



# THE CAPTAIN'S LOG

THE VOICE OF CHRISTOPHER NEWPORT UNIVERSITY STUDENTS

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VOLUME 48, ISSUE 22 APRIL 5, 2017



Sisters of Zeta Tau Alpha like junior Danielle Layne scored major points with the crowd as they brought the girls from Girls Inc. on stage with them to finish out their routine.

## Best Dance Crew 2017 finds a way to best itself

Gamma Phi Beta's largest philanthropy event raised over \$12,000—the most in its history. For more info turn to page three.



Senior Alyssa Thibodeau and the rest of the sisters of Alpha Phi took home the title of Best Dance Crew at Gamma Phi Beta's annual event. PHOTOS BY BEN LEISTENSNIER/THE CAPTAIN'S LOG

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Student Assembly executive board officially transitions at Alumni House.

### Sports 10

Galvin-izing the record books: A look at one of CNU's top athletes.

### A&E 13

"Dust to dust"—A simple success: A review of Kyle Ronyec's minimalist production.

### Lifestyle 15

CNU Farmer's Market returns old favorites and introduces new vendors.

## Weekly pic



Out with the old, in with the new: The Student Assembly inducted their new executive board members April 3. Here, the outgoing officers stand behind their successors. (Pictured from left to right) Chad Kirkpatrick, Emmet Aylor, Reagan Davis, Jaden Hagmaier, Michael Bamisile, Kenneth Kidd, Timothy Laboy-Coparropa, Matthew Godsoe, Marybeth Gordon and Brittany Branch. **Photo by Ben Leistensnider/The Captain's Log**

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## Happened

### March 31

#### Best Dance Crew

The sisters of Gamma Phi Beta hosted their annual "Best Dance Crew" competition to raise money for their local philanthropy, Girls Inc. In the end, Gamma Phi Beta raised \$12,090 for Girls Inc.

### April 4

#### Rootbeer Olympics

Sigma Phi Epsilon and Alpha Phi hosted their first "Rootbeer Olympics" to raise awareness about the dangers of drunk driving. All the proceeds from the event will be going to the Happiness Foundation which is an organization that works with those who have been affected by drunk driving.

## Happening

### April 6

#### Chili Cook-Off For a Cure

The sisters of Zeta Tau Alpha will host their first Chili Cook-Off in the Tribble Plaza this Thursday from 6-8 p.m. Tickets will be sold in the DSU for \$3 and \$5 at the door. All of the proceeds will go towards their philanthropy, breast cancer education and awareness.

### April 6

#### The World Made Meme

The COMM Club will host Dr. Ryan Milner, author of The World Made Meme to talk about memes in today's digital world on Thursday. The event will take place in Freeman 201 at 6 p.m.



### Captain's Log Snapchat

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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)

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# FROM THE FRONT PAGE



## BEST DANCE CREW BESTS ITSELF



The biggest dance competition at CNU, Best Dance Crew filled the Field House to raise a record \$12,090 for GPhi's philanthropy, Girls Inc.

BY BEN LEISTENSNIER  
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It was a night of flight attendants, criminals and a good cause.

Gamma Phi Beta's annual philanthropy event, Best Dance Crew, once again impressed the audience with 14 groups competing to claim the top title on March 31. The event continues to be the most attended student-run event on campus.

Featuring precise choreography and elaborate costumes, the competitors united behind a common cause—raising a record \$12,090 for Girls Inc.

Girls Inc. is Gamma Phi

Beta's national philanthropy, and it seeks to empower and provide opportunities for young girls and women across the country.

"Once you get past the glitter, custom t-shirts, lights and music you get to the heart of the event, and it's the kids at Girls Inc.," said Sarah Dofflemeyer, GPhi's public relations vice president. "Most of these kids don't have the opportunities we had at their age, but it's our job to show them they can still be or do whatever they want."

Dofflemeyer was instrumental in the planning of Best Dance Crew along with Nina Swanson, GPhi's philanthropy

chairwoman.

After an intense competition, Alpha Phi ended up taking home the title of Best Dance Crew.

Kappa Delta Rho's performance—which featured a breakdancing segment—was good enough for second place, and Phi Mu's Pan Am routine flew the sorority into third.

In addition to those winners, there were several other awards presented.

Zeta Tau Alpha's flapper-inspired routine and outfits won the best costumes. Psi Upsilon came away with best music. Delta Gamma raised the most money in the change wars. ■



(Top) Don't trust the banner: following several last minute donations, Gamma Phi Beta actually raised \$12,090 for Girls Inc., which supports and empowers girls like the one pictured above. (Above left) Alpha Phi celebrates its win. PHOTOS BY BEN LEISTENSNIER/THE CAPTAIN'S LOG

## Student Assembly executive board officially transitions



(Above) Student Assembly's newest president, Kenneth Kidd, watches as exiting president Michael Bamisile signs the document that marks the position's transition. (Below) Brittany Branch signs to officially become the next Vice President of Membership, succeeding the onlooking Marybeth Gordon. PHOTOS BY BEN LEISTENSNIER/THE CAPTAIN'S LOG

Outgoing Student Assembly officers handed off their duties to their successors April 3.

BY BEN LEISTENSNIER  
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At a university that seemingly adds to its ever growing list of traditions, junior Kenneth Kidd hopes April 3 marked the beginning of the newest one—Student Assembly's "Transition of Officers and Induction Ceremony."

The ceremony marked the change in leadership of CNU's student government, with Kidd replacing senior Michael Bamisile as president.

The meeting convened with outgoing officers—starting with sophomore Marybeth Gordon, the vice president of membership—giving speeches. Gordon was replaced by freshman Brittany Branch.

Once each of the vice presidents said their goodbyes, Bamisile took to the podium.

Prefacing his speech with the fact that he hasn't cried in nearly a decade until this day, Bamisile's emotional words

drew tears from listeners.

He related some of his favorite moments with the old and new executive board, while calling Student Assembly the best thing that happened to him in his collegiate career.

