



THE CAPTAIN'S LOG

THE VOICE OF CHRISTOPHER NEWPORT UNIVERSITY STUDENTS

@CNUCAPTAINSLOG

WWW.THECAPTAINSLOG.ORG

VOLUME 47, ISSUE 13

JANUARY 27, 2016

BY JACK JACOBS AND JOSH REYES

JOHN.JACOBS.13@CNU.EDU

JOSHUA.REYES.12@CNU.EDU

Alexander Vass and Alexandra Klein have voted in nearly every election they could participate in since they turned 18. While the two fall on opposite sides of the political spectrum—Vass is a democrat, Klein a republican—they make a point to have a say in who sits on school boards, city councils, Congress and the Oval Office. They believe in the democratic process and the good it can achieve.

Much of their generation doesn't share this sentiment.

A study entitled [Virginia Millennials Come of Age](#) conducted by CNU's Wason Center for Public Policy found that Virginia's Millennials have a preference for community volunteerism over politics, favoring causes like meals on wheels over the ballot box as a pathway to progress.

"Reflecting a troubling national trend, Virginia Millennials have lost confidence in the political process as a way to solve important problems facing society," the study states.

Only 11 percent of Virginia Millennials said they believe political engagement alone is the best way to solve the country's issues, according to the study. Three times as many said volunteerism is the best method to solve problems.

Additionally, 38 percent said both volunteerism and political engagement are needed to solve important issues.

STUDY CONTINUED ON PAGE 3

The study defines Millennials as 18 to 36-year-olds. Millennials are the largest and most racially and ethnically diverse generation in U.S. history.

*the
new age
of voters*

Only 11 percent of Virginia Millennials see voting as a viable option to solve important issues, according to a recent Wason Center report. Three times as many Millennials see volunteerism as a better option.

CNU students shared various feelings regarding how to solve society's problems; some described political disenchantment and others believed in the electoral process. ILLUSTRATION BY PATRICK DUBOIS AND CHRIS WHITEHURST/THE CAPTAIN'S LOG.

Weekly pic

Although milder in Newport News than the rest of the East Coast, Jonas, the record snow storm that dropped up to 40 inches of snow in some states, brought down a tree near the entrance to The Mariner’s Museum. Photo by Ben Leistensnider/ The Captain’s Log.



Online this week
Check out these videos on our Facebook page.



Big Day 2016
Watch the laughs and tears of this year’s Bid Day as new members of CNU’s sororities run home.



115 Seconds for 115 Days
Relive the highlights of the big changes and most memorable events of CNU’s 2015 fall semester.



Career Fair 101
Nervous about the career fair? Hoping to make an impression? Brush up on your professional etiquette with these essential tips.

Correction:
In “Digging Into Campus Diversity,” Brea Gilliam’s name was spelled incorrectly as Gillaim.

Happened

Jan. 22
British Regiments: United States Tour 2016
Last Friday at 8 p.m. in the Concert Hall, the Band of the Royal Marines and Scots Guards came together to give a performance full of music and culture.

Jan. 22-23
CAB Presents... Movie: Straight Outta Compton
This past weekend CAB presented their first movie of the semester at 9 p.m. in Gaines Theater, where five young men took us back to the social revolutions of the 1980s.

Jan. 23
Conference on Leading Change
Last Saturday, from 8:30 a.m. to 5 p.m. in the Freeman Center, the Student Diversity and Equality Council hosted a free conference for students to learn how to influence change in their lives and communities.

Jan. 25
Reframing the Sexual Assault Conversation
On Monday at 7 p.m. in Gaines Theater, Tim Mousse presented a keynote presentation to facilitate healthy conversation about sexual assault and its recovery among college students.

Happening

Jan. 25-27
Unspoken Words of Black Women
This Monday through Wednesday from 8 to 9 p.m. in the Crow’s Nest, the Delta Sigma Theta Sorority, Inc. will be hosting auditions for an event showcasing the struggles of African American Women through poetry, song and dance.

Jan. 29
CAB Presents ... Lip Sync Showdown Sign-Ups
This Friday, from 7 to 9 p.m. in the Gaines Theater, students can compete in the Lip Synch Battle for a captain’s cash prize of \$250. Sign up in the DSU during lunch hours.

Jan. 29
Parlor Songs
This Friday, 4 p.m. in the Blechman Room, Tribble Library. With live music and refreshments, students will re-create a “parlor” atmosphere, sharing historical backstories of the music.

Feb. 6
Captain’s Ball
In the Ballroom, from 8 p.m. to 12 a.m. , the Class Council will be hosting the Captain’s Ball 2016: A Night Aboard the RMS Titanic.

The Captain’s Log Staff 2015-2016

Josh Reyes
Editor-in-chief
Jack Jacobs
News Editor
Madeline Monroe
Assistant News Editor
Ben Leistensnider
Sports Editor
Bethany Pyle
Lifestyle Editor
Victoria Lurie
A&E Editor
Katherine Gittman
Assistant A&E Editor
Kelsey Berg
Digital Content Editor
Faris Sleem
Co-Digital Content Editor

Macy Friend
Photography Editor
Patrick Dubois
Assistant Photography Editor
Sarah Martin
Copy Editor
Collin Brennan
CNU TV Editor
Jacob Hudson
CNU TV Assistant Editor
Kelsey Schnoebelen
Marketing Director
Brandon Hubbard
Business Manager
Terry Lee
Faculty Advisor

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

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

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

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

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

A new age of voters

The study surveyed 2,004 Virginia Millennials during the summer of 2015. The study covered Millennials' perceptions of quality of life, political beliefs, religious beliefs among other topics.

Miller is one of three authors credited on the study along with Dr. Quentin Kidd, the center's director and a government professor at CNU, and Tom Kramer, the center's assistant director.

Millennials are very engaged with their communities. According to the study, 70 percent of Millennials have volunteered before and 40 percent have volunteered in the last 12 months.

STUDY
CONTINUED FROM PAGE 1

A hands-on generation
Sarah Miller, a senior and Wason Center research assistant, that immersion was a factor in the Millennial preference for community service. "Volunteering is more of a constant thing. There's race for president once every four years, or there are annual elections, that's one thing you a year," she said. "As opposed to volunteering you can do every week."

"With volunteering, you are physically doing something. You're working on something. You see a finished product," Miller said.

"Whereas in voting, it's not as tangible. It's not really a surprise, I thought, that volunteering was seen as having more of a purpose or more of an impact."

Miller's observation of conflict between immediate results versus a longer process of change emerged from several CNU students commenting on the study's finding.

"With volunteering, you know you can help people, help society, help further the mission of a good cause ... you

know what you're doing will help the greater good," said senior Mitch Phillips. "Instant gratification, which a lot of baby boomers say us Millennials are all about."

Phillips also said he believed a disenchantment with the political process drives away younger Americans, referencing distrust in online news that can come from any source, the contentiousness of political debate and the ambiguous agendas of political figures. "It leaves a bad taste in your mouth," he said.

"I feel like it's so hard for anything to get done ... volunteerism is a direct way you're helping someone," junior Brooke McDonough said.

"[With volunteering] you get involved. You help people," freshman Kate Henry said. "People don't really know who they're voting or what they're voting for. They vote just to vote."

"It's more independent and you can possibly do more good work for more people," junior Mia Meyer said.

While the students displayed disenchantment, they did not advocate political disengagement.

The value of voting
Students on the high end of the political involvement spectrum understood their generation's issues with the plodding nature of politics.

"It doesn't surprise me at all," Klein, a sophomore, said, referring to the study's finding. Klein is the vice chairman of the CNU College Republicans.

Klein has worked on multiple local and state campaigns, such as republican David Yancey's successful bid for the General Assembly, where he represents Newport News. But not every campaign ends in victory. Klein sees a value in engaging politically regardless in order to be heard.

"If you don't vote, then the candidates who hold the view closest to you may or may not win," Klein said. "You're leaving that up to chance."

