



THE CAPTAIN'S LOG

THE VOICE OF CHRISTOPHER NEWPORT UNIVERSITY STUDENTS

@CNUCAPTAINSLLOG WWW.THECAPTAINSLLOG.ORG
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K.J. Kearney had a record-setting performance as he led the Captains to a 45-27 domination over local rival Hampden-Sydney on Sept. 10. For full game coverage, turn to page 11 in SPORTS.

Jr. quarterback K.J. Kearney obliterated Hampden-Sydney's defense, with two rushing touchdowns and throwing 355 yards. FILE PHOTO BY BEN LEISTENSNIER/THE CAPTAIN'S LOG

IFC welcomes historic fall class

The Interfraternity Council celebrated the largest fall rush class in CNU history at its second Signing Day on Sept. 10.

BY BEN LEISTENSNIER
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The Greek community at CNU grew even larger on Sept. 10, as it added 47 individuals to its ranks at the Interfraternity Council's Signing Day. At the

event, the newest members to the various fraternities formally accepted their bids to be a part of the organization.

Although this was the second time the event was hosted, it was the first time that it was held for the fall recruitment

class, the first Signing Day took place for the spring class on Jan. 30.

Last year, the event took place in front of McMurrin Hall, but it was changed to take place in front of Christopher Newport Hall this time. Spencer Hudec, the assistant director for Greek life, believes that this venue change made the event even more special.

"Christopher Newport Hall is so iconic for our institution,

so the opportunity to have this big welcoming program on its steps is very memorable for the new members."

The IFC blew its former fall recruitment numbers out of the water this year with the 47 new additions.

This massive jump in numbers was also accompanied by a shift in the IFC's recruitment strategies. One of the main changes was the purchase of the CampusDirector program.

CampusDirector is a program that creates a centralized location for statistics and other information regarding potential new members.

Senior Blake Heflin, vice president of recruitment for IFC, was extremely pleased with the purchase as he felt it was a better utilization of IFC funds.

SIGNING DAY
CONTINUED ON PAGE 3



Weekly pic

Individuals who walked through the DSU during the lunch hour on Sept. 6 watched as members of Psi Upsilon sang and presented flowers to Jenny Pinkett (center), who was then named to the fraternity’s ceremonial position of sweetheart. **Photo by Ben Leistensnider/The Captain’s Log**

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Happened

- Sept. 12**
Blood Drive
On Monday, the brothers of Alpha Phi Omega and the sisters of Delta Gamma hosted a blood drive with Virginia Blood Services as a part of Delta Gamma’s “Do Good” week.
- Sept. 9**
Volunteer Fair
Last Friday, CNU held its fourth annual volunteer fair in the Center for Community Engagement. The goal’s of the Volunteer Fair were to allow students to meet CNU’s community partners, learn more about community engagement opportunities, and introduce them to CNU’s Service Tracks.

Happening

- Sept. 14**
Delta Gamma’s Anchor Slam
Delta Gamma invites you to come out and be a part of Anchor Slam, a basketball tournament in the Freeman Field-house at 7p.m. on Wednesday.
- Sept. 16**
“Fall Into Autumn” Fall Fest
To kick off the beginning of fall, CAB presents Fall Fest which will be held from 4-7 p.m. on the Great Lawn this Friday.
- Sept. 17**
CNU Football vs. Wesley College
The Captains will face off against Wesley College this Saturday at 6 p.m.



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.

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2016-2017

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THE CAPTAIN’S LOG is the official student newspaper of Christopher Newport University. It is a public forum, which is published 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 6:30 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.



IFC welcomes historic fall class

Number of new members by organization

Delta Upsilon:	🏆🏆🏆🏆🏆
Kappa Delta Rho:	🏆🏆
Kappa Sigma:	🏆🏆🏆🏆🏆🏆🏆🏆🏆 🏆🏆🏆
Pi Kappa Alpha:	🏆🏆🏆🏆🏆🏆🏆🏆🏆
Pi Lambda Phi:	🏆🏆🏆🏆🏆🏆🏆
Psi Upsilon:	🏆🏆🏆🏆
Sigma Phi Epsilon:	🏆🏆🏆🏆🏆🏆🏆

SIGNING DAY
CONTINUED FROM PAGE 1

“When I came into office, recruitment was only spending money on food. Last semester, we spent \$1,400 on wings alone. I wanted to spend it on more tangible things.”

Another strategy which has appeared to work so far is starting the recruitment process earlier.

Typically, the fall rush class being smaller in size is due to the fact that freshmen are not allowed to join a fraternity during their first semester.

This was the first year that the IFC reached out to freshmen during the summer and

Orientation. According to Heflin, the fruits of these efforts were seen as one-third of people who attended rush events were freshmen—despite knowing the fact that they would not be able to receive a bid this semester.

For those sophomores, juniors and seniors who were able to receive a bid, they found themselves surrounded by the members of the Greek community on Signing Day.

Before being called up one by one to affix their names to a book with the rest of the signatures from the new members, however, speeches were made by Evan Monroe, the IFC President, and Brian Larson.

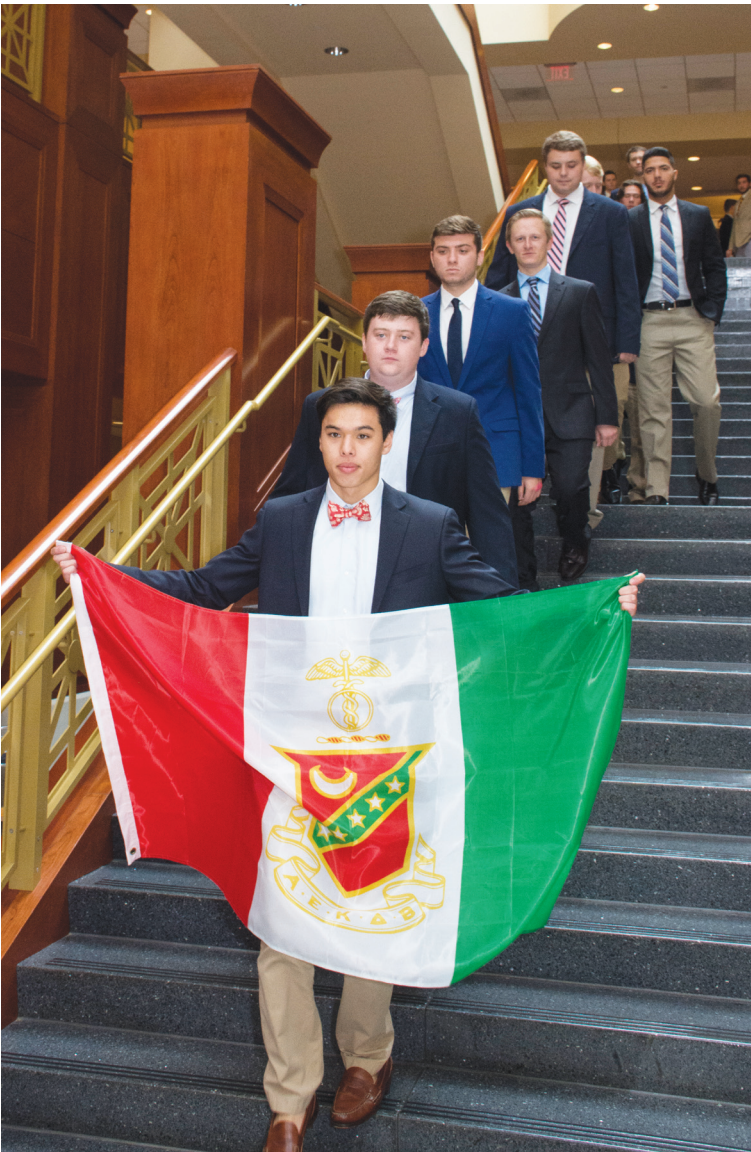
Larson, the associate dean

of students and a “Renaissance brother” of Sigma Phi Epsilon, challenged the 47 new fraternity men to make a positive impact as members of the Greek community.

