



THE CAPTAIN'S LOG

THE VOICE OF CHRISTOPHER NEWPORT UNIVERSITY STUDENTS

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Be sure to check out CNU TV's feature on the fraternities and sororities of the National Pan-Hellenic Council, where CNU TV explores the activities Divine Nine.

Minding the business

The Luter School of Business looks to expand its national profile with a new dean after getting its AACSB accreditation reaffirmed and successful Major Field Test scores.



The Luter School of Business' trade room is a cornerstone of the program and just one of the resources, along with skilled professors and networking workshops, available to business students. MACY FRIEND/THE CAPTAIN'S LOG



Seniors in the Luter School took the Major Field Test and finished in the top 3 percent of the half a million U.S. students who also took the test. FILE PHOTO/THE CAPTAIN'S LOG

BY JACK JACOBS & LYDIA JOHNSON

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The Luter School of Business has achieved several distinctions in recent months, and with a dean now installed as the head of the program, is poised to make a larger impact on the business world beyond Newport News.

Last year, seniors enrolled in the Luter School of Business took the Major Field Test. All 150 students finished in the top 3 to 4 percent of the half a million students who took the examination across the nation.

The Major Field Test is an examination administered by ETS, an international education nonprofit. The test gauges the knowledge of students in a particular field of study. Major Field Tests are also available in subjects like biology and psychology.

Dr. Lisa Spiller, distinguished professor of marketing, said that most schools specially select a cohort of students to take the Major Field Test; the Luter School had all its seniors take the test.

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Students weigh in on the advantages and disadvantages of living on campus

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Weekly pic

CNU's Lauren Cheatham scrambles for the ball against an opponent in the game against Washington and Lee on Sept. 19. CNU won 1-0. Photo by Tyrus Wood/The Captain's Log.



Online this week

Check out these videos on our Facebook page.



Demonstration during preachers' sermon

Captains came out in full force for love and equality in the Tribble Plaza on Sept. 16. CNU TV takes you into the heart of the crowd that turned out for the demonstration.



Busy weekend for CNU sports

CNU TV's Robert Smith recaps a busy and successful weekend of CNU sports. From volleyball and field hockey to men's soccer, get all the highlights from CNU TV.

Behind the scenes: The Improvocateurs

CNU TV goes behind the scenes with some of the funniest students on campus. CNU TV's John Recor and Jennifer Leider see how the group came to be and its plans for the upcoming year.

Corrections:

The mandatory fees opinion article that appeared in the Sept. 16 issue was incorrectly attributed to Rachel Wagner. Paige Kowahl is the author.

Happened

Sept. 18

On Screen/In Person Film Series

The film, "Foreign Puzzle," directed by Chithra Jeyaram, showed in the Music & Theatre Hall this past Friday as part of the On Screen/In Person Film Series.

Sept. 18

Sweet and Salty Sensations

This past Friday, CAB hosted a free dessert event in the Crow's Nest. Students enjoyed treats ranging from the chocolate fountain, to ice cream floats, to cupcake decorating, with some salty snacks on the side.

Sept. 22

2015 Rape Aggression Defense (RAD) Class

The CNU Police Department hosted the first of their free RAD classes, where they taught self-defense techniques. Classes are offered again throughout September, and again in November.

Sept. 22

Mark Babbitt: Walker Internship Series

CEO of YouTern Mark Babbitt spoke to students gathered in the DSU Ballroom on the importance of an internship for professional development in a speaker series established by the Walker Family.

Happening

Sept. 24

An Evening with Madeleine Albright

At 7:30 p.m. Madeleine K. Albright, former U.S. Permanent Representative to the UN, and the first female U.S. Secretary of State will be speaking in the Ferguson concert hall.

Sept. 23

Middle East Meltdown: Causes and Consequences for the U.S.

The Reiff Center for Human Rights and Conflict Resolution and the President's Leadership Program present Ambassador Ryan C. Crocker, speaking Wednesday in Ferguson Concert Hall.

Sept. 25

CAB Presents.. Fall Fest 2015

This year's Fall Fest will be held this Friday from 4-7 p.m. on the Great Lawn. The theme this year is 'Around the World.' Clubs can sign up and portray different international cities.

Sept. 24

Scholarship Matters

From 12:30-1:20 p.m. in McMurran 101, Dr. Husam Timani will be presenting his research entitled, "Global Jihadism and the 'Just War' Theory in Islam."

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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. in the Jefferson Room of the DSU.

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FROM THE FRONT PAGE

Captain's Chatter

What are your thoughts on the preachers and the demonstration?

"I think a similar demonstration would have occurred if someone preached against religion. So I don't think any of it should have mattered."
senior Arissa Guerrero

"It's fine [the preachers] are here exercising their rights to preach openly in public. The [demonstrators] also have these rights."
freshman Dinessa Saurus

"I feel like the demonstrators helped to show the preachers that CNU is a loving, accepting campus where people aren't judged."
freshman Destiny Gray

"The preacher was barely able to be heard and seemed a lot less abrasive than he was made out to be by protestors."
sophomore Tyler Melone

DEMONSTRATION CONTINUED FROM PAGE 1

services at Poquoson Baptist Church, about 10 miles from CNU. "We can't make anyone listen to us. All we can do is share what we have to say," he said. Hundreds of people heard him in the plaza that day.

Prepping the plaza

Most of the student body became aware of the preachers coming to campus after Dean of Students Kevin Hughes notified the campus population in an email.

"Mr. Karns' strongly held beliefs may conflict with many of your own values," said Hughes in the email. "However, he is entitled to them and the Constitution protects his right to share them on our campus. I encourage all of you to keep this in mind should you encounter the event."

However, Spectrum already knew the preachers were returning to campus.

Storm's roommate, who works on event staff, told her that the preachers were coming back and had scheduled the event on campus.

"She was like 'yeah my boss really wants an organization to put something on while he's there,'" Storm said. "I just kind of thought about it and was like 'you know what? I'll do that.'"

Before the event, Hughes and Director of Student Activities Frank Council also met with Storm and Kerndt to discuss what to expect when the preachers came to campus prior to Wednesday's demonstration

and to get an idea of what Spectrum was planning the following day.

According to Kerndt, Hughes and Council wanted to ensure Spectrum knew why the preachers were on campus and wanted to make sure Spectrum was planning to conduct its demonstration in a safe way. "It was really great to get the support from the dean and Frank Council," Kerndt said.

Taylor gathered Christian students from various ministries before the event, inviting them to come and be positive, hopefully alleviating a potentially combative situation. He also hoped that a positive Christian presence would make an impact on a large audience.

"There was going to be a lot of warfare going on that day, and I just felt like what a great opportunity to share the love of God," said Taylor. "A freedom of expression event where prayer isn't ruled out, hundreds of students from CNU were going to be there. I just saw it as such an opportunity."

The next day, about half an hour before Karns and the other two preachers arrived, a crowd began forming in the plaza.

Spectrum set up for its Share the Love event in the corner adjacent to the Great Lawn and the Tribble Library. The preachers set up in the opposite corner by the David Student Union.

What went down

Although Spectrum and the preachers said they were not opposed to one another, mem-



Kerndt wanted Spectrum's demonstration to spread acceptance. **BEN LEISTENSNIER/THE CAPTAIN'S LOG**

bers of Spectrum crossed the brick expanse to stand in front of the preachers, holding rainbow flags and signs that offered free hugs.

The line of Spectrum members and their signs and flags created a barrier between the preachers and the people who gathered to listen and watch the spectacle.

Spectrum's position in front of the preachers was not originally planned as part of the demonstration. Storm said the action came about after the organization noticed students were more drawn to the preachers than to Spectrum's table on the opposite side of the plaza.

"We had to adjust because we knew people were going to pay attention to the speaker and so we thought what can we do to make our presence known," Kerndt said.

Spectrum members began moving into the crowd to distribute flyers and eventually found themselves arrayed in front of the preachers.

