

# THE CAPTAIN'S LOG

THE VOICE OF CHRISTOPHER NEWPORT UNIVERSITY STUDENTS

@CNUCAPTAINSLOG

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**SEPTEMBER 18, 2019** 



Sisters of Zeta Tau Alpha handed out pink ribbons buttons during the Pink Out Tailgate Saturday. COURTESY OF ZETA TAU ALPHA

### Zeta Tau Alpha kicks off Think Pink campaign with Pink Out Tailgate

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What could be better than Family Weekend and Captains football?

Dressing up in pink to support Zeta Tau Alpha in their Pink Out Tailgate and Game.

This event is part of their annual "Pinktober" during which they raise awareness and money for their philanthropy: Breast Cancer Education and Awareness.

They also partner with Bright Pink and the American Cancer Society to further their mission.

Since one in eight women will be affected by breast cancer in their lifetime, Zeta Tau Alpha is committed to raising awareness and funding education to reduce the impact that breast cancer has on people's lives.

In addition to handing out over 300 "Real Men Think Pink" shirts and over 2,000 "Think Pink" ribbons, they raised over \$2,000 for their philanthropy.

A significant amount of their money raised was at the game and

the days leading up to the game through auctioning baskets and selling almost 4,000 raffle tickets.

This money will go towards scholarships and educational programming to aid in research to end breast cancer.

Per tradition, the football players and CNU's Marching Captains wore pink ribbons and pink arm bands respectively throughout

the game

Also in support of Zeta Tau Alpha, The Marching Captains bought and wore pink plumes for the entire duration of the day, on and off the field.

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### What's Inside

#### **News**

The aftermath of Hurrican Dorian on the East Coast, covered in depth.

### **Snapshot**

ArtCNU alumni showcase their work in two exhibits in the Ferg.

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Recap of the Women's Soccer match against Methodist.

### A&E

Inside the Lines exhibited just in time for Family Weekend.

### Lifestyle

The Sustainable Health Summit and Expo comes to CNU.

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### Weekly Pic

Family Weekend, a yearly tradition for Captains, featured a brunch for all the families to attend in Regattas. Some of the more impressive decorations were the carved watermelons.

#### PHOTO BY DIANE FORLA / 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.

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#### **CNUTV**

Members of the CNU community gathered on the Greek Lawn for Greekstock 2019. Proceeds from the event went to the Governer's School for the Arts. Check out the highlights here.

### Happened

#### September 13-15 Family Weekend

A busy weekend with perfect weather, families visited CNU to attend the Ring ceremony, eat brunch in Regattas and watch Captains football and soccer action.

#### September 17 12th Annual Volunteer Fair

Students came to the Field House to explore over 50 different nonprofit agencies and community partners and learned about how to volunteer in the Newport News community.

## Happening

#### September 20 (4:00 - 7:00 p.m.) CAB presents...Nugs and Sauce With Bob Ross

Head out to the Auxillary gym in your best Bob Ross costume to enjoy a night of painting and nuggets.

### September 19 (12:30 p.m.) OURCA Faculty Showcase

15 faculty members across disciplines will give short presentations in the Trible Theater about the research they are conducting, as well as what kind of students they are interested in recruiting to help them.

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# ZETA THINK PINK



The Marching Captain's donned pink plumes for the first time in support of Zeta Tau Alpha's Pink Out Tailgate and Football Game. **COURTESY OF STANLEY BRAGG** 

### STORY CONTINUED FROM COVER

They hope to add this to the tradition of "Pinktober."

Although the football game is over, Think Pink is not finished for the year.

The Pink Out Tailgate is just the beginning of Zeta Tau Alpha's annual campaign to fight breast cancer.

They will host a variety of additional events during Pinktober, such as Slime a Zeta on Oct. 10, a Pink Lemonade Stand on Oct. 16 and rounding Pinktober off with Big Man on Campus on Oct. 22.

Big Man on Campus is an annual male beauty pageant where contestants from all different organizations will interview, display a talent and dress up in their choice of outfit that would best kick cancer.

Proceeds from all these events will also go toward their charter philanthropy. ■

# Heuvel heads up National Endowment

# Dr. Heuvel awarded grant for work on legacy of Mayflower and the Plymouth colony

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The National Endowment for the Humanities (NEH) recently awarded a grant to a teacher institute dealing with the legacy of the Mayflower landing and the Plymouth colony.

Entitled "Beyond the Mayflower: New Voices from Colonial America," the project includes faculty from the Plimoth Plantation living history museum of Massachusetts.

CNU adjunct professor Lisa Heuvel is also involved in the program as an educator for teachers at the elementary, middle and high school levels.

 $\tilde{\mbox{The}}$  program will take place in the summer of 2020.

Heuvel discussed how the project was originally conceived, stating that the motivation came partially from the upcoming 400th anniversary of the colony's



Professor Lisa Heuvel poses outside CNU Hall. COURTESY OF LISA HEUVEL

founding as well as from the activities of the Plimoth Plantation museum in general.

museum in general.
"We are approaching the 400th anniversary of the Mayflower's

arrival in 1620 and the founding of the Plymouth Colony. As America's leading living history museum, Plimoth Plantation is leading the way on how history can be taught more accurately using new voices and historical perspectives.

This 2020 Summer Institute is an outgrowth of their commitment, as are plans for expanded museum resources on site and online"

Heuvel said that her involvement in the project began when a former employee of the Plimoth museum approached her about it.

Her previous association with the museum in Colonial Williamsburg also encouraged her to get involved in the program."

STORY CONTINUED ON PAGE 5

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# Horoscopes

**KYRA HEMRICH** 

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#### ARIES: March 21 - April 19

With Virgo season winding down, your true chaotic essence will start coming back in full swing. You might start feeling less motivated and more antsy in the coming weeks, but try not to fall out of schedule. Don't leave things to the last minute!

#### TAURUS: April 20 - May 20

Unlike the Aries, you are perfectly content within your schedule, not wanting to change a thing. However, as Libra season approaches, take the time to add something new to the mix to make your life more balanced. Libra season allows for a more sociable environment, so try to use that to your advantage and maybe join a club.

#### GEMINI: May 21 - June 20

The leading days into Libra season can often be messy for you Gemini; a culmination of drama tends to implode around this time. Virgo season causes everyone to be a bit more judgmental of others, leading to a lot of passive aggressiveness. Somehow all this drama ends up revolving around you. Whether you want to be part of it or not, try to stay out of it as much as possible.

#### CANCER: June 21 - July 22

Much like the Taurus, you found a lot of stability in Virgo season and as we move into Libra season, try not to get stressed with change. You tend to thrive off close relationships and with the social Libra coming, it is a great time to reach out and form more of those relationships.

#### LEO: July 23 - August 22

Your sign is all about coming in style and putting yourself out there. Don't let the grind of school work and everything else dim your enthusiasm. Libra season just enhances your social abilities, so take that and run with it. Be your authentic self and remember to let others in to see past the "party" you.

#### VIRGO: August 23 - September 22

Happy birthday to all of you, or belated in most cases. Don't be disappointed as your season comes to an end; keep up that motivated and curious energy. Also remember to be mindful with the critiques of others. You don't do it maliciously, but it can offend others easily.

#### LIBRA: September 23 - October 22

Your season is finally arriving, but you all would be fine no matter what season it was. Your easy-going personalities tend to complement most of the signs, but don't let others use that against you. Try to find some time to be selfish within the coming weeks; enjoy the gifts you're given.

#### SCORPIO: October 23 - November 21

Virgo season tends to cause you to get tunnel-vision, so with Libra season approaching, take the time to find balance. It's easy to get overwhelmed around this time, especially with school in full swing, but don't disappear and hope it fixes itself. Use the rest of Virgo's motivation to make a game-plan for school while also allowing time for a social life and self-care.

