



# THE CAPTAIN'S LOG

THE VOICE OF CHRISTOPHER NEWPORT UNIVERSITY STUDENTS

@CNUCAPTAINSLOG WWW.THECAPTAINSLOG.ORG

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Rayshard Brown and Sam Porter led the way to a doubleheader sweep over Salisbury. BEN LEISTENSNIER/THE CAPTAIN'S LOG

## Captains take down Salisbury

In two extremely important games with major Capital Athletic Conference postseason implications, the Captains were able to find a way past one of their biggest rivals: Salisbury. For the full story, turn to page three.

## CNU Teach-in discusses issues facing public



Dr. Roberta Rosenberg addresses a question during a Q&A following a panel at the CNU Teach-In. BEN LEISTENSNIER/THE CAPTAIN'S LOG

News editorial: Brett Clark, a Trump supporter, talks about his experience at a “predominantly anti-Trump” CNU Teach-In on Jan. 28.

BY BRETT CLARK  
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On Saturday, Christopher Newport hosted a Teach-in. As explained by the event's coordinator, Dr. Roberta Rosenberg, teach-ins became popular in universities across America during the Vietnam War.

A teach-in is comprised of educational seminars that typically focus on current, pressing

political matters.

Saturday's teach-in was designed to create a platform where students, professors, and local residents could “discuss the important issues facing the American public during the Trump Presidency.”

The opening seminar began shortly after 9:30 and premiered Democrat Mike Mullin, a CNU graduate, former criminal prosecutor and current

state legislator in the Virginia House of Delegates.

After doing a quick head-count I noticed the room was about 5:3 female to male and 7:1 visibly white to visibly other.

For 9:30 on a Saturday morning, I thought that the room was filled pretty well with around 85 people.

TEACH-IN  
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Weekly pic

Fans got their fair share of excitement during the men’s basketball game against Salisbury. Despite being down by ten halfway through the first half, the Captains were able to mount a comeback within the last minutes of the game. CNU eventually took the lead with 2.9 seconds. **Photo by Ben Leistensnider/The Captain’s Log**

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Happened

- Jan. 27**  
**CAB Presents... Lip Sync Showdown**  
Groups performed their choice of song at 8 p.m. in the Gaines Theater to compete to win prizes. Although groups were permitted, soloist, Rubin Harvey won the event after his stellar performance of “The Circle of Life.”
- Jan. 28**  
**CNU Teach In**  
Students spent the day in McMurrin Hall from 9:30 a.m.-3:30 p.m. with over 20 professors and student presenters as they discussed key issues facing the American public in Trump’s presidency.

Happening

- Feb.1**  
**RHA Roommate Mixer**  
If you are still looking for a roommate for the 2017-2018 school year, stop by the RHA Roommate Mixer from 12:30 p.m.-1:30 p.m. in the Crow’s Nest.
- Feb. 7**  
**Phi Mu Greek Auction**  
Phi Mu will be selling Greek gear for all IFC and Panhellenic organizations in the DSU Ballroom from 6-10 p.m. The items are spring break themed and will include coolers and beach chairs, among other items.



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2016-2017

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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](mailto:clog@cnu.edu)
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## CNU TAKES DOWN SALISBURY



In two important games with major conference postseason implications, the Captains found a way past Salisbury.

BY BEN LEISTENSNIER  
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There are a few accomplishments that all athletes strive to achieve over their careers: winning a championship ring or setting a new record to name a couple. Another extremely important one is taking on a difficult rival and coming out on top.

Both of Christopher Newport's basketball teams did just that as they squeaked out close victories over Salisbury on Jan. 25. This was the second win for the women over the Seagulls this season, while the men avenged a heartbreaking loss following a Salisbury half-court buzzer-beater during their first matchup on Dec. 17.

### Porter goes off

Basketball may be a team sport, but it was clear who was responsible for the women's team's 61-58 victory on Wednesday. Junior Sam Porter had the best game of her career, regis-

tering a double-double with 10 points and 33 points. It was the first 30-point game for a CNU player since the 2014 season, when now-assistant coach Nicole Mitchell scored 38.

Although Porter scored more than half of CNU's points alone, she did receive help from her teammates on the offensive side. Junior Devon Byrd was the second leading scorer for the Captains as she finished with nine points and sophomore Jessica Daguilh had five offensive rebounds.

The Captains, with an undefeated 19-0 record, now have a commanding hold on first place in the conference. That will be put on the line, however, as CNU travels to Mary Washington on Feb. 1.

Mary Wash was the pre-season conference favorite, but CNU won the first matchup between the two teams 75-67.

### 2.9 seconds

For the second time in a row, the game came down to the last



(Top) Freshman Spencer Marin celebrates with fans following the team's dramatic 55-53 win over Salisbury. When the final buzzer sounded, the crowd rushed the court. (Above) Junior Devon Byrd was also critical to the women's success, adding nine points to the offense. BEN LEISTENSNIER/THE CAPTAIN'S LOG

2.9 seconds for the men's teams.

The last time the two teams met, Salisbury let fly a half-court buzzer-beater at the 2.9 second mark.

This time, junior Marcus Carter was fouled with 2.9 sec-

onds on the clock that set up the game-winning points.

It was a tough game for the Captains who, despite taking a 5-0 lead to start the game, found themselves in a ten-point hole early.

The team battled back, led by seniors Tim Daly and Rayshard Brown—who both finished with 13 points.

Having avenged their first loss to Salisbury, CNU now owns the top spot in the CAC. ■



## Focusing on Undergrad Research

As CNU undergoes the QEP reaffirmation, undergraduate research comes into focus.

BY MELANIE OCCHIUZZO  
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CNU is adding another pillar to the already three pre-existing experiential learning co-curricular opportunities afforded to its students.

The Office of Undergraduate research and information literacy will join the Offices of Civic Engagement, Internship and Study Abroad.

CNU is up for reaffirmation this December and the Research Lens Initiative proposed will be the university's latest Quality Enhancement Program (QEP).

Dr. Geoffrey Klein and Dr. Matt Hettche are part of the committee dedicated to making sure that CNU meets the standards of the QEP and enhances a part of the university's push for student opportunities.

"I've always been a huge proponent of undergraduate research," said Klein, "It gives students a chance to take what they've learned in the classroom and apply it to the unanswered questions in their field."

The Research Lens Initiative started to combine undergraduate research and information literacy.

The committee dedicated to this project needed to decide what was important and what was successful in the already pre-existing

undergraduate resources before they were able to decide what the university needed.

There was a three year process dedicated to figuring that out. Dr. Michaela Myer started this process as the Chair of the QEP committee.

She surveyed students and focus groups to find out what the student body needed most and the committee branded the Research Lens as their on-campus initiative for enhancing educational outcomes.

"We want students to be able to formulate the right question and know how to find the answer," said Hettche.

The Research Lens will provide mentors and projects to find the answers the students are pursuing.

The biggest challenge that arose within the process was figuring out how to embrace all the colleges in undergraduate research commented Hettche.

The whole purpose was to promote undergraduate research literacy, something that was already being singularly pursued amongst the student body.

Right now the student body is aware of the opportunities for undergraduate research but there is a need to expand the interest and knowledge of what students can accom-

plish said Hettche.

The total cost for the project will be an estimated 4.5 million dollars but the majority of that is already being used on campus to pursue informational literacy and undergraduate research Klein says.

He explains that the budget for the research lens will be refocusing the already pre-existing funds specifically for this project.

This isn't CNU's first QEP reaffirmation process. Back in 2007 the university introduced a program focused on enhancing critical thinking.

This led to institutional changes that bettered the student body; freshman seminars were created to make sure the critical thinking was a primary focus of the students.

Klein describes the reaffirmation process as a grant proposal.

