



THE CAPTAIN'S LOG

THE VOICE OF CHRISTOPHER NEWPORT UNIVERSITY STUDENTS

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Members of the cast posed in the opening scene to recreate the painting "An Experiment on a Bird in the Air Pump." PHOTO BY TAYLOR VIGIL / THE CAPTAIN'S LOG

Review of TheaterCNU's production "An Experiment with an Air Pump"

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On Friday, Oct. 4, TheaterCNU premiered "An Experiment with an Air Pump," a play written by Shelagh Stephenson and directed by Denise Gillman. The play focuses on ethical dilemmas in terms of scientific research throughout the timeline of humankind. Set between two different time periods of 1799 and 1999, the story follows two families mesmerized by scientific discovery, though morality is always in question due to the nature of

their research. Just around New Years Eve, the audience sees both families within the same house in Newcastle, England as the play transitions between the two time periods. Though 200 years apart, the two families are bonded by a dark mystery that the audience must figure out as the story progresses.

The stage is structured like the inside of an upper-middle class English home, with wooden accents and paintings in almost every corner. The warm candlelighting displayed a mysterious and dramatic setting that lured

me in. In regards to the scenes, the placing of the lighting was beautifully positioned in order to dramatize the characters reactions and emotions increasingly. The staircase played a striking theatrical role as characters entered, left and would overall present themselves on stage. I believe the staircase was constructed as a gateway to understand the characters' true thoughts and mentalities, as they stomped off in anger or even overheard what was meant to be a secret conversation.

"An Experiment with an Air

Pump" begins with a tribute to the painting the play was written for and inspired by. The piece, "An Experiment on a Bird in the Air Pump," is a 1768 oil painting by Joseph Wright of Derby. Each individual character surrounds the experiment on the air pump, and watches in nervous excitement as the product of discovery begins. Ellen (Autumn Laverne), a scientist from the 1999 timeline, introduces the audience to the play with a brief monologue discussing the portrayed characters on the canvas now onto the stage, who are members of the Fenwick

family.

Throughout the play, I noticed that the family has intricate attributes that contrast one another's personality traits. The diversity of distinct personalities are thoroughly shown; not one character is the same, and surely the audience, like myself, had a character in mind they found themselves able to relate to.

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Meet the new Assistant Director of Greek Life, Corey Esquenazi.

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CAB Fall Fest: In the USA takes over the Great Lawn and the Snapshot page.

Sports

Volleyball beats rival University of Mary Washington three sets to zero.

A&E

Explore a few of the staples in traditional Chinese arts.

Lifestyle

The Newport News Fall Festival was full of festive seasonal family fun.



Weekly Pic

At Fall Fest, Day-Sea waits in line for cotton candy. Follow Day-Sea's instagram @dayseadachund.

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. 8, Sigma Phi Epsilon and Alpha Phi will host the Root Beer Olympics. CNUTV sat down with a member from each organization to learn about the event and why it is important.

Happened

October 3

WCNU Radio Interest Mixer

WCNU Radio held an interest mixer with food, music, games and more. In addition to recruiting new members who are interested in music or radio, they also left plenty of time for socializing and fun.

October 5

Improvocatuer's comedy show

This weekend the Improvocateur's performed their first show of the semester, "Hallowscream for Me, Daddy." Appropriate as always, the Improvocateur's stopped at no lines to get a laugh.

Happening

October 11-15

Fall Break

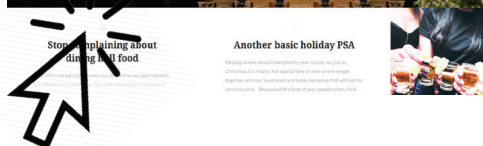
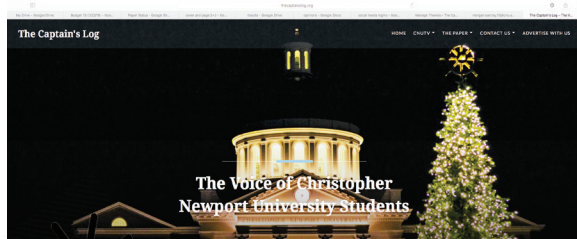
Take some time to visit family, watch some football or simply catch up on your movie list as the campus takes a deep breath before heading into the second half of the Fall semester. Don't forget to take some time for yourself, Captains!

October 11-13

"An Experiment with an Air Pump"

The final weekend of TheaterCNU's production, check out this engaging drama performed by the talented student cast before it's gone.

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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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An open letter to the CNU community

Dear CNU Community:				
In the first week of September, more than fifty pieces of white supremacist propaganda were posted across our campus by an organization that the Southern Poverty Law Center calls a “white nationalist hate group.” This group, which emerged in the aftermath of the deadly rally in Charlottesville in August 2017, has recently begun distributing their hateful message in towns and on college campuses across the country.	the full spectrum of human attributes, perspectives, and disciplines, and offers every member of the University the opportunity to become their best self.”	Matthew Morena Sean Connable Michael McNeill Deirdre Ruscitti Harshman John Hyland Michelle Horner Grau Graham M. Schweig Dr. Jason Lyons James Kelly Gayle T Dow Dr. Kathryn Sinclair Fenter Joe Sery Laura Puaca Mary Wright Dr. Jeffrey A. Gibbons Benjamin Corbin Molly Waters Sarah Chace Niazur Rahim Kristen Allegood Rob Atkinson Hongwei Chen John F. Camobreco Cornell A. Carpenter Margarita Marinova Steven Keener Jay S. Paul Robyn L. Middleton Sharon M. Rowley Laurie Pearce Hager Anne Pascucci Lauren K. Reynolds Veronique Frucot Jess Hench Ronald Mollick Ben Redekop Terry Rice Hinders Diane Catanzaro Darlene Mitrano Kelly B. Cartwright, Ph.D. Ann Mazzocca Bellecci Michelle Barnello David Conner Dr. Douglas Gordon John M. Thompson Raymond J. Riha Jamie Martin Mohammad Almalag Jane Rochmes Marissa Walker Chris Loy Danielle Velardi Matthew Homan Anna Salazar Dr. Barbara J Abraham Alonso Varo Varo David Heddle Joshua Guitar Richard Weber David M. Pollio Alan Skees Quentin Kidd Margaret Curtis	Zhaochen He Abby Brooks Michelle Erhardt Holly Kidd George K Zestos Sara Black Sharon Larson Patricia Seuchie Lori J. Underwood Jeffrey L. Niehaus Ryan Asalone, Esq. Richard Freund Kyle Garton-Gundling Geoffrey Klein Nicole Emmelhainz Brian M. Puaca Dale Timmer Camelia Deller Jeanne Nailor Andria Timmer Peter M. Carlson, Emeritus Crystal Shelton Brian McInnis Youssef Chouhoud Sylvain Poosson, PhD Costa Gerousis Courtney Mozo Jessica Apolloni Laurie Sullivan Hunter Nicole Guajardo Kara Keeling Elizabeth Gagnon Gabriele Lingenfelter Christopher Kreider Kimberly Ankney Jeffrey Walker Timothy R. Marshall Jeannine Leger Patrick Gardner Joan McMahon Stephanie Valutis Elaine M. Miller Christopher Meighan Alice Veksler Lisa Smith Kathryn Cole Jeffrey M. Carney Lorraine K. Hall Gwynne Brown Todd Lee Goen Jaime D. Harris Brian Pompeii Harold Grau Dawn Hutchinson Anna Teekell James Bogenpohl Linda D. Manning Mario D. Mazzarella Michelle Lange Travis Taylor Elizabeth Moran Shelia P. Greenlee Tim Pressley Roberto A. Flores Kathleen Callahan David Stenner Johnnie Gray Chelsey Hamm Chris Kennedy Julian Stetkevych Jill Russett Karyn Ward Elena Valdez Danielle Docka-Filipek Laine Briddell	Rachel J. Holland Brian Bradie Bradley Buszard Susan Traner Raffi Sarkissian Scott Smith Kevin Shortsleeve Elizabeth Wood Sean Heuvel Maxwell Tfirm Pamela Gaddis David Shuhy Rik Chakraborti William Donaldson Matthew Lattanzio Michael Mulryan Hussam Timani Laura Lloyd Anton Riedl Jan Dougherty Yixiao Jiang Amy Baird Brianna Lane Randall Caton Nigel Sellars Russell Burke Matt Scroggs Dr. Angela N. Spranger Laura Deiulio Lamar Ford Jaime Allison Eric Silverman Margaret Richardson David Gore Rabbi Gershon Litt Heather Harwell Iordanka Panayotova Anthony R. Santoro, Ph.D. Kip Redick Andrew M. Rose David C. Collar Jim Cornette Drew Baird Jonathan Backens Javier Mella Matt Hettche April Cobos Betsy Jelinek Charles Samuels Stephanie Caggiano Thomas D. Berry Benjamin Lynerd Sarah Finley Jeanne D Hubbard Dae-Hee Kim Joanna Eleftheriou Ronnie Cohen, Emerita Ben Doleac Diana Obeid Elisa Finneran Xiaoqun Xu Harry Greenlee Kerry Fallon Janet Steven Joe Balay Robert C. Winder Cynthia Davis Susan Antaramian Joshua D. Patterson Jessica Kelly Charlotte Cartwright Amy Anderson Erick G. Hagstrom Georgepierre Lebron Lynn Shollen
We, the undersigned faculty, join President Tribble in publicly denouncing “the violence and vile and vicious voices” of white supremacy. We condemn this group’s action on our campus and the divisive and repugnant ideologies that underscores all that they do.				
Christopher Newport University’s own free speech statement states: “History teaches that life as a responsible citizen, in a free representative republic, is likely to require contesting offensive, unwarranted or dangerous ideas. However, obstruction or suppression of such ideas is neither appropriate nor, in the long run, effective. Instead, one must be prepared to engage in robust counter-speech that challenges the merits of ideas we disagree with, exposes them for what they are, dismantles specious arguments, and identifies fear mongering and fallacy. It is the responsibility and commitment of Christopher Newport University to educate our students in a culture that embraces individual freedom and the personal responsibility that comes with it.”	Signed, Rocío Gordon Linda M. Waldron Johnny Finn Tatiana Petrova Rizova Valentina Sorbera Ivan Rodden Dr. Jana Adamitis Jason Ray Carney Lindsey Stone Sarah Elizabeth Camp A. Horten Kristin Skees Sheri Shuck-Hall Joseph F. Healey Frances Saxton Laurena Bernabo Rebecca Bromley-Trujillo Andrew J. Falk Sandra Caballero Dali Wang Gyan Pradhan Edward Brash Dr. Rebecca Wheeler Suparna Chaudhry Lisa Smith Webb Danielle Stern Gina B. Polychronopoulos, Ph.D.			
We cannot remain silent when such racist, intimidating messages present themselves on this campus. We firmly believe that the appropriate response is to openly denounce them as what they are: racist, xenophobic messages intended to instill fear, promote division, and recruit new members.	Reza Espahbodi Thomas Hall Dr. John Nichols Lisa L. Heuvel Carolyn K Davis Bill Connell Leslie Rollins Jessica Thompson Kathleen Brunke Michael Lewis Taiyi Sun Scott Pollard Rachel Bitecofer			
Our University’s Inclusion and Diversity statement proclaims: “we affirm our commitment to a campus culture that embraces				
To view the electronic version of the letter, along with an up-to-date list of all the signatures and the departments represented, go to: https://docs.google.com/document/d/126VorSna8lBtDO8jgCoucP7lzGVyVhaZS2xQipZzXjY/edit?usp=sharing				

