



THE CAPTAIN'S LOG

THE VOICE OF CHRISTOPHER NEWPORT UNIVERSITY STUDENTS

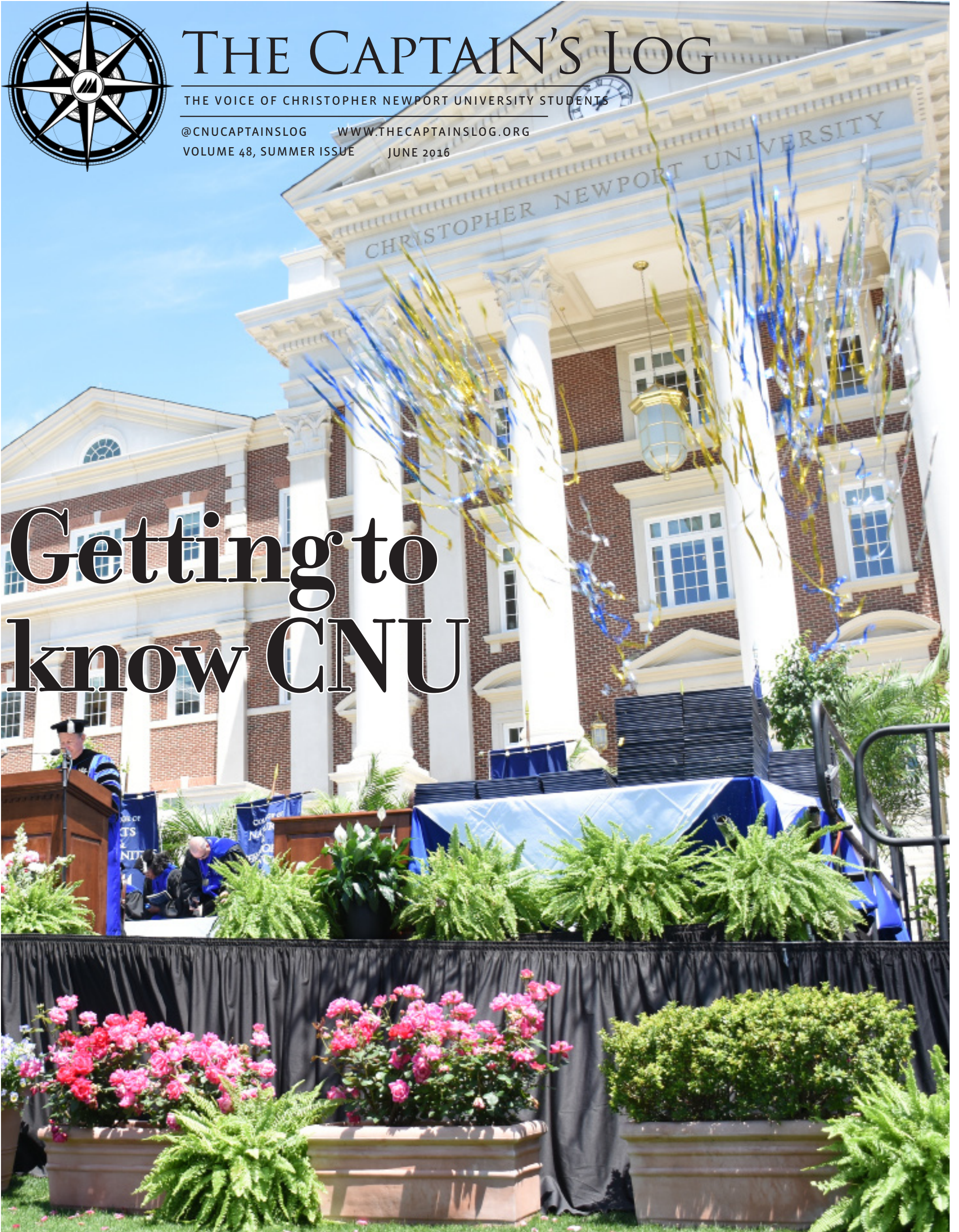
@CNUCAPTAINSLLOG

WWW.THECAPTAINSLLOG.ORG

VOLUME 48, SUMMER ISSUE

JUNE 2016

Getting to know CNU





Senior Collin Brennan (middle) processes with the Class of 2016 toward the Great Lawn for Commencement. A tradition at CNU, graduating seniors toss their pennies in the Goose Fountain in front of the Pope Chapel each year. Photo by Ben Leistensnider/The Captain's Log

In this issue

- News 4**
Class of 2020 at a glance
- Opinions 6**
Surviving freshman year
- SnapShot 8**
Exploring the city and more
- Sports 11**
Fall sports preview
- A+E 12**
CNU's got talent
- Lifestyle 14**
Adventure is out there

Happened

- CNU Commencement 2016**
The largest class in school history graduated on May 14 at CNU's 90th Commencement. The Great Lawn was covered by chairs for friends and family to observe 1,294 graduates walk across the stage and receive their diplomas.
- Track and field**
For the third straight year, the women's track and field team won the Capital Athletic Conference outdoor championship. CNU also won six individual titles on the women's side. For the first time in school history, the men's track and field team won the CAC title with 200 points, beating out long-time rival Salisbury by 57.

Happening

- June 20- July 1**
Setting Sail and SLAP Week:
The class of 2020 will be oriented on campus. One of the most entertaining events of the sessions, the Crew Leaders perform their show on Monday and Thursday of each week at 7:15 p.m.
- Aug. 13 & 14**
Freshmen move-in
Welcome to campus living. Welcome Week immediately follows.
- Aug. 22**
First day of classes



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

The Captain's Log Staff 2016-2017

- Ben Leistensnider**
Editor-in-chief
Macy Friend
Photography Editor
Melanie Occhiuzzo
News Editor
Madeleine Schuler
Lifestyle Editor
Caitlin King
Sports Editor
Samantha Camilletti
A&E Editor
Katherine Gittman
Copy Editor
- Kelsey Berg**
Digital Content Editor
Chris Whitehurst
Creative Director
Robert Smith
CNU TV Managing Editor
John Rector
CNU TV Managing Editor
Kelsey Schnoebelen
Business Director
Brittany Thorburn
Business Manager
Nicole Emmelhainz
Faculty Advisor

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

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

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

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

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

FROM THE FRONT PAGE

Getting to know CNU



Your time at CNU can be incredible if you keep going and know about all of the opportunities just waiting for you.

BY THE STAFF
DESK@THECAPTAINSLONG.ORG

All of us made a decision that unites everyone at CNU—we decided to come here. We decided to make CNU the next place we would go, and hopefully the next place we would stay. But even though we're all here, staying at this place, we shouldn't be staying put.

During your time at CNU, be sure to keep going. The opportunity to go to college is an opportunity for mobility, flexibility, versatility and whatever is in your ability to do. If you get to CNU and just stop, you're wasting years of time and money and endless opportunity.

Think of what's next—for some, more school, for others, work. You start to lock in to a path of life. Undergrad is four years (or three for a few of us, five or six for more of us) to figure some of life out, and it's hard to figure things out if you are stopping.

Now, we know you get advice like this from parents and teachers and older friends and siblings. And since everyone on staff went through some sort of CNU orientation program, we know that you'll be hounded with these speeches during your introduction to campus. Regardless of repetition, it's true, and it's the most genuine advice we can give you.

Rather than the prototypical get involved, get a strong starting GPA, go to office hours, college is harder than high school—all valid points that you should heed—we'll just advise you to just keep going. Feel free to take that how you like. After all, every one has a unique college experience. We'll keep things somewhat general and limit our advice to recommendations instead of making them sound like requirements to success and happiness during school.

