



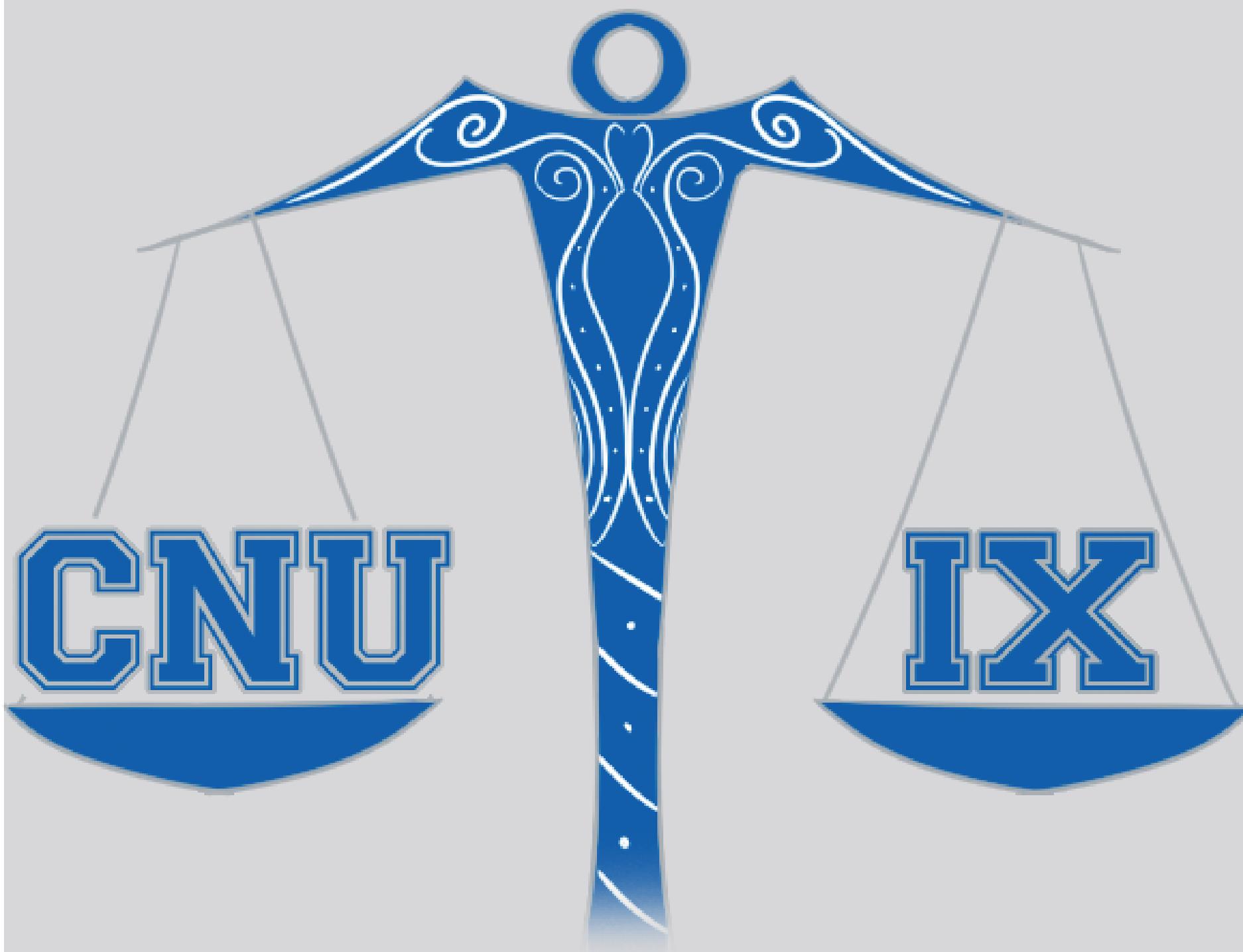
THE CAPTAIN'S LOG

THE VOICE OF CHRISTOPHER NEWPORT UNIVERSITY STUDENTS

@CNUCAPTAINSLOG WWW.THECAPTAINSLOG.ORG

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University Remains Steady Despite Title IX Updates





Weekly pic

Alpha Phi hosted Red Dress Gala Friday, Sept. 22 to raise funds for their philanthropy and promote Heart Health. For more coverage of the event, visit the Lifestyle section on page 15. **Photo by Alex Burruss.**



CNU TV

The Night For Life raised awareness for mental wellness and suicide prevention and donations were collected for NAMI and The Austin Germani Memorial Foundation. Delta Upsilon also honored the families of Austin Germani and McKellar Cox by initiating them posthumanously into DU.

Happened

Sept. 22

Fall Fest

CAB hosted their annual Fall Fest this past Friday, Sept. 22 from 4-7 p.m. on the Great Lawn. The theme was '90s.

Sept. 21

First Philosophy Cafe Event

The Philosophy and Religious Studies department held their first Philosophy Cafe (pizza) event of the semester this past week. Their topic was on aesthetic disobedience.

Happening

Week of Sept. 25

Homecoming 101 Series

Starting on Tuesday, Sept. 26 at 12:30 p.m. in McMurrin 101 there will be a series of Homecoming information sessions led by Class Council.

Sept. 27

Be Strong Series

The Freeman Center and the Center for Academic Success will be hosting a three part stress relieving series. Part one is on Sept. 27 from 2-3 p.m. in MPR1 and will consist of Fit & Mindful sessions.



Captain's Log Snapchat

Scan this image to add us on Snapchat! Follow our updates, watch us behind the scenes in the newsroom, and keep up with commentary on campus life.

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

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

- **Email:** clog@cnu.edu

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

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

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Students Share Opinions on Title IX

In the wake of DeVos' updates and recommendations to Title IX, CNU students give their comments on how it could affect the University's procedures involving Title IX cases.

**BY MELANIE OCCHIUZZO AND
DUNCAN HOAG**

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After announcing earlier this month her intention to direct the Department of Education to change the current guidance governing Title IX, Department of Education head Betsy DeVos announced last Friday Sept. 22 the implementation of new interim rules for the enforcement of the law, which governs sex-based discrimination on campus.

The interim rules were published in the form of a Q&A document.

However, CNU students educated on this issue have made comments about the possible changes to Title IX policy and how it could affect this campus.

Rachel Wagner, a junior fellow with two summer's experience of undergraduate research on Title IX and Kenneth Kidd, a senior and President of Student Assembly who has worked with Michelle Moody, interned with Fear2-Freedom and has been a panel member for Be the Change, both gave their comments on the state of these changes.

Wagner indicated that this particular announcement only rescinds the Obama-era 2011 Guidance on Sexual Violence, as well as some directives from 2014.

Other directives by the Office of Civil Rights (OCR) were not rescinded.

Aside from the Department of Education, the OCR is the primary regulatory agency governing the enforcement of all aspects of Title IX.

On Sept. 22, the Department of Education issued a new Q&A on "Campus Sexual Misconduct," thereby rescinding the 2011 Guidance on Sexual Violence, and an additional guidance from 2014, which provided the primary guidances and process for investigating and adjudicating cases of sexual assault on college

campuses.

"However, this does not mean that any other documents or guidances issued by the OCR are now void.

"It also does not mean that schools have no responsibility for upholding Title IX's prohibition of sex discrimination," says Wagner.

The specific changes made to Title IX are largely focused on protecting the right of the accused in an effort to ensure a more balanced collegiate procedure for investigating sexual assaults on campus she says.

"The main change that is immediately seen is a focus on not only the rights of the victim/survivor, but also the rights of the accused.

"The document indicates that university rules must respect the legal rights of all involved," said Wagner.

Quoting the interim rules, Wagner said that campuses "may not rely on fixed rules or operating assumptions that favor one party over another," or offer measures to only one party.

