



THE CAPTAIN'S LOG

THE VOICE OF CHRISTOPHER NEWPORT UNIVERSITY STUDENTS

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How the village will be made

With the occupant organizations decided and construction well underway, opinions are split on the Greek Village.

Much is left to be determined regarding the new Greek Village, such as cost per occupant and which members of each organization will live in the houses. Students will move into the houses in August. **RENDERING COURTESY OF CNU OCPR, ILLUSTRATION BY JOSH REYES.**

BY MADELINE MONROE AND JACK JACOBS
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The upcoming Greek Village aims to enhance the Greek experience at CNU amid split opinions on the desirability of the project and fairness of funding the project, which will be partially covered by room and board fees from the entire student body.

Dean of Students Kevin Hughes said that the history of CNU's Greek organizations

doing community outreach and other service made the Greek community a worthy candidate for special housing.

The first phase of the Greek Village will cost almost \$18.8 million and the second phase will cost \$23.2 million, for a final total cost of approximately \$42 million. Greek Village will provide 100 beds in the first phase. An additional 190 beds will be added via the houses planned for in the second phase for a total of 290 beds.

Rappahannock River Hall, the most

recently built residence hall, cost \$2 million less than the Greek Village at \$40 million, and the building provides students with 452 beds.

Monetary funds to support the Greek Village construction will be acquired through "primarily room fees, and also from the fraternities and sororities occupying the houses," Lori Jacobs, director of public relations, said.

GREEK VILLAGE CONTINUED ON PAGE 3

Digging into campus diversity

While there are diversity initiatives in place, there is a desire for the university to do more.

BY BREA GILLIAM
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CNU's Assistant Director of Diversity and Student Diversity and Equality Council (SDEC) agree: CNU needs more in place to support diversity initiatives.

In 2014, CNU had 4,030 white students, 411 black students, 251 Hispanic students, 130 Asian or Pacific Islander students and 249 multi-race students, according to the State Council for Higher Education in Virginia, or SCHEV.

Currently, students of color make up 20.7 percent of students at CNU. SCHEV estimated students of color to make up approximately 31 percent of Virginia college students in 2010.

The University of Virginia and Virginia Tech had 29.8 percent and 23.7 percent

students of color, respectively, in 2014. The University of Mary Washington, a university closer to CNU's student population, has 22.4 percent students of color, up from 16 percent in 2011.

In that same amount of time, CNU percentage of colored students increased from 20.1 to 20.7. These three schools—along with three other public universities in Virginia—all have an office for diversity and inclusion; CNU does not.

An office of diversity initiatives or office of diversity and equal opportunity is an office committed to creating a community that fosters and maintains a diverse environment. These offices also strive to create an environment where students, faculty and staff can embrace all people that have different perspectives, come from different backgrounds and to broaden their own horizons.

Offices of diversity often assist and monitor a university in its efforts to recruit and retain faculty, staff, and students from historically underrepresented groups and to provide supportive environments for work and life.

Diversity resources in place at CNU are SDEC, a student organization dedicated to fostering inclusivity and diversity, and Ben Cowman, the assistant director of diversity.

"We need an office of diversity initiatives at this campus. We need more than one person programming for more than 5,000 students and more than 300 staff," SDEC President Quinton Pace said. "We need one because there needs to be someone to keep track and keep the University on task" in its diversity efforts.

DIVERSITY CONTINUED ON PAGE 5



Check out CNU TV's video on the Knights of the Force on our Facebook page. Watch its members talk about the Jedi and Sith and show off their light saber skills.

Sports 11

Fall sport recap: catch up with how CNU's teams did this season.

News 4

Focus drugs help keep some GPAs ship shape: read on how these drugs affect campus.

Weekly pic

‘Tis finally the season for lights and tinsel and holiday decor. Trees went up in the Academic buildings, the DSU and the Tribble library before students left for Thanksgiving break. Photo by Macy Friend/The Captain’s Log.



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



Meet the Knights of the Force
CNU TV got to sit down and talk with the members of the new club, the Knights of the Force.



CNU TV presents: Our Campus
CNU TV and Her Campus hear from CNU students about what makes CNU their campus.



Happy Thanksgiving from the Dining Staff
Thanksgiving might be over, but take a moment to hear Thanksgiving wishes from the Dining Staff.

Corrections:
In “A hero in the classroom,” Professor Lindquist’s first name is Adria, not Aria.
In “Replay,” the quoted professor should be Kristin Skees, not Alan Skees.
twenty one pilots did not perform in the M&T Hall. The band performed at the NorVa on Tuesday.

Happened

Nov. 19
Freely Made Fashion Show
Thursday 19, at 7:30 p.m. in the M&T Hall, International Justice Mission hosted its fair trade fashion show, where students modeled clothing from ethically sourced brands to help educate the CNU community how to do more ethically-minded shopping.

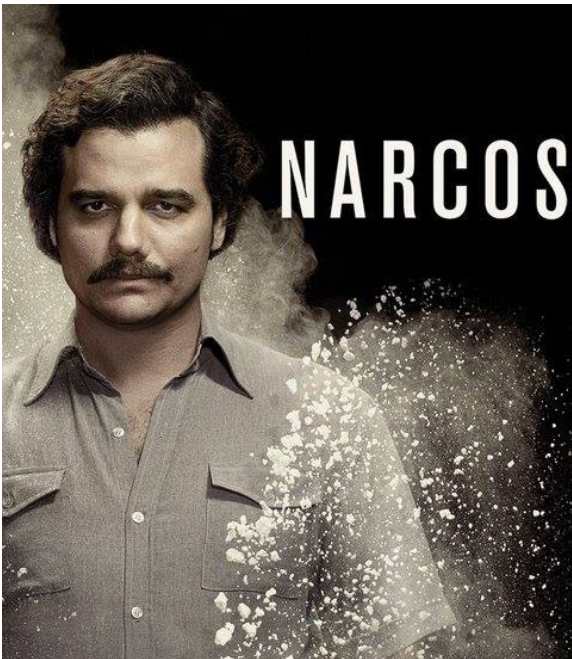
Nov. 30
A Diversity Profile: Racial and Ethnic Diversity at CNU
On Monday, at 8 p.m. in Forbes, senior social work students presented a diversity profile of CNU that explores the campus’ racial and ethnic diversity. The presentation was followed by open discussion of a vision for CNU’s future diversity.

Dec. 1
Candlelight Vigil for Victims of Paris Attacks
On Tuesday, from 7:30 to 8:30 p.m., the French Club hosted a candlelight vigil in the Tribble Plaza for the victims of the Paris attacks on Nov. 13.

Dec. 1
Initiative Student Theater: Dog Sees God
Yesterday at 8 p.m in the Gaines Theater, the Initiative Student Theater presented their first showing of Dog Sees God, a dark and humorous drama about the struggles of one young adult. Admission is free to students. See the final showing Wednesday at 9:30 p.m in the Gaines.

Happening

Dec. 3
Psi Upsilon Presents: NARCOS
On Thursday at 7 p.m. in the M&T Hall of the Ferguson Center, Drug Enforcement Administration (DEA) Agents Steve Murphy and Javier Pena will share their stories of how they dismantled Pablo Escobar, the Colombian druglord and the infamous Medellin Cartel.



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

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

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

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

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How the village will be made

With the occupant organizations decided and construction well underway, opinions are split on the Greek Village.

GREEK VILLAGE
CONTINUED FROM PAGE 1

These funds are generated in part from a \$300, or 2.91 percent increase to the room and board fee paid by full-time, residential students, according to the 2015-2016 fiscal year proposal approved by Paul Tribble, president of the university, on April 29, 2015. The room and board fee increased from \$10,314 to \$10,614.

When asked if it's fair that the entire student body pays for Greek housing, Hughes said that it was because "everybody has the option to pursue Greek life."

This increase, along with other smaller increases in several fees and rates associated with room and board will generate a total of \$1.2 million in revenue.

