



THE CAPTAIN'S LOG

THE VOICE OF CHRISTOPHER NEWPORT UNIVERSITY STUDENTS

@CNUCAPTAINSLLOG WWW.THECAPTAINSLLOG.ORG

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Welcome Back Captains!

ILLUSTRATION BY MICHAEL INNACELLI/THE CAPTAIN'S LOG

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What did the land CNU rests on look like before? A quick look at the land that now houses CNU's campus.

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Students recount some of their more exciting summer trips before returning back to CNU for class.

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Two weeks, two different cultures: Women's Soccer Team reflects on experiences in the UK.

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An inside look at the DJ behind the tunes of Light the Night 2017. Also, check out the top movies you should see at college.

Lifestyle 14/15

A quick overview of each fraternity on campus highlighting their philanthropic work and involvement.



Weekly pic

The sun is shining and the birds are chirping here at CNU. With the impending Hurricane Irma moving its way up the East Coast the Great Lawn may turn into the Great Swimming Pool. Keep an eye on the weather and enjoy the rays of sunshine while you can! Photo by: Morgan Barclay.



CNU TV

Einstein's, the little coffee shop on campus, has had a complete facelift this summer. CNU TV took a look inside all the new features and changes to Einstein's and how the new look will attract both old and new customers alike.

Happened

September 1

CAB's Welcome Back Party

On the second Friday of the Fall Semester CAB hosted a luau themed welcome back party from 8 p.m. to 11:30 p.m. This event's main purpose was to kick off the new school year.

September 5

Her Campus Recruitment

On September 5 from 8-9:30 p.m. Her Campus held a recruitment event where attendees could learn what it means to be a member of Her Campus at CNU.

Happening

Week of September 10

Psi Upsilon Fall Rush Week

This upcoming week, the Psi Upsilon fraternity will be hosting events in order to attract new members to their fraternity.

Week of September 11

Free Fitness Classes

The Freeman Center will be hosting free fitness classes all week starting September 11-15. Join in on the fun and be entered to win some free fitness gear.



Captain's Log Snapchat

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

The Captain's Log Staff 2017-2018

Melanie Occhiuzzo

Editor-in-chief
Robert Smith
CNUTV Managing Editor
Michael Innacelli
CNUTV Managing Editor
Macy Friend
Photography Editor
Brett Clark
News Editor
Caitlin King
Sports Editor

Morgan Barclay

A&E Editor
Katie Krynitsky
Lifestyle Editor
Kelsey Schnoebelen
Business Director
Brittany Thorburn
Business Manager
Matthew Scherger
Head Videographer
Nicole Emmelhainz
Faculty Advisor

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

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

- **Email:** clog@cnu.edu

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

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

WANT TO ADVERTISE? Circulation inquiries, advertising rates and policies are available upon request via email at clog@cnu.edu or telephone at (757) 594-7196. For more information, visit our website at thecaptainslog.org.

MEET YOUR STAFF: 2017-2018 EDITION

The Editor Staff



From right to left: Melanie Occhiuzzo (Editor-in-Chief), Morgan Barclay (A&E Editor), Macy Friend (Snapshot Editor), Caitlin King (Sports Editor), Brett Clark (News Editor), and Katie Krynitsky (Lifestyle Editor). PHOTOS BY MACY FRIEND/THE CAPTAIN'S LOG

The Business Team



From right to left: Kelsey Schoebelen (Business Manager) and Brittany Thorburn (Ad Manager).

CNUTV Producers



From right to left: Michael Innacelli and Robert Smith (Both CNUTV Co-Managing Editors).

Each year we hire a staff made up of editors, dedicated staff writers and videographers who've let the "Clog" run their life.

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

Every year The Captain's Log goes through the same hiring process, deciding who to keep from last year's staff and who to hire new. The pool for hiring comes from the dedicated staff writers, photographers and designers that have put in the time and effort over the past year.

The staff does more than just produce a 16-page paper though. The time spent over the school year is filled with late nights, covering the thousands of events that CNU hosts and working to create a community of educated journalists.

The Captain's Log has been in operation since the 1960s, but our name hasn't always been the same. Some of our past names have been The Trident and The Captain. Up until just recently our faculty advisor, Dr. Terry Lee of the English Department, was our fearless leader. With his retirement this past spring, Dr. Nicole Emmelhainz took over.

Having a background in journalism is not a requirement to work on the school paper.

We have a range of experience that starts with none and ends with being Editor-in-Chief of a high school newspaper or yearbook.

The kind of experience we have as editors is not as important as the amount of dedication you bring to the table.

Anyone can be taught if they are willing.

A quick rundown of the duties of an editor is simple.

Every week the editors of each section are required to pitch stories for their two page spread.

They then spend their time covering stories, coaching young writers and designing the layout that will go to print.

Each issue is different and each

section has a unique style.

The style correlates to the tone of the section.

A news section has a more serious tone to it so the writing style is focused on the information and not the design.

Info-graphics and charts find their home in the news section.

The sports section has a lot of action shots of whatever game is being covered.

Being able to visualize the important plays is essential in good storytelling as a sports writer.

The Arts and Entertainment section, as well as the Lifestyle section, have the most leeway with style and tone.

They get to report the fun events on campus.

Colorful graphics, beautiful pictures, and whimsical layouts give these two sections an overall lighter tone that lends itself to the content.

Our most unique section features a double-truck spread.

The SnapShot section is all about photojournalism.

Each week has a different theme and the shots depend on storytelling captions to pull the section together.

Overall, the newspaper is not just made up of several disjointed sections but rather should paint a portrait of what campus was like that week.

Working on the newspaper is a full-time job. It's a commitment that each editor makes to their craft.

We don't choose our editors based off of their ability as journalists alone, but rather take the time to figure out who works best in a team environment.

We are family at The Captain's Log and we are here to tell the stories of the students. ■

BEFORE THE UNIVERSITY

Before Christopher Newport University existed, the land we now love had an interesting past.

BY STEPHEN BOWE

STEPHEN.BOWE.15@CNU.EDU

Christopher Newport University only dates back to the foundation of Christopher Newport College in 1961, but the area on which we sit and study has a much older past. The Virginia Peninsula is steeped in history, having been the site of the first successful English colony in America.

Tidewater Virginia had been inhabited for millennia before the arrival of European settlers. In 1607, when the Jamestown settlers arrived, the area was under the control of the Powhatan Confederacy, a complex chiefdom led by Chief Wahunsenacawh, better known as Chief Powhatan.

John Smith's surveys of the area feature the portion of the Virginia peninsula that would eventually become Newport News heavily. The area was near land inhabited by the Kiskiack, who lived slightly to the West near what is now Yorktown, and the Kecoughtan, who lived near the mouth of the river.

The relationship between the English colonists and the Powhatan Confederacy had soured badly by summer of 1610. Smith had begun organizing the colonists into a militia and drilling them, and trade was increasingly done with guns pressed to the heads of Indian hostages.

The colonists spent the winter of 1609-1610 under siege and unable to leave the fort at Jamestown, but the arrival of a new governor, new colonists, and more supplies in June 1610 revitalized the colony.

On July 6, 1610, a colonist named Humphrey Blunt was killed in an Indian ambush about 1.5 miles from where CNU now sits, at what is now called Blunt Point. In retaliation, Sir Thomas Gates raided and captured a village at Kecoughtan, leading to the first Anglo-Powhatan War.

