



THE CAPTAIN'S LOG

THE VOICE OF CHRISTOPHER NEWPORT UNIVERSITY STUDENTS

@CNUCAPTAINSLOG WWW.THECAPTAINSLOG.ORG

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Crossing out Crossing

CNU Crossing to be demolished following 2018-19 lease year

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CNU Crossing is set to be demolished following graduation at the end of the 2018-19 school year. It is to be replaced with units similar to East Campus the year following. These units are proposed to open in the Fall of 2020 following a 14-month construction period.

CNU's Crossing's units, similar to town homes, were originally built in 1976 and were only recently bought by the University 10 years ago. They primarily hold Greek residents, with several fraternities and sororities having homes dedicated to them specifically.

CNU Crossing currently houses around 75 students.



CNU Crossing currently houses around 75 students. HANNAH LINDENBLAD / THE CAPTAIN'S LOG

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What's Inside

News

Get 'majorly' personal with these first-hand accounts of Signing Day.

Snapshot

Love is in the air! Couples on CNU's campus pose in this spread.

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March Madness is right around the corner and it's time to talk about D-1 Basketball.

A&E

Go behind the mask of WCNU's latest event in the Black Box, the Masquerave.

Lifestyle

No Valentine, no worries. Here's how to enjoy the lesser known Galentine's Day.

CNU Softball splits season opener

MICHAEL INNACELLI

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Freshman Bailey Roberts holds her swing until the pitch arrives at the plate.

SARA KOCHAGIAN/ THE CAPTAIN'S LOG

The sixth ranked CNU Softball team began their season with mixed results this past weekend. They played a double header on Sunday against the Emory and Henry Wasps.

#6 Aubrey Bates began her season on the wrong foot. After dominating all last year, she gave up 5 earned runs in the opener and picked up the loss.

The game was a back and forth affair as the Captains struggled to keep the strong offense of the Wasps at bay.

The Wasps were efficient on the base paths, with four different players earning a stolen base in game one. This allowed for the Wasps to "manufacture" easy runs, whereas the Captains had to hit solo homeruns to score.

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State police, DEA investigate substance

No injuries, ongoing threats reported after incident

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On Feb. 4, 2019, local police and the fire department responded to a report of a suspicious substance on CNU's campus.

The crime log at CNU reported a drug violation, alcohol violation and vandalism charges at CNU Crossing. Of significance, this report mentioned the "Manufacture and Possession of Schedule I drugs."

The United States Drug Enforcement Administration (DEA) defines Schedule I drugs as "drugs with no currently accepted medical use and a high potential for abuse."

State police joined the investigation and the substance in question was sent to the East-

ern Laboratory in Norfolk, VA for testing. As of Monday, February 11, the substance remained unidentified.

The DEA was unable to comment on the investigation and will be unable to provide more information until the investigation is concluded.

When asked for a comment, the Interfraternity Council (IFC) responded with, "Due to University requirements, we are prohibited to comment on the recent events."

STORY CONTINUED
ON PAGE 3



Weekly Pic

Members of CNU's Improvocateurs couldn't hold back laughs during their performance on Saturday night. Their performance was themed on the "Black Mirror" episode 'Bandersnatch'

HANNAH MCCLURE/ THE CAPTAIN'S LOG

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



CNU TV

In a new episode of "Life with Lyss," Lyss travels to the Great Lawn to get tips on how to best slide into the DMs this Valentine's Day. Check it out on The Captain's Log Facebook page.

Happened

February 6

2019 Everitt Speaker Lecture

The Captain's Log and the English Department hosted Dr. Michael Clune as the 2019 Jean Everitt Lecture Speaker. He gave a talk on the connections between literature and democracy at 3 p.m. on Wednesday in the Gaines Theater.

February 12

CAB Presents... Carol Campbell

Human rights activist speaker and author educated students about healthy relationships, consent and sexual health in the Crow's Nest. This event was part of healthy relationships week.

Happening

February 15

Currents Open Mic. Night

Currents and the English Department host an Open Mic. Night in the Crow's Nest from 6-8 p.m. Poets and writers are free to participate or just come and listen.

February 16

Captain's Ball

Hosted by CAB, the DSU Ballroom will be transformed into a Monte Carlo escape this Saturday from 8-11 p.m. There will be a cash bar, food, games and a live D.J. Tickets are one for \$20 or two for \$30.

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

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

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

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

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CROSSING

STORY CONTINUED FROM COVER

According to the Chief Communications Officer for the University, Jim Hanchett and the Vice President for Student Affairs, Dean Kevin Hughes, the reason for the change was two-fold: fix junior and senior housing and update an old building.

“Crossing is outdated and it is time to replace those units,” Hanchett said.

Not an expansion but a replacement, the new building is also proposed to hold more residents, hopefully alleviating the pressure of junior and senior housing.

“We just made the decision recently as we were looking at what are our future plans, what are our numbers looking like relative to the problem we’re trying to solve, junior and senior housing. We know that that’s a

challenge. And we were looking at where our facilities are at...” Hughes said.

This information was first shared to students in a private meeting with Greek Leadership on Feb. 1. It has not yet been shared with campus community at large.

Given only one week, the students currently living in CNU Crossing had to enter the housing lottery process, something that those expecting to retain their housing into next year did not anticipate.

The housing contract was due this past Friday on Feb. 8. The housing retention form was due the previous day, Feb. 7.

The housing lottery room selection process will be held in one month on March 13-14 and 20-21.

The reason for the quick turnaround process was, according to Hughes, due to the University just recently making the decision.

“We looked at it, we said, hey we’re right in this sweet spot where we can

SUBSTANCE

STORY CONTINUED FROM COVER

Jim Hanchett, Chief Communications Officer for the Office of Communication and Public Relations sympathizes with concerned students and parents. “The University understands that students are interested in the outcome but are limited by the pace of the investigation and the privacy regulations in place [FERPA].”

As for the unit in question, it was closed for cleaning and will not be reoccupied for the remainder of the semester.

The names of the individuals

involved are protected due to the ongoing nature of the case.

The Captain’s Log is in the process of reaching out to the Newport News Circuit Court to investigate what, if any, warrants were filed, and what the status of these warrants are. We are also in the process of acquiring official public documents relating to the investigation through the Freedom of Information Act (FOIA).

The Captain’s Log will be publishing further updates as we learn them in line with our mission statement, “To provide news coverage on subjects affecting student activities, interests and organizations on campus through effective and ethical journalism practices.” ■



The unit is being blocked off by police tape. HANNAH LINDENBLAD/ THE CAPTAIN'S LOG



CNU Landing will still be used as Greek housing. HANNAH LINDENBLAD/ THE CAPTAIN'S LOG

take this down at the end of the semester and if we get everything lined up perfectly we can get a new facility on board,” Hughes said.

The new housing will also not be exclusively Greek.

“The university is not committing to the Crossing replacement being exclusively Greek housing. Efforts will be made to accommodate Greek members and organizations in Landing.”

Currently CNU is working with Greek leadership to accommodate them for the upcoming year.

“We made sure they at least have something in Landing. They will at least have some unit dedicated to their Greek experience,” Hughes said.

Hughes also shared that he has met with Greek Leadership multiple times to discuss what future

plans may look like.

“We’re committed to using the next year to talk with [Greek life] about, if you have to have a living arrangement what could that look like,” Hughes said.

When asked about the potential increase of more students Hughes stated that it is too premature to discuss their effects to housing this upcoming year. He cited not knowing the number of freshman class, the number of seniors choosing to live on-campus, and the number of those permitted to live off-campus, as reasons for this prematurity.

“We don’t know on any given year, if the group that chooses to live off campus because they are permitted to live off campus, we don’t know those numbers... It’s premature to say what that will look like,” Hughes said.

Currently the university has no plans to decrease the three year on-

campus living requirements.

“Housing is progressive in nature and it’s designed to transition you... There’s a great value for students in preparing students for what’s coming and also for the institution in creating that active and vibrant campus community [through the requirement],” Hughes said.