After his speech, a motion was made to induct the newest executive board members. In addition to Kidd and Branch, senior Matthew Godsoe became executive vice president, freshman Jaden Hagmaier became vice president of finance and freshman Emmet Aylor became the vice president of member development.

They are succeeding senior Timothy Laboy-Caparropa, sophomore Davis Reagan and sophomore Chad Kirkpatrick, respectively.

The event also marked the beginning of Kali Milazzo's role as academic affairs chairperson, Cydney Clark's position as student life chairperson and Maddie Amos's tenure as legislative affairs chairperson. ■



# Rabbi Getzel Davis on marriage in Jewish culture

The topic of marriage in Jewish culture is the interesting topic that Rabbi Getzel Davis will explore in his lecture.

*The following is a press release from the Department of Philosophy and Religious studies concerning the upcoming presentation on Marriage and Jewish mysticism.*

FOR IMMEDIATE RELEASE. The 2017 Endowed Sue-Ann and Bill Bangel Annual Lecture on Marriage and Jewish mysticism: The Secret of Union by Rabbi Getzel Davis, Jewish Chaplain at Harvard University.

What do the ancient Jewish mystics believe happens when two souls come together? What makes a marriage kosher? How has Jewish marriage changed in the 21st Century and what new challenges and opportunities does this raise?

How has Judaism dealt with questions of intermarriage, homosexuality and transgender couples? Come learn some of the mysteries of Jewish marriage.

WHEN: 6:30 p.m., Thursday, April 6, 2017.

WHERE: Gaines Theater on CNU Campus.

FOR WHOM: The CNU Community and the Peninsula.

Rabbi Getzel Davis received his Bachelor's Degree from Brandeis University and his rabbinical ordination from Rabbinical School of Hebrew College where he also received a Masters in Jewish Education.

Getzel works as a rabbi and educator at Harvard Hillel and also as a Harvard University Chaplain, where much of his work is to engage unobservant students.

He is also the adviser for the Reform Minyan, teaches regular classes, and counsels students, faculty and community members.

Getzel is also the founder and executive director of Unorthodox Celebrations, a service that connects unaffiliated Jews with inspiring rabbis and cantors nationwide to facilitate meaningful weddings, bar mitzvahs and baby namings.

Getzel is also a contributing blogger at the Huffington Post and received an honorable mention in Newsweek's Top 50 Rabbis of 2015 for leading Yom Kippur Services at Occupy Wall Street in Zuccotti Park.

He recently was honored by the Combined Jewish Philanthropy's Chai in the Hub award for his work with Unorthodox Celebrations.

Sponsored by the Department of Philosophy & Religious Studies Professor Graham M. Schweig gschweig@cnu.edu. ■

# The Red Shirt

Many students have seen the iconic red shirt on students wandering around campus buildings, but few know what they do.

BY DUNCAN HOAG

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Although known around campus as the "Red Jackets" because of their attire, the Building Supervisors at CNU fulfill a specific role on campus.

Robert Olson, Executive Director of Auxiliary Services, outlined what that role entails and how they get it done.

Their role is diverse, as they are required to report incidents that may occur, deal with equipment malfunctions and enforce regulations Olson explains.

"The purpose of the Building Supervisors is to open and close the public use buildings, deal with emergency situations, settle disputes and answer inquiries."

To expand upon that description, they are responsible for filling out injury and incident reports, troubleshooting A/V issues in the meeting rooms in the facility, ensuring that building policies and regulations are adhered to, assisting the Scheduling and Events Department with building/event set ups when needed, and to assist any patrons in the building to find the location for their event says Olson.

Olson also emphasized that, unlike many other student-filled positions at CNU, all Building Supervisors are required to complete certain training before taking on the job at any official capacity.

"All of the Building Supervisors are required to attend training prior to their employment. The training includes CPR/AED/First Aid and fire extinguisher."

Regarding the Building Supervisor's future at CNU, Olson stressed its continued presence at CNU, as well as its continued function as a supervisory body.

"We will continue to have the Buildings Supervisors (Red Shirts) in the public use buildings on-campus (DSU, Freeman Center, Library and Pope Chapel) in the future." ■

# Checking out the CNU PD Station

CNU PD let one of the Captain's Log reporters into their station to learn about what they do as CNU PD officers.

BY MELANIE OCCHIUZZO

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The CNU Police Department station (CNU PD) sits nondescript on the side of Warwick Boulevard. Sergeant Coxe explains that the building used to be a Hollywood Movie rental store.

"We are really strict on our returns," Coxe jokes.

The station was originally located by Lot E on CNU's campus but when the campus expanded they were moved to the new space in 2011.

He says that they facilitated the move on their own. Just off the intake room in the front of the building sits the offices where the officers keep their desks.

No less than two-thirds of the staff are general instructors

according to Coxe.

They are in charge of a variety of programs on CNU's campus, including RAD (Rape Aggression Defense) courses, CPR certification, firearms certification, the bike registration program and other various crime prevention programs.

Everything is done electronically in the station so it is helpful for the officers to have their own desk space to work and keep everything together on their laptops.

The room that houses the officer's desks also keeps a chart of the current overtime opportunities and a list of incident reports by the month.

CNU PD always covers athletic events so there are ample opportunities for officers to pick up extra hours working there.

"Anytime there is an event

with large amounts of people we provide coverage," Coxe says.

The incident report board keeps track of the inactive cases, the unfounded cases where non criminal activity cases are recorded and the closed cases.

For the month of February there was an 81.5 percentage of solved cases.

Aside from the central offices there is an Emergency Operations Center, an evidence locker, one interrogation room, one conference room and a dispatcher's office.

The dispatcher's office holds extra flashlights, key rings and traffic wands as well as having the capacity to do weather monitoring and siren control.

"Whenever that big red button is pushed it's for real," says Coxe.

If a person is picked up by

CNU PD and need to be held overnight they are transferred to the Newport News Police station because there is no holding cell in the CNU PD facility.

The same goes for drunk and disorderlies Coxe says, there is no intox room so they are transferred to the NN facility.