If you read newspapers and made it this far in the letter, you're probably thinking that this isn't how a newspaper should sound. You're right. This issue is different than everything else we do this year. It's a bit more casual—it's summer, after all—and more easygoing.

We weren't working under any hard deadlines or dealing with breaking news. We took a more relaxed pace with this issue. It's written for you—you as in the incoming freshmen. It's almost a commissioned issue, although no one is telling us to write it any differently. The staff sort of commissioned itself to write this issue as a welcoming initiative.

Throughout, we offer our experiences, stories and wisdom to provide a bit of guidance, if you need it. We want to inform you of a few important things going into the year. We want to provide important news that we just don't get to in our regular issues. We want to

reach out so you know a bit about who we are so we're not so strange to one another once classes start in the fall. We want to connect with you, and we invite you to connect with us.

Connecting is key to the whole idea we put out of "keep going." Connect with people, new people. Connect with something you care about. Connect to work or school or a goal. Connect with having fun or taking it easy. When you're connecting, you're going and doing something. You're developing something to tell people about when you go home and they ask, "How's school?" You're building up a bank of memories that'll always be special.

The keep going idea is going to be important at some point during your time here. We promise you'll tell yourself that during some cram session or all-nighter or case race. We tell ourselves that every week when we have to finish this paper in our newsroom when all we want is to go to bed. We tell ourselves that when we're reporting a story and something just doesn't seem quite complete, so we dig a bit more.

And it's not just us; many people here go through the same sort of thing. We all just have to stay motivated and push forward because no matter where we are, there's a lot left to do. We all made the decision to come here—it's equally as important that we all decide to keep going. ■

Class of 2020 at a glance

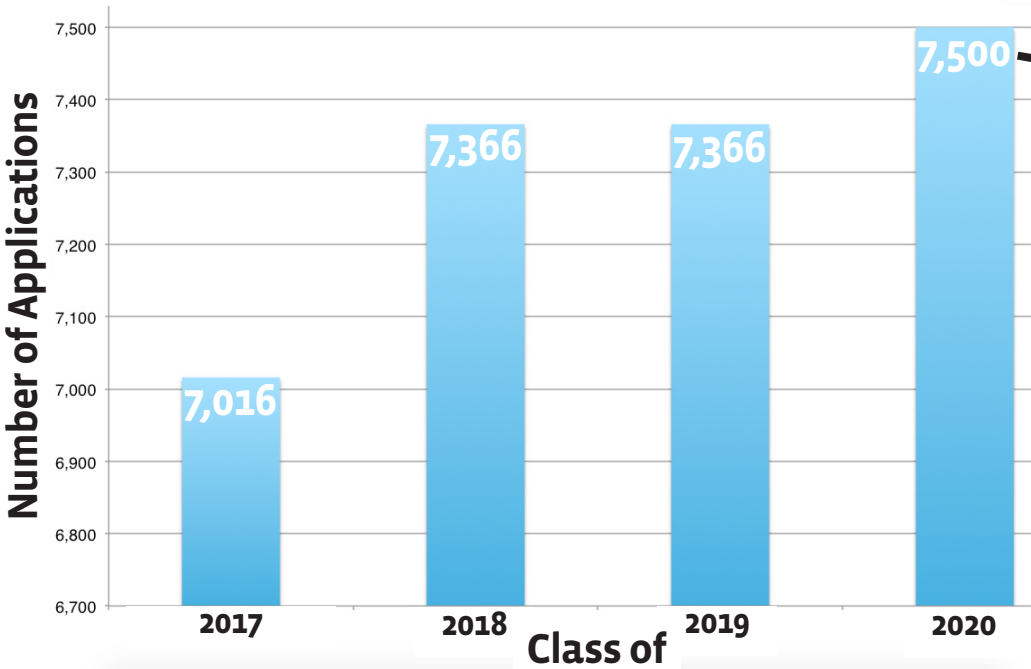
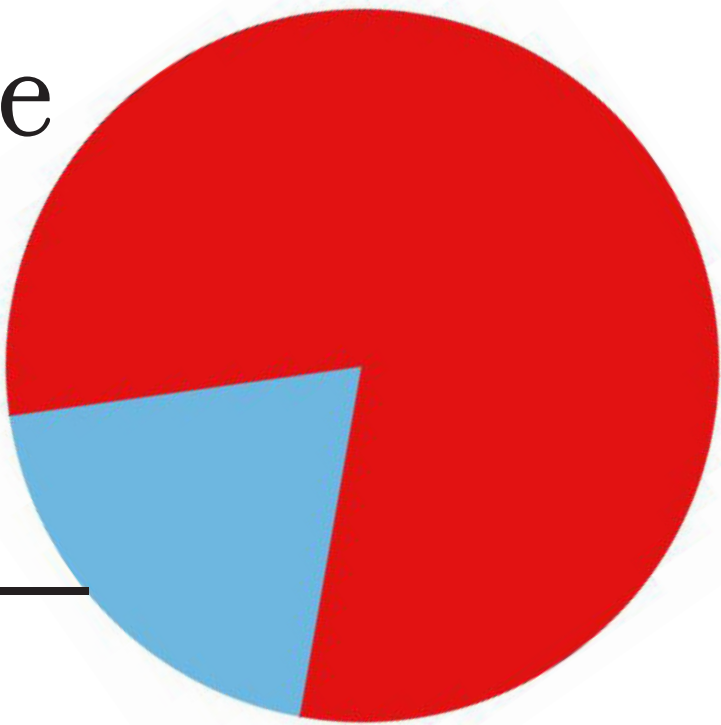
Students coming from 18 states and six countries

- Alabama
- Alaska
- Arizona
- Colorado
- Connecticut
- Delaware
- Florida
- Hawaii
- Indiana
- Massachusetts
- Maryland
- North Carolina
- New Hampshire
- New Jersey
- New York
- Pennsylvania
- South Carolina
- West Virginia
- Canada
- Finland
- Hong Kong
- India
- Norway
- Sweden

20% expected students of color in the class of 2020.

1,225 the projected size of the class of 2020

BY RACHEL WAGNER AND BEN LEISTENSNIER
RACHEL.WAGNER.15@CNU.EDU
BENJAMIN.LEISTENSNIER.13@CNU.EDU



The number of applicants has increased by nearly 500 over course of the past four years.

The class of 2020 has continued the trend of stronger high school performances with higher average GPA and SAT scores.

Class of	GPA	SAT
2017	3.71	1150
2018	3.75	1152
2019	3.76	1157
2020	3.80	1165

Students, assemble

Always looking for new delegates, the Student Assembly provides a way for students to effect a change in the community.