The institution self-reflects and puts forth a plan to allow the institution to make changes Klein said. The reaffirmation process allows you to make changes to those plans.

The next hurdle in the process of reaffirmation, is promoting this new-found brand to the university. There will be pushes in social media, a poster campaign and a new video released, all dedicated to the Research Lens program.



## RESEARCH LENS

LEARN • EXPLORE • NAVIGATE • SHARE

PHOTO COURTESY OF DR. HETTICHE

At the end of March there will be an external committee that comes to CNU that assesses the work done and in December the university will know whether they have been approved for reaffirmation.

The accreditation process is important to the industry of higher education and once you've been accredited you must be reaffirmed to keep that status said Hettche.

Hettche describes this as a way to ensure that universities are always pushing to become better, to provide better opportunities for their students.

At the start of the fiscal year, July 1, the Budget Advi-

sory Committee will begin the process for approving the budget for the Research Lens.

So far, Klein is unsure if this new project will affect student's tuition. This program is mainly using money that is already designated for undergraduate research and information literacy's use.

The Research Lens will be implemented over the next five years, so the work is far from over but Klein remains confident.

"I think we've worked on a program that will enhance a student's research skills and it will be a good program for the student body." ■

## "Teaching-In" Trump's America



Dr. Rosenberg was one of the professors who hosted CNU's first Teach-In. She spoke of how the teach-ins she attended during the Vietnam War influenced her decision making and her decision to host a teach in here at CNU. MACY FRIEND/THE CAPTAIN'S LOG

BY MELANIE OCCHIUZZO  
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Members from the community, students and faculty all joined together to discuss topics important to them and to learn as much as possible about today's America this past Saturday.

The listeners gathered together on a cold Saturday morning to educate themselves on the politics of today.

The first Teach-In at CNU was headlined as a community discussion and the event played host to several community members that all wanted to learn.

All of the sessions provided represented the entire political spectrum, conversation being the primary goal.

The reasoning behind the Teach-In had to do with a lot of misinformation in a post-factual aid as was described in the opening session.

Highlights from the sessions were discussions are interfaith relations, climate change, women's/Gender, LGBTQ issues, fake news and future of the political parties in the Trump Era.

Each of the sessions were hosted by two professors and three to four students as moderators. The sessions were set up classroom-style with the speakers up front and the audience looking on.

The professors were given a chance to make opening statements and then the audience was invited to ask questions.

Creating an open dialogue

was the purpose of this event and the community responded to this call.

"Dialogues are not a space for disproving the beliefs of others," said Dr. Timani during the Immigration and Interfaith Relations in the Trump Era discussion.

He wanted to focus on the violence between Muslims and Christians around the world, saying that there was a sense of urgency to build the relationships we have and to push for that around the world.

It was made clear that this was not a "left" oriented event by Rosenberg. She wanted to encourage people from all backgrounds to come and learn.

"Teaching is what we do best," she said in an earlier interview. ■



# An advocate for Newport News

Mike Mullin takes a break from his day job as a prosecutor to advocate for Newport News as their delegate.



Mike Mullin spoke at the opening session at the Teach-In on campus this past Saturday, Jan. 28. MACY FRIEND/THE CAPTAIN'S LOG

BY MELANIE OCCHIUZZO  
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Newport News' delegate Mike Mullin is not just a delegate, his full-time job as a prosecutor and father are his true callings.

What Mullin fights for as a prosecutor is the same as his focus as a delegate.

He fights for victims of sexual assault and domestic violence.

Mullin has always wanted to become a prosecutor since he was a kid.

After graduating with a bachelor's degree from CNU, Mullin headed for law school.

He then moved back home and started getting active in local politics, working under Senator John Miller.

Back in April of 2016 Miller died unexpectedly and the current delegate, Monty Mason took Miller's place.

With the remainder of Mason's term open, Mullin entered a two month race for the house of delegates.

The race ran from mid August until mid November, a race usually paced at two years and condensed down to a fraction of the time.

Once Mullin secured the delegate seat, it was time for him to speak on behalf of those who are in the most vulnerable situations of their lives.

"That's who I fight for in my day job and that's who I fight for up in Richmond," Mullin said.

During the weekdays, Mullin moves up to Richmond to sit in on the Courts of Justice Committee and the Counties, Cities and Towns Committee.

During this time, each delegate is allowed to put in legislation and it is all reviewed by sub committees and committees.

Mullin's job is to review all of the legislation and make adjustments where he can and vote on the issues that are important to Virginians.

He says that a lot of his days are spent meeting with constituents from Newport News, Williamsburg, James City County, and York County.

"I want to make their lives better," Mullin said.

Prior to his journey from college grad to city delegate, Mullin spent the last two years of his undergrad working as the Editor-in-chief of The Captain's Log.

He said that every day he uses what he learned as a student and student leader to be a better delegate.

Mullin saw President Tribble as a man to draw a model from.

He admired how Tribble put people before politics. Seeing that has been so helpful and inspiring for him he said.

On Jan. 28 he participated at a Teach-In at CNU. Mullin spoke on the importance of making our voices heard in politics.

He is the representative of the area so he encouraged that we pay close attention to the blatantly partisan and discriminatory legislature that are being introduced in our government.

"If you feel strongly about politics and leave this event more educated and organized then you can change things," Mullin said.

He carries that sense of community from CNU to the political world.

When the session wraps up on March 1, Mullin will return to his regular job.

"I will make sure the guilty are punished and the innocent are set free." ■

# Yogurtini closes its doors to Newport News

The yogurt shop in the CNU Village closes its doors due to high operating costs and a low customer base.

BY SAMANTHA CAMILETTI  
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Yogurtini on East Campus closed its doors Jan. 31, citing high loans and rent as the reason for its quite sudden departure.

"It is a combination of rent and start-up, like we had to do all of the construction because this was just an empty shell," owner Catherine Kelley said, gesturing to the trendy minimalist furniture that has become so familiar in frozen yogurt stores.

"And we had to do the construction fees and buy all of the equipment new. Between those things and the operating cost, we could never do enough volume to cover the cost."

The rent, according to Kelley, was about 35 percent of their monthly operating cost, which included payroll and purchases among other things.

"When we're averaging 4

or 5 dollars a cup, we have to have a lot of people come in and we were a little unrealistic on how many people we would get," she said.

According to Yogurtini's website, their "constant efforts" help "keep product costs low and consistent product available", but perhaps the costs were too low in this case.

The inability to handle costs has been on the forefront of Kelley's mind for at least a year, but she and her staff hoped things would get better as a new season began and more students joined the CNU campus.

"As a business owner, you hope that 'oh, it's going to get better, it's going to get better', but it's the last resort.

You hate to have to close," she said. "Because we enjoyed it. We enjoyed the people and the students and regular customers.

There comes a time where you have to cut your losses."

However, Kelley is quick to note that someone could profit from their loss.

"Ideally we would like someone else to come in and then continue it as a yogurt store. I would recommend an independent, not a franchise, because it gives them flexibility."

Even on the verge of closing, she's offering advice to a potentially new business owner.

"We didn't have the flexibility to add other products besides frozen desserts so that kind of limited us. We could have sold more things and had more volume."

They are open to selling the equipment and noted that the initial cost would be lower because they already bore most of it.

"Maybe a parent [of a CNU student] could take it," she added, laughing.

This seems to be reinforcing the cyclical pattern that has beset the frozen yogurt industry in recent years.

According to the independent research firm, IBIS-World, aggregate revenue for the frozen yogurt industry peaked at 30% in 2012 and has contracted since then.

By 2019, the report predicts that the industry's annual top line, or its expected revenue, will decrease.

According to the International Frozen Yogurt Association, who reported a similar trend, consolidation of smaller independent yogurt stores might save the impending decline.

