



THE CAPTAIN'S LOG

THE VOICE OF CHRISTOPHER NEWPORT UNIVERSITY STUDENTS

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CNU competition cheer team wins Nationals

For the second time in four years, CNU's competition cheerleading team won the national championship in Myrtle Beach.



CNU cheer dominated Nationals by winning the Medium All-Girl Division. FILE PHOTO BY BEN LEISTENSNIER/THE CAPTAIN'S LOG

BY BEN LEISTENSNIER
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Christopher Newport's cheerleading team is used to watching the football and basketball teams find success over the fall and winter sports seasons. It was time for them to be the one to find success as the competition team won its second national championship in four years.

The Captains are used to the College Open Cheerleading Nationals at Myrtle Beach, as they have competed there for the past ten years.

They have been an annual contender there as well, as they have finished in the top three each time. The team's last

national championship was at the 2014 competition.

Head Coach Erica Flanigan felt that this victory was a long time coming.

"Back in the summer when we formed this team, I knew this was the team that could win another national championship if our work ethic and heart could match the raw talent on the team," said Flanigan in an interview with c nusports.com. "These young ladies love this sport and their team and have worked incredibly hard for each other."

CNU beat the University of West Alabama, Virginia-Wise and Sienna Heights to win the Medium All-Girl title. ■



The Upsilon Beta chapter of Alpha Phi Alpha at CNU revealed its three newest neophytes, equivalent to a new member, at the Neophyte Exhibition March 17. BEN LEISTENSNIER/THE CAPTAIN'S LOG

ALPHA PHI ALPHA'S NEOPHYTE EXHIBITION

The CNU community was introduced to the three newest members of the university's chapter of Alpha Phi Alpha at the Neophyte Exhibition. To learn more about the event, turn to page three.



Weekly pic

Part of the Neophyte Exhibition featured the newest Alphas singing to members of the Divine Nine sororities at CNU. Here they sing to members of Delta Sigma Theta. **Photo by Ben Leistensnider/The Captain’s Log**

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Happened

- March 21**
Soundscapes Concert
The brothers of Kappa Kappa Psi, Phi Mu Alpha and the sisters of Nu Kappa Epsilon and Sigma Alpha Iota hosted their third annual soundscapes concert. The proceeds from the concert will go to Soundscapes which teaches kids about the importance of music.
- March 18**
Dancing With the CNU Stars
The Ballroom Dance Society hosted a dance competition this past Saturday where representatives from different organizations were partnered with a member of the dance society. All of the proceeds will go to Relay For Life and the top three winners will also perform at the event.

Happening

- March 22**
Play Your ASA Off
On Wednesday, Alpha Sigma Alpha and Sigma Phi Epsilon will host a dodgeball tournament in the Field House from 7:30 to 9:30 p.m. All of the proceeds from the event will go towards the S. June Smith Center and Big Brothers Big Sisters.
- March 24**
Relay For Life
CNU will host Relay For Life this Friday in the Field House from 7 p.m. to 7 a.m. There is still time to register and will require a fee of \$10.



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2016-2017

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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 6:30 p.m.

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Alpha Phi Alpha's Neophyte Exhibition

The three members of the newest Alpha class were revealed as a part of the annual Neophyte Exhibition event.

BY BEN LEISTENSNIER
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Three men, clad in leather jackets and black and gold masks, stood in the Tribble Plaza surrounded by a large crowd. Those three were the neophytes, the newest members of the Upsilon Beta Chapter of Alpha Phi Alpha.

Richard Nicolas, Joshua Duhe-Harris and Quentin Watts were the focus of everyone's attention at the Neophyte Exhibition—also known as the probate—March 17.

Contrary to what some people believe, probate is not the organization's initiation ceremony; the three had already been officially initiated members beforehand.

Instead, it is a highly sym-

bolic ritual that Alpha Phi Alpha alumnus Art Ross related to the concept of metamorphosis as the men crossover into neophytes.

"It's a transformation and the probate itself is a show that declares that to the world," said Ross.

The exhibition itself featured singing, chanting and dancing—strolling to be more precise.

The neophytes also had to exhibit a knowledge of the history of the Alpha Phi Alpha organization, which included a recitation of the various chapters throughout the country.

Alpha Phi Alpha was founded at Cornell University in 1906.

The Upsilon Beta chapter of Alpha Phi Alpha was founded in 2009. ■



(Top) Richard Nicolas, Joshua Duhe-Harris and Quentin Watts (left to right) were revealed as the three newest neophytes to join Alpha Phi Alpha. (Above) Nicolas performs a stroll as a part of the Neophyte Exhibition ceremony which took place in the Tribble Plaza March 17. **BEN LEISTENSNIER/THE CAPTAIN'S LOG**

Regattas: An Extended Edition



The expansion of Regattas will have a back loaded salad bar, an expanded Mongolian Grill, an additional 300 seats and new drink stations. PHOTO COURTESY OF CNU OCPR

Regattas changes are underway with the closing off of some seating and food stations.

BY MELANIE OCCHIUZZO
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Students were startled to see a wall in place of a room full of seating.

Over spring break, CNU closed down part of Regattas seating in order to begin construction to the inside of the new expansion of Regattas.

This wall, coupled with additional seating made available for takeout in the DSU, is just another feature of CNU's expansion of Regattas and the Tribble Library.

The new expansion is set to be finished around August 2017, at the beginning of the 2017-2018 school year.

This one year of construc-

tion is pretty quick according to Kevin Ososkie, Director of Dining Services.

New features from this Regattas expansion will include a back-loaded salad bar so the attendees can reload the salad without disturbing students, another 300 extra seats and more drink stations.

When CNU closed down a portion of Regattas' seating, there was a loss of 150 seats and an increase of 150-200 students in Commons, according to Ososkie.

This outcome was expected, particularly at dinner time, he said.

"We expected that students would adapt their eating schedules and divert their traffic to Commons rather than

Regattas."

A few new additions that come with the expansion are a Mongolian Grill that will feature more space for hot meals such as General Tso's, wells for soups and a larger grill that will remain circular.

The demand for these changes comes from the ever growing need for seating and food service that have been observed during crowded times like Tender Tuesdays and General Tso's Thursdays.

"We'd rather have students eating and sitting," said Ososkie.

There will be no new stations but there will be two cash registers officially set up year round.

Much like the setup in Commons, there will be a cash register installed at the original entrance and the new entrance on the McMurrin side

of Regattas.

The register that currently resides on the patio is up for discussion and will be based on need according to Ososkie. Commons will remain the same since its expansion four years ago.

Ososkie sees no foreseeable problems and now that the wall is up in Regattas, they can start to make real headway into the expansion.

For a quick visual, Ososkie describes the new seating setup as a ring-like second floor that opens up in the middle to overlook the first floor.

There was no additional loss of man hours for this expansion.

Those workers who were stationed at the Mongolian Grill were stationed elsewhere and others were staffed at the new seating on the third floor of the DSU. ■

By the Numbers:

- **300 Dining Seats**
- **2 new cash registers**
- **Dining Hall Opening: Aug. 2017**

Staying Strong: A fitness series

As the semester wears on, students sacrifice personal fitness and health for studying and other college concerns.