“At Christopher Newport, our Greek students see themselves as belonging to something more than their individual chapters. They recognize the importance of helping make CNU better day by day.”

Like Larson, Hudec is optimistic about the positive values that Greek life can provide.

“To be a Captain is such an amazing experience. But to be a Greek Captain is to hold yourself to a standard even higher than that.” ■



(Top) IFC president Evan Monroe address those gathered for the Signing Day Celebration. (Above) Kappa Sigma had the largest fall class of any of the organizations, adding 13 individuals to their numbers. **PHOTOS BY BEN LEISTENSNIDER/THE CAPTAIN’S LOG**



Whole Foods participates in quarterly philanthropic days where they give a five percent portion of their proceeds to a selected organization. PHOTO COURTESY OF CNU

Whole Foods Helps Create New Scholarship

CNU creates a new grant based scholarship with the donations from Whole Foods' Philanthropic 5 % day donations.

BY MELANIE OCCHIUZZO
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The upcoming quarterly Whole Foods 5% Day is slated to donate to a brand new scholarship given to any CNU student who is involved in any community service in Newport News.

These five percent days are philanthropic events centered on giving five percent of their pre-taxed sales to an organization, program or school of Whole Foods' personal choice. These sales do include everything sold in the store, restaurant and grocery items alike.

Keith Roots, the Director of Foundation and Corporate Giving, was approached by Whole Foods via Beth Tamburello. Tamburello is the Metro Marketing Team Leader and Marketing Director of the Region for Whole Foods. This was done in order to discuss the possibility of donating a five percent sum of their pre-taxed sales towards a scholarship for any CNU student involved in community service.

Tamburello was solely in charge of communications between CNU and Whole

Foods but she does lead a whole team of Whole Foods employees dedicated to the philanthropic events Whole Foods participates in.

Roots estimates that CNU will receive at least \$2,000 from the pre- taxed five percent of sales the philanthropic event will raise and all of that money will go towards a single scholarship.

If the sum from the event exceeds CNU's expectations then there will be discussion on splitting the sum into more than one scholarship but most of the criteria is still being determined.

The only constant is that it will be specifically for students involved in community outreach and service.

This scholarship comes in the form of a grant, not a loan, so the student who receives this will do so at the complete charity of Whole Foods.

While Whole Foods chooses to have one of these days every quarter, CNU hopes to partner with this event once a year.

"We're trying to do it again," Roots says when prompted about the likelihood of having another five percent day at Whole Foods.

Roots would like to see

further partnerships with Whole Foods in the future. Roots also reiterates that he would like this particular event to become an annual philanthropic opportunity and hopes to continue to work with CNU's existing partnerships for more scholarship opportunities for students.

Keeping CNU students connected with the surrounding community is very important to CNU as a whole.

Whole Foods is not the only corporation to partner and then subsequently donate funds to CNU. Ferguson Enterprises, Smithfield, Cannon and Newport News Shipbuilding are among the many corporations that donate their support and resources to CNU.

Each of these corporations have scholarships of their own that they give at their discretion to students of CNU. Since CNU is a public University the community surrounding the campus is able to donate to the campus at will.

For more information on how to give your time and talents to CNU and the community at large, contact Brad Brewer, the Director of Community Engagement at CNU. ■

When:
September 14

Where:
**Marketplace at
Tech Center**

Who:
**Whole Foods
Market**

Teaching For America

Many students are faced with the challenges of graduation and are eager to jump into the corporate world. Others choose to dive right back into grade school.

BY ANNE BRADLEY
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Upon graduation, students are presented with many options when deciding what to do with their new-found adult lives and freedoms.

Starting a career, pursuing higher education or joining organizations such as the Peace Corps or the AmeriCorps are just a few options students can choose from post-grad.

A popular option for those pursuing a career in education is the Teach for America (TFA) Program, a branch of the AmeriCorps that places recent graduates in high-need, underfunded schools.

TFA teachers work at their assigned school for a full two years, learning valuable teaching skills and connecting with low-income children.

One of these new teachers is recent 2016 graduate Sam Brotman. She is currently teaching middle school-level math in the Jacksonville, Florida school district.

After a rigorous application process and subsequent placement, Brotman spent most of her summer receiving training

to prepare for her first year as a teacher. Teaching at a regular school can be daunting but being thrown into a program like this straight out of college can be just as challenging she says.

She credits her classes in social work and psychology at CNU as being an advantage when working with Teach for America.

She says "Social work is how to work with people and being able to empathize and listen and when working with students that is so important." Applying this knowledge has helped her do her job efficiently.

Despite the school year just starting, Brotman has already settled into her new job.

She says "I had no idea how quickly I was going to care about these children and how invested I would become to their lives and future."

This passion for helping students and furthering their education is what got Brotman interested in joining TFA in the first place.

"TFA's mission really connects with me," Brotman said. "I believe that education is the key to opportunity for each individual and for society as a whole." ■



Sam Brotman has found that working with TFA has become one of the most rewarding experiences as a recently graduated teacher in the program. PHOTO COURTESY OF SAM BROTMAN

War, What is it good for?

The Reiff Center hosts their first speaker of the upcoming academic year.

BY CHRISTOPHER GABRO
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The Reiff Center for Human Rights and Conflict Resolution kicked off the year's program with their first guest speaker, Dr. David J. Lorenzo.

Dr. Lorenzo's thesis started off with a controversial view of influential figures who stand in opposition to war and the categories those influential figures fall into.

He says that this ignited his passion to expose the reflective side of the argument: those who are proponents of war and the different categories those people might fall into.

The most common figures that Dr. Lorenzo examines are presidents, national leaders

and influential figures, such as theologians and public figures in times of conflict in history.

This comprehensive analysis of important figures allows him to draw lines in their style and reasoning for either pursuing or avoiding past wars and conflicts.

Dr. Lorenzo believes that there needs to be a resurgence of dialogue over the matter because the people involved in the matter are of vital importance.

Once a conflict has arisen and the debates surrounding the issues the conflict has created begin, Dr. Lorenzo then systemically creates categories of arguments that the speakers could fall into depending on their debate platform.



