



THE CAPTAIN'S LOG

THE VOICE OF CHRISTOPHER NEWPORT UNIVERSITY STUDENTS

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THE OTHER SURVIVORS

Sexual assault often leaves male survivors feeling emasculated amid misconceptions on the issue. ILLUSTRATION BY BEN LEISTENSNIER AND CHRIS WHITEHURST/THE CAPTAIN'S LOG

Opinion: Administration should release outcomes of recent sexual assault investigations

Students have a right to know the results of sexual assault investigations.

BY JACK JACOBS
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Amid the barrage of campus daily digests and messages from the Center for Career Planning, our email inboxes occasionally receive more somber messages.

The messages in question are, of course, the timely warning notification emails.

Timely warning notification emails are sent to alert the CNU community to

potential threats in accordance with the Clery Act, which requires universities that accept federal financial aid to disclose information about campus crime.

Among the crimes the Clery Act requires an institution to make publicly known are instances of sexual assault.

By The Captain's Log's count, there have been seven reported sexual assault incidents at the time of this writing.

The information released by the university concerning these cases has been scant at best.

The Captain's Log has endeavored to discover as much information as possible about these reports for the benefit of the student body.

According to CNU's annual security report, investigations are completed

within 60 days of a report. The Captain's Log waited while the university investigated these cases in the hopes of acquiring a clear picture of what happens when CNU investigates a sexual assault report.

The Captain's Log made two requests for information. The first was made Jan. 19 and the second on Jan. 25.

Both were denied.

So consider this a third request. Administration: release the violations and sanctions of the closed cases in the interest of transparency. Students have a right to know the results of these incidents.

APPEAL CONTINUED ON PAGE 6

Sexual assault is not only a women's issue. It can and does happen to men too.

BY RACHEL WAGNER
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Tim Mousseau is a survivor of sexual assault and travels the country sharing his story. He's the one in 16 men who are assaulted during their college years, according to National Sexual Violence Resource Center. On Jan. 25, he visited CNU and spoke to a virtually empty Gaines Theatre.

The situation is representative of the issue of male sexual assault.

The male experience with sexual assault is plagued by feelings of emasculation and misconceptions about the issue, to the point that sometimes it becomes a joke. As a result, it is rarely discussed.

SURVIVORS CONTINUED ON PAGE 3

Weekly pic

Victoria Compton signs on to be an accounting major with the Luter School of Business at the annual Sophomore Signing Day. At this event, which is hosted in the DSU Ballroom, sophomores officially join on to their anticipated major. Photo by Ben Leistensnider/ The Captain’s Log.



Online this week
Check out these videos on our Facebook page.



Student Engagement Week

How do you engage on campus? CNU TV’s Robert Smith asks students across campus how important it is to get involved at CNU. Be sure to use #howiengage!



IFC Signing Day 2016

The IFC held its first ever public signing day for the newest fraternity men on campus. CNU TV’s Jacob Hudson recaps the inaugural event.



Commons vs Regattas

Do you prefer the Buffalo Chicken Wrap or General Tso’s Chicken? CNU TV’s Annie Bradley, Oleva Bedard, and Lydia Johnson found out which dining hall reign supreme on campus.

Correction:

In “Domination” Tim Daly is a junior, not a senior as mentioned.

Men’s basketball’s only loss was against Scranton, not Juniata.

Happened

Jan. 29
#WhoAreYouCNU - Gallery Talk
Last Friday at 4:30 p.m., Dr. Johnny Finn led a Gallery Talk on the CNU Identities Project, presented in both the Ferguson Hall Gallery and the Falk Gallery, exploring cultural identity through photographs, maps, and video installations. The show remains open until Feb. 26.

Jan. 30
CAB Presents... Casino Night
Saturday night, CAB brought a taste of Vegas to the black box theater from 8-11 p.m. Games included Blackjack, Roulette, Texas Hold ‘Em and slot machines.

Jan. 30
“A Troupe Called Quest” First Show
Last Saturday night in the Studio Theatre, the improv club put on its first performance of the semester, with improv games and baseball-themed skits. Read more about the laughs on page

Feb. 2
Signing Day
Yesterday in the DSU, students of sophomore status declared their majors at the annual Signing Day event, which featured a live band.

Happening

Feb. 4
Study Abroad Fair
Thur. from 11-2 p.m., students can learn about study abroad opportunities in the DSU, meet program representatives in the Washington Room, and get details for Scholarship Funding in the Jefferson Room.

Feb. 1-5
Engagement Week
Mon. through Fri., the Office of Student Engagement holds their first ever Engagement Week. Between 11 a.m. and 2 p.m. students can attend events in locations all over campus to learn more about engagement.

Feb. 5
CAB Presents... Ice Skating
Come out to Hampton Roads IcePlex from 10 p.m. to 12 a.m. for a fun night of skating. Shuttle transportation is available starting at 8:45 p.m. in front of the Freeman Center and will continue all night.

Feb. 9
Can I Kiss You
Next Tuesday at 8 p.m. in the Gaines Theatre, nationally celebrated speaker, Mike Domitrz, comes to speak on consent and healthy relationships with a sense of humor.

The Captain’s Log Staff 2015-2016

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

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

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

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

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.

One in 16: Men will be sexually assaulted in college.

Rape is the most underreported crime on a college campus.

Nine percent of rape survivors are males, 91 percent are females.

Approximately 63 percent of sexual attacks are never reported.

THE OTHER SURVIVORS

Sexual assault is not only a women’s issue . It can and does happen to men too.

SURVIVOR CONTINUED FROM PAGE 1

“I felt like the guy deserved more than five students to hear his story.”

–Fear to Freedom Intern Alexa Levis

“I think males victims are less likely to report, that they are under-reported, because regardless of whether a male is assaulted by a male or a female, there’s a stigma about that,” Michelle Moody, Title IX coordinator, said. “Society has us believe that males are more masculine, and ... people see females as not as strong.”

“I was upset by it,” freshman Alexa Levis, an intern at Fear to Freedom, said of the low attendance of Mousseau’s event. “I didn’t really hear anything advertised about it. I wasn’t upset with the students because I didn’t even know, I was just upset that I hadn’t heard about it. I felt like the guy deserved more than five students to hear his story.”

Mousseau was assaulted in college but didn’t realize it until more than two years after the incident.

He began to receive strange anonymous letters at his workplace containing personal information about his life; the first one referenced a friend of his in college who had committed suicide. “It said that the world would be a better place if I had killed myself instead,” Mousseau said.

More letters came every two weeks for over two years, each referencing personal events, until one day a particular letter arrived.

“Inside the envelope were pictures of me being sexually assaulted,” Mousseau said. “In that moment my entire life changed. I had no memory of it ... Based on how limp I looked in the photo, we knew that I had likely been drugged.” Based on his tattoos, he was able to determine that he was in college when this occurred.

After struggling with this revelation, Mousseau began writing about his experience and now travels around the country, speaking with people about being a male survivor and fighting the stigma that comes with that part of his identity.

The stigma attached to male sexual assault is difficult to overcome because it can threaten a man’s sense of masculinity.

Conal Jaeger, a junior, said that sexual assault is perceived as “emasculating” for men. “There’s this whole concept that guys are supposed to be strong,” he said.

“It’s usually the men who has to pursue the woman to have things happen...that’s where the stigma comes from,” sophomore Rob Koss said. “Because of this idea ... people are usually like ‘how does it happen?’ It’s more viewed as a joke.”

“That’s where the stigma comes from. People are usually like ‘how does it happen?’ It’s more viewed as a joke.”