As far as future conversation with Greek Life Hughes shared, “We’ll look forward to working with them as we figure out what our next phases of housing will be. I want to hear what they’re looking for, are there ways we can incorporate some of the experiences that they are seeking.”

CNU Interfraternity Council (CNU IFC) and CNU Panhellenic Council (CNU PC) stated that they could not comment on this story. The Coordinator for Greek Life was also asked for comment, but declined. ■

**Is he not
listening to you?
We will!**

Contact the Captain’s Log with story ideas, opinions, or other contributions at clog@cnu.edu or contact the Editor-in-Chief, Morgan Barclay at morgan.barclay.15@cnu.edu

Mobility towards inclusivity

Council of Diversity and Inclusion hosts open house to discuss diversity on campus

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On Wednesday, Jan. 23, the Christopher Newport community gathered to discuss, understand and celebrate the policies of diversity and inclusion put into place to make CNU a more understanding campus and a better environment for all.

The Council of Diversity and Inclusion open house was organized by Brad Hunter, Vice Rector of CNU's Board of Visitors and Chair of the Council, as well as a 2004 CNU alumni.

President Tribble extended Hunter's invitation to CNU students in a campus-wide email, ensuring that all would be welcome at the meeting to fill the space with all kinds of voices. Both Tribble and Provost David Doughty were present at the event.

Students, staff members, faculty, alumni, community members and members of the Board of Visitors filled the second floor of the Freeman Center for an afternoon of understanding and acceptance as they gathered to discuss the measures CNU is currently taking and what else can be implemented to become a more inclusive institution.

The event was loosely structured, mainly as an opportunity for discussion and fellowship between fellow Captains. Discussions centered on how CNU can continue to be a place of acceptance and equality.

The event followed an entire week of CNU hosting events to celebrate the contributions the late Dr. Martin Luther King Jr. made to equality and how Christopher Newport can embody those ideals moving forward.

Poster displays lined every corner, each highlighting the endeavors toward diversity CNU has undertaken as well as different events CNU has already held to emphasize the continuing mission for inclusivity on campus.

One poster recapped the events of MLK Day 2019 and discussed how the campus will observe the holiday in the future. In 2020, classes will pause for a length of time as the campus observes the holiday. Additional activities are being discussed and organized.

Another poster informed attendees of the Community Captains program. Community Captains are 10th graders who come from select Newport News

high schools. These students have strong grades, test scores, and will either be the first in their family to attend college or qualify for free or reduced lunch.

The program offers multiple benefits for the high school students that provides them with crucial learning opportunities. These include a college mentorship from students, a path of acceptance into CNU and financial assistance so they can continue to attend the university.

A poster highlighted recent measures that CNU has taken to advance diversity and inclusion. These measures included Safe Zone training (which emphasizes how faculty and staff members can best support those on campus who identify as LGBTQ), regular Council of Diversity and Inclusion meetings, CNU's partnership with Hired Hands (which prepares disabled individuals to succeed in competitive careers) and diversity and inclusion orientation for new employees.

Senior on the 2018-2019 Council for Diversity and Inclusion Phillip Patterson believes the open house was a prime time for other students to come together to make their voices



President Paul Tribble talks with students and faculty at the open house the Council of Diversity and Inclusion hosted on Jan. 23. COURTESY OF CNU OFFICE OF COMMUNICATION AND PUBLIC RELATIONS.

heard.

"I've been on the Council for about a year now," Patterson said. "This event means a lot because it's an opportunity for students who always hear about the Council of Diversity and Inclusion to actually meet the members and talk to them directly and address problems that they have had and issues.

It's just a good way for students to have the chance to voice their concerns or things that they're happy that we're doing."

The open house hosted by the Council of Diversity and Inclusion reflected the values of the Christopher Newport campus, and members of the CNU community were taught ways to make campus more inclusive. ■



(Above) A sign displays the current university statement Christopher Newport has adopted on diversity and inclusion. (Top Right) Senior Gaby Olivera, president of the Student Diversity and Equality Council (SDEC), mingles with students at the open house. (Bottom Right) Students write down thoughts and ideas about ways CNU can create a more inclusive community. Students could write down their suggestions on index cards and submit it to the university.

StudentsSpeakOut

Sophomores explain why they signed to their chosen major during Signing Day on Feb. 5



"I chose Communication Studies because I have a passion for the area of study. Communication is truly what makes the world go round and being able to understand the fundamentals of verbal and nonverbal communication can really help me excel past graduation. I want to go into communications in marketing, higher education or in the hospitality industry. Long term goal is to work for the Walt Disney Company."

- Lawson Herold



"I'm a Sociology major because I've always had a love for people, and it allows me to explore different cultures and groups of people in a way that allows me to make a difference in the world. I want to become a museum educator to help implement educational programs, train volunteers and educate people."

- Lizzy Bergman

PHOTOS AND QUOTES COMPILED BY SYDNEY HERNANDEZ



"I took my first psychology class when I was a junior in high school and I fell in love with getting to know people and the human mind and knowing why people do what they do. Future-wise, I really want to be a family and marriage counselor and I want to use my major to help people."

- Natalee Jamerson



"I picked my major because I always had a fascination with criminal justice and federal and state law. With my major being Criminology, I want to look at the bigger picture and help prevent issues on a large scale."

- Christian Lange



"I am a double major in Communication Studies and Spanish, and I chose them because I love both subjects and I think they're going to be super useful in my future. I want to go into higher education and administration. I would love to give back to the place that got me started on the path to my future."

- Eddie Sonnie



"My dad is a police officer and one of my childhood friends works with the secret service in the White House, and I have always been interested in National Security. All of these things led me to my major. I am a Political Science major and I chose it because I believe it is the best option to help me get into the CIA. It's also a flexible major so I have plenty of other career options."

- Bryce Hall



"I'm a Communication major. I came to CNU really confused and unsure about where I wanted to go in life but the more Comm classes I take, the more fascinated I am in what goes into getting messages across to people. I can be indecisive, but Communication provides skills that are useful no matter where you go because no matter what job you have, you're probably going to interact with people."

- Kyle Gunderson



"I chose computer engineering because it's something I am interested in and good at and it is profitable."

- Henry Wilson

The Green New Deal is a blueprint

What it means, even if it doesn't pass

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With the formal support of Senator Ed Markey of Massachusetts, New York's 14th district representative and congressional newcomer Alexandria Ocasio-Cortez introduced the fully outlined text of her "Green New Deal" resolution on Feb. 7, seeking congressional support for the large governmental reform.

The Deal, which has been discussed for months but has just recently been formalized, has made significant waves and polarized members of the right and the left; the right has denounced such large government intervention at large, while the left is still split.

The resolution, as simplified by author David Roberts of Vox, has two major "priorities": justice and investment. Understanding the resolution by these two terms can give one a clearer vision of what exactly Ocasio-Cortez and other progressive lawmakers are seeking to do with such legislation. They want to prioritize everyday people in solving economic and environmental crises by means of sustainable investments in green infrastructure and businesses.

The document of the resolution is readily available online from a variety of news sites, but for those who don't have the time to read and analyze the 14-page document, what follows is an outline, summary and further notes about the resolution and its significance.

WHAT'S THE DEAL WITH THE NEW DEAL?

The resolution begins by outlining a grocery-list of "whereas" statements, establishing foundational facts, including (in short) that climate change is real, human-induced, contributing to the intensity of extreme weather and natural disasters, only getting worse, a national security threat, and intensifying simultaneously with economic and social issues like income inequality, especially racial and gender inequality.

Interestingly enough, the original, FDR-era New Deal from which the resolution draws its name is also referenced here; the resolution states that dangerous economic and social conditions prompted significant (and for the most part, effective) government intervention during the Great Depression and for the FDR administration.

It is with the Green New Deal that progressives are urging and rallying behind the same type of solutions, only this time, the issues are rooted in the environmental crisis of climate change.

Following the four-page introduction of the issues at hand, the document resolves four major proposals to Congress, with over 30 specifications and sub-clauses total.

