



# THE CAPTAIN'S LOG

THE VOICE OF CHRISTOPHER NEWPORT UNIVERSITY STUDENTS

@CNUCAPTAINSLOG

WWW.THECAPTAINSLOG.ORG

VOLUME 47, ISSUE 17

FEBRUARY 24, 2016

## Being black at CNU

0%

OF CNU IS  
BLACK,

and black students rise above this statistic in a predominately white setting to still make an impact at CNU. Pictured are four black students who shared their perspectives; look for their words throughout this newspaper.



To hear CJ Stanford's perspective on being a black student at CNU, check out CNU TV's video on our Facebook page.

### News 5

Clinton, Trump slated to win Virginia's primary, according to CNU's Wason Center.

### Sports 10

Bring out the brooms, it's a sweep: Both CNU track and field teams win the CAC championship meet.

### A&E 12

Legally Blonde goes above and beyond: our review of TheaterCNU's spring musical.

ILLUSTRATION BY MACY FRIEND AND CHRIS WHITEHURST/THE CAPTAIN'S LOG

While some black students feel disconnected from campus life, many welcome the chance to positively represent their race.

BY ANDRE TORAN  
ANDRE.TORAN.14@CNU.EDU

Black students still struggle to find a voice half a century since the Civil Rights Era came to a close. From the University of Missouri to Princeton, black students in higher education grapple with challenges found at predominately white institutions (PWI).

CNU is considered a PWI too. CNU's student population is about 75 percent white, in compar-

ison to the 8 percent of students who are black according to the State Council for Higher Education in Virginia. This discrepancy, according to some prominent black students on campus, creates an unfavorable environment for their black peers.

This spectrum ranges far and wide, as some black students may feel that they are totally included where others may feel like outcasts.

EIGHT PERCENT CONTINUED ON PAGE 3

MORE THAN A  
DEMOGRAPHIC  
the diversity series





Weekly pic

Sarah Kerndt takes over the dance floor at Spectrum’s first Sorta Formal on Feb. 20. Advertised as an all inclusive dance, attendees could choose to wear whatever they felt most comfortable in. The three hour dance was hosted in Freeman 201 and 202. Photo by Ben Leistensnider/The Captain’s Log



Online this week

Check out these stories on our website and Facebook page.



Being Black at CNU

CJ Stanford sat down with CNU TV to discuss his experiences as a black student on predominantly white campus. Watch the video on our Facebook.



Who Art You CNU?

CNU TV’S John Rector goes behind the scenes at the Who Art You exhibit to discover what makes CNU’s community diverse. Watch the video on Facebook



Alumnae to teach America

Five CNU students have been accepted to the Teach for America program. They are excited and ready to travel to different locations in the country to teach under-privileged students. Read the story on our website.

Happened

**Feb. 20**  
**CAB Presents... G Yamazawa Spoken Word Poet**  
This past Saturday, George Masao Yamazawa Jr., considered one of the top young spoken word artists in the country, came to speak and perform in the Crow’s Nest.

**Feb. 20**  
**The Great Escape: A CNU Anime Scavenger Hunt**  
This Saturday, from 2-5 p.m. on the Great Lawn, the CNU Anime club held a scavenger hunt. The winner received a \$50 cash grand prize and a free ticket to Kigacon 2016, the club’s annual student-run convention.

**Feb. 22**  
**Distinguished Lincoln Scholar**  
On Monday at 4 p.m. in the DSU Ballroom, the Phi Beta Kappa Faculty hosted a lecture by the distinguished Washington and Lee Professor, Lucas Morel, who spoke on Lincol, the Founding and the Preservation of America.

**Feb. 17**  
**Lecture Series: James Sheeler**  
Last Wednesday, Pulitzer Prize-Winning former journalist James Sheeler spoke in the Luter Lecture Hall at 3 p.m. as part of the Jean Everitt Journalism Lecture Series. Mr. Sheeler won the 2006 Pulitzer Prize for Feature Writing for “Final Salute,” published in the Rocky Mountain News and now a book.

Happening

**Feb. 24**  
**The Unspoken Words of Black Women**  
7 p.m. today, in the Blackbox Theater, members of the Omicron Tau Chapter of Delta Sigma Theta Sorority will be hosting showcasing both the struggle and triumph of African American women throughout history.

**Feb. 24**  
**3rd Annual Unleash the Talent**  
At 7:30 p.m. in the Gaines Theatre today, Hypnotic Control, Altered Xpressionz, and CNU Storm Dance Team are hosting an exhibition of CNU’s dance groups, and talented fellow captains. \$3 admission.

**Feb. 22-26**  
**Water for Flint, Michigan**  
Every day this week, from 11 a.m. - 2 p.m. in the DSU breezeway, Alpha Phi Omega and Spectrum are collecting full bottles of water to alleviate the water crisis in Flint, Michigan.

**Feb. 22-26**  
**Peninsula Food Banks Canned Food Drive**  
Running from Tuesday until Friday this week in the David Student Union, the food bank will be holding a competition. The organization that donates the most canned food will receive a \$100 prize toward the philanthropy of its choice.

The Captain’s Log Staff 2015-2016

<b>Josh Reyes</b> Editor-in-chief	<b>Faris Sleem</b> Co-Digital Content Editor
<b>Melanie Occhiuzzo</b> Assistant Opinions Editor	<b>Chris Whitehurst</b> Creative Director
<b>Jack Jacobs</b> News Editor	<b>Macy Friend</b> Photography Editor
<b>Madeline Monroe</b> Assistant News Editor	<b>Sarah Martin</b> Copy Editor
<b>Ben Leistensnider</b> Sports Editor	<b>Collin Brennan</b> CNU TV Editor
<b>Bethany Pyle</b> Lifestyle Editor	<b>Jacob Hudson</b> CNU TV Assistant Editor
<b>Victoria Lurie</b> A&E Editor	<b>Kelsey Schnoebelen</b> Marketing Director
<b>Katherine Gittman</b> Assistant A&E Editor	<b>Brandon Hubbard</b> Business Manager
<b>Kelsey Berg</b> Digital Content Editor	<b>Terry Lee</b> Faculty Advisor

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

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

- **Email:** clog@cnu.edu
- **Drop off:** The Captain’s Log newsroom, DSU Suite 393

**JOIN THE STAFF** The Captain’s Log is always open to students who are interested in writing, photography and editing. Editors assign stories every Sunday at 7 p.m. in the Jefferson Room of the DSU.

**WANT TO ADVERTISE?** Circulation inquiries, advertising rates and policies are available upon request via email at clog@cnu.edu or telephone at (757) 594-7196. For more information, visit our website at thecaptainslog.org.



# Being black at CNU

While some black students feel disconnected from campus life, many welcome the chance to positively represent their race.

EIGHT PERCENT CONTINUED FROM PAGE 1

“We have value, we have experiences, we have minds, we have things to contribute to this society and to this campus; we have [perspectives] that the majority doesn’t,” sophomore Antonia Comfort, president of Black Student Union (BSU), said.

Comfort thinks that, as a whole, black students don’t have much of a voice on campus. She does think that as an individual she has a voice, but attributes that to her position as the head of an organization. Being president of BSU, “I am able to voice my opinion more so than the average Black student that is not involved in other things,” she said.

“Personally, I feel that I have a voice on campus, I don’t necessarily think it’s true for everyone else, but I think it’s because I have been able to establish myself on this campus and the value that others see in me has allowed me to have a voice,” senior CJ Stanford, vice president of Alpha Phi Alpha and a CNU student ambassador, said.

Stanford said that it is a must for black students to establish themselves on campus if they are looking to be heard. Conversely, senior Quinton Pace, president of Student Diversity and Equality Council (SDEC), thinks black students have several options for having their voices heard. Black student involvement on campus must increase to increase the voice of this minority, he said.

