



THE CAPTAIN'S LOG

THE VOICE OF CHRISTOPHER NEWPORT UNIVERSITY STUDENTS

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UPSET AND THE CENTURY

(Above) CNU Football celebrates the team's 100th win, a 51-39 win over Salisbury. (Right) Coach Kelchner hoists the Oyster Bowl trophy in 1991. **PHOTO COURTESY OF DAVID FURROW/FILE PHOTO BY KATIE BRACKETT**

CNU passed the milestone with a major 51-39 upset over Salisbury.

BY BEN LEISTENSNIDER
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A six-game losing streak was not enough to bring down the Captains as they pulled off a major upset against the 18th-ranked Salisbury Seagulls to secure the program's 100th win. The win brought the Captains record up to 2-6 and dropped the Seagulls to 5-2.

Early on, it appeared that the Captains would be in for a long game when Salisbury scored only 36 seconds into the game.

Junior running back Daquan Davis got things rolling for the Captains when he found the endzone just two minutes later, pulling in a

RECAP CONTINUED ON PAGE 10

The Captains have a history of football success, going all the way back to their first season.

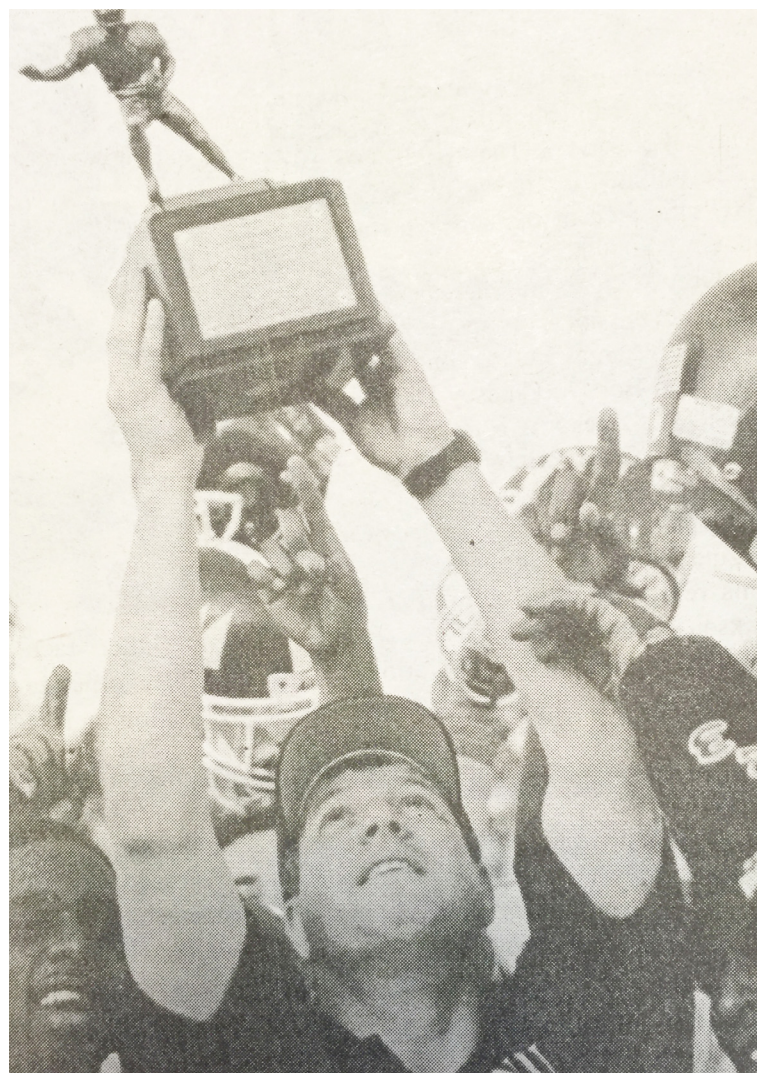
BY BEN LEISTENSNIDER
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The Captains made history as they took down 18th-ranked Salisbury 51-39 to secure the football team's 100th win. This achievement comes in the program's 15th season.

The first season

The team got its start in the year 2001. The Captains started the season off in less than ideal terms as they lost the first game of the season at home against Salisbury on Sept. 1

HISTORY CONTINUED ON PAGE 3



For coverage of this week's women's sports conference tournaments, check out CNU TV's videos on our Facebook page

News pg. 4

CNU joins the the business of biotechnology: a look at the new program

A&E pg. 15

The month of the Mockingjay: a preview of "The Hunger Games"

Weekly pic

Sisters of Gamma Phi Beta perform in Alpha Phi Alpha’s Stroll to the Polls III. The sisters ended up finishing the day in third place. Photo by Ben Leistensnider/The Captain’s Log



Online this week

Check out these videos on our Facebook page.



Stroll to the Polls

CNU TV recaps the best sights and sounds from the third annual Stroll to the Polls.



CNU TV intern scares students

Watch CNU TV intern Tylar McGill scare some CNU students in celebration of Halloween. Don’t worry, she gives them candy at the end.



Who runs the world? CNU Women’s sports!

In case you missed it, you can watch CNU TV cover the Queens of CNU athletics. Find out how our CAC leading ladies did amongst the hustle of Homecoming weekend.

Happened

Oct. 31

Difference Makers CROP Hunger Walk

From 11 a.m. to 2 p.m. volunteers began their walk on the Tribble Plaza and continued around the Great Lawn. There was food and music, and guest speakers. Walkers, dressed up for Halloween, raised over \$1000. Read more on page 15.

Nov. 3

Fear 2 Freedom Celebration Night

At 6 p.m. in the DSU Ballroom, students volunteered to make care kits for victims of sexual assault, and took them over to Riverside Hospital. These kits included clothes, shower supplies, goodies, and a Fear 2 Freedom teddy bear.

Oct. 31

Stroll to the Polls III

This Halloween, Alpha Phi Alpha hosted their annual “stroll-off” competition with educational speakers to educate students on the importance of voting. See pictures on pages 8 and 9.

Oct. 31

CAB presents... Haunted House: 13 Fears

This year, from 8 to 10 p.m. in the auxiliary gym, CAB’s Haunted House returned featuring people’s 13 greatest phobias: clowns, creepy crawlies, and the dark.

Happening

Nov. 4

True Life

This Wednesday, in the Gaines Theater at 8 p.m., student organization Spectrum and Dr. Stern will talk to members about CNU’s Queer community. Students are invited to attend and learn about fellow Captains’ identities.

Nov. 6, 4-6 p.m.

DTM’s Pumpkin Smash

From 4 to 6 p.m., Downtown Ministries is hosting a pumpkin smash between the DSU and McMurrin. Students can donate \$2 to \$4 to smash leftover pumpkins from this Halloween. Read more about DTM on page 15.

Nov. 7

2nd Annual Civic Movements and Democracy Conference

This Sat. from 8:30 to 2 p.m. in the Freeman Center, this conference seeks to explore how citizens of all countries can speak up for the common good. Registration closes Nov. 3, 5 p.m.

Nov. 6 & 7

CAB presents... Movie: Jurassic World

At 9 p.m. both nights in the Gaines Theater, CAB is screening the newest film of the Jurassic series. With a new hybrid dinosaur species, and a remote island full of tourists, what could go wrong?

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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.

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



Running back Daquan Davis had the team's first 100-yard game of the season and three touchdowns against Salisbury. ALL PHOTOS BY BEN LEISTENSNIER/THE CAPTAIN'S LOG

HISTORY CONTINUED FROM PAGE 1

by a slim 13-6 margin. The team would go on to lose the next two games before securing their first victory against Greensboro on Oct. 6, 35-10.

