



THE CAPTAIN'S LOG

THE VOICE OF CHRISTOPHER NEWPORT UNIVERSITY STUDENTS

@CNUCAPTAINSLOG WWW.THECAPTAINSLOG.ORG

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Signing on the dotted line

The sophomore class took the next step in their academic careers by signing and declaring their majors.

BY MELANIE OCCHIUZZO
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The sophomore class signed for their majors at the annual Signing Day event on campus Tuesday, Feb. 6.

On Feb. 6 the sophomore class gathered in the DSU Ballroom to officially declare their majors and meet their department heads. Brittany Grubb, M. Ed. Coordinator of Academic Success Services — Second Year Programming explains that the main purpose of Signing Day is to give the sophomore class an opportunity to declare their academic intent at CNU.

She says that they've had about a year and half, three semester's worth of classes to explore what it means to be a college student

and now they should be able to make that decision.

A total of 1,163 sophomores were invited to attend the event and in past years Grubb reports that there was a 93 percent attendance rate.

The mechanics of the event are pretty simple she says.

The sophomore will fill out an official registrar form where they declare their official major and minor.

Grubb also says that this is a chance for sophomores to fix details in their paperwork like what name the diploma is going to have and any other personal information that may be incorrect.

One fun fact about Signing Day is that students can declare two majors and then decide which one will be their primary and which one will be their secondary on their diploma.

Sophomores were given a forms to fill out prior to signing for their majors, stating what they were choosing and if they were choosing a minor. **HANNAH MCCLURE/THE CAPTAIN'S LOG**

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The Annual Polar plunge raised over 1.2 million dollars for Special Olympics, find out more here.



Weekly pic

A stunning sunrise at Buckroe Beach. If you have a photo you would like to be featured as a Weekly pic, email macy.friend.14@cnu.edu with a photo and a short description. **Emma Dixon/The Captain's Log**



CNU TV

The Spring Semester Club Fair took place this past Wednesday. Check out CNU TV's video coverage!

Happened

Feb. 1

Study Abroad Fair: 11 a.m.-2:00 p.m.

In the DSU Ballroom there were representatives from CNU Scotland, CNU Faculty and many external companies for Non-CNU Semester and Summer programs.

Feb. 2

CAB Presents...First Friday: Lip Sync Show-down

CAB held its annual Lip Sync Showdown in the Gaines Theater this past Friday at 8 a.m. Fellow Captains performed to their favorite songs. Alex Bolton was this year's winner.

Happening

Feb. 7

Pink-Out-Double-Header Basketball Games

Join the sisters of Zeta Tau Alpha and CNU Athletics at the annual Pink-Out Double-Header Basketball Games on Feb. 7 at 5:30 p.m. in the Field House.

Feb. 9

CAB Presents...Movie: High School Musical 3

Go to see CAB's next movie viewing in Gaines Theater at 9 p.m. this Friday and remember high school.



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

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

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From the Front Page



Students met their professors and department heads while officially signing their names under their department.
PHOTOS BY MELANIE OCCHIUZZO AND HANNAH MCCLURE/THE CAPTAINS LOG

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The other monumental task associated with Signing Day happens in the registrar's office.

The registrar is responsible for processing all of the sophomore's new majors before the next class registration date. Mary Kanani, an associate of the registrar says that the whole process takes about a week or two.

"It's really for the students, we want it to go smoothly," Kanani says.

Without this some of the newly minted majors will be unable to register for classes that are major-only restricted.

Grubb's first Signing Day was in the Fall of 2015. She had just started in her position as coordinator and had never participated before.

When she was a student at CNU, Signing Day wasn't part of CNU tradition yet.

"It was interesting to be a part of this tradition," she says.

When Grubb isn't meeting with sophomore standing students she's teaching classes on academic success.

Creating an event like Signing Day starts early Grubb explains.

She says that they've already established next year's date.

Two or so members of the sophomore Class Council are always a part of the planning process according to Grubb.

At this year's event there was a Signing Day photo booth and a giveaway.

This year's giveaway was a laptop sticker.

One thing that Grubb says sophomores should be on the

lookout for after Signing Day has concluded is the welcome events each department will have for all the newly declared majors.

This will be a time for the department heads to explain what it means to be in the major, let the sophomores know what kind of honor societies or department events they should be aware of and give each sophomore their major advisor.

Up until now each of those students had a core advisor, after they've declared their major they will get a new one in their department.

Again, Grubb says that this is just what makes Signing Day so special.

"This is the only time the entire sophomore class gets to be together," she says.

The feeling of community was mutual at the event.

Rachel Wagner, American Studies Major and department representative at Signing Day says that the American Studies department is a smaller, tight knit community.

"We're like a family and today we're gaining more peers, colleagues and friends." Dr. Michael Lewis, professor of Sociology, says that Signing Day is the formal beginning of a student's academic career. "It's nice to be there for that," says Lewis.

Saying that Signing Day is another step in the academic career is a sentiment echoed by students as well.

Sophomore Kristopher Crickenberger calls this day another step. He wasn't super excited about signing his name but he does feel like he's made another step towards his degree. ■



Green Fund Looks Toward Sustainable Future

Environmentally-conscious groups attended Student Assembly's meeting to support the Green Fund.

BY KORTY SWIFT
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The proposal for a university Green Fund was presented at the Student Assembly meeting on Monday, Jan. 29.

Presiding over the meeting was a large number of student audience members who came out to support the initiative.

This group in the audience belonged to CNU's Green Team, Roots & Shoots, and students in environmental leadership courses.

Monday's meeting opened with an address from Student Assembly President Kenneth Kidd, which led right into the Green Fund proposal. The proposal was presented to the delegates and audience by June Laffey and delegate Svetlana Gureyeva.

The purpose of the Green Fund, says Laffey, is to "obtain capital necessary to [perform] green and sustainability projects on campus."

The goals of the Fund are to "transform Christopher

Newport University into a more sustainable campus for students and faculty to work, learn and live; to ensure that beneficial and profitable sustainability initiatives do not go unfunded due to monetary constraints; to transform Christopher Newport University into a leader in sustainability and a model for other small, liberal arts colleges; to promote collaboration between faculty, students and professors; and to promote sustainable behavior and educate Christopher Newport University and the Newport News community on sustainability."

According to the presentation, CNU's need for a Green Fund comes from a lack of an official sustain-

ability budget on CNU's campus, to improve the current campus recycling rate of eight percent and to match up to the sustainabil-



The Green Fund would work to increase sustainable living and environmentally friendly efforts on campus. COURTESY OF PSD GRAPHICS

ity expectations of other colleges and universities statewide where CNU is not

matching up.

One point in particular that was brought to attention is that several colleges have students pay an annual fee that puts money into a university green fund. An example was that William and Mary has students pay \$15 per semester for their green fund.

In the survey, 89.2 percent of students said they would support a two to three dollar fee for a campus Green Fund.

Students voiced their opinions for the need of a Green Fund with a Student Assembly backed petition, which gathered 546 signatures in one year, as well as an independent survey from Dr. Benjamin

Redekop's environmental leadership course, which included 583 responses

within a two week period.

Project ideas within the survey included refillable water bottle stations, a campus-wide recycling program, reusable to-go boxes, an electric car charging station and revitalizing the East Campus garden.

Laffey and Gureyeva included that with the aforementioned details of the Green Fund, the proposal is malleable and open to comments and suggestions that students give. They also included that even if the Green Fund proposal is approved, it will not be put in place instantly. The plan may take a few years to go through different phases of review before it is implemented.