First, it is resolved that it is the duty of the federal government to "create a Green New Deal," that is outlined with various provisions, such as an ambitious net-goal of zero greenhouse gas emissions in 10 years, green job-creation, sustainable infrastructure investment, clean water and "healthy food" for all. It also outlines economic and environmental justice for "frontline and vulnerable communities" that include communities of color, indigenous communities, women, the elderly and the impoverished.

Second, the resolution outlines that provisions (assumingly, policies) to meet these "Green New Deal goals" should be accomplished within a 10-year "national mobilization" by means of "leveraging funding" for holistic, nationwide sustainable infrastructure and expanding climate change consciousness in the political and legislative sphere. The 14 subheadings and specifications following this second outline are the policy-related suggestions/ideas that are prescribed to alleviate and solve the environmental impacts of the climate crisis.

Thirdly, the document resolves briefly that such aforementioned actions and coherent policies must be developed "through transparent and inclusive consultation" with those same "frontline and vulnerable communities" as well as academia, worker cooperatives and unions, and businesses. Basically, this isn't going to be a group of elected politicians pushing their prescriptive policies onto communities, but rather, the policies will be built with the input of these groups of everyday people.

Finally, under the fourth proposal, Ocasio-Cortez outlines the specific "goals and projects" that such a resolution would entail. What follows this fourth proposition are specifics of how such policies would be developed with goals to "spur economic development, deepen and diversify industry in local and regional economies, and build wealth and community ownership". This section is an expansive one, and it contains the policy-relevant ideas proposed to solve the social and economic dynamics of the climate crisis, including resources for better education/training, inclusive "democratic/participatory processes," better wages and retirement security, labor protections, and basic health and hous-

ing provisions.

This list seems endless, and has (and probably will continue to) turn some heads and raise eyebrows.

Taking a step back from the lengthy resolution itself, assessing what this means (and doesn't mean) for the nation's political sphere and climate action is crucial.

WHAT IF IT DOESN'T PASS?

It is not a stretch to say such a resolution probably won't pass; Republicans and Democrats alike have wasted no time calling Ocasio-Cortez and her resolution radical and pointless, and although resolutions do not have to pass through the Senate for passage, many are convinced it really stands no chance.

Additionally, the resolution is rather expansive, and many are hesitant to endorse it since it has many implications and would affect many aspects of American life. Only time will tell what direct legislative path the resolution will follow, but no matter what happens, it is evident that this resolution goes much further than the walls of Congress.

What AOC has effectively done with her Green New Deal has created a platform for the upcoming progressive movement, and she knows this.

The young congresswoman said in an interview on Meet the Press the day of the release that the Deal is a "blueprint" and an "organizing play" for 2020. And when three of the most notable and likely Democratic forerunners for the presidency have already backed it, it is even easier to say that this Deal and its ideas are not going away any time soon.

To be blunt, the Green New Deal is already a "litmus test" for the 2020 Democratic primaries, and the candidate who faces President Trump seeking re-election will likely maintain many of the foundational beliefs and work for the inclusive policies expressed here.

From an environmentalist's perspective, the Green New Deal is a massive push in a positive direction in terms of talking about and taking climate change issues seriously. The science community internationally has been advocating urgent political action to safeguard the impending

(and already relevant) consequences of anthropogenic climate change.

Additionally, addressing environmental injustices as they intersect with racial, economic and social issues on such a large scale is a breath of fresh air in our current political climate that often disregards or ignores these issues at large. The fact that these issues are being discussed and recognized is in itself a growth in effective and beneficial climate policy.

Finally, all politics aside, Alexandria Ocasio-Cortez shares and continues to express a belief she has in common with the majority of the nation: she believes that America has been and should continue to be a leader on global issues and change. Much motivation behind creating this progressive, environmentalist blueprint points to the foundational belief that America is a global leader. This resolution is not an end-all solution to such problems, and to many, it is more of a call to action in rallying our country to step up to the plate as a global environmental leader. ■

Thoughts on Northam

The former PLP speaker contradicts CNU's values

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Governor Ralph Northam recently spoke at CNU as part of the prestigious President's Leadership Program speaker series this past fall. Over the course of his hour-long reflection on leadership, Northam presented himself as an accepting, relatable and noble individual who rose from a career in the medical field to command power in Richmond. After the speech, Northam answered the questions of students with poise by providing valuable advice for undergraduates across CNU's range of disciplines.

The Governor's choice to travel from Richmond to witness the opening of the Tribble Library Expansion demonstrated a level of statewide commitment and recognition, which impressed me.

Northam also appealed to me politically, as I conducted some background research on the Nassawadox native. As I investigated, I found the current governor's moderate stance increasingly appealing. The American political realm desperately needs moderates to bring others to the negotiating table, as together we must find solutions to the countless problems the country and world face.

The recently revealed yearbook spread depicting Northam side by

side with an image of two men, clad in nauseatingly racist costumes completely turned my conclusions upside down.

With this photo, Governor Northam betrays the trust given to him by the citizens of Virginia.

I find it appalling that anyone would pose in such manner, regardless of time period. Racist actions, like the one depicted in the yearbook, are unacceptable. Northam's stage in life furthers the offensive nature of the image. In 1984, Northam attended East-

ing with who I am today and the values I have fought for throughout my career," I struggle with the contradictory nature of the Governor's past and present stances on the racism which plagues our country.

From a governance standpoint, Northam's position calls him to serve and advocate for a diverse population of Virginians, and to lead the state with decorum and dignity. As a direct result of Northam's failure to uphold the state's trust, lawmakers nationwide and on both sides of the aisle,

now continually call for the Governor's resignation.

As a member of the Democratic Party, Northam's past decisions run against the very nature of the organization; an organization which represents diversity, equality and civil rights. The image shows that the values he proclaimed thorough his career may be a complete facade.

As a proud Captain, I am sad to say that our rising university now shares an association with a man whose values contradict everything CNU stands for.

I was wrong to place confidence in this politician. If Northam wishes to retain any shred of honor attached to his name, he should resign immediately. I sincerely hope he does. ■

"With this photo, Governor Northam betrays the trust given to him by the citizens of Virginia."

ern Virginia Medical School as a 25-year-old. A common argument against racist actions which appears is that individuals failed to understand the implications of such behavior due to age. This rationale collapses, as Northam fully understood erroneous nature of such conduct as an educated adult.

While Northam stated recently that "This behavior is not in keep-

The importance of a 'do-nothing day'

Don't feel guilty for watching TV all day



THE CAPTAIN'S LOG

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It is a wild, wild life. One day you are super busy and then the next day you're even busier. So what do you do to combat the stress of being busy?

It's simple: do nothing.

What I mean by that is taking a short break from everything stressing you out. Take a "do-nothing" day and take some time for yourself.

I currently am working four jobs: three on campus and one off campus. On top of that I am also playing on three soccer teams, and I try to make time for all of my classes so that I can graduate in a year.

Every now and again I need a day off. I need to be able to take a big nap one day, or at least watch television all day instead of doing my homework.

This is absolutely essential to survive in this crazy busy world we live in. We can't expect to be slamming ourselves with work, we're college students. We are supposed

to be enjoying our last few years of quote unquote "freedom" before we work for the rest of our lives.

I want to sit on the couch and watch "Brooklyn Nine-Nine" every now and again instead of working. I need the "do-nothing" day so I can be productive on my "do-everything" days.

I think this is a fair way to get myself a break every now and again. This keeps me sane throughout the week.

Before I get letters back saying "that's terrible work ethic," or "surely you fall behind," I would like to say that I know it can be a bad idea for some.

I am well aware that I can slam myself with even more backed-up work by taking "do-nothing" days, but this is what works for me right now. Regardless, I just want you to know that sometimes it is perfectly okay to do nothing all day.

Now I am going to get back to the massive pile of work that I won't do until tomorrow after my "do-nothing" day is done. ■

Valentine's Day: An overpriced let down

The holiday should be about love only

BARRETT GOODE

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February. Yes, it is that forgotten month of the year that seems to be only a week long. The trees don't know whether or not to bloom yet because a rodent popping out of the ground says no and the weather is constantly shifting despite our wishes.

