



# THE CAPTAIN'S LOG

THE VOICE OF CHRISTOPHER NEWPORT UNIVERSITY STUDENTS

@CNUCAPTAINSLLOG WWW.THECAPTAINSLLOG.ORG  
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## An Alternative Spring Break



BY MELANIE OCCHIUZZO  
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Instead of spending spring break relaxing on a beach or hiking a mountain, several CNU students spent their time on an alternative spring break trip.

REACH (Raising Educational Awareness through Compass-

sion and Humanity) sponsored four different trips all going to different states across the country doing different service work.

One of these trips was led by James Davis, a junior and member of REACH.

The group went to Greenville, S.C. for a week-long service trip this past spring break.

Davis had gone on a similar trip along with Lauren Hammond, another junior, the previous year and they both enjoyed the experience so much that they decided to lead another one to the same place this year.

The main focus of the trip was to work with the hunger and homelessness population in Greenville.

Davis says they worked primarily with Fourth Presbyterian Church but also worked with Project Host Soup and Frazee Dream Center.

ALTERNATIVE

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(Back row) James Davis, Diamente Jones, Abigail Henderson, Rachel Barranco, Lauren Hammond, Grace Carey, Brett Eubank, Hayden Cunningham, (front row) Lauren Hogge, Sarah Newell, Devon von Buskirk and Sarah Goldsmith. COURTESY OF HAYDEN CUNNINGHAM

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Student Assembly's 2018-19 E-Board elections have come to a close. Check it out!

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Jolly Roasters Cafe opens its Newport News location in Port Warwick. Check out what it has to offer.



## Weekly pic

A sunset in the Outer Banks was photographed over break. If you have a photo you would like to be featured as a Weekly pic, email [macy.friend.14@cnu.edu](mailto:macy.friend.14@cnu.edu) with a photo and a short description. Nicole Ramkey/The Captain's Log



CNU TV

Housing lottery is hard, let's see what the freshmen have to say about it.

## Happened

March 2- 11

### Spring Break

Spring break is over and students are back to the daily grind at CNU. For some this is the home stretch before graduation, for others it was a much needed break before buckling down for the rest of the semester.

March 12

### Student Assembly Elections

Student Assembly has announced the results from the 2018 e-board elections. Check out coverage for that in News and meet your new Student Assembly President, Vice President and Secretary.

## Happening

March 14

### CNU DAY

Join CNU Students and alumni as they celebrate the university's history. This is also the day where CNU collects a lot of donations.

March 16

### All Tide Up: The Improvocateurs' Spring Show

Join the Improvocateurs in their Spring show at the Crow's Nest. While they may not condone eating tide pods they're sure to use them for comedic material.



Captain's Log Snapchat

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

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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](mailto: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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# From the Front Page



(Top right and left) REACH members were able to help out in the kitchen making meals with other volunteers. (Right) Part of the work with Frazee Dream Center included reading and working with some of the kids in the program.



CONTINUED FROM PAGE 1

Their days were split in half. In the mornings they would get up and go directly to the volunteer-run soup kitchen, Project Host Soup from 11 a.m. to 12 p.m.

Project Host would open their doors to the community when REACH did most of their volunteering.

Davis says that at times the kitchen was so full of volunteers that REACH was sent to do other work on site.

This included organizing their storage space, helping out in the garden, pulling weeds and painting the front railing.

In the afternoons the group went to volunteer with Frazee Dream Center, an after school program for underprivileged and underrepresented elementary schoolers.

The group got the chance to work with kids from grades K-5, helping them by reading to them, working on homework and playing games like kickball.

One of the participating

students, junior Hayden Cunningham, worked with the third through fifth graders.

"Seeing their faces light up when we told them that we had traveled over eight hours from Virginia (which to them might as well be another planet, many of them only know the few streets they have grown up on) just to hang out with them was the greatest feeling in the world," says Hayden.

Overall those who decided to go on the trip felt like it was a good way to spend their spring break. Junior Brett Eubank says "It was a really interesting experience. It gave us a different look at a population we knew existed but many of us hadn't interacted with."

REACH goes on alternative break trips over both fall and spring breaks so this opportunity is always around to take advantage of.

"Having done a REACH trip, and now knowing that it's an option for every spring break, I can't do anything else," says Cunningham. ■



Some of the REACH members worked in the garden during their soup kitchen hours because at times there were so many volunteers that the kitchen was too crowded to hold them all. They pulled weeds and kept up the general look of the garden. PHOTOS COURTESY OF HAYDEN CUNNINGHAM, BRETT EUBANK, AND JAMES DAVIS



# A Scholarly Approach to Police Violence

Dr. Wahl gave a speech on fixing the disconnect between police and their communities.

BY DUNCAN HOAG  
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Police violence was on the brain during Dr. Rachel Wahl's talk for CNU's Reiff Center. Besides the issue of police violence, the talk also covered how communities, activists and police themselves have come to view the dilemma. Wahl is an Assistant Professor in the Department of Leadership, Foundations and Policy at the University of Virginia.

Wahl emphasized that police violence is a global issue not confined to any one country, and that the procedures for dealing with it tend to be overly rigid.

"Police violence has been the subject of massive reform movements [and] protest movements in countries as diverse as Nigeria, India, the U.K. [and] the U.S. for many decades.

"But the approach to police reform has typically been fairly mechanistic, and what I mean by that is that police are typically seen as a problem, an object that needs to be worked on, as a solution to be engineered.

And rarely is there a serious inquiry into the way police understand their violence," she says.

Moreover, Wahl indicated that the debate surrounding police violence often becomes a dichotomy between "those who are sympathetic with police and argue that there's not a problem, and those who are not sympathetic with police and argue that there is a problem."

After conducting over 100 interviews with community activists and police officers in India, Wahl found that this division created serious roadblocks in the pursuit of serious gains regarding police violence.

Most of the conventional approaches either did not challenge the police enough, or did the opposite by applying too much pressure, thus alienating them and hindering further progress.

"So this led me, when I came back to the United States... to want to find out whether there was a way that would be more challenging than educational programs, [a way] that would not engage police in a student-teacher relationship where there is not really an opportunity to push them in a hard area — but, at the same time, wouldn't immediately alienate police by naming and shaming them, so that there might be a greater possibility of receptivity," she says.

Wahl attended community forums in the United States, interviewing eight police officers and 24 community members. In the forums, she found that the old dichotomy still held true: Some were sympathetic towards the police, while others were not.

Wahl indicated that the response of the police to the two approaches generally reflected those approaches' attitudes.

"Much like in India, police were receptive to people who were receptive to them, and antagonistic towards activist approaches. They were very enthusiastic about those who partnered with them, resentful and angry at those that tried to pressure them."

Wahl emphasized that police officers she interviewed seemed to her more willing to admit the existence of various problems — such as socioeconomic and racial prejudices within the system — when they were responding to the sympathetic approach.

"What I see here is that when he's [an interviewed police officer] responding to somebody who's willing to partner with him, he seems to relax enough to admit that there's a problem related to race in the police [department]."

However, Wahl also stated that the activists play an important role by keeping the actions of the police and the concerns of the community visible.

"You also have activists who are keeping visible — keeping in the public eye — the things that the partnering community members aren't going to be able to mention, because they don't want to lose the police's friendship.

"So in a way, these are very complementary," she says.

Wahl said that the efforts of the more police-friendly community members have the potential to undermine activists, and vice versa.