“We have many outlets at the university for students of color to really voice their concern,” Pace said. He suggested membership in organizations like SDEC and BSU as avenues to raise awareness and create a more diverse and socially accepting campus.

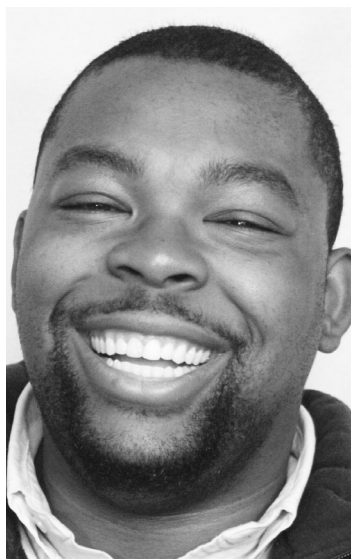
The question of whether black students are noticed on campus is another issue to be considered outside of capacity to be heard.

“For people that do not know me, I don’t even think I’m noticed on this campus, Comfort said. “I feel that if did not have a class with me or knew me personally, then we are walked by on this campus. We are the minority so we are not given that second thought.” On the other hand, Quinton Pace believes that his peers perceive him well. “I feel that in some form or another students know me; they have seen my face, they know what I do or they know of me,” Pace said.

Stanford said he embraces whatever perception is given. “I like being a minority and a black male on this campus because I think a lot of times within the media they try to portray our image in a certain light that’s not always positive. So, I like providing a positive representation on this campus,” Stanford said.

“Looking at African American students, they don’t walk around with confidence. You earned a spot here, you pay the same amount, own it!” Pace said.

“We’re not going anywhere, we’re here to stay, we’re leaders, we do well in the classroom, don’t look for us to be the little people on campus! Expect us to do well! Expect us to succeed! Expect to see us in different organizations! Expect us to take huge leadership roles! Don’t be shocked when you see a Black Student Assembly president! Don’t be shocked when you see a Black SDEC president! Don’t be shocked when you see a Black Captains Log editor! Don’t be shocked when you see people of color taking what’s theirs and owning it,” Pace said. ■



“Looking at African American students, they don’t walk around with confidence. **You earned a spot here, you pay the same amount, own it!**”

-Quinton Pace, President of the Student Diversity and Equality Council



“I like being a minority and a black male on this campus because I think a lot of times within the media they try to portray our image in a certain light that’s not always positive. So, **I like providing a positive representation on this campus.**”

-CJ Stanford, Vice President of Alpha Phi Alpha



“We have **value**, we have **experiences**, we have **minds**, we have things to contribute to this society and to this campus; **we have [perspectives] that the majority doesn’t.**”

-Antonia Comfort, President of the Black Student Union

PHOTOS BY MACY FRIEND/  
THE CAPTAIN’S LOG



## Bhutanese refugees on path to brighter future



Bhutanese refugees fled persecution in their native country in the 80s and 90s. They have been resettled around the world, with the majority, about 85,000, living in the United States  
WIKIMEDIA

The Ferguson Fellowship hosted a careers workshop for local Bhutanese refugees.

BY JACK JACOBS  
JOHN.JACOBS.13@CNU.EDU

Bhutanese refugees learned the ins and outs of the local economy in a jobs and career workshop on Feb. 21.

The workshop, hosted in the DSU by the Ferguson Fellowship, brought representatives from construction firms, preschools and local farms together to discuss the opportunities available for the refugees looking for jobs and careers.

“We wanted to just connect them to those resources since it’s harder for them to connect and find people in the community,” Savannah Ruiz, a social entrepreneur fellow working with the refugees, said.

In the workshops, the Bhutanese listened to business representatives detail the opportunities offered and answered questions about employment.

Since the Bhutanese are an underrepresented population in Newport News, the fellows considered the Bhutanese a population that justified support, Ruiz said.

The event was part of a two-year initiative by the fellows. In that time, the fellows conducted a needs assessment and skills inventory of the population. The Bhutanese have a varied skill set, Ruiz said. Individuals are experienced in construction, farming and childcare, she said.

The Bhutanese refugees are

ethnic Nepalis who have fled religious persecution in their native Bhutan during the 80s and 90s. The refugees first journeyed to refugee camps in Nepal, and starting in 2007 began resettlement in the United States, Christopher Loy, a professor of anthropology who works with the refugees, said. In 2008, refugees first arrived in Newport News, Loy said.

While her family and friends sit in at workshops, Nisha Suvedi, a student at Hines Middle School in Newport News, and her two sisters took a tour of CNU.

Suvdei was born in Nepal and moved with her sisters to Newport News six years ago.

Suvdei said while it was a major adjustment adapting from Nepal to Newport News in general, education has proven the biggest difference.

“In Newport News, it’s really open. You have options. In Nepal you may not have as many options,” she said. Suvedi hopes to become a surgeon after her education.

Ruiz said there are plans to continue supporting the Bhutanese, with one possible initiative being a ESL program conducted by MAT students to improve the refugees’ language skills. According to Ruiz, approximately 45 individuals participated in the event. ■

*Josh Reyes contributed to this report.*



Nar Suvedi, father of Nisha Suvedi, translated for members of his community who don’t understand English. Suvedi was the first of his group to come to the United States. JOSH REYES/THE CAPTAIN’S LOG

### Timeline of Bhutanese refugees’ escape from persecution

1988

Bhutan’s government adopts new laws that strip ethnic Nepalis of citizenship and favor Tibetan-based culture.

1990

Ethnic tensions force Bhutanese Nepalis to flee to Nepal, refugee camps begin to form.

2007

Eight countries, including the United States, Canada and Denmark, pledge to accept Bhutanese refugees.

2008

Bhutanese refugees begin to arrive in Newport News, and eventually create a 300-strong community.

2015

The United Nations reports over 100,000 Bhutanese refugees have been resettled abroad.

Sources: BBC, United Nations



# Clinton, Trump slated to win Virginia's primary

The Wason Center released a report of who voters plan to vote for and their opinions of candidates ahead of Virginia's primary.

BY JACK JACOBS  
JOHN.JACOBS.13@CNU.EDU

Virginia is for Hillary Clinton, Donald Trump and voters ahead of the March 1 primary, according to a report released by the Wason Center for Public Policy on Feb. 16.

The report's survey gauged how 735 Virginia voters perceived the candidates and how voters plan to vote.

## A tale of two democrats

Hillary Clinton has a comfortable lead over Bernie Sanders among Virginia democrats. Clinton is projected to claim 52 percent of democratic voters, with Sanders trailing by 12 percent.

## The GOP trio

Trump has the most support among republicans, with 28 percent of republicans surveyed planning to vote for him. Marco Rubio is slated to win 22 percent of the republican vote. Ted Cruz rounds out the top three with an estimated 19 percent of republican voters' support. The remaining republicans poll at 7 percent or less.

## The popularity contest

The survey also polled the favorability of candidates among all voters, with all identifications weighing in on the candidates. Rubio enjoys the most goodwill of any candidate, with 44 percent of voters expressing a positive view of him. Thirty and 33 percent of voters have a positive opinion of Trump and Clinton respectively. Though he trails in percentage of projected votes, Sanders has a higher favorability rating than Clinton at 39 percent.

## The stakes

Virginia's primary has 109 democratic delegates and 49 republican delegates on the line. Both parties award delegates proportionally according to the popular vote, unlike some primaries like South Carolina's republican primary that awards all delegates to the candidate that receives the most votes.