PHOTO COURTESY OF OCPR

BY MELANIE OCCHIUZZO
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The first thing to go as the semester wears on is physical fitness, or so Lisa Powell Triesmann Health and Fitness Pavilion Director says.

Powell created “Stay Strong Series on Motivation”, a series of workshops CNU students can attend for free that will show the practical applications of maintaining health during a stressful semester.

She was inspired by the research she found on how physical activity can improve cognition. Studies show that students who participate in physical activity have higher cognitive function she says.

“I thought that helping students with physical activity would help reach that level they needed,” Powell explains.

Powell has been working at CNU for 20 and a half years and has been the director for 13 and a half years.

She reached out to the Center of Academic Success and added the program to the center’s

already existing schedule for student success. Her love of physical health and concern for student health led to her wanting to create this event.

Powell’s qualification to make these decisions can be based on her Master’s Degree in Exercise Science at ODU and her current work on a Doctorate of Education in Kinesiology at the University of North Carolina at Greensboro.

“I am a student myself and I can empathize.”

This stay strong series on motivation will cover three different topics over three sessions.

Each will feature a practical application in addition to a lesson on the topic.

These practical applications will be an easy workout, an easy yoga practice and a mindfulness meditation practice.

All three are going to be integrated throughout the program.

Powell hopes to continue this series every semester, seeing as students always tend to fall short around the second half of the semester.

“In January the gym is packed,” she says, “but as the semester goes

on it becomes emptier.”

Powell is well versed in several fitness certifications; one of which is a Yoga Alliance 200hr registered yoga teacher certification.

She also holds certifications in sports medicine, aerobics, group exercise and is a certified exercise physiologist.

“I got into this field because I found an intrinsic motivation to help people get fit.”

She says it started with her taking an aerobic class and then being asked to teach.

“It all snowballed from there,” Powell says.

In future seminars Powell would like to collaborate with the Center for Counseling in order to show the important link between physical health and mental health.

She is still not sure if all students are aware of the direct connection there is between physical activity and academic performance.

She would like to stop the mind set that fitness is the first sacrifice when school gets hard. ■

**There are only two
more workshops
left. No registration
required.**

**Wednesday
March 22:
Find your Zen**

**Wednesday
March 29:
Mindfulness**

You get roommates by talking to people

One writer offers that the housing lottery is inconsistent because it requires students to form a suite even though they may not need to in order to secure a room.

SUZANNE HOWARD
STAFF WRITER

It’s that time of the year again: last minute suitemates suit up to brave the waters of the Housing Lottery. Every year, it seems worse than the last. Sophomores living in Santoro, juniors living in doubles—it’s madness. Soon enough, we’ll have students living in little huts on the great lawn.

This year, we were greeted with a great update: the new system, once you learn to navigate it, is quite user-friendly. Gone are the days of frantically typing in ID numbers and hoping for the best.

But nothing will change the inherent victimization process that the lottery entails. It’s felt by every student, the

young, the old, the PLP, the honors.

The stress of the lottery, the anxiety of picking roommates, the drama as groups form and fall apart like little amoebas.

Some of this is unavoidable: you’re always going to stress over forming the perfect suite, and nothing aside from going random is going to solve that. But there are some grievances that seem to have surprisingly easy solutions.

Most glaringly, individually signing up for a room wreaks havoc on the process of finding a location for a whole suite. Remember that email a long, long time ago when we were introduced to the roommate finder process, and the importance of having a full suite was drilled into our heads?

The housing admin emailed the whole

school: “part of the requirement to successfully select your housing is to pick your roommates in advance.” And so, dutifully, we scoured our friends, acquaintances, the occasional enemy, and formed our suites.

Yet a sub-heading on the CNU housing page suggests otherwise: you can sign up individually at every year level. For rising sophomores, this is not an issue; you get thrown into a pot of other random-goers, and rooms are assigned to the randomly distributed suitemates.

Even this year, rising juniors with no interest in choosing suitemates can pick a room on East, JR or Rapp, completely contradicting the need to pick out suitemates in the first place.

This process is ruining the housing system.

Let’s say Bob wants a room in Rapp and Jeff wants a room on East. They pick a single room in a four-room suite, and bam! One of those rule-abiding, group forming, suitemates can no longer take that suite.

When the housing system allows Bob

and Jeff to belittle the housing process, they are crumbling the foundations of their own organization. When Bobs and Jeffs inhabit different rooms, they have destroyed the chances of 20 unsuspecting students.

This starts a butterfly effect, possibly resulting in the future Great Lawn Hut habitation project.

The solution is simple: don’t allow Bob and Jeff to enter a suite on their own. Don’t send emails that claim you are required to have a full suite when that is not the case. Going random should be an option, but not one that results in roommate breakups and panicked re-planning.

Instead, students who go random should be randomly placed into suites, then into the rooms. The prerequisite to picking a room should be having two to six names on your list, and not a moment before.

CNU likes to remind us that we get jobs by talking to people. Communication is the key to success; so it should be the key to housing. ■

COMIC CENTRAL

Interested in getting involved with the creative side of The Captain’s Log? Do you enjoy making digital comic strips detailing student life? Then contact us at clog@cnu.edu to have your work featured here and expand your resume!

CAPTAIN’S BLUES



ARTWORK BY PARIS JACKSON

• Farewell Cruise •

SENIOR WEEK 2017

Saturday, May 6

Shore Excursion: Busch Gardens

All Day

Spend the day with your classmates exploring Busch Gardens Williamsburg! *Transportation not included.*

Sunday, May 7

Dinner and a Movie Night

4:00 p.m. - 11:00 p.m.

Grab your friends and enjoy a night in City Center! Start with Happy Hour appetizer specials at Paragon Theater, grab a bite to eat at a local restaurant, and enjoy a showing of *Guardians of the Galaxy Vol. 2*! *Transportation is included.*

Monday, May 8

Port of Call:

Paradise Ocean Club

11:00 a.m. - 4:00 p.m.

Pack your swimsuit, it's time for a day at shore! Tickets to this event include transportation, entry into Paradise Ocean Club, and a luau lunch! Paradise Ocean Club is an outdoor venue with sand volleyball, a pool, access to the ocean, and cabanas.

Tuesday, May 9

Bon Voyage Brunch

11:00 a.m. - 1:00 p.m.

Enjoy an afternoon of comedy as you sit back and enjoy brunch in the Ballroom!

Casino Night

8:00 p.m. - 11:00 p.m.

Come experience a formal evening at the casino and try your hand at winning an incredible array of prizes! Enjoy a cash bar and plenty of games in the Ballroom.