"We're looking at it in hindsight and we're actually really glad we did that because the crowd started yelling at them," Storm said on Saturday. Storm holds that Spectrum's position in front of the preachers helped maintain calm as the crowd

become more vocal.

"Once people started to get a little riled up we took the initiative to say 'hey there's no need to get mad, there's no need to yell,'" Kerndt said.

What was said

Much of the preparation for the event was for the worst case scenario -- a heated confrontation between people of conflicting beliefs.

"I think the highlight of the last time they came was the outrageous yelling and cursing," said Taylor. "I think that's exactly why people came out in the first place, they were hoping for some kind of a circus, some kind of crazy retaliation and conflict to raise up."

That never happened.

"I couldn't hear them for a lot of the time," said Kerndt. She also said she never got too upset with the preachers. She felt the proximity of Spectrum to the preachers subdued their speech.

"They're speaking truth, they're talking about the Bible, and they're talking about how our sins can lead us to death," said Taylor. He didn't take issue with what much of they said, he disagreed with how they went about it.

"They're kind of just throwing the truth at people in a way

that would fear them into the gospel," said Taylor. He also shared concern that aggressive preaching would diminish the work the campus ministries had done for years, building up congregations and relations on campus.

Great expectations

"The first time they were here, that was hate speech...I would say that when you're targeting people specifically for their identity or their choices in life and how they function as human beings, it's hate speech," said Kerndt.

The second time around was different. "I didn't hear anything that was particularly hateful," she said.

While some students argued with the preachers and there were times when students scoffed at things the preachers said, the scene that many expected never happened.

"People who see me as hateful aren't listening to what I say," said Karns. He added that he can't make people listen to him; all he can do is share what he has to say and spread the word of the Bible.

Like Spectrum and the Christians on campus, he felt that he was sharing love through sharing his beliefs. ■



Christian Parks (with sign) was one of three preachers who came to the Tribble Plaza with a message that upset many students.

BEN LEISTENSNIER/THE CAPTAIN'S LOG

SDEC to support social action on campus

The recently founded Student Diversity and Equality Council acts as an umbrella organization for other diversity clubs at CNU, providing leadership, funding and programming to diversity-oriented student organizations.

BY JACK JACOBS
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The Student Diversity and Equality Council is one of CNU's newest organizations and seeks to cultivate an inclusive campus environment through community building, education and leadership development.

Senior Quinton Pace, president of SDEC, said that in the past diversity-oriented organizations tended to not coordinate their efforts. SDEC hopes to avoid this situation.

Founded this year, SDEC acts as an umbrella organization for diversity-minded organizations that coordinates activity, distributes funds and promotes involvement among its member organizations.

"We're there to support [the organizations] in programming and marketing aspects. Whatever they need to build that up," Pace said.

Organizations such as Black Student Union, Green Team and Hispanic Organization for Leadership Advancement have membership in SDEC.

Many organizations not explicitly engaged in diversity initiatives, such as Student Assembly and Panhellenic Council also have representation in SDEC.

Each organization involved with SDEC has a member who

serves as a member-at-large in SDEC.

The members-at-large function as a permanent council of representative members that act as their organization's delegates to SDEC's executive board. These individuals are appointed and remain members-at-large for the entirety of their career at CNU. Members-at-large also populate SDEC's committees.

Pace said that these individuals are the eyes and ears of SDEC, maintaining communication between organizations and spearheading initiatives.

The organization can help clubs with funding as SDEC has the ability and means to award grants for projects and events.

SDEC also takes an active role in diversity programming at CNU. Recently, SDEC hosted "Fifty Years On" on Sept. 2. The theatre performance brought a troupe of actors who explored cultural and social issues through a series of plays.

The Cultural Plunge, a program created last year as a Multicultural Student Association program, is a one of SDEC initiatives.

The program aims to increase cultural understanding among CNU students by challenging them to a series of unfamiliar events and experiences. Challenges include edu-



In addition to supporting other organizations' initiatives through funding, SDEC conducts its own programming such as the Cultural Plunge and leadership workshops. COURTESY OF QUINTON PACE

cational workshops and musical performances.

SDEC is the successor organization to the MSA, which is now defunct. Pace said that with an influx of similar organizations, MSA lost its practical purpose as an advocacy organization

and restructured into its current form as SDEC.

SDEC plans to host a leadership retreat on Sept. 26. The event, known as the Social Organizing and Action Retreat, is a forum for leaders of student organizations to discuss social

issues on campus. Participants will also discuss what partnerships and resources are available for their organizations to achieve social action. The retreat will take place in the Freeman Center and requires registration on the Compass. ■

Student Assembly outlines goals for organization at first meeting

The meeting saw proposals for various plans to make organization a more effective advocate for students.

BY MELANIE OCCHIUZZO
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Student Assembly laid out its goals for the semester at its first meeting of the semester on Sept. 14. The organization seeks to increase awareness of its activities and create more effective delegates in order to improve the lives of CNU students.

Senior CJ Cahill, president of Student Assembly, detailed the main goals for the organization.

One project he suggested is to start off each semester with a welcoming event to boost campus spirit and promote the Student Assembly.

Currently, Student Assembly only hosts Light the Night to kick off the fall semester.

Another way Student Assembly plans on increasing its presence on campus is the institution of a Third Thursday Throwdown event.

Every third Thursday of the month the Student Assembly will be tabling in the DSU to promote various aspects of the group. Members will hand out school paraphernalia and answering questions about the organization, starting Sept. 17.

The theme of the first Third Thursday Throwdown will be "Capturing the Student Voice" and aims to raise awareness of Student Assembly's website, SpeakUp CNU.

SpeakUp CNU is an online forum where students can post ideas that Student Assembly will then take into consideration.

The other main goal of Student Assembly is to improve the membership experience.

Cahill proposed a series of speakers and workshops aimed at improving leadership skills for delegates.

Cahill hopes that the workshops and lectures will make the delegates better prepared to meet the expectations that now face them as representatives of the student body.

Student Assembly's next meeting will be held at Sept. 28 at 7:30 p.m. The location has yet to be determined. ■



Cahill plans to improve the delegate experience through workshops and a speakers series. FILE PHOTO/THE CAPTAIN'S LOG

CNU's writing center ready to assist students

Writing consultants must complete a training class, English 339, before being hired at the center.

BY SAM CAMILLETTI
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In the sudden blur of week four essay assignments, the Alice F. Randall Writing Center, opened last Sept. 8, stands as a shining beacon to all. The center's objective is to assist students with their writing assignments and improve students' writing skills.

"The point we like to emphasize is we're not just fixing this one singular paper," senior Eileen Murphy, assistant director of the center, said. "We are equipping the student to be a better writer in the future."

Students can expect to meet one of the center's 14 writing consultants for a maximum of 30 minutes per session. "[These sessions] are really laid back," Katie Hogge, a writing consultant, said. "I don't want people to be intimidated and not come to us. I know it can be awkward having someone there reading your paper. I really like talking, so for me, it's more you come in, we have a conversation, and then I help you with your paper."

Though the writing consultants are "pretty chill," according to Hogge, the hiring process is extensive.

All tutors must first enroll and excel in English 339 Tutoring in the Writing Center before applying.

The class is offered every spring and serves as training for the campus job.

As part of the curriculum, students must observe a current consultant, and write an observation analysis on how successful the consultation was. "The assumption is that you're going into this class with a firm grasp on the English language. This class just helps refine that and applies it to the tutoring position," said Murphy, who is going into her second year of consulting.

"It also teaches you many interpersonal skills," Hogge added.

Beyond that, Hogge and Murphy both described learning new skills that have helped them in all aspects of life.

"I know more about Chicago [citations] now," Murphy said with a laugh. "Besides that, the biggest thing that I had to learn was giving constructive feedback in a way that didn't make them feel like 'Oh, I'm a terrible writer.' Just because you're having difficulties doesn't mean you're a terrible writer. I think anyone can communicate their point effectively, it's just about finding your voice and your style."