Currently, Clinton and Trump have the most delegates nationally, with 503 and 67 respectively. To win the democratic nomination, a candidate will need 2,383 delegates. To win the republican nomination, a candidate will need 1,237. ■

## Expected percentages of primary popular vote:

**Hillary Clinton:**  
52 percent of democratic vote

**Bernie Sanders:**  
40 percent of democratic vote

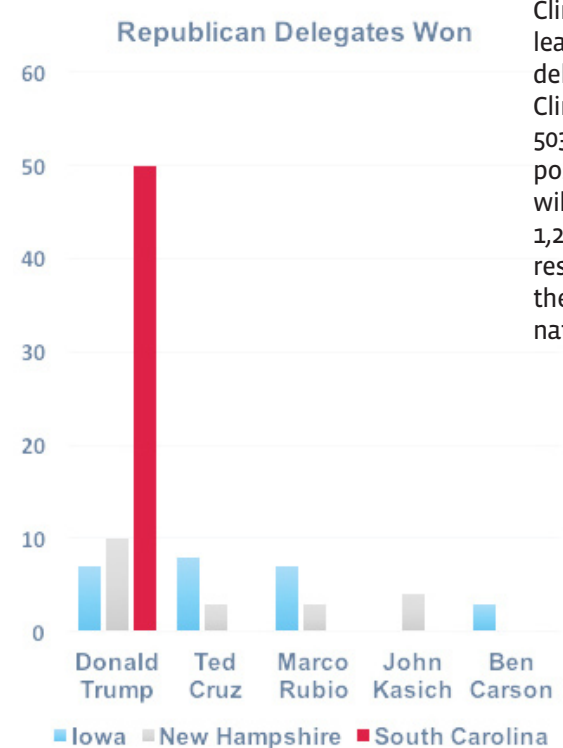
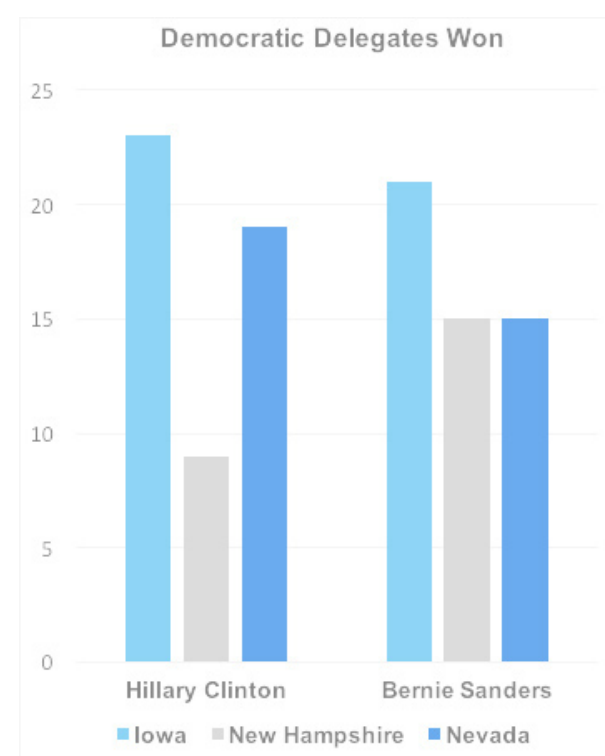
**Donald Trump:**  
28 percent of republican vote

**Marco Rubio:**  
22 percent of republican vote

**Ted Cruz:**  
19 percent of republican vote



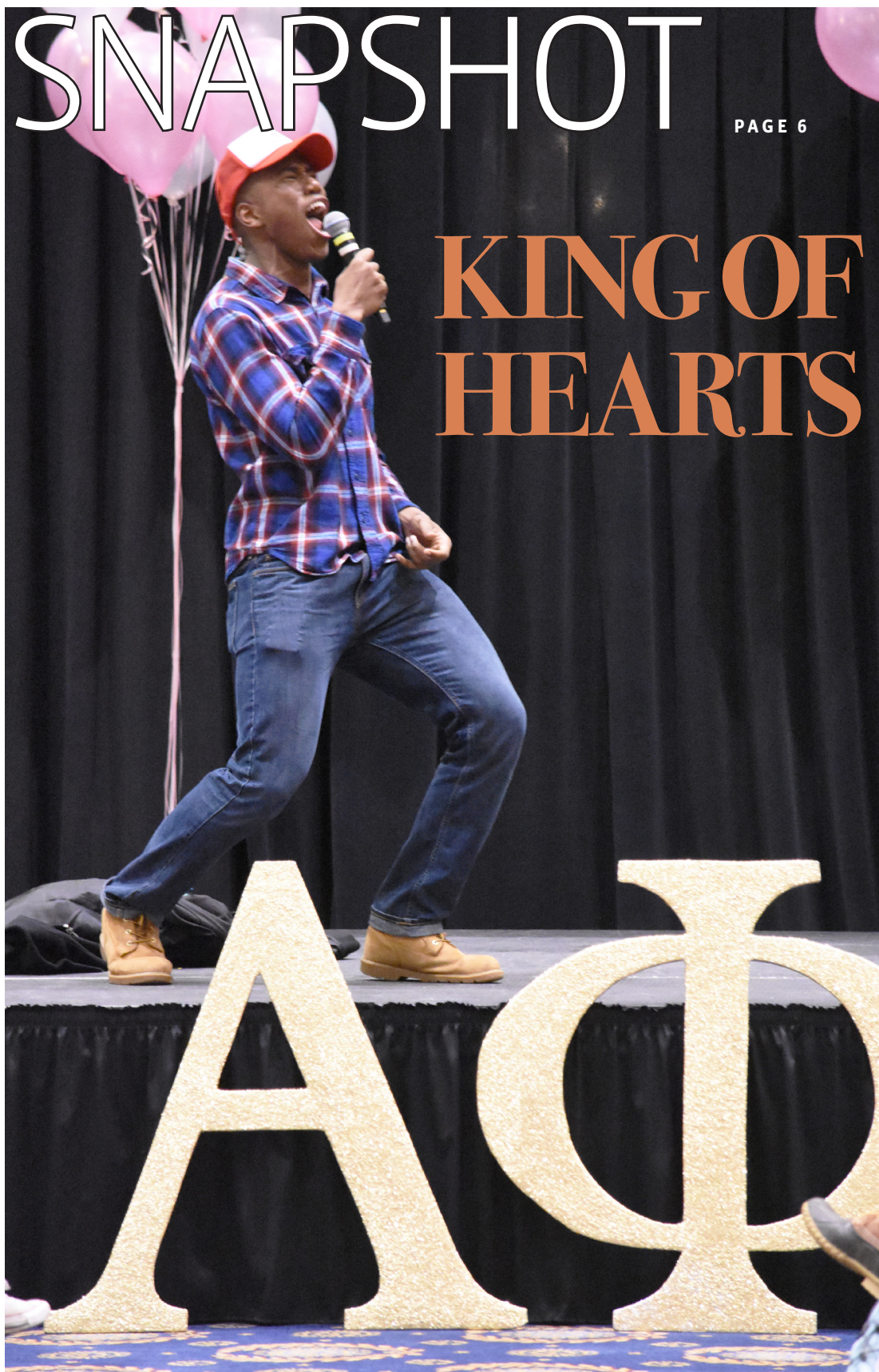
Hillary Clinton (left) and Donald Trump (below) both hold some of the lowest favorability ratings among Virginians. Regardless, they're expected to earn the most votes from their respective parties' voters in the primary. TIME/YAHOO



Clinton and Trump lead nationally in delegates, with Clinton counting 503 and Trump possessing 67. They will need 2,383 and 1,237 delegates respectively to win their parties' nominations.

Source: The Washington Post





# SNAPSHOT

PAGE 6

## KING OF HEARTS



At the end of the event, Luke Vaughn, representing Alpha Sigma Alpha, was crowned the winner of Alpha Phi's King of Hearts.

Alpha Phi's annual male pageant raised money for the Alpha Phi Foundation while promoting the importance of heart health.

