



THE CAPTAIN'S LOG

THE VOICE OF CHRISTOPHER NEWPORT UNIVERSITY STUDENTS

@CNUCAPTAINSLOG WWW.THECAPTAINSLOG.ORG

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A HERO'S FAREWELL



President Paul Tribble leads Head Coach Matt Kelchner to a post-game tribute following the Captains' 41-0 victory over Southern Virginia. BEN LEISTENSNIER/THE CAPTAIN'S LOG

To read more about Matt Kelchner's final game as the head coach for CNU football, turn to SPORTS on page 10.



At the Stronger Together event in the Tribble Plaza on Nov. 13, candles were available for any student who wished to hold them to help light up the night. BEN LEISTENSNIER/THE CAPTAIN'S LOG

FINDING STRENGTH THROUGH UNITY

CNU students gathered in the Tribble Plaza to support one another and promote unity.

BY BEN LEISTENSNIER
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The November night air was chilly, hands were frozen, but still people's hearts were blazing with passion and emotion.

The event for which all these people gathered was called "Stronger Together." It was a night filled with singing, guitar playing and speeches.

Stronger Together was promoted as a peaceful protest for unity. "We want to gather together to say that we will not let hatred divide us. If you are afraid, we stand by you. You are not alone. You are safe here," reads the event description on Facebook.

STRONGER TOGETHER
CONTINUED ON PAGE 3

Weekly pic



The brothers of Psi Upsilon hosted their first ever Garnet Ball on Nov. 14. The event sought to bring recognition to 16 different student organizations’ philanthropies and honor an individual from each group for their efforts. Here, Nina Swanson (left) receives a Garnet Rose Award from their sorority’s Social Chair, Sarah Dofflemyer. **Photo by Ben Leistensnider/The Captain’s Log**

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Inside the world of Captain Chris

Happened

- Nov. 9**
Zeta Tau Alpha’s Big Man on Campus
Zeta Tau Alpha hosted a male pageant on Nov. 9 in the Gaines Theater to raise money for the Zeta Tau Alpha Foundation, which goes towards breast cancer education and awareness. The event was won by Rico Francis, who was representing Gamma Phi Beta.
- Nov. 15**
Alpha Phi’s Mac N’ This
The sisters of Alpha Phi hosted a fundraising event from 6-9 p.m. at the Alpha Phi House to raise money for the Alpha Phi Foundation. People in attendance could spend three dollars to buy a small bucket or seven dollars for a large “all you can eat” bucket.

Happening

- Nov. 16**
ADPiHop
The sisters of Alpha Delta Pi will be hosting an all-you-can-eat pancake philanthropy event at 7 p.m. Tickets are five dollars and all money raised will benefit the Ronald McDonald House Charities.
- Nov. 17**
Her Campus Live and Silent Auction
Her Campus will be having a live and silent auction at 8 p.m. to raise money for the NATASHA House, which provides education and residency to single homeless mothers and their children.



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2016-2017

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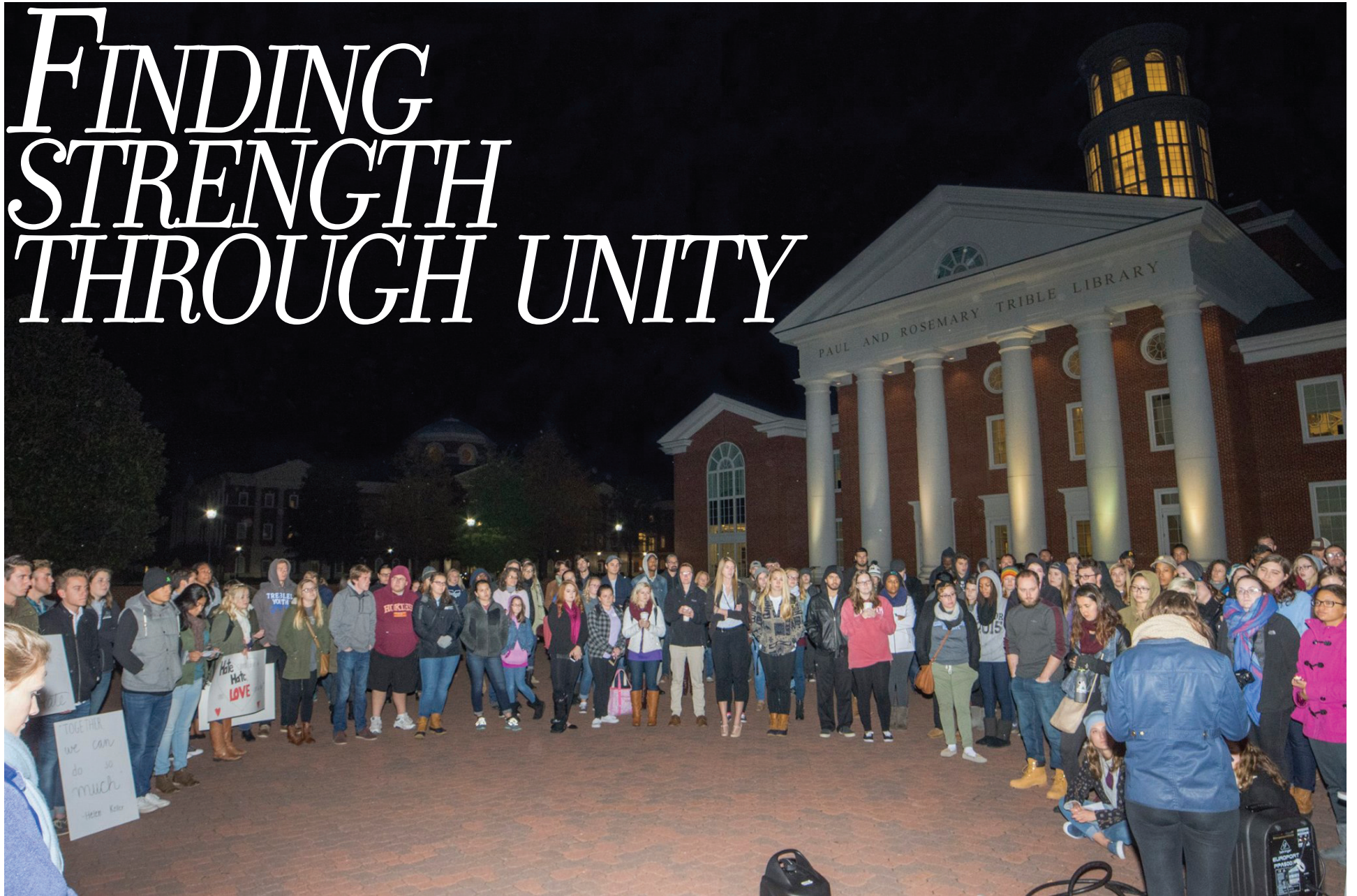
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- **Email:** clog@cnu.edu
- **Drop off:** The Captain’s Log newsroom, DSU Suite 393

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 6:30 p.m.