At the conclusion of the proposal, the floor was opened to delegates then audience members to voice their opinions and concerns. Four audience members spoke up with words of support, the speakers included members of Roots and Shoots and student supporters.

Students are always encouraged to attend Student Assembly meetings or to stop by the Student Assembly office on the third floor of the David Student Union. ■

Eagles Fly to Victory

CNU Captains celebrated Super Bowl LII in cities across the world.

BY BRETT CLARK
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From Newport News to Europe, Christopher Newport University students sat down and watched Super Bowl LII this past Sunday.

The Eagles toppled the Patriots with a final score of 41-33.

Festivities in Philadelphia after the game evolved into what some are calling a full blown riot.

Sophomore Scott McAneney drove up to his home outside of Philadelphia for the weekend to tailgate with friends and family before sitting down

and watching the game.

After the game, McAneney witnessed first hand the chaos that overtook the City of Brotherly Love.

McAneney says that "seeing people being proud of their city was special and definitely worth experiencing."

CNU student Corey Byrne had a different experience. Studying abroad in Spain, Byrne had to stay up late to enjoy the game along with other American students studying abroad.

Football is not the sole reason people tune into the Super Bowl, however.

Justin Timberlake also

performed at halftime with a surprise virtual appearance of the late artist, Prince, who hailed from Minneapolis, the site of the game.

People also enjoy the creative and unique commercials played during the Super Bowl.

Television advertisements are usually skipped and people even pay to avoid them on Youtube, Hulu, Soundcloud and other apps.

The Super Bowl is different, however.

It is a Super Bowl tradition to sit back and enjoy food, football, music and commercials. ■



Ecstatic Eagles fans flooded the streets of Philadelphia after their first Super Bowl victory. COURTESY OF SCOTT MACANEY.

Lionsbridge FC Announces 2018 Schedule

The Premier Development League has announced their schedule and Lionsbridge FC will host three home games.

BY BRETT CLARK
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POMOCO Stadium will be abuzz with the sounds of soccer matches this summer, as the Lionsbridge FC will be hosting three straight home games.

The league-wide 2018 schedule was announced this past Thursday, Feb. 1, for the Premier Development League (PDL). The first game will be on Wednesday, May 16, just over two weeks after the spring semester ends. The PDL is North America's top amateur men's soccer league.

Lionsbridge FC is one of two teams calling Virginia home.

Lionsbridge FC will have a shot at Evergreen FC, the other Virginia-based team, in a match with a rivalry trophy on the line.

The Commonwealth Cup will be awarded to the better team after they duke it out on May 5 in Newport News and May 16 in Loudoun County.

Season ticket wristbands are now available for purchase on the Lionsbridge website, LionsbridgeFC.com.

The teams in Lionsbridge FC's conference are from all over Virginia, North Carolina and South Carolina.

Pre-game festivities at home games will include craft beer from Tradition Brewing Company, food truck vendors, music, bounce houses and other activities.

The Pre-game Festival begins at 5 p.m., and the soccer games begin at 7 p.m.

Select games will feature post-game fireworks. ■

The Lionsbridge FC is incorporating local vendors like Chick-fil-A and Tradition Brewing Company into their pregame activities. Below is the 2018 home schedule for CNU's POMOCO Stadium games. COURTESY OF LIONSBRIDGE FC

2018 Lionsbridge FC Schedule

Sat., May 5 / 7 p.m. / Away / Evergreen FC / Commonwealth Cup Leg 1
Thu., May 10 / 7 p.m. / Away / North Carolina FC U23
Wed., May 16 / 7 p.m. / Home / Evergreen FC / Commonwealth Cup Leg 2
Sat., May 19 / 7 p.m. / Home / Charlotte Eagles
Sat., May 26 / 7 p.m. / Home / Myrtle Beach Mutiny
Sat., June 2 / 7 p.m. / Away / Carolina Dynamo
Wed., June 6 / 7 p.m. / Home / Tobacco Road FC
Sat., June 9 / 7pm / Home / Opponent TBA
Wed., June 13 / 7 p.m. / Away / Tobacco Road FC
Sat., June 16 / 7 p.m. / Home / North Carolina FC U23
Wed., June 20 or 27 / Home / Opponent TBA
Fri., June 22 / 7 p.m. / Away / Charlotte Eagles
Sat., June 30 / 7 p.m. / Away / Myrtle Beach Mutiny
Tue., July 3 / 7 p.m. / Home / North Carolina FC U23
Sat., July 7 / 7 p.m. / Home / Carolina Dynamo
Fri., July 13 / 7 p.m. / Away / Tobacco Road FC
Playoffs: TBD



2018 HOME SCHEDULE

All Games at CNU's POMOCO Stadium
Pre-Game Festival: 5pm
Game Starts: 7pm
Tickets: LionsbridgeFC.com

 MAY 16 Evergreen FC	 JUNE 6 Tobacco Road FC	 JUNE 20 or 27 Opponent: TBA
 MAY 19 Charlotte Eagles	 JUNE 9 Opponent: TBA	 JULY 3 North Carolina FC U23
 MAY 26 Myrtle Beach Mutiny	 JUNE 16 North Carolina FC U23	 JULY 7 Carolina Dynamo

Not All it Was Dished Out to Be

The Regatta’s expansion: worth the wait? Not so much...

VIVIANNA ATKINS

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It finally happened. The Regatta’s expansion slated for completion for Fall of 2017 has been concluded! ... in 2018? After about a year of anticipation, students were thrilled with the long awaited announcement of the dining hall’s “grand” opening. This multi-million dollar project would allegedly make dining less stressful and more practical, but has that promise led CNU to bite off more than they can chew?

Yes, the students were given everything that they were promised: more seats, an expanded Mongolian Grille, bathrooms and a separate salad bar, but besides an extra condiment and drink station, that was it. With all the commotion and funds going into this project, the students had a lot of expectations for significant changes, but it seems that CNU went for the bare minimum and ignored all the potential that Regatta’s had.

This expansion opened up a large amount of space, but it was poorly utilized in a less than desirable layout. One big shock is that they didn’t open up any new food stations with the extended space. All the food is located in the same area, and it is resulting in the same cluster that the expansion was supposed to resolve.

In fact, that cluster has accumulated with the extremely narrow walkway that leads to the new seating. This issue is further crowded with the salad bar residing in this minuscule corridor and the Mongo-

lian Grille line wrapping through it.

To make matters worse, you have to walk through it every time you need something because the lack of dining supplements in the new side (there’s not even utensils). In the same manner, since there is not another area to drop off dishes, you have to carry your entire mountain of dishes back to the front and hope that the dishes won’t topple over through all the jostling and traffic. This is even worse when you try to do this while going down steps.

Overall, most of the main issues come from confusion on what the expansion really was. Students were promised an expansion of the dining hall, but we were given just another lounge (and a lounge that costs a swipe to get in). Beyond the impractical carpet (do you know how often things are dropped and spilled?), this is supported by just looking at the furniture.

Especially upstairs; most of the tables supplied are impractical for eating because they are just small coffee tables that are at knee height. You have to literally bend over the table to eat off of them. They tried to fix this with small chairs, but the comfy chairs provided only contribute to the lounge vibe — they are even angled away from the table in a conversationalist way.

While lounges are great and help

facilitate study, the dining hall should not be one of them (a dining hall should be for eating; hence, the name). The tables in Regatta’s are in high demand, and people shouldn’t be there working; there are dozens of other places on campus for that.

I am not saying that the entire expansion was a waste — it wasn’t. There’s just a lot of new space that could be used better, and a lot of things that can be changed. A lot of issues can be resolved by adding more food stations or even just moving the existing ones around.

