



# THE CAPTAIN'S LOG

THE VOICE OF CHRISTOPHER NEWPORT UNIVERSITY STUDENTS

@CNUCAPTAINSLLOG WWW.THECAPTAINSLLOG.ORG

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## Helping Hands



PHOTO COURTESY OF RACHEL WAGNER

PLP students were given a chance to go on the program's first international service trip to the Dominican Republic.

BY MELANIE OCCHIUZZO  
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The President's Leadership Program went on their first international service trip to the Dominican Republic this past Winter break. This service learning trip, while being the first of its kind, gave students a chance to practice the skills they had been cultivating inside the classroom.

The trip lasted only seven days but the work that the students did with the Latin American community, especially the children, left an impact on each student who worked with them according to Tara Deck, a junior and double major in Social Work and Spanish.

She says that by going on this service trip and practicing the skills she learned in the classroom, she felt more sure of what she wanted to do after graduation. "This trip was really confirming to me on what I wanted to do after college and my desire to go to Latin America," she says.

This was Deck's first time in Latin America and she treasured the time she got to spend practicing her Spanish in real time.

The trip to the Dominican Republic was varied in experience reports both Deck and Rachel Wagner, a junior and major in American Studies.

Deck remarked several times that it was good to get different perspectives on what the various PLP students thought on the trip.

There were only two to three students with high levels of understanding when it came to Spanish says Deck. Wagner was not one of them.

From her perspective, though, she felt that assimilation came quickly and that her fellow non-Spanish speakers did well on the trip. Wagner says that everyone was really excited to see them, the children they worked with and the other volunteers alike. She says, "I have to come back here," it was very rewarding, uplifting and sad for them to leave after the seven days of working with the children.

**HELPING HANDS**

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## Weekly pic

This photo was taken on the Noland Trail near the Mariners' Museum. Whether you're looking for a study break or want to go for a walk or run, this five-mile trail is perfect for getting a breath of fresh air. **Nicole Ramkey/The Captain's Log**



### CNU TV

Bid Day 2018 took place last Sunday, Jan. 14. Check out CNU TV's coverage of the day.

## Happened

**Jan. 16**

### Dr. Martin Luther King, Jr. Celebration

This past Tuesday there were special performances by the CNU Chamber Choir, TheatreCNU Dance students, Warwick High School Chorus and soloist Liesl Mattar that came together to commemorate MLK Day.

**Jan. 14**

### Bid Day for Social Sororities

This past Sunday in the Freeman Field house, the social sororities of CNU held their annual Bid Day event. Seven sororities came together to welcome the new sisters to their groups.

## Happening

**Jan. 25**

### Textbook Reading Workshop

On Thursday Jan. 25 at 12:30 p.m. in CNH 124, the Center for Academic Success will be holding a workshop on how to properly read from a textbook.

**Jan. 26**

### CAB Presents...Ice Skating

Join CAB in its annual ice skating trip to the Hampton Roads IcePlex on Friday, Jan. 26 from 8 to 11 p.m. Sign up in the DSU on Wednesday, Thursday and Friday from 11 a.m. to 2 p.m. Transportation will be provided outside the Freeman Center near the Aux Gym.



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

- **Email:** [clog@cnu.edu](mailto:clog@cnu.edu)

- **Drop off:** The Captain's Log newsroom, DSU Suite 393

**JOIN THE STAFF** The Captain's Log is always open to students who are interested in writing, photography and editing. Editors assign stories every Sunday at 7 p.m.

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# From the Front Page



(Left) A group shot of the PLP students who attended the seven day trip to the Dominican Republic. Students of varying majors, background and Spanish language abilities attended this trip. It was remarked that the kids there didn't need to be saved; they had vibrant lives and were just as eager to help their volunteers as the volunteers were helping them. The Latin American kids who participated with Outreach 360 were able to get the full English immersion experience. They were learning English from native English speakers within the program. Not pictured are the students from NC State that participated in the volunteer program at the same time as the CNU students did. PHOTO COURTESY OF MARIA FOURNIER.

## CONTINUED FROM PAGE 1

The seven-day trip had a busy schedule according to both Wagner and Deck.

The group spent the majority of their time in Monte Cristi which sits at the northern border of Haiti.

This volunteer group that the PLP students were working with was called Outreach 360.

"We had little idea of what we were going to be doing," says Wagner, but once they arrived "the organization had very clear and amazing principals."

Outreach 360 has never directly worked with Christopher Newport University before.

The way CNU got in contact with this group was through Ben Johnson, a fellow in the CNU Office of Student Engagement.

Carri Musick and Maria Fournier both were coordinators for this trip and got the connection from Johnson to get the trip started.

Musick, the coordinator for Experiential Learning within the PLP office says that their main goal with choosing this trip was to pick a service trip that was safe for their students given that this was their first international trip.

She says that Johnson knew

that CNU was interested in doing an international trip and put them in contact with Outreach 360.

"We found that there was a lot of interest in doing work beyond Hampton Roads."

Fournier, the program assistant for PLP, echoed these concerns.

"We wanted to choose a place that we trusted," she says.

The structure of the trip was quite simple.

They had seven days to work there. The first day was made up of visiting the city and learning about the culture.

Wagner says that this may have been the most scary part of the trip given that she knew hardly any Spanish.

She did, however, say that there were people who spoke English in the areas that she stayed with the other PLP students.

She also said that students from North Carolina State University were there as volunteers at the same time they were.

A lot of team work went into the actual teaching portion of the trip.

There were group lesson plans to be done and that required a lot of group planning.

This was an English immersion program and the volun-

teers wanted to make sure that the kids who participated got the best instruction they could.

"The kids were very smart and very excited to see us," says Wagner.

The lesson plans that Wagner and Deck worked on revolved around the basics of English.

These class days were all about teaching the basics: colors, numbers and question words says Deck.

Deck also got the chance to practice more of her Spanish by volunteering with registration.

She says that during this time she spoke a lot of Spanish with the families.

"I think the trip is amazing for anyone, despite your education background," says Deck.

The kids were split up into two camps: the first is for the children who hadn't participated before; the second was for the kids who were already a part of Outreach 360.

From there the kids were split by age level and understanding.

Wagner opted to stay with a group of 12-13 aged kids with a beginner level of understanding.

"I hope that PLP does this again," she says. "I had real applications from the program in this trip that I don't get at CNU. ■"



Tara Deck(right) and another PLP student pose with a few kids from the program. PHOTO COURTESY OF TARA DECK



Many military contractors in the Hampton Roads and D.C. areas will be affected by the recent shutdown, despite its brevity. PHOTO COURTESY OF KAITLIN MCKEOWN / DAILY PRESS

# Impacts of the Government Shutdown

The most recent government shutdown may have been brief but the consequences were real for many.

BY BRETT CLARK  
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In the wake of a recent government shutdown and with such a large percentage of CNU students hailing from the D.C. Metropolitan area and the Hampton Roads area, a degree of concern may have been stoked in students on campus. This is due to many students' parents' employment heavily relying upon military and federal government spending.

"Government shutdowns have great consequences for federal workers, particularly contractors," explains Dr. Rachel Bitecofer, a Political Science professor at Christopher Newport.

While some may not take government shutdowns as a mere formality, others will claim that the federal employees will never

get their paychecks while Congress puts together an agreement.