CHRISTOPHER NEWPORT UNIVERSITY'S

REIFF
CENTER
human rights & conflict resolution

PHOTO COURTESY OF THE CNU REIFF CENTER FOR HUMAN RIGHTS AND CONFLICT RESOLUTION

During his lecture he mentioned that the creation of these categories is still developing and through further analysis, different types and styles of arguments could arise and the placement of certain figures could be transitioned as needed.

The categories a proponent could fall under are: realistic, nationalistic, and ideological.

These proponents are evaluated based on their debate platforms and opinions given during their public forums.

Whereas, the opponents of the issues and conflicts

could fall under many different categories including: the opposing policy issues to the proponent, those people who are critical of the effectiveness of the policies of the proponent and those who are critical of the assurance of the outside world. ■

“Has the CNU Experiment Gone Too Far?”

CNU has foresaken its mantra of “students first” to see how much it takes to make a name for itself.



DAVID JARMAN
CONTRIBUTING WRITER

As a senior here at CNU, now is just about the time when I find myself constantly reflecting about my collegiate career before setting off to make a small place in the world. Such a reflection came to me as I was sitting on a bench on our school-branded Great Lawn.

As I gazed across our campus and saw my fellow students walking about, I contemplated over CNU’s constant need for more construction. This of course has been an area of concern for many students, including those who have already written a number of stories protesting this.

Make no mistake, I am not seeking to simply complain about the loud noises of the equipment at all hours of the day, the continual presence of green fences, or this university’s desire to “look better.”

However, as many of you may have noticed, the closing of the Collections Area in the Paul and Rosemary Tribble Library seems to have negatively affected CNU and her students more than any other project. Personally, this has gone far enough for me and many of my fellow students.

Perhaps this issue affects me more because I am seeking a degree in English and have a passion for books, but I simply do not understand how students’ limited access to library resources is justified by yet another building project that will act as a symbol of elite, collegiate status.

After three years and three weeks here, I have come to a controversial but sincere conclusion: Christopher Newport University is the very definition of an experiment.

Founded in 1960, CNU (or CNC as it was then known) was a school of modest beginnings. Over the past twenty years or so however, the focus of the school no longer seems to incorporate its own proclaimed message: “students first.”

Perhaps it is because CNU is the youngest comprehensive university in the Commonwealth of Virginia, or because it seeks to make a name for itself, this school has frivolously experimented with the idea of how much money it takes to establish a university.

What I mean to say is “How much time, construction, square feet, and



The closing of the Collections area has placed a stress on available study spaces. BEN LEISTENSNIDER/THE CAPTAIN’S LOG

money does it take to make CNU look as though it is the pinnacle of collegiate learning?”

While I have as much school spirit as any student, I can no longer ignore that it seems absolutely careless to close the nucleus of our university and higher learning in general.

While a bell tower and larger building additions seem excessive, they have not affected students’ ability to learn outright. The closing of the library’s Collections Area however, is the closing of the creative mind in order to construct another façade.

Let me be clear once again, I do not criticize the patient souls that sit at the desks during the long hours of the day, ready to retrieve requested books by the dozen and at a moment’s notice; but twice already I have been denied resources for my research because they

could not be found by the staff while clearly in the online catalogue.

This temporary system also misses the point of research altogether. Like me, many of my fellow students cannot judge which sources are acceptable merely by reading the brief, single sentence descriptions online.

Instead we much prefer to use this as a start, and then peruse the shelves for sources as students have always done in the past.

In addition to the restraint on resources, many students have found a large portion of study spaces sorely missed—you know, the second most important function of any university library.

While they have opened more study spaces in the Freeman Center, it does not take immense foresight to see these spaces will overcrowd during midterm

and final exams.

So there you have it, one swift stroke of the pen and both primary functions of the library are gone.

I am confident that the massive addition to the Tribble Library will look beautiful and impress many prospective students and wealthy donors (a second rotunda ought to really help students research and study better than if the library only had the one).

If Christopher Newport University would like to pretend that students must have a bell tower, numerous building additions, and as much square feet of painted grass as possible in order to succeed, fine; but leave the heart of CNU out of that flawed point-of-view.

The library, the bedrock of educational liberty that nurtures the scholastic mind, and where many of her students call “home.” ■

WEEKLY PUZZLE

Across

1- Songwriters' org.; 6- You ___ mouthfull; 11- They appear before U; 14- Large marine mammal; 15- Belgian painter James; 16- Vane dir.; 17- Swarm; 18- Schooling; 20- Baseball's Mel; 21- Disencumbers; 23- Intolerant person; 24- Leaden; 26- Pals; 28- Dull plodder; 30- Bellowing; 31- Big; 32- Severe; 33- Siesta; 36- Otherwise; 37- Saline; 38- ___ Bell; 39- Gidget portrayer Sandra; 40- Assumed name; 41- Wards (off); 42- Ph.D. hurdles; 43- Soak; 44- Snappy comebacks; 47- Destitute; 48- 1985 Kate Nelligan film; 49- Anderson of "WKRP in Cincinnati"; 50- Student stat; 53- Denial; 56- Twilight; 58- Court fig.; 59- Concerning; 60- Soul mate?; 61- PBS supporter; 62- Flat shelf; 63- French beans?;

Down

1- Horton Hears ___; 2- Ammo; 3- Shire, Breton, or Irish Draught; 4- City official: Abbr.; 5- Nobility; 6- Squalid; 7- No ifs, ___...; 8- Terre Haute sch.; 9- Dwarf with glasses; 10- High-spirited horse; 11- Prevail; 12- Hair net; 13- Camp sights; 19- A wedding cake may have three of these; 22- "___ had it!"; 25- Boundary, WWE wrestler; 26- Worries; 27- Actor Calhoun; 28- Dog-powered snow vehicle; 29- Story; 30- World book; 32- Leaves port; 33- Female goat; 34- Electrically versatile; 35- Fancy-schmancy; 37- Bed support; 38- Prepared to drive; 40- Showing up; 41- Cargo; 42- A Chaplin; 43- Lair; 44- V-shaped fortification; 45- Select group; 46- Seed covering; 47- Nick of "Cape Fear"; 49- Singer k.d.; 51- Trim; 52- Tsp. and tbsp.; 54- The loneliest number; 55- Marry; 57- Shelter;

BESTCROSSWORDS.COM

Free speech at CNU

Given CNU's yellow light assessment by the Foundation for Individual Rights in Education, the school needs to provide unconditional protection for freedom of speech.



MORIAH POLIAKOFF
STAFF WRITER

In April 2016, Gallup released its survey of free expression on campus. It reported 54 percent of college students say that the climate on their campus "prevents some people from saying what they believe because others might find it offensive" and 27 percent thought "colleges should restrict political speech if it gave offense."

This discouraging response may be the result of restrictive speech policies at many institutions of higher education across the country.