The station may seem small compared to other city stations but it is much larger than the original station.

They have a lot more storage room for one says Coxe.

The ability to have little things like a break room make all the difference when hosting guests in the station for meetings or briefings.

While the CNU PD helps facilitate the fact that CNU is a crime prevention campus, they also are called out on more harmless operations.

Coxe remembers a time when

he was called to rescue seven baby ducks trapped in a storm drain.

When he attempted to remove the drain the ducks were washed down the drain so he and his partner had to lay down on their stomachs to scoop the ducks out.

"We saved all seven ducks that day," Coxe says.

The CNU PD are here to keep students safe Coxe says and by having their building close to campus they are accessible to the student body.

There are currently six grads working with the CNU PD and almost two-thirds of the force have a bachelor's degree.

"We try to encourage education if possible."

The CNU PD strives to have a good relationship with the student body says Coxe. "Our station is here to help." ■

## President Bamisile’s “thank you” speech

The outgoing Student Assembly president Michael Bamisile had some final words for his organization that he hopes conveyed what it has meant to his collegiate career at CNU.

**MICHAEL BAMISILE**  
OUTGOING STUDENT ASSEMBLY PRESIDENT

I have never given a farewell speech before. As President, I feel as though it is part of the job description to give one last grandiose speech during the inauguration of the newly elected leaders, but I don’t want to do that. Instead, I want to do this.

Cydney, Jackie, Kali and Jess: remember those long nights in October that we stayed up to make sure Student Assembly was ready for Homecoming? And Patrick, Davis, Chad, and Scott P. Gilbert (I made sure not to forget the P): remember when during Homecoming ya’ll were my secret service agents and we all looked like such bosses?

Svet: remember when during homecoming you weren’t even a delegate of Student Assembly and you still decided to help us out? And for those that were present during homecoming: remember how before we won, our cart was the only cart to stop in the middle of the parade?

Hey Brittany and Jaden: remember when I met ya’ll during welcome week and said ya’ll were going to do great things? And then remember how ya’ll killed it as Captains of the Relay for Life team and now ya’ll are executive board members of Student Assembly?

Hey Legislative Affairs committee (and Matt Godsoe): remember how ya’ll passed so many proposals this year? More than Student Assembly has probably done in the last five years combined?

Hey President Tribble, Oh I mean Kenneth Kidd, remember how many times you got sniped before, during, and after assassins? I have a feeling that next year, people will be calling you President Lincoln instead (shots fired... call me John Wilkes Booth).

Hey Marybeth: remember how first semester you said #gimmeapoint was not a real hashtag and the entire delegation thought you were a kill joy (or maybe that was just me). Hey everyone: remember that one time TLC’s mom called in the middle of an important meeting? And remember our failed attempt at doing acid river in the beginning of the year?

I recognized the importance of doing stuff like this tonight. I would not be able to reminisce on everything that we did this year. As you all know, Student Assembly is my passion. Being your President was definitely the highlight of my collegiate career. You all make me proud. I have never been so happy



to invest my time, soul, and energy into anything except this organization... and the only reason why I was able to do it is because of my executive board and all of you.

Because of ya’ll, I grew, learned to love again, and lead a life of significance.

I haven’t been this emotional since my 9th grade year. I was 13 and leaving home to go to a military boarding school was no easy task. Well, neither is doing this because you all have become my home. Student Assembly has become my home. Student Assembly is the reason why I can call CNU home.

I have never given a farewell speech before, and I am not going to start today. Instead, this will be my thank you speech. Thank you Jesus Christ for blessing a wretch like me. Thank you all so much for giving me the greatest year I have had thus far.

And finally, thank you TLC for being the greatest right hand man a black guy could ever ask for. Since freshman year you have been by my side and encouraged me to grow. Through thick and thin this year you stayed by my side. The world needs more people like you brother and men should aspire to be half the man you are. If you all would grant me three requests, it’s this: keep my passion for Student Assembly alive, keep the energy I have for Student Assembly alive, and keep the love I have for every member of this organization alive.

My name is Michael Bamisile, and from the bottom of my heart I thank all of you. May the grace of God continue to be with us all- now and forevermore. Thank you. ■



(Top) Michael Bamisile experienced a variety of emotions during his final address, ranging from laughter, tears and sometimes both. (Above) Bamisile embraces Cydney Clark, the new student life chairperson. PHOTOS BY BEN LEISTENSNIER/THE CAPTAIN’S LOG

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# DIVERSSIONS



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## BEST DANCE CREW



Gamma Phi Beta hosted their annual Best Dance Crew in the Freeman Center Friday, March 31. Here are some photos from the event.

The sisters of Delta Gamma kicked off Best Dance Crew with torn clothing and painted blood stains as they performed a Purge-inspired set. BEN LEISTENSNIDER/THE CAPTAIN'S LOG



(Left to right) Einsteins baristas Evelyn Beil, Whitney Leach and Chenoa Payne perform part of their set to the TingTings "That's Not My Name." Baristas approached customers with Starbucks cups that had the wrong names on them, right before unsatisfied customers slapped the cups out of their hands. BEN LEISTENSNIDER/THE CAPTAIN'S LOG



The sisters of Phi Mu were destined to reach new heights with their performance. They ended up winning third place overall in the annual competition.



The sisters of Alpha Delta Pi became smooth criminals with their moves at Best Dance Crew as they closed out the competition with their prison theme. HANNAH LINDENBLAD/THE CAPTAIN'S LOG



in their flight attendant-themed performance. The sorority on. RACHEL BENNETT/THE CAPTAIN'S LOG



The brothers of Kappa Delta.Rho won second place. As most groups do during BDC, the brothers of KDR threw out the GPhi crescent to win support from the crowd and judges during their performance. BEN LEISTENSNIER/THE CAPTAIN'S LOG

# Galvin-izing the record books

Meaghan Galvin will go down in history as one of CNU's best lacrosse athletes.

BY ANDRE TORAN  
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Hailing from Arlington, Va., Meaghan Galvin has become a star here in Newport News for the Captains' women's lacrosse team.

