



THE CAPTAIN'S LOG

THE VOICE OF CHRISTOPHER NEWPORT UNIVERSITY STUDENTS

@CNUCAPTAINSLOG WWW.THECAPTAINSLOG.ORG

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New members of Pi Kappa Alpha stand in front of their brothers after the Signing Ceremony. PHOTO BY DIANE FROLA / THE CAPTAIN'S LOG

A new generation of IFC members

105 young men sign themselves to their new fraternities and Greek life families

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Dressed to their best and ready to impress, the fraternity men of CNU met to celebrate the joining of their new brothers.

This past Sunday the Interfraternity Council (IFC) held its yearly signing ceremony, where all new recruits officially signed to their new family.

All nine fraternities (Delta Upsilon, Kappa Delta Rho, Kappa Sigma, Lambda Chi Alpha, Phi Gamma Delta, Pi Kappa Alpha,

Pi Lambda Phi, Psi Upsilon, and Sigma Phi Epsilon) were there to cheer on their new members as they were formally welcomed into the fraternal community.

The ceremony was held in Peebles Theatre where each man was introduced and recognized. On stage, the 105 new members signed a book signaling their induction into their new home.

This year was especially important, as it was the first signing class of a new decade.

For the recruitment process, the week prior to the ceremony

the Interfraternity Council held two events: a BBQ night and a traditions night.

These events gave prospective new members an opportunity to introduce themselves and get to know the fraternities and what they are like.

For all of the men who went through the recruitment process, this is a big deal as they were meeting the people that might play a very important role in their lives if they chose to join.

The process of rushing is a very memorable and unique experi-

ence that comes with a lot of different emotions.

When discussing what rushing was like, freshman Walker Knott, who rushed Sigma Phi Epsilon, said his favorite part was, "being able to meet all of the brothers and hear their stories about how the organization has helped them to become better people."

Knott also described the experience from an emotional point of view, "Rushing was a lot of fun but a little nerve racking because you know the importance of the process, but what's nice is that the

brothers are cool and really become your friends throughout the process, and you know that you have friends in the organization regardless of if you get the bid."

Rushing a fraternity is also a very meaningful event for new members and can be very impactful to them.

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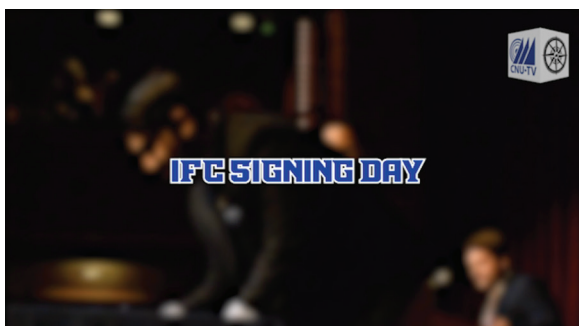


Weekly Pic

On a visit to the the Georgia Aquarium Emma Dixon captures a pair of jellyfish in their exhibit.

PHOTO BY EMMA DIXON / THE CAPTAIN'S LOG

If you have a photo that you would like to be featured in the “Weekly Pic” section, please send it to clog@cnu.edu, along with your caption. We thank you for your submissions.



CNUTV

After a week of recruitment, all of the IFC fraternities on campus gained new brothers. CNUTV was there to catch the new brothers sign to their respective fraternities.

Happened

January 24 - 25

Captain's Invitational & Combined Events

CNU Track and Field hosted several schools in the Freeman Center Friday and Saturday, leaving the meet with several big wins.

January 24

CAB presents Jacob Williams

Comedian Jacob Williams, who has appeared on MTV's “Wild N’ Out” and “America’s Got Talent,” brought his unique sense of humor to campus.

Happening

January 30

SDEC speaker: Syed Warsi

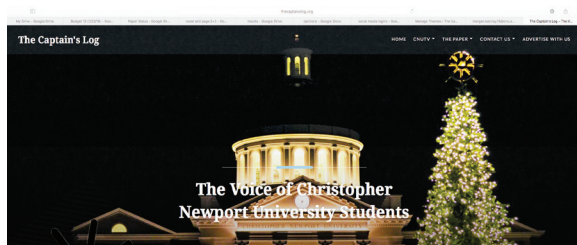
Spoken word artist, motivational speaker, and entrepreneur, Syed Warsi discusses growing up as an immigrant from Pakistan in a post 9/11 world.

January 31

100 Days till the Tassel Turns

The class of 2020 will celebrate their final 100 days until graduation in Peebles Theater.

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

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- 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 5 p.m.

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In Memoriam, Katie Thyne

Honoring the loss of a local hero

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The Hampton Roads community experienced a devastating loss this past week in the death of Newport News police officer Katie Thyne.

Thyne was killed in the line of duty when a routine traffic stop on Thursday night took a turn for the worst. She was caught in the door of the car when the driver attempted to flee the scene.

Thyne passed away in the hospital later that night from her injuries.

Both passengers of the vehicle have been arrested and charged with homicide and narcotics charges.

Thyne left behind her mother, her fiancée to whom she just recently got engaged and her two-year-old daughter.

On Saturday, two days after her death, there was a touching police procession to move her casket to her final resting place.

Fellow service members from local precincts, fire stations and naval offices lined the streets as the procession drove past.

Fire trucks lined North 664, two of which had their ladders raised with the American flag hanging high.

The procession stopped briefly on Jefferson Avenue in front of Thyne's assigned precinct for her captain to give her a final emotional salute.

Before saluting, Police Chief Steve Drew knelt beside the hearse and laid his hand on it to pay respects to a woman who had impacted so many others around her.

On a phone interview, Officer Huyen Stewart, Thyne's first Field Training Officer, spoke of her like a friend.

"The impact she had on me is too big to put into words. She made being a field officer worth it. The reason I wanted to do training was officers like her. She was always happy even if I was in a bad mood," Officer Stewart said.

She added the thing she will remember most about Thyne is her laughter.

Many people, not just officers, are remembering the impact that Thyne had on them personally.

Officer Christina O'Mara said, "We have citizens that are reaching out to our department about their interactions with her, and those interactions were positive and peaceful. She was a sweet soul."

She had a gift for making people she pulled over feel more comfortable in stressful situations.

Thyne had quite a repertoire for serving America.

Before joining the force, Thyne was a Naval officer. She was a recent graduate of the Police Academy and dedicated her free time to coaching basketball at the Newport News Boys and Girls Club.

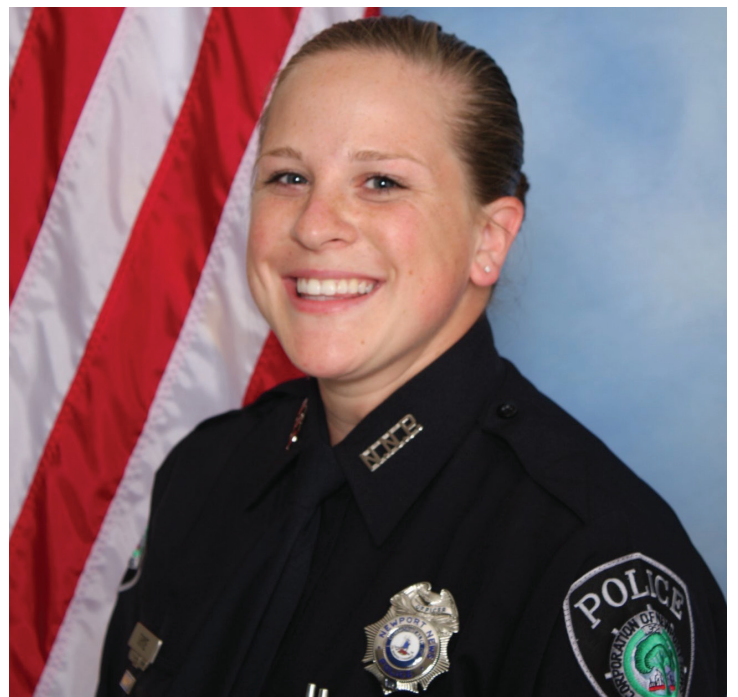
O'Mara stated that she was a passionate person, "the passion and desire she had to make a difference in the community was remarkable."

The Newport News community is thankful for Thyne's service, and her presence will be missed. ■

You can donate to Officer Thyne's family by buying a shirt made in honor of her at https://honorahero-project.org/products/officer-katie-thyne-memorial-shirt?_pos=1&_sid=cc9396206&_ss=r

(Above right) Katie Thyne, pictured in uniform. (Below right) During the procession, a small shrine dedicated to Thyne on a patrol car.

PHOTOS COURTESY OF NEWPORT NEWS POLICE DEPARTMENT SOUTH PRECINCT



IFC

STORY CONTINUED
FROM COVER

Another freshman, Elijah Williams, who rushed Kappa Delta Rho, talked about what rushing meant to him, saying, "To rush KDR means that you are rushing to join a brotherhood, a family like no other on CNU campus."

He added, "They are dedicated to helping out one another when times get rough and prominently showcasing what it means to become a proper gentleman through their leadership and community efforts."

Knott also shared what rushing meant to him, saying, "To rush Sigma Phi Epsilon means that you are committed to becoming a more balanced man who wants to grow and apply the organization's values of virtue, diligence and brotherly love to all that he does."

Committing to these communities means a great deal to all these men as they start a new journey of their college career.

Both Williams and Knott shared their excitement for the upcoming semester as an opportunity to develop relationships and new experiences with their new brothers and communities.

"I feel ecstatic now that I have joined, and I can't wait to start helping in the organization," said Williams.

With anticipation, this week also comes with responsibility and new commitments.

Knott reveals his honest feelings, saying, "I'd say that now that I'm a member, I feel more nervous because I have new responsibilities and have new brothers, but I know that I'm prepared to handle the growth SigEp demands of me and proud to say that I have the best brothers I could ever

ask for."

The past week of recruitment process and Signing Day is just the start of all these men's journey to an impactful and important college career with their brotherhood.