I spoke with CNU sophomore Daniel Glenn, a Center for American Studies

Junior Fellow, about his view of the role of free speech on college campuses. He referred to former Supreme Court Justice Oliver Wendell Holmes concept of the "free marketplace of ideas," an analogy that argues free speech is like a free market economy in that it promotes competition among ideas in free, transparent public discourse.

Glenn adds that "coddling students from ideas that might offend them or make them uncomfortable would oppose that free marketplace idea."

I also spoke with Dr. Michael Poliakoff, president of the American Council of Trustees and Alumni, a non-profit that works with alumni, donors, trustees, and education leaders across the United States to safeguard the free exchange of ideas on campus.

"Free speech enables free inquiry, which is the oxygen of human progress," he said. "And if educators are not committed to human progress then they are not really educators, they are idolaters who worship past and present understanding with the presumption that they have it right for all time."

Where does CNU falls along the spectrum of free speech?

The Foundation for Individual Rights in Education, a non-profit whose mission is to "defend and sustain individual rights at America's colleges and universities," offers the Speech Code Rating System database.

This database labels 400 universities with a red, yellow or green light to signify FIRE's assessment of the degree to which free speech is curtailed at each institution.

FIRE gives CNU a yellow light, meaning its "policies restrict a more limited amount of protected expression or, by virtue of their vague wording, could too easily be used to restrict protected expression."

None of CNU's policies substantially curb freedom of speech, but they are not unconditionally protected either.

As colleges and universities around the country continue to limit the free exchange of ideas, CNU must decide whether it will follow suit or stand up for the First Amendment rights of our students, faculty, and staff. ■

CAB Presents: Tyler Boeh



Comedian Tyler Boeh tailored his stand-up to CNU students by commenting on the cleanliness of campus in which he said "It looks like A Home Depot Garden Center threw up on it." He also discussed the idea of adding a millennial arts program. "They should have a millennial arts program. History 252...you know, pics or it didn't happen." Part of this addition would include a history course dedicated to memes. ALL PHOTOS BY MACY FRIEND/THE CAPTAIN'S LOG

Comedian Tyler Boeh brought a mix of beatboxing, encouragement, history and wit to his stand-up show, sponsored by CAB.

BY MACY FRIEND
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Campus Activities Board (CAB) hosted comedian Tyler Boeh last Thursday in the Gaines Theater.

With a crowd of about 70 students, Boeh brought the appropriate amount of energy and enthusiasm to the stage, which he attributed to his consumption of a couple Red Bulls before the show.

CNU was one of Boeh's stops during a tour he is currently on where he visits 35 schools, most being in the northern plains region. "I'd love to perform in every state and I think I've performed in 34 or 35 at this point," Boeh said.

One of the ways in which Boeh kept up the energy throughout his stand-up was through his beatboxing. He shared with the audience that he was one of the first members of his a capella group at the University of Oregon, where he was the group's vocal percussionist.

Throughout his show, Boeh showcased both his comedic and musical skills, incorporating beatboxing into his stand-up.

Near the end of his performance, Boeh opened the floor to questions, which ranged from "What's your favorite food?" to more serious and personal questions like, "Do you have kids?"

Boeh expressed the same personal interest in the audience, asking multiple students what they are studying at CNU.

When asked what he was studying, one student said Theatre. Boeh responded with "They say 'study what you love and you'll never work a day in your life,' because uh, yeah, you won't be able to get a job with that."

Following this sharp joke, there was laughter all around the Gaines Theater while Boeh assured the student that he would "do fine" and that he "seemed employable."

Jokes aside, Boeh encouraged students, especially freshmen,

to enjoy college and to experience it to the fullest, by doing things like studying abroad and joining clubs.

Boeh had conversations with many students through his Q&A session and offered to spend time with anyone after the show, answering questions and taking photos.

His interest in the audience was nothing short of genuine and it allowed for about 20 minutes of interaction time after his hour long stand-up.

"It's about trying to connect with the audience and I love doing college shows because the students have such great energy and are always really fun," Boeh said. ■



Boeh ties history in with this stand-up, which worked well since he was visiting a historical area. "I'm staying at the hotel near the Patrick Henry Mall. Which of course, you would know. He's the famous patriot who was known for saying 'Give me liberty or give me deals.' Yeah, he's really stoked to have his name slapped on an Express and a Chipotle."

Crowd inter-
cussed colle-
new things a
ence. Here, B
six a capella



action was an integral part of Boeh's stand-up and he dis-
ge life with the audience, giving advice about how to try out for
and encouraging them to make the most of their college experi-
Boeh addresses a student, telling her to try out for one of CNU's
groups after she says she can sing.



Boeh discusses the creation of eye patches and how he had to wear one as a kid due to a lazy eye. After he delves into
the history behind eye patches (a History major in college, Boeh includes the subject in his stand-up), he mimics what
pirates must have had to deal with when their parrots would poke their eyes out, thus the creation of the eye patch.

*“Are you some kind of Facebook
Jehovah’s witness? Bringing
people into the flock, knocking
on doors Saturday morning like,
‘Have you heard about our lord
and social-networking savior
site Facebook? You haven’t? Well
can I read to you from the book
of Mark...Zuckerberg? It says
that ‘Mark who so loved the
world gave his only begotten
webpage to whoever should add
him should not perish but have
everlasting friends.’ That was
posted by John at 3:16.”*

*–Boeh, on the pressures of
conforming to social media pressures*



Having beatboxed in college, Boeh brings it into his stand-up throughout the performance. Here, he demonstrates his
beatboxing skills and explains how techno music takes too long (nine minutes) to build up to the bass drop.

*“My favorite laugh is a sigh laugh. It’s like, instant reminiscing like they
just remembered....‘Remember that joke I was just laughing at?’”*

*–Boeh, after he made a joke about dubstep that resulted in a snort laugh from an
audience member*

Women's teams dominate competition

CNU women's soccer starts their season with four straight shutouts, placing them in great rankings leading into their Capital Athletic Conference schedule.

BY TARYN HANNAM-ZATZ
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The women's soccer team added another win to their record over Wheaton College on Sept. 10, making their record a 4-0 start to the season.

It was a back and forth game but in the second half, sophomore, Taylor Hudgins scored the goal that would earn the Captains the win. The team has three shutouts so far this season and is on the prowl for more.

Hudgins played strong in the midfield all night, waiting for an opportunity to score. After a pass from her teammate, sophomore, Gabby Gillis, Hudgins faked and then took a shot at the low corner of the goal.

The ball went right past the Wheaton goal keeper and Hudgins put a point on the board for CNU.

It was Hudgins' first goal of the season and second career goal.

The Captains had the opportunity to score when freshman, Carson Pokorny, made a crisp pass to the middle, but the ball was saved by Wheaton goalie, Kathryn McGregor.

The Captains kept Wheaton on their toes as they kept up the

pressure and took some close shots. The Thunder defense began to play out a little bit more as they noticed time was running out and they were still down one goal.

CNU goalie, Carly Maglio secured the shutout by making three saves from just three shots on-goal from Wheaton.

The game finished with CNU out-shooting Wheaton 20-9.