BY MELANIE OCCHIUZZO
MELANIE.OCCHIUZZO.13@CNU.EDU

CNU's Student Assembly functions as a voice of the students on campus and facilitates the student's needs, ideas and wishes as they are made aware of them. Last year there were two notable accomplishments that

Student Assembly achieved. The sustainability efforts were increased through putting more recycling bins in academic buildings and raising awareness on campus and bike repair stations were instituted at a few locations around campus. The President of Student Assembly, Michael Bamisile is a member of the 2017 graduat-

ing class and is very excited to reach out and partner with the student organizations this year as part of enriching fellow students and their academic careers. Vice President Timothy Laboy-Coparropa is also a member of this year's graduating class and plans on focusing directly on student's needs, sustainability efforts and giving the students a voice. Vice President of Finance, Davis Reagan, Vice President of Member Development, Marybeth Gordon and Vice President of Marketing and Communica-

tions, Chad Kirkpatrick are all rising sophomores and are ready to tackle the student's needs through reaching out to the newer portions of CNU's student body. A few ways for students to get involved would be to reach out to their respective delegates from each residence hall, to check out Student Assembly's page on The Compass and to download the Navigator App and check out "Speak Up CNU," a platform for students to share thoughts and ideas. Ideas on "Speak Up CNU" are extremely varied, with posts ranging from free laundry in residence halls and cheaper parking decals to double swipe dining policies and allowing additional pets on campus besides just fish. As far as this upcoming academic year, the Student Assembly is hoping to push for a recy-

cling event staff and creating a Town Hall Meeting that will allow students to share their thoughts and ideas in a more public forum. Future implementation dates and information are still pending however. Student Assembly is always looking to recruit new members for this year's delegation. The recruitment dates for the year's delegates begins on Aug. 21 and ends Sept. 3. For any inquiries, students are encouraged to check out The Compass page, contact any of the Executive Board members or stop by their table at the Fall Club Fair. Delegation meetings are currently set for Mondays at 7:30 p.m. but the dates are subject to change as the semester progresses. The meetings are open for all students to attend as part of the audience and they are highly encouraged to participate. ■

History 101: Captain Chris

Captain, privateer, literary inspiration? The real story behind the university's namesake.

34

The age Captain Christopher Newport was promoted to the admiral of the English privateering fleet.

1580

The year Christopher Newport said "I'll be CNU later" and began his naval career on the *Minion*.

Captain Hook

Christopher Newport lost his right hand in battle, which he replaced with a hook. This is part of the reason why people believe that Newport is an inspiration of Captain Hook.

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

The Christopher Newport statue at the main entrance to campus is indeed regal. There our namesake stands, in a customary pose of the wealthy and powerful, a visual reminder of our values here at CNU. While the statue is easily noticeable, the story behind the man is not. Though Christopher Newport eventually became a legendary leader and seaman, he started out as no more than a poor teenager with a dream.

Christopher Newport II was born in 1561 into a humble existence in Harwich, England to Jane and Christopher Newport, a shipmaster. From an early age, Newport was excited by all of the activity and adventure he found down in the ports of the city. Newport, at the brazen age of 19, pursued this excitement and had his first taste of the sea in 1580 as a hand to the merchant vessel *Minion* of London.

However, relations quickly soured when he and the ship's master, Stephen Hare, disagreed about the treatment of the crew and the navigation methods to get to Brazil, among other things. Newport did not agree that violence was the best method of motivation and thought that Hare's navigation techniques were crude and inefficient.

Newport, along with a few crewmen who agreed with him, jumped ship. According to historian John Salmon, Newport mysteriously appears on the list of Harwich shipmasters two years later.

While back in Harwich, Newport married his first of three wives, Katherine Proctor in 1584. Salmon notes that the captain would outlive all of his wives and bear a total of four children. But the simple life of

managing ships and being a father did not satisfy Newport's thirst for adventure.

Emboldened by his experience in Brazil, Newport enlisted to be an English privateer, a glorified pirate sanctioned by the crown to ransack Spanish and Portuguese ships and outposts. Newport built both his fortune and prestige during his often daring and successful raids. He also aligned himself under some wealthy merchants from London and venerable adventurers like Sir Francis Drake.

After around ten years of privateering, Newport was finally elevated to the rank of captain of the *Little John* in 1590.

Also in 1590, he lost his right arm in an attempted seizure of Mexican riches off of the Cuban coast. His nickname thus became "Christopher Newport of the one hand," according to biographer Allen Bryant Nichols Jr., author of "Captain Christopher Newport: Admiral of Virginia." It is even hypothesized that Captain Hook from J.M. Barrie's "Peter Pan" is modeled off of Newport.

According to information provided by the Mariner's Museum, Newport rarely failed in his hundreds of missions—more than any other English privateer. One of the most successful was Newport's capture of the extremely wealthy *Madre de Dios* in 1592, which he accomplished at the command of the *Golden Dragon*.

Newport became so renowned and respected that in 1594—at the age of 34—he was promoted to Admiral of the English privateering fleet. He held this position

The Virginia Company of London was so impressed with Newport's reputation as a "mariner well practiced", according to prominent historian Philip



The iconic statue of Christopher Newport has been the source of some controversy as it shows the captain with his right hand—which he lost in a naval battle in 1590. BEN LEISTENSNIER/THE CAPTAIN'S LOG

Barbour, that they chose him to lead the voyage to Virginia in 1606 aboard the *Susan Constant*. Captain Newport led this expedition with eloquence and determination. He earned the respect of his crew and proved his exemplary leadership skills. With tensions rising within the colonies' leaders, spearheaded by John Smith, and outside attacks from the Algonquian Indians, Newport also proved to be an exceptional peacekeeper.

"[He] treated Indians with respect," writes Nichols. "And attempted to win their cooperation through trading, rather than using physical force to

subdue them." Newport was one of the only first settlers to establish relations with the indigenous people, especially with several important tribes within Chief Powhatan's control. According to Nichols, Newport saved the colony through his efforts and on multiple occasions stopped starvation and Indian attacks with the relationships he made.

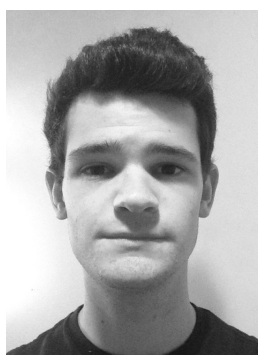
Newport was on the sea for the rest of his life and died shortly after dropping anchor off of the coast of Java, a small island in Indonesia, in 1617. Biographer John W. Wiley comments that "[Newport's] legacy

remains: a founder of the English colonies in America. It may be said that he was one among a few that prepared the foundation for future generations."

Captain Newport leaves behind a legacy of determination and perfected craft, a commoner who had nothing by birthright, but earned respect and prestige through his work and kindness. Before he died, the Virginia Company granted Newport stock in the company. When he died in 1617, that stock was converted to over 1800 acres of land in Virginia, part of which constitutes Newport News today. ■

Find your passion and do it

CNU’s small size proves advantageous to students who seek engagement with their community and peers.



JOHN RECTOR
CNU TV MANAGING EDITOR

As I harken back to my senior year of high school, there was a lot to consider when choosing a college. Appearance, location and academics were all critical factors to my decision, but one of the most important categories for me was size. I wanted a small school where I would not get lost in a crowd and could see familiar faces on every walk to class.

But one advantage I never even considered was the plethora of opportunities I would have on a small campus. When I arrived as a freshman, I was greeted by



CNU’s small size provides its students plenty of opportunities to find an organization in which they are passionate, such as John’s experiences with CNU TV (above). **JOHN RECTOR/THE CAPTAIN’S LOG**

over 200 clubs and organizations and every single one of them was open to me. I could join a competitive club sport, I could work behind the scenes in the Ferguson Center, I could write for the newspaper. There were truly no closed doors.

One of the things that Christopher Newport University lives and breathes is leadership. Yes, there is Paul Tribble’s brainchild the President’s Leadership Program. But leadership on this campus goes far beyond such a structured environment.

At CNU, every single student will have the chance to lead and do something incredible. I have known students

who have done summer research with professors, been great captains of their sports teams, run a club they built up from nothing and manage the entire operation of their on-campus job. Not one of them was in PLP.

