



The Captain's Log

THE VOICE OF CHRISTOPHER NEWPORT UNIVERSITY STUDENTS

@CNUCAPTAINSLOG WWW.THECAPTAINSLOG.ORG
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Returning after the “storm”



The views from Lionsbridge remain intact after what was predicted to be a category five hurricane. PHOTO BY HANNAH LINDENBLAD/THE CAPTAIN'S LOG

What's Inside

News Take a look behind the camera and see how reporters cover hurricanes.	Snapshot Find new places to hang out off-campus before the stress of mid-terms sets in.	Sports Get into the game with a preview of the upcoming men's soccer season.	A&E Discover your new favorite rainy day flicks in a comprehensive list.	Lifestyle Learn how to stay healthy on campus during this upcoming flu season.
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Weekly pic

Christopher Newport Hall gleams in the sun following Hurricane Florence. Located just off of the Great Lawn, the cupola is many's first impression of campus.

PHOTO COURTESY OF ALEX BURRUSS/ THE

If you have a photo that you would like to be featured in the "Weekly Pic" section, please send it to clog@cnu.edu, along with your caption. We thank you for your submissions.



CNU TV

Relive the grand opening ceremony for the new edition of the Paul and Rosemary Tribble Library in CNU TV's recap. of the event.

Happened

September 12-16

Campus Evacuates

Evacuating due to the incoming storm, Hurricane Florence, the campus shuts down. All events during this time were cancelled.

September 12

Freeman Center Turns into Shelter

The Freeman Center turns into a shelter to house the Newport News community ahead of Hurricane Florence.

Happening

September 21

CAB Presents... Jurassic World: Fallen Kingdom

Watch the latest installment to the Jurassic Park series for free in the Gaines Theatre from 9-11 p.m.

September 22

Lymphoma Art Exposition 2018

Enjoy local music, food, and more on the York lawn from 11 a.m. to 4 p.m. at this event. This event will also feature an art sale from local artists and students. All proceeds from the event will go the The American Cancer Society and the Lymphoma Research Foundation.



Captain's Log Snapchat

Scan this image to add us on Snapchat! Follow our updates, watch us behind the scenes in the newsroom, and keep up with commentary on campus life.

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

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

- Email: clog@cnu.edu

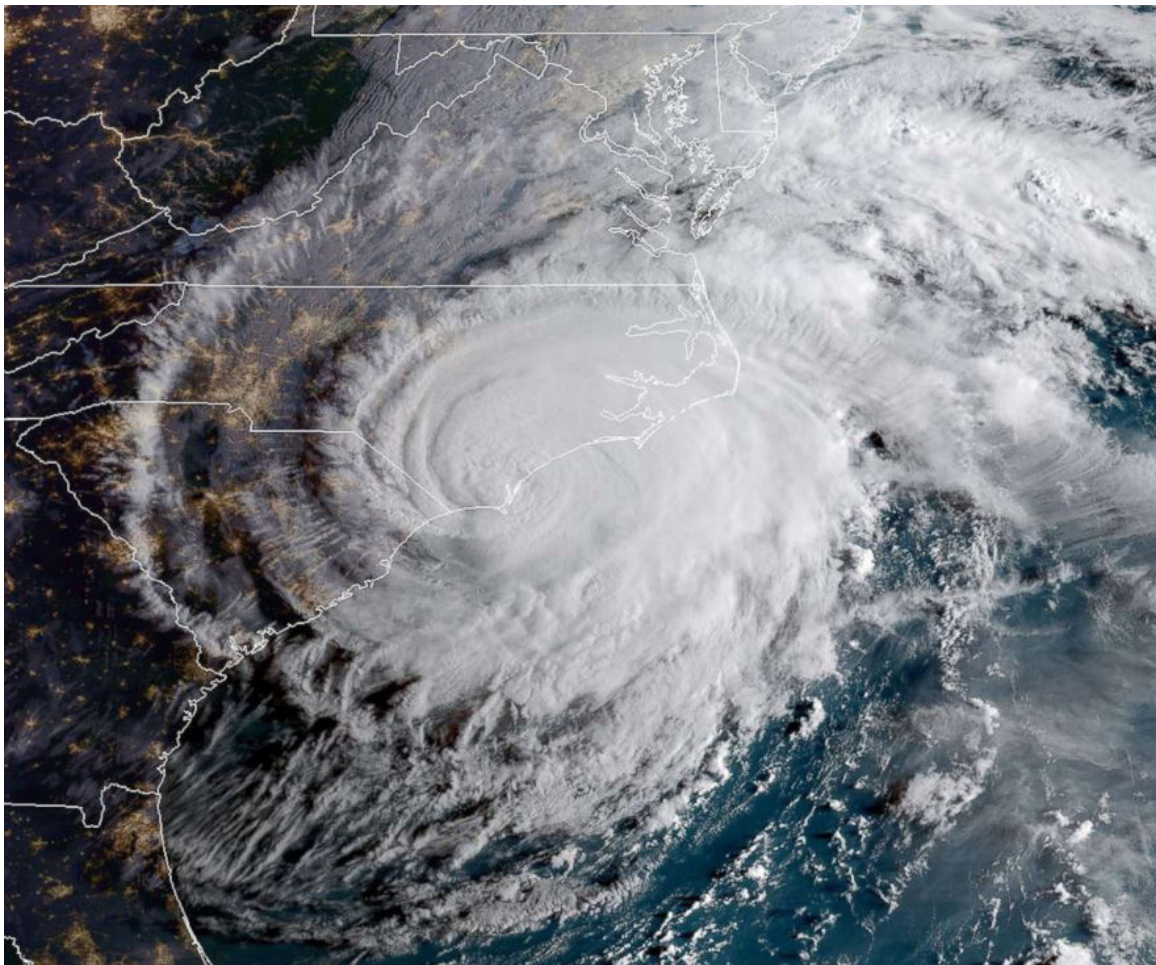
- Drop off: The Captain's Log newsroom, DSU Suite 393

JOIN THE STAFF The Captain's Log is always open to students who are interested in writing, photography and editing. Editors assign stories every Sunday at 7 p.m.

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Hurricane or Hurri-vacation?

With little more than drizzle, Florence left many questioning the system that calls for evacuation.



A satellite image shows Florence impacting the Carolinas on Sept. 14 at 8 a.m. PHOTO COURTESY OF NOAA/RAMB

BY MORGAN BARCLAY
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Moving further south than first forecasted, the mandatory evacuation from campus following Hurricane Florence has led many Christopher Newport (CNU) students to take advantage of what they have deemed a “hurri-vacation.” There have been many reports of students picking up shifts from their hometown jobs, catching up on homework, or simply relaxing and watching Netflix. For many at CNU, the impact of Florence has been a welcome one. Even still, this event provided a first-hand experience of an emergency response from the University. This has led to many questions among the campus. The following will provide answers to these questions by covering, step-by-step, the response to

Florence: A timeline

Two days before expected landfall: 9:20 a.m. Sept. 11, a CNU Alert is sent to students already anticipating closure. Following the mandatory evacuation of Zone A, a mere four blocks from campus, and the voluntary evacuation of ODU, a sister institution of CNU, this alert was an expected one.

Resident Assistants jolted into action, meeting mere hours later to discuss the closing of buildings and to communicate to their residents the proper protocol they should follow—unplug fridges, move belongings off of the floor, close and lock windows, take important documents and medications, and cover electronics in plastic.

One day before expected landfall: The University is evacuated at 11:00 a.m. on Sept. 12, with emergency

personnel evacuated only a few hours later. The University remains occupied, however, by the Newport News community as the Freeman Center transforms into an emergency shelter.

Day of expected landfall: The CNU community waits in their respective homes on Sept. 13, bracing for the storm, which moves slower than expected. Downgraded to a category one from a then forecasted category four, Florence crawls toward the east coast, missing the forecasted landfall date.

Day of actual landfall: Moving much farther south than expected, landfall occurs on 7:15 a.m., Sept. 14 at Wrightsville Beach, N.C. The now demoted category 1 hurricane hits the North and South Carolina coastlines, instead of Newport News as forecasted.

Moving at the almost stationary pace of 6 mph, Florence drenches the Carolinas, resulting in a reported 15 to 30 inches of rainfall. The downpour pairs with sustained winds at a maximum of 90 mph according to an article from ABC News, causing road closures, structural damage, and at least 32 reported deaths, according to TIME magazine.

Receiving only bands of rain from the slow-moving storm, CNU has not reported any major damage to the university or the surrounding community.

Two days after landfall: Emergency personnel arrive back on campus at 11 a.m., with CNU students following behind at 12 p.m., on Sept. 16. Meetings of student organizations were canceled through the night as students readjusted to campus.