Of the \$1.2 million generated, \$204,586 will be allocated to pay the debt service on Shenandoah River Residence Hall and the first phase of the Greek Village, according to the 2015-2016 fiscal year presentation on tuition and fees.

Shenandoah River Residence Hall is a planned residence hall with 176 beds that's been delayed indefinitely as of Dec. 1 as the university explores expanding the number of beds in the residence hall, according to Jacobs.

The cost of room and board in Greek Village is expected to be the same as Rappahannock Hall, which is approximately \$6,000 per semester for the 2015-2016 academic year.

Organizations occupying the houses will be required to pay parlor fees as well.

The exact cost of parlor fees is yet to be determined but will be no more than \$20,000 and no less than \$10,000, according to junior Logan Cook, president of

Alpha Phi. Cook said Hughes suggested increasing dues or taking money out of event funds to meet the price. Currently, plans do not exist concerning how to pay for parlor fees, according to Cook.

The Greek Village has met with mixed responses from the CNU student body.

"CNU wants these houses to be upper-classmen housing, so that kind of makes it difficult. They really want seniors to live in the house, and a lot of people really get excited that their fourth year they can finally live off campus," Cook said. "But there are people wanting to live in the house."

Senior Ryan D'Ercole, former president of Sigma Phi Epsilon, said he was interested in the community outreach opportunities the houses will afford, saying there is a great opportunity "having that other place on main campus where you can bring more people in and expose them to what being Greek is like and the benefits of the Greek organizations."

"I think that they will bring some unexpected problems in their first few years, but eventually will help the organizations become closer," said one senior who is a member of a social sorority and asked to remain anonymous.

Sophomore Grace Tchouaffi, who is not part of a social Greek organization, viewed the added expense as the equivalent to paying for another individual's stay at a residential dorm.

"If that's their desire to live there, then it is their responsibility to pay the expenses of the houses built for them. I do not want to pay for their houses," she said.

Jospeh Hall, a sophomore not part of a Greek organization, wasn't aware of the price



Greek Row may be repurposed into general student population housing or be made available to student organizations that desire housing. TYRUS WOOD/ THE CAPTAIN'S LOG

increase covering costs of the Greek Village and disapproved of having to contribute, saying he already pays to attend CNU and funding shouldn't come out of his money.

"It's frustrating that students subsidized their houses," Alex McCook, a senior in Nu Kappa Epsilon said. Nu Kappa Epsilon is a music sorority.

The future of Greek Row on East Campus is uncertain with the coming of Greek Village.

Hughes said that the houses could repurposed to serve as general study body housing or maybe as special interest housing for student organizations, Greek or not.

Hughes said that the houses could serve to meet demand from upperclassmen and transfer students for on campus housing.

"One way or another, we're going to fill the rooms," Hughes said.

The process to pick the organizations consisted of an intensive application process.

Administration looked at the performance of organizations over the last three to five years, considering aspects such as overall GPA for the organization, membership levels and projections and community service projects.

The presidents of the Interfra-

ternal Council and PanHellenic Council gave recommendations to administration on which organizations they thought best suited to occupy the houses.

Occupants of the house were announced on Nov. 24. The occupants are the fraternity Sigma Phi Epsilon and the sororities Alpha Phi, Alpha Sigma Alpha and Phi Mu.

Construction of phase I is scheduled to be completed in July 2016. The beginning of construction for phase II has yet to be determined.

Josh Reyes and Chris Gabro contributed to this article.

Sigma Phi Epsilon

Phi Mu

Alpha Sigma Alpha

Alpha Phi

The four organizations (listed left) to earn Greek Houses were announced Nov. 24. The houses will be ready for occupancy in August and will house a total of 100 people from the four organizations.

Focus drugs help keep some GPAs shipshape



Adderall and Ritalin are drugs used by students to boost academic performance, though both are linked to health problems and usage poses ethical issues. **PHOTOS ILLUSTRATION BY MACY FRIEND/ THE CAPTAIN'S LOG**

Some students turn to drugs like Adderall to maintain focus and get the grade.

BY MELANIE OCCHIUZZO
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While all students are hitting the books in preparation for exam week, a few are also popping pills to stay focused.

The use of drugs like Adderall, typically prescribed to treat ADHD, has proven accessible and useful for college students across the country looking to improve focus on academic tasks.

The practice is not uncommon at CNU, with busy students looking for a way to keep up with academics.

"Some students want to make money by selling [Adderall] and others want the boost to get good grades." A female senior who wishes to remain anonymous said. "College is hard sometimes."

A recent study released by Partnership for Drug-Free Kids in 2014 says that at 1 in 5 college students, about 20 percent, reported the abuse of prescription stimulants at least once in their lives.

The study also concluded that a little over four in 10, about 44

percent, of students use these drugs to do well in school.

Though some CNU students can feel tempted to use drugs to improve their studying, the practice can pose ethical and health issues.

Students are seeing these stimulants as a gain for better grades Bill Ritchey, executive director for Health and Counseling Services, said.

Ritchey said abusing prescription drugs for an academic advantage puts students at odds with the honor code.

"We're concerned about the academic and personal development of the student" Ritchey said.

Going to college is all about making your own choices, Health and Counseling Services is here to help internalize that good decision making, Ritchey said.

Complications that can arise from taking a drug such as Adderall for long periods of time.

Students who abuse the drug are at higher risk for panic attacks, heart palpitations, insomnia and many other side effects according to Rx List.

Despite the risks, some students think the rewards make using drugs worth it. The ease of acquiring Adderall, either by prescription or from a seller, results in a reduced stigma.

"It's very easy to cook the

test and get diagnosed with ADD, making Adderall easily accessible," a male senior who wishes to remain anonymous said.

"I need a boost in my performance. I got it from various friends, it isn't too hard to find honestly," another anonymous male senior said.

Other students voiced opposition to using Adderall or similar drugs for an academic edge.

"It's probably harmful for you in the long run," sophomore Nick Proffitt said.

"I personally wouldn't do it because I don't have a need for it and I don't think that people who haven't had it prescribed to them from a doctor should either," sophomore Perry Aaron said.

Ritalin, the lesser known form of ADD treatment drugs, is not as common among college students.

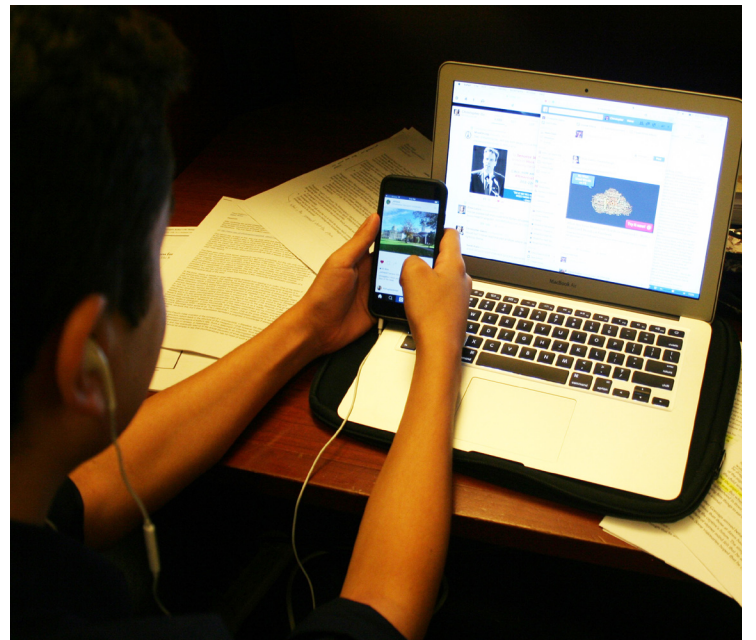
Students had either not heard of the drug or were unfamiliar with its purpose. Ritalin has the same effects on student's health according to Rx List and is just as dangerous.

Both Ritalin and Adderall are habit forming drugs and mixing them with alcohol can lead to an increased risk of an overdose, according to Drugs.com. ■

Kelsey Berg contributed to this article.