I, if you couldn't tell from my blatant tone, don't like February. That is an all-together different reason though.

February is often associated with love and the all too dreaded Valentine's Day. So many people out there despise this holiday, but why do we care so much about it?

There are many Valentine's Day origin stories and ranging from Greek gods to priests, there is no shortage of myths.

A popular origin story among historians is that of St. Valentine of Ancient Rome. Around the year 290 A.D., Roman Emperor Claudius II had an epiphany. He believed that young men who were not married would make better soldiers for Rome's army. As a result, he outlawed marriages for any young adult male. This outraged many people, but no one dared break it, and the Roman public was full young couples who couldn't be married as a result.

St. Valentine, a popular priest, defied the republic and started to perform secret marriage sacraments for said couples.

He believed that the spirit of love was too strong to be oppressed by the Roman Republic. After marrying many couples in secret, good old Claudius the Cruel found out, captured Valentine, and had him beheaded in the Roman Forum. His spirit became a martyr of love and thus Valentine's day was born.

As to Cupid and how he came into the mix with firing arrows in a diaper, I have no clue, but that is where most historians believe Valentine's day originated.

Now how did we get from beheading a Roman priest to overpaying for chocolates, roses, and fancy meals that we can get at any other time through the year? Why is it so important that we spend enormous amounts of money on flowers that will die in a week's time? Why must I get my significant other a flashy gift that will just be set with all the other holiday gifts? You know why? It is because of the media. It is because of the standards that Hallmark sets with their overpriced cards and movies. It is because today it is the social norm to overpay on everything on the night of Feb. 14.

On Valentine's Day, we are expected to go out of our way for our

partners, on a day that literally exists because it is there on our calendar.

"We buy those things to show our love and devotion for our partner!" I hear you say. My counter to that is, if you really love your partner, then you wouldn't have to buy the accessories to prove it. Your love would be strong enough without it. Valentine's Day is overpriced, and I find only one benefit from it: discounted chocolate on Feb. 15.

The premise that you should overpay for meals and candy on Valentine's Day is appalling. Love between two people doesn't need fancy gifts or exotic flowers.

St. Valentine risked his life for love. No gifts, no payments, just for the sheer fact of bring two people together forever.

Valentine's Day doesn't need all the bells and whistles and gifts of other holidays. All you need for a great Valentine's Day is just being there for the people you love and making sure they know it.

That could just be the inner-broke college student who's bank account decreases every time I need a textbook, but that's just my opinion anyway. ■



COURTESY OF ADOBE STOCK

For God's sake vaccinate your kids

This public health risk isn't worth it

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There's a huge debate over vaccines in today's world.

With the rapidly growing number of people not vaccinating children, dubbed "anti-vaxxers," and a spike in diseases easily preventable by vaccines, this conversation isn't going away. One such disease, measles, has jumped from 120 reported cases in 2017 to 372 reported cases in 2018 according to the CDC.

The state of Washington is currently in a state of emergency, with 46 confirmed cases of measles. Only one of these cases was an adult.

This anti-vaccination movement is sending our country back to the dark ages, with people not listening to doctors and deciding they know better.

If I haven't made it clear, here's my opinion on vaccinations: if you can vaccinate your children, vaccinate your children!

It's a fact, some people cannot be vaccinated. Some children are too young to get vaccinations, and some people have autoimmune diseases that prevent them from being able to get vaccinated.

That doesn't mean you have free reign to risk their lives because you think your home cooked food and essential oils are enough to protect your kids.

Herd immunity protects those who cannot get immunized. But why should you care about other people's kids? Well by not vaccinating your kids, you're risking their lives.

Sure, there are all the arguments against vaccinations, like "vaccines aren't researched enough" and "vaccines are just a ploy by 'Big

Pharma' to make money."

Vaccines are some of the most researched medicines in the field, with years of testing before they go on the market.

As for the "Big Pharma" claim, it's okay to believe that, but that also means that you can't let your asthmatic kid have their inhaler, because "Big Pharma" makes those. When you got into that car accident, the anesthetic used on you for your emergency surgery was produced by "Big Pharma" too.

When looking at a chart of how much money "Big Pharma" makes from certain products, vaccines weren't even in the top ten largest profits.

Perhaps the biggest arguments that anti-vaxxers have is that vaccines cause autism. This has been proved to be false; there is no link between autism and vaccine.

The first, and only, doctor to



CNU requires a immunization documentation based on national guidelines and Virginia law for enrolling students. COURTESY OF ADOBE STOCK

establish a link between Autism and vaccines was a discredited gastroenterologist (stomach doctor) Andrew Wakefield.

Wakefield falsified his research, his findings were unable to be replicated and he hand-picked data to suit his theories.

Autism is generally diagnosed

around the same time as vaccines are given, which is a coincidence.

I get it, autism is scary. It's hard to raise children with special needs, but I'll leave you with this last thought.

Would you rather have a child with autism, or would you rather have a child die from a preventable illness? ■

SNAPSHOT

PAGE 8



"We go see plays pretty often, since the weather's been so great lately we've been hanging out on the great lawn a lot lately, we also tend to get a lot of milkshakes from Einstein's."

-Andie Martin, Freshman and Taylor Borset, Senior



"Hiking, camping, ice skating, and other outdoor activities."
- Andrea Russetti, Sophomore and
Siegel, Senior



"We tend watch a lot of movies together in our spare time and honestly just hang out in our rooms, I mean he basically lives in mine."

- Kenzie Sanner, Freshman and Matt Kelley, Freshman



"We like to eat together, we go to a lot of different places; like traveling together. Y'know, that kind of stuff."

- Nicole Pope, Junior and Alex Barnhart, Senior



"We play video games together, although other than that we do a lot of the 'common' things like going out to restaurants and seeing movies together."

- Zach Petrus, Freshman and Julie Horton, Freshman Class of 23'

e skating, honestly we're big
ors people."
homore and Dalton Dames-
Sophomore

"We go to CAB events, hockey games, lots of events that are provided by the university really. We're both in a fraternity and sorority now, so we'll be going to those mixers together too."

-Lindsey Brubaker, Freshman and Troy Potvin, Senior

CNU in love

Photographer Jordan Oglesby explores how couples at CNU spend time together.



"We do spend a lot of time together; we play board games like CLUE, watch Netflix together. We also get off campus every once in a while and go out to eat or see a movie."