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FINDING STRENGTH THROUGH UNITY



"I really think that love will prevail. It may be naive, but kindness and compassion towards others goes a long way."
— Stephanie Swift

STRONGER TOGETHER CONTINUED FROM PAGE 1

Stronger Together was the brainchild of senior Molly Welsh, who was inspired to host the event after all the protests following the election of Donald Trump.

Welsh believes that some of these protests were hypocritical, as they seemed to be promoting the divisiveness and hatefulness that the protests were supposedly fighting.

"I saw so many people in our country genuinely scared for their safety, their rights and their freedom. So, instead of hosting a 'protest' per se, I wanted to offer a safe space for those that were scared," said Welsh. "I wanted people to know that they had allies here."

Eight people either made a speech or performed, with topics ranging from the importance of empathy to experiences of those with immigrant parents.

Senior Mujtaba Elgoodah was one of the eight speakers and he "just wanted to convey a message of understanding and open-minded thinking."

"The choice to be empathetic is a vulnerable one and it takes courage, but human connection and love have the power to change the world."
— Meg Hunt

Welsh was overwhelmed by the messages contained in the various speeches.

"It was incredible. The power behind the words of every speaker gave me so much hope for the future of our country."

While all of these speeches had different subjects, they all

preached the same message: we must stand together. On the flip side, none of them ventured too political.

"I wanted people from all parties there to come together and show that showing love and support was the way to move forward instead of continuing with the hateful rhetoric and divisiveness this election cultivated," said Welsh.

All together, the event was considered a success by organizers. The Tribble Plaza was filled with well over 100 students, professors and even those not affiliated with CNU.

"I really think that love will prevail. It may be naive, but kindness and compassion towards others goes a long way," said senior Stephanie Swift.

Swift led the group in a rendition of "Amazing Grace" at the start of the event following a moment of silence for those who have been killed, harmed, victimized, objectified, discriminated against, or ostracized for who they are.

Welsh hopes people left with an understanding that "everyone and anyone is welcome and safe here at CNU. They will be supported, listened to, loved, and fought for." ■



(Top) Students gather in a circle to hear one of the speakers, Michaëla Felter, relate her experiences and thoughts. (Above) Senior Molly Welsh organized "Stronger Together" in part as a reaction to nationwide protests. PHOTOS BY BEN LEISTENSNIER/THE CAPTAIN'S LOG

Students turned from the polls

During the presidential elections in Newport News, CNU students were turned away from the polling stations. They were told they couldn't vote because they were not registered despite their claims of already being registered.

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

The recent presidential elections were rife with tension on both sides but adding to the problems were the many issues citizens had with voting at the polls.

One of these issues was accessibility to voting.

Getting people to register to vote is always a task both campaigns take seriously and is of the utmost importance in any election student Jordan Grey comments.

On Nov. 8 the polls were busy with people showing up to vote for their presidential candidates.

Grey, official representative of the Trump Campaign and the chairman of the student-Trump coalition at CNU, was

waiting outside of the polling station.

At 10 a.m. he was made aware that a number of students were being turned away from the polls due to not being in the computer system.

In other words, they were not registered in Newport News despite having registered with campus officials says Grey.

Immediately Grey decided that he had to team up with the representative from the Clinton campaign in order to remedy this situation.

Both representatives called their lawyers in an attempt to get in touch with the city level legal advisors.

This escalated to the state and then eventually the national level.

Students being turned away

from the polls was a big deal, especially in this election says Grey.

According to Grey at least a dozen students were turned away, despite some of them having their voting registration cards in hand.

The most disconcerting part of this Grey says is the fact that it took until 10 a.m. for a student to come up to Grey and let him know that this was happening.

There is no way of telling how many students were turned away and most of the students who had issues with voting came from Northern Virginia and Richmond. Specifically, Grey notes that students came from Chesterfield, Henrico and Loudon County.

Eventually, after communicating with the City Registrar,

Grey was able to contact the students that had been turned away to let them know that they could vote with a provisional ballot.

This was something they had initially been refused. Grey reported that 12 out of 13 of the students returned to vote.

An unconfirmed theory as to why these students were turned away had to do with the possibility of an illegal voter registrar but there is no real way to tell Grey says. Another theory was that the students had previously registered in their hometowns, forgotten that they had done so and then proceeded to register again. Why the students were uninformed about their apparent unregistered status is unknown at this time.

He advises students to check to see if they are registered and to make sure that their information has not been stolen.

Overall Grey says that there was an excellent turnout from CNU students. He encourages students to vote not only in the presidential elections but in any state or district elections.

Grey says that working with people that he may not get along with was a growing moment.

He sees his experience with working with the Democratic Party on this important issue as "one of those beautiful moments of bipartisanship in the presidential election." ■

What's going on in the world?

This November's supermoon gives everybody a chance to marvel at the universe around them.



BY MELANIE OCCHIUZZO
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If you happened to look up at the sky on Nov. 14 at 8:52 a.m. or really any time starting the previous night, you would have seen yet another supermoon.

According to Space.com this is the second of three consecutive supermoons that will be seen in 2016.

It's name, November's full Beaver Moon, is considered a supermoon because of its close proximity to the earth in its orbit.

This series of supermoons has contributed to a great deal of excitement in the photography community.

Photographer Tina Occhiuzzo comments on this most recent supermoon saying that it is one of her favorite things to photograph. ■



Last weekend's supermoon gives photographers the chance to capture this rare spectacle. PHOTOS COURTESY OF TINA OCCHIUZZO

News editor analysis: A tale of free speech and CNU administration

The English department at Christopher Newport University once had a blooming journalism program. That is until students started reporting on actual news about the university.

BY MELANIE OCCHIUZZO

MELANIE.OCCHIUZZO.13@CNU.EDU

It is no secret that the English department lacks one major branch of study but the reasons behind it aren't as innocent as one may think.

The journalism program at CNU started out modestly, mostly led by Dr. Terry Lee from the English department.

After starting at CNU in 1994, Lee was leading feature writing classes and within the first year of the journalism program he had started a photojournalism class, an editing class specifically designed for journalism, an advanced feature writing class and an internship with the Captain's Log.

Lee was initially hired to fill out the journalism program and spent his non-instruction time serving as the faculty advisor for the Captain's Log.

The program was running smoothly until 2011 when the administration started pulling Captain's Log newspapers off

the stands.

The reasoning behind that had to do with the students reporting on less savory topics of news on CNU's campus.

A few highlights were a meth lab bust, a story on the school of business' accreditation and a Facebook phishing incident that had professor's placing a vote of no confidence in the president and the provost without the professor's knowledge.

The Daily Press picked up the story of administration pulling papers off the stands and things took off from there.

Mark Padilla, provost at the time of the incidents, told Lee that they were going to end the program and possibly turn it over to the communication department.

This, however, did not happen.

Then, Dean of Students, Kevin Hughes decided to try and cut the journalism program and the Captain's Log off by any means necessary.

Originally the Student Media

Board was in charge of allocating money but Hughes decided to take away the media board power in an attempt to institute a green initiative that would get rid of the print paper and then effectively wiped out the journalism program once and for all.

Lee comments saying that the university wasn't fond of what the students were reporting, despite the good investigative journalism and correctness of what they were reporting.

