



# The Captain's Log

THE VOICE OF CHRISTOPHER NEWPORT UNIVERSITY STUDENTS

@CNUCAPTAINSLOG

WWW.THECAPTAINSLOG.ORG

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## CELEBRATING 60 YEARS OF THE SCHOOL NEWSPAPER



CLOG EDITORIAL STAFF 1997, PHOTO BY TERRY LEE, PHOTO COURTESY OF THE CAPTAIN'S LOG ALUMNI ASSOCIATION FACEBOOK GROUP

### What's Inside

|   |                           |   |  |                 |
|---|---------------------------|---|--|-----------------|
| News<br>President Tribble<br>honored by ODK | Snapshot<br>Veteran's Day | Sports<br>CNU Football<br>Coach Not<br>returning Next<br>Season | Lifestyle<br>How to Keep Warm<br>and be stylish. | A&E<br>Glow 10! |
|---|---------------------------|---|--|-----------------|

November 17  
Percussion Ensemble  
Concert  
Peebles Theatre 8pm

November 18  
Composers' Forum  
Concert  
Peebles Theatre 8pm

November 22  
Chamber Choir Concert  
Peebles Theatre 8pm

November 24-28  
Thanksgiving Break

November 26  
Jason Marz comes to  
Diamonstein Concert  
Hall at 8pm  
Tickets on sale via the  
Ferguson Center website

November 29-December 3  
Last Week of Classes  
Stress-Less Week

November 30  
Jazz in the Nest  
Featuring the Jazz  
Ensemble  
8pm Peebles Theatre

December 2  
Wind Ensemble Concert  
Peebles Theatre, 8pm

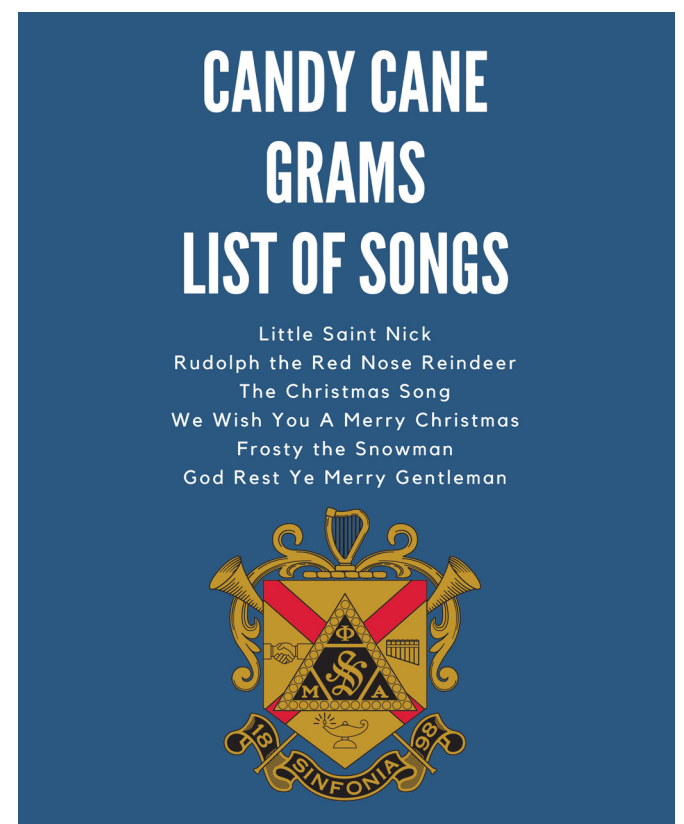
December 6-11  
Finals Week



(ABOVE) COURTESY OF NKE; (BELOW) COURTESY OF PMA



December 12-January 3  
Winter Break

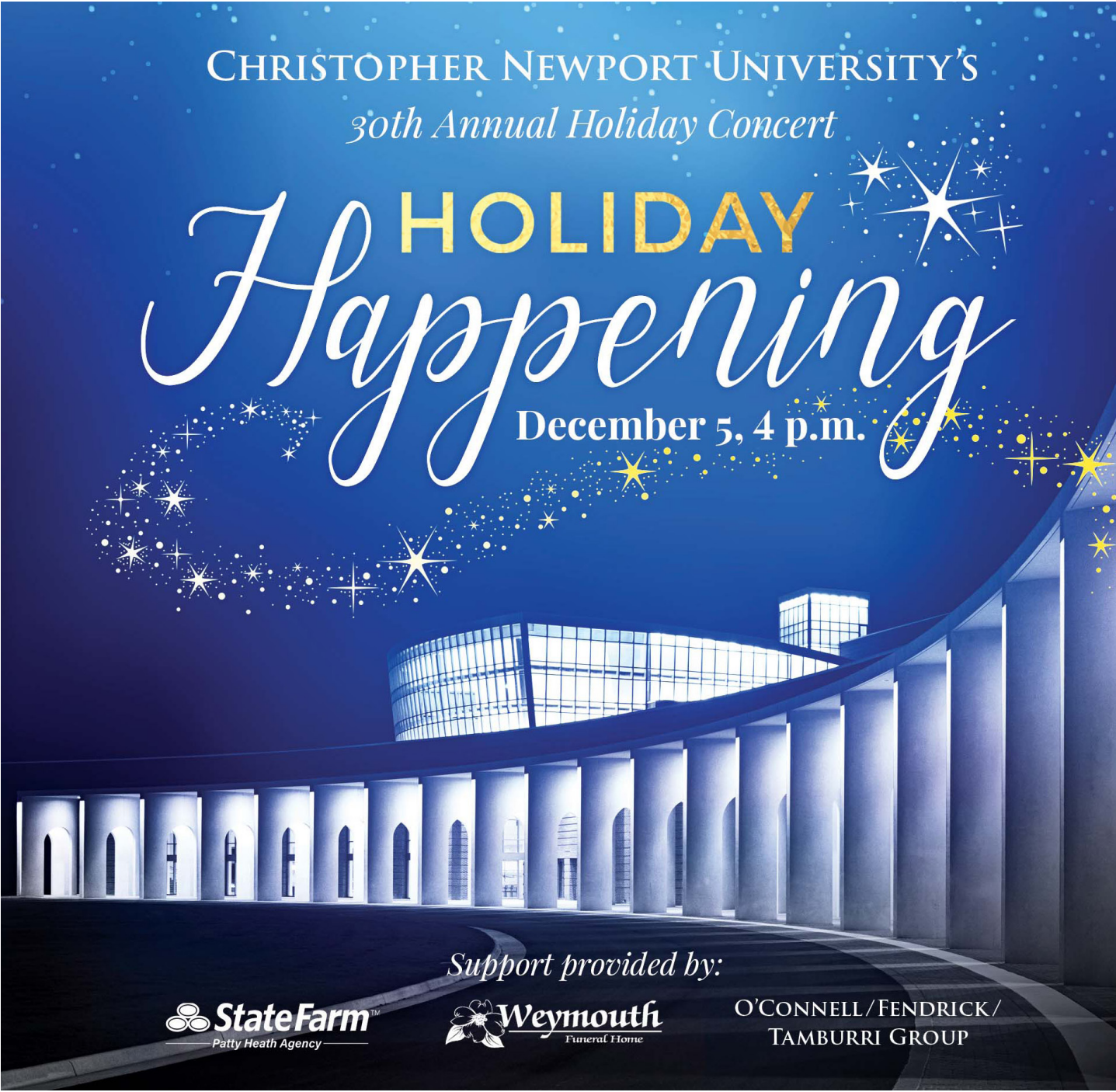


January 5  
First Day of Classes for the  
Spring Semester





COURTESY OF CNU MUSIC & OPCR



After the show the  
Lighting of the  
Tree is happening  
on the Great Lawn.  
This tradition is  
part of the holiday  
season at CNU.  
This event is Free.