-Cassidy Mechalske, Senior and Jacob Angelo, Senior

UPCOMING HOME GAMES

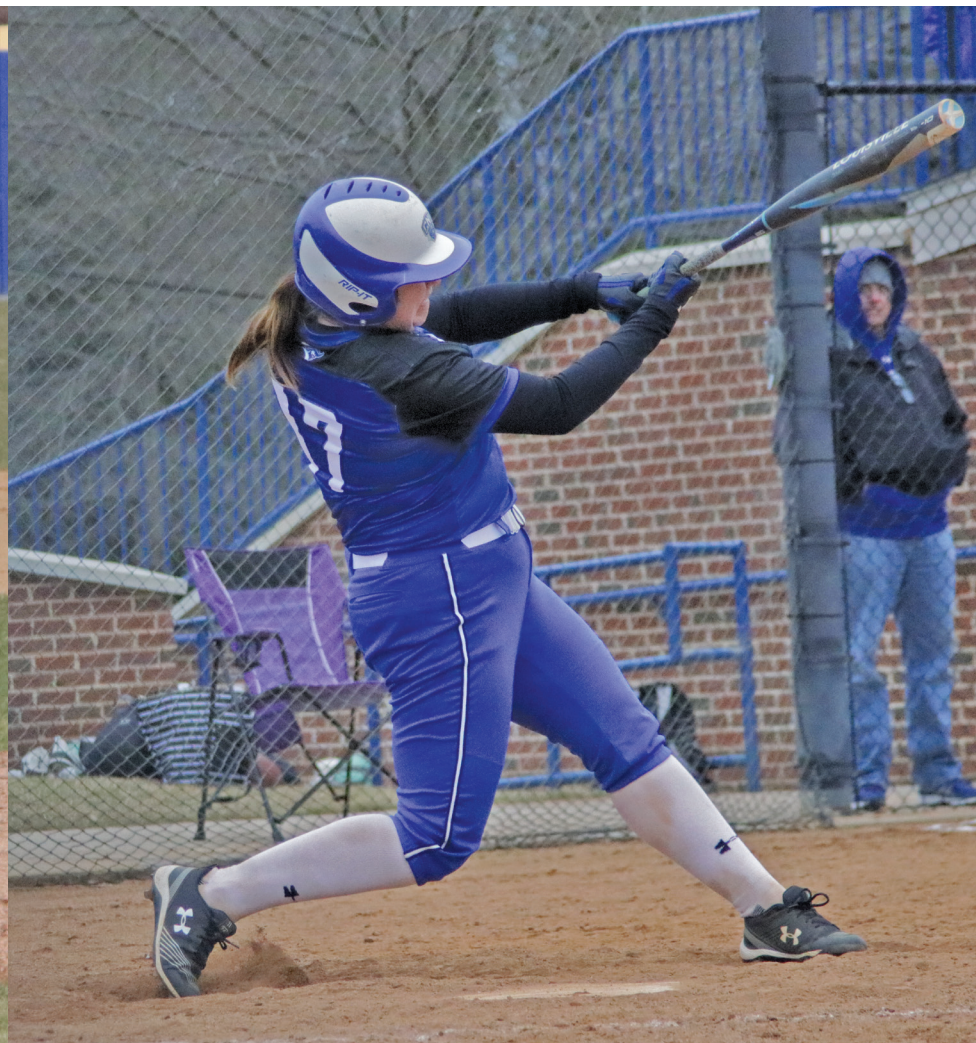
Men's Lacrosse
3 p.m. February 15th
Colorado College

Men's and Women's Indoor Track
5:30 p.m. February 6th
CAC Conference Meet

UPCOMING AWAY GAMES

Men's Lacrosse
7p.m. February 13th
Washington and Lee

Women's Basketball
5:30 p.m. February 13th
Salisbury University



#16 Josh Husby (left) and #17 Calah Savage (right) in their games against Ferrum College and Emory and Henry over the weekend. **SARA KOCHAGIAN / THE CAPTAIN'S LOG**

Softball and Baseball season openers

How did the teams do on opening weekend?

STORY CONTINUED FROM COVER

This proved costly for the Captains as they fell in the first game 5-4.

The big impact for the Captains came from two freshman on the team.

#19 Caroline Helmer and #2 Sarah Proctor hit back-to-back homeruns in each of their first collegiate at bats.

The second game of the day went a bit better for the Captains as they beat the Wasps 3-0.

The win came on the back of a remarkable seven inning pitching

performance thrown by #32 Emily Weatherholtz.

She gave up only four hits while striking out seven in the seven innings she pitched while picking up the win.

#11 Maddie Hool had quite the day at the plate as she contributed two hits and two runs batted in on the day. One of the hits was her first collegiate homerun.

Freshman #38 Bailey Roberts was a stand out performer in the home openers.

She went two for four on the day with a run batted in, and she showed her multi-faceted defensive skill both third base and behind the plate.

The freshman class for the Captains is shaping up to be a strong one with several of the freshman starting one or both of the games over the weekend.

Mixing the experience of the returning players and the fresh

talent from the new class makes this season's team look very dangerous.

The CNU Softball team was ranked sixth in the nation and they will look to continue where they left off last season.

The Captains finished last season with a 37-10 record and a 13-1 record in conference play.

They will look to build on that remarkable performance last year and take home the CAC championship once again.

The Captains are back in action Sunday as they host a double header against Richard Bland College before they hit the road and head to Cary N.C. for the Grand Slam Triangle Classic the following weekend.

In the classic they will face Rowan University, Berry College, McDaniel College, Averett University, Centre College and Pfeiffer University. ■

MATTHEW SCHERGER

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This weekend the CNU Baseball team opened their 2019 campaign against Ferrum College.

They battled through cold weather and winds to a 16-1 victory on Saturday and a 10-4 victory on Sunday.

Pitcher #16 Josh Husby picked up his first win of the season on Saturday, pitching 10 strikeouts in five innings gave up one earned run.

Although Ferrum was the first to score on Saturday in the top of the second inning, the Captains wasted no time responding with two runs off a single from #3 Ryan Grubbs.

This lead would be good enough to win the game. Nonetheless, the middle innings were highlighted by 10 runs by the Captains.

On Sunday, the match remained competitive for most of the game. Once again Ferrum struck first in the top of the second inning to take a lead.

The Captains answered with a run of their own in the bottom of

the third, but the fourth inning saw two more runs scored by both the Panthers and the Captains.

The game continued into a mini pitchers battle through the fifth and sixth inning.

The seventh inning spelled disaster for the Panthers, as the Captains were able to score five runs off three different pitchers before the end of the inning. This would prove to be too much for the Panthers to overcome, as they were only able to put up one more run in the top of the eighth.

The Captains added two more in the bottom of the eighth inning for insurance. Relief pitcher #25 Austin Slough picked up the win for his work in the seventh and eighth innings, pitching one strikeout and walking one.

Starting pitcher #14 Gray Godrich earned a no decision with three strikeouts and only one earned run against through five innings of work.

The baseball team will play their next three games in Georgia against Oglethorpe University, Millsaps College and Emory University. ■

For coverage of all CNU athletic events check out CNU's Athletics page CNUSports.com

University of North Carolina

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The University of North Carolina at Chapel Hill is synonymously recognized with its historic basketball program.

Although the program has had success on the court, including six national championships and 20 final fours, there are many aspects of the program that not many recognize. Coach Dean Smith is considered to be one of the greatest coaches of all time after winning two national championships in his 36 years at North Carolina.

A little-known fact outside of the college basketball world is that Smith promoted desegregation in college basketball and more specifically in the UNC athletic department by signing the first African-American in the department's history.

Scott went on to average 22.1 points per game in his career at North Carolina and was also a gold medalist at the 1968 Summer Olympics. Smith is also well

known for creating the "Carolina Way." This notion was the idea of being a superb student-athlete while being the best person you could possibly be on and off the court.

As evidenced by his historic graduation rate of 96.6 percent, Smith believed wholeheartedly in the student-athlete experience.

In addition to this, if a prospective recruit wanted to sign at North Carolina, he had to sign a contract saying he would finish his degree if he would forgo the rest of his college education to go to the NBA.

Even Michael Jordan, considered to be the best NBA player of all time, went back and received his Bachelor's degree from UNC living up to his contract. Shortly after his death, he wrote a letter that included a \$200 check to each of his former players telling them to "Enjoy a dinner out compliments of Coach Dean Smith."

This showed that even in his death, Smith put his players first above nearly everything else. ■

University of Kansas

MARA THARP
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Coming from Missouri, I was raised to abhor anything with a Jayhawk on it—which is difficult when one of the best teams in the country was 40 miles away.

The University of Kansas, incidentally, houses the original rules of basketball written by Dr. James Naismith in 1891. While those rules weren't written at the university, Naismith was KU's first basketball coach.

Rooting for this team goes against everything that I was taught as a child, but I cannot KU's success ignore while searching for at least one consistent sports program in the midwest to support.

Despite some recent struggles, things are looking up for the team. Between Dedric Lawson's stellar performances and Freshman Ochai Agbaji's growing talent, I am looking forward to this season for the Jayhawks as they fight to stay in the race for the conference title. ■

Duke University

MICHAEL INNACELLI
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Duke has been the program I support for NCAA Basketball for a long time, and I don't think I could even entertain the idea of supporting another team.

This is the peak team in terms of skill, I mean how can you beat an all-time record of 2144-881? That is over a 70 percent win rate, which I don't think I need to explain is astounding.

Imagine watching a team that wins pretty much every game, it is amazing to see. The Blue Devils of Duke aren't just good, they're exceptional.

