



THE CAPTAIN'S LOG

THE VOICE OF CHRISTOPHER NEWPORT UNIVERSITY STUDENTS

@CNUCAPTAINSLOG WWW.THECAPTAINSLOG.ORG

VOLUME 51, ISSUE 16 FEBRUARY 12, 2020



The Student Government Association encourages students to create Valentine's Day cards for hospitalized children as a part of Wellness Week. There are a variety of events and tabling covering different aspects of health all week. PHOTO BY HANNAH LINDENBLAD / THE CAPTAIN'S LOG

Wellness Week keeps students mindful of personal health

MATTHEW SCHERGER
MATTHEW.SCHERGER.16@CNU.EDU

Seven weeks is just enough time for New Year's Resolutions to become distant memories. As the drudgery of February brings cloudy skies and cold weather, it becomes harder to find motivation to do anything, let alone necessary self-care.

The Sexual Assault and Violence Education Committee (SAVE) is hoping to combat these feelings and keep topics of wellness and health at the top of students' minds during their annual

Week of Wellness. From Feb. 10-14, SAVE will be actively promoting an environment that focuses on students' health, both physically and mentally.

"We want students to responsibly take control of their own health, which includes focusing on the different aspects of their life," said Matt Kelly, the Deputy Title IX Coordinator in the Office of Title IX and Equal Opportunity.

"Oftentimes we think of health — mental, physical, sexual etc. — as something you deal with when it pops up but don't think about on a monthly, weekly or daily ba-

sis," Kelly continued.

Although relevant health issues change seasonally, common health concerns on campus right now include the flu and seasonal affective disorder (SAD).

Health issues don't have to be limited to illnesses, however. "Wellness encompass many parts of your life, from the environmental to the social, from the physical to the emotional," said Kelly.

This isn't the way a lot of people think about health and wellness, but that is why Wellness Week exists: to raise awareness

of the daily complexities and effort needed to stay healthy.

"Acknowledgement of the issues is the first step," according to Kelly. Often one of the hardest steps is honest acknowledgement of health issues, but it is impossible to find solutions without it.

The highlight event of the week will be the Wellness Fair on Thursday. Representatives from all over campus and the surrounding community will be present with information and resources to help Captains with their health. The Student Honor Council, Buzzkill and The Center

for Sexual Assault Survivors are just a few of the partners with SAVE this year. In addition to these resources, there will also be free HIV testing through The Life Center, who is a first-time community partner this year.

Other notable events during Week of Wellness include the ever-popular Mindfulness Yoga on Monday and Dancing to De-stress on Friday.

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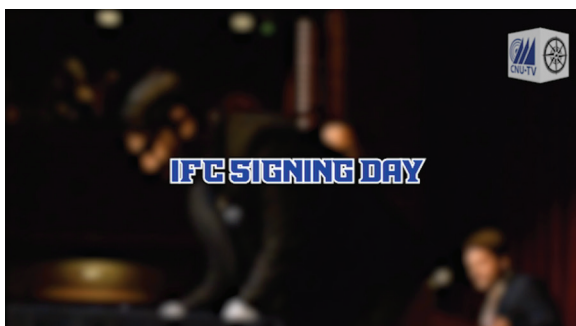


Weekly Pic

The reggae singer Mighty Joshua performs on stage at Elevation 27 last week in Virginia Beach.

PHOTO BY DIANE FROLA / THE CAPTAIN'S LOG

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.



CNUTV

After a week of recruitment, all of the IFC fraternities on campus gained new brothers. CNUTV was there to catch the new brothers sign to their respective fraternities.

Happened

February 11

NCPCV Community Conversations

An open conversation about equality and unity and the strength of diversity. Hosted by Barbara Hamm Lee and Bobby Kipper, they encouraged open dialogue among all participants.

February 11

Warriors Don't Cry performance

In recognition of Black History Month, this performance inspires conversations surrounding social responsibility, civil discourse, and community engagement.

Happening

February 14

CAB presents Build A Buddy

The annual Build a Buddy will take place on Valentine's Day in the Ballroom from 7-10 p.m. Sign up at one of the CAB tables during the week to bring home a new buddy!

February 15

Adam Grabowski

AGT's Adam Grabowski will be bringing his comedy to campus in the Gaines Theater at 7 p.m. In addition to laughter, he will be offering a more open discussion on mental health.



\$1,000 College Journalism Grant Announced!

Scholarship platform Bold.org has just announced a new grant for college students interested in on-campus journalism. Students with any field of study or GPA will be considered.

Example projects include initiatives like a campus radio show, a news film and more. Applicants are encouraged to think big!

The application deadline is **Feb. 28, 2020**. The application consists of a proposal that details the project you'd like to pursue and an overview of how you would use the funding.

Learn more about the Bold.org College Journalism Grant here: <https://bold.org/scholarships/bold-college-journalism-grant/>

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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 on 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 5 p.m.

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Michael Dirda talks journalism

Jean Everitt Lecturer full of stories, lessons and humor in visit to CNU

PERI COSTIC

ELEANOR.COSTIC.19@CNU.EDU

The Department of English hosted their annual Jean Everitt Lecture in Journalism on Feb. 5, featuring Dr. Michael Dirda, a Pulitzer-prize winning book critic from The Washington Post.

While some may have been expecting an academic presentation on how to get started in journalism, or a lecture on common writing mistakes, Dirda's talk was nothing of the sort.

Rather than drone on about grammar and syntax, he simply shared stories from his time working in the industry.

As opposed to a lecture, it felt almost like chatting with a friend you haven't seen in a while. With all his first hand experience in the newsroom Dirda was a flood of stories and knowledge and anecdotes, filling the Peebles Theatre for over an hour.

He described the way the newsroom used to be: loud and busy, full of cigarette smoke and phones ringing.

He also compared it with the newsroom of today: near-silent save for the sounds of typing away on computers.

He spoke of the pneumatic tubes they used to send articles and messages between floors — and once,

someone's hat.

He explained his personal tradition of creating a parody section of Book World (the section of the paper he works in) whenever someone left. These parodies would reflect the personalities of the people leaving and show just how strong and personal the relationships within the newsroom were.

He also told the story of how he was hired at The Washington Post: when he was first asked to review a book, he received the book on Friday and turned it in on Monday — an impressive feat.

But what really impressed the editor of Book World was the paper he typed his review on.

Dirda's wife is an expert on paper, and he had borrowed some of her fancy Italian paper. As it happens, the editor also was a paper enthusiast, so that move ended up working out quite well for him.

What really made Dirda's talk engaging was the fact that it was just a talk.

Not a class on journalism, not a speech, but a

man sharing stories from his 40 years in journalism.

The stories mentioned here were just a small sample of a perspective from a different generation of journalism, but the advice and lessons within are still relevant for anyone seeking to continue in the world of print or online media. ■



Dr. Michael Dirda at CNU. PHOTO COURTESY OF DR. JASON CARNEY

What is Model UN?

International affairs is just the tip of the iceberg

RAKAN ALZARQA

RAKAN.ALZARQA.17@CNU.EDU

KRISTEN ZICCARELLI

KRISTEN.ZICCARELLI.17@CNU.EDU

If solving the problems of the world were a pastime, why wouldn't you take up the challenge? We hear about conflict and issues every day, ranging from climate change to poverty, government corruption and civil war. No doubt that our classes address these issues passionately, giving us the knowledge to understand and analyze important phenomena in modern society. But solving these problems? It's a completely different ball game.

Two years ago, a few students revived CNU's Model United Nations organization, with a mission to provide a platform for solution-building, debate, international awareness and much more. Now, every Wednesday night in McMurran, we meet to vigorously discuss recent issues, negotiate transatlantic deals and most importantly, partake in fun, energizing debate.

What, may you ask, are the qualifications to attend such a meeting? There are none. People with all majors and interests, those with loud voices and quiet ones can thrive in our organization. Creativity in solution-building has no prerequisites.

We could not be more proud that last year, our delegates won six awards at a competitive, collegiate-level Model UN conference where they spoke and debated on human rights issues, gender equality in education, the future of AI and so much more. Model UN not only offers the opportunity to represent another country debating real-world issues but also participate in 'crisis simulations,' where delegates re-enact everything from President Kennedy's cabinet during the Cuban Missile Crisis to an alternate reality where the Axis won the Second World War.

From confronting the challenges of AI to launching advanced space operations, our simulations also explore the future. Imagine trying to attack your opponent's headquarters and receiving a note back saying, "you can't — their operations are in space." If college is preparation for an unpredictable world, an AI sim might evoke your most creative solutions yet.

This year, CNU Model UN is sending separate delegations of students to two regional conferences in Charlotte, NC and Williamsburg, VA. Every week, our organization grows with the passion and enthusiasm of our members, who lead by example in their classes, volunteer work and many other endeavors.

Every semester, students ask us the question, 'what is Model UN?' Oftentimes, explaining the organization in a sentence or two isn't enough, but we've found that through our activities — that is, by confronting global issues and striving for peace — each one of us can better come to terms with what we ourselves believe in. The repeated action of defending ideology, policy and resolutions gives us the confidence to build and defend our personal belief-system in life, even in the face of adversity.

Essentially, our vision is for all of you to build your own vision — and be unafraid to pursue it long after your time at CNU.

Gracious thanks,

Rakan Alzarqa and Kristen Zicarelli
President and Vice-President, CNU
Model United Nations ■



WELLNESS

STORY CONTINUED FROM COVER

In addition, fitness classes will be free during the week for those interested in trying something new or finding a more structured way to exercise on a regular basis.

Yoga, kickboxing, pilates and Zumba classes are offered all semester for a variety of experience levels.

For those who prefer to exercise alone, the Trieshmann Health and Fitness Pavilion has recently upgraded their gym equipment.

Taking care of your physical health isn't the only aspect of wellness to focus on, however.

One of the biggest difficulties with sexual or mental health is beginning the conversation about them.

Often overlooked and stigmatized, mental and sexual health have been a large focus of conversation in recent years, largely due to the recognition that these aspects of wellness have gone unmentioned for too long.

For college students in particular, this week can serve as an opportunity for education that they may not have received previously in their

lives.

Although having an entire week dedicated to being healthy is good, Kelly wants it to be just the beginning for students.

"Wellness is not a one-dimensional list that you check off and are done with," said Kelly. "Hopefully people will see something that sparks an idea or gives that gentle nudge to start thinking of what you can do to take ownership and responsibility of your own wellness."

It may be just four days here on campus, but the conversations created and insights gained will hopefully motivate students to stay mindful of their health every day.