Lee retaliated to the cut of the program by saying that the university was infringing on the 1st Amendment, that is to say the university was not letting the student body exercise their right to free speech.

While this did create a bit of animosity between Lee and the administration, CNU did take care of the Captain's Log in future relations.

The green initiative was not put into place, the students were able to keep their office in the DSU and President Tribble

What is the First Amendment?
It protects the right to religion, free speech, freedom of the press, freedom of assembly and freedom to petition.

gave a statement saying that "The Captain's Log is free to write anything it pleases, and CNU fully respects the Freedom of the press."

CNU continues to work with the Captain's Log, maintaining a respectful and professional

relationship.

As for the journalism program, perhaps with the imminent retirement of Lee, there is a resurgence on the horizon. ■

Dr. Lee is the faculty advisor for the Captain's Log staff.

Photos from inside Commons

The Captain's Log takes a sneak peek at what goes on in Commons before they open to CNU students for breakfast.



PHOTOS BY SAM CAMILLETTI/CAPTAIN'S LOG

BY MELANIE OCCHIUZZO

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Check out these photos of what Commons looks like as the staff prepares for the early

morning breakfast rush.

(Left) Ms. Ruby smiles for the camera as she prepares the bacon that the students will devour by the pound every morning.

(Middle) Reporter Sam Camilletti was invited into the back of the Commons kitchens just in time to see the fresh cinnamon rolls come out of the oven. The scent filled the air

as the brown sugar and white icing dripped off the buns.

(Right) A Commons worker takes time to ensure that all of the orders from the daily Sysco shipments are in. Shipments

come in every day except for Sunday.

The workers are tasked with unpacking and organizing all of the items as part of their morning work ritual. ■

We are the ones really in charge

The election has shaken many individuals but we can't let fear mongering make us lose sight of who we really are.



MELANIE OCCHIUZZO
NEWS EDITOR

My heart aches as I type this out the morning after Nov. 8.

The amount of hate and intolerance that I have seen displayed on social media is truly the scariest thing to come

out of this election.

I have always been told that I am very opinionated, I am also not easily swayed from my beliefs.

Today though, I am shaken. This great display of fear-mongering, bullying,

lying and cheating has disgraced the already questionable American system of government.

What is my point?

It's simple, we must not allow one person, let me say it again, one person to influence the entirety of our country. We as Americans are better than this hate, we are better than this intolerance.

Growing up I have had my beliefs, my choices, even my integrity questioned. I have been called a Nazi, a whore, a bitch and most stunningly of all, too bossy as if the first three weren't funny enough.

As a female in the United States of America there is always a glass ceiling to bump against. There is always that older gentleman who makes the lewd comment, whose eyes linger a bit too long, who makes me feel unsafe.

This election has been largely a fight against the patriarchy, a fight that was lost to "locker room talk" and misogyny.

I won't bore you with another article about political nonsense this week, instead I will urge you to challenge yourself. We cannot grow if we don't challenge ourselves. By allowing one man to determine the entirety of what we as a country stand for is absurd.

As a raging feminist, as a supporter of all forms of love and most importantly a supporter of all human rights I am shaken. The mere idea that gender, love and ethnicity have to be determined legal or not goes against the very core beliefs America to stands on.

Sure, we were built on a country of white men, a country that shared in the global embarrassment that was slavery

but we did start out as a small group of people who had had enough of other people telling us what to do.

If only we had taken that intolerance to hate and carried it with us when we met others different than ourselves.

We are now faced with the idea that wanting clean water, reproductive rights and equality amongst the sexes makes you a radical.

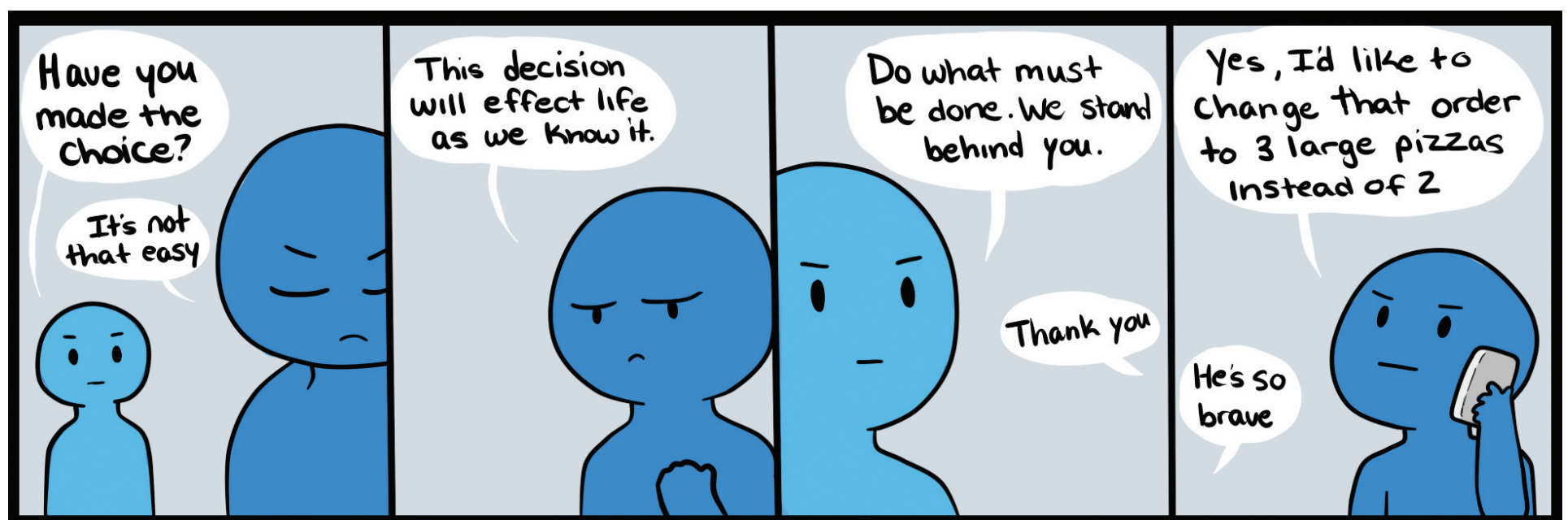
Whereas the push against these aforementioned issues doesn't make you a terrorist in the cleanest sense of the word. People will read this and balk, I'm sure I'll get both love and hate but at the end of the day that's your right.

Don't let this election make you lose hope in America. We must not lose sight of our freedom to choose what we believe in, despite whoever may be in office. ■

COMIC CENTRAL

Interested in getting involved with the creative side of The Captain's Log? Do you enjoy making digital comic strips detailing student life? Then contact us at clog@cnu.edu to have your work featured here and expand your resume!