Hudgins had six shots and Pokorny and Kimmie Kerstiens both had three shots.

The Captains defense was led by juniors, Danielle Pratt and Kira Warner, as well as freshmen, Keiley McCarthy and Shaye Doherty.

The defense led the second half of the game not allowing a single shot on goal helping to lead the Captains to their third shutout and fourth win of the season.

Off to a great start in their season, the Captains will once again face the Virginia Wesleyan Marlins (1-2-0) Wednesday Sept. 14.

Kickoff will be at 7:00 p.m. The teams have already played three times in each other's tournaments and the Captains will come out fighting hard to advance to a 5-0 start to the season. ■



Seeing action in all four games of this season, sophomore Abby Cryts has a total of four goals while receiving 171 minutes. BEN LEISTENSNIDER/THE CAPTAIN'S LOG

Cryts scores game-winning goal against DePauw to add to the field hockey team's successful two-win weekend in Kentucky.

BY TARYN HANNAM-ZATZ
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The field hockey team pulled out a stunning, late-game victory over DePauw on Sunday Sept. 11 with Abby Cryts scored the game-winning goal in the last couple minutes of the game.

Cryts was set up to score the game-winning goal by her teammates Brittan Muir and Mackenzie Neylon after a stroke with less than four minutes left in the second half.

"Our season has had an incredibly strong start so far. We have an experienced and skilled team," said Neylon.

The Captains won the game 2-1 with Kana Hashigami finding the back of the cage in the first half of the game. The team improves to a 4-0 record with goal keeper, Bailey Lien, making five saves in the game to help the team win.

The team finished the game with an obvious advantage of 13 shots during the game over DePauw finishing with only six shots.

The team also had an advan-

bounds. This key play in the game kept DePauw on their toes.

The game started off slow as neither of the two teams could find the back of the cage until the 14th minute rolled around and Hashigami was able to score the first goal of the game for the Captains.

With just minutes into the second half DePauw was able to get past the Captains defense and score to bring the game to a 1-1 tie.

After halftime both teams came out fighting for blood since it was anyone's game at that point.

The half went by with no one scoring until the last four minutes of the game where Cryts made the game-winning play by receiving an assist from Neylon to put the ball in the back of the net and led the Captains to a 2-1 win over DePauw.

The Captains will be back on their home turf on Wednesday Sept. 14 hosting Randolph Macon at 6:00 p.m. ■

Box Score

Men's soccer

Sept. 7: CNU vs. North Carolina Wesleyan College 6-0 W
Sept. 10: CNU at Norfolk, Virginia Wesleyan College 3-0 W

Women's soccer

Sept. 6: CNU at Fayetteville, Methodist University 3-0 W
Sept. 9: CNU vs. Carnegie Mellon University 2-1 W
Sept. 10: CNU vs. Wheaton College 1-0 W

Football

Sept. 4: CNU vs. Kean University 26-7 W
Sept. 10: CNU at Hampden Sydney 45-27 W

Field Hockey

Sept. 5: CNU vs. Oberlin College 7-0 W
Sept. 9: CNU at Danville, Centre College 3-2 W

Volleyball

Sept. 9: CNU at Huntingdon, Juniata College 1-3 L
Sept. 10: CNU at Huntingdon, Wittenberg University 0-3 L
Sept. 10: CNU at Huntingdon, Carnegie Mellon U. 0-3 L

"Our season has had an incredibly strong start so far. We have an experienced and skilled team."

*- Mackenzie Neylon,
Junior Defender*

tage in having four corners during the game and DePauw only having three.

The Captains played hard for the entire game even from the very beginning when Rachael Allshouse hustled enough to keep a ball from going out of

Kearney's career day

The Captains had a historic day as they dominated their local rivals, 45-27.

BY JOHN RECTOR
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After a pace-setting performance in their home opener, CNU Football put their foot on the gas in their second game against Hampden-Sydney, exploding for 45 points in the road win.

Coming off a win against Kean State in which the Captains dominated on both sides of the ball,

Hampden-Sydney proved to be a tougher challenge. The game was a constant back and forth with seven lead changes in the first three quarters.

Leading the charge offensively for the Captains was quarterback KJ Kearney.

After having a solid, but pedestrian, first game as a starter, Kearney came out swinging in week 2, slicing up the Tiger's defense for 355 passing yards which set a school record.

He was also accurate with the football, completing 80% of his passes and including his first 11 of the game. In addition to throwing two touchdowns Kearney also scored twice on the ground.

Kearney's main weapon once again was senior wide receiver Taylor Loudon. Loudon torched Hampden-Sydney, racking up

KJ's career highs

Rushing Yards : 33 vs. Hampden Sydney

Longest Rush: 13 vs. Hampden Sydney

Rushing Touchdowns: 2 vs. Hampden Sydney

Passing Yards: 355 vs. Hampden Sydney

11 catches for 161 yards and a touchdown. On the ground, Daquan Davis added 85 rushing yards.

Overall, CNU outgained Hampden-Sydney on offense by 200 yards and held the ball for 10 minutes longer.

Despite the lofty offensive numbers, it was the defense that stepped up again to secure a victory for the Captains.

After Justus Drakeford returned an interception for a touchdown last week to give CNU the pull-away score, the Captains defense did it again. Late in the fourth quarter, linebacker B.J. Hill intercepted a pass from Hampden-Sydney which set up another touch-



Quarterback KJ Kearney received all of his career highs in the game against Hampden Sydney, and one of his favorite targets was senior Taylor Loudan (above). BEN LEISTENSNIDER/THE CAPTAIN'S LOG

down from Kearney.

The Tigers' next drive would only last two plays before Brennan Gary intercepted another pass.

This time, the turnover would turn directly into a touchdown as Gary walked into the endzone. That would put the game at its final score of 45-27.

The Captains return home next weekend to play #17 Wesley College. Academic Honors for athletes will be presented at halftime. ■

Brook Byrd living her life to the fullest

In between responsibilities with tennis, Cru, swim and volunteering, Barry Goldwater Scholar senior Brook Byrd maintains a perfect GPA while still finding the time to train for triathlons.

BY SAM CAMILLETTI
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There seems to be nothing that senior Brook Byrd can't do. When she isn't on her way to class or study to maintain her 4.0 GPA, she's on her way to tennis practice... or Cru, or going to swim practice, or on her way to work at the Jefferson Lab, or helping out with REACH, or, after all of that, just hanging out with her friends.

In the midst of this busy schedule, Byrd also earned the Barry Goldwater Scholarship last year, a prestigious award

given to science and engineering undergraduates.

She was the first CNU student ever to win this award. But as Byrd will quickly tell you, accomplishments are just a small part of who she is. "People often look at my life and not understand how I do it all. And that's just it, I could not do it all alone," she said.

"I have a ton of people that have always supported me and are there for me when it counts. I really try not to be defined as a Goldwater scholar with a 4.0 GPA. I just love making people laugh and being a good friend."

Further adding facets to her story, Byrd noted that not many people would guess she loves training for triathlons. This summer, she completed the Boston Triathlon.