"The Title IX Coordinator will help determine what is needed in each individual case to 'avoid depriving any student of her or his education.'"

However, Wagner indicated that other, smaller measures will remain intact, such as requiring schools to retain a Title IX coordinator.

CNU's current Title IX Director is Michelle Moody.

"The interim Q&A Document was written to instruct schools on handling campus sexual misconduct. The Q&A document states that schools must still have a Title IX Coordinator, and that schools have a responsibility to respond when made aware of sexual misconduct and hostile environments," says Wagner.

She further indicated the ways in which DeVos' new Title IX rules differ from the Obama-era guidances.

"The interim Q&A issued by the OCR places a heavy focus on providing equitable procedures.

While the Obama administration focused a lot on providing protections and services to victims/survivors, their regulations often neglected rights to a fair and speedy trial that would be required of a criminal proceeding."

Dr. Kaufer Busch, a professor at CNU and Wagner's undergraduate research partner on Title IX issues, indicated that there will probably be little immediate change in enforcement efforts on campuses.

"I don't predict the changes with respect to adjudicating sexual assault on campus will change in major ways across the country. Universities have mobilized a great deal in administrative hiring, and making campuses safe in preventative measure and resources for victims. I don't think any of that will change. The only change that seems to be on the table is the process, when and if there are trials," says Busch.

Kidd, speaking as a representative of the student body, says that he feels very comfortable with how the university handles Title IX cases currently.

"The university cares for us and I don't think anything that the Department of Education does will affect the university."

This past Welcome Week, Kidd led the student body in a voluntary oath saying that those speaking would pledge to be the change on their campus.

This was part of the panel for Be the Change, one of many events that Fear2Freedom sponsors.

Rosemary Tribble served as moderator of the panel, Michelle Moody gave her expert opinion on Title IX legislation and a mental health professional from the university gave their input on mental wellness regarding Title IX cases.

The student body was represented by Kidd, an athlete and a member of the Panhellenic Council.

He says that the freshmen seemed to be very engaged in

this particular panel, as he looked out on the crowd not a single one was on their phone, they were all paying attention.

Kidd says that it was clear that this was something we need to talk about and that the freshmen seemed engaged in this topic.

Overall, the comments and recommendations released by DeVos will have little to no effect on CNU's campus based on student opinion.

The policy has not changed and the measures that CNU has put in place to handle sexual assault and other cases that fall under Title IX will remain the same.

In a statement released by President Tribble, he says "We are aware of the new guidelines and they will not diminish or change our efforts to prevent and respond to incidents of sexual assault on our campus. We have great confidence in our Title IX office led by Michelle Moody and the investigators and deputies with whom she works. Our process is thorough, fair to all parties and timely in its response. That will not change." ■

*"The University
cares for us
and I don't
think that
anything the
Department of
Education does
will affect the
University."*

-Kenneth Kidd

Crusade to Keep Speech Free at Universities

With free speech under constant attack by groups like Antifa, students are taking up the cause to save it.

BY KORTY SWIFT
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In last week's issue of *The Captain's Log*, "A Commitment to Free Expression," a statement in the Opinions section was published that promoted the idea of free speech as well as open, civil discussion involving different points of view.

The statement was constructed by sophomore Moriah Poliakoff and junior Rachel Wagner, co-founders of Students for Free Expression at CNU.

"The statement that was in the last issue was not a completely original piece written by us," clarified Poliakoff and Wagner. "The statement was based on the one that the University of Chicago had released. We wanted to make a unique version for CNU, and based more on the specific student perspective here."

The two took the original statement from the University of Chicago and edited it, adding or changing parts that made the statement unique

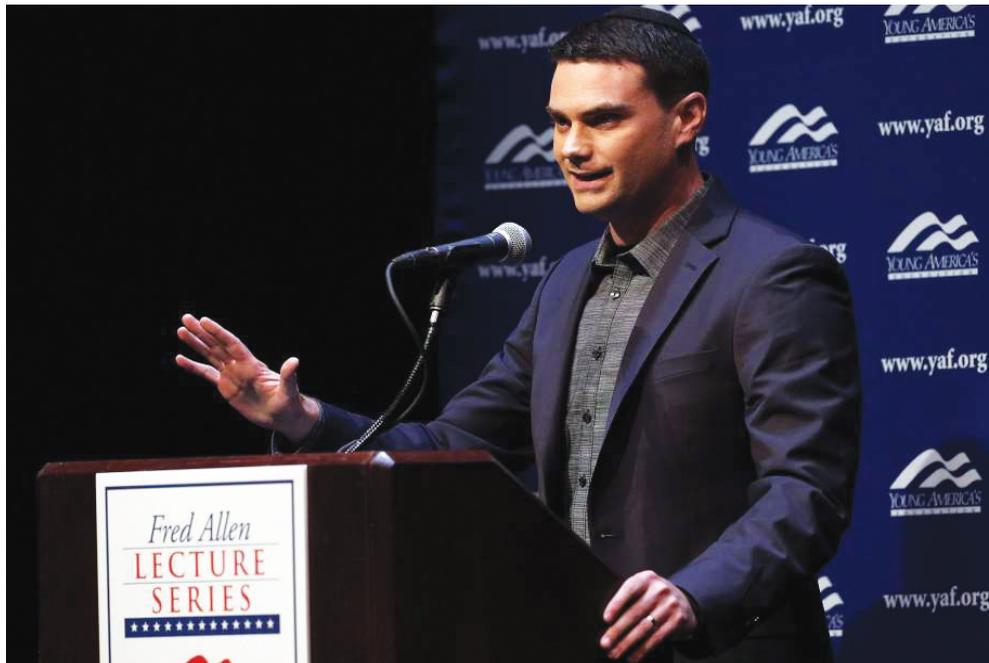
and more applicable to a liberal arts university the size of Christopher Newport.

Students for Free Expression, formed by Poliakoff and Wagner, was launched this year. It has been focusing on promoting campus debate on free expression.

"We had attended FIRE conferences (Foundation for Individual Rights in Education) that focused on student activism and promoting free speech. We encourage other students to look into FIRE and see what its about for themselves," explained Wagner.

"Then, we also started research on what other schools had been doing to promote free speech rights on their campuses," said Wagner. "Princeton also took similar measures to Chicago with a statement regarding free speech, and we believe that CNU could put a good foot forward and do the same by re-specifying it is a liberal arts institution that supports free speech."

Students for Free Expression encourage students and student organizations that agree with and support the



Ben Shapiro takes the center stage for YAF at the University of Berkley. COURTESY OF LIZZIE JOHNSON

statement to sign their Google Doc, supporting the values listed in the statement.

The document is accessible via the Students for Free Expression Facebook page.

Names that sign the document will be listed, in a petition-like layout.

Lastly, Poliakoff and Wagner especially encourage readers to look into these issues mentioned in this article, do research, form their own opinions and open student conversations that involve all points of view.

The "A Commitment to

Free Expression" statement published in last week's issue is accessible via www.thecaptainslog.org.

For further questions about Students for Free Expression, contact via e-mail moriah.poliakoff.16@cnu.edu or rachel.wagner.15@cnu.edu. ■

The Wason Center Works to Connect the Public to Politics

Through extensive research, surveys and polling, the center helps to localize the politics we see throughout social media.

BY KATIE HALL
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The Wason Center for Public Policy's mission encompasses much more than the average on-campus organization. In 2007, Dr. Kidd, President Tribble and Judy Wason, the center's namesake, created the center to enrich the student experience and connect the public to public policy and their political leaders.

Their civic mission is to act as a "public service" to Virginia through "providing citizens a voice at the table for public policy," according to Director Quentin Kidd.

Students are at the heart of the center's purpose. Each year, the center hires around 100 students to engage in public policy.

Honoring CNU's Service and Civic Engagement Pillars, the center connects students to countless opportunities in Virginia's political atmosphere.