–Sophomore Rob Koss

The realities of sexual contact between men and women can make male assault appear to be difficult or unlikely.

“It’s physiologically harder for it to happen to a man. The smaller occurrence and emphasis in society is where the stigma comes from,” a junior who asked to remain anonymous due to the sensitivity of the topic, said.

“I’ve talked to some students and [they ask] ‘a woman can rape me?’ it’s like, absolutely,” Moody said. “If you didn’t give consent, if you felt coerced into it, if you were drunk and someone took advantage of you ... Or say they drugged you, and did something to you while you weren’t even aware. There’s many ways that you can be assaulted.”

According the National Sexual Violence Resource Center, one in five women are sexually assaulted during their time in college. Rape is the most under-reported crime, with 63 percent of attacks never being reported. The statistics about the risks for young women are frequently stated, but what about men?

Ninety-one percent of rape survivors are females; males make up the other 9 percent.

Moody declined to release statistics regarding Title IX reports, such as how many victims have been male, for the purposes of protecting the students.

However, efforts, such as Mousseau’s speaking event, have been made to increase awareness of male survivors.

Moody explained that the SAVE Committee, the organization that hosted Mousseau’s event, was surprised by the lack of attendance at the event last week and that it felt they had adequately advertised it through the Daily Digest, the Compass, and emails sent to the presidents of Greek organizations.

The university hopes to bring him back in the future, perhaps in another capacity, such as during freshman orientation.

Moody said that the “Can I Kiss You?” event on Feb. 9, from 8 to 9 p.m. in the Gaines Theatre, will also touch on the concepts of consent and healthy relationships.

The presenter, Mike Domitiz, spoke at the event last year and is returning to speak again. Moody said the event was well attended last year.

While Domitiz is not a male survivor himself, Moody expressed that the event still brings a male voice to this topic, and hopes to have a high student attendance. ■

“I’ve talked to some students and [they ask] ‘a woman can rape me?’ It’s like, ‘absolutely.’”

–Title IX Director Michelle Moody

Moody recommended students attend SAVE’s event entitled “Can I Kiss You?” Speaker Mike Domitiz will speak on the issue of consent on Feb. 9 in the Gaines Theater. The event is

Behind the badge



Megan Johnson and Craig VanClief are just regular people behind their blue suits and badges. PHOTOS BY LYDIA JOHNSON/THE CAPTAIN'S LOG

Two of CNU's police officers open up about their service.

BY LYDIA JOHNSON
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When CNU police Sgt. Craig VanClief got the call, he didn't expect to find two hundred people stumbling around the parking lot. The RA only told him there was a fight on East Campus. VanClief arrived first on the scene. He stopped when he saw it.

Two hundred drunken students roamed the parking lot. The air smelled like beer. In the center of it all, a fight had broken out. The sergeant had to make some split-second decisions. *Who's got the gun? Are my students hurt? Where are the instigators? How can I keep my guys safe?* He called for back up.

VanClief recalled this event from two years ago as he sat in the CNU Police Department conference room on a Thursday morning.

He normally works the night shift, so he swapped his uniform for a hoodie and cargo pants. He leaned back in a swivel chair and rested his right hand on top of the note pad he brought. He spoke in a calm, deep voice.

"There's no such thing as a typical day," VanClief said. VanClief is in charge of the other officers on his shift, but his duties can range from unlocking a car door to breaking up a fight the night before a football



Craig VanClief has served nine years as part of CNU's police department. Before pursuing law enforcement, he wanted to be a lawyer.

game. Occasionally he provides some informal academic help.

"I've actually sat down and helped a student write a research paper before," he said.

VanClief wasn't alone at the conference table—Officer Megan Johnson sat with him.

"I'm always trying to interact with students," Johnson said. Johnson also responded to the fight on East two years ago.

She recalled students throwing cups, cans, and beer bottles as she pulled up in the cruiser that night.

"As soon as you see a police car, you see people running down the street," Johnson said.

The Officer rested her elbows on the table as she talked, which revealed a green silicone wristband on one arm, and a dark blue paracord bracelet on the other. Her purple shirt

highlighted a round, pregnant belly. "I have one on the way," she explained with a smile.

VanClief has four children, ages 11 to 21. "I've got dance recitals to go to, book reports to read, science projects to help with," he said. "We're not just the blue suit. We're human. We have lives."

Neither Johnson nor VanClief planned on becoming cops.

"I wanted to be a lawyer," VanClief said. "I wanted to be a prosecutor, to put the bad guys away."

All that changed when he took a Ship Self Defense System Course (SSDS) while serving in the Navy.

SSDS is a program that uses ship sensors to create automated an anti-air defense system against missile threats.

VanClief now has worked

with CNU PD for just over nine years.

Johnson studied Biochemistry and Forensics at Ferris State University in Big Rapids, Michigan, but exposure to police work caused her to change her major junior year and move to Virginia after graduation.

"I did an internship with NCIS out in Virginia Beach—nothing like the show," she said with a laugh.

"I actually helped close two cold cases," Johnson has worked with CNU since 2011.

VanClief called for back up the night of the party. CNU PD and the Newport News Police Department took care of the incident in less than an hour. They arrested many people, none of them from CNU.

"We're not here to break up your fun," VanClief said. "We're not bad guys," Johnson agreed. "We're here to help you."

The two officers sat in the conference room for an hour, reminiscing about their careers in law enforcement. VanClief remembered an arrest he made, a student athlete who was drunk in public. "I had to take him to lock up," VanClief said. "It's a very scary thing for a teen."

Two years, one court case and a CHECS citation later, the student graduated with honors.

VanClief attended the graduation, and after the ceremony, the student's parents stopped him. "They thanked me for arresting their kid and setting him on the right path," VanClief said as he held back tears. "I will never forget that." ■

Primaries come to VA

Virginia's primary election is March 1.

BY JACK JACOBS
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Mark your calendar. Virginia's presidential primary will be held on March 1.

Virginia holds open primaries, which allow individuals of any affiliation to vote in any party's primary.

However on primary election days where both parties hold elections, such as the election on March 1, voters must request a single ballot for a particular party when they vote.

Voters can choose to vote by absentee ballot if they cannot be at their assigned polling location on election day.

Virginia requires a photo ID to be presented at the time of voting.

Absentee ballots by mailed applications must be mailed by Feb. 23.

Voters can also cast an absentee ballot in-person at their polling place before the election, but must do so by Feb. 27.

Hillary Clinton, Martin O'Malley and Bernie Sanders will all appear on the democratic ballot, though O'Malley withdrew from the race after the Iowa caucus on Feb. 1.

Thirteen candidates, including Donald Trump and Ted Cruz, will appear on the republican ballot.

Republicans Lindsey Graham and Mike Huckabee withdrew from the race but will appear on the ballot.

Graham withdrew from the race Dec. 21, CNN reports, and Huckabee withdrew after the Iowa caucus.

Since these withdrawals were made after Virginia created its ballots in early December, O'Malley, Graham and Huckabee will still appear on the ballots, according to Virginia's department of elections.

Virginia is one of 13 states and territories holding primaries on March 1, The New York Times reports.

Virginia's primary happens to fall on CNU's spring break, which runs from Feb. 26 to March 4, according to CNU's website.

The last day to register to vote is Feb. 8.

Voting information can be found at <http://elections.virginia.gov>. ■

Internships the best “in” for a career



Clayton Dobry discusses internships with Canon representative, Tatiana Cruz at the career fair held on Jan. 27. Internships are considered key to a solid job application. **HANNAH MCCLURE/THE CAPTAIN'S LOG**

Students struggle to find value in some internship programs.

