



THE CAPTAIN'S LOG

THE VOICE OF CHRISTOPHER NEWPORT UNIVERSITY STUDENTS

@CNUCAPTAINSLLOG WWW.THECAPTAINSLLOG.ORG

VOLUME 49, ISSUE 20 March 21, 2018

Local Students Participate in Nationwide Walkout



Students from around the country participated in a national walkout, here's what it looked like in Hampton Roads.

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

Schools all around the country, including schools from the Hampton Roads area, participated in a national walkout Wednesday, March 14.

This walkout protesting gun-violence and lack of gun-related protections in legislatures comes a month after the

shooting at Marjory Stoneman Douglas High School where 17 students were killed by a single gunman.

The school districts agreed on a plan for the walkouts in order to maximize safety. While there were differences in how each district carried out the walkout, these were the general parameters: students and staff who desire to leave their build-

ings will do so at 10 a.m. across all time zones and stay outside for 17 minutes, in honor of each of the 17 victims in Parkland.

There has been a lot of controversy surrounding the most recent mass shooting in the United States and it has led to several student groups across the country taking action in order to help ensure that tragedies like this don't happen in

the future.

The Captain's Log interviewed several teachers and students from around the Hampton Roads area in order to gauge what the opinions of the event were.

**WALKING OUT
CONTINUED
ON PAGE 3**

Students from Woodside High School gathered in the bus parking lot for their protest. A speech was given and some even shouted "no more violence" as they left the school building at 10 a.m. After the allotted 17 minutes had passed they peacefully reentered the building. **COURTESY OF TAYLOR MCCARTY**

News 4

The Rita's on Warwick Blvd. had its trailer and icecream stand stolen. Learn more about the theft here.

Snapshot 8

The Improvateurs held their final show of the semester, "All Tide Up," in the DSU Crow's Nest.

Sports 11

The Men's Lacrosse team continues on their 7-0 winning streak with a win against Virginia Wesleyan.

A&E 12

WCNU has recently renewed their broadcasting capabilities, despite a lack of funding.

Lifestyle 15

CNU has a new club, PERIOD, which advocates for period normalcy in the "menstrual movement."

Weekly pic

As many of you have probably noticed on social media, the exhibit called “Elegant Universe” in the Ferguson’s Falk Gallery is a popular one. Students Courtney Vazquez (left) and Chris Cheatham (right) take photos in the gallery. If you have a photo you would like to be featured as a Weekly pic, email macy.friend.14@cnu.edu with a photo and a short description. **Nathan Roberts**



CNU TV

The housing lottery is nearing the end. Watch this video to cheer yourself up.

Happened

March 15

TNT Trivia

Thursday Night TNT Trivia was back at the Crow’s Nest the third Thursday of each month at 8 p.m. Students can form teams of up to six players and compete to win Captain’s Cash. There is free food and a chance to win raffle prizes for all in attendance.

March 16-18

Anime Club Presents: Kigacon

The annual anime convention of CNU took place this past weekend, March 16-18 in the Freeman Center.

Happening

March 23

Relay for Life

This Friday, March 23 in the Field House there will be the annual Relay for Life fundraiser. Join CNU Captains in their efforts to raise funds for the fight against cancer.

March 24

March For Our Lives

On Saturday March 24 there will be a March For Our Lives to raise awareness for the need for gun control in light of recent gun-related incidents. The March will begin at the Nauticus in Norfolk, Va.



Captain’s Log Snapchat

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

The Captain’s Log Staff 2017-2018

Melanie Occhiuzzo

Editor-in-Chief
Michael Innacelli
CNU TV Managing Editor
Matthew Scherger
Opinions Editor
Macy Friend
Photography Editor
Brett Clark
News Editor
Caitlin King
Sports Editor

Morgan Barclay

A&E Editor
Katie Krynitsky
Lifestyle Editor
Kelsey Schnoebelen
Business Director
Brittany Thorburn
Ad Manager
Robert Smith
CNU TV Managing Editor
Jason Carney
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.

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.

From the Front Page

CONTINUED FROM
PAGE 1

Brian DePrinzio, a teacher at Heritage High School, spoke of the event saying the administration and faculty at Heritage “embraced the National Walkout in a way that was well-facilitated. The students and many of the faculty gathered peacefully in solidarity to let their voices be heard.”

He also mentioned the importance of youth involvement, saying that without their help, “many positive changes would never have been made.”

“Regardless of whether or not I support everything that was said during the protest, I will always fully support the right of Americans, regardless of age, to pursue the protection of their rights and to stand up for their beliefs,” says DePrinzio.

While DePrinzio may have taken a more active stance on the protest, another teacher from Phoebus High School spoke to the more logistical side of the protest.

Elizabeth Coon, an English teacher at Phoebus, commented on what they as teachers were instructed to do during the protest.

“We as a part of the whole school district are neutral to the protest, we were told that if you were teaching you would stay in your classroom and if you weren’t you were to go outside and supervise.”

Coon says that the school’s main priority was to keep the students safe and orderly. Her class of about 30 or so tenth graders was split in half with only about 15 exiting for the protest.

“It was fine, pretty normal,” says Coon.

She also says that there was no real discussion of the protest at Phoebus and that everything happened in an orderly manner.

Kia Harvey, a student at Phoebus High School, commented on how the whole walkout went down at her school in particular.

“The walkout wasn’t planned, but word spread fast that we would be having a walkout and it was quickly a thing for our school to do.”

She says that the staff was very supportive and that they sent out letters to each of the student’s parents letting them know about the walkout and reassuring the parents that no discipline would be taken on their child if they decide to participate.

One other thing that Harvey mentioned about the



Some students who participated in the walkout wore t-shirts bearing the words “thoughts and prayers” crossed out. Policy and change were written below as a message of what they really wanted done about these most recent school shootings in the country. PHOTOS COURTESY OF MALIA ROSBERG

school was that any testing or other activities that were supposed to happen were moved as well.

When the walkout was scheduled to happen Harvey wasn’t sure what to expect at first. She says that at 10 a.m. everyone silently got up and walked out.

“There were administrators in the halls to make sure nothing crazy happened and we walked out the doors through the nearest exit,” Harvey says.

“There were a few chants of ‘no more violence’ here and there, a lot of kids were silent, it was amazing to see the kids gathered.”

“Seeing the videos from that day sends chills down my spine. School is somewhere you go to learn and prepare for your future. These kids’ lives were cut short because of someone’s selfish actions. Thinking of the fact that, that could’ve been my school absolutely breaks me and I feel as though it’s important to speak out and let them know we’re here with them,” she says.

Two students from Woodside High School also shared their perspective of what the walkouts were like at their school.

“I think most of the students at Woodside participated because they knew it was a national event, but then there were also a handful of students that planned and prepared for the walkout,” says Woodside student Taylor McCarty. He noted that students held posters and a large banner.

Echoing what Harvey and Coon had to say about administration’s involvement, McCarty says that the administration was neutral about the walkout.

He says they didn’t try to stop it or influence it.

“When the students walked out of the building, a majority of the adults also walked out to watch over the event. They didn’t really participate but they monitored the whole event to make sure everything went well.”

The walkout began with all of the students exiting the buildings and meeting in the bus parking lot.

McCarty says that there were students with signs in front leading the group.

There was a speech given by a student, they paused for a moment of silence and then they returned back to their buildings after the 17 minutes was over.

McCarty says that the students who participated in the walkout did so in order to express their feelings about the Florida shooting.

He remarks on how serious many of the students were who walked out.

“To me, the walkout was a time for students to show concern for their safety in school and as a memorial for the 17 students who died. I’m really proud of the students at Woodside participating in this event and expressing how they feel.”