Three days after landfall: The university officially reopens and the schedules of students and fac-

ulty return to normal on Monday, Sept. 17., per an email from Kevin Hughes, the Vice President of Student Affairs.

University Response

Responding to an emergency situation like a hurricane means working quickly. With only days to respond to an incoming hurricane, the university must determine the cancelation of classes, evacuation of campus, and the return to campus following the storm.

The Captain’s Log got a chance to talk with Kevin Hughes, the Director of the Office of Student Affairs, and asked him to explain the protocol for evacuation.

“I will tell you our plan as a University is to never close... We don’t want to lose instructional time. That’s why people are here.”

Although it may seem like every year there is a big storm that threatens to cancel classes for Christopher Newport (CNU), Hughes reminds us that this style of evacuation is not the norm.

Last year, The Captain’s Log reported on Hurricane Jose and its threat to closing campus. Three years ago Hurricane Joaquin gave us similar threats. That said, no hurricane has ever been projected to come as close as Florence.

“We look at all the spaghetti models,” Hughes said. Spaghetti models, which are used to visualize the flow of the storm, are a useful tool in determining the potential impact of incoming storms. But is one spaghetti model all the University needs to come to a halt? The answer is a fair bit more complicated.

The process for determining an evacuation begins with the Director of Emergency Services. They

monitor the situation from the very beginning of the storm. If the storm begins to approach the coast, they call a meeting of the Emergency Policy Group.

The Emergency Policy Group is a panel of senior administrators that work together to determine the University’s response to the storm. Made up of administrators from all aspects of campus life including the Office of the Provost, the Office of Student Affairs, the Office of Auxiliary Services, and more, the panel asks important questions regarding the impact of the storm.

“Are we in a situation where classes can continue? Are their increased risks we need to factor in?” Hughes provides us with example questions the group asks. “What are our options? Do we need to meet tomorrow to get additional updates?”

These questions are answered through increased monitoring of the storm, comparisons to sister institutions, like other local colleges, knowledge of past storms, and guidance of the state.

While guidance of the state is a rare occasion, it can be a helpful tool when determining possible evacuation as Hughes reminds us, “A big piece this time was the mandatory evacuation that was called for and the calling of the emergency shelter on campus, which has not happened in my eighteen years on campus... That really threw things into a new dynamic for us.”

That said, there is no one simple factor that will cause an evacuation as every storm behaves differently. One consideration that does hold special weight, beyond the guidance of the state, however, is power.

“The biggest challenge for us [is] power..No power for four days is not really a liveable situation,” Hughes says. Not only is a lack of power not a liveable situation for the campus at large, there comes a special consideration regarding the hospital’s power. With many residence halls sharing a power grid and generators with Riverside, the considerations of loss of power gain an added weight.

That said, these considerations can be hard to come by three days before storms that behave as erratically as hurricanes.

After the initial meeting and options are taken into consideration, there frequently is a second meeting held two days before the storm to ensure proper precautions are being taken. This was the case for Hurricane Florence.

This second meeting either results in cancelation of classes, evacuation of campus, or no change at all to the campus schedule. This decision is shared with students via CNU Alert, and then forwarded through Residence Life to residents of campus.

But the role of the Emergency Policy Group does not end with evacuation. Following their considerations of the storm, they must also determine when classes can continue as normal, and where the missed time will be made up into the schedule.

The Emergency Policy Group works under pressurized conditions and monitors erratically moving storms three days in advance of landfall. This means that evacuations may be called in times when storms do not actually impact campus. That was the case for this particular hurricane. “We’ve had worse rain days in the middle of the

semester than this particular hurricane, so we do not anticipate any major issues,” Hughes states.

There were not any major issues reported following the storm.

Evacuation, but where?

For many the cancellation of classes and evacuation of campus is welcome news. Being able to return back to family or just enjoying time off campus provides an escape. For many others, it can be as stressful as the incoming storm.

Given just over 24 hours to ensure a proper ride home and a place to go, international and out-of-state students have to start planning fast. This is the case for those students that may be returning to potentially impacted homes, as well.

“There’s a lot more coordination involved [when international students evacuate]. It’s a stressful experience. Personally, I had the added stress of finding a place for my sister who studies at William and Mary,” international student Kristen Ziccarelli explains.

Even though the university discusses the importance of having evacuation plans during Setting Sail and Welcome Week, and reaches out personally to students that may be in this boat, they also ensure that this possibility of evacuation is a rare one, leading many students to not take this planning into account.

“Every year at Setting Sail I talk with parents multiple times, and I know one of the Associate Deans talks to students during Welcome Week about plans when the university closes, but I will tell you our plan as a university is to never close.” Vice President of Student Affairs, Kevin Hughes says.

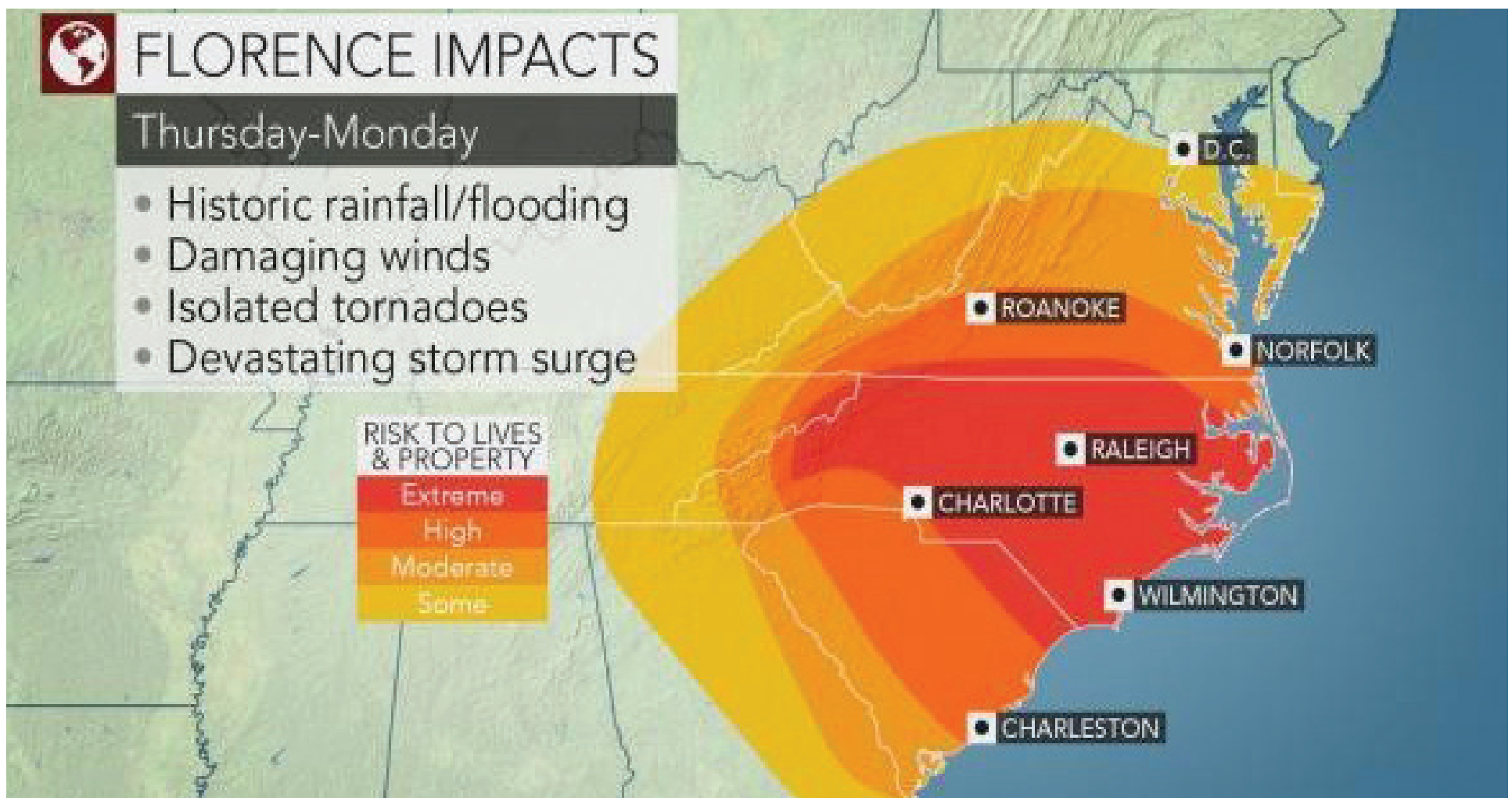
While having plans for rides home over breaks is also a potential issue for these particular students, the planning for that may happen over a longer period of time. With hurricane season occurring at the beginning of the semester, many freshmen in this boat may not have made the personal connections that would facilitate a smooth relocation.