BY LYDIA JOHNSON
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Academic advisers praise the benefits of internships, but not every internship experience is positive.

While all internships are marketed as providing experience, some also require long commutes, overwork students with menial tasks or don't provide compensation.

An internship can provide the crucial edge in being hired.

In 2014 the National Association of Colleges and Employers found 52.1 percent of graduates that received job offers had completed an internship.

U.S. News and World Reports reported that internships have become a necessity when looking for jobs.

As such, students scramble to find internships to round out applications and sometimes find out that certain internship programs are plagued with problems.

CNU's Center for Career Planning encourages students to accept an internship to increase the chances of securing a job after graduation.

"It makes you competitive," Sarah Hobgood, CCP Internship Coordinator, said. "Just to be competitive in the field, you need to have at least one internship."

Hobgood said she provides resources to help students get the most out of their intern-

ships.

"The student definitely needs to take time to do some thinking and research before jumping in," Hobgood said.

Once students decide on an internship, Hobgood said they should plan what they want to gain from the experience so they achieve their goals.

Junior communications major Maura Kennedy was a paid Culinary Business Intern at Busch Gardens this past summer and found the program to be ridden with issues.

"The entire internship program was very poorly managed," Kennedy said in an email. She managed food carts, handled inventory and created employee schedules.

"There was an extreme lack of communication as well as an abuse of interns' willingness to learn," she said.

Kennedy said her supervisors dumped their responsibilities onto her and worked her over sixty hours per week.

Caitlin Caplinger interned at Studio Theatre in Washington D.C. over the summer.

"I wasn't paid, so that wasn't great because my commute was so expensive," Caplinger said.

The junior was a development intern and performed research on audiences' ticket-buying history.

She applied for an arts administration internship, but was offered one in development instead.

"It wasn't my favorite, but I'm glad I have the experience," Caplinger, a theater major, said. "I've learned if I'm going to be in theater, I definitely

want to be more hands on and not in an office all the time."

Caroline Pitarque, a senior Sociology major, has completed two internships. She did a summer teaching internship in Nicaragua for the Manna Project in 2014.

This past summer she was a China Adoption Intern at America World in McLain, Va.

Pitarque did not get paid for either position, and had to pay out-of-pocket expenses to travel to Nicaragua. But she still saw her positions as valuable opportunities.

"If I hadn't done those, I wouldn't have experience in either of those fields," Pitarque said. "How would I know I'm going to like something if I never try it?"

Aree Coltharp, a sophomore biochemistry major, completed a paid internship at the Sitka Sound Science Center in Alaska this past summer.

"Having an internship is definitely one of the coolest things I've ever done," Coltharp said.

Coltharp built a jellyfish tank, gave tours of the Center's aquarium, and trained an octopus during her internship as a summer interpreter.

"Because you don't have as much responsibility as a normal employee would, you have more freedom to explore how every job in the organization works," Coltharp said. Coltharp plans to do another internship before she graduates.

Students interested in summer internships can mark their calendars for the upcoming Internships and Summer Jobs Fair on March 9. ■

Student Assembly hopes to patch up health services

Delegates discussed the accessibility of health services.

BY MELANIE OCCHIUZZO
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Student Assembly discussed issues students have with campus health services at its second meeting of the semester.

Delegates reported complaints from their constituents about being turned away by Health and Wellness Services due to the unavailability of appointment times.

There were other comments raised in concern for the Counseling Center's availability as well.

Part-time students have expressed dissatisfaction due to the fact that only full time student can receive help from either center, according to several delegates.

The committee for student life plans to look into getting more information from the Counseling Center and the Health and Wellness Services to address these issues.

Timothy Laboy-Coparropa, the legislative chair, proposed

a new delegate position for Student Assembly.

Known as delegates-at-large, these new delegates are students who will be elected in addition to the cap of delegates per residence hall.

Each residence hall is allowed only a specific number of representatives.

The delegate-at-large position is only available if a residence hall is lacking the full number of delegates.

Delegates-at-large would be responsible for all of the regular duties of a general delegate but they would be representing CNU's community as a whole.

This is to ensure that all of the residence halls have equal representation, so that the desires of an overrepresented residence hall do not dominate Student Assembly initiatives.

The new position was voted on unanimously.

The Kiyomi Keen, student life chair, reported that the committee is still investigating the possibility of changing the mail room hours and getting printers on East Campus.

She will release a proposal pertaining to refinishing the Tribble Plaza furniture soon as well. ■

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An appeal for more information in timely warning notifications



JACK JACOBS
NEWS EDITOR

APPEAL
CONTINUED FROM PAGE 1

To be perfectly clear: Administration is not doing anything illegal in denying The Captain’s Log’s requests.

As per the Virginia’s Freedom of Information Act, the records requested by The Captain’s Log are considered scholastic records. Scholastic records are defined as “informa-

tion concerning identifiable individuals,” according to the Code of Virginia. Section 2.2-3705.4(1) identifies scholastic records as records that are exempt from mandatory disclosure, “but may be disclosed by the custodian in his discretion.”

That’s the kicker: The university has the ability to make the choice to release the information—it just chooses not to. The Virginia Freedom of Information Act read in this manner is in violation of the Family Educational Rights and Privacy Act, which provides an exemption in cases of confirmed sexual assault incidents, according to the Student Press Law Center, an advocate organization for students’ First Amendment rights.

The Captain’s Log thinks the university’s decision is a mistake. Students have a right to know more about these incidents beyond a vague notification and a list of sexual assault prevention tips. Students have a right to know how they will be affected by a sexual assault investigation – both the accuser and the accused.

The accuser should know the university pursues justice. The accused should know the university renders judgment and sanctions fairly. Any of us can be involved in a sexual assault incident. Students need to know the university will handle this difficult situation effectively.

As things stand now, no one has any way to gauge how the university will handle future incidents because the student body has no idea whether the university handled previous incidents appropriately.

This creates a totally avoidable deficit of trust. As student journalists who interact with administration on an almost daily basis, the Captain’s Log staff feels confident that these incidents were handled fairly. However, the staff doesn’t accept that every case was handled appropriately on faith alone.

The Captain’s Log is not interested in embarrassing or shaming anyone. The second request specifically asked for the documentation with the names and other personal information of those involved redacted. The request sought only the dates investigations were opened and closed, the violations the accusers charged the accused, and the sanctions applied by the univer-

sity if the accused were found guilty.

The university responded with “Christopher Newport is a small campus community. Providing even redacted Title IX investigation documents would not guarantee privacy, as inferences could be made which could potentially identify parties involved.”

The Captain’s Log concedes that this is a legitimate concern. But it is The Captain’s Log’s belief that redacting names and personal information makes identifying those involved sufficiently difficult.

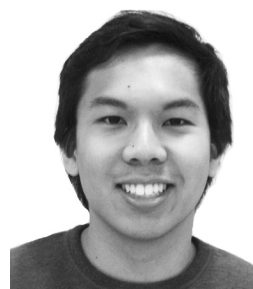
It’s crucial that the student body knows how these investigations were concluded. After timely warning notification emails are sent to the student body, social media simmers with distress – students upset with the frequency of incidents and students upset with the lack of information.

It’s hardly a riot though. The Captain’s Log thinks most students more or less have faith in the university, but the student body should know beyond a doubt that the university shoulders the burden of handling alleged sexual assault incidents with professionalism and fairness. If the university’s investigations leave something to be desired, the student body should know that too.

The Captain’s Log will continue to pursue this story until our legitimate questions concerning the results of the recent sexual assault investigations are answered. ■

The final semester

Collectively, more than 20 years of Captain’s Log experience is graduating this year.