The senior captain has been a productive and dominant mainstay here at Christopher Newport and has pieced together an illustrious career, breaking and setting several records.

However, before her career at CNU Galvin began playing lacrosse in third grade. As a young girl and up until high school, Galvin started off playing goalie—the antithesis to what she plays today. By her sophomore year in high school, at Yorktown High, Galvin began to play the offensive side of the ball—budding into the dangerous offensive presence she is today.

Unfortunately, coming out of high school Galvin did not have as many big-time looks from big-time programs as she might have expected.

"I started the recruiting process pretty late," Galvin said in a statement. "I only started playing club my sophomore year, and me and family, none of us knew what the recruiting process was going to be like, so we probably visited about 20 to 30 schools just to get a feel of what I wanted. But nothing really hit the points that I wanted, my parents coming to my game, in-state tuition and so on."

However, when Galvin visited CNU she said that it felt like the right fit and doesn't regret the choice to become a Captain.

"I love the people (teammates) here," Galvin said. "I couldn't imagine coming here without the group that we have. Just my class in general is such a great group of girls and I think we've emphasized the idea of family."

Little did Galvin know, her choice to attend Christopher Newport University would forever place her name in the program's record books, among some of the greatest women's lacrosse players



Senior Meaghan Galvin will graduate holding a multitude of women's lacrosse scoring records. BEN LEISTENSNIER/THE CAPTAIN'S LOG

to ever set foot on the field for the Captains.

In her freshman year alone, Galvin put together one of the most impressive freshman campaigns of all-time—earning first-team All-Region, All-State and All-Conference honor, while being named the VaSID (Virginia Sports Information Directors) All-State and Capital Athletic Conference Rookie of the Year. To earn these accolades as a freshman is something that doesn't occur very often and requires one to play on an astounding level each outing. This is exactly what Galvin was able to do, as she finished the season ranked seventh in the CAC in points, 61, and eighth with 42 goals, which set a new CNU freshman record. In addition, Galvin finished third in the conference with 66 draw controls and established a new single-season program record with 17 free-position goals. To set the bar even higher, Galvin put the ball in the net at least twice in each of her first 14 appearances, which marked the longest multiple goal scoring run to open up a career in CNU history.

In her sophomore season, the narrative stayed the same as once again Galvin would receive first-team All-Conference, All-State and All-Region honors. During the 2015 campaign, Galvin

would chip away at even more records, setting a new single-season program record of 73 draw controls. Additionally, Galvin was able to lead the team in with 47 goals and 69 points, which included 11 hat-tricks, as she would finish second in the conference in goals and points.

By her junior season at CNU, Galvin had already established herself as a force within the Capital Athletic Conference.

But during her junior campaign in 2016, Galvin would arguably become the most decorated player in CNU Women's lacrosse history, as she became Christopher Newport's first ever IWLCA All-American, earning second-team honors. In addition, Galvin was also named to the CAC the CAC and VaSID Player of the Year, once again receiving first-team All-Conference, All-State and All-Region accolades. On the year, Galvin was able to tally up 72 points, second in the CAC, finish third in the league with 33 assists, and finish second in the country with a free-position percentage of 73.7 percent. Finally, Galvin would set a new program record and lead the CAC with 82 draw controls—which she is currently on pace to break this season—because, what would be a CNU women's lacrosse season without Galvin breaking or setting a new program record of some sort?

When asked what she thought about all of the records she has shattered, Galvin responded humbly.

"I mean it's pretty cool," Galvin said. "I guess my goal coming in to CNU was to leave it a lot better than when I came in, which means doing the extra and I think that plus upward trajectory that the program is on made for a really good combination and I'm just really blessed."

Illustrious is not the word to describe what Galvin has done here at CNU. Regarding her career numbers coming to the 2017 season, Galvin ranked fifth all-time in goals with 155, third all-time in assists with 107 and fifth all-time in points with 262 (Galvin could possibly move into fourth by the end of the season, needing one more goal or assist to pass Kristen Conques, who last played in 2007).

Ultimately, Galvin should be remembered for her excellence. Galvin should be remembered for her leadership. Galvin should be remembered for her dominance. Galvin should be remembered for her consistency. And finally, most important of all, Galvin wants to be remembered for her passion and the relationships she has built on her road to greatness. ■

## Men's lacrosse fall in a defensive conference game

A low-scoring effort, the Captains allow a goal in the last minute to lose to CAC foe Frostburg State by a score of 6-5.

BY JJ LAPOINTE  
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The Christopher Newport men's lacrosse team battled and showed an amazing defensive effort, but came up one minute short against the Frostburg State Bobcats.

With nearly identical records, the two CAC teams went head to head on April 1 at Bobcat Stadium. Frostburg State jumped out to an early start, scoring

two quick goals in the first period. The Captains bounced back and ended the period with a goal by Senior Will Geise.

The second period was controlled by CNU. Goals from junior Matt Crist and senior Randy Foster put the Captains in a 3-3 tie with the Bobcats. On the offensive side of the ball, CNU put nine shots on goal to the Bobcats 10 in the first half. Defensively, the battle was won by CNU by the slightest of margins as they recorded seven saves to the Bobcats' six.

On an individual note, senior goalie Matt Hayden dominated the defensive side of the ball for the Captains. He made 11 saves, snagged six ground balls and was the cause of two Bobcat turnovers. Hayden has played a vital role for the Captains for the past three years. He recorded 117 saves as a freshman, 149 as a sophomore and set a new CNU record with 190 as a junior.

As the second half of the game got going, Frostburg State jumped out to the

advantage scoring two goals, and holding the Captains scoreless. The efforts of the CNU men were not short lived as both Geise and Crist added goals to put the Captains in a 5-5 tie with the Bobcats with only 10 minutes left in regulation. A late goal by Frostburg State's Adam Gross proved to be the deciding factor as the Captains fell short 6-5.