If others are interested in joining a fraternity, the IFC at CNU has continuous recruitment.

New potential members can reach out to fraternities at any time to learn more about joining.

With that said, the signing ceremony will be the only formal recruitment opportunity until next year. ■

(Left to right) Drew Ramseur, James Doppee, Elijah Williams, Reed Morris, Nick Dawson, and Travis Henderson pictured together after signing Kappa Delta Rho together. **PHOTOS COURTESY OF PHILLIP PATERSON**



All safe in wake of kitchen fire

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Among the many fire alarms over the past week, one was not a drill. Late Saturday night a small kitchen fire resulted in the evacuation of Rappahannock and prompted three fire trucks to respond to the emergency. Luckily, the fire was handled quickly before it could spread beyond the original room, and there were no injuries reported either.

Jim Hanchett, Chief Communications Officer for CNU, credits the quick response to the CNU Police Department and the Newport News

Fire Department. "We are grateful that no one was injured," Hanchett added.

Despite feelings of frustrations over the recent frequencies of fire alarms in the residence halls due to testing and drills, Saturday's events validate the need for emergency preparedness. Under the Clery Act, CNU is required to conduct a certain number of fire drills within the residence halls each year. While there will hopefully be no more emergencies for the rest of the semester, students and families should be confident in the responses of available emergency services to keep them safe. ■

Rappahannock River Hall did not sustain any major damage.
PHOTO BY ARIANNA SANTANA / THE CAPTAIN'S LOG



Lifetime learning and friendships

The Lifelong Learning Society at CNU celebrates 30th anniversary together

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The LifeLong Learning Society (LLS) is celebrating 30 years of living up to its name.

The organization provides hundreds of retirement-age Hampton Roads residents with the opportunity to expand their knowledge, make friends and take classes, trips, tours and more.

The admission requirement is probably the easiest one has ever heard of: intellectual curiosity.

LLS was founded in 1989 and was originally named the Elderlearning Society. It served the retired locals as a place to enjoy continuing their studies and discussions.

Originally the program started with one computer course. These days the program offers over 175 classes during three semesters. These classes range from Spanish to watercolor.

In addition, there are clubs offered to the LLS, one popular one being the Scrabble Club.

Yoder Barn is the home of the LLS, which is why many students may never have seen it on campus.

One may wonder how the program is advertised if it does not have physical representation on campus, but it spreads quickly through word of mouth.

This method has helped grow the LLS from 54 members to over 700. It is mostly run by volunteers who help keep the day-to-day activities running smoothly.

The instructors range from current and former CNU professors to retirees from trades.



PHOTO COURTESY OF CNU OCPR

Even some of the previous Life-Long Learners can teach a class or

two. Professors are even allowed to join LLS after retiring from CNU.

Theodora Bostick retired in 2006 and decided to join LLS after a decade of

teaching LLS classes.

The LLS even offers opportunities for field trips. Bostick once had the opportunity to travel to France for a LLS trip.

Naturally, however, not all trips are as far away as France. Closer to home, the LLC takes trips to the Jefferson Lab, the Mariners' Museum and NASA Langley Research Center.

Some of these trips are even offered at CNU. The student shows at the Ferguson Center for the Arts are always well-attended by the LLS.

Some of these "trips" come to them at Yoder Barn. The Virginia Symphony Orchestra's Monday talks attracts many LLS members.

A recent hit at Yoder Barn is the "Ukulearners." Instructor Mark Morgan introduced ukuleles during a trip with the LLS over the summer.

It was a much more popular and successful than he thought it would be. Soon it developed into its own course.

Over 50 LLS members signed up for the course, and it eventually made its way into the Hampton Roads community.

One of the "Ukulearners" asked her fellow members to play a concert for her neighbors as their performance debut. They went on to perform at the 30th Anniversary Carnival.

The friendships made at LLS are deep. Members come together to gain more knowledge and to learn new hobbies.

They form relationships based on values and knowledge. When friendships are based on knowledge, the possibility of the growth of that friendship is endless. ■

Tax return season is upon us

Luter students help residents with their taxes

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Many students from the Luter School of Business will volunteer to help local residents with their tax returns for free this year. They take part in a program called VITA, Volunteer Income Tax Assistance. This is an IRS sponsored tax assistance program, which targets low income taxpayers. The volunteers are trained, and the tax software is provided by the IRS.

One of the other perks of this program is that it counts for many

students who need credits. They can get one credit each spring semester for it. The program really is geared to help the students learn more as well as help the residents in the Newport News community.

While they can receive credit for this, not everyone chooses to do that. About half of the students elect to get one credit for participating while the other half just choose to volunteer.

This program is a great way for students to get experience while helping out their local community. Accounting Instructor Professor

Gabriele Lingenfelter started this at CNU. "I started it in 2005. I had run a similar program at another school and military installations in Germany. I believed that our accounting majors needed hands on learning and engagement in the community," Lingenfelter said.

The students who take part in this program seem to thoroughly enjoy it. "It's a great way to be helpful and assist people with something that

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PHOTO OBTAINED FROM PEXELS.COM

Tensions rising in the Middle East

New conflict between Iran and the United States are causing air of unease

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With tensions between the United States and Iran on the rise, it is important to know exactly what is occurring and where this issue appears to be heading.

A lot has happened since the Jan. 8 Iranian missile attack on the U.S. air force located in Baghdad, Iraq. This attack was retaliation on the U.S. for the assassination of top Iranian general Qassim Soleimani.

Previously, President Donald Trump had stated that no troops were hurt during the attack, but the pentagon has now informed the public that 34 troops have brain injuries.

Of the 34 service members, 17 were flown to a medical center in Germany, nine remained in the military hospital in Iraq and the rest were flown back to the United States.

Currently, additional U.S. troops are being pulled out from Iraq.

Members of the Trump administration are attempting to keep pressure in Iran without causing any further confrontation between the two nations.

U.S. officials differ in the manner in which they want to deal with Iran. Some want to solve current conflicts diplomatically, and others believe military action would be more effective; however, U.S. officials are confident that Iran and its Middle East allies are looking to avoid further conflicts with America.

Currently, Key members of Trump's national security team are certain that Tehran has lost some of its domestic grip after the Iranian military mistakenly shot down a Ukrainian Airliner, killing 176 people.

The Iranian government claimed that they did not know what caused the crash of the airline, but they now say their military shut it down by accident. This catastrophe triggered protests across the country.

In order to prevent further predicaments, some U.S. officials believe



IMAGE OBTAINED FROM ISTOCKPHOTO.COM

that a regime change in Iran could lead to a collapse of the Iranian government and pave the way for a more balanced government; nonetheless, they are not necessarily looking to take Ali Khamenei out of power. Their main concern is applying a dramatic shift in the manner Tehran approaches military and foreign affairs.

The most popular idea seems to be the imposition of further economic sanctions in order to weaken the Iranian economy. This would re-impose United Nations sanctions on Iran for violating the nuclear-containmentment agreement; however, Iran has recently claimed to have more enriched uranium than the 2015 nuclear deal agreed upon between Tehran and the world powers.

Brain Hook, who is part of the

Trump administration and oversees policy towards Iran in the State Department, believes that "a combination of maximum economic pressure and restoring deterrence by credible threat of military force, if attacked, is going to do more to advance peace and stability in the region than a policy of accommodation with the regime."

Other U.S. officials think that direct conversations between Washington and Tehran would have a better effect in resolving the issues between the two nations. Trump has shown interest in partaking in these conversations, but Iran is not willing to cooperate until the U.S. eases some sanctions.

Sheikh Tamim Hamad al Thani, the emir of Qatar, has offered to work with Washington and Tehran

in order to avert a dangerous conflict between the two nations. Trump has spoken with him twice this month, U.S. officials have said.

In order to get a local opinion on this issue, Dr. Youssef Chouhoud, a politics professor who specializes in U.S. and Middle Eastern relations here at CNU, was asked to share some of his views on the topic.

When asked about what his view on the American attempt to deal with Iran either diplomatically or by the increase of sanctions backed with military force, he thinks neither would be effective at easing political tensions between Iran and America. Instead, the U.S., Iran and other world powers should come back to the drawing board and make a new agreement, one that would replace the Iran Nuclear Deal.

He believes this because the current deal has been losing its influence over Iran, especially since the U.S. decided to withdraw from it. He said that if America wants to prevent Iran from obtaining nuclear weapons, the U.S. can't depend on European policy alone to enforce sanctions. The U.S. must be part of the deal.

He was also asked about what his thoughts were on a potential Iranian revolution since the Iranian people are losing faith in their government and have begun to criticize the incompetence and corruption their leaders demonstrate. To this, he responded that American involvement will not catalyze a revolution. In fact, it will have the complete opposite effect. It is important to note that he thinks a revolution is very unlikely.

If the Iranian government were to collapse, it would occur as a result of the Iranian people wanting a regime change; however, nationalism works against this desire for change, especially among conservative Iranians. Of course, such political speculations are no more than just ideas. One can never tell what the future holds, especially in a topic as complicated as Iran-U.S. relations.

In addition, Iran is holding its parliamentary election on Feb. 21st, which will replace all current members of the Iranian parliament. The Guardian Council, which is responsible for approving and rejecting candidates, has already disqualified a great number of reformists and moderates from running in the election.

Iran is trying to maintain its conservative government, and it is believed that if the government strengthens its right-wing ideologies, it is very likely that Iran will withdraw from the Nuclear Deal Agreement and increase its nuclear enrichment.

Regardless of how politicians and diplomats try to solve this issue, it is of the utmost importance to release the tension between the United States and Iran in order to prevent any further conflicts that could result in the loss of lives. ■

TAX SEASON

STORY CONTINUED
FROM PAGE 4

might feel overwhelming for them or that they simply do not understand," senior volunteer Addison Roeschley said.

Not only are they doing something great for the community. They are

helping enrich their learning experience by taking part. "It's a great way for us to learn a little more about the tax process and gain insight on the tax laws that are in place to help people who are in lower level tax brackets that we might not see as much once we begin a career as a CPA, and they help to provide an understanding of how the tax system works for us to build on in later classes," Roeschley said.