JOSH REYES
EDITOR-IN-CHIEF

A lot of members of The Captain’s Log staff are graduating this semester. With us, we’re taking years of memories, experiences and lessons learned. There is still a semester of student journalism for us to look forward to, but we know our time is winding down. So while we look forward, we can’t help but look back.

Most of us started in the fall of 2013. Back then, the paper was a broadsheet behemoth, the editors were all new to their jobs, social media was a developing concept and CNU TV was being brought back from the dead. We all learned a lot that year, but we can’t help but cringe looking at our first articles, ripe with poor ledes, shaky sourcing and awkward

phrasing. Of course, we still make mistakes, but the difference between then and now is dramatic (go to the earliest stories under thecaptain-slog.org/author/jreyes for proof). It’s like remembering the stupid things you did in high school that are embarrassing now, but you still love talking about it with your friends. Nostalgia dulls the senses a bit.

But the important thing is what we’ve learned and used from when we were all greenhorn writers and have applied to The Captain’s Log since then. We love all our old editors, who trained us as they were teaching themselves how to make a newspaper. We took their lessons and experiences and were able to turn the organization into what it is now with the products we put out.

Things are different now, and The Captain’s Log isn’t the same as it was three years ago—and that’s OK. We were able to take what the generations did before us and roll the dice on some new changes and ideas. And after all 14 seniors on our staff graduate, there will be plenty of chances for the team we leave behind to improve and take more risks. That’s how we’ve made memories and built up these fuzzy feelings over the years.

Journalism is changing; it’s a rapidly developing industry, and many of our graduates will dive head first into it. As we use the lessons learned in our DSU newsroom in the professional newsroom, we’ll look back on our collegiate work fondly and maybe cringe at our old pieces. But we’ll always love The Captain’s Log and look forward to seeing how much it has changed since we were building the paper in that DSU newsroom. ■

30—
In journalism, the origin of -30- is nebulous, but it universally signifies “the end” in the industry. As we wind down the year, the feeling is bittersweet, especially as much of our staff prepares to graduate. This column of staff reflections will appear throughout the semester, providing our staff a place to reflect on our Captain’s Log experiences.

Anyone can commit sexual assault

This editorial was first published on Aug. 26. We decided to reprint this piece to accompany the coverage in this issue.

BY THE STAFF

When people discuss combating sexual assault, they speak as if no one they know would ever commit an assault. Assailants are presented as ambiguous, distant figures rather than who they really are—people we know. Even ourselves.

The vast majority of assaults are perpetrated by a person known to the victim. When discussing sexual assault, the emphasis should shift away from awareness of the issue to knowledge that you, or even a friend or acquaintance, can commit a sexual assault.

People need to know how they too can commit an assault because it is easy to commit one unknowingly. There is a clear dividing line between sexual assault and consensual sex and that line can be difficult to see.

“Consent is a voluntary act given by unambiguous words or actions, as long as those words or actions create mutually understand-

able clear permission regarding willingness to engage in a specific sexual activity,” CNU’s sexual misconduct policy states.

Policy is usually clear, while practice isn’t always. What one person understands as consent may not be considered consent by another person. Add alcohol to the mix and you step into dangerous territory where judgment is impaired and people make decisions they may not usually make.

And while policy strives to be clear, it can sometimes fall short. Under CNU policy, sexual acts committed by taking advantage of the victim’s impairment brought on by drugs or alcohol indicates a lack of consent. However, at what point a person is considered impaired is vague.

Some believe that not saying no is implied consent. The only way to be sure that sexual activity is consensual is explicit acknowledgment. Yes means yes. No means no. And most importantly, silence does not mean yes. ■

It’s time: let’s talk politics

Discussing politics is a challenge, but it’s a challenge we should embrace, especially with the looming election.



CHRISTOPHER GABRO
STAFF WRITER

Every four years the nation faces a critical time in which it elects a new individual to take the reins of the nation and hold the office of president. With the rise and progression of social media it is unavoidable to see friends and family post videos and comments about who they are voting for in the upcoming race. Whether it is your conservative uncle posting about Donald Trump being the greatest candidate or your liberal classmate endorsing Bernie Sanders, it is vital to engage in discussion about the candidates.

What good comes out of creating discussion? Doesn’t it always turn into a partisan argument? It may, but by challenging the beliefs a candidate holds will force the supporter of the candidate to defend that belief or reevaluate their stance on the candidate.

The Internet allows for anonymity to mask our identities online, and the importance this can play in political discussion is vital. The existence of social media allows us to act in ways that we would not normally act in public. People can create identities that represent who they are, which allows for online conversations to occur. Unfortunately, due to social pressure, it seems that students represent themselves fictitiously. They claim to not care about political discussion when in fact they do. But it is important to engage in political debates to bring to fruition critical

thinking amongst individuals.

We are protected by the First Amendment to participate in free speech so long as we are not inciting violence or participating in libel or slander. However, when coming to any university, we students give up some essential rights. One of the rights we give up as CNU students is we cannot “use university systems for commercial or for partisan political purposes,” as stated on page 73 of the Student Handbook.

This isn’t a rule we see enforced by the university; for example, students recently started the Student Trump Coalition at CNU, which is now recognized by Trump himself. The administration did not enact any sanction against it, but the fact that this sort of policy against political discourse is in the handbook should be repaired.

The term “university system” is never defined but students should have the right to post their opinions on school systems, whether those are school computers or devices connected to WiFi-CNU. We as students have the honor of going to a liberal arts school where our backgrounds and values all differ and we have the rights to engage in discussion over which candidate best represents our beliefs. For many of us this will be the first presidential election we participate in. It is important for us to have these discussions in order to come to the conclusion of which candidate we can put our confidence in.

The university should not be restricting, but rather encouraging its students to engage in important political discussions on campus. ■

FOUR MORE YEARS, FOUR MORE YEARS

Most college students feel glad to move on from high school, but how different are the two educational experiences?



RACHEL WAGNER
STAFF WRITER

The tale as old as time in the American collegiate experience is that you find yourself through sudden independence and freedom. It is a time of intellectual invigoration, relentless socializing with strangers, and for many, a plethora of new activities and experiences.

College students arrive on campus and frequently never look back at high school. “It’s so much better!” “I’m so free now!” “All of the petty drama is gone!”

Claims about the growing maturity of peers, the ability for self-exploration and a new kind of community pervade the romanticized view of college in comparison to secondary education. But, is college really all that different from high school?

Everyone’s experiences prior to college help determine this factor. Personally, college has been amazing for me; the education itself has been the greatest difference. I am admittedly a huge nerd, and being surrounded by other nerds and having the ability to cultivate an academic environment is one of the most joyous things I have experienced.

I went to a public school in Delaware, and while my school was the best in the state, and I enjoyed many teachers, I still say that the intellectual experience of secondary education pales in comparison to the collegiate environment.

End-idealistic-intellectual-soapbox-rant. I am also well aware that sitting in a classroom and spending time in the library is only a fraction of the college experience, and that only some of my peers enjoy that side of academia as much as I do. I cannot deny the stereotypical college movie events that occur; I’ve heard of the parties, the alcohol and weed, the hookups.

There’s been drama—in residence halls, classrooms, within relationships and friendships. I’ve never been the kind of person to orient myself around that, but for some, socialization for the purpose of socialization is the crux of the college experience.