As editor of the Captain’s Log’s video section, I have been able to do things I never thought I would get to do when I arrived here. Last week I talked to our athletic director and within a day, I had an interview with our head football coach and offensive coordinator.

Last April I sat down with our very successful head basketball coach for over an hour and a half for a documentary interview. Good luck doing that at

UVA.

At CNU, nearly everything I have done outside of the classroom has been almost entirely student-run. From my club sports team to my on-campus job to the Captain’s Log and CNU TV, my CNU experience has been defined by the ability for students to get involved and make an impact on what they do; not just be a part of something, but to really do something with whatever you’re passionate about and create a lasting effect on this campus.

So find your passion and do it to the fullest, because this is one of the only places where you actually can. ■

Surviving freshman year

News editor Melanie Occhiuzzo’s advice to get through the “best, worst, scariest and most wonderfully eye-opening year of your life.”



MELANIE OCCHIUZZO
NEWS EDITOR

There are so many cliché articles written now-a-days on what incoming freshman should be concerned with that they often fall on deaf ears. As a rising junior myself, I’ve encountered just about every horror that an incoming freshman might expect. Crazy roommates, scary hall mates, strange midnight visitors, room changes and a host of other personal events that have forever altered my outlook on living with people I’ve never met before.

As a small, freshman girl I was confident that I could stick things out and handle things while keeping my sanity

in check and my temper cool. But oh how wrong I was. Within the first month of living on campus, in a triple no less, I was faced with either moving out of my current rooming situation or joining forces with my current roommate to make the other move out, not a great situation. But instead of waxing on and on about mediation and tips to keep the peace I am going to cut to the chase, if you can’t handle it move out. As a freshman you are faced with so much stress and change, the last thing you need is to deal with people who don’t want to deal with you.

Another big piece of advice that I would share with you future Captains would be to keep track of your paperwork and don’t rely on your RA to remind you. I ended up going random two years in a row because I assumed

my RA would remind me to file my housing forms. Wrong. As much as I loved living with my roommate this past year, having a choice would have definitely relieved a little stress.

My last big piece of advice is going to veer away from the painfully blunt back to the whimsically cliché. Find yourself during your freshman year. I’m serious. Take the time to be alone with yourself, join a club and quit, walk laps around the campus at 3 a.m. because your roommate won’t stop snoring, do anything that requires you to work alone because once you’ve assimilated into campus life it’s hard to break out again. Freshman year will be the best, worst, scariest and most wonderfully eye-opening year of your life. Don’t waste it trying to do anything that isn’t for yourself, you’re here for you after all. ■

Putting the student in student media

In addition to being a news source, we still find ways to make the most of being CNU students.



BENJAMIN LEISTENSNIDER
EDITOR-IN-CHIEF

Coming to CNU, I had no plans to join the *The Captain's Log*. Although I was an editor with my high school paper, I had no want in pursuing a career in journalism.

If at this point you're curious as to why someone with no interest in becoming a journalist is the editor-in-chief, you would not be alone. I often wonder the same thing. But then I remember: *The Captain's Log* is so much more than just an organization for future journalists.

Now that's not to say that we struggle as a media organization—in fact, it's just the opposite. We pride ourselves on being “the voice of Christopher Newport University students.” We've covered topics ranging from diversity and gender-neutral housing to sexual assaults on campus.

This past year, our organization came in second place in a national competition that pitted us against schools double the size of CNU and newspapers with five times our numbers.

In other words, it's not the accolades, but the student aspect that keeps me in CNU's most prominent student media organization—with heavy emphasis on the student.

We don't just report the news; we live it.

Over my time with the paper, we have participated in sorority events, academic bowls and even had a candidate elected to the Homecoming Court.

I don't have coworkers; I have a family.

The number of people that I have met and will forever consider some of my closest friends would never be so much lower if I never joined the paper. Even though some of them have been graduated for two years at this point, I still keep in contact with former editors.

Working so closely with *The Captain's Log* has helped provide me with opportunities that I would never have been able to do otherwise.

I've traveled to national championships and interviewed famous singers. I've experienced the crowning of Homecoming Kings and Queens up-close and learned about my fellow Captains.

And best of all, I've lived the life of an engaged student. ■



In addition to having CNU TV's Evan Thorpe (above) selected to the Homecoming Court, our paper is also one of the best in the country—winning second place in a national competition (below). PHOTOS COURTESY OF MACY FRIEND



Exploring the city and more

The first couple weeks of classes are relaxed...but they won't always be that way. Take advantage of your down time and explore Newport News and its surrounding cities to see what they have to offer.

BY MACY FRIEND
MACY.FRIEND.14@CNU.EDU

Life on campus can become a bit stale. Whether you just want to get away from campus and the responsibilities of schoolwork for a while or

hang out with friends on a weekend, these places are sure to be worth your time. While there are plenty of other places to go besides these, these are some of the best in the area and some you definitely ought to visit during your freshmen year. ■



MACY FRIEND/THE CAPTAIN'S LOG

Mariners' Museum Park and Trail, Newport News (two minute drive, eight minute walk): Whether you're a maritime history buff or simply enjoy the great outdoors, this is a popular destination among students and locals. The museum is open daily from 9am-5pm with a general admission of \$13.95. The Noland Trail begins at the museum and extends 5 miles. It's great for walking/running/jogging.



City Center, Newport News (eight minute drive): This is a great place to go for any reason: shopping, jogging, going to the movies, taking photos or just relaxing with friends. One of the many places to go is Paragon Theater, which is a theater with comfortable sofa-like reclining seats. Hollydazzle is an annual event that attracts thousands each year. It involves fireworks, special effects and music. This year, it will take place on Dec. 5 from 3 to 8 p.m. Admission and parking are free.



MACY FRIEND/THE CAPTAIN'S LOG



Newport News Park (18 minute drive): For all of the nature lovers out there, this is a great place to relax and just "take it all in." Covering 143 acres, it is the largest park maintained by Newport News Department of Parks. For those who like to be active outdoors, this is another great place for walking/jogging and has a disc golf course. With wildlife surrounding it, the park should definitely be on your list if you love the great outdoors.



MACY FRIEND/THE CAPTAIN'S LOG



MACY FRIEND/THE CAPTAIN'S LOG



WIKIMEDIA

Fort Monroe, Hampton (23 minute drive): An old military base, Fort Monroe is home to a few old defense fortifications. Although they are not accessible, they can be approached and are pretty neat to look at. Its beach is also less crowded than others like Yorktown Beach and the ocean front. If you're in the mood for exploration, this is definitely the place to go.

Yorktown Beach, Yorktown (28 minute drive): A popular beach among students, Yorktown is known for its clean beach with shops along the boardwalk. This is one of the many historical sites in the area because it is surrounded by old battlefields. The Colonial Parkway is one way to get there, and it is a drive that would be worth it (should you choose to take this way). A bit of advice: you can catch some of the best sunsets here.



MACY FRIEND/THE CAPTAIN'S LOG



WIKIMEDIA

Norfolk Zoo (37 minute drive): This 53-acre zoo holds many species of animals, including recent addition, the Trail of the Tiger. Whether you go with friends or family, it's sure to be an enjoyable experience for everyone.



Grandview Nature Preserve, Hampton (32 minute drive): This is another destination for the nature lovers. At the entrance, there's about a 10 minute walk through the marsh before reaching the 2.5 mile long beach. Throughout the preserve, you can see wildlife in their relatively untouched habitat...and you can sunbathe at the same time.