Wellness is a holistic endeavor, which needs daily attention to achieve. Even small, daily actions

or awareness can lead to long-term health. Regardless of one's state of wellness at the moment, we can all benefit from being aware of health issues and the resources available to solving them. ■



Week of Wellness stickers on coffee sleeves, reminding students of the events on campus and to take care of themselves. PHOTO BY KAITLIN SANATA / THE CAPTAIN'S LOG

Campus Resources for Health and Wellness:

Title IX & Equal Opportunity
757-594-8819
titleix-eo.cnu.edu

Suite 100 Christopher Newport Hall
Sexual Assault and Violence Education Committee
save.cnu.edu

Health & Wellness Services
757-594-7661

First Floor of the Freeman Center
Office of Counseling Services
757-594-7047

Second Floor of the Freeman Center

Impeachment proceedings are officially over

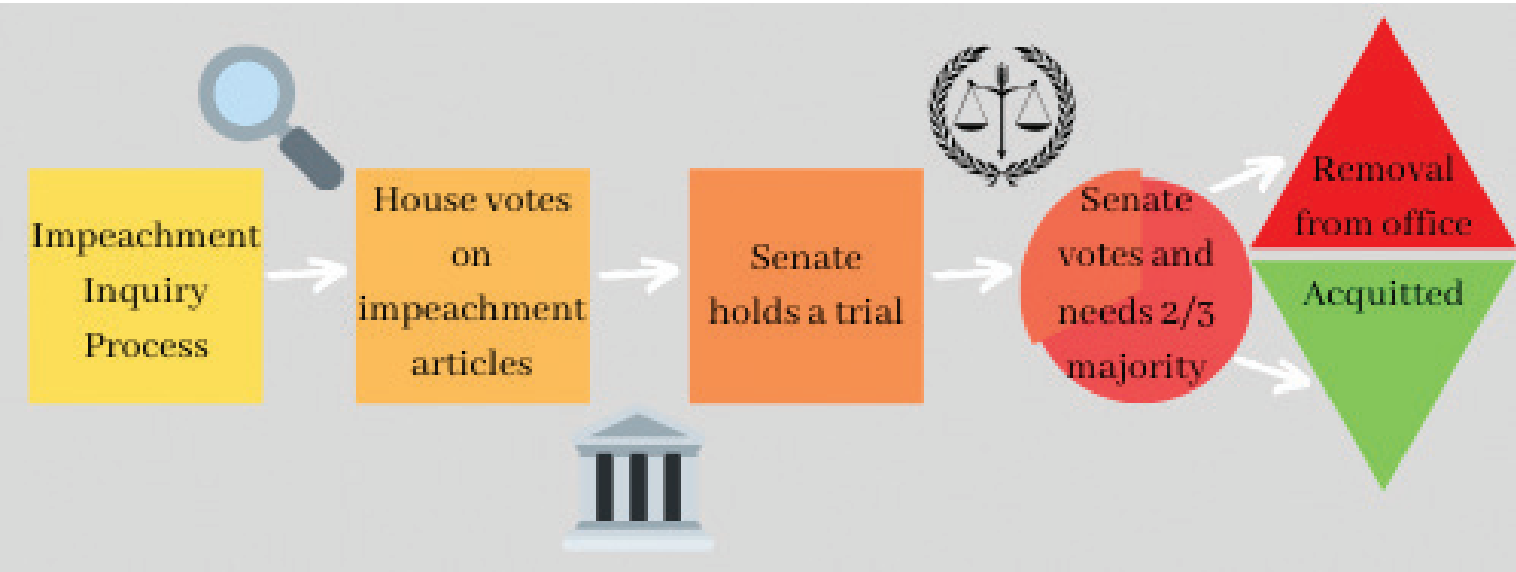
President Donald Trump will stay in office due to the Senate acquittal vote

JOSH GRIMES
JOSHUA.GRIMES.19@CNU.EDU

The end of the impeachment of President Donald Trump has officially come. It's the 21st anniversary of Bill Clinton's acquittal vote, and last week, Feb. 5, one day after the State of the Union and two days after the Iowa Caucus, Trump was also acquitted of both Articles of Impeachment, Abuse of Power and Obstruction of Justice. Since the very beginning, many politicians and news analysts kept predicting what had come true.

Since our president was the third to be impeached and face trial on Dec. 18, many things had happened including the senatorial trial. It took 28 days after the vote for Nancy Pelosi, the Speaker of the House, to proceed with the next step of the process. That next step was her choosing seven impeachment managers, whose job is to prosecute the case, and for the Articles to be ceremonially hand-delivered and read to the Senate. When it eventually happened, Chief Justice John Roberts from the Supreme Court presided over the senators swearing-in their constitutional oath, which is different from what criminal trials use. They also had to sign the oath book showing that they agree to be impartial. That was on Jan.16. Everything that had happened on that day was part of the unchanged impeachment trial rules from 1868.

The senatorial trial itself didn't



GRAPHIC BY TARYN HANNAM-ZATZ/THE CAPTAIN'S LOG

start until Jan. 21, in the early afternoon as stated in those 1868 rules. On that day, both the defense and managers debated for or against the proposed rules of how the trial should go. Through these debates, the managers used tactics that include why the trial shouldn't be rushed but should be fair, by comparing the past impeachments and using visuals. This included being able to call witnesses and subpoena for state documents. On the other side, the tactic the defense used includes explaining why the trial should be over quickly, how the evidence brought by the managers were false from the beginning and how the

managers were afraid to make their case. But, before the rules were voted on, the Majority Leader, Senator Mitch McConnell, changed how long each side was able to present their opening statements and arguments. The rules that were agreed on were senators were not being able to stand on the Senate floor, not talking, not able to have cell phones, commanded to keep silence on pain of imprisonment, submit all questions in writing and only drink water and milk.

Using the rules similar to the Clinton trial, each side started with three days of arguments. The prosecution presented first. Beginning with Jan. 22, the lead manager Adam

Schiff and the other seven managers presented the case on how they saw the evidence lineup chronology. Through Schiff's 2.5 hour opening statement, he outlined a basic summary of the case with the mind that the senators paid no attention up to the trial. Jerry Nadler, chair of the Judiciary Committee, through his 50 minute speech outlined how the arguments would be played out. On Jan. 23, Nadler first demonstrated the facts of the first article. Then, each of the other managers analyzed thereafter. On Jan. 24, Nadler and the other managers finished demonstrating the facts and analysis of the second article. By the end of the

night, lead manager Schiff wrapped the House presentation through his closing argument, which was his last call of asking for a fair trial.

On the other side, the defense started their arguments on Jan. 25. Since they started on a rare Saturday morning, the timing of the day changed with the arguments. They spent day one pointing out the evidence that the managers "adduced," meaning failed to introduce, into the record without going way into detail

STORY CONTINUED
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Doctor who warns of Cornoavirus dies of very disease

Dr. Li Wienlang who was silenced by the Chinese government after warning of Cornoavrus has died

TARYN HANNAM-ZATZ
TARYN.HANNAMZATZ.16@CNU.EDU

The deadly and quickly spreading Coronavirus disease has been in the news a lot lately. There are currently over 40,000 reported cases of the disease in China with over 900 deaths. Most of these occurred where the disease began in Wuhan and the Hubei province.

Dr. Li Wenliang was the young Chinese doctor who first tried to warn the people of the Coronavirus. After treating some patients who were showing symptoms similar to SARS in 2002-03, on Dec. 30, 2019, Wenliang participated in a WeChat with colleagues asking if they thought the disease could have returned. He was later arrested by police for "spreading rumors" and told if he continued, he would be

punished.

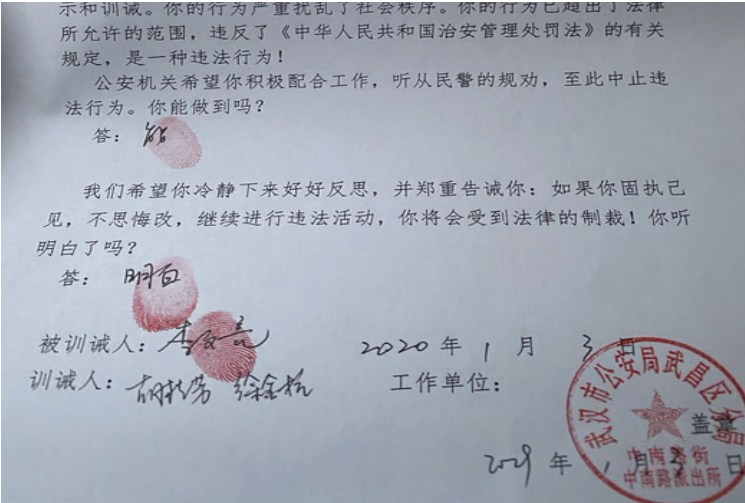
Not even two months later, on Feb. 6, Dr. Li Wenliang at the age of 34 died of the very disease he had tried warning others about. According to someone who had been in the room at the hospital in Wuhan with Wenliang, doctors tried to resuscitate him for three hours.

Since his death, many people have taken to the online world to grieve. Despite this, Chinese government officials have been hard at work trying to combat this. According to The Daily Beast, government authorities quickly issued censorship instructions to media outlets: "Regarding the death of Doctor Li Wenliang of Wuhan Central Hospital, rigidly adhere to standard sources," they warned, "it is strictly forbidden for reports to use contributions from self-media, and sites may not use

pop-up alerts, comment or sensationalize. Safely control the temperature of interactive sections, do not set up special topic sections, gradually withdraw the topic from Hot Search lists, and strictly manage harmful information."

Not only have they censored the media in regarding his death, but they have also labeled Wenliang as things such as a "whistleblower" and have continued to push a narrative that he was in the wrong.

These acts by the government have just led people to be even more upset about his death. The story of Dr. Li Wenliang has really taken over the news cycle and is being reported everywhere. Many wonder if things would have been different if the government had listened to his warnings of the disease and not silenced him. ■



The letter from the police to Dr. Wheliang stating that he needs to stop "spreading rumors." PHOTO OBTAINED FROM WIKIMEDIA-COMMONS.ORG

Brexit has the potential to damage the British economy

British markets could suffer from imposed tariffs and regulations from trading with the European Union

CESAR GONZALEZ ENGELHARD
CESAR.GONZALEZENGLHARD.19@
CNU.EDU

Brexit has been a big topic in the media recently, especially for the past week. The United Kingdom officially left the European Union (EU) on Jan. 31. The process of the UK leaving the EU has been going on for quite some time. The country was supposed to leave in March of 2019, but clearly, that endeavor failed. Now that it has finally taken action to depart from the EU, the UK is in a transition period, and there are a lot of policies to be negotiated in order to make this departure as satisfactory as possible.

