

THE CAPTAIN'S LOG

THE VOICE OF CHRISTOPHER NEWPORT UNIVERSITY STUDENTS

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Sisters of Alpha Delta Pi pose on the steps of Christopher Newport Hall with their pledge to stop hazing on college campuses. COURTESY OF ALPHA DELTA PI

Alpha Delta Pi partners with the Max Gruver Foundation to host a Hazing Prevention Week at CNU

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Would you know what to do if you were faced with hazing? Do you know the signs of hazing? Would you feel comfortable enough to discuss the issue of hazing on our campus?

These are some of the issues the sisters of Alpha Delta Pi are trying to tackle during Hazing Prevention Week from Sept. 22-28.

This year, the Theta Nu chapter of Alpha Delta Pi wants to expand upon raising awareness on the issue of hazing that affects student organizations nationwide.

Our goal is to raise awareness and to define hazing in an effort to identify the destructive behavior that can negatively affect our organizations and individual students," Alpha Delta Pi President, Mary Styles, said.

We want to eliminate the idea that just because the hazing that takes place on our campus might not seem as serious as the atrocities we see on the news, doesn't mean it's any less damaging, degrading or dangerous.'

For the past few years, Alpha

Delta Pi chapters nationwide have partnered with the Max Gruver Foundation for Hazing Preven-

The Max Gruver Foundation was started by Rae Ann Gruver, an alumna sister of Alpha Delta Pi, who tragically lost her son, Max Gruver, in a hazing incident at Louisiana State University back

During Hazing Prevention Week, the sisters of Alpha Delta Pi will be tabling in the DSU breeze-

Students and organizations are encouraged to stop by their table,

STORY CONTINUED ON PAGE 3

What's Inside

News

The EE department receives ABET accreditation.

Snapshot

Can't figure out what to do for dinner? Snapshot has you covered.

Sports

Eight writers duke it out to see which NFL team you should root for.

A&E

After four years Melanie Martinez releases a musical and film.

Lifestyle

Six fall-themed drinks to fuel your midterm exhaustion.

PAGE 2



Weekly Pic

#7 Justin Wilson took on two defenders while trying to score against sixth-ranked Washington and Lee in a 1-1 draw over the weekend.

PHOTO BY SARA KOOCHAGIAN / THE CAPTAIN'S LOG

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



STOP HAPING

CNUTV

Sept. 22-28 is National Hazing Prevention week. CNUTV sat down with the sisters of Alpha Delta Pi to learn about what Hazing Prevention week means to them.

Happened

September 22 IFC Signing Day

Potential new members signed their names to one of CNU's many IFC fraternities, embarking on a semester of brotherhood as they seek full membership.

September 24 National Voter Registration Day

Christopher Newport partnered with Virginia 21 to inform students and encourage them to register to vote ahead of the Nov. 5 elections. The deadline to register to vote is Oct. 15.

Happening

September 26 (7 p.m.) CAB Presents... C.L. Lindsay

Join C.L. Lindsay in the Gaines theater as he brings a comedic outlook to staying safe at college parties, including a discussion on alcohol.

September 30 (6:00 - 8:00 p.m.) ADPIHOP

Come to the ballroom for all you can eat pancakes. Greek organizations will compete to create the best pancake.

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

- Email: clog@cnu.edu
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JOIN THE STAFF The Captain's Log is always open to students who are interested in writing, photography and editing. Editors assign stories every Sunday at 5 p.m.

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STORY CONTINUED FROM COVER

sign a pledge to end hazing and grab a wristband that honors Max Gruver. Organizations can also participate in a change wars to earn points for their organization.

At their table, sisters of Alpha Delta Pi will also be willing to answer any questions about hazing prevention students may have.

"I would say it's really important because a lot of times you hear it in the news and you're like, 'Not my campus. Not my Greek community," Foundations Ambassador, Elizabeth Baylor Ellis,

"But having it have happened to [Rae Ann Gruver], although she is an alumna, just knowing she has suffered that loss at the hands of hazing and knowing she had to go through that makes it really real. I can't imagine someone having to do that in order to be in that organization."

Originally, they planned to host an open and honest discussion on Sept. 26, but that is currently being rescheduled due to a conflicting Interfraternity Council event.

[It's important] just to ensure that people feel like there's an open space for them to discuss if



Sisters of Alpha Delta Pi don bracelets to honor Max Gruver and promote anti-hazing. COURTESY OF ALPHA DELTA PI

they do feel concerned about hazing or just giving them a friend to talk to about these things," Recruitment and Marketing Vice President, Arianna Gordon, said.

This is a very serious topic. I know if it is on our campus, it will go unaddressed if we don't start a conversation about it."

Any and all organizations - as well as students who are interested in putting an end to hazing on Christopher Newport University's campus - are asked to attend.

"Hazing Prevention Week to me means living out my life as a sister of Alpha Delta Pi as well as a sister of the Greek community and a CNU student," Styles said.

"Our motto for Alpha Delta Pi is, 'We live for each other,' so this

is our opportunity to live for not only our organization but for all our fellow students.'

Any student who participates in Hazing Prevention Week and takes a photo are asked to tag @ cnuadpi on Instagram and use the hashtags: #captainsdonthaze, #thesehandsdonthaze, #flyhighmax, #stopthehazing and #takecareofeachother.

"It's not just Alpha Delta Pi. It's every Greek organization, it's every sports organization, it's any person on this campus," Gordon

We obviously want [this campaign] to be nationwide, but we're starting here and we want it to be a strong enough tradition that it ends here." ■

Horoscopes

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ARIES: March 21 - April 19

It's Libra season, which can either be great or not so great for you. Aries and Libras are polarities. With your sign more self-focused and the Libra more partner-focused, you may find some conflicts this season between your love for independence and the relationships in your life. Take these conflicts to step back and sort out what you really want to focus on.

TAURUS: April 20 - May 20

Tauruses are known for their stubbornness, which can easily conflict with the easy-going Libras. Take in some Libra energy this season and aim for flexibility. Say yes to things you may normally not, change up your dorm or find ways to compromise in your relationships. Keep in mind that new things aren't always bad things.

GEMINI: May 21 - June 20

The Gemini sign is primarily thought and intellect based, making Libra season (another intellect based sign) a breeze for you guys. You guys are masters at communication, but sometimes you can impose your ideas too much onto others. Keep an eye on the give and take in your conversations.

CANCER: June 21 - July 22

This might be an odd week for you guys. Your ruling planet is the moon, and with a new moon approaching this Saturday, you can feel out of sorts and somewhat lost. Oftentimes, the moodswings of Cancers are related to the quickly moving moon; keep that in mind this upcoming weekend and find something fun to keep yourself busy.

LEO: July 23 - August 22

Like the other fixed signs, you can often be stubborn. And while it's not bad to stay true to your beliefs and opinions, you can often overlook others in doing so. This time of balance and communication can be a great time to try to see things from other people's perspectives.

VIRGO: August 23 - September 22

It may be a hard week for you with Mercury, your ruling planet, starting to move away from the sun. You might find yourself more frustrated and lacking motivation, but don't be disheartened. If something isn't working, take a step back and move toward something else.

LIBRA: September 23 - October 22

Libras thrive off relationships, finding a lot of security in partnerships. Now that we're in your season, you may find that the need for secure relationships (platonic or romantic) is heightened. Keep that in mind and look at the connections you already have and the ones you're making this season. Ask yourself if that relationship is truly healthy for you and cut out those that may be toxic.

SCORPIO: October 23 - November 21

As a fixed sign, you, like Taurus and Leo, have trouble with compromise and flexibility. Libra season is great for growth and change, and as Scorpios can often have a problem with control, take a breath and find places in your life where you can let things go. This can mean material or otherwise. Maybe declutter or let go of past arguments.

SAGITTARIUS: November 22 - December 21

Sagittarians are always on the move and always on the hunt for a new adventure. You hate settling down, which can cause some rifts in your relationships, romantic or otherwise. This may be a good time to reflect and openly communicate with the people in your life what you truly need from them. Being on the same page with others will help keep feelings from being hurt.

CAPRICORN: December 22 - January 19

Capricorns are known to be reserved, leading people to label you as cold. As this season is socially driven, try to open yourself up to new people. With your sign ruling reputation, you can get too focused on status and outward appearance, which will oftentimes lead you astray. Look for emotional connections over the artificial.