A m a n i

Hamiel is also a student at Woodside High School.

Hamiel says “Originally, I believe it was something the kids wanted to do over social media. You know, people start posting something and everyone liked it so they started to repost and the idea got separated, then the schools felt that we had the right. It was for a good cause and it was a great way to protect against something we felt was wrong in a non-crazy way.”

Hamiel echoes McCarty’s feelings about how the administration handled the walkout.

She says that everyone at the school, including the teachers, were very open to the walkout as long as everyone kept themselves under control and were doing it for the right reasons.

“You know, not to do it to start anything or to just get out of class, but to really be doing it because we felt that

something needed to be done for not only our safe[ty], but safe[ty] [from] gun violence everywhere,” she says.

“What drew me into the walkout was knowing that kids my age legitimately went through something that shouldn’t be so common in high school, but [is] starting to become common.

“I just wanted to take the time to protest and stand up for something that just feels so uncontrolled,” says Hamiel. She also says she feels like “nothing is being done as far as people in higher power that I generally feel like should want to do more than us.”

The walkouts are just the beginning of the response to this most recent shooting.

Organizers have planned a March for Our Lives that will be held on Saturday, March 24 in Norfolk and all around the country.

The national dialogue seems to be only at its beginning.■



Tabb High School in York County took a slightly different approach to the walkout. A group of students organized sign-making and they all wore t-shirts to commemorate those lost in the shooting.

Rita's Truck Stolen in a Cold-Hearted Theft

Valuable hardware was stolen from Rita's Italian Ice as they prepare for the spring season.

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

The Rita's Italian Ice location on Warwick Blvd. had its ice cream stand and trailer stolen. The location's owner, Jerry Crissman, reported the truck stolen after receiving a text message from one of his managers, Renee Ceaborn.

The message Ceaborn sent him was "I assume you have the trailer" and as soon as Crissman saw that message he says he knew it was stolen.

This exchange happened on Wednesday March 14 around 10 a.m.

Crissman says that he left the establishment Tuesday night around 11 p.m. and that the truck must have been stolen

between then and the next morning.

This 7-by-14 foot trailer is estimated to have a \$16,000 value. Inside was a freezer, a mobile cart and a tent all bearing Rita's logos with a few paper plates, cups and other small items.

So far, Crissman has filed a report with the Newport News Police, posted on his personal and professional social media and filed a claim with his insurance.

"I don't know if we'll get it back," he says.

Crissman laments that this couldn't have come at a worse time. On March 20, the first day of spring, there is always free Rita's Ice and he says he didn't need something else to worry

about on top of that major event.

Crissman also had planned to do a mobile operation in Buckroe Beach but he isn't sure if he'll get a replacement in time.

When asked what he plans to do, he says "I'm just going to have to wait."

If he gets the insurance claim money he may have time to purchase a new trailer, freezer

and cart but that remains to be seen. In the meantime, Crissman plans to keep posting on social media and working with his insurance company to resolve this situation. ■



The Newport News Rita's Italian Ice location is a CNU spring staple, sitting at the corner of Nutmeg Quarter Place and Warwick Boulevard. PHOTOS COURTESY OF JERRY CRISSMAN

Reiff Center Hosts Two Professors Discussing Terrorism

As terrorism becomes more prevalent in American minds, more academics are studying its roots.

BY LIAM ROWELL
LIAM.ROWELL.17@CNU.EDU

Christopher Newport's Reiff Center on Human Rights and Conflict Resolution hosted an event last Thursday entitled "Counter-Terrorism and the American Experience" or "Riyadh Rising: U.S. Efforts to Co-Opt and Contain Saudi Power" in its advertisement to the Honors Department.

Whether or not either of those titles fit what was actually discussed is questionable.

The lecture, from Dr. David

Wright of Harvard University and Dr. Mary Burton from the U.S. Defense Department, was more focused on the history of terrorism than any other subject.

The lecture began by talking about the origins of terrorism, both in the United States and abroad.

According to the speakers, terrorism found its beginnings with anarchists, first abroad in Europe and later in the United States.

Burton stated these terrorists committed high-level assassinations of high ranking political figures around the globe, including

the king of Italy. She also explained that they also assassinated President William McKinley in the U.S.

This led to the creation of the Bureau of Investigation, which would later become the Federal Bureau of Investigation, to investigate anarchists and other far left organizations.

The Palestinians became the first modern terrorists in their conflict with Israel, according to the speakers.

In this action, the United States negotiated with terrorists and didn't react when embassies were

attacked and ambassadors were killed.

According to Wright, Reagan had a new approach to terrorism, which involved going after the state sponsors. He wanted to go after Iran and Russia, but they were too powerful to attack, so instead he went after Libya.

Reagan waited for a verifiable attack and then struck. Whether or not he was effective at actually stopping terrorism is up to interpretation, says Wright.

The next big terrorist attack against the U.S. was the Oklahoma

City Bombing.

Wright implied that, since this crime was committed by a white U.S. citizen, very little was done afterward.

Wright finishes his talk saying that most people think of 9/11 with all of its consequences including Bush's invasion of Afghanistan and Iraq as another major terrorist attack.

The speakers concluded, saying that terrorism has seemingly become a monthly occurrence for Americans, Canadians and especially Europeans. ■

CNUPD Leads Discussion on Campus Safety

Officers of the CNU Police Dept. took questions concerning school shootings at Student Assembly.



Captain Scott Austin and Chief Dan Woloszynowski of CNUPD address students during a Student Assembly meeting where they discussed student safety. KORTY SWIFT/THE CAPTAIN'S LOG

BY KORTY SWIFT
KORTY.SWIFT.16@CNU.EDU

With the recent shooting at Parkland High School in Florida, active conversation about student safety on school grounds has made its way into Student Assembly discussion.

Captain Scott Austin and Chief Dan Woloszynowski of the Christopher University Police Department (CNUPD) were the guest speakers at the Student Assembly meeting Monday March 12.

They discussed police protocols in response to possible active campus threats, campus safety and concluded with a Q&A session with the delegates for their questions as well as student feedback.

"Safety is a common sense approach," says Chief Woloszynowski in regards to general campus safety. He advised students to have CNUPD's number on speed dial so that any person feeling unsafe can call quickly, and so CNUPD can respond as quickly as possible.

It is also advised to sign up for CNU Alerts along with taking other basic measures, such as walking or running in groups during the night or early morning. "Follow directions we give to you," Woloszynowski emphasized

in regards to listening to the instructions sent out via CNU Alerts.

CNU Alerts not only give directions for drills and delays, but also vital information in case of a shooter, or anything else of a similar danger, which is classified as an "active threat."

In the case of these active threat incidents, Chief Woloszynowski and Captain Austin stated that the first tip they give is usually to shelter in place, hide and blockade the entrances to the room such as windows and doors.

If CNUPD is alerted that there is an active threat in a specific building, then nobody can enter or exit until the threat is deemed to be gone.

"We're going to tell you when it's time to move," says Chief Woloszynowski.

Crowded areas and people moving from place to place can cause confusion for authorities as well as people trying to leave the area, so the best option is to stay where you are.

If there are shots, Captain Austin recommended securing the immediate area by closing blinds, turning off devices, speaking quietly and remaining calm.

He says if you are calling 911, the first thing you should do is state your location during an active threat.

Delegates had their own questions and multiple students expressed concerns for the officers during the Q&A session.

One delegate asked what one should do in a situation where it is unsafe to speak, which the officers recommended that callers leave an open line, text a friend to call for you with information, or hit the Alertus box if it is safe to do so.

"Since CNU is an open campus, are there any off campus threats we should be aware of that stand out?" questioned another delegate. With no instances available, Chief Woloszynowski did mention that if anything or any person strikes you as out of the ordinary, "See something, say something."