A more accurate description, according to Bitecofer, "is that they will not

*"...Shutdowns have great consequences for federal workers, particularly contractors."*

*– Dr. Rachel Bitecofer*

be paid on time for their work.

"When the shutdown ends, these workers, which include our military members if they are not given

the same exception for the shutdown they received in the 2013 shutdown, will eventually receive all their back pay."

Bitecofer, who is also Assistant Director at the Wason Center for Public Policy points out that this back pay will not be paid to "the thousands of contractors here in Hampton Roads and around metro D.C." and "the money lost to local businesses around areas with a lot of federal workers will also never recoup."

Memories of government shutdowns hail from 2013 during the Obama administration when Republicans were pushing to repeal Obamacare. This past shutdown lasted 16 days and cost more than 17 billion dollars according to Bitecofer.

An agreement was settled in the House and Senate

on Monday, Jan. 28. But as Professor Michelle Barnello points out, "it may be short-lived if Senate Democrats and Republicans can't reach an agreement by Feb. 8" since that is how long the legislature has given themselves to come to a long term agreement.

When asked whether she thought the shutdown was a smart move for Senate and House Republicans and Democrats, Bitecofer said, "Blame or credit for shutdowns is always in the eyes of the beholder."

"Republicans will blame Democrats and say they caused the shutdown over DACA."

"Democrats blame President Trump and say he caused the shutdown by backing away from the Graham-Cassidy deal after initially supporting it."

Bitecofer thinks we will have to wait and see if the

move has political electoral ramifications for either party when the midterms come around.

"The lesson learned from the 2013 shutdown, which was around efforts to repeal Obamacare, is that there may not be a price to pay at the ballot box for a shutdown in the polarized era if momentum is already on your side."

"Most pundits expected Republicans to get punished for the 2013 shutdown in the 2014 midterms, but that didn't happen. Instead, Republicans made gains as they would in any other midterm with a newly re-elected Democratic president. A similar scenario is in the works here."

"Backlash to Trump is so great, and the midterm effects so strong this cycle, that I don't see the shutdown causing backlash at the ballot box."■

# Regattas is Coming

The recent snow storm has setback CNU students' highly anticipated first meal back at the completed Regattas.

BY BRETT CLARK  
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The long-awaited Regattas expansion project — already delayed for a semester — is slated for completion later this month according to CNU's Director of External Relations, Tom Kramer.

Although the delay was meant to be completed by the start of this semester, Kramer indicated that the snowfall that started out the Spring 2018 term complicated the process.

"For Regattas, the snow storm and the cold temperatures caused a pipe to burst that set back the opening of the facility. The pipe has been repaired and we are waiting for the state visit to certify the building is ready for operation," says Kramer.

According to Kramer, the

first day of operations for the expanded section is Jan. 29 at 10:30 a.m.

The original plan was to have Regattas finished by the time students came back to school last August but plans were halted due to complications like the cutting of underground wiring.

With one small setback comes many in the world of contracting and subcontracting.

With the state's verification, however, CNU students won't have to wait any longer to capitalize on the expansion of one of the University's two dining halls.

Currently, many students still eat upstairs in the extra seating. The dramatic increase in seating is hoped to ease much of the crowding concerns in Regattas as it stands. ■



The Mongolian Grill is one of the many features upperclassmen have been looking forward to since its closure at the beginning of construction. FILE PHOTO BY JACK JACOBS/ THE CAPTAIN'S LOG



# Reliance

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## Women's Marches Seen Across Country

In relevant news, the 2018 women's march took place this past weekend across the continent.

BY BRETT CLARK  
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Its been a year since the last women's march and women's groups, individuals and students have assembled again to protest inequality.

Women took to the streets to voice their opinions on President Trump and the current year's gender relations this past weekend.

Donning "Pussy-hats" and clad in pink, women hit the streets in the major cities of the United States.

According to Rolling Stone Magazine, some 500,000 people were estimated to have been marching in Los Angeles alone.

Another 300,000 people turned up in Chicago and over 200,00 marched in New York. ■



Organizers like Susie Gestrine plan female oriented political events. PHOTO COURTESY OF ROGER KISBY/ROLLINGSTONE.COM

## Chaos or Community?

How can CNU equip its students with the tools and knowledge to lead after they’ve moved on after graduation?

**NASSIR CRISS**

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What change have we implanted in the community, and what torches have we sparked to light the way for those who remain in darkness?

As I was listening, observing and taking in all of the elements from the Martin Luther King Jr. commemoration event put on by CNU, I kept asking myself these questions.

I am extremely appreciative of the event.

Everyone who had a hand in producing it and bringing it to CNU did an excellent job of putting together a stellar production.

However, I felt it fell short in sparking productive conversation.

I sat on my thoughts for a few days. I didn’t really say much to anyone about it, as I wanted to make sure I could process them and then articulate appropriately.

In lieu of a class, my professor had us go to the event. It was perfect considering we are in a seminar course focused on social justice and the political tension going on in our nation right now.

After a productive classroom discussion and stimulating conversation amongst my peers who also attended the event, I was able to formulate my thoughts and feelings on the event.

Initially I felt disappointed.

I was confused, and my confusion

made me feel unsettled about the whole thing.

I didn’t understand why the program was so short.

I didn’t like that it felt like random textbook facts about Martin Luther King Jr. were simply being

recited. There were barely any African-Americans or people of color involved in the program. In my initial reaction, I thought it was a poor excuse for trying to honor such a monumental figure.

I felt that MLK would have wanted us to continue carrying on his legacy by promoting that true change in the community, addressing issues head on and discussing possible solutions. But during this event all I could think of was how we weren’t using this platform appropriately.

Ultimately, I didn’t see a great turnout from the CNU population

and that was something that worried me because I felt the event wasn’t marketed as well as it could’ve been.

These were just my initial thoughts though. After meeting with the current president of Student Diversity and Equality Council a few days later, I was able to express some of my concerns, and she ultimately agreed with me on a lot of the issues. She expressed to me that there was supposed to be another speaker present, but unfortunately, they had to cancel at the last minute and that the event did feel rushed as they weren’t able to put together a lot of resources towards it.

With all of this information I wanted to reevaluate how I felt about the event.

I came to the conclusion that it wasn’t that the event wasn’t “good”

or adequate enough, especially for this community, it was more so that it could’ve been so much more impactful if handled the right way.

I felt that the presentation ultimately was a generalized version of the race issues going on ‘back then’ and now in our nation.

Knowing that this is a sensitive topic for a lot of people, I understand why the event may have been structured the way it was.

I just feel that given that platform there could’ve been more serious topics discussed and dissected.

I honestly want to know how we advanced the community that came to that event and how as a university we empowered them to be able to educate others and want to incite change around our institution.

We say we are equipping the leaders of tomorrow to be civic-minded individuals ready to change the world.

In my opinion we should be giving them the proper tools, information and encouragement to pursue those endeavors.

It starts with us addressing the social issues in this nation and commemorating greats from the past, by carrying out their work in the modern world and doing our part to turn those small steps into massive strides. ■

*“It starts with us addressing the social issues in this nation and commemorating greats from the past, by carrying out their work in the modern world and doing our part to turn those small steps into massive strides.”*

–Nassir Criss

## Reflecting on Recruitment

Sophomore Korty Swift explains exactly what she loves about taking part in this year’s formal recruitment.

