowl contains fresh bell peppers, red onions, shredded carrots and cucumbers on top of white rice. There is also soy sauce.

PHOTOS BY EMMA DIXON / THE CAPTAIN'S LOG

Poke Surf

CREATE YOUR OWN BOWL

S \$8.99 (1 protein) L \$10.99 (2 protein)

1 BASE (Choose 1)

Poké Bowl
White Rice or
Brown Rice

Poké Salad
Spring Mix

2 PROTEIN Extra Protein \$2

☐

Tuna *

☐

Salmon *

☐

Poké Tuna *

☐

Poké Salmon *

☐

Shrimp

☐

Tofu

☐

Crab

☐

Spicy Crab

☐

Chicken (Natural)

☐

Beef (Natural)

☐

Octopus

☐

Spicy Salmon *

3 MIX-INS (Choose as many as you like)

☐

Edamame (Peas)

☐

Cucumber

☐

Pineapple

☐

Scallions

☐

Corn

☐

Seaweed Salad

☐

Carrot

☐

Tomato

☐

Ginger

☐

Orange

☐

Avocado (Guac \$2.00)

☐

Masago

☐

Oshinko

☐

Lettuce

☐

Jalapeno

☐

Peach

☐

Shredded Cheese

☐

Mango

☐

Red Onion

☐

Spring Mix

4 FLAVOR (Choose 1)

☐

Yum Yum

☐

Sriracha

☐

Citrus Ponzu

☐

Spicy Aioli

☐

Wasabi Aioli

☐

Poke Sauce

☐

Sweet Soy

☐

Thai Chili

☐

Jalapeno Soy

☐

Wasabi

5 CRUNCH (Choose as many as you like)

☐

Crispy Onion

☐

Wonton Crispy

☐

Shredded Nori

☐

Sesame

☐

Tempura Flakes

☐

Garlic Flake

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