Another CAC rival awaits CNU as they travel north to Maryland to face off against top-ranked Salisbury. ■

# Two is better than one



Despite battles with injuries, senior Briana Sutton has excelled in not one but two sports: volleyball and track and field. COURTESY OF PATRICK DUBOIS/CNU OCPR

BY BRETT CLARK  
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Most athletes at Christopher Newport compete in just one sport. Briana Sutton competes in two. One of her sports is then filled with several different events, complicating the matter even further. Instead of just working on batting and fielding or dodging and shooting, she

has to work on setting and blocking as well as jumping, running, throwing, and putting.

In the fall, Sutton plays volleyball here at CNU. Once that is over, she switches gears immediately into winter track and field which promptly morphs into Spring track and field.

With this multitude of skills to work on, one wonders how she manages it all,

Briana Sutton collects accolades in two sports at Christopher Newport, track & field and volleyball.

on top of those pesky classes everyone pays to attend.

Sutton is used to being busy, though. At Jamestown High School, Sutton played volleyball, track and field, softball, swimming, and basketball. She said she was actually surprised by all of the free time she had when she came to CNU to play volleyball. That was part of her decision to go for track and field her sophomore year.

Despite only originally coming for volleyball, she has blossomed into an amazing dual athlete. Like Deion Sanders, Bo Jackson, and Jim Thorpe, Sutton has claimed accolades and set records in both of her sports.

Just this past week, Sutton was named Capital Athletic Conference Women's Field Athlete of the Week. This most recent accomplishment is piled on top of the fact that she is a first-team All-American in volleyball and is All-Region in track. Let's not forget the fact that she was named CAC Female Athlete of the Year in the 2015-2016 school year for her high level of performance in her two sports.

Sutton said, "I'd have to plead the fifth on that one" when she was prompted in revealing what her favorite time of year was- volleyball in the fall or track and field in the winter and spring.

Outside of sports, Sutton said she definitely has had to lose out on some of the social aspects of college life with her grinding schedule.

She brought up the cliched triangle you hear about; where sports (or another time consuming extra-curricular) is on one point, hanging out with friends is on another point, and grades are on the

third. It is said that you can only pick two and the third is done in mere moderation. Many student athletes feel this effect on their college experience.

On the grades and school point of that triangle, Sutton has devoted herself to a double major. With the hope of working in counter-intelligence for the government to help combat human trafficking, Sutton will be majoring in both Spanish and sociology with a concentration in criminology.

Like many of the wonderful coaches here at Christopher Newport, Sutton spoke of how great her two coaching staffs have been with helping her manage her career as both student and athlete.

She truly believes that her rigorous schedule has taught her the invaluable importance of time management. This skill transfers into any job post-graduation. She also said that the ability to focus on a goal or task has become something of great necessity and worth.

Sutton's pre-competition tendencies might seem to be peculiar to some, but it seems to be working. During volleyball season, she always walks the lines of the court and steps on all the points where lines intersect. During track and field this is complicated due to the multitude of lines that zig zag across and around the track.

Ever since Sutton had an ankle injury, she has begun tying her shoes very tight and having to retie them to get the job done right before any event. While performing these rituals, Sutton said that it is likely to find her listening to one of her favorite Pandora stations, like "Gameday Hip-Hop & Rap." ■

## A positive side to fitness testing

Senior member of the women's lacrosse team Mariah Ginebra describes empowerment through athletics.



BEN LEISTENSNIER/THE CAPTAIN'S LOG

BY MARIAH GINEBRA  
MARIAH.GINEBRA.13@CNU.EDU

I think most college athletes have experienced the stress and nerves that come before fitness testing. You know

what's at stake and you want to prove to your teammates/coaches how hard you have worked and your dedication to even the least fun parts of your sport. For me, the thought of run tests for my lacrosse team feels like there is a huge unavoidable mountain in the distance. One that I know I will have to climb, and that I know is probably going to take everything I have to get to the top. But, when I think of our fitness tests I also think about how I would never be able to climb that mountain without the support of my teammates. Without their empowerment I would probably be stuck somewhere near the bottom of that mountain crying and eating all of the snacks I brought for the climb.

Empowerment has been defined as "the authority or power given to someone to do something" and as the "process of becoming stronger and more confident." For my lacrosse team,

empowerment is about holding one another to such a high standard that we cannot simply brush off our weaknesses or mistakes, but have the courage to look them in the face and say "I am going to get better at this." It also means recognizing where our teammates are struggling and building them up and giving them the power to get stronger. It is about being real with one another and not only working to improve our own faults on and off the field, but working with each other to make the people around us better as well.

Fitness testing is one of the greatest examples of our team using empowerment to lift each other up and make each other better. Just like any team, we all have different skills. Some people are super fast and can leave the rest of us in the dust. Others have the best field sense, but would literally do anything to avoid conditioning... they might even betray their love for Commons and go to Regattas. No matter how fast you are or how much you prepare, run tests are stressful for everyone. It's hard to look

at the reality and consequences of not meeting the standard that is expected of you as an athlete. It's especially hard when that consequence is a 6 a.m. "run club" during preseason. But, the empowerment that our team shows during this time is one of the greatest rewards I have gained from being a college athlete. My teammates and I have learned how to empower each individual in a way that suits their unique personality. Whether that means running the tests alongside them and making them push that extra bit so they can pass, training extra with them in the off season, or just blasting their favorite jams over the speaker to get them into a positive mindset.

Fitness tests are great, but learning empowerment has shown to be applicable in so many other experiences in lacrosse and in life. Whether it is run tests or tough times off the field, the best thing is to know that you are not alone in your struggle. Because everyone has a mountain, and the only way we are all going to make it over that mountain is if we all lift one another to the top. ■

# A date night straight from the 'art

The Chrysler Museum of Art attempts to appeal to a diverse audience. Their newest attempt? Couples.



BY SAMANTHA CAMILLETTI  
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The Chrysler Museum of Art opens its doors to couples this Friday, April 7, at 6 p.m.

This Date Program will include conversation, cocktails, and a chance for couples to tour the museum at night and perhaps learn more about art in the process.