#### SAGITTARIUS: November 22 - December 21

Your sign is full of energetic and ambitious energy, and like the Aries, you can feel a bit stifled in Virgo season. You tend to combat that by taking on more than you should, whether that be signing up for too many clubs or taking on many different jobs. This may be bad for you in the long run. Take a breath this Libra season and fine tune your extracurriculars.

#### CAPRICORN: December 22 - January 19

You, like the Taurus and Cancer, enjoyed the practicality of Virgo season, loving the schedules and steadiness of being back at school. However, your priorities easily get focused on work and money; try not to let that part overshadow everything else.

#### AQUARIUS: January 20 - February 18

You define the word individual. You are who you are and you don't let others rule how you see yourself (or you try not to). It's hard with the judgemental energy of Virgo season, but with that ending, you'll feel much better with the upcoming Libra season. Use the added charm of the Libra to find people you want to be with.

#### PISCES: February 19 - March 20

As a mutable sign, you often go with the flow, so the changing of zodiac seasons doesn't upset you very much. However, be careful with how much of yourself you're giving to others in Libra season, and take note of how much you're getting back. Pisces naturally give much of themselves to others, so keep an eye out for manipulation of Libra's charm.

# Studying abroad becomes a popular option for students

CNU makes it a priority to help and encourage students to study abroad

TARYN HANNAM-ZATZ

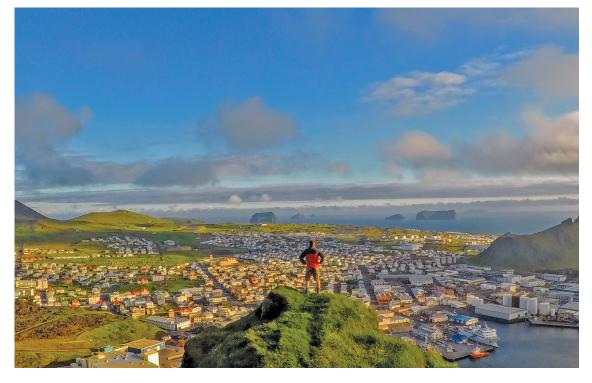
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Studying abroad has become extremely popular at schools across the country, and CNU is no different. Many students here at CNU choose to study abroad, whether they do a semester program or a short spring break or summer program. It is something that the school really promotes and makes very simple for students to do.

"Approximately 36% of CNU students will study abroad by the time they graduate," director of Study Abroad at CNU, Mandi Pierce, said. "We are seeing an increase in students wanting to study abroad in both the summer and semester."

For being a fairly smaller school, CNU really encourages students to study abroad and has some amazing statistics to show just how important it is here. "For the 2018-2019 academic year, students studied in 40 countries and on 6 continents. There is an increase in the diversity of locations students are choosing," Pierce said.

Students have the option to do an external program, a CNU partnership program or a CNU program. "There are several new CNU faculty-led programs planned for 2020. These new programs include a semester program in Barbados, two new spring break programs, and summer programs in Vietnam, Lith-



The view from hiking cliffs in the Westman Islands in Iceland. COURTESY OF BRIAN HUMMER

uania, Italy, Spain, Morocco, Wales, England, and Ecuador," Pierce said.

These will be solely CNU programs, meaning there will be faculty and other Captains on the trips. There are many reasons why studying abroad is important to so many people, and specifically here at CNU.

"Study abroad allows a student to step outside of their comfort zone and experience a new culture. It is a perfect time to learn from the world around you and experience new things," Pierce said. "It is easy to stay on campus all four years at CNU, but we want students to take advantage of the opportunity to live and study in a different country."

The multitude of options being offered makes it really easy for students to find which is best for them. There are so many places to go as well as so many different

lengths of time for students to study there. "If they choose a semester abroad, they can experience several months among a new community and culture," Pierce added.

Some fear that studying abroad will hinder their education and slow them down. This is a common misconception about studying abroad. "Students take a full load of courses when they are abroad for a semester, so they stay on track for graduation. Our summer programs take classes into the museums, sites, and surroundings. Students are learning as they travel with faculty, who are experts in the field. It is a once in a lifetime opportunity," Pierce said.

To promote studying abroad and help students learn about all of the different options available to them, the office puts on a few study abroad fairs a year. These are essentially the same as a career fair or graduate school fair, just with study abroad programs instead.

"We are excited to work with students as they find the program that fits them the best," Pierce continued. "We had over 700 people visit the Study Abroad Fair this weekend, so we expect study abroad to continue to grow in popularity."

So, if you are even the slightest bit interested in studying abroad but are not exactly sure what comes next, go visit the study abroad office in the David Student Union; they will be more than happy to help you find the experience of a lifetime.

# A big step for American Studies

### Dr. Kaufer receives an inaugural endowed professorship in American Studies

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Dr. Elizabeth Kaufer Busch is the Director of American Studies as well as the Co-Director of the Center for American Studies which she co-founded with Dr. Nathan Busch in 2007. She was recently awarded the Inaugural Walker Endowed Professorship in American Studies, a major accomplishment in her field.

"The newly endowed professorship is named in honor of Laura and Pete Walker. The Walkers were inspired to provide the lead gift due to their daughter's close relationship with the American Studies program," Kaufer said.

Their daughter, Rachel Walker-Kulzick, graduated from the program in 2009. "After graduation, Dr. Rachel Walker-Kulick earned her Ph.D. at Purdue University. Pete Walker is the president of P.V. Walker, Inc., an accounting firm based in Front Royal, Virginia, and serves on the CAS Board of Advisors," Kaufer added.

Dr. Kaufer has had a very successful career path on her way to receiving this Professorship. She and her co-director have raised \$3 million to support the Center



The fellows from the Center for American Studies. PHOTO COUR TESY OF CHIRTSOPHER NEWPORT UNIVERSITY

for American Studies' programs. They have also received multiple awards to help contribute to their efforts. "I was also awarded Christopher Newport University's Alumni Award for Excellence in Teaching and Mentoring in 2012, the university's most prestigious

award given to one faculty member annually," Kaufer said.

Not only has she had an exceptional career and shown her passions for American Studies, she also has a passion for being a professor and teaching here at CNU. She says that her favorite

thing about being a professor here is simply the students.

"I have met amazing young adults who make it a joy to come to the university every day," Kaufer said. "Moreover, a liberal arts environment is the ideal one for cultivating and mentoring the individual growth of students."

She says she doesn't see teaching as a job, but as a way of life.

"I am also fortunate to be a member of a community that values the right kind of education, and that encourages academic entrepreneurship and creative inquiry to cultivate the young minds that will shape the future."

# Hurricane Dorian sweeps the Carribean and U.S.

Many different regions are feeling the aftermath of the most recent natural disaster

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As Dorian grew rapidly, stalled in the Bahamas and swept up the East Coast, it left some devastating and life-changing marks in its aftermath. To recount the impacts of Dorian, let's start at the beginning.