CAPTAIN'S BLUES



ARTWORK BY PARIS JACKSON

i.
How could you tell me that I was wrong
when thirty years before
you spent time with me in a war
a war that was just like this
knees deep in muddy trenches
or was that too long ago to mention
not even the best
of men
would have done
...
different
I was merely being consistent
standing dark
in a crowd of
nationalistic light
feels a lot less like revolution
and a lot more like
isolation
I just couldn't be alone
I just couldn't have known
how to
...
...
I was just a child
when my naivety of believing
in a world of tender and mild
was broken into two
...
I was born and raised
in no-man's land
...
on flame thrower's breath
and machine gun shells
being fed a diet of
hate-soaked hunger and vengeance
in the form of
broken radio wires
and pretty pictures
which had left me filled with
broken glass
and my toothless mouth
was watering
the scapegoat seemed too sweet
...
and I ate of it
...
and I'm sorry
an empty act of
penance
I know
but you have to understand
I was just
a cog in
someone else's plan
when the machine
goes wrong
...
...
you don't blame the machine
...
you blame the engineer
I was just
a military volunteer
a grim-reaper he'd learned to
steer
when this wicked pamphleteer
had risen to power
I was
in my
final hour
..
but
it was already too late
and to this very
date
I'm no longer
here
a husk of a man
run only on fear
...
...
...
no longer
human
I had no choice
but to be
what I was
...
...
...

THE CHOICE



MORGAN BARCLAY
STAFF WRITER

**In a country that finds
itself divided, it's hard
not to be divided
ourselves.**

ii.
How could you tell me that I was wrong
when thirty years before
you spent time with me in a war
a war that was just like this
knees deep in muddy trenches
or was that too long ago to mention
Not even the best
Of men
...
I was no
different
but a nation's never too consistent
turning their
crowd of
nationalistic light
leaving me alone
leaving me in
isolation
...
And I just couldn't have known
...
why
they chose me
I was just a child
when my naivety of believing
in a world of tender and mild
was broken into two
and I was the supposed cause
I was born and raised
believing no-man's land
was my rightful home
with flame thrower's breath
and machine gun shells
their incoherent yells
of hate-soaked hunger and vengeance
in the form of
broken radio wires
and pretty pictures
Which rained down on me like
broken glass
but my toothless mouth
didn't make a sound
...
and no matter how much I tried to say
...
you took it away
...
in an empty act of
ignorance
...
you have to understand
we're more than just
a cog in
someone else's plan
the only machine
...
is the one
in your head
so when I look into the eyes of
my friends long dead
I'll blame the engineer
...
the military volunteer
you had the power
to steer
when this wicked pamphleteer
had risen to power
and I was
in my
final hour
you said
...
it was already too late
you signed my death
date
but I'm still
here
...
...
you chose your own career
and despite your attempts
to convince me otherwise
I'm still
human
I had no choice
but to be
what I am
but you had a choice
to be what you were
and you chose wrong

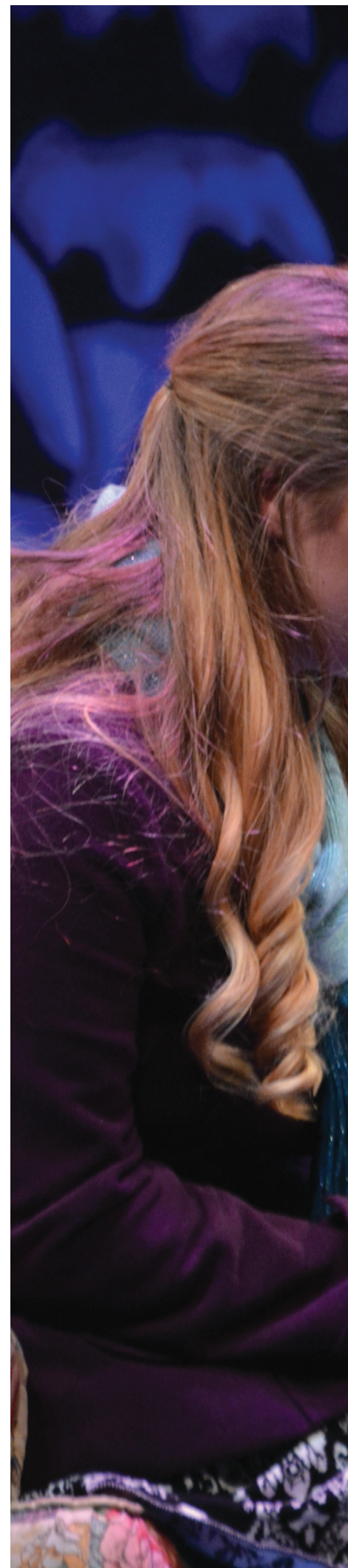
SNAPSHOT PAGE 8 A Look at The



A married couple (left to right) Phil (Cody Hall) and Marci (Christiana Kaniefski) stargaze after an ice skating date to commemorate their anniversary. Hall plays the role of a forgetful husband and Kaniefski plays the role of a wife who is struggling to hold on to a deteriorating marriage. PHOTOS BY MACY FRIEND/THE CAPTAIN'S LOG



(Left) Jimmy (Cody Davis) reveals his misspelled tattoo to past girlfriend Sandrine (Ellie Wilder) after she runs into him at a local bar. He explains that it was supposed to say "villain," but instead this mistake spells out the name of their waitress and Davis' future love interest, Villian.



Couple Gayle (Hannah Zwerner) and Lendall (Cody Davis) are shown in a scene from the film. After giving Lendall about six big bags filled with cash, she gives him a bag of cash. Without realizing it holds a bag of cash she treated him during their relationship.

TheaterCNU's Production of “Almost, Maine”

TheaterCNU's production takes place in a fictitious town called Almost in northern Maine and tells the stories of several townies and their experiences with love and loss.

Almost, Maine will have three more shows on Nov. 18 and 19 at 8 p.m. and Nov. 20 at 2 p.m. in the Black Box. For more coverage, go to pages 12 and 13.



Lendall (Cody Hall) give back the love that they gave each other, which was held in red bags. When Lendall gives the love he gave her, Gayle received a tiny single bag representative of the love Lendall intended to propose, Gayle begins to contemplate how she



During the second act, best friends (left to right) Deena (Wilder) and Shelly (Emily Grace Rowson) share stories and beers over determining who had the worst week, which evolves into a confession from Rowan's character that she's fallen in love with Wilder's.



Pete (Cory Steiger) is pleasantly shocked to find that love interest Ginette (Zwerner) came back to him after he confusingly explained that the further people are apart, the closer together they are using a styrofoam sphere.

A HERO'S FAREWELL

“For 17 years, I put my heart and soul into it. I gave it about everything I could. I sacrificed a lot of things, my family did, a lot of young men sacrificed for it. But it means a lot to me and I’m very proud to be a part of it.”
– Matt Kelchner

The Captains football team sent legendary Head Coach Matt Kelchner out on a high note, trouncing Southern Virginia University 41-0.

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

After 16 years of CNU Football, Matt Kelchner went out the same way he coached for so many years: successful, passionate and full of class.

On Saturday, CNU dominated the Knights of Southern Virginia University in a 41-0 rout for what was the final game of Head Coach Matt Kelchner’s historic career.

The win was possibly the most well-rounded effort of the season, with major contributions from offense, defense and special teams.

When they had the ball, the Captains were efficient and explosive. They amassed almost 150 yards of rushing while quarterback K.J. Kearney threw for three touchdowns and ran for another.