At the conclusion of the meeting, a delegate reported students who wanted to participate in the active shooter drills on campus, but could not due to its occurrence over fall break last year. They also brought up an idea of online Title IX training for individual students who expressed interest in it that are not receiving it for specific jobs.

Student Assembly holds meetings in the Luter Atrium every other Monday night at 7:30 p.m. and is open to the student body. ■

Phi Beta Kappa Faculty Host Government Official Turned Author

Philip J. Crowley spoke in a PLP/ Honors event on the current state of foreign affairs.

BY BRETT CLARK
BRETT.CLARK.16@CNU.EDU

In the latest installment of The Dean Williams Parks Colloquium Series, Philip J. (P.J.) Crowley spoke in the Gaines Theatre to students, faculty and others about the current state of foreign affairs.

Having recently published a book called "Red Line: American Foreign Policy in a Time of Fractured Politics and Failing States," Crowley came to CNU on Wednesday March 14, to discuss the state of U.S. foreign affairs and other pressing related topics.

Crowley, a retired Air Force Colonel, was openly against the current administration and how they do business.

Serving as assistant secretary for public affairs and spokesman for the U.S. State Department from 2009 to 2011, Crowley played a crucial role

within then-President Obama's state department and was naturally very approving of the previous administration and its foreign escapades.

He even went as far as saying that the administration's negotiation with Iran in regards to their nuclear development is Obama's "greatest success" as far as foreign affairs go.

From the very beginning, Crowley stressed that President Trump's tweets are a great representation of his administration: "Chaotic and Fascinating."

As far as previous presidents go, the Trump effect was interesting to Crowley in that it was largely bipartisan.

Trump has criticized George H.W. Bush for his invasion of Iraq, stating that the trillions of dollars spent there would've been better off spent on our infrastructure, which is something "he wasn't wrong" about, admitted Crowley.

In some sort of backhanded compliment, Crowley anointed Trump as the most transparent president of the era, stating that "if he is thinking something, we're more likely than not going to hear about it."

With this, he criticized Trump for his "diminishment" of "presidential rhetoric."

Crowley told the audience that he thinks "chaos is a fair description" of Trump's rhetoric as well as his White House.

With this in mind, Crowley says that "He [Trump] can be his own worst enemy" when it comes to foreign affairs. "Trump's rhetoric is sharper than Obama's" in an era when many global leaders are on edge.

On the topic of North Korea, Crowley prefaced his thoughts by saying that "politics shapes foreign policy today in significant ways" and "in some ways there's nothing new about this."

"What is Kim Jong Un trying to

do? Well, we don't know," but Crowley says that there is great political pressure on Trump to resolve the issue with North Korea's nuclear aggression and testing.

This being said, the speaker assured the crowd that there isn't a "new cold war" brewing across the two ponds on either side of North America.

Despite the physical barriers and distance separating us from much of the rest of the world, Crowley still believes that "Global interdependence is a reality, not a choice," which is a common talking point of the globalists in opposition to Trump's nationalist agenda.

Dayana Fyulep, a freshman who attended the speech, said that while she thought Crowley was a well-spoken individual she felt that overall his speech was heavily biased. She got to talk with him one on one afterwards and felt that her opinion was changed in a negative way.

"I view America and Russia as two of the world's biggest powers that must come together and cooperate on any serious world issues and especially work towards a better relationship between each other than be competitive," Fyulep says.

She continues by saying, "For a person who has double citizenship (Russian and American) it upsets me to hear such 'important' and famous American Democrats promote Russia in his speech as an 'evil empire' with an awful, misbehaved president who needs to pay for all the mistakes and for being a great country who has helped Syrian government and Russian populations in Ukraine."

She concludes her comments by saying that there is no need for propaganda tied with drama and twisting news.

Crowley's book can be found on Amazon if you are interested in learning more on this topic. ■

From “Tortured Soul” to “CLOGMom”

Your Editor-in-Chief reflects on her past years of involvement with The Captain’s Log.

MELANIE OCCHIUZZO

MELANIE.OCCHIUZZO.13@CNU.EDU

“You can do whatever you want, make this job your own.” These were the only words of advice that Josh Reyes, a previous Editor-in-Chief (EIC), left with me as I took up the mantle of EIC on The Captain’s Log almost an entire year ago. I have tried to keep these words at the forefront of my mind throughout this year, but as my own journey with The Captain’s Log comes to an end I want to share my experiences and why being a member of The Captain’s Log has been a defining aspect of my time here at Christopher Newport University.

My journey began as a small sophomore when Josh Reyes, the EIC at the time, reeled me in. I had seen an application for a position as Copy Editor and thought that this was my only chance to get in with the paper. I was wrong. After a wonderful chat with Josh I decided to come on as a staff writer and work my way up from there.

That first year was a bit rough for me. I had just started working at Einstein’s, had a full load of classes that were finally to my liking and I was trying to juggle a new relationship. Things were crazy.

One thing that kept me coming back to that small office on the third floor of the DSU, though, was the friendly, welcoming environment that The Captain’s Log offered me. Josh would send me a message every now and then, encouraging me to come back and write and whenever I was able to come in people were happy to see me. I felt welcome. It was this first experience with The Captain’s Log that set me on the path to where I am today.

I took on a position as an intern for The Captain’s Log the second semester of my sophomore year. I had to complete 120 hours of work, do weekly intern logs of what I did and contribute steady content. That was my ticket in. I became a permanent fixture in the office and even earned a place on the family tree, “Tortured Soul” niece Melanie. It was so exciting to finally find an organization that took me in as one of their own.

Fast forward a few weeks and I applied to be an editor for my junior year. The new EIC, Ben Leistensnider, hired me as the News Editor and I started my junior year with that same busy schedule as before. It quickly became apparent that I needed to choose how my mental priority list was laid out. After a tearful decision I quit my job at Einstein’s and made The Captain’s Log my main priority.

Wow, that was a good decision. Time management is a big part of this job. I was spreading myself too thin with my obligations and found that by focusing on one specific organization I was much happier. There’s something about not having to worry about running to the next thing after I’m done with a spread that made my junior year a lot less stressful than it could have been.



Editor-in-Chief Melanie Occhiuzzo works with News Editor Brett Clark on his weekly spread. MACY FRIEND/THE CAPTAIN’S LOG

After a year of hard work as News Editor and a bit of a struggle near the end for that EIC position, I was entering my senior year.

To be honest I didn’t really know what to expect. Each year brings its own challenges and boy did this year bring some challenges. Between failing computers and crazy budgeting issues, this year has been one of the most trying years in my college career. I wasn’t fully ready for the amount of stress that came with this job. Whenever I felt stuck or was unsure of how I should do things, I remember that there was no right or wrong way to do this job as long as at the end of the day everything got done. I have made and lost many relationships with people at this university throughout the course of this job but it feels like I got a chance to accomplish something

during my time here.

On a happier note there were a ton of fun memories from this year in addition to the massive amounts of stress.

After not getting to go to a conference my junior year I made it my priority to get my staff to the College Media Association Conference. The conference is held in New York

City so we had to do a lot of planning to get there. The whole experience was definitely one that I’ll mark down as a learning experience.

I think the biggest bonding moment of the whole trip was having to drive through a massive snowstorm to get to New York. Working together was essential to making it safely and we were

able to do that.

There were a lot of long hours spent in our office and I’m eternally grateful for the office space that we were given by the university.

I don’t know how we would have gotten through the years without the resources we were given.

My year as EIC was not boring to say the least. There were a lot of leadership skills that I needed to hone in order to make it through. I think that I came out the other side a little more prepared for a future leadership position than I would have before this year.