Like what most storms that turn into hurricanes do, this one developed off the coast of West Africa around the middle of August. As it moved westward, it grew quickly into a tropical storm and later into a strong hurricane before it historically became tied for the Strongest Landfalling Atlantic Hurricane since the 1938 Labor Day storm. As the days went by, we and the rest of the east coast were watching the storm through thick and thin, doublechecking on its path before we started to prepare for it. Then, several days before the storm hit the Hampton Roads area after it battered the Bahamas, the university decided that it was best to cancel classes for a day rather than evaluating on short notice. Despite the worst outcome, we were spared incredibly from the worst of the storm when it came through within the early morning hours of Friday, September 7th with only strong wind gusts and only an inch and a half of rain. This storm became the unexpected as it went a totally different path than the original track; the rain kept being delayed, causing the Involvement fair Destruction in the Bahamas: 48 hours - 3 feet of rain - 20 foot storm sturge - 50 confirmed deaths - 1,300 people unaccounted Destruction in the U.S.: 185 mph winds - flash floods - 10 confirmed deaths

The numbers showing the damage caused by Hurricane Dorian in the Bahamas and the United States. **GRAPHIC BY TARYN HANNAM-ZATZ/THE CAPATIN'S LOG** 

to be delayed to that Sunday. The damage along the east coast became different than what the meteorologists expected the night before we closed, which resulted in a good night to see Preacher Lawson.

Meanwhile, in the Bahamas, the destruction was completely earthwrenching when most of the homes in its path were destroyed greatly during the 48 hours of Dorian stalling and bringing about 3 feet of rain with a 20-foot storm surge over the once beautiful island. But from the Florida Coastline through the Virginia Peninsula as well as Eastern Canada the damage was less impressive than when it was a massive out of the ordinary category 5 storm with 185 mph winds. It left behind an incredible amount of rapid flash flooding, tornadoes, wind damage,

and power outages as it went up and down the southeastern coast before it went straight into Canada, nearing the north pole when it deteriorated

While the storm was going up the east coast, several interesting things happened that made this a trending topic. The first happened before it hit Florida when a resident decided to park his car in his home. Then, several days later in Myrtle Beach, a car stalled in the ocean waters, creating its fame. Finally, in the storm aftermath in the same state of South Carolina, some seashell hunters uncovered two Civil War cannonballs on Folly Island. Even though more people died in the Bahamas than the southeastern coastline, the damage is still one for the record books, resulting in a growing humanitarian crisis.

Right now, only 50 confirmed deaths as well as about 1300 people uncounted for have been reported in the Bahamas and only 10 confirmed deaths in the United States. The restoration efforts in the Bahamas and the devastated states are still going on at this very moment with no estimated time on when they will have power, water or food that they can get on their own. They are currently relying on donations from others such as Red Cross, Disney Cruises, celebrities, and other organizations, groups and states. (If you would like to help with the relief, check the list of needed supplies on Bahamas. com/relief.)

As what the Prime Minister of the Bahamas told reporters, the stall over the Bahamas led to what he calls, "unprecedented devastation." Also several days later after the storm went through, he said thank you to the United States for "assisting us with all of our needs." Despite the good donations, the shelters are beginning to turn people away because they were completely full, resulting in a lot of desperation from the children and adults finding a temporary home. Still, two weeks since the track of Dorian began, made its mark and devastated many areas of land, this storm is becoming very costly (about \$7.5 billion) with many fatalities (which could still increase) and is in mark for a long restoration and recovery effort that could take years to undergo similarly enough to Hurricane Harvey, Irma, Florence, and Michael during the two years prior. ■

## **HEUVEL**

### STORY CONTINUED FROM COVER

"Plantation staff on an educational project when I was at Colonial Williamsburg."

"To be co-director of this NEH summer institute for teachers next year is really exciting - it aligns with my own teaching goals, research interests, and background."

Heuvel emphasized that teachers attending the project will learn first-hand about the Plymouth colony through a variety of means.

"There is a huge amount of new historical and archaeological knowledge that these teachers are going to be guided through in small groups, in regional field trips, in lectures [and] in hands-on, immersive experience to give them the best possible experience in seeing Plymouth as a historical case study in how we can use evidence for analysis."

As a centuries-old phenomenon, the Plymouth case has always been



PHOTO COURTESY OF LISA HEUVEL

subject to a great deal of study.

Heuvel discussed what this new project from the Plymouth museum would add to that story.

"We need to look at this history from a truly multicultural perspective.

We forget that the English landed in an old world - it was only new to them. It was already thousands of years old to the people who were living here. And what's going to happen when these cultures encounter each other? So we want to take all of the knowledge that has been brought out in the last decade."

The project will also include Native American perspectives of the Plymouth colony.

Teachers attending the project will be able to talk directly with members of the Wampanoag tribe, whose ancestors

already inhabited what would become

the Plymouth colony.

"We're also going to introduce them to members of the Wampanoag tribe, the people of this homeland, and have them talk to them directly and get that perspective."

"My co-director is Wampanoag, so we're hoping to blend these perspectives and co-construct a new understanding that these educators can take back with them to their classrooms when they talk to a rising generation of young people who

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CNU PRESIDENT PAUL TRIBLE

# Is there ever enough time to do it all?

## We're all overbooked. The question is how to keep your sanity

#### **MATTHEW SCHERGER**

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"There just isn't enough hours in a day to do everything I want/need to do."

Oh, how many times have I said this and similar things. Between due dates and coffee dates, meetings and assignments, it frequently seems as if it is impossible to accomplish all the many things on my checklist in a few 24 hours.

Anyone who has met me knows a few things about me instantly.

Number one: I am doing too many things at once.

Number two: Everything will get done, whether it kills me or not.

Sound familiar?

Students at Christopher Newport have a reputation for being overbooked, overinvolved and overstressed.

And yet, we still manage day in and day out, week one through week 15, until all the tests have been taken, all the papers have been written and all the clubs, competitions and volunteer hours have been finished for the semester.

This is my seventh semester operating like this, and there are no signs

that my eighth will be any different. Between my two jobs at CNU, a part-time internship, a full-time relationship, the gym, research projects and, oh by the way, classes - it's amazing I have any time to breathe, let alone rest. People who have seen my Google calendar wonder if I have lost my sanity, and some days I wonder that myself.

where I averaged four or less just because I could.

Yes, I am booked from 6:30 a.m. to 9:30 p.m. most days, but I am less stressed than during my sophomore year, where I struggled to maintain a calendar organized enough to keep track of my countless meetings and assignments.

Yes, I still eat out way too much,

plete for the last two years.

I am exercising more regularly and learning to cook new meals, in an attempt to set in place habits I hope will last longer than the next few weeks (we'll see how well that goes).

I have two research-based term papers, but I am finally doing research on topics that truly interest me and were picked by me. different place still.

If you're a freshman, sophomore, junior or even senior, there's always time to figure out what works for you. We're all always going to be overbooked and underslept, overstressed and underfed and overcommitted and underprepared at times.

Surviving, not thriving is the name of the game once in a while, but that doesn't make it a sustainable lifestyle.

However, we are all making small improvements to our lives, whether it's learning a new concept, figuring out how to eat a little healthier or just finding a ringtone that will wake you up in the morning.

Each one probably doesn't seem like it makes much of a difference, but I have found they quickly add up, and one night you will look back, as I am now, and admire the progres you've made.

What small changes have you made in your life so far, and in which seemingly insignificant areas of your life have you made improvements?

They might seem like nothing now, but they will add up, and in four years, you might be a lot closer to where you want to be than you believe right now.

# What "small" changes have you made in your life so far this year?

Despite all of this, this has been my healthiest semester (so far), both physically and mentally. This is the first semester where I have made it to week four without pulling an all-nighter. I have been able to find blocks of time during the day to work on homework and to spend time with friends.

Yes, I "only" get around six hours of sleep a night, but that's better than during my freshman year, but I'm doing more home cooking than my junior year, where several times I would go a week without using my kitchen and rely on dining dollars and Chick-fil-A to get me through the day.

This year is just as busy for me as the one's previous, but this is the first year I've *felt* able to do everything I want to do.

I am the Editor-in-Chief of this paper, a goal I've been striving to com-

And my proudest accomplishment of the semester so far: I've actually woken up to my alarm every day, a feat that would surprise anyone who I roomed with freshman or sophomore year.