MACY FRIEND/THE CAPTAIN'S LOG



FLICKR

Colonial Williamsburg (29 minute drive): Another historical site, you can often find reenactments of the Revolutionary War taking place here. Close to the William & Mary campus, there is a feeling of college life here. For the sightseers out there, this is the perfect "go to" place. With several shops and horse carriages, it's a great place for a day out.



WIKIMEDIA

Virginia Beach (49 minute drive): The Virginia Beach ocean front is one of the most popular beaches and has a boardwalk that stretches three miles. With shops and restaurants lining the streets, there are plenty of things to do here. Just five minutes from the beach is the aquarium, which is open daily from 9 a.m. to 5 p.m.



MACY FRIEND/THE CAPTAIN'S LOG

Refinding the winning formula



One of the biggest questions that remains is how the team will be able to replace quarterbacks Tyler Quigley (above) and Arsaiah Robinson. **BEN LEISTENSNIER/THE CAPTAIN'S LOG**

After experiencing its first losing year in program history, the football team is looking to continue and build on late season momentum.

BY JOHN RECTOR
JOHN.RECTOR.13@CNU.EDU

Through the long summer months away from school, there is one question constantly on the mind of every sports fan in college: "How long until the start of football season?" For Christopher Newport fans, the answer is Sept. 3 when CNU will host Kean University.

After beginning 2015 with a 1-6 record, the Captains closed out the season by winning three straight games to finish their first year in the New Jersey Athletic Conference (NJAC). The team hopes to build upon that late season momentum as they move toward their second year in the conference.

"I think [the players] ended the season on a very positive note," said head coach Matt Kelchner, "so going into the spring conditioning and spring practice it was very positive

and you just hope it carries over into the summer."

A key factor in the team's success this season will be how they face teams in the rela-

"It's gonna be an open competition... If they carry over what they did in the spring through the summer and workouts and they're ready to lead in the fall, then they will have an opportunity to play."

*—Matt Kelchner,
Head Coach*

tively new NJAC. After delving into unfamiliar territory last year, the Captains will enter 2016 with a better idea of how to prepare for their opponents.

"I think our players that are returning know a lot more about the teams that they're gonna play and how hard they have to prepare for them," said offensive coordinator Dan Antolik. "Likewise, us coaches know that we have to prepare a certain way for the teams that we're playing now and the schedule that we're playing."

While the Captains adjust to their opponents, they will also be adjusting to a new starting quarterback after last year's seniors Tyler Quigley and Arsaiah Robinson ended their college football careers. "It's gonna be an open competition, just like every other position," said Kelchner. "If they carry over what they did in the spring through the summer and work-

"The atmosphere for college football at CNU is really outstanding. It's a Division I atmosphere at the Division III level."

*—Dan Antolik,
Offensive Coordinator*

outs and they're ready to lead in the fall, then they will have an opportunity to play."

Coach Antolik agreed, adding that playing quarterback is about more than physical ability. "Leadership plays a big part in it and being able to get in the right play, understand what the defense is doing and having the maturity to lead his team."

While there is no favorite as of yet, the coaches stressed that the best player, regardless of play style or class year, will win the job and the offense will cater to his skill set, rather

than the other way around. "I don't care what offense we run," Kelchner emphasized. "If we have a quarterback that's efficient and an offensive line that can block him, then we're gonna be good."

While the team focuses on the necessary work in the off-season, they know the type of exhilarating environment that awaits them on gameday in Newport News.

"The atmosphere for college football at CNU is really outstanding," said Antolik. "It's a Division I atmosphere at the Division III level. Marching band, dance, cheerleaders, half-time entertainment are just outstanding. And hopefully," he added with a smile, "the ball team's gonna be successful." ■

Home schedule

Sept. 3: vs. Kean, 1 p.m.
Sept. 16: vs. Wesley, 6 p.m.
Oct. 15: vs. Montclair, 1 p.m.
Oct. 29: vs. Salisbury, 4 p.m.
Nov. 12: vs. SVU, 3 p.m.

Fall sports preview

CNU soccer hits the pitch with Capital Athletic Conference title aspirations well in mind.

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

One of the most popular sports programs here at Christopher Newport University—especially during the fall athletic season—remains the men's and women's soccer teams.

Regardless of the weather, adoring fans will brave the elements and any impending schoolwork to watch these two teams play. And with an impressive combined record of 25-7-7, supporters will often leave the games in high spirits.

Men's soccer

The time has rolled around again for CNU's fall sports to prepare for their seasons. The men's soccer team started training the second their season ended in 2015.

Last season ended in an upset for the Captains as they became too complacent with their standings in the polls. The team started off strong with votes as the team to win the conference. They were even ranked number three in the nation at one point.

Ending the season ranked fifth in the CAC the Captains got knocked out of the first round of playoffs by University of Mary Washington, one of CNU's biggest school rivals.

With motivation to improve their record this fall and to move further in the CAC tournament, the men are preparing all summer in order to be in top shape come pre-season. The team has been given summer workouts compiled by strength and conditioning coach, Sean Conaty.

The packet includes a three day lifting routine and two day conditioning routine with bonus plyo-prep and speed/agility exercises. Along with the workout packet the men are highly encouraged to keep touches on the ball in competitive summer leagues.

Sadly, the team graduated two seniors who also had first and second team honors, Sean Christein and Ryan Balfour.

The team, however, has returned a handful of key players including seniors Harry Nodwell and Patrick Burns who collected CAC Men's Soccer first team honors.

In addition to these key returners the Captains have gotten back senior central midfielder Jimmy Grace who was forced to sit out most of the year due to a leg injury early in the season.

He is constantly an offensive

threat as well as a leader for the team. On the defensive end, rising sophomore Bobby Seifert will be exciting to watch as he returns after coming off a great freshman year.

Women's soccer

With chemistry on and off the field, it's inevitable for the CNU women's soccer team to have yet another winning season.

As important as clicking on the field is when it comes to a team it also stems from chemistry off the field. The Captains' results reflect this type of unity as a team.

Two key players who will be returning this season are rising senior Victoria Perry who is the team's leading scorer and rising junior Carly Maglio. Perry earned first team CAC honors this season while Maglio earned second team CAC honors.

Rising junior Carly Melkus claims the best thing about her team is that they don't only have a few key players. The most unique part of the team is that everyone contributes a little something that leads to the team's victories.

Maintaining a high level of fitness through summer months can be tough, but to ensure that these girls are in tip top shape the coach creates a summer workout plan. This workout plan is compiled of drills, foot skills, running/lifting and their fitness tests. Some members of the team even get a trainer to help them stay fit all summer.

As the team continues to train they work towards beating their fellow CAC rivals, University of Mary Washington, Frostburg and out of conference rival Lynchburg. The Captains fell to Lynchburg and Mary Washington this fall, but have motivation to win this upcoming season.

While most students are getting in their last minute beach trips in August, the women's soccer team is back at school training hard in the sun preparing for the season. The women will be back on campus Aug. 17 ready to leave it all on the field.

The Captains will have its first opportunity to showcase any improvements they make this summer as they take on Austin College on Sept. 2 at the Marlin Tournament. Their first home game will take place on Sept. 9 at 7:30 p.m. as they host Carnegie Mellon in the Captains Classic tournament. ■

Going for the decade: After nine years of domination, CNU volleyball has a chance to win their 10th straight conference championship.

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

When it comes to fall sports, it's not difficult to argue that CNU's volleyball team remains one of the athletic department's most successful. Not only have

the Captains won their conference championship for the past nine years, the team has also advanced to the NCAA tournament 13 out of the past 15 seasons.