Appointments can be made online through the Center for Academic Success or by emailing the writing center at wcenter@cnu.edu. JACK JACOBS/THE CAPTAIN'S LOG

Students can set up an appointment by reserving a time online through the Center for Academic Success. Walk-in appointments are welcome between the hours of 10 a.m. and 10

p.m. Monday through Thursday, and 10 a.m. through 4 p.m. on Friday.

Formerly located in the Tribble Library, the center has moved to Newport Hall 124. ■

Reiff Center hosts Iran Deal panel

The Iran Deal aims to minimize Iran's nuclear capability.

BY CHRISTOPHER GABRO
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The Center for American Studies, in cooperation with the Reiff Center for Human Rights, hosted a panel on Sept. 10, titled "The Iran Deal: The Good, the Bad, and the Ugly."

The panel explored opposing viewpoints, with discussion touching on various aspects of the issue such as enforcement of the deal's prohibitions and how the prohibitions would hinder Iran's long-term research on nuclear weaponry.

The panel consisted of Matthew Brodsky, a senior Middle East Analyst and a former strategist for Wikistrat, and John Wolfsthal, the special advisor to Vice President Joseph Biden, weigh in on the deal with Dr. Nathan Busch, the co-director of CNU's Center for American Studies.

Wikistrat is a geostrategic analysis firm founded in 2009.

Wolfsthal emphasized that the deal "was the best possible deal we could get. Not only is it a good deal, it is a great deal."

Iran's refineries allowed it the capacity to create two to three bombs a year. Under the current deal, Iran can only muster a third of the material needed for one bomb.

Iran is also required to remove two-thirds of its centri-



Panelists debated the effectiveness of the Iran deal's mandates and other parts of the treaty. CHRISTOPHER GABRO/THE CAPTAIN'S LOG

fuges, with 5060 and 1040 left at the Natanz and Fordow facilities respectively. The deal does allow for research and development on advanced centrifuges.

Other stipulations include the transformation of the Arak heavy water facility to a lower power reactor and the requirement that Iran not build any more heavy water research reactors for 15 years.

A heavy water reactor provides one method to produce plutonium for use in nuclear weaponry.

To verify that all prohibitions remain in effect, the International Atomic Energy Agency will actively monitor Iranian facilities.

For 15 years the IAEA is allowed to monitor the Natanz facility to ensure the proper amount of centrifuges remain

in storage.

In return for abiding by the prohibitions of the deal, Wolfsthal said that the country will gain access to the \$100 billion in assets frozen by the United States during the sanctions put in place prior to the creation of the nuclear deal.

Brodsky made his position clear when he stated "Obama drove into the car dealership with a Lexus and left with a U-Haul."

Brodsky voiced concern about facilities that have yet to be discovered, and stated the United States would then lack any leverage over the country without sanctions.

Dr. Tina Reuter, Reiff Center director, moderated the discussion. ■

CNU to host lecture on Middle East conflict

The event takes place Sept. 23 and features a former U.S. ambassador as the speaker.

BY ALEXANDER JOSEPHS
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The Reiff Center for Human Rights and Conflict Resolution, in cooperation with the President's Leadership Program, will host a lecture on the "Middle East Meltdown: Causes and Consequences for the U.S." on Wednesday, Sept. 23 at 8 p.m. in the Ferguson Center Concert Hall.

The lecture will explore the historical and contemporary conflicts that plague the Middle East, as well as the civil unrest created by the Arab Spring. A recurring issue in the region is the displacement of power structures and ensuing violence as groups struggle to fill those vacuums.

The region's politics can seem convoluted on several different levels, and have been a source of polarization in the United States in years past. The Reiff Center attempts to spread political awareness here at CNU and the local community by dissecting the pressing issues of today.

An unnamed State Department official attempts to convey the significance of such an

unstable region, "There's a sense that the only view worth having on the Middle East is the long view. We've painfully seen that good can turn to bad and bad can turn to good in an instant."

The featured speaker will be former U.S. ambassador Ryan C. Crocker. Crocker has served as a U.S. ambassador six times in several different locations, ranging from Afghanistan, Iraq and Pakistan in the mid-late 2000's, to Syria, Kuwait and Lebanon in the 1990's.

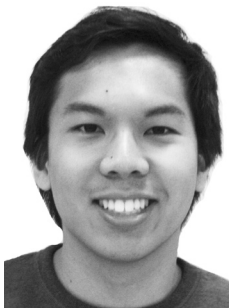
Crocker holds many distinguished awards, including the Presidential Medal of Freedom given by President George W. Bush in 2009.

"For nearly four decades, Ryan Crocker has advanced our nation's interests and ideals around the world. Embodying the highest principles of the United States Foreign Service, he has cultivated and enhanced our relations with pivotal nations," Bush said at the award ceremony.

This event will be free and open to the public and is held in association with the World Affairs Council of Greater Hampton Roads. ■

Labor Day should not be an exclusive holiday

On Labor Day, everyone should work like normal or take the day off.



JOSH REYES
EDITOR-IN-CHIEF

I never thought much about having classes on Labor Day. Growing up, I never had school on the holiday because classes would always start the day after. Once I got to CNU, I mostly forgot about Labor Day; it didn’t really affect how I went about that day, and my friends at other schools had classes too.

My ambivalence towards the holiday ended on Sept. 4 after I called a member of the Board of Visitors for help with a story.

Last week’s cover story focused on the effects of increasing tuition on students and the university. I remembered a board member, Gabe Morgan, saying that he helped some students pay their tuition and fees. I hoped to talk to those students, possibly Morgan if the students declined an interview, about how increasing costs affected them. I contacted CNU’s Communications Department on the morning of Sept. 1, a Tuesday, requesting Morgan’s contact information to ask him about speaking with the students he helps. I was told on Thursday evening to call the board’s rector, Preston White.

I was given an office number and eventually got to White at about 10 a.m. on Friday and explained to him what I hoped to hear from Morgan. After receiving a rundown of the board’s policies that restrict them talking to the press, I was told to call White back on Tuesday because of the holiday weekend. White said he would not contact Morgan that day or on Monday because they would be taking the Labor day off.

I had forgotten Labor Day was upcoming because I was still going to class and still making the newspaper; it was just another Monday to me. I was frustrated because I was not looking for official comments from the board or for any of their policies; I just wanted to talk to the students Morgan was helping to hear about their experience with paying for school. And not only was I unable to talk to the people I wanted to, I was unable to even get my request to them.

That Labor Day, I woke up for class and worked on the paper. We figured out how to put the story together without White or Morgan or the students Morgan was helping. I didn’t call White on Tuesday because we had moved on with the story and were completing the issue to print that night.

The students and faculty and much of the staff on this campus don’t have the luxury to take off on Labor Day. Business is conducted as usual for the vast majority of people at CNU, unless that business overlaps with the business of a member of the CNU community who is able to take off on Labor Day.

That being said, Labor Day should be treated the same for everyone here. From the Rector of the Board of Visitors to the average student journalist trying to conduct his business, we should all be able to enjoy or toil on Labor Day, just the same as everyone else at CNU. ■

Dissoi Logoi: four-year housing

Dissoi Logoi is an ancient Greek term meaning opposing arguments. Our writers don’t agree on every topic. This week’s conflict of interest is four year housing. There are no official plans for a four-year housing requirement, but CNU transitioned from a commuter campus to a three-year residency over time. The rumors of a fourth required year continue to swirl among students.

Yea!



MELANIE OCCHIUZZO
STAFF WRITER

If you asked me about living on campus all four years before I came to CNU, I would have told you no way. The mere thought of being restricted like that would have been a deal breaker to me when deciding on college.

Now that I’ve been here for over a year I’m singing a different tune. Living on campus here at CNU is a wonderful advantage to students. For people who have never lived on their own I think campus housing is a great choice, especially when it comes to maintenance. Instead of having to haggle with the hardware store worker about which sink head is right to fix my broken one, I can just simply put in a work order and be done with it.