The mistake of multitasking

Multitasking while studying can have a negative effect on academic performance.



Multitasking is frowned upon by faculty because it diminishes concentration. **PHOTO ILLUSTRATION BY MACY FRIEND/ THE CAPTAIN'S LOG**

BY RACHEL WAGNER
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Some students believe they can manage homework, web-browsing and social media all at the same time.

However, studies show that while multitasking, students do not absorb information effectively.

"We humans think we are good at multitasking, and the popular literature emphasizes that younger generations in particular are comfortable multitasking, but recent research shows that multitasking actually inhibits our ability to be present and focused," Dr. Lynn Shollen, assistant professor of Leadership Studies, said.

According to functional MRI studies from Vanderbilt University, when multitasking, the brain is unsure of what activities and tasks to give priority, preventing internal understanding.

A study titled "The Laptop and the Lecture" at Cornell University showed that when two groups of students were asked to listen to a lecture, one group with access to a laptop and one without, the students who had laptop usage "suffered decrements on traditional measures of memory for lecture content".

Shollen prohibits the use of mobile devices during class time unless deemed necessary.

While technology can be important to integrate, it can still be detrimental to the classroom environment if it

serves as a distraction, Shollen said.

"At this point I'm still a fan of getting back to human-to-human presence and interaction for a short period of time during students' days," she said.

Dan Linford, instructor of philosophy, allows technology in the classroom but still recognizes that it can draw attention away from lecture.

"One student's presence on Facebook during lecture can distract their classmates," he said.

Students remain divided on the extend that multitasking can impact studies.

"The only multitasking that I can do with homework is talking. If I have my phone or Netflix ... I'm basically not getting anything done," freshman Kendal Michels said.

Freshman Daniel Glenn said he avoids multitasking because it is inefficient.

"I need time to get into a groove of productivity, and attempting to do everything at once prevents my mind from entering into that state ... Rather, it is better to devote one's attention on one task at a time," he said.

In contrast, freshman Thomas Kelly argues multitasking while studying is a good thing. "It helps my mind relax and take little short breaks to keep from crashing."

Kelly stated that using technology in the classroom was useful, allowed for faster typing, and further organization of notes. ■

Getting pumped for Trump

Student Trump Coalition works to support Donald Trump's presidential election bid at CNU and other campuses.



Jordan Gray (right) cheers with others at a Trump rally in Richmond on Oct. 14. Gray heads Student Trump Coalition, the first pro-Trump student organization in the U.S. PHOTOS COURTESY OF JORDAN GRAY

BY LYDIA JOHNSON
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A group of students is trying to “make America great again” with a Student Trump Coalition. The political organization seeks to support Donald Trump’s bid for the White House in the 2016 presidential election.

Jordan Gray, a junior and director of the organization, formed the coalition soon after attending Trump’s rally in Richmond on Oct. 14. Since then, Student Trump Coalition has worked to promote its candidate on campus and beyond.

“We try to raise awareness about things that are going on to aid people who might or might not support Trump so that they’re educated. An educated voter is better than a non-educated voter,” Gray said.

Gray has been working with Dr. Quentin Kidd, director at the Wason Center, to host a public forum at CNU where Trump will speak.

“My number one priority is bringing Mr. Trump here so students can get to know who he really is,” Gray said.

Gray did not want to wait until the primaries to start the coalition. “The earlier we as the Republican Party get behind one candidate, the easier it is to hopefully win an election,” Gray said.

Gray said the coalition received some negative comments from the student body when they first formed.

He said overall the university has been pretty receptive.

As a purple state, Virginia isn’t guaranteed to support



Members Mary McLean, Kenneth Kidd, Jordan Gray, Daniel Bradbury and Thomas Rosado attended a rally in Norfolk on Oct. 30.

one party, so both parties will need to campaign hard for Virginia’s crucial electoral votes.

Virginia was previously a solidly Republican state, but that has changed.

In an interview with the Richmond Times Dispatch, Kidd said Virginia has become politically competitive now that the population is younger, more racially and ethnically diverse and more concentrated in northern and eastern suburbs.

This makes the state more evenly divided between Democrats and Republicans.

Gray began communicating with Trump’s campaign headquarters in Richmond to find ways to help spread Trump’s ideas. Director Mike Rubino and Greater Richmond Area Coordinator Brian Landrum started an initiative to create Trump coalitions on Virginia campuses and campuses nationwide. They asked Gray

to head the project.

CNU’s Student Trump Coalition has created logos and branded the organization’s name as part of its drive to support like-minded students at other universities, Gray said.

UVA, George Mason, Virginia Tech and Regent University have all started student Trump coalitions.

CNU’s coalition is not recognized as an official group on campus, but coordinates activities through CNU College Republicans.

CNU’s Student Trump Coalition currently has 20 members, 15 of whom are considered dedicated supporters, according to Gray.

Students interested in volunteering with the coalition can check out the club’s Facebook page, Student Trump Coalition at CNU, or contact Jordan Gray at jordan.gray.13@cnu.edu. ■

Digging into campus diversity



SDEC is one of two campus resources dedicated to diversity to support minority students. PHOTO COURTESY OF QUINTON PACE

DIVERSITY
CONTINUED FROM PAGE 1

“Diversity is not just one position; it’s something that everyone needs to take a shared level of responsibility in,” Cowman said, emphasizing that CNU has to have a level of responsibility in supporting diversity initiatives. “It can’t all be on our students to provide multicultural programming, to provide a level of social support to make sure that we have underrepresented populations” and retain them until they graduate, he said.

Cowman said diversity and learning about other cultures is a valuable part of the college experience and success in the future.

“Now if we can have that conversation about why diversity is important for our campus community, then that will be very beneficial,” Cowman said.

Pace said it will take a collective student effort to push the fact that we need an office of diverse initiatives. “If you look

out on this campus and look at the flags on the light poles, it’s leadership, scholarship, service. Where is diversity at? Why is diversity not plugged into that?”

CNU does have programs sponsored by Cowman and SDEC in place to support diversity, inclusivity and openness.

For example, the Cultural Plunge program is a challenge for students to get exposed to different social identities on campus by going to different events and attending cultural-based training and certification programs.

The Early College Program also sends recruiters and the university fellows go to different local high schools, where there are large minority populations, and teach students about applying to college and how to be successful.

CNU has met its diversity goal—according to Cowman, the university strives to have 20 percent racial minorities. But the sentiment remains from those at the school dedicated to its diversity: CNU has to do more. ■

CNU reminds students to install antivirus software

Students must install antivirus software on their computers by March 1, 2016.

BY CHRISTOPHER GABRO
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In a bid to secure the university’s network, CNU will require all student computers that access WiFi-CNU to have antivirus software installed by March 1, 2016.

“Students should run the security scanner at their earliest convenience and let us know of any problems encountered,” Lori Jacobs, director of public relations, said.

Students will first be required to install OnGuard security client to check the status of their computers.

After the security system is download, OnGuard immediately indicates that your computer is “healthy” with a green checkmark or “unhealthy” with a red X depending on whether antivirus software is present.

OnGuard software performs background scans and informs the students of their computer’s health. It does not function as

antivirus program.

After March 1, students will be given a 14 day “grace period,” according to CNU’s website, to download antivirus software if they have not already done so.

Those who do not have the proper installments after the grace period will have their computer put in “quarantine.”

The computer will still be able to access WiFi-CNU—although network access will be restricted to just websites where antivirus is available and the CNU service desk page.

Several free antivirus programs exist. The IT Help Desk recommends Avast Mac Security as a free solution for students. IT Services is exploring the possibility of the university providing antivirus to students but a decision has yet to be made, Jacobs said.

The policy of requiring antivirus software is not new. The email sent to students on Nov. 24 serves as a reminder, according to Jacobs. ■

BRACE YOURSELVES, *winter (break) is coming*



As the weather gets frostier, so will familial relations as parents and siblings become reaccustomed to your presence. BEN LEISTENSNIER/THE CAPTAIN’S LOG

After suffering through the obstacles of finals week, students will face a whole new set at home for winter break.