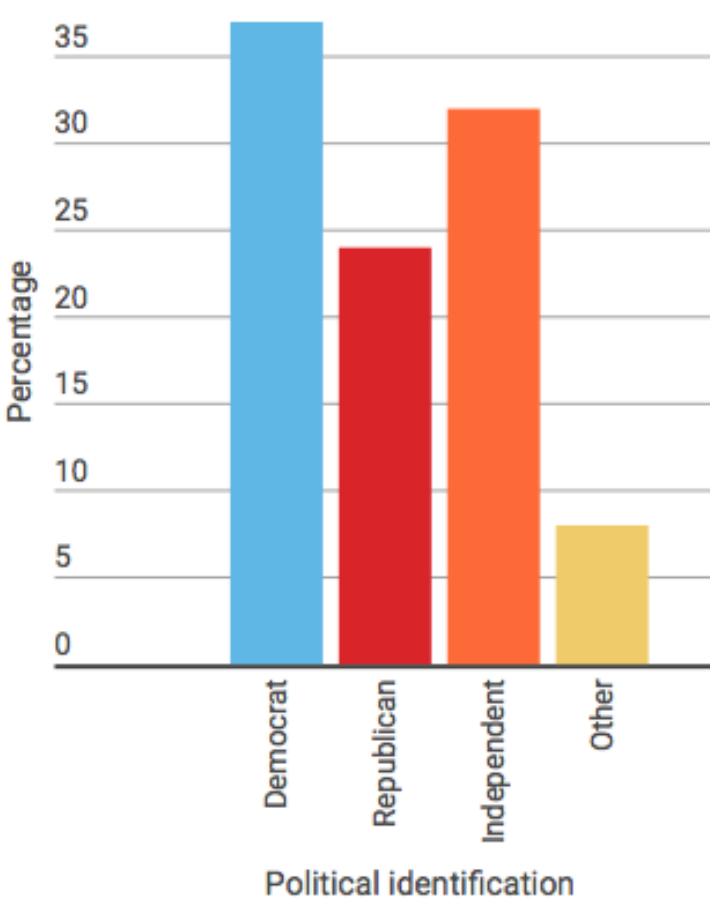
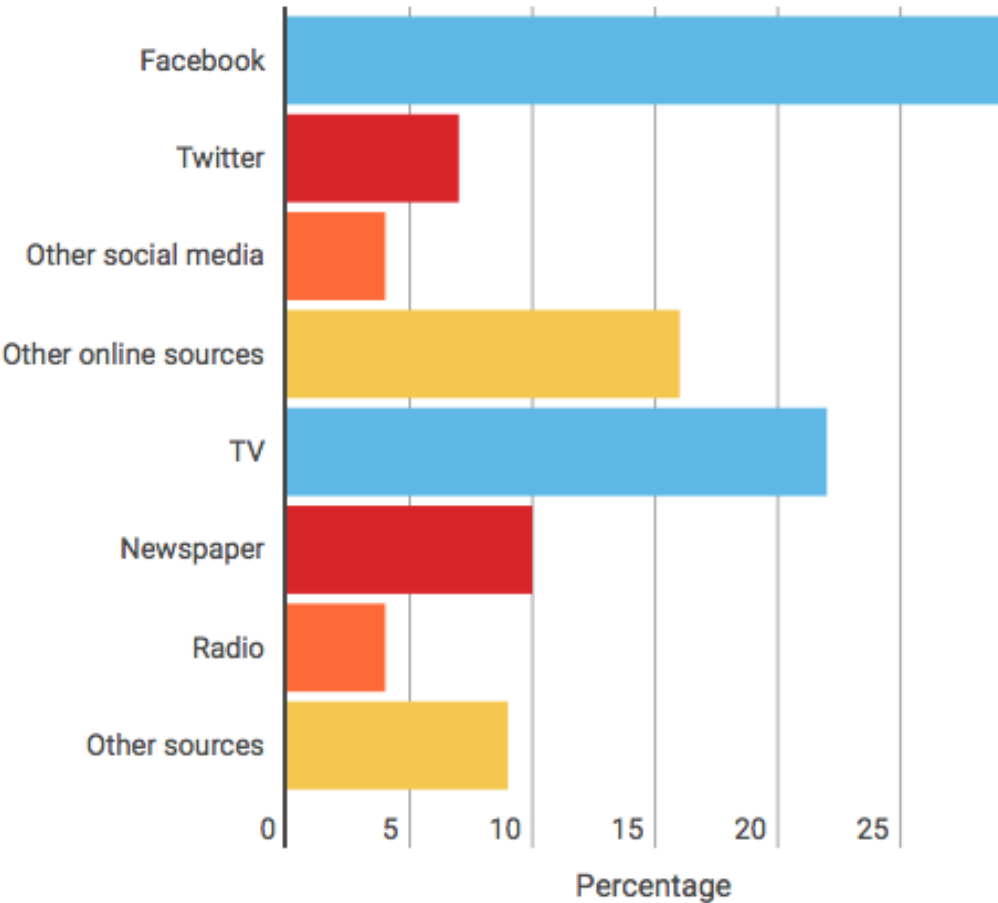
Vass, a senior, who has contributed money to the Bernie Sanders campaign, recognized the frustration of having one's candidate defeated but insisted on participation in the political process. "Change seems incremental," Vass said. "But we do live in a democracy; if you don't vote, it defeats the purpose. It's how the system is built." ■

The study found Virginia Millennials don't feel attachment to political parties. Only 24 percent identify as republicans and 37 percent identify as democrats. Additionally, 32 percent identify as independent and 8 percent other.

In the 2012 presidential election, 61 percent of Millennials voted, the study states. Ahead of the 2016 election, 72 percent of Millennials are registered to vote and 62 percent of them plan to vote.

Millennials report remaining engaged with current events, mostly through social media and cable news.

More Millennials identify as either independent or other than with either major party.



*All statistics gathered by the Wason Center. Some percentages may not equal 100 due to rounding.

The balancing act: school vs. work

Students, either by choice or necessity, balance demands of school and work.

BY LYDIA JOHNSON
LYDIA.JOHNSON.13@CNU.EDU

Many college students work while pursuing a degree, though the added responsibility can take a toll that leaves some students divided on the benefits of extra cash in hand.

To work or not to work

A 2014 study from Winona State University found that working in school can have positive or negative effects depending on the amount of hours worked.

As of the most recent payroll period, about 28 percent of CNU students work on campus, according to statistics from the CNU public relations department.

"It can weigh down on me at times," sophomore Tamara Smith said.

"Time management is definitely a key factor, and something you have to develop well."

Smith works 15 hours a week at Regatta's and Auxiliary Services.

The Winona State study found that effects on GPA and student satisfaction depended on the amount of hours worked.

Working had a positive effect on student satisfaction and GPA if students worked less than ten hours a week.

Students that did not work had an average GPA of 3.34.

Students who worked between one and ten hours a week had an average GPA of 3.39.

Ian Grosskopf, a senior, said he thinks having a job in school is a must.

"The real world is going to require us to balance a multitude of responsibilities. It is better to prepare for that in a controlled setting like college," Grosskopf, who works in the Tribble Library, said.

For some students, working while in college isn't for spending money or to prepare for the real world.

Kristina Tuttle, a junior, works fifteen hours a week with CNU catering.

"I don't think it's ideal," Tuttle said. "If your single motivation for working while in school is as a resume buffer, I don't think it's worth the stress."

Jessie Dwyer said working in school is both good and bad.

"You're at least somewhat



Kayla Vande Vrede, finds time to catch up on homework while working as a circulation desk assistant at the Tribble Library. She's one of 1,154 students employed by CNU. PHOTO BY MACY FRIEND/ THE CAPTAIN'S LOG

able to support yourself. But I also think it's a lot to expect from us," Dwyer, a junior, said.

Dwyer works in the Parking and Transportation Office.

Some students, like sophomore Tyler Melone, prefer to remain unemployed in school.

"It is difficult to get the classes a major requires and balance four, eight hour shift requirements," Melone said.

Dean Kevin Hughes said the university has two ways to make sure students can manage the balance between work and school.

On-campus student employees cannot work more than twenty hours a week during the academic year.

"We just want students to make sure they don't lose sight of the classroom," Dean Hughes said.

Students with on-campus jobs can work up to forty hours

a week in the summer.

Other limitations are enforced if students choose to work off campus.

"If a faculty member notices their performance isn't up to snuff or some of us see the student is stretched too thin, we're going to intervene," Dean Hughes said. "Academics has to come first here."

Required to work

A 2012 report from Sallie Mae stated that students are now using more of their own income to pay for their tuition, along with loans and savings.

Senior Andrew Kunk works full time at the Newport News Shipyard, takes a full load of classes, and pays for school with his own money.

"Is it practical for everyone to do? No. It's hell. But I will have no student debt," Kunk said.

The Winona State study also

found if students worked more than eleven hours a week, satisfaction and GPA declined slightly.

Students that worked eleven to twenty hours a week had an average GPA of 3.28.

Average GPA declined by .03 for students that worked twenty-one to thirty hours a week.

Students' GPAs declined by an additional .01 if they worked thirty-one or more hours a week.

CNU public relations department reported that CNU currently employs 1,412 student workers.

1,368 are undergraduates and 44 are graduate students.

The number of student employees on campus has risen since 2012.