The new EIC position is getting ready to be filled and I have to say that I’m both excited and nervous for the new crew to take things over.

Getting my personal life back is going to be the most exciting part of the end of my senior year but at the same time, I think I’ll miss the crazy hours this job entails.

There’s a lot that I accomplished and a lot that I didn’t accomplish this year and I have nothing but optimism for next year’s team. I am excited to see what they’ll accomplish and what new things they’ll dream up.

But I am going to leave the next generation of The Captain’s Log with the same advice I was given coming in: this job is what you make it, it is up to you to create the next version of The Captain’s Log. ■

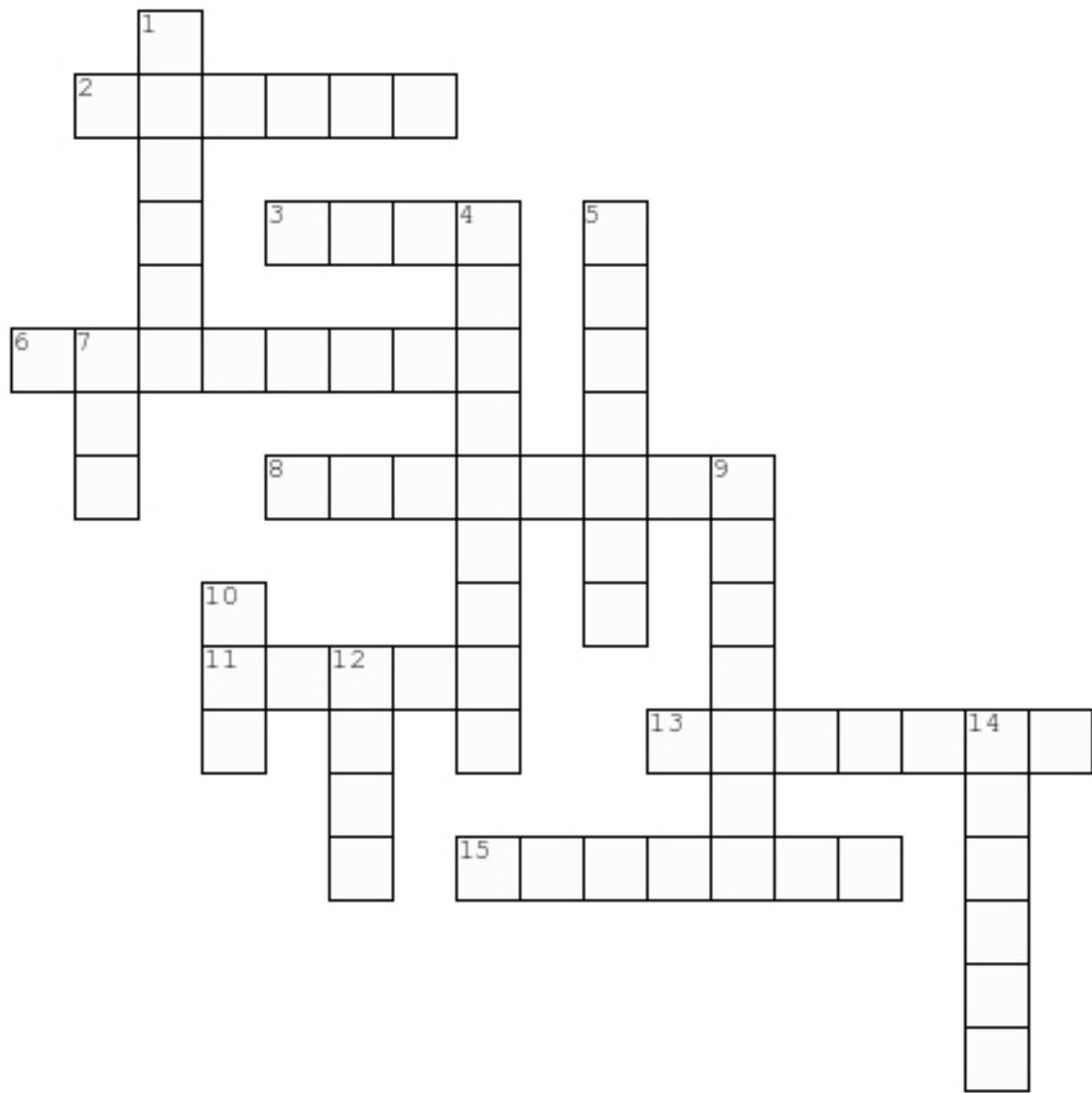
“You can do whatever you want, make this job your own.”
-Josh Reyes
Former Editor-in-Chief

CNU Game Corner

We interrupt your regularly scheduled articles to bring you some CNU trivia. Are YOU the expert on all things CNU?

CNU Crossword Puzzle

Test your knowledge of CNU by completing the crossword below



Across

- 2. Our school colors are Blue and _____.
- 3. The official student section of Christopher Newport University. _____ Crew
- 6. The name of the academic building that opened in 2010.
- 8. Student news organization. _____ Log
- 11. The name of the ship captained by Christopher Newport. _____ Constant
- 13. The provost of CNU.
- 15. Fight for CNU our Captains, Fight for the University! Our pride and loyalty are with you, Lead us onto _____!

Down

- 1. Knowledge, truth, eternal _____, Alma Mater we adore.
- 4. The name of the on campus coffee shop.
- 5. The road in between main campus and east campus.
- 7. March 14th is _____ Day.
- 9. The name of the last president of CNU.
- 10. The name of the building that houses the mailroom.
- 12. The street name that CNU was built on. _____ Lane.
- 14. The president of Christopher Newport University.



Senior Elizabeth Frost (left) places a corset on freshman Georgia Bransford (right) during their first sketch called "left." During this sketch, members pair up and move counterclockwise, acting out random variables given by the audience. **PHOTOS BY HANNAH LINDENBLAD / THE CAPTAIN'S LOG**

The Improvocateurs perform their final show of the semester and one member reflects on her time with the group.

BY MACY FRIEND AND HANNAH LINDENBLAD

MACY.FRIEND.14@CNU.EDU

HANNAH.LINDENBLAD.16@CNU.EDU

On Friday, March 16 the Improvocateurs hosted their comedy show "All Tide Up" which included not only improv, but also intermittent sketches and stand-up routines.

The comedy ranged from topical Tide pod jokes like "the snack that smiles back, Tide pods," to commentary on campus events at CNU.

To reference the title of the event, audience members gave the variable Tide pod during the game, "left," after being asked for something weird that they would not want to eat.

During the game, members pair up and they move counterclockwise, acting out variables given by the audience.

As the scene develops, freshman Georgia Bransford says that she's moved

on from Tide pods and is now eating Cascade pods, to which senior Emily Alby responds, "Ooh, vegan."

During the sketch on "If CNU events were honest," they poked fun at professors who passive-aggressively encourage students to go to their different lectures and seminars. They said professors feel that they "work at an institution that cares more about columns and counter-intuitive parking situations than research."

They discussed things like PLP and CAB events as well as club fair.

Freshman Jordan Bass says "I am too much of a little bitch to email the secretary and tell them I don't want to be in the club anymore," referencing the many emails that most freshmen get after they sign up for multiple clubs they no longer intend on participating in.

With this being their last show of the semester, the

Improvocateurs are losing one senior, as most members are underclassmen.

Alby is the only member graduating from the Improvocateurs this semester. Prior to joining the group two and a half years ago, she did not have comedic training.

"Louis C.K. has always inspired me when it comes to comedy.... When I was in high school, I went through a lot of really difficult times, and making others laugh always made me feel better," says Alby.