This isn't a piece to tout my accomplishments or to tell you I've got it all figured out. Quite the opposite. It took me almost four years to get to where I am right now, and I know in another four years, I will be in a much

# "Club" is out. "Involvement" is in.

# This year brought many changes to the cherished Club Fair. Were they good? Were they bad? One student thinks it's a bit of both

#### KAITLIN SANATA

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Students this semester were taken aback by a "big" change in the biennial club fair. Typically hosted on Sunday before classes begin, the club fair features the 250+ clubs and organizations on campus.

This semester, it was instead moved to a Friday, two weeks into classes. Although there are many issues with this change, the more I learned about the reasons for the change, the more I understood the handful of benefits to it.

Moving the event back made it difficult for new students to get involved in their first week without doing their own research.

Meeting attendance was slacking. Acapella already held auditions, and club sports tryouts began before the Involvement Fair.

Did you as a CNU student like this change?

I definitely didn't at first. Not only did they change the date, but the name as well. The fair has always been a way to help students get involved on campus, but why change the name now?

When I first heard of the change in brand, it seemed to be pointless. I mean what's the difference in calling it Club Fair and Involvement Fair? Both are helping students get plugged into clubs on campus.

I quickly rescinded this opinion after learning the reasoning behind the name change. This year, not only were different clubs and organizations represented at the Involvement Fair, but many opportunities to get involved in the Newport News community were present as well.

There was organizations to help students find community service opportunities, get involved in local businesses and places of worship.

The good intentions were there, but the execution was lacking. I would understand holding it a week later, given that new students might need some time to accumulate to this new schedule before getting too involved. However, two weeks might have been a little too much.

Many clubs and organizations on campus need that first week to hold interest meetings and such to be able to keep the pace for their semester activities.

Don't get me wrong, there were so many great ideas involved in this change from Club Fair to Involvement Fair.

I loved the idea of changing the name to include Newport News community involvement and even the idea of having it a little later than usual.

I believe over time Christopher Newport will be able to refine this idea to better accommodate the new students, but I hope that it is an improvement from this semester.

For now, new students are involved on campus and we are on a roll for the start of this semester.

I hope everyone in the CNU community has found their niche and are having a blast getting involved. For those who haven't quite found the perfect place yet, don't worry; the Inolvement Fair will be back next semester.



Students sign up for CAB. DIANE FROLA / THE CAPTAIN'S LOG

Write for the Opinions section! Contact me: matthew.scherger.16@cnu.edu

# Christopher Newport Students strike for climate action

One week before the Global Youth Strike, students joined global activist Greta Thunberg in her Friday for Future demonstration

JAMES DUFFY

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On Friday, September 13th, one week before the Global Youth Climate Strike expects to bring millions of young people from around the world to the streets to demand climate action, Christopher Newport students travelled to the White House to join youth climate

Fridays for Future" school strike. I was honored to join this march around the ellipses of the White House with around 1,500 total activists, ranging in age from the elderly to toddlers with their parents, all coming together to urge climate action. Most of the protesters were, like myself and fellow students Josh Scrabeck, Ashley McHenry and Kay-

activist Greta Thunberg in her 56th lee Jones, K-12 or college students who decided to leave their educational obligations for the day to support the fight for our generation's future. Altogether, this event was one of the most inspiring and lifechanging moments I have experienced because of the solidarity and passion displayed by this diverse crowd following in the footsteps of Greta Thunberg.

When she was only 15 years old, Greta Thunberg began receiving media attention last fall when she skipped school to protest at the Swedish parliament building for climate action.

After all, 2018 was the hottest summer recorded in Sweden in the past 262 years, and Thunberg has avidly professed that there is no point in her, or any young person, studying for a future that they will not have due to the catastrophes of climate change.

Her choice to protest outside the parliament hall with a humble sign reading "Skolstrejk för Klimatet" ("School Strike for Climate") garnered media attention fast; flash forward less than a year, and in May 2019 she covered Time magazine as a respected "next generation leader" and her protests have mobilized youth across the planet. Just this past August, Thunberg sailed emissions-free on a solar-powered sailboat to the United States from the UK to attend the UN Climate Action Summit in New York this coming Sunday, September 23rd.

The strike led this past Friday outside the White House was a captivating scene; climate action groups like Extinction Rebellion and the Sunrise Movement were present with advocates and representa-

with cameras, microphones and notepads swarmed the crowd of young activists surrounding Greta. The demonstration, complete with a march through to the front side the White House, was led by activists beyond just Greta herself; she fell back into

the crowd with demonstrators like myself for most of the march, showing solidarity rather than superiority.

In her brief speech to the crowd, she said that she was beyond proud of the movement, overwhelmed by the support she has received and optimistic about the mission moving forward, specifically the Global Strike this Friday.

Hearing from her and the other activists present at this demonstration was invigorating and inspir-

I hope to carry Greta's mes-

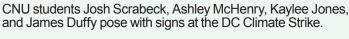
A mother protesting with her child in DC.

viction to fight climate change as I prepare to join other students in solidarity with the Global Youth Climate Strike this Friday, September 20th from 12 to 12:30 pm on the Great Lawn.

sage of passionate action and con-

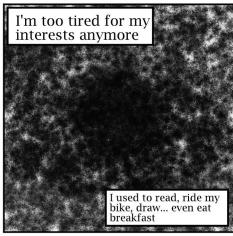
Please consider joining me and many others as we wear green and demonstrate our desire for climate action and leadership in the Christopher Newport community.

Any questions regarding this demonstration can be directed to cnu.greenteam@gmail.com. ■



PHOTOS BY JAMES DUFFY / THE CAPTAIN'S LOG











# SNAPSHOT, PAGE 8

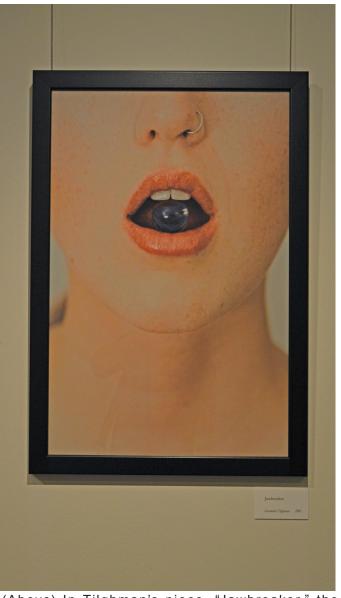




(Top Left) In the piece "Queen Mother," ArtCNU Alum Kenlontae Turner painted a symbol above her work called an Adinka, which was origianlly created by the Akan of Ghana of the Cote d'Ivoire. This specific symbol is the Odo Nnyew Fie Kwan which means love never loses its way home. (Top Right) The piece "Jasmine", like most of the other pieces in "To Be Free: Women of the Afrofuture," was made of charcoal, pastel and tissue paper. (Below) Turner named this "Toni" and creatively used the tissue paper to illustrate her subjects hair texture by rolling them up to mimic strands of hair.



Check out a review of the "Inside the Lines" in the Arts and Entertainment section



(Above) In Tilghman's piece, "Jawbreaker," the model has a blue glass marble in her mouth. (Below) "Rest in Pieces" highlights the association between primary colors and adolescence.



# WEDNESDAY, SEPTEMBER 18, 2019 | SNAPSHOT | HANNAH LINDENBLAD | PAGE 9 Bright art, bright future ArtCNU Alumni exhibit their work in the Ferguson Center for the Arts







(Above) "Color Me In" is a bright photo series parallel to the "Inside the Lines" series in the Ferguson Center for the Arts. (Below) ArtCNU Alum Savannah Tilghman explores how humans interact with color in her photo series. "Inside the Lines" focuses on primary colors and their association with childhood, whereas "Color Me In" covers a variety of colors. PHOTOS BY HANNAH LINDENBLAD / THE CAPTAIN'S LOG



#### **UPCOMING AWAY GAMES**

SPORTS

Wednesday, Sept. 18,7:00 p.m. Saturday, Sept. 21, 1:00 p.m. Men's Soccer vs.