By 1628 the land near Blunt Point had been divided up among a number of landholders, any of whom may have owned the land that is presently home to CNU. Among the landowners listed is John Laydon.

John Laydon was a carpenter who had arrived in 1607. His wife, Anne Burras, arrived the next year in 1608 as a maid, one of the first two women to arrive at Jamestown. Their wedding near the end of that year was Jamestown's first.

The Laydons survived the Starving Time, the first two Anglo-Powhatan Wars and

Opechancanough's massacre of 1622. The muster of 1624 lists only 14 other remaining colonists who had arrived in 1607 or 1608.

Exactly how close the Laydons might have lived to what is now CNU is not certain. Records suggest that in the 17th century Blunt Point was used to refer to a section of the coast between Lake Maury (which was constructed in 1931 and is part of the Mariner's Museum grounds) and Lucas Creek.

In 1634, the Colony of Virginia was divided into eight shires. The land that is now home to CNU was part of Warwick River Shire, which became Warwick County in 1643. Named for Robert Rich, Earl of Warwick, the County of Warwick became the City of Warwick in 1952, which was absorbed into the City of Newport News six years later.

The portion of the Virginia peninsula that CNU stands on is relevant to the history of American colonization, and has been inhabited by Europeans for some 400 years and by American Indian groups for much longer.

The land that CNU now stands on, once part of Warwick County, was acquired by the city of Newport News in 1962, three years after the county itself had been absorbed by Newport News. The circumstances were not entirely positive, reflecting a variety of elements of the early 60s.

The College of William and Mary decided that Christopher Newport College, its newly established satellite school in Newport News, should have a permanent campus rather than the miniscule and ancient John P. Daniels Public School building in which it held its first year of classes.

Eventually the city council and officials from the College decided on two sites- a tract of land near Warwick Boulevard and Shoe Lane, and a site three minutes north near a side street called Roy's Lane.

The Roy's Lane site was fairly cheap, in a good location to connect to the city's utilities, free of boundaries that might impede future expansion, and undeveloped.

The alternate Shoe Lane site had similar advantages, but cost significantly more and was home to a small community of African Americans who had lived there since the late 19th century.

In April of 1961, the city council prepared to buy the Shoe Lane site without having



A picture of the Shoe Lane tract of land that currently holds Christopher Newport University. The Junior High School can be seen to the right of the college site. JIM LIVENGOD/NEWPORT NEWS DAILY PRESS ARCHIVES



The approximate location of Christopher Newport marked for reference on a map originally drawn up by John Smith upon arrival in 1607. STEPHEN BOWE/THE CAPTAIN'S LOG

officially decided to use it as the site of Christopher Newport College. The immediate outcry from the people living on the land led them to postpone the final decision until May.

At the final meeting some 160 people, both black and white, appeared to voice their opinions on the purchase.

Despite arguments that the purchase would displace black residents, inflame racial tensions, and cost more than the equally satisfactory Roy's Lane site, the council voted 5-2 in favor of purchasing the Shoe Lane tract.

"There was a long-standing African American community that had been here since the

late 19th century that was, in essence, pushed aside by Newport News for CNC," said CNU History professor Phillip Hamilton, whose article Race, Politics, and Education in Tidewater Virginia from the Virginia Magazine of History and Biography discusses the details of the Shoe Lane purchase in greater detail.

By spring of 1963, the council had seized all of the properties- having paid less than they were initially appraised for and less than the majority of the residents were willing to accept, they proceeded with condemnation proceedings.

In 1964, the college's first building, the original Christo-

pher Newport Hall, opened.

Hamilton believes the foundation of CNU is a glimpse at the environment of the early 1960s, a time both of racial strife as city leaders clung to segregation and Jim Crow laws and as a time when the value of education was emphasized, leading to the foundation of new colleges and universities.

"I think it's reflective of both the racial tensions of the era and the push to expand higher education."

The land CNU stands on has a long history, and the story behind the school's foundation is a little-known but useful window into the state that Virginia was in during the 1960s. ■

Updates to Campus Construction

The updated Regattas and the Alumni house are just two of the many projects CNU is undertaking.

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

With new building developments always popping up around campus, updates on construction are always close in the minds and tongues of students, visitors and faculty.

In the last year, we have seen the completion of four Chapter Houses strike a tall and handsome pose in the Greek Village, situated between the tennis courts and Warwick Residence Hall.

Along with that project, the Greg Klich Alumni House opened its doors to past and present members of the Christopher Newport community.

Still under construction, however, are several buildings of great importance to CNU students, both socially and academically.

Most notably, and close to the hearts of students, was the renovation of Einstein's coffee shop. The hope is that the new look will only increase its popularity, a feat that is unimaginable if one were to walk in at around eight p.m. last year.

Even though it is still open 24/7 to students, much of the Library is under wraps as its expansion inches closer to Warwick Boulevard. Once construction is complete, the Paul and Rosemary Tribble Library will be able to hold a whopping 1,200 students and the school's ever-expanding collection of journals, books, articles, and more.

With much of the construction budget money coming from outside donors and not the state, the school is allowed more and more freedom in how and what they build.

While there is much good news, a tragic blow to campus has formed in the delayed timetable for completion of the beloved Regattas' renovation. Originally, it was hoped that the work would be done for the arrival of students this August. Due to a mishap that resulted in some lingering internet problems, the project was delayed. It is expected to open its doors to hungry crowds of students later this fall.

A project that many students might not know of yet is a new project to revamp the already renowned Ferguson Center. The 50 million dollar project will extend "the Ferg" as well as add additional space for the Fine Art and Art History Department. Sadly, the visitor parking lot will be devoured for this grand neo-Georgian monument to the arts.

Construction for this starting next summer, the class of 2020



Above is pictured a futuristic view of the updated Regattas this upcoming November.

PICTURE COURTESY OF PRESIDENT TRIBLE'S STATE OF THE UNIVERSITY ADDRESS.

will just miss it, as it will be finished shortly after their graduation.

Along with a new upperclassman dorm and an additional parking garage being dropped where the CNU Sun Trust building currently stands in the upcoming years, CNU's incoming classes, unlike those of the past, should have no worries or nightmares when housing lottery rolls around every spring semester.

A hallmark of the CNU experience—and a pill that any rapidly enhancing institution of higher learning must swallow—is the constant buzz of cranes and cement layers contrasting with the sounds of students scurrying to class, sports teams heading to practice, and orchestras/choirs/bands reciting their music.

To listen closely is to appreciate the ideal of always improving. ■



CONSTITUTIONAL CONSERVATIVES NEEDED TO PARTICIPATE IN THE DENBIGH DAY PARADE

P. J. O'Rourke defined the "Democrats as the Party that says Government will make you smarter, taller, richer, and remove the crabgrass out of your lawns and Republicans as the party that says Government doesn't work, and then they get elected and prove it." If you agree, and would like to be part of a political party that stands for Integrity, Honesty & Prosperity and build it into a LOYAL OPPOSITION against the ONE BIG GOVERNMENT Party Masquerading as two parties, join the Constitution Party of Virginia, contact CPofVirginia@gmail.com and participate in the Denbigh Day Parade on September 16th and WE can start to "Make America a Constitutional Republic Again!" Visit us on Facebook: [Constitution Party of Virginia](https://www.facebook.com/ConstitutionPartyofVirginia)

Sexual Assault programs educate new freshman class

The community of safety and inclusion that Welcome Week introduced leaves this new freshman feeling happy with her decision to come to CNU.