However, this does not make a team fun to watch. What makes a team fun to watch is the players, and Duke has had and continues to have some of the best players.

Elton Brand (1999), Chris Carrawell (2000), Shane Battier (2001), J. J. Redick (2005, 2006), Nolan Smith (2011), Jahlil Okafor (2015) and Marvin Bagley III (2018) have all won the ACC Play-

er of the Year, and that's just since I have been alive.

Every starting player on the Blue Devil's seems to get drafted into the NBA in the first round once they are eligible. Yet even though they lose all this talent to the NBA every year, they still manage to compete at the highest level every year.

This is due to the incredible freshmen class Duke always seems to pull in. That's what makes a team exciting: being competitive and bringing in great new talent each year.

You really can't beat watching a program like Duke's. Each year it just gets better and better.

This year is a great example of that as well, as of right now they are ranked second in the nation and have a good chance of winning the whole tournament come March.

If that isn't a good enough reason to watch then I really don't know what is.

This year really is turning out to be another Blue Devils year. ■

CNU's favorite teams: NCAA division I basketball

Five students and one staff member explain why they support the teams they do and how each team holds a special place in their hearts

ALL TEAM LOGOS COURTESY OF NCAA

University of Maryland, Baltimore

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I've never been a fan of sports, but I am a fan of stories, underdog stories especially.

It's no wonder I did not find a basketball team until last year.

University of Maryland, Baltimore County's historic rise into the sweet sixteen last year had many on the edge of their seats, myself included, but more than that I connected with a game I didn't think I could.

Surprisingly it wasn't the basketball that did it for me, it was something that hit a bit closer to home.

UMBC is a small liberal arts school that focuses on engineering, information technology, human services and public policy.

Compared to other division one schools, it's eleven hundred students seem close-knit and relatable.

What's more, if there was a school similar to CNU this would be the one.

This made me directly to connect to the University. I wanted them to win and do well just as I would want CNU to win.

It also didn't hurt that my boyfriend's sister was an alumni and gave me direct information about the school.

Seeing their name in headlines as the little school that could got me involved in the story.

Seeing their chances at beating the number one spot, and getting to share in their joy when they did, made me enjoy a game that I felt was removed from me.

Watching them beat UVA changed sports for me.

UMBC made me realize that sports was more than just the game of the day.

Sports are stories, and some stories touch your heart, like this little school that could. ■

Syracuse University

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I have never been a huge fan of college basketball.

I played growing up and I play intramural but college basketball has never been of great interest to me. My high school was very good at basketball though and many of my former classmates play for elite schools now, though.

One mate I knew was Frank Howard for Syracuse. My senior year high school was his freshman year playing at Syracuse.

I believe they were ranked 8th in their section of the bracket but I picked them going all the way just because I knew someone on their team. They ended up making a crazy run and losing in the final four but before they lost I had a top 500 bracket in the country or something along those lines.

So I have always been a half-hearted fan since then. ■

University of Virginia

ANNA THOMAS
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The University of Virginia (UVA) Men's Basketball team has, time and time again, proven to be the class act of Division I basketball. Within the past 10 years, Head Coach Tony Bennett has lead the Virginia Cavaliers (or, the "Hoos") to two ACC Championship titles and three ACC Regular Season titles.

The elite program is known for their effective pack line defense. After a win against Florida State University on Jan. 5, Bennett told the press, "Offense... can come and go, but defensively, you just have to make them shoot a contested shot."

Although their defensive style is more complex than those words, that mindset is what wins their games. Their patience and discipline allows them to rotate effectively, block out, and control the pace of the game like no other team.

In fact, the 'Hoos are said to be the

slowest team in the league. Meaning, they force their opponent to play the entire shot clock on both ends of the court.

The 'Hoos still pose as an offensive threat, making them that much more competitive.

Guards Kyle Guy and De'Andre Hunter are averaging 15.0 and 14.5 points per game, respectively. As a team, they're shooting 39.5 percent from behind the arc, making them the 12th best three-point shooting team in the nation, according to SportsReference.com.

Through all of this, Bennett places a strong emphasis on character and sportsmanship. He coaches his team to be better people, not just players, as he encourages them to follow what he calls Five Pillars: humility, passion, unity, servanthood, and thankfulness.

This isn't to say that the 'Hoos are just a bunch of softies, because the accolades and statistics contradict that. They are, without a doubt, a winning team. And they win the right way. ■

February 15
Chris Janson
8 p.m. The National

February 16
In Flames
8 p.m. The Norva

February 15
"Iceman"
"Five Feet Apart"

February 15
Open Mic Night
6 p.m. English Department

February 16
Captain's Ball
8 p.m. DSU Ballroom

WCNU hosts new 'Masquerave' event

Neon lights, music and dancing were the name of the game Friday night



WCNU E-Board members wearing masks and glowsticks took a break from dancing at the Masquerave.
KRISTEN ZICCARELLI / THE CAPTAIN'S LOG

KRISTEN ZICCARELLI
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Friday night marked perhaps the first time in history that the Ferguson Center Black Box Theater was home to a rave. Hosted by campus radio station WCNU, their 'Masquerave' combined aspects of a masquerade ball and a rave for one night of music, lights and fun.

Members of the radio station, CNU Tonight and other students were in attendance, receiving free masks at the door and pizza and snacks inside the black box. Blaring music and red, blue and purple lights transformed the black box into a dance floor.

After returning to broadcasting on Jan. 13, WCNU has established themselves as more than just a radio station. Senior and WCNU Vice President Miller Bowe explained that the planning began long before their re-launch.

"The whole thing has been cooking for years," Bowe said. "This is the biggest event WCNU has done, probably in the entire time I've been here."

According to senior and President Nik Sharma, he created the name 'Masquerave' during an events brainstorm during his freshman year.

"I've been pushing for it for years, but until a few months ago, the name was all I had," Sharma said.

As host to a 'rave' event, the WCNU E-Board acknowledged that some of the design and technical aspects were outside their comfort zone.

"Because we're a radio station, we normally don't do lighting, we do music," Sharma said.

Bowe expressed similar sentiments.

"Figuring out a playlist was kind of interesting," Bowe said. "None of us really listen to this kind of music so it was more difficult than we expected."

The unique title and concept of the event attracted students outside the organization. Guest Matthew Sundquist came to the event out of curiosity, and to support a friend.

"It did seem pretty interesting to have a masquerade party alongside a rave," Sundquist said. "It is pretty fun to spend time with friends from the

radio and other people I know to come and dance and just have fun."

Aside from the event coordination and planning, Sharma and WCNU Treasurer Tyler Melone have undergone significant changes to their schedules due to everyday work from the re-launch.

"I've forgotten how much work it is to actually broadcast, I've gotten so used to just hitting my head against the wall reading the copyright law," Sharma said.

After garnering interest from students and professors alike, the station has plans to record and air 16-18 new shows, three of which are on-campus organizations.

"There's almost always someone in the station now, so it's a drastic change," Melone said.

However, the E-Board agreed to one consistent source of their progress thus far: Melone's beard.

"I think if it weren't for my luxurious beard, we'd have a lot more trouble," Melone said. "I'm relieved of the positive influence it's had over the entire organization." ■



Anti-love playlist

Don't want to cry this Valentine's Day? Listen to this playlist for a less-tearful time!

ASHLEY MCMILLAN
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Sweet but Psycho

(Ava Max)

Handmade Heaven

(Marinara)

You're Not Good Enough

(Blood Orange)

7 Rings

(Ariana Grande)

Go Your Own Way

(Fleetwood Mac)

A Change of Heart

(The 1975)

Why'd You Only Call Me When You're High?

(Arctic Monkeys)

Kiwi

(Harry Styles)

A&E Section is looking for interns.
Contact me:
kristen.zicarelli.17@cnu.edu

Here comes the Academy...