Jillian Corvin, the center's student manager, and



From left to right: Shelbi Pullen, Judy Wason, Harry Wason, Rachel Barranco PHOTO COURTESY OF DR. QUENTIN KIDD

Thomas Arentz, one of six student supervisors, love their jobs and the center.

Through various events, Corvin met many prominent political figures, making connections for the future.

Arentz credits his internship in Congress last summer to working for the center. Several student researchers stressed the importance of learning communication

skills and taking part in collecting useful, meaningful data, no matter what area they intended to study.

The Wason Center is funded through donations, fundraising, events and the Wason family's generous endowment.

A majority of the funding, around \$70,000 this year, will go towards student wages, confirms Director Kidd and

Assistant Director Bitecofer. The rest of the funds will go towards lab equipment such as software, telephone bills, obtaining phone numbers, etc.

Now, for the real political issue everyone cares about: The 2016 Presidential Election. Much of the public believes the polls were off last year, with the perception that many polls predicted a landslide Clinton victory.

In reality, the polls were very accurate according to Assistant Director Bitecofer. The polls predicted a popular vote with Clinton winning by 2 or 3 points, which she did.

The polls did not predict the electoral college vote, the deciding factor in the race. The Wason Center's polls for Virginia were spot on.

When asked why the widespread misconception, Dr. Bitecofer stressed the importance of acknowledging the margin of error in public polls and not to equate polling with forecasting model fed polls to produce a prediction.

To learn more about the election, read Dr. Bitecofer's book "The Unprecedented 2016 Presidential Election," which will be released in October.

Currently, the center is conducting surveys on the Virginia state elections. The survey's results will be released on Sept. 25.

If you are interested in finding an on-campus job, applying for the Wason Center is a great option.

They are currently looking to hire around 30 more students for paid positions. The center continuously gets coverage from major media outlets, including the New York Times, CNN and BBC.

If you're interested in public policy or want to learn communication skills, check it out.

"We're excited to be training bright and curious minds and giving them an opportunity to engage in public policy; Hopefully fostering a lifetime appreciation for civic engagement," -Dr. Bitecofer. ■

Student Assembly Votes on Violence

After political spectrums clash on campuses here in Virginia, a resolution is passed against the violence.

BY LIBBY KEELY
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The hateful incidents which occurred in Charlottesville have deeply affected multitudes of Americans. These small groups of benighted individuals do not represent beliefs of the majority, and have wrongfully represented the people of Virginia.

Our school has decided to take a stance against political hatred by putting a resolution on violence into place. The Captain's Log with the Student Assembly members who put this proposition into action, Alex Burruss and Benjamin Herzberg, to get some insight behind the reasons a resolute policy was needed.

Both students are incredibly bright and active on CNU's campus, especially with Student Assembly and their fraternity, Phi Lambda Phi. This is a unique fraternity because its philanthropy is Elimination of Prejudice, and they were the first fraternity to accept virtuous men without regarding religion or race.

With this background, the pair was the perfect duo to compose the violence resolution.

The resolution is concise but significant, clearly stating that CNU "is dedicated to implementing awareness to violence and discrimination on its campus and protecting those

students from such atrocities".

Burruss discussed the important reasons behind the resolution: "This brings awareness to an issue that gets overlooked. There should be more cohesiveness on campus between minority and majority groups. A connection is needed between the two, to combat the issues together." Both Burruss and Herzberg had similar points about the purpose of the violence resolution, that it is a small but essential part of the solution.

The resolution can get conversations started about discriminatory issues, and by starting to discuss issues, individuals can begin to work towards resolution.

The resolution was inspired in part by President Tribble's statement against violence. The student body wanted to show their support of the administrative viewpoint condoning violence by creating their own statement.

Full community representation is an important factor in combatting discrimination.

Student Assembly is hard at work this year to get relevant changes to occur around campus. Herzberg, who is in his 3rd year of Assembly, believes there is "a lot of good energy and new faces this year. There will be new initiatives, and there is a lot of momentum, people already eager to work



A State Trooper pushes a protester in Charlottesville on Aug. 12. PHOTO COURTESY OF THE ASSOCIATED PRESS

early in the semester".

Burruss discussed that Student Assembly is critical because it links students to the administration, where connections can sometimes be vague.

He wants those who are affected by administrative decisions to understand the connection and influence they have on these circumstances.

Burruss encourages students

to come to Student Assembly with issues that are pertinent on campus, so that the work they do can be as meaningful as possible to the student body and the campus. ■

This Day in History: William the Conqueror

Senior Miller Bowe gives us a glimpse at history as he describes the invasion of England by William the Conqueror.

BY MILLER BOWE
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Today in History: Sept. 27, 1066.

951 years ago today, William the Conqueror began his invasion of England, an event of profound importance to the history of the Western world.

After the death of Edward the Confessor, the throne of England was disputed by several rulers.

Harold Godwinson was crowned by decision of the Witenagemot, a council of high nobles. This led to two invasions.

The first, by the king of Norway, Harald III, who was aided by the Earl of Northumberland, was successfully repelled on Sept. 25 of 1066. Two days later, the second invasion began, as William, the Duke of Normandy, launched some 700 ships into the English Channel.

Led by William's flagship, the Mora, they arrived on

England's southern coast at Pevensey the next morning.

Harold Godwinson's men, victorious but weakened by the battle of Sept. 25, took more than two weeks to meet William's. On Oct. 14, at the resulting battle of Hastings, Harold was killed; according to tradition, it is believed he was shot in the eye by an arrow. By Christmas, William had been crowned King.

The Norman Conquest is one of the most important events in English history for a variety of reasons, some immediately apparent and others less so.

The English language has been forever affected by the Norman invasion. Some 45% of English words, such as "beef," "dragon," "lilac" and "soldier" come from Old French roots, brought over by William and his army.

1066 marks a major shift in the relationship of England with France and the rest of Europe, providing the basis for



William the Conqueror's flagship, the Mora, with its armada crossing the channel COURTESY OF MILLER BOWE

Anglo-French conflict up to the present day.

According to CNU History professor Dr. Charlotte Cartwright, whose research focuses on the Normans, one lesser known effect of the conquest is its effect on English law.

"As a result of having territories on both sides of the English Channel, the Norman kings needed to innovate a new legal system and bureaucracy. Our tradition of Common Law

comes from this need to govern a variety of different people across such an enormous realm."

One element of the Norman invasion that Dr. Cartwright believes should receive greater focus is the role of women. The Mora, William's flagship, was a gift from his wife, Matilda of Flanders.

"A lot of these nobles are funded by their women. I don't think William could have done

what he did without the support of his wife."

History can provide useful context for modern international affairs, linguistic trends, and long-standing codes of laws. The effects of an invasion that happened nearly a millennium ago still are felt today in Anglo-European relations, in law codes descending from the English Common Law system, and in the English language itself. ■

The Dangers of ‘Facebook Activism’

With the spread of information so easily accessible through social media sites, a rise in misinformed Facebook petitions rile people up with little or no facts to back them.

RACHEL WAGNER
STAFF WRITER

On Sept. 7, U.S. Secretary of Education Betsy DeVos announced that she would be launching a new comment-and-review period to develop a more effective method for adjudicating sexual assault on college campuses.

In response, a petition via change.org was started by a CNU Student.

The petition is titled “Ask CNU to Stand By Title IX,” and within a few days, it gathered 1000+ supporters.

The petition states that “DeVos said the guidelines will be rolled back, she did not announce any new policies that would immediately be put in place to help combat sexual assault on college and university campuses across the country.”

The link provided to DeVos’ announcement is not a video or transcript of her actual speech, but an abridged commentary claiming to summarize what she actually said.

The petition argues that the Title IX regulations in question have made CNU a better place, and protected young women from the “hands of predatory men.”