During this transition period, the UK will continue to follow EU policy, allowing them to have a smooth progression to British sovereignty from the rest of Europe. Originally, the UK only had until Dec. 31. The EU, however, has allowed the UK to extend the deadline, which ends on June. 30, if needed. Boris Johnson has stated that the transition period will not be extended; however, the European Commission has warned that the timetable of this procedure will be extremely difficult.

The transition period and other aspects of the UK's departure from the EU were agreed upon in a separate deal called the withdrawal agreement, which was negotiated by Theresa May. After Johnson replaced May in June of 2019, he removed a key controversial section of it: The Backstop. This segment of the deal was designed to ensure the exclusion of border ports between Northern Ireland and The Republic of Ireland after Brexit was completed.

Johnson changed it in order to create a border between Northern Ireland and Great Britain. This means that goods entering Northern Ireland from Great Britain will be subject to EU tariffs and checks. The majority of the withdrawal agreement has remained unchanged. Two main clauses from the original agreement that Johnson wanted to keep are the rights of EU citizens in the UK and British citizens in the EU and the



PHOTO OBTAINED FROM PUBLICDOMAINPICTURES.NET

amount of money the UK will pay the EU, which is estimated to be around £30 billion.

The EU allows for free trade among European nations who are members of their union. This gives the countries who are members the advantage of avoiding customs checks and tariffs on their goods. Without a new deal between the two states, British goods would be imposed with tariffs when crossing into EU jurisdiction; nonetheless, trade is not the only issue a Brexit with no deal would have.

Diplomats must also discuss how law enforcement, aviation standards, fishing waters, electricity and gas and licensing, data sharing and

regulations of medicines would be affected under Brexit.

One current example of how Brexit could negatively affect the British economy can be seen in the Scottish fish industry. The Chief executive of the Scottish Salmon Producers Organization, Julie Hesketh-Laird, said firms were being informed to prepare themselves for the economic difficulties Brexit will cause between the UK and the EU. The industry is also warning that added regulations from the EU could cost the firms up to £9 million and could cause delays in the shipment of fresh fish.

There are also speculations that the long-term relationship between

the EU and the UK could experience an increase in tariffs from 2 percent to 13 percent for smoked salmon. These economic burdens could put Scottish salmon exports at a disadvantage in the general European fish market, allowing Norwegian, Irish and Canadian exports to attain a bigger share of the overall market.

In addition, the firms are apprehensive about the appearing battle over fish stocks in UK waters. Salmon farming itself does not play a part in the Common Fisheries Policy; nonetheless, British exports could be penalized by the EU for catching fish outside of UK waters. This would be detrimental for business since in

2018, 39 thousand tons of Scottish salmon were sold to the EU alone with global exports topping at £500 million and the EU accounting for half of all sales.

This is just an example of one industry that could suffer from a bad or no Brexit deal. As the transition deadline slowly approaches, British politicians need to minimize the number of changes Brexit could bring to the UK. There are many industries at risk, and many foreign policies need to be made from Brexit.

With many potential harms on the horizon, the British Parliament has much to discuss in order to make the right decisions for its citizens. ■

IMPEACHMENT

STORY CONTINUED
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on what the house mentioned. They also started to dip into contradicting the managers without getting into the aggressive argument. When the trial reconvened on Jan. 27, the defense team started with Ken Starr, the key prosecutor in the Clinton

trial, to defend the president from a historical perspective. For the rest of that day, others on the team continued to contradict the evidence brought in by the managers but with more detail. Other than contradicting the evidence, the defense team had Alan Dershowitz, an American scholar of constitutional and criminal law that was apart of both the Nixon and Clinton impeachments, to provide an argument based upon

how the constitution sees it. On the last day of arguments, Jan. 28, the defense continued to use the constitution and its framework to provide some more points to their argument. Lastly, the defense presented their closing arguments asking the senators to help defend the fundamental fairness, concluding the presentational portion of the trial.

The period of questioning began on Jan. 29, when the senators wrote down and submitted to the Chief Justice what they want to be answered from both sides. Providing context, they are still using the same rules as the Clinton trial. The rule was that

under the 'rebuttable presumption that each question can be fully and fairly answered in five minutes or less.' This came after they were being silent listening to both sides within the six days of arguments. The following day, Jan. 30, both sides spent 16 hours answering those questions brought up by the senators. Other than the questioning, one of the biggest questions that were in light was the witnesses, which they voted to not allow them, 51 to 49, on Jan. 31 after several hours of debate.

After the failed vote for witnesses, the trial reconvened on Feb. 3 for the final closing arguments, brought by

both the managers and the defense. The difference this time was that the managers had to open and close the arguments, based upon the rules of the trial. The Senate reconvened for the final time, on Feb. 5, debating on the vote to acquit or convict with the Democrats needing 67 votes. Seven weeks later, in roughly 20 minutes, the Senate ended up acquitting Trump with a vote of 52 to 48 on Article I: Abuse of Power and 53 to 47 on Article II: Obstruction of Justice. The significance behind the vote was that now it can't be said that the president had a partisan acquittal, as what the White House hoped for. ■

How to love the planet this Valentine's Day

5 Tips for a more sustainable Valentine's Day

JAMES DUFFY

JAMES.DUFFY.17@CNU.EDU

Valentine's Day is just around the corner, so the goal of this week's #GreenCaptain column is to highlight classic Valentine's Day traditions that can easily be more sustainable this year.

Reduce single-use waste: Buying gifts are highlights of any holiday, but the ones we choose for our loved ones can send an important message and also have less impact on our natural resources if we take a little extra time to think before we buy.

Avoid excessive plastic wrapping and individually-wrapped candies, and look for recyclable or reusable wrapping options like paper bags

and reusable gift boxes.

Buy ethically-sourced chocolate: Chocolate is a classic Valentine's Day tradition, and everyone loves receiving that heart-shaped box on Feb. 14, but where our chocolate comes from is important to think about. The cocoa industry in African countries are often the source of many unfair labor industries with unfair wages and child labor, as well as large-scale deforestation. Look for Rainforest Alliance and Fair Trade certifications on your chocolates this year.

Opt for locally-sourced flowers: Flowers are also important to address, as everyone looks forward to giving or receiving beautiful bouquets this time of year. Did

you know that there is an alarming amount of pesticide and fertilizer use involved in the global "fast flower" industry? In order to meet demands for flower production, fertilizers and pesticides are used to grow nonnative flowers globally in a speedy manner. This year, I would advise checking out local florists and finding locally — and sustainably — grown flowers that also benefit our native pollinators.

Try a more sustainable romantic dinner: Whether you decide to cook a romantic meal for your valentine or take them out to their favorite restaurant, making environmentally and socially conscious food choices is always an easy way to reduce your environmental impact. Locally-sourced, organic and plant-

based foods are all great options that come with a much lower carbon footprint than others.

Buy useful, long-lasting gifts: Buying small, cute gifts for a valentine is another tradition that can become more sustainable. Personally, when buying someone a gift, I always try to think about the usefulness and longevity of the gift by asking myself, "How long will they have this gift for?" or "How will they actually use it?"

Gifts with sentimental value like framed pictures, mementos and books are gifts that I have found people are likely to keep for

a longer time, which indirectly reduces the impacts associated with waste and production of goods. ■



GRAPHIC CREATED BY MATTHEW SCHERGER / THE CAPTAIN'S LOG

Newsflash

For immediate release: Local journalism in jeopardy

EMMA DIXON

EMMA.DIXON.17@CNU.EDU

Now you read it. Soon you won't. Journalism everywhere is facing problems. Recently, however, it hit close to home.

Local journalism in the Hampton Roads and Newport News community has suffered several losses over the past few weeks.

On Feb. 5, the owner of two local newspapers, The Virginian-Pilot and The Daily Press, accepted buyouts from 20 employees.

According to an article by Kimberly Pierceall, a reporter at The Virginian-Pilot, these buyouts are part of a company-wide staff reduction within Tribune Publishing. Tribune owns both the Pilot and The Daily Press, as well as the Chicago Tribune and the Baltimore Sun.

These buyouts caused 20 experienced journalists in the area to leave newsrooms in the past few weeks alone. The local newspapers lost staff members ranging from news and sports reporters to photographers all the way to editors and managing editors.

A year ago, Tribune bought out another group of local reporters as well.

What's even more shocking is that this isn't just happening in the Hampton Roads and Newport News area.

It's happening all over the world. Local journalism is under attack everywhere. Large media conglomerates are buying out small, local newspapers at alarming rates.

Recent studies conducted by the University of North Carolina's

School of Media and Journalism shows that more than 1,300 local U.S. communities have totally lost local news coverage.

20 percent of all community newspapers have gone out of business or have merged with a large media corporation since 2004.

Local newspapers that are still in business are scaling back coverage or laying off reporters in order to keep the paper running.

So, why does this matter?

The press used to be heralded as the fourth estate, but that time has long passed given the new culture of "fake news" that has emerged in our society.

Journalists are responsible for keeping the government in check by reporting on current events accurately and fairly so citizens are informed to make decisions.

Without local journalists, it is virtually impossible for local officials to be kept in check. Community members will be left in the dark on what is happening in their districts.

Imagine trying to keep up to date on issues in the city council or local school board without a journalist at meetings to ask questions and analyze responses to write articles for the public.

Local news is the most relevant news. Obviously, what is happening in the national and world news is important as well, but local journalism is even more important.

Local news is the most proximate for citizens. There is a bigger sense of concern because the community shares the same locality. Local journalism is important because it is local journalists in the community

writing stories about news within the community, for the community.

If we want to solve national and world issues, it starts at a local level. You need small, local changes in order to make state-wide or nationwide change. If you take local journalism away, you are taking away the main source of information citizens have. Without it, it will be harder for citizens to be aware of local problems concerning their community.

But that's not the only problem local journalism is facing.

Local journalism has fallen victim to infotainment. Infotainment is more soft news typically found on television that combines information and entertainment as opposed to the more hard-hitting, investigative reporting local journalists do.

Yes, that means all of your CNN's and Fox News and MSNBC's are prime examples of infotainment.

Now I'm not trying to attack or downgrade those forms of journalism. They are still important and do get us the information we need.

However, in my experience, more people are willing to turn on CNN or Fox News rather than picking up the local newspaper. People are more drawn to the glamorized anchors reading teleprompters than reading articles local journalists have worked long hours on.