**BY BEN LEISTENSNIER**  
BENJAMIN.LEISTENSNIER.13@CNU.EDU

King of Hearts, an annual male pageant, was one of Alpha Phi's five events held as a part of their Heart Health Week, a week dedicated to raising heart health awareness on campus.

The pageant was comprised of

a pickup line contest, a finish the lyric portion, and a talent show section.

Luke Vaughn took home the crown. His score was boosted by the efforts of the sisters of Alpha Sigma Alpha who swept the rest of the awards, including winning Alpha Phi's social media challenge. ■



(Left) Alpha Phi Alpha's representative, Lewis Folli, was a crowd favorite by going country for his talent. (Right) Colin Johnston's talent was becoming a Christmas tree.



(Left) Sean Markland throws the Ivy, one of Alpha Phi's symbols, with his escort. (Right) Matt Marroquin uses his best pickup line to try and impress the judges.

BEN LEISTENSNIER/THE CAPTAIN'S LOG



**CNU DAY T-SHIRTS NOW ON SALE!**

**CNU DAY**

**LUCKY TO BE A CAPTAIN**

**3-17-16**



Order yours at [cnuday.cnu.edu/tshirt](http://cnuday.cnu.edu/tshirt)

On March 17 we will hold our second annual CNU Day – a special day where we all show our pride, honor our history and raise funds to support Christopher Newport.

Let's all come together and show the world how lucky we are to be Captains!

You can be a part of the excitement on CNU Day by sporting one of these great T-shirts and joining us for a celebration on the Great Lawn at 12:30 pm!

**Price: \$17**

*(\$10 for the shirt and a \$7 donation that will count toward CNU Day)*

**Order by Friday, February 26**

CNU Day T-shirt pre-sales are only available to current students, faculty and staff members. For questions about your purchase, please contact Kara Lusk '10 in the Office of University Advancement at [kara.lusk@cnu.edu](mailto:kara.lusk@cnu.edu)



**MORE THAN A  
DEMOGRAPHIC**  
*the diversity series*



**“The Captain’s Log is free to write anything it pleases, and CNU fully respects the Freedom of the press.”**

CNU PRESIDENT PAUL TRIBLE

# The noise: the ats at CNU

This spectrum  
an American stu-  
y included, where

Pace and Antonia  
rity of the time,  
noticed on a larger

l seen on campus,  
tudent Diversity  
d in many other  
the president of  
that she can walk  
or recognized at

are here and we



Andre Toran (far left) spoke to Antonia Comfort (middle left), Quinton Pace (middle right), CJ Stanford (far right) and students throughout campus to develop his opinion on the role black students have at CNU. **BEN LEISTENSNIER/THE CAPTAIN’S LOG**

k is beautiful. Our  
stance. And we  
reater voice.  
t that attends this  
they have earned  
one else, so own

slavery ended. It  
e Civil Rights Era  
untry has still  
self in some areas

y.  
weeping some of  
ning a blind eye  
he simplest of acts  
or subconscious—  
s seen in our judi-  
with the surplus of  
frican Americans.  
nation, and there  
led. The majority  
mes to raising  
cerning it. We  
sus black issue  
n with a non-bias

ut, is the key to  
o one’s voice being  
ect head on and  
raid to ask. ■

# The biology student in an English major world

Being surrounded by people from varied backgrounds isn’t necessarily a bad thing as it can lead to new experiences.



**MACY FRIEND**  
PHOTO EDITOR

New experiences, new challenges and new memories; that’s what college is all about. It’s about questioning who you are and challenging yourself to step outside of your comfort zone. Welcoming new opportunities is a great way to learn more about yourself and to become versatile, which is something that will become very

important come post-graduation.

Coming into CNU, I knew that I wanted to major in Organismal Biology. I’ve known from the time I was eight years old that I wanted to work with animals and I’ve known since freshman year of high school that photography was something I wanted to pursue. Hopefully someday, I’ll have a career that integrates the two.

So what is an Organismal Biologist doing working for the university’s newspaper, especially as an editor? I’m gaining experience and going beyond my major. I encourage students to take advantage of their hobbies and interests that may seem to break from their career paths. Sometimes, opportunities will pop up that may not be within your major, as they have for me.

CNU fulfilled my expectations by introducing me to new opportunities and giving me the chance to become involved in hands-on experiences regarding my interests. For me, the biggest thing that came on my radar was The Captain’s Log.

It was the end of fall semester 2014. Sitting at my desk in Santoro 1N, I saw an email saying that the Captain’s Log was looking for a new Photo Editor. Knowing that I wasn’t necessarily interested in pursuing a career in journalism, thinking I had left my journalism days behind me in high school, I knew that it would give me additional experience doing something I loved.

So I planned to be the first interview that Laura, the Editor in Chief at the time, had for the position. Since the beginning, it has been nothing but an exhausting and draining, yet rewarding experience. It has been the best decision of my college career so far.

The beauty in working with the CLog comes with the people we have the chance to meet. One of these people is Jim Sheeler who staff members, as well as other students in the CNU community, had the chance to meet last week. Sheeler is a journalist who won the Pulitzer Prize for Feature Writing. He talked about his article, Final Salute, which followed a Marine Casualty Assistance Calls Officer as he delivered the news to fallen Marines’ families. His presentation was full of sincerity and passion for his profession. Even though I don’t plan on going into his line of work, it was worthwhile to listen to him speak and give advice to inspiring journalists.

Although I love hearing stories about how these successful people became involved in journalism and how their lives have been greatly changed by it, I can’t help but feel a bit detached when I’m sitting in a room with aspiring/current journalists knowing I won’t be following the same path.

With two jobs, being a science major and trying to find time in between to do homework and find time to study, college can be overwhelming. Sometimes I question why I’m putting so much on my plate knowing that I don’t have the time. But I believe it’s important to gain as much experience as possible, even if that means putting academics on the line once in a while. I am in no way encouraging slacking off with studies to experience different things. I retook a class last year because of that and let me tell you, you do not want to be in summer school learning Chemistry. It’s important to take on new endeavors and try to learn as much as possible, even about things that don’t seem to complement each other, but you also have to take care of yourself first and remember the reason you’re here. ■

## Captain’s Log editor application available

Applications for the position of editor-in-chief of the Captain’s Log for 2016-2017 are being accepted now through March 9, 2016. Successful applicants will have substantial journalism experience, ideally in both print and multi-media platforms, as well as promise in leadership. The Captain’s Log publishes 26 issues per school year and requires a rigorous commitment to meeting deadlines and standards of journalistic ethics and quality. The Student Media Board, composed of CNU students, faculty and community journalists, will review the applications, conduct personal interviews and appoint the editor-in-chief. The appointment usually comes with a stipend, as well as the Jean T. Everitt Journalism Scholarship. The application is available online at [risingpress.org/cnu/editor.pdf](http://risingpress.org/cnu/editor.pdf) and is due in the office of Dr. Terry Lee in the Department of English by 5 p.m., March 9, 2016. For questions, contact Dr. Lee at [tlee@cnu.edu](mailto:tlee@cnu.edu).



## Bring out the brooms, it's a sweep

For the first time since joining the Capital Athletic Conference, both the men's and women's track teams are conference champions.

### Individual champions

Hannah Bowden — Long jump  
Lydia Cromwell — 3000 meter, 5000 meter  
Logan Harrington — 800 meter, one mile, distance medley  
Graciela Slyer — Distance medley  
Briana Stewart — Distance medley  
Alexa Tabackman — Distance medley



Despite not winning any event, Jennifer Westerholm was the meet's high point leader with a total of 24.5. **PHOTOS BY BEN LEISTENSNIER/THE CAPTAIN'S LOG**

**BY BEN LEISTENSNIER**  
BENJAMIN.LEISTENSNIER.13@CNU.EDU

In its third year in the CAC, the women's track and field has failed to lose a single championship meet between the indoor, outdoor and cross country seasons. After claiming their third consecutive indoor championship, the Captains are a perfect eight for eight.