Living off of campus, while enticing to those who enjoy living on the edge, can be an added stress to the already stressful task of being on your own. I always told my sister that moving out of the house wasn’t the best option when you’ve never spent more than a few weeks away. Living on campus is like owning your own place but with training wheels.

One major con to living on campus is the aforementioned lack of freedom. There are no such things as quiet hours or CHECS when you’re living on your own. Having freedom like that can be liberating; you learn a lot about yourself when you have to fend for yourself. With that being said, there is the issue of being all alone. Sure, there’s that small possibility of having people who care about you just down the street (and possibly on campus), but other than that you’re on your own.

If I were told I had to live on campus for all four years now, I’d think it was almost a blessing. I wouldn’t have to stress about finding a place with a good landlord or worry about getting to school on time. But on the other hand I would wonder how I was going to fare after college, when on-campus is no longer an option and there is no safety net.

It all comes down to personality, if you want to be on your own, do it. I think that both living on and off campus can be a great experience and that everyone should attempt to do both during their time here at CNU. ■

Nay!



SAVANNAH TILGHMAN
STAFF WRITER

7:15 a.m. Your phone starts to dance, the annoying chimes sing, and you are pulled from your dreams of buffalo chicken wraps and ultimate frisbee on the Great Lawn. The alarm forces you into the brutal reality of Monday morning 8 a.m.’s.

Here, you are faced with a choice: hit snooze four consecutive times, leaving you with no choice but to run to the second floor of Forbes in your Marvel-themed pajamas, skip class altogether, or roll out of bed and face the day in front of you head-on.

For freshmen, this choice is foreign territory. Last year, your mom probably stormed into your room when she heard your alarm go off for the fourth time and forced you to get out of bed—not here.

Being required to live on campus as a freshman might make sense—you probably haven’t had any experience creating your own schedule and managing your own time. However, a four-year residency requirement would hinder the abilities of students to manage time on the scale of future commutes to workplaces, would not teach residents to manage money, and ultimately would leave graduates unprepared to really be on their own.

Unless you get lucky, your conditions post-graduation will be remarkably different than what you’ve experienced on campus. You will probably be responsible to clean more than half of an 18’x11’ room and a bathroom once a month. Your commute to work will most likely far exceed even the 10 minute walk from James River Hall to the Ferg. The rent for your place of living will not be wrapped into your tuition. In fact, there will be even more expenses.

As a commuter, I am frequently bombarded with “you are so lucky” and “I wish I could do that.” It’s hard to recognize how much I benefit from commuting when I’m stuck in Warwick traffic, but when I step back and really evaluate my situation, the skills I’m developing from my commute each day become painstakingly obvious. I have become increasingly able to work on whatever tasks I have to tackle during whatever free moments I have on campus, because when you lose an hour or more every day to driving time, each spare minute becomes more precious. I’ve better learned how to balance my home life, school life, and professional life, as well as value the bits of life on campus that other students could take advantage of.

Living on the campus of your college is a logical stepping stone to becoming ready to live on your own. However, drawing it out to be a requirement for all four years would stunt the progression of independence in upperclassmen. The fact of the matter is, we should be exiting college as prepared adults instead of being faced with a transition even more daunting than the one we faced leaving high school and joining the CNU family. If living in an on-campus dormitory is hindering our ability to grow as responsible individuals, then a four-year residency requirement is the furthest thing from helpful. ■

The story behind The Captain's Log's new look

The new logo is now the face of the organization as it progresses and updates its looks and practices.

JOSH REYES
EDITOR-IN-CHIEF

Flip to the cover of this newspaper and check out our new flag in the top left corner. Hopefully, you've already noticed the new logo and updated font running across the top of our paper – if not now you know! Creating that package to be the face of our organization was a process that's been ongoing since we printed our final issue of last year.

It all started when we decided to shake things up at the paper in general. The first idea was to change from the old broadsheet to the tabloid you're holding now. We also decided to push digitally, emphasizing video, social media and eventually a redesign of our web site.

Then we decided the organization needed a new face to match our new ideas. We conceived a logo with four of the most recognizable buildings on campus with the CNU sails in the center. The problem was that none of us on staff had the know-how to make the logo.

Enter Mitch Phillips, a CNU senior and entrepreneur who runs his own graphic design business that he named Designed by Mitch. Last year's social media editor, Faris Sleem, recommended Phillips for the project, and after a few emails in May and June, we had our designer.

Phillips used Adobe Illustrator and was totally self taught on the program. Once he had experience designing, he started his business to fund a trip to Europe with some of his friends.

The first idea Phillips brought to us was to make a compass the logo's centerpiece, replacing the typical sails we had in the past.

"A compass is just really synonymous with maritime traditions and CNU," he said. He drew inspiration from the designs on the floor of the Tribble Library as he was brainstorming.

Phillips' dad also told him that the compass made sense given CNU's location. "News, as in North, East, West, South," he told Phillips, revealing an additional

layer of meaning to the new logo. "I just said, 'Yeah!' and went with it like I knew that the whole time," Phillips said.

He worked at the logo on his hour-long daily bus ride to his summer internship, communicating his progress to the staff and periodically requesting updates.

The most difficult part of the design to put together was the degree lines that surrounded the outer edge of the compass. Phillips said he spent hours frustratingly trying to figure out how to create the lines in an even and symmetrical pattern. "It was good practice, figuring that out," he said.

As summer wound down, Phillips sent in the final copy of the compass, which immediately won the staff's approval. After Phillips sent the draft of the library, he and the staff came to the agreement that the logo on the cover would best be kept simple.

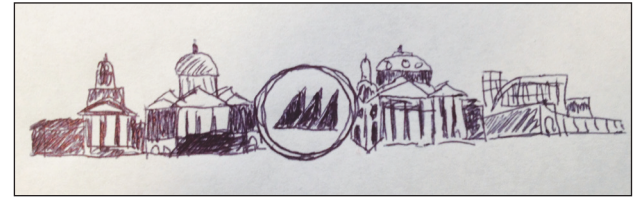
However, we still wanted to use the library he designed in some way, and that's when the idea for a Snapchat geofilter emerged. "The more [the staff] and I talked, the more we realized we could use this to make Snapchat geofilter for CNU," he said.

He cropped in his design of the library to focus on the cupola, added text to the image and sent his design to Snapchat. After three weeks, the filter was live and available to all Snapchat users on campus.

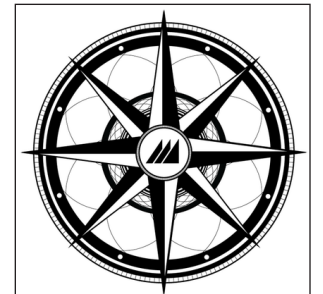
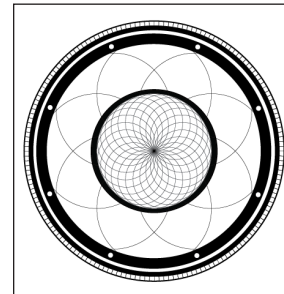
However, Phillips couldn't see his geofilter on his phone because it was damaged, not allowing him to use all of Snapchat's features. But he said he saw and heard of the logo plenty on social media.

Phillips plans to continue his design business more as a hobby as he finishes up his degrees in finance and marketing. "I think it's something I want to keep doing on the side. I don't want to make it a full-time thing because it's so fun for me to do and I don't want to make it work," Phillips said.

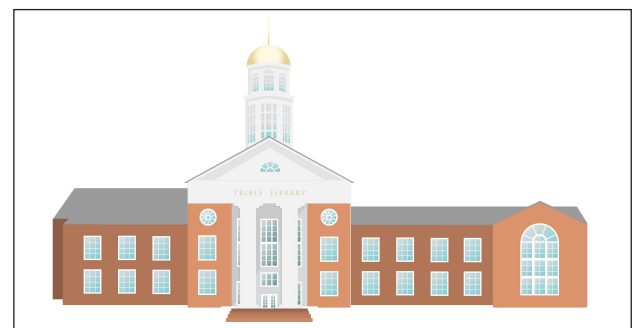
As for the newspaper, we will continue updating our look. While the logo will remain on the paper for several year, or until a staff decides it needs to shake things up again, we still will continue to update our design in print and online under this new face. ■



The original idea for the logo incorporated campus landmarks. **JOSH REYES/THE CAPTAIN'S LOG**



The compass began with swirls and lines that drew the eye to the center of the design (left). The overall compass drew inspiration from the artwork on the floor of the Tribble Library's main foyer. **RENDERINGS BY MITCH PHILLIPS**



Phillips (left) cropped his design of the library to create the CNU Snapchat geofilter. The filter features the library's cupola and some text.