Later that evening  
from 9-10:30pm in  
Commons, RHA is  
hosting their  
Pancake Breakfast.  
The proceeds  
benefit Toys for  
Tots

More info coming  
soon



# Omicron Delta Kappa Honors President Tribble

## Tribble receives the Laurel Crowned Circle Award

EVELYN DAVIDSON

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President Tribble was awarded the Laurel Crowned Circle Award on Nov. 1 by the Omicron Delta Kappa Society and Educational Foundation Board of Trustees. Founded in 1914, Omicron Delta Kappa Society is the National Leadership Honor Society at Washington and Lee University. The award highlights collaboration, inclusivity, integrity, scholarship, and service. It is the highest award given by Omicron Delta Kappa.

The award ceremony took place in the Mary M. Torggler Fine Arts Center.

In his speech given at the event, Tribble said, "Our principal purpose at Christopher Newport is to form good citizens and leaders. Every day we endeavor to enrich minds and also stir hearts. We want these marvelous young people to choose to live meaningful, consequential lives. We want them to find their way to make this world a better place. That's what, at CNU, we call a life of significance and that, of course, is the purpose of Omicron Delta Kappa."

He continued, "You see the reason that we do this is that this world desperately needs your best. We need more women and men who will pursue excellence in all things, who possess a passion for engagement, a moral compass to direct and define their lives, and a powerful sense of your responsibility, yours and mine, for making this world a better place. See these things are not spontaneously apprehended, they must be consciously passed on from one generation to another; through the good work of Omicron Delta Kappa, through instructing and inspiring the marvelous young men and women on this campus. You see as college students, you're going to give your lives to something. What will it be? The pursuit of power, position, wealth, fame, fun. None of those things will matter at the end of your days. We were put on this earth to make a contribution, to make a difference, to live a life of significance. That's why we're here." "You see some people dream of success while other people wake up early and work hard to achieve it. The future is with the self-discipline, the person who will work while others waste their time, who will study while others sleep, who will pray while others play. See our lives are filled with opportunities. Most people never recognize events as opportunities because they have no sense of their destiny," Tribble said.

"In everyone's life there are extraordinary moments of opportunity. If you have a clear sense of who you are, what it is you want to accomplish in life, and you can recognize events as opportunities and you can dare to seize them, that's an important, all important element, of leadership. Preparing for the mo-

ment, so that when those moments come, you can seize those moments. Your life will become a great adventure and the world will become a better place."

Tribble stated, "We must believe that everyone who crosses our path, regardless of their rank or their race, have something important to impart and if we are willing to listen, really listen, then great things can happen. That's why the pursuit of diversity and inclusion on this campus, in our community, in our country, is important. You see, the genius of America is that we are this rich mosaic of different colors and hues, different religions, different philosophies, different politics. We must learn to engage each other, learn from each other, and work with each other. There's a tradition on this campus that underscores that point. It's simple and yet profound, it's the speaking tradition. When we walk across this campus we ask our students and our faculty and our staff to look people in the eye and speak and smile and we open doors for each other. It's the courteous thing to do, for sure. A smile will encourage someone, but there's something far more profound than that. You see, if we

walk through life and ignore people, what we're saying is you don't matter, you don't count, I don't care about you. Everyone counts, everyone matters, and we need to care about everyone who crosses our path. We need to honor their humanity."

"We must care more than others think is wise. We must risk more than others think is safe. We must dream more than others think is practical and we must expect far more of ourselves and others than most people think is possible. But above all else, the key to success and significance is the way we choose to live our lives, the choices we make each day, our character. That's why the honor code is so important, that's why we heard the words spoken about Omicron Delta Kappa earlier. Moral clarity is all important, evil is always confusing. There's a right and there's a wrong and it's our job to know the difference. You see, character and honor define our lives, determine who we are and how we choose to live and powerfully shape our ability to lead meaningful consequential lives."



President Tribble holding the Laurel Crowned Circle Award, photo courtesy of cnu.edu



Omicron Delta Kappa logo, Photo courtesy ODK.org



# CNU receives the 2021 PEMS Special Recognition Award

## The University is recognized for its community vaccine clinic

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According to a CNU Newsroom article, the university was recently honored by the Peninsulas Emergency Medical Services Council (PEMS). Steve Pincus '89 and Kevin Brophy '95, two CNU alumni from PEMS presented the university with the 2021 PEMS Special Recognition Award. This award was given to Amie Dale, the Executive Director of University Events and Special Projects; Tammy Sommer, Director of Emergency Management; and President Tribble in recognition of the university's COVID-19 vaccination clinics.

During the award ceremony in Christopher Newport Hall, Pincus, an EMS planner and emergency management coordinator, praised CNU for its cooperation with local government and health and medical services throughout the pandemic. He also acknowledged the university's willingness to provide all the necessary resources for a community vaccine location in the Freeman Center.

"Unquestionably, what you did saved lives," Pincus said.

Sommer and Dale managed the construction and development of the vaccine clinic in the fieldhouse of the Freeman Center and they oversaw the clinic's successful operation. In addition, the Virginia Department of Health, Newport News Fire and EMS, Newport News Public Schools, Peninsula Health District, city of Newport News, York County, York County Schools, York County Fire and Life Safety, and Riverside Health System all contributed to the operation of the clinic at CNU.

Pincus stated, "This extraordinary and invaluable community partnership enabled over 25,000 citizens and visitors including many of the region's most vulnerable to receive COVID-19 vaccinations."



President Tribble holding the Laurel Crowned Circle Award, photo courtesy of [cnu.edu](http://cnu.edu)

Want to write news stories for  
the Captain's Log?  
Contact us at [clog@cnu.edu](mailto:clog@cnu.edu)

# Tragedy Strikes Unexpectedly

## Multiple law suits filed after the deadly Travis Scott concert

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A festival and concert are a place of enjoyment, and many people consider live music a hobby. Unfortunately, this was not the case on Friday, November 5th, in Houston, Texas. At Travis Scott's Astroworld festival, tragedy struck. The event hosted at NRG Park was seen by 50,000 fans Friday night, a sold-out crowd. At the beginning of the concert, people started pushing against barriers at the front and sides of the stage. As the night went on, the elbowing turned to shoving as people were eager to move closer to Scott. Those in the front started to feel claustrophobic, as the barriers were chest high... Individuals were screaming and needing to get the attention of Travis Scott or other security personnel. Unfortunately, Scott never stopped the concert-whether due to a lack of knowledge or ignorance is unknown. This panic and confusion resulted in several severe injuries and nine casualties. According to Texan Hospitals, 28 people have become hospitalized for broken ribs, compression injuries, and other critical health issues.

How does this happen? Attending a concert should not be a death sentence. As fans, you are putting your trust and ultimately your life in the hands of the artist you are seeing. What happened at Astroworld could have been easily avoided by being prepared. Medical staff were scarce and

not equipped to handle the size of the event. Security was also understaffed and unable to perform their responsibilities to the fullest. The company, Live Nation, which was responsible for hiring these individuals, has had countless other incidents and a total of 200 deaths and 750 injuries at their events. As of now, there is a criminal investigation ongoing to determine the verdict on this horrific occasion. Travis Scott released an apology video on social media Sunday Night. The video was one minute and thirty seconds long, and many listeners thought it was a simple and superficial apology. However, Scott will be paying the funeral costs for those who died at his concert. As of now, Live Nation Entertainment and promoter ScoreMore Holdings have been sued.