The Captains were once again extremely successful last season, finishing the season

with a record of 30-3. The team's season came to an end in the NCAA Regional semifinals after falling to Randolph-Macon 3-2.

If the team hopes to once again achieve a winning percentage of over .900, the Captains will have to find a way to replace last year's seniors: Ashley Rock, Abby McIntyre and Rachel Conway—an All-American and one of the best setters in CNU history.

Luckily, the Captains have an incredibly strong group of returners to help alleviate that loss.

Among these is rising senior Briana Sutton. In addition to being named the 2015-2016 Capital Athletic Conference Female Athlete of the Year, Sutton became the third Captain in CNU history to earn First Team All-American honors.

Sutton is just one of an extremely talented senior class that includes Evelyn Harper, Madi Wickens, Maddie McCann, Rachel Close and Hannah Miller.

This summer, Miller is traveling internationally with the Division III All-Star team as they play in Brazil. She is also joined by junior Tylar McGill.

The Captains will start their historic campaign for ten-straight conference championships with the Captains Classic on Sept. 2. ■



Senior Hannah Miller is playing with the Division III All-Star team in Brazil this summer. BEN LEISTENSNIER/THE CAPTAIN'S LOG

A nationally-ranked, annual contender, the field hockey team is preparing to take on the CAC and bring down rival Salisbury.

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

With an unlucky draw of the cards in the CAC tournament, CNU's field hockey team played the reigning CAC champions in the semifinal and lost. Ready to take on the 2016 season the Captains have already started preparation needed to succeed this year.

Key returners this year are goalie Bailey Lien, Miranda Hept and Sarah Miller. These three will be a part of the senior class this fall ready to leave it all on the field for their last season as Captains. Lien was awarded with an All-State honors which is her third straight All-State in a row.

With an attempt to improve their season record, Head Coach Carrie Moura sends

out a workout packet for the girls to complete throughout the summer months. She sets up a Google spreadsheet with their running workout, six days a week.

In order to make sure that this plan is efficient the team must post their times for each workout in the spreadsheet for the coaches to see. Rising junior, Mackenzie Neylon says the hardest workout is the gauntlet which is comprised of a two mile, rest, one mile, rest, half mile, quarter mile and an eighth mile run.

Neylon claims that while the summer workouts are challenging and strenuous, they are a remarkable way to see the team's growth and hard work throughout the summer months.

While Neylon admits playing collegiate field hockey is challenging she also admits that she

wouldn't have it any other way.

Picking a college she knew she needed a support network and wanted to be a part of something. Deciding on CNU, she realized what better way to be a part of something than joining a team, playing the sport she loves with her best friends.

Believing that the team is better this upcoming year than they have been in the past, Neylon believes it shouldn't be hard for the Captains to go further in the tournament this year.

Constantly dominating team rival University of Mary Washington in the regular season, the Captains allow it to fuel them for the rest of the season.

Bringing Salisbury to overtime and losing in the regular season game last year, the women's team is working hard to ensure they come out on top this fall. ■



CNU's got talent

In order to make the most of freshman year, these annual student events are some that simply cannot be missed.

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

Over the course of the year, CNU students can feel a bit overwhelmed about the countless events that will cross their radars. While that may be the case, these four are some that should be top priority for all students.

Glow in the Darcappella

CNU's a cappella community comes together once a year to host Glow in the Darcappella, a blacklight concert for the school's seven groups.

Hosted last year as a part of Homecoming Week, this annual concert typically occurs with a sold out crowd. And it's not Gaines or M&T they sell out—it's the Concert Hall.

As it is an event run by and for students, tickets are particularly affordable. All moneys raised, however, help fund the a cappella groups over the course of the year.

Best Dance Crew

Perhaps the most popular and successful Greek event of the year, Gamma Phi Beta's Best Dance Crew raises money for their philanthropy, Girl's Inc.

This competition, hosted in the Freeman Field House, pits over a dozen crews against each other to impress judges and take home the top title.

The event has only continued to grow over the years, and last year's competi-

tion raised \$9384.80—a \$1700 increase from the year before.

TheaterCNU

If plays and musicals are more your speed, TheaterCNU is perfect for you.

Each year, the students in the theater department stage four shows. Their most recent production was "Macbeth." In stark contrast to the Shakespearian tragic drama, last year's comedy "Legally Blonde" showed the actors' versatility and was met with rave reviews.

The upcoming season has already been released and will feature shows such as George Bernard Shaw's "Major Barbara" in October and Aaron Posner's "Stupid F#@sing Bird" in April.

Stroll to the Polls

Another Greek event, Stroll to the Polls, hosted by Alpha Phi Alpha, has two goals in mind—in addition to entertaining, obviously.

Proceeds from the event benefits one of the fraternity's philanthropies, March of Dimes, which funds research to promote health for pregnant women and babies.

It also aimed to increase voter awareness and had a video address from Newport News mayor McKinley Price.

This year's event was the third installment and featured eleven different student organizations. Each group performs a traditional style of dance called strolling. ■



(Top) Torrie Buckman and Aleigh Faulk of the a cappella group Trebled Youth perform at Glow in the Darcappella. (Above) The brothers of Alpha Phi Alpha prove to always be a crowd favorite at their philanthropy event, Stroll to the Polls. PHOTOS BY BEN LEISTENSNIER/THE CAPTAIN'S LOG

Ten movies to get you through your nights in

As exciting as college is, sometimes the best nights are those sitting around, watching movies with friends.

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

Got some downtime before the next event? In for an evening with your hall mates and worried that boredom will strike? Never fear, movies are here! Movies are integral elements to the college experience. Here are ten that will enrich, delight and stave off any boredom that threatens to sneak in.

Dead Poets Society

Robin Williams plays a teacher with unorthodox and creative teaching techniques who infiltrates an all-male prep school known for its strict adherence to rules and customs. This film features a cast of lovable characters and memorable quotes from classic writers like Shakespeare and Whitman. It poignantly demonstrates the values of cultural intelligence and the potential danger that comes from upsetting the status quo.

The Way

A beautiful movie about a father (Martin Sheen) hiking the legendary 500-mile Camino de Santiago after his son passes away attempting the same. This movie is filled with laughter, adventure and stunning views that may urge you to strap on your Chacos and explore this grand world for yourself. Or you can watch the misadventures of Sheen's character and decide that it's okay to fear the unknown.

(500) Days of Summer

This is not your conventional romantic comedy. Team up with Joseph-Gordan Levitt and Zooey Deschanel as they tackle the mystery that surrounds why every girl-guy relationship is pressured to turn into a romance. Complete with a charming indie wardrobe and quotable lines, this movie will delight as well as raise a valid question.

Love Actually

While this movie centers around the weeks leading up to Christmas, it can be watched at any time because of its relevancy. Follow eight different couples (and a colorful cast of characters played by the likes of Hugh Grant, Emma Thompson, Liam Neeson, Keira Knightley and Martin Freeman) as they are tested by the pre-Christmas frenzy.

This movie shows that love comes in all forms, from undying passion, to endearment, to that special bond between siblings and is bound to be relatable to at least one person in your friend group.

Also, for that Anglophile in everyone's

life, British accents abound.

Good Will Hunting

Matt Damon, Robin Williams and Ben Affleck all star in this witty tale about a young genius who struggles to reconcile his intellect with his underprivileged situation. With the ultimate theme being to believe in yourself, this movie is a perfect choice when you want to be inspired.

Also prepare to wish you that had someone like Williams' character in your life.