"I love the feeling of being in your best shape and testing your body," she said. "Competitive swimming has taught me how to push myself and the value of a hard work ethic."

"Hard work ethic" might as well be Byrd's middle name, but there is a certain grace and warmth she also brings to the table. During the

summer, part of Byrd's time was taken up with coaching swimming, which she has been doing for the past five years.

"I absolutely love working with kids and watching them improve," she said. "I love the families I get to be with and it makes my summer every summer!"

She hopes to one day coach professionally. Her other future plans? Enroll in a Ph.D. program in Medical Physics, an area that is mostly service-oriented.

"I really want my research to help people," she said. All of her actions seem to be rooted in her faith.

"She's kind and has a heart for serving," said junior Emily Munson, a fellow member of Cru. "She radiates God's love." Indeed, one of Byrd's motto's comes from Philippians 4:13, where it states: "I can do all things through Him

who gives me strength".

Some divine strength is evident in her remarkable level-headedness where she can keep everything on track.

Part of this level-headedness is due to Byrd's love of having fun and laughing, even if it's at herself.

Last year, during a presentation she was supposed to give that included free pizza, her presentation text inadvertently changed to Wing Dings. "Thus complex nuclear physics research became hand signs and arrows," she said.

"And as any event at CNU that provides free pizza, there were about 250 students and faculty in the room.

When this happened, I just laughed because ridiculous things like that happen to me all the time." ■

"New Name, Same Games"

Laugh Out, built on the memory of Troupe Called Quest, seeks new purpose and opportunities with the name change.

BY VICTORIA LURIE
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Good things come in dozens: eggs, donuts, rejuvenated comedy troupes....

If you're looking for A Troupe Called Quest, you're not going to find them. What you will find is Laugh Out, a group of twelve students built from the bones of 'Quest prior to this school year. And they'll be back on stage this Saturday with "Laugh Out Presents: New Name, Same Games," featuring the majority of last year's cast, plus a crop of new talent.

The troupe formerly known as 'Quest has their reasons for the ideological and titular shift. "The [old] name was a really bad pun on a nineties rap group; it didn't feel like a real comedy group name, it just felt like a silly pun," says Laugh Out co-director junior Hogan Holt, adding that "with 'Laugh Out,' we went away from silly puns, and many of the members feel like it's an actual name for a real troupe."

Furthermore, the troupe's previous leadership was the only one with a connection to the old name, "and now that he has moved on, it felt strange to be operating under that name," says co-director senior Glenn Abernathy.

Abernathy, who has been with the troupe through all of its names and cast iterations, is looking forward to what Laugh Out will bring to campus. "Having been a teammate with every previous and current member, the thing I am excited for is the level of talent turnover we've had over the last few years. We're really excited about the new members and the growth of members who have been around for a while...everyone in the group is someone I am confident in and have fun performing with." And a strong team dynamic like that is poised to make "New Name, Same Games" a firecracker of a debut.

If you like what you see this Saturday and want to be a part of the fun, be advised that Laugh Out is always looking for new talent. Their subsidiary, the Improv Club, meets every Wednesday in the Crow's Nest. And there's not really an expiration on when you can wow them. "We're always really excited about the idea of new talent, regardless of how we receive it," says Abernathy.

In the meantime, the talent they've already got on tap will be on display Saturday. As their new name implies, come prepared to laugh. ■

Laugh Out's first show will be held Saturday at 8pm in the Gaines Theater.

Benefits of band day

Band Day is an annual recruiting tool for the Marching Captains and it's only a bonus they have fun while they're doing it.

BY KATHERINE GITTMAN
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Some may have heard the Marching Captains throughout the past couple of weeks, whether it was through one of their rehearsals or during last week's football game against Kean University. Be prepared to hear an even larger sound at Saturday's football game against Wesley College. Every year, The Marching Captains host their annual band day where they invite other high school marching bands from the state of Virginia to perform with them.

There are about 300 high school students expected to attend band day on Sept. 17 from Spotsylvania, Massaponax, Garfield, and Matthews High School. With the 300 high schools and the Marching Captains together, there will be a grand total of 517 performers that will perform for both the pregame and halftime shows.

It is always a tradition that the high school bands perform the CNU Fight Song (Go Captains), the Alma Mater, and the Star Spangled Banner during Pregame. For the Halftime show, the high school

bands and Marching Captains will play the Pokemon theme song along with "Bully" by Shinedown together.

A Band Day at CNU is an all-day activity that starts with early morning rehearsals starting with sectionals, then a full band practice, and continues with a dinner right before they march to the field. Throughout the day, the high school bands are given the opportunity to experience marching band in a different way.

"My favorite aspect of Band Day is to see the attitude of high school students transform throughout the day. High school band culture is generally very different from the atmosphere in The Marching Captains. High school bands tend to be very militaristic in their approach to performance", says Dr. John Lopez, the director of the Marching Captains.

That attitude of inclusiveness seems to permeate into all levels of leadership within the marching band. "My favorite part of Band Day is interacting with the high school students," Drum Major Asa Townsend says. "Some of them have never seen a band of 200 members like CNU. A lot of them are pretty impressed, which is a great springboard for talking to them about college-level bands."

Once all of the students arrive to Pomoco Stadium, the high school students are then introduced to what a typical college football game is like for the Marching Captains. "One of the goals of The Marching Captains is to create a great college football atmosphere, and they achieve this by exuding high energy and school spirit throughout the game day," says Lopez. "This energy is contagious, and the high school students by about the second quarter get "bitten by the bug" and begin cheering as loud and proud as The Marching Captains."

Along with the goal of getting the high school students to experience a college game day, Band Day provides two more important goals.

The first goal is to introduce high students to more performance opportunities beyond the high school level. The other goal is to serve as a promotional tool for the Marching Captains by showing high schools students that CNU is one of the most competitive bands in the country.

"You would be very hard pressed to find another university this size that has a band like the Marching Captains," says Lopez. ■



The brass section waits for direction at one of the home football games last year. BEN LEISTENSNIDER/THE CAPTAIN'S LOG

The piano man



Sophomore Alex Bukovich has played piano since he was eight, and he was given the opportunity to perform for Frank Sinatra Jr. **KEVIN SEBESTYEN / THE CAPTAIN'S LOG**

Looking for the next Billy Joel? He's right here.

BY VICTORIA LURIE
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The clatter of silverware, the soft murmur of voices, and coursing underneath it all, the stylings of then-freshman pianist Alex Bukovich. It's a donor reception for the Ferguson Center, and after the CNU Jazz ensemble was double-booked, Bukovich was tapped last minute to entertain the donors before Frank Sinatra Jr.'s concert later that evening.

He is used to playing in the auditory anonymity of wedding receptions where people are too preoccupied to really notice the music, but over the course of the dinner a hostess approaches Bukovich and tells him that not only were the donors listening, but they were impressed.

"The vice president of CNU, Bill Brauer, asked me to perform a solo," Bukovich recalls now. "I did a Chopin piece—not jazz, but still a virtuosic piece that would be kind of showy."