NATALIE HARDING
STAFF WRITER

The Script’s hit “Breakeven” is a song that I, along with many other college students, can identify with each time the semester comes to a long awaited close. Particularly, the opening line of the song is the most emotional relatable when the lead singer says, “I’m still alive but I’m barely breathing.” The last week of the semester is a time where I find myself cramming for finals while shaking from a lack of sleep and an overdose of caffeine. I start asking myself questions like “when was the last time I ate?” or better yet “when was the last time I even showered?” Finals week seems to last an eternity and mine consist of multiple mental breakdowns followed by calls back home. My freshman year I saw winter break as the shining light at the end of the horrendous tunnel I was trapped in, that is until I actually went home for a whole month.

My personal experience in the cold winter of 2014 is

a tale that many others will relate to. It was mid-December, finals were over with, I was somehow still living, my bank account was dropping by the minute, and all I wanted was to be home. The first couple days at home were heaven, I was waited on and my whole family was considerate of the war I just fought back at school.

After a couple peaceful days had passed, I realized my parents started to stop treating me as royalty and more like I hadn’t just been away for four months. They began to hint at adult responsibilities like jobs and ask absurd questions like what I planned to do with my life. The questions continued and only got worse, they started interrogating me on where all my money went and why I thought it was fine to spend eighty dollars on shoes when I am still in debt to them for a plane ticket I bought last spring.

When the constant bombardment continued at least once each day with these questions I began to understand that I do not hold the same freedoms at home that I do while at school. Instead of walking out the door at whatever time I want, I am stopped by an irritated looking mother asking where I am going, when I will be back and reminding me of the responsibilities I have the next day. This left me adding up

how many more days until my return to CNU.

The first two weeks of this journey were the hardest, I can remember forgetting that my house was not equipped with a rotating conveyor belt and I do in fact have to do my own dishes. My family seemed to think I missed cleaning up after dinner because they would selflessly grant me the job of dishwasher consecutive nights in a row. I was puzzled when my sister refused to keep binge watching One Tree Hill telling me it was time to go to bed. It’s only 3 a.m. why stop now?

Trying to fight my superiors in their pursuit to control what I do did not last long. I debated that I was a college student now and I could do whatever I pleased. This ill prepared argument was shot down by my irritated mother and with one raised eyebrow she began to list how I can do whatever I please when I fully support myself.

In the end, despite not being able to stumble back home at 2 a.m. and make all your own rules, home is the only place to be for the holidays. From catching up with old friends and family, eating home cooked food, laying in your comforting bed and simply being back in your hometown, there is no better feeling than being home. All the stress that school brings leads students to always confess, “I just want to go home.” ■

First semester reflections

College can present students with a wide variety of new experiences—a fact that is doubly true for freshmen.



RACHEL WAGNER
STAFF WRITER

For the Class of 2019, it sure has been an interesting semester. We jittered with excitement together during welcome week, either jumped for joy or cried when our parents said goodbye and uttered a collective groan as the academics became more difficult and a higher priority. We bonded over late night fire drills, being indoctrinated into

CNU Yik Yak culture and fangirling whenever Paul Tribble was spotted on campus. We have experienced the late night studying, the early morning coffee dashes and the perfect sunsets that seem to illuminate this campus in a divine way. We have held open doors dozens of times, and we have learned to smile at our fellow students. We have become Captains.

The college experience is crucial to the development of any individual. Some people have loved this semester, some fought intense homesickness, and some may have learned that college is not for them. But the majority of students, I hope, have as I certainly have, come to see CNU as a second home.

Our halls have become our families. We “boo-ed” each other at Halloween, killed each other with socks in assassin, gossiped with (or about) our RAs and have had either hilarious or philosophical conversations way into the night. Our professors are now our motivators, inspirations and mentors. We have built friendships that we never imagined cultivating in the past. Time moves so differently here, and relationships are sped up. We have learned to trust each other, to laugh together, to cry together, and to enjoy life.

Perhaps I am an optimist, but I have to believe that I am not the only one. For the first time in my life, I feel connected to the universe; this is truly the happiest I have ever been. I see this in the faces of my peers and whether we find this bliss from what we are studying, who we are meeting, or falling for, or from benefiting the community, building relationships with professors, pledging to new families, staying out way past when we would have previously dancing until the sun comes up, or trying to discover the secrets of the universe through philosophical and existential conversation at 3 a.m. by the Newport Hall Fountain-- I know that we have become a part of this community.

Through the ups and downs, the long distance breakups and new beginnings, the family drama and homesickness, the study sessions and the hard classes, through the late nights and early mornings, CNU Snaps phenomenons, midterms and 10 page papers; we are Captains for life.

From one semester onto the next; from year onto another. Day in and day out, let us experience it all; the worst of it, the best of it, and most importantly the freedom. Let us live in this freedom, because before we know it, it will be time to move on from our gorgeous campus and strong columns, and then we will think back to these moments, and hopefully we will smile. ■

The total cost of hangovers

Excessive drinking's costs can give the economy a hangover.



CHRISTOPHER GABRO
STAFF WRITER

Headaches, nausea and the regrettable late night text messages are the costs typically associated with hangovers. Though these may be the immediate effects of enduring a hangover—there happens to be long-term effects that arise from a hangover.

The Center for Disease Control (CDC) reports the costs are a whopping \$249 billion in 2010. More specifically the costs are expenditures on health care, the economic toll of lost productivity, car crashes, crime and deaths by excessive alcohol consumption.

Prior to these findings the CDC had reported the costs for hangovers was \$224 billion in 2006. According to these new results the costs have increased roughly 2.7 percent annually since 2006 to the report costs in 2010.

Of the \$249 billion the CDC reports that \$100 billion is covered by the government in the form of Medicare, Medicaid and criminal justice costs. While the rest of the remaining costs are left to companies to cover.

The American Journal of Preventive Medicine has reported that the average cost per drink of a person living in Virginia was \$2 to \$2.50, totaling to roughly \$810 per person annually.

The highest cost of these factors is the loss of productivity in the workplace. The CDC reports in the American Journal of Preventive Health that the economic loss was \$77 billion from lacked productivity in the workplace. When factoring missed work days, the costs drive up another \$13 billion.

One in 10 working-age citizens lose their lives from excessive drinking as well, reports the CDC.

The CDC defines excessive drinking as four or more alcoholic beverages per night for a woman; five or more for a man—meanwhile, persistent drinking is defined as eight drinks a week for a woman and 15 or more drinks per week for a man.

Not taking into account “intangible costs” such as pain and suffering, the CDC feels it “underestimated” the toll drinking takes on the nation.

While we go to college and consuming alcohol is an inevitability—the costs are greater than we realize. You may be ashamed of the person you become when you are intoxicated, you may regret wearing your Greek letters while drinking or regret the phone calls and text messages—the costs are greater than just you, and affect this nation and its productivity. ■

My wifed-up roommate

You and your roommate have always been tight. But what do you do when a girlfriend is introduced to the picture?



CHRIS WHITEHURST
STAFF WRITER

on as a wingman, who brings the party to you, who drags you out to school club-events and is your extroverted platonic better-half. The bro-time you two share is irreplaceable; all those nights ordering pizza and scavenging for tip money, crying over your ex girlfriend from freshman year and taking on the iPhone vs. Android debate.

Consider him a photo album run out of pages; memories upon memories but no more to be made with you. His life is taken, his soul is consumed, his attention is trapped. “She’s great, hangs with the guys and will fit right in” – this means she will fill your fridge with Mike’s Hard Lemonades and talk through every quarter of Sunday Night Football. This means she will require “Once Upon a Time” and “Scandal” to be playing on your TV at all times, which is great because you loved these shows already!