Another fair to boost your future

The Center for Career Planning puts on its semi-annual graduate school fair

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Last Wednesday, another fair took place here at Christopher Newport University. The Center for Career Planning put on the Graduate School Fair. In years past this has been at the same time as the Career Fair, but this year they decided to make it separate in order to help out students.

This year a staggering number of schools attended. There were 44 different graduate schools for students to learn about. This fair is of great importance to students just like the Career Fair.

“Students often think speaking with graduate schools isn’t necessary unless graduate school is on their immediate time horizon, or students rule out graduate study altogether or graduate school at a private university or an out of state university thinking it will not be affordable. However, there is financial aid available, in many cases there are even more resources for graduate study than undergraduate study,” Director of the Center for Career Planning Libby Westley said.

Students also struggle with the idea of going to school longer. After undergraduate many students are tired and think more school is not the way to go.

“Some people also rule out grad school thinking they are burned out, but the fun part of graduate school is specializing in a field that you find really interesting. Often in grad school, almost every course can be related to that more narrow special-



Students stop by different tables for programs at the graduate school fair. PHOTO COURTESY OF CNU OCPR

ity and very directly applied to a particular job function or career path,” Westley said.

Some of the schools in attendance included Georgetown University’s Graduate School of Arts and Sciences with a Masters in Global Infectious Disease, Virginia Tech’s vet program, the VCU Brand Center,

GeorgeSquared Advanced Biomedical Sciences (which is a joint program of Georgetown Medical School and GMU College of Science) and many more.

Not only did other schools attend the fair, but there are also programs right here at Christopher Newport University that students could learn

more about.

“There are also many graduate school disciplines that parallel liberal arts areas offered at Christopher Newport, or you could pursue professional preparation degrees like an MBA, or MFA or a JD. Education, Counseling and Social Work, Business and Arts & Sciences are popu-

lar areas of graduate study for CNU alumni,” Westley said.

So, whether you think it is something you want to do or not, graduate school may be something to look into. The Center for Career Planning is always around to help students narrow down their options and work on applications. ■

Different organizations on campus

Non-Panhellenic organizations begin their intense recruitment process

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National Pan-Hellenic Council, also known as NPHC, is made up of what is known as the Divine Nine International Greek Letter Sororities and Fraternities. The campus currently has three NPHC organizations with charters. One of the organizations within the Divine Nine is a colony of the College of William and Mary. Each Divine Nine organization at CNU currently has about Four to Seven members in their organization. To get the word out about their organizations, they host events such

as “Meet the Greeks,” which means the student body can come hang out with the organizations. They usually have ice cream, music and other fun activities for people to get involved in at the event. NPHC then leaves time at the end for questions to be asked about their organizations, such as how to join and the requirements of being in Black Greek life. NPHC organizations are known for their lasting relationships between their own brotherhood/sisterhood. This will help the individual in their personal life and career. They will make connections with individuals that they would not have met if it was

The campus currently has three NPHC organizations with charters.

not for the NPHC, and they develop the same values as that person without actively saying the values. An individual of a NPHC also develops new skills that can be used in various situations and time periods.

Michael Bush, a member of Alpha Phi Alpha Fraternity, Inc. gave insight on how his organization approaches the recruitment process.

His organization has three weekends of the Initial Membership Development Process. This process involves learning the history of the fraternity, poems and other information before taking a final test. A potential member must score 90 percent or better to be initiated into the fraternity. Each organization takes their history very seriously. Each member is to know their founding years, founders, founding date and location and certain poems tied to black greekdom by heart. Michael spoke on some of their traditions: “The paraphernalia, hand signs, roll calls and strolls are STRICTLY meant for members

of the fraternities/sororities to do. We do not discriminate against a certain race or religion. Each organization has brothers and sisters that are other ethnicities than black, even though our organizations are historically black.” Michael’s fraternity’s Mission Statement is, “Alpha Phi Alpha Fraternity, Inc. develops leaders, promotes brotherhood and academic excellence, while providing service and advocacy for our communities.” They strive to maintain academic excellence while actively serving their communities. It is clear that NPHC makes their members strong citizens and scholars. ■

A new face for Greek Life at CNU

Corey Esquenazi is the new Assistant Director of Greek Life for the Captains

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Greek life has a major presence on campus here at CNU. There are a lot of things that go on behind the scenes that people do not necessarily know about. A few months ago a new Assistant Director of Greek Life started, and he has already made an impact.

"I have been involved with Fraternity and Sorority Life since my first year in college at the University of Central Florida. I am a member of Theta Chi Fraternity and served as a leadership consultant for my international organization for a two year period after graduate school," Assistant Director of Greek Life Corey Esquenazi said.

Aside from working for his international headquarters, he has also served as a campus based advisor, facilitated leadership workshops and he is currently completing his dissertation which focuses on the fraternity experience.

He feels a strong connection to Greek Life for many reasons.

"Fraternity and Sorority Life provides individuals with the unique opportunity to build bonds that transcend their time at their undergraduate institution," Esquenazi



PHOTO COURTESY OF CNU OCPR

said. "Furthermore, fraternities and sororities expect their members to uphold the highest standards, thus pushing them to be the best versions of themselves. To me, my fraternity experience surrounded me with individuals that did not let me settle on just being average, but pushed me to be more."

the Greek community embrace that, and Corey Esquenazi is embracing that as well.