The evening's program will include cocktails, Hors d'oeuvre and ice breakers before moving to the galleries to cover the Elements and Principles of Art and Design.

"This is going to be less about the history of a certain piece in our collection or about any particular artist or genre," Jonathan Markham, Manager of Curriculum and Gallery Programs, said. "We want to give our guests and future museum goer's basic critical thinking skills to examine art and talk about it using artistic vocabulary that can be applied to the museum context, design in general and even using it in your own home and personal style choices."

Elements of Art will cover lines, shape and forms, color and values, and give the couples a few vocabulary words in their arsenal before they move to Principles of Art, which combine the vocabulary with more complex ideas "which but not

limited to balance, pattern, rhythm, and unity", according to Markham.

After the tour, they will have a chance to share their new knowledge over dinner at the Restaurant Wisteria. After dinner, the couples are free to wander through the galleries and, as Markham notes, "hopefully share their experience of a night of art at the Chrysler".

Markham, who helped orchestrate this event, had comfort and creativity in mind when he created this event. "We are trying to offer something outside of our normal day time hours venue and hopefully give the public and chance to the museum in a different light, literally and figuratively," he said. "It is a fun way to reconnect with art and in turn connect with your date."

Markham notes that events like this are unique because not everyone can say they've spent a night in a museum.

Also, "the evening is capped at only 15 couples so it should provide a more intimate, yet casual atmosphere, for everyone to explore the Chrysler Museum of Art," he said. "And you never know, it might spark a romance or two, and who wouldn't want to tell the story of how you met your partner in a museum?" ■

**Cost per couple: \$65 for Museum**

**Members, \$85 for all others**

Part of the date night program includes both an official guided and optional self-guided tour through the Chrysler at night. PHOTO COURTESY OF THE CHRYSLER MUSEUM OF ART

# "Dust to Dust"—A simple success

In an age where pumped-up musicals and flamboyant productions are considered the new normal, "Dust to Dust" is a breath of fresh air, making up for its lack of frills and simple set with the genuine talent of the cast.

BY AARON ROYCE  
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"Dust to Dust" upon general inspection, is a basic contemporary play. In slightly over an hour, it tells the story of farm boy Toby Green (Brannon Linder) venturing from Illinois to New York City to collect a debt from his father's old friend Gabriel Rosen (Hannah Zwerner), now the controlling mother of jazz singer Scarlett Rosen (Madeleine Witmer).

First produced by the The Class Act Players Theatre Company, and founded by Christopher Newport's Initiative Student Theatre's director of this show, Kyle Ronyecs, it was minimalist, dramatic, and absolutely stellar.

As contemporary as this show is, its simplicity gave it a certain flexibility—it could be dropped into any setting and still make sense. This left the audience's imaginations to run wild with

whatever scenic details they felt could fit, because, well, there was a distinct lack of them.

The entire show probably had less than twenty individual props that were continuously rearranged and shuffled throughout its various scenes, and the costumes, accompanied by little or no makeup, were obviously taken directly from their respective performer's closets.

But that's okay!

And, what's more, it added more depth to the performance and allowed the raw, pure talent of all its performers to truly shine without being overshadowed by elaborate costumes or set designs.

For me, what made "Dust to Dust" great was its minimalism. I'm no theater expert (and don't claim to be one), but I have enough common sense after years of attending all of my high school's theater productions to know when student performers are genuinely talented or merely given their roles due

to favoritism.

This was an exemplary show of unfiltered talent, and its lack of bells and whistles, if you will, was a welcome lack of distractions or other material focal points in the show.

All of the characters that performed singing and dance numbers, from Scarlett and her malevolent agent to Ralph, the poorer lower-class member, and Tobin Green were all fantastic.

There was minimal lighting and a small group of student musicians to accompany each scene, which added to the concept that the show didn't need tons of material objects or decorations to aid its natural talents onstage; they shone all on their own (or, as the case may be, with another person in a duet or with a small crew of dancers).

This minimalism also added to the plot and key components of the show. The music, the dance scenes, and the dramatic irony of the core characters' confusion to how Scarlett's potential

husbands keep disappearing were all heightened, as was the plot, by its simplicity.

The prevalent themes of class hierarchies, a controlling, male-dominated society, and the dangers that come from being overlooked or overexposed by said society were all broadly highlighted throughout the course of the show as well.

Overall, the main strength of "Dust to Dust" is that it leaves most material aspects to the audience's imagination, which allows them to focus more on the show's core themes and its performer's raw, pure talent.

This was stated several times in the show: "Blessed are those who hunger and thirst, for they shall inherit all the earth."

If that's the case, then the hunger and thirst that went into this Initiative Student Theatre production definitely payed off; hopefully, they'll inherit the earth. ■



Chester Gregory (Berry Gordy) stands as the center of attention in this performance that depicts the history of Motown records. PHOTO COURTESY OF SAMANTHA LAVIN

“Motown: the Musical” is stopping for a few days in Norfolk, bringing fun, festivity and education with it.

BY SAMANTHA CAMILLETTI  
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This weekend, the Chrysler Hall in Norfolk will transform into a cultural and historical beacon as “Motown: the Musical” sidles onto its stage.

The 33-member cast features names like Chester Gregory, cast for the second time as the prolific Berry Gordy, Allison Semmes as Diana Ross, David Kaverman as Smokey Robinson, and Jarran Muse as Marvin Gaye.

While its cast is star-studded enough, “Motown: the Musical” itself, has also been nominated for four Tony Awards. The musical follows the timeline of Berry Gordy, famous Motown record producer from the beginning, according to Muse.

“It’s how he met Smokey Robinson, how he met Diana Ross, Little Michael Jackson, Little Stevie Wonder, all of those groups. It starts from the 80s when they had the Motown 25 concert and then

goes backwards to when he was a kid and what inspired him and then how he met the individual artists and the group acts and the journey they all took together to basically become the legends that they are.”

Muse himself has toured on Broadway in “Dreamgirls”, “Hairspray” and “42nd Street” to name a few.