**KORTY SWIFT**

KORTY.SWIFT.16@CNU.EDU

Recruitment is something that I’ve looked forward to since my freshman year.

CNU’s Greek Life, since my first Panhellenic sisterhood event, has completely defied the negative stereotypes of snobby, exclusive girls that have been implanted in my head by the media, and instead has presented to me a group of strong, motivated women who are firm in their friendship and service to others both on and off campus.

It looked like a united group of organizations instead of each sorority trying to make itself look better than the others.

Last year, I got to see most of my friends running home during Bid Day, and throughout the last year also saw them fall in love with their sororities, sisters and philanthropies.

My roommate and suitemates are also all involved in sororities, and they each further exemplified the

positive impression I already had about Greek Life at CNU.

It’s easy to say I was extremely excited when recruitment weekend finally came around.

Recruitment weekend was a blast, but it was also exhausting.

The process of going to see each organization and meet the sisters was a lot of fun and definitely interesting, but some places had quite a bit of walking distance between each other (when the recruitment counselor advises to bring a bottle of water for between events, I highly recommend following that advice).

Going in, I looked forward to coming out on Sunday with a bid to a new home and new friends.

Before the end of recruitment, I

was already coming out with new friends I had bonded with while waiting and sitting with each other between rounds.

I also had a newfound appreciation for each organization: each one had a unique philanthropy, and every girl I talked to was kind, welcoming and enthusiastic about talking and answering questions about their sorority and what makes it special.

Receiving the envelope from my recruitment counselor and opening it to see my bid card was beyond exciting, and in a moment it made all of the walking in the rain, constant nerves and sore feet worth it.

The only thing more nerve-racking than opening the bid was waiting in the seemingly eternal line to run

home.

While the line moved, I kept going over and over a scenario in my head where I tripped and fell on my face in front of everyone.

Luckily, that didn’t happen.

When it did come time for me to line up and run, I got to stand beside one of my close friends, and we ran home side by side to Alpha Sigma Alpha.

I’ve only been a part of the Greek community for a week, but I can already tell that choosing to go through formal recruitment was one of the best decisions I’ve made so far in my college career.

Not only have I already gained so many great and supportive new sisters, but I also get to be a part of another campus organization that contributes to our campus and local communities.

If any readers are debating whether recruitment is for them, I recommend taking the chance, putting yourself out there and going for it. ■

*“Recruitment is something that I’ve looked forward to since my freshman year.”*

– Korty Swift

# Bid Day

Further first-hand accounts from girls who ran home this spring semester.

On the first day of rounds, the potential new members of CNU's Panhellenic community prepared themselves for the long, hectic weekend ahead. The first challenge was one that many of us were not anticipating: the rain.

A heavy downpour hit just as girls from all over campus started heading to the Freeman Center.

If anyone's hair looked good before, (including my own) it was probably ruined by the humidity and gusts of rain blowing in every direction.

After receiving information about where we would meet with each chapter, the girls dispersed from the Freeman and ventured out into the bitter cold.

Many girls were excited or scared, but because I didn't know much about the process or what to expect, I didn't know how to feel.

By the end of the night, after talking to several girls from each sorority, I felt tired yet motivated with a sense of accomplishment. I surprised myself by being able to hold a conversation with total strangers, and genuinely enjoying it. My perception of Greek Life definitely changed after going through the recruitment process.

I learned so much about each chapter's philanthropy and saw how passionate they were about helping others, as well as how much they supported their own sisters. I knew I had the potential to improve myself and grow within such a vibrant community.

By Sunday after the last round, I knew where I wanted to go. After receiving my bid I was ecstatic to see that the sisterhood I felt the strongest connection with had chosen me as well.

Once everyone received their bids, all the potential new members relocated to the gym. All seven sororities were gathered, decked out in spirit wear and ready to receive their new sisters.

I was shocked to see how many people were there: all the girls standing with their letters and everyone who filled the bleachers. Not only was I connecting with Greek Life, but I felt an overwhelming sense of support from the CNU community. Having everyone there watching made the situation a lot more nerve-racking, yet equally exhilarating.

When the time came for my group to run home, I said my name into the microphone, while briefly praying I wouldn't trip and fall on my face or accidentally body slam some other girl. Finally we all ran, and I was welcomed home into Phi Mu's open arms.

**-Nicole Cummings, Freshman**

Bid Day is an exciting time for sisters, new members and the Greek community. It is a time to reconnect with sisterhood and invite new sisters in. The thrill of seeing your sisters waiting to catch you with tears in their eyes is hard to describe. In that moment you know that you are about to become something bigger than yourself.

New members receive and open their bids after a long weekend of heart felt conversations. This is the first step in becoming new chapter members of the different organizations on campus.

At this point the young women keep their bids to themselves, because they are the only ones who know where they got a bid from. Everyone lines up, barely holding in their excitement.

Your heart beats faster, and everything seems to move in a flash. You hear the countdown "3, 2, 1" and just like that you take the first steps into a lifelong sisterhood. This might seem silly or pointless to some, but it's the most exciting experience a new member has. The hugs and tears of each new member running home makes everyone feel special. This is the immediate bond of sisterhood.

For some of the Panhellenic community they take a step back and disaffiliate from their chapter.

This means they stop recruiting for their respective chapters, stop wearing letters and act like they are no longer a part of the organization. Recruitment Counselors (RCs) and Panhellenic Executive Board do this in order to help others find their home.

The moment they step out on the tarp in the fieldhouse, you feel overwhelmed by every emotion possible. This is the moment you have been waiting for, waiting to go back to being a normal chapter member. Running back home means the world to these members; seeing your sisters with their signs and open arms brings back all the love for your sisterhood.

These women love you more than you ever thought, and seeing them with tears in their eyes makes you love them more. In a blink of an eye you are back in their arms; you can physically feel the support of these women who stuck it out through the hard times and the best of times.

It might sound cheesy, but the experience of running home again and being back in your letters, it feels like home. The feeling of being home, accepted and belonging all wash over you. You can't help the tears, the smiles and saying "I am an ADPi" constantly. Bid Day to those who are disaffiliated is running home all over again, and nothing else will feel like home.

**-Chase Laing, Senior**

# Buzzin' Becky

Becky talks about motivation, time-management and friendships both during and after college.



PHOTO COURTESY OF CLIPART LIBRARY

This week really had me thinking about friendships and the end goal we're all working towards. Life is full of the ups and the downs, and I have had one hell of a roller coaster while in college. They say what doesn't kill you makes you stronger, and I first-hand have learned that saying holds a lot of truth. This past year especially has been one of the most challenging years of my life, but it has made me into who I am today.

We're very quick to dwell on the bad and let it get us down. Take in the moment for a bit and take your time to digest bad news and cope with it, but don't take too much time. It's the most difficult thing to do when you're down, but try to see the good in things. For example, I have a friend who was down

on herself about having to stay an extra semester to finish her degree. She focused too much on the negative and worried about what other people, including her parents, would think. But it was her own dad who chose to see the good in things. "Hey, just think about another full season of tailgates you have," he reminded her.

The people she worried most about telling ended up being the ones to shine light on the situation. Embrace the challenges, because at the end of the day, they make you a better person.