CNU employed 1,154 student workers during the 2012 fiscal year. ■

New fraternity comes to CNU

Pi Kappa Alpha begins colonizing in early February.

BY JACK JACOBS
JOHN.JACOBS.13@CNU.EDU

Pi Kappa Alpha, the newest addition to CNU's Greek community, will colonize the first week of February.

The fraternity is the first of a trio of new fraternities coming to CNU in the near future.

Pi Kappa Alpha is the first of three fraternities scheduled to join CNU's Greek community through the next three years.

Lambda Chi Alpha and Phi Gamma Delta, the other two fraternities coming to CNU, will colonize in fall 2017 and spring 2019 respectively, Spencer Hudec, assistant director for Greek life, said.

"Pike is a wonderful organization nationally and we hope that they'll bring some of that prestige to us and we can give some of that prestige that we have to them," Hudec said.

Pike is the nickname for Pi Kappa Alpha.

According to Hudec, each organization is given a year and a half to establish itself before the next fraternity begins colonizing.

The move seeks to give each organization time to develop successfully, Hudec said.

Hudec, who began her job at CNU in September, was not part of the process to select the fraternities but says she has had positive experiences with chapters of these fraternities at other institutions she has worked.

She cited the organizations' engaged national headquarters as reason for their acceptance at CNU.

The three fraternities will be governed by CNU's Inter-Fraternity Council, though Lambda Chi Alpha is not affiliated with IFC on the national level, Hudec said.

Lambda Chi Alpha's situation is not unheard of.

Kappa Sigma is also unaffiliated with IFC nationally but its CNU chapter is governed by the campus IFC, Hudec said.

The addition of the three new fraternities will bring the total number of IFC chapters to 11 on campus. No new sororities are scheduled to come to CNU in the near future, Hudec said. ■

Shining a light on racial issues



Christian Cannedy participates in the Black Student Union's solidarity event supporting University of Missouri protesters, who were protesting racially charged events on campus. PHOTO COURTESY OF BSU

Black Student Union seeks to address racial issues, both on campus and beyond.

BY RACHEL WAGNER
RACHEL.WAGNER.15@CNU.EDU

Black Student Union provides students an avenue to tackle race issues on campus and beyond.

Despite being about a year old, BSU members have been involved in a number of local and national movements and serves as a place for black students to come together and discuss problems they face.

"We started the BSU because we saw that when issues happen in the black community, there was no one talking about them on campus," sophomore Antonia Comfort, president, said.

Last fall, several members of the BSU traveled to Washington DC for the 20th anniversary of the Million Man March.

The Million Man March was a gathering of black men to engage in self-help and raise awareness of minority issues in 1995.

BSU members also raised awareness on campus of national incidents such as events at the University of Missouri, where racist graffiti and other incidents set off a series of protests at the university.

More locally, BSU members attended the "Justice for KJ" March after a policeman killed 23-year-old Newport News resi-



University of Missouri protests were one of the national race issues the club sought to raise awareness of. ALLISON LONG/KANSAS CITY STAR

dent Kwanzaa Jamal Beaty in July.

The BSU is still developing as an organization, with a steady membership and several events planned for the future.

"Everything takes time, and we are working on getting more support for our black students-- and just students of color in general," Comfort said. "We need more black professors, we need more support for our black centered organizations."

BSU week, a weeklong series of events, will take place Feb. 13 to Feb. 19. The BSU and the National Pan-Hellenic Council will jointly host the event.

Among the events include a dance called the Black Ball on Feb. 13.

The BSU is also planning a Flint Water Drive through the month of February to support those in Flint, Michigan dealing with the ongoing water crisis.

The club has a steady membership of 20 to 30 students.

Members discuss issues related to blacks and the social and legal disparity between the races.

Comfort said the BSU wants to help the students understand white privilege in the world and the microaggressions committed against the black community. ■

Regatta's on the rise



The Mongolian Grill is slated to move to a new location as part of the Regatta's expansion. PHOTO BY JACK JACOBS/ THE CAPTAIN'S LOG

300 new seats are planned as part of the construction.

BY RACHEL WAGNER
RACHEL.WAGNER.15@CNU.EDU

Regatta's expansion: by the numbers

\$9,830,067 budget
16,151 square feet of space
300 new seats
2 stories

By summer 2017, Regatta's will have completely transformed: get ready for two stories, an additional 300 seats, a mezzanine and bathrooms.

Construction for the new Regatta's expansion began this winter, and will continue for the next year.

The budget is set at \$9,830,067, will add 16,151 square feet of space to the dining hall.

The budget has been increased from the project's original projection.

When the project was formally detailed at the June 19 board of visitors meeting, the project had a \$9,617,768 budget and sought to add 15,360 square feet of space to the dining hall.

Additionally, 1,500 square feet of the current DSU layout will be renovated, Lori Jacobs, director of public relations, said.

The new expansion will raise that capacity to 725, up from the 425 seats currently available in Regatta's, Jacobs said.

The plans also call for additional food storage space, a new salad bar, and the relocation of the Mongolian Grill into the new space, she said.

Construction will not

affect the dining hall's operations; there will be a separation wall between the current seating and the construction, Jacobs said.

It will be open throughout the summer while construction continues, she said.

Students have some ideas as to what Regatta's could add to enhance the student experience.

"Regatta's should create more space between the tables for students to be able to freely move so it feels less claustrophobic and overwhelming while you're in there," freshman Ann Griffin said.

Sophomore Eva Campbell stated that she's hoping this "expansion will not only allow for more seating space but an increased variety in food choices.

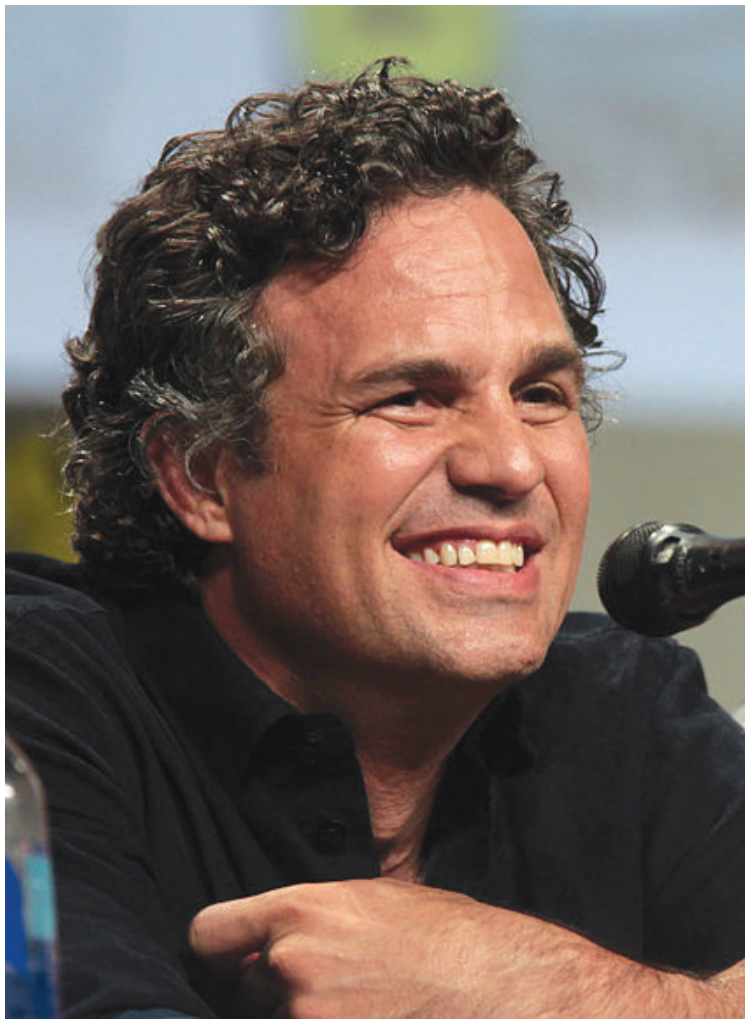
She also said an expansion to the healthy haven would be beneficial "since it's so much harder to eat healthy since there's only one healthy choice."

Alexis Williams, a freshman, says that she would love to see "an expanded Mexican bar to be open every day."

Beth Curran, a senior, said "I would like to see healthier options, and more ingredient lists." ■

Commencement speaker series: a “Banner” idea

Mark Ruffalo brings a combination of charm, star power, hometown roots and conviction in doing what’s right.