That said, the university works informally to help smooth this relocation. From ride-sharing systems set up by Residence Life at the front desks of residence halls, to community Facebook posts in the CNU class Facebook pages, the University came together. There were also reports of professors offering their own homes to house international students in extreme cases.

Although there was no formal event hosted by the Center of Community Engagement (CCE), or the University as a whole, Brad Brewer the Director of the CCE, commented on the service he saw represented on campus.

“I think in some ways you could say it was even more powerful, that students of their own choice have this spirit of service, and I would like to take some credit for that.” He goes on by saying “From the leadership of University, to our office, we’re a lot more poised and looking for opportunities to help each other, and to help others, so it was natural.”

A stressful experience for some, the service provided by members of the university ensured that people had proper housing and transportation, resulting in zero official reports of individuals unable to evacuate campus. ■



A map depicting the potential risk to lives and property due to tropical depression Florence. **PHOTO COURTESY OF NEWS-PRESS.COM**

Discover the process of local hurricane news coverage

Learn how local news organizations kept citizens informed during tropical depression Florence.

BY EMMA DIXON
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It started off as a hurricane, but ended up as a tropical depression. For the past few weeks, news coverage has been dominated by tropical depression Florence. Although CNU and Newport News were evacuated early in the week, local media organizations stayed behind to cover the storm and get information out to the public. How exactly does a media outlet run hurricane coverage? What kind of stories does the media focus on during hurricanes?

"[Hurricane coverage] is actually a pretty organized process. Our top editors spend a lot of time figuring out plans," Josh Reyes, reporter for the Daily Press, says. "For storms we're all used to an all hands scenario where we're all prepared if the storms hits that we're going to be on call, rotating. Everybody is a weather reporter right now."

John Rector, photographer for WTKR Channel 3, says that the basic idea of a hurricane story for broadcast news is the same as any other story.

"We want to keep the public as informed about what's happening as possible. That means round the clock coverage of the hurricane's

effects across our entire viewing area," Rector says. "Big weather stories mean all hands on deck. Yesterday, we had 8 reporter/photographer teams live somewhere different in our viewing area in only a 30 minute show. Everyone is giving updates on the status of the weather where they are and what they have been seeing so hopefully viewers can get a good sense of what's going on all across the area."

Journalists cover every aspect of a hurricane. According to Marie Albiges, state government reporter for the Daily Press, coverage for this hurricane began with the state of emergency Governor Northam declared on Saturday.

"Then it becomes people's reactions to the state of emergency, how local officials are dealing with it, what they are preparing for. We update our weather story every hour depending on what the National Weather Service is saying," Albiges says.

On Monday night, Governor Northam declared an evacuation for Zone A, which affects 246,000 people.

"Then it becomes a matter of what does that mean for people? Are they evacuating? Literally what does that look like. Are they packing up their cars? Their

houses? So we go out and look for that. We talk to people who are choosing to stay, choosing to leave and then it goes into a shelter story," Albiges says. "There's always the quintessential grocery store story where you see pictures of the empty shelves. Then you start looking for flooding. You go to the areas that are most prone to tidal flooding."

Over the course of the week, tropical depression Florence shifted direction and ended up missing the vast majority of Virginia.

"Now we're looking at stories about people coming back and any traffic involved with that. Then it goes back to normal until the next big storm hits," Albiges says.

Whenever there is severe weather, news organizations have to shift gears in order to report on the storm.

"Daily coverage kind of ceases to exist during hurricane coverage. For any major storm story, it's an all hands on deck situation. I know personally I kind of ignore all of the other emails that come through that aren't storm related. You know that you're going to be doing hurricane coverage until [the editors] tell you to stop," says Albiges.

"[Weather coverage] is a little

heightened [compared to] what you do on your average day. There's a wide sense of urgency," Reyes says. "Weather is one of the few things that affects everybody in an area so it really heightens the importance of what [journalists] are doing. This is a situation where people are really relying on you for information."

"[Hurricane coverage for television] is mostly live video with occasional video cut in, whereas on a normal day, it would be mostly pre-packaged video stories that we carefully craft to tell whatever story it is. Weather is a bit different. Because it's always changing, we need to be flexible to keep up with it. People want to be kept as up to date as possible so we're always adapting and changing our coverage, whether that involves switching locations or something simple like highlighting a different feature of the storm's effects such as blowing debris, increasing storm surge, or flooding in the streets," Rector says. "Ultimately though, the goal is still the same as any other newscast - to inform the public about what is happening."

Albiges says her favorite aspect of hurricane coverage is getting to hear the stories of people in the community.

"I like finding the people that are going through any hardships and seeing them taken care of. Chances are you'll find that one person who has a really interesting in the midst of all this craziness," Albiges says.

Rector says he loves the intensity of hurricane coverage, although covering inclement weather can potentially put him and other journalists in danger.

"Every team of photographers and reporters is trained in the safe operation of our equipment and how to stay safe in the extreme weather conditions. Our management constantly enforces and prioritizes safety and we would never do something unless both members of our crew were completely comfortable with it," says Rector. "With that being said, every member of our newsroom knows that there is a risk in what we do, and we are all excited by the chance to cover extreme weather, especially our crews that volunteered to go down to the Outer Banks, because we all want to get those images and deliver that information to the public. Extreme weather affords us the opportunity to do some real good by informing the public about what is happening." ■

Agents for community engagement

The Center for Community Engagement seeks to get students involved in community engagement.

BY EMMA DIXON
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One of the most famous sayings on Christopher Newport's campus is leading a life of significance. The Center for Community Engagement (CCE) seeks to enable students to accomplish this goal through service during their time at CNU.

The CCE is the office on campus that was established to connect students with the off campus community, ranging from the local city community to the broader Hampton Roads community to the international community.

"Our job is to develop partnerships in the local community with nonprofit organizations, city agencies, public schools and all [establishments] that would be interested in working with the talented and passionate students that we have here. We know that so many students come to CNU now because they want to make a difference in the world and they want to help people," Brad Brewer, the Director of Community Engagement, says. "We can help guide [students] to the right fit for their service interests and we've got the organizations on board in the local community that can work with them. Together, we're helping solve problems and we're creating opportunities for people to meet their potential and live in a good, healthy community."

The Center for Community Engagement has already established approximately 100 partnerships with local organizations. These partnerships are organized into 10 different service tracks that allow students to focus on their passions and interests.

In addition to these partnerships and service tracks, the CCE provides multiple programs that students can engage in. The CCE runs a nationally respected Bonner Service Scholars program,

where students must complete 10 hours of service every week during the school year which totals to 300 hours each year. The CCE also offers Service Distinction program, which requires students to serve a minimum of 140 hours throughout their four years at CNU. This year, the CCE is launching the Service Distinction Leader program.

"We've heard from so many students that are passionate about service and they look at the Service Distinction requirement of 140 hours and they blow right through that," Brewer says. "Now, 140 [hours] is a lot for a student that is very busy on campus but still cares and wants to do it so we absolutely respect the students that can earn that. We've have just had so much student demand for another level."

Currently, there are over 2,000 students enrolled in the Service Distinction program. However, the Service Distinction Leader program will require students to complete 400 hours of service throughout their four years at CNU, which evens out to 100 hours each year.

"We need to develop a large base of student leaders who can help guide students and be leaders at their [service] site. That's where the Service Distinction Leader idea comes from. Can we train a group of students who are really really excited to take on leadership roles on the community?" Brewer says. "We even got some funding from the Board of Visitors this past year to hire 40 site leaders. We'll draw from the Service Distinction Leader program and select 40 site leaders that will really be a great example and be a bridge between the non-profit staff and our campus."

Senior Gaby Olivera, Intern for Marketing and Brand Development for the Bonner Service Scholars program and the CCE, has been a member of the Bonner Service Scholars program and



(Above) Senior Gaby Olivera teaches a class at Commonwealth Catholic Charities Refugee Resettlement. (Top right) Olivera poses outside a nature park with other Bonner Service Scholar her junior year during a trip to Ecuador. **PHOTOS COURTESY OF GABY OLIVERA** (Bottom right) The Center for Community Engagement's logo. **PHOTO COURTESY OF BRAD BREWER**



actively engaged in the CCE since she first came to CNU in 2015. She believes the CCE has provided her with educational trainings, leadership opportunities and traveling experiences that has given her many opportunities.

"I have learned that I will no longer be satisfied with my basic freshman dream of having an office job with a 401k. Being a first-generation college student and firstborn in the U.S for my family, my dreams were just set to an office job with benefits. I knew I could achieve a lot but I just thought I was capable of so little," Olivera says. "But now, after the Bonner Service Scholars and the

CCE, I desire more from myself. I dream beyond having enough to survive. I care a lot more about the world and the people around me because I have come to realize the impact I can have on it by just being here."