ANNA DORL
STAFF WRITER

When Welcome Week began and the campus of Christopher Newport University was overrun by wide-eyed freshmen (myself among them), we found ourselves extremely busy attempting to adjust to our new roommates and our confusing schedules, all while running all over our beautiful new campus between various mandatory sessions throughout the week.

Several of these introduced the topic of sexual assault and educated the class of 2021 on CNU’s mission of eliminating it once and for all.

Sexual violence is first addressed before freshman even set foot on campus; we are required to complete Haven, an online program with multiple modules uploaded throughout the year.

It introduces bystander intervention through possible real-life scenarios and provides shocking statistics about sexual misconduct in college.

Actors from True to Life Training visited CNU early in the week to present a stirring performance in several vignettes, each dealing with a different troubling topic that college students face.

Among these were alcoholism, domestic abuse, mental illness and sexual assault. I spoke to other freshmen in my hall about it and we all reacted emotionally to the program.

We all believed the subject matters needed to be brought into the light.

On Thursday evening during Welcome Week, First Lady Rosemary Tribble gave a moving presentation that included the screening of her Emmy-winning documentary titled for her

non-profit, Fear2Freedom.

The goals of Mrs. Tribble’s organization are to educate the public about sexual violence prevention and to bring joy, hope and healing to survivors.

After the film, she introduced a panel which included CNU’s Title IX director, Michelle Moody, who explained the school’s policies on sexual misconduct as well as gender discrimination to the freshmen.

I learned from the Fear2Freedom presentation and multiple outside sources that on average, one in five women are sexually assaulted while in college.

As a female undergraduate student, I am one of the main demographics at risk.

I appreciate that my university truly cares about this devastating problem enough to require incoming students to attend seminars and complete online programs on prevention, education and bystander intervention.

This time last year, when I began to peruse an endless list of uni-

versities and consider my options after high school graduation, I didn’t expect to choose CNU.

But the first time I embarked on a tour of my future campus, I was met with an overwhelming sense of intentional kindness and genuine regard for others and their well-being.

That feeling was ultimately what made me decide to enroll.

I believe the air of compassion that I felt extends to all facets of Christopher Newport University.

I feel safe, happy and proud knowing that I am part of a campus community that is committed to eradicating sexual assault on college campuses and in our world. ■



IMAGE COURTESY OF OHIO STATE UNIVERSITY

Not your average freshman advice

There’s more to being a freshman than packing extra sheets and putting a white board up on the outside of your door.



IMAGE COURTESY OF THE ODYSSEY ONLINE

CAROLINE TUCKER
STAFF WRITER

One of the most important places on campus is your dorm room.

You sleep, eat, relax and stress in the 15’x11’ room you’ve been assigned.

Whether you like it or not, it’s your home for the year.

Talking to your roommate, getting to know your hallmates and your RA are just a couple of ways to make your new room feel a little more homey.

Getting to know your roommate is crucial since you will be sharing a smaller space than you’re used to.

Lucky for me, I got a fantastic roommate.

We just clicked. There was no awkward period of time where we didn’t get along.

Now, this isn’t always the case. If you chose a random roommate assignment, like me, there’s the chance that you could’ve gotten a great roommate or a not so great one.

It’s always a toss-up in housing as to whether or not you’ll get a good roommate but with enough communication anything can work.

Not everyone gets along, as is human nature.

What you can do is try and find similar topics or common ground.

If you can’t even do that, just try and

tolerate each other.

Outside your room, your hallmates are another important part in your experience.

Again, you click with some people more than others.

The way my hall got to know each other was through card games.

Yep, we sat in the study room and played games.

Honestly, it was a great way to get to know people, but it didn’t start right away.

The first night when my parents dropped me off, I stayed in my room, watching ‘The Office’ and interacting with absolutely no one.

Another piece of advice, don’t do this. Knock on

doors, make new friends, learn people’s names.

There’s about forty people on your hall, it won’t hurt you to know who people are.

This will help when you play a game your RA set up and you have to know who your hallmates are.

Then you can win and look really smart in front of everyone.

I have nothing but respect for my RA. Seriously, RAs can sometimes be the unsung heroes. They spend weeks training and preparing for us on campus.

They spend time learning names, sending emails and making those fun signs that go on your door.

They could’ve chosen to room with their friends, but instead they decided to hang out with us, a bunch of measly freshmen who didn’t know Luter from McMurran.

RAs are incredibly resourceful, especially since they’re upperclassman and have gone through all of this before.

Don’t be afraid to ask them anything, they want to help you, that’s why they applied for the job. That and the sweet, sweet dough they’re making.

Of course, with any group of people, there’s going to be ups and downs.

You’re not meant to like everybody all the time, but bonding with the people around you will provide a support system and a family that you can count on. ■

A World of Dance

An insightful exploration into Syrian Culture in American reveals an unknown world of beauty.

KATIE HALL
STAFF WRITER

In a world of ethnic and national divides, we rarely see a celebration of mixed culture. America is known as the ‘Melting-Pot,’ yet society is excluding those they consider ‘outsiders.’ The Syrian Cultural House in Washington, D.C. is attempting to change all that.

The Syrian Cultural House held the first annual Syria Fest on Sept. 3. The Syria Fest in Washington, D.C. celebrates not only Syrian culture, but the incorporation of Syrian practices into American culture.

The House is a nonprofit, working “to conserve and promote Syrian heritage and culture; build cultural and social bridges with the local communities and the American public; and support the acclimation of newly-arrived Syrian emigrants, asylee, and refugees,” according to syriafest.com.

The festivities included musicians, singers, dancers, music and organizations supporting Syrians in need.

While many aspects of Syrian culture were represented, the cultural dances connected attendees in a way I’d never seen before.

Throughout the day, attendees would join hands and dance in the name of their culture.

Complete strangers joined together to celebrate their heritage and community.

The dances weren’t specific to Syria: they were from all Arab nations, creating a link within different cultures.

That link was beautiful and magnificent.

All it took was one song, and people of different nations and tongues joined together in celebration of unity. Even in a foreign country, stripped from a land they once called home, these people could still dance. Even with the violence and horrors in Syria, the attendees celebrated their nation.

The nation they celebrated was not one of a government, but of a united people. A people united by blood, music, food and dance.

As an outside viewer of this culture, I still felt welcomed.

I didn’t meet one person who was less than excited to share their culture with me.

I was invited to dance, sing, eat and dress in traditional cultural garb. If I wasn’t familiar with an aspect of the culture, I wasn’t laughed at or ridiculed, but taught by a caring teacher.

This festival enveloped me in an unfamiliar culture.

I realized the only way to truly understand a culture is to immerse yourself within it.