"In the American case, the efforts of the activists at the forum are undermined by community members who police can essentially point to and say 'They're the good ones, they're not mad, they're willing to work with us.' It allows police to differentiate between good community members who don't have complaints, and the bad community members who do. Vice versa, the activists could undermine the relationships that other community members are trying to form. Police, as they say, are going to be less likely to look openly and transparently at their problems because they're afraid of

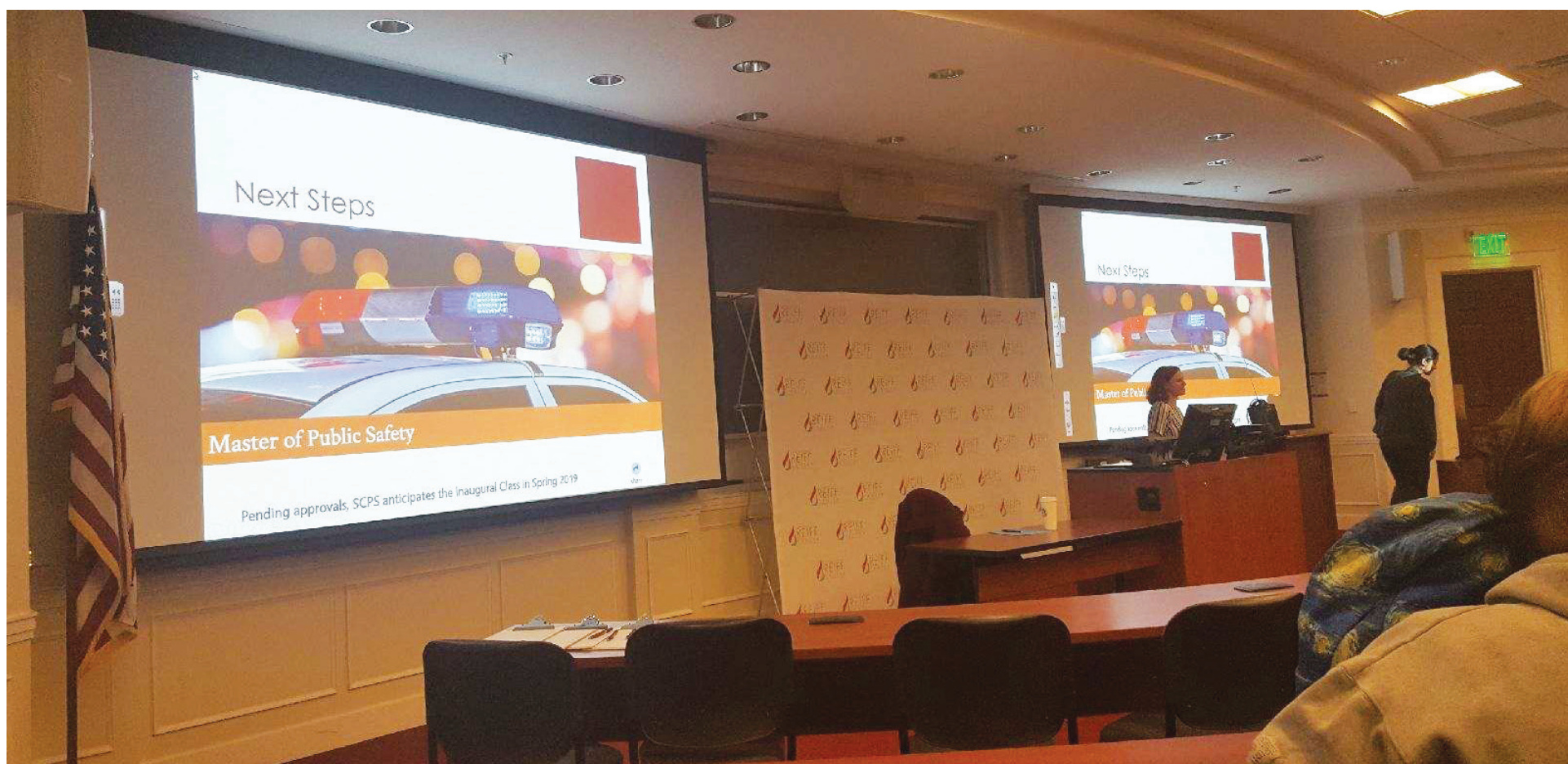
being sued and maligned, and so forth."

Wahl concluded that one possible way to attempt to resolve police violence would be to reform the way in which police are trained, especially with regard to community dialogue.

"There are certain components of dialogue that police need to understand before they go into the force, and I see police going into community dialogue without seeming to have had any kind of deep engagement with the nature and state of the dialogue."

Moreover, Wahl emphasized that there exists a "mutual fear" between communities and police officers, and that this fear is a great hindrance towards meaningful dialogue.

"Police know that they're afraid for their own lives, but they often do not fully appreciate that the community members at forums are often there because they fear for their own lives, and that this mutual fear — and I'm not saying this is an equal fear — but this mutual fear infuses everything that happens in the conversation." ■



Professor Wahl shared her findings with students and professors alike in the McMurran lecture hall during a Reiff Center-sponsored lecture. DUNCAN HOAG/THE CAPTAIN'S LOG



# Title IX Data Review

The Captain’s Log compares Title IX data from CNU and William & Mary from the 2016-2017 school year.

BY SABRINA RIVERA  
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When it comes to the subject of Title IX offenses or the dangers of sexual assault on college campuses, statistics are often thrown around to prove this or that point. What’s difficult about traversing these data figures is that people don’t always know how to address it’s source or the methods used in collecting the data for said statistics. In a meeting with the Board of Visitors last year, CNU shared data for 2016-17 Title IX formal investigations of sexual misconduct. This time period yielded eight total investigations, wherein four persons accused

were found responsible, three persons accused were found not responsible and one accuser withdrew their case during investigation according to information from the university. Of the four people found responsible, three were suspended and one was dismissed. The number of total reports is unknown. Comparatively, William & Mary provided The Captain’s Log with three years of Title IX data, with 140 different sexual misconduct cases reported in the 2016-17 school year. This includes discrimination/sexual harassment, sexual assault, non-consensual contact, sexual exploitation, relationship violence and stalking. Of those 140 cases, 30 were investigated, and of those inves-

tigated, 13 cases were found to violate Title IX policy. One case was determined to be unfounded, one resulted in permanent resignation, 3 resulted in probation, 7 in suspension, 2 in expulsion and 1 in employee or non-student disciplinary measures. The discrepancies between different university Title IX offices aren’t just in the strict statistics of investigations and reports made to them, but also in how that data is processed and presented. The difference between the two datasets provided is that the CNU data only addresses the number of Title IX investigations, but it is unknown how many reports were made. This is likely due to a differ-

ence in policy between how sexual misconduct reports are given to each school; even anonymous tips made without names to CNU campus police may count as a “report” since those can result in a timely warning notification email. The CNU data does not divulge the nature of each misconduct case. W&M stated that sexual harassment may be reported before it violates university policy, so in such reports, “investigation typically is not conducted; intervention may be made to prevent the harassment from continuing.” In regards to the difference between the number of investigations conducted and the number of Title IX reports

at W&M, “a single complaint or report may allege multiple forms of sexual misconduct or multiple incidents” so the data may reflect these as multiple reports regardless of whether the case had only one respondent or a single incident. These two reasons account for an unknown number of applicable cases that reflect the high number for total reports, and the difference in numbers between reports made and investigations. A William & Mary official also added that while the number of reports has increased over recent years, they believe this to be due to better awareness of what is or isn’t worthy of reporting to the Title IX office. ■

## IntroducingYourNewStudentAssemblyLeaders

Last month’s elections have brought CNU three new Student Assembly officers.



ALEX BURRUSS/THE CAPTAIN’S LOG

Emmet Aylor — President  
Rising Junior  
Hometown: Barboursville, Va.  
Majors: Business Management and Marketing



MACY FRIEND/THE CAPTAIN’S LOG

Jessica Farhan — Executive Vice President  
Rising Junior  
Hometown: Fairfax, Va.  
Major: Psychology



MACY FRIEND/THE CAPTAIN’S LOG

Neyshmarie Rosario Cabrera — VP of Finance  
Rising Sophomore  
Hometown: Colonial Heights, Va.  
Majors: Political Science and Spanish



## Remembering 9/11

Emotions ran high while visiting the 9/11 memorial in New York City over spring break.