Their shows contain high levels of sass, wit and a mild amount of vulgarity, but the members' abilities to work off of one another is pertinent to their success on stage.

"My favorite part about the troupe is how comfortable I am around everyone. They know how to bring out the best in me, and allow me to laugh after a long day," says Alby.

"I'm going to miss the savage-ness and the back-and-forth conversations. Everyone is just trying to make everyone better, so it's a really supportive atmosphere." ■



(Left) Junior Ken... only Vine quotes... president, a rose

The Improv cateurs: All Tide Up



sie Ward (left) and senior Emily Alby (right) play the role of a couple on a Valentine's Day date. Alby plays the guy who confessed that he was an ex-Vine star. He made a whole speech using s to confess his love for his date. In the background, sophomore Ashley McHenry holds up pictures of the different Vines being referenced. (Right) McHenry gives Alby, the Improvocateurs e at the conclusion of the show, signifying her last performance with the Improvocateurs since she will be graduating in May.



(Far left—from left to right) Freshman Jordan Bass and McHenry play the role of children trying to win a bake sale while Frost plays the role of their mother. They wanted to improve the quality of brownies to win over the judges, so they added a "spice" that their parents use, not realizing it was pot. After being accused of making pot brownies, the kids responded, "No sir, we made them in an oven. Who makes brownies in a pot?" (Left) Freshman Hayley Burke participates in a game the Improvocateurs do at the end of every show called "I like my women." The audience shouts random variables they want to see incorporated. When given the word knife, Burke says "I like my women like I like my knives, from a shady area in New Jersey."

Lacrosse Take Down by the Captains

The CNU Captains played a solid game against Virginia Wesleyan, continuing their winning streak.

BY PHOENIX HINES

PHOENIX.HINES.16@CNU.EDU

The Christopher Newport University Men's Lacrosse Team is off to a hot start this year as they are currently 7-0 with victories over some of the top programs in the country. This hot start has propelled the team in the rankings as they are currently No. 18 in the country.

Despite losing two All-Americans last year in Goalkeeper Matt Hayden and Midfielder Randy Foster, the Captains are having their best start to a season in program history. The previous record for most wins to start the season without a loss was in 2007 when the Captains started the season 4-0.

The team is also on the verge of breaking the record for most consecutive wins in a season which is seven. A win against Virginia Wesleyan University on March 21 would break that record.

The Captains offense is led by senior midfielders Drew Magnusson and Shane McKenna alongside senior attackman Matt Crist.

The team is also getting some great production from freshmen Dylan Rice and Jackson Deal.

Magnusson is currently third on the team in goals with 14 on the year. Crist has 20 goals and 12 assists for a team leading 32 points. McKenna has a balanced stat line this year with ten goals and eight assists.

Rice came into the college lacrosse world firing on all cylinders as he posted five goals in his collegiate debut against Washington & Lee University.

This performance earned him a spot on the United States Intercollegiate Lacrosse Association (USILA) Team of the Week.

The freshman phenom currently leads the team in goals with 21 on the year and also ranks third on the team in assist with ten. Deal leads the team in assist with 14 and also has a eight goals on the year.

The offense is also getting some production from junior Lucas Barry, who currently has ten goals on the year and freshman Griffin Hanes, who has put up seven goals and two assists.

On the defensive side of the ball, the Captains are led by Drew Cornell, Will Cogan and Maxwell Wayne. Cornell has 12 ground balls and ten caused turnovers.

Wayne, a freshman, currently leads the team in caused turnovers with 13. The first-year pole also has 11 ground balls on the year.

The defensive midfield is anchored by midfielders Jake O'Connell, Chris Albright and Miles Collins while also getting some production from the two long-stick midfielders Conor James and Phoenix Hines.

O'Connell ranks second on the team in ground balls with 36 on the year and has six caused turnovers.

James and Hines both have combined for 24 ground balls and 13 caused turn-



Griffin Hanes makes a goal for the Captains against Virginia Wesleyan University. COURTESY OF CRISTINA STURNIOLO

overs. Each pole also has one goal and one assist.

Arguably one of the best face-off men in the country, Tony Cruz is putting together one of his finest seasons yet. Cruz is currently facing-off at a 62 percent rate and leads the team in ground balls with 51. The senior also has one goal and one assist.

The team started off their season with a 12-7 victory over No. 20 Washington & Lee University during their second annual Lacrosse the Nations Cup game.

The Captains avenged their 14-6 loss against the Generals from the previous year.

Later that week, the team traveled to Charlotte, N.C. to take on Berry College (GA.). The Captains squeezed out a tight win against the Vikings, 10-9.

In the second week of play, the Captains hosted Randolph-Macon College and dominated them in every aspect of the game en route to a 16-5 win.

The Captains were led by Hanes, Rice and Crist, who all registered hat tricks.

Later in the week, the Captains hosted Hampden-Sydney College.

The team dominated the first half and were leading 9-4 at half-time. The Captains maintained their lead throughout the second half and came out with a 13-9 victory.

At the start of their spring break, the Captains traveled to Buena Vista, Va., to take on the Southern Virginia University Knights. The Captains jumped out to a 15-2 lead in the beginning of the third quarter and ended up winning the game 20-7. Crist led the team with six goals and three assists.

This performance helped the senior captain earn a spot on USILA Team of the Week, joining Rice as the only other player in program history to achieve this award.

Later in the week, the Captains hosted Elizabethtown University on a cold and windy night under the lights.

The team went down early and never

grabbed a lead until the fourth quarter when Crist scored a man-up goal off an assist from Deal to give the team an 8-7 victory.

The Captains' seventh victory was a wild one. They hosted Illinois Wesleyan University, the number one scoring offense in the country.

In a game full of runs, the Captains gave the Titans a taste of their own medicine and put on an offensive clinic, winning the game 24-14. The Captains were led by Crist and Barry, who each posted five goals on the day.

The team's success is headlined by senior leadership and the outstanding play by Coach Mikey Thompson's first recruiting class.

The freshman class has 17 players. Nine out of the 17 players have appeared in all seven of the Captains' games this year. Coach Thompson's decisive recruiting skills have helped lift the program to new heights.

"It was a huge surprise to be named a starter this year. Coming into a successful program with a bunch of solid defensive returners lead me to think that I was going to have to wait a while before I got serious playing time," says Wayne.

The Captains look to continue their outstanding play this year as they head to Virginia Beach on March 21 to take on Virginia Wesleyan University. ■

Phoenix Hines is a member of The Captain's Log

"It was a huge surprise to be named a starter this year."
-Maxwell Wayne

Tennis Triumphs over Virginia Wesleyan

The Men's Tennis team is victorious over Virginia Wesleyan, Women's team dominates against Centre College.

BY TARYN HANNAM-ZATZ
TARYN.HANNAMZATZ.17@CNU.EDU

This past Saturday, the Christopher Newport University Men's Tennis team defeated Virginia Wesleyan 8-1. This allowed the Captains to improve their overall record to 6-6. They changed their matchup allowing senior David Reed to take the match off.

At five and six they put rookies James Baron and Mitch Brody on the court in singles action.

Baron earned his first career double victory with little issue at number five singles, defeating Michael Portera (6-1, 6-0). Brody helped CNU sweep singles play with a 6-4, 2-6, 10-7 win over Nick Gunther at number six.

Through the rest of singles play CNU swept four straight victories. Justin Cerny earned his first win at number one with a 6-2 victory over Paul Gladstone. Andy Mason only gave up two games in a number two win over Mitchell Perry (6-1).

In doubles action, the Captains paired senior Justin Cerny and junior William Trang together for the first time at number two doubles, and the pair secured a simple 8-1 win over Anthony Wilson and Andreas Combos.