## Becky, I'm graduating in May and I really am worried about keeping friends post-grad. Any tips?

Friendships in college have been a struggle for me at some points, and sometimes it takes a while to get it right. It took me a couple years to find my place on campus and to settle myself into a routine. The thought of this routine being shaken up terrifies me to no end, but I know that I did get it right when it came to the roots I finally planted.

Some friends come and go, and that's normal. I had a best friend of about eight years and we talked every day and kept each other up to date on everything, and now I couldn't even tell you what she's doing with her life beyond what I see on social media. It's okay to outgrow some friendships and to build new ones; that's the way life goes.

If your college friendships are the solid ones you think they are, graduating shouldn't change that. As with other long distance relationships, this one will take work. But they should be able to understand things post-grad will be different. Find those friends who lift you up and make you a better you and hold on tight — it's going to be tricky, but it's going to be worth it.

## How do I stay motivated as the semester really picks up?

I was talking to my mom the other day about everything going on in my life and really had time to sit and think about everything. Between working, classes, studying and keeping up with this column, I sometimes am impressed I find time to sleep. Time management is a tricky thing in college, but it's trial and error that gets it right. Freshman year I was SHOOK when I got my first ever D in a class. I never had to study before I came to college I simply absorbed information and tests were never over the top. It took a lot to get back on track, but it is possible.

Time in college is short, and especially too short to remain lost if you don't know what's going on. CNU has so many resources available to students who need help, whether it be the Writing Center or the Center for Academic Success. There are so many people on this campus that genuinely care about your success and education; take advantage of it while you can. As we're chugging through the third week of the semester, I can't help but to wonder where the time has gone. High school for me dragged on and on and felt endless, but being here at CNU I feel like time has hit fast forward and zoomed through. Luckily, I have time left here but I can see the end now and it's honestly a surreal thing.

— Becky out

*\*Submissions have been edited for clarity and length.*



**Name:** Macy Friend  
**Hometown:** Newport News, Va.  
**Year:** Senior  
**Major:** Organismal Biology  
**Favorite Subjects:** Nature, wildlife, abandoned places  
**Hobbies:** Running, volunteering, hiking, watching Netflix



**Name:** Nicole Cummings  
**Hometown:** Fairfax, Va.  
**Year:** Freshman  
**Major & Minor:** Marketing with minor in Digital Humanities  
**Favorite Subjects:** Silhouettes during the sunset, landscapes and long exposures with water and light  
**Hobbies:** Drawing, painting, playing the piano and hiking



**Name:**  
**Hometown:**  
**Year:**  
**Major:**  
**Favorite Subjects:**  
**Hobbies:**

## Meet the Ph

It isn't often that you see the people behind the cameras,



**Name:** Hannah McClure  
**Hometown:** Chantilly, Va.  
**Year:** Junior  
**Major & Minors:** Communication Studies with minors in U.S. National Security Studies and Human Rights & Conflict Resolution  
**Favorite Subject:** Sports  
**Hobbies:** Plays the ukulele, running on the Noland Trail, attempting to perfect 'Tasty' food recipes and karaoke sessions with friends



**Name:** Nicole Ramkey  
**Hometown:** Richmond, Va.  
**Year:** Freshman  
**Major:** Biology  
**Favorite Subjects:** Sporting events and nature  
**Hobbies:** Rock climbing and singing



**Name:**  
**Hometown:**  
**Year:**  
**Major:**  
**Favorite Subjects:**  
**Hobbies:**



**Name:** Charles Tyson  
**Hometown:** Fairfax, Va.  
**Year:** Sophomore  
**Major:** Computer Science  
**Favorite Subjects:** Astrophotography, long exposures  
**Hobbies:** Mountain biking, cars, hiking



**Name:** Rae Bennett  
**Hometown:** Galax, Va.  
**Year:** Junior  
**Major:** Communication Studies and Studio Art  
**Favorite Subjects:** Sports, nature and fine arts  
**Hobbies:** Drawing, traveling, tennis, botany, painting and exploring



**Name:** Kevin Sebestyen  
**Hometown:** Newport News, Va.  
**Year:** Senior  
**Major:** Computer Science  
**Favorite Subjects:** Long exposures and landscape photos  
**Hobbies:** Camping, hiking with his dog, kayaking, playing disc golf

# Photographers

so here is an introduction of The Captain's Log's photographers.



**Name:** Ashlyn Sisson  
**Hometown:** Fredericksburg, Va.  
**Year:** Freshman  
**Major:** Environmental Science  
**Favorite Subjects:** All foliage with shallow depth of field  
**Hobbies:** Playing guitar, painting and yoga



**Name:** Hannah Lindenblad  
**Hometown:** Springfield, Va.  
**Year:** Sophomore  
**Major & Minor:** Spanish with a minor in Photography & Video Art  
**Favorite Subjects:** Various campus events, nature and abstract styles  
**Hobbies:** Hiking, drawing, trying new restaurants with friends and watching TV and movies



**Name:** Emma Dixon  
**Hometown:** Fauquier, Va.  
**Year:** Freshman  
**Major & Minors:** Communication Studies with minors in Leadership, Digital Humanities and Photography & Video Art  
**Favorite Subjects:** Nature and wildlife  
**Hobbies:** Playing the drums, guitar or piano

## Lady Captains Take on Eagles at Freeman Center



(Above) Senior Bailey Dufrene scores 15 points against Mary Washington in her overall 29 minutes of play. (Below right) Senior Makeda Wright drives the ball down the court past UMW players. **PHOTOS BY NICOLE RAMKEY/THE CAPTAIN'S LOG**

Women's Basketball prepares to take on St. Mary's again this season after success against Mary Washington.

**BY TARYN HANNAM-ZATZ**  
TARYN.HANNAMZATZ.16@CNU.EDU

The Christopher Newport Women's Basketball team is having a very successful season.

So far, their overall record is 15-2 as they are 9-1 in the Capital Athletic Conference. They are coming off a big win over Mary Washington as they head into a tough conference game against St. Mary's College.

The Lady Captains are reflecting on previous games to prepare.

"We are all preparing by watching films and re-watching our game against them from earlier this season," says sophomore Erin Carroll.

They played the Seahawks over a month ago, so a lot could have changed since then. "They are a dangerous team and if we overlook them we could be in some trouble," says Carroll.

The Captains have been doing well and are excited to play a competitive team in the conference.

"We are super confident after our Mary Washington win, it was a great

team win and we will carry that energy over to this game," says Carroll.

Their coaches and players have been putting in a lot of time and hard work to continue their successful season.

There is a lot more than just practicing, shooting and drills that goes into preparing for a tough game like this.

"We really have to know their personnel and take away their tendencies in order to make them play our style of basketball," says Carroll.

It is this dedication that will help the team achieve a victory this week.