But this spells trouble for single business owners and seems to be the case with Yogurtini, who will leave a noticeable gap in the East Campus storefronts.

"They were such a great place, and offered fundraising and were always so kind and flexible," junior Rocio Ramirez said.

Students may also miss the convenience of having a yogurt store within walking distance.

"I went there at least once a month, but I would go more often in the warmer months," junior Audrey Jolly said.

"I'm a little disappointed, especially since frozen yogurt is one of my favorite healthy snacks.

It was in a convenient location too." With the closing of the Williamsburg store and now this one, Yogurtini has been wiped out of Virginia.

The closest ones are now in Wayne, New Jersey and Alpharetta, Georgia. For those who don't want to venture that far, Sweet Frog, Love in a Cup, and Yogurt Vi still provide options.

This most recent business closing now leaves two empty store fronts on the CNU Village strip.

The location and high cost of rent seem to be hitting the store's hard in all the wrong places.

One last thing Kelley mentioned? "Tell them we're sorry." ■





Bailey Mellott was one of over a hundred students, professors and community members to attend a teach-in hosted by CNU on Jan. 28. Pictured here, she is participating in a debate during the final session of the event. **BEN LEISTENSNIER/THE CAPTAIN’S LOG**

## Teach-in discusses issues facing public

**TEACH-IN**  
CONTINUED FROM PAGE 1

New faces came to the following sessions, however, and missed Delegate Mullin’s speech where he covered everything from Trump’s recent executive orders to fracking to gerrymandering.

The opening speech, along with the following sessions—or at least the two that I attended—were predominantly anti-Trump.

Despite my disagreeing with the professors and the majority of the room’s occupants, I enjoyed listening to Professors Diana Obeid and Hussam Timani discuss “Immigration and Interfaith Relations in Trump’s America.”

After the professors let the room start to join in, I noticed an elderly woman asking about the constitutionality of a ban on the entry of people based on their nationality, which was in relation to an Executive Order Trump just signed.

The room seemed to all be wondering the same thing, amazed that Trump had done what he had promised. Title 8 Chapter 12 Subchapter II Part II § 1182(f) in the U.S. Code would be the answer she was looking for but did not find.

Afterwards, I went up to the lady and briefly spoke to her and her husband in German, to her surprise, and to my (not) surprise found that she, unlike me, opposed Frauke Petry of the Alternative Für Deutschland party in Germany and Marine Le Pen of Front National in France. Both of these women have been compared to Trump in their current struggle for power.

The second session that I attended

was run by Professors Antonio Randolph and Danielle Docka-Filipek. This session was on “Race Relations in the Trump Era.” This hot topic is very touchy so I obviously had to get involved. Most of the session seemed to be the room trying to figure out, if not for racial reasons, why Trump voters think the way they do.

As a white male who voted for Trump, this intrigued me. When I made my political leanings and my opinion on the topic at hand known to the room, I got both hisses and sentiments of appreciation for sticking my neck out in that room. For the most part, my fellow attendees seemed to vehemently oppose Trump. Friendly debate ensued and I overall had a fun time being the subversive of the room.

I encourage more students to attend events like these. Especially those who know they will be in the minority opinion. It is a disservice to your schoolmates to let them sit in echo chambers of their own thoughts.

I also encourage those in the majority to not fall into the sand pit of slur tossing. Don’t discount your opposition because they are the wrong race or the wrong gender. Don’t call opinions different from yours racist or homophobic. When that happens, you are admitting that you have no clue where they are coming from.

No one self identifies as racist or homophobic. They think a certain way for a reason and when you assume it’s because they have an irrational fear or hatred, you aren’t actually addressing their arguments. ■

## The importance of ethical journalism

It is important to have a medium to spread news. It’s even even more vital, however, to report it as ethical journalists.

**BENJAMIN LEISTENSNIER**  
EDITOR-IN-CHIEF

Last week in my opinion piece titled “#WhyIMedia,” I spent time discussing the role and importance of media. I decried President Trump’s team’s efforts to delegitimize news agencies such as CNN for publishing “fake news.”

I found it appalling, but I only felt that way because it was unjustified. The “fake news” controversy came about following the now infamous unverified dossier that was published by Buzzfeed pointing out possible ties between Trump and Russia. Unlike the CNN report which simply stated that Trump was presented with documents, I—along with many industry professionals—believe Buzzfeed broke journalistic integrity by publishing the document without confirmation. Despite following

journalistic ethics, Trump decided to tie CNN with Buzzfeed as “fake news.”

So I guess you could say I do agree with the president. I believe there is such a thing as “fake news.” It is any news agency which ignores its moral and ethical responsibilities as agents of the press. As I wrote in last week’s opinion piece, “If the building blocks of journalistic ethics are undermined at the lowest levels, the press will be corrupted and fail to protect the citizens.”

I’ve seen that a bit in various media organizations around campus. One such group published an article that became the catalyst for another opinion this week written by Kelsey Schnoebelen.

The story was published by CNU’s chapter of HerCampus, an online magazine, and it “reported” the stereotypes levied against each of the Panhellenic organizations.

The original purpose of the story could be seen as noble; it wanted to go beyond the stereotypes and prove that they aren’t true. But the way it was presented to the public prevented that goal from ever coming to fruition.

One major qualm I have with the story is the anonymous nature of it.

There are very few instances that I believe an author should remain anonymous. For example, I can see a weekly column where someone divulges details of their personal life as requiring anonymity. Not a listicle style piece.

There is also a lack of transparency. The author’s Greek affiliation could easily have influenced her perception of the various organizations, and that needs to be made clear.

At The Captain’s Log, whenever we have a potential conflict of interest, we make it clear that the author is a member of an affiliated organization or team. We would prefer to be able to stand behind our articles from the get-go than have to go back and fix something.

This is not the case with other media organizations around campus.

With the sorority stereotype article, it was initially titled “Greek Gossip: CNU Sorority Stereotypes,” but was then changed to “Debunking CNU Sorority Stereotypes.”

This is not the first time HerCampus has changed a title. This past week, a story called “The Stages of Getting Drunk”—fittingly written by “anonymous”—was changed to a much tamer “The Stages of Going Out on a Friday Night.”

Now I’m not necessarily criticizing the topics that the group chooses to write about as they fill a much different niche than we do at The Captain’s Log.

I’m just encouraging all the media organizations around campus to hold themselves accountable to the rules of journalism. Don’t let one organization bring the rest of us down in the minds of the administration. Let’s not give people reason to call The Captain’s Log “fake news.” ■



# Business eXchange 2017



## Presents keynote: Samuel Fairchild

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## February 22-23... You don't want to miss this

# The “real” CNU sorority stereotypes

The Captain's Log's Kelsey Schnoebelen reacts to a HerCampus article which “reported” the negative stereotypes levied against CNU's Panhellenic groups.

**KELSEY SCHNOEBELEN**  
BUSINESS MANAGER

*Note from the editor-in-chief: Kelsey Schnoebelen, a sister of Alpha Sigma Alpha (ASA), wrote this opinion piece in response to a story published by CNU's chapter of the online magazine HerCampus on Jan. 24. The story was originally entitled “Greek Gossip: CNU Sorority Stereotypes,” and it was authored by a HerCampus writer who remained anonymous upon publication.*

*Although there is a disclaimer that states “this article is here to show that the stereotypes are not true,” the story still caused controversy with members of the Greek community, resulting in several changes. Among these were an entire section about ASA being removed and the title was changed to “Debunking CNU Sorority Stereotypes.”*

Sorority stereotypes are inevitable on any college campus across the coun-

try. Just because they are reinforced in some places, though, does not necessarily mean they should be accepted as universal truths. As a student who rushed over a year and a half ago, I have experienced Panhellenic life from both the outside and inside.