It asks that “we, as a campus, will take on the social responsibility to continue to abide by Title IX regulations of dealing with complaints of sexual assault and protections for victims, no matter what the law says we should or should not do.”

While I believe this is perfectly well intentioned, I fear that it portrays a misrepresentation of what Title IX is, what Title IX regulations are and what DeVos communicated.

For the past two summers, I have worked with Dr. Kaufer Busch, an American Studies Professor, on researching Title IX of the Education Amendments of 1972.

Dr. Kaufer Busch co-authored a forthcoming book, “The Transformation of Title IX,” with General Counsel of the University of Kentucky William Thro. In my work with Dr. Kaufer Busch, I have spent extensive time researching the legislative, judicial and administrative history of Title IX.

In addition, I have presented research on Title IX at academic conferences, where my work was critiqued by scholars in relevant fields.

I am by no means a Title IX expert,

and would never claim to be.

However, the time I’ve spent researching this law has shown me that it is far more complicated than it seems, and also that immediate emotional reactions that come from its subject matter might cloud the legal aspects imperative for understanding.

The text of Title IX is only 37 words long.

Since the statute’s passage, it has accumulated hundreds of pages in guidance documents.

As 1000+ CNU students signed this petition, I find it unlikely that all of them, or even a majority of them, have read those guidance documents issued by the Obama Administration that will be under revision, or were just rescinded.

The reason for my doubt is that the guidance documents themselves are high in volume, take a lot of time to understand, rely on a lot of court precedent which is equally confusing unless you take time studying it and also can be relatively difficult to find.

While the Department of Education announced that they were rescinding the 2011 Guidance on Sexual Violence, which caused a lot of controversy surrounding due process rights, this does not mean that educational institutions now have no liability regarding sexual misconduct, harassment or assault.

Additionally, a desire to offer due process rights to the accused does not mean that the victim/survivor will be silenced.

DeVos even stresses the necessity of protecting the voice of the victim. She states:

“Any failure to address sexual misconduct on campus fails all students. Any school that refuses to take seriously a student who reports sexual misconduct is one that discriminates. And any school that uses a system biased toward finding a student responsible for sexual misconduct also commits discrimination.”

I fear that part of the hysteria caused by this speech—not only at CNU but around the nation—comes from a lack of research into the way that law works. Title IX, the statute, is law—congressionally-approved law.

It’s not going anywhere, no matter what the current Department of Education wants.

In order to interpret Title IX’s rather

ambiguous text, which prohibits discrimination in educational institutions on the basis of sex, the Department of Education’s Office of Civil Rights may issue official regulations, which are approved by Congress and codified in the Federal Regulations, and guidance documents.

Guidance documents do not carry the power of law, however, if they are affirmed by the Supreme Court, they effectively do.

Title IX regulations approved by Congress which carry the power of law prohibit sexual harassment.

The Supreme Court has affirmed that under Title IX, you as a student have a private right of action—meaning that you may sue your educational institution on your own if you feel your rights are violated, your educational institution is financially liable for discrimination where they knew it occurred and your educational institution is liable in instances of student-on-student harassment.

These rights under Title IX are not going to disappear, even as the 2011 Guidance document is now void.

I also fear that as people saw such posts on their social media, they perhaps feared that all of their protections against sexual harassment, misconduct and assault were just null and void that very instant.

I was worried that people might assume that without gathering signatures on this petition, CNU would allow for students to rape one another without consequence.

I was worried that hysteria would lead people to assume that Title IX in general was disappearing, leaving no new remedy for protection against discrimination on the basis of sex.

We live in an era where activism constitutes sharing a Facebook post.

We are quick to blame polarization, misleading media and the spread of demonizing rhetoric for our society’s problems.

It is easy to harbor resentment, fear and hatred for political figures when we allow ourselves and our media to simplify and misrepresent their decisions.

Don’t get me wrong—I do not like Betsy DeVos. I do not like Trump.

I do not like really anything about the politics of the United States within the past 18 months.

However, disliking policy or the actions of a leader does not excuse intellectual laziness or knee-jerk reactions.

I firmly believe that sexual assault is one of the most egregious crimes a human can ever commit.

I firmly believe that my university should hear the voices of victims, and provide the services necessary to aide them in whatever path after the incident they choose.

I firmly believe that as a society, we have a long way to go before rape culture is completely eradicated.

However, I know that Title IX is not disappearing.

I know that DeVos does not intend to get rid of all rights of the victims of assault.

I also know that as most educational institutions that have complied with Title IX guidances have spent enormous amounts of time and resources on creating effective methods for dealing with sexual harassment and assault, it is very unlikely than an institution like CNU will completely rid itself of all existing procedures.

While perhaps not everyone has the hours necessary to research and understand Title IX and jurisprudence in the United States, the effort to seek out the actual speech DeVos gave, or the new interim Q&A issued on the 22nd is rather minimal, and might save us unnecessary anxieties.

Perhaps, if we do decide that we need to take a stand, we may take one that is more calculated and aimed at true issues at hand.

The Department of Education is entering a comment-and-review period where stakeholders, institutions, educators, students and the community at large may voice their concerns.

Before any new guidances are developed, with a form of permanence, you have an opportunity to join a dialogue—mandated by the Administrative Procedures Act, which the 2011 Guidance never adhered to—and express your fears and interests.

As students at a liberal arts institution, and as a part of the world’s educated populace, I believe we have a duty to demand objective and factual information so that we may use our reasoning to derive our own conclusions—and we ought to demand this not only from our media outlets, but from ourselves.

I ask that if you have even a twinge of doubt in your understanding of this complex but highly relevant issue, you spend some time finding answers yourself.

Find DeVos’ speech, and read it. Spend some time checking out the legislative history of Title IX.

Read the Sept. 22 statement from the Department of Education, and look into why legal scholars and feminists alike have taken issue with the procedures mandated by the 2011 Guidance.

Read the other guidances and regulations.

And most importantly, just do a Google search on why Title IX is controversial.

Intelligent people—specifically intelligent women—disagree about whether Title IX’s current interpretation and enforcement is best for society, or constitutional.

And I’ll let you in on a secret: those who disagree with it do not do so due to sexism or in favor of taking away the rights of victims/survivors.

There are real, logical reasons as to why the procedures warranted replacement and review.

Additionally, there are real, logical reasons as to why some scholars and experts advocated for the guidances.

It might be valuable to learn what those reasons are, on both sides, before making up one’s mind.

As one of my professors always says, “trust but verify.” ■

It's Not Your Money They're Spending

With complaints mounting against the university on how they spend their money, a senior explains his view on how CNU prioritizes their dollars.

ADAM FENDLY
STAFF WRITER

"CNU can put on a light and firework show to announce how great we are but can't finish a dining hall in six months."

Since I'm (regrettably) a senior this year, I have the privilege of remembering what people were saying before the current construction projects at CNU started.

Complaints about the library seating during finals week would make you think that the student body was on the verge of a collective mental collapse.

Regatta's was a daily disaster during lunch rush, and people were forced to shift their meal times to counter the chaos.

The administration saw and heard these concerns, and (fairly quickly) initiated the projects necessary to correct them for the foreseeable future.

They decided that a change was needed based on the issues the student body was putting forth.

Now that we're in the midst of more construction, it seems like a simmering frustration threatens to boil over every time a dollar is spent on campus in a capacity other than finishing the current projects.

The Symphony Under the Stars celebration this past weekend predictably sparked a holy grail of cheap shots and fallacious complaints about the use of CNU's time, which is evidently extremely limited.

The opinion that somehow the school should have spent the night working harder on its construction rather than advancing its fundraising campaign and putting on an impressive show for everyone echoed around campus faster than syllabus week turned into an oppressive mountain of work.