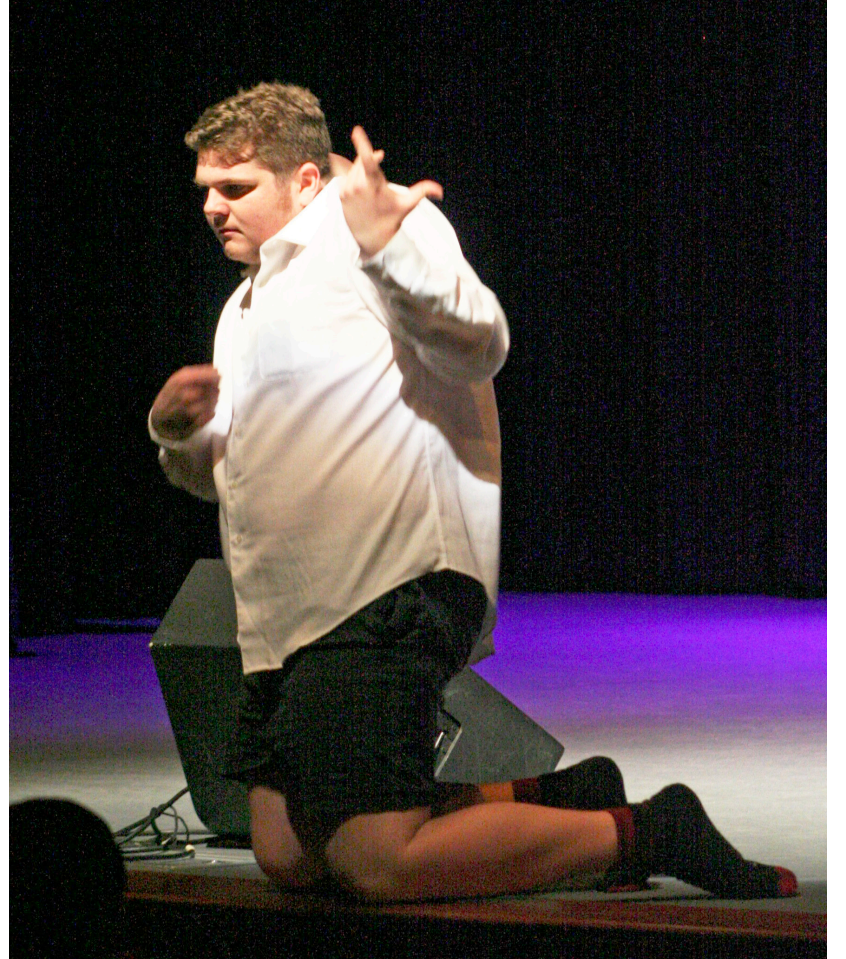
I would contend that while people here are indeed more mature, and there are fewer petty arguments and tropes from stereotypical high school life, drama still exists. Put any group of people together 24/7 and some serious stuff will go down. You now live with your friends; finding autonomy can be difficult and the constant presence of peers can be overwhelming. There aren’t many places for a private moment on a college campus, and even if you can find one, do you have the time for introspection? On the other hand, some individuals are thriving in the forced socialization; they love their friends constantly being there.

In high school, drama was rooted in power struggles and long-ingrained friendships, cliques and jock vs. nerd clichés to overcome. In college, everything resets. Perhaps for some, they find themselves wrapped in the same things. Or maybe they focus on new forces; they become nerds, like myself.

They join organizations and find a new purpose or cause to live for. They form new and more meaningful friendships. They join sisterhoods and brotherhoods. Cliques, even if they do form, have not likely existed for years and years prior to coming to college the way they can in high school, especially when students in a high school have known each other since kindergarten.

College is not high school. There are changes. But human beings are human beings; we will discover what about us is constant, regardless of environment. That constant is different for everyone, and perhaps the goal of college is to discover your own “norm.” ■

SNAPSHOT



(Left) Senior Katie DeChristopher lip syncs Fergie's "Fergalicious" and wins first place in the competition. (Above) Sophomore Rubin Harvey performs "Old Time Rock n' Roll" by Bob Seger and wins second place.

ON THE SPOT

CAB's Lip Sync Battle and A Troupe Called Quest's show of the semester provided students with comedy last weekend.

BY MACY FRIEND AND HANNAH MCCLURE

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Lip Sync Battle

Last weekend, students showcased their comedic talents through lip-syncing and improv.

Campus Activities Board (CAB) hosted a Lip Sync Battle on Jan. 29 in Gaines Theater. Students had the choice to perform as a group or a solo act.

While students were encouraged to sign up prior to the event, some were able to sign up just before it started. Eleven groups participated, each performing two to four minute songs.

CAB members kicked off the event with a short dance to Drake's "Hotline Bling." A variety of performing artists were included, ranging from The Darkness to the Pussy-cat Dolls.

Students who won first, second and third place won \$250, \$50 and \$25 in Captain's cash, respectively.

Senior Katie DeChristopher won first place and sophomore Rubin Harvey won second. The audience was able to choose the "fan favorite" for third place which was a group of four called "Muffin and Sonz."

Quest's Improv Show

A Troupe Called Quest, one of the comedy troupes, held their first show of the semester on Jan. 30 in the Box (Studio) Theatre.

Characteristic of improv shows, actors performed several random scenarios. Some involved five different genres, acting out a scene based on a card from the game Cards Against Humanity, and acting with imaginary props chosen by Quest members.

Improv gives students a chance to be on the spot and perform in various situations. This included sectioning off the stage into three different parts; making an actor cross into each section; and having an actor act out that trait while pretending to be birdwatchers.

Quest's improv skills were put to the test when their act involving balloons did not go as planned.

While Hogan Holt was explaining the scenario of their last act, a balloon accidentally let loose. Member Charlie McCracken ran to the second level of the theatre in an effort to get the balloon.

Despite being unable to retrieve the balloon, Quest played along and were still able to entertain the audience. ■



(Left) Art Ross pretends to be intoxicated during an act involving birdwatching. (Right) Charlie McCracken breathes in helium so he can participate in the last part of the comedy group's performance.



(Left) Winning third place, a group called “Muffin and Sonz” performs “Every Time We Touch” by Cascada. (Above) CNU’s Anime Club performs Vanessa Carlton’s “A Thousand Miles” and put their own spin on it when a member removes his blazer.

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(Top) Kyle Horowitz pretends to be a pirate during an act where actors use imaginary props. (Bottom) Hogan Holt acts as a bartender while Glenn Abernathy plays a drunk customer who stumbles over him. (Right) Charlie McCracken and Crosby Reed explain that Reed is one of the best billiard players to ever exist despite the obvious height difference.



Lacrossing to the other side



Olivia McMurtrie (on right) has experienced lacrosse from all angles, transitioning from player to manager to coach as a student and alumna. **BEN LEISTENSNIER/THE CAPTAIN'S LOG**

As a player, manager and assistant coach, Olivia McMurtrie has been a major part of CNU women's lacrosse as a student and alumna.

BY CAITLIN KING
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From the field to the sidelines, Olivia McMurtrie has made the transition from student athlete to assistant coach of Christopher Newport University's women's lacrosse team.

Olivia has spent the last three and a half years as a CNU student being a player and manager to the lacrosse team. When she graduated this December she had hoped to start her professional career in the business world. However, when an unexpected coaching job opportunity appeared, she couldn't turn it down.

"The team is pretty much family so it was an easy decision to stay a few extra months and continue coaching," said Olivia.

One worry she had before accepting this job title was how she would manage balancing being a friend and authority figure. She claims the relationships she fosters on the field as a coach need to be different so that she is respected. Living with two of the seniors on the team, Kylie Chaplin and Hanna Slough, and knowing the other two, Sam Puglisi and Kirsten Mendelsohn, for close to four years are just a few examples of the relationships that she was

concerned would be affected as a coach.