PHOTO COURTESY OF THE DAILEY NEWS

# On the Outside "Sleepless" Single

## Country Pop Boy Band heading into a new Chapter in their Career

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For the first time in a few months, the country pop boy band, On the Outside, which is made up of five members, Jon Klassen, Andrew Bloom, Devin Hayes, Samuel Jenkins, and Dawson Huckabee, and been described in the press as "if One Direction had a love child with Dan & Shay" released a new single on Nov. 12.

The single, called Sleepless, was released to celebrate the band going into a new chapter. It is about giving yourself to someone to the point of utter selflessness and sleeplessness.

Now entering into three years, this single is the first to come from their new home in Nashville, which they moved to over the summer from Los Angeles. Sleepless is available on all music platforms TODAY, among other original songs like "Just Keep Driving", which is about keeping going when things get tough; "How Beautiful", which is about the true inner beauty we have and how our insecurities just makes us unique; and "When Two Lips Collide", which is about opening your heart to love and being vulnerable.



ON THE OUTSIDE SLEELPNESS SINGLE. PHOTO COURTESY OF APPLE MUSIC  
GROUP PHOTO COURTESY OF ZO MAGAZINE



# Dancing With The Stars Finale is Approaching

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ABC's "Dancing With The Stars" 30th season is soon coming to an end as week 8 determined which contestants will dance in the Semi-Finals. The particular show was dedicated to Singer Janet Jackson where all contestants were required to perform two dances to Janet Jackson hits and wow the crowd, or risk getting eliminated.

At the end of week eight's show when all the scores and votes were counted, professional dancer, Val Chmerkovskiy, and Youtube influencer, Olivia Jade, were eliminated from the competition after having the lowest combined performance scores and votes. The couple danced the Argentine Tango and finished with a score of 36/40, although good scores do not guarantee safety as the competition gets harder each week. That being said, Jade and Chmerkovskiy were not the only pair to be eliminated on Monday.

It was an emotional night for the judges as they had the final say on which final couple was moving on to next week's competition. After a tough decision, the judges chose to save actor Melora Hardin and dancer Artem Chigvintev, eliminating dancer Emma Slater and singer Jimmie Allen. Allen and Slater danced the Cha Cha and came out with a score of 32/40, one of the lowest scores of the night. Although the show unfortunately said goodbye to these contestants, it continues and intensifies as the competition gets harder each night. Performer and social media star Jojo Siwa and dancer Jenna Johnson continue to amaze the crowd with their incredible performances every single week, not to mention they are the first same sex team ever on "Dancing With the Stars". The two have made history on the show. Olympic Gold Medalist Suni Lee will also move forward to the Semi-Finals with dance partner Sasha Farber; the team danced the Samba on Monday with a perfect score and have had impressive performances throughout the whole season. Melora and Artem are advancing to next week's show as well. The other teams that will be continuing on in the competition are actor Cody Rigsby and Cheryl Burke, actor and fitness enthusiast Amanda Kloots and Alan Bersten, and basketball player Iman Shupert and Daniella Karagach.

The Semi Finals premiered on Monday, Nov. 15th on ABC and was a double elimination at the end of the night. Advancing to the finals was Jojo Siwa and Jenna Johnson, Iman Shumper and Daniella Karagach, Cheryl Burke and Cody Rigsby, and Amaanda Kloots and Alan Bersten.

# 10 Years of Glow

## Glow in the Darcapella celebrates their 10th annual show

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This past weekend, Glow in the Darcapella celebrated its 10th annual show with performances by all six on campus acapella groups. The energy was high and ticket availability was low. Those who were unable to attend truly missed out on this real life Pitch Perfect experience. The hip-hop dance group, Hypnotic Control, gave an epic performance that hyped up the audience. It was a great way to kick off this fan favorite event. They wowed the crowd with their talent and incredible dance moves.

There was not a dull moment during the concert with Derrick Pough Jr. and Jared Vaughn as the MCs. They made sure the crowd stayed entertained (and that the old folks and babies stayed awake) even between sets. Derrick and Jared had countless jokes and were a great dynamic duo. They kept everyone laughing throughout the entire show.

Expansion A Capella is the only all male group a capella group and were the first to showcase their talent at Glow. Their set included covers of "Viva La Vida," "Someone You Loved," and "Take Me Home, Country Roads." Following Expansion was the Newport Pearls, one of the all female groups. Rylee French, a member of the Pearls, says that they sang "Put Your Records On" by Corrine Bailey Rae because the Pearls sang it at the very first Glow in the Dark Capella - this was to honor the 10 years of Glow. Take Note was up next. They had the crowd laughing at their Wii themed intro video. Right before intermission, a few members of the groups showed off their incredible beatboxing skills. Everyone was amazed by this jaw dropping talent.

Extreme Measures were an amazing start to the second half of the show. They sang covers of "Watermelon Sugar," "Baby in Blue," and "Rocky." Following them was Trebled Youth with covers of "Levitating," "Till Forever Falls Apart," and "Ain't it Fun." University Sounds ended the concert with their high energy through "Take On Me," "Stupid Deep," and "Love Me Less."

This show was truly incredible. Those who went are already getting excited for next year's Glow and those who didn't should definitely plan to attend in the future.



PHOTOS COURTESY OF THE CAPTAIN'S LOG



# BYE BYE BYE CNU FOOTBALL STAFF

## After quite the intense yet loss-laden season, changes have to be made

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After five less than stellar seasons, Kyle McMullin, the Director of Athletics at Christopher Newport University, announced on Sunday, November 7th, that the current head football coach, Art Link and his crew will not be moving forward into the Fall 2022 football season. As the current 2021 season recently came to a close, Coach Link and his staff were successfully able to lead the CNU Captains to victory during their game against Rowan University. With a score of 35-32, it's easy to see how close CNU almost came to another loss if it wasn't for the last minute touchdown scored by Sophomore wide receiver No. 7, Michael Bailey. After an embarrassing loss of 84-14 during Christopher Newport's Homecoming, this season-ender's

win was well-needed.

Looking back on the season as a whole, the Captains seemed to have their ups and downs before ultimately producing a 5-5 win-loss record. With another average season added into the history books of Christopher Newport's sports department, previous seasons have followed in an eerily similar manner. Ever since being named the new head coach in early 2017, Link has guided the team into a compiled 19-22 record across his four full seasons tenure. It should also be noted that the Fall 2020 season ended up being only two games long due to the concerns surrounding the Coronavirus pandemic. Historically, Coach Link's only winning football season was in the 2018 season, when the Captains finished with a record

of 7-2.

McMullin has also stated that a nationwide search will commence as soon as possible for a new head coach and a newly invigorated coaching staff. Until then, current recruiting coordinator and assistant coach, Paul Crowley, will take the reins as the interim head coach until the position can be fulfilled. Interestingly, Crowley was a first-team All USA South center for the CNU captains. As a former Christopher Newport University player, Crowley played from 2005 to 2008. The Virginia Beach Native was also a first team All-Virginia nominee within Division II-III of college football.

This will surely shake-up the core of the lackluster football team. Hopefully, this change in sports leadership and direc-

tion will result in more hype, pride, and most importantly, consecutive winning seasons for years to come. Surely, CNU is going through a wave of change!