ROB SMITH  
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At this point, most college students probably can’t remember where they were on Sept. 11, 2001.

The only thing I remember from that day was that it was my day to read in the loft in Kindergarten, which was the cool thing to do back then, and there was no one in school to brag about it to. It was a simpler time.

Something about 9/11 has always fascinated me and I have never been one to shy away from an opportunity to learn more about this tragic day in our country’s history.

Last week when The Captain’s Log staff traveled to New York City for the College Media Association Spring National College Media Convention, I knew this was my first opportunity to go to the memorial and museum and I am thankful that I did.

The museum is heavy. This is both because it is very large and because of the emotional experience. I started with the memorial: two building-sized holes in the ground with nearly three thousand names of those who died. That in and of itself is an incredibly reflective walk to take.

The place becomes incredibly sobering when you get to the bottom of the museum. I walked around the excavation site of both towers and saw the original beams still in place. This became particularly impactful when I stopped on the site of where the North Tower once stood and found myself standing

at the same spot that American Airlines Flight 11 struck the heart of this country, just a few hundred feet above me.

After looking at maimed fire trucks and contorted beams of steel, I made my way into a portion of the museum that took visitors through the day.

Every single moment was catalogued and no detail was overlooked.

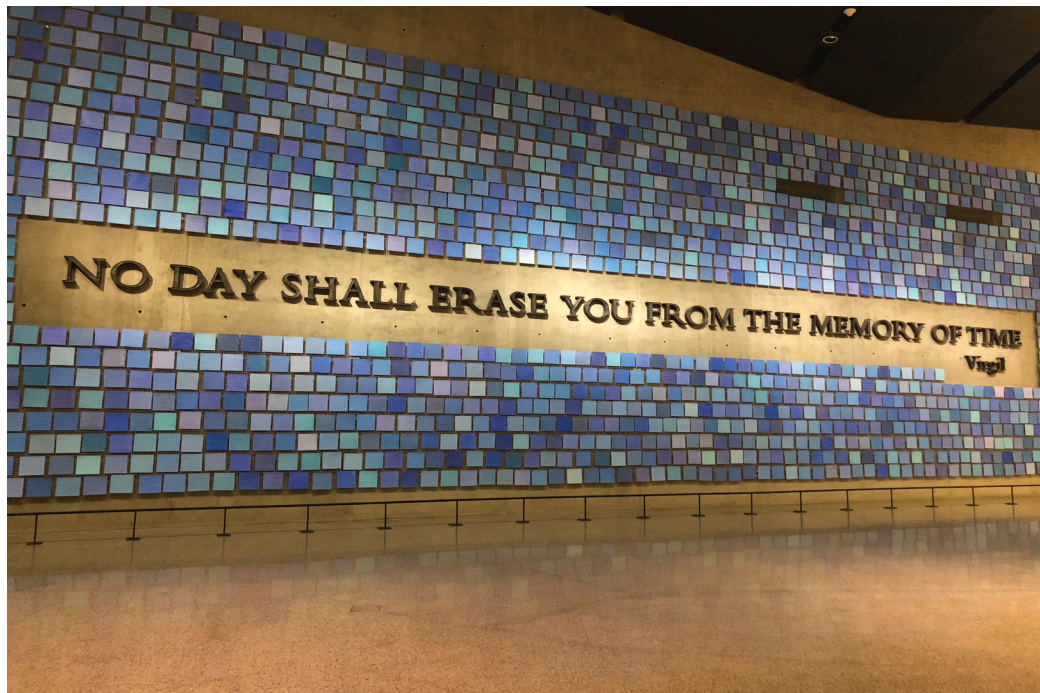
From beginning to end, the story was told to me in gruesome and gut-wrenching detail. I won’t go in depth, but I would implore you to go one day as it was an experience I will not soon forget.

Then all those things became real as I finished my visit in a section of the museum where the South Tower once stood.

There on the walls was a photo of every person who died at this site on that day.

It made it real. You see the names on the memorial, but to hear their names being read one by one and to see their faces, made the whole thing that much more real.

As I walked out of the museum and headed to the escalator up to street level, the last thing I looked at was a piece of art on the wall. It was a mosaic consisting of 2,852 different watercolor paintings to represent



This saying is put on the wall of the museum, reminding everyone of its importance. Rob Smith/The Captain’s Log

each person who died there on that day.

Each painting was a different shade of blue as the artist tried to remember what color the sky was on that day.

As I stood on the escalator, numb to it all, I took in “Taps” as it played on the speakers. I will never forget hearing the goodbyes over

voicemail, taking in the personal belongings of people who could not claim them and seeing the faces of those this country lost; it was heartbreaking.

Eventually I became numb to what I was witnessing, and I imagine that’s what it must have been like back then too. ■

## Take Advantage of Every Learning Opportunity

Attending conventions can expose students to opinions and views that they might miss otherwise.

MACY FRIEND  
MACY.FRIEND.14@CNU.EDU

Over spring break, members of The Captain’s Log/CNUTV attended the National College Media Association Convention in New York City.

This is a convention that brings journalist speakers from several different media outlets—newspapers, magazines, radio stations, news stations, etc—to share their advice with college students, advisers, professors and professionals from all media outlets.

This was my first time attending a convention and I strongly encourage students to take these opportunities when they are presented. This convention was a very valuable learning experience.

I attended sessions with my peers that taught me more (and elaborated on the things I’ve already been doing) regarding journalism and the ways in which students can use media effectively to reach audiences.

Some taught me more about things I haven’t necessarily had experience in, like videography, and for me many of these skills translate to photography.

It was a great opportunity to hear from professionals and receive their advice on how to make it in the world of media and journalism.

These sessions were designed for several aspects of media and journalism that people may be interested in.

For example, there were sessions in which speakers discussed how to deal with conflicting personalities among staff members and how to create an effective work environment within your organization.

Each session I attended was very personal, with speakers encouraging questions from the audience.

The great thing about this convention is that I got to hear from different people about their techniques and opinions regarding their professions.

I even attended the final keynote speaker Saturday morning although I honestly didn’t have much interest.

I thought I might as well go and see what the speaker had to say and I knew I would be able to take something away from the keynote session.

The speaker was Lauren Duca, a columnist at Teen Vogue and a freelance opinion writer. I knew nothing about her or her beliefs before the session, but that didn’t matter to me.

The topic of her session was “Establishing a Unique Voice in Today’s Media Landscape” and I thought this topic would be beneficial to sit through.

She spoke of her path to freelance journalism and advised the crowd of student journalists to pursue media work only if they are passionate about it.

Duca spoke about how when working in the media, journalists make mistakes and she stated that at the end of the day, we must accept that mistakes will be made and we must stand behind them.

She gave good advice and I enjoyed her talk... until about the last 15 minutes.

She shared her example of when she made a mistake and received a lot of negative feedback because of it as a journalist and Twitter user. She referenced when she tweeted about Billy Gra-

ham’s death.

She didn’t give us the tweet verbatim, but she did give a short description of her views, saying that she thought the positive press coverage and praise surrounding his death was a bit much.

This is when I started getting anxious in my seat, not because she disagreed with the coverage surrounding his death, but because I was worried about what she was going to say, but I kept in mind that this was her opinion, and that is okay.

Before I go further, I searched her Twitter feed for the tweet she was referencing in which she received many negative comments and I found what she tweeted on the day of Graham’s death, Feb. 21.

Her tweet says “The big news today is that Billy Graham was still alive this whole time. Anyway, have fun in hell, bitch.”

Then she tweeted again, “Respecting the dead, only applies to people who weren’t evil pieces of shit while they were living, thanks.” She clearly has a strong opinion about the evangelist. I hadn’t realized how hateful she was until she went on about Graham during her presentation.