This program is truly a great way for students to learn more within the Luter School of Business as well as to help out the community. Something as little as a tax return can truly go a long way with the students as well as the residents they are helping out. ■

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Trump admin slashes historic environmental protections

Rule changes once again put profit over planet and people

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Patriotism is often described as a love, devotion, dedication and support for one's country.

President Donald Trump and his administration's brand of patriotism blatantly excludes a dedication to the physical land and resources of our nation, unless they are profitable or exploitable.

Since his inauguration in 2017, Trump has worked hard to earn his reputation as the most anti-environment president in history, and big businesses reward him for this.

His administration has consistently worked to make it easier to exploit natural resources, reduce public lands and deny the necessity for environmental protections against issues like the climate crisis.

This month, with his eyes set on appealing his voter base and gaining re-election, Trump has lowered the bar even further on how ignorant a president can be to environmental protections by slashing decades-old environmental protections which he calls "wasteful" and full of "endless delays."

In January alone, the Trump administration has rolled back provisions of two landmark environmental protection laws, the National Environmental Protection Act (NEPA) and the Clean Water Act.

NEPA has required the researching and reporting of environmental impact assessments from federal agencies as they begin new projects since its inception in 1970.

This means that projects such as the construction of highways, development of lands and emissions from fossil fuel use by the agencies of the federal government had to be assessed in planning and execution.

To those who care about protecting our nation's resources and our futures, these are reasonable requirements; to Donald Trump and his most recent EPA administrator, these processes qualify as "regulatory nightmare[s]" and "welfare cases" for trial attorneys.

Their proposed changes seek to reduce the amount of assessment required and set time limits on the assessment process, both with goals of expediting projects with less "red tape."

Similarly, the 48-year-old Clean Water Act has protected streams, rivers, lakes, sources of drinking water and countless aquatic ecosystems from pollution, especially from industrial and agricultural practices.

A new provision from the Trump administration, the Navigable Waters Protection Rule, seeks to eliminate protections from ephemeral (or seasonal, not constant) streams and wetlands in favor of eliminating regulatory permitting processes to

farmers and industries.

While the idea seems harmless on paper, the interconnectedness of streams and wetlands to larger bodies of water and ecosystems makes this an environmentally irresponsible decision.

Even the EPA's Scientific Advisory Board spoke out against the rule, stating that it "decreases protection for our Nation's waters" and "does not support the objective of restoring and maintaining the 'chemical, physical and biological integrity' of these waters."

In short, these protection-slashes are not in the best long-term interest of our nation's resources but rather in the interest of short-term profit maximization.

Furthermore, I believe that these rollbacks can and will have tangible impacts on our coastal communities, with a disproportionate impact on disadvantaged communities and communities of color.

Here in Virginia and all across the Chesapeake watershed where we depend on the health of our waterways so greatly, the impacts of these rollbacks are likely to be felt first hand.

While some argue the Trump administration's decisions are in the interest of state sovereignty, I would argue again that the interconnectedness of our waterways and our ecosystems demand uniform, stringent environmental protections from catastrophic pollution in

the interest of "economic development."

Cutting back the requirements of NEPA will reduce intentional planning behind new federal projects in the watershed region, and the Clean Water Act changes will allow our waters to be legally polluted.

Unprotected waters will not help our economy here in the Chesapeake region but likely displace it.

Citing data from the National Oceanic and Atmospheric Administration (NOAA), the Chesapeake Bay Foundation (CBF) states that "[the] commercial seafood industry in Maryland and Virginia contributed \$3.39 billion in sales, \$890 million in income and almost 34,000 jobs to the local economy" in 2009.

However, they also cite the major losses felt by our communities when our aquatic ecosystems decline, often as a result of pollution.

Over the last three decades, "Maryland and Virginia have suffered more than \$4 billion in cumulative annual losses because of the decline of industries related to oyster harvesting."

Stripping our waters of their protections will not benefit our economy, but greatly jeopardize it.

Finally, these changes pertain to issues directly connected to social injustice as well - some argue that these changes will affect clean water access, which is already greatly divided between wealthy versus dis-

advantaged communities and white versus non-white communities.

A recent study from the U.S. Water Alliance claimed that race is still the strongest predicting factor in whether or not someone has access to clean water.

Their report finds that "Latino and African American households are twice as likely as white households to lack indoor plumbing; Native Americans are 19 times more likely."

Clean water access is already a crucial, national crisis for many communities of color and indigenous communities, and these rollbacks will only make that crisis worse.

By choosing to strip protections to environmental health and waterways, the Trump administration is acting complacent with the current crisis facing disadvantaged communities.

Altogether, these are the types of decisions that show where our President and his administration has their priorities aligned, and it is not with environmental concerns in mind.

It is apparent that their decisions put the interest of industry over environment, coastal communities, common people, and these decisions are likely to intensify racial disparities and social injustices in access to clean water and environmental health. ■

The case for a pranking tradition

Pranking can be a valuable part of campus life; let's embrace it here

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The dictionary defines a prank as "a practical joke or mischievous act." It is indeed both a joke and an act but also something more: it is a release, directed against authority, of stifled creativity in a regimented environment.

Given this fact, it's not at all surprising that it appeals so much to young people, especially college students.

In college, young people know they are in the most intellectually stimulating environment they will ever inhabit.

This brings a greater measure of freedom than they have ever known, but it also brings greater responsibilities and, ultimately, more demands to subordinate

themselves to authority.

This sets up a kind of contradiction because this subordination is being asked of students at the same moment they are afforded more control over their lives.

Pranks are a form of expressing this contradiction because pranks require teamwork, planning and discretion towards a goal that is outside what most figures authority would have students do.

In short, it is an expression of freedom.

Although anyone can practice pranks, college students are in a unique position to do so. Perhaps the best example of this is the pranking tradition at Carleton College in Minnesota.

The students of that college have long kept up a tradition of

publicly-displayed pranks on their campus.

Seeking to prank a lecturer who often spoke beyond the allotted time, students hid several alarm clocks around the lecture hall, set to go off when the speaker was supposed to stop talking.

In 1989, unidentified Carleton students left a horse in Musser, a much-reviled on-campus residence hall.

For April Fool's Day 2010, students inflated approximately 4,000 balloons and placed them in the presidential suite, including his private office.

To their credit, some students did return the following day to clean up the office.

One aspect of all these escapades is that they manage to be

funny without being unsafe or overtly offensive.

Furthermore, they do no damage to university facilities — on the contrary, they enliven those facilities into something new and interesting.

The creative aspect is also important; aside from its humorous content, the value of a prank comes from the sense that it took substantive creative energy to conceive and execute.

Nothing about this kind of creativity is exclusive to any single person or group on any campus. It's in this way that pranks are a bonding experience for the executor and the observer.

Carleton College and others like it have clearly benefited from a pranking tradition that stands

outside of regimented campus life.

CNU, in turn, claims to always seek a tradition of excellence.

However, defining what that means is always — and always will be — up to the students of this university.

Therefore, a lively tradition of public, creative and non-destructive pranking is a positive development.

A well-executed prank is a sign of good humor, but it's also a sign of great intelligence, cleverness and excellence on the part of the student body.

It is not itself a revolutionary act, but an act of creativity. It's something that brings the entire campus together; it's a tradition worth starting. ■

When is the Involve-ment Fair, anyway?

Lack of communication and attendance contradicts the CNU ideals of community and closeness

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The Winter Involvement Fair is tomorrow; are you ready to tour the DSU and discover a new organization to dedicate your time to for the next semester or next few years?

Oh! You didn't know it was tomorrow? Not surprising.

While attendance at the Winter Involvement Fair (previously Club Fair) is historically lower than at the Fall one, this year it would not surprise me if attendance was even lower.

Aside from a few flyers and a mention in the Campus Announcements email, there has been very little mention of this year's Involvement Fair, to the point where one wonders whether anyone outside of the organizations themselves will show up.

As a leader of an organization who will be represented at the Involvement Fair, I have received about as much information as the rest of the community. The organizations who have offices in the DSU are being encouraged to leave their doors open in addition to manning a table on the second floor. We know the time to be available to welcome new members. And that is about it.

Communication about events on campus seems to be hit-or-miss recently. While we all know when Bid Day or IFC Signing Day is, how many of you know about the OUR-

CA workshop happening tomorrow as well?

It's a common CNU trend - we're all so busy that attendance at many events are low. How many people attend soccer or basketball matches every week?

We rarely fill our sports facilities, but attendance at faculty research presentations is even lower. Springfest is widely popular and a lot of fun, but promoting opportunities for growth (like Career Fairs) is just as important.

At any other university, it might

Yes, it is not unusual for the Winter Involvement Fair to be smaller; it is the middle an academic year and many students have already landed in organizations that interest them and are busy.

There are still plenty of people who haven't found their homes, however. Whether it's because they didn't like an organization they joined previously, were just too busy academic-wise in previous semesters, or are simply looking for a fun group to spend Friday nights with, people should attend the Winter Involvement Fair.

I know all of our inboxes are too full these days with group projects, professor announcements and ads from the Captain's Locker. I'm also guilty of sometimes ignoring those mass emails.

We live in the age of social media, in a world where we have access to so much information it is practically impossible to filter out what is useful and what is not.

We share every moment of our lives online; why don't we provide some useful information to our followers, too? Let's all work to promote important events and happenings on campus. Let's work harder to attend a few events outside of our own interests and do better to fold new members into our own organizations.

And let's begin by properly promoting and attending events like the Involvement Fair. ■

AT CNU WE PRIDE OURSELVES ON OUR TIGHT-KNIT COMMUNITY, OUR INCLUSIVITY, AND OUR INVOLVEMENT.

be acceptable, or even expected. But at CNU we pride ourselves on our tight-knit community, our inclusivity, and our involvement.

How can we realize these ideals if we are not doing our due diligence to recruit new members to our organizations?