I highly recommend attending any cultural events on or off campus. You never know if you’ll witness a life-changing moment. ■

“The Syrian Cultural House is a nonprofit based in the Greater Washington, D.C. area, that aims to conserve and promote Syrian heritage and culture; build cultural and social bridges with local communities and the American public; and support the acclimation of newly-arrived Syrian emigrants, asylee, and refugees”

— syriafest.com



Freshman Katie Hall (left) poses for a photo at the Syrian Cultural House in Washington, D.C. PHOTO COURTESY IF KERRY CLINGENPEEL

The Captain’s Log Presents: Buzzin’ Becky



PHOTO COURTESY OF CLIPART LIBRARY

This year, the staff at The Captain’s Log decided it was time for some new additions to daily operations.

One of those additions happened to be an advice column, something I had dreamed of doing for a long time.

I am thrilled to be able to represent The Captain’s Log as Buzzin’ Becky and be of assistance for any (and I mean it literally—ANY—you should see some of the things I’ve received already) questions anyone may have.

One of the positives of having this column is its double anonymous protection. No one knows who I am and I don’t know who’s asking the question.

Not only does that protect the identity of those who are going through various experiences, but it also protects my privacy as I potentially share my own personal stories and experiences.

If you’re having problems, whether it be with school, friends, family, roommates, etc., I encourage you to reach out.

I am now a big believer in talking to others in order to feel better about things that may be bothering you.

This year was one of the hardest years of my life and had it not been for the people I surrounded myself with, I wouldn’t have stayed sane. It took time to build up courage to bring up what was bothering me, though.

If any of what I’ve been through could help others, then it was all worth it. The submission link will be featured on our social media pages where you can anonymously submit questions. I hope you all enjoy Becky as much as I do!

**Hey Buzzin’ Becky,
I am a student at another University and I really don’t like it.
How do I transfer to CNU and how do I know if I’ll like it?
Thanks,
Anonymous**

Anonymous,

First of all, how did I make it past the CNU community already? Thanks for calling on Becky with the good hair. I am so sorry you’re not enjoying your time at ODU— I mean the university you chose! I can’t speak for everyone, but I know for me it took time to find myself and a good (small!!) group of friends for me to feel comfortable at CNU. College is a unique time in your life where you’re meant to put yourself out there and try new things. If you’re sitting in your room watching Netflix 24/7, sadly you’re not doing it right. Though, some days you just need to binge a season of *One Tree Hill* to feel okay. Before you decide immediately on transferring, try new things! Sign up for new clubs, get involved with something different to change it up a little. Socialize with people you normally wouldn’t, go to football games and enjoy the tailgates beforehand. Something that scares you a little should be good for the soul.

If you’re completely set on transferring, that’s of course another option you can follow through on. The CNU website will be able to assist you in greater detail better than I can, however after conducting a simple Google search (see next week’s column for a tutorial) you will need to submit a Common Application, a Transfer College Report, transcripts from the current institution and your high school along with a letter of recommendation.

Good luck, Anonymous. I hope you’re able to find your home wherever you are. And if not, you can always jump ship and become a Captain! Thanks for helping me build my resumé, maybe the Office of Admission will hire me postgrad.

— Becky out

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



SNAPSHOT

PAGE 8

SUMMER TRAVELS

Guatemala

Senior Regina Rueb went on a mission trip to Guatemala where she served alongside a church group from Woodbridge, Va. and partnered with Highland Support Project and Highland Women's Association, two nonprofits in Guatemala.

In Bella Vista, Rueb's group began construction on a kitchen at a local school. "One of my favorite parts of the trip was going to the hot springs on the last day. Las Fuentes Georginas is heated by underground sulfur springs by the Zunil Volcano, and is so relaxing after a long week of work." ■

(Left) The children of a school in Bella Vista performed a welcome ceremony for Rueb's group. (Right) Rueb stands in the kitchen her group built during the week outside of the Bella Vista school. Masons were planned to finish their work with the funds her group raised. **PHOTOS COURTESY OF REGINA RUEB**



(Left) During their stay in the Andes, students took a two-hour van tour up about 14,000 feet. (Right) Students pose in the plaza in the first city they visited, Cusco. **PHOTOS COURTESY OF KAITLYN CARTER AND MCKENNA DEAL**



Peru

Seniors Kaitlyn Carter and McKenna Deal participated in CNU's study abroad program for Tropical Ecology and Conservation in Peru for two weeks.

The first week was spent in the Andes Mountains, learning about the cultures from cities in Peru such as Cusco and Huayro. Students stayed at locals' homes for two nights, learning about their crops and the local vegetation. They toured the ruins of Pisac, Machu Picchu, saw alpacas and zip lined.

The second week was spent at a field station situated in the Amazon Rainforest. "As a Biology major, we learn about it so much...we saw many species of spiders, tarantulas, spittle

bugs, assassin bugs and The Amazon said Carter

Most p Amazon but stud rience th rides alo River an

"My fa canopy t the trees realize t to you v treetops surreal e had. It is hold wit the rest o

Macy I this trip.



(Left) Avery Logue poses at the Temple of Poseidon in Greece. (Right) Stadium events at the National Scout Jamboree in West Virginia were held in the "bowl," an outdoor entertainment area at the Summit Bechtel Reserve. **PHOTOS COURTESY OF AVERY LOGUE**

Greece

Freshman Avery Logue traveled to both Greece and West Virginia this summer.

He spent ten days in Greece with the History department from his high school, Broad

Run in Ashburn, Va. This excursion served as Logue's senior high school trip.

The first city they visited was Athens and students toured the Parliament building and an old shopping district called the



Plaka to learn about the history in that area.

Students visited the modern day Olympic stadium and toured the Acropolis and Parthenon.

In Delphi, they went to an olive farm then took a cruise, stopping in cities such as Mykonos, Rhodes and Santorini. During the cruise, the group

spent the entire night in a karaoke bar on deck and participated in a dance party.

West Virginia

After returning from his trip in Greece, Logue spent ten days in West Virginia at Summit Bechtel Reserve with the National Scout Jamboree.

As an Eagle Scout, Logue

participated in this program where he acted as an aid for several camp activities.

For example, he assisted the ropes team with harnesses, he helped BMX riders and he helped direct people through the bus station at the Summit. There were about 600 buses in total at the event. When President Trump spoke at an event,

Logue w as part o

Overa service o clocked total.

"I met and did gave 710 talked to the place



(Above left) Freshman Benjamin Delin poses with his sister, brother and grandmother in Iceland. (Right) Delin visited the largest national park in Iceland, Vatnajökull National Park. **PHOTOS COURTESY OF BENJAMIN DELIN**

Iceland

Freshman Benjamin Delin celebrated high school graduation with an eight-day trip in Iceland.

Also a gift for his grandmother's 88th birthday, Delin's

two siblings joined them on the trip.

They stayed in Reykjavik, Iceland's capital. "It is a bustling city and very young and 'hip.' There are live bands everywhere, bars, shows and

everyone speaks perfect English," said Delin.

Interested in the environmental movement in Iceland, Delin's activities had a major focus on the natural landscapes there.