I listened to her opinion but as she spoke more, her talk was more like a rant than sharing encouraging words or helpful thoughts.

She shared with the audience of more than 100 that she would’ve rather Graham died sooner than he did. At that moment there was anger and a hint of hatred in her tone and speech, which I didn’t appreciate as a convention goer.

While I understand that everyone has their own opinions, I don’t see how it’s helpful or pro-

ductive to say you would’ve wished someone with different beliefs than you should have died sooner than they did, especially with a room full of people you’re presenting to.

The point of bringing up this unsettling experience is to say that when you attend conventions, be aware that you will meet people with different opinions than you and this is a good thing.

Hearing from others and being able to respect their opinions is such an important part of our human culture that I think is being lost, especially in the media.

The beauty of conventions is that you’re expected to attend sessions that teach you something valuable and you will hopefully leave with a renewed spark for your profession or area of interest.

This convention did that for me. It made me realize that if I was fortunate enough to attend in previous years, it would’ve been very helpful during my time at CNU that is now ending faster than I would like, especially since we do not have a journalism program (but that’s a topic for a different time).

If you get the chance to attend conventions, I urge you to keep an open mind and to attend sessions that may not necessarily seem like they fit into your interests because everything is a learning experience and there’s value in knowledge that may be outside of your area of expertise.

You can learn something from everyone you meet, whether you agree with them or not. ■



# Housing Lottery Woes

Step right up! It's time to play... The Housing Lottery!

VIVIANNA ATKINS  
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That's right! It is the time of the year where it is decided who gets nice housing and who will be homeless. (You won't actually be homeless. You will get placed... somewhere.)

So, how does the housing lottery even work? Everyone who signs the online housing contract gets their name thrown into a computerized pool, which proceeds to randomly draw out names to assign people to times. It is all based on chance and even "priority" PLP/Honors students aren't guaranteed a good slot. With your new time, you just pick your room.

Sound clear? Probably not, but that's all the information that housing gives. In fact, not only are the deadlines to apply easy to miss because the lack of information outreach, but most students barely know how to get their time ticket.

Past that, everyone is lost. It is not clear anywhere what happens when you actually go and pick your housing. Unfortunately, that's just the beginning of why the housing lottery is nowhere near "the most wonderful time of the year."

One of the biggest issues is that there's not enough housing for students to be housed in. With freshmen classes getting bigger and more juniors retaining into their senior year, there are simply not enough rooms.

Seniors aren't supposed to have "officially" aren't guaranteed" housing for their last year, but a good majority elect to anyways. This becomes problematic when the effects trickle down to freshmen residence halls, and make for triples in the small rooms of York.

Besides that, the entire system is glitched and unpredictable, especially because it was just introduced in the past year. For starters, it was constantly crashing, and people were not able to log onto the housing contract during their time.

To add onto that, the glitches in the portal allowed some students to reserve suites, so a relatively good time was made bad because of all the people who went early. People were also able to reserve a single bed in the suites, so when people tried to sign up with their complete four person group, almost all the rooms were "taken."

They actually did try to fix that issue this year, but they just changed the problem. Now everyone needs a complete suite, and students can't go random—they have to wait until the end of the lottery to get assigned to what's leftover.

It's hard for every person to find a concrete four person group, and it just makes for more anxious students. Good luck if all of your friends are of the opposite sex (seriously, upperclassmen have separate rooms and bathrooms, how is optional co-ed suites not a thing yet?).

While the co-ed suites probably won't be realistic for a long time, changes can be made to help this important facet of campus life. A good start to fixing the problems would be to do more test runs before launching the housing contract. It would catch a lot of the glitches that happened last year.

Furthermore, they should invest in a system to pair randoms with roommates before the lottery. It would allow for people going random to still choose where they want to live without messing it up for everyone else.

The biggest and easiest thing that would help fix the housing lottery is to improve communication. It would be a lot better if people knew what they were doing. These changes can greatly improve a broken system.

Terrifyingly, much of the current housing lottery resembles the random and brutal Hunger Games. Few leave satisfied. Things desperately need to be fixed, but until then, may the odds be ever in your favor. ■

"The biggest and easiest thing that would help fix the housing lottery is to improve communication. It would be a lot better if people knew what they were doing. These changes can greatly improve a broken system."

# Buzzin' Becky

Sunburned and burned out



COURTESY OF CLIPART LIBRARY

Welcome back Captains! I hope those of you who went off on tropical vacations are loving this wonderful wintry weather we've been hit with. Nothing screams spring break like freezing your butt off.

I hope you took time over break to relax and get yourself ready to finish up. I honestly am not ready myself; I feel like I could use

a break after break to catch up on some missed rest over the

past few days. Traveling exhausts me in every sense, and I could really use a few extra days to sleep. How cruel is it we lose an hour of sleep right at the end of break too?

Whatever your break was, I hope you made the most of it. If you went somewhere warm and fun, I hope you packed aloe and sunscreen! If you were like some of our editors and braved the Nor'easter getting up to New York City, I hope you packed more than a sweatshirt to stay warm. If you worked over break, I hope you made the big bucks!

Q: How do I deal with burnout?

I feel like at some point during the year, every student experiences burnout in some way, shape or form. Stress from everything piles up and up until you can't take it anymore and you're just absolutely done with everything. I've been there. The worst is when you have a lot going on and you experience it in everything you do.

Burnout is more than a really bad day because you didn't get nearly enough sleep and it is more than just being stressed because of finals. If you are feeling just mentally, physically and emotionally exhausted and feel overwhelmed in general due to what you have going on, you've probably experienced burnout.

Make time for you. You cannot be successful if you aren't taking care of yourself. Do something positive for yourself. A lot of people take up journaling to log their moods or to vent their frustrations. If you like yoga, make time for that. Whatever your relaxation method is, try to start your day with it. Also if you take some of your frustrations out in the gym, you'll sleep way better at night. As with most everything, a healthy diet and an exercise routine could help alleviate a lot of the stress you're feeling.

Finally, find your people. You'll need them. And it's okay if your people change from year to year. Different circumstances lead to new friendships and fizzle old ones out. You're not in this alone and having a solid support system will help make your really bad days seem like a piece of cake.

-Becky out





## The Captain's Log Visits New York

Michele Boyet, the digital marketing manager for a hotel resort in Florida (The Breakers) spoke at one of the several sessions on Thursday. She gave advice to aspiring journalists on how they can use social media to promote themselves. Boyet discussed techniques on creating a personal brand across social media platforms by making a personalized website and creating goals for oneself and keeping audience in mind. MACY FRIEND /THE CAPTAIN'S LOG

### The National College Media Association hosted its annual convention in NYC.

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

Members of The Captain's Log and CNU TV attended the National College Media Convention hosted by the College Media Association in Times Square over spring break.

At the three-day convention, student journalists from various universities attended sessions where they heard from professionals across all media platforms and interacted with vendors like different journalism schools in New York.

Sessions included keynote speakers each day, ranging from coverage techniques regarding sexual harassment and assault to creating a unique voice in the world of journalism.

Some other sessions included advice on crafting video content, how to create a personal brand, what copyright laws are and how to deal with dysfunctional team members.

Aside from attending sessions, our group explored Times Square, met The Cap-

tain's Log's previous advisor who now lives in New York, Dr. Terry Lee and visited the Rockefeller Center.

In between sessions, senior Rob Smith and sophomore Ryan Baker visited the 9/11 Memorial Museum.

Baker is staying with a family who lost member Michael Iken on Sept. 11, 2001, so going to the memorial meant a lot to him.

"It was just breathtaking, moving and sad in general. But [those who died] won't be forgotten... I will go every single time I go to New York in the future," Baker says.

Whether we attended sessions or explored the city, the conference was a great opportunity networking and learning new techniques to improve our publication.