As a student journalist, it is worrisome and sobering to look at the state of my profession. To see all of the local papers and journalists struggling in my field is distressing.

Sometimes people joke that "print is a dying industry." However, this once-humorous banter has become



The Daily Press, one of the local newspapers hit by the recent layoffs. PHOTO BY MICHAEL INNACELLI / THE CAPTAIN'S LOG

a reality given media conglomeration and flashy infotainment news shows.

Support your local journalists. Subscribe to your local newspapers. They rely more heavily on subscriptions now more than ever. Pick up their articles rather than picking up the remote to turn on CNN or Fox

News. Recognize the importance of journalists in your local community and the dangers of not having their professional reporting monitoring local government and other institutions.

A decline in local journalism is not just a local problem. It's a national one. ■

Forever young

“I want to be forever young, do you really want to live forever?”

MICHAEL INNACELLI
MICHAEL.INNACELLI.15@CNU.EDU

Every senior has that moment where it finally hits you that by this time next year you have to be a real adult.

Not that we aren't adults now, but the school takes care of a lot for us (and that's not even mentioning the fact that many of us aren't fully responsible for paying for college ourselves). We have to face the reality that it is time for us to grow up.

Then why as I stare that reality down do I just want to stay young forever? I think it has something to do with what everyone tells us while we're in college.

“These are the best years of your life; don't let them go too quickly.” I think every college student has heard that before, and it's not a good thing to tell us.

When I hear that, the first thing I think is “man this really is it. It's all downhill from here.” That doesn't have to be the case. There's still plenty out there to enjoy.

For the past four years, I've been trying to speed my life up and get ready for the real world. I missed out on so much, and there are so many opportunities I missed that I'll never get again. If I could go back and join Alpha Phi Omega a year earlier I would absolutely have rushed a year earlier. I've loved my time in the service fraternity; I just wish I had more.

Even though I missed so much, I don't think I want to be young forever. I want to grow up and have a life. I'm excited to leave college, and I know a lot of seniors who aren't

really excited for that.

I want to be young in a different way. I don't want to stay as a college senior forever, but I do want to keep broadening my horizons. I want to be young in that I keep trying new things and never let myself get stuck in a rut.

Young people are happy to switch careers and try new things. That's what I want in life; I want to be happy with changing things up and trying new things all the time. The only time I've ever done this is actually with this paper. If you told me three years ago I'd be writing for the paper and a section editor I would've laughed in your face, but I took a leap of faith trying something new and I've loved every minute of it.

I never want to feel burned out at my job to the point where I hate it. I've been a videographer in one way or another for eight years now; I've had burnout, but I never stopped. I love videography that much, but if I ever feel like I can't do it anymore, I'll know it's time for something new. When I edit a video I still get that feeling of excitement and I know that I have to keep editing videos as it's still what I love.

That's the kind of young I aspire to be. When you ask me “do you really want to live forever?” The answer is no; I want to grow up and improve as a person. I just want to make sure I don't lose sight of who I can be when I grow up.

Mostly, I want to make sure I don't miss out on opportunities anymore, and I can live the best possible version of my life. That's how I'll be forever young. ■

Fish are (therapists), not food

How getting a tiny aquatic friend can improve your mental health

ANNA DORL
ANNA.DORL.17@CNU.EDU

I'm not going to lie, I've been going through it lately. The first couple weeks of this semester have been hitting me hard.

I already struggle with anxiety and depression, and they've been getting increasingly harder to deal with as the stress of school and work have begun to pile up on top of everything I'm already trying to navigate.

In the past week, I got so tired of lying in bed being depressed and not having anything to look forward to every day but getting up and working my ass off until it was time to go to bed.

I decided enough was enough. I wanted to do something that gave me a little bit of joy in my dark days. I've always loved animals and they've always brought me immense happiness. I talked to one of my roommates and we decided we were going out to get a betta fish.

After scouring the aisles of PetSmart on a Saturday afternoon with my roommate and our mutual friend, we decided on a Mochi the betta fish. PHOTO BY ANNA DORL / THE CAPTAIN'S LOG

plant (pro tip: plastic plants cut betta fins). I also got a “betta leaf” which is a plastic leaf on the end of a suction cup - bettas like to sit on them at the surface of the water and breathe air while they relax up there, because that's a habit of theirs in the wild.

I went to Care-A-Lot Pet Supply to get my fish the following day after my water had cycled for about 24 hours to give my new little friend the cleanest and safest environment possible. It was impossible at first to choose which fish I wanted because they were all adorable.

I eventually decided on a iridescent male with white accents. His little body shimmered as he swam around in the water and I could tell he was active and friendly. After bringing him home I decided to name him Mochi after the white Japanese rice cake that's often filled with ice cream - a sweet name for my sweet new friend.

I've only had Mochi for a couple of days and he already makes me happier just by his presence. He just sits there, looks cute and gives me something simple to focus on in-

stead of how much work I have to do or the latest friend group drama that I have to deal with. Buying a pet fish is one of the best natural ways I could have boosted my serotonin levels. Studies have shown that watching fish swim lowers blood pressure and heart rate, effectively calming you down, and I can already tell that's true.

Having something to take care of is one of the best things I could have done for myself. Having a pet, even if it's as small as a betta fish, helps me to get out of bed every morning and have something to look forward to every morning.

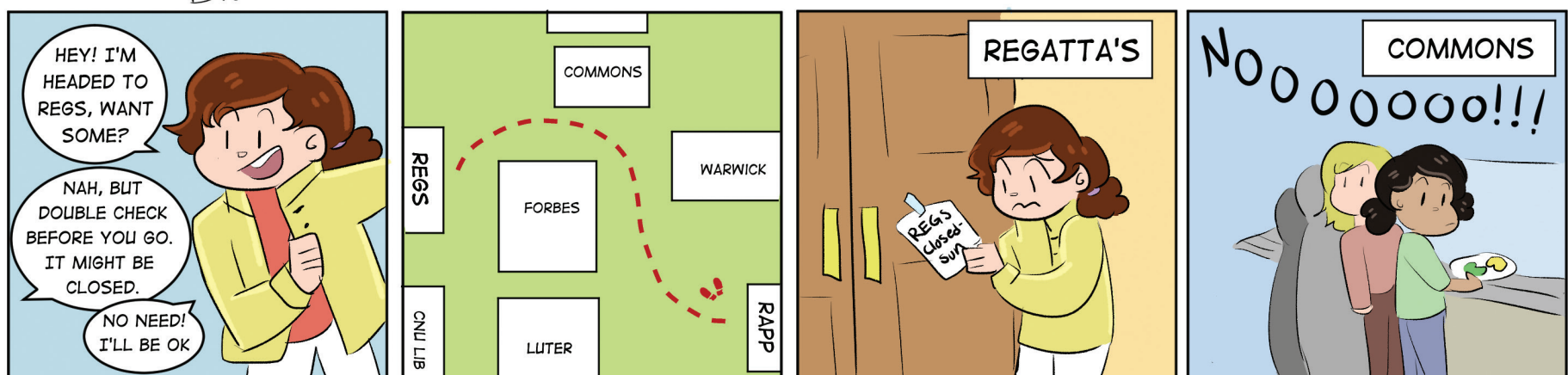
His tank sits on the top of my desk and I swear I catch him looking down at me sometimes while I'm doing some work. The simple routine and act of caring for an animal helps you to get out of yourself and your own head, giving you something else to focus on. As circular as it may sound, taking care of something other than yourself can help you care for yourself better. And at the end of the day, having a little friend in my corner makes every day a little bit easier. ■



Want to write for the Opinions Section?
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CNU
Blues

MEGAN MOULTON
MEGAN.MOULTON.16@CNU.EDU



A closer look at Signing Day



Photography Editor Hannah Lindenblad interviews the attendees of this event to get the full experience from both sides of the table

(Above) "For the Department of Communications, preparation for Signing Day involves putting together a packet of information about the major for students. [It includes] our internship programs, the basic curriculum and study abroad options, as well as general information on about who the faculty are and what it is that we study. In our Department, we divide up the periods of signing amongst the faculty so [students] can see a variety of the staff at our table." Signing day in one word "professionalism." - Communications Studies professor Todd Goen

(Below) Thomas Bolton said while preparing for the event, "We tied ties in bathroom as a joke, pretty fun." They all agree the best part of Signing Day was "busy." - (From left to right) Davis, Major: Information Science; Thomas Bolton, Major: Physics; Jose Brown, Major: Art



Preparing for this group; that was way to describe (to right) Alex Thomas Bolton, American Studies



(Above) "There is a lot of energy inside the room," and "the cookies are very lit." - (Left) Tatyana Yates, Major: Communications. It felt like a "new" experience with a "fun energy." - (Right) Bailee Comer, Major: Political Science



(Above) "We are here to help students if they have any questions about upcoming deadlines for applications for summer scholars or research grants, as well as Paideia." Signing day is "inspiring." "It's inspiring to see all the young minds at Christopher Newport thinking about what they are going to do for the rest of their career here and to think about how much work they have put in so far and how much they have left to do." - Mara Tharp, Senior representative Office of Undergraduate Research and Creative Activity

(Left) Signing day is "exciting." There are "new opportunities" and you "get to meet people in your major and people who are going to advise you; it's a new experience with new connections" - Anna Sophia Nix, Major: Fine Arts and Political Science



(Above) Sophomores attending Signing Day enjoyed the refreshments such as cookies, punch and water after signing for their major. **PHOTOS BY HANNAH LINDENBLAD/ THE CAPTAIN'S LOG**

UPCOMING HOME GAMES

Wednesday, Feb. 12, 6:00 p.m.
Women's Basketball vs.
St. Mary's College of Maryland

Friday, Feb. 14, 2:00 p.m.
Baseball vs.
Piedmont College

UPCOMING AWAY GAMES

Saturday, Feb. 15, 1:00 p.m.
Men's Lacrosse vs.
Washington College (Md.)

Saturday, Feb. 15, 2:00 p.m.
Women's Lacrosse vs.
Shenandoah University



#1 Jessica Foster enter a game as coach Bill Broderick gives her advice, meanwhile the bench cheers on the team currently on the court. PHOTO COURTESY OF CNU OCPR

Women's Basketball conquer CAC

The Women's Basketball team remains undefeated in CAC regular season play

AUSTIN URCH
AUSTIN.URCH.16@CNU.EDU

With their win on Feb. 8 against York (Pa.), the Women's Basketball program captured another Capital Athletic Conference regular season title.

That win bumped their conference record to seven wins and zero losses, making it mathematically impossible for someone to overtake them during the rest of the regular season.