Mark Ruffalo is a Virginia Beach native who found fame as a Hollywood actor, taking on a variety of roles ranging from superheroes to journalists. WIKIMEDIA



VICTORIA LURIE
A&E EDITOR

I want the Incredible Hulk as this year’s commencement speaker. More accurately, I want Mark Ruffalo to be this year’s commencement speaker. His big green alter ego could be a little distracting, but Ruffalo has the kind of qualities most universities seek in their graduation speakers: success, relatability and a story worth telling. Ruffalo differs quite a bit from previous speakers. He is not a politician, he’s an actor. But we’re a liberal arts university—it’s time we showcase the “arts” part.

To start, Ruffalo is from the area. He went to high school in Virginia Beach, and as such can speak to parlaying a Virginia education into success.

He’s also a man of substance. You want someone whose presence behind a podium can simultaneously inspire adults and astonish the children of the graduates’ families into silence. You want Mark Ruffalo.

As new members of adulthood, we students need to hear that it’s worth it to temporarily give up being ourselves to achieve a greater end, and Ruffalo can speak to what it’s like to temporarily relinquish your identity to be part of something greater.

As an actor, he loses himself in his job. His latest project, this winter’s “Spotlight” featured Ruffalo as a member of a team of journalists who investigated and broke a massive story on the sexual abuse scandal and cover up of the Catholic church.

Two recent Ruffalo projects have him assume the identities of real men with heart-wrenching struggles: “Infinitely Polar Bear” tackles manic-depression within a family setting, and 2014’s “A

Normal Heart” deals with the true story of HIV awareness advocate Larry Kramer during the 1980s AIDS pandemic.

I know what you’re thinking; he isn’t any of these men with inspiring stories,” and you’re right, he’s not. But Alan Alda—an actor on the iconic 1970s army medical show “M*A*S*H” – wasn’t a real surgeon, yet he gave commencement speeches at medical schools.

Yes, Ruffalo isn’t the people he plays, but he has captured the feeling of these people and inspired audiences through his portrayal. He made you believe he was his characters—journalists, advocates, parents—who are people we may want to be. Through his passion and craft, he inspires others in pursuit of their passions and crafts.

Beyond his profession, he uses his fame for a greater good. Just last week he spoke publicly about avoiding this year’s Oscars (for which he is nominated) because of their lack of diversity.

He’s spoken out against fracking and in support of women’s reproductive rights and marriage equality.

He stands up for what matters to him, and he’s not afraid to engage difficult conversations, which is something we Millennials need to see more of. But when it comes down to you sitting in a black robe under a white-hot sun, you want a commencement speaker who can captivate the entire graduating class. This is for the graduates after all.

Universal appeal is probably impossible, but Ruffalo will get pretty close. I can find you one student of any background who has seen and loved Marvel’s “Avengers.” I can find you one kid in every major who has seen and loved “13 Going on 30.”

Sure someone out there may ask, “Mark who?” when they see his name on the program, but after listening to him speak, I don’t think they’d forget him. ■

Cold

IT IS BRUTAL OUT. SO MUCH FOR GLOBAL WARMING, HUH?

SIGH

THIS USED TO HAPPEN ALL THE TIME.

WHAT?

YOU'RE FROM ST. LOUIS, RIGHT? ON AVERAGE, IT USED TO GET BELOW 0°F THERE A HANDFUL OF DAYS PER YEAR.

BUT YOU HAVEN'T HAD A DAY LIKE THAT SINCE THE NINETIES.

DAYS WITH LOUIS < 0°F

1970 1980 1990 2000 2010

SOURCE: RCC-ACIS/CLIMATECENTRAL

THEN, IN 2014, WHEN THE FIRST POLAR VORTEX HIT, IT DIPPED BELOW ZERO FOR TWO DAYS. AND EVERYONE FREAKED OUT

BECAUSE WHAT USED TO BE NORMAL NOW FEELS TOO COLD.

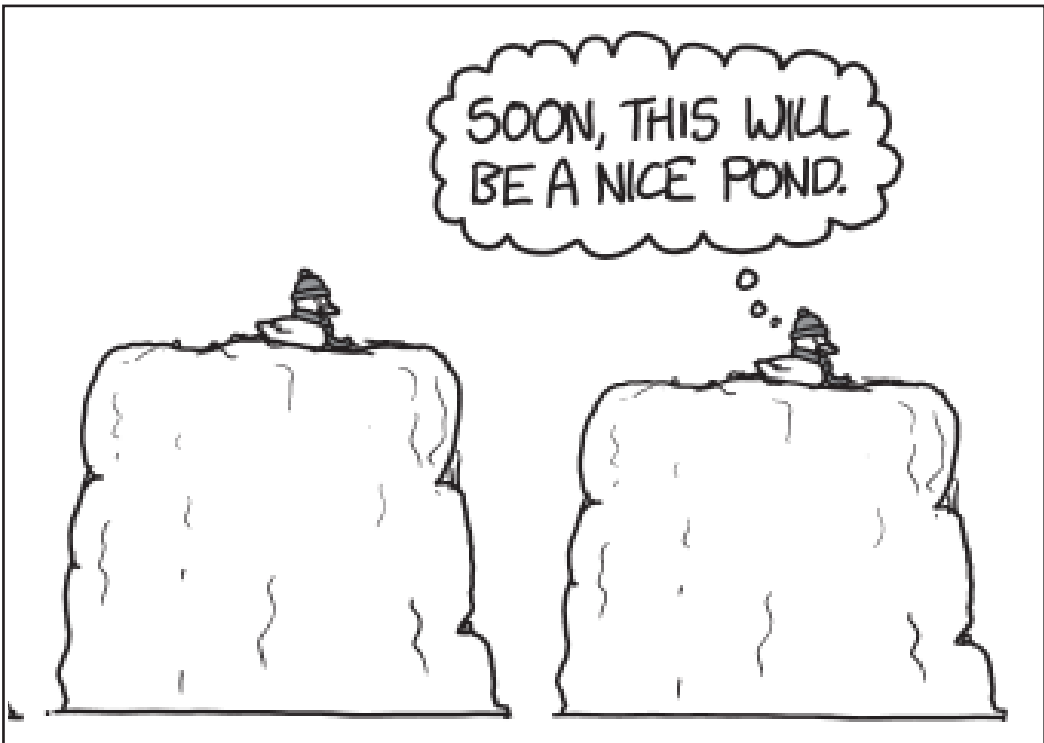
IT IS TOO COLD!

THE FUTURE:

LOOK AT THIS—ICE! IN ST. LOUIS! SO MUCH FOR GLOBAL WARMING.

SIGH

Pond



What's in a name?

Society places unfair stigmas and stereotypes on names, without realizing the history or significance behind them.



BREA GILLIAM
CNU ALUMNA

In October 2014, controversy started over a comment Raven-Symoné made on “The View” about what she called ghetto names. Raven-Symoné said she would never hire someone named “Watermelondrea.” She followed with “I am very discriminatory against words like the ones they were saying in those

names,” referring to examples presented to the show’s hosts.

“I’m not about to hire you if your name is Watermelondrea. It’s just not gonna happen. I’m not gonna hire you.”

For one thing, Raven-Symoné is a unique name in itself which some might consider a black or ‘ghetto’ name. Secondly, Raven-Symoné has no business or empire for which to hire. Third, Raven-Symoné’s appearance isn’t exactly business casual—her usual hair sports Technicolor hues to match her bright attire.

There is so much to say on this. The ghetto is a part of a city, usually a slum area, occupied by one or more minority groups, not an adjective to attach to anything unfamiliar. Names like Imani, Tyreke, Johntae, Rashawn, Sharmane, J’waun and Neisha are not “ghetto” names, just names common to some minorities.

Many times these names have deeper meanings. They may be a combination of both parents’ names. Many times the name may be a derivative of a name from African heritage. For example, Imani means “faith” in Swahili, and Keisha is a possible derivative of Keziah, meaning cinnamon.

Names are important because they represent

a person. For parents they can represent the hopes and dreams they have for their child, and names are incredibly important to black people. When slave traders took black ancestors from Africa and sold them into slavery in America, they didn’t just take their clothes—they stripped them of their names and identities.

After the Civil War, blacks decided to reinvent themselves and change their names to be more unique. In the 1960s blacks were renaming themselves to express their unique culture. The creativity we show now in our names is a response to years and years of oppression and forced identities.

Some names may be extremely different, but no name is dumb; originality is not a bad thing. Who decides which names are normal and which are not? Try to understand the history of black names before labeling the person as ghetto or unqualified. This goes for all races; black people, like Raven-Symone, make fun of other black names too, and that shouldn’t happen.

This is the problem: the stigmatization of black names leads to discrimination against people based on their names. Your name is not an equal representation of your skills, education level or behavior. In a UCLA study, researchers found that people envisioned men with stereotypically black names as bigger and more violent.