“Meet Amanda. She’s my new girlfriend” – the news you never want to hear from your roommate. Your fun, outgoing, Friday-night loving roommate. The one you count

Amanda will have her positive characteristics, as most humans do. She will have such a beautiful shower-singing voice, will be an expert climate-controller with your apartment’s thermostat, and will be amazing at wearing in your favorite couch spot – because that spot clearly was not worn in enough already. She really cares about you, ex-bestie.

Now, your roommate is trying his best to balance things; he has his girlfriend, his Call of Duty record and you (in hierarchical order). Wouldn’t you like an Amanda for yourself? Can you blame him for shifting you down the need-totem-poll? A bank account balance falling as fast as your grades, prying parent-in-laws that aren’t even real parent-in-laws and detailed explanations as to where you’ve been at all hours of the day; all included with an Amanda in your life!

Cut your roomy some slack. He’s just itching to achieve the year-long Facebook engagement phase. As much as he really does miss your philosophical late-night whiskey-intoxicated talks about Drake vs. Meek Mill, 1989 vs Red honestly is more enticing of a debate. And think of all the cute puppies and fresh daisies his engagement pictures will contaminate your social feeds with!

Okay, but what about your needs, ex-bestie? Don’t beat around the bush, have a face-to-face chat with your bro. Make sure to address your needs, and how missed you feel. Your feelings matter. And of course, don’t forget to make eye contact with Amanda, as she will of course be in the room too. ■

SNAPSHOT

SAYING GOODBYE TO FALL



During evangelist Don Karns' preaching, students gathered in the Tribble Plaza for a Share the Love event. The event was hosted by Spectrum, a campus advocacy group for the LGBTQ+ community. Pictured above is junior Sarah Kerndt, who gave out free hugs during the event. **BEN LEISTENSNIER/THE CAPTAIN'S LOG**



(Above left) Homecoming Week kicked off with the reveal of the homecoming court candidates, which took place outside the DSU on the York Lawn. (Above right) Glo in the Darcappella, an annual a cappella concert, featured all six of CNU's a cappella groups, including Expansion pictured above. The six groups that performed covered many genres of music and popular artists such as Beyonce, Shawn Mendes and Charlie Puth. **MACY FRIEND AND BEN LEISTENSNIER/THE CAPTAIN'S LOG**



OperaCNU’s “The Old Maid and the Thief” brought comedy and music to the stage with a story about love and betrayal. (From left to right): Laetitia (junior Jacquelyn Pilleckas) and Miss Todd (junior Torrie Buckman) fawn over the supposed thief, Bob (senior Steven Field). The three were cast members of the show on Nov. 7. **BEN LEISTENSNIDER/THE CAPTAIN’S LOG**



Fall Fest was hosted by Campus Activities Board (CAB) and gave student organizations a chance to come together. Although the festival was indoors this year, excitement rose as The Mowgli’s, a band from southern California, performed. **MACY FRIEND/THE CAPTAIN’S LOG**



The third annual Stroll to the Polls was hosted by Alpha Phi Alpha on Oct. 31. The event was meant to raise voter awareness and donations for March of Dimes, an organization that aims to fund research to promote health for pregnant women and babies. Kappa Kappa Psi was one of the 11 groups that performed. **BEN LEISTENSNIDER/THE CAPTAIN’S LOG**

Interfraternity Council (IFC), the governing body that works with fraternities at CNU to build strong leadership and community, hosted a lip sync competition on Nov. 12. The goal of the event was to raise money for Fear 2 Freedom, a non-profit mission to provide support and healing to sexual assault victims. Above, Sigma Phi Epsilon and Phi Mu performed a High School Musical montage. **BEN LEISTENSNIDER/THE CAPTAIN’S LOG**

While many teams fell short of expectations, there was plenty of history this fall season.



PHOTOS BY BEN LEISTENSNIER AND TYRUS WOODS/ THE CAPTAIN'S LOG

FALL SPORTS RECAP

BY BEN LEISTENSNIDER

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Cross country

The cross country teams had probably the greatest success out of CNU's fall sports. In addition to the women winning their third consecutive Capital Athletic Conference championship, the men broke a two-year runner-up streak by topping Salisbury.

A second place team performance led by Grayson Reid at the NCAA Regionals qualified the men for their third ever trip to Nationals, while Lydia Cromwell's 11th place finish was good enough to send her to her second consecutive Nationals meet.

At Nationals, the men's team came in 32nd and Cromwell finished 213th.

Field hockey

The field hockey team started to show signs of its past dominance as it finished 13-4 this season, a vast improvement from the Captains' 12-7 record from last season.

The team greatly benefitted from the return of senior Lauren Cheatham, who was injured most of last season. Cheatham led the team with 22 points.

A pair of sophomores were not too far behind the senior in terms of scoring, as Alexa Weaver had seven goals and three assists and Carol Thompson led the team with eight goals.

Another key standout for the Captains was junior goalie Bailey Lien, who set the career win record in the first half of the season.

Once again, the Captains' admirable season came to a close in a 2-1 loss to Salisbury in the CAC playoffs.

Football

A slow 1-6 start to the season guaranteed that the Captains would have their first losing season in program history.

That disappointing losing streak was snapped in style when the Captains pulled a massive 51-39 upset victory over 18th-ranked Salisbury. The momentum from this stylish 100th win carried the Captains through the rest of the season for a 4-6 final record.

Initial concerns at the quarterback position headed into season were alleviated with the emergence of senior Tyler Quigley, who had 18 total touch-

downs and 2,146 passing yards.

Quigley's favorite target was senior Taylor Loudan who had 1,153 receiving yards and seven touchdowns.

Men's soccer

One of the most hyped teams heading into the season had a great first half of the year but ultimately could not pull through in the end.

The team started the year with a 14 game unbeaten streak that was aided by the incredible play of junior Patrick Burns and senior Ryan Balfour, who finished the year with 21 and 12 points, respectively.

That streak was broken by Wesley, and following that loss, the Captains—who finished the year at a still respectable 11-2-6—managed to squeak into the CAC playoffs with the fifth seed.

Any chance for an at-large bid to the NCAA tournament was lost when the Captains lost to Mary Washington in PKs in the CAC quarterfinals.

Women's soccer

Selected to win the CAC championship in preseason polls, the Captains appeared to be in perfect position to do that as they entered the playoffs as the top seed with a record of 8-1.

Although a loss to Mary Washington in the semifinals prevented that prediction from becoming a reality, the team had plenty of reason to celebrate over the course of the season.

Perhaps the biggest moment for the team was a 3-2 overtime victory over the defending national champion Lynchburg on Oct. 18.

The clear standout for the team was junior forward Victoria Perry, who finished the season with 13 goals and six assists. In fact, she scored more than a quarter of the entire team's points.

Volleyball

The Captains once again were spectacular in CAC play, as they finished their ninth consecutive undefeated conference season with as many titles.

The team made it to the second round of the NCAA tournament before falling in five sets to Lynchburg.

The Captains had several key players including junior Briana Sutton, who led the team with 391 kills, and senior Rachel Conway, who led the team with 1,225 assists. ■

Recognizing fall sport seniors

Cross country

Bruce Schlesman
Deanna Corts
Lydia Cromwell
Graciela Slier

Field Hockey

Samantha Snider
Lauren Reinaman
Alexa Hendrickson
Lauren Cheatham
Lisa Murphy
Moiria Wright
Taylor Williams

Football

Wes Austin
Tyler Quigley
Cameron Barlow

Joe Jardine

Arsaiah Robinson
Mic Edwards
James Turner
John Johnson
Austin Browne
Dominique Torres
Vincent Bolden
Justin Cormier
Laurent Pinchinat
Justin McFadden
Scott Fahey
David Furrow
Stevie Boose

Men's soccer

Garrett Van Nutt
Ryan Balfour
Sebastian Abrigo

Mark Brewington

Joshua Kufera
Nolan Mann
Sam Lesko
Sean Christein

Women's soccer

Elena Currence
Megan Weast
Shaydah Naraghi
Kaitlyn Bly
Lindsay Mondloch
Abby Johnson

Volleyball

Rachel Conway
Abby McIntyre
Ashley Rock

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Knight errant takes the stage

"Don Quixote" has been out so long there's almost nothing new to tell, but that's all about to change.