Once the coaching staff informed her that the relationships could remain the same off the field as long as it was not interfering with coaching, she knew she had to take the job.

Olivia has had experience with balancing these kinds of relationships during her undergraduate career. As a member of Gamma Phi Beta, she held the position of Membership Vice President during the spring of her junior year and fall of her senior year. The job required her to be an authority figure in charge of recruitment for the ladies in the organization, which included many of her close friends.

Olivia claims the best part about being a coach to a team she was a former athlete on is that she gets the chance to give back to a program that has

given her so much.

"The team is one giant family no matter the struggles we go through. We know each player and coach will be there," said Olivia. "Being a student athlete and all that it entails is something that you can't really understand unless you have been through it, and having a strong support system is extremely important."

She says this job has helped her professionally, as well as proving a better understanding of the game of lacrosse. Olivia said coaching can develop time management, confidentiality, leadership and event planning skills, which are important in any career.

Olivia thinks this job has helped her with understanding different strategies of the game. She would strongly encourage college athletes to coach their sport during the summer to

pick up on things they may not notice as a player and to gain a better respect for coaches.

Olivia isn't jumping blindly into the position of coach, however, as she has already had experience with the job. Throughout her college years, Olivia traveled to coach a club lacrosse team in her hometown of Richmond on the weekends and during the summer.

Olivia is excited to now see her fellow Captains, who she believes can make it to the Capital Athletic Conference championship if they can remain focused, develop as people and as players.

"Coaching is something that I love to do, so it doesn't even seem like a job to me. It's even more rewarding coaching girls I've played with and having the opportunity to watch them grow as beautiful ladies on and off the field." ■

CNU basketball keeps on winning

The Christopher Newport basketball teams seem unstoppable, combining for a 35-3 record.



Freshman Brooke Basinger scored 11 points in just nine minutes of play against Penn State Harrisburg. **MACY FRIEND/THE CAPTAIN'S LOG**

BY BEN LEISTENSNIER
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Another week, another string of undefeated games for the Captains. Having three games apiece, the men and women's basketball teams went a combined 6-0 to further extend their win streaks.

Women's basketball

The week started off with a massive 109-71 win over Southern Virginia University on Jan. 27.

The 23rd-ranked Captains once again proved their incred-

ible scoring potential, with six Captains reaching double-digits. The offensive effort was once again led by sophomore Anitra Thomas, who scored 15 points.

Right behind her were fellow sophomore Bailey Dufrene and freshman Jasmine Bonivel, who had 14 points each.

Although the Captains wouldn't break the century mark in either of their next two games, they still dominated the competition, outscoring their opponents 157-97.

Next up for the Captains is an important rematch against

Salisbury on Feb. 1. The last time these two teams faced each other, CNU dropped the first game of their season 54-48.

Men's basketball

The men continued their march up the national rankings as they moved up to the sixth-best squad in the country.

The team's most resounding victory of the week came against Penn State Harrisburg, which CNU won by 49 points.

In what is becoming an increasingly common occurrence, sophomores Aaron McFarland and Marcus Carter

took the reins, combining to score a third of the Captains' 90 points in that game.

Just like the women, the next game for the men will be extremely important.

Traveling on Feb. 3 to take on the reigning champion Salisbury, CNU can secure their tenth straight win, clinch the regular season crown and guarantee home field advantage in the playoffs if they come out on top.

The last time the two teams faced off, CNU pulled out the 71-60 win against the then 17th-ranked Seagulls. ■

CNU T&F ranks with the best

A great weekend puts CNU track and field in the national rankings.

BY BEN LEISTENSNIER
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Both of CNU's track and field, currently ranked first in the region, teams had incredible showings at the Camel City Invitational on Jan. 29 and 30.

Perhaps the most remarkable performance of either team was the men's distance medley relay team of Zach Campbell, Cullen, Monahan, Jeff Dover and Billy Rabil.

Before the event started, it appeared that CNU had no hope of placing well as they found themselves at the starting line with Division I runners from Virginia Tech, UNC, Duke and VMI. The Captains not only held their own, but they also took second place, trailing only VT.

Their final time of 10:09.56 currently stands as the fastest time in the NCAA for Division III schools by eight seconds.

The women's distance medley team also had a respectable showing as the foursome of Briana Stewart, Jennifer Westerholm, Abigail May and Logan Harrington clocked in with the fifth fastest time in the NCAA.

The 12:39.42 time also set a new Capital Athletic Conference record, beating the old record by six seconds. Harrington also broke the CAC 800 meter record, beating her old record by two seconds.

The Captains return to action when they host the Vince Brown Invitational on Feb. 6. ■

CNU to welcome women's golf team in fall 2017

A women's golf team will join the competitive spirit of already established programs in the CNU Athletics department.

BY CHRISTOPHER GABRO
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The athletics department will be taking a stroke at making women's golf the 24th CNU sports team in time for the fall semester of 2017.

Kyle McMullin, Associate Director of Athletics for Advancement and Communications, believes that the work to create the team has been in business for quite some time but now is the perfect time to strike because he said, "it is an emerging sport." There are cur-

rently 204 Division III women's golf teams in the country.

McMullin finds the women's golf team as an added benefit to the university because it would draw students to the campus because of its high popularity and it will spice up competition among the men's team.

McMullin said, "the best women's programs are also at the same place with the best men's programs." The teams will compliment one another and inspire one another to keep improving McMullin hopes.

Adding a new team has its

financial cost and McMullin stated, "no preparation on finances" have been made up to this date.

However, he feels that the addition will have "minimal cost impact" because the sport does entail much equipment and that the department will start building cost factors in the upcoming months.

The major expense of the team will allow "access to course time" to practice for the team without interfering with men's practice.

The women's golf team is cur-

rently in the process of recruiting. Jamie Coleman, head coach of the men's team, will helm the women's team and is seeking team members. Some students have already expressed interest and the hope is to have eight to 10 players.

McMullin expressed interests to get a fair amount of players to keep up hearty competition and create intercompetition among the players to bring about the best athleticism.

The expected dates of competition are expected to be roughly five to six per semester

and will allow the players to travel to unique places rather than staying locally.

What brought the team to fruition was the inspiration to create a team with diverse team with depth with health competition. McMullin said, "we're not adding golf just as a token gesture; we're doing it because we feel we could be competitive on a national level."

Women who are interested in becoming one of the initial members for the team should contact Coleman for more information. ■

One Elle of a wardrobe

The main character of "Legally Blonde" is all about dressing for success, but what does it take to bring that wardrobe to TheaterCNU's stage?

BY SAMANTHA CAMILETTI
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Next month, TheaterCNU will attempt to fill big (Prada) shoes with its latest musical production "Legally Blonde."

Many factors play into the reproduction of this contemporary crowd-pleaser, including costume design. Elle Woods' pink suit and the contrasting Harvard uniforms are perhaps the biggest trademarks of the show. However, due to its popularity, not much can be subject to creative interpretation.

"It's kind of scripted on what [the cast members] are going to wear," said Professor Kathy Jaremski, who heads the costume design for the performance. "We don't have much option in terms of 'Elle is in pink' and you can't deviate from that, except when she wears navy blue and white. So, there's not a lot of designing. It's kind of like a sitcom or a contemporary movie, where you go out and find the right clothes to fit the character. That's what we're doing here."

Though the costume department has showcased its talent many times before—"Pericles," "Into the Woods" and "Legacy of Light" to name a few—it will take on a more managerial role for this show. "For 'Legally Blonde,' because it's a modern dress show, we're purchasing the majority of [the costumes]," said Jaremski. They purchase these costumes online, in local stores, and, in some instances, from universities. When students are playing Harvard students, they will be wearing actual Harvard uniforms.