Less than a week later, the Captains hosted Cowan on Oct. 13. The team's 21-15 victory, driven by 100-yard performances by running backs Thomas Thornton and Kaveh Conaway, was the first win ever registered at POMOCO Stadium.

The Captains would go on to finish the season 5-4 overall and 5-1 in the Dixie Conference.

By being the co-conference champions, the Captain advanced to the NCAA tournament, which made CNU the first program in any division to qualify for the tournament in its first year.

Postseason play

Although qualifying for the NCAA playoffs in both the 2001 and 2002 season, the Captains were not able to make record their first postseason win until 2003.

After winning what was a program record eight games, the Captains' expectations were high as they headed into a Nov. 22 matchup against Muhlenberg. Trailing 20-17 with just three minutes left in the game, CNU quarterback Phillip Jones found Nathan Davis for the game-winning touchdown that put the Captains up 24-20.

That was the first of three times that the Captains advanced to the second round of the NCAA tournament, the most recent of which occurred last season. Although the Captains have only been to the second round twice, the team has been to the postseason 10 times.

A change in conference

Up until this season, the Captains were members of the USA South, the current name for what used to be called the Dixie Conference. They had an incredible end to their time in the conference as they finished the 2014 season 7-1 to secure their 10th and final USA South title.

The team has had a much more difficult time in their new conference, the New Jersey Athletic Conference. After winning their first game against The College of New Jersey, the Captains have dropped six in a row—five of which were NJAC matchups—to guarantee the team's first ever losing season ever.

The man behind the team

Throughout the highs and the lows, the Captains have found a reliable and familiar face on the sidelines—Head Coach Matt Kelchner.

Kelchner, who graduated Susquehanna University in 1982, has a long football history. After graduating, Kelchner jumped from place to place for the next two seasons, spending time at Mansfield University and Dickinson College.

He found stability at his next job when he joined the William & Mary staff in 1984. He stayed with the Tribe for 16 years, a time over which he coached individuals such as Mike Tomlin, who became the youngest head coach to win the Super Bowl when he accomplished that feat in 2009 with the Pittsburgh Steelers.

The 100th win

It was fitting that the team's 100th win came against Salisbury, the first team that the Captains ever faced. Daquan Davis had three touchdowns on the day, while Taylor Loudan was another key player for the Captains in this game, becoming one of only three CNU receivers to record over 200 yards in a single game. A majority of that yardage came from senior quarterback Tyler Quigley who finished the game with over 300 yards in the air.

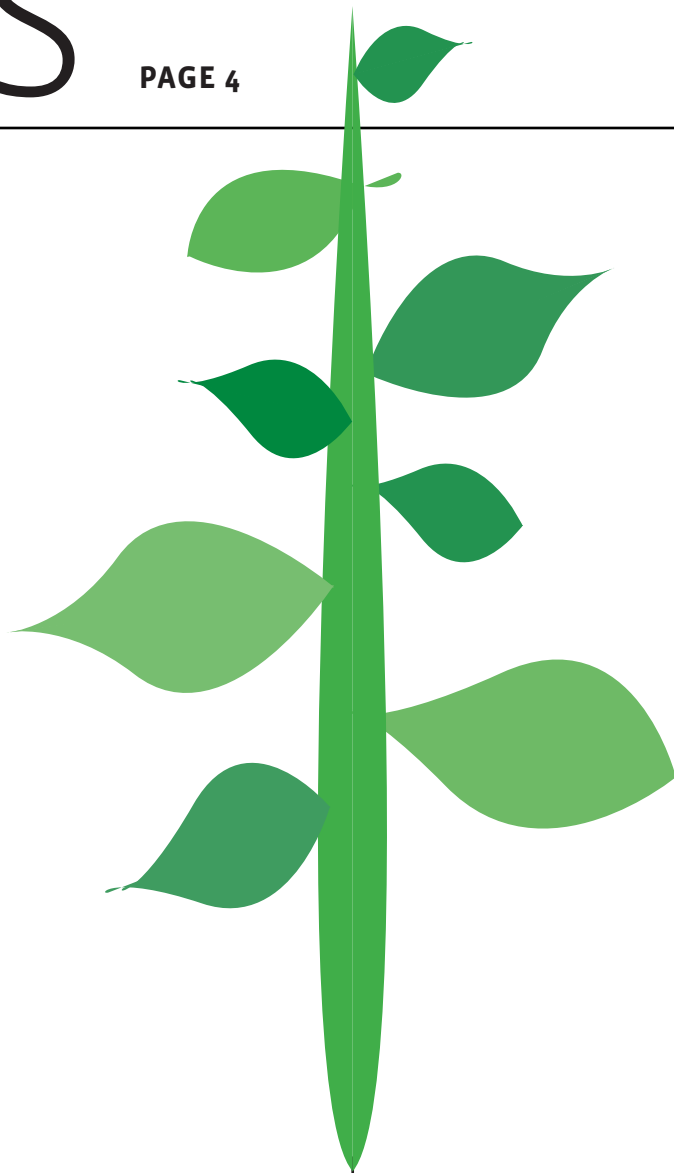
In addition to a strong offense, the Captains' defense made itself known at times. Of note was senior Mic Edwards who helped cement the Captains victory with a pick six late in the fourth.

For more in-depth coverage of the historic win, a full game recap can be found on pages one and 10. ■



(Above) Head Coach Matt Kelchner has stuck with the team since its first season in 2001. (Below) No. 14 Mic Edwards clinched the game with a pick six in the fourth.



GRAPHIC BY
JOSH REYES

CNU joins the business of biotechnology

The new program prepares students for careers in the field of biotechnology.

BY SAM CAMILLETTI

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The university will launch a new biotechnology and management program next fall to provide students the means to enter the growing field of biotechnology.

"[Biotechnology] has been around forever, since tribal medicine men tried to create herbal remedies," program director Dr. William Donaldson said.

Biotechnology is one of the fastest growing industries in today's economy, according to Donaldson. The program is currently open only to admitted freshmen.

"There's a big world out there in biotechnology. We wanted a program that captured the attention of the other [career fields]."

Two new classes were created to capture this attention: Biotechnology Management 210, which will cover the com-

mercialization of biotechnology, and the "capstone project" Business 442, which will elaborate on the foundations constructed in Business Management 210.

"[Business 442] will be a very disciplined approach to the product development cycle, the testing cycle, and the market opportunities document and market requirements document," Donaldson said.

Donaldson, who has considerable experience as an eight-time CEO and product developer in the biotechnologic field, will serve as the professor for both classes.

In addition to lectures, the program offers hands-on experience with a biotech firm through an internship component, where students will act as consultants to biotechnology firms.

As consultants, students may conduct deep market research into the need for a drug or take part in competitor analysis.

CNU is negotiating with a variety of firms to secure internship programs.

"[It's] real work with real companies and real opportunities," Donaldson said.

Currently, the program has an internship partnership with four local businesses, to include Virginia Biofuel and Eastern Virginia Medical School.

The internship will be scheduled the summer before senior year.

Students will also attend four seminars as part of the program.

Though details have yet to be finalized, the seminars are expected to be led by emerging managers in the business world.

Donaldson said he is in talks with the owner and chief officer of VA Biofuels to join the series. He will discuss alternative energy.

The seminars will be similar in format to the President's Leadership speakers series.

While only admitted freshmen can currently apply, the program requires at least a 3.7 or 4.0 GPA, a minimum of 1250 on their SATs and to complete an essay.

This creates a "very small cohort," but "a cohort of people that really want to change the world with biotechnology," Donaldson said.

Donaldson said that there is a chance that currently enrolled students can apply to the program if the program doesn't fill up.

With this broad range of experience-gathering, Donaldson hopes to create future employees who are as proficient in the lab as they are in the boardroom.