This convention was great for anyone interested in pursuing journalism and the College Media Association hosts similar conventions every year. ■



(Left to right) Matthew Scherger, Brett Clark, Kelsey Schnoebelen and Katie Krynsky posed at Thursday's keynote speaker where author Joanne Lipman urged the audience of student journalists to question who controls the lens of the media as a part of the current discussion of sexual harassment in the workplace. MACY FRIEND /THE CAPTAIN'S LOG

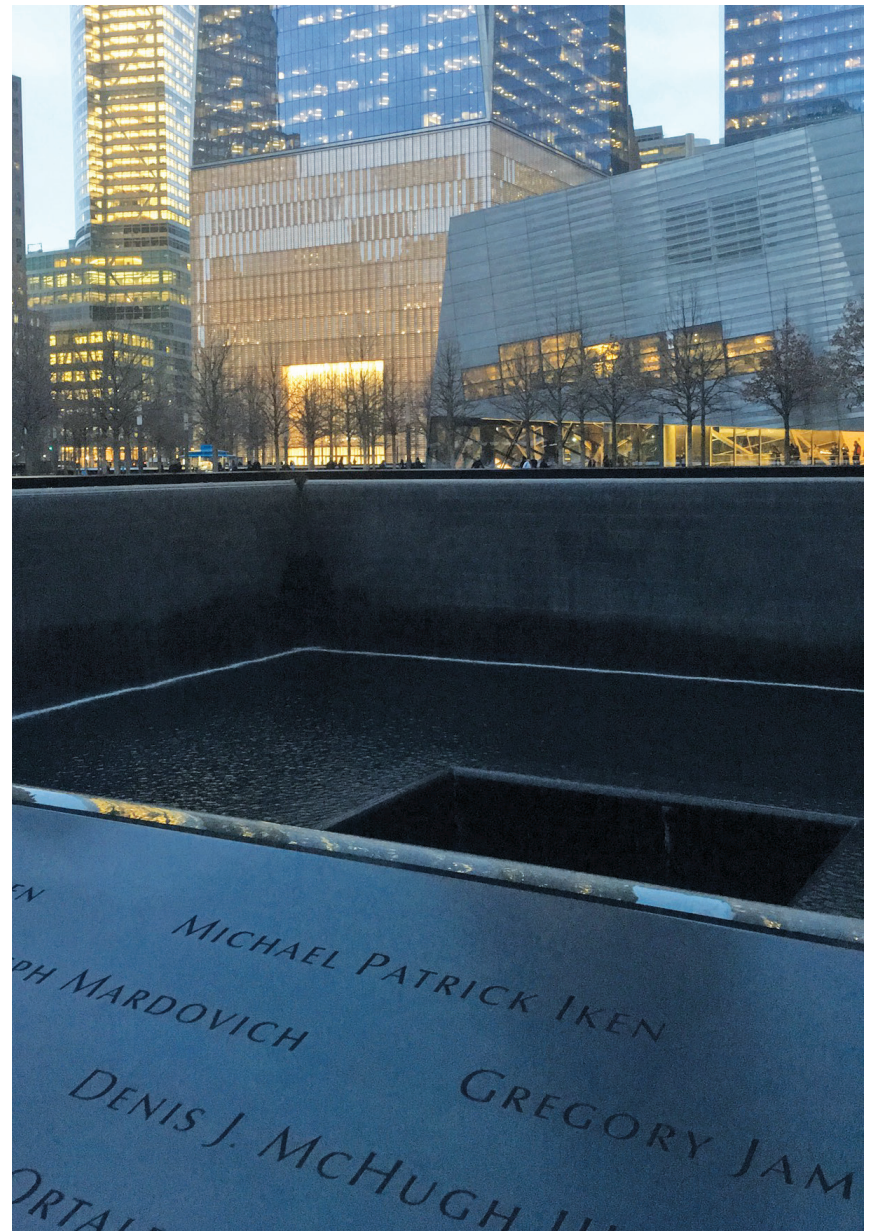


During our last night of member shouted that holding the chair are a husband of the woman





The conference was held in the Marriott Marquis in Times Square, allowing conference-goers the opportunity to network with people from the city. A view from one of the hotel rooms overlooked the bustling Times Square below. MELANIE OCCHIUZZO/THE CAPTAIN'S LOG



During his visit to the 9/11 memorial, Ryan Baker saw the two fountains where the Twin Towers were on Sept. 11, 2001 with names of those who lost their lives engraved along its sides. RYAN BAKER/THE CAPTAIN'S LOG



Of the trip, we attended an improv musical where actors performed improv after an audience. They wanted the actors to perform a musical on a hole in the oven. In this photo, the men acting as cockroaches, with the chair being its antennae, while they begin to fight with the man on the far left giving birth to baby cockroaches. KELSEY SCHNOEBEL/THE CAPTAIN'S LOG



The last keynote speaker for the conference was Lauren Duca, a columnist at Teen Vogue who discussed the importance of creating one's own voice in the world of journalism. She made a point about pursuing one's passion, stating that writers aren't just knighted off the street. MACY FRIEND/THE CAPTAIN'S LOG



# Captains Dominate During Spring Break

The Christopher Newport University Baseball team went 3-0 during their trip to Myrtle Beach, S.C.



(Left) Pitcher Thomas Packert strikes out nine batters. (Right) CNU Baseball went 3-0 during their spring break trip. PHOTOS COURTESY OF CNU OCPR

BY PHOENIX HINES  
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While most of the Christopher Newport student body was back home for spring break, the baseball team took a trip to Myrtle Beach, S.C. to take on three opponents: the Penn State-Berks Nittany Lions, the Hampden-Sydney College Tigers and the Bridgewater College Eagles. They won all three games by a collective score of 34-11.

The Captains are currently 12-4 while riding a four-game win streak.

Almost all of the teams' wins this year have been by three or more runs and that includes a 6-0 win over the No. 13 team in the country, Keystone College. Junior infielder Seth Woodward is having his best season yet. Woodward is leading the team in batting percentage

this year with a ridiculous .466 percent. Woodward is also tied for the lead in RBI's as he already has 22 on the season.

In their first game on March 6 against the Eagles, the Captains lit up the scoreboard during their 11-1 victory. Senior outfielder Brandon Ginch led the way as he went 2-2 with three RBI's and one homerun.

Senior pitcher Logan Harrelson had a day on the mound as he struck out nine batters and gave up three hits on the day. Harrelson pitched his second straight shutout during his fourth win of the season.

The Captains had a bit of a challenge the next day as they edged out the Tigers 6-5 in a very hard-fought victory.

Thomas Packert struck out ten batters during the win. Jordan Mason had a good day as he batted 2-3 with 2 RBI's and one

home run that was eventually the game-winning run.

The Captains also got a good game out of shortstop Nick DiNapoli after he batted 2-4 with one run.

"The Sydney game was probably the best memory down because it was our first non-blowout of the year. Being able to grind out a game like that is a memory that we need to hold on to for the second stretch of the season heading into CAC (Capital Athletic Conference) play," says sophomore pitcher Brian Owens.

During their last day, the Captains had one of their better games of the year as they dominated the Nittany Lions 17-5.

The Captains jumped out to a ridiculous 14-0 lead in the seventh inning before the Nittany lions scored their first run. DiNapoli continued his out-

standing play as he batted 3-3 with two runs. Mason also had a solid outing while he hit 3-5 and two RBI's.

Gray Goodrich captured the win at the mound. Goodrich pitched five innings and struck out seven batters while not giving up a single run.

The parents stayed at the same resort as the team, so the players got to spend some time with them as well as getting some time to themselves during their spring break trip.

"We were right on the beach, so we went to the hot tub and beach a lot. One night we all went out to the Broadway at the Beach and we all got split up and got to have some time to ourselves which was nice," says Owens.

The Captains have three more games that are away before they host Salisbury to open CAC play. ■

## Softball Reaches Top 20 In Nation

Lady Captains leave Tucson, Ariz. and head back to Newport News with five wins in just 10 days over spring break.