Instead of thinking about how impressive it was to accomplish one thing, the focus was put instead on how that time was spent not working on another thing.

I know where these ideas are coming from.

I have just as many automatic cynical thoughts when CNU announces something extravagant as everyone else does.

Poking fun is popular and funny, and it gets you a lot of retweets from all the other stressed out students looking to blow off steam.

It's so easy to be negative about anything that CNU does instead of taking the time to think about all the good has been done.

But being cynical is easy.

The truth is, we all owe a debt to

the alumni who came before us, who attended CNC and CNU throughout its substantial transformation, which gave us the buildings, campus, reputation and quality education that we have here today.

Those who came before us suffered through the out-of-date buildings, the commuter-style campus and a university mainly aimed at catering to the Peninsula.

These features we have today are probably the reasons we chose to attend this school.

Yet, at some point, they were nothing but an incredible inconvenience to the students who preceded us.

We can pay this debt forward by believing that today's annoyances and minor qualms will very soon amount to a positive impact much greater than the sum of the inconvenience they have caused.

There's no escaping the hassle; at some point in the improbable growth that this university has had, we will all be asked to bear some of this change to continue to make CNU a better place.

The apparently common belief that "CNU cares more about incoming students than it does about current students" is an egotistical viewpoint that excludes the rest of CNU's history in favor of immediate personal convenience.

We are a young school, yet we already have a comparable reputation to many established universities.

CNU improving itself is the reason we are all here, and it is the reason the school will continue to thrive.

The constant stream of negativity and criticism paints our students as self-absorbed and ungrateful for the distinctly above-average amenities that we have.

It's embarrassing, it's annoying and it's beneath the dignity of our school.

The real reason that this is important is because the percentage of people on this earth who get a college degree is 6.7 percent (Harvard and the Asian Development Bank, 2010).

I just checked; didn't know that either. That is a staggeringly low number, and we are in that extreme minority.

I don't bring this up to make people feel bad for complaining; experiences are only relative.

The fact that things are comparatively better for us doesn't invalidate our concerns or mean that we should stop striving for even further improvement, but they should remind us of an important fact: we are truly lucky to be here. ■

The Captain's Log Presents: Buzzin' Becky



PHOTO COURTESY OF CLIPART LIBRARY

Before we dive into the questions submitted, I just wanted to take some time to impart some words of advice on you all. I know as we dive deeper into the semester, it may be tempting to just skip a class here and there because you're tired. You go to bed at 1:30 a.m. and when your 7 a.m. alarm rings, you snooze it until ten minutes before your class. So what do you do? Naturally, roll over and go back to sleep. You'll hit up your girl Sarah later that day for notes. But be careful, because once you get into the habit of not going you'll succumb to the urge more and more. A lot of classes have attendance policies for a reason, and it may seem annoying at first because you're paying for the class so

why should they be able to tell you that you have to be there? Believe it or not, your professors want you to succeed. Something unique to CNU is the connection between the professors and students. The class size helps foster this bond. They genuinely want to help you, but they can't help you if you don't help yourself. Take the initiative and go to office hours, form study groups and even **DO YOUR READINGS!** I know this is the part you've all been waiting for, so without further ado: it's Becky time.

Buzzin' Becky, I have no idea what I want to do when I graduate (I'm a senior) but I have a bunch of different things I'm interested in. How do I figure it out?

First of all, congratulations on being a senior! There are some days where I doubt if I'll ever get that far. I think something that could help is to explore your interests. Within your major, were there any classes that you really enjoyed? For example, within the History major there's many different concentrations. You could be a Historian that focuses on the Civil War, Reconstruction, the American Revolution or even World War II. Maybe you'd rather work in a museum, or perhaps you'd want to teach grade school students and give them the same passion for History you hold.

Another helpful place to look is the Center for Career Planning. They'll have a bunch of resources to help you and make sure you're on the right track, as well as the ability to look over your resumé. Good luck with your future endeavors! In the words of our beloved President Trible, go "set the world on fire."

Becky help! This may sound really shallow, but I am desperate. I have a boyfriend that doesn't go to CNU but he sends me gifts and buys me things and it's sweet. The distance is hard and I'm struggling with it, especially since there's a guy on my hall who I've been getting close to. What should I do?

Well, I ain't sayin' you a gold digger, but... Honestly, I think you answered the question yourself. The second you seek validation like this, your mind is made up. We are far too young to feel obligated to stay with someone. Sure, gifts might be nice, but that's not fair to your boyfriend to be with him and have feelings like that for someone else. If a long-distance relationship isn't for you, that's okay. But don't string two guys along for your own selfish reasons, notably that one sends you material items and one is conveniently located.

It's okay to end a relationship and try new things. You're in college, no one is expecting you to marry the boy you dated in high school. As a wise philosopher once said, "You Only Live Once." Get out there and enjoy your time, but first have an honest conversation with both parties.

— Becky out

*Submissions have been edited for clarity and length.

SNAPSHOT



Campus Activities Board supervised a table at Fall Fest where students tried to guess the numbers of various candies on the table for a prize. Other clubs that had booths included Roots and Shoots, Panhellenic Council and Resident Hall Association. **HANNAH MCCLURE/THE CAPTAIN'S LOG**



WCNU, CNU's student-run radio station, was at the event where they played staples like the Macarena.



Extreme Measures, one of CNU's six a cappella groups, performed mash-ups of David Bowie's "Space Odyssey." **JACKIE GILLESPIE/THE CAPTAIN'S LOG**



Each year, food is a staple of this event. Popcorn, cotton candy, pretzels and sugary treats were served along the Great Lawn. **JACKIE GILLESPIE/THE CAPTAIN'S LOG**



Members of the Great Lawn...

CAB Presents: Annual Fall Fest

CAB's annual Fall Fest was held on the Great Lawn Friday, Sept. 22. Students participated in zorb soccer, inflatable games and interacted with organizations on campus.

For more coverage on this event, go to page 14.



...tion, DJ'd Fall Fest. The theme for this year's event was '90s throwback, so ...na, the Backstreet Boys and OutKast. CHARLES TYSON/THE CAPTAIN'S LOG



...f CAB, the group that hosted this event, pose for a photo on the ... JACKIE GILLESPIE/THE CAPTAIN'S LOG



Hypnotic Control, CNU's premier hip-hop dance group, performed on the Great Lawn adorned in "Fall fashion" with flannels around their waists and jeans. JACKIE GILLESPIE/THE CAPTAIN'S LOG

A New Meaning to Family



PHOTO COURTESY OF CNU OCPR

BY TARYN HANNAM-ZATZ
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A family is something that everyone has and is born with no matter what, but each family is different. Of course, I have my family that I was born into, but I also have another family that no one else can have except for the people in this family. My lacrosse team is my second family. I live with them, they know my problems and they always have my back. This family is so unique and so close to my heart.

I have played sports my whole life and that has allowed me to be a part of different families. In high school, I remember my lacrosse team going to Virginia Beach for a spring break tournament and always having a prank war with our coach. One of my fondest memories is writing “honk if you think I’m cute” on his car and having to drive all the way there with it on the window and getting honks on the highway. These are the kinds of memories and bonds that can only be formed through the experiences I have had on sports teams.

I trust my teammates on and off the field, I know that they will always be here for me which makes me know that I will always have 30 other sisters for life. My CNU lacrosse family has made college so amazing and I can’t imagine going through life without them.

If I had never played sports I never would have been able to be a part of such an amazing group of people.

My experiences in athletics growing up have allowed me to meet so many people that have changed my life and they led me to CNU where I met my best friends.

I know I would have some other type of family if I didn’t have my team, but there is something about competing with each other that makes it different than other experiences. The trust, love and respect we have for one another is indescribable and I will always cherish this family I have become a part of. ■

Member of Marching Captains Gives a Behind the Scenes Look at Camp

The Marching Captains are a big part of the athletics program. They are at every home basketball and football game setting the tone for the crowd.