AQUARIUS: January 20 - February 18

Libra season is great for you guys. Naturally friendly and open, Aquarians are able to reap the benefits of this social season. Having the season back under an air sign will only promote intellect and communication; have fun with the coming thought-provoking conversations.

PISCES: February 19 - March 20

Pisces are often impressionable and influenced by the people around them. As the mutable water sign, you are ever-changing and always open to others, which is why you're so compassionate. With this communicative and socially driven season, new ideas are being spread, so be mindful of how easily you accept what others say.

Delta Gamma raises over \$6,000 at Anchor Splash

Fifth annual philanthrophy a success

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This past Friday, September 20th, the sisters of Delta Gamma hosted their chapters fifth annual Anchor Splash on the York Lawn. Anchor Splash is one of Delta Gamma's main philanthropic events, along with Dessert Derby in the spring. All the proceeds from this event go towards their national and local philanthropies Service for Sight, the Lions Club and the York Convalescent Center. Service for Sight supports five schools around the country founded by Delta Gamma for the blind and visually impaired, as well as other organizations that support people with sight problems. The Lions Club is a local organization that distributes free hearing and eyesight tests, and the York is where sisters volun-teer to visit elderly patients. Their philanthropy also helps veterans and active military with sight issues too.

The event featured teams from different organizations on campus to compete in an array of different water games. Each team signed up in advance, and 11 teams from six different organizations and clubs on campus came out to compete in the event. The competition was fierce during the games, which included water pong, an obstacle course, float-ring toss, dodgeball and more. You could say that no eye was dry by the end of the evening. People who were not a part of a team could also participate in fundraising by paying to dunk a sister in the dunk tank or to slide down the inflatable water slide.

Delta Gamma raised \$6,200

dollars towards their cause, which is a new record for their chapter. The event was a splashing success for everyone involved. The Scuba Club reigned victorious over the other teams, winning more points in the games overall, receiving a visa gift card. Many sisters were dunked and soaked from head to toe. Participants ended the event by getting soaked on the slide or throwing water balloons at one another. All in all, Delta Gamma hosted a fun-filled event on a hot summer afternoon and raised a hefty amount towards their phi-



Sisters of Delta Gamma pose at Anchor Splash. PHOTO BY ASH-LEY MCMILLAN / THE CAPTAIN'S LOG

A busy week for fraternities and young men on campus

IFC rush took place all of last week so young men could find their brotherhood

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"With classes being in full swing, the IFC is going through its informal recruitment process. There are a total of nine fraternities on Christopher Newport's campus, all of which participate in informal recruitment. Each organization represents a different philanthropy and motto. For example, Pi Lambda Phi's philanthropy is Elimination of Prejudice (EoP), and their motto is Nostros Amemus, Not Four Years But a Lifetime. Each organization plays a part in making CNU's campus what it is today. Whether it is with Kappa Sigma's 'Viking Burger' fundraiser or Delta Upsilon's Valentine photo booth, they have a huge impact on campus and for their philanthropies.

Informal recruitment is much different from their formal recruitment. To participate in informal recruitment, one must be a Sophomore or a transfer student who meets the GPA minimum of 2.7. Each organization takes a small handful of pledges since this is a smaller recruitment process. When asked how much prepping goes into recruitment, Evan Flatt, current President of Kappa Delta Rho, answered, "... a decent amount of preparation that we go through every semester for recruitment, that starts with first planning

and budgeting the week which we usually try to have done by the end of the semester before recruitment." Fortunately, IFC supports informal recruitment in a lot of different ways. In fact, IFC VP of Recruitment holds a conversation with every potential new brother and encourages them to meet with all of the fraternities. Also, the IFC executive board is on-call all week. The logistics of recruitment is fully supported with however much the IFC can assist them with.

As for events, fraternities try to make the process as fun as possible while still getting across the values and goals of their organizations. Jared Ankerson, a brother of Sigma Phi Epsilon, explained their organization looks for potential new members who are "balanced men." He expressed that their organization prefers new members to be involved outside of the organization and to be in good academic standing. As for Kappa Delta Rho, Evan said they look for "men who exemplify the pillars of KDR; that means we're looking for honorable, respectable men who share our passion to be a fraternity that breaks from the negative stereotypes of our community." It is clear that fraternities are looking for new members who will benefit their organization and uplift the CNU com-

A big aspect of IFC recruitment is their value of friendship and possible



Brothers of Kappa Delta Rho attend Buffalo Wild Wings. PHOTO COURTESY OF CAITLYN BAUSKE

new members having fun at their recruitment events. One of Evan's favorite memories was serving as Vice President of Recruitment. He spoke on how he saw his brothers grow and open themselves up to new members. As for new members who joined Kappa Delta Rho, he enjoyed seeing how much each new member would grow as gentlemen, which is KDR's motto. No matter what organization a new member chose, it is what brotherhood is best for him. They are in good hands under the IFC supervision and the fraternities here at Christopher Newport University." ■



Brothers of Sigma Phi Epsilon at the beach. **PHOTO COURTESY OF CAITLYN BAUSKE**

Etiquette for the Captains

The Luter School put on its annual Business Etiquette dinner for students

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On Monday Sept. 23, the Luter School of Business held its annual business etiquette dinner known as BusE. The event began at 3:30 upstairs in the David Student Union. Students attended breakout sessions ranging in topics from how to hold yourself at business events with alcohol and personal branding.

After two breakout sessions, students gathered in the board room and lobby area for a networking cocktail hour. About 40

business guests from the community were in attendance for students to meet and talk with.

"I enjoyed getting to know business professionals outside of my major and listening to the different experiences and advice they had to offer," senior Macy Highland said.

Students were then ushered into the ballroom to find a seat for the etiquette dinner, the main event of the night. The dinner was led by The Professional Edge, Inc, a company based in Pennsylvania that solely focuses on business etiquette, specifically at dinner.

The business guests were scat-



The etiquette dinner led by The Professional Edge, Inc. **PHOTO COURTESY OF OCPR**

tered among the tables and sitting with students to continue the networking aspect of the night. Students were taught which utensils to use with which meals, where to put your utensils when finished and much more.

There were three courses served. The first was soup and salad, then came pasta and chicken and finally dessert. The dinner lasted about two hours and stu-

STORY CONTINUED ON PAGE 5

A major step for the Electrical Engineering Department

The new ABET accreditation helps Electrical Engineering become more competitive

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The Electrical Engineering program at CNU last month received its accreditation from ABET, an organization that evaluates university STEM programs for standards of quality and outcomes.

The organization is highly respected in the engineering field. The ABET evaluation started in January 2018 and ended last month, when the program officially received the accreditation.

Dr. Anton Riedl, who is Chair of the Department of Physics, Computer Science and Engineering, indicated that ABET accreditation has always been a major goal of the Electrical Engineering program since its founding at CNU in 2014. He is also an evaluator for ABET and has helped to assess computer engineering programs in Mexico, the Middle East and the west coast.

"Right from the beginning, we knew we had to get ABET accreditation. It's an essential. There are some jobs that will never even consider students who are from non-ABET accredited programs, one of them is Newport News Shipbuilding, because when you are close to the government, they have that [requirement]. Another one is the Patent Office. Dominion Energy says in the application, 'Are you ABET accredited?' and if you say no, you don't even get into it. So, it was a no-brainer to do it."

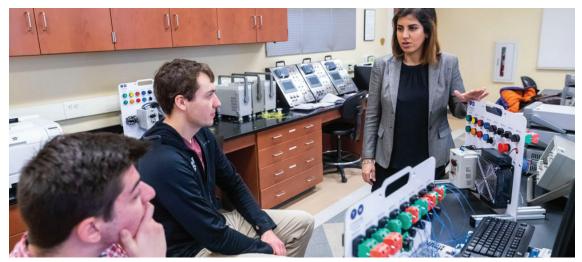
Riedl stated that he and those in the Electrical Engineering program were confident the program would achieve ABET accreditation.

"Everything was purposefully driven that way. So, we were very confident, but then you never really know. From the beginning onward, we knew what we had to do, and we kind of implemented it, but then you never know until you get the letter from ABET that says 'Congratulations!'"