Mandatory Fees: a look at funding CNU's athletic department

Every student is required to pay a set of mandatory fees, 29 percent of which goes to athletics, whether or not a student participates. Rachel Wagner says she's happy to contribute and support CNU sports.



RACHEL WAGNER
STAFF WRITER

When I started looking for the college that would best suit me, my main concern was academics. While there are club and intramurals galore to choose from, varsity athletics have never been appealing to me. Some of my best friends, both in high school and even here, are athletes though and I am happy to support them. Every semester, part of a student's bill includes mandatory fees. Part of the fees are used to cover things do not fulfill the university's academic mission. Part of the fees CNU students pay every year goes toward CNU's athletic program. According to a report released in July of this year by the State Council of Higher Education in Virginia (SCHEV), in a single year students will pay \$4,844 in mandatory fees and of that amount, \$1,416 (approximately 29 percent) will go toward the athletics.

I recently joined the Quidditch team here at CNU and am absolutely in love with it. The people I play with are a fantastic group of individuals and we all share the same passion for the game. It has been a fantastic experience for me, and I am so glad that this opportunity is there for me to enjoy.

As someone who is not a collegiate level athlete, my first thought was that it was pretty steep, especially when compared to other schools. But then when taking into consideration how small our school is and how small our athletics program really is, while I may not be playing out on the field, I'm sitting up in the stands cheering on my fellow Captains as they participate. The funds go into making the program what it is, what CNU students love to participate in and enjoy. We as Captains are just doing our part to support all walks of life on CNU's campus.

These fees aren't just used to cover collegiate level athletics; club and intramural sports also benefit from these funds and those are things that any CNU student can join and benefit from each and every year.

Speaking to Freshman Cross Country member

Nicholas Broemmel, who did not know anything about the fees or what they were used for, Nicholas said "I'm fine with that much money. I like the athletics, all the programs, I think it's good that we support it."

Fellow Freshman Brett Eubank who is not involved in athletics here at CNU but was a multi-sport player in high school echoed Broemmel stating "I think it's fine. Coming from a sports background where I sat there and I did fundraising for my athletics in high school all the time, you need a lot of money for it. A lot of students in general will go to the events no matter what, which will also help cover the costs a little bit."

I think that both Broemmel and Eubank bring up great points. The only way athletics get anywhere is through support. Not only does this include us using that fee money to help pay for it, but it also means showing up to the games and cheering them on.

CNU is my home now. The athletes on the field and my newfound club team are part of my family, and as such, I'm going to do everything in my power to support them and I look forward to that over my time here at CNU. ■



On Saturday Sept. 12, the Rotaract Club walked four miles on the Noland Trail, filling about 20 bags with trash that they collected along the way.

BY MACY FRIEND
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Members of the Rotaract Club went to the Noland Trail where they participated in their annual trash pick-up event on Saturday, Sept. 12.

The Rotaract Club is a branch of Rotary International. Students are able develop leadership and professional skills through their community involvement.

They are a service-oriented organization that not only serves the CNU community, but the Hampton Roads area as well. They have participated in Relay for Life, helped with the Achievable Dream Tennis Ball event, assisted elementary schools in their fall festivals, baked mid-term cupcakes and helped with a food co-op.

Every Fall semester, they go to the Noland Trail to pick up trash to create a safer, cleaner environment.

"[We] get to talk with new members and serve the community at the same time," Historian PR E-board member Deanna Watford said. ■



(Left) Freshman Casey Kress collects trash from the trail. (Right) Rotaract members walk the trail, looking to fill up their bags with trash. **ALL PHOTOS BY MACY FRIEND/THE CAPTAIN'S LOG**



Members pose along the Noland Trail with their bags of collected trash. While this was an opportunity for service, it was also a way for new members to meet everyone and for the club to bond.



Members take a break to pose for a selfie.



Juniors Malik Outram, Taylor O’ Brien and freshman Emily Stevens lead the group.



(Left) Junior Kristen Plesnarski, (middle) freshman Jordan Yarros and (right) junior Oleva Berard collect trash on the side of the trail.

CNU wins Beacons Invitational



The volleyball team went 4-0 and emerged as champions of the Beacons Invitational for the second time in four years.

Senior Rachel Conway (on left) had an incredible performance at the Beacons Invitational, finishing the weekend with 173 assists—58 of which came against St. Benedict. **BEN LEISTENSNIDER/THE CAPTAIN'S LOG**

BY BEN LEISTENSNIDER

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The third-ranked volleyball team continued its amazing start to the 2015 season by going undefeated in the annual Beacons Invitational held in Boston. Despite an extremely difficult schedule—including 12th-ranked Eastern—the Captains managed to win all four of their games and the tournament for the second time in four years.

Once again, junior outside hitter Briana Sutton was a monster, posting a tournament high 70 kills. Sutton is a constant threat to CNU's opponents and currently leads the team with 136 kills—50 more than the next closest Captain.

The Captains also were defiant on defense, with junior libero Rachel Close averaging five digs per set and senior Ashley Rock posting 14 blocks, five of which were solo. Another standout senior was Rachel Conway, the team's leader in assists.

Conway, who leads the Capital Athletic Conference with 11.23 assists per set, already has 348 assists this season. The Captains' first game of the tournament, against St. Benedict

Game to watch...

Juniata



Overall Record: 8-0

Away Record: 2-0

Ranked fourth in the nation

Last meeting: 3-2 CNU

was a major boost to that stat as Conway posted a career high 58 assists during that game.

The Captains will seek to extend that domination as the host their annual CNU Invitational on Sept. 18 and 19.

On the first day after playing Averett the team will face its toughest challenge of the season in fourth-ranked Juniata.

The second day of competition will pit CNU against Desales and Bethany. ■

Strong start in field hockey conference play

Coming off a 3-2 loss to Lynchburg, CNU rebounds to take down Wesley 5-1 in the Capital Athletic Conference opener.

BY BEN LEISTENSNIDER

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A 3-2 loss to Lynchburg on Sept. 9 did not shake the 16th-ranked Captains' confidence headed into conference play as CNU posted a 5-1 victory over Wesley just three days later.

The Lynchburg game got off to an incredibly fast start with the Hornets scoring within the first 90 seconds. CNU immediately responded, however, with a goal of their own by sophomore Carol Thompson off an assist by senior Lisa Murphy.

The score remained tied at one until the second, when Lynchburg found the back of the net early in the half. CNU was able to pull back within one when freshman Abby Cryts managed to beat the keeper.

That would be the last time CNU would score in that game, however, and were handed the first loss of their season—to

a team currently ranked 17th in the National Field Hockey Coaches Association rankings.

The Captains were able to find their offense again as they traveled to take on Wesley in their CAC opener.

The scoring started with a goal by senior Lauren Cheatham, who currently leads the team with 11 points. Sophomore Alexa Weaver also got a score in before Wesley responded with one of their own.

Any chance of Wesley pulling off the comeback was erased just two minutes later when rookie Cori Black added an insurance tally with her second goal of the year. Joining in the fun were freshman Rachael Allshouse and senior Sam Snider, who both managed to put one in as well.

The Captains will next host Washington and Lee on Sept. 19 at 2 p.m. ■



Freshman Cori Black, picture on right during the preseason Alumni game, made an impact in the team's CAC opener against Wesley when she scored her second career goal. **BEN LEISTENSNIDER/THE CAPTAIN'S LOG**

This week in CNU soccer

The men's and women's soccer teams excelled in their respective tournaments, combining for a 3-0-1 record.