BY SABRINA RIVERA
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“This one time at band camp” is a familiar phrase to anyone who knows a band member—and for good reason.

Standing at a strong two hundred and fifteen members, its largest roster ever, the CNU Marching Captains started this term with camp—seven days (ten days for drumline and color guard) of twelve hour practices, both on marching skill and musical performance.

During this time, the band learned how to play and march both their pregame and halftime performances, which totals to about ten pieces of music and “fifty-five or sixty drill sets total,” according to the director of the Marching Captains, Dr. John Lopez.

“On an average day of band camp, each individual marches about five miles in a day.”

By the end of the season, the band will have learned around eighty to ninety separate spots on the field to march, and be able to play a full hours’ worth of music without repeating a single piece.

To do this, the band learned and put together both visual and musical aspects of the show, including rehearsing a dance number, chaotic scatters and refining their technique and execution of the performance.

For some people learning the footwork paired with the music comes naturally, but as for others, it takes a while. Through this process, everyone learns to work as a unit.

They learn specific spots and as they rehearse the spots it becomes easier to remember.

“That’s pretty much the bulk of it, learning those two aspects and putting it together,” said junior John Pulley, one of the three Drum Majors who conduct the Marching Captains, “Through that process, everyone learns to work as a unit: we learn our specific spots early on, and as we rehearse it, becomes more of ‘fitting the form’ than going to the dot.”

“In the end we work together in order to create the picture and experience we want to portray.”

To assure quality performance, it is customary for the band to practice through heat, mud and rain if necessary.

“If the difference between a good and mediocre performance is rain and mud, I will choose rain and mud every time,” said Dr. Lopez.

“They are an incredibly hard working group that works to represent and perform well for the university...The band works very hard to do what they do well.”



The drumline in the Marching Captains tend to do tricks on the field at halftime to impress the screaming fans. HANNAH MCCLURE/THE CAPTAIN’S LOG

An important job of the band “at football games is to keep it high energy,” said John Pulley.

He explained that the band plays and cheers whenever they can to support the CNU Football team and create an exciting atmosphere for the audience.

“I’m glad to see that we can keep the energy up, even in the fourth quarter, whether we’re losing or winning by a lot.”

“It’s a part of our role, so it’s great to be able to hype people up.”

Dr. Lopez said that he counts “the false starts we cause for the opposing

team every season” due to the Marching Captain’s enthusiasm.

Dr. Lopez continued, “the best part of band is the development of the people within it.

It is truly rewarding and amazing to me to see someone come in as a freshman and watch them change over time into good people, good leaders and just these wonderful human beings by the time they graduate—and to know that the band has been able to play a large part in their development is to me, the most important thing.” ■

Womens Soccer Climbs to 8th in DII



Outside Midfielder Carson Pokorny dribbles the ball upfield out of the defensive zone to move the ball toward the attacking end. CHARLES TYSON/THE CAPTAIN'S LOG

Lady Captains travelled up to York College of Pennsylvania to clinch their sixth straight win in a row.

BY KRISTEN ZICCARELLI
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Saturday afternoon's Capital Athletic Conference included a Christopher Newport Women's Soccer victory of 1-0 against York College of Pennsylvania Spartans.

Ranked eighth in the nation, the team's overall record of 8-0-1 was boosted by their recent winning performance.

Captain's rookie Riley Cook scored their lead early in the second half. Saturday's game was her third time to score a game winning goal.

Cook's eight goals this season ties her for fifth in record goals as a rookie.

CNU senior goalkeeper Carly Maglio completed her shutout against York's Georgia Gillcrist, whose attempt on the goal came in the 26th minute.

Only the third player in CNU history to complete twenty career shutouts since her start in 2014, Maglio's performance so far has been record-setting.

The opposite side of the field brought strong defense, as York goalkeeper Jess Wieber saved nine goals throughout the course of the game.

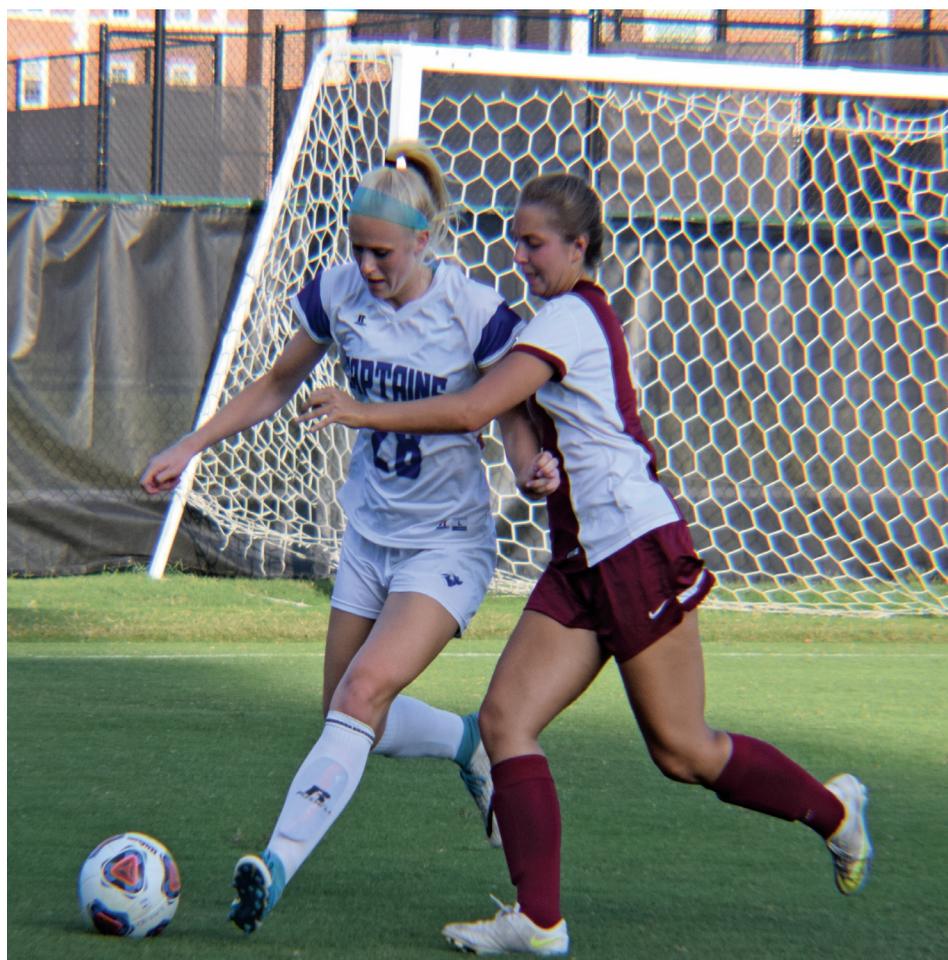
During the first half, CNU attempted six shots, all of which were blocked by Wieber. With only a few minutes left of

the game, junior Gabby Gillis's attempt at goal was blocked by Wieber, keeping them from improving their lead.

The Spartan's initial offense, however, began with one attempt on goal for ninety minutes by Georgia Gillcrist. This weekend, the Spartan record fell to 1-5-1, 0-1-0.

Hoping for an equally strong performance in their upcoming home game, the team will compete against Wesley College next Saturday at 2:00pm. ■

**Up Next:
Wesley
College
2:00 p.m. Sept.
30 @ Captains
Field**



Freshman forward Maddie Cochran attempts to get the ball from Roanoke defender to keep winning possession. EMMA DIXON/THE CAPTAIN'S LOG

Knowing Your Roots

Harrell's crop paintings make a statement about his home of Suffolk, Virginia.