The team also won at number one, where Mason and Baron paired up for an 8-2 win over Nick Gunther and Perry. The sole CNU loss came at number three doubles, where the Captains' duo consisting of Dominic Lacombe and Nicholas Ruzicka suffered their first loss of the season.

Overall the team was extremely successful and was able to improve their record. Looking forward they turn to conference play.

The Captains will be back in action as they host Southern Virginia at 9 a.m. on March 24.

The Christopher Newport University



David Reed takes a shot during a tennis game that ended up winning over Virginia Wesleyan. COURTESY OF MITCH BRODY

Women's Tennis team secured their fifth straight victory over Centre College. The team is ranked 26th and they improved their overall record to 6-3.

During this matchup, senior Alexandra Drye was able to move into a tie for fifth all-time in doubles victories to highlight a dominant 8-1 win over regionally-ranked Centre College (4-7).

Paired with senior McKinney Harwood for the win at number one doubles, Drye took away her 56th career win in pairs play. She ties Brittany Stevens ('08) and joins the top five all-time in CNU history.

On Sunday, Drye and Harwood secured an 8-4 win over Abigail Kent and Aliza Williams for the win at number one doubles. The Captains demolished in doubles play with another 8-4 win at number two doubles, where Kate Huck and Johanna Ranta-Aho defeated Caroline Stallings and Emily Zelichenok. Later, Emily Morgan and Isabelle Wessel shut out their opponents, 8-0.

Next, in singles play with a 3-0 lead, the Captains took away five of the six matches in individual play to achieve the 8-1 win. Ranta-aho, Harwood and

Wessel each captured multiple wins in the match. Ranta-aho won at number one over Kent (6-2, 7-5); Harwood secured a hard-fought win over Williams at number two (6-4, 6-7 (6), 10-8); and Wessel took away a win over Zelichenok at number four (6-1, 6-2).

The remaining two matches were won by Claire Dockrill over Kenny Snow (6-1, 6-3) at number five and Meili Konell over Emma Ramsey (6-0, 6-1) at number six.

The Captains will be back as they host Southern Virginia for the conference play on March 24 at 4 p.m. ■

The Bracket Killers

Any NCAA team can pull off an upset and make their own history during March Madness.

BY PHOENIX HINES
PHOENIX.HINES.16@CNU.EDU



COURTESY OF CNU OCPR

The NCAA tournament for Men's College Basketball is borderline unpredictable and is always filled with upsets and outstanding games, hence the name "March Madness."

This year's tournament has fans in a roller coaster of emotions due to the unexpected play from schools like UMBC, Buffalo University and many more.

Before the first round of this year's tournament, a number one seed has never been upset by a 16 seed in the first round.

As a matter of fact, in the last 33 years, the record for number 16 seeds against number one seeds was 0-132.

UMBC decided to rewrite history and break the College Basketball world by dom-

inating the University of Virginia, 74-54.

UVA was considered the favorite to win the tournament this year after a historic 31-2 record during the regular season and an Atlantic Coastal Conference Championship.

That is the beauty of March Madness. Any team can sneak into the tournament and make a run.

Every year, millions of people make Brackets on ESPN.com and there has yet to be a perfect bracket.

Year after year, people are just waiting to see if someone can get that prestigious perfect bracket, but in reality, that perfect bracket will never be achieved.

There is just too much on the line for teams to back down and let the traditional programs take over.

Back in 2011, VCU made an unbelievable run in the tournament and ended becoming the third 11 seed to ever make

it to the final four.

During their run, VCU beat historic powerhouses such as Georgetown University, the University of Kansas and Florida State University.

In the final four they ended up losing to Butler University.

The crazy thing about that loss was that Butler University was an eight seed.

March Madness always seems to amaze its fans because it leaves everyone on the edge of their seats.

Obviously, there are always the teams like Duke, UNC and Kentucky University that are going to perform every year at a high rate in the tournament.

But behind these powerhouse programs are a bunch of underdogs that are just waiting to shock the nation and become the next Cinderella Story in March. ■

Back on the Air

WCNU's President, Tom Aberman, discusses WCNU's new broadcasting abilities and continuing presence on campus, despite their needed funding.

BY DUNCAN HOAG
DUNCAN.HOAG.16@CNU.EDU

The campus radio station, WCNU, has recently begun increasing their broadcasting capabilities in the wake of a loss of proper licensure going back to December 2016.

WCNU President Tom Aberman indicated that the original loss of broadcasting capabilities was due to a lack of payments for the maintenance of the licenses WCNU requires so that it may broadcast without restriction.

"We found out that somebody stopped paying for our licenses. We don't know who—we know around when it happened—but it was about five or six years ago that it stopped. In order to be a legal station, we have to pay for that."

Aberman further indicated that the specific two licenses WCNU requires—ASCAP/BMI and SoundExchange—were eminently affordable to WCNU. However, Aberman says, the purchase of the licenses directly by a student group would have imposed a number of debilitating restrictions on the station.

"With the revenue stream that we have, we could totally afford these licenses. The problem is if we as a student group bought the SoundExchange license, we would be subjected to a lot of restrictions...we wouldn't be able to play three songs by the same artist main a row, and we wouldn't be able to play four songs by the same artist within a three hour period, which would just kind of ruin the entire thing."

However, Aberman says that if the

school, not WCNU, purchased the license for WCNU, the station would be effectively exempt from those restrictions by way of the school's status as an educational institution.

"If the school bought the SoundExchange license, there is legalese in the SoundExchange contract that says if it's for an educational non-profit, those restrictions don't apply."

Although the University was alerted, according to Aberman, in early September of this issue, the station still has not obtained the proper licenses. While this is the case, Aberman indicated that they are still broadcasting primarily in a talk show format, because of the restrictions now in place for music-based broadcasting.

"We have everything except music,

which is unfortunately 90 percent of what the broadcasts were when we were at full power, but everyone who signed up just has this huge passion to be on the radio at all. So we have a lot of people who are doing talk shows. It's been great, just to see the amount of people that continue to show up—that's sort of been the thing that keeps me going."

Aberman says that despite these challenges, he believes WCNU's incoming executive board will have the wherewithal to overcome the issues that have dogged the station thus far.

"I know that the people that I've canvassed for the next [WCNU] E-board are hugely passionate and can definitely make this happen. So I'm pretty confident in it coming back eventually." ■

The View Ruined this Trip to the Bahamas

A participant's perspective on the power of hypnosis found in CAB's hosted hypnotist and comedian, David Hall, on March 16.



Performer David Hall puts participants, like Kyle Gunderson (second from left), in a trance. COURTESY OF SAMATHA STOPPER

BY KYLE GUNDERSON
KYLE.GUNDERSON.17@CNU.EDU

On Saturday, the Campus Activities Board hosted hypnotist David Hall's Comedy Hypnosis show in the DSU Ballroom. As an amateur hypnotist, I would have felt like a hypocrite, or should I say HYPNOcrite, had I not decided to raise my hand and volunteer. What follows is the experience of a hypnosis show from someone intimately familiar with the process:

The night began with three tests of susceptibility, an effective practice for finding the most entertaining volunteers. Hall's tests involved reactions to imagined situations.

He had the audience clasp their hands with separated fingers. They had to imagine their hands were magnetic and those whose fingers collided were more susceptible.

The other two tests involved weight. With two hands out, the audience was told with their eyes closed to imagine

one hand held an invisible bowling ball with ever increasing weight and the other was tied to an ever-lightening helium balloon. Those that reacted reasonably to all three tests were the night's stars.

From the stage, the true spectacle began. This is where what hypnotists refer to as 'induction,' starts. For a clear example, this is when the hypnotists in the movies wave their pocket watches and say, "you're getting very sleepy."