Dr. Backens is an assistant professor in the Electrical Engineering program.

He specified that the ABET accreditation process is total, and it includes an evaluation of "facilities, equipment, faculty, staff, curriculum, oversight, assessment and continuous improvement plans."

He said that the Electrical En-



Electrical engineering students work together on a project. PHOTO COURTESY OF DR. ANTON RIEDL

gineering program at CNU had a unique experience of the ABET accreditation process because the program applied for accreditation after having graduated only one student at the time.

"Typically a new engineering program waits until they have had several cohorts of graduates to begin accreditation; however, the EE program relied on the excellent support of NBS [Natural and Behavioral Sciences], the PCSE [Physics, Computer Science and Engineering] department and the existing Computer Engineer faculty to apply after our very first graduate in May 2018.

Our successful accreditation on our first application is a testimony to the excellence of CNU and the hard work of many people."

Accreditations like this one help

not only the department to become more competitive but also allows CNU to become more competitive as a university. It is a major accomplishment for the school and the department. As the university continues to grow it continues to become more competitive and win awards, honors and accreditations. There is a bright future ahead for CNU and its students.

BusE

STORY CONTINUED FROM PAGE 4

dents were able to ask questions as the leaders from The Professional Edge, Inc made their way around the room during the meal.

This event was not just open to students of the Luter School, but also to all students.

"Opportunities like this can be beneficial to those in and out of the Luter School of Business. It practices and teaches the importance of etiquette and how to carry ourselves as young professionals," Highland said.

Students in attendance were mostly seniors as they are gearing up to find jobs and start their professional lives after graduation. This event is put on annually and one that is great for any student regardless of their major.

"For the future, I think more breakout sessions would be beneficial," Highland said.

Students really enjoyed the event as it helped them prepare for their futures. ■



Leaders from The Professional Edge, Inc wander around the room to help students and guests answer any questions they have as they eat their meals. **PHOTO COURTESY OF OCPR**

CNU PRESIDENT PAUL TRIBLE

OPINIONS PAGE 6

Constitutional shortcomings at CNU An explanation of our separation of Church and State, or lack thereof

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"Congress shall make no law respecting an establishment of religion, or prohibiting the free exercise thereof; or abridging the freedom of speech, or of the press; or the right of the people peaceably to assemble, and to petition the Government for a redress of grievances.'

This is the text of the First Amendment known as the Establishment Clause, which is often referred to with the term "the Separation of Church and State." The reason I bring this up is because I deeply question if this university, Christopher Newport, a state funded school, upholds this separation, and I'm not alone.

This school, from the mandatory meetings where a belief in a Christian interpretation of God is told to be the best, to the building of what's practically a cathedral on campus, to details revealed in an interview with an anonymous teacher, rides the line unbelievably closely, often leaving people feeling like it has been crossed many times over.

In the early 1970's, the Supreme Court of the United States heard a case, Lemon v. Kurtzman, where R. I. was trying to pass a bill which would have funded private institutions as long as their money did not go to specifically religious teachings. The Supreme Court, under Warren Burger, decided that this was, in fact, a breach of the separation of Church and State because it was impossible to decide what things in specific the state was funding, meaning it was impossible to prove if they were in fact supporting religion with the

This ruling was similar to one stating that the inclusion of religion in state schools ought to be avoided at all costs, something CNU seems to not have caught on to. For instance, at Honors Convocation - a mandatory event for all incoming freshmen - the Provost, David Doughty, rode the line in a way that was frustrating, if not clever. He quoted "the Jewof which being a several minute story about how his wife, Rosemary, worked with Mother Theresa, and how her morals were shaped by that time. He went on to say that those Christian morals became foundational to his rebuilding of CNU.

On the topic of rebuilding CNU, one of these buildings funded by a state institution is a chapel on campus where service is held at noon every Sunday. An argument may be presented that it is non-denominational, with services for many ever be recognized by the Church as having officially accepted stigmata. This statue is a work directly inspired by Christian scripture and stories designed for their glorification and prevalence.

This was actually one of the points made by a teacher I talked with who wished to remain anonymous in this publication. When asked if he'd like to speak on the separation of Church and State he immediately responded, "Oh, you mean how there is none?" He went on to talk about how there

Another of my teachers stated matter-of-factly that he has always asked his students about their relative strength of faith, telling us that the percentage at CNU has, every single time, been higher than that of the students from his time working at the Vatican. Another time this idea of overbearing Christianity was shown was at PLP Orientation during an activity where we were told to stand if a statement applied to us or sit if it didn't. Several of the questions asked were about religion, which I find deeply morally objectionable.

When they asked about Christianity, nearly all the students in the room stood; when they asked about Agnosticism, less than ten stood: when they asked about Atheism, five stood; for Islam, one girl stood alone. When they asked about Judaism, one boy about five or six seats to my left started to stand, saw he was alone, and remained seated.

 $It is \, unacceptable \, to \, force \, students \,$ to identify themselves and make them stand apart for their religious beliefs, but as CNU we did it.

Don't get me wrong, I'm not just some God-hating Atheist who believes that we should abandon reli-

I just recognize that the separation of Church and State as laid out by the First Amendment is one of the most important pieces of the Constitution, and that as we start to become lenient and dismissive of seemingly large breaches, we begin endangering foundational American

"The separation of Church and State is one of the most imporant pieces of the Constitution"

ish teacher Jesus Christ," and then later in the same speech he quoted Martin Luther King Jr. as he quoted Jesus. These were both simply ways of inserting scripture while attempting to curb suspicion. President Paul Trible was a little less furtive in his speech though, speaking highly of the value of having faith in God and how foundational it was to our community here at CNU. This, of course, was not the only time Paul Trible spoke of his value in God.

At the President's Speakers Series, our first speaker of the year was Trible himself. In an hour-long speech, he managed to get in five mentions of his faith in God, one religions being held there, but this argument lacks an understanding of the fundamental idea of the separation between Church and State. Even if it is not strictly Christianity, it is religion, and the separation is not between "Christian Church" and State, it is between all Churches and the State. This is still a use of state property to propagate and further religious actions.

Another, smaller, example would be the statue of Saint Fancis of Assisi outside the DSU. In this statue, he is shown as he is recognized by the Catholic Church, with animal companions. Saint Francis is special because he is one of the few people to were prayers before school faculty meetings, notably a worse offense. According to the Wall Street Jour-

nal, in 2018 a case was heard by the 9th district wherein it was decided that School Board meetings were constitutionally not allowed to start with a prayer. Prayer was also outlawed in state schools and state school sponsored events in the Supreme Court case Engel v. Vitale. Engel laid out that prayer at any school event was unconstitutional, which ought to include staff meetings.

I'll be honest, I get why it isn't talked about here. It seems like every person you meet is somehow more devout than the last.

Will Smith has graced the earth

Reflecting on the unique career of an actor, rapper and YouTuber

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In West Philadelphia, born and raised, that's where Will Smith spent most of his days. Born on September 25, 1968, Will Smith has graced both the big screen and the small screen, becoming a multi-generational rapper with pop appeal in the process.

With extensive filmography and discography to his name, it's time to take a deep dive into the long-history of the jack of all trades, Will Smith.

To start off our journey, let's go back to the late 1980s. What many Gen-Zers don't know is that before The Fresh Prince of Bel-Air," Will Smith was a part of a famous rap duo called DJ Jazzy Jeff & The Fresh Prince. The duo crafted many successful hits that are still circulating on radio stations and on multiple

streaming platforms.

Speaking of hits, records such as 1988's "Parents Just Don't Understand" and 1991's iconic "Summertime" earned the group multiple accolades, including three American Music Awards, one MTV Music Award and even two Grammys.

Despite all of this success, Will Smith had a greater call — acting! Thus, DJ Jazzy Jeff & The Fresh Prince split in 1994. During his time in the hip-hop group, Smith made himself a household name with a particular show that I believe we all know and treasure.

The Fresh Prince of Bel-Air" debuted on NBC in September of 1990. The sitcom instantly became a cultural staple for '90s TV and a standard for future predominantly black shows to follow. Even the theme song can be repeated from anybody, whether you're five or eighty-two. The show ran for six seasons, ending in 1996 after 148 episodes.

While the show was ending its run, Will Smith made the transition from television to movie star with Independence Day" and the "Men in Black" franchise.