Bukovich buried himself in the music, and when he looked up, Frank

Sinatra Jr. himself was perched against the piano. "He told me 'I haven't heard that piece played that well since Arthur Rubinstein played it.' And [Rubinstein] is a very famous concert pianist, so that meant a lot to me."

Bukovich buried himself in the music, and when he looked up, Frank Sinatra Jr. himself was perched against the piano.

Perhaps the only comparison that would mean more to Bukovich is one to his idol Billy Joel. "I started playing at age eight when I heard the song 'Piano Man' on the radio at a family reunion," Bukovich says. "Everyone

was singing along so I thought I'll just teach myself how to play it on the piano—and on the harmonica too—so everyone could sing along with me."

Billy Joel is definitely one of Bukovich's inspirations, but early on, a competitive edge is what kept him going. "My sister took up piano, too, and I didn't enjoy [playing] piano yet, so it became about being better than my sister." When his sister eventually pursued other interests, Bukovich found that he actually enjoyed what he was doing. In fact, music became his escape once he took up cross country running in high school.

Here at CNU, Bukovich will be rejoining the cross country team this month, as soon as he heals from a pelvic injury. And he's glad to be back because these days, in an interesting twist, running is now his escape from music. "In high school running stressed me out, and music was my escape. Now, running is my escape from music because music is what I have to do."

Bukovich is a double major—piano performance and music composition, and now piano takes up three hours

a day, every day. "Because you're not going to get any better if you don't practice, and your professors can tell if you really practiced or not."

And there's still cross country practice to be had. A typical day in Bukovich's life looks like this: Wake up at 6 a.m. every morning for cross country practice, classes 8 a.m.- 3 p.m. solid because music majors take around eleven classes. Follow that with more cross-country practice at 3 p.m., dinner, and three hours of piano. How does he manage all that? "I ended up buying a Keurig."

Bukovich certainly has the drive to make his dreams come true, so don't be surprised to see him filling concert halls or stadiums (his dream career: The Next Billy Joel).

According to Bukovich, however, "As long as I'm playing I think I'll be happy. I actually gave beginner piano lessons over the summer, and I found myself really enjoying teaching. I'd always been 'Ugh, I don't want to be a teacher,' but it was actually really cool passing down the knowledge I'd obtained from many experienced players." ■

Transfer students : their road to CNU

While most CNU students come in as freshmen, others transfer in and though some find it difficult to adjust to campus life, most remain positive.

BY CALEB SMITH
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For many CNU students, CNU is the only college they have known. Most students come straight from high school as freshmen, but for a few in CNU's student body, they have had experiences elsewhere. Transfer students make up a small portion of the student body at CNU. Many complete associate degrees or a few semesters at other institutions before transferring. Transfer students get a unique perspective of CNU and college life in general as they can compare it to other schools and experiences.

Transferring to any school including CNU can be difficult. Transfer students do not get a welcome week or the enthusiasm that freshmen experience. Many transfer students arrive at CNU as juniors so making friends when they feel two years behind can be scary.

Communication can also be "choppy" between students and the multiple departments at CNU, as junior and first semester transfer student Jordan Marshall explained.

"The hardest part about transferring has been the process itself," said Marshall. "It was difficult to figure out how or where things should be submitted and it seemed like every time I thought I had everything completed, there was something else they needed from me that I had not known about. Since I finished with all of that, starting school and being a CNU student has been great!"

Marshall added that the Transfer Enrollment Office was, "helpful with answering questions."

Entering a new school where students have already formed their friend groups and settled into their college habits can be daunting for transfers.

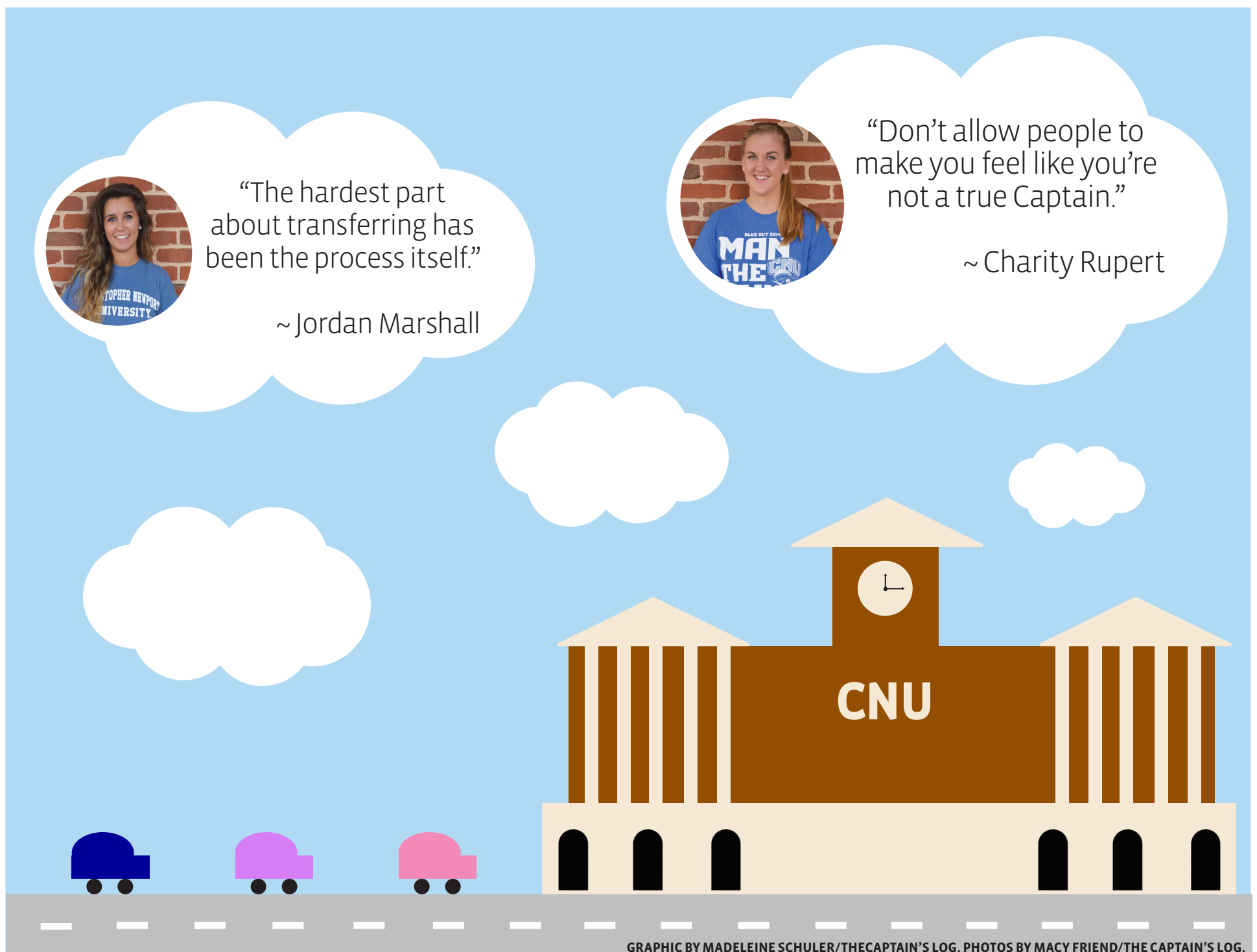
Senior and transfer student Charity Rupert explained

that, "the process was not very smooth. The administration was fine, but actually getting involved and connected to campus and campus life was not easy. It was doable, but I had to go to various buildings and ask many strangers where things were and where I could find information on various topics."