"The world is interdisciplinary," Donaldson said, quoting a tagline from the department chair's email.

It doesn't recognize the boundaries between bio, biochem, chemistry, and technology." ■

Splitting the vote

Delegates debated a proposal to gain voting power in eboard elections.

BY JACK JACOBS

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Delegates sparred over a proposal to give themselves the ability to vote in executive board elections at its meeting on Nov. 2.

Tim Laboy-Coparropa, senior and chairman of the legislative affairs committee, presented the proposal.

He said giving delegates voting power would create better elections by introducing informed voters into the process, rather than rely on the student body.

"The view behind [the proposal] is to facilitate transitions [of delegates into executive board positions] and also to get rid of the election becoming a popularity contest," Laboy-Coparropa said.

The proposal calls for a vote by Student Assembly weighed equally with the votes of the student body to determine the presidency, vice presidency and the position of vice president of finance for Student Assembly.

The executive board consists of five positions.

Three are voted into office in a general election. The other two are elected by the Student Assembly delegation.

Some delegates supportive believed the delegation to be more informed about candidates than other students while others questioned the fairness of the proposal.

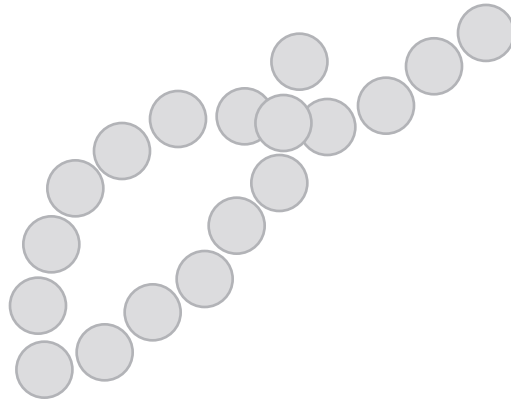
"[Delegates] see firsthand the effect [candidates have] around this university," Blake Helfin, junior and chairman of academic affairs, said in support of the proposal.

"For a room of 25 people to make the decision for 5,000 students and have that be half of what the decision is isn't entirely fair, Gracie Peck, senior and delegate, said.

The proposal is in its planning stages and can't be voted on until a formalized proposal is created.

Adoption of the proposal would require an amendment to the constitution. ■

In support of CNU's student veterans



Former military speakers and a film about PTSD round out Veterans Day event series.

BY LYDIA JOHNSON
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CNU's Student Veterans Organization has planned several events next week to recognize student veterans and their families starting on Nov. 9.

Student Veterans Organization is a support group for military and veteran students. The main goal of Veterans Week is to increase awareness of student veterans on CNU's campus.

This year, SVO has turned Veterans Day into a week-long event to include a veteran panel, a movie screening, a recognition ceremony and a talk with a recipient of the Distinguished Service Cross.

"Coming from the military, they have their own set of problems they have to face. We just want to bring the entire CNU body together to support them as well as to find out what they can do to support other students," junior Ian Anderson, SVO president, said.

He said that it's possible that when returning veterans arrive at college, they may feel like they don't connect with the majority of students, who themselves may not have a connection to the U.S. military.

Veteran's Week events kick off Monday, Nov. 9 with an information session. Non-military students will have a chance to meet student veterans and learn about the week's events.

Student veterans as well as their families will have the opportunity to sign a large banner that will hang in the DSU for the whole week while at the information session.

Tuesday, a panel of retired

military members will compare the military experience in the past and the military experience today. The panel will include veterans from WWII, Vietnam and Iraq.

The Institution for Veterans Education and Training will present "Project 22," a film about PTSD made by combat veterans on Wednesday, which is also Veterans Day.

IVET is a local organization that provides job placement, grants, training and other services to veterans.

The film follows two veterans on a cross-country motorcycle trip as they meet other veterans and see the various forms of PTSD therapy they use.

The film also shows the different challenges veterans face when they return home from their service.

IVET founder and retired brigadier general Jeffrey Horn will be at the screening to answer questions.

SVO will hold a Veteran's ceremony on Thursday to honor veterans of the CNU faculty, staff and student communities. Lessons of Combat, Friday's event, will feature a speech by retired Lieutenant Colonel Rich Rinaldo, who was awarded the Distinguished Service Cross for his service during the Vietnam War.

Rinaldo will speak on his experiences and the knowledge he has gained in the military.

SVO encourages all students to attend regardless of whether they serve or have served in the military.

Under the Helmet, the "Project 22" screening and Lessons of Combat are PLP passport and Honors events. All events also count as Plunge experiences. ■

News analysis: GOP candidates grapple at debate



Donald Trump and Ben Carson lead the Republican field. SLATE

Frontrunners held onto leads with some moving up after debate performance.

BY CHRISTOPHER GABRO
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The cream of the Republican nomination hopefuls more or less consolidated their standings in the CNBC debate on Oct. 28.

Donald Trump

Trump was the most restrained the nation has seen the reality icon.

He showed a reserved side and refrained from attacking other candidates.

Governor of Ohio and presidential candidate John Kasich attacked Trump when he said "I've heard them talk about deporting 10 or 11 (million) people here from this country out of this country, splitting families," in reference to Trump's immigration plan.

Trump in turn criticized Kasich's work with the Lehman Brother.

Trump questioned if Kasich can revitalize the economy when he couldn't do it in his home state of Ohio.

Trump denounced gun-free zones. He said, "[gun-free zones] are feeding frenzy for sick people."

Trump pushed his gun agenda through fear mongering, referencing recent shootings.

When asked if he carried a gun he said, "I like to be unpredictable."

Trump boasted about his negotiation with CNBC to shorten the debates from three and half hours to two hours.

Trump said this is a sign of his outstanding negotiation abilities.

CNBC moderator, John Harwood said, "just for the record the debate was always going to be two hours."

Ben Carson

Carson defended his flat tax plan of a 15 percent rate,

which he states will be "the real growth engine."

He asserted that after the loopholes and deductions are taken to account there wouldn't be any errors in his calculations.

Carson said he believed in marriage as being between a man and a woman. He also said no one should be considered a homophobe if they don't hold this opinion.

He maintained his composure as the moderator tried to put his policies and former activities under scrutiny.

Marco Rubio

Rubio was able to put himself at the forefront of his party at the debate.

He responded well to criticisms and attacked both the mainstream Republican Party and the Democrats.

Jeb Bush, a candidate for the nomination and former governor of Florida, attacked Rubio when he stated, "[the Senate] was a six-year term, and you should be showing up to work."