The Sisterhood of the Travelling Pants

This adorable, feel-good film reminds you that you can balance your home friends and new friends without compromising either. And it will do it in typical early 00's fashion. This movie may help ease the anxiety that comes along with the college experience, where everything is new and unfamiliar and you would like nothing more than to have your high school friends with you again.

Bourne Legacy movies

Matt Damon stars in this three-part series about a mysterious spy named Jason Bourne who races to figure out his identity before his enemies and the U.S. government catch up with him. Action-seekers will be more than satisfied with the fast-paced scenes and the succinct cinematography. Bourne also proves to be a likable character that you will root for through romance, fight scenes and everything in between.

Ratatouille

You thought you would get through this list without a Disney movie? Here comes a fun, cute movie featuring lovable characters like a gangly, uncoordinated chef who isn't good at cooking, a handful of high personality rats and a comic villain. The theme of pursuing your dream no matter the cost is told through a well-paced storyline and great animation. Perfect for a lighter evening.

Groundhog Day

An oldie, but goodie. Follow Bill Murray's tired and snarky character as he is forced to live the same day over and over again. Though despicable from the start, you'll end up rooting for him as he falls in love, goes through self-evaluation and figures out the dynamics of this sleepy town in Pennsylvania. This movie is the perfect blend of comedy and drama. ■



A perfect way to beat the heat is Pelican's SnoBalls. Located less than a mile away, Pelican's offers 100 flavors. MADELEINE SCHULER/THE CAPTAIN'S LOG

Keeping entertained the local way

CNU offers plenty of fun opportunities for its students to take advantage of, but there are just as many options off-campus in the nearby Newport News area.

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

The day you got your acceptance letter, you probably googled the area to see where the nearest movie theater chains and Starbucks were. If caffeine and a matinee are all that you need to sustain you, that's cool, but if you're looking for more eclectic ways to experience the (culinary) arts of Newport News, we've got you covered.

Close-by culture

When the school year gets going, the Ferguson Center is home to both the Ferguson and Falk art galleries. Right up the road, by The Mariners' Museum, is the Peninsula Fine Arts Center. Together, these three galleries form a trifecta of art spaces. It's not the Met, but it's not bad.

Silver screen on a college dime

The Paragon in City Center (an eight-minute drive) does discount Tuesdays for CNU students. Tickets run for about \$8, but if you don't buy online, make sure to get there early; the luxury recliners will fill up fast.

For a more lively show

Check out the Peninsula Community Theatre. About a five minute drive from campus, PCT Live and its vintage theatre façade are home to plays year round. This season they'll be running "The Music Man" July 29 - August 20, 2016, "Picnic" September 30 - October 16,

2016 and "A Southern Christmas Carol" December 2 - 18, 2016. Check out other details at pctlive.org

Beach better get my money

You're on the coast now, so there are almost more beaches than there are Starbucks. Almost. Everyone knows about Virginia Beach, but if you're aiming for less-commercial, hit up crowd favorites Yorktown or Huntington. Buckroe Beach in Hampton hosts all of the beauty with none of the boardwalk, and Fort Monroe is dotted with quaint cottages and lighthouses.

Summer Sno-days

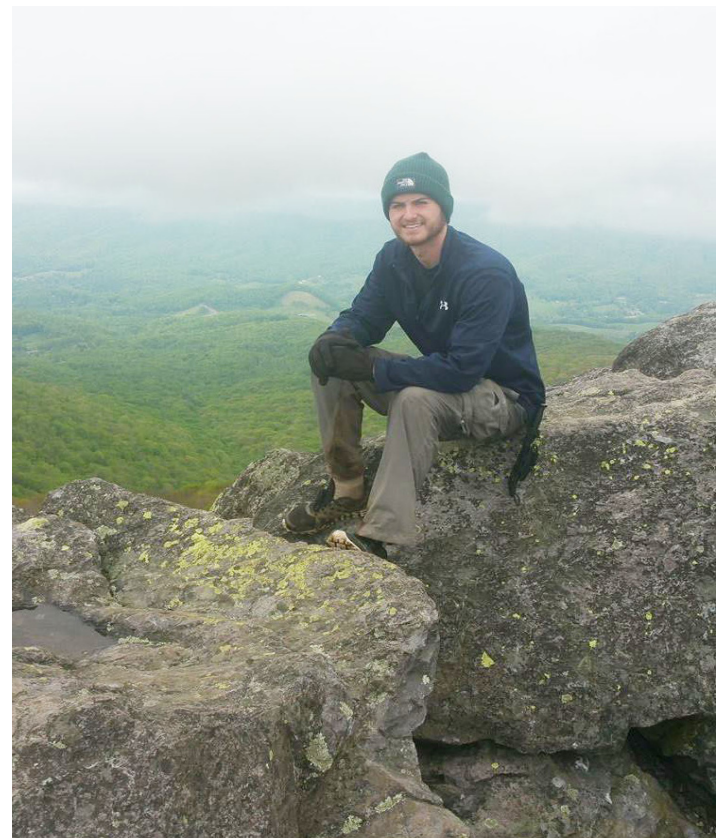
Located about a mile from campus, Pelican's SnoBalls offers many frozen treats, chief among them a \$3 tower of shaved ice. They have 100 standard flavors, ranging from mojito to toothpaste (not joking), plus their flavors of the week. They operate until October, so there's still plenty of time to win prizes for trying all 100 flavors.

Got me in chains

If you get homesick though, don't worry. Newport News still has your old staples, all within a quick drive from CNU. Oyster Point is home to Diary Queen and Coldstone, Warwick is home to Rita's Italian Ice, Dunkin' Donuts, McDonald's and Taco Bell, and there are three major movie megaplexes in the area, Regal, AMC and Paragon.

And naturally, there's a Starbucks in every direction. ■

Adventure is out there



(Left) Savannah Schutzmeister takes a break from studying to explore The Netherlands. (Right) Bradley McGuire hikes roughly 100 miles on his trip from northern TN to southern VA.

Students are spending their summer studying in foreign lands and adventuring on American soil.

BY MADELEINE SCHULER
MADELEINE.SCHULER.14@CNU.EDU

As students walk out of their last exam, crossing the finish line of spring semester, they have an aura of accomplishment surrounding them as their academic year concludes, but for some students, the end to their semester is the start of a new adventure.

While most pack up and move home to begin internships, pick up various jobs or bask in well-deserved relaxation time, some opt for a different kind of summer; one filled with discovery, new experiences and a learning environment in a foreign land.

CNU offers many study abroad opportunities year-round, but the summer programs are special because they allow students to be immersed in different cultures and experience new places without stealing them away from campus for an entire semester. The summer programs are unique opportunities that appeal to students because of their differing time ranges and the variety of regions they can travel to.

Senior Savannah Schutzmeister, senior Bradley McGuire and sophomore Nina Swanson are all experiencing what these study “abroad” programs have to offer this summer and share similar views when it comes to the programs’ benefits, but differ in the experiences that they were exposed to.

Though many students find European countries like England and Italy to be typical abroad destinations, Schutzmeister spent a unique four weeks studying in The Hague, Netherlands and traveled to Prague and Brussels on her free travel weekends. She is currently

spending two weeks in Belgium conducting research on the refugee crisis.

After growing accustomed to living abroad, Schutzmeister is not particularly looking forward to returning to the States.

“I fell in love with The Hague so easily and fell so easily into a routine there, and I honestly hope to one day be able to work and live there somewhere down my career path.”

As this is her second summer studying abroad Schutzmeister has learned that she is “not meant to be bound by borders or state lines.”