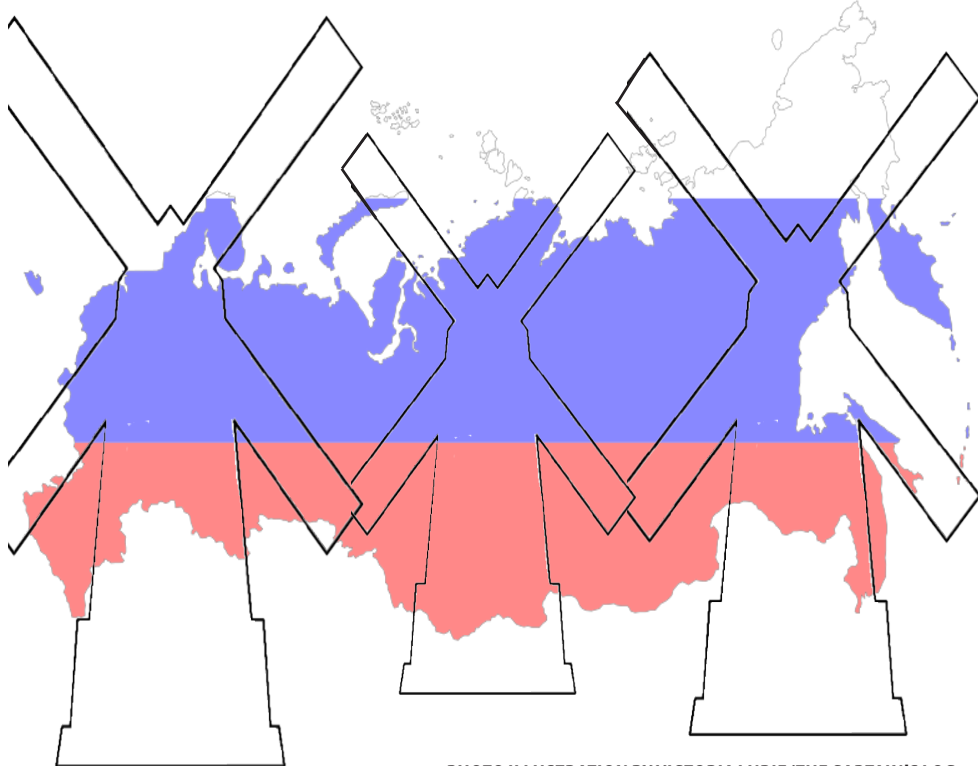


PHOTO ILLUSTRATION BY VICTORIA LURIE/THE CAPTAIN'S LOG

BY VICTORIA LURIE
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One fortuitous lunch break in 2005 caused a ripple that would change the literary world irrevocably.

Dr. Scott Pollard had been perusing the Mexico City Daily newspaper and came across its coverage of the annual Cervantes festival, where it was mentioned that a play based on Miguel de Cervantes' "Don Quixote," had been performed. Pollard, the resident Quixote buff of Christopher Newport University, found it intriguing that said play had been penned by well-known Russian author and playwright Mikhail Bulgakov. Eager to share the news, Pollard sought out the proper colleague.

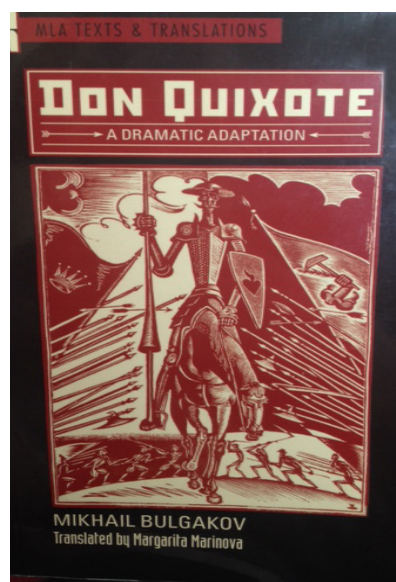
In a rather fortuitous coincidence, the CNU English department had just hired a young professor who was fluent in Russian and loved Bulgakov—Dr. Margarita Marinova. Pollard went to her with the news of the play, and she was just as curious. "When I like an author I try to read everything that I can get my hands on, so I was surprised there was this play that I had never heard of," Marinova said.

After some digging of her own, Marinova discovered that Bulgakov's version of the play had never been translated into English, and then the fun started. "She translated and I helped with the editing of it," recalled Pollard. It took Marinova about a month to complete the translation, which is roughly how long it took Bulgakov to complete the original play. Then Pollard got to work on the introduction and the two professors began the process of seeking interested publishers.

The pair received multiple rejections until the publishing arm of the Modern Language Association agreed to give them a shot. Marinova and Pollard sent MLA their initial prospectus and a few

sample pieces of the edited translation, and MLA would send back comments. "It got to the point where we sent the entire thing, and they came back with changes," said Pollard. "It was this long, recursive process of editing and rewriting and they brought in experts to help us."

One such expert was the late Dr. Michael Heim of UCLA, who Pollard says "made the translation tighter." Bulgakov's work was a play, and therefore



MLA published the translation in 2014. VICTORIA LURIE/THE CAPTAIN'S LOG

the language in the translation had to be the kind of language that would work onstage. "Other people read our translation and wanted it to be longer, more narrative, and Heim kept us focused on what the stage language should be and do."

For plays, "you do not translate from

word to word," said Marinova. "This is a dramatic piece that will be spoken out loud so it needs have a clear message. The audience can't turn back a page and read something again if they don't understand it. You have to concentrate on how it will sound versus the actual wording of the original play."

In 2014, MLA published the translation, but the piece had taken on a life of its own long before then. In 2006, a year after he'd stumbled across the original play, Dr. Pollard had a directing major as a student in his Quixote-centric ENGL 308. "She suggested doing something, and I asked if she could stage a reading at Padeia," said Pollard. "She arranged the actors and they did this amazing reading of it."

This reading was followed by three others: one at the home of Dr. Pollard and his wife Dr. Kara Keeling in 2009, a full reading by TheaterCNU around 2011 and last month's dramatic table read in preparation for the One Act play festival on Dec. 5.

The latest table read delighted Marinova. "Seeing the characters come alive was very rewarding for me as a translator," she said. For Pollard, "The full reading was amazing... the students acted it out; they used the script as a prop and it was really neat." Pollard also said that he's looking forward to a fuller production of the scenes in the One Act festival this weekend.

But Pollard isn't the only one excited for the festival. CNU Theatre professors Grace Godwin and Tanya Sweet were enthusiastic about an actual production of the translation early on. They approached Marinova to see if they could have it performed, and everyone involved knew how important putting on Bulgakov's play could be. Marinova considers a possible production "monumental," as it would be the first of its kind—the first English version of a Russian adaptation of "Don Quixote" to grace any audience ever.

In that respect, this weekend's One Act play festival is monumental as well. TheaterCNU will be performing a handful of scenes from Marinova's translation. Essentially, those scenes mark the world debut of the English adaptation of Bulgakov's "Don Quixote" for the stage, and could pave the way for a world premiere of the full play in a few years, which could be quite a boon for the CNU community. In terms of its life at CNU, Bulgakov's adaptation has come full circle; it's performance in an annual Cervantes festival is what drew Pollard's eye in the first place, and now, nearly a decade hence, the play finds itself in another festival—one celebrating One Act plays.

Melanie Occhiuzzo contributed to this report.

Catch the festival at 7 p.m. Friday Dec. 4 and Saturday Dec. 5 in the studio theatre.

ALBUM REVIEW: ADELE "25"



BILLBOARD.COM

BY CARTER ROBERTSON
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She is back and giving us more tears to shed. Adele has released her third album titled "25" and it is glorious.

The songstress, after taking some years off, has returned showing us that she can still make us cry by merely hitting a piano key.