The pressure for designing the costumes is lessened, but managing all of



A red version of the Harvard graduation robes donned by Elle and her classmates.
GRADGOWNS.US



Business casual: optional. Pink: mandatory. Elle's pink dress is a staple that must not be overlooked. POLYVORE

the costumes is not. The show has 25 cast members and "nobody has just one costume, not a single soul," according to Jaremski. For example, the female front-runner Elle Woods, portrayed by junior Beth-Ellen Miles, has 10 costumes for the show.

The show will debut in just over three weeks, and with some of the costumes still being shipped, Jaremski and her team are working with what they have. "Right now we're in the process of fitting the clothing we do have, like all of the jumpsuits," Jaremski said. "So it's going to be a long process in that it takes about four weeks just to get all of the costumes together because the show is so huge."

Delegation is very important in a large show such as this one. Jaremski and Sarah, the costume shop manager, have the vision, but typically the actual work falls to the students. "Work is divided up amongst the students," junior Emily Grace Rowson (who plays Vivian) said. "So if you say: 'we have to hem 25 jumpsuits, you have people to do that.'"

Despite the amount of work, Rowson manages to be involved in both the acting and costume design of the play as a lead role and as Costume Shop Assistant. When asked what her favorite part of costume design was, Rowson said: "So much. I love art and clothing and being able to convey a character through what

they're wearing. It's really, really cool. Elle and Vivian are not going to be wearing the same thing, based on who they are. And it's interesting, especially in a show like this, what they wear is such a huge part of who they are." ■

"Legally Blonde" will premiere on Friday, Feb. 19 in the M&T Hall at 8 p.m. Additional showings will be on Feb. 21 at 2 p.m. and Feb. 24-26 at 8 p.m.



ALBUM REVIEW: ALESSIA CARA'S KNOW IT ALL

Spanning multiple genres does not always equal musical originality.

BY CHRIS WHITEHURST
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Alessia Cara listens to the radio a lot. She and her ghost writers know how to craft a good pop song, sounding relevant, pop-y and sometimes soulful. But mimicking your favorite artists won't reveal anything unique or lasting.

On Alessia's debut full-length "Know-It-All," genre-spanning influences are abundant. Soulful radio hit "Here" is the best track on the album and harkens back to an early Alicia Keys sound.

Track "Outlaws" is a swing-sounding tune, pulling from another genre and meshing it into the modern pop world.

It's not that Alessia can't be original, it's that she consistently takes cliché and overused themes, changes a word or two, and passes it off as her own. It is as if she realizes her audience

is ignorant enough to be fooled into thinking the album is more original than it actually is.

The song "I'm Yours" musically has an 80's sampled broken-beat, but fails when the inevitable buildup and sugar-pop drop come in. This is the kind of song you'll lie on your bed, browsing Pinterest, eating chocolate and drinking red wine out of the bottle to. Not so original, but like any JoJo song, you won't skip it on shuffle.

"Four Pink Walls" sounds strangely similar to a Macy Gray song. It is soulful and refreshing to hear on a pop album, but again plays like a blatant imitation.

Track "Stone" would be creatively unique, if not for the lyrical content. Instead of saying she needs a rock in her life, Alessia claims to need a stone, seemingly chosen to impose some level of originality on the listener.

The rebels of the late-millen-

nial generation love asserting their independence from the out-of-touch members of society. "Wild Things" is a watered down version of Halsey's hit "New Americana," and the reproduction is uncomfortable to listen to.

The song "Overdose" is yet another track sounding eerily similar to a Halsey song. Is this a good thing? Depends how much value you place on musical integrity. Do you take the Kantian approach, where creative originality and copyright should be examined from the source? Or do you take the consequentialist approach, where the end is all that matters? Most people will approach this album the latter way, appreciating a genre-bending pop album. Although it blends into the mass of other albums released this year, it may stay on your playlist for a while. Or at least until the next imitator comes around. ■

RATING: ⚓⚓⚓⚓⚓

Second Soundscapes is a go

CNU's music-based Alternative Greek Community groups collaborate for their second benefit concert on Feb 5.



Nu Kappa Epsilon, Sigma Alpha Iota, Kappa Kappa Psi and Phi Mu Alpha, the organizations hosting the Soundscapes benefit concert pose after last year's event in the Gaines Theater, which raised money to help support musical education for children from low income families. **COURTESY OF NU KAPPA EPSILON**

BY MELANIE OCCHIUZZO
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This Feb. 5 at 7 p.m., in Gaines Theater, a few of the fraternities and sororities from the Alternate Greek Council will be hosting a benefit concert for the Soundscapes Program.

The organizations involved, Nu Kappa Epsilon, Sigma Alpha Iota, Kappa Kappa Psi and Phi Mu Alpha, are all coming together to put on this philanthropic event for the Soundscapes program which supports musical education for children from low income families from local elementary schools and middle schools.

NKE, PMA, KKP and SAI see this concert as a great opportunity to serve their community, which is part of the reason the concert is an Honors event.

The goal of this concert is to raise

awareness and money for less fortunate kids in music programs. Victoria Rehder and Phillip Humphreys are just two of the ten students on the committee for this concert. Rehder is a member of NKE and has worked with the children in the soundscapes program before. She really wants to make a difference in this non profit organization.

"It's a good way to give back to something that we are passionate about," Rehder says.

Phillip Humphreys, a member of PMA, was also really excited to give back to this program. "[I want] to give a good concert and to talk about a good organization."

Humphreys has never worked with the children from Soundscapes before, but he was more than happy to contribute his abilities towards planning a philanthropic event to which the musical organizations around campus could

contribute.

In addition to charging a \$2 fee at the door, the fraternities and sororities will be hosting a basket raffle Tuesday, Thursday and Friday of this week. Each organization will create a basket, totaling four baskets in all, to contribute to the proceeds. The baskets will be on display in the DSU breezeway. If you don't get a raffle ticket during the week they can still be purchased at the door of the concert.

100 percent of the proceeds will go to the Soundscapes program. The raffle drawing will take place during the concert.

This concert's primary goal is to raise as much money and awareness as possible. They raised roughly \$300 last year and hope to reach their goal of \$500 this year.

The concert itself will be made up of

instrumental and vocal performances from the organizations themselves, with a possible performance from Soundscapes. Humphreys and Rehder hope to include a few of the students from the Soundscapes program.

There will also be a presentation towards the middle of the program from Joe Hamm, a member of the National Board for Soundscapes.

Hamm has been their primary contact for this event and has provided much support and information for creating this concert. ■

**Concert will begin at 6:30 p.m.
in Gaines Theater. Tickets will
be sold at the door for \$2.**

MOVIE REVIEW:



Efron and De Niro raise eyebrows in their outrageous, exciting road trip comedy about letting go and letting loose.

BY JOSH LEDUC
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The best description of this movie is that it is absolutely filthy. So filthy, in fact, that it even made me uncomfortable at certain points. That does not happen very often and this film should be commended for that achievement!

The movie is about a grandfather, Dick Kelly, played by Robert De Niro, and his grandson, Jason, played by Zac Efron, traveling from Atlanta to southern Florida after the death of Dick's wife. The premise is that Dick wants to have

sex with college girls because he hasn't had sex in 15 years.

If that sentence doesn't have your eyebrows raised, then the rest of the movie definitely will.

The plot line is nothing original; if you have seen enough movies you will know exactly what is going to happen. Jason's character is a little uptight, just graduated law school and is about to marry his boss' daughter. She is a completely snobbish, unlikeable bridezilla. Realistically, no one in the movie is very likeable.