Wednesday, May 10

Grad Dash

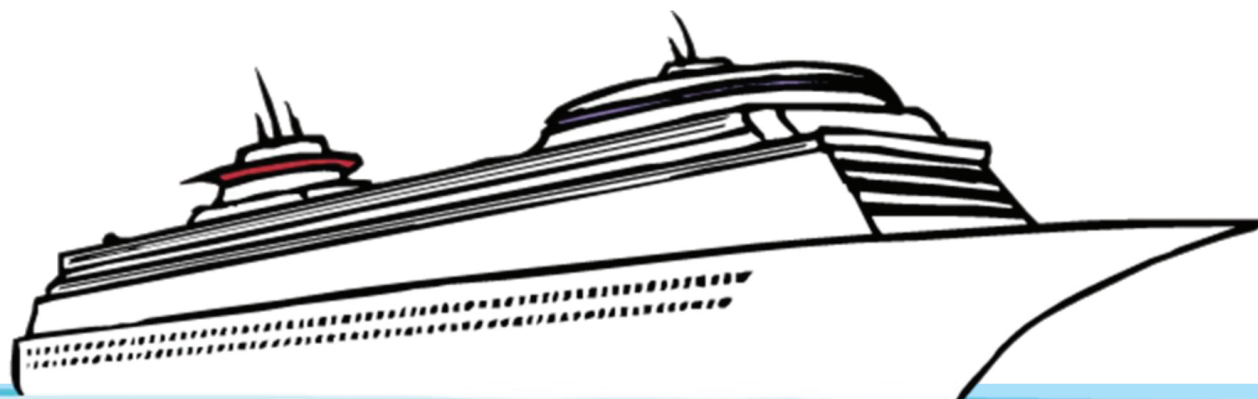
11:00 a.m. - 12:30 p.m.

Run the 2.017 mile course around campus and get blasted with blue at the color blast stations —make sure you wear white!

Champagne Toast

6:00 p.m. - 8:00 p.m.

To celebrate the Senior Class Gift Campaign, seniors who purchased the Upper Deck Package will join President and Rosemary Tribble for a toast at their home. *Transportation is included.*



Get on board! cnu.edu/seniorweek

“Whose Line is it Anyway, CNU?”

Two of CNU’s comedy groups, Laugh Out and the Improvocateurs, hosted a show that infused both group’s humor and kept the audience entertained.

Junior Hogan Holt is a man on a mission in a noir style game called “Narrator.” With dramatic background music, Holt saunters into Dunkin’ Donuts saying “It had been 15 years since I began my search for the legendary golden doughnut...and I had finally tracked it’s location to a small shop.” Not even a minute into his conversation with the shopkeeper, played by senior Kyle Horowitz, Holt realizes he was onto his plan to steal this rare commodity. **PHOTOS BY HANNAH LINDENBLAD/THE CAPTAIN’S LOG**



BY MACY FRIEND AND HANNAH LINDENBLAD

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Based on the improv comedy show “Whose Line is it Anyway?”, the Improvocateurs and Laugh Out hosted “Whose Line is it Anyway, CNU?” Saturday March 18.

The performers—Will Craun, Bonnie Newton, Kyle Horowitz, Glenn Abernathy and host Hogan Holt—performed different games.

Ranging from “Whose Line,” where the audience provided performers with lines to use during their scenes, and a “Daytime Talk Show,” where performers made a talk show

(Left to right) Freshmen Megan Moulton and Rachel Applebach play a mother and daughter duo in a sketch about creepy animatronics at a Chuck-E-Cheese. Moulton plays the role of the scared daughter after an animatronic tells her that her birthday is not real and that “time is a social construct.”

based entirely on Shrek after audience suggestions, most acts required audience participation.

In between Laugh Out’s skits, the Improvocateurs performed sketches about the horrors of Chuck-E-Cheese and instructed the audience on how to be petty.

The night began with the game “Questions Only” in which performers could only ask questions during their set, and the audience provided the location of a fast food restaurant.

“Hoedown” was another game that the Laugh Out performers intermittently played throughout the show. During this game performers were given an item, occupation or physical trait and had to make up a four line song about it. The group was able to successfully work out the skit without stuttering.

Given the variables dog walking, tiny hands and applesauce, Kyle Horowitz gave his best attempt with “I wanna be a boxer, I am the biggest fan, but the only problem is I have tiny hands. That’s not a problem cause I have a new slogan; whoever I fight, at least I can beat Hogan.”

Another game involving audience participation was “Sound Effects” which involved two audience members giving sound effects for a scene where Craun and Abernathy played the roles of two lumberjacks.

The audience wrote down ideas for scenes and if they were chosen by the host, the players would say a line or two based on the idea in the game “Scenes from a Hat.”

One scene was based on unlikely autobiographies in which Abernathy said “How to run a Successful Business, By Trump.” Another was based on if Dr. Seuss was written by Shakespeare, where Newton said “There was a cat, who was bequeath a hat” and other members tried to incorporate old English with the playful, rhythmic style of Dr. Seuss.

While this event was a bit different from the Improvocateurs’ familiar all-female, slightly-vulgar sets, there was a common theme of audience participation, political infusion and witty one-liners that gave this show a sense of familiarity. ■



(Left to right) Junior Will Craun and senior Bonnie Newton play a game called “Two Line Vocabulary,” where Newton could say whatever she wanted while Craun could only say two lines, a question and a statement. Craun’s lines were “Who am I?” and “That’s mine.” They had to act out a scene in which they were prisoners of war escaping from a camp in Germany.



Senior Kyle Horowitz plays the role of a weatherman astronaut who is landing on an alien planet in a game called “Weird Newscasters.” He creates his own iconic quote when stating “One small step for weatherman, one giant leap for cable news television.” While on Venus, he finds Martians and realizes he “should have brought a bigger parka.”

“There’s a robber at the bank! This looks like a job for Improv Man! Can I get a suggestion from the audience?” -from the game *Bad Superhero Names*, **Glenn Abernathy**

Baseball picks up two wins against Frostburg

A Saturday doubleheader wrote the Captains two more curly “W”s in the book, pushing the winning streak to six.

BY BRETT CLARK
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The CNU baseball team put on a clinic Saturday, March 18, defeating Frostburg State twice in their action-packed double header. Frostburg State, a CAC (Capital Athletic Conference) rival saw Captain after Captain round third base and head home in their two defeats.

The first game ended with a sum of 15 runs for blue and white compared to a mere four for the FSU Bobcats. The Bobcats fared no better in the second game, a defensive shutout for the Captains, with a score of five to zero.

On top of the blitzkrieg shooting out of the Captain’s bats Saturday, CNU was near flawless in the field with only two errors in all 18 innings of play, one per game.

The bull pen did a phenomenal job as well in both games. In game one senior Mikey Thomas pitched seven, allowing four runs. Closers Alex Biddison and Logan Aylor finished the final two innings, denying Frostburg a late game comeback.

In the second game, Logan Harrelson pitched a flawless eight innings, finally retiring and letting Joe Burris mount the pitchers’ mound to close out the ninth inning, sending the FSU Bobcats

on a long bus ride home.

In the two games, CNU’s pitching staff never let Frostburg gain momentum with 13 strikeouts in the 18 combined innings.

Freshman pitcher Brian Owens claimed “Yesterday was a great team effort that showed how good we can really be. Our pitching was outstanding and our bats came alive. It was a huge momentum booster heading into this week being 6-0 in conference play.”