Lynchburg University

Field Hockey vs.

Women's Soccer vs. Washington and Lee University University of Mary Hardin-Bavlor

Friday, Sept. 20, 6:00 p.m.

Friday, Sept. 20, 6:00 p.m. Volleyball vs. **Hood College** 

# #4 Women's Soccer continue undefeated streak

### Captains unleash an unstoppable flurry of goals, scoring 11 against Monarchs

**AUSTIN URCH** 

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Inspired by Family Weekend, the Captains offense racked up 11 goals against visiting Methodist University. The goals came early and came often, with #17 Sydney Rife starting the scoring less than seven minutes into the contest, converting on a second chance opportunity off corner kick.

#8 Emily Talotta notched her first of her two on the afternoon with a clever move to slide past a defender before deftly curling her shot beyond the outstretched arm of #1 Maggie Hunt of Methodist. Fourteen minutes later, after knocking a header of the cross bar, #19 Riley Cook received a well timed through ball from #5 Keiley McCarthy to earn a one-on-one with Hunt. Cook made good on her chance, slotting her shot into

the side netting by the far post to give the Captains their third goal. Continuing with the strong pressure that had been applied, #31 Ryanne Davidson scored just 40 seconds later off a free kick taken by #35 Lulu Manley. Manley crossed the ball in which was found by McCarthy beyond the far post who promptly sent it back across via her head before it was found by Davidson.

It only took 40 more seconds before #3 Carson Pokorny pushed the lead to five. Pokorny was found in the middle of the box by #18 Sarah Rhiel on the left wing. After a pair of shots by #10 Maddie Cochran that were saved by Hunt. #18 Sarah Rhiel put a one timer into the back of the net with a nice half volley after the ball bounced inside the eighteen yard box. The Captains closed out the first half with a 6 – 0 lead, each goal stemming from a different player.

The second half started with both teams making goalkeeper alterations. #37 Maddy Belanger came into the match in place of #00 Haley Eiser, who had not faced a single shot during the first 45 minutes. #0 Mary Newman came in for Methodist University who in her previous 88 minutes had yet to give up a goal.

The Captains only needed six and a half minutes to score as Talotta slotted a pass straight to Cook. Newman was only able to make one save on the ensuing five shots as the Captains kept pep-

pering the defense. Talotta scored another as she was stationed near the edge of the box to collect trash when the ball bounced her way and she blistered a shot into the top netting. After being thwarted thrice already by the combined efforts of Hunt and Newman, Cochran was finally able to add a goal, her first of the season. Four minutes elapsed before Rhiel scored her second with just over 15 minutes remaining. She received the ball not far from where she netted her first and this time decided to advance forward. forcing a one on one with Newman and with a cool finish, scored the penultimate goal of the game.

Just when it seemed like the game was over and the Captains were done, #22 Hailey Shaw picked her head up and found . Cochran making another run through the back line. Receiving the ball just outside the 18 yard box, she made her way around Newman and passed the ball into the net for her second goal. Two minutes later, the final whistle blew on the Captains dominant offensive display, just one goal shy of matching their season total leading up to the game. ■

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

# The new Jennings Family Stadium

# Let's say goodbye to the turf that was formerly known by the Women's Lacrosse team as "the dump" and hello to the brand new stadium

**CAITLIN DOYLE** 

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Captains, say hello to the new and improved Jennings Family Stadium. Christopher Newport granted the field hockey and lacrosse teams with a brand new turf field. The new field has had an overwhelmingly positive reception from athletes who will be playing on it this year.

Senior #35 Kaitlyn Ready, from the Women's Lacrosse team, described her experience with the old turf field, "It had divots and holes throughout, which caused there to be puddles when it rained. The field did not drain well, so after a storm, puddles on the field lasted longer than they should have. The field used to also face the wrong way. Instead of being parallel to the football field, it was perpendicular. This caused morning and night practices to be a struggle with the blinding rising or setting sun. Fortunately, now that the new field is parallel, this is less of a problem. The old turf was also harder than grass, so falling down on it was definitely not a joyful experience."

Field Hockey senior #2 Rachel Cooke said, "It's definitely been an adjustment playing on the new turf as it's a lot slower than the

old one. But it's nice that the sun is no longer in our eyes during practice and during games. Also the whole facility is really nice so it makes game days feel more special."

The old field seemed essentially dangerous to play on, but thanks to the new turf field, the players, including myself, will be able to enjoy a bright green, elite level facility to put in work. Senior #1 Scott McAneney, from the Men's Lacrosse team, shares his input about the old and new field, "There's a lot of memories on that field even from before I got here, but I'm excited to start a new chapter in Captains Lacrosse history. The new stadium is beautiful and I can't wait to play in front of everybody on it." McAneney would like to thank everyone involved in the construction for getting the project done quickly and in time for my senior season.

The construction of the new field has led many to be hopeful for CNU's future success.

Lisa Valentine, head coach of the Women's Lacrosse team, stated, "This Jenning's Family Stadium increases the opportunity to attract high quality prospective student-athletes in the recruiting process. Through the construction phase to the project's com-

pletion, recruits and their families have been so impressed with the new facility and recognize it as a commitment from the university to the success of our athletic teams."

In addition to the new turf, the bleachers and press box were completely transformed.

The stands used to be metal, senior high looking bleachers. Now they are enframed by bricks, giving them a more prestigious look. The press box used to be just a small tent and now it resembles a professional press box with a balcony to stand on overlooking

The brick theme of the stadium goes hand in hand with the Christopher Newport University atmosphere, matching the style of the beautiful buildings. Valentine added, "Jenning's Family Stadium will have an immediate impact on our team's success. With the opportunity to play in a top notch facility, I expect our student-athletes will compete with an incredible sense of pride for CNU each time they walk onto the field. It will truly be a home field advantage."

Whether you are a spectator, visitor or athlete, this stadium is the newest edition to our home. and we are proud. ■



The new Jennings Family Stadium press box and turf field PHO-TOS BY CAITLIN DOYLE / THE CAPTAIN'S LOG



# Formula 1 racing, the pinnacle of car racing Formula 1 is much more than sitting in a car for a few hours and driving

**MATTHEW TRAVERSA** 

MATTHEW TRAVERSA 19@CNU FDU

For the uninitiated, Formula 1 (F1) racing may just seem like any other racing sport, where people sit in a car and, if they're skilled enough, they'll turn the steering wheel before they hit a wall or two. This (granted, it is a solid portion of it) is not all the sport is.

F1 racing is the pinnacle of landvehicle engineering. With vehicles passing each other at over 250 mph, the chance for failure is ever present, with even a small collision possibly losing millions of dollars.

No, you didn't misread that. Millions. The front end of the car, which if even slightly damaged must be completely replaced, costs usually over \$2.5 million USD, with some teams spending over \$300-400 million USD on their car.

The sport, however, is not just a game of how much money can be lost. With great risks come great rewards.

F1 Grand Prixs are some of the most popular events in modern

Europe, with people often paying hundreds or thousands of dollars to see cars for fractions of seconds at a time in person, and with over 450 million viewers worldwide. For instance, on Sept. 8, the annual Italian Grand Prix at the Monza Eni Circuit sold tickets for an average of \$300 a ticket and the stadiums were full all the way around.

This Grand Prix, however, was special not for the price of the ticket, or for the amount of people attending, but for the race itself.