It is disgusting and unfair that employers would determine whether they would hire someone or even interview them based on their name. As minorities we already face discrimination, now we have to worry about our names too? If Barack Hussein Obama can be president—and people still voted for him regardless of his name—then I think Brea Gilliam should be judged on her skills and education rather than her name. ■

The Wild West campus

The presence of guns or a gun safe on campus may interfere with students’ learning environment.



MORGAN BARCLAY
STAFF WRITER

The tune of “The Good, The Bad, and The Ugly” echoes from behind the columns of Christopher Newport Hall. Tumbleweeds pass by. You look down. You don’t remember putting on cowboy boots, but there they are. This is our reality now. Welcome to the Wild West Campus.

Putting aside the dramatics and my indoctrination into the Western genre by repeated viewings of Clint Eastwood movies as a child, this fear of a Wild West campus might not be so far from reality.

A few months ago, The Captain’s Log reported that the Student

Assembly introduced the idea of exploring the installation of a gun safe within the CNU Police department’s station for students to safely store firearms on campus.

Initially, this thought baffled me. How could it be legal to have firearms on a college campus? Especially now with the rise of mass shootings. But after a little digging, I found that housing a gun safe within the CNU police department violates no university or legal policy. The only thing the student handbook has to say on the subject of firearms is that “unauthorized possession, storage, or control of weapons or firearms on University property is prohibited.”

The CNU police department would fall under authorized jurisdiction, and guns kept there would not violate the student handbook.

Going even further, I found that every college in Virginia has its own jurisdiction in deciding policies regarding firearms on campus. A gun safe on campus is completely legal and isn’t that far from our grasp. But should it be?

It’s no secret that the second we step on campus we give up certain rights. We know this, we agree to this and we accept this because we exchange certain freedoms in order to receive an education.

This giving away of our rights is exemplified in policies relating to alcohol on campus, smoking in any of the buildings, having hoverboards; the list goes on. Guns should be included in this list of rights we give up.

Having guns on campus would interfere with our learning environment. On a campus like ours, students are passionate about a wide variety of beliefs. Heated debates flare up at any given second, and through these debates students have a chance to see other points of view and educate themselves without fear of death. Adding guns to the mixture would create that fear in some people.

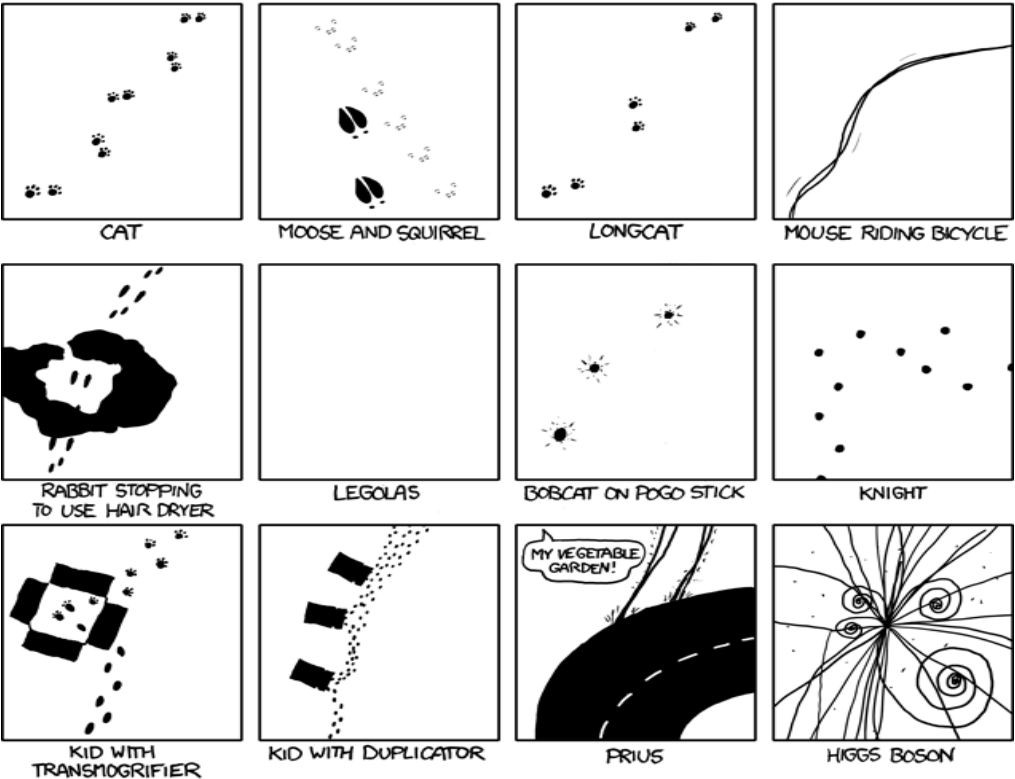
I’m not saying that gun owners are trigger-happy maniacs who would shoot at any disagreement.

However, having the presence of guns on campus might create a hostile environment that impairs the educational experience. Or it would push those who are less readily used to the responsibility of gun ownership to fire out of fear, creating a sort of shootout environment. Cue the organ music and tumbleweeds.

Now there’s no saying for sure that last bit would happen, but even the slightest chance of that event happening is too much of a risk. If we have means to avoid that, and we do, we should enact them. And the way to do that is to not have guns on campus or more generally, a gun safe on campus.

Talking about guns is hard. Gun control is certainly a hot button issue as evidenced by our own nation’s president crying over those lost to gun violence in a speech a couple weeks ago. But talking about it, preserving an environment where those of opposing ideas and diverse lifestyles can come together and find common ground is something we need to strive for. We cannot become so inflexible in our ideals that we lose sight of what we truly want- a community where we can learn freely, openly, and happily. ■

Backyard snow tracking guide



SNAPSHOT



Delta Gamma's Samantha Scott welcomes Rachel Newell.



Phi Mu's Lexi McCreary and Abby Wright (in pink shirts left to right) receive Lauren Laws.



Katelyn Ries runs into the arms of Jackie Gaine, a member of Gamma Phi Beta.



Alpha Delta Pi's Alice Roney embraces Kayleigh Sider.



Alpha Sigma Phi's vanicwelco.



s and Morgan Khov, respectively.



Alpha's Sydney Sorenson and Mary-Kate Homefellow Crew Leader Dayna Scarberry.



Sisters of Zeta Tau Alpha cheer as they receive one of the newest members to their organization.

FINDING THEIR NEW HOMES

CNU's seven sororities welcomed new members during the annual Bid Day.

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

The Freeman Field House was filled with singing and cheering as seven sororities welcomed new sisters with open arms during the annual Bid Day on Jan. 17.

"Running home" may not seem like it would require a lot of effort, but it does require some mental preparation. "I wanted to make sure I wore shoes that had a little bit of traction so I wouldn't fall," freshman Amy Barnes said.

Although most new members were nervous about tripping, the mental preparation involved helped calm their fears. "You just have to let go, run for what feels like your life and know your home of sisters are going to catch you," freshman Erin Niciphor said.

Bid Day is an event that is anticipated within the Greek community every year.

The weekend of Bid Day was a busy one for new members, as they attended meetings, met with their recruitment counselors and found out which sororities they received

WEDNESDAY, JANUARY 27, 2016 | SNAPSHOT | MACY FRIEND | PAGE 9



Alpha Phi's Madison Elsbernd embraces new member Taylor Betts.

bids from an hour prior to the event.

"Actually running home was better than I could have imagined- the immediate feeling of happiness and 'home' made the whole weekend worth it," freshman Claire Blakely said.

Whether running home or welcoming new members, Bid Day is a day that brings the Greek community together.

They all gathered to share in the happiness that the sororities experience as they welcome new sisters.

"I will always consider it to be one of the most memorable days of my life and I am excited to go through this process on the other side with my sisters next year," freshman Marybeth Gordon said. ■

DOMINATION

A loss at the end of 2015 failed to kill the men's basketball team's momentum as they have gone undefeated in conference play, skyrocketing in the national rankings to ninth in the country.



The Captains are in the middle of one of the most successful seasons of their careers, currently with a record of 15-1. The team's main two scorers are sophomores Aaron McFarland and Marcus Carter, pictured above. The two have combined for 489 of the team's 1192 points. **BEN LEISTENSNIDER/THE CAPTAIN'S LOG**

Up Next Southern Virginia



Overall Record: 6-10

Conference Record: 5-4

Key players:
Kevin Walker (216 pts)
Anders Jacobson (206 pts)

Ranked fourth in the CAC

Been outscored 1265-1149

Series record: 11-1 CNU

Last matchup: 75-40 CNU

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

In the Capital Athletic Conference, there is only one team that remains undefeated in conference play between both basketball programs. That squad is CNU's men basketball team.