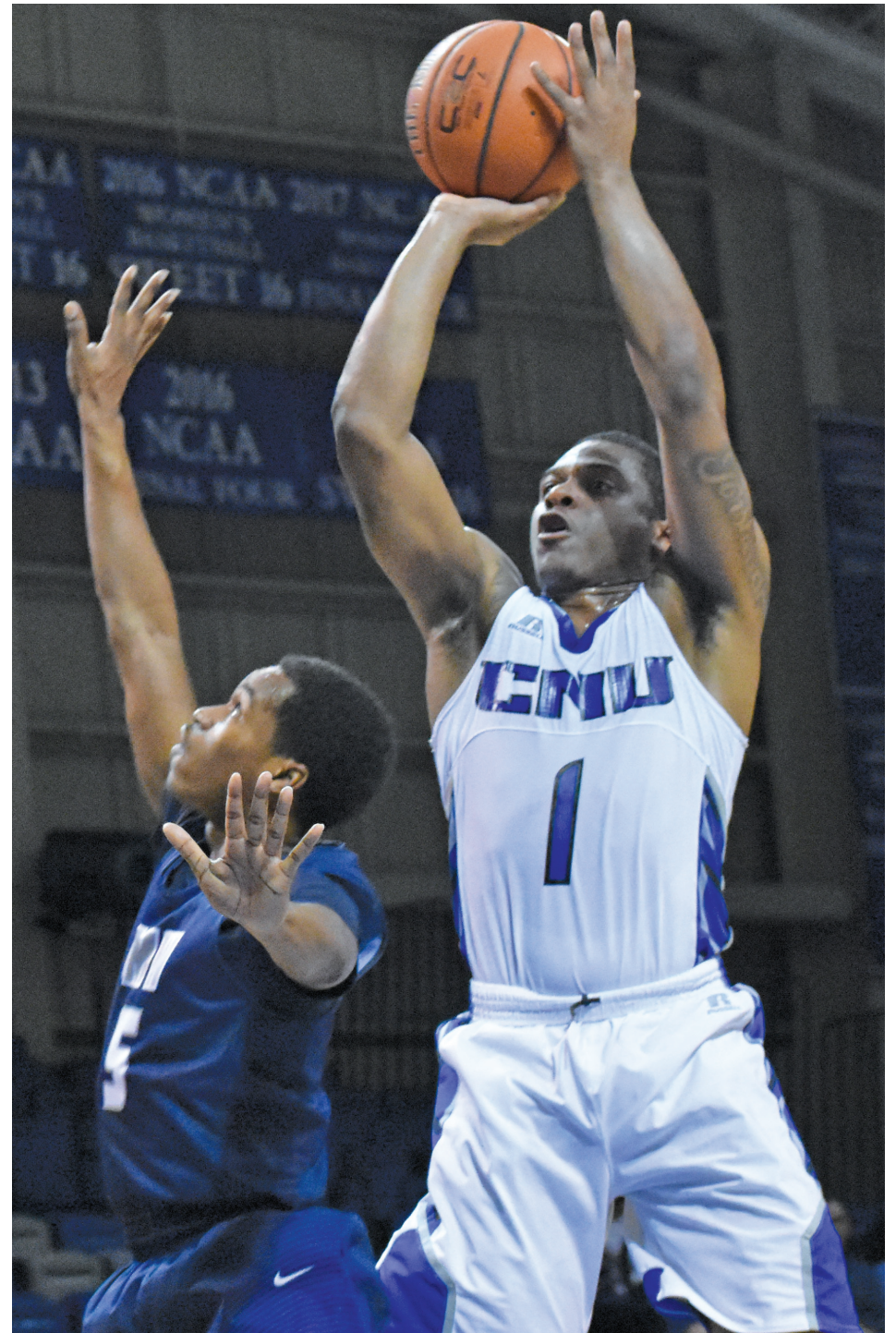
"Last time we played them we won 73-42. We play at home this time and we have to protect our home court and pull out another big win," Carroll says.

The entire team is looking forward to playing this competitive team at home in front of all their friends and family. "It should be a fun game," says Carroll.

The game will be at home in the Freeman Center on Wednesday Jan. 24 at 5:30 p.m. Make sure to head out and support your Captains at home and cheer them on to another big victory as they get ready to enter the rest of their season. ■



# Men's Basketball Hosts Conference Play



(Above) Senior Spencer Marin tied with Jason Aiger for second highest points scored in the game against Frostburg with 14 points. (Right) Senior Aaron McFarland shoots over Frostburg opponent. **PHOTOS BY NICOLE RAMKEY/ THE CAPTAINS LOG**

Captains soar past Frostburg State University 85-50 as they prepare for St. Mary's College of Maryland.

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

After bringing home an 85-80 win on Saturday Jan. 20, the Christopher Newport Men's Basketball team (13-4) expects to increase their recent string of success as they prepare for their next Capital Athletic Conference (CAC) matchup with St. Mary's College of Maryland (3-14) on Wednesday, Jan. 24.

The win this past Saturday marked the Captains' second straight victory and allowed them to improve to 3-2 over their last five games.

The Captains are looking to establish a steady rhythm down the stretch – with every game becoming more important than the former, concerning conference standings in pursuit of a CAC title and beneficial seeding in the impending CAC conference tournament.

Fortunately enough for the Captains, they will be facing an opponent on Wednesday that they have been able to dominate as of late.

In the past seven matchups with St. Mary's, CNU has won seven consecutive games against the Seahawks, which increased the Captains' lead in the all-time series between the two teams to 14-9.

Despite a commanding consistency versus St. Mary's, CNU's head coach John Krikorian believes that the past does not have a place in the conversation concerning their upcoming game

Wednesday night.

"The past really is irrelevant when it comes to a Capital Athletic Conference matchup," says Krikorian whose team is currently tied for second in CAC standings at 5-2 in conference play. "I'm sure those guys [St. Mary's] will be hungry to play us and to change that course – and our guys need to remain focus[ed] on the game that's right in front of them."

The success that the Captains have been able to establish versus St. Mary's has been due to their ability to out-score and out-rebound the Seahawks.

This may seem like common sense to most, but it has clearly been the formula that CNU has been able to use to chalk up victories against their conference foe.

Over the past two seasons, the Captains have averaged 76.0 points per game (ppg) versus the Seahawks, out-scoring St. Mary's 228-177.

This is significant in the fact that their seasonal scoring averages over the past two seasons – 74.4 ppg in 2016-2017 and 72.9 currently – are statistically lower than the average they post when on the floor with St. Mary's.

In other words, the Captains make sure to bring their offense with them when facing the Seahawks.

When it comes to crashing the boards, CNU has been significantly more successful than the Seahawks in this category as well, winning the

rebounding battle 120-84 over the past three meetings.

In the last matchup between the two, the Captains were able to secure a 72-56 victory behind their ability to take advantage of a 26-11 edge on the boards in the second half – in addition to a string of scoring runs.

A huge contributor to both of these factors was senior forward Spencer Marin.

In 25 minutes of action, Marin tallied a game-leading nine rebounds and set a career high in scoring with 19 points. With that being said, Krikorian expects St. Mary's to game plan for Marin.

"Spencer has been very consistent this season, he may be our most consistent player. He's really developed his game," Krikorian says.

"That being said... I'm sure they're going to make an adjustment in the second game – whether that would be to double team him or play more zone, or deny him the ball. But I'm sure he's going to see a little more attention this time around than he did the first game."

Ultimately, Krikorian believes that the improvement of his team from the

first meeting with the Seahawks to now will be the difference Wednesday night. Krikorian has been impressed by the emergence of several of his younger players and feels that the team is coming together at the right time.

"We're a different team now," Krikorian says. "We have some young guys that have really come along and have played some significant minutes more recently, so we look and feel a little differently than we did in December in terms of personnel and our rotations."

Hopefully the budding play of Captain underclassmen – Brandon Edmond, Brock Geiman, Adrian Beasley, Markuse Stubbs, Cutch Ellis and Luther Gibbs – will come to compliment the steady play of seasoned veterans, such as Marin and senior guard Aaron McFarland (17.0 ppg).