"It is so important to learn how to be good at relationships and to be good at relationships with people that are different from you. The opportunity to develop those abilities exists outside of the campus," Brewer says. "Engage with refugees that have been resettled here, engage with senior citizens who have been through the civil rights movement [or] who have been through

Vietnam or some even World War II. Engage with children who come from all different backgrounds."

"[We want to] get CNU students engaging with citizens in the community and developing strong, healthy relationships so that everybody can grow and everybody can change. It's much more than kind of the old idea of service in a community that was 'We're all perfect and the community is a mess, so let's go fix it,'" Brewer says. "That's not what we're trying to do here. We're trying to work together and create partnerships where everybody grows." ■

Student Assembly sets new goals for the upcoming school year

BY DUNCAN HOAG
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With the new school year just beginning, the staff of the Student Assembly are looking towards new goals for the year.

The purpose of the CNU Student Assembly, according to the university's website, is to act as CNU's student government organization. On CNU's website, their page puts it simply: "We allocate the funds raised from student fees to organizations on campus, and offer small grant and conference funding to students and organizations. We also represent student needs and concerns by serving on committees, surveying the

student body, sharing student feedback, holding face-to-face meetings and partnering with the administration."

With a new executive board in place, Student Assembly President Emmet Aylor discussed some of the goals the organization has for the 2018-2019 school year.

"We have a few major goals. One is community outreach. We're trying to figure out more ways to do that, so we're working with the CCE (Center for Community Engagement). We have also been working on a Green Initiative on campus," Aylor says.

Community Outreach Commission Chair Brittany Branch confirmed this view, emphasizing the goals

of accomplishing green initiatives on campus, implementing creative classes for students, and hearing more from the Student Body about what they would like the Student Assembly to deal with.

"Student Assembly is hoping to accomplish several projects this year. From implementing creative classes to improving the green initiatives on campus, we are working very hard to make CNU the best it can be," Branch says. "Related to this, we are working to find ways to hear from more students about what initiatives they would like the Student Assembly to tackle."

Branch further discussed how she has seen the Student Assembly

grow and change in the time of her involvement.

"Since I joined Student Assembly, the organization has grown tremendously. Not only has the delegation grown in size, but we have grown in impact and passion as well. I hope to see that the trend continues," Branch says.

Aylor talked about some of the challenges that come with a leadership role within Student Assembly.

"Probably [the biggest challenge] is keeping the balance of how I'm a student first, and a leader second. And trying to make sure that a student voice, I try to come across as the voice of everyone, and not just a few," Aylor says.

Branch indicated that making a coherent organization out of many different members is challenging, but still possible through the shared interest they possess in student governance on campus.

"The biggest challenge of being in Student Assembly is learning to work as a cohesive group. We are a group of 52 people with different interests, passions, and talents, and it can be difficult to work collaboratively at times," Branch says. "However, at the end of the day, everyone on the delegation is in the organization for the same reason – to make positive change on our campus. The people in the organization love this university like no other and it is obvious." ■

I am tired of all the “fake news”

A concerned editor’s take on the importance of good journalism.



Print journalism is an alternative way to receive news. **PHOTO BY MORGAN BARCLAY/ THE CAPTAIN’S LOG**

MICHAEL INNACELLI
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To be quite honest, I never liked journalism. I always thought it was pointless, but after two years of being on the CLOG and CNU TV, I realize that isn’t journalism I dislike, it’s bad journalism.

Take for example the hurricane evacuation. News report after news report on the storm days before it even approached the coast, led to unneeded panic. I mean come on, it barely even rained here...

We need journalism, but not like this.

With everything going on in the world right now, I don’t think anyone would disagree with me in saying that being informed is critical to our everyday lives. Journalism is supposed to inform us. Journalism is supposed to be the “fourth estate” of the government, a vital responsibility, acting as a check and balance for our political system. Journalism is supposed to connect countries through the sharing of information globally. Journalism isn’t doing that right now.

But how can it when there is so much negative connotation around just the word “news” itself? And what are we supposed to do when that negative connotation is deserved?

Journalism is seen as a joke. From inaccurate social media reporting to actual fake news reports, the overabundance of news can make it difficult to know what’s real, or why we should even care. Beyond this with

the insults thrown at news in the public eye, make what little care we may have dwindle into nothing. Compounded with this are funding cuts, lack of readership, and expanding competing platforms like YouTube.

News has become entertainment. News is unguarded, with anyone able to report what they feel. News is opinion and conjecture. This, compounded with the apathy of the United States population, makes me fear this vital freedom could be gone forever.

So what can we do?

Don’t believe everything you read online. Be critical of the sources you find shared on your feed. If you find something that is fake news, report it, contact the writer, stop it from spreading.

Read actual newspapers. Though the accessibility of online reporting is hard to beat, newspaper reporting goes through specific steps in its creation to ensure the information is accurate and credible.

Stop only getting your news from opinion shows. Opinions are meant to deepen a conversation about the news. They shouldn’t be the only conversation.

Stop the negative speech on journalism. Critique bad journalism when you find it, but don’t let people write off journalism as a whole. Journalism is an essential to our everyday lives.

Journalism is important. We can’t let it die out. I’m tired of “fake news”. ■

This day in history: Jamestown Burns

The flames set 342 years ago still have an impact today.

MILLER BOWE
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Flames erupt during the burning of Jamestown on this day, Sept. 19, in the year 1676. Jamestown burned during Bacon’s Rebellion, an armed revolt led by Nathaniel Bacon in opposition to the governor, Sir William Berkeley.

The context of any historical event is important to understanding the reasons it occurred, and Bacon’s Rebellion is no exception. According to Dr. Sheri Shuck-Hall, a history professor at Christopher Newport University (CNU) specializing in American Indian History and the director of CNU’s Public History Center, Bacon’s Rebellion came about because of economic factors in Virginia during the second half of the 17th century.

The colony was in the midst of an economic depression. The reason: tobacco. The colony relied on tobacco as a cash crop, but prices had fallen, and the colony was afflicted with a drought in 1675. The colony’s population was growing—nearly 40,000 by 1670—and one in three colonists owned no land.

Tensions between the colonists and Berkeley were made worse by disagreements over how the colony’s relations with American Indian tribes should be handled. According to Shuck-Hall, Berkeley “had the monopoly on trade with local American Indian tribes and he and his inner circle profited from it.”

After a conflict with the Doeg Indians on the Virginian frontier, Berkeley—who favored maintaining peaceful relations—faced rebellion from unruly settlers.

“The disenfranchised landless poor turned against Berkeley and his American Indian trading partners under the leadership of Bacon,” says Shuck-Hall over email.

During the ensuing rebellion, Bacon

favoring an overtly hostile and violent policy towards American Indian groups, even those that had previously been on friendly terms with the colonists.

On Sept. 19, 1676, Bacon’s rebels burned Jamestown to the ground, including Berkeley’s mansion.

By October, Bacon died of dysentery, and the rebellion stuttered to a halt. It still had left a mark on the colony, though.

According to Dr. Shuck-Hall, one of the most important consequences of Bacon’s Rebellion was how it affected Virginia’s colonial legislature, the House of Burgesses.

“The House of Burgesses increased their power, especially at the local level, and forced many of the remaining coastal tribes to sell their lands or disperse.”

While some may be inclined to portray Bacon as a revolutionary fighting for the landless poor, Shuck-Hall notes that he was a wealthy plantation owner who had connections with Berkeley, although he wasn’t part of the governor’s inner circle. Although Bacon believed poor whites should be given access to land, this came at great expense to others—namely the American Indians already living on that land.

“Some have viewed Bacon as inciting a race war against American Indians, who had become the scapegoats to the economic downturns,” said Shuck-Hall.

“Many peaceful, allied tribes, including the Occaneechi, were slaughtered by Bacon’s men for no reason other than being ‘Indians’ on valuable land,” said Shuck-Hall. A royal investigation in 1677 suggested that Bacon and his men had aimed for the “utter extirpation of the Indians.”

Although Bacon’s Rebellion is not a happy chapter in Virginia’s history, it is a part of our history all the same. It had an impact on the power of the House of Burgesses and left a dark mark on Anglo-Native relations in Virginia. The effects of historic events persist into the present day. ■



The rubble is all that’s left in this 1878 depiction of Jamestown during the aftermath of Bacon’s Rebellion.

PHOTO COURTESY OF WIKIMEDIA COMMONS AND ARCHIVE.ORG

A Captain Abroad: Travelling while travelling

Just as our Captain Abroad gets comfortable, she needs to spread her wings.



(Left) Taryn enjoys her time on the black sand beaches of Positano. (Middle) The island of Capri is a popular destination for the famous. (Right) Taryn stands among the ancient ruins of Pompeii. **PHOTOS COURTESY OF TARYN HANNAM-ZATZ/ THE CAPTAIN'S LOG**

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The words grazie and ciao have already become a major part of my vocabulary. Only four weeks in and I am already adapting to life and Florence and loving every second of it. Which means, of course for the Captain Abroad that I am, that it is time to travel again.