PHOTO BY THE OPCR

# Odell Beckham Jr. Dropped From The Browns

## Looks like the Wide Receiver bites the dust...again!

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On Friday, November 5th the Cleveland Browns General Manager Andrew Barry made an announcement claiming that the Browns have released wide receiver Odell Beckham Jr. Barry mentioned that it was best "if the team moved on without Beckham." It has been mentioned that Odell did not get along well with the Browns quarterback Baker Mayfield. Beckham's father posted videos on his social media explaining that Mayfield would never pass the ball to him on the field,

even when he was wide open almost every single time. His father stated that Mayfield was either "hating on Odell or he just didn't want him shining." During the most recent Browns game against the Pittsburgh Steelers, OBJ only had one 6-yard catch, and the Browns ended up losing 10-15. There are many celebrities supporting Odell in the process, one being NBA basketball player LeBron James. James tweeted "OBJ will show again why he's special." Odell played with the Browns starting in 2019 (one of

those seasons being injured) after playing for the New York Giants for his first four pro years. Beckham finished his time in Cleveland with 29 games, 144 receptions for 1,586 yards and seven touchdowns. On November 11th, The Los Angeles Rams released a statement saying that they signed a one year deal worth up to 4.25 million with Beckham Jr, and a 500k signing bonus. According to NFL sources, Beckham was deciding between two teams to sign with, either the Los Angeles Rams or the Green Bay

Packers. The Rams winning projection for the remaining season has increased to 12 games even since Beckham Jr. was signed on Thursday.



PHOTO COURTESY OF ESPN



# NFL Moment: The Three Teams with the Best Records

## Who will reign supreme?

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Three NFL teams stand out from the others at the end of week 10, and they're the three teams that share the best records. The Tennessee Titans, the Green Bay Packers, and the Arizona Cardinals are tied with eight wins and two losses, outperforming arguably favored teams such as the Tampa Bay Buccaneers and Kansas City Chiefs. But could one of these teams keep up this record, make it through the playoffs, and come out on top of Super Bowl LVI?

It depends on the team.

The Cardinals are by no means a bad team, but I can't help but wonder if their semi-easy schedule thus far has contributed to their ongoing success. After all, they've had the challenge of going up against the Browns, Jaguars, and Texans. And while the Vikings and

Rams aren't as easy of wins, the Cardinals so far failed to show they can outperform the more realistic playoff threat they played, Green Bay. Not to mention the concerning 34-10 loss against the Panthers, given that Carolina hasn't exactly been a powerhouse this season. It certainly would not be impossible or even all that surprising if the Cardinals stepped up to the challenge, but I'm not placing any bets on that occurrence. If they show they can hold off against the Rams a second time and the Cowboys when they play them, I'd be a bit more inclined to count them in as a real competitor, but that just isn't a reality for me at this point.

I'm even more hesitant about the Titans. The Tennessee team has scored

some impressive victories this season, including over the Bills, Chiefs, and Saints. But they also lost to the Jets and the Bears, which are the two teams they should have absolutely beaten with no questions asked. This weird record keeps me questioning about the Titans. They've clearly shown they have the capability to execute successful strategies, but they've also shown an aptitude to throw away winnable games. I don't want to throw my ring into the hat for the Titans until I see they've straitened themselves out a bit more, because stupid mistakes like the ones they've made aren't going to work out in the playoffs.

I can, however, get on board with the Packers. Their season opener threw me a bit, as they lost 38-3 against the Saints,

a notably good team, but not a team to lose by 35 points to, especially if you're number one in the NFC North division. But the Wisconsin team has only lost once since then, and it was when their star quarterback Aaron Rodgers was placed on the COVID-19 list and couldn't play, and they versed a solid team in the Chiefs. They've been one of the most consistent, successful, and promising teams in the NFL this season, and as long as they hold out against the Rams and Vikings, I'm ready to keep my eye on them as they head into the post season.

What's happening soon in Sports:

November 27-30\*

\*Games listed are happening at CNU

November 27th:

Men's Basketball  
CNU/Holiday Inn  
Invitational:  
CNU v. New Jersey City  
Time: 2:00pm

Men's Basketball  
CNU/Holiday Inn  
Invitational:  
CNU v. Alvernia University  
Time: 4:00pm

November 28th:

Women's Basketball  
CNU v. Franklin and  
Marshall College  
Time: 2:00pm

Men's Basketball  
CNU/Holiday Inn  
Invitational:  
CNU v. Randolph-Macon  
College  
Time: 4:00pm

To look at events for future weeks visit [cnusports.com](https://cnusports.com) for the calendar.



TOP: ARIZONA CARDINALS LOGO PHOTOS COURTESY OF ESPN

TOP RIGHT: GREEN BAY PACKERS LOGO PHOTO COURTESY OF NFL

BOTTOM RIGHT: TENNESSEE TITANS LOGO COURTESY OF ESPN



# Festive Seasonal Scents

## The Best Bath and Body Works scents for the Holiday Season

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It's the middle of November, which of course means that it's almost time or perhaps already time for Christmas music, gift shopping, and putting up festive decor. Wreaths are hung on front doors, Christmas music is playing in all the stores, and people are already in search of special gifts to give to their loved ones. Another way to get into the Christmas spirit is through festive aromas! Who doesn't love lighting a scented holiday candle or spritzing themselves with a cheery holiday scent? There are a lot of scents that probably come to mind when you think of the holiday season. Perhaps, you think of fresh gingerbread, sweet sugar cookies, or a steaming mug of hot cocoa. Chances are, whatever scent you think of, Bath and Body Works has a product in

that scent. These products make a perfect Christmas gift, or you can buy it as a treat for yourself. So here are a few really good winter scents that you can get from Bath and Body Works:

**1. Winterberry Wonder**  
Winterberry wonder has the crisp, sharpness of a cold winter evening, but also a warm, festive, and fruity aroma. Each fragrance mist has fragrance notes listed on the bottle. According to the bottle, Winterberry Wonder smells like ruby frost winterberry, sparkling cranberry, and crystal vanilla. This scent is sold as a body cream, hand cream, and fine fragrance mist. The purple packaging is also really cute and classy looking.

**2. A thousand Christmas wishes**  
This scent is like the holiday version of the non-seasonal scent, A Thousand Wishes. It has a very deep, pleasant scent and it is kind of similar to Winterberry Wonder. The main difference is that it doesn't have as strong of a floral, fruity tone. The fragrance notes say that this scent is a combination of pomegranate prosecco, sweet elderberries, star jasmine, and sugared woods. Based on the Bath and Body Works website, this fragrance is only available as a mist.

**3. Winter Candy Apple**  
This fragrance has a strong and very sweet candy scent. As the name suggests, it smells just like candy apples. The fragrance notes state that it smells

like candy red apple, winter rose petals, candied orange, maple leaf, and fresh cinnamon. This scent comes in a variety of different formats. There is a candle, body butter, soap, bubble bath, hand cream, and hand sanitizer. So if you know someone who really enjoys this scent, then you could make a whole gift basket of different Winter Candy Apple products.



PHOTO COURTESY OF LOGOS-WORLD.NET

# Stir Fry Recipe

## An easy meal for those learning to cook

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**Ingredients:**

- ½ Onion Slice
- 1 garlic clove cut
- 2 Chicken Thighs deboned and cut into bite size pieces (Or any meat you liked to cook)
- 6 or 8 Baby Portabillo mushrooms, sliced or diced
- 1 Green Zucchini sliced
- ½ cup Spicy Brown Mustard
- 2 tablespoons of Soy Sauce
- Salt
- Black Pepper
- Paprika
- Cayenne Pepper
- Ramen Noodles
- Cooking Oil

Note: You can add more or less with ingredients. Add carrots or broccoli as well. Don't have to use Chicken Thighs but use beef. Adjust time of cooking depending on the ingredients.