Bats were, in fact, hot on Saturday. The Captains rocked FSU’s field with 26 hits. Ten extra base hits and five home runs made for lots of running around the pristine diamond at Captains Park.

Home runs in game one came from A.J. Nicely, Ryan Grubbs and Brandon Ginch, in that order.

The scoring in game two was due to two home runs by catcher Brandon Walker, assumedly helping out his partner on the mound.

This power at the plate did the trick since the Bobcats couldn’t quite keep up. Despite a respectable 12 hits in the first game, a mere four matriculated into runs for Frostburg.

In the second game, the Bobcats went toe to toe in hits, matching CNU’s six. Those six hits left FSU with nothing to show for it, however.



The Captains took on Frostburg in a doubleheader before beating NC Wesleyan, in which Ryan Powell got his first win this season. **BEN LEISTENSNIER/THE CAPTAIN’S LOG**

Leaving with two more losses, Frostburg is now 8-7 with one win and three losses against CAC competition. With a quick turnaround, Frostburg traveled to Hampden Sydney College Sunday, March 19 and Southern Virginia University Monday March 20.

These two wins extended the Captain’s win streak to an impressive six games. CNU now sits with 15 wins and nine losses. More importantly, as Owens

noted, the team is 6-0 in CAC play.

The Captains took a bus ride to Rocky Point, N.C., Monday, March 20 to play North Carolina Wesleyan College, an out of conference game.

This was one last test before CNU hosts the Salisbury Gulls for a mid-week matchup Wednesday March 22 at 3:45 p.m.

Salisbury is 13-6 overall and are also flawless in CAC games: 6-0. ■

Galvin’s heroic contribution wins game for CNU



Senior Meaghan Galvin dodges past defenders to score the game winning goal against Marymount University this past Saturday. **BEN LEISTENSNIER/THE CAPTAIN’S LOG**

BY JJ LAPOINTE
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Christopher Newport’s women’s lacrosse team won in heroic fashion this past weekend, as senior Meaghan Galvin laced the game-winning goal seconds before time expired.

The women travelled north to Arlington, Va. to face the Marymount Saints in their first in-conference matchup of the season.

The two CAC squads were evenly matched throughout the game as the Captains were ahead by three until Marymount climbed themselves back

Women’s lacrosse heads to Arlington, Va. to take on their first Capital Athletic Conference game of the season.

into reach of a victory.

Both teams took 22 shots, CNU scoring seven of their twelve goals in the first half.

Marymount committed eight turnovers during the game and the Captains turned the ball over eleven times.

The lady Captains were sparked by an awesome defensive showing as the CAC Player of the Week from two weeks ago, freshman goalie Kaitlyn Ready, recorded eight saves.

Fellow freshman Mackenzie Regan forced two crucial turnovers for the Captains during the match.

On the offensive side, the Captains stormed out of the gates early to a 7-1 lead within the first 22 minutes of play. Sophomore standout Sarah Culver contributed two early first half goals, and added her third goal of the day in the second half to finish the hat trick.

Junior Carly Wilson also notched an early first half goal and came up big for CNU as she showed sharing is caring with two assists.

Galvin, the Arlington native and Yorktown High School grad, led the way

for the Captains offense as she scored the first and last goals of the game, providing a team high three assists along the way as well.

Marymount tied the game with nine minutes left in regulation thanks to a goal by midfielder Bridget Odum.

The Captains answered back quickly with a goal by senior Erin Callahan and the assist credited to sophomore Jordan Hayes.

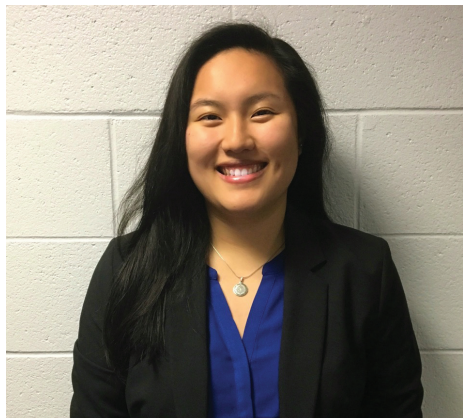
Marymount was not done swinging and would not go down without a fight as they re-tied the game up with less than two minutes of play.

Ready provided a great clear with 25 seconds left and Galvin found the net with only one second left on the clock.

The women of CNU now hold a 6-3 overall record and look to keep the winning streak alive as they travel to Buena Vista, Va. for another CAC battle, this time against Southern Virginia University.

The next home game for the Captains will be March 25 at Captains Turf Field against Shenandoah University. ■

Grayson Allen incident; fair?



COURTESY OF CORA WOLFINGER

BY CORA WOLFINGER

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You either love them or hate them: the Duke Blue Devils lead by the legendary and GOAT Coach Mike Krzyzewski. A member of this season's team that drew attention is the loved or loathed Grayson Allen.

Known for his shenanigans of tripping other players, this and last season has become the latest villain of Duke. Allen has been under a lot of heat for his "unsportsmanlike behavior" and under intense scrutiny during every game since.

Me, I am a total Grayson fan. I loved him since his freshmen year when his rise to fame came at the perfect time—the national championship game against Wisconsin.

Allen was an instrumental part of winning that game and he proved he is an absolute monster on the court. Should he have tripped people on three different occasions? No. It made him look petty no matter what the circumstances were. However, do I think he is a bad person or "dirty player"? No. Now what intrigued me was why Allen's incidents were so mediatised. There are players around the country that have had drug charges and sexual assault charges, things that I would think are far more pressing news than tripping someone.

Allen's story, however, has something different than others. He is white and goes to Duke. Duke University, a known primarily white, wealthy and privileged student body has always been a villain in both the classrooms and courts. Duke is arguably one of a handful of schools that are put under the highest standards.

Any team that consistently wins will always be disliked and over criticized for the slightest mistake. Is this fair? Should teams be hated for winning? If it is Duke then of course not, UNC on the other hand...I would like to see the NCAA put more intense regulations regarding criminal charges with scholarship players.

Yes, Allen's trips were childish but it wasn't like he was arrested for sexual assault like other players in the league. I'll continue to fight for Allen because he will be a great NBA player in my opinion and he is a good guy with a passionate love for the game.

That is the beauty of college basketball—your team is like your family and I will always be loyal to the best blue. ■

Reid grabs All-American title



Junior Grayson Reid adds an All-American title to an already impressive list of accolades after racing at the NCAA Nationals championship mee in Illinois. COURTESY OF SCOTT REID

Grayson Reid has an impressive race record, but perhaps the most impressive of all is his passion for the sport.

BY SAMANTHA CAMILLETTI

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Champions seem to either be born or made, and junior Grayson Reid leans towards the latter.

In addition to breaking six CNU records and two conference records in both cross country and track, Reid recently added an All-American title in 5K indoor to his collection of accolades after his effort Friday, March 10 at the NCAA Indoor Championships hosted at North Central's track in Illinois. Originally, Reid wasn't even supposed to be there.