Kearney played a clean game overall, throwing no interceptions and completing 72 percent of his passes.

The junior quarterback’s magnificent season saw him cement his status for next year as the top quarterback in the conference, as he lead the NJAC

in passing yards and passing touchdowns.

Taylor Loudon once again led all receivers with eight catches for 105 yards and a touchdown. With Saturday’s game, Loudon became the first receiver in school history to record two seasons with 1,000 receiving yards.

The senior receiver dominated the NJAC, amassing 82 catches—33 more than any other conference player—and led the conference in receiving yards.

On defense, the Captains recorded another shutout as they held the triple-option Southern Virginia to less than 100 yards in the game and even added a touchdown. In the third quarter, defensive tackle Jayvon Temple intercepted an attempted screen pass.

After the impressive snag, Temple rumbled and charged into the end zone for a pick six to put the Captains up 35-0. Kyree Burton also had an impressive 40 yard punt return to set up the Captains offense nicely.

The win concludes a successful season for CNU football as the team finished 7-3. After



CNU Football Head Coach Matt Kelchner holds back tears as he watches a tribute video featuring messages from people he influenced during his coaching career. One speaker was Mike Tomlin, coach of the Pittsburgh Steelers and the youngest coach to win the Super Bowl. **BEN LEISTENSNIER/THE CAPTAIN'S LOG**

winning their first four games, they disappointingly dropped three matches in the middle of the season. But Coach Kelchner was adamant that his team continue to fight and finish the season strong. This they did, winning their final two games to round out 2016.

The Captains finished ranking third in the conference total offense and second in total defense, the only team to finish in the top three for both categories.

The win was an appropri-

ate send off for Matt Kelchner, who announced his retirement earlier in the season. As the man who started Christopher Newport football, Kelchner led his teams to an historic rate of success. Starting in 2001, his teams made the national playoff tournament their first four years, an unprecedented feat of coaching.

Last year he eclipsed 100 wins, becoming the third fastest coach in DIII history to do so. Throughout his CNU career, his only losing season came last

year—the team’s first in a new and challenging conference.

Despite his wins and losses and performance on the field, Kelchner will be remembered for his impact on his players, his work in molding them into men, and his focus on academics and service.

For the past 16 years, Kelchner has been an exemplary figure of the CNU community and will continue to have a positive impact on the school as he takes on his new role of associate athletic director. ■

An athlete's analysis: men's XC wins NCAA Regionals

Cross country runner JJ Lapointe reflects on the team's winning performance at the NCAA Regionals and looks to the future.

BY JJ LAPOINTE
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Head cross country coach Matthew Barreau huddled the team and gave some last words of wisdom before the 2016 NCAA Cross Country Regional Championships, "You guys believe in each other. It's simple

as that. Everything you want is possible because of your belief."

The words rang true as the CNU men won the regional meet and are headed to the national meet for the second year in a row.

Senior Andrew Benfer noted after his 15 overall finish in the race, "I was so proud to be a

part of this group for four years. We got one more race, one more step towards greatness."

Overall for the Captains, junior Grayson Reid won the 8k race in a time of 25:02 and earned the South Region Runner of The Year award.

He has been the top runner for the squad all season long

and has made great strides from his sophomore season. "I got so much respect for everyone on this team. I wouldn't be the runner I am today without these guys. We've gone through so much together, we're all brothers," said Reid.

Reid set the school record for the 8k in early October at The Paul Short Invitational, and just two weeks ago was named The CAC runner of the year. Junior Daniel Read, 19th overall had nothing but positivity after the race. "Grayson is a piece to the puzzle, just like every other guy on the team. We all matter, and I'm so glad we could show our strength in numbers today."

CNU XC is off to the fried chicken capital, Louisville, Ken-

tucky for the national championship race this Saturday.

As a truly blessed and honored member of this team, I can tell you first hand that we are hungry and humble and want greatness. Our goals are the same goals we set out for at the start of the season.

It's all about 15. That is the number, that is the goal. We wanted to perfect score the conference race (15 points) but we were one point shy. We wanted our top five runners in the top 15 at the regional race, but we were one runner shy.

We want to be 15th in the nation. We are going to give it all we got, and we are going to keep the belief. ■

JJ Lapointe is a member of the cross country team.

CNU soccer falls in second round of NCAA's

The women's soccer team took down one nationally ranked opponent before falling to #12 Johns Hopkins.



Future Hall of Famer Victoria Perry scored twice in the NAAs and will go down in the record books as CNU's all-time leading scorer. **BEN LEISTENSNIER/THE CAPTAIN'S LOG**

BY TARYN HANNAM-ZATZ
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This past Saturday the CNU Women's Soccer team headed to Baltimore for their first round of the NCAA tournament. They played Rowan at 7:30 p.m. and were able to defeat them and move on to the second round of tournament play. This was the first time since 2004 the women's soccer team has had a win in NCAA play.

The Captains moved on to play Johns Hopkins University at 5:00 p.m. on Sunday. The game started out fairly slow but the Captains had several opportunities to go to goal in the beginning of the game. Senior Victoria Perry, made a nice play and ran free down the field to the goal.

Unfortunately for the Captains, the lonely Blue Jay defender was there and was able to intercept the pass Perry was trying to play to the center of the field for a shot by her teammate. Later, junior Danielle Pratt, had a header toward the goal but it just skimmed the

right outside of the net.

Late in the first half, Johns Hopkins was able to get one past the Captains goalie and the score was 1-0 going into halftime. The Captains came out fighting to try and get some shots in the back of the net to put them ahead of the Blue Jays.

The game continued but they were unsuccessful. The ladies from Johns Hopkins were able to score three more goals which would bring the game to an end with the Blue Jays winning 4-0.

With that result, the CNU women's soccer team's season came to an end on Sunday with an overall record of 17-3-1.

They went all the way to the second round of NCAA tournament play which is farther than they have gone in the past decade.

The Captains had an amazing season filled with many amazing moments and the team will be graduating four of their star players but they have 10 of their 11 starters returning with at least one more year of eligibility which includes six underclassmen. ■

After demolishing Montclair State 5-1, the Captains found themselves unable to defeat fourth-ranked Messiah.



The season came to an end for the Captains and CAC Player of the Year Jimmy Grace in a hard fought 2-0 loss to Messiah. **BEN LEISTENSNIER/THE CAPTAIN'S LOG**

BY BRETT CLARK
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The men's soccer team won a crucial victory in the first round of the NCAA tournament last Saturday, trouncing Montclair State in a 5-1 whooping with a goal from Mike Olla, his tenth of the year.

Jimmy Grace led the field with two goals. Sammy Blosser, Zachary Ballard, and Andrew Gogolin had one goal each on the day. Grace, CAC player of the year, had the boys from Montclair State on their heels all night, helping propel CNU to 18-2-1 overall.

After Stephen Durbin fed Zachary Ballard for a goal 90 seconds into the game, Montclair State responded with a goal from Mike Olla, his tenth of the year. After this, it was all downhill for the Red Hawks as Newport News started pouring it in on the enemy keeper.