**Equipment:**

- 12 Inch Deep Skillet with Lid

**Steps:**

1. Get a large bowl and put the onion slices, garlic clove, and chicken thigh pieces in there. Then sprinkle some Salt, Black Pepper, Paprika, and Cayenne Pepper. Then pour the spicy brown mustard and soy sauce into the bowl and begin to mix all the ingredients together. Add more spices, salt, mustard, or soy sauce if needed. Cover in plastic wrap and place in the fridge. This is marinating the chicken till we are ready to cook. Usually do this about an hour or two before cooking.
2. Get your 12in Deep Skillet and coat it with cooking oil, I usually use olive oil, but any cooking oil will do. Turn your stove top to a High or Nine and let the oil warm up for about five minutes.

3. When the oil is warm enough, turn your stove down to a medium heat or a seven/eight on the dial. Take out your marinating ingredients and with a wooden spoon or plastic spatula, pour the ingredients into the skillet. Let this cook till the onions are a bit brown or let it cook for about three to five minutes.
4. Turn the heat to a High or a nine on the dial and put in your sliced zucchini and mushrooms. Then pour about ¼ cup of water into the skillet and cover with a lip. Cook for about fifteen minutes, stirring occasionally, and adjusting the heat from High to Medium or from Nine to Seven on the dial.

5. Once the fifteen minutes are up or the zucchini and mushrooms are cooked. Push everything to the side and pour about ½ cup of water into the skillet. Add your ramen noodles into the middle area and close the lid. This is letting the noodles cook. Check on the noodles occasionally, opening them up when they are soft and mixing them together with the dish.
6. After the noodles are cooked, turn off the heat and you can either serve it hot or let it cook down for about 2 minutes before serving.



PHOTO COURTESY OF THE CAPTAIN'S LOG



# CAB Movie Night

## A Good Time to See *Ferris Bueller's Day Off*

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On Nov. 12 and 13, CAB (Campus Activities Board) put on a movie night in the Gaines Theater which started at 9 pm and ended at 10:45 pm. They played *Ferris Bueller's Day Off* (1986). Outside of the theater, there was a popcorn machine and a table where CAB had some merch such as slinkies. I picked up one of the slinkies for myself. On Nov. 13, not many people were at the theater, which is understandable, as not too many people want to go out on a cold evening.

As for the movie, *Ferris Bueller's Day Off* is a classic comedy for a reason, and it did not disappoint. *Ferris Bueller* (played by Matthew Broderick) skips school for a day and has a wild adven-

ture with his girlfriend Sloane (played by Mia Sara) and his friend Cameron (played by Alan Ruck). *Ferris'* sister Jeanie (played by Jennifer Grey) and the school principal (played by Jeffrey Jones) have their own side plots as well. It's a very eighties movie, and I mean that in the best way possible.

Everyone in the audience, including myself, had a good time watching the movie. We all got a few good laughs out of the movie due to the crazy antics from all the characters in *Ferris Bueller's Day Off*. It felt like a regular old movie night, and that's just what we need right now. All of us are stressed out due to so much work, and it was nice to take some time away from schoolwork to do something fun.

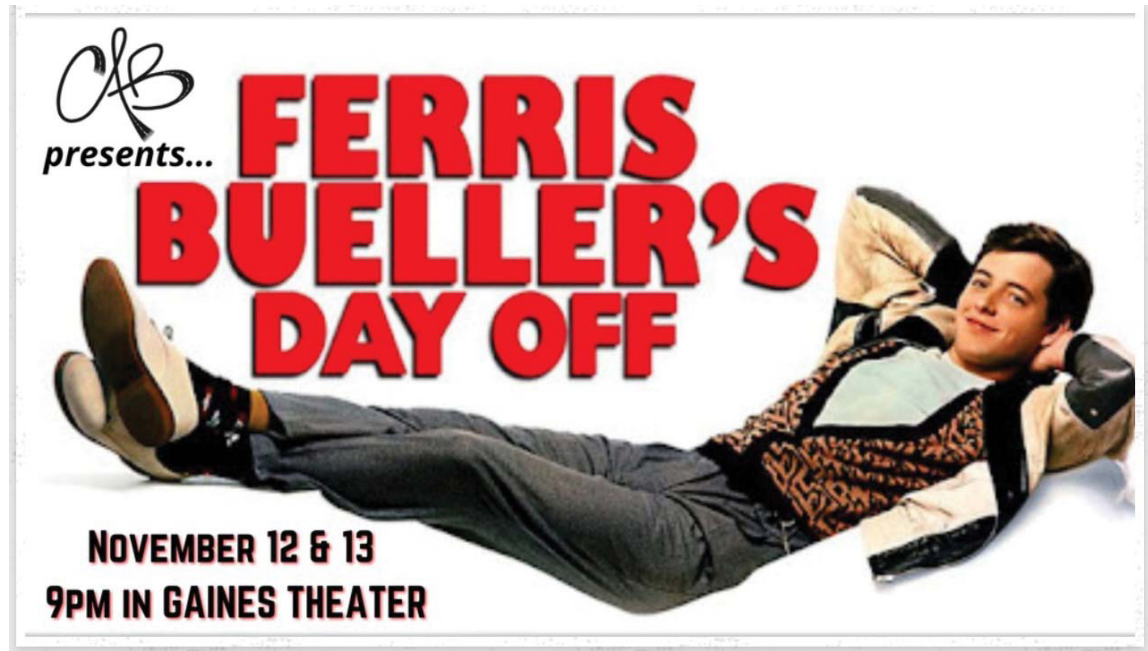


PHOTO COURTESY OF CAB

# What to Wear: Fall Edition

## How to keep warm and look cute at the same time

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It finally feels like fall now, the time to drink hot chocolate and see the leaves on the trees change color. And after such a warm summer, it feels so good to put on a pair of jeans and boots once again. In this article, I will give you the staples in any closet needed for the fall weather.

### 1. Some good, sturdy pairs of boots

We all have to walk everywhere on campus, and flimsy shoes won't help you keep out the cold and the weather. Tall, knee-length boots and ankle boots are popular among girls, while the guys like to wear boots from Nike or Timberland. These are the kind of shoes that will last a long time.

### 2. Some dark colored jeans

Jeans are a staple item in anyone's closet for the fall and winter, and dark colored jeans are the best. They can hide stains easier, look good with every color, and can help keep you warmer. I know I wear mostly dark colored jeans myself and am never afraid of looking the worst while wearing a pair.

### 3. Comfy sweaters

Everyone likes to wear sweaters when it's cold outside, and there's no item of clothing out there that's better than a comfy sweater. It's also good for creating a professional look if necessary. I've worn sweaters sometimes as a way to look nice without having to really dress up. Look nice and be cute all at the same time!

### 4. Cute hats

Hats are one of the best ways to keep your ears warm in the



cold and covered in case of bad weather. There are so many styles of hats out there that it can be hard to pick a favorite. For most people, cute hats usually entail bright colors or a little decoration on the top.

### 5. Warm jackets and coats

Jackets and coats are great during this time of year because of the chills, either by

the temperature or by the wind. If you want to stay fashionable, there is one pattern to use, the Flannel. It is the quintessential style to wear during these cold times. For the wind chills or rainy days, get a windbreaker or a nice fluffy raincoat.



Top Left: Boots

Top Right: Flannel

PHOTOS COURTESY OF THE CAPTAIN'S LOG



## VETERANS DAY ON CAMPUS

### HONORING OUR FALLEN SOLDIERS



(Top) Close up of soldiers American Flag patch (Bottom) Soldiers stand tall while an alumni plays a battle song



(Top) Teacher holding onto to an American Flag mask (Bottom) Paul Tribble speaking on the importance of Veterans Day







(Top) Paul Tribble honoring  
our fallen soliders



(Left) A member of the community intro-  
ducing Paul Tribble (Top) A solidiers hands  
behind his back



## CNU Newspaper's 60th Anniversary

### Stayin' Relevant Since 1961

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On Nov. 16, 1961, when Christopher Newport University (CNU) was still Christopher Newport College (CNC), the first newspaper, Chris's Crier, was put on the stands. This first newspaper was three pages long and recalled orientation for the first 171 students and ten faculty members. In addition, it covered the first dance, held on Nov. 4 in the Naval Reserve Center on Warwick Boulevard and how the newspaper was the start of the growth for CNC.