Averaging a margin of victory at just over 21 points in CAC play, the Captains are undoubtedly the hottest team in the conference. On top of that, with a 10 game win streak at the time of writing, they are getting hot at just the right time as they prepare to capture their third CAC title in four years.

The Captains are also undefeated

on home court, battling to a perfect six and zero record inside the Freeman Center. By clinching the regular season title, they will be the hosts for all their games in the conference tournament.

Last season's CAC rookie of the year #15 Sondra Fan is continuing to make a difference on the floor by averaging 13.1 points per game, the fourth highest total in the conference while only averaging 21 minutes per game as well.

When she settles in a rhythm, it gets very difficult to slow her down, as was evident in the last tilt against the University of Mary Washington when she dropped 25 points, firing up the Freeman Center in the process.

Another key player for Christopher Newport is #55 Natalie Terwilliger. While she hasn't scored the most

buckets in recent contests, earlier in the season she was an artist in the paint using her six foot two height advantage to score with ease. She also excels in crashing the boards to take down rebounds.

Averaging over six rebounds in each CAC game so far, she is more than capable of turning the tide of a close game in favor of her side.

In addition to Terwilliger, #2 Julia Ng also is frequently seen boxing out opponents to deny them chances. Ng has collected 73 defensive rebounds and is a physical player all over the court, carving her way through an opponent's defense or not shying away from stepping up for a charge.

Looking ahead, the Captains face St. Mary's College, Salisbury University and Southern Virginia University, with only the final matchup away from home.

Having defeated St. Mary's already this season by a margin of 48 points, the game is Christopher Newport's to lose. The subsequent contests should be much closer, the Captains recording victories by seven and 16 points respectively in the first meetings.

Despite a three and five conference record for both opponents, each side brings strong players to the floor every time they play.

Salisbury's #22 Kylie Webb registered 18 points against the Captains including going six for seven from behind the line.

#21 Kaylee Otlowski, while not scoring as many against Christopher Newport, has been putting in the work to help lift her team to 10 wins throughout the season so far. In only five of the 23 games so far, this season she has clocked less than 30 minutes and six matchups with 35 minutes or more.

While teams typically have a home field advantage, in conference play, the Captains seem to be immune as they have averaged over 76 points away from home so far while limiting opponents to just over 51 points per game.

The 8-2 home record that South-

ern Virginia boasts will be put to the test, but they will be in good hands with #40 Katie Garrish and #3 Savannah Christensen in the lineup.

The duo leads the conference in points per game at 15.5 and 14.9 respectively.

In Garrish's 22 games this season, she has been held to single digits only twice. She is also a force to be reckoned with as she has averaged over 11 rebounds per game across all contests and has 16 double-doubles and a triple-double against the Captains. Terwilliger and Ng will have to be on top of their game in order to slow down Garrish.

Christensen only has one game where she does not have double digit point efforts through her 20 played games.

Having registered four double-doubles, she is frequently seen getting physical up by the basket. The Hawaii native also has shown off her clutch gene when she hit the game winning jumper against Elizabethtown in the beginning of January.

With a guaranteed spot in the conference tournament and a target on their backs, the Captains cannot let off the gas at all for the rest of the season. ■

For more information on all Captains sports
action, visit CNUSports.com

All Elite Wrestling has revolutionized the industry

New wrestling company treats its wrestlers like employees rather than contractors

KAITLIN SANATA
KAITLIN.SANATA.16@CNU.EDU

Did you know that professional wrestling is staged? There is a small minority of people who have been in the dark about the fact that professional wrestling is not as violent as it seems.

They are wrestling, but not as they would have you believe. Wrestling in many ways is used for entertainment rather than actual sport. That being said, professional wrestlers are more like paid actors than wrestlers.

The big companies like World Wrestling Entertainment (WWE) and All Elite Wrestling (AEW) are the ones I have heard about and watched the most through friends. To my surprise, there is a big difference between the two companies. I don't know much about professional wrestling, but what I have heard, I find interesting.

AEW is a new company that was formed at the beginning of 2019 by Kenny Omega, Cody Rhodes, and brothers Nick Jackson and Matt Jackson. All of which left other promotions, like Ring of Honor and New Japan Pro Wrestling, when their contracts expired to form All Elite Wrestling. The company just set a date for Double or Nothing 2, which

is the second installment of AEW's initial pay per view.

In fact, many of the wrestlers currently signed to AEW left other companies. One example is professional wrestler Jonothan Good who transformed from ring name Dean Ambrose to Jon Moxley when he left WWE for AEW.

Prior to his stint with WWE, Good wrestled for other promotions around the world also using the name Jon Moxley.

It is predicted that there will be many more that switch over to All Elite, some examples being The Revival and EC3, making it a promised land for professional wrestlers despite being around for a little over a year.

If you're like me, you probably are asking the question why? Why are so many wrestlers leaving other major companies to sign with AEW? An article in Wrestling Inc. stated that how All-Elite hires their employees is a "revolution" in the world of wrestling.

They accomplished this by treating their wrestlers like their employees rather than independent contractors. When wrestlers work as employees, they receive healthcare and social security and are protected by labor laws. Independent contrac-

tors don't have these same luxuries. They are not protected, and therefore, they are at a larger risk of paying much more if they get injured because of the lack of company-provided healthcare. Also, unlike WWE, wrestlers in AEW are given more time to recover by having about one match a week while WWE wrestlers have about three to four matches per week.

That being said, these employees do get injured during matches, but they are only doing so by their own choice. Of course, this does not mean just anyone can participate. Whether or not wrestling is staged, these people are professionals. They know their own limits and how far is too far. Whether they are being stuck with thumbtacks attached to a skateboard, pushed into barbed wire or thrown through a table, the injuries are minimal and at their discretion. If you have ever watched an All Elite Wrestling match, it often looks more painful than it is. When you think about it logically, the tacks they use are super small. Of course, it hurts, but the damage is surface-level with minimal lifelong repercussions.

When watching people wrestle professionally, if you look closely enough and slow down the footage, you can see that it is staged to look

more painful than it is. Just a few days ago I watched a YouTube video of Matt and Nick Jackson and Brandon Cutler, wrestlers signed to AEW. At first, I believed that Cutler was really kicked in the lower jaw. Once the clip was slowed down you could tell that the kick didn't touch his face at all. Professional wrestling focuses on dramatics and acting as though things are really painful.

All Elite Wrestling offers freedom to its employees that other wrestling promotions can barely match if at all. AEW employees are able to choose their own in-ring personalities and have free rein in their creative expression.

They can play the roles and characters that they want to play. It's a company run by wrestlers for wrestlers, and who knows wrestling better than the wrestlers themselves? Not only does AEW care about their employees, but they care about their fans as well.

Founder Cody Rhodes said at the

All Elite Wrestling Double or Nothing rally that "we're not [going to] coach you on how to be a fan. There's not some predetermined grid that will say you have to cheer for this guy or you have to boo for this guy. You are fans. You are allowed to be that fan any which way you want to be."

In addition to being open and accepting to any wrestler regardless of things like race, gender, sex and religion, AEW caters to their different demographics of fans as well. By partnering with KultureCity, a company that provides an inclusive and supportive environment for those who struggle with processing sensory information, AEW stands with open arms, welcoming all fans.

Heading into their second active year of programming, AEW is a wrestling promotion that other companies, fans and other wrestlers should keep on their radar. You can watch AEW's weekly episodes on TNT Wednesday nights at 8 p.m. and on YouTube. ■

Want to write for the Sports Section?
Contact:
michael.innacelli.15@cnu.edu

The old, the new and the nonexistent

of the 2019-20 NBA Season

A refresher on everything you missed before we break for All-Star Weekend

MATTHEW MORHISER
MATTHEW.MORHISER.17@CNU.EDU

Now that we've finally washed the lingering stench of professional football off of us following the conclusion of the 2020 Super Bowl, it's time we get right back into the thick of things.

In case you were unaware, the National Basketball Association (NBA) is about half-way through their 74th regular season, and let me tell you, it's been a (space) jam packed one to say the least.

As we prepare for the All-Star Weekend in Chicago, I think a brisk and bearable jaunt through the happenings and goings-on of the season so far will catch everyone up to speed.

To start our little excursion, let's look back at what made the anticipation for this season to begin so palpable. The NBA had one of its biggest and most meaningful free agency periods in history this past summer.

Household(ish) names like Kevin Durant, DeMarcus Cousins, Kyrie Irving and Kemba Walker all switched teams. Even Kawhi Leonard jumped ship to the Los Angeles Clippers after bringing a championship to the Toronto Raptors.

Before the season began, the two Los Angeles teams were the favorites

for making it to the finals to represent the Western Conference. Conversely, speculation on who the Eastern Conference's champion would be was narrowed down to the Philadelphia 76ers and the Milwaukee Bucks.

As of today, the Lakers and the Bucks lead their conferences respectively. While the NBA is probably not predetermined, each passing victory from each team is making their eventual showdown for the title more and more likely.

Speaking of old, this season has also been uncharacteristically characterized by the reemergence of former stars returning for one last go around.

Derrick Rose, Most Valuable Player of the 2010-11 season, has averaged almost 19 points a game for the Detroit Pistons.

Much like Rose, Carmelo Anthony was another former star who was decidedly written off from ever returning to league form. Anthony bounced around the league to a few teams since his time headlining Madison Square Garden as a member of the New York Knicks, but he found a home in Portland this season.

As a member of the Trailblazers, the 2013 scoring champion has posted 16 points and seven rebounds in an average of about 33 minutes per game.

Rose and Anthony used to be the faces of their franchises, but now they've taken on the lofty but crucial role of being the locker room's leader.

Alright, we've talked about the guys who are old and established. What about the future? Look no further than the second and third picks of last year's draft.

Luka Doncic and Trae Young have been lighting up the scoreboard and stat sheet with their astonishing performances this season.

Young has averaged 29 points a game. That's good enough for fourth best in the league. His counterpart, Doncic, has had an MVP caliber season averaging 29 points, 10 rebounds and nine assists.

To go along with his gaudy and eye popping numbers, he's dragged the Dallas Mavericks to legitimate playoff team status.

While Young and his Atlanta Hawks can't say the same, both second year players have proved why they were chosen so high and even gone above what was initially expected of them.

Alright, we've talked about the old and young guys showing out this season, but what about the REALLY young guys. I'm talking once in a generation talent, Zion Williamson.

Well, things haven't been great. When he's been healthy on the court,

the guy has demonstrated the physical dominance and explosiveness he has over other players. But that's just the thing. He hasn't been consistently healthy.