The final goal of the game was scored

by the Newport News' coast guard, defense man Sammy Blosser, who turned a take away into a solo fast break goal.

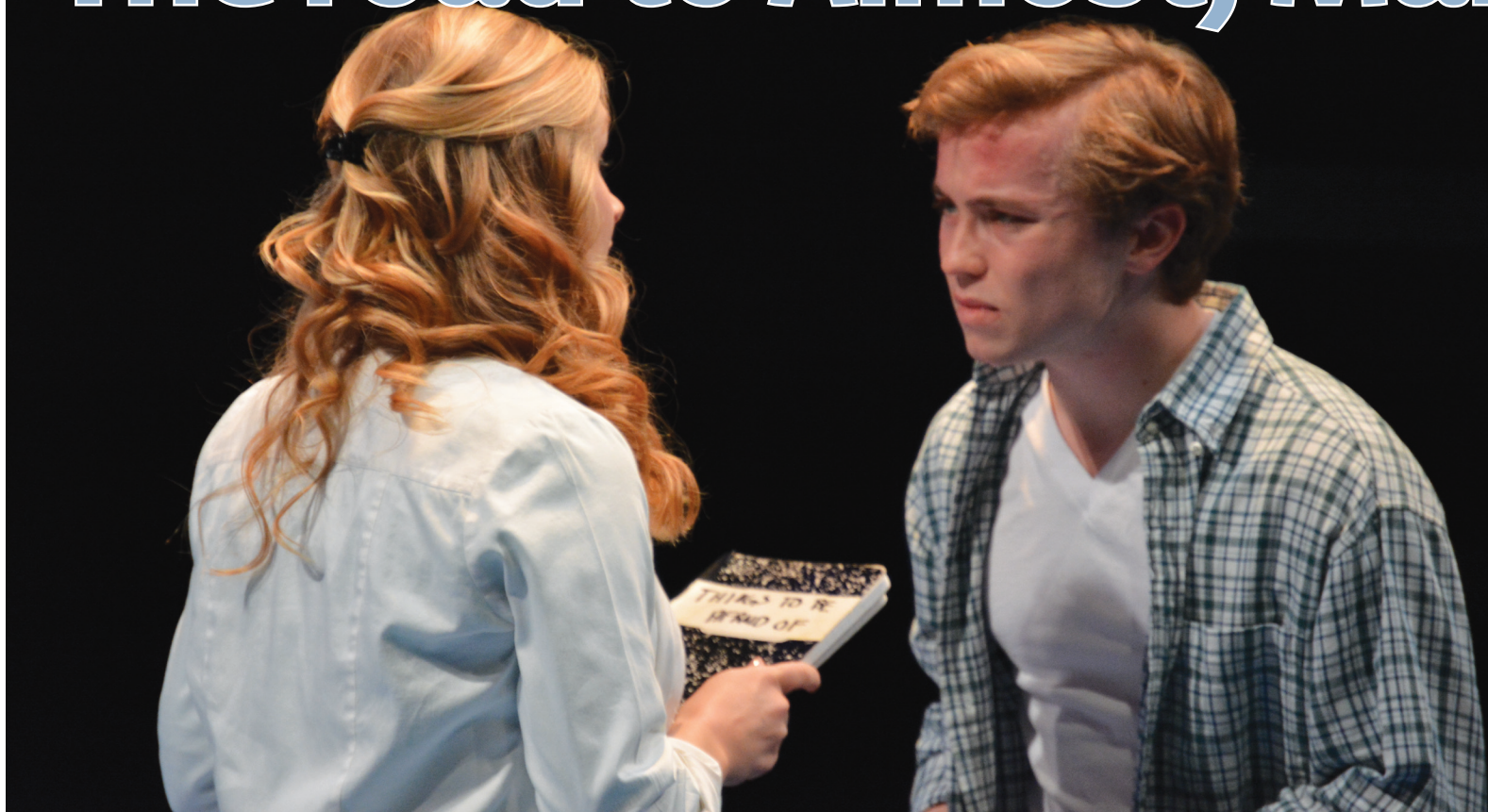
Stretching out the lead to four goals in the 78th minute with a bullet from outside the box. Blosser, along with the rest of the defense, played tremendously. They held the Red Hawks to a mere four shots on goal in the contest, three of which were stopped by the Captain's goalie, Zach Pedini.

It did not go as well for the Captains the next game, however. Taking on the undefeated Messiah team, the Captains remained competitive for most of the game despite a 1-0 deficit.

Things looked extremely promising when the Captains received a PK, but the Messiah goalie made not one, but two incredible saves to keep the Captains behind.

The Captains offense flew into a flurry of great attempts, but Messiah added an insurance goal within the last few minutes to win 2-0. ■

The road to Almost, Maine



Like pulling the curtain back from the Wizard of Oz, peek behind the scenes of the magic in making "Almost, Maine."

(Left) Marvalyn (Christiana Kaniefski) meets Steve (Cory Steiger), a man without feelings who keeps journals to tell him what hurts and what to be afraid of. After sharing a kiss, Steve realizes he's gained feeling after Marvalyn accidentally hits him with her ironing board. **MACY FRIEND/THE CAPTAIN'S LOG**

BY VICTORIA LURIE & BRITTNEY BANKS
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TheaterCNU's most recent play, "Almost, Maine" finished its first few shows this weekend. Here's some of the behind the scenes work that ensured its success.

"Prop"eration

"Almost, Maine" is one of those rare plays that chills your extremities but warms your heart. If you haven't seen it yet, grab a blanket and go, because it is a snow globe-shrouded spectacle full of feeling, and that is due in no small part to the props.

There are, for the audience's sake, two types of props: the enchanted and the everyday.

The former aren't necessarily magic, but they help cast the spell of the play by representing the physical manifestations of love and broken hearts; the latter help set the scene.

Prop Master Aggie Baird explains that despite the play's inherent whimsy, the accuracy still matters to the crew. "We make sure everything is as realistic as possible, and part of that is so the actors can really invest in their character and to make it more believable for the audience," she says.

The most tedious of the "Almost" props was an everyday piece: newspaper.

Baird says that she and her crew scour the Internet for actual stories from real Maine newspapers and go through a literal cutting-and-pasting process until they have a patchwork of stories that could pass for a daily paper.

Then, all they do is print copies of it out of their newspaper printer.

The tedium lies in hunting down the

right pictures for the fake broadsheet—a lot of available online material is blurry or crooked, neither of which is conducive to a successful production.

The enchanted props were kinder to the crew.

Both Baird and Assistant Props Manager Ellie Wilder enjoyed making the whimsical props, the physical forms of metaphors.

When the tangible representation of a woman's broken heart called for bits of shale, Baird got a rock and smashed it to bits.

Wilder, on the other hand, enjoyed something a little softer.

"My favorites are the bags of love that I have to sew up," she says, referring to the giant bags of batting meant to represent 11 years of love that a man gave to his longtime-girlfriend. Picture the mail bags from "Miracle on 34th Street," but fluffy.

While the bags were her favorite, all of the props hold a special place in Wilder's heart.