The race consisted of 53 laps around a track designed to have some of the fastest straightaways in the sport, with some vehicles going almost 300 mph, often followed immediately by sharp turns that demand a drop in speed and insane precision. Every split second matters when you move over 30 feet every time you blink.

To these racers, every muscle movement, every blink, every glance at the side view mirrors is the difference between finishing a race and possibly something far worse than not finishing it.

A component of the race that is often overlooked, however, may actually be one of the most important. Pit stops can be the life and death of a race, with even four seconds stopped meaning losing several positions. These pit stops are impor-

In F1, the tires are completely treadless, meaning that the wheels are completely flat to gain the most friction and forward pull.

The cars are actually only held down by force created by engineering on the car far too complex to explain here. What happens is that these tires are melted up and become bumpy and uneven throughout the race, causing the driver to lose surface area and thus pull.

So, they replace the tires during the race, along with other damaged components, in the pit stops. The goal is generally to only have one pit stop per race, as they are major time losses, but sometimes a car gets damaged and they must pull a pit stop to replace the component, or risk losing a very large amount

At the 2019 Italian Grand Prix, Charles Leclerc, driving for Ferrari, won. Due to amazing strategy and even more phenomenal driving, he was able to bring home the first Italian victory on their home track in nine vears.

This marvelous feat brought onlookers and team members to flood into the track for one of the most massive celebrations possibly ever to occur in F1.

I have never in my life seen so many people in one place. With the three top contenders standing on a raised platform over the audience, a beautiful, amazing moment occurred as thousands of people came together to sing the Italian national anthem.

Leclerc, along with Mercedes drivers Valtteri Bottas and superstar Lewis Hamilton, then performed the obligatory champagne spray, throwing away most of a bottle that is probably worth more than me onto the audience far below. This was truly an event worth experiencing and remembering for thousands of people, likely for many years to come.

Now, you may think that I must be extremely involved to write an entire piece on this seemingly unimportant European sport, and quite frankly, I might be, but there's something you should know: I only started watching F1 two weeks ago.

It is unbelievably easy to get sucked into the culture and life lived by many that is known as Formula 1 racing, and I hope that you, too, may give this multi-billion dollar lovechild of the car industry a chance.

Want to write for the Sports Section? **Contact me:** michael.innacelli.15@cnu.edu

# A way too early Heisman prediction

# The undisputable guide to who will win this year's Heisman Trophy

MATTHEW MORISHER

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The media will have you believe the Heisman Trophy has always been awarded to the most outstanding performer in the National College Athletic Association's Division 1 football subdivision. While this appears to be an eloquent description for a prestigious award, the Heisman Trophy has become less of an allencompassing reward and more of a popularity contest in recent

The flashiest and most recognizable players from the teams that had the most national television coverage are the only ones invited to the trophy's presentation in New York. Quarterbacks and Running Backs have dominated the Heisman's winner circle for more than two decades. Gone are the days of a Fullback (is that even a position anymore?) hearing his name read on that cold night in December.

A perfect example of the Heisman's unwritten rule played out in the 2018 season. The University of Oklahoma's Quarterback, Kyler Murray, secured the award, and his runner ups were the University of Alabama's Tua Tagovailoa and "THE" Ohio State University's Dwayne Haskins Ir. Like the 2018 season, the 2019 season's winner will be a Ouarterback's to lose. Let's take a look at this season's leading candidates.

Oklahoma's new Quarterback. takes over the starting job after transferring from the University of Alabama. Luckily, Hurts is moving from one school rich with tradition and a trophy case filled with hardware to another. Hurts has big shoes to fill, as the last two Heisman winners, Kyler Murray and Baker Mayfield, also proudly led the Sooners of Norman. Along with these high expectations, Hurts is entering the high octane offense of Oklahoma's Head Coach, Lincoln Riley. Like Murray and Mayfield, Hurts fits the mold for an offense with an emphasis on speed and volume of plays, so it should feel like, "Groundhog Day," for Riley. While he may be a scheme fit, it is still a new offense to learn with only one Offensive Line starter returning from last season. Those growing pains should be aided by offensive weapons CeeDee Lamb and Grant Calcaterra. Hurts will need them to produce this season, as Oklahoma's defense has been their weakness for years now. After experiencing the highs and lows of being the Quarterback for a College Football powerhouse, and being passed over for a Freshman phenom, Jalen Hurts finally has the support of the coaching staff and an entire locker room behind him. Hurts is done being

Tua Tagovailoa is back for another year as the University of Alabama's gunslinger. Tua was a Jalen Hurts, the University of few games away from hoisting the that strikes fear into the hearts of

the understudy.

Heisman Trophy above his head last season, so he begins this season as the odds-on favorite. Tua, unlike many of his cohorts in College Football, has an NFL caliber receiving corps in his arsenal. The country's top reciever Jerry Jeudy and pass catching stud Henry Ruggs III make up this year's version of Alabama's explosive offense. Expect much of the same from Tua this season, and that is not selling him short. We are all guilty of recency bias, so after Tua was injured during the 2018 SEC Championship Game, all we could remember from that weekend was Kyler Murray easily leading Oklahoma to a Big 12 Conference Championship. I believe Tua's injury cost him the Heisman last year. However, that situation could have been avoided. What we all seem to forget is last year's Alabama team demolished almost everyone they played. The scores were so one-sided, Tua would often not play the second half because of the monstrous lead they had built.

Hypothetically, Tua's stats could have been even better had he played all those quarters. But that's just speculation. What's real is Tua has all the pieces around him to take home this year's Heisman. He's got Nick Saban, College Football's best coach (and potentially a man who sold his soul to win championships), the best group of Wide Receivers in the NCAA, and a defense many. The only adversity facing Tua is new Offensive Coordinator Steve Sarkisian. While he may be new to Tua, Sarkisian was previously the Offensive Coordinator for Alabama when Jalen Hurts was steering the ship. Although he will be working with a new Quarterback, Sarkisian is still familiar with the Alabama formula to winning National Championships. This history of excellence should prove useful to Tua. Even when he loses, he wins.

Trevor Lawrence was all the talk amongst media outlets last season. Clemson University's "Ginger Terminator" sashayed his way into the National Championship Game. Without much resistance on Alabama's part, he won the thing too. Wow. Things seemed easy for Lawrence in his first season, but that aura of effortlessness was the product of many hours of hard work and dedication. Going into last season, Lawrence was not the starting Quarterback for Clemson. Lawrence had to bide his time, and eventually, it worked in his favor when coach Dabo Swinney chose him to replace Kelly Bryant, Much like Tua Tagovailoa, Lawrence had the appeal of being a Freshman Quarterback on a successful team. The comparisons to Tua don't end there, as both Quarterbacks won their starting jobs from underperforming veterans. What Lawrence holds over Tua is a National Championship Ring. As last year's titleholder, Lawrence already tasted success, and he is primed and ready to return to that well. While he's winning games, he may as well pick up an individual award like the Heisman Trophy too. With the weak Atlantic Coast Conference as his competition and coach Dabo Swinney guiding him, Trevor Lawrence is prepared to lead the Clemson Tigers on a historic Championship defense tour.

After examining the situations of three Heisman Trophy race frontrunners, I have come to the conclusion that the 2019 Heisman Trophy winner will be **Tua** Tagovailoa. Between himself, Hurts, and Lawrence, he is in the best position to succeed. We must always learn from history, and yes, Trevor Lawrence and Clemson may have easily taken care of Tua's Alabama team in last year's championship, but no other College Football team has the prestige and history that the University of Alabama does. At a certain point, we must realize that some things in this world are inevitable. Death, taxes and Alabama playing for a National Championship come to mind first.