How long can any of the communities we've built up over the years survive unless we work hard to invite new members?

There are two times a year where on-campus organizations gather together to promote ourselves to new members: the Fall Involvement Fair and the Winter Involvement Fair.

Why you should quit drinking soda

Soda is bad, right? So why drink it?

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In my now month and a half long crusade to be healthier, I have reached my magnum opus of healthy eating: I've given up on soda.

It wasn't all easy; in all good crusades there is struggle. I was definitely addicted to drinking soda.

On my good days I would have one to two, and on bad days of soda drinking I would drink six or seven.

Drinking soda is obviously not healthy, but I couldn't stop myself from having soda every day.

If you know me, this might sound off. I've been playing soccer and running my whole life, but I could never kick that bad habit.

That is until recently, and, let me tell you, it's been great. You should try it. Trust me, it'll be well worth the initial struggle.

If you need a reason (I don't know why you would need me to tell you soda is bad. You're smart enough to figure that out on your own), I have a good one about the ingredients of soda.

According to health officials at the Wisconsin Dental Association,

phosphoric and other acids in soda will cause your teeth to decay heavily if you drink more than one 12 oz. can of soda a day.

This information is something that we all know, but soda drinkers from all over tend to ignore it.

I know that I never believed it would hurt my teeth that way, but after seeing some of the minor effects of tooth decay myself, I was convinced that it was possible.

Along with that, soda is one of the leading causes of obesity in the United States.

According to the Harvard School of Public Health, sodas are the largest source of calories and added sugar in the average American diet.

Even without the weight gain associated with soda and sugary beverages, soda makes you feel full.

After quitting for a week, having even a sip of soda will make you feel sick.

I have plenty of personal experience of this from all my failed attempts at quitting soda over the past few years.

Being healthy for me meant being healthy with my food and drink choices. Healthy choices are difficult to make, but they always feel the best once you've made that healthy decision.

I've learned over the past four years of my life that I struggle to maintain a healthy weight during the off season of my sports career. I have gained over 40 pounds since freshman year, and I am now working to fix this problem during my crusade to be healthy.

Step one was quitting soda, and I can confidently say I'm over soda, so why don't you join me in my crusade by quitting soda.

I promise you it will make you feel better, or at the very least it will save your teeth.

If that isn't enough of a reason, than I don't know what is. ■

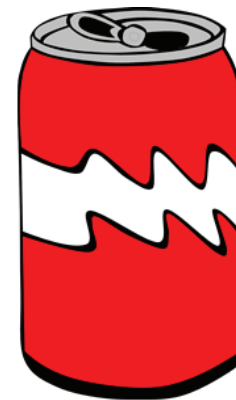


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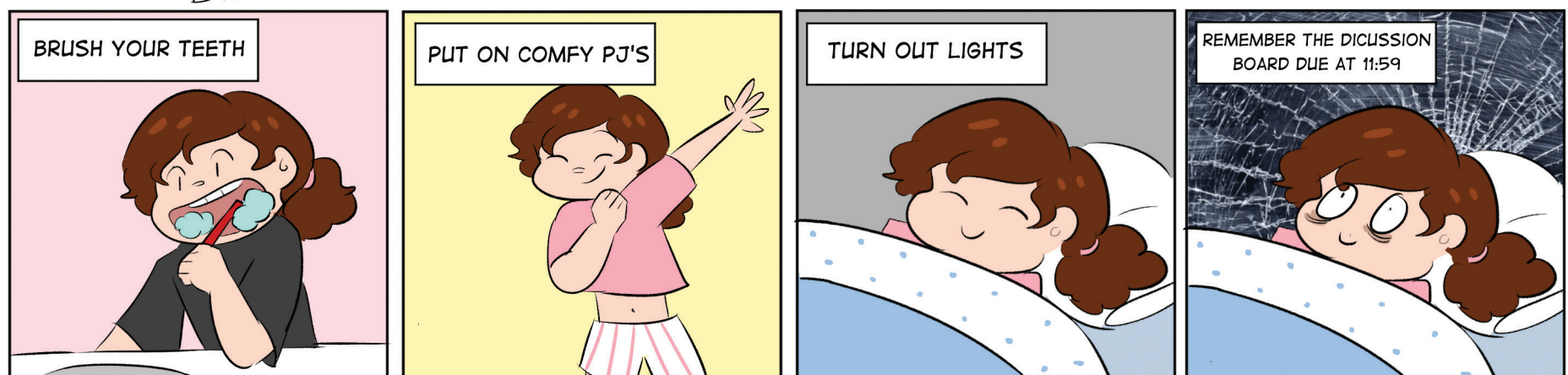
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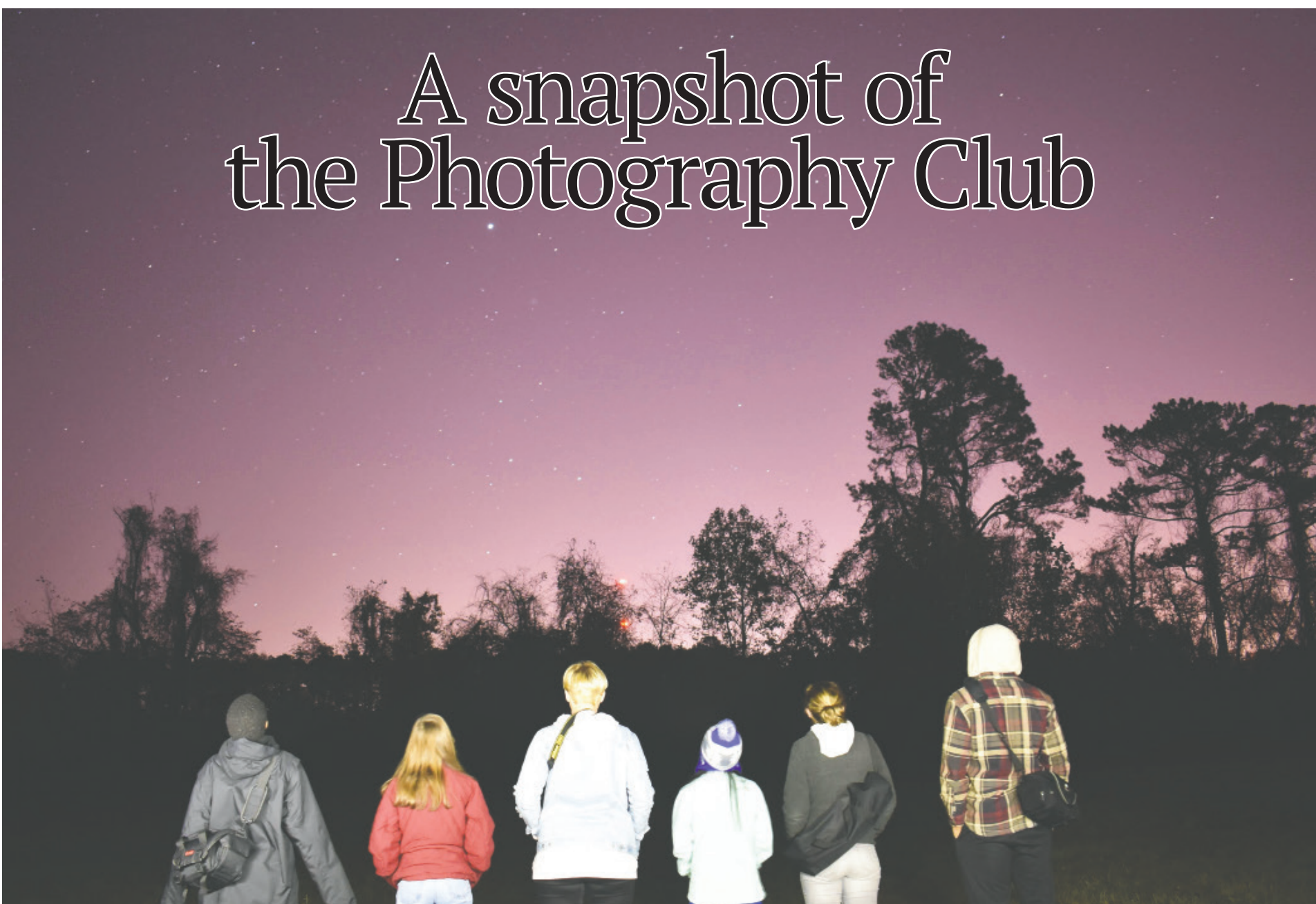
BEDTIME ROUTINE: COLLEGE EDITION

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A snapshot of the Photography Club



(Above) Photography club members look up at the night sky at the Yorktown Battlefield to practice their astrophotography PHOTO COURTESY OF NICOLE RAMKEY

The president and vice president of the Photography Club describe the process of creating, running and leading their organization.

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“Community” is the best word to describe the Photography Club, according to its president, junior Connor Maguire. He went on to say that “we strive for creating a community of photographers at CNU.” Maguire and Vice President Nicole Ramkey, also a junior, are the founding members of this two year old club, which they have had the idea to start since their freshman year.

It took some time to get done, but they both powered through the red tape of creating a new club. Ramkey believes that the biggest issue was creating the constitution for the club. They “had to assign the roles, name the roles, list what everyone does exactly and, if anything ever went wrong, how we are going to fix it” according to Maguire. He also added that “It took a couple weeks because there was a photography club in the past... They [Office

of Student Activities] didn’t recognize it as a new club.” Once it was officially started, there was around 15 people, and by the end of their first semester, the Photography Club had around 30 members.

There are biweekly competitions which have themes varying from something as simple as a certain color to ones based on different holidays like Christmas and Halloween. They put all the photos on a powerpoint and show them anonymously at the meeting. At the end, each member of the club chooses two of their favorites to vote for, as long as it is not their own work. “One of the biggest goals in these competitions is to have no edits” says Maguire. Minor edits are fine, but major edits that take away the realism of the photo are not.

Along with no knowledge of photo editing needed, no experience in photography or expensive equipment is required to join the club. “We don’t require people to

have a camera, there have been people who won with a photo from their cell phone,” explains Maguire.