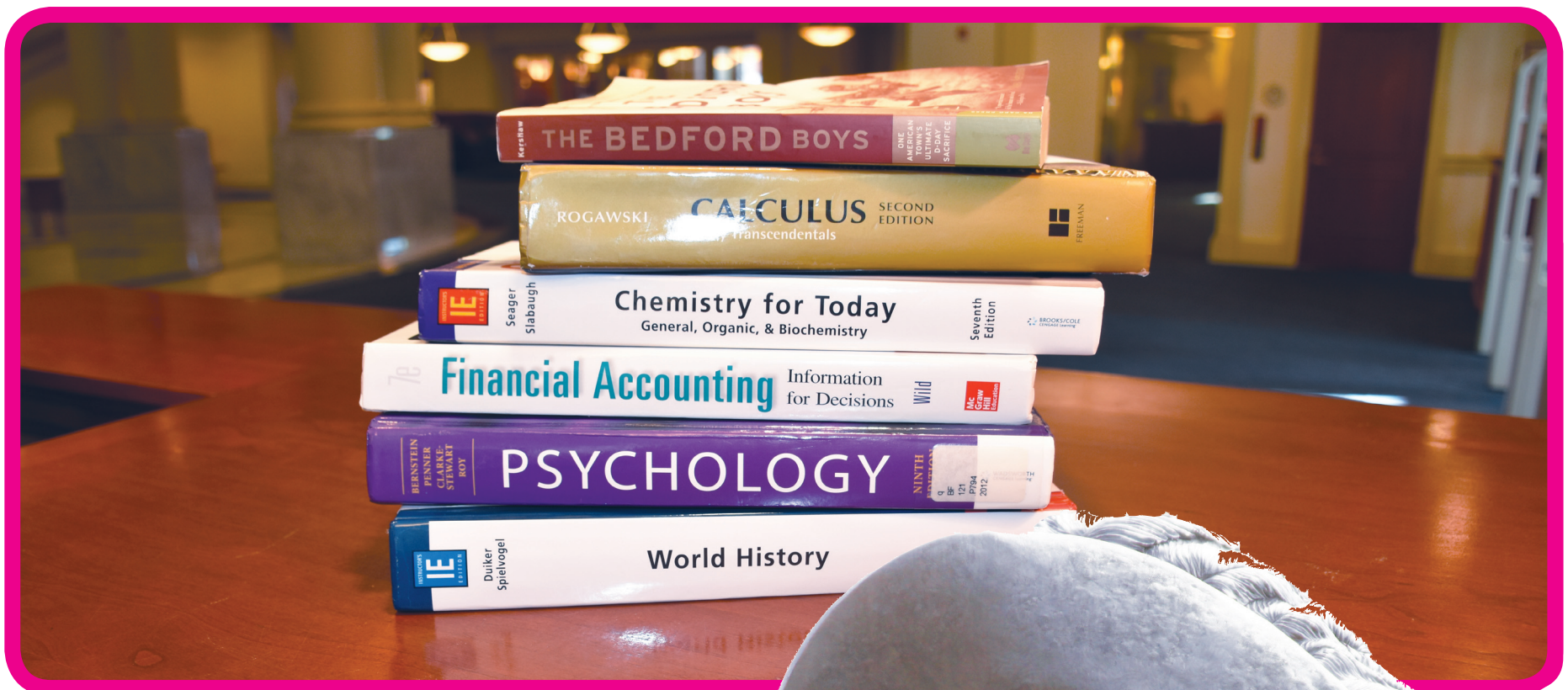
In response, Rubio said, "someone has convinced you that attacking me is going to help you—it's not."

Rubio put Americans at the forefront of this platform when he said, "I'm not worried about my finances. I'm worried about the finances of everyday Americans."

He has proven from this performance that he is not one to be counted out. There's a possibility that he may turn into the face of the Republican Party soon as his poll numbers rise.

In a Wall Street Journal poll released Oct. 29 that polled voters who plan to vote in the Republican primary, Carson sits at 29 percent while Trump has fallen slightly to 23 percent and Rubio has surged to 11 percent.

The trio leads a field of 10 candidates. ■



CNU’s liberal arts curriculum covers a variety of subjects, and students should embrace the diversity of the classes they take. ILLUSTRATION BY JOSH REYES

Embracing the liberal arts at CNU

Students who gripe about the liberal learning curriculum should appreciate the effect that diverse classes have on their personal growth.



RACHEL WAGNER
STAFF WRITER

But what does any of that actually mean? Here at CNU, we have our liberal learning curriculum. These courses are loved by some, and as a freshman I can already tell, hated by others. If you are an English major, what good does it do you to take several science courses with labs? What does a math major do with history, or art? Why do any of the areas of inquiry exist? It seems more often than not that students are forced into classes they struggle with, and that makes

The point of a liberal arts education is to give students a wide range of skills; to make them well rounded. Some people, when speaking about the liberal arts, even argue that it feeds the soul—through learning about a variety of disciplines we as students expand our horizons and our ability to think critically about our place in the world and the power of education.

them miserable. And yet, we all came to CNU knowing that this is a “Liberal Arts Institution.”

Liberal arts education, in its purest form, means a free education. What is the purpose of education? More than finding answers, I think education should be about forming questions.

Delving into unknown territory, and realizing passions you never knew you had—that is the beauty of the liberal arts. They can open students up to subjects they had no idea even existed.

Taking a wide range of courses may not prepare students for their vocation, but it prepares them for life. They learn to think critically, and if liberal arts are taught well, they will see overlap between their courses in terms of skills. That is one of the many purposes of a liberal arts education.

That being said, does CNU live up to the hype? I think that what makes liberal arts effective depends on the student’s understanding of the purpose behind the skills they are learning. Without explanation, these courses are frustrating and seem unnecessary.

With explanation, students might come to value the way the curriculum is put together and what the courses offer them, not in terms of simply a grade, but

in terms of preparation for life.

I believe that CNU has been successful as a liberal arts institution because we offer more of that explanation than other institutions. As a freshman, I’ve had several courses that fulfill my areas of inquiry already this semester. They have introduced me to professors I love and subjects I was never ineterested in before. Any education can be strongly influenced by faculty, and it has been said that the best kind of educator is one who makes their students love their subject by witnessing their love for it. That is what I have found in all of my teachers this semester.

Am I an idealistic freshman? Yes, and maybe that will fade with time. But as of right now, I’d say that as far as the liberal arts go, CNU is doing something right.

Students should stay open minded, get to know their professors, and utilize the opportunities for making new friendships and relationships with the students in their courses they would not have met anywhere else.

Think and learn freely, and take advantage of this form of education for all it is. ■

Issues with the language of race

Black isn't a bad word, but we shouldn't categorize people based on their race.



BREA GILLIAM
CNU TV INTERN

Negro, angus, colored, Bantu, coon, mulatto, darkie, mammy and tar baby. All these terms have been used to describe black people, some in derogatory ways, others just as a classification.

The term to describe black people or African-Americans has evolved over time. In the early 19th century we were mainly described as "colored" then it was "African." By the 20th century "negro" had gained popularity. People from the older generation actually preferred this term. In the mid-20th century the terms African, colored and Negro were pushed aside. By the late 1960's the term "black" was heavily used. And then, at a press conference in a Hyatt hotel in Chicago in 1988, Jesse Jackson declared that "African-American" was the term to embrace.

I don't mind being called black; I'd prefer black over African-American. Some people prefer to be called black because African-American may omit their heritage if they were born in the Caribbean or someplace else. People say African-American because they feel it's politically correct. When I apply for a job or take a standardized test, I am asked for my race or ethnicity and I always fill in the circle beside the words "African-American." I fill in that circle because, for some reason, we as human beings put ourselves in these categories. Race is a socially constructed concept.

If you want to categorize someone by their color or where they are from, okay fine I've accepted that. I'm black. You can say it. You don't have to whisper it to me or lower your voice when you say black. I know I'm black. I'm black because you say so. The world says I'm black, so why are you now afraid to say it.

Why did you change black to African-American, to sound nicer? Why did you change colored to negro? Society has put me and you in a category and every so often they give me a new label. Why?

People are so afraid to say black because this category carries negative connotations that are more negative than African-American. The word black has been stigmatized and covered in racial undertones. The word black for women carries stereotypes like a mad black woman or sassy pants and ghetto. I don't understand why people hesitate when they say black or when they talk about race. By saying African-American, you are avoiding race. How?

Because African-American is a gentle term. It suggests that we live in America but have descendants from Africa. I don't care for the term African-American; I suggest that I'm not fully American but part of a subset group. I don't call white people European-Americans. I say white.

To be honest, I don't like any of these labels or classifications. Why do I have to put a check in a box beside white, African-American or black, American Indian or Alaska Native, Asian, Native Hawaiian or even multi-race?

We all bleed red, unless you're Vulcan. We were born into to this world blank, until society taught us what to think about ourselves and others. Labels divide us. Putting humans in categories based on their color causes wars and pain. Why does it matter what color you are?