A historic start

Expectations were high for the 2015-2016 Captains even in the preseason when CNU was almost unanimously selected to win the CAC. Of the nine first-place votes, CNU received eight.

These preseason hopes provided plenty of justification when the Captains won the first nine games of the season—a feat that has not been accomplished by the program in recent history.

It was also the best start for John Krikorian during his time as head coach.

Moving up the rankings

Although the Captains started the season unranked, the team has rocketed through the national standings and are currently ninth in the country.

Part of the Captains' success in moving up the ranks is their ability to take down major powerhouses. In addition to squeezing by Virginia Wesleyan, ranked 12th in the country when the two teams played on Dec. 13, the Captains also defeated 17th-ranked Salisbury 71-60 on Dec. 2.

These victories, while sweet because they came against ranked opponents, were perhaps even better because they were major rivalry games. The Salisbury matchup, for instance, was a rematch of the CAC finals from last season, in which Salisbury came away

with a one-point victory in the dying seconds of the game.

New year, new focus

It was not until the end of 2015 that CNU was handed its first loss, falling to Juniata 65-58 on Dec. 30 in the team's final non-conference game.

Since then, however, the Captains have gone 6-0 in the new year. Even more important is the fact that each of the victories were secured in conference games.

Currently, the Captains are first in the conference as the final undefeated team in all of CAC basketball. The team's 9-0 CAC record gives the Captains a three-game lead over second-place Salisbury.

Key offensive threats

A pair of sophomores have led the Captains potent offense. Aaron McFarland and Marcus Carter have combined to score 489 of the team's 1192 total points.

Seniors Tim Daly and Hunter Wetherell and juniors Kevin Regimbal and Rayshard Brown round out the top scorers, as each have reached triple-digits.

Up next

The Captains will put their newest win streak on the line as they take on Southern Virginia University on the road on Jan. 27.

The last time the two teams faced each other was on Dec. 2 this season. That game went fully in CNU's favor as the Captains won 75-40. Carter was the dominant offensive force as he scored 21 of the team's points.

CNU has dominated SVU in the past, currently holding an all-time record of 11-1 over the Knights. CNU's only loss to SVU, however, occurred last season. ■

A life without Folli

A long way from his childhood in Togo, Africa, Lewis Folli has found multiple homes at CNU, from fraternity life to Student Ambassador.

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

Sports, volunteering, college classes, fraternities and a part time job yet he still finds time to get 8 hours of sleep a night.

Sophomore student-athlete Lewis Folli has involved himself in numerous activities around campus to further his network connection throughout his four years here at CNU. Folli was born in a small country named Togo, located at the edge of Africa. His father moved his family to America when he was nine years old because he no longer felt safe raising a family in Togo.

His family was forced to leave in the middle of the night without telling others where they were going due to the dangers of staying in the country. The nation's government started to disagree with the military, which could have created an unsafe, hostile environment that may have led to severe issues for the Folli family if they had stayed.

His senior year of high school, Folli decided to commit to CNU's indoor/outdoor track and field team. So far, he has been involved in multiple events to help the squad find success against their opponents.

While the average track athlete runs about three events, Folli runs the 60-meter hurdles, 200-meter dash, 110-meter hurdles and 400-meter hurdles. The team practices for a couple hours each day and then dedicates time to volunteer at a local high school.

"Twice a week the team goes to Denbigh High School and mentors and coaches track students for the Get On Track program, where we teach the teens how to become better leaders," said Folli.

Not only is he an athlete, but he just recently joined another organization on campus. In the fall of 2015 he was inducted into the Alpha Phi Alpha Fraternity. Although in his short time as a member of the organization, he has already been named to two leadership positions. First

he was named the Director of Educational Activities and following that, he was named the Historian of the Upsilon Beta Chapter of Alpha Phi Alpha Fraternity, Inc.

"Joining Alpha Phi Alpha was the best decision of my life," Folli said. "We spontaneously volunteer at soup kitchens weekly, as well as mentoring middle school kids."

While juggling athletics and a fraternity, Folli has decided he still has enough time to take on a part time job as a Student Ambassador for CNU. Having held the position since the fall of 2015, Folli claims that the job opportunity has helped him become a better public speaker.

The position of Student Ambassador is a highly coveted one, as there are only around 60 positions on a campus of 5000 students. As part of the job, Folli is responsible for guiding tours around campus when he isn't juggling school, practice or chapter for his fraternity.

He claims it doesn't feel like a job because he gets to brag



In addition to being a Student Ambassador and member of Alpha Phi Alpha, Folli is a four-event athlete. COURTESY OF COURTNEY SMITHERS

about his home while also getting paid.

While Folli seems to have no extra time between a collegiate sport, a fraternity and a part

time job he is still able to maintain above a 3.0 GPA. He hopes to double major in Accounting and Management while minor-ing in French. ■

Captains seek to secure double-digit win streak



Anitra Thomas' 157 points leads an explosive Captains' offense. BEN LEISTENSNIER/THE CAPTAIN'S LOG

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

After dropping two of their first three Capital Athletic Conference games to end 2015, the Captains have stormed back with a vengeance to win nine straight and catapult themselves to second place in the conference.

Since ringing in the new year, the team has been an extremely dangerous force to be reckoned with, starting with their 106-53 slaughter of Southern Virginia on Jan. 2.

Highlighting the versatility of the Captains offense, five players scored in the double-digits—with freshman Brooke Basinger and sophomore Anitra Thomas both recording 16 points.

The Captains also found equal success on the defensive side over the four games in the two weeks following the SVU game as the team averaged a margin of victory of around 32 points.

This momentum was key for the Captains as they headed into the Jan. 16 matchup against York, a team that was ranked-nationally when the two faced each other.

A tough matchup on paper, but not so much in reality as CNU took down the Spartans 76-56.

Thomas, who currently leads all scorers on the team with 157, had a career night, recording 23 points. Several other Captains had historic nights as sophomore Makenzie Fancher provided seven assists and sophomore Devon Byrd had 13 rebounds on the way to her double-double.

Expectations are high for the Captains to extend their win streak into double-digits as CNU travels to SVU on Jan. 27. ■

Now on Snapchat!

Get a snapchat geofilter designed for your organization's event!

email mitchell.phillips.12@cnu.edu
designedbymitch.com

Jan. 29 Corey Smith
7 p.m. the Norva

Jan. 30 The Transmitters
10 p.m. Studio Theatre

Jan. 29 "Fifty Shades of Black" Rated R
"Jane Got a Gun" Rated R

Jan. 30 CAB Casino Night
8 p.m. Aux Gym

Jan. 30 A Troupe Called Quest
8 p.m. Studio Theatre

#WhoAreYouCNU gets the gallery treatment

What began as a geography project snow-balled into a tri-gallery inspection of identity.

BY SAMANTHA CAMILETTI
SAMANTHA.CAMILETTI.14@CNU.EDU

"What if?" Such a small question with enormous possibility. It has the capability to set off a series of events that can change minds and encourage further questions. The #WhoAreYouCNU project is such an event. This sprawling identity search will take up both the Falk Gallery, the Ferguson Hall Gallery and a portion of the Peninsula Fine Arts Center. The Ferguson Gallery will host the #WhoAreYouCNU: CNU Identities Project, a compilation of photographs and six-word stories on the identities of fellow Captains. #WhoAreYouCNU: Emplaced Identities will be located in the Falk Gallery and will feature Dr. Johnny Finn's geography work as well as more photographs, stories and audio recordings. All of these exhibits will invite viewer participation by asking: "Who are you?"

The Question

"It's been really interesting to hear how people want to define themselves," Finn, the professor at the helm of this project, said. "When you ask somebody: 'Who are you? Tell me in six words who you

are,' and so often it's about the difference between who they see themselves as and who they think society is judging them to be." More often than not, Finn and his team—comprised of four students—found that participants pushed back against the stereotypes that society tried to place on them when finding the precise words. According to Finn, participants often went for "I am not who society says I should be based on how I look or how I talk or my actions. I am somebody different."

The Impetus

This enlightened conversation on identity all began with a humble question asked after a project Finn assigned in his Geography 202 class. The project is based off of Michele Norris's The Race Card Project. Finn essentially made students write a racial story in six words, and had them read a National Geographic article on the changing face of America. "Nicole [Lichty] and Will [Cottingham] came to me after the end of the semester and basically they said: 'wouldn't it be cool to do this more widely than just in our classroom?'" Finn said. "Wouldn't it be cool to engage in a broader conversation?"