One of the clear standouts for the women was sophomore Logan Harrington, who won three different individual events. In addition to claiming the 800-meter and one mile run crowns, Harrington was a member of the distance medley.

Harrington was joined by senior Graciela Slyer, junior Briana Stewart and senior Alexa Tabackman on the champion distance medley relay team.

She may not have found herself at the top of any specific event, but

senior Jennifer Westerholm was one of the more important contributors to the Captains overall total.

Westerholm came in second in the 60-meter dash, third in the high jump and long jump, fourth in the triple jump and fifth in the 4x400-meter relay. All of those finishes gave her a total of 24.5 points, which led all individuals for any of the women's teams.

Continuing the seniors' domination, Lydia Cromwell excelled in distance events, winning both the 3000 and 5000-meter runs.

Freshman Hannah Bowden rounded the Captains' individual champions taking the long jump title. CNU took the top three spots in that event with junior Briana Stewart claiming second and Westerholm coming in third.

The team's next step will be qualifying for the NCAA Championships on March 11 and 12. ■

### Individual champions

Michael Agyeman — Triple jump  
Peyton Artz — Distance medley  
Zachary Campbell — Distance medley  
Austin Conway — Distance medley  
Jonathan Graham — Pole vault  
Cullen Monahan — 800 meter  
William Rabil — One mile  
Daniel Read — Distance medley



As usual, CNU's distance squad was dominant as Billy Rabil (on left) won the mile run and the Captains took the distance medley relay title.

The men's track and field team was finally able to overcome Salisbury to claim its first ever Capital Athletic Conference indoor team championship title.

Finishing the competition with 166 points, CNU had a sizable margin of victory over the second place and defending conference champions Seagulls.

As with the women's squad, CNU's distance medley relay—which earlier in the season managed to beat Division I schools such as Duke and UNC—took home the championship.

Comprised of freshman Austin Conway, junior Zachary Campbell, freshman Peyton Artz and sophomore Daniel Read, the relay team beat the second place finishers by over ten seconds.

Junior Billy Rabil also helped CNU to make its mark on the distance events by winning the one

mile run event.

Rounding out the Captains' running champions, sophomore Cullen Monahan took home the title in the 800-meter.

CNU also found great success in several of the jump events. Freshman Michael Agyeman was able to take home the triple jump crown.

In the pole vault, two rookie Captains were in an extremely close battle for first place. Even though both Jonathan Graham and Babadamilola Alao managed to clear 4.30 meters, Graham was awarded the top spot due to number of jumps attempted.

As with the women, the men's team will be looking forward to a chance at qualifying for the NCAA Championship in mid-March. Before that meet arrives, however, both of CNU's track teams will take part in the George Mason Winter Open on Feb. 28. ■



# Hat's off to women's lacrosse

The women's lacrosse team won its season opener, doubling up Shenandoah 18-9.

BY CAITLIN KING  
CAITLIN.KING.14@CNU.EDU

Four Captains were able to register hat tricks in their season opener against Shenandoah Feb. 20. The Captains came out on top with an 18-9 win against the Hornets.

Three key returners added several points each to add to the score. Meaghan Galvin added five goals with a pair of assists and Catie Chess added four goals, while Kylie Chaplin scored three.

Freshman Sarah Culver added five points for the team. She became the second player in program history to score at least four goals in their first collegiate appearance.

While the offensive end focused on moving the ball to find the perfect shot, freshman goalie Emma Walsh saved 13 shots, to ensure the team's win.

Though the Hornets scored the first goal of the game, the Captains did not let them continue. In just over seven minutes in the first half, the Captains tallied six straight goals on the board with Culver firing three and Chess adding two.

Chaplin grabbed a feed out of

the air from Galvin and added her first goal of the game. The two teams went back and forth in scoring goals, including a pair made by Galvin.

Walsh controlled the defensive end by saving three fires at the cage, including a major save off a free position attempt. Chess chipped in her third goal of the game which kept the Captains in the lead by four six minutes left in the half.

Sophomore defender Corbyn Hale ran the ball over to the offensive end getting back the Captains' momentum. Galvin rolled the crease ripping a shot into the goal putting CNU in a 10-5 lead.

Finishing off the first half, Chaplin fired her second goal of the game putting her team in an 11-5 lead.

Following half time, CNU's attack starts out strong with placing two shots into the back of the net. Galvin added her fourth goal to the scoreboard before hitting Sam Puglisi with a perfect pass, who ran by her defender and scored her first goal of the season.

With a 13-5 lead, CNU held the Hornets on the defensive end with Kirsten Mendeholson

causing a forced turnover for Tess D'arcy to clear the ball up the field to the offensive end.

After a yellow card for the Captains, Meghan O'Reilly won a loose ball and sprinted down to the attacking side to finish the play.

Though the Hornets were able to get their score up to 13-7, the Captains responded with two more goals. Culver drove to goal one on one while luckily getting a free position attempt. She capitalized, making the score 14-7.

A few seconds later, Chaplin ran through the same high pressured defense and placed her shot in the back of the net. Freshman attacker Sasha Towne added her first collegiate goal just 60 seconds after Chaplin's goal off of a free position shot.

Galvin and Chess ended the game by firing their shots past the goalie ending the game at 18-9.

This win over Shenandoah University gave Head Coach Lisa Valentine her first win at CNU. Shenandoah has dropped to a 0-2 record.

The next game will be at home against Washington College on Feb. 27. ■

*Caitlin King is a member of the women's lacrosse team.*

# Men's basketball remains undefeated in CAC play

For the second time in CAC history, a team ends the season with a perfect conference record.

BY BEN LEISTENSNIDER  
BENJAMIN.LEISTENSNIDER.13@CNU.EDU

18-0. With the 89-59 victory over Marymount University on Feb. 20, CNU is headed to the Capital Athletic Conference postseason with an untarnished record in the conference.

This is the fourth time in CNU program history that a team enters the playoffs with a perfect record. The last time occurred in the 2011-2012 season when the Captains went 12-0 in the USA South.

Even more impressive is the fact that it is only the second time in the 26 year history of the CAC a team has gone undefeated. Catholic, a team no longer in the conference, was the only other squad to accomplish this feat during the 1997-1998 season.

Sophomore Marcus Carter led the way for the Captains in the 30-point victory, scoring 23. Carter remains the team's leading scorer with 15.5 points per game.

Carter was not the only

standout as four of his teammates also scored in double digits.

Of note was Hunter Wetherall, who had a spectacular Senior Night game with 10 points. It was just the fourth time he broke that mark this season.

Ben Watkins was another senior with a great night. Ending with the game with six points, Watkins gave the team additional life with a massive breakaway dunk. It was a victory for the 6'6 center who has been benched for most of his CNU career due to injury.

Although the Captains went undefeated in the CAC during the regular season, anything can happen in the postseason. A first round bye automatically puts CNU in the semifinals, where the team will face the winner of the Southern Virginia-St. Mary's matchup on Feb. 23.

The Captains will take the court at 8 p.m. following the women's semifinal game against Mary Washington or St. Mary's at 6 p.m. ■

# Captains' bats catching fire



Tommy Vitaletti had eight RBIs against Rutgers-Newark, the second time in program history a CNU player has reached that statistic. **BEN LEISTENSNIDER/THE CAPTAIN'S LOG**

BY BEN LEISTENSNIDER  
BENJAMIN.LEISTENSNIDER.13@CNU.EDU

The Captains offense worked at maximum efficiency this week as they scored 36 runs between two games. Senior Tommy Vitaletti was responsible for a great deal of that production as he drove in 10 runs.

The first 18-run game came against Rutgers-Newark on Feb. 20. After falling behind 10-0, the Captains came alive with a six run third inning, followed by seven in the sixth. Vitaletti had two

home runs, while junior Josh Moore and senior Kyle Corwin added one apiece.