“This experience has really taught me to not be afraid to just hop on a train and go to a completely different country and explore the cities and have no fears, because it’s not a bad thing to get lost and find a new way home,” said Schutzmeister.

McGuire’s summer may not seem quite as exotic because he decided to remain on American soil. However, his trip was just as adventurous. Beginning in northern TN on Rone Mountain, McGuire earned credit for a religious studies course by hiking 100 miles to Grayson Highlands in southern VA with Dr. Reddick, the head of the philosophy department.

“My favorite place was on a peak called sunset rock in the Grayson highlands,” said McGuire. “It had an overlook that allowed you to see rolling mountains in every direction. It felt like you were on top of the world.”

Across that 100 mile stretch, McGuire met all kinds of different people that each had their own story to tell.

Schutzmeister also found that the people she encountered while abroad had a large impact on her experience as a whole, recalling her favorite moment when she spoke with local civilians in The Hague.

While shopping, Schutzmeister began talking with one of the workers in a shop and ended up speaking with him for close to 45 minutes about their different lives. Since students in the city were still in school, she had not been able to make any local friend. After that, however, Schutzmeister was pleased by the ease and comfortability she felt in her new environment.

“It showed me how easily two people from two different cultures could get along with a little common ground,” said Schutzmeister.

Swanson is looking forward to having similar experiences when she ships off for Peru for a 12 day trip with botany professor, Dr. Ruane.

She is most excited to spend time in the Amazon and learn about the various plants there, taking a special interest in their medicinal properties and the local’s different uses for them in their everyday life.

Because this trip is Swanson’s second time out of the country, she is not as nervous as she was the last time, rather she is eager to begin this new adventure.

“When you’re abroad you are forced to adapt and immerse yourself in a new culture which can be scary at first, but it’s challenging which is great for self improvement and opens up many learning opportunities,” said Swanson.

Being immersed in an entirely new and different culture can not only give students a better perspective of the world surrounding them, but it also presents the opportunity to learn, discover and interact with people and places they would not otherwise have had the chance to see.

“Studying abroad helps students break out of the bubble that they start to form when they stay in one place for too long,” said Schutzmeister. “It is so important to remind students that there is a great big world out there waiting to be discovered, and there is so much more to be learned outside of their classroom walls.” ■



The ultimate freshman bucket list

Start your CNU experience off right by completing these highlights of your college career. By the time you're done, you'll practically be a sophomore.

BY KATHERINE GITTMAN
KATHERINE.GITTMAN.13@CNU.EDU

Bond with your hallmates

Once you get to campus and start Welcome Week, your hallmates will be the first people that you will meet. They will become your second family, which makes it so important to build strong bonds with them. You will meet people with all different interests who you would never have known otherwise.

Attend important campus events

One of the best ways to get to know CNU is to attend an organization's event. Whether it is Fall Fest in September, a Campus Activities Board movie night throughout the year, or Holiday Happening in December, these events are a part of the traditions of CNU that students look forward to every year. No matter the event, they serve as a great way to bond with others.

Take a beach trip

As we all know, many beaches surround CNU,

such as Huntington Park Beach, Yorktown Beach and Virginia Beach. Some beaches may be right down the road or may require a longer commute, but whatever beach you may choose, taking a beach day allows you to escape the stress from school, get some Vitamin D, and take in the time at the beach that you would not get normally.

Late night Cook Out runs

If you don't know what Cook Out is, you will soon find out. Cook Out is a CNU favorite that many students go to for delicious burgers, milkshakes and other foods that will make you want to come back. Another aspect that makes Cook Out popular among students is how the restaurant will stay open until 3 a.m. so Cook Out is a great place to eat for night owls. Even if you don't consider yourself a night owl, try a late night Cook Out run at least once.

Get involved on campus

Campus involvement is a crucial part to the college experience and will help shape your time here at CNU. There are so many clubs and organizations

that students can join that represent a variety of interests. Whether you join a small club, Greek organization, sports team, or find an on-campus job, the experiences will help you learn more about yourself and about the CNU community. Also, don't be afraid to try something completely new because you never know what that experience can bring to you.

Take a walk on the Noland Trail

Right beside CNU's campus is a five-mile path called the Noland Trail that surrounds a lake and is located right beside the Mariner's Museum. You may see or even hear many students talk about this trail and many use the trail as a way to get exercise and explore. So next time you are feeling adventurous, grab a friend, a camera, and take the time to explore the nature trail that many students enjoy.

Sit on the steps of the CNU Hall

The steps leading up to CNU Hall appear sky high and gives an extraordinary view of campus. What makes the view even better is around the time the sun sets, the campus glows and anyone can see the sun glide down just behind the bell tower; so anytime you and your friends are bored on a beautiful night, check out one of many spectacular CNU sunsets. ■

Move-in day: it's okay to not be okay

Five tips to adjust to college life and make your transition a little smoother.

BY ROBERT SMITH
ROBERT.SMITH.14@CNU.EDU

Imagine you're surrounded by strangers, accompanied by your parents and all of your worldly possessions. No one is quite sure what they are doing or where they are going. There are football players, Greek men and women, and Resident Assistants everywhere looking to help and you have no idea where to start.

You've just pictured move-in day to some extent.

There are moms in tears, and occasionally you'll see a misty eyed father as they send their oldest to CNU for the first time. You will likely be sad, but also excited and nervous and probably a million other different emotions. While move-in day can be overwhelming, there are some things to remember when you're caught in the hustle and bustle.

Here are some tips and reminders to make sure everything goes as smoothly as possible so there are no hiccups that first night:

1. Be mindful of others around you.

Remember that move-in day is the same for everyone; you're all starting a new adventure and entering fairly uncharted waters. Thankfully, there will be people there to help get your stuff from the car to your room as efficiently as possible. Make sure to check-in and take care of all the paper work before you start to settle in.

2. It's okay to be sad.

Saying goodbye to your parents, or whoever loved you enough to help you move in, is a sad thing. Odds are these people have been a part of your life for a

great deal of time and parting ways can be a tear jerking experience. Just don't forget to say thank you or I love you before they go. It's fairly likely that this process is just as hard for them as it is for you.

3. Make new friends.

Everyone around you is new and there are so many opportunities to introduce yourself and begin to get comfortable in your new surroundings. You're going to be living with these people for the next nine months, so say hello. This is a new adventure for everyone, don't be nervous.

4. Embrace the stereotype.

As much as you will be resented for it, the freshman stereotype is classic and there's only one time in your life where you will be able to get away with being a part of the exclusive cliché clique. You get the fall semester to ask obvious questions and do abnormal things: going to places in groups larger than six, carrying your ID on a lanyard, staying up past 2 a.m. without a purpose, just to name a few. These are all telltale signs that you are a freshman but you are only a freshman once, so enjoy it.

5. Be open-minded.

Open new doors, do new things, make the most of every opportunity you are given and stay curious. College is a good time and being home sick at least once is inevitable, but what makes CNU home and the place you long to return to is the adventures you go on, the exciting things you do and the memories you make.

In short, take a deep breath and smile. Life is easier that way. ■



JOIN THE STAFF!

The Captain's Log is always looking for new members! If you're interested in becoming part of our team, email editor-in-chief Ben Leistensnider at benjamin.leistensnider.13@cnu.edu, or meet us at the club fair in the fall.

**Interested in:
Writing,
Editing,
Design,
Photography,
Video,
Digital content,
Business or
Advertising?
Then there's a
place for you at
The Captain's Log.**