BY BEN LEISTENSNIER
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Both of CNU's soccer teams had excellent weekends, with neither team being handed a loss at their respective tournaments. The men's team traveled to New Jersey for the Cialella Soccer Classic, while the women hosted the Captains Classic on Sept. 12 and 13.

The men started the weekend off in exciting style with an overtime win over New Jersey City University. The Captains dominated in regulation, outshooting NJCU 21-5.

Despite the onslaught, the NJCU goalie proved to be unbeatable, and both teams headed into overtime scoreless.

Less than five minutes into the extra time, however, the Captains finally scored, with senior Ryan Balfour finding the back of the net.

The team's next game turned out to be a scoreless draw against Rutgers-Camden, which led to the Captains being named the champions of the tournament.

Meanwhile, the women's squad had an equally successful weekend at its home tourney.

Outscoring their two opponents 4-0, the Captains found immense help from their rookies, who accounted for three of the four goals.

In game one against Houghton, midfielder Gabby Gillis scored her first career goal just 12 minutes into the game. Insurance tallies were tacked on by junior forward Victoria Perry and rookie Ariel Gardner.

In game two against Methodist, it was rookie Kayla Locklear who made the difference, scoring the lone goal of the game. ■



Junior midfielder Allie McWilliams provided an assist in the Captains' 3-0 domination over Houghton College, the 6000th win in the CNU Athletics program's history. BEN LEISTENSNIER/THE CAPTAIN'S LOG

Football fails to find offense

The Captains couldn't keep pace with an explosive Hampden-Sydney team and lost the first game of their young season 24-9.

BY BEN LEISTENSNIER
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The Captains' strong offensive attack from last week was stifled on Sept. 12 as they dropped a 24-9 decision to Hampden-Sydney in the team's only non-conference game of the season.

Neither team was able to put any points up on the scoreboard until six and a half minutes left in the first quarter when CNU rookie Dylan Curran managed to make his second field goal in two games.

This was the last time that the Captains would score until Taylor Loudan pulled in a 15-yard touchdown pass from Tyler Quigley with 38 seconds left in the game.

The defense was helpless against Hampden-Sydney's offense, which achieved over 400 yards of total offense and 24 unanswered points. Hampden-Sydney's defense—on the other hand—were ruthless and limited the Captains to under 300 yards. Only 52 of those yards were on the ground.

In comparison, the Cap-



Senior Arsaiah Robinson couldn't help CNU's ground game, as the team only rushed for 52 yards. BEN LEISTENSNIER/THE CAPTAIN'S LOG

tains had nearly 150 yards of rushing and 400 total yards of offense against The College of New Jersey in the conference opener.

The Captains will have the toughest challenge of their season this upcoming weekend as they travel to Delaware to

take on Wesley on Sept. 19.

Fifth-ranked Wesley, who made it to the Final Four last year, was the unanimous pre-season favorite to win the New Jersey Athletic Conference. In their season opener, the Wolverines dismantled Frostburg State by a score of 44-3. ■

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Shaping up to be a banner year

Outside band's big year, the color guard has some milestones of its own.



Freshmen Paige Hite and Andrea Gamache join together to perform the routine for "Masters of Puppets", alongside the remainder of the color guard. **BENJAMIN LEISTENSNIER/THE CAPTAIN'S LOG**

BY KATHERINE GITTMAN
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When you think about the Marching Captains—or any marching band for that matter—you probably don't immediately think about the people racing across the field, spinning the flags and tossing the rifles, sabres and air blades.

They're kind of hard to miss, though, especially now. This year, the Marching Captains have 31 color guard members, which is the largest color guard that the band has seen in the past twelve seasons. While the color guard plays an important role in the overall effect of the band, there is a lot more that goes into the work of the color guard than meets the eye.

Because the guard is a part of the visual effect of the band there are high standards placed upon them. They arrive a few days early for band camp to practice flag and dance techniques, hold auditions for the advanced flag and weapon line, and start rehearsing for both the pregame and halftime shows. It is both mentally and physically demanding; a lot of work goes into putting all the work performance together and trying to work with each other, especially with a color guard of 31.

A common misconceptions about the color guard is that it looks easy, but in reality, it takes years of practice to make a performance seem effortless. "I love the fact that everybody assumes that it's easy, but it's really difficult," said sophomore Alejandro Delossantoscoy. "I love all of the work that goes into something that we do and how beautiful it looks. The finished product is always amazing, especially when you have the crowd standing on their feet at the end of a show."

When it comes to color guard, it is highly noticeable if the routine is not together, or even slightly unsynchronized. There is a lot of pressure to perfect every move, and with that comes a lot of time practicing each routine consistently. With 31 members, there is a lot of talent to work with. The color guard consists of members who have all different levels of experience. There are some who have been in color guard since they were freshmen in high school, and others with only a couple of years of experience prior to coming to CNU.

This year there are an equal number of returning students and new members who all have a lot of talent, which makes for a strong

group. "I feel like the guard has made a lot of progress since my first year here," said junior Ashley Brooks. "We have definitely grown a lot in numbers and skill levels, especially with the new freshmen that have come in."

The guard works just as hard as the band to make the game-day experience like no other. "I like the feeling of performing in front of a lot of people," said freshman guard member Christina Barnes. "There is just some mode that you get into when the crowd is cheering for you and all of that work you put into [the routine] during band camp pays off because people are actually acknowledging all of your hard work."

For Brooks, "My favorite part about being in the guard and the Marching Captains altogether is the spirit aspect" Brooks said. "It's basically what we bring to the football games."

As the color guard continues to grow in size and in experience, the audience can expect a lot out of the Marching Captains' color guard. ■

Katherine Gittman is a member of the color guard.

Breaking free

The breakdancing club gets philanthropic this weekend.

BY KELSEY RIPA
KELSEY.RIPA.12@CNU.EDU

Breakdancing is an art form that requires huge amounts of strength and agility, as well as an affinity for hip-hop. It's well known for being affiliated with urban areas, night clubs and now...philanthropy?

CNU's Altered Xpressionz invites you to come to the Freeman Center auxiliary gym on Saturday, Sept. 19 at 12 p.m. for their first ever jam where the proceeds will support Rosemary Tribble's charity organization, Fear 2 Freedom. The title of the event is cleverly named "Breaking Free."

The nonprofit organization Fear 2 Freedom's mission is bringing hope and healing to those who are victims of sexual abuse and helping to restore their lives. When senior Chris Adleson, the President of Altered Xpressionz, isn't on the stage breaking, he's spending time with his fraternity brothers of Kappa Delta Rho. "I'm sure you've heard...or seen list after list of sexual harassment or assault happening in greek life," Adleson comments, "so I chose to do this because I feel like it's my obligation, my duty to do something positive toward that, being a fraternity member. So I thought why not take something I'm passionate about, like dance, and make something positive come out of it?"

Altered Xpressionz first had the idea to bring a jam (breakdancing competition) to CNU some time ago, but didn't expect their plans to come to fruition until sometime later in the future. They are eager to see it come together. Gerald Dasal, a dancer from Altered Xpressionz said that this event could be a spark to not only attract other breakers to the Newport News area, but also expose the people of CNU to the culture of breaking. "We're trying to get not just people from Maryland and Boston, but we want to get people from CNU into this... .Not to have an event where only breakers can come, but to have an event where breakers can come and entertain the masses and maybe get more people involved."

The breaking jam will be a 3v3—teams of three members facing off against another team of three—where teams can sign up and will compete in a bracket-style competition. Each round will be judged by three, high-level b-boys (break boys) that go by the names of Stelf, Gunjak, and Muchado. The winner of the competition receives a prize of \$1000. The entry fee is \$3 for CNU students, \$5 for Non-CNU students, and \$30 (at the door) for competitors. For more information about the event, contact President Chris Adleson at christopher.adleson.12@cnu.edu. ■

Event starts at 12 p.m., Freeman Center auxiliary gym. Competition section begins at 5 p.m.