Sometimes transfer students can feel as though they are not true Captains or have missed out on the college life at CNU, but there are many ways for the students to get plugged in and involved. CNU has many clubs and sports teams that transfer students can take advantage of.

Rupert suggested that there should be a club or events specifically for transfer students to meet each other and get involved faster. These clubs and teams can be the ideal means to adjusting to CNU life and making friends.

"Don't allow people to make you feel like you are not a true Captain simply because you were not at CNU from the beginning," said Rupert. "It simply means that you have a wider variety of experience manning different ships." ■



Farmer's market educates and unites the community

Although the dining halls are satisfactory, students sometimes crave something a little healthier, making the farmer's market the perfect stop.

BY CHRISTOPHER WHITEHURST
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Mid-afternoons are often synonymous with nagging appetites. Especially as a Captain, navigating both dining hall times and stacked class schedules can be inconvenient. Luckily for them, Thursday afternoons, on the street between the DSU and York River residence halls, offer an outlet for hunger (see: when hunger meets anger). From 3-5 p.m., every week, CNU's own little silk-road pops up. This recurring event is what the student-run Green Team and faculty advisors have been improving upon for 5 years. It's called the CNU Farmer's Market.

Though Henry the hedgehog or Mr. Hutch the hare is enough reason for this event to exist (yes you can pet cute animals), there is a deep and solid history behind the Farmer's Market.

Back in Fall 2010, sophomores Michael Pistininzi and Laura Hancock met through the demise of an old Ecology club. Wanting to still make positive change, they started with recycling initiatives on campus. They did this under the name of the CNU Green Team. The organization started gaining momentum by taking field trips to local organic farms and volunteering with the Newport News Green Corps. They

began making contacts in the surrounding sustainability community, like Batten Bay Farm in Carrollton, VA.

As the Green Team grew, so did their aspirations. After organizing a showing of the documentary "Food Inc." (a compellingly unflattering look at the American food industry), interest rose in the processing of foods served at campus dining facilities. At that point, "a Farmer's Market was a very next natural step," said Pistininzi.

A natural, but large step.

Insurance policies, among other logistics, had to be arranged. The Green Team was not without help however, as faculty members came to support the proposal. Professors Ben Redekop, Lauren Ruane, and Scott Pollard provided guidance and served as administration liaisons.

"The markets were truly a community effort. There were so many people that contributed to the implementation and sustainability of them," said Hancock. Due to their hard work, the first market was hosted in Spring 2011.

The Green Team now had a structured plan, and in Fall 2011 a total of five markets were held; up from one a semester prior and zero a year prior. "I was by no means the driving force behind the markets.

They were a 100% team effort, with different students taking on various responsibilities required to organize the event," said Pistininzi. It was an example of students rising to the occasion, to make an impact both immediate and lasting.

The vendors who set up their booths each week are equally as important. Vendors in Spring 2016 included Broken Arrows Farm, The Bunny Hutch, Kettle King, NYR Skin Care, Smithfield Orchards, TJ's Homemade Treats, Southeastern Farms, and the STUFT food truck. The Green Team is particular when it comes to selecting merchants, who range from delicious jam vendors to cheesy quesadilla dealers. And one cannot forget Crazy Pops, the gourmet popsicle-stand with flavors like avocado-lime and mango-chili.

Now funded by a grant from the U.S. Department of Agriculture, the CNU Farmer's Market has a mission to educate and a vision to unite. The very existence of the event accomplishes both. Students and faculty alike are reminded of the local community CNU inescapably belongs to. Farmer's markets like this connect people to the sources of their food, something often overlooked in the culture of immediate gratification and ecological disconnect we live in.

The CNU Fall Farmer's Market runs every Thursday until Oct. 27, a total of eight consecutive weeks. Even if your pockets are empty, stroll on out. What you will see is a living example of what happens when our students, faculty and staff unite for a positive purpose. ■

Giving "reaching for the skies" a whole new definition

Sophomore Annelise Overturf took a step closer to reaching her dream of becoming a commercial pilot by receiving her private pilot's license.

BY JORDAN PEARSON
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While some spent their summers adventuring to new places, sophomore Annelise Overturf, made her own adventuring easier to do in the future, by strapping herself in a cockpit and taking to the skies.

"Getting my private pilot's license was the hardest thing I have ever done in my life, but it was also the best decision I ever made," said Overturf.

Overturf has wanted to be a pilot for the majority of her life, her dream job being commercial piloting. "My goal is to visit at least every continent," she said. "Being a pilot makes that goal a lot easier."

When Overturf was seven, her father, a fighter pilot in the Air Force, let her sit in the cockpit of his F-16. She was immediately fascinated and blown away by the possibilities that piloting offered. To her dismay, they were found and since she was not authorized to be in the fighter jet, she was asked to leave.

"From that point on, I decided that the next time I sat in the cockpit of an aircraft, nobody was going to kick me out," said Overturf.

Her dream was ambitious, and it took a lot of hard work. It was a seven-month long process, starting with "ground training," which covers the basics such as airspace rules, all the systems/functions of the aircraft, and emergency procedures. As soon as she learned the basics, she put them to practice in the air with an instructor.

After demonstrating proficiency in all maneuvers, there was a written test, and after a few hours of solo flying time, she was recommended by her instructor to the local Flight Standards District Office to take the final exam, a five hour exam, half which is oral and the other half in the air.

One of the hardest factors to deal with when it comes to flying is the weather. Because Overturf was a private pilot student, it is illegal for her to fly in conditions deemed too windy. She had multiple flights cancelled due to weather, which stretched her five-month course into a seven-month course.

"Although it can be frustrating, I love the challenge," said Overturf. It takes a tremendous amount of perseverance; but the adrenaline rush that comes after suc-

cessfully completing a maneuver is the most rewarding feeling in the world."

Luckily, Overturf has some incredible people on her side. Her father is not only one of her biggest supporters and inspirations, but he is the perfect person to discuss her concerns and excitements with, considering his own piloting experience. Overturf is a part of Gamma Phi Beta and has had her sisters there for her every step of the way.

One of Overturf's favorite quotes by Henry Ford states, "When everything seems to be going against you, remember that an airplane takes off against the wind, not with it."

Her story is proof that no matter how far away your dream seems, or how hard the process is, with a little hard work and passion, it can be successfully accomplished. ■



What was supposed to be five month long process, turned into a longer seven-month journey, which finally paid off when Overturf received her private pilot's license. PHOTOS COURTESY OF ANNELISE OVERTURF



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