An interesting fact is that the newspaper's name, Chris's Crier, was decided by the student body. A piece of paper was posted in the student center and some name suggestions were: The Founder, The Chris U. Journal, The Newport News, The Enterprise, and The C.N.C.. In the end, Chris's Crier became the official name. The paper had a homemade feeling, with it being mimeographed (forcing ink onto paper via stencil) in the school's office from 1961 to 1963.

On Nov 7, 1963, Chris's Crier was changed to the Captain's Log (CLog). Other major changes were made, such as, the relocation of the newspaper office, the change from mimeograph to print, and the ability to place pictures into the paper.

Over 60 years later, The Captain's Log has continued to produce newspapers for CNU, with physical copies on the blue stands throughout main campus and online publication. Also, The Captain's Log has expanded to produce videos with its own video media branch, CNU TV. The Captain's Log has continued its goal of being the Voice of the Students, reporting on all matters affecting the student body. We also provide a space for inspiring journalists to develop their craft, be critical and objective, and be able to create informative stories. Recapping school sporting events, finding hidden gems around Newport News, and reviewing the latest movies and shows, The Captain's Log covers it all.

I have been in this organization since 2018 when I came to CNU as a freshman. Now, I am a senior graduating in the spring. Looking back at my own time here, I am happy to leave my own legacy and my own mark on this organization. Being a part of this organization, I have learned so much, from learning how to interview people to filming and editing videos. Most importantly, I found a group of quirky, weird, interesting, and fun people to work with. We encourage each other, we help each other, and we lift and support one another through all the hardships and stress. Long nights laying out

the paper to print, hardware and tech issues, and scrambling for a story to fill out space, I saw just about everything here. We laughed, we cried, and we wrote even if the paper was only being used as cat litter or an art project. The stories we told still brought a smile to those who we represented and interviewed.

This year, we faced hardships coming back from a year of only online publication. Transitioning from online to print has been hard, as most of us are new to these editor positions. We have struggled, but we continue to climb through the wreckage, reinventing and revitalizing the newspaper. Even with the hardships we have faced, we are not alone. When one needs help, The Captain's Log family will lift you up. Former editors, writers, and photographers from years past, have helped us by passing down the knowledge that they learned from their time and careers to guide us here today. They are more than alumni from our organization, they are family.

I asked The Captain's Log Alumni about their favorite memories working for the school newspaper or to share why it is important to have a campus newspaper, and they answered with vigor and wisdom.

I am proud to be a part of this special community and I am honored to be able to write and film for them.

I have created lasting memories and strong bonds with my friends. Be it print or digital, Chris's Crier or Captain's Log, we will continue to write and produce stories and videos. Happy 60th anniversary to The Captain's Log!

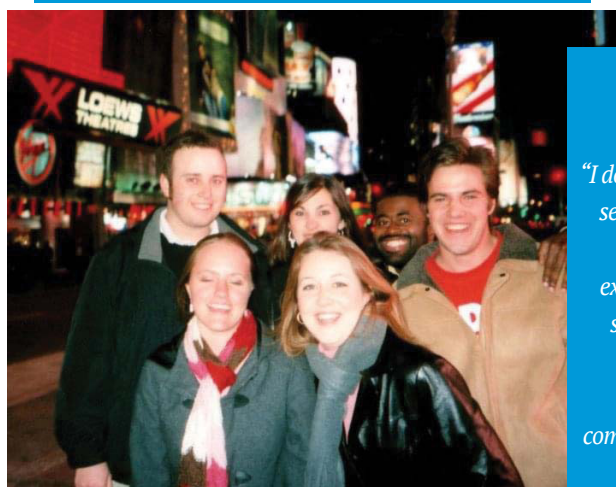
**Amber Lester Kennedy**

**Arts and Entertainment Editor, Class of 2006**

*"It's very hard to choose because I met my spouse at The Captain's Log, but I was really proud of our newspaper staff when we debuted a redesign at the end of my last semester. We had been working toward that moment for years, had recruited the advice of a professional and even purchased fonts! It was beautiful and we were all thrilled to see it hit newsstands. Otherwise, I look back very fondly at layout night dance breaks, trips to New York and taking turns playing office DJ."*



**OLD CLOG OFFICE IN THE STUDENT CENTER 2008**  
PHOTO COURTESY OF THE CAPTAIN'S LOG ALUMNI ASSOCIATION FACEBOOK GROUP



**CLOG EDITORIAL STAFF 2004-2005 IN NY FOR NEWSPAPER CONFERENCE**  
PHOTO COURTESY OF AMBER KENNEDY

**Elliott Robinson**

**Copy editor, 2006**

*"I don't think we fully grasped it at the time, but our all-night layout sessions were pretty close to the experience of getting daily (and some non-daily) newspapers out. It was a great bonding experience, and I'm glad I can still count many members of that staff among my friends. I'm still in journalism today partially because of my time in the old Student Center."*

*"The Captain's Log showcases the richness of the campus community and helps put it in context with the community at large. CNU would lose a bit of its unique togetherness and be less informed without it."*

**Ashleigh Tullar Boothe**

**Layout and design manager, 2007**

*"My favorite memories were all from late night 3-5am newspaper layout nights. We would get tired, silly, and the dance parties kept us going to finish the paper for that week. Our New York convention trips were so fun and our mentor, Dr. Lee, was the best journalist leader we could've asked for. I wouldn't have had an internship at the Daily Press or go on to work at The Virginian-Pilot without his guidance."*



**CLOG HOMECOMING 2017!**  
PHOTO COURTESY OF CAPTAIN'S LOG

**A CLOG CHRISTMAS!**  
PHOTO COURTESY OF CAPTAIN'S LOG





**CLOG STAFF ENJOYING DINNER**  
PHOTO COURTESY BY ASHLIEGH BOOTHE



**WORKING ON SNAPSHOT HERE!**  
PHOTO COURTESY BY ASHLIEGH BOOTHE

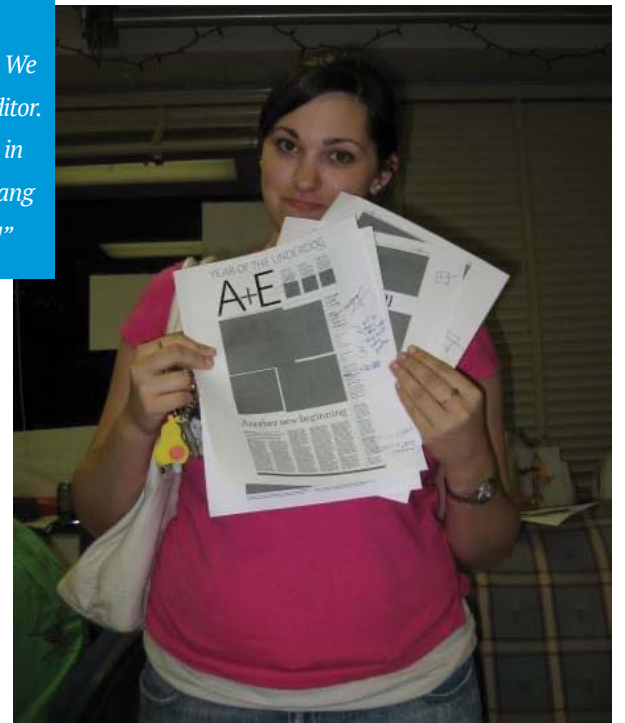
### Cassandra Ambrosius

**Sports editor for the Captain's Log from 2010-2011, graduated in 2011.**

*"The Captain's Log brought me three of my lifelong friends. We were the Sports Editor, News Editor, EIC, and Copywriter Editor. All four of us attended each other's weddings and now live in different states, but we always make time to have a zoom hang out session and it's like no time has passed. CLOG IT UP!"*