The fact of the matter is this campus is way too small and the organizations do way too much good for these stereotypes to be perpetuated here when they are not true.

The Greek Life presence at CNU helps contribute to its uniqueness. At many schools, the experience one gets is starkly different than the one seen here. Competition rules the systems there, leaving the organizations disjointed.

The word that comes to mind first and foremost here is unity. CNU's Panhellenic is made up of seven, amazing sororities full of passionate and driven women.

Not only will these women go out of their way for their own sisters, but they

more often than not will band together when one woman needs it the most. It is not solely joining a sorority at CNU—it is joining a community.

Another attribute Panhellenic women can rightfully boast about is their dedication to philanthropy. Each of the seven sororities on campus are actively raising money or donating their time at any given moment of the year, even during breaks.

Not only are they falling into step with what President Tribble calls ‘Defining Significance’ on campus, but they are making their marks in the local communities and nationally.

Academic success is something Panhellenic women should be proud of. There are GPA requirements for each sorority and having a support system of women to help you study and hold you accountable is an advantage not everyone has.

We are students first and foremost and hold that concept in high regard. There are various tools and aids to help women succeed and do well in the classroom and these tools are unlike any outside of a sorority because they are built on compassion and care. No one tool is superior to the others.

Additionally, alumni networking is another perk that accompanies a membership to these lifelong organizations. There are chapters of each sorority located all over the country, so as a Panhellenic woman, you're bound to run into a sister somewhere in any given occupational field.

Personally, I am majoring in political science. While there are few of us in my sisterhood pursuing this while in undergrad, I can think of several of my graduated sisters who are becoming established in the field that I can go to for help or advice.

Speaking as a woman in a sorority, it is disheartening to see the negative stigma surrounding this group of women. Sure, it may not be for everyone, but someone's decision to be involved in this aspect of college life is just that: their decision.

Even in the year and a half I spent on campus not involved in the Panhellenic community, I never understood why people would constantly strive to find flaws and put the women down for their involvement. Being a member of this community of women is something that we should not shame or judge, but instead be proud of. ■



# SNAPSHOT

PAGE 8

Campus Activities Board's second Lip Sync Showdown allowed students to showcase their skills in the performing arts.

BY MACY FRIEND  
MACY.FRIEND.14@CNU.EDU

Campus Activities Board (CAB) hosted a Lip Sync Showdown on Fri. Jan. 27 in the Gaines Theater.

This is the second time that CAB hosted the event.

With 16 performances—some soloists and others in groups—songs ranged from hits of the early '90's like Sir Mix-A-Lot's "Baby Got Back" and The Lion King's "Circle of Life" to recent pop hits like Miley Cyrus' "Party in the USA" and Bruno Mars' "24 Karat Magic."

Although students were signed up to perform prior to the event, attendees were welcome to sign up that night at the lip sync contest itself.

One group of five women

also contained two President's Leadership Program overnight recruits who joined in on the event with "Closer" by the Chainsmokers.

The performances were judged by a panel of three judges and the winners were announced at the end.

After coming in second place in last year's competition, junior Rubin Harvey took this year's installment even more seriously. Coming out on stage with face paint, a staff and a stuffed Simba while lip syncing "Circle of Life," Harvey won first place and 100 dollars in Captain's Cash.

Senior Jacob Savinsky—who impressed the audience with his rendition of "Take on Me" by A-Ha—won second place and that group of five previously mentioned won third place. ■

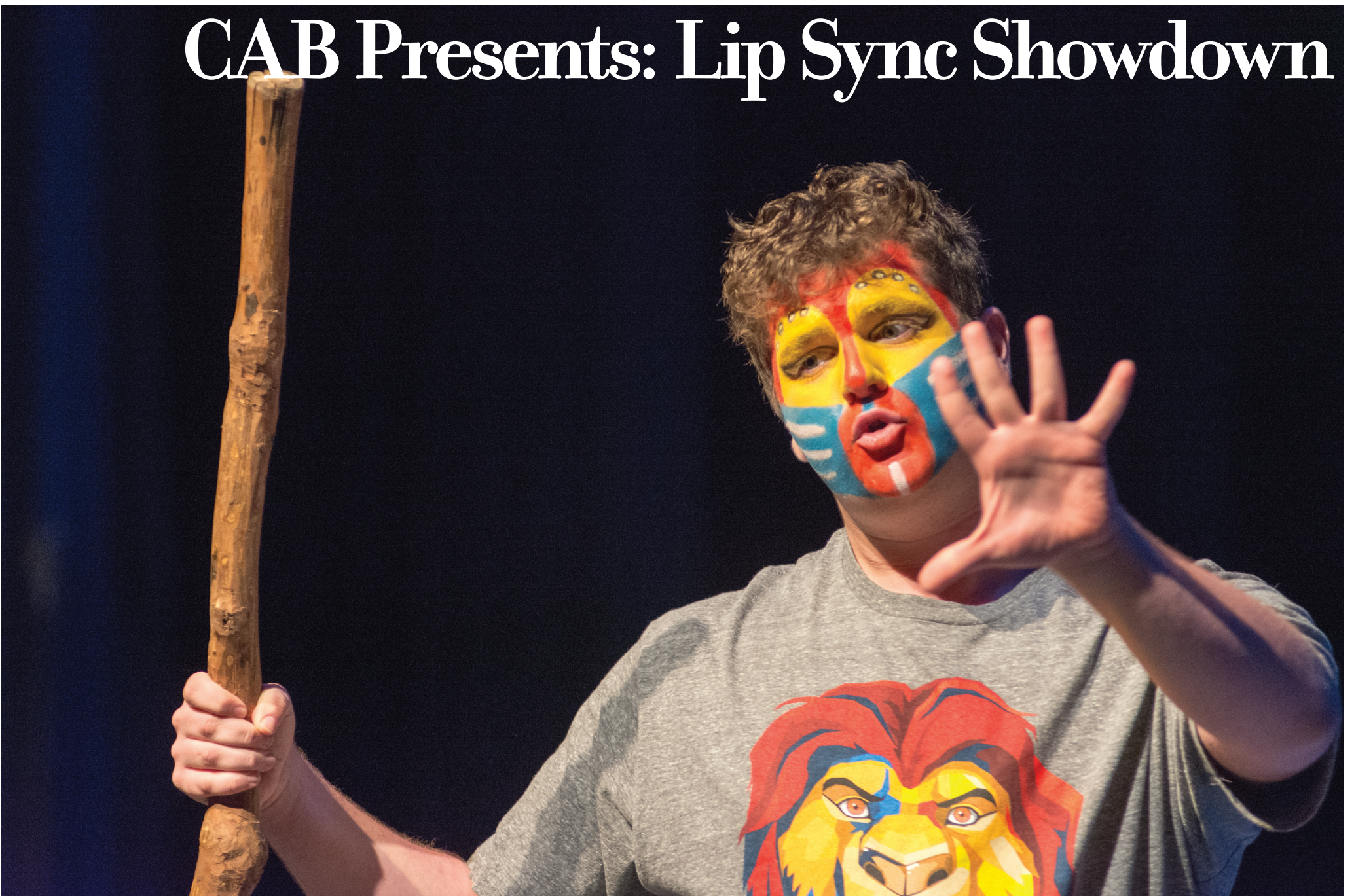
(Far right) Junior Rubin Harvey won first place and 100 dollars in Captain's Cash for his performance of the "Circle of Life" from Disney's "The Lion King." (Right) Freshman Ivon Thompson performs an intense rendition of Sia's "Chandelier." **PHOTOS BY HANNAH MCCLURE AND BEN LEISTENSNIDER/THE CAPTAIN'S LOG**



(Left) Sophomore Alex Bolton performed Sia's "Chandelier." (Far right) Junior Jacob Savinsky won second place. Following his performance, he and a group of five, including himself, performed the Chainsmokers' "Closer."