Raise your voice

BY SAMANTHA CAMILETTI
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It could be easy to dismiss vocal performance as a purely observable art—too challenging to be understood, but simple enough to appreciate and admire. The students of the theater department's Vocal Prep class challenge this stigma, where they discover, refine and showcase the extent of their true voice all in the course of a semester.

Dr. Connie Ironmonger, a voice professor here at CNU, and Suzanne Daniel—a freelance musician and accompanist for the class—team up to bring a comprehensive foundation class for students interested in the Musical theater track. This is their third year co-teaching a class.

"It's a very diverse curriculum with a primary focus in performance," Ironmonger said. "The first day, everyone introduces themselves, their background and favorite roles, and we go over the syllabus." The class has a very quick pace. "The second day, they're thrown into the deep end."

The main parts of this class consist of students learning two contrasting musical theater songs—a more contemporary piece (usually an up-tempo or ballad) and a "golden age" piece, normally from the 1970s or earlier.

Students learn a variety of things in the class: their voice type (soprano, belter, or mezzo, or tenor, baritone or bass), keyboard and piano skills for their specific song choices, music theory, vocal health and function of the voice, and how to imbue a certain character into their voice. "While it's mostly performance-based, we want [our students]

to be literate musicians," Ironmonger said. "We want to kill the stereotype of 'Oh, there's musicians and then there's singers.'"

Students are additionally expected to purchase a musical theater anthology book, featuring contemporary music ranging from the '90s to 2012. All of these skills can be used in their repertoire book, which they can use for audition cuts. "Because of that, we try to make [the songs] as versatile as possible," Ironmonger added.

There are three main assessments in the course: the first song performance, second song performance and the final exam where the students perform in front of a jury consisting of their peers and five theater faculty members, including Ironmonger. In between all of this students have classes, review sessions and extracurricular practice. And they still manage sanity.

Daniels and Ironmonger prove to be selfless and extremely supportive mentors, often staying late to help students with their singing. They also don't impose a heavy restriction on song choice for the final. "The students get to choose which song to do for jury," Ironmonger said. "As long as [the repertoire] is balanced, and I can see the fire and passion in them and it's interesting to listen to, I don't limit song choice that much. I just give them the tools to refine it. The students should find their own voice, not copy someone else's. Don't give me the cast recording. We can always listen to the cast recording, but it's their take on the song that matters."

Part of the class requires most of the repertoire book to be appropriate for

As a liberal arts school, CNU is home to some incredibly unique ways to log credit hours. One such class is the Theatre Department's Vocal Prep course.



Ironmonger's class listens attentively to a student presentation on vocal health and ways to keep vocals in good shape. MACYFRIEND/THE CAPTAIN'S LOG

the Spring Musical auditions, which are normally held in October. "We try not to make it totally focused on the Spring Musical, because we do have our upper-classmen who are in private voice and are involved in workshops to help them with their singing and audition cuts," Ironmonger said. The Spring Musical is simply a focal point and a convenient performance opportunity for students. "This is my fifth year here," Ironmonger said. "And I've only seen the program getting stronger. Our students are really driven and the atmosphere has just gotten more and more positive and pol-

ished. We already have freshmen with professional experience."

Though Ironmonger has been in theater "for forever," performing in many shows like "Guys and Dolls," her enthusiasm for it has clearly not dampened. "Seeing my students up on stage is always exciting. I've seen some really unique moments come out of the showcase pieces that they do. Seeing them put all of the time and energy into their work, and watching them grow and know what kind of music they want to do—being on that journey with them is very exciting." ■

Prepare to be aMAZEd

In honor of the Scorch Trials release, a look at some of the past labyrinths of the silver screen.

BY CHRISTOPHER GABRO
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5. "Dark City": Imagine a world where citizens are not just prisoners of their city, but of their own minds. One man is able to transcend these atrocities and must unearth the truth—if it is even out there. Or is he to simply a rat in an elaborate maze that has a mousetrap and cheese awaiting him? Absurdity riddles the atmosphere of the film and the film will leave audiences desiring more.

4. "Inception": Traversal of the unconscious mind has never been further explored than in Christopher's Nolan's masterpiece "Inception." The act of seeding an idea in another's mind leads Nolan's protagonist into a realm where anything he dreams of is possible. Cities are manipulated as if they were paper, stairs have never ending loops and dreams are placed within one

another. All of this culminates into one of the mind-boggling stories of this century. Each viewing of the film allows the audience to see the maze perceived through a different character and discover the effects the mind has on reality.

3. "Labyrinth": One of the most innovative fairy tales ever told on the silver screen. The story follows a young girl (Jennifer Connelly)—also stars "in Dark City"—who wishes her infant brother away, immediately regretting the wish once she learns that the Goblin King (David Bowie) has granted it. The king rejoices in the girl's fear, eventually torturing her soul and body and attempting to seduce her. Connelly must find a way to the heart of the maze to find her lost brother, but she also has to escape the dreams that Bowie embeds in her mind. Although "Labyrinth" was a massive failure at the box office at

the time of release, the film has since received one of the largest cult followings.

2. "The Shining": A modern retelling of the Athenian myth of Theseus and the Minotaur, "The Shining" revives a classic Greek legend into a horror movie for the ages. Trapped at the Overlook Hotel in the dead of winter, the Torrance family must endure what has become of the patriarch, Jack, who suffers from some hellish writer's block. Director Stanley Kubrick intentionally created the hotel to be a maze, and the way in which the film is shot it is impossible for the hotel to actually exist (Fans have created blueprints of what the hotel would look like under Kubrick's vision and it has overlapping walls, doors, windows, and staircases that aren't physically possible), allowing the viewer to feel trapped in the hotel along with Jack. The film finally closes with the father-turned-monster following his

son into the hedge maze that seems to swallow the viewer as well.

1. "Pan's Labyrinth": Ofelia is a young girl who basks in the world of literature, her only escape during the Spanish Civil War. Unfortunately, her fairy tales aren't gleeful; most involve torture, blood and grotesque dangers. Ofelia's mother has just been remarried to the general of a Spanish garrison, who happens to be a corrupt tyrant. The film presents a wonderful allegory of the Civil War; Ofelia is the embodiment of the martyrs who fought and died for the Republican values and her new stepdad, Franco, embodies that cruelty and a brutal hunger for power. It is a modern magical fantasy that reveals that through blood and patience, through both heroes and foes, truth will emerge—truth is only brought by the eerie power of childhood wonder and imagination. ■

Campus housing, yes or no?

When evaluating your housing options, there are important pros and cons for each that you should keep in mind.



Despite the comfort and convenience of CNU residence halls, many students choose to find apartments off campus after the mandatory three years of residency. **MACY FREIND/THE CAPTAIN'S LOG**

BY BETHANY PYLE
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CNU residence halls are number five in the nation, which is a pretty big deal. The administration has worked hard to provide comfortable and convenient housing options for students. However, many students choose to live off-campus after the mandatory three years of on-campus residency, and others simply don't get a room when the housing lottery comes around. Whether it's the cost, the privacy or the freedom of having your own place, there are many pros and cons to be considered when choosing where to live.

Ali Jones is a senior who moved off-campus this year for the first time. Jones said that it was not a lack of housing that made her move off of campus, but that she wanted to move away. One of the biggest perks of being off-campus for her was the peace and quiet. "Having roommates makes me very stressed," said Jones, "I love that off-campus, I can have an apartment all to myself. It definitely makes studying a lot easier."

But there are some undeniable perks to living in CNU's residence halls. Among some of the problems she has faced, Jones said that off-campus, "maintenance issues aren't fixed as quickly as they are at CNU." She added that, "you have to pay rent, utilities, and cable every month

and it (could) be easy to forget." Likewise, no matter where you live off-campus, it is going to be further away than your typical residence hall is to your classes. Both the commute and gas money could cause problems.