In addition, make utensils and food drop off areas more abundant throughout the area for more convenience and fewer messes.

Lastly, while the chairs are super comfy and the open space is nice, so many more seats can be added by solely switching out the coffee tables and chairs for actual tables and chairs. Like everyone else on campus, I admire how nice our campus looks, but for once, can the university focus on practicality over aesthetics? It would make for less salty students... ■



While the open area in Regatta’s looks fancy and lends an exquisite air, the layout lacks practicality for the lunch rush of students. **KATIE KRYNITSKY/THE CAPTAIN’S LOG**

Get Moving CNU!

Remember to stay active, even in cold weather.

MICHAEL INNACELLI

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It’s a good time to be an introvert and sit inside all day isn’t it? We all love to sit in bed on cold, rainy or snowy days. This is one of my favorite things about winter weather.

However, these are probably the worst things I could be doing in my spare time. It is extremely important to get outside and get moving. Our bodies aren’t designed to be lazy bums sitting around all day. We all know this to be true but I know sometimes I too need a kick in the butt to get going, so this is my wake-up call to all couch potatoes: It’s time to get up!

Some of the effects of laying on your butt all day can be really detrimental, especially when you consider that the college lifestyle has us sitting doing work all day. From a highly trusted source, collegenews.com, it has been shown that being a couch potato can have a whole range of negative effects on the body.

Ranging from something as innocuous as a stressed neck to health risks as deadly as heart disease and colon cancer, sitting all day can be a huge negative for your body. Now it is hard to get up and take a break from work, but the downsides of not doing so are too great, especially when most of us are within walking distance of the Freeman Center.

I do also understand the irony of me talking about getting up and moving while I write this laying on my bed.

The point is that we have all been guilty of this and while it isn’t the end of the world, prolonged experiences can have some physical problems.

What I am asking is not for a complete change in everyone’s lives. I am asking for a small change in everybody’s habits which could help improve our overall health.

So, students of CNU (myself included) get off your butts and get moving. Let’s all do this together to form a more healthy society around campus and promote activity. ■



We live on a beautiful campus (most days). There is no excuse to not get out and stay active. **MORGAN BARCLAY/THE CAPTAIN’S LOG**

Putting the “Care” back in

An over-committment to self care can lead to the opposite.

MATTHEW SCHERGER
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Wellness Week is almost upon us, and with it there is a mass resurgence of “Self Care.” The Self Care Movement is alive and thriving these days, and no generation has embraced it quite as much as the Millennials and Generation Z. From self-help books and blogs, to diets and exercise regimes tailored just for us, we have never been given more tools to live happier and healthier lives than now. So why aren’t we?

Obesity and Type 2 Diabetes have been on the rise for decades now, and more of us are suffering from, or will suffer from, some type of mental illness such as an anxiety disorder or depression than ever before. Depression in particular is the leading cause of disability in America right now for our generation, and a quick look around any college campus will prove this to be true.

We supposedly have all the materials we need to be happy and successful between the internet, social media and improved ideas of how our bodies and brains work. So why isn’t it working?

One reason to consider might be that there is too much information, too many methods and ways to live “better lives.” With ads proclaiming some new cure, new diet, new life hack, it can be exhausting to keep on top of, and even more difficult to figure out which sources to listen to.

In addition, the power of social media cuts like a double-edge sword. Yes Twitter, Instagram and Facebook have given a lot of people ways to connect with other people struggling with the same issues, but social media also perpetuates a very unhealthy way of looking at our own lives and judging satisfaction. It is very easy to get wrapped up comparing yourself to someone else’s profile, and begin chasing that “perfect life” without realizing the perfectly good life you already have.

So where should we draw the line? When does “Self Care” become counterproductive? We have become so caught up “Self Care” that we’ve forgotten the meaning of taking care of ourselves. We’re chasing experts’ opinions, when some of the answers have been there all along. It is amazing how many problems can be solved by sticking to the basics: get enough sleep, remember to feed and water yourself a few times a day, maybe get some fresh air and exercise once in a while.

Most importantly for us college students, we should schedule both time to work and time to relax. A large contributing factor to mental illnesses on campus is stress, and it is not uncommon for college students to live daily with the constant pressures of balancing school work, volunteer hours, and friend groups.

This is not a bash against the Self Care Movement itself, which serves an important purpose of helping people learn how to live happier lives. However, the generational obsession with of being “the healthiest,” and jumping from self-help trend to self-help trend isn’t a productive way of living.

Yes it is important to be dedicated to Self Care, and to seek to improve one’s lifestyle. But obsessing over constantly “fixing” yourself will only cause you more harm in the long run. And while it is important to take care of yourself during these stressful times, also recognize that sometimes you’ll be doing yourself a favor by just letting it go and not worrying about yourself. ■



PHOTO COURTESY OF CLIPART LIBRARY

Buzzin’ Becky

In preparation of Valentine’s Day next week, Becky tackles your dating and relationship questions.



PHOTO COURTESY OF CLIPART LIBRARY

Is it Spring Break yet? Here’s my usual I have no motivation left and I need a break rant. But I’m changing it up this week. If you have advice on how to find it, let me know. You can find the submission link on our Facebook page. Leave Becky some advice, because God knows we could always use a little help.

My boyfriend of three years has been cheating on me with multiple girls and each time I catch him, he says he’s going to stop and change but he doesn’t. I know I should leave him, but I just can’t. He’s like a magnet I can’t get away from. Help!

He’s making a fool out of you.

How many times do you have to catch him cheating before you fully process what’s happening? He obviously has no respect for you. He’s more than happy to talk to multiple girls, probably even hook up, secure in the knowledge that you’ll just forgive him. Most likely he thinks you’re stupid. I’m sorry to be so blunt about it, but this is the truth. He think you’re stupid and he’s taking advantage of your love.

He doesn’t love you. He doesn’t care about you. He is playing you and you’re letting him get away with it. You have no reason to stay with him. He isn’t treating you well. He’s playing you mad hard. And you’re clearly not happy.

You don’t have to stay. You’ve been dating for three years, but you clearly aren’t his priority there. You’re grasping at straws and need to let it go. How long are you going to put up with this? Until you’re nearly 30 and have two kids with the man and he gets someone else pregnant? I know that’s dramatic and we’re young and blah blah blah, but chances are you’re thinking long term here. And speaking long term? It’s not going to work if you don’t let this man go (and I use the word man lightly). You are most definitely not too late to get out and do what’s best for you, but you need to open your eyes now.

I’ve been dating this guy for a few years and I just don’t feel like he likes me anymore. Things feel weird when we’re together and I spend a lot of time wondering if he likes me. I question every little thing he says, or should I say, doesn’t say. What should I do?

First of all, R E L A X!!!! It’s going to be weird if you think it’s weird, because you’re giving off the vibes. If you’re gonna be panicky and wonder if he likes you every time you’re together, that’s a waste of time. You’re probably making him hella uncomfortable because you’re being weirdly over concerned with how he sees you and how he sees your relationship and honestly how he sees everything. So of course he’s going to act weird, because you’re acting weird. Cue the cycle of you thinking he’s acting weird. You feel me?

If he’s going to be with you obviously he likes you for you - what a concept! Take a deep breath, get your “you” back on, and go be yourself!!! If you can do that, your relationship will be the awesome thing it’s meant to be. Give yourself a lil pep talk! He likes you for you, be yourself, chill out!