"25" has a different tone than her previous album. Her sophomore effort, "21," was filled with heartbreak and sadness, but "25" is different. Though Adele still gives us those sad feelings of love she relays more of a life-goes-on effect with this new music.

Her songs display exactly this. Her first single off the album "Hello" is about understanding what is happening to the other person when love ends. You know how you feel about breaking up with this person, but on the other side this other human is reeling from it as well. "Send My Love (To Your New Lover)" is about having a love end and hoping they do right by the next person they are with because lord knows it did not go so well for Adele.

More songs on the album are about how love is fragile and easily broken. "Love in the Dark" is about letting someone go because it would be best, even if you love them. Adele describes how hard this is to do when she sings "Take your eyes off of me so I can leave/ I'm far too ashamed to do it with you watching me."

Adele covers this theme of fragility in "When We Were Young" discussing how it was easier to be in love at a younger age when you first knew each other, but time goes on and people change making relationships more difficult. One of the happier songs on the album, "Sweetest Devotion," is about stumbling upon something so great that you never intended to find. She sings about having not been ready for things in the past but how she is ready to give her all to this one person. The song includes the sound of a child's voice at the beginning, an ode to her own child.

There are even more songs on the album that are beautiful which is why I recommend you go and buy this album because it is worth every tear you will shed.

RATING:



Swan song for Kohlhaas

Senior Mitchell Kohlhaas helped found CNU's first improv club, and in two weeks he'll leave it behind.



A Troupe Called Quest was formed back in 2012. Here, they gather during their first 2015 show to lead the audience in a countdown. FILE PHOTO BY PAIGE KOWAHL/THE CAPTAIN'S LOG

BY VICTORIA LURIE
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I've seen cities built in three words or less. When building scenes in improv, troupes can draw upon audience-provided variables (adjectives) to create cities or castles or whatever they so wish—the magic is in the unpredictability. So what kind of a world do you build with variables like: gregarious, beautiful, scintillating, solid, varied, and enthusiastic?

These words don't so much describe a world as they do a man: Mitchell Kohlhaas is the first founding member of a Troupe Called Quest to transition to alumnihood. And he leaves behind quite the legacy.

"Mitchell brings natural, organic talent to the troupe," says sophomore Will Craun, who, along with 'Quest teammate Alice Boyars, has been working with Kohlhaas since high school.

"He makes some of the most daring choices in the troupe," says Hogan Holt, a sophomore member of A Troupe Called Quest. And "daring" can cover anything from volunteering to step on mousetraps to committing to kissing Kyle Horowitz for the sake of authenticity. "We both leaned in for the kiss at the same time," recalls Horowitz. "I heard from other people that it was their favorite moment of the show. It just cemented in my mind that Mitchell is incredibly dedicated to improv and entertaining the audience."

The audience matters a lot to Kohlhaas. "If you're not having fun, then the audience is not having fun at all," he says. "If you're going to do a show you need that positive energy because it gets positive results. If you have a crappy day but can make it seem like you're having the time of your life, people will feed off that energy."

But Kohlhaas' dedication isn't just to the audience—it's also to A Troupe Called Quest itself. "Mitchell is a very solid backbone to the troupe," said senior Art Ross, one of the original members from 'Quest's inception in 2012. "He's very consistent and reliable, and I know that in whatever situation, if

I'm scrambling, he'll swoop in and put the team on his back."

That ability to swoop in is crucial in improv; the actors create the scenes as they go, and if they pause for one second and go "um..." then the spell they have on the audience is broken. It's the mark of a good troupe when your fellow actors know just when to add something to a scene or swoop to the rescue.

But A Troupe Called Quest didn't end up with a relationship like that on accident—they base their auditions on it. "It's not 'how funny is this person?' it's 'would I want to be friends with this person?'" says Kohlhaas. "We want to see how good they are forming relationships with people on stage; I've become very close with everyone in the troupe because of that selective process. Our chemistry is on point and everyone is comfortable with each other."

And it's that close bond that will keep the troupe's momentum going after Mitchell graduates in two weeks. "When Marilyn Monroe died, Hollywood still made movies," says troupe co-creator Charlie McCracken, who has been improvising by Mitchell's side for nearly a decade now. Mitchell's absence will be felt, but McCracken doesn't feel that it will change the process of the shows because of how good the remaining actors are at their craft.

While the shows may remain stable, things behind the curtain may lose a little levity. "Mitchell brings a lightness to the troupe," says the fourth flagship member, senior Glenn Abernathy. "Charlie [McCracken], myself and Art [Ross] take it a little too seriously in our own ways, and Mitchell is the one of the four of us that brings the goofy side. It's a super essential part of what we do; it keeps the three of us from killing each other."

It's that trademark goofiness that's left the troupe with so many memories. Some of the memories are fresh: "The mousetraps were pretty great," Natalie Azzam says of 'Quest's latest revival of a gag that basically entails blindfolds, mousetraps, and little piggies with a high pain threshold. "No scene really



In one of Mitchell's final scenes, Kyle Horowitz plays a robot who will die unless Mitchell's character can procure him some coal. PHOTO BY HANNAH MCCLURE/THE CAPTAIN'S LOG

develops from that," says Kohlhaas, who ended his last show with a few throbbing toes.

Other favorite memories date back a bit; for Holt, the best Mitchell memory was "being his butler in the Murder Mystery show and in every rehearsal. I called him 'master' or 'sir' so many times that I have trouble remembering his real name."

If you've ever attended a 'Quest show, then perhaps you, too have a favorite Mitchell memory, and that's what makes it all worthwhile for Kohlhaas. "That's really what I'm proud of, just bringing people together over this one common interest. Just for the sake of

having fun—we never tried to make a profit or take advantage. We just wanted to entertain people."

And Kohlhaas intends to keep entertaining, but more in a bedside-manner kind of way. The senior has wanted to be a physical therapist since high school and is currently in the process of applying to (and awaiting verdicts from) PT schools. But until then, Kohlhaas says, "I'm going to continue living, and improvising in that sense."

For a review of Mitchell's final show, check out www.thecaptainslog.org/2015/arts_entertainment/a-troupe-called-quests-fall-finale/

Fair trade fashion show

IJM's fashion show promoted clothing made without slave labor

BY MADELINE MONROE
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Many of us are guilty of buying clothing without thinking twice, especially if that top and that pair of pants we have in mind are cheap and on sale. On the other hand, we probably think a great deal if it's pricier. But is there something else we shoppers are forgetting to consider besides price?

International Justice Mission thinks so. Most of our clothing today is made by human slaves, and as members of a culture that subscribes to "fast fashion," such a weighty topic may not enter our minds. As consumers, making ethical decisions requires that we support companies that promote fair trade.

Fair trade, however, is a "complicated" ordeal, as sophomore Rachel Chung of IJM notes. Fair trade is a type of branding defined as any sort of material made without the use of slavery. But if an item is not branded as fair trade, it does not automatically mean that it was made by human slaves. So awareness is key.

"We want to be considerate of others and make sure people have proper job rights. You can't buy something you know perpetuates that kind of issue," Chung says. At the same time, purchasing clothing that is exclusively fair trade can be an expensive undertaking. When large companies like Walmart provide cheap clothing, it can be hard to resist.

For those that must buy cheap clothing but wish to support fair trade, it may seem that few alternatives exist. Chung and IJM understand this predicament. "Don't feel guilty if you have to, but make a statement to the company that you are purchasing from. Let the company know that you do not condone the use of human slavery."

The organization hosted their Fairly Made Fashion Show Nov. 19. IJM's idea for a show first originated a couple of years ago, where the fashion show focused on fair trade brands. This year, IJM not only focused on ethically made brands, but used the funds raised through the after-sale of clothing to support victims of human trafficking.

The show started off with a brief yet insightful overview into the issues that clothing manufacturing in large companies entails and how fair trade provides solutions or lessens the prevalence of those issues. After the briefing, the models made their way out on the stage.