At the same time, Smith returned to the music industry as a solo act near the end of the '90s, dropping his debut album, "Big Willie Style", in 1997 and his sophomore effort, Willennium" in 1999. Scoring #1 hits, "Gettin' Jiggy wit It" and "Wild Wild West", Will Smith conquered the charts. As the 2000s arrived, America saw Will Smith become a leading man, starring in blockbuster hits "Ali" in 2001, "Shark Tale" in 2004, "The Pursuit of Happyness" in 2006 and "I am Legend" in 2007.

Smith seemed to be on a high after

having multiple success on the big screen. However, that all changed with the 2013 film, "After Earth." Co-starring with his son Jaden, the film was a critical and financial disappointment and caused the actor to take a break for a year and a half. In recent years, Will Smith has returned to the big screen with "Focus" in 2015, "Suicide Squad" in 2016 and "Aladdin" in 2019. During the tail-end of the 2010s, Will Smith surprised most of the world when he became an official YouTube blogger. To his credit, he has attained nearly 7 million subscribers and amassed millions of views.

Public Opinion: Will Smith has kept the public audience entertained for 35 freaking years. Whether you know him as the cringey-yet-satisfying YouTuber, as alien catcher Agent J in "Men in Black" or even as The

Fresh Prince of Bel-Air, Will Smith has become a versatile star that connects with the young and elderly.

In times like these, we need an influential figure to make us laugh, cry, question and explore new concepts and ideals that we couldn't even comprehend.

Most importantly, influential figures such as Smith pull us together in times of distress and concern. In a world so divided and torn by our dangerously personalized content, Will Smith has proven time and time again that his charm, talent and rapsavvy vocals can bring the American public out of the deepest and darkest corners of their fears and anger while transporting us back to a simpler time. A time we so dearly miss.

Flashing Back,

Christopher Newport students bring the fight for climate justice home

In solidarity with the Global Youth Climate Strike, students march and distribute petition demonstrating a desire to see climate action

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Last Friday, I covered the "Fridays for Future" Climate Strike that 16-year-old movement-founder Greta Thunberg brought to the front steps of the White House. This event was inspiring to say the least, but it wasn't where Greta or any other climate activist stopped; in fact, it was a preparation in a lot of ways for the largest global climate demonstration in history.

This past Friday, September 20th, an estimated 4 million activists across 156 countries took part in the Global Climate Strike. Here at Christopher Newport, students came together to demonstrate our community's desire to see climate action here on campus, many saying that our university can and should be a leader on climate change. Activists of this movement are urging climate justice in the form of action plans, policy reforms and fossil fuel divestments on international, national, state and local levels. But what does it mean to "bring this fight home" and how can Christopher Newport alone act as a "climate leader"?

Climate change is a wildly complex issue, caused by human greenhouse gas emissions but with no single source and therefore no single, easy solution. Some argue that individual lifestyle choices can make the biggest difference, like voting for sustainably-minded representatives and engaging in sustainable practices like biking over driving, reducing energy consumption and more. Many others recognize that our current economic, socio-political and cultural systems have provided massive safety nets and subsidies to large corporations

and institutions that have actively made the climate crisis exponentially worse over decades, and therefore rendering individual action much harder and seemingly insignificant. With a system that seems so painfully rigged against our planet and our prosperity as a generation, how can we even begin to fathom solutions that are cost-effective, significant and practical? This issue is so large, so complex and so global that it seems hard to justify local actions as a significant capacity for change.

If I have learned anything in these past two weeks, however, it is that the solutions to major problems have always and must always start with what is right in front of you. Many people are scared of the possibility that climate change will permanently alter their communities with forest fires, unprecedented heat waves or (more locally) with rising seas and estuaries. This fear alone shows that it is because we have so much still worth fighting for in our towns and our communities that we must push forward, and we do so by starting with local solutions and missions. But what do these local solutions look like and how can we effectively enact them?

A question I myself and Green Team President Andrea Errico were asked multiple times in the organization of this demonstration was "what is your goal?" or "what do you guys want to get out of this?"; what do we hope to get out of this conversation about our role in climate action? What I (and I am sure Andrea and most every other student at the demonstration) would answer to that question is that we want to lead in this fight for the future and we want to start right here at CNU by formulating a climate action plan.

Climate action plans are a common trend across the nation from public and private colleges and universities. If you think about it, with over two-thirds of people over 25 in the United States having a bachelor's degree or higher, and even more people working and even living in college-towns and universities, these institutions have significant energy and waste footprints. It is no wonder that more than half of the public universities in the state of Virginia have joined or released some form of climate action or sustainability plan, and it is a massive trend across the nation's most elite institutions to develop and formulate such plans.

Christopher Newport, although a coastal college in an area predicted to be impacted by climate issues like sea level rise, has not yet released a public, transparent climate action or sustainability plan. How we plan to act and lead on climate change is an issue that, at the moment, seems to be left unaddressed by our appropriate institutional leaders, yet one that students, faculty, staff and community members alike care deeply about. So you, whether you are a student, faculty or staff member, may be asking yourself: what can I do to help push this issue into the focus of those who could possibly finalize and enact a climate action plan?

My answer would be three-fold: (1) add your voice to the Christopher Newport Community Climate Petition, (2) share the message that we, as a campus and community, can and should be leaders on this issue right here at home and (3) have those tough conversations about why this issue is important to you and why we cannot and should not wait any

longer to act. You can scan the QR code located in this article to access the student-led community climate petition to demonstrate your desire to see climate action here at Christopher Newport.

To close and reflect on the nature of this issue, I would like to reference a quote from President Paul Trible that has truly inspired me recently.

In a captivating video about the growth and significance of our university on a national scale, President Trible said "We reject the notion of incremental change, we're in the business of dramatic transformations and everything we do is done at the highest level of excellence... we want our students to live lives of meaning, consequence and purpose. We want them to lead, serve, engage, love and set the world on fire... we call it a life of significance." To me. leading a life of significance means acting bravely and boldly on issues like climate change that threaten our very futures. I hope that you, in whatever capacity you may exist as a part of this community, can agree with me that it is foundational to who we are as a community of leaders dedicated to service to act on this issue. ■



Consider signing the community climate petition.



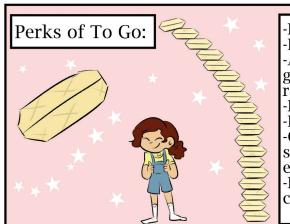
Perks of Dining in:

-All you can eat -Nicé dining staff

-Plenty of food variety -Take your laptop and

-Awkwardly run into everyone you know

-From 12-1pm it's human bumper cars -Food



MEGAN MOULTON

MEGAN.MOULTON.16@CNU.EDU

Eat alone in your room -Playing food tetris

-Another box for the garbage tower your roommate hates

-Food

-Food for later -Cardboard can be a snack if you're strong enough

-Food can keep you company while you cry

SNAPSHOT_{PAGE 8}



Sushi King has an all you can eat style of dining; for example, in this photo one order included (from top to bottom) a sashimi roll, shrimp tempura roll, rainbow roll, salmon and yellowtail. **PHOTO BY HANNAH LINDENBLAD / THE CAPTAIN'S LOG**

	Distance from CNU in miles	Price
Sushi King -	3.3 mi	\$\$\$
Aago -	In CNU Village	\$\$
Plaza Azteca -	.5 mi. or 4 mi	\$
Carrabba's -	5.2 mi	\$\$
Red Robin -	4.9 mi	\$\$
Poke Surf -	.8 mi	\$



(Left) Poke poke boll serves a d enchilada s

(Left) Carrab





pa's Linguine Positano is a classic pasta dish that is sprinkled with tomatoes, chopped garlic and of course cheese (Right) Any order of an entree bread is included for free with an hat has nine different spices. PHOTOS BY HANNAH LINDENBLAD / THE CAPTAIN'S LOG



e Surf is a newer restaurant that allows people to customize there own or choose from a variety of pre-made options. (Above) Plaza Azteca ish called the Enchililadas Banderas pictured in this photo, which uses sauces that match the colors of the Mexican flag. PHOTOS BY BEN STIES AEL INNACELLI / THE CAPTAIN'S LOG