He fell into the role of Marvin Gaye for this production, who is one of his favorite artists. “My family listened to a lot of Motown when I was younger, so that was the music that I was raised on. People always told me that I reminded them of Marvin, so it was kind of cool that I get to actually have this role now,” he said.

Having the opportunity to play Marvin is life changing, but also enlightening, according to Muse. “I did a lot of research on Marvin, watched a lot of his interviews, watched his old concerts, so I could try to capture his essence,” he said. “Not a lot of people

know that Marvin Gaye’s first wife was Anna Gordy, Berry Gordy’s sister—that’s how he was basically found. His sister discovered him and signed him to her label. Back then it was a lot different, the celebrity life was not as much in the spotlight as it is today.”

Muse heavily drew from Gordy’s autobiography “To Be Loved: The Music, the Magic, the Memories of Motown” for his information as well as “Youtube University”, he jokingly added.

While fans of the music genre will already likely turn out to this event, Muse also encourages a broader audience to attend because of its historical significance.

“Motown is American history, it’s not just black history. It’s the music that literally got America dancing together. It was a time when school dances were segregated—you had to be on different sides of a rope to have fun,” he said. “So when a time when we

were so segregated, Mr. Gordy literally brought the world together with music. So it’s a great historical piece and you should really see it because it’s not just a review show, it’s a story, a love story. It’s a great show, it’s a feel-good musical, it’s a historical piece, and it’s Motown.” ■

#### Schedule:

April 6 at 7:30p.m.

April 7 at 8 p.m.

April 8 at 2 p.m.

April 8 at 8 p.m.

April 9 at 1 p.m.

April 9 at 6 p.m.

Prices range from \$38-\$73

## Album Review: “Hot Thoughts”

Spoon’s “Hot Thoughts” may prove to be surprising, attracting both seasoned rock fans and reluctant listeners alike.

BY AARON ROYCE  
AARON.ROYCE.16@CNU.EDU

I’m not a fan of rock music. My iTunes library is a mix of classic early-2000’s pop, moody R&B, or slow alternative music.

The edgiest thing on any of my playlists is probably Nicki Minaj, and the closest thing I tastefully like that can be considered “classic rock” are my Guns N’ Roses and Pink Floyd tees, proudly purchased from generic retail stores, not from any concert venues where I actually saw a group perform because I liked them.

My best friend from high school recently sent me a link to a local Spoon concert so we could buy tickets and go to it for her birthday this summer.

Seeing they were listed under the Rock category, I told her there was no way she’d want to be dancing at this

concert while I’d be trying to shrug my shoulders and sip my Diet Coke to whatever loud guitar shreds they played behind her.

Shocked, she described that their latest album, “Hot Thoughts”, was totally different from other rock artists, in my league of music, and that I would love it if I immediately listened to it. At her imploration to hear it and the repeated threat of her ignoring any of my calls unless I listened to it and gave her my full review of it, I caved in and did so.

And, to my surprise, I loved it.

The title track of this album begins with an electronic droning and robotic vocals, more like a possible Daft Punk song than anything else; however, once the guitar riffs and simpler beats begin, it coalesces into a song that’s both overtly alternative with a sharp edge.

And the album only progresses from

there. “Whisper I’ll listen to hear it” begins with a steady, mechanic beat that seems reminiscent of a “Mission Impossible” film; however, once the guitars and vocals kick in, it’s unlike any type of rock song I’d previously; halfway through, guitarist and front man Britt Daniel’s steady vocals end to allow for a sharp instrumental change that’s played out for the rest of the song. “Us,” the album’s finale, is a jazzy and abstract song that fits perfectly with the rest of the record, but is different enough to stand out from it.

Overall, this album isn’t a collection of punched-in guitar solos and compressed, obviously-tweaked-to-sound-as-acoustic-as-possible vocals that make up most people’s ideas and are the essence of rock music in general. “Hot Thoughts” leans much closer to the alternative side of rock music, with ten songs containing vocals backed by

a wide variety of instrumental tunes broken up by electronic, slow, or steady beats that course throughout the entire album.

There are simple lyrics backed by simple chords (“I Ain’t the One”), and there are psychedelic beats with lushly synthetic funk behind them (“Pink Up”).

This album’s conscious and well-curated aesthetic (the album’s cover just brings it’s songs to mind after you’ve listened or are listening to it) only adds to this essence of basic rock that still contains enough magical swagger to keep you listening and interested in it the entire way through.

Thanks to “Hot Thoughts”, it’s safe to say that some rock music—specifically Spoon’s—can’t just be shoved into a box with Metallica and Pearl Jam’s and that I’ll be dancing alongside my friend at their concert this summer. ■



“People will say, like, ‘think outside of the box,’ but I think it’s important to realize there really isn’t a box.”

— Paul Risque

HANNAH LINDENBLAD/THE CAPTAINS LOG

## Inside the life of the “Bathrobe Guy”

Paul Risque explains the role that Dudeism plays in his life and why he practices the easygoing religion.

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

You’ve probably seen him around campus, and you probably know him by his nickname, “Bathrobe Guy.” Paul Risque doesn’t mind. He is a practicing member of the world’s most easygoing religion: “Dudeism.”

Described by Risque as “a modern form of Taoism, and like, Buddhism,” Dudeism is a philosophy and lifestyle inspired by The Dude, the protagonist of “The Big Lebowski” (1998).

Risque describes Dudeism less as a religion one converts to, and more as a lifestyle that one happens to lead. He first realized he was a Dudeist four or five years ago after watching his uncle’s copy of “The Big Lebowski” on a trip to the beach.

“I was just looking at it, like, ‘what

is this movie?’ It was so confusing, I had no idea what was happening,” said Risque. “I don’t know what it was, something about the movie stuck with me. The more I watched it the more it started to make sense.”

Last year, upon taking a class on Buddhism, he made the connection between Buddhist teachings and “The Big Lebowski.”

He began wearing the bathrobe the second semester of his freshman year at CNU.

Asked if his status as “Bathrobe Guy” bothered him, he replied, “I don’t really care. People, I guess, can call me whatever they want. It is true, I do wear a bathrobe.”