If this does indeed come to fruition, there is a big chance that the Captains will be able to extend their streak over the Seahawks to eight and set themselves up for success in the season's home stretch into the postseason.

Tip-off is set for 7:30 p.m. in the Freeman Center. ■

# Bleeding Butterflies

Scott Ludwig's collection on display in The Falk Gallery continues the longstanding tradition of Dutch art's wrestling with mortality.



(Left) A collection of mixed media prints, Ludwig's works utilize printmaking techniques from many different time periods. (Right) "Vanitas with Butterflies" is a lasercut woodcut on rag paper displays the binary of life and death with images of a skull and butterflies. (Bottom) Using photopolymer relief prints in kiln-fused glass with mixed medium and beach sand, "Martyr's Reliquary (Interred)" provides a different style being mounted on a white stand on the floor rather than mounted on the wall like other pieces. **MACY FRIEND/THE CAPTAIN'S LOG**

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

Butterflies bleed onto the black nothingness of skull in a mixed media print— this is the image that greets you when you enter the Falk Gallery. Currently exhibiting Scott Ludwig's mixed media printmaking, a collection entitled "Martyrs n' Mayhem," the gallery is filled with the combined imagery of death and life.

A continuation of the long standing tradition within Dutch art to represent morality in "Memento mori" and "vanitas," Scott Ludwig's work attempts to explain humanity's relationship to death.

This work is partly inspired by his residency in Amsterdam, where he studied the greats of Dutch art in Amsterdam's Grafisch Atelier Lab and at Bevo Glaskunst Atelier. There, he specifically connected to the pervading ideas of Memento mori within Dutch art, as he was personally dealing with the death of his own mother and father.

More than just an exploration of mortality in the terms of life and death, however, this work also examines the pervasiveness of this idea throughout time. Mixing antique prints, with personal photographs and digital prints, this work utilizes a convergence of form that seems to

mix time itself.

Humanity, it would seem, has always tried to understand our relationship with mortality. A universal connector throughout time, it brings seemingly unconnected ideas together. As different as "Martyrs n' Mayhem" may seem, as different as digital and analog pieces may seem, they are all connected in this binary of life and death.

This is seen in great detail in the piece "Martyr's Reliquary (Interred)." The polymer relief print fuses ink, glass and beach sand, to display the antique print of a martyr being stabbed to death. Not only does this piece highlight the theme of mortality through its subject matter of a man being stabbed, but it also highlights the pervasive nature of that subject. Blown threw the sand, this antique image reminds us that these thoughts have been around



throughout time.

No greater subject for a mixed media form such as this one, Ludwig's work leaves its viewers with the same longstanding questions that have haunted us since the Renaissance in a fresh and inventive

way. This collection will be on display in the Falk Gallery until Feb. 23. ■

*This piece was written with the help of The Captain's Log staff writer Katie Fanin.*

# Comedy, Musicians and Everything in Between



Kathryn Dimaano and other CAB members pose with the Icarus Account. PHOTO COURTESY OF BIANCA RUMBAUGH CAB MARKETING TEAM

BY KRISTIN ZICCARELLI  
KRISTEN.ZICCARELLI.17@CNU.EDU

The first Friday of every month will now feature a performance CAB event, meaning now, you can add another event to your normal plans every first Friday

of the month.

Debuting with musicians Colin Hauser and J. P. Rosenbaum on the steps of CNU Hall, CAB's First Friday events were a new project for this semester, offering fun entertainment to kickstart the weekend in a coffee house vibe on a

Campus Activities Board debuts new First Fridays initiative, bringing performances to campus every first Friday of the month.

Friday night.

According to CAB Headliners Committee Chair, Kathryn Dimaano, she "wanted to have an event every first Friday of the month that would be a constant."

Featuring performances by comedians or musicians, Dimaano helped design First Friday events to be a "super chill and laid-back coffee house vibe."

Although the initial First Friday event occurred on the steps of CNU Hall, others will likely occur in Gaines Theatre or the Crow's Nest.

Dimaano characterized the first performance as a success; "it was a great event" she says, adding that Hauser and Rosenbaum "were great and super fun and they interacted with the crowd."

A crucial part of First Fridays is that it correlates well with the overall mission of CAB.

"We want to bring events for everyone on campus and for everyone to have fun," Dimaano says. "Some people don't like to party and we want to be able to have something on the weekends for them."

Organizing First Friday is a multi-step process, beginning with outreach to certain contacts and agents for potential performances. Once there are several options, the Headliners Committee begins negotiating prices, weighing their options and ultimately choosing

the best performer for First Friday.

For Dimaano, her position in CAB has certainly added to her workload, but not necessarily in a negative way.

"It's a lot more work than I thought it would be," Dimaano says. "It's added a lot to my workload but it's not a stressful workload because I also have the support of my organization and my committee members and my faculty advisor, whose really great and very helpful."

Grabbing the attention of upperclassmen, First Fridays is an opportunity to revive some of their previous successes.

"We're bringing back a lot of stuff that everyone enjoys," Dimaano says.

Excited for the semester's upcoming events, Dimaano awaits the next First Friday event: the third annual lip sync showdown, which "always goes down really well." Dimaano also expressed the importance of marketing their events, which is done in a variety of ways.

Notices on Facebook, table tents in the dining hall, tabling in the DSU and flyers are among the ways CAB has advertised their new ideas.

"Since we're [Headliners Committee] much smaller, my committee makes smaller tree signs that you see all around campus," Dimaano says. "And a lot of it is spreading information by mouth."

Upcoming events include the Lip Sync Showdown on Feb. 2 and Comedian Sam Comroe on April 6. ■

## Top 10 Movies of 2017

With monsters, superheros and age-old tales, 2017 brought with it a magical assortment of movies.

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

With Oscar nominations fresh on the mind, writer Christopher Gabro gives his definitive list of the best films of 2017. An avid filmgoer, this list features many high action movies that are sure to surprise, delight, and challenge their viewers. Whether in theatres or streaming online, these movies are must watches before we get too far into 2018!

### 1. The Shape of Water

dir. Guillermo del Toro

The classic story of the "Beauty and the Beast" has been revised by Director Guillermo del Toro for a bloody gorgeous fairy tale combining the body horror of classic Hollywood monster films with the elegant charm of Jacques Demy. The film becomes a '60s fantasy that comments on contemporary societal issues.

### 2. Blade Runner 2049

dir. Denis Villeneuve

Thirty years after the events of the first, a new blade runner, LAPD Officer K, unearths a secret that has the potential to plunge society into

chaos. His discovery leads him to learn more about himself and about former LAPD blade runner, Rick Dickard, who has been missing for 30 years.

### 3. The Killing of a Sacred Deer

dir. Yorgos Lanthimos

No one does drama quite like the Greeks. Greek director Yorgos Lanthimos delivers a modern twist on the Ancient Greek tragedy of "Agamemnon," echoing a message which resonates long after the end credits. Though the film has dark overtones, the comedic levity of the situations and the stilted dialogue interrupts with a much-needed laugh within the engulfing drama.