February's 91st Oscar nominations point to three trends in the movie industry

DANIEL MOSAKEWICZ

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Recently, the Academy Awards released their lists of nominations for the 2019 categories. Already, quite a bit of controversy surrounds the event and its presentation before the nominations release. Additionally, fewer people seem to care every year about the outcomes of a nearly century-old tradition. Within that, there are many loaded subjects that any self-respecting tabloid would use to sell cheap copies, but those aren't what I want to focus on. The Oscars may be losing relevance every year, but they still lend insight into key trends in contemporary American filmmaking. By studying these, we can see what types of stories America is telling itself. There are three key elements this year that could foresee the domination of cinema for the foreseeable future: the streaming service, the western and the superhero story.

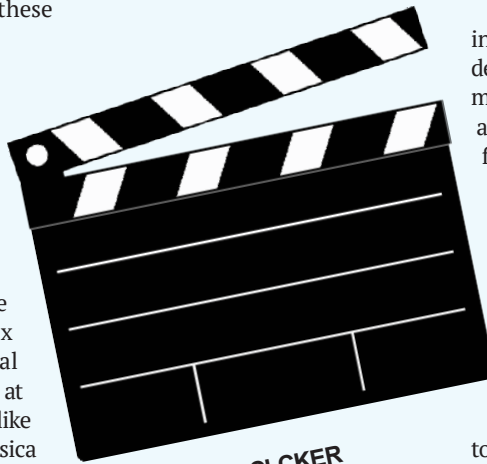
First, and perhaps the most obvious, is Netflix's burst onto the scene with its in-house films getting nominated in multiple categories, including "Roma," which received 10 nominations including Best Picture. It is quite an impressive debut to be sure, with potentially huge effects on the industry. Now that Netflix has proven their

movies can win critical acclaim, they can attract more and more creators who are going for that Oscar-winning passion project. If Netflix allows these directors to continue having creative freedom, there could be a complete shift of from Hollywood to these streaming services.

This is not to say that the movie industry as we know it is collapsing because of some Academy Award nominations. All these Oscars show us is that Netflix is having more than an impact on the market and it's changing how we present and distribute media to large parts of the population. Netflix has already seen much critical success with its television shows at the Golden Globes with shows like Marvel's "Daredevil" and "Jessica Jones." It was only a matter of time till they made it into the bastille that is the Academy Awards.

Appropriately, the focal point of my next point is a Netflix creation titled "The Ballad of Buster Scruggs" (2018). The film was nominated for three Academy Awards, including Best Adaptive Screenplay and Best Original Song. While the movie would be lucky to win even one of these categories, receiving even three nominations is a pretty impressive feat. Now, I point to

this film to highlight a subtle but important trend that many casual movie goes may not see. Quietly, among the emergence of many other types of genres, the western is making a comeback, especially in critical eyes.



For decades, the western was a foundation of American cinema. However, during the 1970s and 80s, the genre essentially went dark, with both public and filmmakers rejecting it. After 1969s "Butch Cassidy and the Sundance Kid," another western would not be nominated until 1990. Since then, the genre has clawed itself back into at least critical success, with best picture nominations such as "Unforgiven" (1992), "No

Country for Old Men" (2007) and even recently, "Hell or High Water" (2017). "The Ballad of Buster Scruggs" may not have gotten a Best Picture nod, but three Oscar nominations is still three nominations.

Does this mean we'll all be watching mostly westerns again within a decade? No, not at all. What it does mean is that popular genres never really die, they just fade and eventually find their niche.

This of course applies to the current dominant genre, the superhero film. Now superhero movies of course draw both much praise and criticism among critical circles. For over a decade, the Oscars, and especially the Best Picture nomination, have been a fortress that no superhero movie has been able to break. In fact, in the 2008 Oscars, there was outrage at the exclusion of Christopher Nolan's "The Dark Knight" from the Best Picture category. The film is considered by many to be the best superhero film ever made and the outrage actually led to changes in the best picture nominations. Even so, the change in system has led to no change in results. Not a single superhero movie, even highly praised ones such as 2016's "Logan," has gotten much recognition at all in the Oscars. Then something changed.

This year, "Black Panther" has been nominated for six academy awards. Such levels of praise are unprecedented in every respect for a superhero film. Why did it happen like this and why "Black Panther?" That's a whole different discussion. What I want to focus on is this: does the movie's success at these Oscars mean that quality superhero films can now actually be considered? Is the Academy's well-documented respite of the genre finally fading, or is only going to be like this for every "Black Panther" sequel for the next decade? Personally, I believe the latter, but who really knows?

Overall, there were three main 'winners,' with this year's Oscar nominations; Netflix, the western, and "Black Panther." As the winners will not be announced until Feb. 24, we don't yet know for sure just what the Academy will ultimately prefer. As always though, remember that these are still just the Oscars, and they've certainly been wrong more times than they'd ever care to admit. I mean what group of people doesn't make "Saving Private Ryan" the 1999 best picture winner?

Whether or not you agree with the Academy, these are some key trends to look out for in the future and see how they impact the movies we see in the coming decade. ■

Comedy, Netflix and 'Chopped'

The Improvacateurs hosted their second comedy show of the year Saturday night

SABRINA RIVERA

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"Our sorority letters are Delta Alpha Delta Delta Upsilon," said President of the Improvacateurs Ashley McHenry. "It spells D.A.D.D.Y. We have T-shirts but we never wear them because we're too embarrassed."

For this bunch of randy college students, sex, crippling depression and dad jokes are the name of the game when it comes to amateur comedy.

The Improvacateurs held their second comedy show of the year in the Crows' Nest on Feb. 9. The all-female improv comedy troupe performed a mix of skits, stand-up and improv games to a warm crowd.

One of my favorite games was a parody of the show "Chopped," mim-

icking a game from "Whose Line Is It Anyways?" One performer acts as the hands for another, with the goal to make a meal from random ingredients, including cotton candy, cooking spray, stale tortillas and... cat food? Whether or not Gordon Ramsay would approve of their methods, a taco made from cat food had people rolling.

The three stand-up routines, however, seemed rushed and shaky. The material was good—each story had potential, but establishing a great Tight Five rests highly on a natural delivery and being able to make your audience relate to the most notable bits of a routine. However, I love that stand-up is personal in nature; it takes a lot to do stand-up for the first time in front of an audience. Maybe

the routines each were a little rocky, but I find them to be a welcome and diversifying addition to the Improvacateurs' shows.

The penultimate skit and headliner, "Bandersnatched," was inspired by the recently-released Netflix Original "Black Mirror: Bandersnatch," a choose-your-own-adventure film. In "Bandersnatched," narrated by McHenry, the audience helps a fabled CNU Freshman try to navigate fights in the dining halls over waffles and whether being an English major is worse than staying undecided.



The Improvacateurs share laughs on stage in the DSU Crow's Nest. SABRINA RIVERA / THE CAPTAIN'S LOG

The choice to let the audience play a part was the most engaging feature of the show. Anyone there would automatically be more invested because it becomes an activity and an experience, rather than just something to watch.

Despite a bit of mild awkwardness of the stand-up and a few skits, the confidence of the members sold the

show. Improv is one of the most difficult exercises in amateur comedy—there's no time to rehearse, to practice, other than to play improv games and to try and be as witty and think as fast on your feet as you could offstage.

If you'd like to watch some witty women make a fool onstage and crack some jokes, keep an eye out for the next Improvacateurs show this semester. ■

Your guide to the perfect Galentine's Day

"Oh, it's only the best day of the year!"

ANNA DORL

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Valentine's Day—you either love it or you hate it.

There is an entire holiday dedicated to celebrating the concept of love, and most people seem to think that it's just for going on a cute date with your boyfriend or girlfriend and making all your single friends feel lonely.

It shouldn't just be a time to make others feel bad that they don't have a significant other, and it seems unfair to completely leave out the love you have for your friends.

Enter the concept of Galentine's Day, a made-up holiday created by girl power icon Leslie Knope on *Parks and Recreation*.

Taking place on Feb. 13, it's a perfect time to show your friends how much you love them (plus, you still have the fourteenth to hang out with your significant other, if you really have to).

Here's how to throw a great party for ladies celebrating ladies.