– Becky out

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

Syncing up with CAB



Sophomore Tara Deck performed Beyoncé's "Listen." Her passionate rendition inspired audience members to pull out their lit phones and sway them in the air like they would at a concert. While Deck had no practice beforehand, her performance was realistic and excited the audience. PHOTOS BY EMMA DIXON/THE CAPTAIN'S LOG

Students put on a show as they performed some of their favorite tunes.

BY MACY FRIEND
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Gaines Theater is home to many on-campus events and student gatherings. Throughout the year, CAB hosts various activities here, ranging from movie nights to their annual lip sync battle.

Thirteen groups performed Friday Feb. 2. Ranging from Kenny Loggins' "Footloose" to Harry Styles' "Sign of the Times," there was no shortage of variation.

Junior Alex Bolton won first place with his performance of Creed's "With Arms Wide Open."

Senior Rubin Harvey performed Jason Paige's "Original Pokemon Theme Song," earning him second place.

Junior Cassidy Hill was one of two "Moana" performances, lip syncing "How Far I'll Go," which earned her third place.

Senior Rubin Harvey has performed in three lip sync battles that CAB has hosted.

In his performance of the Pokemon Theme Song, he used Pokemon plush animals such as Eevee and Squirtle.

"My favorite part [of performing] is just seeing the crowd's reaction to my song choice and performance."

When deciding which song to perform, Harvey has a technique.

He begins by choosing a song that has a character he can play or a recognizable scene he can recreate. He says that enjoying the song he wants to use is important as well. Harvey's last factor is that he likes to throw in an element of surprise. He enjoys performing songs the audience may not expect and likes to let his personality shine through.

While Harvey is experienced in lip-syncing, some students who performed were first-timers.

Sophomore Tara Deck performed in her first lip sync event this year. After attending CAB's event last year,

Deck's friends decided to attend this year and encouraged her to perform.

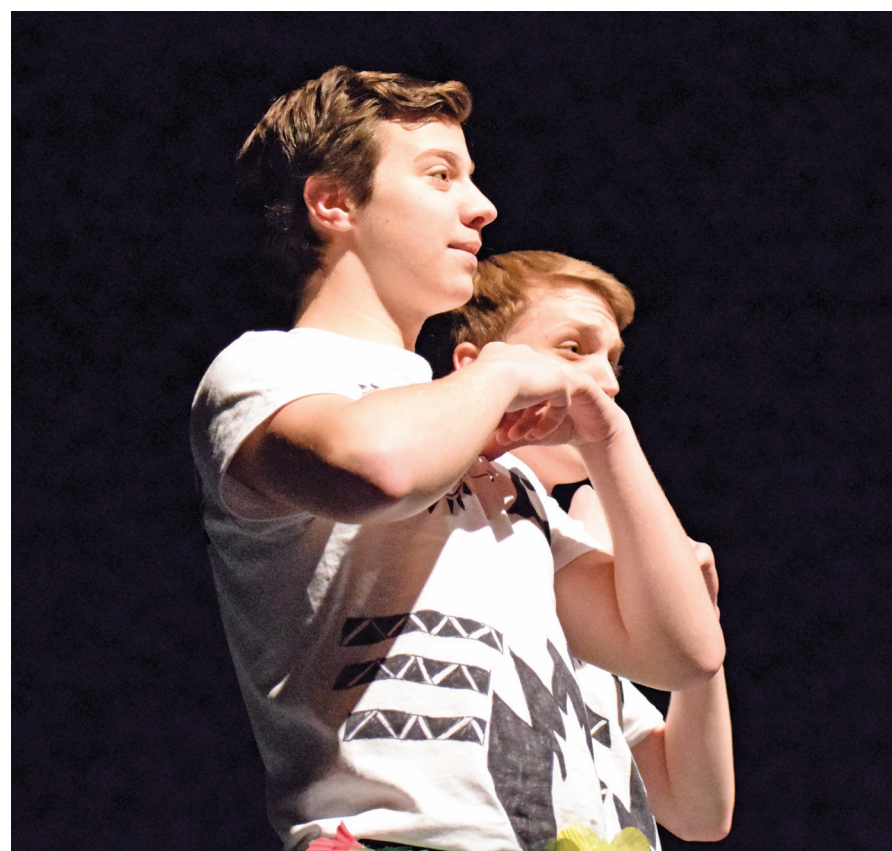
Deck performed Beyoncé's "Listen" without prior practice, but one would not be able to tell, as she knew the entire song by heart.

Her performance was so intriguing that audience members swayed lit cell phones in the air.

"My favorite part of the entire experience was getting over the fear of going on stage in front of people.... I especially loved seeing people turn on their lights on their phones and have fun with the song as well," says Deck.

CAB's event was a chance for students to unwind from busy weeks as classes have been going into full swing.

"Lip sync battles are just a fun way to release stress.... It all comes down to people's interpretations of the songs which is why lip sync battles are awesome because you see many different stories through the same song." ■



(Left to right) CAB members junior Chase Ziegler and sophomore Hayden Cochran performed "You're Welcome" from Disney's popular 2016 release of Moana. Representing the "Moana" theme, they wore floral grass skirts.



Senior Rubin Harvey performed the Original Pokemon Theme Song, using Pokemon plush animals as props. Harvey went all in for his performance, holding an Eevee and adorning a Pokemon cap to match his Pokemon Trainer shirt. His energetic performance won him second place, a title that he held before at the 2016 CAB event.



Junior Cassidy Hill performed Moana's "How Far I'll Go." Hill's spirited performance involved the creative use of the microphone stand as an oar, inspired by the movie's oceanic theme.



(Left to right) Freshman Emily Meaden and junior Blair Johnson performed "Every Time We Touch" by Cascada. This was not the first time this song's been performed at this event, as it is a popular song.

Captains Track & Field Post Multiple Victories

The Men's and Women's Track & Field teams attended Camel City Invitational and hosted Vince Brown Invitational.



(Above) Hannah Shoemaker set the school record for the weight throw at the track meet on Friday, Feb. 2, but this picture was from an event a few weeks ago. (Left) Cullen Monahan raced along the mondo turf in the Captain's Invitational two weeks ago and helped capture a win for the men's relay team this past weekend. **PHOTOS COURTESY OF BEN LEISTENSNIDER AND PATRICK DUBOIS/CNU OCPR**



BY PHOENIX HINES
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The Men's and Women's Track & Field teams competed in the Camel City Invitational this past weekend at the JDL Fast Track, which is located in Winston-Salem, NC. This was the sixth year of the Camel City Invitational and the third straight year that the Captains competed in this event.

The Christopher Newport Track & Field team is off to a great start this

year as they posted nine victories in the Captains Invitational and Combined Events earlier in the season. They also have numerous reigning All-Americans that have returned and look to continue their decorated careers.

The major headline for the Captains this past weekend was when the men's distance medley relay team captured a first-place finish when the foursome of Cullen Monahan, Brandon Berry, Cavanaugh McGaw and Billy Rabil posted a time of 10:10.89. This time was

seven seconds ahead of the second-place finisher, North Carolina A&T.

"It was our first time running the DMR this season, so it felt great to go out there and get a win, which also ended up being the fastest time in Division three track this season," Berry says.

Berry looks forward to helping lead his team toward a Capital Athletic Conference (CAC) Championship as well as a National Championship.

Some of the standouts for the women's team were senior Hannah Shoemaker and junior Sarah Johnson. Shoemaker posted 12th-place in the shot-put with a toss of 12.78 meters. Shoemaker broke the program record on Friday for the weight throw. Johnson also competed in the shot-put by posting a throw of 11.40 meters. That throw placed her 24th in the competition.