Freshman Vanessa Barahona currently lives in Santoro, and she said that she never sees herself wanting to move off campus. "If I do move out of campus, it would probably be somewhere near, but it's not very likely," she said. For Barahona, the perks of campus life far outweigh any negatives; "you meet new people

who live just a few steps from you...the academic buildings are close to you also. Everything is basically provided."

However, Jones and Barahona noted what is arguably one of the best things about living off-campus; having pets. So, if you want everything close by, including friends, study spaces and classrooms, you may want to look into campus housing. But if a quiet apartment and a dog is more your style, then off-campus is the way to go. Both have plenty of pros and cons, but ultimately it depends on your individual preference. ■



One of the undeniable perks of living on campus is being in close proximity to both classes and friends, but off campus housing is still tempting for many students. **PATRICK DUBOIS/THE CAPTAIN'S LOG**

Football season is in the air.

Besides the cold weather, there are plenty of ways to tell football is back.

BY KELSEY RIPA
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Fall is such a great season. It marks the return of chilly weather, the Pumpkin Spice Latte, Halloween, and, of course, football season. Even if you're not too in tune with sports, there are a couple of sure-fire signs that let everyone know that football is back at CNU.

Everyone You Know Suddenly Owns an Endless Supply of Sports Paraphernalia.

I'm talking scarves, sweat shirts, sweatpants, jerseys, pom-poms. Everyone on campus from little toddlers visiting on the weekends, to sweet old ladies will be covered head to toe in that Blue and Silver.

It Becomes Acceptable to Walk Around in Broad Daylight With Your Face Painted.

A grown man with his face painted isn't usually a look that is seen too often, but during football season, it's prominent even amongst the manliest of men. You'll even find those sweet old ladies with CNU colors smeared across their faces.



Face paint, t-shirts and screaming fans; a few of the ways you can tell football season is here. **BENAJMIN LEISTENSNIER/THE CAPTAIN'S LOG**

You Can Always Tell Whether Our Team Won Based on the Expressions on People's Faces.

The world suddenly gets quieter after a tough loss; but weather in Newport News is quick to change, and the cloud of defeat will soon be swept away as students get pumped for the next win.

Everyone's Ability to Stand the Cold Magically Changes.

You will see that people who normally complain about 50 degree weather are able to stand shirtless in the bleachers in nearly below freezing temperatures. Oh, and their bare chests are usually matching their paint-smeared faces.

"Football Parking Towing Enforced" Emails.

Don't forget guys, don't park your cars behind Poto-mac because it will be closed to make room for *other cars* that are dedicated to barbecuing before noon. Thanks for letting us know, Frank Council.

The Real Tailgating Starts.

Speaking of tailgating... I mean sure, tailgating happens during other sporting events—but nobody does it better than football fans.

You Can Hear the Marching Band Practices Resonate Throughout Campus.

I'm pretty sure I heard them play "Master of Puppets" and "Thanks for the Memories" not too long ago. And it was awesome. But none of those songs can really beat CNU's Fight Song, which is played at every football game. ■

Uncle Edgar's Extremely Good Advice.

Questions, comments, concerns? Uncle Edgar is here to help.

Hello, dear readers, and welcome to Uncle Edgar's Extremely Good Advice Column. Here, every couple of weeks or so, I'll give you some real good advice based on letters from you, the readers! Today's letter comes from a sophomore named Matt Realname.

"Dear Uncle Edgar,

My RA is really attractive, and I feel like she treats me differently than the other people on the hall. Even if she likes me, should I do anything about it?

Sincerely,
Matt Realname"

Well, Matt, I can start by saying your conundrum isn't uncommon for students here. CNU has an absurd number of attractive people on campus (myself included), so it's only rea-

sonable that our Resident Assistants would also have it goin' on.

Resident Assistants have to maintain a delicate balance between being approachable enough to trust while still being able to lay down the law. Starting a relationship with a student could throw that balance out of whack. That said: dating your RA is a brilliant idea.

RAs have all kinds of privileges not available to normal students—for instance, minibars stocked from Tribble's private reserve, room service from the dining halls, and access to all the Full House Blurays they could ever want.

Starting a relationship with an RA means you can make use of these delightful amenities as much as you

like. Have you ever wanted to enjoy the delights of Tender Tuesday while watching the classic Full House episode where the grandfather dies and Uncle Jesse does a traditional dance for Michelle's school? If you date an RA, that could be every day!

So now we've established the fact that dating your RA is actually better than dating most other people. Now, I know the question that's going through your head right now: "Uncle Edgar, I love Full House but have no idea how to initiate a relationship with my RA considering the already-delicate balance of power in a hall. How do?" Don't worry, my friend, I have you covered.

If your RA is attractive, you've already got some com-

petition; you're definitely not the only one to notice her bodaciousness. You might think you already have an edge if she treats you differently, but you can never be too safe, so make yourself stand out. Wear an interesting hat, such as a propeller beany or a fedora. Demonstrate your musical talents to your hall by playing 'Wonderwall' on your cheap ukulele with the door open. Make your whole hall know how unique you are.

Once you've got your RA painfully aware of your existence, you should make your next move: letting them know you're interested. During hall meetings, look at them unwaveringly. In fact, try and keep perfect eye contact whenever you see your RA, be it in the

hall, at the front desk of your building, at the dining halls, or out on campus between classes.

After you've done this for a week or two, you can be certain that your RA definitely wants your bod. At that point, all you have to do is wait for them to come crawling to you, and it's all chicken tenders and Full House from then on!

Best of luck on your romantic misadventures, Matt!

From,
Uncle Edgar

Do you have a question for Uncle Edgar? Send any and all questions to UncleEdgarAdvice@gmail.com ■

Summer snow days at Pelicans.

During those hot summer months, Pelicans offers light, fluffy snoballs reminiscent of snowy winter days.

BY MADELEINE SCHULER
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I hate winter. I dread the freezing, wet days that seem never ending in those dreary, cold months. I hate having to dress like an Eskimo and delay when I reach my destination. I hate walking outside and being smacked in the face with frigidly cold air.

The only aspect that makes this time of the year somewhat bearable is snow. Not because I love building snowmen and making snow angels, but because with this icy, winter weather comes the best version of my favorite summer treat: snow cones, a treat I thought

only came during my least favorite part of the year. Until now.

Pelican's Snoballs are unlike any other snow cones. They are not grainy or hard, but rather fluffy and light. It tastes just like biting into a snowball in the middle of winter with delicious syrup evenly distributed throughout the whole cup. With over 100 flavors to choose from—from dreamsicle to dill pickles, from margarita to toothpaste—there are not many tastes that Pelican's does not carry.

Situated only eight minutes from campus on Warwick Blvd, this bright blue little shack is extremely hard to miss and is always packed with locals looking for a place to cool down.

Inspired by the classic New Orleans style Snoball, Pelican's is named after the state bird of Louisiana and strives

to remain true to its roots while still experimenting with new ideas. For example, they have created "Pelican Bucks," resembling Mardi Gras coins, which are accepted at all Pelican's locations and saves regular customers \$5 with the purchase of 25 Pelican Bucks.

The shop also offers tons

of games that make getting snow cones a treat as well as an outing. From corn hole, to hoola hooping, to ladder toss, Pelican's caters to children and adults alike. However, my favorite way to enjoy Pelican's is to drive a few more minutes down the road to Huntington Park and savor this summer

sweet while watching the sun go down over the water.

Unfortunately, you only have limited time to try this delicious, frozen concoction, as Pelican's closes on Oct. 31 and does not open again until April 1, so grab some friends and make the short drive today to grab your first Pelican's snoball. ■



The bright, colorful exterior of Pelicans is sure to catch your eye when driving down Warwick, and while you can enjoy your snoball at the shack itself, Pelicans is only a short drive from away from Huntington beach. **MADELEINE SCHULER/THE CAPTAIN'S LOG**



Nothing is more refreshing than a simple, fruity snoball, but these are only available until Halloween. **MADELEINE SCHULER/THE CAPTAIN'S LOG**

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