"One of the first things that I noticed about fraternity and sorority life at Christopher Newport was the extraordinary potential it has to influence the campus and Newport News community in a positive way,"

"I am able to see an authentic passion they have for supporting one another. This, to me, is special."

His energy is not going unnoticed in the community. Many students have enjoyed meeting him and are excited to have him here on campus.

"Corey is doing a fantastic job so far in his first semester. He's very engaged with all of the fraternities and sororities, and I have weekly meetings with him to discuss how to make everything run more smoothly with my own fraternity," President of Phi Gamma Delta Gray Goodrich said.

Greek Life is very different at Christopher Newport University than at other schools. Members of

Esquenazi said.

He is very passionate about his position and making Greek Life at CNU even better than it already is. The students love him and it is evident that he loves the students as well.

"The students I have interacted with all have this desire to better themselves and this community. A value that defines me is authenticity. As I gain the trust of our students, I am able to see an authentic passion they have for supporting one another. This, to me, is special," Esquenazi said. ■

Professor wins big with his writing

Dr. Robert Colby wins Anthony Kaye Memorial Essay Award given by the Journal of the Civil War Era

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He is the kind of professor who will make history interesting, the kind of professor who is always willing to lend a helping hand to his students in order for them to grasp concepts and the kind of professor who encourages students to be their best. Congratulations to Dr. Robert Colby for winning the Anthony Kaye Memorial Essay Award given by the Journal of the Civil War Era.

"The Journal of the Civil War Era is a quarterly publication that publishes scholarship about the Civil War and the period immediately before and immediately after."

The award is named after historian, Anthony Kaye, who passed away two years ago. Kaye was the founder of the Journal of the Civil War Era as well as an expert in African-American and Civil War history. He also deeply studied slavery.

Dr. Colby earned this award for his essay, "Negroes Will Bear Fabulous Prices: The Economics of Wartime

Slave Commerce and Visions of the Confederate Future."

Dr. Colby describes what he submitted for the winning essay, "The essay is of a modified, much shorter version of my dissertation chapter. I paired it down, I shaped it a little bit and then I submitted it for the award."

His essay will soon be published on the Journal of the Civil War Era webpage in an upcoming issue.

The path Dr. Robert Colby took to become a part of CNU's staff was that he received his master's degree and PHD at the University of North Carolina. He finished his PhD in the summer of 2019 and came to Christopher Newport University directly after.

Dr. Colby is a postdoctoral fellow in the center for American Studies and a visiting assistant professor in the department of Leadership and American Studies here at CNU. He teaches two sections of the American Experiment and plans to teach more classes in the future.

Already Dr. Robert Colby has made a great impact in the Christopher

Newport Community. He is personable with his students and enthusiastic about wanting them to succeed.

With it only being his first year teaching at the University, he describes how his experience thus far has been at Christopher Newport.

"CNU is a fantastic place. It's been really exciting to be a part of the University and to see the mission that the president, the staff and the faculty have for it and to see the way the students really buy into that and embody it. The clear focus on significance and the many ways that students pursue it is really exciting," he said.

Having Dr. Colby as a professor made it clear to see that he is passionate about American Studies and enjoys sharing that knowledge with his students.

It is professors like Dr. Colby and so many others here at Christopher Newport University that make it a truly amazing place to be.

If you pass him on campus be sure to congratulate him on this major achievement. ■



PHOTO COURTESY OF CNU OCPR

Remaining positive in the light of climate change news

Climate anxiety is a real phenomenon and understanding it is crucial

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Understanding climate change is a crucial step in acting towards effective personal, social and institutional changes, but taking the time to read the climate-related studies can be emotionally draining and sufficiently depressing, to be frank. How do we reconcile the need to read the science and understand the problems with the reality that it can be emotionally exhausting to do so? These are questions that I and many other people are struggling with in this new movement towards climate justice.

The specific news that prompted me to write a reflective article of this nature was that of global warming trends. Within the 140 years of reliable, recorded global temperature averages, September 2019 was just reported to be the warmest September, July of 2019 was the hottest month in all of that period, and the past five July's have been the five warmest during that time, according to collaborative data from NOAA. These studies affirm the reality that the planet is warming, and this is just the

tip of the melting iceberg; take five minutes to read reports from the UN IPCC or any credible news source on climate science and it is not uncommon to start to feel anxious, which is exactly how I felt reading these reports.

Climate anxiety, or "eco-anxiety" as some are calling it, is the general term for feelings of fear, uncertainty and sadness regarding environmental issues and predictions, especially as they relate to climate change. Scholarly studies from the early 2010's to now recognize this phenomenon as one that already has and will continue to have significant psychosocial impacts on current and future generations of young people as climate science becomes more tangible and prominent in media.

A 2011 study from the American Psychologist Journal titled "The Psychological Impacts of Global Climate Change" explains that even communities and populations

that are not directly impacted by the physical destruction of climate change have a likelihood to be affected psychologically in an "indirect" way by social, mental, and cultural uncertainties regarding their future. The researchers behind this study recommend increased ecological literacy, discussions of expanded

you realize that she is just one of millions of young children who feel the same way.

How can young people who feel the same way act intentionally and passionately without falling victim to overwhelming pessimism? An article I recently read from the Huffington Post outlines how some

parents are talking to their children about coping with these fears. The article suggests coping strategies such as digital unplugging /

retreating from media on climate to unwind, focusing on positive efforts and opportunities across the world, and validating but not judging such feelings of uncertainty. After all, healthy communities require healthy people, and mental health is equally important with physical health.

If I can impart any advice or helping words as someone who spends a significant amount of time reading, writing, and talking about environ-

mental issues, I find it refreshing and uplifting to focus on the reality that the best leadership often emerges in times of uncertainty or crises.

Moreover, I hope to remind anyone who is anxious on such issues that it is a love for what we have that creates such fears; we worry about climate change and how to act on climate because we care so deeply about our communities that may be at risk. Translating that love and concern into positive, inclusive, and innovative action is where we turn crisis into opportunity, and where we grow from our challenges. Starting right here at CNU, concerned students are petitioning to show how much they care about this issue, and we are doing so because we care so deeply about our community.

Remember that change starts with us, and what we do within our own community can and will make us leaders as examples for others. Climate change is a crisis, but one that I have a lot of faith and hope in our communities to solve and overcome as long as we act passionately, inclusively, and remember why we fight for change. ■

"How can young people act intentionally and passionately without falling victim to overwhelming pessimism?"

ethical responsibility, and more attention to the psycho-social impacts of environmental issues as necessary steps in remedying this issue.

So how do we overcome or deal with these very legitimate anxieties around pending global catastrophes? I mean, Greta Thunberg's activism (especially her speech recently at the UN Climate Summit) is incredibly powerful and emotional, and becomes even more powerful when

Living in a nuclear world

Reflecting on the impact of the first nuclear tests in North Korea

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The world didn't always use to be like this. There was a period in which we were all outside more and weren't caught up in whatever fun colorful game attracted our eyes. As humans, we used to actually go out to the movies and enjoy some fresh air in the process rather than lying on our lazy butts rewatching Friends all day long.

In the world of politics and international affairs, there was more of a sense of communicating and discussing with your opponent rather than being shady and calling them out on personal aspects of their lives. Not to mention, the most severe change we as Americans have witnessed was North Korea testing their first nuclear weapon.

Nearly 15 years ago, North Korea was still as vibrant and violent as ever. Under the communist regime, they were planning something unforgettable. Something that would not only turn heads, but would keep America on its toes. On October 9,

2006, North Korea tested their first nuclear missile in an undisclosed lot. Originally intended as a contribution to defending the peace and stability of the Korean Peninsula and the area around it, the communist country claimed to launch a nuclear missile unless face-to-face talks with the United States were planned.

North Korea further pushed the envelope when they denounced UN sanctions over its nuclear test as a declaration of war. In addition, the United States and other nations suspected that North Korea was seeking to conduct a second nuclear test despite international pressure. Once word got out about imminent war and second nuclear weapon, people were freaking out. Even the United Nations were sent into a deep panic. For months, American Scientists were debating to reboot their own nuclear missile program after years of taking a silent policy towards the debatable issue. It wouldn't be until years after the event that the American government would at least try to decrease North Korea's growing nuclear militia.

Public Opinion: In modern times, America seems numb to the deadly events that occur around us. From Nuclear missile testing to deadly mass shootings, things just don't hit the same way like they used to in 2006.