After the Captains took on the Camel City Invitational on Friday and Saturday, they hosted a meet on Sunday called the Vince Brown City Invitational.

This was the fifth year in a row that the Captains hosted this meet.

Shoemaker had another great day in

the shot-put event as she fired her shot 13.32 meters, placing first.

Trejon Edmonds posted a time of 8:57.76 to capture a victory in the 3000. On the women's side of the 3000, Kathryn Wilson won her event by posting a time of 10:58.74. That is the first time this season that the Captains swept the 3000 at a meet.

Berry, McGaw, Monahan and Ryan Scott captured a victory for the men's 4x400 relay team after they posted a time of 3:23.51. This time was four seconds ahead of the second-place finishers, Methodist University.

Other Captain victories this past Sunday were Monaca Lannen, Victoria Neston, Kaitlynn Beaulieu and Kelly McKinney in the 4x400 relay, Kurt Waller in the 200 meter, Matthew Burke in the 5000, Hannah Bowden in the 60-hurdles, and lastly, Samantha Tritt and Rose Wyant tied for first in the women's pole vault.

The Captains have a small break before they host the CAC indoor Championships Friday, Feb. 16 at the Freeman Center. ■

Dufrene Gets One More Attempt at Her Craft

Senior standout Bailey Dufrene reminisces on individual and team achievements from the past four years.

BY TARYN HANNAM-ZATZ

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Senior guard, Bailey Dufrene has been playing basketball for as long as she can remember.

“My father played division one and coached high school basketball,” Dufrene says. She has been playing basketball for so long and being able to play in college was something extremely important to her.

“I picked CNU because of how successful the program has been and how beautiful the campus and location are,” Dufrene says.

During her freshman year she played in 23 games and was ranked third on the team in scoring, averaging seven points a game. Playing in college has shown her how much she loves the game.

“I am part of a whole other family who loves the game just as much as me,” Dufrene says.

In her sophomore year, Dufrene started in all 28 games and scored her career-high for points at Virginia Wesleyan with 20 points that game.

She was also ranked second on the team in minutes averaging 25.1 minutes a game.

The team here has been very successful and continues to grow. “We are all super close, especially the seven seniors

that came in together. We all have been through it all together, so we look at each other as family,” Dufrene says.

Last year, in her junior year, she started 29 games but played in all 31 games and led the team twice in scoring during the season. She also led the Captains through the post-season all the way to the NCAA Final Four.

So far, this season the team is 19-2 overall. They are doing a lot to get ready for the postseason.

“We are focusing on each team at a time. Working hard in practices and individually on our free time to perfect our craft and be the best that we can for the team,” Dufrene says.

Dufrene has had an amazing time playing basketball and it has allowed her so many different experiences throughout her life.

“My favorite memory is winning the conference championship my junior year and making it all the way to the Final Four, so the goal is to repeat that and go even further,” Dufrene says.

The Captains will be back in action on Wednesday Feb. 7 at 5:30 p.m. in the Freeman Center against Southern Virginia.

Be sure to come out and support the team as they look to add another win and keep preparing for another successful postseason run. ■



Senior Bailey Dufrene trains to lead the basketball team to the Final Four again in the 2017-2018 season. ALEX BURRUSS/THE CAPTAIN'S LOG

A Different Type of Classroom

Recent CNU graduate Aaron Savage personally trains students to help them reach their fitness goals.

BY MELANIE OCCHIUZZO

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Aaron Savage is a recent CNU graduate (2016) and a personal trainer at the Freeman Center.

Starting just three years ago as a student, Savage has always been passionate about helping others learn about physical fitness and getting back in shape.

In order to be a personal trainer anywhere, not just exclusively at CNU, you have to have a certification.

Savage's certification comes from the National Academy of Sports Medicine and required three months of studying.

After completing the certification he was good to go. Savage says he spoke to Lisa Powell, director of the Trieshmann Health & Fitness Pavilion and she immediately hired him in August of 2015. Savage says that the certification that he received only further “legitimizes your ability to train people.”

He also says that as far as Lisa is concerned, other than the certification all you need is to “have a genuine interest in fitness and training people.” And training people is exactly what Savage does.

Working weekdays after 5 p.m. after his day job as an Automation Engineer at Ferguson Enterprises has ended, Savage spends time at CNU's gym working with clients.

With sessions that go for 30 minutes to an hour, he gets to spend all of his time assisting his clients with their fitness goals.

Every first session is the same he says.

This first free session is all about gauging where you are physically, what your goals are and what you'd like to get out of working with a personal trainer.

Savage conducts a series of fitness tests that then are compared to national averages for weight, age and height so that each client knows exactly where they are and where they should be.

He says that the first session is all about finding out what a client is in need of.

He especially enjoys the education portion of things and loves that he gets to teach people about their personal physical fitness.

After that initial session is over, the client then sets up a schedule, payment plan and outlines their goals.

Savage says that his favorite kind of session to lead is one devoted to weight loss training.

He himself got into training and physical fitness in order to lose weight. The summer before his freshman year of college he lost over 110 pounds and found that he has so grateful for his friends that helped him along the way.

This experience solidified his wishes to want to become a personal trainer. “I really want to teach you,” he says. The goals for personal training sessions can vary depending on the person Savage explains.

Some people want to lose body weight, some want to build strength and some want to just learn how to work out. He always recommends that first free session to everyone, especially if they feel like they don't where to begin with working out.



Aaron Savage offers personal training sessions in the Freeman Center every Monday through Friday after 5 p.m.. MELANIE OCCHIUZZO/THE CAPTAIN'S LOG

That first session goes over cardio, flexibility and upper body strength so people will leave that session knowing where they stand says Savage.

A lot of times a student will come in and say “I want to be more fit” and Savage's main goal is to try and narrow that down. This is where that planning aspect of his job comes into play. Once he knows the client's goals he can then plan out a course of action to meet those goals.

Savage says that the last session with every client is his favorite because that's where they see the progress. “When they

see the progress their eyes light up and they're proud of themselves,” Savage says.

Sometimes this is as simple as being able to do a minute long plank or notice that they can lift heavier weights than at the beginning.

He also says that sometimes clients will remark how good or strong they feel after working with him.

Savage works with about two to five clients a week, pushing them and assisting them with their goals. He loves working as a personal trainer and hopes that he can continue to do this in the future. ■

Floater and Sinkers

New student-run website, 'The Flotsam and Jetsam,' aims to entertain and make an impact.

BY AMY CAMIRE
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"Audience Unsure if University President Having Heart Attack or Really Milking Dramatic Pause," reads the first headline you'll find on the up-and-coming, CNU-centered satire news website, "The Flotsam and Jetsam." From the very first article and the tagline "The Floater and Sinkers Fit to Print," readers get the impression that the satirical online newspaper is here to make us laugh and think. While the writers for this satire site have all chosen to remain anonymous, (the 'staff' link on their web page leads curious readers to a "The Hobbit" staff for sale on Amazon) an interview with the Editor-in-Chief made it clear that the online newspaper aims at making a tangible impact on campus.

"You can have satire that's very, very pointed, that's a prompt for discussion and a prompt for change.... This way, [student] complaints can be funneled into one voice and people can actually hear that voice. And of course, stupid jokes every once in awhile as well," says the Editor-in-Chief. The 'manifesto' one can read when perusing the website states that "Christopher Newport University is

an incredibly special community.... However, behind the great work being done at this school, there also lurks a hidden yet definite sense of dissatisfaction." This satirical medium aims at addressing woes all CNU students can relate to, but might not have had the power to voice.