Senior Samantha Lambert poses in an outfit made without the use of slave labor. ALL PHOTOS BY PATRICK DUBOIS/THE CAPTAINS LOG



Junior Colin Moog busts a move as he takes the stage. After the fashion show many of the outfits displayed were up for sale.

Brands modeled in the show included Patagonia, Recreate, Elegantees, Agape and more. Some brands, like Recreate, help prevent or lessen human trafficking by providing jobs and resources to women and children in Cambodia to create quality clothing while keeping them out of harm's way.

At the show's end, visitors were welcomed to choose from an impressive display of fair-

trade clothing and accessories, some of which were the very brands modeled in the show.

Fair trade brands are certainly worthy of our support and attention. Even if we cannot purchase all of our outfits from these brands, we can do our part by remaining cognizant of the problem and standing up to companies that commit acts against humankind for the sake of profit. ■

Fighting off cold weather calories

The holidays can make working out hard.

BY KATHERINE GITTMAN
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Host a holiday dance party

While you are in the midst of cooking delicious Christmas cookies and other holiday desserts, gather a group of friends, blast some Christmas music and have a dance party to burn off all of the extra unwanted calories from the food. It will not only serve as a workout, but will also be a time where you can bond with your friends.

Take advantage of the winter weather

If it is snowing in your area or if you want to embrace the crisp winter air, go outside and build a snowman, go on a sled ride or simply take a walk so you can take in the Christmas lights and decorations.

Make a holiday exercise challenge

You may have seen something like "The 28-Day Holiday Fitness Challenge" or something of that nature somewhere on social media, but it can actually make it a fun way to stay motivated while you are on a Christmas vacation. If you're feeling unmotivated, set up a time a few days in advance to go for a ten-minute run or take on twenty minutes of strength training.



All the rich foods and desserts can be a huge temptation this holiday season. PHOTO BY MACY FRIEND/THE CAPTAINS LOG

Explore a city

When we are traveling during the holidays, we take advantage of sight-seeing and sometimes we are tempted to explore the city or local area by car. This holiday season, next time you and your family are tempted to travel by car to sight-see, take a walk instead because you will not only get exercise from walking, but you'll also get to fully experience and take in all of the sights around you.

Go on an all day Christmas shopping event

We all have to plan ahead to get all of our Christmas shopping done so instead of going to a few stores every other day, plan a day where you can get all of your shopping out of the way. It will not only be an all day workout, but you'll also save time in the midst of the busy holiday season.

Ask for your favorite workout clothes for Christmas

For some people, a reason behind their motivation to stay healthy and workout comes from what they wear when they hit the track or the gym. If you are one of these people, ask for some of your favorite types of workout clothes for Christmas and then you will feel more motivated to go workout.

Everything in moderation

We have heard this statement many times before, but it is certainly true. While it is so tempting to indulge in big holiday feasts and countless number of Christmas desserts, we have to remember that we should not overdo it when it comes to taking in the holiday food. ■

Time for Hanukkah

This holiday is often overshadowed by exams and Christmas.



For many of CNU's Jewish students, Hanukkah celebrations have to be put on hold by final exams. PIXABAY.COM

BY KELSEY RIPA
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Whenever December rolls around, bringing with it its icy winter weather, the average college student's mind is on finals, and of course, Christmas. However, most people seem to overlook or even ignore that another religious holiday takes place at this time. To complicate things it takes place during final exam week this year.

Hanukkah, also known as "the festival of lights," is one of the most well-known Jewish holidays. As senior Elisabeth Storm explained, "[Hanukkah] is always on the same day for us. It starts on the first night of Kislev, which is our month going by the Hebrew calendar. But when you look at it on

the Christian solar calendar, it's always on a different day, usually between November and December."

The history behind Hanukkah began during the reign of Alexander the Great when he let his conquered lands freely practice their own religion. A century later, Antiochus IV succeeded Alexander and severely oppressed the Jews by outlawing their faith, desecrating sacred temples and even massacring Jewish followers.

Two groups opposed Antiochus in a revolt and succeeded in rededicating the sacred Temple. However, the Jews had very few resources after the revolt. They were left with only enough oil to light a lamp for one day. Yet, it miraculously burned for eight days. The miraculous last-

ing of the oil is why Hanukkah menorahs are seen as the symbol for the Jewish holiday. As Storm put it, "It's basically saying, 'Screw you, we won.'"

As for Jewish college students, it seems like finals week would be a huge distraction from practicing their holiday. "I used Hanukkah time to spend time with family, but it's harder now that I'm in college, especially since it's during finals...I have an electric menorah because we're not supposed to have candles in the dorms. When I get back each night, I light the next candle, say the prayers I need and get back to studying," said Storm.

It also does not help matters when Hanukkah seems to be silenced by the uproar of Christmas.

Storm explained that "when you're in a religion that's not the majority it's kind of like, 'okay, where's *our* TV special? Where are *our* dancing and singing plush toys? And that was really hard growing up, especially in my hometown. I was the only Jew in school until high school. I had that *Rugrats* Hanukkah special, but that's from the early nineties. It's 2015 and the only other Hanukkah stories are *Hebrew Hammer*, which is adult-oriented, and *Eight Crazy Nights*, which is Adam Sandler so of course that sucks."

Even though Hanukkah takes place during the most stressful week for any college student and is overlooked by a majority of people, that does not stop Elisabeth and millions of other Jews across the globe from celebrating their sacred holiday. Even if it's done in between exams. ■

Coffeehouse confessions

Embracing stereotypes to make a difference.

BY KELSEY RIPA
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For centuries, coffeehouses have been the place where people go and discuss philosophies and seek higher knowledge over a warm caffeinated beverage. While Aroma's at Oyster Point in City Center may not house any Benjamin Franklins or Voltaire's, it still serves as a nice, comfortable place for students to do their studying—especially when finals are just around the corner at CNU.

Sitting in Aroma's in the late afternoon, there was a nice lull in the dining area with minimal chatter so that I could get some reading done. In the back, however, I noticed a young woman with a large white notebook in front of her. She seemed to be studying hard until she closed it and began to pack up. I made my way over to her as she was about to leave, and she graciously allowed me to sit and have a small conversation with her.

Veronica Perez introduced herself in a sweet, polite manner, even extending her hand for me to shake. She came to Aroma's to study for her certification exam: "I'm a nurse, so I'm studying for MEDSURG... [which] is kind of its own specialty. You are like a jack-of-all-trades, so you deal a lot with surgical patients, like people getting their appendix out or weight-loss surgeries. We get patients who have everything from uncontrolled diabetes to foot infections; you name it, we'll get them."

Veronica went on to tell me that she became a nurse in the first place because of her father: "My dad got really sick about ten years ago, so that's what really drew me to it...He had a coronary artery bypass graft done, so he had heart disease, diabetes and hypertension; a lot happened."

At first she explained that she was opposed to ever becoming a nurse. She is a first generation Filipino-American and didn't want to confirm the stereotype that all Filipino women are nurses. "I've always been about going against the status quo." But eventually the idea seemed more appealing and she decided she really did want to become a nurse.

She currently works as a nurse in a hospital, taking on night shifts. "I'm usually asleep at this time." Her words take on a whole new meaning with the late 3 p.m. sun shining through the windows. "I was off yesterday and I'm off today. I work the weekends from 7 p.m. to 7 a.m. It's three days a week. Once you get your three days out of the way, you pretty much have a lot of free time... And it's weird being awake at this time because I usually have to accommodate myself and try not to be sleepy. I meant to get a coffee, but I got a sandwich instead. I could only eat half." She giggles as she gestures towards the small to-go container.

Seeing this smiling young woman happily engage in conversation makes me wonder how she can keep that energy in the wee hours of the morning, watching the sun come up every weekend. This week I met someone who impacts thousands of people during the most stressful times of their lives. Who will walk through the door next? ■



Veronica Perez decided to commit herself to a career in nursing after her father got sick. PHOTO BY KELSEY RIPA/THE CAPTAINS LOG

The staff of the Captain's Log wants to wish you Happy Holidays, and best of luck on your exams!



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