Usually its an individual competition; however, last year there was one group competition. The idea of it was to take miniature figures that were randomly assigned to each group and to take an interesting life-like photo of it. Maguire said, “We’re definitely going to do that one again,” as it was his favorite competition, and Ramkey said “that was the most creative” he had seen the photographers get in a competition.

“We originally just had the competitions, but then we realized there were also a lot of people there to learn,” says Ramkey. Lessons are taught on the weeks between the competitions. They start with the basics, and then they move onto portraits and composition. Ramkey says “we like to help each other grow and learn,” and Maguire adds that “the more you try the more you’ll

succeed” in this club. These lessons almost always tie into to the ongoing competition to help them figure out what needs to be done, as well as help the members of the club get inspired.

The Photography Club also inspired the members by recently going on a photography retreat. They took a trip to the Yorktown Battlefield where they went out from around midnight to 3 a.m. “Everyone bundled up cause it was cold and went out to where you couldn’t see a foot in front of you because it was so dark,” says Ramkey. This type of setting is perfect for astrophotography that Maguire explained as “just taking pictures of the stars or moon or anything that’s in the sky or out of this world.” They all enjoyed this chance to work together on astrophotos, as they ate and drank the snacks they brought with them.

They fundraise for these retreats by selling Maguire’s family’s chocolate chip pie recipe at

the farmers market where each slice of pie is sold for a dollar each. The first farmers market that they sold these at was such a success that they were sold out by the end of the day.

In the future, they hope to be able to go to the Great Smoky Mountains in North Carolina during the winter for a weekend, but in the meantime, the E-Board members have some day trips planned, including one to the NEON (New Energy Of Norfolk) District to take pictures of art and one to the Yorktown Battlefield again to learn more about astrophotography.

Maguire and Ramkey both are welcoming to new members and hope to see their club continue to grow. Currently, they are seeking people to shadow them and learn about their positions on the E-Board of the Photography club. If you are interested, be on the lookout for their meetings, usually Mondays at 8 p.m. in McMullan Hall. ■

(Above)

(Above)
“night ph



Members of the photography club worked together to help sell their chocolate chip pie at the CNU Farmers Market. **PHOTO COURTESY OF NICOLE RAMKEY**



Freshman Jack Farmer took a photo of the Veteran's day flags on the Great Lawn at night for the "photography" competition **PHOTO BY JACK FARMER / THE CAPTAIN'S LOG**

The photo above and to the right were previous winners of Photography Club competitions.



Junior Heather Holmes entered this photo in the colorful themed competition. **PHOTO BY HEATHER HOLMES/ THE CAPTAIN'S LOG**

Players are retiring from the NFL early

A look at why some of the league's biggest names got out before thirty

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Before the NFL season began, I wrote down my predictions for how this year's playoffs would shake out. I'll be honest, I didn't have the Tennessee Titans in the American Football Conference (AFC) Championship Game.

In fact, I didn't have them in the playoffs at all. Instead, I had the Indianapolis Colts making their triumphant return to the conference's title game after being absent for the past five seasons.

That notion, and the Colts' championship aspirations, evaporated after the surprise retirement of their franchise quarterback, Andrew Luck. Luck's retirement seemed so out of the blue. How could a guy who was leading a team with legitimate Super Bowl potential just up and quit?

Andrew Luck's retirement was tragic for the NFL and the Colts organization, but both life and the league move on. The 2019-20 season continued, and the Colts found themselves on the outside of the playoffs looking in. Another team with playoff ambitions that were quickly mashed into expired expectations were the Carolina Panthers.

On Jan. 14, 2020, Panthers' linebacker Luke Kuechly announced his retirement. Just like that, two of the NFL's perennial All-Pro players were out of the league. After watching 42 year old Tom Brady run the NFL with an iron fist for the last two decades,

it's surprising to see such talented and game-commanding players hang up their helmets without much prior notice or departing fanfare. Due to Luck and Kuechly's status among the league's elite, I believe a deeper look into what exactly led to their decisions to retire will speak volumes to the mindsets of other prolific NFL talents.

Firstly, let's look at the events that led up to Andrew Luck's shocking departure from the league. Prior to the 2018-19 season, Luck suffered a few injuries that are recurrent to the quarterback position.

One persisting injury eventually graduated into structural damage to his labrum.

In January of 2017, Luck required shoulder surgery. Rehabilitation and recovery kept him away from the game for an entire season.

Luck finally suited up for the Colts again on Aug. 9, 2018 for a preseason game against the Seattle Seahawks. After leading the Colts to the playoffs that season, as well as getting a Wild Card Weekend victory over the Houston Texans, Luck was injured again with a strain in his right calf. As the 2019-20 season was rapidly approaching, there was little update on Luck's status.

We were finally granted information to Luck's situation when NFL insider Adam Schefter tweeted about Luck's resignation. On Aug. 24, 2019, Andrew Luck retired from professional football due to the continuous and downright venomous cycle of

injury, rehab and return. In the press conference to officially announce his retirement, Luck states that the ceaseless repetition of injuries sustained from playing the game he grew up loving had taken the joy out of competing.

The pertinent fear of acquiring life altering abnormalities following his playing career was enough for one of the greats to step away. Luck made a difficult choice that could very well have saved his own life.

Only about five months later, Luke Kuechly sat down in front of a camera to make a similar arduous decision public in a video uploaded to YouTube by the Carolina Panthers. Kuechly, who played in every game this season, chose to step away after eight seasons in the league as a member of the Panthers.

In a career that was showered with Defensive Player of the Year awards and Pro-Bowl recognition, the concussions that took him out of games and into the medical tent will permeate the lasting images.

Although he did not explicitly state that the injuries he endured throughout his career were the catalysts for his retirement, he did say he believed he would not be able to continue the style of play he was both familiar and fond of.

Rather than make significant changes to his game, Kuechly honorably chose to leave on a high note. While Andrew Luck received punishment from linebackers running at full speed trying to sack him, Kue-

chly was getting similar punishment from repeated blows to the head. In no way was either man's decision cowardly, as they went against the tired narrative of playing through the pain.

They chose to make a change for the betterment of their bodies, minds and futures. Both Andrew Luck and Luke Kuechly set an example for how to get out before any more damage can be done. I believe their decisions give us insight into the thoughts and feelings of other current NFL players.

Obviously, information on brain trauma and chronic traumatic encephalopathy (CTE) has only made its way into the NFL's periphery over the last few years, so it is almost comforting to know that the players who subject themselves to such bodily assault for the love of the game, the fans' enjoyment and the league owners' checkbooks are aware and cognizant to the danger they are putting themselves in.

Up until this point, I've acted like Andrew Luck and Luke Kuechly were the first to ever retire from professional football before reaching the age of thirty. This, of course, is not the case. Before the eruption of coverage and speculation on the topic spawned by the likes of Andrew Luck, Luke Kuechly and Rob Gronkowski, two former Pro-Bowlers come to mind. First, you got former San Francisco 49ers linebacker Patrick Willis. If I'm being honest, I don't really remember ever watching him play. Yes, he did start at linebacker in Su-

per Bowl 47, but I definitely wasn't as astute while watching games as I am now.

Especially on the defensive side of the ball. All I really remember of Willis is he finished second to Ray Rice (redacted) in the "NFL Blitz" video game cover vote. Useless trivia aside, Willis, like Kuechly, was a linebacker with several Pro-Bowl and All-Pro mentions to his name. Also like Kuechly, Willis was widely regarded as the best linebacker in the league during his tenure.

Listen, I'm not a saint, and I'm not pushing some agenda. I watch football every weekend, and too often do I not think about the almost barbaric brutality that is occurring before my eyes. I'm too focused on seeing if Dwayne Haskins developed at all in the last seven days.

I believe Seahawks running back Marshawn Lynch put it all into perspective in his last post-game interview.

After returning from retirement for a three game stint, Lynch had one thing to say to all the young players of the league who may not be thinking of their long-term future. Lynch said, "So, while y'all at it right now, take care y'all bodies, take care y'all chicken, ya feel me, take care y'allamentals."

Lynch doesn't only speak for the men mentioned in this article, he speaks for all of us fans watching players take shots to the back of the head every Sunday. Please fellas, take care of y'all chicken. ■

Why do athletes get paid more than teachers?

A student's opinion on why athletes get paid so much for doing so little

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On most days, I love the idea of relaxing on my couch on a weeknight watching hockey with my boyfriend or seeing the Pittsburgh Steelers play football on a Sunday. Who doesn't love to watch the Super Bowl every year even if it's just for the commercials or the halftime show?

I am a fan of sports just as much as the next person, but it doesn't mean I support the fact that athletes are grossly overpaid.

Sports provide entertainment to many people across the U.S. and among other countries. From football to hockey and even the Olympics, sports are a part of our culture today.

They offer an escape for at least a few hours during our busy schedules.

Still, why are sports players paid as much as they are for mere entertainment?

Although they are very good at

what they are paid to do as athletes, I don't believe they use enough valuable skills to deserve all of the money they receive.

Think about doctors as an easy example. They put an extreme amount of time, effort and their own money into helping others.

Of course, they get paid well, but why not as well or more than athletes? Don't get me wrong, I applaud all the athletes that donate their money to charities among other generous endeavors but they aren't all Serena Williams or LeBron James.

There are so many other occupations in the country that deserve to be paid more but are paid far less than professional athletes.

I first gave doctors as an example, but now think about school teachers. According to business insider, they are paid an average of around \$60,000 a year, according to the 2017-18 school year.

To some people that might seem pretty regular or even great if you're

a college student without a full-time job or lacking funds, but when you assess an athlete's salary, this amount stands no chance. Yet, I should address the point that a number of athletes get paid way less at around \$20,000 a year.

Many of these athletes play in minor leagues or the major soccer leagues which are ranked on the bottom of the salary scale for sports.

In comparison to teachers, according to forbes.com, the average salary for some of the major athletes in leagues such as the NBA, NFL, NHL and MLB are in the millions.