The Flotsam and Jetsam was described by the Editor-in-Chief as an 'experiment' meant to both poke fun at CNU and make people laugh. "The Yellow Journal," VCU's own satire newspaper that notoriously pokes fun at its own university and pop culture, inspired CNU's satirical website. Every major university has their own form of a satire newspaper, and "The Flotsam and Jetsam" feels like it's time CNU caught up, putting anything from the new Regatta's expansion to Paul Tribble himself in their satirical spotlight. With this

new outlet to laugh at themselves, the Editor-in-Chief expresses the importance of talking "about issues that aren't talked about publicly."

For those interested, "The Flotsam and Jetsam" have a submission's tab on their website where anyone can either propose a topic they would like to see raked through the satirical mud, offer up their own written article for review, or even inquire to a position as an official "Flotsam and Jetsam" writer or proofreader.

"I want it to be all-inclusive. I don't want 'The Flotsam and Jetsam' to be a bunch of elites sitting around making fun at whatever. Everyone should be able to have a voice..." says the Editor-in-Chief, expressing the dedication they have to an interactive student experience.

As for the future of "The Flotsam

and Jetsam," they hope to someday move to a print version of the website and a possibility exists in the future for a donations page to help make that print-dream a reality. This way, the website could become a Yellow Journal-inspired pamphlet that is "more personal and purposeful." When asked about future article topics, the Editor-in-Chief listed everything from Greek life to housing, the honors program, housing, and Paul Tribble. The online newspaper hopes to put these topics up against a 'fun house mirror', to represent and exaggerate them in order to bring a taste of relatable humor to CNU students.

Each article is reviewed by the Editor-in-Chief to ensure fairness and quality. You can find these works of vigilante satire through the links on their Twitter and Facebook pages, @flotsjets_cnu and @flotsjets.cnu. ■

"Complaints can be funneled into one voice and people can actually hear that voice. And of course, stupid jokes every once in awhile"

Follow 'The Flotsam and Jetsam' on Twitter.com @flotsjets_cnu

Oscars Picks and Predictions

The 90th Academy Awards are right around the corner, and Editor Morgan Barclay has you covered on the ins-and-outs of all the nominees.

BY MORGAN BARCLAY
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With February right around the corner, it seems all of the best-of lists have been solidified, the biggest of which would arguably be the Oscars nominations. Although award shows are no definitive markers of success, the collection of nominees this year is particularly strong. In order to make sense of these strong candidates, I've collected a list of my picks and my predictions for each category.

1. Original Screenplay:
 "The Big Sick," Emily V. Gordon & Kumail Nanjiani
 "Get Out," Jordan Peele
 "Lady Bird," Greta Gerwig
 "The Shape of Water," Guillermo del Toro, Vanessa Taylor
 "Three Billboards Outside Ebbing, Missouri," Martin McDonagh

PREDICTION The Shape of Water Inventive and original, Del Toro and Taylor create the creature feature to end all creature features. A long time creator having already been awarded,

it's a safe bet to assume that trend will continue, especially in this category where the movie truly shines.

PICK The Big Sick

While it is an almost certainty that this movie will not win, given its genre of romantic comedy, its specific use of and reversal of romantic tropes creates a romance that effortlessly fits itself into the modern world, becoming an instant classic in my eyes.

2. Best Picture

"Call Me by Your Name"
 "Darkest Hour"
 "Dunkirk"
 "Get Out"
 "Lady Bird"
 "Phantom Thread"
 "The Post"
 "The Shape of Water"
 "Three Billboards Outside Ebbing, Missouri"

PREDICTION "Lady Bird" Crafting a cinematic argument about the importance of attention in relationships, any film lover will gravitate towards this story. Beautifully made, this movie tells a story that can only be told on film. More

than that, the film's female focus fits into the climate surrounding the awards in a way that is sure to be rewarded.

PICK "Lady Bird"

Although every film on this list deserves their rightful respect, "Lady Bird" does double duty in creating a film of great artistic merit, while being a complete joy to watch.

3. Lead Actor:

Timothee Chalamet, "Call Me by Your Name"
 Daniel Day-Lewis, "Phantom Thread"
 Daniel Kaluuya, "Get Out"
 Gary Oldman, "Darkest Hour"
 Denzel Washington, "Roman J. Israel, Esq."

PREDICTION Timothee Chalamet Exploring sexuality with profound honesty, Chalamet creates a character that is real and magnetic. More than that, given the focus of the film on this exploration of sexuality in a historical context, Chalamet is sure to win in this category.

PICK Daniel Kaluuya Possessing the seeming ability to declare centuries of nuance and racial tension in a singular glance, all while maintaining an

excellent comedic timing, Kaluuya's performance is one that is honest, and captivating. That being said, although it was my favorite performance of the year, given the film's genre of horror, I don't see it winning over the others in the list.

4. Lead Actress:

Sally Hawkins, "The Shape of Water"
 Frances McDormand, "Three Billboards Outside Ebbing, Missouri"
 Margot Robbie, "I, Tonya"
 Saoirse Ronan, "Lady Bird"
 Meryl Streep, "The Post"

PREDICTION Frances McDormand With a measured and enigmatic performance, McDormand's role as a grieving mother who will take no more has already gotten her a SAG and a Golden Globe, making her a safe bet for continuing the trend at this year's Oscars, and for good reason.

PICK Margot Robbie An example of the level of great films produced this year, "I, Tonya," would be at the top any other year. That said, a best actress award for Robbie is the best reward. Portraying a delicate case with a level of empathy that left me crying, she deserves recognition for her work. ■

New In Netflix: Monsters and Pyschopaths

The following reviews the latest in what Netflix has to offer, helping to narrow down your choices for your next study break or date night.

I Watch for the Ads

‘The Cloverfield Paradox,’ Netflix’s newest original movie, will be remembered for the story of its release only.

BY CHRISTOPHER GABRO
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Amidst the football game on Sunday night, a quick teaser was dropped for the upcoming “Cloverfield” installment that (to audience’s dismay) was released directly after the game. In the past, the franchise has delivered top notch science fiction storytelling with a toolkit of marketing techniques that advance the narrative quality and advertise the movie. Prior to the trailer dropping, there were rumblings that Paramount Studios had sold their rights to “The Cloverfield Paradox” to Netflix, but nothing was ever officially confirmed. The strategy of releasing a trailer just hours before dropping the film itself is an unprecedented tactic within the film industry and was a driving force behind my enjoyment of the film.

“The Cloverfield Paradox” follows a crew of scientists aboard a space station orbiting earth as they test a device on the brink of solving an ongoing energy crisis plaguing the inhabitants of earth. However, experiments on the device leave the crew with problems like a severed sentient limb, Cronenbergesque body horror, and being cast out of orbit into the abyss of space.

At the very least, the story is derivative. You’ve seen this plot more than once, and it feels reshuffled. However, it is lead with one good performance by Gugu Mbatha-Raw (Hamilton), who plays a scientist struggling with remaining calm in an extraordinary difficult emotional and physical situation. The tragedy is that the film’s star-studded cast - David Oyelowo, Daniel Brühl, John Ortiz, Chris O’Dowd and Elizabeth Debicki— all fall into meandering tropes that give them little character development.