On the whole this film is crass and unafraid to use offensive or stereotypical language with frequent swear words. The pacing is all over the place, a decent amount of jokes fall flat and the story comes across as rather cliché.

If *Dirty Grandpa* were to excel in any way, it would simply be because it does not consider what the audience thinks

about what is happening on screen. Many of the jokes are funny simply because of how outrageous they are.

I definitely think that the funniest aspect of the movie is just how over the top it is. It does not care what is presented and is completely unashamed of it. The message I got from the movie is not to worry so much and just enjoy your life the way you want to. If that means smoking crack and crashing a motorcycle on the beach while naked then go for it (I guess?). It says to not take life too seriously. If you walk into the theater with the same attitude then you'll enjoy it just fine. ■

RATING:



Thirteen (sort of) lucky ways to win their heart

Are you worried you'll be without a date this Valentines Day? Just follow our sure-fire list to *maybe* find someone.

BY MILLER BOWE
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Valentine's Day is approaching like an oncoming train. For those who are in relationships, Valentine's Day is a wonderful holiday to celebrate fondness for significant others. For those who are not, Valentine's Day is just another reminder that you are doomed to eternal loneliness.

Fear not, single friends, for there is still time. With the help of these handy tips, you'll be in a happy and stable relationship before you know it!

Here's the countdown:

13. Bake cookies. Use icing to write "please date me. I am afraid to die alone" and present them to your crush in a public space.

12. Take your prospective bae out hunting. You'll be away from the crowd and out in nature together for hours. If you manage to catch anything, then you'll already have a gift!

11. Try to be the tallest person in the room. Height is an important factor in how you're perceived by potential partners, and as such it's important to give yourself any advantage you can. Surround yourself with short people and wear heels for good measure.

10. Talk at length about yourself. At the precipice of a potential relationship, it's important to make sure your potential significant other knows exactly how great you are.

9. Perform a popular song for your crush, but replace every noun with their name. He or she will enjoy the personalization.

8. Write and perform a lengthy opera about why you are a good romantic partner.

7. Try using social media to meet potential dates. Slide into the DMs on Twitter, send a Facebook message inviting someone out to eat, or post a desperate plea for romantic interaction on Yik Yak.

6. There's nothing more attractive than honing a skill. Work on your ability to burp the alphabet or to do impressions of Family Guy characters and you'll be irresistible.

5. Personal ads are expensive, but you've got some prime ad-space that you're probably not taking advantage of: your forehead!

Tattoo "please date me, I'm single" on your forehead, sit in a public space and reap the rewards.

4. Wear a mask at all times. People will think you are mysterious, and mysterious people are attractive. Surgeons, Kylo Ren, the Phantom of the Opera—all more desirable because you can't see their faces.

3. Wear furs, jewelry, suits made of 20-dollar bills and other expensive items. Displaying your wealth will cause attractive members of your preferred gender to flock to you like moths to a hot, hot flame.

2. It is a scientific fact that people who are good at dancing are more attractive. As such, show off your dancing skills by constantly performing them, especially when there's no music playing.

1. Chocolate is a symbol of love. Carve a larger-than-life-size statue of someone you would like to date out of a solid block of chocolate. Take it into Tribble Plaza and eat it slowly, savoring every nibble. When you have finished you will no longer be single. ■



Tried all the traditional romantic acts but nothing is working for you? Ready for something new to dazzle your future bae? This Valentine's Day could be a breeze with some fresh baked cookies and a personal ad to prove to people what great relationship material you really are. **MACY FRIEND/THE CAPTAIN'S LOG**

Seniors: It's the final countdown

This week marks 100 days until graduation, and the class of 2016 only has a few more months to knock out that bucket list.

BY BETHANY PYLE
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As of Wednesday, Feb. 3, there are only 100 days left until graduation day. For some seniors that may seem incredibly long. For others it seems like there simply isn't enough time to get in everything they want to do. Regardless, everyone has to face the fact that college doesn't last forever, and one day soon we will be out in the real world.

But that doesn't mean you need to spend the next 100 days panicking—quite the opposite. This is the time to really get down to business on that CNU bucket list. Since freshman year there have likely been plenty of things that you thought, "I'll do that later." But the clock is ticking and the

time to tackle that list is now.

Some things on your bucket list may be campus oriented. Maybe you want to mix up a new dessert in the dining halls like a homemade root beer float, banana split or waffle sundae, all possible to create in either dining hall.

Maybe you want to finally play some pickup basketball on the JR courts or jump in the goose fountain. Not everything on your bucket list necessarily has to take you off campus or to the city. Senior Carole Chamberlin said she hopes to make it back onto the ballroom balcony, "and I'd like a chance to get into the CNU hall rotunda."

But there are plenty of off campus sights and experiences that many students haven't taken advantage of yet. Run or walk the Noland Trail. All

of it. Watch the sunrise at the Lion's Gate Bridge. Spend the day in Colonial Williamsburg or exploring the Mariner's Museum. Devote at least a weekend to all of those things that you've been meaning to do since freshman year.

Hopefully you have already accomplished the basics: go to a sporting event, see a show in the Ferg whether it's professional or student run, attend a CAB event, etc. These are the things that have been sold to us since before we became students. We heard about them online, in promotional letters and certainly on every tour we did as prospective students. But if you want your experience to be unique, take some time to think of a few creative goals.

At the end of the day, college isn't just about the education



For many students, it feels like the sand at the top of their hourglass is dwindling. Seniors, remember to take some time to truly enjoy your last semester in college. **COURTESY OF FLICKR.COM**

you get. It's also about the work you do on campus and the community you build. So don't work through this bucket list alone.

Chamberlin also said that one of her biggest priorities before graduation is "to put a

good amount of time into the friendships I've built here over the last few years." What better way to solidify those college friendships than jumping in the goose fountain together at 3 a.m.? ■

DIY Valentine's wreath

Get ready to spruce up your room for the holiday

BY KELLY NICHOLAS
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Supplies:

- 1 package of basket-style coffee filters
- Food coloring or acrylic paint
- 1 large piece of cardboard
- 1 utility knife or box cutter
- 1 screwdriver or old pen
- Ribbon or wire
- Glue (optional)



You probably already have most of the supplies for this wreath and with a bit of time you'll have a beautiful decoration. **ALL PHOTOS KELLY NICHOLAS/THE CAPTAIN'S LOG**

Instructions:

1. Dye your coffee filters by filling a bowl with water and food coloring (or a tiny bit of paint) to your desired shade. You can use any colors you like, but because it's Valentine's Day, I used shades of pink and purple. The more water you use, the more diluted the color will be.
2. Keep the filters stacked in bunches of 10-20 to dye in bulk. Dip the coffee filter bunch into the water. The dye will bleed into the filter after you remove it from the water; so only keep it in for a few seconds if you want some white to show through. Place on paper towel to dry for several hours or overnight.
3. Cut desired shape of wreath out of cardboard. Again, because it's Valentine's Day I did a heart shape, but you could do any shape you want.
4. Punch holes into the cardboard about one inch apart with a screwdriver or old pen.
5. Separate the dry coffee filters and make flowers by pinching and twisting the center.
6. Thread the flowers through the holes on the cardboard. Leave a hole empty towards the top center of the heart to use as a hook. Secure flowers with glue if desired. Repeat until all (or most) of the holes are filled. You can use wire to attach the leftover flowers to the end of a pen for an extra decoration!
7. Attach ribbon or wire to the back of the wreath by threading it through the empty hole. Hang and enjoy! ■



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