The momentum from the massive 18-10 comeback win carried through to the next game on Feb. 21.

Scoring at least once each inning, the baseball team steamrolled the City College of New York 18-1. Junior Jaxn Lane was credited the win on the mound, while Joe Burris got the victory against Rutgers-Newark.

The Captains put their perfect 5-0 record on the line on Feb. 24 as they travel to take on Piedmont. ■

## The Suites at Port Warwick

A.K.A. Port



Live Off Campus for **ONLY \$555 a month!**

-Pet Friendly

-Individual Bedroom Leases Available

-Free Tanning, Swimming Pool

-24/7 Computer Lab and Fitness Center w/ FREE Printing

-Free Cable, Internet, Water, Sewer and Trash

-Fast Commute to CNU via Middle Ground Road

NOW LEASING FOR SUMMER AND FALL MOVE INS!

Spaces are filling up quickly, don't wait, Apply Online today!

<http://newport.universitiesuites.net>

(757) 599-3355



# "Legally Blonde" goes above and beyond

Friday's filled theatre proved the show a commercial success; opening night proved it worth the hype

BY SAMANTHA CAMILETTI  
SAMANTHA.CAMILETTI.14@CNU.EDU

Omigod, you guys! Do you want a show that has broken norms, openly gay characters, dogs and a happy ending? Well, everyone else seems to. Last weekend's run of TheaterCNU's "Legally Blonde: The Musical" was entirely sold out and it's no surprise why. While this musical is clearly an over-the-top bubblegum show that might leave you with a cavity, it has a feel-good message, athletic choreography and a destined-for-stardom cast that performs everything with tireless enthusiasm (so much so we're left wondering if Elle wasn't the only one drinking Red Bull).

Beth Ellen Miles (Elle Woods) seemed to understand the enormity of playing Elle with balance, perhaps due to her own sorority experience as a sister of Delta Gamma (For those unfamiliar, Elle Woods is a sister of Delta Nu, a fictional sorority based off Delta Gamma). Too much ditz and glitz and Elle wouldn't be likable. Too little smarts or sincerity and she wouldn't be relatable. Miles was able to capture Elle's gradual manifestation of maturity beneath all of that pink, an integral part of keeping the show from turning into a sugar rush of empty calories.

In addition to Miles, the rest of the cast members were brilliant in their respective roles. Sam Jones (Emmett) and Miles complemented each other well, especially in the numbers "Chip on My Shoulder" and "Take it Like a Man." Also fun to watch: Annie Hulcher as Serena, the hip-popping cheerleader who is part of Elle's personal Greek chorus, and Angel Maimone as Paulette, the charming blue-collar (and blue-haired) stylist who becomes Elle's friend and confidant. Both women excelled in entertaining during "Bend and Snap."

But it is the entire cast and crew that deserve some snaps for how they weathered the sound malfunctions of Saturday's show. Without the use of their mics, the actors had to really project their voices out to the audience, and had to go on without their sound cues. Audibility was aided by reducing the pit orchestra to about a third of its size. The efforts paid off; audience members for Saturday's show said that despite some jokes being inaudible, the show was still easy to follow without prior knowledge of the narrative.

When the orchestra was using all of its members, though, they were a force to be reckoned with, receiving applause before every act. In a show where singing and dancing heavily outweighs talk-



(Above) Instead of sending in a personal essay, Elle (Miles) and her sorority sisters (Natalie Buckley) show up to the admissions office at Harvard and perform a halftime routine that dazzles the committee (Patrick Siegmund and Cody Hall). Below, Paulette's (Maimone) crush on mailman Kyle (Field) grows after she realizes he's good with her dog. PHOTOS BY MACY FRIEND/ THE CAPTAIN'S LOG

ing, the orchestra provided an essential part. Professor J. Lynn Thompson was a master over the pit, and they perfectly played everything from "walking porn" UPS man Kyle's (Stephen Field) sultry soundtrack to the bright, energetic notes that accompany Elle's sorority sisters.

The musical numbers in general were fast-paced and memorable ("What You Want" will be stuck in the audience's heads for a while). Arguably, the songs are what propel the musical beyond the movie on which it is based; the characters seemed to be shaped much more by their songs than they ever could on film. Callahan's "Blood in the Water" succinctly summed up his pragmatism. Brooke Wyndham's "Whipped into Shape," features Jessie Dwyer (and later over half the cast) actually jump-roping to communicate Brooke's determination and hard work, and the song "The Harvard Variations" gave an idea of what exactly Elle was getting herself into.

If the fun songs, stellar performances by the cast, or brief appearances of dogs aren't enough to entertain, the super sweet ending will. The musical reminds us all that anyone can be anything and that our 'Irelands' are all attainable—we just have to find the path to them. ■

Bethany Pyle and Victoria Lurie contributed to this story.



Miss opening weekend?  
"Legally Blonde" will still  
have shows running through :

Feb. 24 at 8 p.m.  
Feb. 25 at 8 p.m.  
Feb. 26 at 8 p.m.



# MOVIE REVIEW: PRIDE AND PREJUDICE AND ZOMBIES

The classic Austen romance gets dipped in gore, and has a little something to offer everyone except the horror buffs.

BY EILEEN MURPHY  
EILEEN.MURPHY.12@CNU.EDU

"It is a truth universally acknowledged that a zombie in possession of brains must be in want of more." Thus began the movie "Pride and Prejudice and Zombies," with a blatant paraphrase of the famous opening line of Jane Austen's timeless novel. The nature of the quote's reconstruction very much reflected the entire movie: it's pretty much "Pride and Prejudice" with zombies thrown in.

Director Burr Steers recreates Austen's British countryside of Hertfordshire with all the dances, marriage proposals and interfering Mamas of the original novel. Lily James returns for another historical drama after her roles in "Downton Abbey" and "War and Peace," and once again, she navigates a world of propriety and intrigue with grace.

Her spunk recommends her well to the role of Elizabeth Bennet, Austen's witty and opinionated heroine. James reprimands the silly Bennet sisters and engages in verbal repartees with the prideful Mr. Darcy with an energy that does Elizabeth credit. As a portrayal of the world of Jane Austen, this is where

my praise ends. The rest of the movie is consumed by an insurgence of the undead, literally and figuratively. What do they want? Brains! When do they want them? ....Brains!

As a zombie movie, it meets expectations. The action is engaging and stimulating with a healthy portion of suspense and a sprinkling of jump-scares, but not so many as to be obnoxious.

Of course, there is a gratuitous amount of blood-stained mouths and spurting wounds, but who would expect anything less? Even a measure of political humor found its way into the film, to the delight of any history buffs in the audience. The zombie plague was thought to originate in France where, to the English mind, disease runs rampant.

As an ardent lover of Jane Austen, I was more amused than horrified. It was very entertaining to see Elizabeth Bennet strap daggers underneath her ball gown, decapitate animated corpses and sock Darcy across the jaw after his dreadful proposal.

For what it was, the movie was acceptable however, it was mostly a zombie movie with the plot of "Pride and Preju-



Lily James stars as the dagger-strapped Elizabeth Bennet in the zombie-filled adaptation of Jane Austen's classic novel, "Pride and Prejudice." [YOUTUBE](#)

dice" stuffed in as an afterthought.

The action, while exciting, unfortunately came at the expense of the plot and character development of the original novel. Lovers of zombie movies beware, for here be Jane Austen! Nineteenth-century literature purists, unless you have a strong stomach, maybe you should sit this one out. ■

Itching for more Austen? Come to Dr. Michelle Vachris' *Pride and Profit* lecture in the Gaines Theatre at 12:20 p.m. Thursday Feb. 25.

RATING:



## Spring binge for spring break

If you're not headed for sand and sun, you're probably not headed for sunlight at all. This is why that's not a problem.