In a landscape where we award winning, Tua Tagovailoa sets himself up perfectly by playing the most important position for College Football's most recognizable team. The offensive and defensive talent around him doesn't hurt either. You've heard it here first, folks. Place your bets now. You can thank me in December. ■

September 20th "Ad Astra" PG-13 "Rambo: Last Blood" R

A&E PAGE 12

September 21st This Wild Life 6 PM Elevation 27

September 19th **OURCA Faculty Showcase** 12:30 PM Trible Theater

September 20th **Anchor Splash** 46 PM York Lawn

# "Inside the Lines" captures the simplicity in childhood

ArtCNU Alum, Savannah Tilghman, showcases her newest exhibit just in time for Family Weekend

**ASHLEY MCMILLAN** 

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The other day I was able to experience "Inside the Lines," which is a photography exhibit by Savannah Tilghman, showcased in the Ferguson Hall Gallery. The exhibition is part of the ArtCNU Alum 2019 series. Tilghman's images in this exhibition bring life to the primary colors they represent. The purpose is to have the viewer explore each portrait, the varying colors within its frames, and to discover the natural connections taken from the differing primary colors to their adolescence.

Going to the exhibit I got to look at the pictures differently. Instead of looking at them as if just flicking through a magazine, I actually paid attention to detail since they were centered on only two subjects. I wanted to truly know why the photo was taken a certain way, and what might be the meaning behind them.

For instance, I was look-

a sense of emotion in the person's facial expression in connection to the rubix cube. The three primary colors and the multiples cubes within the rubix cube signified to me a connection of delicate memories; Red for love; Blue for emotional triumphs; and Yellow, the color above the other two that resembled the fun memories that surpassed them all.

The subject is perfectly parallel with the rubix cube as they smile softly, which reminded me that we should focus on all three types of childhood memories in connection to who we are now. The nude attire the subject wears resembles that this moment could apply to any of us. Down to our very skin, we can only hold onto our memories in the most simplistic ways, like from a rubix cube, and honor them regardless of where or who we are.

Another favorite of mine was In Between, which framed someone laying their hand close to their

ing at Rest in Pieces and felt cheeks, while as well admiring a blue bubble wand from a short distance. As mentioned before, I feel as if the color blue resonates a cold feeling in connection to my childhood. In addition to that, the subject wears black clothing, which in my mind resembles a dark history reminded in the moment. The subjects eyes perfectly align within the bubble wand's round features, as if it's a portal of some sort to their

> The subject seems to be looking from the outside into the bubble wand as if they're rediscovering an old memory. Without a smile or frown, the subject delicately looks from afar with a light hand on her cheek for support. I feel as if the colors within this portrait reminds me of past memories from my adolescence that I wish didn't happen, but it's become part of my present.

'Inside the Lines" showed me how photography truly can tell stories through photos, clothing, and singular objects. A pose or facial expression could powerfully add to a photo and give a deeper meaning to the viewer, allowing me to interpret things how Î see them in another aspect.

I appreciate how Tilghman incorporated primary colors into this exhibit in order to start a discussion on a viewer's personal connections to adolescence. This stunning exhibit will in the Ferguson Hall Gallery until October 25th, so go check it out when you can. ■



(Above) Subject gazes at a bubble wand in the photo "In Between" (Below) The exhibit includes Tilghman's multiple works along the Ferguson Hall Gallery PHOTOS BY ASHLEY MCMILLAN /THE CAPTAIN'S LOG



# Sleep away your problems

# Moshfegh's novel, "My Year of Rest and Relaxation," focuses on the internal struggles with the complexities of reality

**DUNCAN HOAG** 

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Ottessa Moshfegh's My Year of Rest and Relaxation does something altogether different from most contemporary literature. The novel follows about eighteen months in the life of a woman who attempts to sleep as much as possible for one year, with the hope that she will emerge on the other side of this pilgrimage a renewed, better version of herself. Her parents die when she is in college and still essentially a child by her own admission. Her frigid childhood complicates the matter, as does her post-graduation, underpaid job at an art gallery. All this weighs down on her and convinces her to quit her job and embark upon a year of largely drug-induced sleep, or as she names it, the year of rest and relaxation. On its face, this original premise doesn't sound like it could carry a 288-page novel. Yet it manages to do this and much more.

Beside the narrator herself, the book is populated with characters whose desires - whether material or sexual or both - enervate them either partially or totally. None of them ever question whether they can continue in this state of mind forever, and the narrator finds this attitude worthy of contempt or pity, as will most readers. After all, the novel is set in the year 2000, when the optimism of the Cold War's end and the beginning of a new millennia had yet to be destroyed by the 9/11 attacks. The reality of that impending disaster makes the narrator's pessimism seem especially prescient, and the other character's predilections especially unsustainable. This contrast contains the novel's most humorous passages, mostly between the narrator and her only close friend, a fellow Columbia graduate named Reva.

At the same time, our protagonist is not entirely without hope. She genuinely believes that this year of sleep will save



**OBTAINED BY AMAZON** 

her life. The precise connection between exorbitant sleep and self-improvement is never clear, but at the center of her project is a desire to separate her emotions from the many painful memories of her recent past; Most of these memories are connected to her parents. That struggle with the past is the central issue of the book and the origin of its most important question:

How does anyone come to terms completely with a difficult, even traumatic past, and is it even possible to do so?

It's not an easy question, and some might say it's better left unanswered. Certainly, the narrator seems willing to embark on her project only because there appears to be no other feasible choice. Life can't continue sustainably until the problem is dealt with. She says in no uncertain terms that she will kill herself if she is unsuccessful. All this is startling insofar as the protagonist has few material problems.

She lives in a nice Manhattan apartment, has enough money from parental inheritance and other property that she does not need to work, and is objectively attractive. One might like to use these attributes as reasons to write off her inner struggle as frivolous, but it's hard to do so. In doing that, we would have to pretend our own happiness is linked only to our pres-

ent material possessions. We would have to pretend that our past has no bearing on either our present or our future, when we know it to be quite the opposite.

It would be too simple to say My Year of Rest and Relaxation is a novel about an existential crisis.

That would imply only the narrator's disdain for the world, and the struggle that naturally stems from that disdain. The novel plainly has this quality and doesn't try to hide it. However, Moshfegh's book also portrays a crisis of the self, and of the past, which makes it far more powerful than most other literature published today.

It has a devotion to the truth that readers will find unnerving, but also refreshing. It shows that facing the difficult truth is far, far better than living with an easy lie. And although one may question her methods, few can reasonably deny that the narrator's struggle is just as much a part of our world as it is of her world.

# "Moulin Rouge!" hits the stage

SHANNON GARRETT

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Moulin Rouge! is the Broadway stage adaptation of the movie musical. The Broadway show stars Aaron Tveit and Karen Olivo, who play the main characters Christian and Satine, respectively. The musical is about Christian, a composer, and Satine, an actress, falling in love while putting on a show in the Moulin Rouge for the villainous Duke of Mon-roth, played by Tam Mutu. The 19 songs are different mashups of many pop songs over the last 50 or so years. There are some songs from the movie such "El Tango De Roxanne", "Elephant Love Medley", and "Your Song".

This musical's cast album is one of the most fun, energetic, and artistic pieces I've heard in awhile. It takes the songs most of us are familiar with and uses them in new and exciting ways. Every member of the cast are excellent singers who really bring their best to the songs they're on.

Some highlights are "The Sparkling Diamond," "Shut Up And Raise Your Glass," "Backstage Romance," "Only Girl In A Material World," and "Crazy Rolling."