Travel is something almost every study abroad student plans on doing, and it can be difficult to narrow it down. About a week ago I walked into a student travel agency to book a trip, and I left having booked three. Although the stress of booking and planning three trips is extreme, as a student studying abroad I know it is well worth it.

This past weekend I went on my first trip to the Amalfi Coast of Italy.

Sinking my feet into the black sand beaches of Positano, I fulfilled every Pinterest-ers dreams. Images of Positano Beach litter Pinterest boards across the internet, and for good reason. Stepping off of the bus into the view, I was amazed. That said, I was more amazed I was able to walk up the flight of 700 steps that was needed to get back up from the beach to the cliff where the bus would pick us up.

The beach was more than just its views. At Positano, my friends and I rented kayaks, went cliff jumping, and enjoyed fresh paninis.

The next day was trip number two. Destination: the island of Capri. The white buildings and clear and bright blue water provided an unreal contrast, an impeccable view. Looking out at the view, my friends and I enjoyed the local island drink, a

granita. Made with fresh orange and lemon juice, the slushy drink is as beautiful and refreshing as the views.

Given the beauty of the island it is no wonder the famous, and infamous, flock their to build vacation homes. Taking a private boat tour around the island we saw the homes of Michael Jackson, Beyonce, and Mussolini, their homes nestled among the natural architecture of the island. Massive rocks rose of the water creating beautiful caves and grottos. Anchoring in the Mediterranean, we swam in the sparkling water that surrounds the island.

We ended our long day on the water with calzones and then headed back to our cliffside hotel in Sorrento to attend a local beach party, complete with a fireworks display. We ate, danced, immersed ourselves

in the local culture.

Our final day, our final trip: Leaving our hotel in Sorrento we left for the direction of Pompeii. With a traditional Italian lunch of pizza, salad, and pastries to fuel us, we entered into the ancient city of ruins. The once thriving hilltop civilization was collected into memories of a past time. Seeing the preserved bodies of victims, the uncovered rocks that provided the foundation for the city that was destroyed over 2,000 years ago, was incredible.

Sadly, the trip had to come to an end. Less sadly, the end of this trip meant returning to Florence. That said, the itch to travel will not leave me. Italy has so much to offer and I have only seen a fraction of it. I cannot wait to explore the rest of the country and onward into Europe. ■

Ending a college career on a coin flip

Following the release of Betsy DeVos' proposed changes to Title IX, many students are questioning the standard of preponderance of evidence.

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Sexual assault on Christopher Newport's campus is a serious issue. If it is perpetrated, the perpetrator should be dismissed from this campus, end of story. Given the severity of this pro-

posed punishment, however, it should be as close to certain that this crime did occur. The current standard of preponderance of the evidence simply doesn't do that.

The standard of preponderance of evidence is met only if the accusation is more likely to be true than untrue.

This means that even in cases where the accusation is doubted by the University by 49%, a permanent black mark could be on someone's record. If the truth could even theoretically fit the facts, if the story given is more likely to be true than not, the student is guilty. That is a low standard for ending someone's future.

This is not to say that accusations of sexual assault are false often or even more than 1% of the time. However, it is wrong, point blank, to end a student's future on what is more likely than not. It is more likely than not that coin lands on heads as that side it was flipped from. If a student is accused and the odds of them having done anything wrong are the same as those on a coin flip, that student can be forced to leave the university. Is that really the kind of place you want to go to school?

All of that withstanding, sexual assault is almost impossible to prove beyond a reasonable doubt for a multitude of reasons. Including the fact that most of these incidents involve alcohol, which throws witness testimony into question. With this standard, too many cases will result in a rapist being allowed to continue their time at Christopher Newport University, even if there is not enough evidence to send that rapist to jail. There is however, a standard between beyond a reasonable doubt and preponderance of the evidence. Clear and convincing evidence shows an event as highly and substantially more probable than not. It allows for the room required to find more people guilty of sexual assault, while making sure that those people are indeed actually guilty. That is the standard we here at CNU should adopt. ■

When in Newport News

These are the places to check out off-campus before the stress of midterms.

BY HANNAH LINDENBLAD
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Want a break from the brick walkways of campus? Try one of the many paths of Newport News Park. It's a great place to get away from campus life and enjoy the outdoors. There are several miles of trails for biking, running, or taking photographs.

Another outdoorsy option closer to campus is the Noland Trail that encircles Lake Maury. The entire loop is about 5 miles, but you can always just use one of the smaller loops to run, walk or just appreciate the beautiful sunsets of Newport News.

If you are more interested in history, you can visit the Mariners Museum on Museum drive. It has exhibition galleries including the International Small Craft Center, and the USS Monitor Center.

If nautical exhibits don't peak your interest, try the Peninsula Fine Arts Center

further down Museum drive. It has exhibits which display different art mediums including paintings and photography; and as of next month, the center will have an exhibit called Adorn with not only photographs, but also a plethora of fashion accessories.

Now if you're in the mood to buy some of your own accessories, three miles down Warwick Boulevard is the Hilton Village. This historic neighborhood offers plenty of contemporary and antique shops.

Are you not entertained enough with shopping? Give The Peninsula Community Theatre a chance to charm you with a play or musical.

After seeing one of the theatre's productions, you can get some food from the many restaurants in the Hilton Village. If you'd like more information about where to get food, check out the lifestyle section where they review a local cafe in the Hilton Village. ■



Newport News Park has 7 hiking trails, and offers boats to rent to explore the Lee Hall re week's Out of the Darkness Walk. **PHOTO BY HANNAH LINDENBLAD /THE CAPTAIN'S LOG**



The Peninsula Fine Arts Center offers not only art exhibits to view, but also a variety of art classes and workshops to check out. **PHOTO BY HANNAH MCCLURE /THE CAPTAIN'S LOG**





reservoir. It will also be the location of next



In Hampton Village there is a bakery and bistro called Indulge. It is a great place to grab a coffee, pastry or to go out for brunch. **PHOTO BY ANNA DORL /THE CAPTAIN'S LOG**



(Above) The Mariners' Museum is less than a mile away from campus. It offers not only exhibits to view, but also has a great view of Lake Maury. (Left) The Noland Trail is nearby the Mariners' Museum. Along the trail there are many spots to get great sunset photos. **PHOTOS BY HANNAH MCCLURE AND HANNAH LINDENBLAD /THE CAPTAIN'S LOG**

Men's Soccer is out for revenge this year

The Captains have started off 3-2 with wins over Greensboro College, Pfeiffer University, and North Carolina Wesleyan College.



Junior Midfielder Michael Wilson fights past his defender. Wilson has appeared in all five of the Captains games this year. He registered an assist in their first game of the year against Greensboro College. **PHOTO BY HANNAH LINDENBLAD/THE CAPTAIN'S LOG**

BY PHOENIX HINES

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After a productive season in 2017 where the Christopher Newport University Men's soccer team went 14-3-1, the Captains look to elevate their play to new heights this year and prove to their opponents that they deserved a NCAA tournament bid last year.

Despite losing one of the most decorated players in program history, Jimmy Grace, the Captains still return some of the top players in the Capital Athletic Conference (CAC).

Senior Stephen Durbin was named first team All-Conference and first team All-State (VaSID) for his efforts during his sophomore and junior seasons. In 2016, Durbin put up 11 goals and dished out six assists.

In 2017, Durbin one upped his career high in goals as he scored 12 goals during his junior campaign while also handing out three assists.

On the defensive side of the ball, the Captains return arguably one of the best defenders in program history with senior Bobby Seifert returning. In Seifert's freshman year the defender earned second team All-State (VaSID). During his Sophomore year, he earned second team All-Conference while helping lead the Captains to a CAC Championship.

His junior year was easily his best as he earned first team All-Conference and first team All-State (VaSID) while helping the defense record six shutouts. Seifert also scored his first career goal and added four assists.

So far, despite the 3-2 record, the Captains are opportunistic about their season. In 2017 the Captains started out 1-2, so the

two early losses doesn't faze this group one bit.

The Captains first game was against Greensboro College. This game was over not even a minute in to play as Durbin raced past the entire Greensboro defense before he sniped one into the back of the net for the Captains first goal of the year.

The Captains ended up winning this game 6-1. Junior David Eddelton led the team in goals this game with two. Goalie Zach Pedini was a brick wall in net. The Keeper finished with four saves while only allowing one goal.

Two days later the Pfeiffer University Falcons traveled to Newport News to take on the Captains. This game was no different from the first.