### 4. War for the Planet of the Apes

dir. Matt Reeves

Though the title boasts of a 'war,' the film highlights an internal struggle within Caesar, the leader of the apes. He starts to struggle with dark instincts but wants to continue his moral virtue that he has instilled within his community. These dark instincts lead Caesar on a mission to save himself and his species that will determine the fate of apekind and humankind.

### 5. A Ghost Story

dir. David Lowery

Following the death of the lead played by Casey Affleck, his soul returns in a classic ghost garb: a blanket with two holes for eyes, traveling through an existential journey that transcends time and space.

### 6. mother!

dir. Darren Aronofsky

An exploration of the life of a tortured artist and his housewarming wife turns into a nauseating allegory that delivers a polemical message about marital relations as well as the relationship humankind shares with Mother Earth.

### 7. Phantom Thread

dir. Paul Thomas Anderson

A carefully stitched romance between a renowned dressmaker in 1950's London and an unsuspecting waitress leads to the tailor's crafted life facing a halting alteration. This romance weaves the couple's life to a crescendo that has dramatic consequences on the work of the dressmaker.

### 8. Three Billboards Outside of Ebbing Missouri

dir. Martin McDonagh

Seven months after the violent attack and murder of Mildred Hayes' daughter has gone unsolved, she makes a bold decision by painting three signs that lead into town with a controversial message towards the chief of police. This message leads to rising tensions between Mildred, the local police force, and the town that ardently supports their revered chief of police.

### 9. Logan

dir. James Mangold

After 17 years of playing the one of the most prevalent X-Men, Hugh Jackman returns for one last mutant rumble in a western backdrop. Logan's reclusiveness can't last forever, pulling him back into for a final journey that will immortalize his legacy.

### 10. John Wick 2

dir. Chad Stahelski

Step aside John McClane, John Wick is the greatest action hero that has blazed across the silver screen. The action choreography is shot thrillingly, keeping the audience on the edge of their seat to see what's going to happen next and the story delivers a noteworthy view of the reluctant action hero. ■

# Mom’s Enchilada Dinner Recipe

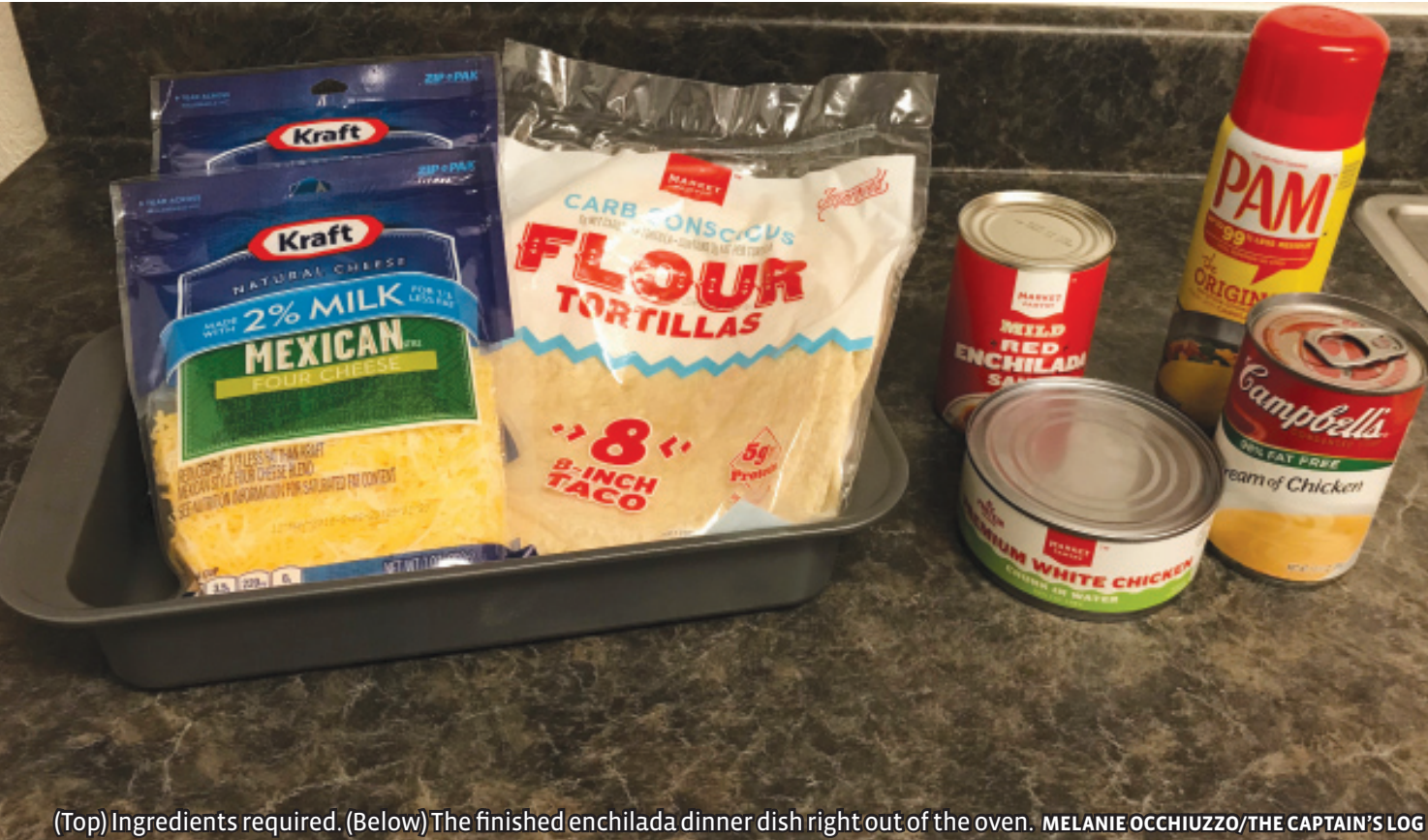
CNU student Melanie Occhiuzzo shares her step-by-step recipe for delicious homemade enchiladas in 30 minutes for under \$20.

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

Everybody needs a quick, easy and most importantly affordable meal they can make. This is the type of dish that you pull out when all you want is something warm and inviting to bite into. This is Mom’s Enchilada Dinner. Now don’t let the name fool you, those of you whose heritage and backgrounds are filled with traditional enchiladas will probably scoff at the ingredients, but not at the taste. Nothing beats a hot meal that’s ready to eat under 30 minutes and \$20.

INGREDIENTS

2 cups Mexican Shredded Cheese (divided) + extra for sprinkling on top  
1 can of condensed cream of chicken soup  
1 can of chicken breast  
1 can of enchilada sauce  
6-8 flour tortillas (depending on how much you fill each tortilla with)



(Top) Ingredients required. (Below) The finished enchilada dinner dish right out of the oven. MELANIE OCCHIUZZO/THE CAPTAIN’S LOG



Bake for 25-30 minutes. Make sure to let it cool off a bit before you serve!