Red Robin Red Eye Rambler PHOTO BY MATTHEW SCHERGER / THE CAPTAIN'S LOG



Aago's has many options for vegetarians including garlic naan and the muchroom matter, which comes with rice. PHOTO BY HANNAH LINDENBLAD / THE CAPTAIN'S LOG

UPCOMING AWAY GAMES

SPORTS P

Wednesday, Sept. 25, 6:00 p.m. Saturday, Sept. 28 11:00 a.m. Wednesday, Sept. 25, 6:00 p.m. Women's Soccer vs. **University of Lynchburg**

Field Hockey vs. **Rhodes College**

Field Hockey vs. **Bridgewater College**

Men's Tennis Joe Hunt Invitational

Men's Soccer remains undefeated at home

Tying sixth in the country, Washington and Lee gave the Captains Men's Soccer team a reason to remember the twenty-first night of September

AUSTIN URCH

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The Men's soccer team hosted nationally ranked #6 Washington and Lee University Saturday night in a tightly contested matchup. The Captains had gone into overtime in each of their previous three contests, going the full distance and resulting in a double overtime draw for two of those matchups. Coming into Saturday night, the Generals had only lost one of their seven games, winning the others, which vaulted them into the top ten in the national rankings highlighted by a goal differential of +12 (19 goals for, 7 against). Immediately the game started at a fast pace. #33 Daniel Hulett came sliding in with a

strong challenge on an opposing Generals player and was shown a cautionary yellow card just under 90 seconds after the kickoff. A pair of errant shots from #25 Lincoln Kickbush and #19 Michael Wilson left #1 Michael Nyc of Washington and Lee untested. The teams would alternate on attack for the ensuing sequences starting with a shot on goal by #29 Will Collins, which was saved by Nyc. Washington and Lee quickly marched back down to the other side and earned a corner kick. The Captains defense held their ground, spurred a counterattack and tried their luck from a corner kick. #9 Colin McMunn tried to give the Captains the early lead, but his attempt landed wide of the goal. Momentum would swing back

in favor of the visitors as they looked to challenge #27 Justin Piercy. Piercy faced back to back shots from #16 Jack Parham and was able to save both but would be tested with another corner kick. The following six minutes would see three more corner kicks for the Generals and two more shots that would be blocked. Then, Christopher Newport's backline found their rhythm in dealing with the Washington and Lee attack, thwarting the next three attacks each with an offsides trap. Piercy would only have to make one more save during the rest of the first half with both goalkeepers maintaining their clean sheets through the first 45.

Opening the second half, the Captains got a taste of their own

medicine, as this time it was their own attack that was on the receiving end of an offsides trap two times. The physicality of the game was not lost among the players during the halftime break. Two more cautionary yellow cards were handed out to #24 Gabo Caicedo of the Captains and the other to #21 Connor Wharton from the visiting side. Unphased by the yellow card, Wharton stepped up to take a free kick for the Generals just outside the 18 yard box in the 56 minute. Piercy had no chance as Wharton expertly curved the ball around the wall and into the bottom left corner of the net for the first goal of the contest. The Captains looked to respond, but it seemed like nearly every chance they had was quickly snuffed out as the Generals looked to escape Captains Field with a slim one-goal victory through strong defensive efforts. The Captains defense stayed firm, turning away any attacks. Between the 66 and 78 minute mark, a total of 10 changes were

made on the side of the Captains in hopes of scoring a tying goal in the dying minutes of regulation. The substitutions proved successful as the Captains won a free kick inside the Generals' half of the field. The cross swung in, but the ball was turned away for a moment; however, Collins recovered and sent a cross over to the opposite goal post looking for #8 Ethan Larson. The service found Larson who was out of position and unable to put it on target, so with a quick bit of thinking, he crossed it back over the goal mouth to a surging #7 Justin Wilson who sent home a power header past Nyc to equalize with just over 10 minutes remaining. The rest of regulation found both teams playing conservatively, with neither of the two comfortable enough to bring an attack up the field. During the overtime period, seven shots were taken between both sides, but with no success. The Captains would settle for a draw, a strong showing against the #6 team in

For more information on all Captains sports action, visit CNUSports.com

From flags to riches on the field

Herzog followed an unconventional path into the Captains defense

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Football is more than just a fantasy this season for junior #15 Jake Herzog, who was recruited to Captains football just last semester. Herzog was asked to join the team after student coaches and players witnessed his skills on the flag football field with his team "No Punt Intended."

They won the intramural championship in the fall and then came in at a close second in the spring. Herzog declined the offer to practice with the team in the fall, but as spring rolled around, "they had a bunch of injuries so they basically asked me to come out and just help with spring practices to give them numbers," he commented.

He also traveled with the team in the late spring to Canada for a scrimmage. "By the end of it, it was mutual that we decided I wanted to keep playing," and that's exactly what he did.

This isn't Herzog's first run on the football field. He's been playing the game since he was seven years old, through high school, but took a break his freshman and sophomore year of college.

of a change for Herzog from playing offense in his high school, he seems to be adjusting well as a first-string cornerback. In his first three games alone, Herzog has completed 12 total solo tackles and a single interception gaining 28 yards.
When he began practicing with

the team, Herzog said he was not expecting to play defense, let alone first-string, "but I'm get-ting a lot more chances at playing time than I was expecting," he commented.

When asked about the transition onto the team, he stated, "It was different.'

"Going into practices, it was different being the kid that got recruited from intramurals. But the team accepted me pretty quick and I've enjoyed it.'

Not only is he on the football team, but he is also a full-time student, in ROTC and leads for Young Life at Penninsula middle schools. The transition has been "busy, it's a big-time commtitment," he said. Though the amount of time he gets to play the sport he loves makes it worth it.

His favorite part thus far is the games. "They're definitely very

Though playing defense is a bit different from high school games, but it's still a really cool atmosphere and it's just fun to be back on the field."

Herzog is looking forward to the rest of his first season. From getting off to a rocky start of 0-3, he hopes the team will start winning some games.

His goal for the team is "to win our conference, which is still possible because we haven't played any conference games.

He is looking forward to helping the team any way he can to get a conference title. Not only does Herzog play football, but his favorite NFL team is the Redskins, who have also had a rocky start to their season.

We are hoping, like our beloved Captains football team, that they will make a comeback, and we are wishing Jake and the rest of the football team luck on the rest of their season.

We're all rooting for you to win. The next CNU football home game is Saturday, October 12 at 1:00 p.m. at William Paterson University.

If you aren't headed home for fall break, come out and support the Captains football team in three weeks. ■



#15 Jake Herzog carries the ball for the Captains against Hampden Sydney College COURTESY OF WILL NELSON

Denver Broncos

ANNA DORL

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I'll admit it - I've never been a super devoted football fan. I'll watch the big game if everyone else in the room is glued to the TV and they refuse to let me change the channel.

But when fall rolls around (and with it, football season), I find myself needing to swear allegiance to an NFL team that I can name-drop in conversation whenever a die-hard fan asks me who I'm rooting for.

To answer this age-old question, I say the Broncos, which takes a lot of people by surprise because they probably expected me to say an east coast team of some sort, like the Redskins or the Patriots.

I grew up in Colorado, and for me, rooting for the Broncos is a way to hold onto my past and carry it with me all the way to my new home on the east coast.

I remember wearing Broncos gear at my Colorado middle school and bonding over the team with my friends, and I remember how I smiled when I found a Broncos shirt in a Virginia thrift shop after I moved here.

To me, the Broncos represent more than just a team - they represent a sense of identity and belonging, and that's something I'll hold onto long after the season comes to an end.

Washington Redskins

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If it hasn't become abundantly clear through watching them play, the Washington Redskins have had a tumultuous beginning to the 2019-2020 campaign.

Despite hot starts against the Philadelphia Eagles and the Dallas Cowboys, the Redskins "have a flair for the dramatic."

Washington chooses to keep the score close, as this is a shining example of sportsmanship at the highest level. This noble sacrifice by Coach Jay Gruden and his staff often leads to self-implosion and a zero in the win column. Look, Washington's Quarterback, Case Keenum, took the Minnesota Vikings to the NFC Championship Game two years ago. Who's to say he couldn't do it again with a less talented roster? But maybe Washington won't need an MVP-like season from Keenum.