# CAB Presents: Lip Sync Showdown



performs Creed's "With Arms Wide Open." (Center) Senior  
ace for his performance of A-Ha's '80s hit "Take On Me."  
e asked his girlfriend to the Captain's Ball. (Right) Placing  
g two overnight Presidents' Leadership Program recruits,  
s "Closer."



# Rybarczyk shines in spotlight senior year

Jenny Rybarczyk manages to juggle a Biology major on top of cheerleading, coaching children and Alpha Phi.

BY BRETT CLARK  
BRETT.CLARK.16@CNU.EDU

A team here in our sports community that often goes unappreciated is our Cheer team.

Our cheerleaders have almost no off season; practice for competition is year-round and they also cheer along the football and basketball teams. One of the cheer captains at CNU is senior, Jenny Rybarczyk.

She is a backspot on the squad, someone who helps hoist flyers up into the air. As well as being a cheerleader, she is also an Alpha Phi and helps coach for Fame All-stars, a youth cheerleading powerhouse.

Rybarczyk went to Hickory High School in Chesapeake, Virginia. She played Volleyball and did gymnastics in addition to cheerleading all throughout middle school and high school.

Gymnastics is a common second sport of cheerleaders since it helps improve their floor routines, something you see at Competitions more than at football games.

Rybarczyk commented how less cliquey Christopher Newport's cheer team -and everyone in general- was than at Hickory.

It was refreshing to join a team where the seniors are welcoming and friendly, something that might be opposite to many people's high school experience. Sports and having a common goal can sometimes bridge those gaps between freshman and seniors.

Rybarczyk is on the competition team for cheer and loves stunting and tumbling, two events within cheerleading.

When asked how she handles coach-

ing, Greek life, and 10 hours of practice every week, she said you just have to learn how to utilize time in between classes and practices. She is majoring in Biology, as well, and hopes to go to a Physician Assistant school one day. She said that Biology has come in handy in cheer more than you would think.

An anatomy class she took has helped her in understanding some of the injuries that are commonplace in the sport, like broken wrists and sprained ankles. Jenny mentioned how she is one of around 10 Biology majors on the team. It comes in handy to have teammates who you can text to ask a question about homework or to clear up a concept.

When Rybarczyk isn't doing homework or an extracurricular, she said she "really likes to sleep sometimes," as well as hang out with her friends, watch Grey's Anatomy, and mess around with her cat, which is a perk of living off campus.

When you hear "cheerleader" you might picture stereotypes like Olivia Newton John in her 1950s cheerleading uniform, but Rybarczyk says she isn't the typical peppy cheerleader that is seen in movies.

"I'm really shy at first, but once you get to know me, you'll never get me to stop talking." She also said how when she goes home for break, she loves to hang out with her best friend who she has known since the third grade.

Reflecting on her past four years at CNU, Rybarczyk is glad she decided to come to this school.

It was her top university "for obvious reasons." She said even though CNU is small it makes up for the size in beauty. "CNU really has felt like home." ■



Jenny Rybarczyk (right) is joined by cheer freshman Peyton Butler on Rybarczyk's senior night on Jan. 28. against Penn State Harrisburg. COURTESY OF JENNY RYBARCZYK

# Track & field making history one race at a time

Christopher Newport's mens 4x800 relay takes the win for the old school record by 14 seconds at Liberty University.

BY JJ LAPOINTE  
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The Captains track and field team had a truly historic weekend at the Darius Dixon Memorial Invite hosted by Liberty University.

The men's 4x800 meter relay team consisting of freshman Cav McGaw, juniors Jeff Dover and Cullen Monahan and senior Zach Campbell demolished the old school record by 14 seconds.

Head distance coach Matthew Barreau noted, "We are excited for what our top level is. We haven't touched it yet, but this performance was a great step."

Individually, McGaw led off the relay,

setting the pace with a 1:56 first leg. He handed the baton to Monahan who came through in 1:57. Campbell was up next and ran the fastest of the four legs, splitting 1:55.0.

Both Campbell and Monahan were members of the All-American relay from one year ago.

Closing out the relay for the Captains was Dover who crossed the line in 1:55.3, just 0.18 seconds behind Division I Hampton University.

Dover currently is ranked 7th in the nation for the mile and

McGaw ranks 15th in the 800.

The freshman harrier McGaw has been on quite the tear during his first year campaign.

McGaw posted the fastest freshman time for CNU in the 8k during the cross-country season running 26:02 and recorded All-Conference honors.

McGaw mentioned after the historic relay, "I'm just humble and hungry and excited about the present and the future."

The sprint and jump group for CNU also provided some astounding

and national caliber marks.

Junior Ryan Scott came in 6th overall for the 60 meter hurdles and 8th in the 200 meters.

Triple jump All-American Domonique Torres made his return from injury, jumping 14.26 meters, which placed him 4th overall for the meet. Sophomore Jessica Brownell had a great performance in the pole vault, clearing 3.05 meters and placing 13th.

The Captains have their eye now on Feb. 4, where the majority of the squad will be competing at home for The Vince Brown Invitational, and some will be traveling to North Carolina to compete at JDL's Fast Track for the Camel City Invitational. ■

JJ Lapointe is a member of the track and field team.

*"I'm just humble and hungry and excited about the present and the future."*

*— Cav McGaw, Freshman*



# Callahan travels to Music City

Senior Erin Callahan, a women's lacrosse player and Student Athlete Advisory Committee member, relates her travels to Nashville for the yearly NCAA Convention.



COURTESY OF CNU OCPR

BY ERIN CALLAHAN  
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Ever since freshman year, I have always wanted to attend the NCAA Convention.

I remember sitting in at our Student Athlete Advisory Committee (SAAC) meetings, being a shy, yet active member, trying to process all of the legislation that was being voted on that year.

The behind the scenes work of the NCAA fascinated me, and as I grew more involved in SAAC, my desire to understand the process grew. Finally, in October of my senior year, I applied and

was selected to represent CNU and the Capital Athletic Conference (CAC) at the 2017 NCAA Convention in Nashville, Tennessee.

Along with myself, five other CAC athletes were selected to attend, meeting in Baltimore, MD on Wednesday Jan. 18 before heading to Nashville for the convention.

We all come from different sports, different institutions, and hold different perspectives, but we couldn't have meshed any better.

Meeting the other athletes from the conference was one of my favorite parts of this experience because I loved getting to know them on a non-competitive level.

We were partnered up to room in the Gaylord Opryland Resort, a 57-acre hotel. That's right, 57 acres and yes, that means we got lost... a lot!

When we arrived, we had some time to explore the hotel and learn the ropes, but I'm still not convinced we ever fully knew them.

That evening, Carrie, our Associate Athletic Director, and I went to the National Association of Collegiate Women Athletic Administrators (NACWAA) reception.

Here we met a few different people and were able to share our stories of where we were from and some of our passions. This is a really cool organization that encourages advancement through leadership, education, networking, and career guidance.

It wasn't until Thursday when the real fun began. Those attending the convention were allowed to choose between a significant amount of "menu sessions"

to sit in on.

These are seminars with various types of subjects so we could learn a little more in depth about an area we were interested in. The first one I chose was focused on the wellbeing and mental health of student-athletes. I find this topic to be extremely important and was eager to gain a better understanding of the steps being taken to reduce the stigma associated with mental health in student-athletes.

After this session, we went to the SAAC luncheon and then directly to the Special Olympics event.

Division III partners with Special Olympics and we were fortunate enough to be able to spend the afternoon playing with the Tennessee Special Olympians.

We broke up into teams and went station to station learning everything from stretching techniques to flag football strategies. (Maybe I'll be able to relay some of those tactics into our lacrosse season that's about to start.)