They went on a glacier hike, rode Icelandic ponies, went whale watching and went scuba diving in the rift between Eurasian and North American tectonic plates in the national park. ■

assin bugs, grasshoppers and so many organisms... Amazon is indescribable,"

people know that the is rich in diversity, ents were able to experience through hikes, boat on the Madre de Dios and a canopy walk.

favorite part was the tour. Being so high in the trees and looking down to the ground was another layer of experience. It was one of the most beautiful experiences I have ever had. It's an experience I will cherish for the rest of my life," said Deal. ■

Friend participated on



as in the crowd acting as part of the security team. All, there were about 300 club members and they were in about 16,000 hours

someone from Alaska gave a high five counter. I gave high fives that day. I got people from all over the world." ■



(Left) Above is a view overlooking Rachel Young's favorite city during her trip, Brugge. (Right) Young poses in Germany. During their stay, they spent time with locals and tasted German beer. **PHOTOS COURTESY OF RACHEL YOUNG**

Europe

Senior Rachel Young participated in CNU's Psychology of Alcohol and Culture study abroad trip this summer.

Students traveled to Brugge (in Belgium), Amsterdam (in Holland) and Bamberg (in Germany). They spent

about a week in each city and were in Europe for a total of three weeks.

Young's trip was filled with time spent experiencing different cultures from each country she visited. In Brugge, students went on a canal tour, took a horse-drawn carriage ride and visited breweries to



learn about the beer-making process. They also visited the St. Janshospitaal to learn about the programs they have for recovering alcoholics.

In Amsterdam, they went on the Heineken Experience where they learned about their beer and Heineken's advertising techniques. They also visited a farm where they learned how they make cheese and how the locals made and decorated clogs.

In Bamberg, the group col-

laborated with students from the University of Bamberg on a project comparing cultural differences associated with drinking in the U.S. and Germany.

"My favorite part of the trip was the entire city of Brugge. The people of the city were so warm and welcoming towards us....All of the people [we met] had such wonderful insights from their travels and we got to learn a bit about the culture of where they were from as well," said Young. ■

2 countries, 2 weeks, 3 victories



In between games, the team took a day trip to see a match between West Bromwich and Bournemouth while in the United Kingdom. **PHOTOS BY CARLY MELKUS**



While visiting England the CNU women's soccer team managed to get a behind the scenes tour of the Liverpool stadium. **PHOTOS BY CARLY MELKUS**

This summer CNU women's soccer team took a trip to the UK to compete in five matches and tour two countries.

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

As college students, ordering pizza is probably one of the easiest things to do. But when traveling abroad, some of the simplest tasks can be fronted by language and cultural barriers.

When women's soccer team member Rachel Brewer traveled abroad to the UK with her teammates, she did not expect to encounter a language barrier. After trying to place a pizza order with Dominoes in Scotland, both she and the worker "agreed to drop the order because neither of [them] could understand what the other one was saying."

Their two-week journey abroad began on August first, as the team set to land in Edinburgh and play the first of five games only a few hours later. Their effort resulted in three victories, a tie and one loss.

After months of planning and fundraising, women's soccer coach Dan Weiler was finally able to decide on competing in the United Kingdom. "We wanted to find a place that could get us good competition, that culturally was a fun place to visit in terms of landmarks and that we had some kind of connection to," Weiler said.

For soccer player Carly Maglio, the trip turned out to be an eye-opener, as daily encounters with European lifestyle highlighted the different cultural approaches to sportsmanship. "They're very vocal," Maglio said. "They cuss at each other and the little girls were saying the 'f-word' at each other."

Their mannerisms were funny to watch for the team. "That's how they express their love for the game, and to us it's a little aggressive but to them that's how they show their emotions,"

Brewer said.

The culture shock on the field, however, was not one-sided. By keeping the ball in possession and passing it around, Weiler tried to stray away from misconceptions that "players in the US are just athletic and play really direct."

"I would say they were a little more surprised by us then we were surprised by them," Weiler said.

Besides competing in their five games, the team was able to tour some parts of the UK, as they mingled with locals but also grew closer through their shared experiences. For Brewer, one of the most striking differences between the two cultures was the food.

"The food was very different for me," Brewer said, referencing her failed attempt to order Ranch dressing with pizza in a Scotland restaurant.

Maglio expressed similar sentiments. "Every morning for breakfast they eat beans and toast," Maglio said. Especially exciting was the city of Edinburgh, where the team tried items from the European cuisine such as crepes.

Besides the food, the team sampled various tourist destinations, such as the Edinburgh ferris wheel at the heart of the city. "The city was really big, and it was overwhelming at first because there was just so much stuff to do," Maglio said.

Their experiences were not to be taken for granted, however. Not only was Brewer grateful to compete abroad, she expressed appreciation for her opportunity to play in college and compete against a wide variety of teams in her age group. The Scottish team "had to pull from different age groups because they couldn't really pull from just 18-20 year olds," Brewer said, there was much less variety in the teams themselves. ■



One of the historical tours the team went on was to this castle named the Wallace Monument, honoring Sir William Wallace in Stirling, Scotland. **PHOTOS BY CARLY MELKUS**

Nodwell transitions from field to sideline



Former CNU mens soccer player, Harry Nodwell makes the transition from key player on the team to member of the coaching staff. MACY FRIEND/THE CAPTAIN'S LOG

Harry Nodwell hangs up his cleats and makes the switch from playing with his teammates to coaching the boys.

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

Harry Nodwell played on the Christopher Newport Men's Soccer team throughout his entire college career.

He used his four years of collegiate eligibility and has now transitioned to a coach for the same team he once played for.

He says, "it's a tough transition because I still want to play for the team, but apart from that it's good."

One would think that going from playing with your friends to then coaching them could be extremely difficult, but Nodwell says he has learned a lot from all of the coaches and it is a different outlook on the game getting to be a coach rather than a player.

Becoming a coach was not just a rash decision for Nodwell, "I knew [coaching] was something I wanted to go into and I have been coaching from time to time throughout my time here."

As an All-American he brings a lot of knowledge and passion to the game as well as the advantage that he already

knows all the players from having been their teammate.

Nodwell said, "it is strange coaching the guys that I played with because it's hard to get the respect with the players I played with because they already knew me, but so far they the players have been great to me with my transition."

The soccer season has just started so he is now in full swing coaching mode trying to make the team as successful as he can.

The season, "could be better but sometimes soccer is tough. We just need to try and get back to the way we know we can play and hope the results come," he said.

Most people know that being a coach is extremely different than being a player, Nodwell mentions "the biggest difference would have to be not being able to make a difference on the field but instead making a difference as a coach and giving my ideas to the coaches."

He is enjoying being a coach for the team and the transition has been a positive one, but he says the toughest part is definitely not being able to play. ■

Lady Captains shutout Oberlin Yeowoman



Pictured above is a shot from the match against Depauw a week ago. The Lady Captains continued their winning streak in Ohio Sept. 9, 2017 with a stand out performance from senior Madison Doss. MACY FRIEND/THE CAPTAIN'S LOG

Senior Madison Doss stands out with her first career hat-trick in match against the Oberlin Yeowoman.

BY CAITLIN KING
CAITLIN.KING.14@CNU.EDU

This past weekend the CNU women's field hockey team travelled to Ohio for a non-conference match against the Oberlin Yeowoman.

Senior Madison Doss registers her first career hat-trick. Her hat-trick helped put Christopher Newport ahead in their schedule with the third straight shut out. Doss has become the 15th Captain to post three goals in a game.

Along with Doss, Rachel Cooke and Jackie Kotoriy chipped in a combined three goals.

On the defensive end, the Captains limited Oberlin to only one shot during the entire game. CNU goalie, Stephanie McKinney earned her third win of the season totalling 35 minutes seen in this game.