Going into the race, he was seeded at 16, and only the top 15 get to go. "People normally scratch so I was waiting for one person to scratch and we found out that Tuesday," Reid recalled.

"We were supposed to find out at like 9 a.m.—that's when the sheets come out with the accepted entries—but I was awake at seven because I was so nervous. [My coach] called me around 8:30 a.m. and was like 'you got it.'"

"You got it"—such a simple phrase, but it opened the door wide for Reid. He would eventually fill the spot left by

the top DIII runner in the nation who dropped out due to an injury, according to distance coach Matthew Barreau. "I got incredibly lucky," Reid said, and even now there seems to still be a hint of disbelief in his voice. Though Reid entered the race as the 15th seed, he left just six seconds shy of the national champion and with a new school and personal record of 14:31. Reid is only the second runner to achieve All-American honors in an individual event and is the first in 26 years.

Despite the success and respect he has received, Reid has unfinished business to attend to, and his sights are already set on next year. "I'm not satisfied," he said, shrugging. "Looking back on the race, I'm six seconds behind a national champion. There's no doubt in my mind that I could be that guy six seconds ahead. That's when I'll be satisfied."

Behind the achievements is a self-described "grinder", someone who never quits despite the odds and seems to have an optimism and selflessness that is hard to match.

"Grayson has definitely grown in his time here, but his success is hardly unexpected. It all comes back to pas-

sion," Barreau said. "Grayson loves this sport. And from the time I began recruiting him he has been undeterred in his mission to get to the top of the sport." His current trajectory was marred by numerous injuries, especially in high school, but even those didn't steal the love of running from him or his belief that he could improve. Reid points to the incredible amount of trust he places within his coach and the trust Barreau returns as part of the reason for his success.

"After the race ended and he found out he was All-American, he ran right over and before I could really get words out he hugged me hard and said 'I believe in you every step coach. I never doubted for a moment.' His belief, his faith, his trust, more than anything else, is what makes Grayson who he is, and that is a very special person," Barreau said.

"He just happens to be a pretty good runner, too." This wholesome persistence and determination isn't just seen by his coach, but starts to inspire his fellow teammates as well.

"As we were lining up to start the DMR, he was getting called up on the podium. He was even still cheering us on even though he was the one being awarded all American," freshman Cavanaugh "Cav" McGraw said. "I feel privileged to learn from not just a great runner, but a great leader as well." ■

"Dust to Dust" set to debut this weekend

This entirely student-produced TheaterCNU musical combines elements of young adult struggles with jazz music.

BY AARON ROYCE
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TheaterCNU's latest production "Dust to Dust" is an original contemporary jazz musical centered around a farm boy who is sent to collect a debt from an old friend in New York. However, the audience will quickly learn that he finds more than just money on his journey.

"Dust to Dust" would be incomplete without a well-versed director at its helm, and sophomore Kyle Ronyecs has taken on that responsibility.

Despite his sophomore standing, Ronyecs has ample experience from his work in the university's previous theater productions. He has been the stage manager for several shows this season and assisted the stage manager with three shows last year.

The Impetus

As director, Ronyecs has graduated from his stage managing days and is responsible for many important components of the show, like coordinating calendars, attending meetings with designers, maintaining the show's artistic vision, and, for "Dust to Dust," choreographing the show.

"Being a director is just so different because I'm just used to conveying the director's decisions to other people," he said.

"So being the person that actually makes those decisions is a very surreal experience for me. I usually just stage manage productions at CNU, so I am used to having to be organized and on top of things, but directing is an entirely different beast within itself."

Differences in the show also extend to its artistic components. "It's an original musical, which CNU has never done before, and the type of music in this show is pretty different from what CNU has done in the past," Ronyecs said. "TheaterCNU is very diverse in what it does for its mainstay, but I must say that this musical really is like nothing else out there."

The Class Act Players Theatre Company, which Ronyecs founded, first produced "Dust to Dust" in the summer of 2015.

Initiative Student Theatre, which was founded about four years ago at Christopher Newport, is taking a more modern spin on the production than when it was originally performed. When the club's e-board met over the summer, they agreed that they wanted to rebrand. "Dust to Dust" is an attempt to diversify Initiative and demonstrate the breadth of the club members' tal-

ents. "Initiative is currently trying to expand as a club and branch out into even more types of theatre," Ronyecs said. "Initiative likes to offer different types of theatre throughout the year in order to help actors and technicians gain experience, and offer even more theatrical opportunities for theatre majors and non-majors alike."

One reason Initiative is able to offer these opportunities is that the club's productions are produced, directed and cast by students.

All of the technical aspects are taken care of by students as well. However, that isn't without complications—working around various schedules to get all of the members together was a challenge Ronyecs and the club faced in the months leading to "Dust to Dust." "Between classes, TheaterCNU productions and off-campus commitments, it's always a real puzzle to get everyone in the same room at the same time."

Despite scheduling challenges, the variety of ideas and innovative ideas the students bring make the production process more fun and exciting when they do meet.

"Working entirely with students is a really amazing process," Ronyecs said. "A lot of really interesting and new design aspects are constantly being brought to the table, and the whole thing is just one large, really fun, learning process."

Having a more artistic-oriented role as the director for "Dust to Dust" and a familiarity with the show has made the production process easier for Ronyecs. "I love being able to direct a show I've worked on before. When I worked on this show before, I was solely a stage manager and producer, so it's really amazing to be able to work on this show in an artistic capacity," Ronyecs said.

"The music is also my favorite part. I was there when it was originally written, and to see it be performed here at CNU is almost magical."

Themes of "Dust to Dust"

Ronyecs believes that the production's deeper meaning is rooted in liberation from unhealthy relationships, and hopes it will show that, as well as the power of music, to audiences. "I think that this show is really good at identifying unhealthy relationships in all forms, and it shows that you're not a bad person to want to be free from those relationships," he said.

"I believe it also shows that music can be an amazing outlet. It can be used as a window straight to the soul, and could help relieve all types of stress and anxiety and ultimately help make someone happy."

Junior Madeleine Witmer also plays an important role in the show as one of its leads, Scarlett Rosen, a young jazz singer in New York City dealing with her fiancé's disappearance and pressure from her mother and agent.

Being Scarlett on-stage has been an exciting experience for Witmer, who has played a variety of female characters in TheaterCNU productions like "Major Barbara" and "Legally Blonde."

"I have really enjoyed playing Scarlett, and have found a lot of characteristics about her that I can either admire or relate to," Witmer said. "I truly admire the way she's strong-willed and opinionated, yet incredibly compassionate and thoughtful. She goes through a lot of hardships, and the audience gets to watch her make some pretty intense realizations and grow as a young woman."

Witmer feels that the musical has many relevant themes, but the most prevalent is the importance of making decisions for yourself, which she feels she's enhanced through Scarlett. "The biggest lesson that Scarlett learns in this show is that you cannot live your life for other people. While, yes, we all have to make sacrifices in life for the people and things we love, we cannot be controlled by them," she said.