It truly is an amazing feeling getting to leave a lasting impact on the different athletes participating in Special Olympics.

From here, we went to the opening business session, or kick-off to the convention. The President of the NCAA gave a great address and then went into an award honoring the great Pat Summit.

The woman who received the award said a great quote that I wanted to share. "In life, and tennis, it is better to serve than receive." I think this quote really encompasses the types of people and athletes Division III tries to promote with the help of their tag line, "Discover. Develop. Dedicate."

Not only is the goal of Division III administrators to help athletes succeed for themselves on the field, but also in a life serving others. Immediately following the kickoff was the delegates' reception and Division III student athlete

social.

Friday morning, we went into the Division III business forum where we learned the more in depth details on each of the legislative proposals. Finally, I was able to fully understand all of the ways in which the NCAA creates new proposals.

This took a few hours, but apparently was extremely fast compared to prior years. Following this forum of open discussion and legislative review, we had the CAC meeting in which every school in the conference had administrative representatives. There were certain initiatives that were discussed and voted on here as well.

Saturday morning was the actual voting on the proposed legislation. Each institution was allowed one vote and each conference as a whole had one vote.

I loved seeing how much the student-athletes had a voice on each of the proposed items. Those on National SAAC got to say a speech expressing their opinions on whether or not the regulation should be passed.

This truly exemplified the student-athlete point of view and showed what was best for the athletes. The administrators voting definitely took this into account as they cast their votes.

DIII is the largest out of all three in the NCAA and I am proud to be a student-athlete in this division.

After experiencing the convention, I feel as though I have gained a much better understanding on how the NCAA maintains operations and how the administrators strive to give us the best experience possible.

My advice for any athlete that may attend is to meet as many people as possible and go to as many sessions as you can.

It is an incredible networking opportunity and will equip you with knowledge to enhance your student-athlete experience. ■

## Six inducted into HoF

The 2017 Hall of Fame class includes six of the finest female athletes to have graced CNU's fields and courts.

BY BEN LEISTENSNIDER  
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The athletic department honored its newest inductees into the Hall of Fame on Jan. 28. Here are the six new members.

### Jessie Atkinson - Softball

Graduating in 2011, Atkinson helped lead her team to a NCAA national runner-up finish. She hit a record 43 home-runs and set records in RBI and bases.

### Sam Ciaravino - Soccer

Ciaravino became the third All-American in program history, and she set the CNU single season records for goals and assists. She finished ranked second all-time in career points with 86.

### Meghan Harkey - Lacrosse

Harkey owns the record for most points scored with 346. Winning 13 games each year, Harkey graduated in 2011 having never lost a conference game.

### Kaitlin Quigley - Lacrosse

Quigley, who graduated with Harkey, was one of few athletes in the USA South to be named Player of the Year three times or more. She has played more games than any other CNU lacrosse player and finished behind only Harkey in career points.

### Caitlyn Jansen - Volleyball

Jansen ranks in the top-ten all-time in career blocks and is the all-time leader in hitting percentage. She won two NCAA Regional championships, and as a senior, she helped lead the team to the National Quarterfinals in 2010.

### Chelsie Schweers - Basketball

Not just one of the greatest players in CNU history but also NCAA history. Schweers hit the most three-pointers in D-III history and second in all divisions.

Graduating in 2011, she finished with 2,869 points, second most in D-III. ■



The six Hall of Fame inductees each received a plaque which listed their various accomplishments during their CNU careers. BEN LEISTENSNIDER/THE CAPTAIN'S LOG



## NEW ARTIST: WATERPARKS



Waterparks tries to carve their own niche with unique lyrics and rhythm. **YOUTUBE**

A new boy band is in town and we "double dare" you to listen.

**BY REAGAN MASON**  
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Their EP "Cluster" kickstarted their rise to stardom, but their first full-length album "Double Dare", released Nov. 4, will keep Texas-based trio Waterparks in the pop-rock game.

From brutally honest lyrics to music polished enough to sound as if they belong in the big leagues, and rough enough to remind you they aren't another cookie-cutter boy band, every song will exceed expectations, especially from a debut album.

Waterparks consists of lead vocalist and guitarist Austen Knight, guitarist Geoff Wigington, and drummer Otto Wood, all from Houston, Texas.

This past summer, they gained more traction within fans of the genre as they toured around the country on the Vans Warped Tour, considered by many to be a stepping stone to a name within the music world.

The album covers a range of styles within the genre, with no two songs sounding alike. From the heavier sound of "Little Violence" to the light-hearted "Stupid For You," Waterparks seems to hit the mark with each of their attempts, creating a sound that is uniquely their own.

My personal favorite song on the album (at least for the moment) is "Dizzy". It captures the struggles of growing older, and growing apart from some of the people you used to consider inseparable.

The instrumentation not only fits in the song, but the wistfulness also matches the lyrics as they go through.

If you haven't heard of them already, I'd suggest going and checking them out—it will be worth your time. ■

# BRING IN THE BAND

No home basketball game is complete without the energy and enthusiasm of the 140-member pep band and their dedication to making the pauses in gameplay fun.



The Pep Band is known for its enthusiasm and energy at the games and no one seems to embody that more than Carter Evans, who currently holds the spirit stick for the band. **BEN LEISTENSNIDER/THE CAPTAIN'S LOG**

**BY LAUREN GAGLIARDONE**  
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The enthusiastic force of the 140-member pep band is a tangible part of any home basketball game, making it clear these musical students aren't afraid to be loud and proud. "The band is so energetic all of the time, and I do expect that of them, but it's self-propelling and they really bring it," Band Director Dr. John Lopez said.

Last season after the men's team won against Salisbury in the conference championship game, the team ran into the stands to celebrate with the band. Junior Jack Luft, a snare drum player for the pep band, remembered the moment: "the team stormed the pep band to thank us for supporting them. There was so much excitement and the fact that they shared it with the band meant a lot. They let us know how much of an impact we actually have at the games." This bond between the players and the pep band has only grown, according to Lopez. "I think the students and the band culture

really supports our athletic programs and as years have gone by, the athletic programs have built a culture that supports the band program as well," he said. "There's a really good relationship there and the camaraderie that we aren't just basketball players or football players or band members but we're all Captains together."

The level of professionalism within the pep band is easy to see. They will be at the basketball games win or lose, and one can bet they are going to cheer for the Captains like their lives depend on it. Despite this structure and emphasis on precision, the pep band also manages to have fun. At the Jan. 18 game this year, junior Matthew Pearston, a snare drum player, decided to wear an inflatable T-Rex costume. "I was asked by a friend to put [the suit] on and I wondered to myself, 'how big of a distraction can I be?'" Pearston recalled. "I decided to head to the student section and see what I could accomplish." Freshman Anthony Rice, an alto-saxophone player, elaborated on Pearston's dino-

saur stunt and said, "[Pearston] went over to the other side's stands, started dancing and tried to distract the other team and it was a lot of fun."

While the pep band is there to support the athletic teams, most of the members agree that the unique experiences made within the band itself is one of the best parts. Junior Rubin Harvey, a sousaphone player believes, "once you get in the stands with your instrument it just becomes a true experience no matter what happens."

For some, such as sophomore drummer Letin Vo, the pep band allows talent that would otherwise be hidden. "Out of all the experiences I have had with drumming, I finally get to be myself on the drum set [for pep band]," he said. He also enjoys the flexibility pep band offers.

The pep band is an integral part of the basketball games here at CNU. Next time you're at a game, look over at the band. It's guaranteed they're going to be waving towels and cheering louder than the student section. Bring in the band and you're guaranteed a show. ■



# Art that feeds the soul

Starving Artist Studio in Port Warwick provides a sanctuary for new and old artists alike.

BY SAMANTHA CAMILLETTI  
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In the corner of Port Warwick lies Starving Artist Studio, a small, unassuming shop.