The quest to broaden the conversation led the team on an



The Ferg gallery contains portraits of both students and staff PHOTO BY MACY FRIEND/THE CAPTAIN'S LOG

unexpected, but delightful adventure into the intricacies of identity and self-expression here on campus. Pretty quickly, Finn said this went from being a concept to being a triple-gallery show. "It's a lot more than just the pictures now," Finn said. "Half of the Falk Gallery is now my own work on race, segregation and cultural landscapes."

The work preceding the final gallery reveal has been immense. When asked if he ever thought it was all too overwhelming, Finn responded: "Yeah, the whole time. Even this morning. It's been a huge undertaking." And indeed it has. With a budget of nearly

\$4,000, 200 pieces distributed between three different exhibits, interactive maps, bulletin boards and audio installations, this is what Finn aptly described as: "a lot of material."

The Payoff

Hard work definitely supplied a reward. "It's been incredibly rewarding, working with the students on the one hand, and on the other hand working with all of the people coming in and telling their stories," Finn said. The team has gained a wider appreciation for the diversity and the positive affect of

sociability on a community. "Everyone has a story," senior Nicole Lichty noted in her artist statement, available for viewing in the Falk Gallery. "And this project gave people a chance to tell and share theirs."

Both the Falk and Ferguson Gallery shows will be open until Feb. 26. The gallery talk for The CNU Identities Project will be Thursday, Feb. 4 at 4:30 in the Ferguson Hall Gallery. #WhoAreYouPeninsula, the accompanying exhibit in the Peninsula Fine Arts Center, will run from Jan. 30 through Apr. 3. ■

Meeting the "Lee"-ding lady

Ever seen a TheaterCNU performance? Then you've seen Lauren Lee.

BY LYDIA JOHNSON
LYDIA.JOHNSON.13@CNU.EDU

Many students would recognize her as Belinda from this fall's "Noises Off!" Others may recognize her as June from "Chicago," the first role she played at CNU. Lauren is a senior Theater major with a concentration in acting, but before she came to Newport News, she was a girl with a dream.

"I always wanted to act," said Lee in an interview. Lauren did not want to be a cop or a teacher, "I just wanted to play them. I was always performing in some way," Lee said.

This started with her playing soccer when she was younger. Lauren said she hated playing when the stands were empty because it felt pointless with no one to watch. She also started singing around this time. Lauren kept up with music in high school and sang in the school choir. She now sings for

University Sounds a cappella.

Lee knew she wanted to attend CNU the same way she knew she wanted to act. "I applied Early Decision. This was the only school I applied to," said Lauren. She likes the small size of the department, which lets the students get more opportunities than they would at a larger school.

Lauren said her favorite role she's played has been Florence in "The Odd Couple." "Florence is the neurotic, anal, clean one. Her husband just left her and she's on the brink of suicide," Lee said. She also enjoyed her role as Belinda in "Noises Off!" because she got to learn different British dialects for the part.

What's the strangest thing that's happened to Lauren during a performance? "One time I passed out back stage in between my scenes. I probably didn't eat that much that day and I stood up and just fell right back down," Lauren said. This happened during "Pericles: Prince of Tyre"

when Lauren played Thaisa.

As for an interesting onstage moment for Lee, spurning the smarmy advances of her Alpha Psi Omega Little, Derek Martin, during "Tartuffe" might qualify.

Right after graduation, Lauren plans on moving to New York City to continue pursuing her acting career. Her goal is to make it on Broadway. "I don't want to waste any time. There's a sweet spot that you get when you're fresh out of college. Hopefully they'll cast me," said Lee. She's already visited the city over the past few months to start apartment hunting.

Lauren's determination has kept her performing her entire life, and it will definitely take her far in the real world. Her advice for aspiring actors: "Make sure you keep a good head on your shoulders."

See Lauren next in Initiative Student Theatre's "The Raven" later this semester. ■



Lee's character is preyed upon by Tartuffe, played by senior Derek Martin, who also happens to be her Little in Alpha Psi Omega. FILE PHOTO BY PATRICK DUBOIS/THE CAPTAIN'S LOG

Gabro's best films of 2015



photo illustration by Victoria Lurie

A quick look at 2015's most notable feature films.

BY CHRISTOPHER GABRO
CHRISTOPHER.GABRO.14@CNU.EDU

Well, the year has come to a close and cinema has seen its fair share of spectacular films. These are my personal top ten films of the year; through film magic, brilliant story telling and wicked acting did each of these films capture my imagination.

10. **"Kingsmen: The Secret Service"**: One of the most enjoyable theater going experiences I have had all year. The movie captures all the fun of a typical spy thriller and turns it on its head with outrageous comedy and a self-awareness that no other film had this year. In [Redbox](#).

9. **"Steve Jobs"**: The biopic follows the time leading up to three major product launches by entrepreneur Steve Jobs (Michael Fassbender) and brings to light the work of his brilliant mind just moments before the unveiling of a piece technology that will forever change the world. The screenplay by Aaron Sorkin is indescribably witty and inventive and the dialogue is delivered perfectly. In select [theaters](#).

8. **"The Gift"**: This film kept me guessing what would happen next. It is a modern thriller that shows the consequences of lies. It is the directorial and writing debut for Joel Edgerton, who also stars in the film, and it is shot and told with such a precision. It is also the first time comedian Jason Bateman embraces a dramatic role and reveals that he is capable of more than just comedy. In [Redbox](#).

7. **"Star Wars: The Force Awakens"**: A return to a galaxy far, far away was a trip of nostalgia. Seeing Han Solo (Harrison Ford) and the original cast of actors return to reinvigorate the franchise was a blast. The story was a bit muddled but it does not change the fact that returning to the world of Star Wars was simply a thrill ride. In [theaters](#) now.

6. **"Slow West"**: A love story set in the wild west managed to capture my sentimental side of cinema this year. Jay (Kodi Smit-McPhee) is a traveler from Scotland to find the woman he loves. However, the west is no place for hopeless wanderers, so he befriends a renegade, Silas (Michael Fassbender) to help him find his way across the harsh American landscape. The film invokes the magic of classic westerns—yet it adopts for modern day cinema. The direction is solid and the acting is superb. Even for someone who isn't always thrilled by westerns this one is able to bring to fruition a certain element that is indescribably surreal and beautiful. In [Redbox](#).

5. **"Sicario"**: Emily Blunt plays an FBI agent thrown into pickle where she does not know which side is working for which; the lines of morality are not clearly drawn. Benicio Del Toro gives one of the best performances of his career as an agent with a muddled past. Director Denis Villeneuve is master of building tension and the film is riddled with tenuously anxious scenes. In [Redbox](#). ■

See the full list at: http://www.thecaptainslog.org/2016/arts_entertainment/rest-of-gabros-best/

IT'S TIME TO STUFF YOUR PIE HOLE NOW OPEN!

Hand-Tossed Specialty Pizza
Craft Beer Selection
Hoagies • Salads • Munchies
Dine-In • Take-Out



12090 Jefferson Avenue • Newport News, VA 23606
757-931-1700

The stages of waiting for a snow day



When the snow starts to fall, there is only every one thing on every CNU student's mind: when and if the administration will cancel classes. PHOTO BY BETHANY PYLE/THE CAPTAIN'S LOG

BY MILLER BOWE
STEPHEN.BOWE.15@CNU.EDU

Snow is cold, wet, dangerous to drive on and unpleasant to walk through. It looks pretty, if you happen to be inside and wrapped in three blankets, but for the most part snow is a pretty bad thing. But snow does have one major redeeming quality: it can lead to the cancelation of classes. Whenever snow is on the forecast, the entire student body becomes unified in the hope that class will be canceled. The wait for an announcement of cancelation is one fraught with procrastination and fear. Below are the many stages to this process.

Stage one:

It is two hours before your first class and the first wispy flakes have started coming down. Should you study for your upcoming quiz, or will classes be canceled? Perhaps so much snow will pile up that you will be unable to leave the dorm until March. At this stage, classes being canceled and being snowed in for three months seem equally likely, but, hoping against hope, you decide to wait it out.

Stage two:

One hour until class. The ground now appears to have been dusted with powdered sugar from the steady, but gentle, fall of snow. It is pretty, of course, but class was never canceled because of prettiness. Your hall-mates return

from their classes bundled up as though they have just returned from an expedition to Antarctica. Will there be enough snow in an hour's time to cancel class?

Stage three:

Apparently not. At this stage, the prospect of actually having class is now seriously crossing your mind for the first time since you woke up. It is now fifteen minutes until class and the paths are alarmingly clear of slush. All hope seems lost. Then, suddenly, across the hall, you hear a cheer. Your phone buzzes with a new text message. Finally you receive the best possible news: class is canceled.