She was primarily a member of the cast, but given that she has a double concentration in acting and design tech, and a specialization in props, Wilder asked and was granted permission to also have a part in creating the props for "Almost."

Without the props, "Almost" is an empty snow globe.

But Baird said it best, "It's a charming show, but to the outside eye it doesn't always seem like it's the most extravagant, and I think people just have to remember that there is quite a beauty in simplicity."

Costume design

Most of the time, the audience pays more attention to the plot than the intricacies of the set, the props or execution of character performances.

What can easily be forgotten is how



Rhonda (Ellie Wilder) watches as love interest Dave (Cody Davis) explains how she's supposed to guess what is in a painting that he gave to her as a gift by "tricking" it into thinking it isn't being looked at. **BEN LEISTENSNIER/THE CAPTAIN'S LOG**

rich a role costumes can play.

In TheaterCNU's interpretation of John Cariani's "Almost, Maine," the costumes are one of the finer points of the play.

With nine separate storylines, it can be essential to outline a character's personality, goals and obstacles in costumes.

Some of the prominent personalities seen in this play are the downtrodden loser, the perky waitress and the desperate lovers.

While words go a long way in telling a story, the costumes can perhaps provide that subtle addition.

With the help of Polyvore, a community-powered commerce site that allows users to mix and match outfit ideas, costume manager Kathy Jaremski and her crew were able to quickly put together ideas for the different costumes.

While there is a wide variety of costumes and personalities, it took the production department only one day to design costumes and about one week to put them all together.

While organization times are usually longer, this show allowed a simpler process because it was not a large show. ■

The magic of “Almost, Maine”

TheaterCNU’s “Almost, Maine” is a perfect combination of emotive acting, the realities of love and just enough magic to keep the audience engaged.

BY REAGAN MASON
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The small town of Almost, Maine, is riddled with the same problems that even those in big cities are subject to (though perhaps with a bit more snow).

In TheaterCNU’s production of John Cariani’s “Almost, Maine,” the audience’s hearts break and are mended right alongside the residents of this town on a cold Friday night in the middle of winter.

As each of the nine stories unravel, the audience too finds itself carried along through the night to watch some shooting stars out by the lake, and even to see the aurora borealis in a stranger’s yard.

“Almost” plays with heartstrings and brings both tears of sorrow and joy.

Though there is no central plot, the brutal honesty of the stories reflects the patterns of life, especially dealing with love found and lost.

The play, like a spider web, has little threads connecting everything rather than a straight line. Everything interweaves.

Though you can’t see it when you look closely, the bigger picture is one that everyone can relate to: no one lives a life where they’ve reached absolute happiness or despair.

The cast did a fantastic job of bringing the story to life.

Although they were small in numbers—only six actors were in one show—they were big in talent and personality.

This is evident as they travel across the stage, keeping the audience in the palm of their hands.

If you haven’t already, I suggest going to see it this upcoming weekend. The romantic comedy will give you the chance to watch as love is lost, found and confounded, and, as junior Hannah Czarnaski wrote, “perhaps for the first time in [your] lives, see the Northern Lights...well, Almost.” ■

(Top) Lendall (Cody Hall) proposes to Gayle (Hannah Zwerner) in their living room after trading in the love she gave him throughout their relationship for a ring. (Right—left to right) Shelly (Emily Grace Rowson) and Deena (Ellie Wilder) are best friends who, after sharing drinks, come to the realization that they have literally fallen in love with each other.

BEN LEISTENSNIER AND MACY
FRIEND/THE CAPTAIN’S LOG



SLAM POETRY COMES TO CNU

Slam poets are common today, but Lacey Roop is anything but.

BY SAMANTHA SPATA
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Lacey Roop embodies the saying that success can come from any place.

A two-time member of the Austin Poetry Slam team and top-scoring poet at the Individual World Poetry Slam, her empowering poems amplify the “marginalized voices” of those struggling with things like gender, sexuality and sexism.

After almost three years as her manager, Danny Mackey still finds himself “emotionally moved and inspired” whenever he sees her on stage.

When asked what sets her apart from other slam poets, he explains that her experiences give her “an authenticity that other poets just don’t have.”

But she didn’t start out this way.

Her path to poetry is unique because she started out as an undergraduate majoring in macroeconomics, studying for her exam at a café where an open-mic event was taking place.

She was so moved by the expression and emotion shared that night that she started writing her own expressive works. Eventually, she started participating in those open-mic nights, booking her own gigs, and her path seemed laid out from there.

Now, she performs regularly at various universities and musical festivals and is the author of her own full-length book of poetry, “And Then Came the Flood.”

Roop spends her free time reading and writing, drawing inspiration from individual moments and past reflections. “Writer’s block,” she says, “is just procrastination. Instead of doing nothing, it’s better to bring yourself back to your writer’s space.”

Her writer’s space, for example, consists of ambient or instrumental music and peace. Some of her favorite poets that she draws inspiration from include Tony Morrison and Virginia Woolf.

Despite her incredible talent with words and rhythm, Roop off-stage is much like most other twenty-year-olds. After shows, she enjoys getting comfy with a plate of nachos. Her favorite color is cobalt blue.

Over the phone, she was friendly, relaxed and just a fun person to chat with.

Among several musicians, speakers and spoken word poets, Lacey’s “passionate and emotional” words distinctly moved and captivated the CAB members, and they look forward to sharing a similarly memorable experience with the rest of CNU.

This will be Lacey’s first visit to Christopher Newport University, and CAB invites all—poetry lovers and not—to join them in welcoming her to campus and listening to her expressive and fervent performance. ■

When? Nov. 19, 8 p.m.

Where? Crow’s Nest

Inside the world of Captain Chris



“They didn’t know I was a girl and it didn’t matter. I got to be part of the team.”

~ Captain Chris

BEN LEISTENSNIER / THE CAPTAIN'S LOG

One lucky CNU student becomes Captain Chris, enduring the big costume and shoes to embody school spirit.

BY SAMANTHA CAMILLETTI
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While CNU has “Blue Crew” and other spirit organizations, few get to contribute to the spirit by taking on the Captain Chris role themselves.

One junior female is the primary person behind Chris, but asked to remain anonymous due to job restrictions. Despite the restriction, we met in the lobby of McMurrin, a heavy traffic area, and it didn’t take long into our conversation before she was beaming with happiness.

Rest assured, Captain Chris is in good

hands.

“As a student, you’re already part of the school, but then you become a symbol of the school, so you have to take everything a school stands for and display it in a costume,” she said.

She has recognized the magnitude of this representation since middle school and was searching for a way to show her pride at college.

Her way to contribute arrived at the freshman PLP dessert reception, where she was offered the job to assume the iconic role of Captain Chris.

“I had dreamed about doing it in college when I would watch college basketball and football on TV,” she said. “Even though I was going into a

Division III school, it’s always been a passion of mine, because I love school spirit and I love being in costumes and it’s fun.”

So far, she has been to almost every sporting event, including football, basketball, soccer and field hockey.

One of her favorite memories of being Captain Chris was last year, when the basketball team won at home against NYU to advance to the Sweet 16.