But stepping inside is quite like transporting into another world bright with colors, soaked in calm, a world built from a dream.

Owner Marlene Bealer has been creating this experience since 2006.

However, her love for art and what it can do goes back much farther. "I've always been into art ever since I was very little, I've been painting for 40 years, so my actual chosen field is acrylic mixed media and that type of thing," she said.

She had the added benefit of experiencing art as she travelled all over the world with her husband, who was in the military.

During that time, she worked in craft and hobby studios or stores and this had a profound impact on her. "What I really liked about it was it was mostly women but men too who would bring in their particular craft- sewing, painting glass, whatever it was to sell- and just the joy and satisfaction and the connection and the community that created

always kind of stuck with me," Bealer said.

"What I really wanted to do once we were done traveling was to open up a community art center where people could connect over art,

through art, and with art."

However, this art center would be catered to the average person, one who, according to Bealer, doesn't frequent galleries or even feel comfortable with a paintbrush in their hand. "I really wanted to bring art down to the normal person instead of expecting them to go up to the art," she said.

From there, she decided that "pottery would be the best way to get them in

the door."

For a large part, this comfort has been achieved and the evidence lies all around the shop- from the serenity that emanates from the patrons to the gentle support of the employees.

There's a sense of both ease and creative energy running throughout and this is what Bealer hopes to foster.

"Even if you'd never done art, you feel okay going through the process of doing it here," she said. "We hope to create that sense of exploration and sense of fun."

Some of her anecdotes also paint this place as one for any person and any age. "Quite a few times we have four generations sitting at a table," Bealer said.

"It's

get going and no one is on their phone, everyone is just painting away and talking? That's just a frozen moment in time for that family that will mean so much and does mean so much to each one of them."

This type of place also offers sanctuary to those who need it.

Wounded Warriors and cancer patients, among others, have used this place as therapy.

"They come in normally during quieter times and can just tune everything out experience their art," she said. "What they've told is that it's the only time that the tape of what's going on in their life stops."

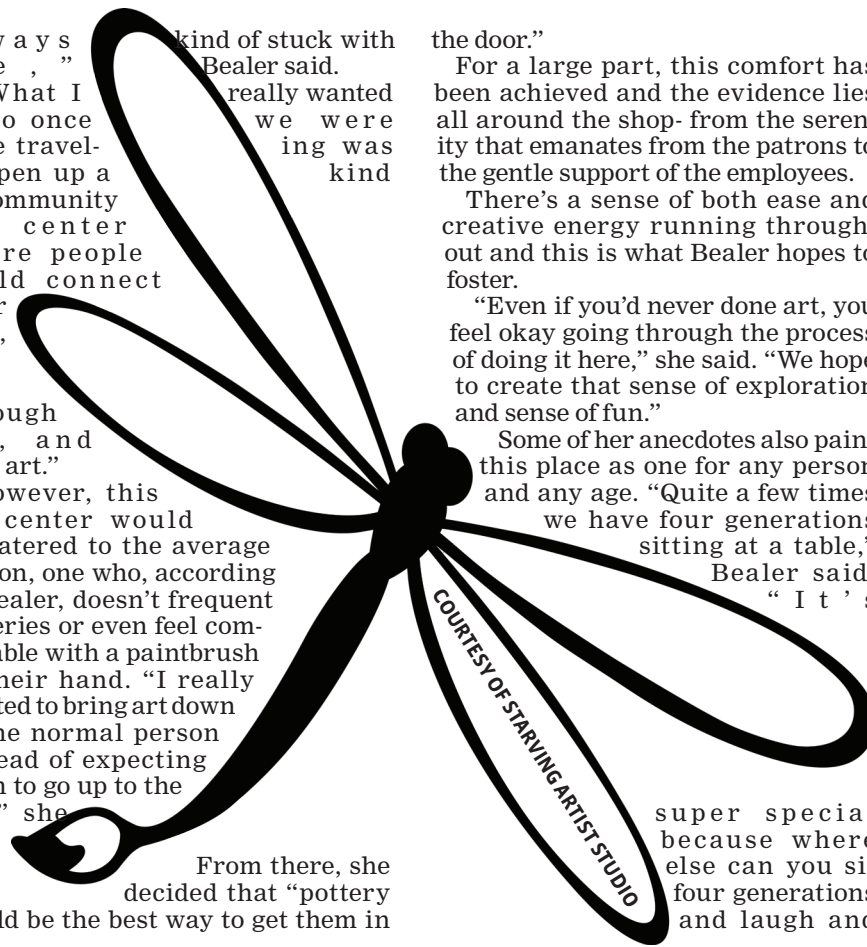
Bealer has also created this environment with the help of her family and even today it is a traditionally-run family business.

"My husband is at home doing the finances for the store," she added, laughing.

Starving Artist Studio is working on an expansion that would double the floor space.

In addition, they plan to add food and drinks to truly work off the "Starving Artist" title.

Bealer took a quick look around after telling this and smiled softly. "It's been a real interesting adventure." ■



## An un-fur-gettable evening

This time, you don't need to call the dog-sitter.

BY SAMANTHA SPATA  
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This Saturday night, Feb. 4, the Peninsula SPCA is rolling out the red carpet for their tenth annual Fur Ball gala event at the Marriott in City Center.

For a ticket price of \$135 per person, guests – and their pets! – can enjoy an evening of music, cocktails, fine-dining and live auctions, all in support of the shelter's animal care funds.

This year, the extravagant event will feature a festive "Mardi Paws" twist, with a New Orleans inspired menu, a photo booth, and a glamorous pet parade.

According to Megan Steele, the event coordinator, the pet parade is "easily the highlight of the night", allowing about 100 pets and their owners to strut through the doors to a delighted crowd of staff and volunteers. Guest without pets may also join the fun and cheer on the adorable pets trotting down the aisle.

The annual attendance typically reaches 500 guests, and the 10th anniversary is expected to attract even more.

This year's event will also feature a new "mutt-ini" bar for pets, in addition to butler-passed hors d'oeuvres.



Both humans and animals are dressed to impress for the annual Fur Ball. COURTESY OF SONJA MCG PHOTOGRAPHY

Among gift baskets, spa days, and week long vacations to the outer banks, the event's auctions also offer one family's pets the honorable position as the Fur Ball Spokespet(s).

For the following year, these animals are featured in SPCA advertisements, given celebrity treatment, and have the opportunity to lead the next Fur Ball pet parade.

Throughout this fun event, the PSCA

ensures that their appreciation and gratitude for the guests' support is fully expressed. Steele describes the event as a chance for pet lovers to dress up and have a fun night, but also to support the animals of the shelter.

Last year, the event raised \$200,000 in ticket and auction sales. All proceeds went to the SPCA organization.