"At some point, we all need to look at our lives and ask ourselves 'am I happy?', or 'is this the life I want to be living?', and if the answer is no, you can change it. You can do, be and go wherever you want, you just need the courage to stand up for yourself and whatever is holding you back. I could probably write

"At some point, we all need to look at our lives and ask ourselves 'am I happy?', or 'is this the life I want to be living?', and if the answer is no, you can change it. You can do, be and go wherever you want—you just need the courage to stand up for yourself and whatever is holding you back."

*-Madeleine Witmer
(Scarlett Rosen)*

a book on this because I find it so important and relevant, especially to us college kids trying to figure out what the heck the future holds for us."

Musical Elements

Sophomore Chardonnay Norris, the cellist for "Dust to Dust," joined the production after being recommended to Ronyecs. She's performed in six of her high school's musical productions in Richmond, but this is her first for TheaterCNU. For her, "Dust to Dust" has a variety of musical differences and similarities. "Each show is the same but always different, because the music can be either difficult or easy. For this show, the music is way easier than any musical I've ever done," Norris said. "That makes it much more enjoyable, because it gives me more time to focus on the show and the fun. The singers and actors are challenged and encouraged by the pit, but each show I still play the cello and do what I love."

Overall, Norris' experience as one of the show's musicians has been fun and positive. "Being in the pit for the musical can be difficult, because I have to readjust to each individual singer and their respective tunes," she says. "But I love the pit and the people in it. Being in the pit is (most of the time) the best seat in the house, and I get to watch the show journey from nothing, new lines and songs to something grand that people want to come and see." ■

Production Schedule:

**Tuesday, March 28 &
Wednesday, March 29
at 7:30 p.m. at Peebles
Theater**

*Tickets are free with
Student ID*

*Show will run
approximately one hour.*

A hero's farewell

Professor George Hillow has had an illustrious career in TheaterCNU, but even the best must retire eventually.

BY SAMANTHA CAMILLETTI
SAMANTHA.CAMILLETTI.14@CNU.EDU

At this point, Professor George Hillow almost needs no introduction.

In the past 26 years, he has taught 12 different classes, designed scenery for over 75 plays, designed the lighting for 30 of those and directed over 15 productions, most of them musicals.

While the numerical data is impressive, they do little to capture the heart and spirit of a man who has transformed TheaterCNU for the better.

"He has had such a large impact on the theater department and the campus at large," Professor Tanya Sweet said. "First off, he is the nicest person that anybody would ever meet. He just makes you smile."

Sweet has been working with Hillow for over 14 years, helping him build shows from inception to execution. "I can only say good things about him. He's just so good to work with and easy to work with and imaginative. So that's been great," Sweet said. "The quality of our work at CNU is so high and that's partly because of what he brings. He also has great ideas going on and he gets so excited like an energetic little gnome when he has a great idea."

Hillow admits himself that he's had some great ideas, such as the set for "A Midsummer Night's Dream" in 2001, which he designed, lit and built. "For that show we built a chest-deep swimming pool in the orchestra pit with a

runway around it for the actors," he said.

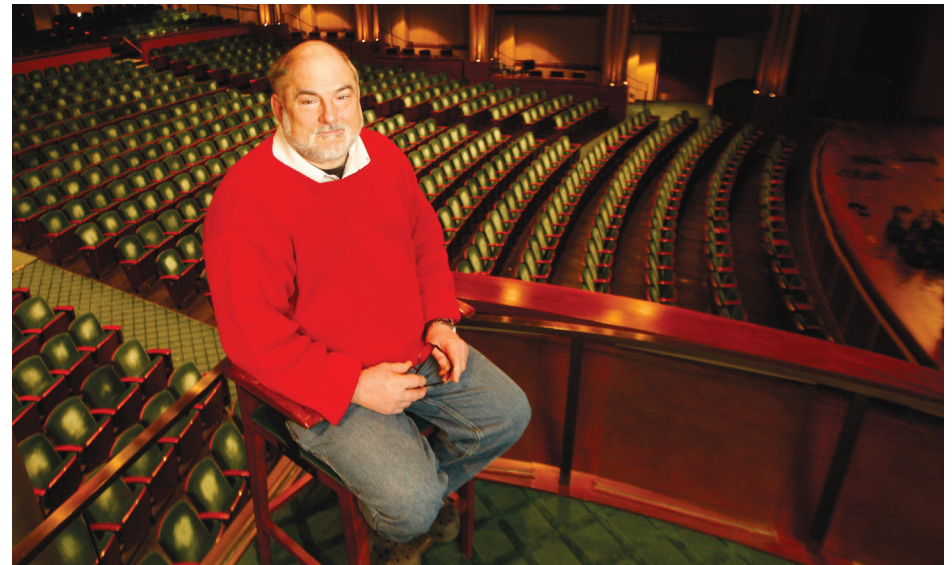
Another performance he prides himself on for directing and designing was Gilbert and Sullivan's "The Mikado" in 1991. The performance was so popular that not only was it sold out, but there were audience members sitting in the aisles and standing, according to Hillow.

Hillow was instrumental in planning the Music and Theater Hall and Studio Theater between 1990 and 2000 and recruiting Theater and Dance faculty members to fill Ferguson's halls. He also helped create the Arts Garden in the Ferguson Center with CNU Landscape Designer Bob Goodhart.

Hillow helped raise over \$35,000 for the project to create the garden that stands today. "It was a dirty, rocky, no man's land and that's how CNU was going to leave it," Sweet recalled. "It's all [Hillow's] energy—to build it, to make it beautiful, to build a beautiful portico, to have the fountains out there, to have people donate money and funds and furniture and to make it a lovely oasis for the students."

Hillow notes that one of things he will miss about CNU is being able to look out of his office window and see the Arts Garden.

Sweet believes that Hillow's attitude was indeed what made his time here so illustrious. "He is an optimist to the core," she said. "Sometimes I'm like, 'George, are you aware of the bad things?' and he says 'Nope, only the



Professor Hillow poses in a place that has most certainly been transformed by his energy and creative mind. PHOTO COURTESY OF CNUOCPR

good things!' He's aware of the good in the world and it's great to work with him because that's what he sees and that's the energy that he brings."

The Falk Gallery exhibit named "Hillow Farewell: Celebrating a 25 year Career" attempts to capture this energy and legacy Hillow has left behind. "The tagline we put with it is a survey of Hillow's career, and his TheaterCNU career specifically, through drawings, photos and written materials," Teddy Kavros, a graduate from 2012, said. Kavros was the curator for this exhibit.

The exhibit includes photographs of the sets Hillow has built, drawings linked to the construction of those sets and various articles he has written over

the years.

However, Kavros soon had a problem—TheaterCNU only had production photos and playbills from 2006. "Hillow's been here since 1991 so that was not going to be good enough. But I found that he, in his office, has in his personal portfolio photographs and a lot of old drawings of his favorite designs throughout the years," he said.

"That really became the main source of material. The majority of the things in the Falk Gallery came from his portfolio."■

The exhibit will be on display in the Falk Gallery until April 3.

Saturday's festival will "harp" on education and fun

Have you heard 15 harps playing at once? If the answer is no, you have the opportunity at this Saturday's Harp Festival.