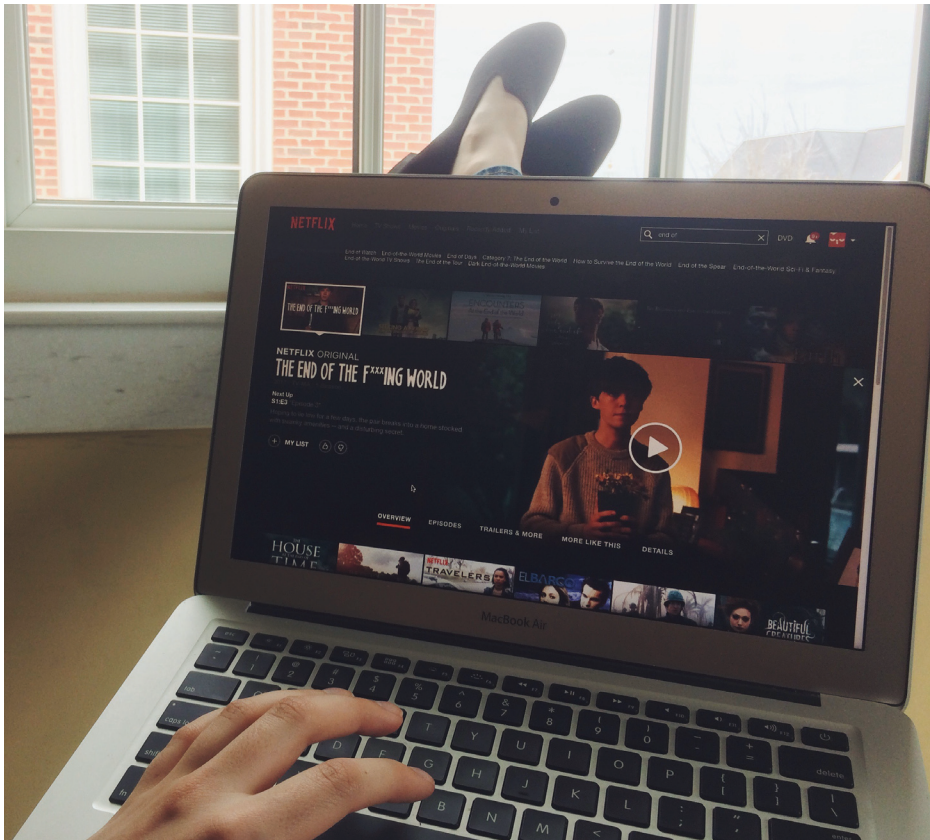
My major problem with the movie is that the script does not take risks needed to set itself apart within the science fiction genre. It does not portray characters deeper than archetype, which could have elevated the film to a science fiction pedestal that its predecessors have been crowned on by subverting the genre it utilized and building characters upon real substance.

The past two “Cloverfield” films were exemplary trademarks in the art of suspense and tension, leaving the audiences riveted until the screen cuts to black. This film only manages to capture a small sense of that urgency—yet there is no end game to this. It feels like panic for the sake of panic.

“The Cloverfield Paradox” is by no means a bad movie—it’s just okay. It is the third installment in an anthology series that does not meet the standards established by its predecessors. But it’s a fun watch on Netflix.

However, not having months of trailers, fan speculation, and trailer analysis made the viewing experience of the movie more enjoyable. There were no preconceived notions that the audience placed on the movie, so it could not fail to meet those expectation because no one knew what to expect. Critics and audiences alike were treated to the film as a blank slate. The story around the film will always be about its avant garde release strategy—but not the story itself. ■

‘The Cloverfield Paradox’ is streaming exclusively on Netflix.



A CNU student lounges inbetween classes, as they pick the next show to marathon. PHOTO BY MORGAN BARCLAY/ THE CAPTAIN'S LOG.

It's The End of the F**king World As She Knows It

Netflix’s newest TV show, ‘The End of the F**king World,’ builds characters you just don’t want to leave.

BY MELANIE OCCHIUZZO
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James and Alyssa are your typical 17 year olds, at least until they decide to embark on what can be only described as a Bonnie and Clyde style adventure.

Switching from several points of view, this common coming of age story is placed above the rest. Enriched by the multiple characters this show switches from, James, the male lead, to Alyssa, the female lead, to the two police that are pursuing them, this story is rich and dynamic.

Set in England, this dramedy leaves you wondering what’s going to happen next. Even though we learn that James believes he’s a psychopath from a young age during the first minute of the show, his complex emotional range, portrayed compellingly by “Black Mirror’s” Alex Lawther, leaves the audience constantly questioning his motives.

Serving as a surrogate for most of the audience, Alyssa, played by Jessica Barden (“The Lobster,” “Hanna”) helps bridge the gap of James’s emotional unavailability. That being said she

isn’t without her own fair share of problems. The product of divorce, Alyssa is consistently ignored by her parents, and must reconcile her own self-destructive urges with her need to be loved.

Between Alyssa’s family problems, James’s psychopathic tendencies, James’s relationship with his own father, and their being teenagers, their escape was inevitable by the time that they met.

While the coming of age style narrative is nothing new, watching the growth of the characters, especially given the specificity of their characterization, and the honesty with which their teenage years are described, is captivating. Showing the childish mistakes, from inside the very heads that make them, and following their specific rationalization of those mistakes, allows for this honesty in storytelling. They had no clear end game, just to keep moving indefinitely-- something a child would think.

That being said, the characterization of the supporting characters within the show left something to

be desired. This is the case with the two police officers assigned to track Alyssa and James down, Detective Constable Teri Dengo (Wunmi Mosaku) and Detective Constable Eunice Noon (Gemma Whalen). Although there was a start to an interesting and strained relationship between the two, the show lacked the depth necessary to explain that relationship. Being seen in their differences within the treatment of the case, with Noon becoming overly invested with the wellbeing of the two leads, and with an unspoken event that occurred outside of the show’s narrative arc, there was very definitely something the show could have latched on too.

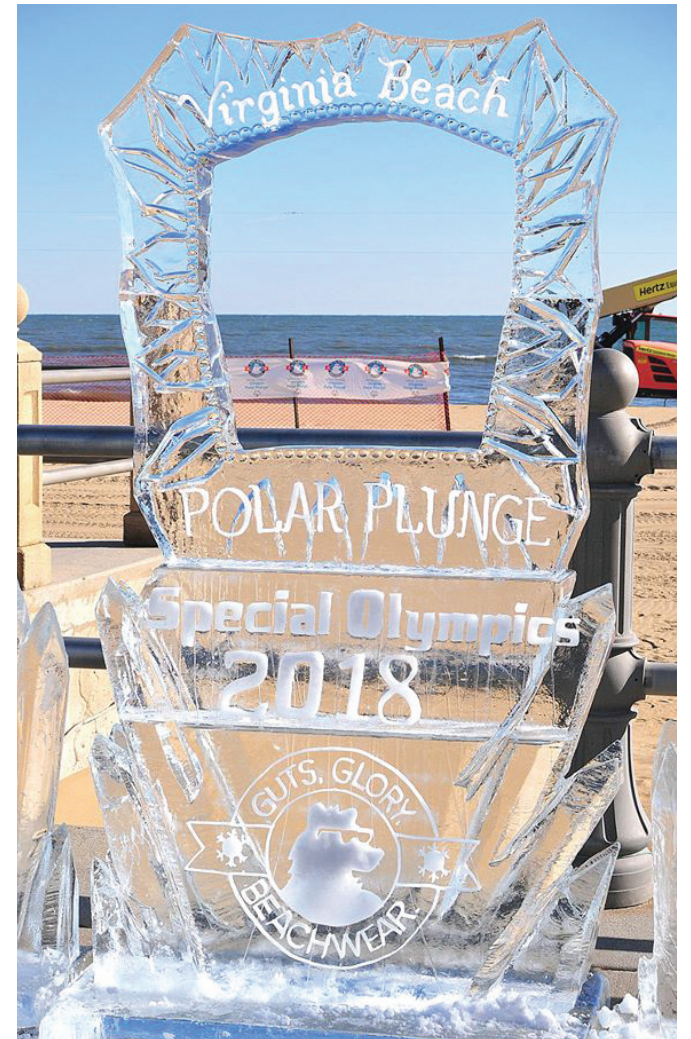
This leads to the major critique of the show-- its unfinished nature. I felt unfin-

ished watching. Beyond the character development of the leads, little else is developed. Riddled with loose ends this show is begging for a second season, even with its explosive ending.