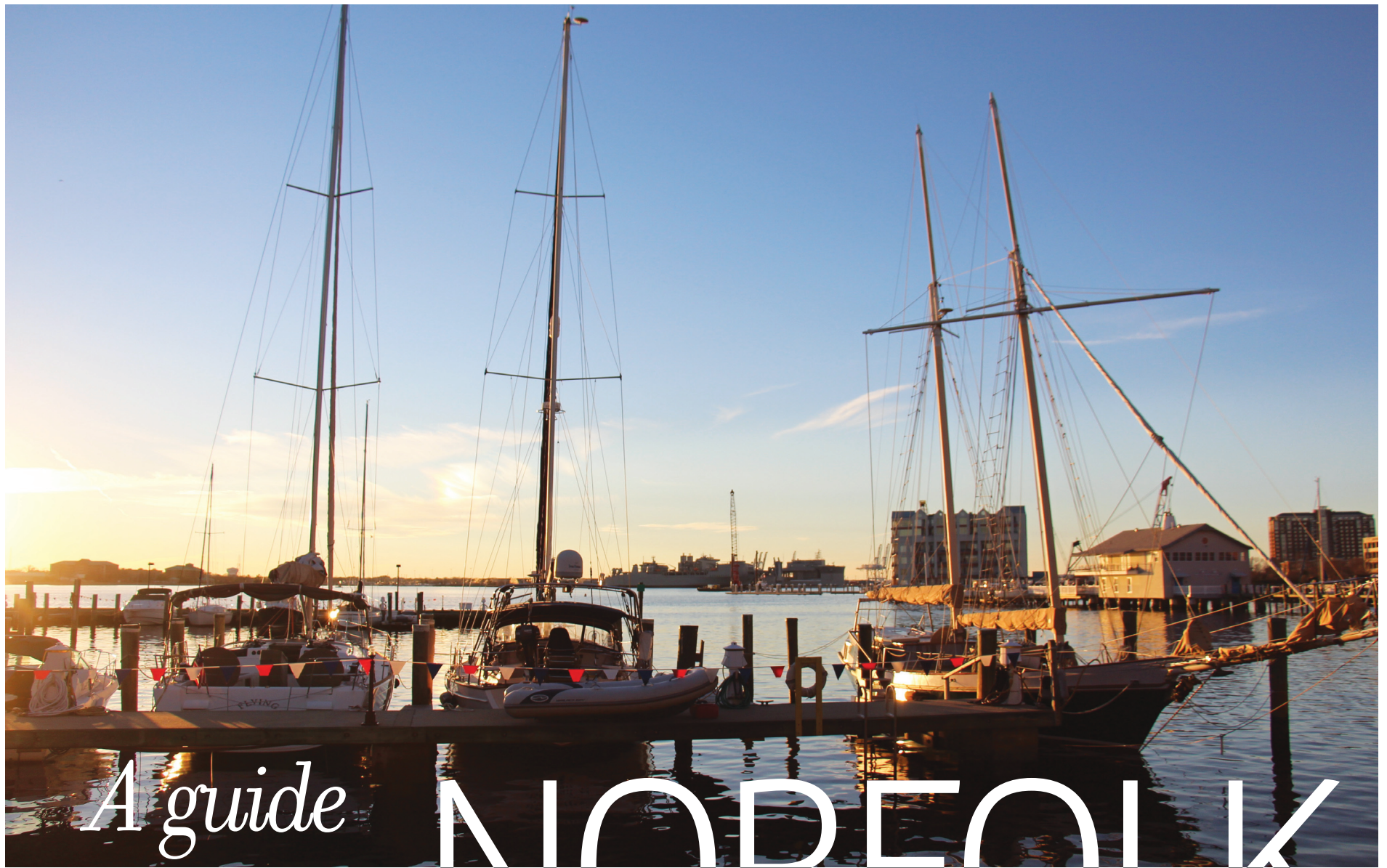
Every spring, the special events committee of the PSCA convenes and

chooses a theme of the following year's Fur Ball. Each gala event costs between \$30,000-50,000 to put on and is made possible by the assistance of about 100 volunteers each year.

Volunteers at the gala are asked to wear business attire, and may serve as "mutt-ini" bartenders, coat takers, and even pet escorts.

The volunteer form is available to anyone 18 or older online. ■





## *A guide* NORFOLK *for visiting*

BY MADELEINE SCHULER  
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You can only visit the Mariners' Museum and Patrick Henry Mall so many times before wondering if Newport News will ever contain other destinations.

When that happens, the area surrounding CNU can become dull, and students must look outside of the region to find adventure.

Norfolk, located at the heart of the Hampton Roads area, is the perfect place to find that adventure you may be seeking.

As a place with both city and small

town feels, the seaside hub has something for everyone. Although the 30-minute drive from campus might seem a bit daunting, a good playlist or a friend sitting shotgun makes the journey quick.

These destinations just scratch the surface of the many secrets that the city contains, but they are the starting point to ensure your Norfolk obsession.

### MacArthur Center

Patrick Henry Mall might be acceptable to satisfy a momentary shopping desire, but it is far from adequate to fulfill your shopping hopes and dreams.

Norfolk's MacArthur Center will not let you down.

With three floors, packed full of numerous and diverse stores, this mall offers both high-end and cheap options.

Some favorites include Lush, a popular chain that produces fresh hand-made cosmetics; the Apple store to charge your dying iPhone or help with any technological needs; Francesca's Collections, which houses unique fashions, as well as little trinkets that make any last-minute gift seem thoughtful.

The mall also contains various restaurants, the usual department stores

and a movie theater that plays the most recent releases.

Hours of operation vary.

### Nauticus

Relive the past and learn about current and future maritime endeavors at this fascinating museum.

Although the Mariners' Museum is informative, it does not hold the same hands-on experience that the Nauticus does.

Exhibits include interactions with live, maritime creatures like sharks and horseshoe crabs, the







opportunity to navigate a tugboat, and the chance to learn more about the history of ships and those who sailed them.

Attached to this museum is the Battleship Wisconsin, which according to the site's website, was one of the last built battleships by the U.S. navy.

Take a self-guided tour around the deck of the ship, or at an additional cost, explore the remainder of the ship alongside an expert who will tell you its tale.

Hours of operation vary. Standard adult entry is \$15.95. The price includes Nauticus admission, the self-guided Battleship Wisconsin Tour and 3D movies.

### Neon District

As one of the most creative aspects of Norfolk, the Neon District makes for the perfect background for an artsy, impromptu photo shoot.

Within a few blocks of the area, you will discover walls bursting with color. These public art projects give character to the city and help to beautify it in a contemporary and unique way.

Instead of the vulgar graffiti that one might find in other city settings, the Neon District is solely reserved for those artists who seek a large, public template, but who do not want to draw negative attention to the site.

In order to get the most out of your experience and remain out of harm's

way, visit the area before sundown.

### Chrysler Museum of Art

This museum is fittingly located next to Grace St.

The exterior of the museum is bold, but understated at the same time. The statue in front gives off a sensation of strength, but the building itself is elegant and surrounded by sitting areas and gardens sheltered by greenery. Inside you are greeted by a collection of fascinating and different artwork.

The Chrysler prides itself on the diversity of its pieces and the beautiful messages that they both individually and conjointly convey.

The themes of many of these pieces transcend time, and common ideas like environmental changes, the struggle for equality and the importance of creativity still resonate with visitors today.

Hours of operation may vary. Admission to the Chrysler's general collection is free of charge.

### Hummingbird Macarons

Situated in possibly the most picturesque and charming part of Norfolk, this little dessert shop is the perfect place to get away from the commotion of the city.

With the most delectable little mac-

arons, it is a must-stop.

Flavors range from the traditional rosewater, to a more savory pistachio, to an exotic lychee coconut.

Although the cookies might be a little bit pricey (as each is \$2.10 a piece), the charge will be immediately worth it after biting through the hard shell into the creamy center.

Open Tues.-Sat. 10 a.m.-7 p.m. Flavors vary daily.

### Seaside sunset

Time your visit to Hummingbird Macarons & Desserts 30 minutes before sunset. This will give you time to walk around the little surrounding area that makes you feel like you were dropped into the

middle of a small, seaside town in England.

This is the kind of neighborhood with cobblestone streets with bits of grass peeking out from under the rocks.

The kind of neighborhood with large brick houses, tall columns and private pools. The kind of neighborhood with dog treat containers hooked to fences so that no passing by pups go without a goody. The kind of neighborhood you can only dream of living in.

Walk to the end of the street and be greeted by a large expanse of water, sailboats bobbing up and down close to shore and end your day by watching the sun sink below the harbor. ■

Photos by

MADELEINE SCHULER/THE CAPTAIN'S LOG







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