Adrian Peterson is still amazing. He ran for 1,000 yards last season. He's 34 years old and he still looks younger than me.

Although the Redskins are noticeably old at two of the most important skill positions, they have a young and talented core. There's hope for the future, or that's what I've been telling myself for the past two decades.

Pittsburg Steelers

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If you were to quiz me on how football works, I would probably get a 50% or less, but that doesn't stop me from supporting the Steelers.

As a little kid, all my friends had so much pride for the Patriots, and I wanted to be like them. At that point I was young enough not to be considered a bandwagon yet. My dad, however, has been a Steelers fan in Massachusetts since he was seven, so could I really betray the family tradition of being a Steelers girl in a Patriots world?

I soon realized that staying a Steelers fan saved me from subscribing to the most obnoxious fan group in the NFL: a Patriots fan. Now don't be offended because I love you all when you aren't being fans, but living with and being best friends with Patriots fans during a game... let me just say all loyalties fly out the window when they are rooting for their team.

As a Steelers fan, I can say we have pride as we hold our six rings high for at least one more season as the Patriots catch up, but ultimately I couldn't abandon my dad in his love of the Steelers in a state full of Patriots. I couldn't bring myself to create an inhouse rivalry over a game I barely understand.

New England Patriots

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I grew up in Pennsylvania, so you are probably wondering why I am a Patriots fan, but my dad and his side of the family were all born and raised in Boston.

My first winter hat as a baby was a pink beanie with the New England logo on it. Growing up, my dad always had the game on, and I would just sit and hang out with him to keep company but had no clue what was going on.

Just about three years ago, I started paying more attention to the games and asked my dad loads of questions. Besides the fact that they've won six Super Bowls, the way the Patriots play is intriguing and unique to me. This type of play most certainly comes from Bill Belichick's style of coaching, which has lead his team to success. The plays Belichick has up his sleeves keeps everyone on their toes.

For instance, the double pass play they pulled out at the home opener against the Steelers was a play that was executed so perfectly, it had me screaming for approximately thirty seconds straight.

Watching Patriots games with my dad makes me feel so happy, especially now that I know a thing or two about football. ■

Buffalo Bills

LUKE KOCKLER

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I have been a fan of the Buffalo Bills since I was very young.

Since a young age, I can remember seeing Bills games on the TV every Sunday. Both of my parents have been Buffalo fans since they were young and they adopted me into the Buffalo sports teams.

I have gone to some Buffalo Bills games, and the community around the Buffalo Bills is unlike anything I've been to.

Buffalo fans are die hard and beyond loyal to their team even though they haven't won a Super Bowl or made the playoffs in a while.

The Bills mafia is something out of a movie: people jumping off RV's onto flimsy big box store folding tables that wouldn't even be acceptable to use to hold a couple stacks of paper, people wearing nothing but body paint and a pair of shorts in -12 degree weather with lake effect snow falling and the hatred of the Patriots.

I have always loved the atmosphere at the games; sometimes it's a standard hatred for a player on the team or everyone cheering for someone's first tackle of the season in game 12. Although the Buffalo Bills are terrible, it's currently my hope that they will eventually become a winning team.

Students debate which NFL team is the BEST

Kansas City Chiefs

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The Kansas City Chiefs will win Super Bowl LIV. There, I said it - and in 130 days, Patrick Mahomes and company will prove me right.

The Chiefs are back to back to back AFC West Champions and are climbing the record board for longest NFL postseason streak. Tom Brady can step aside (and retire) - Mahomes is becoming the best offensive player in the NFL, setting multiple records in the 2018 season and already on track for more in 2019.

Last season, the Chiefs were thwarted by a ridiculous overtime rule in the AFC Championship against the Patriots, missing a Super Bowl appearance. Mahomes will bring a larger audience than the snoozefest of Super Bowl LII with his remarkable athleticism and off-the-field character.

This season already has multiple injuries including Williams and wide receiver Tyreek Hill. Hill, touted as one of the best play makers in the league, has also lost fan support following domestic and child abuse investigations. Whether or not Hill returns, the Chiefs are the team to watch this season.

With a Super Bowl win, Kansas City can boast two bests: best team in the NFL and the best fans in the NFL. ■

Washington Redskins (again)

MATTHEW SCHERGER

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Why be a Redskins fan? Why support a team with a questionably racist name? Why root for a team that struggles to maintain a .500 record each year? Why throw money at the callous and imcompetant ownership of a team that has seen better days?

Trust me, I've heard it all. There is a laundry list of reasons to change my support from the good ole' burgundy and gold to a new team, a younger team, a team that actually knows what it's like to play past December.

I could say I support the Redskins for their long and rich history, and it would be true. We were the first team with a marching band and one of the oldest teams in the league, period.

I could say I support the Redskins because of the players when I was much younger (Santana Moss, Clinton Portis and Sean Taylor to name a few)

But the real reason I'm a Redskin fan? My Grandma is a Redskins fan, and if you want to survive in my family, it's in your best interest to be a Redskin fan too.

It is not an exaggeration to say my family bleeds burgundy and gold, and if I came home and announced I was a Cowboys fan one day?

You all can imagine what my life expectancy would be. ■

Baltimore Ravens

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It's Sunday, and I am sitting with my family, usually at our neighbor-

hood sports bar. It is super crowded with people in different jerseys, yelling and cheer-

There is something about football season that makes me feel at home. It is not necessarily the sport itself but rather my team, the Baltimore

Ever since I was born, I have been a Ravens fan; my dad grew up in Baltimore, so it is simply our team.

Waking up on a Sunday knowing I will get about three hours with my family watching our team brings me so much joy.

The Ravens to me are home. Win or lose, watching the games with my family are some of my best memories. Even being away from home at school, I still feel at home when I watch them.

I put on my Justin Tucker jersey and cheer for them because I know my family is doing the same thing back home.

Eating wings and other bar foods and just having a good time is what makes football season truly enjoyable for my family, and that is an experience that I wouldn't trade for anything in the world.

For me, the Ravens are home. ■

New England Patriots (again)

EMMA DIXON

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"Deflategate. Cheat, cheat, cheat." Being a Patriots fan is not easy. You get criticized relentlessly for no reason, and people hate your team simply because they do well.

I grew up in Boston, Massachusetts, so I have no choice but to support the Patriots. If you're from Boston, you are automatically a Celtics, Bruins, Red Sox and Patriots fan from birth. It's a way of life.

In the past five years, they have been to the Super Bowl four times and have won it three times.

And you know I have to talk about the most controversial part of the Patriots: Tom Brady. I hate to flex the stats, but when you have a starting quarterback who has the most career wins by a starting quarterback, most wins by an NFL player, most wins by a quarterback after trailing 10+points and the most wins by a coach/quarterback dyad with Bill Billacheck, you're going to be a stellar team who wins a lot.

Basically, all I'm saying is, you can't hate a team just because they have lots of records and win a lot. I'll be honest: I'm getting a little tired of how well the Patriots have been doing recently, but mostly, because my Patriots-loving heart can't take the pressure of any more Super Bowls. ■

New York Giants

MICHAEL INNACELLI
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Here we go again... The Giants can let me down this season, but I will still come back for more next year. You can call me a masochist for supporting the worst team in the NFL, and that's it really. You're right. I am a masochist for supporting them.

Just because they suck now doesn't mean they can't be the best, though.

There is something special about yelling at a TV screen over a dumb pass Eli Manning has made for the billionth time this season.

Being from New Jersey (the crummy New York) means I have to like a football team from the Big Apple, and I wouldn't be caught dead supporting the Jets.

As for the Bills, somehow they're 3-0 so far this year and still worse than the Giants. How the Bills have managed that, I will truly never understand.

I plan on continuing to reminisce about the Giants 2012 Super Bowl for the next 100 years as it was one of the single greatest sports memories I have.

You can never take that away from me, even if we lose every game this season and Eli Manning signs a 10 year extension, I will still be a fan. Hey, at least the Yankees are good this year, right New York fans? ■



September 28th
The Righteous Brothers
8 PM Sandler Center

September 26th
Speaker C.L. Lindsey
7 PM Gaines Theater

September 28th Mentalisst: Mat Lavore 8 PM Gaines Theater September 27th
"Abominable" PG
"The Politician" TV-14

The Steven Universe Movie

The raved about Cartoon Network series delivers its first musical TV movie, but is it what the fans deserved?