The Captains dominated the Falcons in every aspect of the game and won the match 6-0. Durbin had himself a day as he posted two goals and one assist for five points. Sophomore Daniel Hulett had a productive day as well, dishing out a career-high two assist in the match.

The Captains had themselves a tougher challenge during their third game of the year when they traveled to Rocky Mount, North Carolina to take on the North Carolina Wesleyan College Battling Bishops. The Bishops lead for the most of the game.

With 8 minutes left to play the Captains were down 1-2, with their only goal coming from Derek Cook. At the 82:12 mark, Andrew Maeso hauled in a pass from Durbin and trickled it past the Bishops keeper to tie the game at 2-2.

Five minutes later Durbin dished out another assist. This time it was to Jordan Boone as he was streaking down the service side and got a one on one with the goalie, firing in the game winner.



Bobby Seifert strides down the field in order to give his team an opportunity to score. **HANNAH LINDENBLAD/THE CAPTAIN'S LOG**

Later on in the week, the Captains traveled to Lynchburg, Virginia to play in the Lynchburg Shellenberger Classic. Their first game was against the Roanoke College Maroons. The Maroons beat the Captains 2-1 with the lone goal coming from Maesa off a free kick from inside the box.

The Captains held an advantage in shots, leading that category 14-8. They just couldn't place their shots on goal, shooting 42%. This was the Captains first defeat of the season.

The next day the Captains took on the 21st-Ranked Lynchburg College Hornets. The first 90 minutes of the game was a stalemate. The score was knotted up at zero which lead to extra time late in the game.

In the 97th minute the Hornets broke the

tie when Abibi Osman scored the games only goal.

Despite the flat offensive play, the Captains played arguably one of their best defensive games of the season so far, only giving up three shots on goal throughout the game to one of the better teams in the country.

The Captains will return to action on Wednesday, Sept. 19 when they travel to Lexington, Virginia to take on the Washington and Lee Generals.

This was one of the three teams that had their way last year against the Captains as the generals won last years match in Newport News 2-1. This is also one of the last games before they start their CAC play. ■

Hurricane Florence's impact on CNU Sports

Hurricane Florence caused over 15 sporting events to be cancelled this past week. Most of the events were not postponed due to scheduling conflicts between CNU and their opponents.

BY PHOENIX HINES

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On Tuesday, Sept. 11, the students of Christopher Newport University were informed that everyone must evacuate campus due to Hurricane Florence.

A storm predicted to be one of the biggest hurricanes in the history of the U.S. ended up being nothing more than a rain storm for Newport News.

Unfortunately, the storm impacted all of the Captains athletic events because everyone would not be on campus.

Athletic Director Kyle McMullin gave an announcement on Sept. 11 stating that all of the athletic events until Monday, Sept. 17, would be postponed.

For the football team, a highly anticipated game against their conference rival, Frostburg State University, was postponed to a later date.

The Captains lost this game last year 33-30, in what was a back and forth offensive shoot-out for both teams.

The women's soccer team had to postpone three of their matches. The first game they had to postpone was against the #6 team in the country, the Johns Hopkins University Blue Jays.

In the top 25 matchup, the Captains had some chances in the first half before the game got rained out. The Blue Jays lead 1-0 due to a first half goal from Maggie Coulson off a free kick.

The Captains were supposed to play their local rival, Virginia Wesleyan University on Wednesday, Sept. 12 and then travel to Lebanon Valley College three days later but both of these games were postponed to later dates as well.

The team did return to action on Monday, Sept. 17 when they traveled to play Arcadia University out in Pennsyl-

vania.

The Captains won this game 3-0 thanks to another stellar performance from Gabby Gillis, who registered two assists on the day.

The field hockey team had their game against Catholic University rescheduled to Oct. 21. They will still travel to Washington D.C. to take on the Cardinals.

The Cardinals were one of only two teams who defeated the Captains last year in their dominant 17-2 season.

The game against Johns Hopkins University was also rescheduled to a later date.

The Captains will travel to Baltimore, Maryland to play against the Blue Jays on Oct. 15.

The CNU Volleyball team had planned on travelling to Colorado to play three exhibition games.

These games were against Johnson and Wales University, Colorado College, and Covenant College(GA.). Unfortunately, all three of these games were cancelled due to the storm and the Captains will not take a trip to Colorado.

The volleyball team has had a decent start to their season as well, starting out at 5-2 with one of their losses to one of the top teams in the country, Juniata College. They also registered a victory over the No.3 team in the country, Wittenberg University.

The Captains will return to action Wednesday, Sept. 19 as they travel to play cross town rival, Virginia Wesleyan University.

Men's and Women's Golf had multiple events cancelled. The men's team was going to attend the Hampton University Invitational but this was

cancelled due to the hurricane.

They will have to wait until Oct. 15 to return to action at the VSGA Intercollegiate.

The women's team was unable to attend the Carnegie Mellon Fall Shootout. They will travel to Harrisonburg, Virginia this upcoming Saturday to play in the Bridgewater Invitational.

Women's Tennis had to cancel their trip to North Carolina where they

would have played in the Elon Fall Invite. They return to play on Saturday, Sept. 22 at the ITA Atlantic South Regional.

Lastly, the CNU Sailing team had their event cancelled that was supposed to take place in Williamsburg, Virginia. Their next event is on Sunday, Sept. 23 in the Carl Van Duyne Laser Men's Singlehanded Conference Championship.

Thankfully the storm has passed and left little to no damage in the Newport News area. ■

Upcoming Games

Men's soccer

Sept. 19: CNU at Washington and Lee University

Sept. 22: CNU at Lycoming College

Women's soccer

Sept. 20: CNU at Roanoke College

Sept. 23: CNU at Methodist University

Sept. 26: CNU at University of Lynchburg

Football

Sept. 22: CNU vs. Montclair State University

Field Hockey

Sept. 19: CNU vs. Randolph-Macon College

Sept. 22: CNU at Washington and Lee University

Volleyball

Sept. 19: CNU at Virginia Wesleyan University

Sept. 22: CNU vs. York College

CNU field hockey starts off hot once again

The CNU Field Hockey team has started off their season ranked No.6 in the country. This is the highest the team has ever been ranked this early in the season. They are currently 3-0 and continue to dominate opponents.

BY PHOENIX HINES

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Year after year, there is always one team at Christopher Newport University that has continuously gotten better by the season and has emerged as one of the top teams in the country. This team is the CNU Field Hockey team.

In 2017, they had their best season in program history. Going 17-2 and finishing the season ranked No.4 in the country.

They won the Capital Athletic Conference (CAC) Championship over the No.2 team in the country, Salisbury University.

The Captains return the majority of their starters from last year, including CAC Rookie of The Year, Courtney Fiest, and All-American Rachael Allshouse.

In 2017, Fiest pieced together one of the most dominant rookie campaigns in program history. Some other accolades she earned were second team All-Conference(CAC), All-Region, and All-State(VaSID).

One of the very few freshman in program history to accomplish this feature.

She led the CAC in assists with 11 total. Aside from leading the conference in assists, she also was the leader among all freshman throughout the NCAA in that category as well.

Arguably one of the best players in program history, Allshouse has been a force for the Captains since she arrived on campus.

This past year she was the second player ever in program history to receive first team All-State(VaSID), All-CAC, All-Region, and All-American in the same season.

Allshouse had 30 points off of 13 goals and four assists. She also had six game winners, the most in a single season in team history. The senior needs 11 more goals to become the highest leading goal scorer in program history.

So far in 2018, the Captains have continued to dominate their opponents. Starting the season 3-0 while outscoring their opponents 10-1 in those three games.

Their first game was against Bridgewater College. The Captains hosted the Eagles and started off the game firing just one minute into the game, Fiest received a pass from Rachel Cooke and fired it into the back of the net for the first goal of the season.

The Captains ended up winning this game 5-0 behind Fiest's two goals and Cooke's three point performance.

The defense put on a clinic as well, only allowing two shots, both which were not on cage for the Eagles. The Captain's out shot the Eagles 39-2.

The Captains won their next two games as well, defeating Vassar College 2-1 in a nail biter of a game and then defeating Virginia Wesleyan University.

Sophomore Jackie Kotoriy had herself a day against the Marlins, registering three assists, a career-high.

Fiest also led the way with two goals on the day as well.

Against Vassar, Fiest came through once again for the Captains, scoring the opening goal.

The Captains will return to Action on Wednesday, Sept. 19 as they host Randolph-Macon College for a 7 p.m. game. ■

Seven movies for the next rainy day

Glance into a fellow student’s diverse watchlist from his first two weeks on campus and be prepared to stay up all night on Netflix.