I feel that we need to evolve the term for black people again. We need to evolve the term for all races again. Remove all the stereotypes and assumptions and just start off blank. I don't have all the answers but let's start from the beginning. My name is Brea. And I'm a human being. ■

The stress of registration

You can't control everything that happens on your registration morning, so you should prepare before you fight for classes.



SAVANNAH TILGHMAN
STAFF WRITER

line stops you short: SPRING/SUMMER 2016 REGISTRATION. But registration, already? It couldn't possibly be—wasn't move-in just a few days ago?

The few weeks after students receive the initial email informing them that registration is near are a spiral of stress that does not exclude anyone. For seniors registering for their final semester, the process is bittersweet, and for Freshman who have never been caught in the frenzy of registering for classes, well, it's just more uncharted territory they have to conquer.

With the registration period looming, fear is a fitting emotion. The fear of CNU's temperamental wifi deciding to take the day off on Nov. 11 at 7:30 a.m. (when Freshmen are able to register), the fear of the class you've been itching to take since you first found out about it filling up before your timeslot, the fear of ending up with an 8 a.m. every day, even the fear of ratemyprofessors.com failing you, we are all afraid of something when it comes to creating our schedules.

And while CNU has resources for us to make the process easier (i.e. advisors, What-if analyses to determine what credits are needed to graduate, and the Undergraduate Catalogue, the add/drop period at the beginning of the semester), there is no way to ensure that everything will go smoothly. All we can do is cross our fingers and prepare ourselves. The infobox to the left provides some helpful hints for a smooth registration:

By now, we have all experienced it—after surviving midterms, after recuperating from the mini-plague of sore throats and congested nasal tracks that sweeps CNU every fall, and after bringing a hoard of sweatshirts from home during fall break, you check your email. The sender "Announcement- Do Not Reply" is comfortable and familiar so you almost scan right over the email, but something about the subject

REGISTRATION 101

1). **A What-if analysis.** This handy tool on CNU Live helps check what credits you need so you don't accidentally forget to schedule yourself for that Spanish class you've been putting off.

2). **Ratemyprofessors.com.** See reviews of potential professors from other students who have taken the class you are considering them for. Everyone has a different opinion, but it can be helpful.

3). **Having a second choice.** Have backup classes. And backup backup classes.

4). **Not getting cocky.** Some classes fill up fast, so don't put off registering.

5). **Ethernet cables.** I wasn't kidding about the whole wifi taking a day off thing. You don't want to get stuck with no Internet connection during your timeslot.

6). **Adding/dropping classes.** This is a lifesaver when you realize that you definitely aren't as excited about that Philosophy class as you were during registration. ■

Distance makes the heart grow fonder

Being far away from family can ironically bring some students closer to the people with whom they've spent their whole lives.



MELANIE OCCHIUZZO
STAFF WRITER

Before college, the thought of hanging out with my parents voluntarily was not something I looked forward to. Sure, I watched TV with them on the weekends and we had family dinner almost every day of the week but that was the extent of our interaction.

Then college hit. I wasn't one of those people who hadn't spent much time away from home before college. I was constantly away, even from a young age. When I was just six years old I traveled to Germany to go to Kindergarten for six weeks with my grandparents. I wasn't afraid of separation.

Instead of feeling constantly homesick and missing everyone, I was more interested in my parents' lives and keeping in touch with them once I left.

I had never before looked forward to a Facetime with my mom or a phone call with my dad.

I feel excited to have them visit and spend time with me. When I'm home I make an effort to sit in the living room and chat. Having my parents at a comfortable distance has allowed me to appreciate them more and even learn more about them the older I get.

There are little things that change when you move away; your mom doesn't always know what you're doing and your dad won't always know who you're talking to, but there is a mutual respect for your privacy that didn't exist before. You find yourself counting down to that first hug from mom and wondering whether or not you should spend your first weekend home in the living room with your dad.

I've definitely grown closer with my parents and having them visit continues to keep me in touch with what I'm missing out on at home. I think the incomplete separation that comes with college really makes a positive impact on your relationship with your parents. ■



Alpha Phi
1st Place

Alpha Kappa Alpha
2nd Place





Alpha Phi Alpha

STROLL TO THE POLLS III

The annual dance competition entertained audiences while spreading voter awareness and raising money for March of Dimes.

BY MACY FRIEND
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The brothers of Alpha Phi Alpha hosted the third annual Stroll to the Polls to raise donations for March of Dimes and voter awareness on Oct. 31.

March of Dimes is an organization that aims to fund research to promote health for

pregnant women and babies.

Three categories determined which group won: the amount of money raised, best dance and most audience votes.

Alpha Phi sorority won first place in the dance competition and also received a plaque for raising the most money for March of Dimes.

The sorority raised \$221.

Alpha Kappa Alpha placed second and Gamma Phi Beta placed third.

In addition to the 11 student organizations performing their "stroll," or dance, a video was screened in which Newport News mayor McKinley Price stressed the importance of voting. ■



Delta Gamma



Gamma Phi Beta
3rd Place



Kappa Delta Rho

CNU XC dominates championship

The men's and women's squads took home the team championships, while sophomore Grayson Reid won the men's individual title.

CNU's top finishers

Men's

Grayson Reid — 1st
William Rabil — 3rd
Andrew Benfer — 4th
Daniel Read — 6th
Jeffrey Dover — 12th

Women's

Lydia Cromwell — 2nd
Logan Harrington — 3rd
Abigail May — 5th
Graciela Slyer — 7th
Briana Stewart — 8th

BY SAM CAMILLETTI
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Both the men's and women's cross country teams captured Capital Athletic Conference Championship titles on Oct. 31 at Jefferson Park in St. Leonard, Maryland.

The women's team collected their third straight championship title, achieving their season goal.

The men's team finally broke the second place curse and captured its first victory since entering the CAC in the 2013-2014 academic year. The women finished with 25 points overall and the men finished with 26 points, both leading second place teams by a large margin.

The women's 6k race began at 10:30 a.m. Continuing her sensational senior season, Lydia Cromwell was runner-up in the race with a final time of 23:03. Two seconds behind was junior Logan Harrington, who finished third overall.

Freshman Abby May also powered into the top-five with her teammates as she placed fifth overall with a time of 23:24. Senior Graciela Slyer registered a solid performance, placing seventh overall with a time of 23:28. This was a new PR for Slyer, which moved her up to 18th on the women's all-time 6k list.

Junior Briana Stewart was close behind with a finishing time of 23:29, achieving eighth place overall. Rounding out the top seven for the team was junior Emmie Schmitt and senior Alexa Tabackman, who finished with times and placings of 23:42/12th and 23:52/17th, respectively.

Among the top-five runners

was a 26-second spread, which was the fastest team spread across the field of 93 athletes.

An hour later, the men's 8k race was underway. Leading the Captains and the rest of the 130-man field, sophomore Grayson Reid had an impressive final posting of 25:20. Reid's efforts on Saturday also earned him the well-deserved honor of CAC Athlete of the Year.

Not far behind was the junior duo of Billy Rabil (3rd/25:33) and Andrew Benfer (4th/25:35). Benfer's solid performance was rewarded with a new PR; it also boosted him to 13th on the men's all-time 8k list.

Sophomore Daniel Read was up next with a time of 25:45 and sixth place. Read also registered a PR and now sits at 18th on the all-time list. Sophomore Jeff Dover was 12th overall with a time of 25:59. Continuing a spectacular first collegiate season, freshman Peyton Artz was 14th overall with a final posting of 26:11.