On Jan. 22, he made his debut against the San Antonio Spurs. That's exactly three months deep into the six month season. Williamson tore his meniscus during the preseason.

However, in this case, the positives definitely outweigh the negatives. So if Williamson's not the likely Rookie of the Year, who is? Look no further than the guy selected right after him in the 2019 NBA Draft, Ja Morant.

Morant has led the Memphis Grizzlies to around a .500 record and surprise playoff standing. Averaging 17 points a game may not seem like a lot, but no other rookie has taken over their team like Morant has. Without him, Memphis wouldn't be anywhere close to the top eight spots of the Western Conference.

So we've covered the old and the new, so what's left? Oh yeah, the "not at all."

Players like Durant and Klay Thompson have been out with injuries, and other known stars like Stephen Curry and Victor Oladipo have only played a handful of games.

Some eagle-eyed readers may have noticed two players from the Golden

State Warriors on that list. Their dominant and almost tyrannical rule has temporarily expired.

Instead of leisurely gliding to another playoff appearance, the Warriors are comfortably getting bodied by the rest of the league.

If you haven't been watching or paying attention to the NBA for the last three months, the Warriors' momentary spiral to the bottom of the Western Conference may come as a surprise to you, but don't fret my friends. When they win the draft lottery and receive the first overall pick in the 2020 NBA Draft, they'll be right back in tip top shape.

So what have we learned today? We learned that the Lakers and Bucks dominated the first half of the season, old guys still got game and young guys similarly have game; they're just slightly better.

Now that we've got that settled, what can we expect from the rest of the season? We can look forward to the All-Star game itself where we'll see Young, Doncic and seven other first time All-Stars. We can look forward to potentially the most competitive playoff matchups we've seen in some time. However, most of all, we can look forward to LeBron in the Finals and my Washington Wizards continuing their residential stay in mediocre limbo. ■

CONCERTS

February 15th
"Menopause: The Musical"
7:30 PM, Ferguson Center for
the Arts

CAMPUS

February 15th
AGT's Adam Grabowski
7 PM, Gaines Theater

IN THEATERS

Feb. 3rd to Mar. 27
"A Not So
Perspicuous Arrangement"
Falk Gallery

February 14th
"Sonic the Hedgehog" PG
"Ordinary Love" R

The Star Wars complication

Uncover an unpopular discussion on the rollercoaster that is Star Wars

BARRETT GOODE

BARRETT.GOOD.17@CNU.EDU

Spoilers are introduced within this article.

Disclaimer: I would like to start off this article by stating that I love Star Wars. I have grown up watching these movies and thoroughly enjoy viewing them nowadays. I am a proud Star Wars shrill and will love these movies until the day George Lucas reintroduces Jar Jar Binks back into the franchise. Having said that, let's tear these movies apart.

I don't believe there is a more iconic and well-known franchise than Star Wars. Spanning over movies, books, television shows and video games, Star Wars has been a staple in modern media since its initial debut in 1977. I don't think it'd be a stretch to say that Star Wars is the most popular franchise in the whole world. Although it is loved by many, Star Wars is not a perfect franchise by far and has many problems regarding its plot, characters and overarching themes.

Now, there are a lot of problems with the Star Wars franchise, but I believe that the best movie that highlights these problems would be the newest one, "Star Wars: The Rise of Skywalker," so the majority of this article is going to focus on said movie.

Irrelevant plot lines

"The Rise of Skywalker" starts off with the worst Star Wars title crawl yet. The point of a Star Wars title crawl is to set up what the movie has in store and not tell us all of the cool parts that we've missed. As this was the last movie in the new trilogy, there shouldn't have been as much information thrown at us to process. Pal-

patine comes back to life, off-screen. We never learn how and why he came back to life, which is a significant point because the last time we saw him, he had exploded in "Return of the Jedi." Also, while we're on this topic, Palpatine's plan makes no sense. First he wants Kylo Ren to kill Rey, then he wants Rey to kill him so he can possess his body, then he decides to try and suck her soul out like a dementor from Harry Potter. The plot is inconsistent and very sporadic. This point right here highlights one of the main problems with Star Wars: the plots can be all over the place. This is a very apparent problem in the prequel movies. In every Star Wars movie, at least one of the plot points doesn't serve its purpose to progress the story: In "The Phantom Menace," it was the pod-racing subplot, in "Attack of the Clones," it was the factory scene with Anakin and Padme and in "Revenge of the Sith," it was the strange lizard/robot-bike chase scene with Obi-Wan and General Grievous.

Character development

I thoroughly enjoyed the performances by all of the actors within this movie, but the script within the movie itself left much to be desired. The entire first third of this movie is all exposition, where the characters talk about the events that led up to the movie. Like I stated above, the opening title crawl introduced a ton of new information for us to process, and as this was the last movie in the saga, it should've tied the ribbon on Star Wars, not introduced new themes. There were also a total of four fake out death scenes within the movie. Chewbacca, C-3PO, Kylo Ren and Rey all received their own version of a death scene within

the movie, while Kylo Ren and Rey were brought back the same way, using the force. This brings to light another problem with Star Wars: the Force can fix anything. One of the main complaints that I have about the newer Star Wars movies is the concept of the Force is demystified. Why worry about anything when the Force can just bring people back to life? I wouldn't have had a problem with this if there had been some reference of this beforehand or if it hadn't been used so frequently through the movie, but there was no allusion to this in any of the other movies. I like Rey in this movie, all things considered, but I'm not a fan of her just knowing how to just raise the dead

Overarching themes

In "The Rise of Skywalker," if a character is not a Jedi or a Sith, they have no reason for being in this movie. Within the movie, the four main characters are Rey, Kylo Ren, Palpatine and Leia to some extent, which is disrespectful in the case of Finn's character. Finn is supposed to be our other main character, and he is so undervalued in this movie. His character arc in "The Force Awakens" is amazing, but they casted him to the side in this movie. In every movie, they give Finn a new love interest, so nothing is consistent for the audience to value. In "The Force Awakens," they alluded to him and Rey being together. In "The Last Jedi," he and Rose have a dynamic romantic subplot. In "The Rise of Skywalker," they introduce Jannah, another runaway First Order trooper. It is implied that Finn is Force-sensitive, which producers don't even utilize in the story. There are so many opportunities to bolster Finn within these movies, but after "The Force Awakens," producers

would cast him aside and never give him a chance. To the writers' credit, I did appreciate how in "The Rise of Skywalker," we see more interactions between Rey, Poe and Finn, but their interactions seem shallow and unprovoking. The producers were trying to give us some of the "band of misfits aboard the Millennium Falcon" vibe from the original trilogy, but the character interactions don't come to fruition at all. There's a point in the movie where Finn and Poe get into an argument over the mission's priorities, but it's brushed off almost immediately and everything's neutral again between them.

Rose is another great example of an undervalued character. Rose is one of the main characters in "The Last Jedi," but everyone hated her role in that movie. Instead of fixing her character and showing any character development, producers shoved her to the back of the bus and didn't allow her to do anything essential in this last movie. There are so many undervalued characters within the Star Wars movies and it really frustrates me with all of the wasted potential.

"The Rise of Skywalker" feels like it was written for sheer fan-service. Every problem that people had with "The Last Jedi" was revamped in "The Rise of Skywalker." The entire reason for this movie seems to be to undo what "The Last Jedi" set up. People hated the character Rose considering she wasn't created to be valuable to the story, so they sent her to the back burner. People hated how Rey's parents were nobody's, so they made her the granddaughter of Palpatine. It's as if this movie was completely devoted to fan service in attempts to correct the mixed reactions that "The Last Jedi" set up. Because of that, there was a significant part of this movie that was devoted to cleaning up that mess, which took away from the story of the actual movie. It feels as if this movie was written by 300 different people, and as a result, feels overwhelming from the information we learn and the information we have to process in it.

Conclusion

I feel as if I'm in this abusive relationship with the Star Wars franchise. Going through the different



IMAGE OBTAINED FROM IMDB

plot points for this article made me realize that I don't even like all the Star Wars movies. Yes, I feel like I was brainwashed into liking these movies when I was younger. I mean the entire concept of Star Wars is strange to begin with. Space wizards fighting each other with light swords over who gets to rule the galaxy is just weird to begin with. I view Star Wars movies like family members: you don't have to like every single one, but you have to acknowledge their existence. But, that doesn't stop me from loving the movies that I do love to watch. These problems can't ruin how I feel about these movies because when I watch them, it takes me back to when I was younger and how much I admired these movies. I still love the final battle in "The Phantom Menace," I still believe that Greedo didn't shoot first and I can still watch "Rogue One" while making fun of it. Star Wars is dumb, but they're dumb and fun all the same. As long as someone is making these movies, you can bet that you'll see me in the theaters watching them, and whether or not the movies are good, you can bet that I'll still find a way to enjoy them. At the end of the day, that's the point of a movie, to take us away from this world we live in and to give us new experiences, but this is all one writer's humble opinion.

If you feel like anything that I've said is completely unjustified, or if you feel like "The Rise of Skywalker" is a masterpiece and I'm just an idiot, please feel free to email me and let me know. I love discussing movies on a friendly basis. ■

The Bachelor Recap: Week 7

Peter finally picks his top four after a rollercoaster episode

KAITLIN SANATA

KAITLIN.SANATA.16@CNU.EDU

Last week on a special second episode of "The Bachelor," Peter surprisingly sent home Victoria P. after all the drama their relationship has suffered. Tammy started yet another dispute in the house with Mykenna, claiming she is childish. Peter took them on a two-on-one to end their dispute and ended up sending Tammy home. Although, later at the rose ceremony, he also sent home Mykenna and Sydney, who

he seemed to have a strong connection with.

This week, the show started with six women heading to Peru and ended with four gearing up for hometown visits next week. Peter kicks off the dates of the episode with a one-on-one with Madison, who he seems to have the strongest connection with. At the dinner portion of the night, Peter gives her the first rose of the episode. Peter sent Natasha home on their one-on-one to the sad sound of a string ensemble. The next one-on-one goes to

Kelsey and ends with a rose and a secure spot for hometowns.