The simplicity of Harrell's oil paintings give an air of importance to these everyday crops. PHOTOS BY HANNAH LINDENBLAD /THE CAPTAIN'S LOG



Harrell's "Peanuts" stand with a bold importance in this piece.

MORGAN BARCLAY
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Placed not grown, the pieces in Christopher Newport University alum Curtis Harrell's exhibit, give a new perspective to still life. "Rooted," currently on exhibit until Nov. 4 in the Ferguson Hall Gallery, is a collection of six still life oil paintings depicting the crops that are indigenous to the sandy soil of Tidewater, Virginia.

Painting from his own personal experience, Harrell's pieces not only depict crops that are crucial to the agricultural industry, but also to his own life. Born and raised in Suffolk, Va., Harrell spent the majority of his life outside surrounded by these crops. Whether they were growing next to him, or were being put on his plate, each crop was crucial and foundational to his personal experiences.

That is what makes his presentation of them so interesting. Standing in stark contrast on their white background, the crops act as a period. There is no question of what they are, no question of their importance. They simply are.

An image of wheat is created through three thin slits down the canvas. An image of soy marks the canvas with another thin and determinate line. Even the image of cotton, a usually indeterminate crop with its fluffy and undone nature, finds its place in this exhibit through its dark contrast between the

branches and the crop.

Complicating the nature of still life, Harrell doesn't frame these pieces, he simply paints them as they are. Their importance is assumed due to this. They do not need context, or even presentation. They are all around us already. They are a statement in themselves, in much the same way your home is. You do not get to choose your home as a child, it simply is. Harrell did not get to choose the Tidewater region of Virginia as his home, it simply was. And that has importance, much like the crops that grow there.

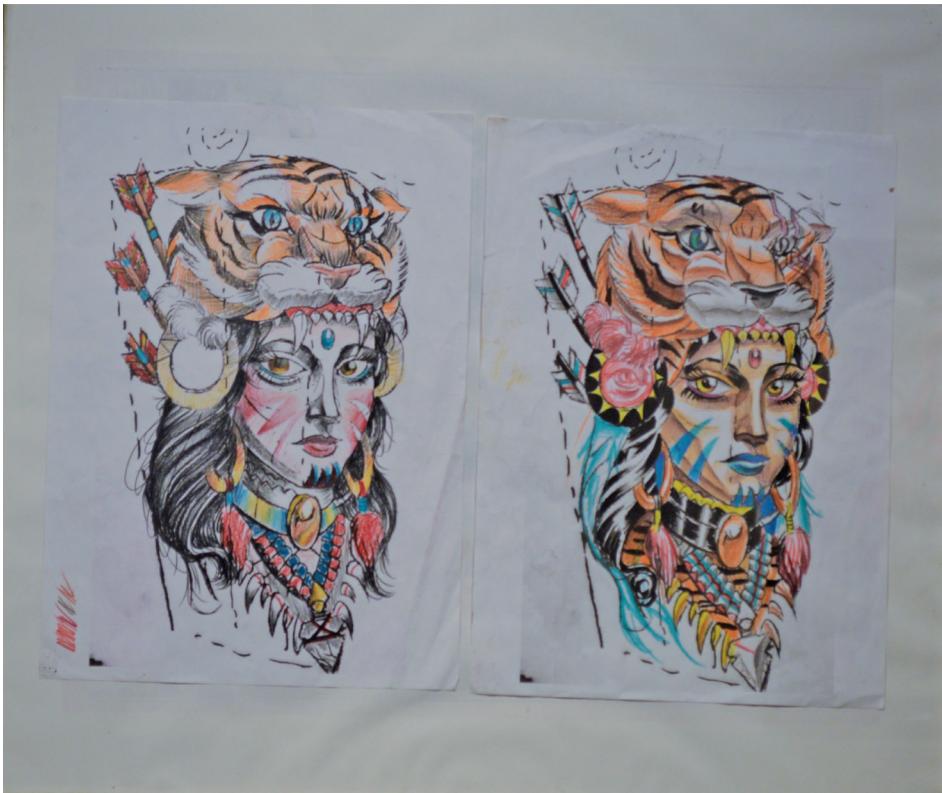
Aside from being professionally well-executed, Harrell's work brings with it a new perspective to the crops one may take for granted. Forcing the audience to take a step back and question their normal, these grown punctuation marks make a statement about the determinant importance of these crops. Coming from a personal place, this statement becomes even deeper, it becomes a statement about his home.

This exhibit must be seen before it closes in November. ■

"Rooted" is on exhibit until Nov. 4

Art That Moves With You

Tattoo designs crawl on the walls of the Ferguson Hall Gallery, giving a new meaning to medium.



The bold designs flow on the page, showcasing the artistry involved in this popular form. HANNAH LINDENBLAD / THE CAPTAIN'S LOG

ELIZABETH MOYER
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Crawling on the page, the designs on display in the Ferguson Hall Gallery showcase the many years of hard work tattoo artists have spent perfecting their craft.

Currently on exhibit until Nov. 4, "Blueprints for the Skin" is a series of tattoo art pictures, drawn by Christopher Newport University alum, Vall Vallaster and the rest of his coworkers, Flaco Martinez, Andy Chambers and Canada (sic.). Together, they work at Studio Evolve in Virginia Beach, Va.

Stunning and feral, Vallaster's designs show off nature's elegant ferocity in sweeping, organic designs. Moving and flowing along the paper, they complement the shape of its soon-to-be medium, the human form.

One of Vallaster's designs depicts a long, snake-like dragon twisting around itself. Lacing between threads of negative space, of would-be blank skin, this piece complicates the relationship between the art and the human it is on.

Punctuated by flowers, this design features a balance that allows this complication to not be alienating. The simple colors used add to this. With only bright whites of a moon and a

dark blue background, this large piece does not overpower itself.

Although this is simply a paper sketch of the final design, the elegance and grace translates beautifully, and the few colors used still contrast against each other.

The other artists are no less impressive in their skills. Each of them have clear and unique styles. Martinez's climbing designs draw the eye up and down his pieces, even from the depths of the ocean to the reaches of space. Canada uses movement with such strength, they make ships appear as if it is sailing across the paper. Their many years of practice and work in the tattoo industry shine through their work.

Any students interested in tattoos, tattoo designs or simply stunning designs should visit while the exhibit remains open. ■

"Blueprints for the Skin" is on exhibit until Nov. 4

A Mother of an Ending

Writer Christopher Gabro reviews Aronofsky's divisive new film.



The poster highlights the contrast and division found within the film. PHOTO COURTESY OF ENIDLONDON.COM

BY CHRISTOPHER GABRO
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Writer and director Darren Aronofsky shocks audiences with his new fever dream of a film "mother!". Following a deranged home-invasion the film presents an allegorical tale.

Jennifer Lawrence plays a young woman newly married to a celebrated poet played by Javier Bardem. Lawrence works on fixing up her home after a recent accident while Bardem struggles with writer's block. The couple is then soon visited by a traveling man (Ed Helm) followed by a woman (Michelle Pfeiffer)... and followed by many more.

This movie is hard to place in a particular genre. It tells an allegory while reinforcing the timed-horror-movie tropes and thrilling suspense sequences. The basement is mysterious, bloodstains are disappearing and certain rooms are all off limits. While it sounds like cliché horror movie—it is far from it. All these tropes lead to a mesmerizingly creepy first half and an off-the-rails finale.

Audiences complain that the film's allegory is too obvious or too bombastically grotesque and "in your face." I did not have this issue. While the story seems odd, it ultimately is a rewarding experience. This is seen specifically in the finale.

Aronofsky is known for having gloriously excessive finales in his past films and this one follows suit. Ending in an extended sequence that is captivating, nauseating and paralyzing, I'm left with feelings I've never had in a theater before.

It is not a film for everyone, but it should be given a chance. It shouldn't be avoided because of its polarizing nature—that is the reason it should be sought out.