BY VICTORIA LURIE  
VICTORIA.LURIE.13@CNU.EDU

### "Better Call Saul"

If you were missing "Breaking Bad" as much as this year's Emmys were, check out this spinoff. Season Two was just added a few weeks ago.

### "Gilmore Girls"

The mid-2000s TV show is beloved by at least five of your Facebook friends, and is currently filming a much-anticipated Netflix-only reunion. Get in on the hype now, otherwise you'll just get really confused when your facebook newsfeed goes full Gilmore.

### "Unbreakable Kimmy Schmidt"

Season Two of this smartly saccharine comedy will be available mid-April. There's only 13 episodes, so hole up like Kimmy and her bomb-shelter brethren and polish it off in a day.

### "Master of None"

Missing Aziz Ansari as Tom Haverford on "Parks and Rec?" Catch him in this semi-autobiographical sitcom. There's only ten episodes, so you'll have plenty remaining hours in the day to revisit Pawnee, if Aziz as himself doesn't quite quench your thirst.

### "Scandal"

The fifth season just started up on ABC three weeks ago, and is basically a political fanfiction for the current state of our country. Plus, ya know, lots of dirty dirty...secrets. If you're as ambitious as Olivia Pope, the four previous seasons can be binged in a week. ■



YOUTUBE



FLICKR



IBTIMES

Now on Snapchat!

PORT  
WARWICK



Get a snapchat geofilter designed  
for your organization's event!

email [mitchell.phillips.12@cnu.edu](mailto:mitchell.phillips.12@cnu.edu)  
[designedbymitch.com](http://designedbymitch.com)



# Class of 2016 takes on Europe

Class Council is preparing another tradition for CNU students: a two week post-grad trip.

BY BETHANY PYLE  
BETHANY.PYLE.12@CNU.EDU

After four (or even five or six) years of hard work, papers and exams, the class of 2016 deserves a nice break. What could be more relaxing than spending two weeks exploring seven different European countries? Class council is working hard to organize the first CNU post-grad trip.

A trip of this kind is new this year for seniors. Brooke Thaxton, president of Class Council and the senior class said that “Class Council is all about making traditions and really starting new ways for CNU to make an impact...we wanted to find a cool way to continue this alumni journey that we’re about to go on, and what better way than travelling the world?”

Class Council has been busy recently with planning new events for students. Last year they started the new tradition Light the Night, and this year

they hosted the 100 Days Till Graduation party for graduating seniors. Thaxton said that they are especially excited about this new tradition because, “you can always go to Europe, but with your graduating class or a few of its members, that’s a big thing for me”.

Executive vice president of the senior class, Jeremy Taguding added that the maximum number of people they can bring on this trip is 20 students, but if they get enough interest, “then hopefully we can do it again next year and maybe have two or three trips instead of just one.” They hope also to be able to open the trip up to older alumni as well. “We are the newest alumni, but we also could connect with people. Even just networking and things like that, travelling with past alumni could be a really cool way to capture that Captain for life atmosphere,” said Thaxton.

The trip will be jumping all

across Europe, stopping off in England, France, Italy, Germany, Switzerland, Austria and the Netherlands. Thaxton said “it’s actually kind of a 13 day excursion if you will.” She added that there are plenty of sights built into the trip as well as extra day trips that students can sign up for, “like wine tasting, water rafting, there’s a gondola ride in Venice [or] the Vatican tour.”

This trip will be unique to any CNU sponsored study abroad trips in its flexibility and freedom. Taguding said “unlike high school trips or maybe even college trips where you’re going with the group, tied to the group the whole time...there’s also the option...to make our own schedule.” Taguding and Thaxton explained that this trip will be much less structured than a study abroad trip, so that students will have the freedom to do and see what they want.

In addition to the freedom, Thaxton said “all the hotels [they are booking] are at least three stars. So we’re not going to put you up in the motel 6. We find these places that are in

the heart of what we’re going to see.” By working through a travel agency, Class Council has been able to keep the cost low, while keeping accommodations and sights high for students.

The total price for the trip is \$2,535. Thaxton said this includes “12 nights of hotel accommodation, transportation, exclusive sightseeing. We’ll also have a trip manager, we’ll have a driver, 11 breakfasts as well as five three-course dinners. So I know that’s a daunting price, but really what you’re getting... you can’t put a price on it.”

As an added incentive, Taguding laughed that it gets harder to take trips like this after graduation. When you keep planning on “next summer,” then “more likely than not, it’s not going to happen.”

The trip will run from June 1 to June 14. Final payment is due by April 17. For more information, contact Brooke at Elisabeth.thaxton.12@cnu.edu or Jeremy at Jeremy.taguding.12@cnu.edu. ■

## Fitness class review

Benefits of taking an organized fitness class.

BY MARY ROBERTSON  
MARY.ROBERTSON.13@CNU.EDU

Recently I had the opportunity to try out the Cycle Fusion class at CNU’s Freeman Center. This was my very first cycling class ever, and it was great!

The instructor, Lacey, was extremely nice and she made the whole experience so great. Instead of having an instructor screaming at you to pedal faster or to turn up the resistance without doing it themselves, she was up front on a bike pedaling and turning up her resistance along with us. She pushed us all to do our best while at the same time being very understanding of everyone’s different fitness levels.

The music choice was also wonderful, it motivated me to keep going, and pedaling to the beat made the class more fun.

Once we finished we participated in a group stretch and I foam rolled my legs (if you have never foam rolled before I promise it is a life changing experience).

As someone who stays in shape, I did not think that the class would be too hard. While it was not overly difficult, it did challenge me and gave me a great cardio workout. After 40 minutes of pedaling, I was sweating through my shirt and man were my legs sore the next day.

If you are looking for a fun way to get your heart rate up or a way to mix up your cardio routine, I would definitely recommend this class. If you are free Monday night at 6:00, Wednesday night at 5:10, or Thursday night at 7:10, head over the Freeman Center and give this class a try.

There is \$5 fee for the class, but it is absolutely worth it. And if you like the class or want to try other classes, you can purchase a fitness pass for \$25 that will get you into all the fitness classes for the rest of the semester. ■

Class Council hopes to make this trip an annual tradition for recent CNU grads and alumni alike

The trip is open to students graduating in May 2016, as well as December 2015 and December 2016

Students will visit London, Paris, Rome and Amsterdam, as well as stopping off in Germany and Austria