### Billy Fellin Sports Editor, 2010

*"My favorite memory was attending a student journalism conference in San Diego in 2009 with the CLOG staff, which was an amazing experience. Student newspapers are incredibly important to campus life in maintaining an independent check on power, training future journalists and providing a forum for all students to have a voice. A student newspaper is a great training ground for a wide array of future career interests, even beyond journalism."*



**A&E GIVEN FEEDBACK**  
PHOTO COURTESY BY ASHLIEGH BOOTHE

### Natalie Shapiro Lifestyle Editor, class of 2012

*"Working on the Captain's Log allowed me to meet some truly remarkable people, both my colleagues at the paper (some of whom are still my friends!) and people I interviewed for various articles. I learned a lot about not only writing and reporting, but also ethics, politics, collaboration, teamwork, and giving and receiving constructive critique. It's so important to have a news source that tells the truth about campus/local/student events, even if it doesn't always make everyone happy. I look back on my time spent in the CLog office with only the fondest of memories and experiences I am so grateful for."*

**CLOG EDITORIAL STAFF 2018 PHOTO BY HANNAH LINDENBLAD**



**MICHAEL INNACELLI FILMING THE FIRST AND LAST CLOG OLYMPICS**  
PHOTO BY MORGAN BARCLAY



### Michael Innacelli

**CNUTV Managing Editor, Sports Editor, and Ad Sales Manager. Class of 2020**

*"My favorite memory is easily all the times we spent in the newsroom late at night working on videos or the paper. Having a great group of friends all working together for a common goal was the best, and it always felt rewarding knowing we got the job done!"*

### Matthew Scherger Editor-in-Chief, Class of 2020

*"Every university should have an independent student newspaper on campus for at least these 3 reasons:*  
1. To give the student body information that they need or inform them of events that affect their lives on campus  
2. To amplify student voices to the university, and provide opportunities for their needs and stories to be heard  
3. To hold those in positions of power (students, faculty, admin, and staff) accountable for their words and actions"



# Why is the Fountain Blue?

## Student expresses his thoughts

COLTON PARHAM  
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The new fountain in Tribble Plaza has been a hallmark of the 2021 school year. From classes beginning with construction all around the David Student Union and Tribble Library, to that weird point halfway through the semester when people kept jumping in it in the middle of the night, the new fountain has done a good job of stealing the spotlight in this post-quarantine semester.

However, I think its fair to ask one question about the fountain: why is it blue? I mean, its blue because Christopher Newport University's colors are blue, of course. But we aren't painting the big, bronze dome on Christopher Newport Hall blue to stay true to our colors, are we? No, we relegate our school colors to places only the most logical, or in other words, where it looks nice.

I'm not sure the fountain is one of those places.

CNU has long rocked its Palladian, neo-classical architectural style, and

it's worked perfectly thus far. The Torggler was already a stretch, but this new fountain might be taking it a bit too far. The general design of the fountain is nice; the blue color just low-key soils the esthetic. Is a nice, natural white overdone somehow? If it is, maybe for good reason. Colors can make the water look artificial and unappealing.

Don't get me wrong, colors for special occasions can be cool. Maybe a nice red and green in between Thanksgiving Break and Winter Break to celebrate the holidays, or an orange and purple on Halloween night could be fun. And blue could work to celebrate the school's biggest anniversaries, but maybe stop there?

All in all, the fountain has been a great addition to Christopher Newport's grand campus. That doesn't, however, mean it can't improve. And while you can certainly disagree, I personally prefer a colorless fountain.



PHOTO BY THE CAPTAIN'S LOG

# When Does Christmas Start?

## Editor expresses her thoughts on the debate

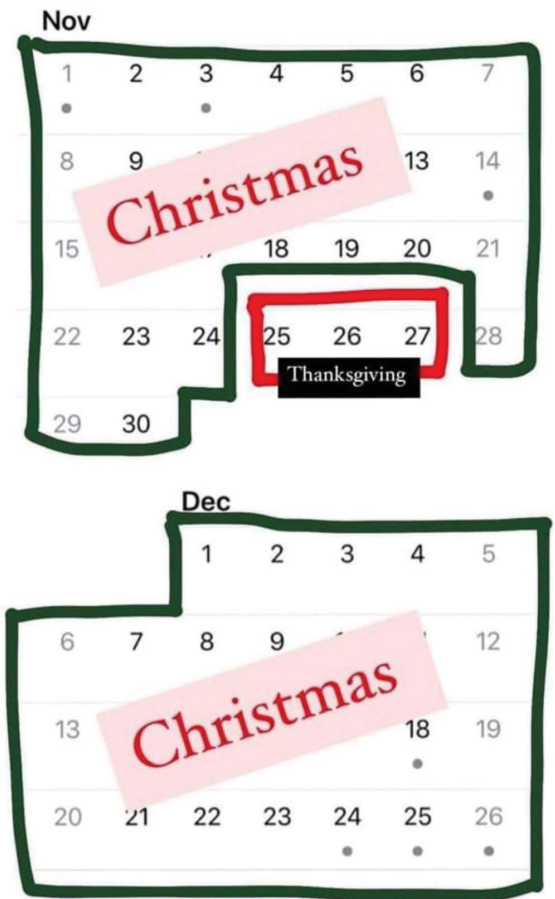
SAVANNAH DUNN  
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There is a lot of controversy around the topic of "When does Christmas officially start?" I am going to keep this brief because I believe there is only one right answer. The minute the clock hits 12:00am on November 1st, the Christmas season has officially begun.

A lot goes into preparing for Christmas, so why are we only allowed to have our decorations up for those 25 days in December? Why do people think that it is socially unacceptable for one to begin their celebration of a holiday a little bit early? Beginning Christmas on November 1st does not mean that Thanksgiving is being skipped over. Thanksgiving gets celebrated and appreciated as much as any other holiday, there is just a lot of excitement for the next holiday going on in the background.

Christmas decorations bring a feeling of joy to everyone who celebrates the holiday and with daylight savings, they help to make everything more bright and cheerful. I won't judge someone for not putting up decorations before Thanksgiving just like I won't judge someone for preferring cats over dogs. I have attached a photo display of what this month and next should look like and I will leave it here: November 1st is a perfectly normal time to begin the celebration of Christmas.

I made a diagram for anyone who is confused.





# Rate My Professor

## Editor shares thoughts about the site

EVELYN DAVIDSON

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If you are a college student, then chances are you have visited ratemyprofessors.com before. Ratemyprofessor is a free website where students can read and leave reviews for their professors. It is the perfect website for college students because they can use it to see what they're getting into ahead of time. No student wants to sign up for a course and discover that the professor is so bad that they end up dropping the course entirely.

It is an especially useful tool when trying to determine what classes you plan on taking. When the registration period rolls around, I constantly check ratemyprofessor to see the most recent reviews for the professors that I am considering. It is helpful because you can look up specific courses and see what people who are either taking the course or have taken it are saying about a professor. Student reviews often include information regarding course load, whether or not the textbook is actually needed, the professor's teaching style, and the difficulty level of quizzes and tests.