1. Put up cute decorations

Target's dollar section has all kinds of affordable Valentine's Day-themed decorations such as banners, heart-shaped chalkboards and fun drinking glasses. Deck out your dorm to achieve the perfect party environment.

2. Buy lots of indulgent food

Like Halloween, Valentine's Day is one of the few days a year where you shouldn't have to worry about how unhealthy it is to eat copious amounts of candy. Get one of those bakery sheet cakes with the fondant roses on it. Buy a container of Baker's microwavable dipping chocolate, skewer fresh fruit and cookies, and you have your own dorm-friendly fondue pot.

3. Watch a chick flick (or just *Parks and Rec*)

Netflix and Hulu have all kinds of cheesy comedies, romantic and otherwise, that you and your gal pals will love to laugh along with, like "Mamma Mia!" and "Sixteen Candles." Or, in the true spirit of Galentine's Day, opt for rewatching "Parks and Rec's" episode about the holiday to relive where this fun idea began (season 2, episode 16).

4. Give each other little presents

Whether it's simply a handwritten card thanking them for their friendship, a huge chocolate box, or a basket full of presents, be sure to give your friends something small just to show them how much you love them.

5. Find a DIY to do together

Pinterest has tons of fun ideas for Valentine's Day-themed DIYs that you can do with your friends, such as painting canvases, making banners or baking festive recipes.

6. Pamper yourselves

Engage in some much-needed self care with your girls. Do face masks and give each other manicures and pedicures. You're too relaxed to be stressed out thinking about boys.

And there you have it, a Galentine's Day extravaganza worthy of Leslie Knope herself. Have fun with your gal pals! ■



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FEBRUARY 20 & 21

Career Coaching

Conducted by: Dr. Dawn Edmiston
Marketing Professor of
William and Mary

Appointment Only: 9:30am-10:30am | 10:45am-11:45am

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Phi Gamma Delta comes to CNU

New fraternity chapter looks to “build courageous leaders”

FELIX PHOMMACHANH

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Founded at Jefferson College in Canonsburg, Penn. on May 1, 1848, Phi Gamma Delta (informally called Fiji or Phi Gam) has come to CNU to join our community.

Terrell Couch, one of Phi Gamma Delta's Consultants on campus, describes Phi Gamma Delta as a “partner to the university.”

He wanted to “provide resources and be instrumental to create courageous leaders on campus and throughout the community.”

Phi Gamma Delta defines courage through a quote from C.S. Lewis: “Courage is not simply one of the virtues, but the form of every virtue at the testing point.”

Couch went on to say that a courageous leader is “a person who knows when their virtues are being tested and know how to respond.”

The process for a fraternity to become fully recognized on campus is a seven week ordeal.

The first two weeks, as described by Couch, are full of “understanding what the campus is like, seeing what students are saying, what student organizations are doing and where this organization can fit in.”

They want to naturally integrate into CNU.

During the third and fifth week, Couch and his consultant, Dionysis Protopapadakis (known as Dio), will talk to interested members, discussing what they will gain by joining this new fraternity.

The final two weeks are focused on development.

Couch explained that they will bring another staff member to explain the bid-members what is like to be in the fraternity.

They will explain the organizational side of “running the fraternity,” like “how to run elections” and “how to set-up bylaws.”

They will give them the basic knowledge to run the organization here on campus.

Couch says it is an interesting process as both him and his partner “are connecting with the students and



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not missing out on the opportunity to be apart of CNU.”

Regarding to expansion of Phi Gamma Delta, Terrell states there are two ways it could go.

The first is to create an interest group like at William and Mary, in which a group of men research and work with the international fraternity and make sure that it could expand to a certain campus.

The second and most traditional way is for both parties to “have a conversation.” CNU, Phi Gamma Delta and the Interfraternity Council discussed how the relationship between the parties will be and what Phi Gamma Delta would bring to CNU, as well as what the community would return back to them.

Couch said, “The biggest thing about expansion is really truly investing yourself in the culture and understanding why [the students] come to CNU, what they like about it

[and] what makes them thrive.”

Each chapter across the nation may have different students, but each has the same mission of “bettering the community and being involved within the community.”

And the community has welcomed Phi Gamma Delta into CNU. Couch states that when visiting the established sororities and fraternities “have wholehearted welcomed” Phi Gamma Delta.

It is a chance “to see what the opportunity can be for [students]. That is the first step forward.”

Couch encourages anyone interested in becoming a founding father of Phi Gamma Delta to follow them on Instagram and Facebook @CNUFIJI, to contact himself or his partner Dio, or come out to one of their value nights every Wednesday throughout the month of Feb. at 7 p.m. in the DSU's Madison Room.

To contact them directly, email tcouch@phigam.org. ■

Love Horoscopes: February 13-20

Is love in the air for you this week?

JARON OVERTON

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Aries (March 21 – April 19)

Love is unpredictable. You have no chance of guessing what's coming up next. You'll be surprised, yet you'd rather have the instant conclusion. Your feelings are attached to your health, so whatever you do, do not do anything foolish. Will eating a whole pint of ice cream help yourself? It isn't guaranteed.

Taurus (April 20 – May 20)

Someone is looking for a generous lover like yourself. Rejection won't take long. It won't be long until somebody values your excellence! Love may have obstacles later this week, however thinking consistently can enable you to dismantle them. Leave behind your feelings.

Gemini (May 21 – June 20)

Is there an obstacle blocking your path to your desires? Is it possible you're working too much on one thing? Be as consistent as conceivable. Putting pieces of a love puzzle together can drive you crazy, but solving it is another story. Remain focused on your goal.

Cancer (June 21 – July 22)

Are you stranded in a love gutter? Are you destined get out and find love? If you were a crab breaking out their shell, you think you know what to do, yet you're scared to do it. Dating may not as scary as you think it would be. The weekend brings out jealousy. What's behind these negative feelings? Reach the vital center.

Leo (July 23 – Aug. 22)

Is converting impure love to pure love possible? What's your risk of knowing?

Fascination can prompt happiness; however, the final results may not be worth to risk. Gauge the ups and downs cautiously before taking action. Being the focal point is best for weekend dates, yet you are to remember about the other person. Have each other ask a question.

Virgo (Aug. 23 – Sept. 22)

Want someone to be in awe? Plan an energetic date. It's more fun doing something surprising. You despise drama, yet you may have to endure it. Ready for that test? Leaving can be the best activity.

Libra (Sept. 23 – Oct. 22)

Do you either have admiration or a crush on someone? Big surprises are perfect, so ensure they know how you feel. The rest is up to them. Dissatisfaction can be the aftereffect of high expectations, yet you want the best. If you've got nothing, proceed to your next step.

Scorpio (Oct. 23 – Nov. 21)

Do you have memories of your past relationship? If your former love tries to reach you, what's next? You may have one sure answer, but your real answer is more surprising. As someone who has forgiveness instead of regret, this week may be captivating!

Sagittarius (Nov. 22 – Dec. 21)

How would you characterize love? You may not precise about it at first, without question however, you know what it isn't. Don't crave on what's second best. Love is a weekend's journey, simply the way you like it. If your date didn't go well, you have another chance. You might even favor easygoing dates.

Capricorn (Dec. 22 – Jan. 19)

Keeping your feelings closed off? Bad move. Romantic drama is a pest; however, you must say what your heart says despite the possible penalties. Muddled circumstances may unfurl despite the simplicity. If you can, it's best to answer every text and direct message than to ignore them. Even declining a request is better than pretending not to answer.

Aquarius (Jan. 20 – Feb. 18)

How long has it been since you had a new romantic sense? It takes a lot to keep you intrigued, and meeting somebody one of a kind in the beginning of the week would a huge scoop. Would you rather introduce yourself, or be introduced? That may not be your decision!

Pisces (Feb. 19 – March 20)

Are you ready for romance? How will you picture your date? You can answer that on a dating website. It's better to let your date guess. If you spend too much time with other couples over the weekend, never express jealousy. Even a perfect couple may not always be happy. ■



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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 Morgan Barclay at clog@cnu.edu or morgan.barclay.15@cnu.edu, at any time.

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