They happen so often that most Americans don't even act so surprised about them. In fact, these horrific events have become punchlines for many late night comedians and in our everyday conversations. The numbness of these disastrous events happen so suddenly and so quickly that the media always finds a way to manipulate the details to conform with their underlying political tones and cause for reform.

Plus, these details can be misconstrued online and spread across online, providing us with fake news within our personalized bubble that further diverts us from the truth. It is as if we are stuck on repeat, listening to the same jargon that dominates our television screens and social media outlets.

More of North Korea's nuclear tests still followed in the late 2000's

and into the 2010's. However, one thing remains: the threat of all out nuclear war with North Korea and Kim Jong-un. During Donald Trump's presidency, there have been multiple talks between North Korea and the United States of America, resulting in either increased or de-

creased tensions. Currently, relations are still tense between Kim Jong-un and the United States, with a 'terrible' event looming if a better deal wasn't reached. One thing is for certain: nuclear weapons are here to stay and they aren't going away anytime soon. ■

IMAGE OBTAINED FROM NEWS.STANFORD.EDU



A hypnotizing experience

A student dares to be hypnotized for the first time and shares the craziness

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Recently Mat Lavore, the Mentalist, performed at CNU's Gaines Theater in the Freeman Center. Mat Lavore is a magician, mind reader and hypnotist all in one.

As a member of the audience, I was chosen to go up on the stage to be a part of the show along with nine other students from the crowd.

I learned from Lavore that in order to be susceptible to hypnosis you have to willingly let your mind be creative, really reflecting upon the words spoken by the hypnotist. I was very eager to try my best to fall into a state of hypnosis because I was extremely curious about how it would make me feel or what odd things I would do on stage.

Being in a state of hypnosis was not exactly a deep sleep, but a deep state of relaxation.

Lavore had me focus on a crease in the palm of my hand as he moved my hand slowly closer to my face. All of a sudden, my hand became blurry and he put me right to "sleep."

I could hear everything Lavore was saying, but every muscle in my body was completely relaxed in the sleeping state.

From the audience, it looks like the participants are all asleep on stage, but in reality, they are aware of the voices around them, able to "wake up" when instructed.

The first task he had us do when he woke us up was to laugh loudly, then louder, then like a mad-man. Appar-

ently I was dying laughing and immediately snapped out of it when he told us to sleep, throwing my head back into my lap.

He then tapped me on the shoulder and said something along the lines of, "only the person I am touch-

tremely hurt over the fact that they were laughing at it. I began to cry; actual tears were streaming from my eyes over the name Bruce Willis the Third.

After crying for a short amount of time, he put me back into the sleeping state. Apparently I was knocked out, done crying, and just sleeping like nothing had happened.

That is the weirdest part for me to think about because it is crazy how in hypnosis you can be laughing or crying in one moment then sleeping the next. I would not normally act like that in person, so I am not quite sure how that came out of me.

To end our hypnotic state, he had us close our eyes and take deep breaths that I still do not remember fully. As I walked off the stage, I was aware of some of the broad things I did, but the details were hazy.

My friends had to remind me and show me videos of what I did during the show. It was definitely a cool experience and would recommend to try it if you ever have the opportunity.

Anyone can be hypnotized if they are willing to be; it does not actually affect or change anything about your life. After the experience was over for me, I felt the exact same that I did before I had stepped on the stage.

Yes, some details about being hypnotized were hazy for me, but I still came out of the experience as the same Caitlin that I have always been. While everyone's experience may be different, this was my personal perception on hypnosis. ■



COURTESY OF FLATICON.COM

ing right now, you forgot your name, you are not Caitlin anymore. You have a new name and it is Bruce Willis the Third. You are very proud of your name and protective over it."

He then woke me up and asked me what my name was. In this moment, I do not know if I actually believed my name was Bruce Willis the Third, but it just flowed confidently and fluidly out of my mouth like I was born to say it.

When people in the audience started laughing, Lavore said that people were making fun of my name and asked what I had to say about it.

I got very emotional and protective over my new name, acting ex-

Voting for the right reasons

It's voting season; why you should be registered to vote

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It's that time of year again; that first Tuesday of November and it will be here sooner than we think. Everywhere you turn, there is a table of people with organizations who primary goal is to get students registered to vote. They are the ones we see who are going around to students asking them: "Have you registered to vote?"

I personally get annoyed when I get asked this consistently, but I am already registered. Even though these can seem like little annoyances, the work they are doing is so important to our society. Voting is something we get to do as citizens, and it is our duty to go to the polls and vote. Just think about it; the American Revolutionary War was fought so the people in the United States could have a say in our government, and that is what voting is about. That is why we hear so many things about getting our age group to vote and to register to vote. According to Inside HigherEd, the amount of voters in 2018 midterm election to the 2014 midterm election was more than double. They also said registration promotion events done on college campuses are working to make those numbers happen. So student organizations going out to engage with other students to encourage them to vote has been working with getting students passionate about things they truly care about and want to see change. Especially in the previous election, the drive for people to see change brought up these numbers and gave students the opportunity to see what they wanted to change.

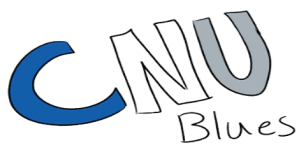
But there is a difference between voting based on what you believe and voting because you are told to. I personally believe if you are going to

vote you have to do your research in who is running and make a decision based on what you find most important. Especially in this technology age where we can get information on candidates easier than ever. If you are going to vote it is so important to do the research beforehand so you can make a decision on someone you truly want to stand behind.

There are a couple ways to do this, and a good place to start is to figure out who is on the ballot. Then, if they have it, try to find their official campaigning website. All candidates have their platforms online for everyone to see, and they usually are divided so you know what you are looking at. This is really helpful because this allows you to make comparisons on others running. By comparing, you can see which candidates you align with in terms of their values, and from there you can make a decision on who you want to vote for. It does take a little bit of time doing this research, but in the long term it allows you to make an educated decision and not have any regrets later on when the election is over.

The common excuse that is told about why people do not register to vote is about their vote not mattering in the long run. However, there are many elections where the individual vote is what really mattered. For example, in 2017 in a Virginia House of Delegates election there was a dead tie between the two candidates. After many recounts, the votes were split in half exactly and they pulled a name out of a bowl to determine the winner.

There are plenty of examples of where there were close call elections where candidates won by 20 or less votes. Even though it can sometimes feel like voting will not matter in terms of the big picture, every single vote counts no matter who you are or what you believe. ■



The Five Stages of Writing an Essay

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(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) At the concert on the lawn, the OBB played a variety of music from country to tons at their booth. (Below Right) Students run around playing bubble soccer.





to rock. (Below Left) CAB hands out free but-



CAB Fall Fest: In the USA



(Above) The Great Lawn was decked out with American flags and a Giant Eagle in a matching pattern. (Left) Gamma Phi Beta passed out cotton candy to the students attending Fall Fest. **PHOTOS BY DIANE FROLA / THE CAPTAIN'S LOG**

Do you have an interest in photography, and do you want to have a chance at getting your work published in The Captain's Log?
Contact me: hannah.lindenblad.16@cnu.edu

Wednesday, Oct. 9, 7:00 p.m.	Wednesday, Oct. 9, 7:00 p.m.	Wednesday, Oct. 9, 7:00 p.m.	Saturday, Oct. 12, 11:00 a.m.
Men's Soccer vs.	Volleyball vs.	Women's Soccer vs.	Volleyball vs.
St. Mary's College of Maryland	St. Mary's College of Maryland	St. Mary's College of Maryland	Salisbury University

#20 Katie Piper leads Volleyball to victory

Captains Volleyball gains sole possession of first place in conference standings as Piper registers season high kill tally (17) against the Eagles of Mary Washington

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Christopher Newport hosted to "rivalry weekend" last Saturday when the University of Mary Washington took a trip down from Fredericksburg to face the Captains in volleyball as well as men's and women's soccer. The contests started off with the two volleyball teams squaring off against each other, which in recent memory has always been a thrilling matchup, with each team picking up three wins in the last six meetings. However, this time around, the home team dispatched the Eagles in a swift three set victory to remain undefeated in conference play.

To start the first set, the Eagles were able to pull the first couple of

points out of the Captains' hands but then #20 Katie Piper blasted a kill off a set from #3 Sammy Carroll, which would be a frequent occurrence across the afternoon, for Christopher Newport's first point. After some back and forth action which left the score tied at six apiece, Piper and #15 Riley Garrison rattled off four consecutive points to force the Eagles into using a timeout.