While Risque might be the only person on campus who would identify himself as a “Dudeist,” he believes there are other people on campus who would

fit the description.

“Some people might say it’s not a religion, but that’s really not a concern. A big quote from the movie we like to use is, because it makes sense, is ‘that’s just like your opinion, man.’ You can think what you like, it doesn’t affect us.”

According to Risque, “taking it easy” is the main philosophy of Dudeism.

“Just do the best you can, y’know?”

At the same time, Dudeists should be respectful and never mean.

“Especially in the movie, and just like in general, he’s never mean to people. Sometimes he’ll get angry and stuff, but in the end, your anger doesn’t really matter. Just take it easy.”

While Dudeists, obviously, enjoy quoting “The Big Lebowski,” doing so is not a key tenet of the religion.

Risque is a junior majoring in computer science. While he is unsure what he wants to do with it,

he believes education is important and spoke at length about the importance of critical thinking.

“People will say, like, ‘think outside of the box,’ but I think it’s important to realize there really isn’t a box.”

Risque is a member of the Marching Captains and the Pep Band. He plays the sousaphone. He is also a member of CNU’s Lightsaber Club, the Knights of the Force, but because of homework and a hip injury has been unable to attend many meetings this semester. In his free time, Risque likes to write, listen to music, and think.

“Some people are like, ‘this guy’s wearing a bathrobe.’ I think it’s important, like, you judge people by how they judge people. So if someone just judges someone because they think they look weird... well, that’s just, like, their opinion, man. It doesn’t really matter.” ■

# Intercultural Festival Recap

Students came together to explore different cultures around the world without leaving campus.

BY LAUREN GAGLIARDONE  
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On Wednesday March 29, the Student Diversity and Equality Council (SDEC) and the Campus Activities Board (CAB) put on the third annual Intercultural Festival.

The Festival was decorated in small sections, making it obvious where the various countries started and ended. There were kangaroos, pagodas, flags, food and lights throughout the entire ballroom.

Students had the opportunity to play various games with different groups and participate in crafts while listening to live music.

The volunteers and cultural groups on

campus made the event special. Angel Wood, a member of CAB, volunteered to work at the Festival, sampling Baba Ghanoush at the Lebanon table. "I volunteered because I loved the idea of the campus having an event that was centered around culture. I wanted to be a part of something bigger than myself," Wood said.

Evelyn Post, a member of the Latino Student Association (LSA), not only worked at the LSA table but got to perform with the Afro-Dance workshop group.

"I was nervous to dance since I could make eye contact with the audience being so close, but it was a lot of fun," Post said.

Sarah Kerndt, a member of the SDEC

planning committee, was glad to see the event come together so well. Kerndt said, "the decorations look amazing and the vibe in the room is very different from previous years but it feels much more personal. I'm stoked to see everyone enjoying themselves."

The room was packed and it was obvious that people were enjoying talking to fellow Captains about what the Festival had to offer.

The smells of all the various foods mixed with the music made the atmosphere really come together. Many of the people who visited the festival took home their crafts to continue to enjoy.

Samantha Ho came to the Festival with friends to explore what there was to see and participated in a few of the crafts for the experience.

Australia offered the chance to

paint your own boomerang, which was a very popular craft among visitors.

Kelton Sullivan and Riley Baringer both decided to paint boomerangs and saw it as a chance to get creative.

"I painted my phone number on mine so I could pick up girls and it's a unique way to do that," Sullivan said jokingly.

All in all, the Intercultural Festival was very successful. Many of the students kept their stamped passports from their adventures in the ballroom and left with smiles on their faces.

The Intercultural Festival was a great experience for the CNU community and the planning committee is hopeful that it will be even more successful in the coming years. ■

## CNU farmer's market brings old and new favorites



Farmer's market T-shirts are available for \$6. PHOTOS BY MACY FRIEND/THE CAPTAINS LOG

The CNU farmer's market has reappeared and will be open for students every Thursday until April 20.

BY TAYLOR MICHALSKI  
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Now that Spring has officially sprung that doesn't just mean fresh smelling flowers and sunny days.

For CNU students it means weekly farmers' market visits put on by the CNU green team, faculty members, and staff.

The farmers' market allows for students to feel a sense of community. Vendors from all around the Newport News area attend the weekly market in hopes to educate and bring joy to the campus through a variety of outlets.

The vendor booths are eclectic and there is something there that anyone and everyone can enjoy.

The retailers range from food items,

flowers, jewelry, essential oils and much more.

The vendors line the street behind the David Student Union on both sides of the walkway creating a welcoming atmosphere.

A crowd favorite is the warm, savory kettle corn made by the Kettle King. The smell lingers through campus and is a reminder to students that it's a Thursday and that the market is underway.

The kettle corn smell lures students in and brings them into the middle of all the hustle and bustle.

Another popular booth is Smithfield Orchids. The table of flowers is full of bright colored, short or tall, big and small orchids. These



Students can purchase handmade jewelry at the market and other trinkets.

arrangements are a beautiful way to spruce up a dorm room or would be a great gift.

The workers are incredibly helpful in guiding students how to care for the flowers and help each customer until they are satisfied.

Goodies including aromatherapy oils and lotions to help students relax are also sold along with jewelry that is affordable to any shopper.

However, one of the most anticipated attractions at the farmer's market is the large bunny courtesy of the Bunny Hutch. This site brings a variety of small animals that students are allowed to interact with hands on.

Other vendors include: Blue Crab Books, Kathi's Clam Chowder Kintsugi, Kip's Wild Honey, MAO African Arts, Mother Earth Herbal Apothecary, Of the Earth Body Care, Riverview Plantation Trading Co., Roots and Shoots, Sinful Treats, and STUFT.

Farmer's market T-shirts in an assortment of colors are available for \$6. The farmers' market will be ongoing every Thursday until April 20 each running from 3-6pm. Stop by and see everything that this community has to offer. Mix and mingle with not just the CNU students, but also with individuals from around the area. ■



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