BY DANIEL MOSAKEWICZ
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Se7en (1995) Rating: A

Se7en is a dark, psychological examination of crime, religion, and police work. Starring Brad Pitt and Morgan Freeman, the plot follows a detective nearing retirement and a younger detective’s investigation into a string of murders. Each grotesque crime is tied to one of the seven deadly sins, making it a fairly modern take at the fading noir genre, while also magnifying human struggle against hopelessness. With some intense scenes of panic and excitement, *Se7en* is more than willing to take its time, showing the audience the method, thoughts and emotions of each character. It’s tense, terrifying, and death is just around the corner. Like any good film, dialogue informs and directs, but it’s really the actions and habits that shine in this movie, so pay attention.

Road to El Dorado (2002) Rating: B+

Coming out of the Dreamworks experimental phase, *Road to El Dorado* is most certainly not an animated film for children. Still, as usual with anything Disney related, the music is quite enjoyable. To start, both of the story’s protagonists are con men that are more or less driven by wealth. As the movie goes on, their individual flaws are explored in pretty interesting ways, creating heightened and multifaceted dynamics. The film also uses religion as a lense to inspect the idea of truth. So why does this film earn only a B+ with this much praise? It falls into one of the largest pitfalls for any story: the forced happy ending. Unfortunately, the disappointing ending does not match the rest of the film. Still, it is worth your time after a long day in the library, especially for Disney or Dreamworks enthusiasts.

No Country for Old Men (2007) Rating: A+

No Country for Old Men is not your typical crime thriller. It embraces being a movie and tells a story as only film can. The production is intentional, direct, and haunting, telling a thrilling chase from three different perspectives - all highlighted and supplemented with beautiful cinematography. The story starts simple: a Vietnam veteran played by Josh Brolin stumbles on the wreckage of a drug deal gone wrong and walks away with two million dollars in cash. Soon, he is pursued by a sociopathic hitman named Anton Chigurh (Javier Bardem) as the local sheriff Ed Tom Belle (Tommy Lee Jones) does his best to catch up. What may seem like a simple chase movie turns into the very race we all run: away from death every day of our lives. This modern classic is a must for any film enthusiast, winning four oscars including Best Picture and Best Writing Adapted Screenplay. It taps into a deep rooted fear we all have, and asks a vital question: is there actually a country for old men?

The Princess Bride (1987) Rating: A+

This classic has something for everyone: action, comedy, and even romance. While there are hundreds of movies that claim these attributes, none do it as well as *The Princess Bride*. A light-hearted fantasy with captivating swordplay, memorable characters, and immortal dialogue, this film even has its fair share of memes. Despite what would seem to be mundane and cliché themes such as love and revenge, *The Princess Bride* tells the story so earnestly that it reminds audiences why we enjoy these timeless ideas so much. Every actor clearly has fun in their role, from leads Cary Elwes (Westley) and Robin Wright (Buttercup), to the legendary performance of Mandy Patinkin (Inigo Montoya). The film also features a near miracle of a wrestler making a perfect actor, with Andre the Giant being perfect for the role of Fezzik. Take the time to watch this movie - it’s almost a guarantee that one of your friends has seen it and would love to watch it again with you.

Firefly Episode 1 (2002) Rating: A+

Technically, this isn’t a movie, but rather the first episode of a TV show. That being said, the first episode clocks in at about an hour and a half runtime, and not enough people have seen this masterpiece of a show, so here goes. Director Joss Whedon explains the premise as “nine people staring into the blackness of space, and seeing nine different things.” As such an image would suggest, the characters are the focus of the show. Whedon is a master of character, particularly dialogue. Of course the characters wouldn’t be complete without great acting, and everyone delivers. The entire show is awesome, and the first episode is only a taste of a spectacular series. So if you run out of whatever show your watching on Netflix, find *Firefly*. It tends to go on and off streaming, so you may have to find it a different way, but it is 100% worth the little extra effort.

Kill Bill: Volume 1 Rating: C+

Apparently, it is possible to not enjoy a film directed by Quentin Tarantino. There are many people who really enjoy both *Kill Bill* films, and one can see why. Many enjoy the action, but with the ridiculous choreography combined with a lack of tension and a completely out of place lead role, it disappoints as a very underwhelming film. However, the movie redeems itself a little with some absolutely incredible scenes, most notably in the first hour of the runtime. After that, the plot descends into overhype for a character you know is going to die. It would probably help to actually watch the second volume in a two part story, but after the trudge through the first film, you might not have the motivation to go through a second one.

Speed Racer (2008) Rating: B

If there is one word to sum up this film, it’s ‘ambitious.’ For a movie released in 2008, it’s not the best action film out there, and the tracks often look like an acid trip, but there’s a pretty good story and better acting than expected from enough of the cast to keep you interested. There’s even a pretty decent plot twist thrown in, which was bound to happen considering there are three in the movie. One for three isn’t bad, right? Overall, Emile Hirsch does a decent job at playing Speed Racer himself, but the film is really carried by Roger Alliton, who plays the film’s villain, Royalton. His scenes are without a doubt some of the best in the film, and it’s a shame that the hero just isn’t as compelling to match him. Final verdict explanation, this movie is fun, and there is a coherent story to it, but some of the CGI does not hold up at all, no matter how much you want to pretend otherwise. The writing has its ups and down, often taking to many turns into the light hearted during a truly great scene. All that said, the movie is good enough to watch and genuinely enjoy, so go ahead and give it a spin. ■

FILM REEL COURTESY OF CLIPART

COMING SOON: THE REMAINING EIGHT TITLES SURE TO MAKE YOUR MOVIE NIGHTS WELL WORTH THE PROCRASITINATION

Cultural eye-openers of Colonial Williamsburg

Now that the free collegiate pass is available to CNU Students, you can visit the historical site with little more than some gas in your car and a dollar or two for lunch. Here are some of the best locations to maximize your visit to Colonial Williamsburg this Fall.



BY KRISTEN ZICCARELLI
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Bruton Parish Church

The Bruton Parish Church is a must-see for visitors of Colonial Williamsburg. As an active Episcopal church and home to hundreds of tourists per day, you will notice some pretty big names on the pews of all isles. The parish features some history and culture that will probably come up in one of your classes. Guides located around the church will explain important details and answer any of your pressing questions. Bruton is open to the public.

The Colonial Gardens

The Colonial Gardens are more than just a site to behold. As you walk inside the white picket fence, you can watch and interact with gardeners that demonstrate historical landscape and crop harvest. These tips may come in handy for your botany lab or if anything, prove that crops were the key to life or starvation in the past. An admission pass is required.



The Capitol

With the unmistakable brick facade and gilded weather vane arching into the sky, the Capitol is one of the most characteristically colonial structures in Williamsburg. Unmistakably packed with history and culture, this glorious structure was a central meeting place for advocates of American independence, but also hosted suppers, dances and other social events. The Capitol is worth the long walk down Duke of Gloucester Street. An admission pass is required.

PHOTOS BY KRISTEN ZICCARELLI/ THE CAPTAIN'S LOG
COLONIAL PROFILE COURTESY OF CLIPART



The Governor's Palace

If you want to step out of revolution for just a minute, the Governor's Palace is a peek of royalty before it all came crashing down. Featuring antique sword displays and grand staircases that open into a hidden garden, the palace will leave you wishing you were one of the seven governors lucky enough to live in this royal abode. If you check the schedule before entering, you might even be able to find a historical reenactment behind the palace. An admission pass is required.



Critique, comedy and some common sense

American Television Personality and Author Greg Gutfeld's "The Gutfeld Monologues: Classic Rants from the Five" offers a satirical and humorous commentary on the most controversial political issues

BY SHAWN FLEETWOOD
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Politics in America can sometimes be like watching the longest game of tug of war. Both sides are dug in and refuse to budge, with little room for humor or wit. However, *The Gutfeld Monologues: Classic Rants from the Five* by Greg Gutfeld offers a comedic insight into some of America's biggest political debates and topics. A seven-year co-host of *The Five* on Fox News, Gutfeld compiles some of his best monologues to date into one book, offering critique and commentary on speeches from over the years. But unlike statements made by other political pundits, Gutfeld's monologues often include a sharp humoristic approach to serious issues, making his arguments much more persuasive and comedic. Gutfeld tackles a host of issues including identity politics, Hollywood, terrorism, and much more, utilizing his comedic tone to persuade the reader. His rants are hilarious, and you'll find yourself laughing along with every word, even if you don't agree politically with what Gutfeld is saying. Whether he's mocking Obama on climate change by calling him 'Captain Planet' or referring to Trump as an orange meteor, his light-hearted and witty hilarity is captivating to both conservatives and liberals. One of the best quotes in the book comes when Gutfeld is writing about Hollywood and their out-of-touch mentality when it comes to the rest of America. Gutfeld writes: "these films don't reflect us at all. They reflect an America existing in the Viagra-addled minds of Starbucks socialists who hate out coun-