Mary Washington clawed back and were able to half the deficit before the Captains found their rhythm once again, this time creating a five point spread and in turn, forced the remaining timeout from Alex Hinsey, the Eagles' head coach, in an attempt to reel in the Captains before they took the first set. But the Captains also took some time to talk over their

next few points, looking to close out the set. Mary Washington only would earn four more points in the set as the Captains would go on a roll to finish the first set 25 to 17.

Christopher Newport started the second set stronger than the first and were able to grab the first three points off the arm of Piper before an unforced error allowed the Eagles to get their foot in the door. That eventually allowed Mary Washington to tie the score this time at eight. Some heroic defensive efforts by the Eagles back line birthed them their first lead of the set.

Mary Washington would manufacture an advantage, maintaining it for the next 14 points, but #10 Megan O'Hara made her presence known with her precision

swinging from the front row to regain the lead. Behind #12 Savannah Powers of Mary Washington, the Eagles tied the score back up at 18, setting up a close contest down the home stretch. The Captains would pull back a three point advantage once again, resulting in a time out. A Captain crossed over the net's plane to give a point back to the opposition but would quickly bounce back to wrap up the second set 25 to 22.

The Eagles had to make some adjustments to try and slow down Piper who was having quite the successful night and would go on to earn more than doubled the next highest number of kills on her team during the match. But with the Eagles picking up more and more points across the sets, the Captains would also need to make some alterations, either by changing up who the attack flows through or cutting back on unforced errors to stop giving points away. But with #2 Kayleigh Reagan-Smith notching two aces from behind the line, once

again the Captains were off to a strong start, winning the first four points. Christopher Newport would grab a commanding early lead as #22 Rebecca Frey would put her skills on full display burying yet another ace in the Eagles back line. Ultimately, she would have four aces across the three sets brining her season total to 36. The lead would fluctuate up to 12 with the Captains holding a firm grasp on the match.

The Christopher Newport defense would not allow the Eagles an opportunity to fight their way back into the contest through a combination of digs and strong tandem blocks.

Carroll finished the contest with 38 assists, her seventh highest tally out of 21 matches over the course of the season. Piper registered 17 kills, her highest total of the season while also hitting over 44 percent. #9 Mackenzie Wright along side O'Hara would each pick up 3 blocks. O'Hara also did not make a single error on the attack for just the third time this season. ■

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

CNU's male cheerleaders shine on the squad

Two Captains answer what it's like to be male in a mostly female-dominated sport

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"A lot of people come up to me and say, 'You're so good, you're even better than some of the girls,'" junior Antoine Massdin said with a smile when asked about how people react when they learn that he is one of Christopher Newport's few male cheerleaders. "It's so crazy how many people [tell me that.] I'm like 'oh, thank you, I don't think so, but thank you!'"

Massdin, along with sophomore Matthew Delano, are Christopher Newport's only male cheerleaders for the 2019-2020 school year.

Both Massdin and Delano took an interest in the sport from a young age.

Massdin said, "The middle school coach wanted me to try out in eighth grade, and I was like, 'Um, I'm not too sure,' but then I did try out. In 9th grade, I tried other sports, but then I was like, maybe that coach has an idea, maybe she saw something in me. So I tried out for cheerleading my sophomore year." The rest was history.

Delano's background in gymnastics and encouragement from a coach during his senior year of high school inspired him to pursue the sport as he transitioned into college.

"I actually took my little cousin to her gymnastics practice [one day], and just watching her at her practice, it made me really miss it, and I thought it was going to be my last chance, so I had to take it," said Delano. "I fell in love with cheerleading that year, which made me try out here [at CNU.]"

Delano and Massdin both love the many different aspects that cheerleading encompasses, including tumbling, stunts and jumps. "I always get wrapped up in performing, and making an appearance in front of the crowd," Massdin said. "I was like 'oh, wait, I really like doing both of these things!' I like the physical aspect of it and I like being the center of attention."

When asked about any possible discrimination or negative comments they may have received due to being male in a sport dominated by women, Massdin said, "I get the opposite, actually."

Likewise, Delano said that he typically receives positive reactions from people when they hear that he is a cheerleader, but this isn't always the case. "Most of [the reactions I receive] are like 'oh, that's really cool,' but I have gotten the typical comment and the stereotype asking me if I'm gay," he said.

Massdin, who is gay, responded, "Yeah, you've got two different viewpoints of actually being a gay male and not being a gay male."

According to their accounts of their experiences on the squad, Delano and Massdin both expressed that the main problem that their gender could create on the team is the decision of what division the squad will fall under if they compete. "[That's really one of] the only negatives about being guys within this sport," Delano said.

Massdin explained, "Because we're males, [it has to be considered that] if we get put on the competition team, we have to go coed, which is a harder division. [Does the team] choose to satisfy me and Matt and put us on the

team because we work so hard and have the skills, or do they stick with what they know and what the best formula is for winning and go in an all-girls [division]?"

He and Delano expressed that the girls on their squad are extremely supportive of them and that they rely on them to be their support as well, both emotionally as a team and physically.

They all support one another in several ways. Massdin said, "I feel like [as men] we're looked at as a higher standard because people think, 'Oh, they're men,

they should be strong' and we are strong."

The sense of teamwork and camaraderie is strong within CNU's cheerleading squad, and each member of the team gets a sense of that no matter what their gender or their background is.

Delano and Massdin have created a lasting place for themselves among the ranks of CNU's cheerleaders throughout the years.

They have created a legacy for more male cheerleaders to follow in their footsteps for years to come. ■



OBTAINED FROM CREATIVE COMMONS

Men's and Women's Soccer down Eagles at home

Positive results came from the Captains rivalry weekend at Captains Field



#17 Sidney Rife collects the ball on senior night against the University of Mary Washington PHOTO COURTESY OF CNU OCPR

Want to write for the Sports Section?
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The Captains Men's and Women's Soccer teams played host to the University of Mary Washington Eagles this past weekend. With an early conference lead on the line for both sides, the Captains came out with two wins and a cumulative score of 5-0 on the night.

The Women's Soccer team won the game 3-0 on their senior night. Two goals from #10 Madison Cochran and one goal from #20 Molly Beegle led the Captains to their victory.

Seniors #3 Carson Pokorny, #4 Shaye Doherty, #5 Keiley McCarthy, #17 Sidney Rife and #22 Haley Shaw all saw action in the senior night contest.

The team, being ranked third in the nation, were always expected to be the easy victors of the competition, but the Eagles didn't let the Captains take the win without a fight.

A stand out performer for the Eagles was #88 Allison Nork in goal. With a total stat line of 12 saves on

34 shots faced from the Captains, Nork kept her team in the game for as long as possible.

The second game of the night featured a matchup against the #11 Eagles' Men's Soccer team.

With both teams tied for first place in the Capital Athletic Conference (CAC), this game had a lot of weight riding on it for both sides.

The Captains and the Eagles had only one common matchup between the two teams. #6 Washington and Lee University had given the Eagles their only loss of the season coming into the night, but the Captains had played them earlier in the year resulting to a 1-1 draw.

This set the night up for an exciting game of soccer as both teams came into the game with something to prove.

The Captains won 2-0 on the back of a beautiful goal from #7 Justin Wilson and a somewhat questionable goal from #8 Ethan Larson.

The first goal of the game came as #9 Collin McMunn dribbled the ball forward into the Eagles territory drawing a defender to mark him. As he approached the 18 yard box he

slotted a perfectly weighted through ball for Wilson to run onto and place into the back of the net.

The second goal for the Captains came off the head of Larson in a set-piece play.

After bouncing around in the box, the ball landed in the hands of goalkeeper for the Eagles #32 Kenny Kurtz. Almost immediately after collecting the ball Larson went up and headed the ball into the goal. The controversy comes as it appeared that Kurtz had the ball in his possession when Larson made contact with it.

If Kurtz had possession of the ball than Larson's goal should have been disallowed as it would have been a foul against the Captains midfielder. In the end the goal didn't matter as even if Larson does not score the Captains would still win the game by a score of 1-0. The Men's Soccer team looks to leap into the national top 25 rankings after defeating the eleventh ranked team.

After the rivalry weekend festivities, both teams are first in the CAC, and Men's Soccer takes sole ownership of the top position. ■

A review of my own Fantasy Football team

An unnecessary, unneeded but inspiring analysis of "Matthew's Angels"

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Fantasy Football is the Dungeons & Dragons of the sports world. Both are role-playing games where its players inhabit fictional roles with the ultimate goal of achieving an intangible prize.