“I got to dog pile with them and they took pictures with me and they didn’t know I was a girl and it didn’t matter. I got to be a part of the team,” she said, looking past me as if reliving the moment.

“I got to be up with the athletes, which was cool. I got to literally be a part of their success.”

She notes that success also comes from mastering Captain Chris’ outfit.

“It’s kind of weird,” she said. “The head is literally a bicycle helmet glued inside of his head.” The rest is “just puffy clothing.”

She notes that the boots are a bit hard to walk in and there are many opportunities to trip. Luckily, she hasn’t yet. “I love his cape,” she said.

“It makes me feel like a superhero. And you can do like ‘Batman’ and all of those kinds of things at football games and make people laugh.”

Making people laugh is one of the central parts of the job. “I can’t dance. What I figured out was that I’m the sassy, funny mascot. I interact a lot with the audience. I’ll play practical jokes with people,” she said. “It’s just a party, every day.” ■

An update: voter registration and awareness on campus

Social work students made it their mission to encourage voter registration among their peers on campus.

BY DIANE GRIFFITHS
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The following is an update from the SOWK 403 class on their efforts to increase voter awareness on CNU's campus for the 2016 presidential election.

"On this important Election Day, we are writing to update you on our recent efforts to 'Get Out the Vote' at CNU. Seventeen of us (all senior social work students in Macro Social Work— SOWK 403) recently completed a voter registration and education drive on campus. We worked diligently for two months (up until the voter registration deadline of October 17th) to educate students about voting and to either register students as voters in Newport News or assist them with completing absentee ballot registrations.

Prior to starting the drive, we researched the most effective strategies for engaging with our fellow Captains and found that personalized connections combined with vote pledging are key to encouraging millennials to exercise this important civic right. We

visited over 20 classrooms, attended a number of CAB-sponsored events, co-hosted several Debate Watch parties, hosted election trivia nights in residence halls, participated in Voter Registration Day, produced a promotional video with President Tribble and established Facebook pages with key electoral information and links (including, of course, a special voting preview with Noona, the rabbit).

One of our most successful approaches was having our fellow Captains sign voter pledges promising to vote on Election Day while, at the same time, explaining why they plan to vote. Some of these expressions made their way via Whiteboard onto the Facebook page. Students said they are voting because "it is the most critical election of my lifetime," and "...to not vote would be to stand on the sidelines and take what happens." Even President Tribble pledged to vote, saying he's voting because "I love America and it is my solemn responsibility to vote!"

In all, we were successful in having election-related contact with our fellow Captains over 8,000 times. We secured 721 pledges to vote, 50 voter registrations and 109 absentee ballot registrations. Countless voter educa-

tion materials were also distributed. None of this would have been possible without engaging with many different groups on and off campus. Leaders from CNU's Young Democrats, the College Republicans, Virginia 21, Residence Life, CAB, local election officials, faculty members across campus and the League of Women Voters were all instrumental in helping us identify and carry out our goals.

It is our hope that senior social work students and the Social Work Department will continue with 'Get Out the Vote' efforts in years to come. We hope next year's efforts will have even stronger coordination with other campus groups. Further, we would like to have CNU explore the possibility of establishing an on-campus polling station as well as participate as a university in the National Study of Learning, Voting and Engagement

(NSLVE) at Tufts University. These steps would continue to solidify CNU's commitment to civic engagement.

Research on student voting indicates that students who register to vote and who pledge to vote (especially if there is a stated reason for doing so) are significantly more likely to cast a ballot today.

This gives us tremendous hope that our efforts have led to higher civic engagement among our fellow Captains and, of course, voter turnout for this important election and for those that follow." ■



Students register others to vote. PHOTO COURTESY OF DIANE GRIFFITHS

How to make your resume shine

With first semester coming to a close, students should start searching for summer jobs and internships.

BY SAMANTHA CAMILLETI
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Between the stress of social events, family, school work and extracurriculars, it seems as if there's not enough time in the day to worry about preparing for the future. Libby Westley, Direct of the Center for Career Planning wants to ease that stress with some tips on writing that perfect resume.

Understand your message

For first-timers, it can be difficult to pin down exactly what should be on a resume. "I tell anyone I'm talking to about resumes that it's very important that they understand what is the message they're trying to communicate about themselves," Westley said.

She suggests thinking about and then articulating what makes someone special, what things they are proud of, and how both of those things relate to the job they are applying for. While this is not mandatory, having a clear idea of the message being sent can help when drafting a resume by providing a direction.

Don't forget to say why you're passionate about something
It's great that you're helping chil-

dren or managing a restaurant or involved in six clubs on campus and four off-campus. But all of these accomplishments may be overlooked in a simple list. Westley notes that the list is tempting, but descriptions of what you do and why you do it are more important.

"The power of your resume is in the descriptions of what you've done, not the list," she said. "People are not going to understand what is meaningful about an experience the way you understand it unless you give them that information."

You should say why you do what you do. If you list things you're proud of and why, it might reflect a pattern which then leads to a tighter resume, according to Westley. This pattern may appeal to the employer and explains "what is central to who candidates are, and that's really what we want reflected on the resume," she said. "That is what is going to make them distinctive and hireable compared to other candidates."

Go ahead and put that summer job down

Westley notes that some students are uncomfortable putting down certain experiences they've had over the summer because they think

it doesn't relate to the current job or internship they're pursuing. "All of someone's experiences are transferable, but it's your job to explain how it's transferable," she said.

Understanding your message for the resume can help direct how certain experiences have prepared you for your job-to-be. Even class work can be applicable to many jobs, Westley notes. "When you consider how much time students spend in classes and studying and writing papers and all, it's significant. It is in fact preparing students for their jobs and internships," she said. "But it's the students' job to explain how their coursework is relevant."

Use specific headers

"People don't spend time reading resumes, they spend time skimming resumes," Westley said. Because of this, headers need to communicate a lot of information quickly. They are convenient tools in a resume because they can provide a brief summary of the job or internship candidate, if used correctly.

"You want to use headings that catch people's attention," Westley said. "Headings also give people a cue on how to take that information in."

Westley encouraged resume writers to avoid using generic headers like 'work experience,' instead going for something like 'marketing experience' if applying to a marketing job or internship.

Use strong verbs

Strong language—no, not profanity—will increase the chances of you being considered for the job or internship. Try swapping 'worked,' or 'helped,' 'assisted' for 'created,' 'developed' or 'initiated' and see the difference. Instead of a vague, semi-interesting candidate, you may very well get moved into the 'likely to hire' pile of resumes.

Feedback is important

Anyone who has been in a peer review for a paper or project already knows this tip: the more people that look at your resume and provide feedback, the better. "When people give feedback, make sure they tell you why they're giving you that," Westley said. Lots of different people from many different backgrounds should examine your resume, which helps you in the long run draft a well-written and clear resume that's ready for any job or internship.

"It's not too early for students to think about what they're doing this summer," Westley said.

Students who are interested in any aspect of career planning, from writing a cover letter or resume to interview tips to even figuring out what job or internship you want, should set up an individual appointment with the Center for Career Planning at 757-594-8887. ■



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