ELIJAH BASU

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Out of every show that I have been a fan of, Steven Universe has been by far the most conflicting in terms of my opinion on it. Coming from a fan of the show, there's so many frustrations to be had when looking at it critically, so much so that I could make a whole other article detailing them.

From its many characters with unfulfilled potential to its plethora of filler episodes to many other issues, Steven Universe is far from perfect. I understand why some people really don't like Steven Universe as it is very flawed. However, I do still somehow love this show from the bottom of my heart.

Despite its issues, I find most of the episodes are at least somewhat enjoyable, and when this show has a hit, it really does become one of the best shows on television. Despite the shows low points, there are enough high points for me that makes Steven Universe strangely one of my favorites

Luckily enough, Steven Universe's first movie is one of the shows high points. While it certainly doesn't do much for non-fans of the show and doesn't do much that is too special,

Steven Universe: The Movie is still a fun, musical time for the fans of this series.

For starters, I liked how the creators decided to make this movie a musical. One of the best aspects of the show is its music, so doubling down on that aspect was a smart decision. Every song is delightful and enjoyable to some degree, with "Other Friends", "True Kinda Love", and "Let us Adore You" being my favorites.

Not to mention, like any great musical, the songs are relevant in describing the characters' struggles and feelings and are generally well incorporated into the story. Making a Steven Universe musical is very fitting for the series and the movie executes its musical aspects well.

As for the plot itself, while I do have some minor issues with it, it's great overall. Starting with the positives, Spindel is the best villain the show has ever had. The movie is at its absolute best whenever it focuses on Spindel and her story. I love the tragedy of her backstory and how that tragedy twists her into this malicious yet traumatized character. I felt that I could relate to her character as she's simply an emotionally devastated character who doesn't know how to learn to love again.

Spindel's pain, and the actions that arise from that pain, feel very real and human, which makes her character heart wrenching and engaging. The movie's focus on her really does make it one of the most enjoyable parts of the series.

However, I felt pretty mixed about the rest of the plot. The whole subplot where the Crystal Gems essentially have amnesia and they need to relive aspects of their development felt a little unnecessary. I wasn't too invested by this subplot because I knew how it would play out, as I knew the gems would eventually remember who they are by the end.

However, the subplot does bring about some entertaining situations and can produce some funny moments. My favorite situation was how Pearl ended up thinking that she was Greg's servant, as it turned their dynamic on its head, making the situation hilarious.

While I don't think this subplot is horrible, and there is enjoyment to be had with it, I do think it padded out the story a bit and took some focus away from Spindel and the more interesting aspects of the movie. Just like the show, the movie has some brilliant aspects to it that has to fight against the less interesting aspects for focus in the story. Thus, it seems

that the movie is a perfect representation of the show, for better or worse.

Of course, I really do love this movie. Even when it's at its worst, it's still a pleasant and enjoyable experience, and when it's brilliant when it's at its best.

I was hoping for a bit more out this movie, but I'm still satisfied by it. It definitely gives the fans what they want, and that's all I could ask for.

I'm excited to see what Steven Universe has in store for the future, as things do look positive right now. Let's just hope the show can become more consistent.



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Contact me:
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ASHLEY MCMILLAN

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"Take a Hike, and Listen"

Give yourself time away from the stress of school and enjoy this indie playlist



"I am a Mountain" By Sontalk



"Back to Autumn"
By
Tall Heights



"Shotgun" By George Ezra



"Bloom"
By
The Paper Kites



"The Woods" (Acoustic)
By
Hollow Coves

Melanie Martinez makes a comeback from 4 year hiatus

BRENNA WALCH

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She's creative. She's creepy. She's Crybaby.

Alternative pop music artist Melanie Martinez is back with her second album, K-12, which was released on September 6. Not only did fans receive a new roster of stunning songs, but they were also treated to an entire hour and a half movie which included the whole album.

The movie, titled the same, cost a budget of over \$5 million, and it's easy to see why: Martinez brought her

majority of her classmates, as only she and a select few others have bewitching powers to unite them in friendship; she also struggles to survive the school in general, as nurses, teachers, the principal and literal rabbit-headed security guards are all hellbent on controlling the student population by drug-induced – and sometimes theater-induced – brainwashing.

Martinez created a masterful, complex storyline and successfully fit the entire thing into a singular album. Packed with themes of introspectiveness on the stressful academic system, the corruption of public high

songs are great for teaching a variety of life lessons.

I did find K-12 to be somewhat lacking in the acting department during its non-musical portions. Most main characters in the movie would have benefited from varying their facial expressions during times of conflict, or from showing more emotion in general. Nevertheless, Zinnett Hendrix, who played Crybaby's sassy friend Magnolia, and Melanie Martinez herself were two of the best actresses in the film.

However, what it lacked in acting it made up for in scenery and costumes. The sleepaway school which K-12 is set in is a grand castle with baroque architectural design, yet Martinez managed to mesh it exceedingly well with modern school furniture like lockers and chemistry lab equipment by keeping a consistent color palette for each song's section of the movie. She expertly formed an ornate, royal version of a public school while edging deeper into the macabre. Of course, the costumes held both aristocratic and babyish styles throughout K-12, matching perfectly with each scene and the atmosphere as a whole.

Overall, Melanie Martinez's K-12 is uniquely amazing. As of September 15, it has over 22 million views on YouTube, and will no doubt continue

to rise in popularity as her music videos are released separately from their film of origin. Martinez simply outdid herself compared to her first Crybaby

album, and with the cliffhanger she left at the end of K-12 it'll be quite a challenge for her to top herself with whatever she has planned next. ■



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"-she took social justice to a new, artful level while keeping it relatable to students."

character, Crybaby, back in a bolder and more intriguing way than ever before.

K-12 is the story of Crybaby's academic days as she attends a sleepaway school, with each section of the movie representing the next grade up, until she becomes a high school senior. Crybaby struggles to fit in with the

schools and confidence-building messages for women of any age, she took social justice to a new, artful level while keeping it relatable to students.

Some notable songs which cover those themes and which I highly recommend listening to are "Show & Tell," "Drama Club," "Detention" and "Teacher's Pet," although all her

"Paper Mache Dream Balloon" Album

The collection of jazzy-psych pop songs with layered instrumentation results in a fun and quirky album

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Ok, so, that title may not sound too appealing to the general audience, but that is genuinely the most specific you can get when describing this album. And it is beautiful.

This album has been, for two and a half years, my most listened to album on spotify, clocking in at over 200 hours of listening time. Yeah... maybe I listen to it too much. This album, clocking in at 33:46 in length, is on the shorter side, which yes I understand that means I've listened to it probably over 400 times. If it helps at all, probably at least 70-100 of those hours were spent just listening to the titular track. It probably doesn't.

This album was introduced to me by a friend with the hopes that I would maybe like one or two of the songs at best, and it quickly became my favorite album of all time. Just a warning though, they are Aussies though so it can be hard to understand them sometimes. The lyrics, however muddled by generations

spent in a prison colony they may be, are powerful and meaningful once uncovered.

a serious work of a concept. It really is a case of not judging a book by its cover.

"The lyrics, however muddled by generations spent in a prison colony they may be, are powerful and meaningful once uncovered."

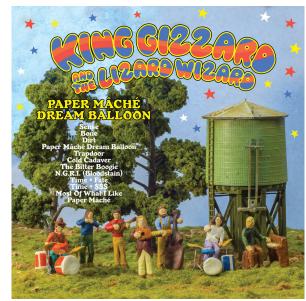
Aside from the lyrics, the music itself is some of the most beautiful instrumentation I have ever had the privilege to exploit my ears to enjoy. That's a bourgie way of saying I love it. It's all acoustic with guitar riffs, drumming, piano feeds, harmonica, and flutes to lift you out of funks, and falsetto vocals that melt smoothly into the rest of it.

Now, I fully recognize that every part of this sounds goofy, and quite frankly, it is, but this is an album that commands respect despite its name. These are serious musicians making As far as top tracks are concerned, the opening track, "Sense," is one of the smoother songs on the album and likely the easiest for someone new to the genre to get into. Most catchy, however, goes to "Trapdoor," a middle track which you will surely hum every time you hear the titular word for a very long time. My favorite track, however, is of course the title track, "Paper Mache Dream Balloon" - not to be confused with "Paper Mache," a summary track from the end of the album. I have put this song on loop and slept to it, along with using

white noise when doing many other tasks due to it's calming nature.