The senior goalie now has gone 395 consecutive minutes without allowing a goal dating back to her first collegiate competition three years ago.

This victory improves CNU to a 3-0 record in the season thus far. The Captains set the tone early in the game, controlling the possession of the ball.

In the seventh minute of the game, Courtne Greene ran through several Yeowoman on the near side of the field before giving a feed to the top.

Courtney Feist found the ball amongst the chaos and passed it over to Doss to collect the first tally of the game.

She found the back of the net a second time quickly after when Brittan Muir stormed the front near the sideline. Within the next three minutes Cooke was able to add a point along with Doss. Approaching a defender, she whipped around to blow past the opponent in order to hit a backhanded dart to collect her first goal of the season.

Proving their value to the team, a pair of freshman worked together to add the fourth tally of the game. Lily Bryngelson pushed past the defense with a perfectly-placed pass straight through the cluttered zone.

Kotoriy collected the loose ball and quickly punched it into the left post to bring CNU to a 4-0 edge. Realizing that their original game plan was not working, Oberlin called a time-out in order to regroup.

They came out of the time-out with a burst of energy as they made their first attempt at an offensive attack against Christopher Newport. After a game of back and forth possession, Doss had decided it was time for another goal for CNU. She found Cooke at the top of the zone who made a long shot rip into the cage, putting CNU at 5-0. Showing off her skills once more in the match, Doss disrupts an offensive attack from Oberlin with a run up the sideline. She bursts into the offensive circle and gains one more point on the scoreboard with six minutes left, leaving the final score to be 6-0. ■

Behind the Lights

The Captain's Log sat down with DJ Tom Aberman to discuss his first time DJ'ing a crowd event.

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

DJ'ing Light the Night is the closest thing some will get to playing for a large crowd.

"It's the closest I'll get to a big stadium show—it was really really fun," Tom Aberman comments on his experience DJ'ing Light the Night.

President of WCNU, senior Aberman said it has been his dream to DJ the event ever since he first experienced it his freshman year.

However, between dodging glow-sticks and live-searching through his library, this "dream moment" was not without its difficulties.

"It was difficult finding common ground," Aberman notes on his collaboration with Student Assembly — difficult but not impossible.

Finding music that was widely appealing, clean and coordinated

with the main point of the night, the glow sticks, Aberman and Student Assembly were able to create a night that was so exciting it had to have a brief intermission to ensure everyone was safe.

Key highlights from the night include the masterfully mixed "Humble" and a remix of Kanye West's "All of the Lights."

Light the Night is an event that strives to bring the new student body together on the eve of classes.

Aberman looks forward to his continued collaborations with Student Assembly, as well as his collaborations with CNU's Green Team, DJ'ing this Thursday's Farmer's Market. ■

See Tom Aberman DJ at the upcoming Farmer's Markets hosted by CNU's Green Team.



Light the Night was hosted by Student Assembly. ALEX BURRUSS/THE CAPTAIN'S LOG

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8 Movies to See Before You Graduate

Here's a list of movies that have been dubbed as must-see's during your collegiate career.

BY LACCA BOWEN AND KARA STOKKE
LACCA.BOWEN.16@CNU.EDU & KARA.STOKKE.16@CNU.EDU

Heathers

A quotable movie with such nonsensical lines as, "you're such a pillowcase" and, "my teen angst... now has a body count", this film explores high school life, committing murder and Heather Chandler's disappointing afterlife.

The Breakfast Club

What actually happens when a brain, an athlete, a basket-case, a princess and a criminal join each other for Saturday detention? This '80s classic never disappoints.

The Big Short

Ever wondered why the American economy went to hell in 2008? Well this movie is here to explain and, let's face it, there is nothing better than Selena Gomez explaining complicated things while playing blackjack. Don't miss this one.

The Princess Bride

This "inconceivable" love story takes you through eel infested waters, up the cliffs of insanity and deep into the fire-swamp. A tale of true love filled with fencing, wit, strength and revenge, it will fill your heart with

adventure, your mind with a good story and add a smile to your face.

Deadpool

So... Ryan Reynolds stars in this. You should see this movie based on that fact alone, but if you need more reasons, we have got you covered. The comedy is fast paced, incredibly witty and even more offensive, pushing comedic boundaries in every action-packed scene.

Inside Out

This innocent movie tugs at your heart strings way more than an animated movie should be allowed. *Inside Out* can resonate with anyone who is struggling with being away from home as it tells the story of a girl trying to conquer her emotions, grow up and learn that it's okay to feel sad.

High School Musical Trilogy (sans#3)

If you haven't seen this one you've at least had a song or two stuck in your head. For the day when you're feeling a little blue, or just missing the good 'ol days when Disney was your life, sit down and remember that we're "all in this together", unless you play cello.

Jaws

Using an ungodly amount of fake blood, this film will leave you terrified or laughing throughout the entire movie. ■

Back from the Dead!

Taylor Swift fan Brooke Wilkinson reviews “Look What You Made Me Do,” the newest single and music video from the Pop Superstar.

BY BROOKE WILKINSON
BROOKE.WILKINSON.17@CNU.EDU

After spending years as a country-pop crossover artist, Taylor Swift has traded in acoustic guitar for modular synths in her latest single “Look What You Made Me Do” — the first single to drop from her upcoming album *Reputation*.

Lyrics like “the world moves on, another day, another drama, drama/ But not for me, not for me, all I think about is karma” depart from her typical upbeat, relationship-driven lyrics.

This leaves many stating that Swift’s song comes as a response to her damaged image following feuds with Kanye West and Katy Perry.

At age 27, however, this can hardly be considered teenage rebellion but rather a calculated move to continue her reign as arguably the most successful female artist in the industry.

Just like an actress playing a role separate from her own identity, Swift’s “Look What You Made Me Do” is a satirical response to the media’s sometimes fictitious and wicked tale of her life.

The record-breaking music video is full of references to the hits she’s taken to her reputation.

From snakes serving her cups of tea to a grave marked “Nils Sjöberg,” this video demands multiple watches.

As a fan, I find these references clever and well-done.

Just like her past hit “Blank Space,” which mocked the media’s representa-

tion of her love life, she knows how to write a popular song and make fun of herself.

In my opinion, the overly dramatized lyrics and music video highlight the ridiculousness of her many different portrayals in society.

And from a business standpoint, it is just as successful.

Coming back with something this shocking was the only way to return after her long hiatus following the mega-successful *1989*.

Conversely, I do understand the belief that Swift lost her credibility as a role model.

While many of her past songs, like “Shake It Off,” have been about being the bigger person, “Look What You Made Me Do” undermines her past messages.

But after all, the old Taylor is dead. Many even believe that she took it as far as to purposefully release her album on the anniversary of Kanye West’s mother’s death (Nov. 10).

However, this could be a mere coincidence as it is standard practice in the industry to release albums on Fridays, and Swift has released all of her albums thus far in October or November.

Despite the controversy, “Look What You Made Me Do” has already become a huge hit and will surely continue to climb up the charts.

The video alone racked up the most YouTube views in a 24-hour period ever. Pop music listeners should be ready for a few more singles from Swift before her big release in November. ■

That Girl is A Tomboy

Libby Keely highlights feminist rapper Princess Nokia as an artist to watch.