This dish is served best with a side of white, brown or Spanish rice. You can also pair it with whatever type of beans you like such as refried or black beans. The enchiladas also microwave well so if you’re cooking for just one, this could become a week’s worth of dinners in one go. A few modifications: you may use a flat cookie sheet in a pinch to bake the enchiladas in and you can use anything you want to grease the pan but if you use tinfoil you still have to grease it otherwise they will stick to the tinfoil and you’re stuck pulling those shiny, metal bits out of your teeth as you eat. All of these ingredients can be purchased at any grocery store and any brand works, buy whatever you like because this is comfort food at its finest. ■

EXTRAS

A rectangle baking pan  
Cooking spray to grease the pan

DIRECTIONS

Set the oven to 350 degrees.  
Grease the baking pan and set aside.  
In a bowl combine 2 cups cheese, condensed cream of chicken soup and can of chicken breast.  
Mix thoroughly until well combined.  
Spoon equal amounts of the mixture into each tortilla until you have filled them all. (This usually fills six to eight tortillas depending on how full you make each one.)  
Roll each tortilla up and place inside the baking pan.  
Pour the can of enchilada sauce on top and sprinkle liberally with the rest of the shredded cheese.

# Find Time to Help the Drive

Ferguson Center of the Arts welcomes Blood Drive on Jan. 24 with record-setting expectations.

BY ANNA DORL  
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The American Red Cross Club of CNU is hosting a blood drive Wednesday, Jan. 24 from 12 p.m. to 6 p.m. in the Peebles Theater Lobby of the Ferguson Center for the Arts.

The goal of this specific drive is to collect 78 pints of blood, which will immediately benefit hospitals in CNU's vicinity.

Last year alone, the club collected 118 pints in a single drive, setting a club record. This year, they hope to surpass that number and continue to save even more lives in the Hampton Roads community.

Tony Nguyen, president of CNU's chapter of the American Red Cross Club, emphasizes the importance of donating blood, especially as a CNU student.

"We believe it is important for students to give blood because it is a life-saving service that gives directly back to the local communities and hospitals. President Tribble always urges us to 'lead lives of significance.' Donating blood allows you to have a significant impact on others and give back to the community in a way that is truly life-changing," says Nguyen.

Hospitals rely on blood donations. They are needed every day for the treatment of a myriad of various medical issues, benefitting people with many different needs.

"Blood donations also ensure that hospital patients, including accident victims and premature births, are able to receive the proper care they need to survive."

Three individual lives can be saved by just one pint of blood, so every pint that hospitals receive makes a huge difference.

The American Red Cross Club of CNU is sponsored by the American Red Cross.

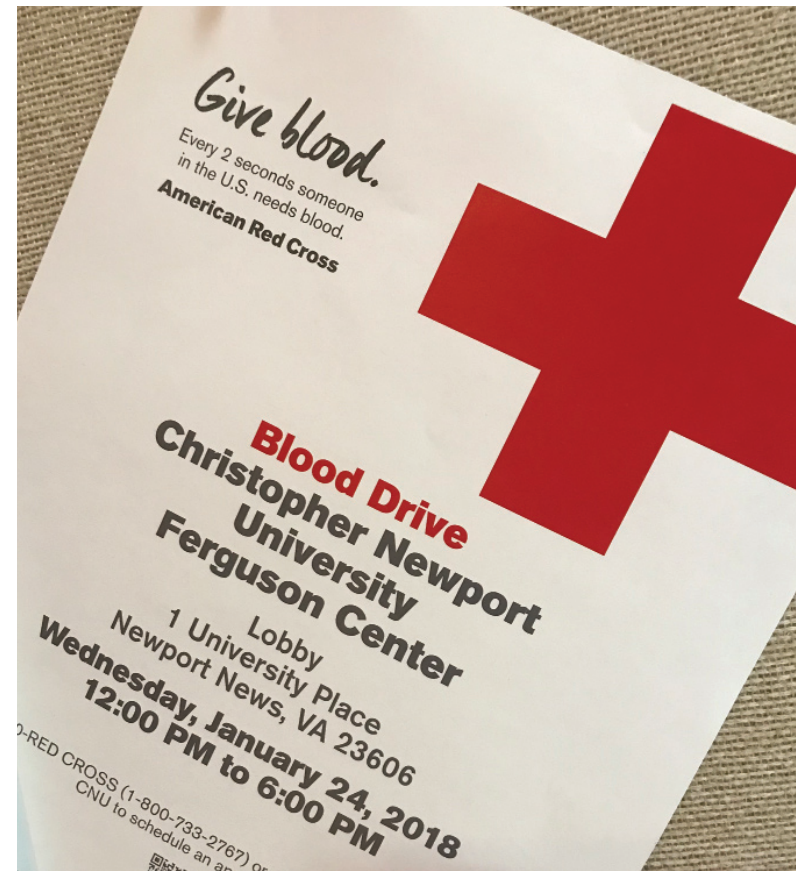
Its 56 active members have an important influence on the community as they hold blood drives every month during each semester, contribute to fundraisers and create opportunities for students to volunteer and give back.

They support local hospitals in Newport News and beyond as they continually provide blood to those in need and spread the word about the importance of donation.

They also plan to expand their influence on campus to the rest of Hampton Roads.

"We are currently working with Greek organizations on campus to help push other community initiatives, which we are excited to reveal in the near future," says Nguyen.

ARCC can't make appointments the day of the drive, but walk-ins are welcome and encouraged. ■



CNU's American Red Cross Club hangs flyers throughout campus.  
MACY FRIEND/THE CAPTAIN'S LOG

## Restaurant Review: Aago



Aago offers Indian food with different spice levels and vegan options.  
PHOTO COURTESY OF TRIP ADVISOR

BY SAVANNAH SHERMAN  
SAVANNAH.SHERMAN.16@CNU.EDU

Off of Jefferson Avenue, on a small strip where the other international restaurants and stores are located, lies an Indian and Nepalese cuisine. Aago is a small hole in the wall that can be easily missed whilst driving.

This small, hidden restaurant is worth the trip off campus. The food, prices and atmosphere all combine to make Aago a satisfying and enjoyable restaurant.

The trip to Aago is only about eight minutes from campus, if taking the back routes. Cutting across via Kingstowne Road off of J. Clyde Morris Boulevard makes the trip shorter compared to just taking Jefferson.

Online photos portray an illusion that the restaurant is fairly big — however, that is not the case. Arriving, it became evident just how tiny the restaurant was; it almost seemed a little cramped.

In total, there are about nine tables, so it is a good idea to call ahead to make a reservation due to the limited space, especially with a larger party.

Despite its hidden location, the restaurant drums up business steadily.

The space is tiny, and there were people seated at almost every table on a Thursday evening, but the ambience is comfortable and homey.

Upon entering the restaurant, it becomes noticeable that the style is very fancy, however, most customers dress casually.

The aroma of Indian and Nepalese food fills the restaurant, enticing appetites.

The menu consists of a wide variety of choices: anything and everything Indian and Nepalese related. Even if you are not interested in this specific type of food, there is something for everyone.

The waiter asks, before placing your order, if you want the spices mild, regular, hot, or extra hot.

I ordered the Chicken Takka and Garlic Naan bread. It was some of the best Indian food I have had in a long time; I definitely give a four and half stars out of five.

The restaurant also offers refillable rice, so you can eat as many pots of rice as your heart desires.

As a college student especially, money is an important deciding factor when choosing where to go out to eat. The prices are not terribly expensive; a meal for one can cost anywhere from 17 to 25 dollars.

Aago is the perfect place to go for authentic Indian food, or just to try something completely new. Aago is worth a try for real Indian and Nepalese food.

Now you can even try out these cultural dishes without getting in the car at Aago's newest location on East Campus under the CNU Village Apartments. ■

# JOIN THE STAFF!

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

**Interested in:  
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Editing,  
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Captain's Log.**