The induction Hall used is one I've become familiar with. It uses relaxation to pull participants closer to the trance state. My experience was not unknown to me as the sensations of calm spread to my body and my eyes saw a light brown fog. At one point however, my eyes began to flutter as we drew closer and closer to sleep. The final step was a simple countdown to full immersion.

At this point there are two reactions that I had had. One reaction is total blackout. The other which I had this time was a state of continued fog until a suggestion is given. Our first situation, a trip to the Bahamas was incredibly intense. While the changes in temperature Hall prompted did not quite feel the same as normal ones, my body undeniably reacted to the world he created, shaking and shivering.

From there, many of the situations we were placed in involved opening our eyes.

While this is essential if a hypnotist wants the audience to be closer to the performance, seeing the real world in front of me broke the spell to a degree.

Whenever a suggestion was given, direct commands worked, but the world was a bit broken.

The show ended abruptly, but overall it was a thoroughly enriching experience. Other hypnotized individuals reported similar experiences.

While I recommend every individual at some point attend a hypnosis show and volunteer, there is a chance like this instance where a hypnotist will make design choices which may make the true experience short lived.

Be sure if you see a hypnotist, that they are focused on you and not the audience laughs alone. ■

Why Are You Reading this in English?

Dr. Alastair Niven's lecture on March 19 inspired students to question the dominance of the English language.

BY MORGAN BARCLAY
MORGAN.BARCLAY.15@CNU.EDU

Why are you reading this paper in English? While there are many gut reaction answers to this question, Dr. Alastair Niven sought to uncover a deeper answer to these questions in his lecture, "The State of English Language Literature in the 21st Century."

An extrapolation of his work as an author, literary scholar, critic and fellow at Harris Manchester College Oxford, Niven's lecture focused on the continuing dominance of the English language around the world.

Sponsored by the Tribble Library College of Social Sciences, The College of the Arts and Humanities, The Honors Program, and the Department of English, this lecture occurred on Monday, March 19 in the Gaines Theater.

This lecture worked as an extension of the continuing relationship between Christopher Newport University and Harris Manchester College.

Niven began his lecture by relaying his relationship to Christopher Newport through the summer study abroad program at Oxford, stating that the Christopher Newport students he encountered were "outstanding in ability and charm." Using this relationship in the context of his visit, Niven dove into the meat of the lecture.

"Did any of you ask to borrow a rubber...?" inquired Niven after asking how many of the audience had been to the United Kingdom. He humorously used this as a classic example of the differences in the English language between the Britain and the United States. Even though they are technically the same language, there are many differences among them. Niven referred to English around the world as a "multitude of Englishes."

This adaptability and potential for change within the English language fascinated Niven, as he studied literature, specifically in the post-colonial era. Intrigued by the use of English by colonized writers, he looked specifically at the history of the English language within India.

Niven read excerpts from colonial writers of the time while maintaining an air of distance from them.

He referred to one particular source, Lord Macaulay's Minute on Education, as having a "condescending tone of colonial arrogance." He enlightened his audience on how less than 250,000 Indian people out of their 1.237 billion population consider English as their native tongue, but continue to use it as the language of secondary education and government within the nation.

Enforced during the time of British colonization for its assumed supremacy over the native languages, English continued throughout that time into present day, where it is used despite local outrage.

While it would have been easy to settle into the idea of English's continuing supremacy due to the past colonization of the era, Niven dug deeper into the idea, looking specifically at colonized writers who wrote in both English and in their native tongue.

Looking at Ngugi wa Thiong'o, a Kenyan writer, Niven discovered the contrasting reactions to the same work published in English versus his native tongue, Gikuyu. This led Thiong'o to question about his placement within the community, asking, as quoted by Niven, "for whom does the African writer write...?"

Although this is not a question that Niven expects Thiong'o to answer, he revealed tension through this choice of language in his story. In answering this question, Niven looked to American writer, James Baldwin.

Looking specifically at Baldwin's use of

his dialect of Harlem-English within his works, Niven found the answer. English, he concluded, through its ability to form these dialects to adapt to certain communities, and communicate these differences of community, allows the colonized writer to express both parts of their own native cultures while maintaining a level of communicability within the greater world.

To solidify this point Niven ended his piece by asking the audience to compare two different phrases, "I thought it was a nice day," and "My insides told me it was a nice day." An example from a Chinua Achebe novel, Niven expresses the power of English to communicate a wide range of cultures and

localities. A small difference in a phrase like this allows for a completely different culture to shine through the words, in a way that, Niven, suggests other languages cannot create.

"English is a language of infinite capacity and energy [that] grows, accumulates, acquires, takes root in other places in the world." This power of English is what has allowed for its continued dominance around the world.

After concluding the speech he fielded several questions from the audience before the lecture was over. There were a number of different student reactions to the lecture.

The daughter of a diplomat in Germany, freshman and writer for The Captain's Log Kristen Ziccarelli, came to the lecture with her own specific background.

As an American citizen who spent part of her childhood in Germany she has a

substantial background in both English and German languages.

Drawing on her background, she drew parallels between the English language and the German language.

"All three German-speaking countries in Europe have different cultural idiosyncrasies, and even different parts of Germany have completely different accents, mannerisms and ways of speaking... but the fascinating thing is that they're technically speaking the same language," Ziccarelli says.

Although German does not have the same array of differences in dialect that English does, Ziccarelli was able to see the direct implications of Niven's ideas in practice.

That said, Ziccarelli wished there would have been a more impassioned push for writers to write within their own dialects: "I think he could have inspired writers to write in their own style, as he used the example of Nigerian writer Chinua Achebe and how determined he was to write in his own style and make his own legacy in the face of other 'monolith' writers."

Sophomore Matthew Scherger expressed similar sentiments. As an assistant editor of The Captain's Log, he describes how he always tries to find the balance between honoring someone's voice and maintaining a level of professionalism and communicability within the paper.

Although Niven did not give specific answers, Scherger says that he enjoyed the discussion of the topic, and will be reflecting upon these balance even more, given the importance of these choices as emphasized by Niven.

Both students commented upon the struggles of utilizing the power of the English language as described by Niven, but are excited by the prospect and different perspective of using the English language as a way to maintain diversity within cultures.

Delving into the complex reason as to why you are reading this in English, Niven's speech inspired many Christopher Newport students that attended, and answered the question, "why am I reading this in English?" ■

"English is a language of infinite capacity and energy."

-Dr. Allistair Niven

Spring 2018 CNU Farmers Markets

MARCH 15TH, 22ND, 29TH

APRIL 5TH, 12TH, 19TH

YORK STRIP, 3PM - 6PM

1000 UNIVERSITY PLACE, NEWPORT NEWS 23606



New Club PERIOD. Normalizes Menstruation

PERIOD. works to ensure hygiene products are available for women and educates students through their 'Menstrual Movement.'



BY ANNA DORL
ANNA.DORL.17@CNU.EDU

PERIOD. is an international non-profit organization with chapters across the world, one of which has been established at CNU this year.

The group is leading what they call the "Menstrual Movement" through service, education and advocacy.

They collect and provide hygiene products such as pads and tampons to those in need, destroy the idea of menstruation as a taboo topic and speak out about public issues and controversies including the tampon tax.

CNU's chapter of PERIOD. has only been around since the beginning of the semester, but has already begun to accomplish all of these objectives.

"CNU students have a track record of helping the Newport News community and solving problems we see directly

in our own community. We wanted to be part of that [with PERIOD.]," says Ashley McHenry, the president of CNU's chapter of PERIOD.

After reading an article about the organization over winter break, she decided that it needed to have a presence at the university.