BY SAMANTHA CAMILLETTI
SAMANTHA.CAMILLETTI.14@CNU.EDU

The newly formed Harp Department is hosting the inaugural Harp Festival this weekend in hopes of increasing awareness of both the department and harps in general.

"Dr. [Mark] Reimer told me about some of the festivals we have in the department and he suggested a harp festival. So we were brainstorming about it and he let me have free reign over everything, which has been wonderful," Dr. Anastasia Pike, the festival's coordinator, said.

Particular emphasis was placed on "what sort of things might be appealing to harpists, but especially non-harpists." Curiosity about harps is something that Dr. Pike hopes will attract this latter group. "Harp concerts are really unique in that there's a huge visual aspect to it. Some people have never seen a harp before and most people don't realize that we have seven pedals," she said.

"It's a lot of fun to watch our feet go

crazy. I call it dancing."

The festival will bring in outside performers, such as the Virginia Symphony Orchestra's Mosaic Duo, Lilac94, and The American Youth Harp Ensemble.

The youth ensemble is arguably the pinnacle of the event due to their impressive repertoire. According to Pike, they are the "nation's premier youth harp ensemble" and have sold out Carnegie Hall multiple times, performed at the White House and for the king and queen of Belgium, among other impressive venues. "The oldest harpist is only a senior in high school," Pike said. "This particular ensemble that is coming is their touring ensemble, which is the creme de la creme of the American Youth Harp Ensemble." Pike herself will also be teaching a master class.

In total, there will be six performances and plenty more opportunities for harpists and casual observers to learn something new. For Pike, this event also presents an opportunity to educate both students and the public.

"A lot of people on campus don't even realize that we have harps and that we offer them on campus. So that's excit-

ing. Everyone knows about the Ferguson Center and I think it gets taken for granted. It's a beautiful performing arts center," she said.

"As a musician and educator, I want to stress to students and potential students who are looking at CNU to realize that having such a venue to perform in is a privilege. There are some schools that don't even have a performing arts center."

In addition to raising awareness of the venue itself, the most obvious priority will be placed on the harps themselves for this event. "I think it's great to bring some attention because harps are so unique and I think people, even if they're not interested in classic music, might be here because we have harps," she said.

"How many people have seen 15 harps playing at the same time? They might be curious enough to come and that might whet their appetite for something else and they might come back for a wind ensemble concert or a string quartet concert or who knows what. I think this is another way to expand and build curiosity." ■

Schedule:

9 a.m. Riverside Performing Arts Medicine – Peebles Theatre

10 a.m. Maryland Classic Youth Orchestras Harp Ensemble performance – Pope Chapel

11 a.m. VSO harp/flute duo ("Mosaic Duo") – Peebles Theatre

1 p.m. Masterclass with Dr. Anastasia Pike – Pope Chapel

2 p.m. "Informance" with harp duo Lilac94 – Pope Chapel

3 p.m. Solo recital, Isabelle Frouvelle –Pope Chapel

4-5:30 p.m. American Youth Harp Ensemble – Peebles Theatre

Why do you Relay?

Students share their stories on why they will be Relaying and why they think the event is important to host at CNU.

BY MADELEINE SCHULER
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With Relay for Life coming up on Friday March 24, CNU students are beginning to reflect on the importance of the event and how cancer has affected their own lives.

To raise more money than last year's total, students are going out of their way to raise funds for the American Cancer Society.

Freshman Erin Cassidy has already raised \$605 for the cause, and will be relaying because of the large role cancer has played in her life. When she was in the eighth grade, Cassidy's mom was diagnosed with cancer. She had her femur surgically removed and replaced with a metal rod, but is now cancer free. More recently, one of her former softball coaches, and family friend, was diagnosed with stage four multiple myeloma. He is about to undergo treatments to help the cancer from spreading. It is because of these events that Cassidy is reminded of the importance behind Relay for Life. These experiences have led her to want to be actively involved in the fight against cancer.

"[Relay for Life] not only raises

funds for the fight against cancer, but it also raises awareness and honors for those who are battling the disease, those who are survivors, and even those who lost their fight," said Cassidy. "It helps to show those in the fight that they are not alone."

Freshman Morgan Simmons, who has raised \$575 for the event, joined a Relay for Life team with her sorority, Zeta Tau Alpha, an organization that supports breast cancer awareness.

CNU's chapter of ZTA hosts many philanthropy events during the school year to promote breast cancer awareness and raise money to end the illness. Breast cancer has influenced Simmons' family, as both her mother and grandmother were diagnosed and then beat the disease.

"I hope with further research we can end the fight with cancer once and for all," said Simmons.

Sophomore Shannon McWilliams, who has raised \$750, got involved with Relay for Life at college because she developed a passion for families that are experiencing what she went through.

Her mother had three different types of cancer—two while McWilliams was in fifth grade and one when she was a junior in high school. During McWil-

Last year's Relay for Life raised \$55,442.02 for the American Cancer Society.

liams' junior year, her mother spent a month and a half in the hospital, which proved to be a huge learning experience for her.

"I think without her being my rock throughout that whole experience, we wouldn't have been able to get through it," said McWilliams. "I want no else to go through what I went through."

Freshman Jaden Hagmaier, who has never participated in Relay for Life, has already raised \$1,110. Cancer has always been prevalent in her life. Her grandmother was diagnosed with breast cancer right before she was born in 1998, but won her battle against it five years later.

"Cancer runs in my family and so when I was a teenager I decided I should get tested for the BRCA-1 and

BRCA-2 gene since women on my mom's side of the family had it," said Hagmaier. "Unfortunately, we discovered I had the gene."

However, not only has this made Hagmaier more aware of her risk, but it gave her a sense of duty when it comes to helping those currently fighting.

With an 80 percent chance of developing breast cancer in her lifetime, Hagmaier remains positive and finds comfort in knowing that if that day comes, she will be backed up by organizations such as Relay for Life.

"The future of cancer research and finding treatments and cures depends on the support of the communities and I am so blessed to be a part of that," said Hagmaier. ■



Various performances from CNU students and beyond will occur throughout the night to keep students engaged. PHOTOS BY BEN LEISTENSNIER/THE CAPTAINS LOG



Senior Emily Egress walks with her sister, Alexandra Egress, who is a cancer survivor.

The final countdown: your senior year bucket list

With only half the semester left, seniors have limited time to check experiences off their bucket lists.

TAYLOR MICHALSKI
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When we walk onto CNU's campus as freshmen, with bright eyes and excited spirits, we never believe that our time here will be over sooner than we think. People always say that you blink and suddenly your college career is over. Most of us tend to brush off that saying and go about our days. However, before you know it you are a second semester senior hoping that time will slow down and that you won't have to leave this amazing place just yet.