BY LIBBY KEELY
EDITH.KEELY.17@CNU.EDU

The world of hip hop is not considered a feminist environment. Although I adore the genre, I often listen with a grain of salt.

However, the artist Destiny Frazier, known as Princess Nokia, is changing this.

Princess Nokia’s music emulates feminine power. Her song, “Tomboy,” unapologetically describes herself and her body, giving her agency in a typically male dominated environment.

She mentions that although her body doesn’t fit ordinary beauty standards, she can still “...take your man if you finna let me/ It’s a guarantee that he won’t forget me/ My body little, my soul is heavy”.

Through her music, Nokia beautifully combines the bold swagger of hip hop with delicate concepts and issues.

While her voice dominates power and passion, her words are heartfelt. Prevalent in her interviews, and her lyrics, Nokia’s work covers a wide range of topics including her spirituality and ethnicity.

The song “Brujas,” emphasizes her Afro-Puerto Rican roots and religious traditions, while “G.O.A.T.” describes her state of being and the influence she wishes to have on the rap world.

In an interview with Brown University she explained her place in the rap world, “I am an old soul. I’m not a stubborn kid who’s like, I’m gonna party all night, talk all night.”

“I don’t want to be an internet artist. I want to be an iconic force. How does one progress to that? You have to sacrifice a lot.”

Princess Nokia understands the importance of sacrifice in finding identity and defining what is important to oneself. We can all learn from this mindset. ■

A Conversation with John Poveromo

Fresh off of his performance in Newport News, The Captain’s Log looks back on a conversation with Comedian John Poveromo.

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

A comic, a cartoonist, a writer, a meme-maker, and now an official knight via Dairy Queen’s twitter, *Sir* John Poveromo has been working professionally for eleven years, and working unprofessionally his whole life.

Even from elementary school, he remarks on the importance of comedy in his life, “If I [could] crack up my teacher, that meant the world to me because they were older.”

“We were on a different level. They would be like, ‘why don’t you do you homework?’ and I’d be like ‘why don’t you shut the f--- up’ you know.” Adolescent narcissism aside, though, he states the real reason he got into comedy was due to the connections he could make.

“I got into [comedy] because I was a short goofy looking kid and comedy was one of the ways I found to connect to people.”

And connect with people he does.

Establishing a relationship with his audience early on, he’s not only able to personalize the show but also take audiences to places they did not know they could go.

With a ‘no-filter’ style, he is sure to surprise you and challenge your preconceptions, making for an interesting night, to say the least.

Talking with him about comedy, his process, and Robert Downey, Jr., you can see all of this and more.

Watching your work you have a no-filter style. Is that style of comedy something you think is especially important now, or were you just born without a filter?

POVEROMO: Yeah, it’s my personality. But I still think it’s important for comics to be themselves and explore new ideas.

And I’m paraphrasing here, that a comics job is to find the line and then deliberately cross it.

You’ve done other work besides stand-up. Is there a form of comedy you like the most?

POVEROMO: I love stand-up. You know everybody dreams to get a sitcom or a talk show, but for me... there’s nothing better than being in front of an audience. It’s just an instant response and each show is different because you never know who you’re gonna get.

Apart from stand-up, you also make comics. I also heard you had an upcoming book coming out?

POVEROMO: I just recently got asked to put my cartoons, in a gallery and I was like ‘absolutely!’ So I had it all framed and it wound up being a hit and I got really sweet comments and they were asking if I had a book and I was like ‘no, I don’t. I suck.’ It never even crossed my mind. And then I was like ‘oh why not,’ and I gathered my drawings and now I have a book coming out at the end of the summer.

Do you have any other words of advice for aspiring comics at CNU?

POVEROMO: I’ll give them the same advice the other guys gave me when I was coming up—just keep doing it. You have to get up as much as you possibly can, where you possibly can, and don’t be afraid to bomb because it’s really the only job you’re doing in real time.

You’re learning it right there, on the spot, in front of, you know, two hundred strangers, and they’re judging you every twelve seconds.

Like, there are nights when I’ve bombed horribly and you’re kind of driving home, ‘hey, you know, let’s swerve into traffic, but I’ve got five more shows this week, better not.’

Other than performing, what’s something that you’re excited about?

POVEROMO: Marvel, man. I saw Guardians of the Galaxy three times already before it opened, and then on opening night I saw it again with a friend. And you know how Marvel releases their schedules in advance, so it’s like in the year 2030 Spiderman 8 comes out? I’m pretty sure they’ve prevented a thousand nerd suicides because they’re like, ‘I hate my life but also I want to see how Avengers pans out in the year 2038,’ you know what I mean? Like I gotta see if RDJ will still be playing Iron Man in 40 years.

Finally, I saw you were recently knighted by Dairy Queen on twitter?

POVEROMO: Yeah that’s a big deal. If you want, you can address me as ‘Sir.’ But that was the weirdest. I was like, ‘I’m going to tweet at Dairy Queen,’ you know, at three o’clock in the morning. It’s like me and the president—he’s destroying the world and I’m tweeting at Dairy Queen.

We’re basically the same people. And they wound up replying. That’s my favorite thing, too, there’s no reason for those accounts to reply to me, but when they do it’s just fun messing around with them, so I asked to be knighted and they obliged.

You can see John Poveromo on his twitter @JohnPoveromo, on his website johnpoveromo.net, or in a movie theatre watching whatever Marvel just came out with. ■

Explore Historic Hilton Village



Madam and Monsieur, Edward Jones Investments, Indulge Bakery and Bistro and other little shops and fun eateries line Warwick Blvd. **CALEB SMITH/THE CAPTAIN'S LOG**

Unique architectures, quaint structures and locally owned stores create a vintage shopping experience.

BY CALEB SMITH
CALEB.SMITH.15@CNU.EDU

Located just minutes from CNU, the Historic Hilton Village creates a great location to explore various unique stores and restaurants without traveling to Williamsburg or other nearby historic towns.

The village was built between 1917 and 1921 on Warwick Boulevard in response to housing needs for Newport News Shipbuilding during World War I, according to Hilton Village's website. It offers a pleasant day-trip for students venturing outside of campus.

Visiting locally owned shops, stores and restaurants gives students a better

taste (literally) of life in the nearby Newport News area.

Historic Hilton Village holds an array of different tailors, antique shops, jewelry stores, bistros, restaurants and several salons, all within walking distance of each other.

One of the most appealing traits of this district is the architecture of the buildings and structures accompanied by multiple gardens throughout the shopping strip.

Unique and quaint styles of design help the Historic Hilton Village truly stand out in Newport News.

No trip to the Hilton Village is complete without stopping for an array of croissants or banana bread at Indulge Bakery and Bistro, a European style café.

The outdoor seating is ideal for relaxing and reading during a beautiful fall day.

Also settled in this English-style neighborhood is Trophy World Inc., a small business that works with CNU sports teams, the Center for Career Planning and even a few of the sororities and fraternities on campus.

Throughout Hilton Village are several locally owned restaurants.

The Saffron Mediterranean Cuisine offers visitors a unique Mediterranean experience with the choice of several types of kabobs.

Circa 1918 Kitchen and Bar gives its patrons a wide variety of entrees ranging from scallops to burgers to lamb according to their menu.

The newest eatery is Kismet Bistro, which offers traditional American food on their menu.