However, not all ratemyprofessor reviews are perfectly accurate. In fact, it is often-times difficult to determine whether the professor or the student is at fault. I find that there are a couple common clues that indicate that the reviewer may not be the most trustworthy source:

**Attendance** - for some classes, attendance may not be very important, but if the reviewer says that they rarely attend classes and then also complains about how confusing and hard the class is then that's an immediate red flag for me. I believe that if a student is genuinely struggling to keep up with the course then they shouldn't be skipping class completely. The lectures may clarify some things that the textbook doesn't, and even if the lectures don't help too much, go anyway for the attendance/participation points. Every little bit helps your grade and this is especially important for a class that you struggle in.

**Textbook use** - this one is definitely up to personal preference. In my opinion, when I see a negative review that complains about having to read the textbook, I usually ignore it. I am a slow learner and sometimes I struggle to keep up with lectures. So for challenging courses, I do a lot of my learning through reading the textbook because it is easier to follow than oral lecture.

**Homework** - As for homework, some reviewers really dislike being assigned a lot of graded homework or other small assignments, but I actually like them. Homework helps to pad out the grade a little so that the whole course grade isn't reliant on a few exams. Furthermore, homework forces the student to regularly submit stuff and keep up with the current course material. I find that when I'm taking a course where there are only exams, I end up cramming before a big test because there are no little quizzes or homework assignments to periodically test my knowledge.

While some reviews may not present a completely accurate picture, there are many reviews that do. Here are a few common review comments that students should take note of when considering a professor:

**Accessibility outside of class** - A professor might have reviews that say that they are not easily accessible outside of class. For me, this is a big downside. I like the assurance of knowing that if I were struggling with a certain topic in class, then I could reach out to the professor to clarify things or set up a meeting. Even being able to just send an email containing a few questions and receive a response within a couple days is a real benefit.

**Classroom environment** - another common complaint I see on ratemyprofessor is about how the professor lectures. I definitely make note of reviews stating that the professor does not let students ask questions during lecture or that they make students feel too uncomfortable to speak up. A critical part of the learning experience for many students is the ability to freely ask questions and contribute to the lecture discussion.

**Clarity** - I watch out for reviews that say that the professor is vague about assignments, fails to clarify due dates, or does not properly prepare students for the exams. That last one is probably the worst, because no one appreciates taking a test and finding out that nothing they studied for has been included or that the topics the professor specifically said would be covered are absent.

If anyone on campus have an opinion about anything, feel free to email them to [Clog@cnu.edu](mailto:Clog@cnu.edu) to get a chance to appear in the paper.



THE OFFICE OF STUDENT ENGAGEMENT AND ORIENTATION  
AND THE OFFICE OF STUDENT ACTIVITIES PRESENTS...

# Thursday Night Trivia

**STUDENTS**  
**V.S.**  
**FACULTY/STAFF**


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Online on our website:  
[thecaptainslog.org](http://thecaptainslog.org).





# STUDENT SUSTAINABILITY COMMISSION COMPOSTING AND RECYCLING POLL

## What is recycling?

Recycling allows old materials to be repurposed into new materials and objects.

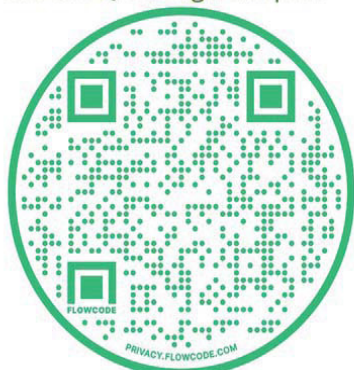
## What is composting?

Organic hauling allows compostable material to be sustainably removed and decomposed into organic material.

Why should CNU compost and recycle?

Composting and recycling allows CNU to redirect waste from landfills to recycling and composting facilities in compliance with Executive Order 77.

Use the QR to sign the poll!



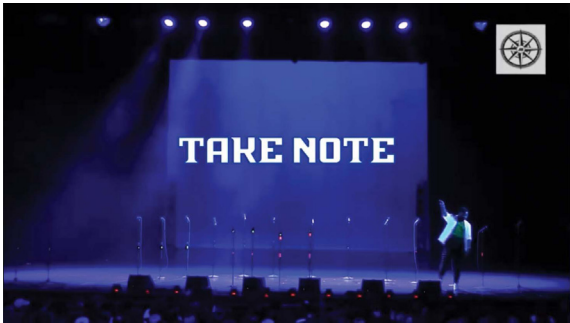
Contact [sustainability@cnu.edu](mailto:sustainability@cnu.edu) if you have any other questions!





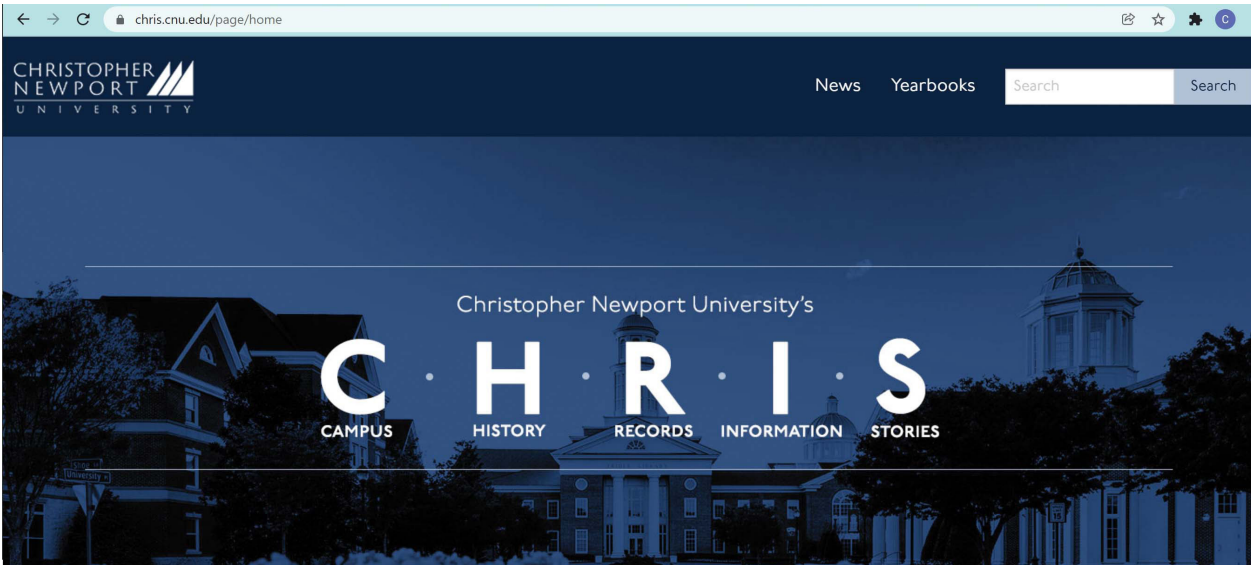


Here are the videos that was done this semester that is available on our Facebook



If you have an interest in wanting to see what older issues of the Captain's Log look like including some other campus newspapers and yearbooks, visit [chris.cnu.edu](http://chris.cnu.edu).

PHOTO BY THE CAPTAINS LOG



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

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

- Email: [clog@cnu.edu](mailto:clog@cnu.edu)
- 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 Tuesday at 7:30pm in MCM 162.

**WANT TO ADVERTISE?** Circulation inquiries, advertising rates and policies are available upon request via email at [clog@cnu.edu](mailto:clog@cnu.edu). For more information, visit our website at [thecaptainslog.org](http://thecaptainslog.org).