Rounding out the top seven for the team was junior Charlie Pruitt, earning 15th place overall with a final time of 26:12. Seemingly prepared to win, the Captains are the first team since 2010 to register seven runners in the top-16. They posted a 38-second spread among its top-five finishers, which was the best among all teams present.

The runners weren't the only ones celebrating achievement and hard work; Head Coach Matthew Barreau won the Coach of the Year Award for both the men's and women's teams.

The squads now have two weeks to prepare for the NCAA Regional Championships at the Kernstown Battlefield in Winchester, Virginia on Nov. 14. ■

The 100th win

CNU football passed the milestone with a 51-39 upset over Salisbury.

RECAP
CONTINUED FROM PAGE 1

57-yard touchdown pass from senior quarterback Tyler Quigley.

It was a career day for Quigley who went 19-23 for 306 yards—just the eighth time in CNU history a quarterback has thrown for 300 yards in one game.

Davis struck again with

four minutes left in the first quarter when he punched the ball in from the goal line to give CNU a 14-7 lead. This lead didn't last long, as Salisbury equalized with a minute left in the quarter.

The Captains opened up scoring in the second with a 20-yard pass from Quigley to junior receiver Taylor Loudan, who finished the day with 230 yards. Loudan's performance gave him the third-most receiving yards in a single game.

After Salisbury decreased CNU's lead to 21-17 with a field goal at the end of the second, Quigley struck again. With just 26 seconds left before the half, Quigley managed to sneak the ball into the endzone on the ground from one yard out.

The third quarter was relatively uneventful for CNU's offense as they were only able to score a field goal off the legs of rookie Andrew Harper.

Headed into the fourth quarter, the Captains were up 31-24. Quigley extended the Captains' lead

with another one-yard rush into the endzone, his fourth score of the game.

Quigley's touchdown was followed by another rushing touchdown from Davis, who had the first 100-yard rushing game of the season for CNU.

Although Salisbury scored one play later with a 70-yard pass, decreasing CNU's lead to 44-31, any hope of a Salisbury comeback was halted when the Seagulls' offense took the field.

With just over three and a half minutes left in the game, senior linebacker Mic Edwards was able to return an interception for a pick six.

With a 51-31 lead, the game was all but decided. Even though Salisbury scored once more, the Captains walked away with the 51-39 victory to become only the fourth active Division III team to reach 100 wins within its first 15 seasons.

The Captains will look to have the first win streak this year in their home finale against William Paterson on Nov. 7. ■

Up Next William Paterson

WP

Overall Record: 2-6

Away Record: 1-3

Conference Record: 1-6

Been outscored 283-175



Tyler Quigley had three touchdowns in the 100th win against Salisbury, two in the air and the third on the ground. BEN LEISTENSNIER/THE CAPTAIN'S LOG

CAC playoff preview

It's crunch time for the Captains as three fall sports teams will play in the conference semifinals this week.

BY BEN LEISTENSNIDER
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Three of CNU's fall sports will be playing in their respective semifinals all with the hopes of advancing to the Capital Athletic Conference finals, all of which take place on Nov. 7.

Women's soccer

The top-seeded women's soccer team will kick things off as they play host to fifth-seed Mary Washington on Nov. 3.

With a CAC record of 8-1, the Captains won the conference regular season for the third year in a row.

When CNU and Mary Washington faced each other in the regular season, the Captains were able to take down the Eagles 3-2.

Due to press time, a postgame recap of that game can be found online at thecaptainslog.org

Field hockey

A three-way tie for first place led to the Captains claiming the third seed and a first round bye. Now headed into the semifinals, the Captains will face an incredibly difficult test as they travel to Salisbury on Nov. 4.

The Seagulls—who have eliminated the Captains in the past two postseasons—managed to defeat CNU 3-2 in double overtime earlier in the year.

Volleyball

As of press time, the Captains' opponent for the semifinals remains unknown. What is known, however, is that CNU—who has won the past two CAC championships—will play the winner of a quarterfinal match between St. Mary's and Marymount.

Regardless of who wins, the Captains will play one of the two teams who managed to take them to five sets in the regular season. ■

Women's soccer

Semifinals

Tues., Nov. 3

#1 CNU

#5 Mary Washington

#6 York

#2 St. Mary's

Finals

Sat., Nov. 7



Field hockey

Semifinals

Wed., Nov. 4

#1 Mary Washington

#4 York

#3 CNU

#2 Salisbury

Finals

Sat., Nov. 7



Volleyball

Semifinals

Thurs., Nov. 5

#1 CNU

???

???

#2 York

Finals

Sat., Nov. 7



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The month of the Mockingjay

November marks the last time a Hunger Games movie hits theaters. To honor that, we take a look at the impact of the series.



BY CARTER ROBERTSON
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The time has come for the final movie in the Hunger Games franchise: "The Hunger Games Mockingjay Part 2." These movies have taken the world by storm all because one Suzanne Collins thought of the now infamous girl on fire.

I remember it like it was yesterday: picking up the first book in this series that I would so effortlessly fall in love with and tearing through the pages at odd hours of the morning just trying to see what would become of Katniss and the rest of her friends. I remember finishing Catching Fire late one night with one thought in my head: how much I would have to beg my mother to drive me to the bookstore before school the next day to purchase the final book. Yes, I got my way and read the book very quickly.

These books became everything to me.

When the first movie came out I was able to attend a midnight premiere of the film. Let me tell you that is a memory I will never forget. Because of who I am as a person I arrived at the theater around 4 p.m. and was first in line. The local TV station came out to do a story on the massive event, which landed myself and some friends on TV. The theater held contests while we waited for the movie to start and also served food that was mentioned in the books. Since then I have gone to the opening night showings of all the films that followed and will do so with this final film because to me, traditions are important.

I cannot pick which I like better: the movies or the books. Of course the books show so much more than what a movie ever will, but these movies put the story's whole world in front of me in a way I never imagined. The movies have additions to them that I wish were in the books. For example: the scenes where President Snow is in his home and watching the Head Gamemakers work their magic in the control room. These additions just expanded on the overall story. Many people will say that the books are better and always will be, but with these movies I cannot make a decision.

I have been dedicated to this franchise since the beginning. It brings tears to my eyes knowing that in just a couple of weeks it will be over. I will miss waiting to see what the beloved Katniss, darling of the Capitol, the girl on fire, will surprise us with next. ■

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

The Hunger Games franchise caught my eye after a good friend recommended it to me on a whim. I am a fantasy nerd in all aspects; I devoured the "Harry Potter" series, waited in line for hours to see "The Hobbit" and even spent time on the "Twilight" band wagon as a preteen. Don't pretend at least half of you haven't done exactly the same.

The chance to get in on another franchise was a wonderful way to get me back on those binge-reading nights filled with fandom references and Tumblr trolling for canons. "The Hunger Games" made me see the world in a different way, much like the Harry Potter series did. It focused on things like the "wage gap" between classes and discrimination on their most basic levels.

The characters were more real to me than most other book series because they made decisions a real person would make. Instead of Katniss being wrapped up in a love triangle that absorbed her every thought, she was stuck in an awkward, media-driven love affair while being hunted, in danger of being killed. Her primary focus was not on her hair or her relationship status but on making it out alive, not just for herself but for her family.

The first movie, "The Hunger Games," was a bit disappointing because the directors did what they thought was best with the plot line instead of following the books. The movie was still a success, but the real money maker was "Catching Fire." It really goes to show that following a book almost to the word can make a great film.

"Mockingjay Part 1," the most recent movie in the franchise, was also filmed with great beauty and grace. The director really captured the struggle Katniss faced as she fought for her life in the Quarter Quell. Translating books to movies can be a bit tricky because most of the time, audiences have already invented the characters in their own heads. They have expectations beyond what the director can create, so for a movie to still do well after the book has been out for a while is a small miracle.