After eating dinner, head over to

Couture Cakes for delicious red velvet cupcakes and other affordable sweet treats.

If you want to skip dinner altogether, stop by Indulge Bakery and Bistro for hand dipped truffles, jelly doughnuts, pound cake, monster cookies and more.

For those wanting a more romantic kind of night, stop by Pick Me Up Love to select an arrangement of flowers.

Finally, make one last stop to relax and watch a musical, play or comedy show at the Peninsula Community Theater.

The theater has been in the Historic Hilton Village since 1994, and is always looking for cast members, volunteers and ushers according to their theater's history.

Upcoming productions include The Mystery of Irma Vep, a comedic mystery drama and the classic It's a Wonderful Life. ■

Fraternal Values Attract Members

As students get back into the full swing of school, IFC organizations recruit for their incoming classes.



Pi Kappa Alpha holds a cookout rush event outside. MACY FRIEND/THE CAPTAIN'S LOG

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

Focusing on student involvement, community engagement and campus enrichment, each organization within the Interfraternal Council positively impacts the CNU community and surrounding neighborhoods in their own unique way.

During Rush Week, each fraternity holds events to meet new members, but

it can be difficult to grasp exactly what each organization stands for and puts forth throughout the semester in such little time.

The following is a quick overview of each fraternity on campus, highlighting some of their philanthropic work and involvement with both the university and Newport News community.

Delta Upsilon raised over \$290 for their national philanthropy, the Global Service Initiative, at their annual Duck

Hunt philanthropy event last semester to go toward building schools and homes for those in need in Jamaica.

DU also actively raises money and volunteers for their other philanthropy, Fear 2 Freedom.

Partnering with Campus Activities Board, last semester marked their second annual “Just DU It Day,” a competitive sporting event welcoming both Greek and Non-Greek organizations to form teams and have fun raising money for their national philanthropy.

Psi Upsilon created the “Friends of Phi Nu” program last year, welcoming the classes of Hiddenwood Elementary back to school.

This year, the CNU community joined Psi U in collecting school supplies and cheering on the students with energy and excitement for their first day of school on Sept. 5.

Along with this flourishing program, Psi U holds events such as “PsiUTube” throughout the year to raise money for their philanthropy in support of mental illness. Last semester, “PsiUTube” raised over \$850.

Pi Lambda Phi refounded themselves in Fall of 2013 and worked toward the charter status on campus for nearly four years.

This summer, their International Executive Council recognized their hard work, approving their charter.

Last semester, the chapter raised 616 cans for the Virginia Peninsula Foodbank in their “Can Cup” event, and volunteered at the foodbank packing bags of canned goods for local children in Newport News Public Schools.

They also collected cans for the foodbank at their annual “Cardboard Village” event, spending a cold winter night outdoors living in cardboard boxes to exemplify the struggles of homelessness.

Kappa Sigma participated in the Legion of Valor National Conference in April of last semester, then proceeded to build a pond at Newport News’ Deer Park Elementary School that same day.

Kappa Sigma’s event “Gym Class Heroes” took place on April 13 last semester, raising around \$200 for their national philanthropy, The Military Heroes Campaign.

Pi Kappa Alpha, the university’s newest fraternity on campus, went into full swing at record speed.

They held a “Shotgun Scramble” golf tournament last fall on Nov. 19, raising money for their colony on campus.

Also last fall, PIKE partnered with Phi Mu for CNU’s Dance Marathon, raising over \$13,000 for CHKD, a hospital dedicated to helping children. Their chapter was officially chartered this previous April.

Sigma Phi Epsilon established their annual Root Beer Olympics event last spring on April 4.

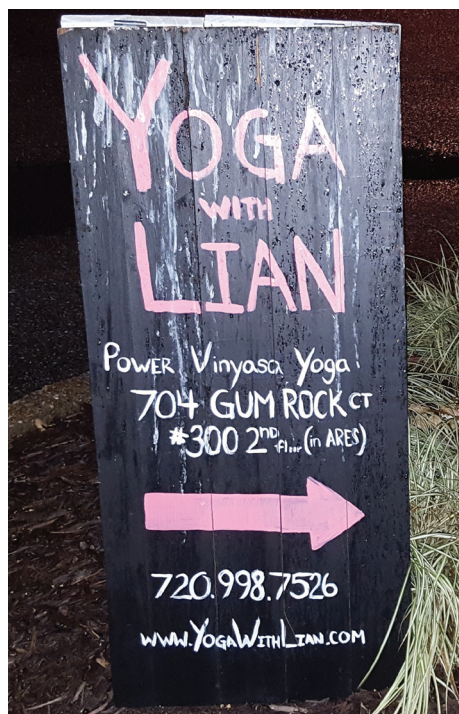
Partnering with Alpha Phi, they raised money for the Happiness Foundation and awareness for the dangers of drunk driving.

Sig Ep not only raises money and awareness for foundations and philanthropies throughout the year, but also gives their time to the Newport News community, such as volunteering at the Huntington Assisted Living Home.

Kappa Delta Rho held their event “KDRock” on April 13 last semester.

Featuring music performances from campus bands like The Chicken Boys and Animal Sun, KDR raised close to \$1,000 for their philanthropy B+ Foundation, an organization created to help fight childhood cancer.

They also held a “Broom Hockey Tournament” last semester to raise money for the B+ Foundation. ■



Her sign sits outside of her studio in City Center. DUNCAN HOAG/THE CAPTAIN'S LOG

Unwind with Vinyasa Yoga Classes

Crank up the heat and de-stress with local studio instructor Lian Mosher, just minutes away from campus.

BY DUNCAN HOAG
DUNCAN.HOAG.15@CNU.EDU

Nestled in the City Center neighborhood of Newport News, the Yoga with Lian studio offers weekly heated Vinyasa yoga classes.

Lian Mosher, teacher, owner and sole employee of her yoga studio, discusses her goals with opening a studio in Newport News.

Emphasizing the importance of a hands-on approach, she describes her role in encouraging students to test their limits, and how her studio is unique in comparison to others nearby.

“None of the other studios [in the area] used hands-on assists, so there was no physical contact between the teacher and the student. There was

also not a lot of encouraging students to push themselves,” said Mosher.

“The style that I teach is geared toward people like myself who have a lot of anxiety and a lot of chaos going on around them, so I basically get them moving and breathing so they can’t focus on the other things they’re worried about.”

Mosher further discusses her reasons for pursuing a career as a yoga instructor after quitting a marketing job in Boston.

“I decided that I should probably pursue something that makes me happy so that there’s a more sustainable lifestyle I can maintain.”

“I had been practicing yoga at my local studio in Jamaica Plain [in Boston], and they suddenly had their first yoga teacher training coming up. I

thought that might have been the time to really take my yoga practice further, because I had been practicing for about eight years prior to that point when I took the training.”

Mosher celebrated one year of business in August.

“I finished my training in June 2015, and then I taught here for a few years before I decided to branch off and open this place,” she said.

Mosher’s classes offer heated yoga classes with discounts for students as well as an alternating Vinyasa and Restorative outdoor series called “Cuppa Yoga” at Harvey Field Park near the Noland Trail at 8:30 a.m. on Sundays.

More details can be found on her website www.yogawithlian.com/schedule. ■

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