BY TARYN HANNAM-ZATZ  
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Over spring break many teams were still on campus and competing. The CNU Softball team played a few games and had a very successful break.

The team traveled to Tucson, Ariz. to compete in the NFCA Leadoff Classic.

They played six games while they were there, winning all but one game. The Captains lost their first game 4-6 against Babson College, but battled back to win the next five games they played.

The team had an amazing 16-1 win over the University of Rochester on March 3.

Due to the outstanding performance

by the Captains, the game ended in only five innings because of the eight-run rule. Christopher Newport is ranked 11th in the nation currently and was able to leave Arizona with five victories under their belt.

They also left spring break with four more wins over Central College, George Fox University, Otterbein University and East Texas Baptist University.

The team has been working very hard and is now off to a 6-2 start to their season.

Their high ranking means they will need to prepare for tough competition. The team is getting ready to play the top team in the nation, Virginia Wesleyan University, on March 11. ■

### Up Next:

Sun. March 11 @ Virginia Wesleyan 1 and 3 p.m.

Wed. March 14 vs Emory University 1 and 5 p.m.

Sat. March 17 @ Eastern Mennonite University 1:30 and 3:30 p.m.

Sun. March 18 @ Roanoke College 1 and 3 p.m.



# NCAA's Grip Over College Athletics

Senior member of The Captain's Log questions the process of recruiting high schoolers to play collegiate basketball.



COURTESY OF ANDRE TORAN

BY ANDRE TORAN  
ANDRE.TORAN.14@CNU.EDU

In late February, a Yahoo Sports report revealed in-depth details concerning an FBI probe that was investigating corruption within collegiate basketball over the last several years now.

After reviewing hundreds of pages within the documents, Yahoo reporters Pete Thamel and Pat Forde brought salience to what they describe as “the underbelly of college basketball” which includes forms of bribery and pocket-lining in order for schools or agents to land high-profile high school athletes.

The documents included bank records, expense reports and balance sheets that linked former NBA agent Andy Miller and his associate Christian Dawkins — who runs ASM Sports — with expenditures and cash advances forwarded to high school and college prospects and their families.

According to Thamel and Forde, the federal report places a spotlight on an “underground recruiting operation” that violates NCAA’s amateurism rules, which could lead to negative consequences for 20 Division I basketball programs and 25 or more collegiate athletes.

Some of the nation’s top programs and players are involved in this report and a series of further investigations, suspensions and probations likely await these entities in the future — that will cast a bleak and billowing cloud over college basketball, and possibly more.

“Impermissible benefits” towards and “preferential treatment” of high-profile prospects and players have been linked to programs such as Duke, North Carolina, Kentucky and Michigan State, to name a few. Additionally, college stars and future first-round picks such as Michigan States’ Miles Bridges, Duke’s Wendell Carter Jr. and Alabama’s Collin Sexton have all been listed in the report.

Furthermore, the report alleged that current NBA players also reaped the

benefits of these kickbacks.

Players notably including Dallas guard Dennis Smith Jr., Miami center Bam Adebayo, Raptors guard Kyle Lowry and former Kentucky Wildcat Nerlens Noel were all alleged to have received loans from ASM Sports, prior to their professional careers, that would be recouped by agents once the player became a professional.

These findings ‘revealed’ the true underpinning behind the fabric of collegiate basketball. However, you would be a fool not to think that things such as this haven’t been going on for years, especially concerning the divisive nature of the NCAA’s amateurism rules.

Nevertheless, NCAA president Mark Emmert had this to say about the probe and its findings:

“These allegations, if true, point to systematic failures that must be fixed and fixed now if we want college sports in America. Simply put, people who engage in this kind of behavior have no place in college sports. They are an affront to all those who play by the rules.”

But you see, this is the very problem. The rules.

The NCAA’s amateurism rules are, in essence, causing the corruption within its system of governing and controlling college athletics. The NCAA’s amateurism rules are, at its very core, exploiting the athlete.

Let me explain how.

The NCAA, a non-profit organization, makes roughly \$1 billion in a fiscal

year. According to the NCAA’s 2011-2012 revenue breakdown, they harbored in \$871.6 million.

Their site specifically states that these profits, “most of which came from the rights agreement with Turner/CBS Sports.”

This rights agreement — which may I remind you relies solely on the production of college athletes to create entertainment, which then brings in huge amounts of revenue — accounted for 81.5 percent of the NCAA’s revenue.

The player-catalyzed profit has only increased over the years, as the NCAA signed a 14-year, \$10.8 billion contract with CBS Sports and Turner Broadcasting in 2010.

In 2014, the Huffington Post reported that the NCAA made \$989 million. That same year, the NCAA brought in a little over a billion dollars in television ads during March Madness, its national basketball tournament. This amount, over a three-week span, far eclipsed the likes of the NFL and NBA playoffs television ad revenue.

As Investopedia — an investing education and financial news website — explains, “March Madness is the NCAA’s bread and butter. College athletics’ governing body will earn somewhere around \$900 million in revenue from the tournament, representing about 90 percent of its annual revenue.”

“On the surface that seems like cause for outrage, especially in light of how much the players earn: nothing.”

But: how much of that did the main producers of that product see? As a matter of fact, let’s forget about the TV deals for a second and talk player likeness. What about the revenue roped in from jersey and tickets sales, and other means of player likeness that athletes don’t see?

Nerdwallet, a personal finance company, estimated that in 2015 the average dollar value of a player at a school ranked in the top 25, nationally, was \$487,617. Keep in mind, that is only about

\$20,000 less than the NBA’s minimum salary. The top grossing college player that year was Duke’s Jahliil Okafor, who was valued at \$2.6 million, none of which he saw.

Instead, the NCAA reels in the profit created, for themselves, while the actual creators of value (the players) reap none of what they sow.

In a financial statement, released on March 7, CNN reports that in 2017 the NCAA finally eclipsed the \$1 billion mark (\$1.1 billion), concerning revenue, for the first time in its history — and the athletes touch none of it.

The NCAA loves to talk all of that

good, and gooey heartfelt bull-crap like, “As a non-profit organization, we put our money where our mission is: equipping student-athletes to succeed on the playing field, in the classroom and throughout life.” (a statement provided to the Huffington Post from Stacey Osburn, the NCAA’s director of public and media relations).

But, underneath it all the NCAA has become a possessive, self-admitted cartel that continually ignores the actual efforts and sacrifices made by collegiate athletes that toil week-in-and-week-out for hours comparable to those who work 40 hours a week plus overtime.

So, the question remains: How exactly do or would you pay these athletes?

Since we want to talk amateurism, why not model the Olympic system when it comes to paying collegiate athletes what they deserve?

Instead of paying athletes directly, and having to formulate a legitimate, agreed upon payment plan that is filled with complexities, loopholes, criteria and so on, or to avoid other extreme measures — such as athletes taking money from boosters and agencies prior to their professional careers — allow these individuals to cash in on endorsements and other third-party means of profit or income that derive from the revenue generated by their likeness.

The Olympic system does not pay athletes directly. Yet these athletes reel in some means of profit through third parties, endorsements and cash prizes.

Allow collegiate athletes to have their cliché cereal box moment, such as Olympic champions and standouts do.

This isn’t to say that this means of payment will solve all the issues running rampant within the NCAA’s cartel system.

This means of pay is not a direct solution to the pocket-lining or ‘illegal’ interaction between boosters and potential prospects.

However, it’s a step and the fact of the matter remains: the NCAA, a billion-dollar entity, continually exploits the very athletes that they say they care about so much, and an end to their greed is due.

Where’s the change?

We were told in the O’Bannon v. NCAA trial that the NCAA’s rules and bylaws had violated antitrust law, by unreasonably restraining the means of trade; a function of cartelism.