I don't know about other occupations, but teachers do a lot more meaningful work than any athlete that I have ever heard about.

Americans love sports. It has become a big part of people's lives. Although, sports and athletes' salaries should not be more important than the education of America's youth and rightfully compensating those who teach them. ■



PHOTO OBTAINED FROM CREATIVE FABRICA

Kobe Bryant 1978-2020

Sports fans mourn the loss of legend Kobe Bryant and daughter

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I picked up my phone on Sunday afternoon to see a text from my older brother. "Kobe Bryant died in a helicopter crash today," his text read, but it took me a few seconds to process it. I typed "Kobe Bryant" into the Google search bar on my phone and saw dozens of articles confirming the story after TMZ's initial report.

Bryant, a former Los Angeles Lakers basketball star, was reportedly traveling to a basketball game with his 13-year-old daughter, Gianna, when their helicopter crashed in Calabasas, California on Sunday, Jan. 26, according to ESPN. The helicopter included another player and parent, and the crash left no survivors. Reports confirm that Bryant's wife and three other daughters were not involved and are safe. Gianna and Bryant had recently been spotted courtside at several NBA games. She was a growing basketball player herself.

Within hours, fans around the world heard the news but were left in similar mindsets of shock and sorrow. My phone continued to buzz: a text from my best friend, an ESPN article, a message from my coworker, a friend's post on Instagram. The sports world, if not the

world in general, was truly taking a hit.

Athletes and celebrities joined fans and took to social media to honor Bryant and his daughter. During their Sunday afternoon game, the Toronto Raptors and the San Antonio Spurs each let the 24-second shot clock run out during the first possessions of the game in honor of Bryant and his legendary jersey number, 24, for the Lakers. The crowd chanted "Kobe! Kobe! Kobe!" and gave a standing ovation.

To lose Bryant is to lose a part of a game that so many of us adore. It feels like what we know basketball to be has just been stripped from us. And for the athletes in the world, there's nothing scarier.

The world shakes with sudden tragedies like this one. We've heard similar stories before with the Marshall football team, Stuart Scott, Robert Clemente and Chris Sager that never get any easier to hear. The effects of these losses speak levels to the impact that sports has on us. But, why?

We follow our favorite teams and players that fuel us with pride, whether based off our home city, our shared values, our views of the game or our family around us. We march with them to the field and court. We cry for the bitter upsets and losses. We yell and cheer for the

overdue victories and the streaks we hope will never end. We argue with the announcers that we know can't hear us. We yell at the referees for phantom calls, and then we cheer them on for the ones we needed. We mute the television when our team loses, and we blow out our speakers when the confetti falls on our court. We have the posters on our walls, the stats sent to our phones and the post-game press conferences pulled up on live stream.

We mourn together over the ones that made the game what it is. We honor Bryant not as some flawless god but as a sports legend. Bryant was a winner. He did the impossible.

Every now and then, that's important for us to see. Greatness is achievable and something to strive for. The sports world is coming together to remember a winner. In today's world, a win is sometimes all you can ask for.

Our hearts go out to the Bryant family, the NBA community and the city of Los Angeles. This deeply tragic accident is one we hope to never have to read about again. Let it remind us that although these things are accidents, our lives are not. Kobe Bryant was 41, and his daughter was only 13.

We will live on and play on for the simple fact that we can, if nothing else. ■



Kobe Bryant smiles for an ESPN headshot during his time with the Lakers. PHOTO OBTAINED FROM ESPN.COM

Want to write for the Sports Section?
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La Croix is out, lacrosse is in

A preview of the upcoming Men's and Women's Lacrosse seasons



#12 Jordan Lee carries the ball forward. PHOTO COURTESY OF CNU OCPR

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With January coming to a close, the regular season for both Men's and Women's Lacrosse is right around the corner.

Before you head out to Jennings Family Stadium to cheer on the Captains, here are some things to know about both sides and their upcoming seasons.

The Women's Lacrosse team has a tough schedule on the books ahead of them highlighted by matchups against five different teams featured in the NCAA tournament.

Included in those contests is a battle against the national runner-up, Salisbury University, in the final home game of the regular season. Beginning the season with their first game on the road, the Captains will be in action for the first time at Jennings Family Stadium when they take on Roanoke on Feb. 22.

Leading the squad this year are three team captains, Junior #13 Gracie Sanders, Senior #21 Sam Wetengel and Sophomore #28 Riley Rafterry-Lee.

Only missing the starting 12 on two occasions, Rafterry-Lee has been a mainstay in the defensive zone throughout the majority of the season. One of her standout moments on the field last season

was causing four turnovers against Messiah en route to a 16-6 victory for the Captains.

Sanders has started in 21 of the last 21 matchups for the Captains and 30 of her 34 total collegiate games.

This is the second season where she has been named team captain. Last season, Sanders netted 15 goals, including a hat trick against Roanoke, a contest which took place in Puerto Rico during spring break. In addition to the offensive threat she brings, she also displays a hunger for the ball, chasing down ground balls across all zones on the field, collecting 26 in total last year.

Continuing with the offensive threat that the Captains bring, another essential name to mention is #15 Cat Leighty.

Part of what makes her attack so dangerous is her ability to either fire off a shot, which ends up on cage nine times out of ten, or thread the needle between a web of sticks and defenders to find a teammate in a prime position to score.

Leighty registered 67 total points last season, the most in program history by a sophomore, by means of 33 goals and 34 assists.

The all-time saves leader with 531 career saves, #35 Kaitlin Ready, is returning to the squad for her senior year. Averaging 9.65 saves per

contest, Ready was often prepared for whatever the opposition would throw her way.

Switching gears, heading into the season, the Men's Lacrosse team is ranked at number 13 in the nation according to Inside Lacrosse and their preseason poll.

In addition to the Captains, York College and Salisbury University, fellow conference members are inside the top 20, specifically at eight and two respectively. Last season, Christopher Newport was ranked number one in the nation in caused turnovers per game.

Like the women's program, the men also begin their regular season on the road against Washington College (Md.) and Roanoke College before coming to Jennings Family Stadium for their home opener against Hampden-Sydney College. Leading the side this season are the team captains and a trio of USILA All-Americans in #1 Scott McAneny, #6 Dylan Rice and #33 Max Wayne.

These men are the only players in program history to earn that title. The three players contribute to both ends of the field contrasting nicely against each other.

On the offensive end, there was Rice ripping rope with goal after goal and back on defense, Wayne shutting down attackers at almost every opportunity and, on the rare

occasion that the ball did squeak by him, McAneny is there to make the save.

Rice has been a standout on the field since he laced up his cleats for the Captains two years ago when he rattled off five goals in his game for CNU against Washington and Lee. Since then, out of 39 games, he has been held without a goal just three times.

With over 100 goals in his first two seasons, Rice is already third on the all time list for both goals and points. Currently he shares the record for most goals in a single season, 56 in 2018 alongside Will Geise.

Touted as one of the most talented goalies that head coach Mikey Thompson has ever coached, McAneny is back for his senior season. With nearly 2,000 minutes played and 382 saves, he has undoubtedly made his home between the pipes.

He holds the single season record with 243 saves last year and is currently third all time with his number of saves.

Matchups against six teams who played in the NCAA tournament last season and seven inside the top 20, McAneny and the rest of the Captains will have their hands full as they look to improve on last season and climb their way to the top of the rankings. ■

February 1st
Jimmie Allen
8 PM, The NorVa

January 30th
SDEC presents: Syed Warsi
6 PM, DSU Crows Nest

February 4th
"Tazzeka" PG-13
7-9 PM, Gaines Theater

January 31st
"Gretel & Hansel" PG-13
"The Rhythm Section" R

A night full of "TV Theme Songs"

TheaterCNU presents the year's first performance of Captain's Cabaret

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Hosted by the Theater Department's very own students, "TV Theme Songs," a Captain's Cabaret event, was a charming night full of throwback songs that everyone knew and loved. On the night of Jan. 25, there were five Christopher Newport students who hosted and presented for the event: Jack Little, Elijah Selby, Sabrina Brown, Chad McKnight and Sarah Allbrandt.

Before the night began, the Diamonstein Concert Hall was washed over by a sea of blue lights. Sitting upon the Diamonstein's stage were round tables with black tabletop cloths. Some tables would have two or four chairs, with all of them facing towards the stage. Everyone, and I do mean everyone, was smiling and conversing with one another. The intimate setting of a cabaret-styled event is typically known to turn into a lovely, personal evening, but the Theater-

CNU made this night their very own. The lights, throughout each song, would change with the tunes of the music. Whether the song was upbeat or slow-moving, the lights would surely follow the beat.

The only tunes that were played for the event were the lovely voices of the students and the piano in the background. For some songs, students would create instrument-like sounds in order to beautifully recreate the theme songs. Regardless of the lovely and fun melodies, there were a few bumps in the road, but they were quickly fixed with quick-witted distractions. The Captain's Cabaret is produced for students to practice their stage presence in order to become the best they can be for their theater work. As I watched, I can surely tell I'm excited to see some talented faces on the stage in the near future.

TV theme songs that were sung out ranged from "Meet the Flintstones" and "The Addams Family" to "Hannah Montana." Whether it was a cartoon, dark-humored show

or family favorite, the contrasting tunes made for an interesting evening. Everyone was instinctively swaying in their seat or clapping to the beat of the song. A couple of the students whom were singing interacted lightly with the crowd for a comical touch; the audience engagement was purely fun and a great touch to their practice. In order to integrate from one song to the next, the students would say quick facts about each TV theme song, whether it was novel or old news.

By the end of the night, the five students came together to sing one last tune: the classic "Cabaret" song. By the songs conclusion, friends and family rushed to the stage to hug and

congratulate the students on their show. The night ended like how it began: in smiles and positive conversation.