Films that challenge how we think, feel and act, engage an audience. "mother!" is a film that engages its audience. From praise to slander as the "worst film ever," there is a real and present audience engagement.

The ambition of Paramount Studios to fund this piece of cinematic hysteria should be lauded. Aronofsky's vision and palpating adulation of society is mesmerizing. ■

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Students Fall into Festivities



Inflatable bounce houses, decorations, bright colors and students fill the lawn on Friday Sept. 22 for Fall Fest. PHOTOS BY HANNAH MCCLURE/THE CAPTAIN'S LOG

CAB's annual Fall Fest gathers students, families and community members for seasonal activities.

BY KORTY SWIFT
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There was quite the blast from the past that occurred on the Great Lawn on Friday Sept. 22 during the Campus Activities Board (CAB)'s annual Fall Fest celebration.

This year's theme, Flashback Friday, transported students and the lawn to a time of flannel, scrunchies and '90s Nickelodeon television.

CAB's Miranda Mellott, Chair of Special Events, the committee put on Fall Fest, wanted to put a fresh take on the yearly event.

"I wanted to do something we hadn't done before, and I really feel that the '90s-2000s stuff is really coming back. I thought we all [would] love some time to remember old shows and music and thought Fall Fest would be a great time to do it," said Mellott.

Along with a scattering of multiple cartoon characters around the lawn's perimeter, there were a large variety of buttons featuring '90s and 2000s references floating around on people's shirts.

Cotton candy, chicken tenders and a playlist ranging from '90s punk pop to old Disney Channel movie tracks gave the event an air of nostalgia and excitement.

Making an event of this size happen took quite more than a fair share of time, effort and planning.

"A lot goes into planning Fall Fest, from figuring out a theme to purchasing items within our budget and to really capture a great event overall for the school. But CAB as a whole and my committee

really come together and it's such a fun time for all of us," said Mellott.

Mellott, along with the rest of her committee members, spent time planning and putting the event together, as well as putting it on throughout the afternoon with other CAB members who also got to enjoy the event.

"Fall Fest was really awesome. I especially enjoyed a little free food," said CAB member Emily Thomas.

During the event, students participated in different types of activities that ranged from bubble ball soccer, to inflatable obstacle courses, to eating freshly-popped popcorn.

The duration of Fall Fest involved contributions and performances from other organizations on campus, with performances from a cappella groups and a throwback-themed dance performed by Hypnotic Control.

"It was really fun," said senior Katy Wilson, "I had



Residence Hall Association was one of the campus organizations to hand out treats along the Great Lawn.

never been before. I liked all the blow up things, especially the Hungry Hungry Hippo one!"

Along with regular Fall Fest attendees, CAB members, freshman and upperclassmen that went out to their first Fall Fest were able to experience the energy and excitement together. ■

Alpha Phi's Red Dress Gala Raises \$23,600

Sisters, families and donors gather to fundraise, supporting the tagline, 'A dress to die for, a cause to live for.'

BY ANNA DORL
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Every year, the sisters of Christopher Newport University's chapter of Alpha Phi gather to support a cause near and dear to the heart of their sorority.

The Alpha Phi Red Dress Gala is an annual charity event held by numerous chapters across the country.

Funds raised at the Gala benefit the Alpha Phi Foundation, which raises awareness for women's heart health and assists those living with and affected by heart disease.

On Friday, Sept. 22, the sisters joined together for this year's fundraiser with benefactors, members of the community and fellow CNU students in the Peebles Theatre Lobby of the Ferguson Center for the Arts.

The Gala has a reputation as being an evening of hope, advocacy and sisterhood, and was discussed excitedly on social media with the phrases "one heart, one cause, two letters" and "a dress to die for, a cause to live for."

At last year's Gala, Alpha Phi raised near \$23,000.

This year they aimed to surpass that number, and successfully raised \$23,600.

One of the ways the Alpha Phi Foundation accomplishes their goals is through their yearly Heart to Heart Grant, which supports research and education relating to cardiac health.

According to the Foundation's website, the grant "awards a \$100,000 annually to medical professionals to better understand heart disease in women—specifically its symptoms, treatment and prevention," allowing for new advancements in the medical field that would go on to benefit generations of women and men alike.

Several Alpha Phi sisters spoke at the Gala to express the impact of the Alpha Phi Foundation and the effects of heart disease, stating that one in three women are affected by it in their lifetime.

Cardiac problems can come in many forms, including coronary artery disease, high blood pressure and arrhythmia.

A prevalent issue, heart disease is collectively responsible for about 610,000 deaths every year and is the leading cause of death for women in the United States.

The majority of the money raised during the night was obtained through ticket sales and donations by benefactors, but more contributions were accumulated throughout the night through the wine pull and bids on the auctioned gift baskets.

Other entertainment throughout the night included a photo booth, chocolate fountain, cupcake display and live performances by a jazz band and a CNU a cappella group.

The Red Dress Gala is always an inspiring and uplifting event for an extremely worthy cause, and the sisters of Alpha Phi are looking forward to surpassing their donation record next year. ■



Alpha Phi's President Lizzie Walker speaks about the significance of the Gala. ALEX BURRUSS/THE CAPTAIN'S LOG

Einstein's Café Caffeinates Campus

Baristas bring Starbucks items and atmosphere to social hot-spot of the Paul and Rosemary Tribble Library.



An Einstein's barista pours espresso. MACY FRIEND/THE CAPTAIN'S LOG

BY KORTY SWIFT
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When it comes down the most popular and well known places on campus, one would be hard pressed not to have Einstein's Café as one of the first places to come to mind.

Not only is it a coffee shop with a variety of drinks and freshly baked goods; it is an ideal place to meet up and talk with a friend over a brownie sundae, set up at a table for a study group or simply sit down with a seasonal drink and read a book or the newest edition of *The Captain's Log*.

Students energize throughout the day with coffee, pastries and bagel sandwiches.

Einstein's is not just a great place to hang out, its especially considered a great place to work.

"Working at 'Steins' is literally the best job I've ever had," said employee Hannah Zwerner.

"Everyone is so cool and fun to be around. My coworkers definitely make the hours go by quickly. I've met friends there that I don't feel like I would have met if I wasn't working there, and I'm thankful for that," said Zwerner.

When the line grows and the rush hits the café, employees stick together.

"When there's a rush of people and a line of drinks waiting to be made we kind of fall into an unspoken rhythm, a sort of flow to it that I really like. We're all on the same page and we get the job done," said Zwerner.

Customers also seem to catch onto this energy that the employees give off.

"I love Einstein's because all the workers are always happy. They always seem to be having a good time and it makes the atmosphere really welcoming and inviting," said junior Blair Johnson.

If you're wondering what to get next time you stop by Einstein's, just ask a friend or barista.

According to Zwerner, the most popular drinks are the chai tea latte, iced passion tea lemonade, caramel macchiato and white mocha.

"I feel like not enough people appreciate the London Fog (steamed milk and earl grey tea with vanilla syrup) which is also really good with the English Breakfast tea (Awake) as a substitute. There are different variations of the Chai Latte that are pretty good, such as adding vanilla (Vanilla Chai Latte), espresso (Dirty Chai) or subbing almond milk or coconut milk for a healthier alternative," said Zwerner.

CNU's Dr. Callahan loves a cold brew with a shot of vanilla and cream.

"Hint-hint to my students," said Callahan.

Sophomore Katie Kozlowski recommends the iced caramel macchiato, "a layered drink that looks and tastes great," while junior John Christman names the cinnamon dolce frapuccino as his drink of choice.

So, if you are a newer student, or haven't really given this campus staple much of a chance before, head over to Einstein's for a drink of your choice. ■

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 Melanie Occhiuzzo at clog@cnu.edu

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