The episode ends with a three-on-one date between Kelley, Hannah Ann and Victoria F.. After a dramatic conversation with Peter, Victoria F. gets an unexpected rose from Peter despite him canceling the dinner portion. Kelley rightfully was sent home at the end of the date, probably from using the word fun too much. Next week, Bachelor Nation is headed to Victoria F., Hannah, Kelsey and Madison's hometowns. ■

“Tazzeka” versus the French stereotype

The French Film Festival highlights the film with an enlightening panel

HANNAH LINDENBLAD
HANNAH.LINDENBLAD.16@CNU.EDU

The Tournées French Film Festival continued with its third movie “Tazzeka” (2018) on Feb. 4 in the Gaines Theatre. The comedic film was directed by Jean-Philippe Gaud. The film follows a young Moroccan man, Elias (played by Mahdi Belemli), who is inspired to leave his small village of Tazzeka to accomplish his dream to be a suc-

cessful chef. Ever since he was young, Elias became inspired by his grandmother’s cooking. Struggling to create dishes that break the traditional mold, he encounters a famous chef by the name of Julien Blac (played by Olivier Sitruk). After tasting Elias’ creations, he notions for him to leave Tazzeka to become a chef.

Before and after the film, the festival included panelists that would dive into the complexities of the plot and

its significance within the festival. Dr. Patricia Seuchie was the speaker for this event. She is a French professor that specializes in “francophone studies, meaning French literature and culture,” she said, outside of France which “includes North Africa, Sub Saharan Africa and the French Caribbean.” Dr. Seuchie’s “research focuses on immigration and displacement of francophone Africans to France and the issues of culture, identity and migration.” She then contextualizes the film by explaining how the former colonization of African nations by France still has a negative effect on their economies. The French still have a hold on their former colonies’ economies which has led to “a massive immigration of francophone Africans to France seeking economic opportunities,” according to Dr. Seuchie. This post-colonial issue of migration is the main theme of “Tazzeka.”

After the viewing of the film, the floor was also open to the public and students who attended to make comments on how the film was able to capture “the other side of France” compared to the typical tourist filled Eiffel Tower. There was also a lively discussion between the speaker and her colleagues, who are also members of the Modern and Classical Language

es and Literatures department. One of the professors, Dr. Rocío Gordon from the Spanish section of the department, criticized the film for “romanticizing

between France and their former colonies is complicated. She states “France has done a good job selling its culture to their colonies.” Now in more recent

“After the viewing of the film, the floor was also open to the public and students who attended to make comments on how the film was able to capture ‘the other side of France’ compared to the typical tourist filled Eiffel Tower.”



IMAGE OBTAINED FROM FLATIRONS FOOD FILM FESTIVAL

that experience” of an immigrant migrating for economic opportunity. But, according to Dr. Gordon, it’s just “a feel good movie”

Dr. Seuchie’s response is that “people from former [French] colonies are not accepted” in France, and that “very few have the chance that the Elias has ... because they aren’t given the chance.” The discussion moved to why Elias or other immigrants would leave their home for a new place like France. Dr. Seuchie states that they have the feeling that “they don’t want to return home empty-handed; you want to return with the treasure,” usually in the form of financial stability from the economic opportunities in France. The speaker also explained in the discussion how the relationship

times, younger Africans have grown to resent this relationship but still see the economic prosperity of France as hard to resist. Speaking on why France’s relationship with its colonies is shown in such a negative light, Dr. Suechie says “all their resources were taken to France, and they were left with almost nothing; they [Africans from former French colonies] felt that they were taken advantage of.”

At the end of the discussion, Dr. Seuchie explains how she “likes how the film maker tries to promote this idea of diversity that is not accepted in France.” The real France is not just made up of caucasions or French origin, but it is made up of a lot of people like Elias who are from former French colonies like Morocco. ■

Review: “The Witcher”

The Netflix Original’s fantastical adventure is not to be reckoned with

FELIX PHOMMACHANH
FELIX.PHOMMACHANH.18@CNU.EDU

This review contains spoilers. “The Witcher,” a newly released Netflix Original, is simply a great show. Having released in December of 2019, it is a fateful adaptation from the original collection of stories written by Polish author, Andrzej Sapkowski; nevertheless, to be warned, the show itself does not fully explain “The World of the Witcher” well enough for a general viewer to understand, and the non-linear storytelling is confusing.

But first, what is a Witcher?

Witchers are known in this fantasy as an order of monster hunters. Young boys are taken from their homes and then trained to become these hunters. Then, the boys are given strict guidance to drink potions filled with mutagenic herbs, which will enhance their sense, vitality, strength, etc; however, only three out of the ten boys survive this process. Geralt of Rivia, the main character of the story, has gone through this ordeal but with advanced experimentation that in turn resulted in the growth of his white hair. His portrayal (played by Henry Cavill) is fateful to the video game adaptation of Geralt’s character, from the physical down to the tone of his voice. If you

play a clip of Geralt from “The Witcher” video games and play a clip from the show, they sound nearly identical. In short, he proudly portrayed the Witcher Geralt of Rivia..

The world of “The Witcher.”

“The Witcher” world is interesting, yet extensive. The world that the Witcher inhabits is part of one of the many worlds in the multiverse, called the Continent, until an event called the Conjunction of the Spheres happens. Worlds collide, and the monsters inhabiting those worlds all come to the world we know. Humans in the world were not there originally. The true inhabitants were the elves, dwarfs and gnomes, and those that weren’t there previously are creatures of folklore-like depth like vampires and werewolves. With the rise of monsters, in addition to humans conquering new land, Witchers quickly rose to the most prominent monster hunters within the Continent.

The TV series’s storytelling.

The series’ storytelling is split into three stories for the three main characters we follow, with each episode being split between the three characters. Geralt of Rivia, which takes place roughly twelve to twenty years before the events of the first episode

happens. Yennefer of Vengerberg, a quarter-elf sorceress who is Geralt’s on and off again love interest (played by Anya Chalotra). Yennefer’s story takes place roughly seventy years before the first episode. While for Princess Cirilla (played by Freya Allan), or Ciri, her storyline takes place in the current time or rather from episode one and onward. There are other notable characters, like Triss Margold (played by Anna Shaffer) who is a sorceress like Yennefer and an on and off again love interest for Geralt, though not shown in the show. There is also the dandy bard Jaskier (played by Joey Batey), or “Dandelion,” who accompanies Geralt and sings about his adventures. He is used as a somewhat comic relief from the harsh reality the show can produce.

Each storyline offers something different for the characters. Ciri, who ran from the invading human empire of Nilfgaard, saw how her grandmother’s action affected the kingdom she lived in her entire life. Geralt allows us to see how people don’t understand the unknown with the monsters and the Witcher species itself. Yennefer’s backstory was explored, since the short stories never expanded upon her magic training and life before becoming a sorcerer, previously only telling us that she was a hunchback before using

magic to transform her into a beautiful lady. Her storyline is interesting and fun, to say the least.

The story lines all came full-circle in episodes six, seven and eight, when Geralt and Yennefer responded to Ciri’s escape and the Kingdom of Cintra’s fall to the Nilfgaard. Geralt is mostly tied to Ciri because of the ancient law called the Law of Surprise, while Yennefer is tied to Geralt because of the events following in episode five with him using a wish to tie their fates together. Overall, the episodes later intertwined the stories together smoothly.

The show reckons itself as a medieval fantasy, which is an on-point classification considering the series’s mise-en-scene and cinematography is perfectly created. The music direction for the series is catchy with it being haunting to ballroom dance. The special effects (SFX) for the monsters and spells are splendid with the monsters given an oily, unclean and

horrifying visage with the spells having a mythical quality without being flashy in practical combat. The action choreography and swordplay that was shot on film was thrilling with it being almost a waltz. This is beautifully displayed in episode four, where Geralt fought off the castle guards and guests at a banquet. The movements were entrancing and the clash of steel was thrilling. There is a lot of nude content displayed in the series considering the multiple bare-skinned scenes. In episode three, Yennefer transforms from a hunchback to a beautiful lady in an excruciating - yet naked - enchanting process. In episode five when Geralt and Yennefer first meet, Yennefer took over a mayor’s manor and put everyone in the manor under a spell that forces them into an orgy.

I highly recommend watching this series, and I have some advice: Toss a coin to your Witcher, Oh Valley of Plenty. ■

Want to write for the A&E Section?
Contact:
Ashley.McMillan.17@cnu.edu

Honey Q Korean BBQ is a sweet success Local restaurant offers earthy environment and customer participation

ASHLEY MCMILLAN

ASHLEY.MCMILLAN.17@CNU.EDU

While looking for a restaurant that wasn't Panera or BJ's for once last Saturday, my boyfriend and I decided that we were both craving BBQ, but with a twist. With only a quick google search did we find Honey Q, a Korean BBQ restaurant which had only been open for a few months. As we were driving over, we began to realize how hidden this gem was. With Target and Barnes & Noble just across the street, we didn't uncover how cluttered Newport News was with unplanned buildings and had trouble finding the restaurant.

When we walked up, we were shocked to find the place empty, but beautifully decorated in greys, reds, and browns. The outlining walls were covered in structured metal, while the restaurant was separated into smaller rooms with red window panes. The booths were created with different stains of wood, which gave the room a very earthy atmosphere due to the metal walls. Edison-style string lights were strung across the ceilings, which mellowed down the lighting of the space; some restaurants may have harsh or too-dim lighting, but that wasn't the case at Honey Q.

We found out that what makes Korean BBQ so special is the option to grill your own food that has been prepared for you. We were given

many sauces and side dishes at our disposal for us to accompany our food. My boyfriend ordered the thinly sliced beef brisket, which certainly wasn't a light dish. Our waitress brought over the bright red beef over and the grill, and then placed the beef atop of the heated surface. Not too soon after did we have our food ready to just be picked off at the perfect roast. Since we had over 8 types of food on the table, all of the aroma's smelled wonderfully when mixed together. We tried the beef with about every side dish we had before us, especially since we wanted to try new things for the first time tonight. In order to fully have Korean BBQ experience, I encourage anyone to use the large cabbage pieces in order to have any of the dishes they're eyeing into one food palette.

Considering I didn't know how large my boyfriend's meal was, I ordered the kan poong gi, which is deep fried chicken that is super crispy. The chicken is coated with addictively sweet, sour, and spicy sauce. When the waitress settled it onto our table, we found ourselves surprised with how much thick sauce had been flipped into the chicken. The sauce was more like a sticky pudding than a sauce. Regardless, the thick sauce tasted lovely and brightened the table with its deep orange colors. The chicken, since we paid for it to be cooked for us, was cooked perfectly inside of



Ashley McMillan poses in front of the beef brisket on the grill alongside the other unique dishes that she and her boyfriend enjoyed. PHOTO BY BENJAMIN STIES / THE CAPTAIN'S LOG

its crispy exterior. The meat easily came apart, which was nice considering I only had chop sticks at my disposal (I'm not an expert at using

them). Time and time again we ate the chicken when we thought for a moment we couldn't anymore - but honestly it was too delectable.