If you would like to attend The-

aterCNU's Captain's Cabaret yourself, there are still two more showings coming up, which are "Classic Broadway" (Feb. 24) and "The 1970's" (April 17). ■



The five students sing their last song together. PHOTO BY ASHLEY MCMILLAN / THE CAPTAIN'S LOG

Tournées Film Festival starts off with a hit

"Mrs. Hyde" screening showcases the importance of teacher-student relationships

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The Tournées Film Festival began last Thursday at 7 p.m. in the Gaines Theater for their first film screening: "Mrs. Hyde" (2017). There was a pretty substantial crowd of students and professors from the Department of Modern and Classical Languages and Literatures (MCLL). Throughout the next couple weeks, until the film festival's end on Feb. 25, there will be films being shown weekly on Tuesday at 7 p.m. in the Gaines Theater. The festival was luckily able to showcase to the Newport News community to the beauty of French film free-of-charge. The festival is part of the FACE Foundation's many programs, and it is centered on the goal to bring French film to American colleges and universi-

ties. The foundation has funded the festival with \$200,000, so it's able to bring the free events to campuses.

The event was evidently focused on the cinematic and cultural value of "Mrs. Hyde." The film focuses on the friendship between Madame Géquil (Isabelle Huppert) and a student named Malik (Adda Senani).

Malik is an Arab teenager and outcast whose intellectual talents go undiscovered, potentially because of his physical disability and his ethnicity.

The film's friendship is apparent to the film festival due to its focus on France's marginalized communities and the social commentary following it. There were short discussions before and after the screening to help contextualize and analyze the film more in-depth.

On the panel discussion for the moments before and after the

film, Dr. Jason Carney talked to the audience to have an open discussion about "Mrs. Hyde." Carney explained how this film was loosely based on the classic book "The Strange Case of Dr. Jekyll and Mr. Hyde" by Robert Louis Stevenson. After the film, cookies were passed out and enjoyed with a side of film analysis.

The film analysis followed into a lively discussion about the gender role reversal and how, worldwide, that could illustrate the way society perceives men and women.

For example, when the male Dr. Jekyll obtained Mr. Hyde, he used him as a way to help himself have fun without the worry of having a conscience; however, the female Madame Géquil used her new ability as a way to help Malik while helping improve the school at the same time.

Another discussion was about how this film is critiquing the

french educational system, especially in lower income and urban areas. Regardless, there was both praise and critique for the film given freely by both the speaker and the audience.

If you would like to experience the Tournées Film Festival yourself, there are plenty more of film screenings: "Return of the Hero" on Jan. 28 "Tazzeka" on Feb. 4 "Faithful Man" on Feb. 11 "Peppermint Soda" on Feb. 18 and "Memoir of War" on Feb. 25. ■



IMAGE OBTAINED FROM AMAZON

Celebrating classical & contemporary

A dynamic performance by the Ambrosia Quartet emphasizes the diversity and beauty unique to four string instruments

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Monday night in Peebles Theater (Jan. 27) featured the music of the Hampton Roads Ambrosia Quartet: four musicians who formed a bond

through their love for chamber music.

Since 2002, violinists Simon Lapointe and Mayu Cipriano, along with violist Beverly Baker and cellist Rebecca Gilmore have performed both classic and con-

temporary works for Arts Festivals, Symphony Orchestras and other notable events.

Their program at CNU featured Haydn's String Quartet in G Major, Opus 77 and Brahms' String Quartet in "C Minor Opus 51, No 1. Additionally, they performed a piece by contemporary composer Caroline Shaw called "Entr'acte" (2011).

Perhaps fitting for the celebration of Mozart's Birthday (Jan. 27, 1756), Gilmore provided a short background of 'Papa Haydn (a personal and musical mentor of Mozart) and spoke on her group's passion for the string quartet pieces.

Their fluid and synchronized instrumentation embodied the intimate communication unique to chamber music - where a small group enables each musician to 'conduct' the others and adjust their techniques throughout the piece accordingly.

Such an arrangement contrasts the conventional appearance of classical music or opera, where a conductor using grand gestures guides a large orchestra to perform in synchronization.

Haydn's chamber music, along with some of his notable concertos embrace the technique of a lead musician conducting or a group collaborating together in a "conductorless orchestra."

Departing from classical genre for about twenty minutes, the group's performance of "Ent'acte" (2011) employed the more modernist technique of 'bow swishing' where whispering sounds from each string instrument contrast the power of all four instruments playing legato for most of the song.

There were a surprising amount of measures in Shaw's piece that

required only 'pizzicato' (string plucking), which the group performed in perfect unison.

For the finale, Gilmore introduced Brahms' String Quartet in C Minor, promising the audience a good performance despite the piece's reputation as "tragic."

The Ambrosia Quartet played all four movements, ranging from slow to fast tempo and creating a variety of moods despite retaining the same key signature.

Gilmore also noted that Brahms took years to write his few string quartets that were published, spending an exorbitant amount of time working on and destroying his drafts.

The Ambrosia Quartet has a diverse repertoire and has even performed interpretations of various works; however, their name has classical roots in Greek mythology. "Ambrosia" is the food or drink of the gods.

Perhaps, the beauty of their musical performances can become so vital to their listeners in the same manner as food and drink - only the audience can tell. ■



IMAGE OBTAINED FROM THE ACADEMY OF MUSIC

Review: Pokemon "Sword" and "Shield"

Uncover the newest entries in the series with a reforged formula

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Pokemon has always been a staple of Nintendo's lineup, somehow selling millions upon millions of games even more than twenty years after it started. Personally, I feel like this series is as strong as it is because it knows what to refine and improve upon while retaining the heart of the Pokemon experience. While I can see how Pokemon can be becoming stale for some at this point, I feel like the games do a good job at constantly remaining fresh yet familiar. However, there is a need for this series to evolve more, and with the power of the Nintendo Switch, a home console, fans expected the newest entries, "Pokemon Sword" and "Pokemon Shield," to bring the franchise to a whole new level of quality.

In my opinion, "Sword" and "Shield" are wonderful additions to the series. It pushes Pokemon in a more modern direction that makes it more accessible, intuitive and sustainable in the long term. They are, for the most part, very similar to their many predecessors. Like any other generation, it simply adds new Poke-

mon (most of which are fantastic) and some new mechanics while offering players an adventure that is simple and sweet. "Sword" and "Shield" aren't particularly my favorites of the series, for it can be quite flawed in some areas. However, despite some grips I have, I still see their values and charm that they bring to this historic series.

Starting off with the positives, the biggest addition which defines these entries is the Wild Area and the Raid battles within it. For the most part, "Sword" and "Shield" follow a traditional structure of navigating linear routes in order to make it to the next town on your journey. While linearity doesn't inherently hamper the Pokemon experience, it's nice to finally have an open area to explore. The Wild Area isn't too big nor does it have much depth to it, but I think that the raid battles within them are a fun distraction that gives the Wild Area a lot of value. In any case, the Wild Area serves as a fun detour throughout the adventure while also representing a step forward for the franchise and a promise for expanded open areas in future titles.

Another point of improvement that "Sword" and "Shield" bring is that the

many conveniences that have been made to the gameplay. For instance, leveling up Pokemon has become super easy thanks to EXP. candies from Raids and a built-in EXP-Share. Thanks to these changes, the game has a very smooth feel to it while training up weaker Pokemon is less of a hassle. "Sword" and "Shield" have made random encounters more optional, making the experience more convenient as you are not being constantly interrupted. All of these features and more help make these games stand out from the other entries in how modern they feel. "Sword" and "Shield" are particularly strong when it comes to making the Pokemon experience more convenient and accessible.

For me, however, the plot is the strongest part of the adventure, while somehow also being its weakest. To elaborate, I think "Sword" and "Shield" have one of the weaker stories in the series, but I also think that they have some of the best characters. The legendary and villain plotlines were underwhelming, since, without going into too much detail, they aren't as developed or fleshed out as other entries. However, to be fair, the game focuses on the gym challenge plotline

more than anything else. The game feels like playing through a whole anime-style tournament arc since the game fleshes out the gym challenge so well while creating compelling and memorable rivals for you to beat. It's a nice spin on the traditional Pokemon formula that makes you motivated to become the champion. Both the tournament arc and the characters and very well done; however, the story does fall apart a bit at the end due to the previously mentioned legendary and villain plotlines. Overall, the story is fine enough, and I do think it has merit compared to the other entries in the series, yet it also could have been executed better in a few areas.

Another issue that I take with these games has to do with the main gimmick, Dynamaxing. I don't take issue with the mechanic itself. In fact, I like it well enough. Is it broken? Yes. Is it at least fun? Absolutely. However, the part that I really take issue with is its variant: Gigantamaxing. Not only do the new designs not add much for me personally, but getting these forms is way too inconvenient. You can only find them in specific Raid battles, and they're very rare. This wouldn't be an issue if there was an option to allow

Pokemon not found in Raids to Gigantamax. To illustrate what I'm talking about, let's say you have a Coalossal on your team. You want to Gigantamax it because you know it has a Gigantamax form. However, it can't Gigantamax because you didn't catch it in a raid battle. I know that the developers most likely wanted to incentivize doing the raids, but they could have at least allowed players to collect something like a "Gigantamax Candy" in order to allow regular and compatible Pokemon to Gigantamax. As it stands, Gigantamaxing is a fine mechanic, I just wish that it wasn't so elusive to the average player.

However, despite some noteworthy flaws, "Pokemon Sword" and "Pokemon Shield" are fine additions that refreshes the whole Pokemon experience. They are the same Pokemon games that we've all come to know and love, but they have been reforged enough to feel somewhat brand new. It's still flawed in many ways; there's no denying that. However, every Pokemon game is flawed in some capacity. What makes me love this series is how, like any adventure, it manages to be fun and memorable despite some bumps along the road. ■

Review: Persnickety Crane Cafe

New local cafe/coffee shop combo brings eclectic flair and vibrant menu to the Hampton Roads area

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Persnickety: (noun) “placing too much emphasis on trivial or minor details, fussy, requiring a particularly precise or careful approach.” This word, as defined by Google, epitomizes the essence of the aptly named Persnickety Crane Cafe. Nestled in the Village Avenue shopping center at the edge of Newport News and Yorktown, it is one of Hampton Roads’s newest cafe destinations that is sure to remain a cherished establishment in the community.