With the last movie in the franchise coming to theaters soon, it really makes me want to pull out the series again just to experience the story one more time. Book series like "The Hunger Games" are really great for young adults to read; they teach us that social issues are prevalent everywhere, not just on the news. They show us that everyone shares the same struggles, no matter where you come from. ■

5

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3. Cinebistro
4. Cinema-Cafe
5. Paragon

16

days until the film is released.

Be on the lookout for trailers and amped-up TV spots, as well as the occasional Lionsgate-released GIFs on social media.

137

minutes of final Hunger Games footage.

The final installment is a little over two hours long, but if you're a true fan of the books, that still isn't long enough.

390

total pages in the last book of the trilogy.

Although the film will only cover the events of the second half of the final novel, a total re-read might be a nice refresher.

Facing the music

Opera CNU is set to debut Gian Carlo Minotti's "The Old Maid and the Thief" this Friday.

BY SAMANTHA CAMILETTI
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Gossip, corruption and deceit are all spun into a comedic tale by Opera CNU in its latest performance, "The Old Maid and the Thief." And what is a better weapon of deceit than makeup?

When there isn't a special FX budget to speak of, makeup is both effect and costume. The opera cast is responsible for doing its own stage makeup this year. Professional hair and makeup teams will be there to supervise and give tips before the show, but not during the performance. "I've done my own makeup for shows before, but never when I have to be an old woman," cast member Torrie Buckman, a junior, said.

But the cast wasn't left completely to its own devices. Enter Senior Angel Maimone (the makeup artist behind this fall's "Noises Off"), who gave the cast a crash course on Monday. She demonstrated makeup techniques to make the cast appear old, using nothing more than brown and white eyeliner pencils, lipstick, and powder to set the makeup. There were two main components of the age-inducing makeup: shadows and highlights, which is "what really makes

it come together," according to Maimone.

The makeup may turn out to be one of the easier elements of the show to pull off.

"Everything gets a little crazy and there are a bunch of plot twists and it's really lot of excitement put into an opera in an hour," Buckman said. With only four cast members and 14 scenes, this "fast-paced and melodramatic opera buffa" will deviate from most conventional operas. "It's very short, it's a comedy, and it's in English," Buckman said, "so it's not your typical opera."

Luckily, the show is also unique

"The Old Maid and the Thief" opens Friday at 8:00 p.m. in the M&T Hall

THE SHOW RUNS THROUGH NOV. 7

in that it is double cast—the night of Friday Nov. 6 and will have a completely separate set of performers than the show on Saturday Nov. 7. This double casting means another set of eyes for every face. Senior Emily Lindblad shares Buckman's role, and the pair will be on hand to help each other with makeup and moral support.

Although the makeup training began this week, production for the opera



The opera cast is responsible for its own makeup. VICTORIA LURIE/THE CAPTAIN'S LOG

began far sooner. The cast auditioned in April and were cast before school let out. Hopefuls auditioned without knowing what the show was, and the director, Dr. John McGuire, and his team essentially built the show around the pool of applicants. Over the summer, the cast had to learn all of the music and be prepared to

rehearse once school started. "It's been a lot," Buckman admitted. "It's a ton of music. It just takes a lot of time to get ready for something like this, and a lot of dedication." And that dedication will be on full display very soon. The show opens this Friday, Nov. 6 at 8 p.m. in the Music and Theater Hall. ■

An old maid's his(Torrie)

While she may be playing Miss Todd in Opera CNU's newest production, there is so much more to junior Torrie Buckman.

BY BEN LEISTENSNIDER
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Junior Torrie Buckman is probably the most talented four and three-quarters-year-old you will ever meet at CNU. Born on Leap Day, Torrie has had a life devoted to music and helping others.

An operatic mini-me

Torrie was born and raised in a very classical household. Of particular influence was Torrie's older sister. "I was her mini-me," she said.

Following her sister's footsteps, Torrie attended the Governor's School for the Arts where she studied vocal music, with specific focus on opera.

This training came into use when Torrie arrived at CNU and became a part of Opera CNU. She has already made her mark in the organization as she was cast as the lead for this year's production.

Getting into Treble

Torrie's musical involvements don't end with Opera CNU. In addition to being a part of Chamber Choir, she is the musical director for Trebled Youth, one of the mixed a cappella groups on campus.

She has been an integral member of the group since she first joined. In fact, she was asked to be musical director

after just her third rehearsal. According to Torrie, this experience has helped her in multiple areas.

"It's honed my eye as a leader and musician, learning what works and what people like so that they can come together and collectively create this piece of art that didn't exist before."

An academic psych out

Torrie was intending on being a music major entering CNU, but said that her time here has led her to pursue psychology. "It set me up so that I have an idea what I want to do with my life now. I had no idea before. It's been really challenging, but it's made me really dedicated," she said.

In addition to her psychology major, she is also double minoring in leadership and sociology and is interested in pre-law.

Sunflowers and pink carnations

As if music and academics weren't enough to keep her busy, Torrie is involved with a myriad of other on-campus organizations.

She is a member of Student Honor Council, Omicron Delta Kappa, Psi Chi, Alpha Chi and an active part of the Honors and President's Leadership Programs. For the latter, she is a PLP Recruiter and a two-time SLAP Facilitator.



In addition to her musical involvements, Torrie Buckman is a member of academic honors societies and a sister of Gamma Phi Beta. BEN LEISTENSNIDER/THE CAPTAIN'S LOG

One of the organizations that has made the most impact on her is Gamma Phi Beta, which she joined last semester.

After the loss of her mother this past summer, it was her sisterhood that helped her through that difficult time.

"The amount of love and support I got from them was incredible. I was considering not coming back for a semester and collecting myself, but the fact that they were all there made me feel so much better and solidified my decision to come back." ■

The RA Hunger Games

Hundreds of students apply, but after a rigorous application process, less than 30 of them will become new RAs.



Residence Life puts applicants through a long application process to be sure that future RAs are prepared for everything else that comes with the job. **MACY FRIEND/THE CAPTAINS LOG**

BY KATHERINE GITTMAN
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In the midst of holiday celebrations and class registration, Residence Life begins the long process of picking resident assistants (RAs) for the next academic year.

It is a four-month process that requires the potential RAs to participate in one-on-one interviews and numerous group activities to see if they qualify for what Residence Life is looking for.

With a wide variety of students interested in taking on the position, the selection process is competitive.

Last year, there were about 300 applicants with only 26 spots available for the 2015-2016 academic year due to the current RA retention rate. Residence Life is expecting the same turnout for this year's process.

However, the number of available spots is not definite, due to uncertainty in the rate of retention of this year's RAs.

The first step the potential RAs face is Group Process where they will separate into groups and partner with ten current RAs to complete numerous team-building exercises.

If the candidate passes Group

Process then they will complete two separate mini interviews with a hall director and an RA.

Then those who make it through that round will move on to TRAITS, which is where Residence Life will decide who becomes an RA and who gets chosen as an alternate.

Throughout the entire process, Residence Life wants the candidates to focus on their individuality.

"The number one thing that Residence Life focuses on is growth, so they want to make sure that the people who are applying are willing to take away a learning experience from being an RA and also give someone else a learning experience," junior Kami Jacobsen said, who is an RA in Rappahannock and will be a part of the interview and selection process.

Many of the potential RAs plan to go in with an open mind and to be themselves.

"I heard that the process involves a lot of scenario-based application and it's a lot about putting your personality out there, and I believe that if it is based off of how a person would genuinely react then it's best to just take each step

as it comes," sophomore Shelbi Pullen, an RA candidate, said.

Sophomore Anna Ferguson, who is also applying for an RA position, feels the same way when it comes to the interview process.