In Dungeons & Dragons, you may be transported into the world of Drazbantia. You can become the strongest mage in all of the seven sectors. Your magic may be strong enough to defeat the evil one-legged troll, Hyzra.

In Fantasy Football, you're a guy named Bill who's pretending to own a football team. While the imagination may be lost in Fantasy Football, the passion and dedication is not.

I care more about my fake team than half the problems in my real life. When one of, "my guys," goes down with an injury, I take a knee out of solidarity in my living room.

When one of the players on my team has an off the field issue, I leave him on the bench the following week to show the rest of the team who's in charge. I take pride in being the head coach, general manager and owner of a nonexistent football team.

In fact, I get enough fulfillment from Fantasy Football to write an entire article specifically about my own imaginary team. Ladies and Gentlemen, may I introduce you to "Matthew's Angels."

At the most important position in real life, but somehow not in Fan-

tasy Football, is my Quarterback, Russell Wilson. So far this season, Wilson is on track for a career year. In four games, Wilson already threw for 300 yards twice. He's had at least two touchdowns in three of the four games.

These are staggering numbers, and in the context of Fantasy Football, they're not so bad either. According to ESPN, Wilson is the 3rd best scoring Quarterback in the league. That means by averaging 24.1 points each week, he secured himself a spot on the podium.

Bronze isn't that bad. He's a bright spot on my roster, and he has the weapons around him to stabilize weekly massive production. I have a lot of faith in him and the Seahawks' offense. You'll see why in a moment.

Running Back is the real key to winning fictional football games with convoluted scoring methods. In Points Per Reception leagues, or PPR, you get the most points for catching the football.

Running Backs have the advantage of not only getting points from running the football, but also from any catches they have during the game. If the top Running Back you drafted gets injured or doesn't produce, you might as well look into Fantasy Hockey.

Don't even get me started on Fantasy Hockey. Anyways, I had the last pick in my Fantasy Draft, and when I was on the clock, I went for it. I took Todd Gurley.

We all saw his performance, or should I say lack of performance,

in the Super Bowl. He was hurt, and he probably still is. The beginning of this season started slow, as the Rams relied more on Malcolm Brown in the red zone. This, of course, had me diagnosing myself with heart conditions I likely didn't have.

Luckily, things have taken a turn for the better. Gurley had 26 points against the Tampa Bay Buccaneers. According to ESPN, he's the 14th best Running Back in the league. Things obviously could be better, but the Rams have slowly started to integrate him more on the goal line. When he's healthy, he's an MVP. When he's hurt, I cry into my pillow.

Because Fantasy Football is weird and you start two Running Backs, I also have Chris Carson. Another member of the high powered Seattle offense.

When you think of Chris Carson, you think about the fumbles. It's almost like a, "where were you when he fumbled for the umpteenth time," kind of situation. I don't know why I'm complaining. By ESPN's measurements, he's the 15th ranked Running Back.

That's one spot behind Todd Gurley. Like Gurley, Carson started slow. Seattle was going through their, "Rashaad Penny," phase. In a horrible way of making light of a terrible situation, Penny went down injured, so now Carson has resumed his role as Seattle's lead back. I have faith in Chris Carson. All he has to do is hold the football. It is a weird shape, I'll give him that.

Like Running Back, Wide Receiver holds two spots in the starting lineup. After I took Todd Gurley in the first round, I followed that up with Odell Beckham Jr. Not soon after, I grabbed Tyler Lockett to complete the trinity of Seattle's offense. As far as Beckham goes, I had mixed feelings on the pick.

I was ecstatic to pick up a generational talent, but as a Redskins fan, I've been known to hold a grudge. Luckily, he's in Cleveland now. Baker Mayfield to Odell Beckham sounds like a play you'd hear for the next few seasons. Other than a huge Monday night game against the New York Jets, I have to say, I've been disappointed.

Like other people, I fell into the Cleveland trap. Sure, they've barely won any games in the last three years and they just got a new coach, but they'll probably make the playoffs, right? Actually, I still think they will. The point is, Beckham has been underutilized, but that's because he's on a new team with a new coach. I'm not too worried. I've got my, "Seattle boys," to fall back on.

Speaking of which, Tyler Lockett is pretty good, huh? He leads the team in targets, and that is exactly what you want to hear in a PPR league. The only thing that I have reservations on is Seattle's love for running the ball.

I know I talked about Russell Wilson's huge days throwing the football, but they still find a way for their run plays to outpace their passes. Fortunately, Lockett is Wilson's fa-

vorite target. At this point, if you put on a Seahawks uniform, you'll probably make me do a double-take when I'm scrolling through the available players.

I won't bore you with any more of my ramblings on convincing myself I have a shot at the championship this year. I've purposefully avoided directly stating my team's record, but I guess you should know this whole article's been about a team that's 2-2.

Not bad. Not great. Some would say exactly average. I've got two great Tight Ends in George Kittle and Will Dissly (you guessed it, he's a Seahawk). I change what defense I start every week. The biggest deciding factor is whether they're playing the Miami Dolphins or not. And I've got New Orleans' Wil Lutz as my kicker. Exciting, I know.

With all of that being said, you may be thinking, "what's the point? Isn't Fantasy Football as big of a waste of time as Dungeons & Dragons (remember when I talked about that)?" You may ask yourself, "Is he really that self absorbed and bored to write all this about a Fantasy Football team?" I don't know what to tell you other than yes. The point is, you should always have hope. The season is long. Other people will give up or get tired of changing their lineups every week.

This is where your window of opportunity lies. So what if you made the worst possible decisions on draft night? Someone will give up, and that's when it's your time to shine. ■

CONCERTS

October 11th
Of Mice and Men
7 PM Elevation 27

CAMPUS

October 19th
Stroll to the Polls VII
6 PM Ferguson Center Concert Hall

IN THEATERS

October 18th
"Maleficent: Mistress of Evil" PG
"The Lighthouse" R

TheaterCNU

STORY CONTINUED FROM COVER

The father of the 1799 family, Fenwick (Adam LeKang), is a committed scientist whom serves as patriarch of the family whose passions no longer extend out to his wife Susannah (Cate Wells). Suzannah's unhappiness leads her to drink heavily and retaliate against his insensitive behavior as it progresses throughout the show. The rest of the household is occupied by their two always-at-war daughters, Maria (Dani Jansen) and Harriet (Charlie Grass); a hunch-backed Scottish servant, Isobel (Katie Murphy) and two physicians, Roget (Kaz Johnstone) and Armstrong

(Noah Long).

Two hundred years later in the same house, the 1799 family's house is under renovation due to Ellen being offered a position doing pre-embryonic research with a fellow geneticist, Kate (Caroline Tucker). Kate speaks to the importance of the research to benefit humanity, while the ethical matter is troubling to Ellen's spouse, Tom (Jack Little). Tom is an unemployed English professor who is unable to support himself and his wife financially, though he doesn't let that matter get the best of him.

Nevertheless, the ethical considerations behind Ellen's research inquiry pose the question of whether it is commendable to research fertilized pre-embryonic cells that won't have a humanistic chance for diagnostic purposes, is challenged by Tom. This moral discussion reflects a similar one in 1799: whether to use bodies robbed from graves to do research. This obsession of a disregard for the dead for the purpose of research was infamous for scientists, especially for one particular character in the play.

As "An Experiment with an Air Pump" progresses, the advancement of humanity and scientific research becomes more diverse. The mystery of life is challenged every day, which was apparent in the character Phil (Ty Norris), the builder in charge of the house's renovation. Phil represents the comedic and marvelous appreciation for sci-

entific exploration and research, but showcases how extensive the area can be, especially in regards of controversial methods. Norris acts out his character with a light in his eyes, but when Ellen states that her area of expertise is in genetics, his eyes dim.

"The aggravation she intertwines in conversation around her husband reflects her passion-less marriage, and the disowning of her artistic passion for the arts in order to become a mother of status."

I appreciated how the play involved a more serious research study rather than more prone to be comical topics like "aliens" or "alternate universes."

I admire the comparison between Ellen and Suzanne, whereby the two represent how gender roles have changed shape throughout 200 years. Due to Savannah's high-class background as a young adult, she is whisked away to be married off to Fenwick and secure his bloodline and wealthy status. The aggravation she intertwines in conversation around her husband reflects her passion-less marriage, and the disowning of her artistic passion for the arts in order to become a mother of status. As the scenes set in 1999 revolve into the play, we see Ellen, a strong scientist who is able to express her passion for science with no expectations or barriers. Her husband is the one who is unable to offer financial support, which flips the gender roles in contrast to the relationships in 1799.