The wide variety of food and beverage options available make the Persnickety Crane a perfect place for all kinds of patrons to find something they enjoy. When I visited (for the umpteenth time) this past week, I chose their Sublime Berry Bowl, an acai bowl advertised on their menu as being optimal for skin, bone and nail health. The classic acai berry and banana blended smoothie base was perfectly complemented with different sprinklings of fruits, seeds and nuts portioned in five long stripes across the bowl. Sunflower seeds, chocolate chips, fresh strawberry slivers, chia seeds and halved walnuts offered a variety of distinct flavors, which came together to create a bowl that was as healthy as it was delicious.

The other acai bowl options

they had available were refreshingly unique with different selections of toppings, adding to their diverse menu that is sure to showcase whatever you’re in the mood for. Sandwiches, salads and baked goods that vary by the day are also available.

The Persnickety Crane offers a wide variety of coffee choices, and their drink menu is organized based on how much espresso and milk are in whatever drink you’re thinking about ordering. They offer a variety of different specialty teas, juices and different brands of water if coffee isn’t up your alley.

Their Mocha Latte with a shot of peppermint syrup made for the perfect peppermint mocha when I visited one afternoon, complete with creamy latte foam and chocolate shavings on top. It tasted much more flavorful and artisanal than something you might get at Starbucks or Dunkin’, and it always feels good to support a local small business.

The interior of the Persnickety Crane Cafe is an eclectic space in every aspect, from its seating options to its quirky logo above the front door, which depicts a white crane wearing a hat and a bow tie clutching a coffee up in one of its taloned feet as it balances on the other like a flamingo. Framed photographs, quotes painted on wooden boards and inspirational sayings



The interior of the Persnickety Crane Cafe includes various bright colors and vibrant decorations that contribute to a welcoming atmosphere. PHOTOS BY ANNA DORL / THE CAPTAIN’S LOG

line the creamy yellow side wall opposite from the ordering counter. Under the cream and sugar station is a wide collection of board games for patrons to enjoy, whether they are families looking for something to entertain even their youngest members or college students eager for a distraction from their work.

In the back of the establishment is a children’s play area and a fish tank that draws in the interested eyes of kids and adults alike. Old burlap coffee bean bags line the wall to the restrooms. The cafe gleams with light wood paneling, driftwood decorations and plants on every table. Orange, yellow, blue and green are the main colors present throughout the cafe, appearing everywhere from chairs to wall decorations, creating a kaleidoscopic air of vibrance and diversity everywhere.

Although Newport News already has a couple independent coffee shops and cafes in a similar vein, the Persnickety Crane stands out. It

doesn’t have the same clean-cut, simplistic vibe of Canvas Coffee House or the cozy, woodsy vibe that Aromas offers. The quirky and unique vibe that the Persnickety Crane brings to the table rounds out the trifecta of beloved coffee shop/cafe combos that always end up rivaling Starbucks.

One of the best things about the Persnickety Crane Cafe is its appeal to all kinds of customers. Its proximity to CNU and Thomas Nelson secures it a spot on the list

of great local study spots. Its children’s area creates an environment for play dates for the kids and coffee dates for their parents at the same time. It’s also sure to attract patrons from its next-door neighbor, Coastal Community Church, on Sundays after services.

The Persnickety Crane Cafe has already become a beloved place in the Newport News community because of its welcoming atmosphere and its immediate reputation as being an environment for all. ■



The Sublime Berry Bowl has an acai smoothie base and fresh fruit, nuts and chocolate on top.

Hours

Sunday: 7 a.m. - 7 p.m.

Monday: 7 a.m. - 8 p.m.

Tuesday: 7 a.m. - 8 p.m.

Wednesday: 7 a.m. - 7 p.m.

Thursday: 7 a.m. - 8 p.m.

Friday: 7 a.m. - 9 p.m.

Saturday: 7 a.m. - 9 p.m.

Weekly health horoscopes

“Your health comes first”

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Aries (March 21 – April 19)

There are times when you overlook your body. Wednesday is a great opportunity to recall that you owe it appreciation. You can show it love by working out regularly, eating good food and shunning everything that stands against your framework. It's a good time to change your dietary patterns for sure.

Taurus (April 20 – May 20)

This week introduces a stage wherein you can gain positive ground headed for wellness. You may have infrequent endeavors to maintain your fitness. It's significant that you be more progressive if you need great outcomes from your eating routine and exercise program.

Gemini (May 21 – June 20)

Consider how you can productively invest in your wellbeing. The stars urge you to prepare to think critically to make large outcomes. If you plan to set up a home gym, now would be a good to plan how to do so. If you are not part of a gym's paid membership, sign up for your best one.

Cancer (June 21 – July 22)

This is the time for change. In any case, the biggest change you can make is to your wellbeing and large prosperity. You have two weeks to host a brand new health technique, one that can give you more vitality, a better physique, radiating skin, and a significant feeling of prosperity. You have the right to give yourself an astonishing future.

Leo (July 23 – August 22)

You're going to encounter intense changes. You currently can change any aspect of your life that you pick. Your wellbeing is your best start. Investigate your way of life and spotlight on any territory that makes you feel less than breathtaking. This is the place you should start. Changes here will give you more vitality than before.

Virgo (August 23 – September 22)

This week is full of objectives that will help you reach the health condition you've wanted most. This is no time for groggy reasoning. More importantly, you need lucidity and the assurance to fight any medical issues. Once you recognize what you need, you'll want to get it going. You are close to complete wellness.

Libra (September 23 – October 22)

Your commitment is going to enlarge. You will be equally occupied in your vocation and socialization. Approach a boundless wellspring of vitality to get what you want. The best idea is to get into tiptop shape. Work out every day and eat what significantly fuels for your body.

Scorpio (October 23 – November 21)

The stars encourage you to investigate new horizons to the extent your health is concerned. Try not to stay with the attempted and trusted, as this is the best time to wander into somewhere new. Don't eat too much greasy foods, as doing so may negatively affect your liver. Most importantly, appreciate getting into sports and getting some fresh air.

Sagittarius (November 22 – December 21)

A new source of energy this week presents you a better focus on greater health. It's basic that your passionate wellbeing take need. Ensure that you aren't covering your head in the sand due to a significant issue. Don't pretend that nothing happens; confront the issue head on. By doing so you'll see a quick improvement in your physical health.

Capricorn (December 22 – January 19)

Your emotional levels are going up this week and so will your sensitivity. Starting today it would help pay attention regarding your nutrition. Look out for your food allergies. Once that's done, you'll recognize what you can eat and what nourishment would suit you best.

Aquarius (January 20 – February 18)

Thursday is the best time for some new goals. The stars give you unlimited authority to make changes to your activity program, diet, and any medications you might be getting for medical problems. It's that period of fresh starts. You have two weeks to create a new way of life that brings you a lot of vitality and bliss.

Pisces (February 19 – March 20)

The prevailing vitality moving through your outline this week is related with change at the most profound level. This implies you'll be plunging into all parts of your being and taking a shot at those regions that have gotten lethal. It will likewise urge you to eat something new and cut out junk food, caffeine, and a lot of sugar.

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GRAPHIC DESIGNED BY JARON OVERTON / THE CAPTAIN'S LOG

How to start a bullet journal

Unsure how to tackle making your own bullet journal? Here's how to get started

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As we get through the first month of the new year, we're all trying to figure out a new routine for the whole "new year, new me" promise. It might be going to the gym every other day or drinking more water but for me, I decided to become more invested in a journal - something artsy and crafty that I had long since wanted to try. It's all about getting started and it's not too late to try it out. Here's a list of six things to help you get started on your bullet journal.

What is a bullet journal?

First off, you might be asking what exactly is a bullet journal? One way to explain it would be to think of a mix between your typical notebook and scrapbook. It's a neat organizational system that can be used for any purpose you choose from a sketchbook to a calendar to an idea book.

A bullet journal is a way for me to compile my 12 lists from five different notebooks in one place and to have a little more fun with it.

Picking your journal

The first step in the bullet journal process is figuring out which

journal you want to use. Decide what the journal is going to be used for and the qualities it should possess. If you're particular like me, this process is all about finding the right paper and size in a journal.

In my journal, I like to do weekly spreads with a lot of design elements included on the page. I decided to use a Moleskine Dotted Notebook because it had a more design feel to it and it could fit in my purse. However, you can pick up any old journal and it'll do the trick.

Inspiration

If you want some ideas about where to get started, Pinterest is the place to go. There is a huge bullet journal community within the online hub. People post everything from their own spreads to advice on how to create your own. Whenever I get lost on what I want to include, it's nice to look at Pinterest and see how other people lay out their pages.

Gathering supplies

After figuring out what kind of journal you want to do, I highly recommend listing out design elements you might want to include and figuring out the supplies you need. This is where I like to look at Pinterest and see how people's spreads have come together. My personal style consists

of washi tape and brown paper to add a textural element. I enjoy calligraphy and writing in different fonts so I like to include those components into my spreads with colorful highlighters and pens.

Introductory spreads

In the bullet journal I'm working on, it's more of an organizational scrapbook calendar. Therefore, to start my journal off, I decided to follow the traditional calendar planner and create a 2020 at a glance spread and a bucket list for the year. Introductory spreads can help establish what kind of theme you're going for and the purpose of the journal.

Make it a habit

In the end, it's all about consistently working on the bullet journal and integrating it into your daily routine. The journal should serve some artistic or organizational purpose that's helpful to you.

I like to set aside some time on the weekend to create the outline of my weekly spread. During the week, I get busy so it's nice to just have to fill out my daily to do list. It's all about finding the balance and the time to adapt to a bullet journal mindset. ■

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 Matthew Scherger at clog@cnu.edu or matthew.scherger.16@cnu.edu.

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