"I have heard that the group process is really fun and that it's very different from what a normal interview would look like. I have prepared a little bit and they told us that the most important thing is to be ourselves and just be genuine," Ferguson said.

Because this process is very selective, Residence Life has a set goal for who they want to have in the RA positions.

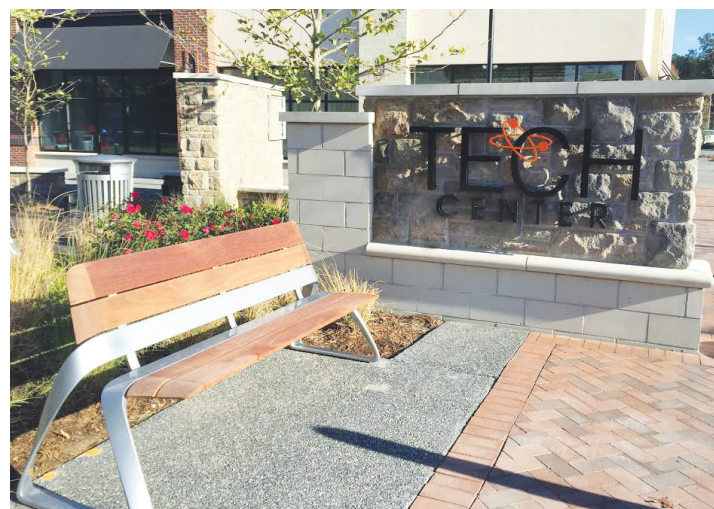
"They want people who are open minded, are good at working with other people, and who are responsible. They don't want people who will know everything and know how to handle every situation," Jacobsen said.

Group Process began Oct. 31. The people who make it to the one-on-one interviews will have their interviews in November.

Once those people are selected and complete TRAITS, they will find out if they were given the spot as an RA or if they will be an alternate in February. ■

Tech Center open

With nearly 30 shops and restaurants, there's something for everyone.



Despite continuing minor construction, the Tech Center is open and ready for business. **BETHANY PYLE/THE CAPTAINS LOG**

BY BETHANY PYLE
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Jefferson Avenue is practically bursting with shops and entertainment with the newest development being the Tech Center. The new shopping area is just a quick 10 minute drive from campus, and is right down the street from Target, the Patrick Henry Mall and Jefferson Labs.

While many shops are still under construction, restaurants like Café Rio, the Mellow Mushroom and PF Chang's are open for business. But it isn't just restaurants taking up space in the Center; there are also two banks, a Five Below and a highly anticipated Whole Foods Market. The Whole Foods is slated to be open on Nov. 4 with a grand opening celebration that will include a bread-breaking ceremony at 8:45 a.m., according to techcenterva.com.

What sets the Tech Center apart from other shopping centers is both the variety of stores and its accessibility. Although many parts of it are still under construction, there is plenty of parking and footpaths all across the Center that make it easy to park your car and walk to all the different shops and restaurants. The website said that there are plans to add 290 luxury apartments.

The Center has many plans to attract residents and students alike, the biggest of which is an ice rink that will be arriving Nov. 27. Similarly, stores like Point 2 Running Company will be attracting large crowds this weekend, as participants in the



Shops like DSW and Five Below are just a few of the options available at the new Tech Center. **BETHANY PYLE/THE CAPTAINS LOG**

Virginia Running Festival stop by to pick up their race-day packets. When it is completed, the Tech Center is estimated to add 5,500 new jobs to Newport News.

It may seem strange to add more shopping to the same area of Jefferson Avenue, but the Tech Center promises to offer a unique shopping experience to both residents and students throughout the year, as well as helping to improve the city's economy. ■

Difference Makers host walk to end hunger

All told, the event attracted around 80 participants who surpassed the goal of \$1,000 and raised \$1,284 to help end world hunger and raise awareness.

BY KELSEY RIPA
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Trick-or-treaters, spooky prankster CNU ghosts and masked philanthropists filled the campus this past Saturday. For the Difference Makers, a campus philanthropy group, this was the perfect time for a fundraiser. The relatively new group was established in 2013 and hosted its second Crop Hunger Walk on Oct. 31.

Crop Hunger Walk is a community-wide event, similar to Relay for Life, where anyone in the world can host a Walk to donate money or spread awareness of world hunger.

Participants could dress up in their costumes and donate money or walk in a team around campus to raise awareness for world hunger.

Sophomore Jessica Shaw, the treasurer of Difference Makers said, "Emily Egress, the president, did one in her hometown in Chesapeake and decided that it'd be a good idea to bring it here for the Difference Makers to host."

With lots of food, music and fun to go around, the 80 walkers that were present that day were geared up and ready to walk in teams around the campus by 11 a.m.

Walkers, dressed in various playful costumes, proudly held



Even though the event was held on Halloween, it still gathered a large crowd of supporters, many in fun costumes, who were eager to support the cause and help raise money to end world hunger. PHOTOS COURTESY OF EMILY EGRESS

signs that read "Help CROP Hunger" as they walked across the grounds of CNU.

By the end, President Emily Egress' pride came through as she wrote in an email, "We had a phenomenal time!"

All total, the participants exceeded their \$1,000 goal, with \$1,284.56. Twenty-five percent of the money raised will go to All Nations Church in Newport News, where Difference Makers serve on Sundays.

The church provides food, showers and basic medical care to those in need in the local area.

Alpha Phi Omega, the co-ed service fraternity, also assisted in the event.

Difference Makers plan to hold the Crop Hunger Walk again next year. ■



From left to right, Connie Polnow, Ashtyn Jeter and Claire Murphy got dressed up to participate in the event on Halloween. They and many other students carried signs around campus to help spread awareness. PHOTOS COURTESY OF EMILY EGRESS

Downtown Ministries distributes sleeping bags at local church

Downtown Ministries collected sleeping bags and hosted its annual sleeping bag giveaway for the homeless.

BY KELSEY RIPA
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It's easy to complain about the struggles of being a "poor college student" and having to budget both our time and money. Yet do we really know what poverty is?

We enjoy the luxury of attending a university and having a place to sleep with a roof over our heads.

Not 10 minutes away from CNU's campus is a gym that doubles as a shelter where CNU's Downtown Ministry assists in helping the area's homeless every week.

Recently, the organization hosted its annual Sleeping Bag Giveaway. Members and volunteers distributed donated sleeping bags, both used and new, at the shelter to help those in need keep warm during the impending cold weather.

ing cold weather.

Senior Maggie Comita leads Downtown Ministries and it has been an independent organization for the past seven years. Every leader has also happened to be involved in the on-campus Christian group Intervarsity.

Comita assured that by no means is the ministry exclusive to Intervarsity, but it is "really cool to see two organizations come and work together."

Every Tuesday morning, the organization goes to Julius Conn Gym, which opens for the homeless to take a shower and use their facilities.

DTM not only supplies meals, but also shares warm conversations with the homeless.

"It seems like something so simple ... but it really makes an impact on them because a lot of them are isolated and without family," Comita said.

On Wednesday, Oct. 28, DTM partnered with the First Baptist Church on Warwick to pass out the 40 sleeping bags that were purchased by the organization and donated by the community.

However, this charitable donation was not able to help every single person in need.

Comita said, "That was really hard. Just realizing that I can't

solve everything, DTM can't solve everything...but we can do what we can to make a difference."

Comita encouraged other members of the CNU community to look around and see if they can commit to making a difference as a part of DTM. ■

Want to get involved with Downtown Ministries?

Students meet twice a week to go downtown together, Tuesdays at 7 a.m. for breakfast and Thursdays at 5 p.m. for dinner at the shelter. For more information contact Maggie Comita at Margaret. Comita.12@cnu.edu

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