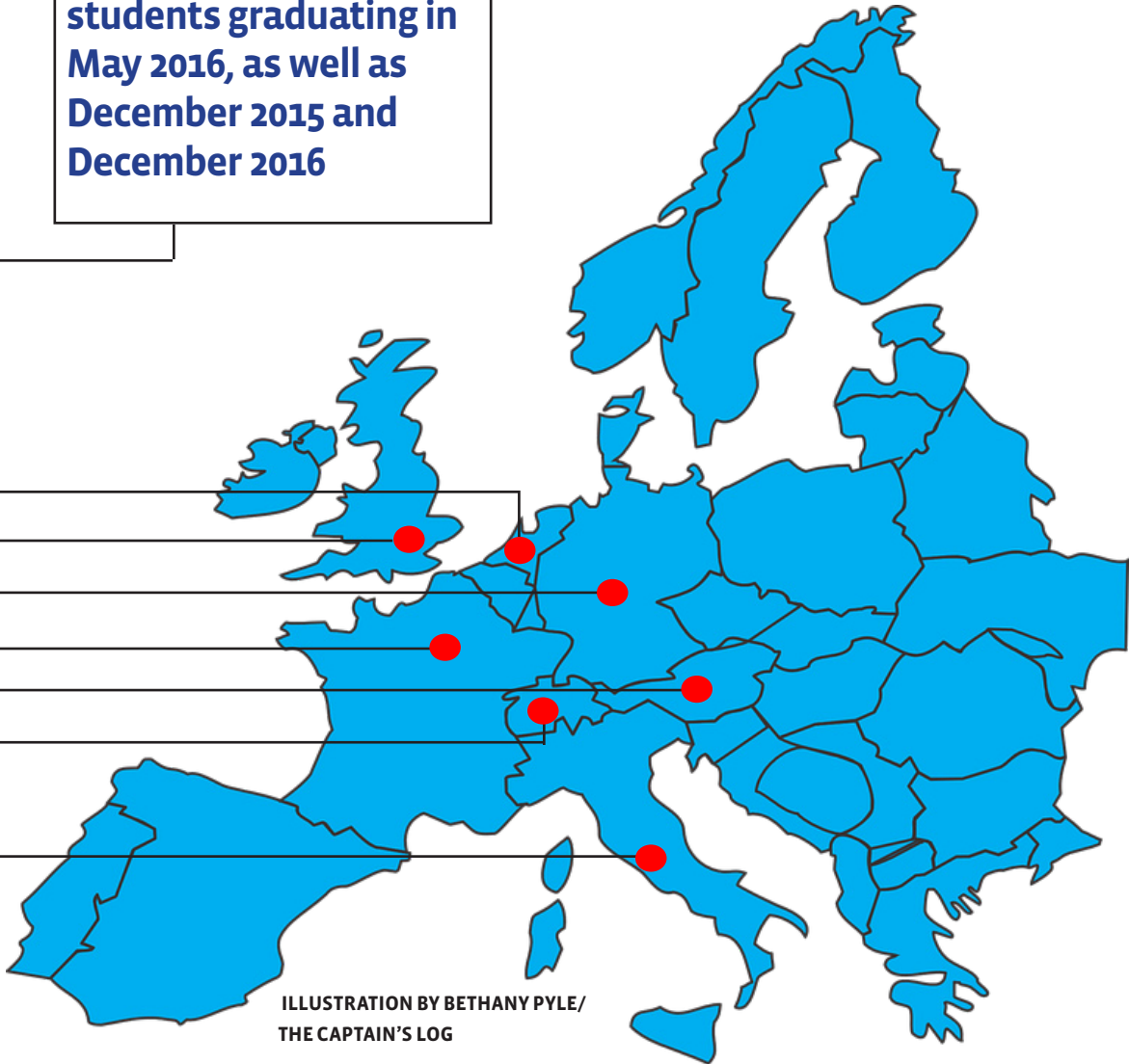


ILLUSTRATION BY BETHANY PYLE/  
THE CAPTAIN’S LOG



# Meet Your Captains: Shipping off for the future



After spending eight years working in the Newport News shipyard, Kunk decided last year to return to school to finish his education. **LYDIA JOHNSON/THE CAPTAIN'S LOG**

Kunk has found a careful balance for school and work.

**BY LYDIA JOHNSON**  
LYDIA.JOHNSON.13@CNU.EDU

It can be difficult to manage what Andrew Kunk does. Kunk, a senior, is a full time business student, fraternity brother, and member of two honor societies. He also works forty hours a week at Newport News Shipbuilding. How does he do it? Time management and a lot of coffee help.

Not many college students work full time while in school. A 2015 study from Georgetown University found that only 25 percent of working, full-time students have full-time jobs. However, Kunk has been a welder at the shipyard for a little over eight years. He started when he was eighteen.

Kunk now works the third shift. Starting at 3:30 in the afternoon, he puts on his protective gear, gathers his welding paperwork and prepares for a five-minute safety talk. Then he moves onto building the ships. "The weather sucks," said Kunk. "We will work when it is five degrees or one-hundred degrees outside. We work on hard steel, so kneeling down, laying down and walking on steel takes a toll on the body."

Everyone in Kunk's family has earned either a Bachelor's or a Master's degree. "I come from a white-collar background," Kunk said in an interview. "I feel like college education is pushed so far, like you're not going to succeed in life if you don't go to college," Kunk said. "I take the view that blue collar work, especially trade-related or special skill, is just as important as a college education."

Kunk took a different path than his college peers. After graduating from Sherando High School in 2007, he moved from Winchester, Va. to Newport News and began learning a trade. He attended

the Apprentice School in Newport News to learn welding. He also participated in the school's cooperative program and got paid to take Business classes at Thomas Nelson Community College. He graduated from The Apprentice School in 2011 and earned an Associates Degree from Thomas Nelson the same year.

Kunk felt that the physical stress of welding wasn't worth the pay so he decided to go to CNU in 2013. Kunk joined Delta Upsilon fraternity his first year and he's now been selected as a member of Beta Gamma Sigma, the business honor society and Alpha Chi National Honor Society. He's managed to balance it all with a full time job.

"I haven't watched TV in 3 years," Kunk said. "I use all my vacation for homework, studying. You have to give up a lot to do what I do." Kunk said any student could handle his schedule if they cut out distractions like television. "You have to work yourself into it and then you have to commit," Kunk said. "Time management is everything." He does have one vice for fun. "I read a lot," Kunk, a lover of historical fiction and sci-fi fantasy, said.

As commencement approaches, Kunk reflected on the social activities he's missed because of his schedule. "I'd love to be in rock-climbing club, I'd love to be in scuba club, I'd love to do some of those fun things," Kunk said. Kunk had thought about quitting the Apprentice School and going straight to college. But he stuck with welding. "I feel like it puts me on another level when applying for a job," he said. Kunk plans on seeking a Management position within the shipyard after graduation. He also wants to finally use his vacation time to travel to China and Germany. ■

# IT'S TIME TO STUFF YOUR PIE HOLE

## NOW OPEN!

**Hand-Tossed Specialty Pizza**  
**Craft Beer Selection**  
**Hoagies • Salads • Munchies**  
**Dine-In • Take-Out**



**12090 Jefferson Avenue • Newport News, VA 23606**  
**757-931-1700**



YOUR RECLINER IS WAITING.  
RESERVE IT NOW.  
ONLINE AT [PARAGONTHEATERS.COM](http://PARAGONTHEATERS.COM)



**PARAGON**  
CITY CENTER 12

**\$8 MOVIES FOR CNU STUDENTS**  
(MUST PRESENT ID)

LEATHER RECLINING SEATS  
WITH FOOTRESTS AND TRAY TABLES

BEER, WINE &  
EXPANDED CONCESSIONS MENU

TWO 60' EXTREME SCREEN AUDITORIUMS

FREE PARKING – STREET LEVEL & GARAGE

**\$6 TUESDAY - ALL MOVIES\*, ALL DAY!**

11810 FOUNTAIN WAY, NEWPORT NEWS  
(CITY CENTER AT OYSTER POINT) ▪ 757.525.9898

**PARAGONTHEATERS.COM**



\*EXCLUDES HOLIDAYS. 3D FILMS NOT INCLUDED. SOME RESTRICTIONS MAY APPLY.



**MATINEE BURGER JUST \$3**  
**ALL DAY WEDNESDAY**

(SERVED A LA CARTE; SIDES ADDITIONAL)

**neo**  
kitchen + bar

[NEOKITCHENANDBAR.COM](http://NEOKITCHENANDBAR.COM)



11810 FOUNTAIN WAY, NEWPORT NEWS • CITY CENTER AT OYSTER POINT

**MONDAY – THURSDAY, 3:00 – 5:00 PM IS**

**POWER HOUR**

**GET A MY PI\* FOR JUST \$3.14**

**my pi**

custom pizza • craft beer

**CITY CENTER AT OYSTER POINT** • 11810 FOUNTAIN WAY, NEWPORT NEWS  
**PENINSULA TOWN CENTER** • 4311 EAST CLAIBORNE SQUARE, HAMPTON

**MYPIZZA.COM**



\*SOME RESTRICTIONS MAY APPLY