After we left, I decided I should continue finding somewhat secret

restaurants like Honey Q. The food at Honey Q spoke for itself. I urge everyone to try out Honey Q, especially since it is only 12 minutes away from campus, and a short walk from multiple stores in the area. ■



Honey Q is located at 304 Oriana Rd. in Newport News.

Hours:

Monday: 11 a.m. – 10 p.m.

Tuesday: 11 a.m. – 10 .m.

Wednesday: 11 a.m. – 2:30 p.m.

Thursday: 11 a.m. – 10PM

Friday: 11 a.m. – 10:30 p.m.

Saturday: 11 a.m. – 10:30 p.m.

Sunday: 11 a.m. – 9 p.m.

The interior of Honey Q features a private dining area with wooden furniture and earthy colors. PHOTO BY ASHLEY MCMILLAN / THE CAPTAIN'S LOG

An online outlet for thrifting

CNU-specific thrifting accounts gain popularity on Instagram

ANNA DORL
ANNA.DORL.17@CNU.EDU

It's no secret that thrifting is becoming increasingly popular nowadays, especially among college students. What's not to like about it? Thrifting is an easy way to get unique clothes for prices that don't break your bank. Whether you're more of a Goodwill person or if you're into consignment shops with curated collections, in the age of websites like Depop, ThredUP and Poshmark, it's becoming easier and easier to make some quick money selling your old clothes online. But what if there were a more local community of thrifters that existed right here on campus?

Enter the several Instagram accounts that have cropped up recently, specific to thrifting in the CNU community. These online outlets are dedicated to supplying the student body with the trendy threads that they're looking for at prices that even the brokest of broke college students can afford.

Two of these accounts have recently surfaced: @thriftd.outfitters and @cnu.thrifted. Both accounts have quickly gained popularity within the CNU community as students have caught on to the ease and convenience of thrifting online.

Emily Morejon and Anika Clickener are the two freshmen behind @cnu.thrifted. Morejon said that she first got the idea to start the account after her mom encouraged her to go to Plato's Closet over winter break to sell some of her old clothes. "I took in a bunch of clothes and they took about 3 out of 20 items that I had," she said. "I remember being surprised that they didn't accept more since they all seemed like really cute pieces to me!"

She eventually decided that an online thrift store dedicated to the CNU community was the way to go. "I wanted to run the account with Anika since we are both business marketing majors and both interested in social media marketing... We also noticed that there wasn't anything like this at CNU that was active and thought it'd be a great addition to the community," she said.

Following in the footsteps of @cnu.thrifted, @thriftd.outfitters was the next thrift account specific to the university to come into existence. Celia Berghoff, the owner of the account, said, "I've always loved going thrifting and when I discovered this community of Instagram thrift accounts, I thought it was the perfect fit for me. I get my items from thrift stores and some are my clothes

that I either don't want anymore or think that someone else would get more use out of."

Although these two accounts are the only ones so far that are specific to CNU, their influence and outreach have grown quickly. Other accounts will most likely spring up and follow in their footsteps as thrifting becomes more popular on campus.

At CNU Farmer's Market during the fall and spring which includes many student vendors, some students have taken to selling old clothes there in person. Thrifting online creates an easier shopping experience for vendors and buyers alike, because they can quickly snag what they like and scroll past what they don't. Thrifting is already incredibly popular among CNU students. For those who don't have cars with them at school, a campus-specific thrifting network online is a great way for them to shop without needing to catch a ride to their nearest thrift store from a friend.

The online thrift store community is quickly becoming one of the many facets of the vibrant student body at CNU, and as their popularity grows and their outreach expands, everyone on campus might eventually be wearing some of their unique thrifted threads. ■

Weekly love horoscopes

"Find and accomplish your goals for love"

JARON OVERTON
JARON.OVERTON.18@CNU.EDU

Aries (March 21 – April 19)

Has your love life been out of control recently? You have plenty of time this week. If you have questions, ask away, then you have someone ask you one in exchange. You are encouraged to reach the finish line. If you couldn't get it last time, now is your chance.

Taurus (April 20 – May 20)

They say that "actions speak louder than words." You want to do something for your love interest. Go on an adventure with that person. Passion and adrenaline are on the line. You have your own limits to conquer.

Gemini (May 21 – June 20)

Your friends don't always believe in love, especially when you want a relationship with someone. It's up to you if you do or do not. Do a new activity that can enhance your compatibility.

Cancer (June 21 – July 22)

Pay attention. Your crush may have good manners. They have their standards while you have yours. Control them how you wish. There are times when either you or your lover could cross the line. STOP THERE!

Leo (July 23 – Aug. 22)

People are curious about you being single. Answer with honesty, but if someone is against it, it's none of their business. Proceed with anticipation. If being single got you down in the dumps before, you don't have to change that if you don't want to. Be yourself, then you'll be ready.

Virgo (Aug. 23 – Sept. 22)

Do you see yourself as a perfectionist? Don't show off just to impress others; you and your crush can both be a nervous wreck. Be proud of yourself first, then your emotions will walk straight back to the path of positivity.

Libra (Sept. 23 – Oct. 22)

How many things do you and your love interest have in common? Even if you have just one, it's a good start to interact. You want knowledge, so ask each other, "What is the true meaning of love?" Search it out together, but do it strategically.

Scorpio (Oct. 23 – Nov. 21)

You're overthinking with numerous options. Remove at least one or two. If there is an invasive topic, evade it. You want to get close to someone you like, yes? Honesty is what they want from you, not forced agreement. If you have a better plan, initiate it!

Sagittarius (Nov. 22 – Dec. 21)

You've thought of an invigorating date. Your adrenaline will be off the charts, if you're in charge. Whether one is active and the other is steady, you both have the same goal, staring as rivals and later as a couple.

Capricorn (Dec. 22 – Jan. 19)

What are the goods and bads about your crush? If you can balance and conquer those, now is your chance to go on an honest date. Look out for rejection; that is what spikes one's emotions. If your partner isn't perfect, don't worry about that; keep your life stable.

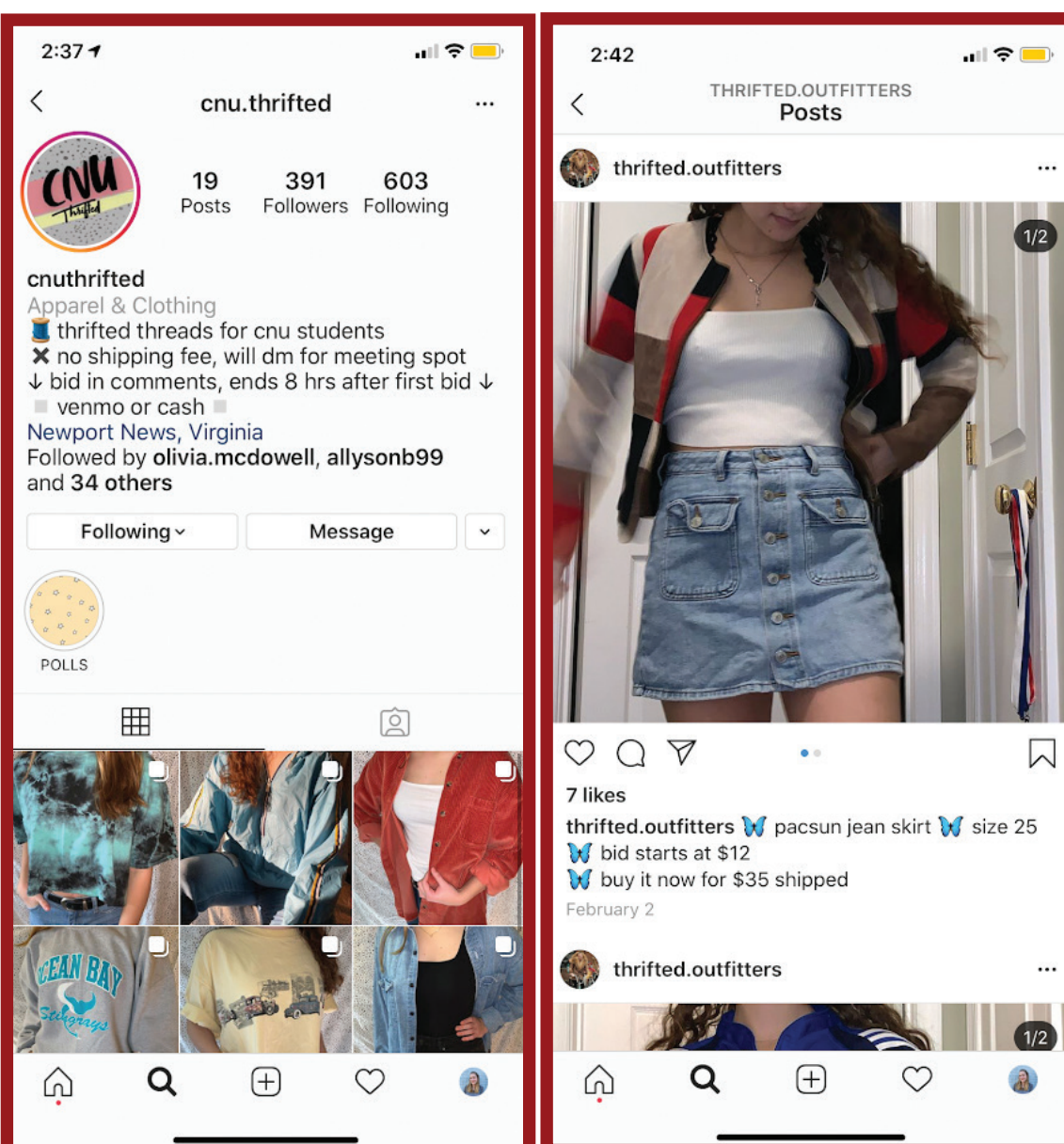
Aquarius (Jan. 20 – Feb. 18)

You have plans for a number of exciting events. Think of how many adventures you are to encounter, look forward to it, but do NOT rush. You have plenty of time until those times come. You and your companion will have a blast.

Pisces (Feb. 19 – March 20)

Something's happening, you don't like it. You're getting carried away. Jealousy will drive you crazy. Don't let emotions betray you. Think first and recover composure. If you want a relationship, you have work to do.

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The Captain's Log is always looking for new members. If you're interested in becoming part of our team, email editor-in-chief Matthew Scherger at clog@cnu.edu or matthew.scherger.16@cnu.edu.

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