But we were also told that these findings were in part affirmed and in part reversed. And upon an appeal, the Ninth Circuit Court of Appeals were told: “To preserve the character and quality of the ‘product,’ athletes must not be paid.”

Hold up, but where’s the change?

We have expected something to change for years now, however the status quo remains suspended in this ongoing place of contestation without results.

We have expected change, just as the NCAA expects an 18 or 19-year-old not to accept thousands of dollars placed before their face as an incentive do something they love. Yeah, right.

But again, I ask the question: Where’s the change? ■

“But, underneath it all the NCAA has become a possessive, self-admitted cartel that continually ignores efforts and sacrifices made by collegiate athletes.”

ANDRE TORAN



# Springing into the Past

Whether moving to the 1950s or the 1970s, CNU students used their spring break to watch shows that brought them back. Check out their reviews of "The Audience" and "Foreigner" below.

## Un-Foreign Affair

BY MORGAN BARCLAY  
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Why would a 20-year-old go to a Foreigner concert? This is the question that Foreigner skillfully answered during their performance at the Ferguson Center last Tuesday night March 6.

Not straying far from the hits, there is a lot that would leave those with questions as to why someone would pay money to go see what has undoubtedly been drilled into our heads since infancy. Every riff from "Double Vision," every scream from "Hot-Blooded," is easily and readily anticipated. With this in mind, the unexpected nature of a live performance seems to be cheated.

This is doubly so given the remarkable precision with which the songs were performed. Ripped straight from the radio, they were performed without a single flaw, almost as if the people performing them had had 40 years to practice.

That said, even despite the stale starting block the band was set on, the overall show breathed new life into the 1970s while bringing a delicate balance of nostalgia to a show that may have been tinged with pity for a band that 'used to be good.'

"This is a night worth celebrating Newport News. Why? Because I am still alive, and I am still rocking," says Foreigner frontman.

Bringing the question of their age to the forefront they controlled its perception for the rest of the night. Foreigner is an old band, but they're still here and that's something to celebrate according to them.

Added on to their overall awareness and control of their perception, they performed their songs with a level of theatricality that brought something new to the table. Whether it be in lighting, clothing, dance, or singing on top of chairs in the audience, the band provided more than enough to be excited about, even if the music became stale.

That said, not every song remained stale. The band was able to maintain a level of freshness with their songs through new arrangements. Bringing down one of their hits to an acoustic level they were able to offer the audience something new.

In their final song, they brought on a local middle school as a chorus, to mention their music education charity, as well as to give someone something new during arguably their most famous song "I Want to Know What Love Is."

Through these reasons Foreigner provided the reason for a 20-year-old to go to their concert. Still fresh, still rockin', their performance was something to celebrate. ■



Foreigner sings hit single "I Want to Know What Love Is" with local Virginia Beach Middle School. MORGAN BARCLAY/THE CAPTAIN'S LOG

## Everything But the Tea

BY KRISTEN ZICcarelli  
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Far from the hustle and bustle of DC, nestled on a little corner street in Alexandria is the Little Theatre of Alexandria. Although a far cry from the internationally renowned Kennedy Center or National Theatre, this theatre offers quality performances with affordable prices — all in an up-close and personal manner.

This March, the Little Theatre featured a performance called "The Audience," loosely based on 2006 movie, "The Queen" and designed by "The Crown" writer Peter Morgan.

Though the play followed the style of a classic theatrical performance, the plot was atypical. The show featured Nicky McDonnell starring as Queen Elizabeth II in private conversations

with eight different Prime Ministers that were elected during her reign.

Amidst the popularity of British royalty and governance in movies such as "The Queen" (2006) and "The Darkest Hour" (2017) and TV series "The Crown," Morgan's theatre piece introduced a new facet within this topic.

Based on the true duties of the English monarch, "The Audience" follows the intimate and focused weekly 'audiences' or private 20-minute exchanges the Queen has with the current prime minister.

From the heated conversations with Major and Thatcher, to the warm vibe of comfort between the Queen and Wilson, each exchange brought something new to the table.

The conversations ranged from politics to feminism to food, keeping each exchange lively and humorous. With the wit of the queen and the spirit of each Prime Minister, all actors embodied their persona well and brought their character's personality to life on stage.

The singular stage of only two chairs and an end table was nicely offset by

the consistently rotating cast of prime ministers, interchanged with some narrated snippets and flashbacks to young Queen Elizabeth II.

Adding to the effect was a section of the stage that physically rotated around to transition from each prime minister to the next. Although the creaking stage and circular movements of each cast member comprised many awkward transitions, it reminded me of the limitations of theatre and the opportunity for only one 'shot.' Directors cannot simply fade or pan to the next scene.

The theatre skillfully used lights and music to their advantage, especially at the end of the first act when Queen Elizabeth lifted her scepter and retrieved her crown, reminding the Prime Ministers that she was "consecrated, not crowned." As she stood before the audience, crowned and adorned in robes, the music heightened and the spotlight shone only on her, one could feel her profound royal presence.

Although each exchange was remarkably different, the Queen's confident and royal demeanor remained constant throughout. When exchanges became

heated or 'quite' off topic, she played it off with wit, cleverly bringing the conversation back to professionalism.

Actor Robert Heinly excelled in his role as Churchill, playing the gruff and alpha Prime Minister with an opinion on everything. Although his character's persona was entirely predictable, what shocked me most was the Queen's heated exchange with Prime Minister Margaret Thatcher.

Beginning with immediate tension over who was 'the senior' in age, Thatcher came off as domineering and proud, attacking the monarchy every chance she had. With poised, yet strong rebuttals, the antagonism in their audience was strong enough that it made me question whether Thatcher's character was exaggerated.

However, one will never know the true nature of her secret audiences. Throughout the play, the intimacy of their conversations ultimately held my attention the most — as if we in the audience were being entrusted with a secret. And overall, my only disappointment throughout the entire show was the lack of tea provided as I watched along. ■



# Bringing New Life to Old Fashions

CNU Farmers Market Club sponsored a fashionable event in the Freeman Center.



(Left) The rain locations lost some foot traffic for the event, but did not cancel the event outright. (Above) A student seller engages in conversation with attendees of the event. PHOTOS BY KRISTEN ZICCARELLI / THE CAPTAIN'S LOG

BY KRISTEN ZICCARELLI  
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On a rainy Thursday in the second floor of the Freeman, fashion was the key to helping the environment as CNU Farmers Market Club held their first Captain's Consignment Event.

Inside Freeman 202, four vendors laid out their clothes to sell to fellow CNU students. Lively music played in the background as some students browsed the selection. Although the event was sparsely attended, freshman Heidi Turnitsa attributed this to the weather.

"We had a rain location already set, so we just chose here," Turnitsa says. "We lost a lot of foot traffic because of that."

However, the Farmers Market Club, a new offshoot of CNU's Green Team, plans to resume their outdoor events after spring break.

As a member of Green Team and Farmers Market Club, sophomore Kendall Kutchins chose to participate as a vendor in Captain's Consignment to promote overall sustainability and recycling.

"We focus on initiatives to make CNU more sustainable," Kutchins says.

"Recycling and reusing clothes is part of that."

Sophomore Angel Wood participated as a vendor.

"I'm a part of Farmers Market, and they needed people to help," Wood says. "So I was like, 'I'll support it and I had some stuff to get rid of anyway.'"

Wood described her sense of style as "homeless boho."

"I like my clothes very comfortable so I have a lot of flowy clothes." Her items for sale included lots of flowy t-shirts, a romper, some skirts and vans.

Wood expressed her love of consignment stores herself.

ment stores herself.

"I've gone to Plato's Closet a few times," Wood says. "In my hometown there's a pretty popular consignment store so I go there a lot too."

Captain's Consignment customers Dasia Thompson and Savannah Isenberg expressed similar sentiments.

"I work at a consignment shop," Thompson says. "You find a lot of good stuff that could have been expensive or not, but it's in good condition."