Stage four:

With class canceled, you decide to be a dutiful student and continue studying for the quiz, and that means the best way to do this is to lie in bed and watch Netflix for 72 hours straight. Will classes be canceled Monday? Probably not. Would it be wise to try and do something more productive than vegetating for an entire weekend? Probably. Will you? No, of course not.

One can only hope that Friday's cancelation of classes is the first of many. Naturally, of course, we're all here to learn, but that doesn't mean an occasional day off due to inclement weather isn't nice. Enjoy them while you can; sooner than you think, spring will be upon us, and there's snow way classes will be canceled then. ■



The close quarters of a university means sickness spreads fast, so make sure to take some precautions this cold and flu season. PHOTO BY MACY FREIND/THE CAPTAIN'S LOG

Tips for dodging the CNFlu

It is possible to avoid the plague if you take some time for yourself.

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

The CNU flu strikes every semester without fail. It's up to you, fellow captains, to brave the coughing masses. But, just in case you're a little short on luck—or basic cleanliness habits—here are few helpful hints to stay healthy this semester:

Clean your room

No, seriously, spend an afternoon really scrubbing down your room. That means vacuuming, wiping down all surfaces with your favorite brand of cleaner, wash your sheets and scrub down your toilets. Pro tip: wipe down those nasty doorknobs; they harbor all sorts of bacteria.

Eat well

Ditch all of that junk food. Instead, eat fruits high in vitamin C, greens of all sorts, grains and anything else that

screams “good for you.” Indulging in your favorite treats and sweets can be detrimental to your immune system if you're not balancing them well enough with the healthy foods your body craves.

Spend some time outside

Soaking up that vitamin D is definitely a good way to stay healthy. Plus, you'll be getting away from all of those sick hall-mates and roommates. Get outside and go for a walk, run or whatever outdoor activity that makes your heart happy.

Take care of yourself

Sleeping well and maintaining good hygiene habits are very important when trying to keep yourself free of the CNU plague. If you get at least 7-8 hours of sleep every night and shower regularly, that's half the battle right there. It's when you decide not to sleep for two days and skip washing your hands

because you're in a hurry that you become sick.

Drink water

Aside from the fact that dehydration makes you puke, drinking water keeps you feeling awake and alive. You should try to drink a couple of glasses of water a day, along with beverages like orange juice, apple juice and fruit-soaked water. Try your best to cut out the sugary drinks.

Stay away from the sick

The biggest thing to remember when trying to remain healthy is to actively avoid those who are ill. By isolating yourself from your sick peers you give yourself a better chance at staying healthy this semester. A few tips would be to wash your hands, sit away from people coughing or just even walking the other direction when you see someone sick walking your way. ■

Recipe column: Chicken noodle soup

Cold days and warm soup are the perfect combo.

BY KELLY NICHOLAS
KELLY.NICHOLAS.14@CNU.EDU

After tramping through slush and enduring the frosty wind whipping your nose, nothing seems more inviting than being warmed from the inside out with a steaming bowl of hot soup. So when it gets chilly outside, this chicken noodle soup recipe, which is adapted from a recipe on Budget Bytes, is simple to make and feeds a crowd.

Ingredients:

- 2 tbsp olive oil
- 3 cloves garlic
- ½ lb. carrots
- ½ bunch celery
- 2 chicken breasts, bone-in
- 1 tsp dried basil
- 1 tsp onion powder (or one medium yellow onion)
- 1 tbsp dried parsley
- ½ tsp dried thyme
- 1 whole bay leaf
- ½ tsp black pepper
- 6 oz. egg noodles



ALL PHOTOS BY KELLY NICHOLAS/THE CAPTAIN'S LOG

Instructions:

- Sauté the garlic and onion (if you choose to use it) in a large pot over medium heat with 2 tbsp of olive oil until soft and fragrant.
- While the garlic is cooking, peel and chop the carrots and celery into ½ inch pieces. Add them to the pot.
- Cut off the skin and any excess fat from the chicken breasts. Add the chicken to the pot along with the bay leaf, basil, parsley, onion powder, thyme, and black pepper. Add eight cups of water. Cover, bring to a boil over high heat, then reduce the heat to low and simmer for at least 1 hour.
- Remove the chicken from the pot. Using two forks (meat will be very hot) pull the meat from the bone to shred. Season the broth with salt to taste, usually 1-4 tsps.
- Add the noodles to the pot, turn the heat to high, and boil the noodles for five minutes or until tender. Return the shredded chicken to the pot and add two more cups of water to account for evaporation.
- Serve hot and enjoy! ■



Meet Your Captains Anna Casserino

Anna has already been to ten countries and has no intention of stopping her travels anytime soon.



For Casserino, the contrast between Thailand and the US was something she could spend many months exploring and experiencing. PHOTO COURTESY OF ANNA CASSERINO

BY BETHANY PYLE
BETHANY.PYLE.12@CNU.EDU

Belize, Bolivia, Peru, Italy, England, Thailand, Laos, Vietnam, Cambodia and Canada. Junior Anna Casserino has got her passport filled. Most recently, however, Anna spent this past semester studying food, culture and language in Thailand.

While explaining her travels, Anna continued to bring up story after story about how unique the Thai culture was and what she got to experience.

She said that the differences between American culture and Thai culture were interesting, but also hard to get used to at times. “You’re not supposed to have your head above the head of someone who’s older than you,” she explained, ducking her own head as an example.

Anna said “I was so glad that I was in a class that was Thai society and culture, because our professor was basically like, ‘this is what you do,’ ‘this is what you don’t do,’ ‘please never do this.’”

But even with the culture shock, Anna said that she was surprised how fast she got used to the Thai culture. Things that originally seemed odd to her, like the rules surrounding Buddhist monks and even the wai, or traditional Thai greeting, became commonplace before too long. Despite spending four months there, she admitted that “if I was there

for [only] two weeks, I would be like ‘wait, but I’m not done yet! There’s so much more to see!’”

Anna said that one of her favorite things was visiting the Angkor Wat temple in Cambodia. “We got there at 5 a.m. and watched the sunrise, so that was one of my favorite experience,” she said.

Anna hopes that she will be able to continue traveling as a future career. She’s majoring in sociology with a concentration in anthropology, and said “right now I’m thinking of going to work for non-profits in developing countries.”

When asked where she is off to next, Anna laughed and said “I was actually, five minutes ago, planning my next trip!” She said she hopes in 2017 to take a three week train ride through Europe, starting in Portugal and ending in Greece.

She also said she is looking to go back to Thailand on a mission’s trip with her church. “So maybe I’ll be able to do both of those,” she said, “we’ll see.”

But Anna isn’t always looking across the ocean. When she’s here at CNU, she said she keeps busy working as an RA for Residence Life, as well as working in the Wason Center for Public Policy and as a study abroad student ambassador.

She said, “I know I love helping people and I know I love traveling and I want to somehow combine those two.” Whether on campus or abroad, Anna has got big plans for helping people and experiencing all the world has to offer. ■

YOUR RECLINER IS WAITING.
RESERVE IT NOW.
ONLINE AT PARAGONTHEATERS.COM



PARAGON
CITY CENTER 12

\$8 MOVIES FOR CNU STUDENTS
(MUST PRESENT ID)

LEATHER RECLINING SEATS
WITH FOOTRESTS AND TRAY TABLES

BEER, WINE &
EXPANDED CONCESSIONS MENU

TWO 60' EXTREME SCREEN AUDITORIUMS

FREE PARKING – STREET LEVEL & GARAGE

\$6 TUESDAY - ALL MOVIES*, ALL DAY!

11810 FOUNTAIN WAY, NEWPORT NEWS
(CITY CENTER AT OYSTER POINT) ▪ 757.525.9898

PARAGONTHEATERS.COM



*EXCLUDES HOLIDAYS. 3D FILMS NOT INCLUDED. SOME RESTRICTIONS MAY APPLY.



MATINEE BURGER JUST \$3
ALL DAY WEDNESDAY

(SERVED A LA CARTE; SIDES ADDITIONAL)

neo
kitchen + bar

NEOKITCHENANDBAR.COM



11810 FOUNTAIN WAY, NEWPORT NEWS • CITY CENTER AT OYSTER POINT

MONDAY – THURSDAY, 3:00 – 5:00 PM IS

POWER HOUR

GET A MY PI* FOR JUST \$3.14

my pi

custom pizza • craft beer

CITY CENTER AT OYSTER POINT • 11810 FOUNTAIN WAY, NEWPORT NEWS
PENINSULA TOWN CENTER • 4311 EAST CLAIBORNE SQUARE, HAMPTON

MYPIZZA.COM



*SOME RESTRICTIONS MAY APPLY