try, values, and themselves. Which is why my favorite movie of the year is the one I made in Mexico with an ostrich. It's still up on YouTube despite the complaints." It is through this kind of writing that makes Gutfeld's talking points even more interesting, when you really analyze what he's trying to get across to the reader. His sense of humor through his writing makes the book enjoyable for anyone interested in politics or social issues. Gutfeld's use of satire and sarcasm takes politics off the dull spectrum, making it interesting and amusing. Humor doesn't downplay his opinion on politics; rather, it furthers the credibility of his arguments. By combining humor and intellectual reasoning, Gutfeld guides the reader deeper into his point of view and helps them grasp his way of thinking. Throughout the book, some of the monologues were a bit repetitive, particularly on the subject of terrorism. Some had overlapping messages, which is understandable since they fall into the same category. However, it would have been better had there been different styles of jokes pertaining to the war on terror. An additional fix that would make the book more entertaining is if there were more chapters tackling other hot political topics of our time. There were a ton of monologues packed in each section and the book could have been better served if there were more chapters with fewer speeches in each chapter. This would allow for a broader coverage of topics, without risking the reader becoming bored of the same issue discussed repeatedly. Nonetheless, Gutfeld's monologues are filled with persuasive, thoughtful, and comedic

insight into some of the biggest political subjects in our country today. Even if you have no idea who Greg Gutfeld is or have never seen *The Five* or *The Greg Gutfeld Show*, this book is a must read for all political junkies, as it gives a unique and amusing take on today's politics and makes often controversial topics light and humorous. ■



What to pack when we evac.

Students were scrambling to pack when CNU was evacuated for Hurricane Florence—what should we really be bringing with us in an emergency?

BY ANNA DORL
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PHOTO COURTESY OF SMARTSIGN.COM

When your college campus is put under mandatory evacuation for a natural disaster like Hurricane Florence, it can be a challenge to remember everything you might need to bring with you. In an emergency, it's easy to lose your head and forget important things that you should be taking with you.

1. Identification and money:

In case of emergency, people are going to need to know who you are. Take any IDs that you have with you—CNU ID, driver's license, social security information, and any other important identification as well as any irreplaceable documents such as birth certificates. Take cash and credit/debit cards with you as well.

2. Irreplaceable things:

Photos of friends and family, high school diplomas, important documents such as birth certificates, etc.

3. Medication:

Since you won't be able to go back to your home or your local pharmacy for a while, make sure you pack any prescription or over-the-counter medication that you may need. You may not be able to refill it in an emergency.

4. School supplies:

Take any class notes and expensive textbooks you may need, as well as your laptop. Class will obviously be canceled if you evacuate your col-

lege campus, but online work will usually still be due. Stay caught up with current assignments and get a head start on make-up work while you're safe at home.

5. Chargers:

Remember to take your chargers for any electronic devices and a portable charger if you have one – you never know how long you'll be without power if you lose it in the storm.

6. Nothing else!:

Pillows, blankets, and lots of clothes will just weigh you down. Take only what you know is irreplaceable and important.

While this list is not comprehensive, it can act as a reminder during times of chaos. ■

“Indulge” yourself at Indulge Bakery and Bistro

Check out one of Newport News's sweetest brunch spots located in the Hilton Village area.

BY ANNA DORL
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Located in the historic Hilton Village district in the outskirts of downtown Newport News, just a few minutes' drive from CNU, Indulge Bakery and Bistro is serving up smiles.

On weekdays and weekends, this casual café provides countless delicious breakfast, lunch, and brunch options with daily specials and tried-and-true favorites, as well as a coffee bar and an extensive selection of baked goods made from scratch in-house every day.

Some of their most popular menu items include sandwiches, salads, soups, and quiches. All of their meals are made with care using only the freshest ingredients. Indulge's Caprese Sandwich, a favorite on their lunch menu, combines fresh mozzarella melted together with juicy tomato slices and flavorful basil leaves between two slices of crispy wheat bread.

Nestled between boutiques, a community theater, and other local restaurants, Indulge is friendly and welcoming. String lights hang above metal tables and chairs on outdoor patio facing the cobblestone sidewalk. When you eat here, you truly feel like you're a part of the Hilton Village neighborhood.

“I really like the atmosphere and how friendly the workers are,” says Meaghan Yesford, a sophomore at CNU. “It's really great to go into

a café and be able to talk to the workers about their homemade recipes.”

Indulge's in-house bakery makes all kinds of baked goods, including cake rolls, donuts, breads, croissants, and donut-pastry hybrids called “dough-nots”, one of Yesford's favorites. Indulge offers their different sweets in many flavors that change every day, so you never know what might be on the menu.

Their coffee selection has something for everyone – macchiatos, lattes, cappuccinos, all available hot or iced so you can satisfy your caffeine craving no matter the temperature outside.

Indulge also provides catering for events and take custom cake orders for “all things worth celebrating”, perfect for those who want a little more sweetness to take home with them.

If you're looking for a place to meet friends for Sunday brunch when you get tired of Regattas or the Commons, or you're looking for something small to satisfy your sweet tooth, look no further than Indulge Bakery and Bistro in Hilton Village. ■

Indulge Bakery and Bistro is open from 8 A.M. to 4 P.M. from Wednesday through Saturday and 8 A.M. to 3 P.M. on Sundays. They are closed on Mondays and Tuesdays.



(Above) Indulge Bakery and Bistro offers indoor and outdoor seating in a bright and welcoming environment. PHOTO BY ANNA DORL/ THE CAPTAIN'S LOG

Staying healthy at school

With flu deaths reaching a record high last year, it's more vital than ever to stay healthy this flu season.



(Left) The Freeman Center houses the James C. Windsor Center for Health and Counseling Services. (Right) CNU's clinic offers physical examinations for only \$20. **PHOTOS BY ANNA DORL AND HANNAH LINDENBLAD/ THE CAPTAIN'S LOG**

BY SYDNEY HERNANDEZ
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Cold and flu season: that dreaded time of year between October and March when immune systems are weakened and diseases run rampant. On a college campus, where we live with at least one other person and interact with dozens of others on the daily, diseases are especially contagious. Last year, 646,000 people died from the flu (which is about 140,000 more than the last calculated flu season average), so it's more important than ever to stay healthy this season.

1. Wash your Hands:

One third of Americans don't wash their hands after they use the bathroom. The Center for Disease Control recommends not only washing your hands after you use the bathroom, but at least

seven times a day. A quick rinse is also not enough; according to the CDC, singing the Happy Birthday song twice while working up a lather is the proper technique to kill the most germs.

2. Get Enough Sleep:

Being properly rested helps strengthen your immune system, which makes you less susceptible to illness. Sleep is often hard to come by for college students, but even a short nap can help you recharge.

3. Eat Well

One of the best ways to help boost your immune system is Vitamin C. You could invest in vitamins or powdered drink mixes like Emergen-C, but an easier way to strengthen your immune system is through foods high in Vitamin C, such as bell peppers, Brussels sprouts, melon, broccoli and

tomatoes – all of which you can find at the dining halls here at CNU.

4. Exercise Regularly:

Like getting a good night's sleep, this helps to boost your immune system. CNU has a beautiful fitness center which offers classes during the week. Even a half hour of yoga (which can be done on your dorm room floor if you don't want to leave) can keep your body in peak condition.

5. If You are Sick, Stay Home:

Classes are important and all the information is vital to your education, but sometimes your health is just a little more important. Professors understand this, and most will have 2-4 unexcused absences stated in their absence policy for reasons like this. Ask your friends for notes you miss.

6. Take Advantage of the Clinic:

CNU has a fully functional health center, located at the far end of the Freeman Center. They charge only \$20 per visit, and have free face masks for when that one person behind you in math won't stop coughing.

7. Invest in a Hand Sanitizer:

Although you should wash your hands as often as you can, it would be impractical, not to mention rude, to leave every class to wash your hands. By carrying a pocket hand sanitizer with you, you can eliminate germs without interrupting class.

8. Clean your Room:

Germs are found commonly in dirty areas, such as takeout containers or on dirty laundry. By

keeping a clean room and going over your desk with a Lysol wipe every once in a while, you stand a better chance of getting through flu season healthy.

9. Don't Touch your Face:

The surfaces that you touch every day, such as your phone and doorknobs, are covered in bacteria and germs. By touching those and then touching your face, you're transferring those germs very close to your eyes, nose and mouth, giving them a way into your body.

10. Stay Hydrated:

Drinking water boosts your immune system greatly. It helps your body to eliminate toxins, giving your immune system less to do. After all, every mother's advice when you're sick is to sleep a lot and drink plenty of water. ■

JOIN THE STAFF!

The Captain's Log is always looking for new members. If you're interested in becoming part of our team, email editor-in-chief Melanie Occhiuzzo at clog@cnu.edu

Interested in:
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