Isenberg appreciates the eclectic mix of clothing one finds at a consignment shop.

"You might not buy an older style," Isenberg says. "You find different styles [at a consignment shop], whereas if you go to the mall it's all the same thing."

Turnitsa explained the process behind organizing the consignment event.

"It was a really casual thing," Turnitsa says. "We were all like sitting around and brainstorming, and I was like, we should have a student yard sale and name it Captains Consignment."

As the first year CNU Farmers Market Club has organized a consignment event, Turnitsa used several marketing techniques.

"A lot of our PR work was tabling and being in the daily digest," Turnitsa says. "And we set up Google forms and stuff for vendors to be able to apply and come and set up a table."

As far as expectations, Turnitsa was "looking forward to the community aspect and bringing students together."

The Captains Consignment event is scheduled to happen alongside the normally scheduled Farmers Market activities. ■

## Spring 2018 CNU Farmers Markets

MARCH 15TH, 22ND, 29TH

APRIL 5TH, 12TH, 19TH

YORK STRIP, 3PM - 6PM

1000 UNIVERSITY PLACE, NEWPORT NEWS 23606





## Jolly Roasters Café Opens in Port

**Restaurant Review:** Freshman Anna Dorl ventured to the newest Jolly Roasters location in Port Warwick in Newport News to see if it matched up to its previous location in Virginia Beach.

BY ANNA DORL  
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If you are in search of the best cup of joe in Newport News, Jolly Roasters Coffee Company, a brand new café has recently opened for business just down the street from CNU.

Located in Port Warwick, a rapidly growing community with apartments, restaurants and independent businesses, the coffeehouse is a six minute drive from campus down Warwick Boulevard.

Jolly Roasters is a Hampton Roads coffee shop chain with two locations.

Their original café is inside a Virginia Beach library and their new storefront opened in Newport News on January 3 of this year.

In the few months it has been open, Jolly Roasters has become a local place for tired college kids to get their caffeine fix.

Jolly Roasters offers many different beverages, so whether customers are looking for espresso, Americanos or matcha tea lattes, they are guaranteed to find something they like.

If one cup is not enough, bags of their original blends are available for purchase.

Their food menu consists of several types of baked goods such as cookies and banana bread, as well as different kinds of toast with toppings (including avocado, of course) that are sure to appeal to hungry millennials.

Prices vary, but you can expect to spend roughly a few cents to a dollar more on items than you would spend on something similar at Starbucks.

The coffee counter shares an

indoor space with Hip Innovative Studio Boutique, a specialty shop featuring handcrafted jewelry, chalk paint for creative projects and other artisanal items. They host handcraft workshops every month, such as felting and paint techniques.

The atmosphere is simplistic and relaxing with its white walls, planters with succulents hanging in big windows, lots of natural sunlight, chairs and benches with soft pillows and good vibes all around.

It's a perfect place to study or catch up with friends.

In the two times I've had the pleasure of going to Jolly Roasters, I noticed that the coffee arrives at a comfortable temperature for drinking.

I didn't have to wait for it to cool down like I often do at Starbucks or another general coffee chain.

The barista on duty makes

your drink with care and you can see them perform every step that goes into making your particular order behind the counter.

The workers truly care about the art and craft of coffee making and you can taste all the love that goes into it.

Jolly Roasters Coffee Company is a delicious addition to Newport News and our CNU community.

Hours are from 8 a.m. to 6 p.m. Monday through Saturday, 10 a.m. to 4 p.m. Sunday. Grab your laptop and a friend, and check out it for yourself. ■

(Left) The Newport News location's counter, featuring a similar simplistic style as the entire café. (Top) A freshly brewed vanilla latte. (Bottom) The entrance to Jolly Roasters in Port Warwick. PHOTOS BY ANNA DORL/ THE CAPTAIN'S LOG





# Spring Break Ignites Adventure

Students spent the week of spring break, March 2-11, traveling across the country and throughout the world.

BY ANNA DORL & KATIE KRYNITSKY  
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& KATIE.KRYNITSKY.14@CNU.EDU

Guatemala, Mexico, Florida and various states and countries across the world welcomed CNU students this March during spring break.

Although the first day of Spring is not until March 20, some students made the most of their break by traveling to warmer weather on mission trips, family vacations or getaway trips with friends.

Sophomore Carson Pokorny, a sister of Alpha Phi at CNU, embarked on a medical mission trip to Guatemala during her spring break this year, donating her time to serving those in need of free health care.

She worked with VIDA USA (Volunteers for Inter-American Development Assistance), a non-profit organization that provides disaster relief to Latin American countries in need, including Costa Rica and Nicaragua.

Pokorny flew to Guatemala with a team of girls who attend Pitt Community College in Winterville, North Carolina. Pokorny was the only student representing CNU, or any other university, on the trip.

Within the team of 11, three girls provided dental care to patients and the rest, including Pokorny, served on a medical team.

Through VIDA, the group provided complementary health services as well as medication to Guatemalan people of all ages, blessing several different communities as they served in clinics over four days.

Pokorny, a biochemistry major and Spanish and biology double minor, enjoyed the opportunity to both learn and serve.

"It was a really cool experience because it was incredibly hands-on and I've never learned so much so quickly," she says.

For several nights, she stayed with a Guatemalan family in their home and was completely immersed in their way of life. "It was really cool, but definitely a culture shock."

They spoke no English, but luckily, Pokorny's minor in Spanish helped her to communicate effectively with the parents and their three daughters.

At the end of her trip, she and her team visited Antigua, where they enjoyed 'touristy' activities such as checking out the historic hill Cerro de la Cruz.

Pokorny's journey to Guatemala to help those in need of medical care really enhanced her studies in biochemistry, Spanish, and biology. Over one short week, she was able to give back to communities

as well as personally benefit and learn a lot from her experience.

Other students spent their break exploring tropical, warmer climates, beaches and bays.

Senior Brandon Bell, along with a group of brothers of Sigma Phi Epsilon and friends, traveled to Gulf Shores Beach, AL, for the week.

"While we were there, a few of my friends and I found a zoo that offered a bunch of different animal encounters; I did almost all of them," says Bell.

"The lemur one was my favorite because I already love apes and monkeys, but they were very friendly and quick to jump on my head."

The zoo also allowed visitors to feed certain animals.

"I got to feed a sloth, and then hung out with some kangaroos-- that was pretty cool," says Bell.

Florida was a popular destination this spring break for CNU students, specifically seniors who did not choose to go on a cruise.

Senior Kimmy Gaston and eight of her friends took a trip to a resort in Weston, FL.

"We stayed in a timeshare, and actually visited Miami one of the days we were there. It was such a great group of people to go on spring break with for our senior year."

"It was the first spring break trip I had gone on during college, and was definitely the highlight of my college experience," says Gaston.

While everyone spent their week-long spring break differently, students returned to campus for classes on Monday, March 12, for the remaining six weeks of the semester. ■

Brandon Bell holds a bundled pair of twin baby kangaroos, also known as joeys, during his trip to a zoo in Gulf Shores Beach, AL. Kangaroos almost always give birth to one baby kangaroo over their entire lifetime, so this pair of twins was very rare.

PHOTO COURTESY OF BRANDON BELL.



(Top) Pokorny poses in front of the historic hill Cerro de la Cruz in Guatemala. (Bottom) Pokorny plays with children in need while volunteering with the nonprofit organization VIDA USA (Volunteers for Inter-American Development Assistance) PHOTOS COURTESY OF CARSON POKORNY



Senior Summer Kelly traveled with her family to Isla Mujeres, a small island next to Cancun. This area's beach was rated the sixth best beach in the world. PHOTO COURTESY OF SUMMER KELLY



# 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 Melanie Occhiuzzo at [clog@cnu.edu](mailto:clog@cnu.edu)

Interested in:  
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Video,  
Digital content,  
Business or  
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for you at The  
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