With just a few more weeks remaining in the school year, seniors will have some loose ends to tie up. Whether it is turning in your final senior seminar paper, taking your last final or purchasing your cap and gown, the weeks leading up to graduation can be stressful and

overwhelming. In the midst of all of the hectic activities, it is important to take in every moment and partake in some fun activities. Here are some last minute possible senior year bucket list opportunities to check off and make these last few weeks something special:

Take a selfie with President Tribble

So many of us take for granted that President Tribble is a prominent figure on campus. He loves greeting students with a smile and interacting with each and every staff member. So next time you see him, say hello and snag a selfie with the man that makes CNU so exceptional.

Eat all the buffalo chicken wraps

Every Wednesday, students wake up with the anticipation of lunch

time and the opportunity to grab a buffalo chicken wrap. Whether you get it with Chipotle sauce or ranch, onion straws or tomatoes, any creation is worth it. If you haven't had one of these delicious wraps, make sure to stop by Commons and give it a try. Get there early though so you can avoid the rush and savor every flavor.

Win an intramural championship

Most of us have a competitive spirit within in us and what better way to show that off than playing sports with your friends in hope of winning that prized T-shirt?

Have a picnic on the Great Lawn

A perfect way to soak up the last few weeks of school is taking in the beauty of the campus. When the weather gets warmer, grab a blanket, a friend, some snacks and lay out on the Great Lawn. You're bound to see people walking to and from class and if you're lucky you might just see a

dog, which is always the highlight of any college student's day.

Reunite with freshman year friends

Over the years, we tend to grow apart from the people who we started off this crazy ride of college with. So before your time is up at CNU, reconnect with your old freshman year friends. These are the people that saw you through your ups and your downs. The ones that comforted you when you were homesick, shared late night pizza with and helped guide you through the unknown. Get together and share some memories before you all go your separate ways.

Graduate

Soon enough you'll be walking across the stage and turning the tassel. All of your hard work has led up to this moment. Make sure to reflect on the times you've spent here, the people you've shared those moments with and how far you've come. Take it all in and know that CNU will always be here to welcome you home. ■

The Red Shoe Shuffle Preview

Alpha Delta Pi is hosting its very first 5K to raise money for The Ronald McDonald House Charities.

BY MADELEINE SCHULER
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On March 26, members of the CNU community and beyond will join together at Newport News Park for the first Red Shoe Shuffle sponsored by the Theta Nu chapter of Alpha Delta Pi. This new event is a 5K that welcomes anyone to participate.

This past summer, ADPi's Philanthropy Chairwoman, Megan Tyndall came up with the idea of hosting a 5K after contacting other chapters that have successfully held this type of event in the past. Prizes for first, second and third place will be awarded to females, males and teams. Prizes include a plaque and gift certificates from many local restau-

rants and stores.

A Newport News company, Race in a Box, is helping ADPi keep time of each runner's course completion by putting chips in the individuals' running bibs, helping ADPi to make Red Shoe Shuffle an established 5K race.

According to Tyndall, although the planning process for an event of this caliber has been challenging, this hard work and effort will be worth it on March 26 because participants will not only be competing for themselves, but they will be running for an important cause.

All of the proceeds from Red Shoe Shuffle will go directly to the Ronald McDonald House Charities and the Alpha Delta Pi Foundation.

The Ronald McDonald House Charities aid families with children who suffer from life threatening diseases while they undergo treatment at hospitals, which are sometimes far away from home. Often, these families have nowhere to stay while their children are getting the treatment they require. The Ronald McDonald House Charities provide lodging and the resources these families need during challenging times.

Serving over seven million children and families each year, the charity depends on the help of thousands of volunteers and donors because without them this organization would not be able to make as great of an impact. The sisters of ADPi play a key role in donations by hosting philanthropy events like the Red Shoe Shuffle.

"The Ronald McDonald House offers [families] a place to stay, meals and a support system," said Tyndall. "I think it is very obvious from the families that this charity impacts, that it is a very important and worthy cause."

Though this is the first year the event is happening, Tyndall is optimistic that Red Shoe Shuffle will become a signature ADPi event that sisters can host in the future, continuing to make an impact on the Ronald McDonald House Charities in years to come.

General registration is \$25, students may participate for \$20 and children under the age of twelve can register for \$10. T-shirts are also available for purchase for \$10 on the registration page.

You can register for Red Shoe Shuffle at <https://register.chronotrack.com/r/27803>. ■

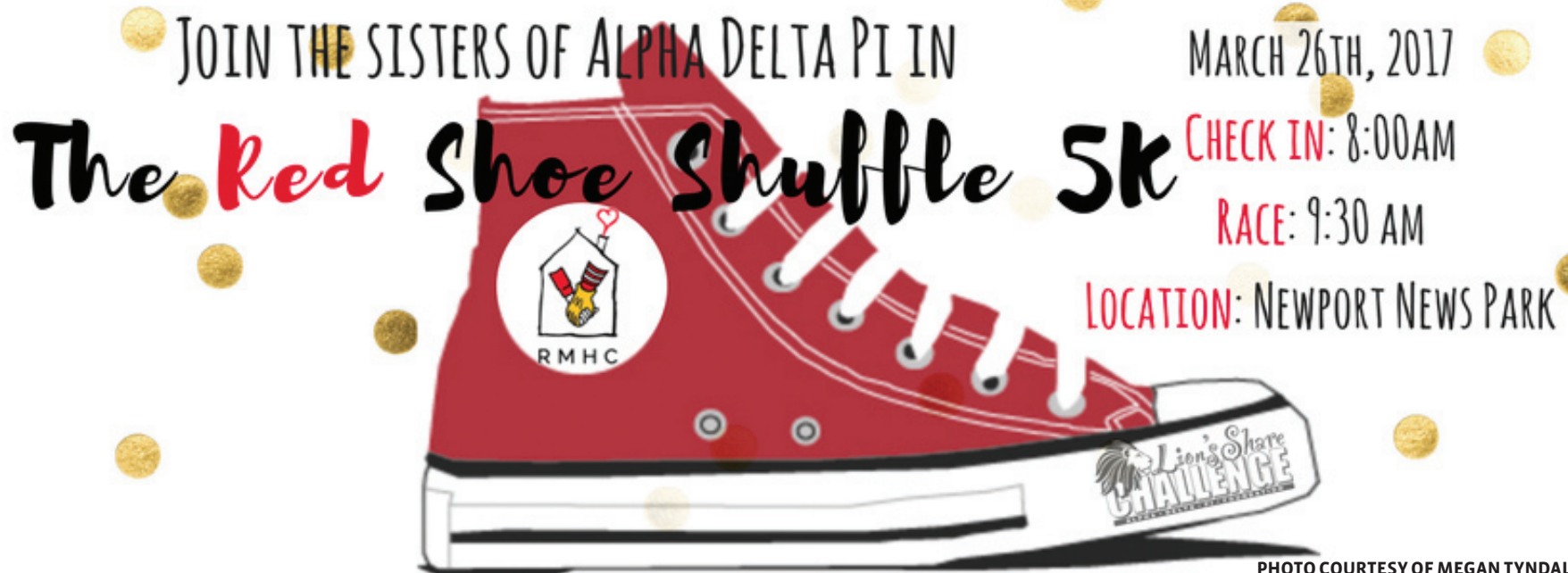


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