All in all, I highly recommend this show to someone who is looking for a dramedy that twists and turns just like the indecisive mind of a teen would. Nothing’s set in stone when you’re 17. ■

‘End of the Fking World’ is currently streaming exclusively on Netflix.**

Plunge Raises Over \$1.2 Million



(Top) The crowd cheers with excitement, preparing to plunge into the Atlantic Ocean, some in costume. (Right) The Polar Plunge ice sculpture sits on display along the sand. PHOTOS COURTESY OF ROBBIE HICKMAN PHOTOGRAPHY

Annual Polar Plunge Festival raised over \$1.2 million for Special Olympics this past weekend in Virginia Beach.

BY KATIE KRYNITSKY
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Several thousand supporters of Special Olympics, the worldwide organization in support of those with disabilities, headed to the Virginia Beach Polar Plunge Festival to plunge into the freezing cold Atlantic Ocean on Saturday, Feb. 3.

The main event took place at 2 p.m. in front of the Hilton Oceanfront Hotel.

In order to plunge, participants needed to raise \$100, so Facebook and other social media sites flooded with posts advocating for fundraisers for Special Olympics in the leading weeks to the event.

"Polar Plunge is always a really special event to me," says senior Whitney Leach. "Looking back on my past three years, I think my favorite part of it all is during those last few moments before we all run into the water together."

"Just looking around and thinking about how you are surrounded by people who care so much about this cause that they're willing to run into the ocean in below-freezing temperatures is honestly breathtaking."

This year's event included two races, a four-mile course at 9:30 a.m. and a one-mile course at 11 a.m.

Both races began at 30th street on the boardwalk.

Each participant received a medal, t-shirt and the opportunity to plunge into the ocean. Registration was open up until the races began.

Check-in for the plunge began at 10 a.m. sharp.

To keep things interesting, plungers competed in a costume contest at 11 a.m. before dipping into the water.

"There are over a thousand people all huddled together in hopes to not freeze simply waiting to make a plunge for change. The athletes and their buddies are the first to bare the frigid water. This is an amazing thing to witness because no matter how cold they are, they come running out [of] the water chanting 'Inclusion'" says junior Julia Grubbs.

The boardwalk and marketplace were filled with live music from the band Party of Four, cold beverages from Big Ugly Brewing, as well as warm beverages like hot chocolate and coffee, and multiple shops and tents.

"It's so cold that it's painful," says Leach, "but it's completely worth it to raise so much money for such an amazing organization."

"After taking the plunge, you might not be able to feel your legs, but the pain from your frozen toes is something you can't forget," says Grubbs.

"This event is something I look forward to every year and plan on continuing this tradition even after graduation. Special Olympics is a huge part of my life and I've had the honor to work with these athletes since high school."

The top individual fundraiser, Kevin Vogt, raised almost \$12,000 according to the official Special Olympics Virginia website.

"Over the years, I've learned that giving a small percentage of your day and your undivided attention to the athletes will end up becoming a moment you will never

forget," says Grubbs.

In total, the Polar Plunge Festival raised over \$1.1 million for Special s

"This is an amazing thing to witness because no matter how cold they are, they come running out [of] the water chanting 'Inclusion.'"

— Julia Grubbs

Restaurant Review: Mission BBQ

KRISTEN ZICCARELLI

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Rarely does one walk into a restaurant with license plated tables, war memorabilia decor and the Soldier's Creed embossed on the wall.

With a rustic, country vibe, the distinct interior of Mission Barbeque, combined with their excellent food makes it a hit for any time those barbeque cravings might arise.

Located on 12640 Jefferson Avenue, Mission Barbeque is not an average fast food restaurant. While it specializes in barbeque, sandwiches, french fries and ribs, the notable absence of shiny plastic tables and tile flooring sets it apart.

Their wooden benches and tables, combined with several TV's placed around the room sets up a cozy, yet modern atmosphere.

Most iconic is the various memorabilia on the walls all throughout the restaurant.

Immediately when entering the restaurant, there are various pictures of Iwo Jima, the Twin Towers, WWII sailors and an American Flag hanging from the ceiling. Even the tables had years and years of Virginia license plates displayed under clear glass. The patches and old pictures displayed throughout the restaurant top off the patriotic, country atmosphere.

At Mission Barbeque, it is easy to get an affordable, filling and delicious meal.

After ordering the pulled chicken sandwich with macaroni and cheese for under \$10, I was thoroughly satisfied with the taste and price. Each table has six barbeque sauces to choose from, ranging from KC Classic to Tupelo Honey Heat and Texas Twang.

With the right amount of smokiness in the meat, almost any sauce would have topped it off perfectly. Their servings of pulled pork and chicken are generous, with plenty of meat. Upon walking into the restaurant, I was a little surprised by the simplicity of the menu. However, with the amount of sides and combination deals, it is possible to get a unique taste, even after visiting it several times.

Another surprising feature of Mission Barbeque is that it is a walk-up order restaurant.

The service was incredibly fast, with my order ready in less than a minute from when I paid.

There was no time to fill my drink at the kiosk before my order was ready. The workers are friendly, and they even have staff that come to the table to ensure you are satisfied with your meal. ■



(Top) License plates line the tables at Mission Barbeque. (Left) A pulled chicken sandwich and macaroni and cheese can be purchased for less than \$10.

KRISTEN ZICCARELLI/THE CAPTAIN'S LOG

Regatta's Review: New and Improved

BY ANNA DORL

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The newly-renovated Regatta's has been open for about a week, and so far, people are loving it.

The dining hall's expansion has a ton of new features and foods for students to enjoy, but the best part is undoubtedly the Mongolian Grille.

Freshmen had never experienced it before, and upperclassmen were excited for its return.

As a self-serve style, students pick exactly what goes into their individual bowl.

You have the choice of several different fresh meats including chicken, beef and seafood, plus vegetarian options like tofu and a wide variety of veggies, sauces and seasonings. You can also pick from several types of rice, fried or otherwise, at the end of the line.

Your finished meal tastes just like something from a real Hibachi restaurant.

Each bowl is cooked to order on a brand new round grill, which the staff also uses for Philly Cheesesteaks and omelets. As a student living in York River Hall, I'm happy I no longer have to walk to Commons just for an omelet on cold winter mornings!

The new Regatta's expansion can hold hundreds more students and boasts a second floor dining area in a large open atrium with natural lighting.

The building also features new faculty dining rooms in addition to the new student seating.

In addition to the Mongolian Grille, Regatta's has all kinds of other renovations and features, including a self-serve ice cream bar with toppings and instant coffee machines.

The yogurt and fruit bar during breakfast functions as a second salad bar during lunch and dinner hours.

The new Regatta's is an awesome addition to CNU's campus. Go check out the Mongolian Grille if you haven't already. ■



Fresh fruit and cheese lines the aisle beside the newer, larger Mongolian Grille in the back expansion of Regatta's. KATIE KRYNITSKY/THE CAPTAIN'S LOG

JOIN THE STAFF!

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

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