The play focuses a lot on the contrast between the two years on humanity's timeline and the focus of people. For dramatism purposes, it was exquisite to see how the English language has evolved over 200 years. Roget showcases the intricate dialect of the 18th century, particularly since it is a fascination of his. Out of the whole play, Roget is the only character based on a real person, Peter Mark Roget, who was a British physician who also created Roget's Thesaurus due to his hobby.

In psychological terms, it was interesting to see how mental illness and scientific fascination interconnected with one another within the play. Seeing how that played out throughout "An Experiment with an Air Pump" was a rollercoaster to say

the least.

As a "story about people," it explores all sorts of topics that any particular audience would enjoy, like philosophy, language, psychology, history, politics, romance, sociology and so much more. I would highly recommend seeing "An Experiment with an Air Pump" during its last weekend at Christopher Newport from Oct. 11-13 — it is emotionally engaging and a true dramatic piece produced by TheaterCNU's talented cast and production team. ■



(Top Above) Kate (Caroline Tucker) exclaims her appreciation of Ellen's scientific endeavors. (Bottom Above) Roget (Kaz Johnston) stands surprised in a plot-twisting conversation with Armstrong (Noah Long). **TAYLOR VIGIL / THE CAPTAIN'S LOG**



Tom (Jack Little) and Ellen (Autumn Laverne) have an emotional heart-to-heart. **TAYLOR VIGIL / THE CAPTAIN'S LOG**



Fenwick (Adam LeKang) and Susannah (Cate Wells) have a heated argument. **TAYLOR VIGIL / THE CAPTAIN'S LOG**



Maria (Dani Jansen) and Harriet (Charlie Grass) present a play of their own to members of the family. **TAYLOR VIGIL / THE CAPTAIN'S LOG**

An empty theater

“The Goldfinch” box office flop speaks to modern state of entertainment

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Out of the hundreds of movies made each year, many of them are based on successful novels, classics and great works of literature.

Cue the question, “how accurately does the movie portray the book?” - the hype, commentary and judgement centered on this question is immeasurable.

In such a scene emerges Warner Bros’ “The Goldfinch,” based off Donna Tartt’s novel of the same name. With a release date on Friday, Oct. 13th, one might assume the film was doomed from the start - it’s projected as one of the year’s biggest ‘box office flops’ with projected losses reaching 50 million.

The film follows the troubled life of Theo Decker after a tragic museum terrorist attack kills his mother. It’s run time is nearly two and a half hours - which is respectable since the book totals over 700 pages. Here lies one of the central issues with the production, however, as the movie has clearly failed to capture audi-

ences with such a long and perhaps tedious timeline. But consensus among those that have read the book states that the movie reflects the book almost perfectly in production and plot.

Movie producers have to appeal to the modern audience, which often leads to dramatized and sensationalized versions of a plot that everyone is worried will not sufficiently entertain those that have not read the book. Perhaps they have good reason, as the flop of “The Goldfinch” certainly has something to do with it’s long runtime and pretty solid adherence to a Pulitzer Prize winning book.

In essence, “The Goldfinch” is unfiltered. From a scene of a literal terrorist attack, child abuse and attempted suicide, the movie presents the twisted outcomes of dramatic events, but it does not attempt to simplify or dismiss the breadth of these emotional occurrences. Rather, it takes time to set an appropriate aesthetic, mood and distinct character with the power to leave its audience in chills. With frequently-heard complaints of book-to-movie incon-

sistencies, one would assume that this empathetic and raw approach would satisfy.

Unfortunately, a two-and-a-half-hour movie leaves most people exasperated, frustrated and simply does not appeal to modern-day audiences.

I found a similar case with a memorial I used to see everyday in the center of Berlin, Germany. The ‘denkmal für die ermordeten jüden Europas’ (Memorial for the Murdered Jews of Europe) is a massive plot of nearly three-thousand grey boxes in various lengths stretched across a block-radius. It’s neither an efficient use of space, attractive nor does it represent the traditional conception of a ‘memorial,’ but it’s meant to evoke the feeling of loss, confusion and even sadness when walking through the stone blocks. Rather than an aesthetically appealing glossy coat, the memorial captures and reminds the passerby of the overwhelming darkness of that period of history.

In many contexts, we like to think of literature and entertainment outside of the business or marketing fields, as the pleasure



IMAGE OBTAINED FROM COMINGSOON.NET

from reading and movies is simply not the same as a market transaction.

Stating that the movie ‘moved’ his mother and had a lot of good in it, “The Goldfinch” star Ansel Elgort defended the production with perhaps a better conception

of how the movie industry should work. The arts are meant to evoke emotion, and sometimes that requires an investment of focus and thought - and in most cases, one cannot expect real pleasure or fulfillment after giving only two seconds of attention. ■

“Culture in Motion” exposes audience to traditional Chinese arts

The Asian Student Union invites the Chengdu Textile College to campus

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Hosting the Chengdu Textile College (CDTC), the Asian Student Union brought a unique flavor of culture to campus on Oct. 3. Culture in Motion provided a glimpse into a different cultural experience as students were able to witness traditional Chinese ethnic arts in practice.

The performers were part of a 12-member delegation visiting Newport News on an exchange sponsored by The William and Mary Confucius Institute and Sister Cities of Newport News. For two years, the group has been preparing and practicing their art before bringing their performance to the United States.

The program opened with a musical composition, Spring to Xiangjiang River, using a modern-day guzheng, a stringed instrument. Liu Yuying transported me with her ease yet complexity of her art. The piece was peaceful and alluring, and one could feel the passion fill the room. It set the tone for an entertaining event that doesn’t really fit the norm

for a usual CNU event.

Following that performance, Wu Wenting showed us the Sichuan Opera art of mask-changing. It was a performance filled with dancing to upbeat music as she changed masks

“These styles were fascinating to see and to compare to modern day American styles as well as my perception of traditional Chinese garb.”

throughout the performance, almost if using magic. The audience was in awe of her seamless mask transitions, representing the changing emotions of characters in the opera.

Towards the end of her performance, she came into the audience and went from aisle to aisle performing the intricate mask changes, delighting the audience with the wonder of her up close and personal performance.

The next two acts focused on traditional musical talent. A group of two men and two women sung and danced to Polyphonic music traditions of the Tibetan minority of China. The Yi people’s folk songs,

which were ballad-like and calming to the ear, were also represented by Su Wenying.

Personally, my favorite act of the night was the Sichuan Opera art known as long sleeves. It’s a hard art

to master, but Wu Wenting did it with elegance and grace that made it seem easy to the eye, and I left with great admiration for her performance. She performed it effortlessly with a poised smile on her face the entire time with delicate yet fierce hand movements that were intriguing and interesting to observe. After her performance, she had volunteers from the audience join her on stage and she taught them some hand movements and poses.

Closing the night, an ancient costume show displayed the traditional clothing, Hanfu, of the Han Dynasty. Long flowing robes, wide sleeves and a belt characterized the clothing of

this era and was modeled by a male and a female model on stage.

Qipao, a traditional costume of Chinese women that fits like a glove, was also represented on stage. These styles were fascinating to see and to compare to modern day American styles as well as my perception of traditional Chinese garb.

This cultural exchange was an enlightening and worthwhile event to attend. Experiencing the art of another culture allowed me think beyond our campus and imagine another community that is different but the same in that we’re all pursuing a higher education.



IMAGE OBTAINED FROM SISTER CITIES OF NEWPORT NEWS

As a result of this event, one can conclude that exposure to diversity is crucial to today’s society and carrying on tradition is an admirable field that can be fun and exciting to experience. ■

Newport News Fall Festival offers festive fun

The annual festival turned Newport News Park into a pumpkin-filled paradise

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The sweet scent of freshly popped kettle corn drifted through the crisp October air.

The sound of children laughing and running to catch up with their families rang out through the park as the autumn breeze whistled softly through the trees.

Winding paths through the woods led attendees to different vendors and stalls under the shadows of dappled afternoon light shining down from above the treetops.

A giant inflatable pumpkin stood tall and proud in the middle of the walkway, and plastic pumpkin candy buckets hung from the trees surrounding it.

Families and friends gathered around photo booths with signs proclaiming “Happy Fall, Y’all!”

These are just a few of the sights and sounds at the Newport News Fall Festival, held the first weekend of every October in Newport News Park.