This does not mean these are the only songs worth listening to on the album though, as I truly believe that every song on it is truly wonderful. While not every album can be for every person, I

believe this album holds at least one thing for most people. As such, this album truly demands a listen from all those who wish to broaden their horizons.



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LIFESTYLE PAGE 14

"We're small, but we're mighty"

Planned Parenthood Generation Action at CNU brings education and support to campus

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"Planned Parenthood is one organization, but it encompasses a lot of things," said Jennifer Chernoff, co-president of Planned Parenthood Generation Action's chapter at Christopher Newport.

"It's healthcare, it's sexual health, it's sexual identity and gender identity and all these different kinds of things that it does encompass and supports. As [the organization] is one thing, it does a lot of other things too.'

Planned Parenthood Generation Action is a nationwide network of college campuses standing in solidarity with the mission of Planned Parenthood and striving to provide an avenue for college students to unite for reproductive rights and sexual health.

CNU's chapter is revolutionizing the way college students think about sexual health and wellness on campus and creating a space of support, resources and understanding.

By working in collaboration with Planned Parenthood in Hampton, Planned Parenthood Generation Action at CNU serves as a window for students to gain access to services that Planned Parenthood provides.

Chernoff, a founding member of the club, says the purpose of the organization is to bring awareness to Planned Parenthood and to serve as an educational resource for students

to improve their sexual health and stay informed on services available to them.

"[Students] can come to us with sexual health questions or anything in that realm that Planned Parenthood does," she said. "We kind of mirror [them] on campus."

Planned Parenthood Generation Action at CNU holds some of its own events on campus with representatives from the Hampton office, such as workshops on consent and sexual wellness, but it also collaborates with other on-campus organiza-

They had a presence at the Sustainable Health Summit & Expo alongside Her Campus, PERIOD. at CNU, and CNU Sustainability.

"I felt hopeless after the [2016] election because it wasn't what I wanted it to be like," said Chernoff in an interview when asked why she personally became involved with Planned Parenthood Generation

She has been a member since the spring semester of her freshman year alongside her friend Ivy von

"Our old community organizer and someone who had an internship who went to school here came to campus and were like, "We wanna start an organization, are you guys interested?' ... One of the founders of this organization said to me, 'You can't fix everything. Choose one thing, and do that thing so hard...

and you'll be able to make a small difference in that one thing...' It was right after [Trump] got sworn in when this club started. If I can do a little thing that makes me feel better about it, then I'm doing something good and something that we need.'

The number of club members always tends to vary.

They are not required to pay dues and are welcome to attend meetings and events that the club puts on whenever possible.

Members of Planned Parenthood Generation Action at CNU enjoy volunteering and internship opportunities with the help of a community organizer who works at the Hampton Planned Parenthood office and helps to advise and support the club in their activities and events.

The organization also tables frequently in the DSU and at the Farmer's Market.

While their table occasionally receives awkward glances from passersby, the organization has generally been met with acceptance from students and faculty alike.

Overwhelmingly, the response has been so great... it's been positive support," Chernoff said. "We're small, but we're mighty.'

Planned Parenthood Generation Action at CNU meets biweekly on Thursdays at 7:30 p.m. in MCM 162. ■



Lauren Schaaf (left) and Jennifer Chernoff (right) table at the CNU Farmer's Market with Planned Parethood buttons. COURTESY OF JENNIFER CHERNOFF



Ivy von Perbandt (second from left) stands with other members of Planned Parenthood Generation Action at a CNU club meeting, some of them wearing pink t-shirts bearing the words "I stand with Planned Parenthood." COURTESY OF JENNIFER CHERNOFF

To be added to PPGA @ CNU's email list, contact ppga@cnu. edu.

Getting your hands dirty in the interest of sustainability

CNU's community garden creates a space of personal and horticultural growth



(Top) CNU's community garden is lined by trees that create a shady, quiet area. (Right) **Tomatoes** are one of the most popular plants that students have been growing. TAYLOR VIGIL/THE **CAPTAIN'S** LOG



ANNA DORL

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Behind the Washington residence hall on East Campus is one of Christopher Newport's hidden gems that not every student is aware of: the community garden.

A myriad of different crops line the plots in neat rows. The area is fenced off and some-

The area is fenced off and somewhat secluded, creating a quiet and welcoming space in which both plants and students can grow in different ways.

A gift from CNU's class of 2016, the goal of the community garden was to contribute to CNU's sustainability efforts.

This gift has become one of CNU's gifts that keep on giving, as it has led the way for other sustainable initiatives such as recycling bins by TowneBank Stadium and the electric car charging stations in the parking garage near the Ferguson center.

Emily York, the Community Student Garden manager and a junior at CNU, was approached by the university's Sustainability Coordinator Jen Jones to take the position with the goal of helping to make the garden more visible and accessible to students on campus.

"I think a lot of sustainability is trying to reduce the impact we have," she said.

"By growing your own things, you're not only helping to reduce carbon, but you're adding more green plants. I eat all the food I grow - I'm growing zucchinis right now. By growing those, that means I'm buying less from the stores... Sustainability can be about the world as a whole, but it can also be about you and taking care of yourself and

making sure that you're moving in sustainable ways."

The community garden not only offers a chance for students to contribute personally to sustainability efforts on campus, but it also creates a space for them to grow personally alongside their crops.

"[Gardening] is a really meditative process," said York. "I think that having that meditative spot is really good for mental health."

The garden has 12 total plots, each 4' x 4', with 2 demo plots occupied by the Office of Sustainability.

An environmental ethics class has also occupied several plots, speaking to the educational aspect of the garden.

The most popular type of plant for gardeners to grow there has been tomatoes because they are a pretty hardy crop, and they are easy for beginners to take care of.

CNU's community garden serves many purposes for students and faculty alike, and it will hopefully contribute to a more sustainable campus for years to come.

To apply for a plot, visit the CNU Sustainability webpage through CNU Connect. If you have any questions, contact emily.york.17@cnu.edu or jennifer.jones@cnu.edu. ■

Follow @sustaincnu on Instagram

Fall in love with autumnal drinks

Try some of the best seasonal beverages available at Einsteins and Starbucks

CAITLIN DOYLE

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It's that time of year again.

Fall is the time to cuddle up with a soft blanket, your favorite Netflix show and a Pumpkin Spice Latte in hand.

Here's some insight on some of the best seasonal drinks such as warm teas, ciders, cold brews and coffees.

Stop by Einsteins or Starbucks to try them.

Pumpkin Cream Cold Brew

Made with Starbucks cold brew, vanilla, a pumpkin cream cold foam and a splash of pumpkin spice topping. Find it on Starbucks' new 2019 fall drinks menu.

Pumpkin Spice Latte

The latte that has been around for 16 years includes a combination of espresso and steamed milk with pumpkin, cinnamon, nutmeg and clove. The latte is finished with whipped cream and pumpkin pie spices. You can order it hot, iced or as a Frappuccino blended drink. Available at Starbucks and Einstein's.

Salted Caramel Mocha

Made with mocha sauce and toffee nut syrup, combined with espresso and milk and finished with whipped cream, caramel drizzle and a sea salt sugar topping. You can order it hot, iced or as a frappuccino blended drink from Starbucks' new 2019 fall drinks menu

Salted Caramel Hot Chocolate

If you're not a coffee person, try this. Made with steamed milk and mocha sauce with toffee nut and vanilla syrups, then finished with sweetened whipped cream, caramel sauce and a combination of turbinado sugar and sea salt.

Chai Tea Latte

Made with black tea infused with cinnamon, clove and other spices is combined with steamed milk and finished with some foam (Ask for a vanilla chai tea latte to make it more sweet than spicy).

Matcha Green Tea Latte

Made with lightly sweetened matcha green tea and served with steamed milk when you get it hot. You can also get it iced or blended at Starbucks.

The Pumpkin Spice Latte, a fall favorite from Starbucks, comes with a swirl of whipped cream topped with a sprinkle of cinnamon and nutmeg. ANNA DORL / THE CAPTAIN'S LOG





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