One of PERIOD.'s main objectives is to collect hygiene products and distribute them to those who need them, whether that is to the homeless downtown or students on a college campus.

"The campus only has one pad/tampon dispenser on campus at the top floor of the DSU. Menstruators at CNU deserve more than that," says McHenry.

PERIOD. at CNU recently completed a pad/tampon drive collected through tabling in the DSU and boxes in residence halls, but they are always accepting donations.

The club is hosting an educational event on Thursday, April 12 at 7 p.m. in McMurrin 101, offering free pizza to those who show up.

Through service, advocacy and education, PERIOD. continually works toward their mission.

"I think, especially in these tumultuous times, we really want to help and work toward a goal, but we are not entirely sure what that goal could be. I think PERIOD. has been a really great structured platform for us to actually get some work done," says McHenry.

If you want to get involved with PERIOD. at CNU, contact ashley.mchenry.16@cnu.edu to donate hygiene products, learn about upcoming events, be added to the email list, and/or become a member.

The club hopes to gain members and grow in order to help normalize the conversation around menstruation. ■



(Top) Tamara Smith, Vice President and Special Events Coordinator, poses with pads surrounding her. (Bottom) Ashley McHenry, the PERIOD. chapter President poses on the Great Lawn. PHOTOS COURTESY OF ASHLEY MCHENRY AND MADI WILLIAMS

Dr. Lisa Spiller's Fourth Edition Marketing Textbook Is Available For Purchase

Luter School of Business professor Dr. Lisa Spiller explains the process of publishing a Digital Marketing resource.

BY KATIE KRYNITSKY
KATIE.KRYNITSKY.14@CNU.EDU

Distinguished professor of marketing in the Luter School of Business Dr. Lisa Spiller released the fourth edition of the "Direct, Digital and Data-Driven Marketing" textbook this year.

Colleges and universities in 34 states and six universities have used the previous editions.

"I've tried to keep the traditional foundations from each book, and carry it forward to keep up with modern time and technology," says Spiller.

Spiller has crafted her style of writing with the aim to engage students and keep them interested while reading the textbook.

"I write a book how I would want to read it. I think about what makes a textbook easy to read so that my students will truly learn from it," she says.

"I've started featuring Hampton Roads area companies and nearby local businesses in my examples. I even included the Washington Redskins since so

many students from CNU are from the Northern Virginia area."

Spiller's goal was to make the learning come naturally to students.

"I try to make learning fun in this textbook; I've progressed with each edition to have more fun-writing and storytelling throughout. Writing a textbook is hard work, but once it is out there, you know you have done a good thing and that people are learning from it," says Spiller.

Spiller even included Rosemary Tribble's non-profit organization, Fear 2 Freedom, in this newest edition of the textbook.

"I have such admiration for Rosemary and what she has done," she says. "Her target audience for the organization is college campuses, so

I figured this was a great way to reach out to them."

dents across the world, Spiller switched to Racom Communications publishing company in order to get the book printed in paperback form rather than only offering a hardcover option.

Spiller co-authored the first edition with Martin Baier, direct marketing founding father and legend.

"He's in the direct marketing 'hall of fame.' My deep passion for higher education in marketing, and especially in direct, digital and data-driven marketing, first sparked when I met Martin," she says.

Baier wrote the first direct marketing textbook in the country, but never revised his original publication from 1983 as

the years went on.

Spiller then approached him at a marketing function about updating the book for professors to have a more time-relevant resource to utilize in the classroom.

"He responded to me by saying, 'I'll do it if you do it with me.' I couldn't say no," she says.

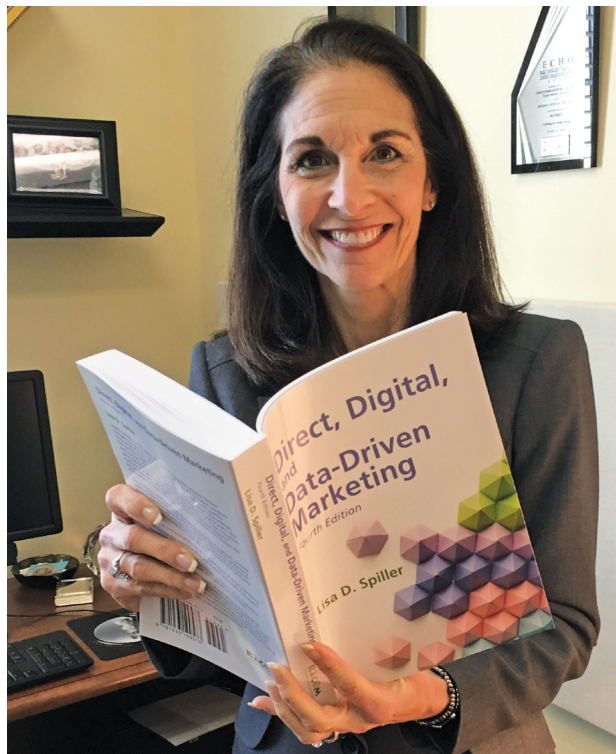
She revised the following editions and included his name on the cover, but once he passed away in 2016, she decided to dedicate the textbook to him in gratitude for all he'd done for her and the entire direct marketing industry.

"His keen intellect and business vision, combined with his many significant intellectual contributions, will live on forever in our marketing discipline. Our friendship lasted decades. We made a synergistic team right from the start."

Dr. Spiller is now in her 27th year at Christopher Newport University.

"It would be hard to find any other job that I could love more than teaching here," she says.

"It's a family." ■



Dr. Lisa Spiller poses with her newest textbook.
PHOTO COURTESY OF THE OYSTER POINTER

To make the textbook more affordable for stu-

but never revised his original publication from 1983 as

Hampton Roads Community Gathers for 51st St. Patty's Day Parade

Locals and visitors celebrate Irish heritage in Norfolk.

BY KELSEY SCHNOEBELEN
KELSEY.SCHNOEBELEN.14@CNU.EDU

On Saturday, March 17, thousands of people were gathered in Ocean View in Norfolk, Va. for the 51st Annual St. Patrick's Day Parade.

The parade started at 10 a.m. Saturday at Northside Middle School before the floats and participants made their way down Granby Street.

Chesapeake resident Jackie Stephens, who has been attending the parade since 1988, says her favorite part of the parade was the

"diverse representation of the community."

It's been a tradition for Stephens to attend the parade with her family and friends year after year on the day everyone can be Irish.

Present at the parade were Girl Scouts, firemen, antique cars, politicians and high school marching bands to name a few.

The real celebration for those over 21 began when the parade was over at the Knights of Columbus on West Government Avenue, where the parade route concluded.

At the Knights of Columbus after party, there were

over 100 vendors and live music to entertain the crowds of people.

Local cover band Tide-water Drive kept the group dancing for hours, playing a wide variety of music ranging from current bops by Bruno Mars to disco dancing tunes by Donna Summer.

Rumor has it, the funnel cake food truck could fry up anything you dream of: pickles, moon pies, twinkies, snickers... you name it.

The parade has been raging on for 51 years, and look no further to the fun times had by many on Saturday for proof why. ■



"The Paddy Wagon" drives by in the Norfolk parade, decked in green with local residents waving flags to show off their St. Patrick's Day and Irish pride. COURTESY OF HOPE STEPHENS

JOIN THE STAFF!

The Captain's Log is always looking for new members. If you're interested in becoming part of our team, email editor-in-chief Melanie Occhiuzzo at clog@cnu.edu

**Interested in:
Writing,
Editing,
Design,
Photography,
Video,
Digital content,
Business or
Advertising?
Then there's a place
for you at The
Captain's Log.**