Marking its 46th consecutive year, the Fall Festival is always a family favorite and a Hampton Roads staple of the season that offers an aspect for every attendee to enjoy in some capacity.

This year, it ran during the weekend of Oct. 5-6 from 10 a.m. to 5 p.m. each day, creating

a window for everyone to come and experience the festivities.

The event draws in thousands of attendees from Newport News and beyond every year — families, couples and friend groups alike. The crowd that comes every year is always comprised of all kinds of different age groups. The festival seems to be just as popular with families and their young children as it is with older couples looking for something fun to do on a Saturday afternoon.

The event was split up into several areas sprawling across the 8,065 acres of Newport News Park. This included the Juried Area that showcased craftspeople who were competing to win a best-in-show award and the Country Store, which had artisan jams, breads and other artisanal products available for purchase.

Different stalls and vendors with multicolored awnings were scattered in other sections of the festival, positioned throughout the clumps of trees and on the edges of the Lee Hall Fishing Area that spans the length of the Park. Vendors sold all kinds of arts and crafts, seasonal and otherwise, such as homemade pottery, hand-stitched quilts and woodworking projects.

Members from the City of Newport News represented the public facilities of the city; for



A giant inflatable pumpkin in front of a “Love NN (Newport News)” sign creates a perfect photo op for Fall Festival attendees. **ANNA DORL / THE CAPTAIN’S LOG**

example, the Newport News Public Library system hosted a charity used book sale in which all of the books available were sold for \$1 or less, and the booth representing Newport News Parks, Recreation and Tourism

gave out Fall Festival t-shirts.

There were countless vendors, representatives, restaurant owners and others selling their wares.

Attendees were sure to find something for everyone in their party.

The food court area that was sectioned off in the middle of the festival served classic fair food such as funnel cakes, cotton candy, snow cones, kettle corn and turkey legs. Food trucks from the area and other food vendors were also present and offered cuisine such as local barbecue and pizza.

The festival featured a stage showcasing lots of different performances and events throughout the weekend, including children’s musical entertainment shows, local bands

hailing from Hampton Roads and Red Crooked Sky, a Native American dance group.

The festival featured different performance groups on each day throughout the weekend. The sounds of the season could be heard all around the festival, no matter where you were in the Park.

The event featured a lot of fall-themed activities for attendees to enjoy, such as a pumpkin carving station, Lady Mirra the fortune teller and a Halloween-themed face painting station that children and adults alike enjoyed.

The Newport News Fall Festival remained an integral part of experiencing autumn in Hampton Roads for another year, and it’ll be sure to do so for years to come. ■



Paths to different vendors led through the woods of Newport News Park. **ANNA DORL / THE CAPTAIN’S LOG**

Want to write for the
Lifestyle section?

Contact me:
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The top 5 homemade comfort foods

Eat some of these tried-and-true comfort foods to always feel right at home

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This is the complete, definitive top five ranking of homemade comfort foods. Take this list and use it to devise all of your fall comfort meals. There is no better way to decide what to eat than reading this list.

The best thing about this list, you might ask? Google will tell you the details to make all these recipes in the comfort of your own home.

Bacon Grilled Cheese

Think about it: what is the best food to have while sitting on a couch in 70 degree weather? That's right; it's a grilled cheese with tomato soup.

Now, the grilled cheese is a sacred art of culinary precision. Melted cheese on bread doesn't quite cut it. You have to carefully toast the bread on a hot skillet, press the cheese into the bread, apply pressure to the entire sandwich to acquire optimal cheesy perfec-

tion and then you have to make sure not to burn the bread or cheese.

Now tell me that description doesn't get your mouth watering. Wack some bacon on there, and you have the ultimate comfort food.

Cheesy Garlic Bread

Cheese is a mainstay in most of my favorite comfort foods, and this one is no different. You might read this and think "don't you need to eat garlic bread with pasta or something?" Well, I'm here to tell you that you don't. Listen, nothing beats sitting at the table and eating some cheesy garlic bread. All that cheese stringing off the bread is what I live for in a good comfort food dish.

All you need to make it is three simple ingredients: bread, cheese and garlic. Bing bang boom, there's your dish ready to go. Put it in the oven to let it get crispy for 20 minutes, watch some TV while you

wait and then eat away at this marvelous garlicky and crunchy concoction.

Baked Mac & Cheese

Now, let's see here, what else do you want to eat in the cool fall weather that will hopefully



COURTESY OF ISTOCKPHOTO

come soon in Newport News? That's right, you want some good mac & cheese, and I'm not talking the Kraft kind that comes in a box.

This mac & cheese has been through an entire college football career's worth of grit and effort to be plated and served at your next dinner.

You'll need to be fully prepared with a dish, pasta, bread crumbs, cheese, cheese sauce made of butter cheese and milk and an hour to wait while this perfection is crafted into the most delicious mac & cheese of all time.

Plan to eat way too much of this baked mac and then curl up into a ball on your couch and take a well-deserved nap for several hours.

Chicken Noodle Soup

Ah, finally a dish without cheese for all you non-dairy folk. The best thing about chicken noodle soup is that you can make it as simple or as complex as possible. For me, the money is on chicken, noodles, broth and that's it. A simple dish for a simple man on a simple Friday night.

As the weather gets cooler

outside, this dish doubles as the perfect medicine for the obnoxious fall colds that come with the season. Like I said, feel free to spice things up with some extra add-ins to the chicken noodle soup, but I'll stick with the tested formula of chicken, noodle and soup.

Waffles

Last but certainly not least, we have waffles. Plain old boring waffles.

Even as I write this, I am thinking that "waffles aren't that good, how are they making this top five?" I agree with my own thoughts there; they aren't that good.

But listen, waking up on a cool fall day, leaves on the ground, pumpkins decorating the residence halls of Christopher Newport University, put on a waffle maker and make yourself a waffle with some maple syrup, and you try and tell me that it isn't top five material. Especially if you add some cinnamon on top. ■

(Fall)ing for you

Need some help planning some cute fall dates? This article has you covered

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It's that time of year again: the air is crisp and cool, the leaves are changing colors and falling and Instagram feeds are filled with couples doing fall-themed things.

What are some of the best dates to go on during the fall season? Below are some of the top dates to go on during fall close to CNU.

Visiting a pumpkin patch/ pumpkin carving

What screams fall and Halloween more than pumpkins? Grab your significant other and drive to one of the numerous pumpkin patches in Chesapeake and Virginia Beach. Then, bring your pumpkins back to your dorm room and spend the evening carving designs into them. Don't have the time or want to drive all the way to a pumpkin patch? Lots of stores are selling pumpkins, so you can always buy them there.

Apple picking at an orchard

Hampton, Yorktown and several other towns surrounding Newport News have apple orchards. You and your partner can bundle up in sweaters and head to one of them to spend a few hours selecting fresh apples. Then, go home and cook apple pies, apple sauce and other apple-inclusive meals together in the kitchen. Again, if you don't have the time or feel

like driving to an orchard, there are farmers markets and produce stores that will sell fresh apples as well.

Howl-O-Scream at Busch Gardens

This popular, yet exhilarating, date destination is in Williamsburg, Va. You and your better half can spend the night playing games, riding rollercoasters and holding each other close while walking through multiple haunted houses in the amusement park. Busch Gardens is holding their annual Howl-O-Scream event from Sept. 14 – Nov. 3. Although this date can get a little expensive, it is well worth it. For more information or to get tickets, visit <https://buschgardens.com/williamsburg/events/howl-o-scream/>.

Spooky movie night

On a particularly cold day, spend the afternoon or evening cozied up in blankets and sweat-shirts watching fall or Halloween themed movies. Watch classic movies like Hocus Pocus or the Halloweentown series, or watch more spooky movies like Halloween or The Conjuring. To make the date even more special, cook pumpkin and ghost Pillsbury sugar cookies to snack on.

Walk and picnic on the Noland Trail

Very close to campus, the Noland trail is a picturesque date location. Take a stroll down the scenic trail, and when you find the perfect spot, lay out a blanket to enjoy some of your favorite foods. To make it even more romantic,

make sure to go when the sun is beginning to set.

Although this list is obviously targeted towards couples, for those who are not in a romantic relationship, the ideas on this list

list can also be done with close friends. No matter whether you are single, taken or "it's complicated," this list gives you some fun activities to ramp up your spooky season with the ones you love. ■



The Noland Trail offers picturesque views and a perfect place to walk through nature with your loved ones. HANNAH LINDENBLAD / THE CAPTAIN'S LOG

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