Karen Olivo really shines in "The Sparkling Diamond," and it is she who holds the number in place. Olivo is a real powerhouse of a singer, and her chemistry with Aaron Tveit on "Shut Up And Raise Your Glass" and "Crazy Roll-

This musical's cast album one of the most fun, engetic, and artistic piecs I've heard in awhile. It akes the songs most of us the familiar with and uses into the story.

ing is absolutely electric. They just work so well together. You can really feel the emotions behind what they're singing and how it ties into the story.

The musical's composer took some daring risks with the pop songs sampled, but he took them in new and interesting directions. He made a tango number out of "Bad Romance" by Lady Gaga, along with a few other songs, called "Backstage Romance".

There's so much going on in the song, and when they raise the volume, it fills the air with a tinge of excitement. "Backstage Romance" certainly earned its place as one of my favorite tracks on the album.

Now, my absolute favorite track on the album as to be 'Only Girl In A Material World,' which takes Rihanna's "Only Girl (In the World)" and changes it to be from a man's perspective. It's meant to be the Duke of Monroth's song to Satine about how he wants to be the only one she loves. The song has such an insidious feel to it, and it fully displays just how much of a villain he is. And Tam Mutu has a very smooth voice that pulls off the right amount of menace needed. It's the perfect number to show off how twisted the Duke is.

Moulin Rouge! The Musical is the perfect Broadway cast album to listen to on a rainy day to raise your spirits.

It has the energy, fun, and excitement needed to make your day a little bit brighter. The album has become a quick favorite of mine that I listen to quite often.

I can't recommend it highly enough. The cast album has been released since Aug. 30th. Please check it out if you've got the time!



**OBTAINED BY PLAYBILL** 

# Hacks for healthier eating in the dining hall

### Make quick and easy choices without sacrificing nutrition

CAITLIN DOYLE

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Peanut butter & banana **English muffin** 

This breakfast of champions is



The peanut butter & banana English muffin is a must have for breakfast. CAITLIN DOYLE / THE CAPTAIN'S LOG

great for when you're in a rush and need a boost to begin the day.

Eliminate the temptations for Nutella, and substitute it for peanut butter if you're not allergic.

To create it, simply toast your

English muffin, grab a banana, grab 2 peanut butter packs and you've got a delicious breakfast that will not make you feel guilty after eating it.

### Broccoli mac &

Grab some broccoli from the salad bar and add that to the delicious mac and cheese

It's nothing super complicated, but this makes a big difference, especially if you like broccoli ched-

### Spinach egg white

Grab some spinach from the salad bar and ask the chef to add it to your omelet. And yes, they can do egg white omelets! All you have to do is ask! If you're a fan of tomatoes, add some for extra tastiness.

#### **Burrito bowl**

Reduce your carb consumption by making a burrito bowl instead of having tacos or a burrito on a white

I have learned that having the lettuce as a base allows you to not be tempted to add queso (which is super tasty on a burrito but extremely unhealthy) because who would want to put creamy, savory cheese sauce on iceberg lettuce?

This burrito bowl is healthy all around because it consists of both protein and veggies all in one.

#### Cauliflower mac & cheese

Take broccoli mac & cheese one step further and when the dining hall has roasted cauliflower (or broccoli), sprinkle some cheddar cheese on the plain cauliflower and melt it in the microwave to create cauliflower "mac & cheese."





The burrito bowl is a super simple meal to make.

Here are some great nutrition accounts on instagram to help you stay on track with healthy eating in college:

> 1.@nutritionstripped 2.@meowmeix

3. @fitandwellmedgal

# Your definitive fall fashion guide

### Be sure to have these staples in your wardrobe this season

**ANNA DORL** 

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Fall is fast approaching.

Although the leaves haven't quite started to change colors yet and Hampton Roads has been seeing more hot, sunny days than crisp chilly ones, the best season of the year is just about here.

If you're anything like me, you've already started wearing a cute autumnal outfit here and there when it's blustery enough outside to get away with wearing jeans and a sweater.

Here's a definitive list of the musthaves in your closet this season.

These staples are also generally gender neutral, so no matter what types of clothes you enjoy wearing, you'll hopefully find something that works for you.

Duck boots, tall riding boots, short booties - the possibilities are

A cute and classic pair of boots can make all the difference in an outfit, and when combined with fuzzy socks, are the perfect way to keep your toes toasty as the weather starts to get colder.

#### Flannel

When I think of the colder months of the year, flannel is one of the first things that pop into my head.

It's the perfect pattern for autumn, even though I'm one of those weirdos who loves wearing it all year long.

Whether you decide to go with a cozy shirt that's perfect for layering under a t-shirt, a long-sleeved shirt or even a plaid hair scrunchie, you can't go wrong with this timeless fall

#### Scarves

A scarf with a fun pattern like plaid can add some fun to an otherwise solid-color outfit, just like how a solid-color one can calm down a patterned shirt.

Depending on the weather outside, a thick scarf can add muchneeded extra warmth to an outfit and a lighter one can just serve as a

Either way, they can always help bring your whole look together.

#### **Utility jackets**

Another great piece for layering, utility jackets take a casual comfy t-shirt to an outfit you can wear outside without sacrificing your comfort or warmth on especially blustery fall

They come in all kinds of colors such as classic army green and khaki.

Some have hoods and some don't, so you can have your choice no matter if you prefer built-in protection from a windy day or if you prefer a beanie instead.

#### A big, comfy sweater

Whether you go for a cropped hoodie for a sunnier day or a thick turtleneck to keep you extra warm, sweaters of any kind are always the way to go.

Dress them up and down for whatever occasion you have going on that particular day. You'll be sure to stay warm and cozy either way.



**COURTESY OF FREESTOCK-PHOTOS** 



A blue and green flannel, army green utility jacket and a pair of duck boots make for the perfect fall outfit. ANNA DORL / THE CAPTAIN'S

# CNU organizations unite for Sustainable Health Summit & Expo

### Take an inside look at what this unique event had to offer

ASHLEY MCMILLAN

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Before coming to the event, I honestly felt tense due to the fact I was planning to attend an event on reproductive health.

I have always felt that my reproductive health was a nature not to be discussed in public due to my upbringing.

Though, when I arrived, the environment was entirely inclusive and judgment-free.

People were smiling and nodding heads left and right.

Everyone was sincerely engaged in conversation no matter which table they were at.

The Sustainable Health Summit & Expo was put together by CNU's Sustainability Coordinator, Jen Jones. Jones collaborated with Her Campus, PERIOD. and Planned Parenthood Generation Action to table at the event and help inform the students of CNU on how to be sustainable in regards to their reproductive health.

tainable products that we should try to use.

PERIOD. provided free Thinx underwear, which are typically \$34+, that can be worn during menstruation for feminine hygiene purposes.

The Office of Sustainability had a display of menstrual cups and the sustainable reasoning for using them.

Additionally, the office had an optional quiz for attendees to take in order to see which cup would be best for their body.

Planned Parenthood Generation Action, and staff from Planned Parenthood, had a wide array of sustainable menstruation and birth control products along with informational posters about each prod-

Finally, Her Campus provided information on how women in the community can be involved.

The other section of the event included a questionnaire panel in another room.

The panel was led by Jen Jones, Dr. Danielle Stern, and staff mem-

guage when talking about reproductive health, why make the sacrifice for more sustainable birth control products, sanitation with reusable products, affordable and reusable birth control products and so on.

A conversation that really resonated with me was when Dr. Stern talk about the negative connotation about feminine hygiene and birth control options.

She discussed that we see menstruation as not unclean due to the stigma of a patriarchal society and from that women's hygiene is devalued.

The conversation then flowed into personal experiences from students, which really enlightened me on how to cut costs for my reproductive health

One woman discussed that she was given a free Nexplanon, all because she called her doctor's office and asked if there was anyone who cancelled their Nexplanon appointment, saving her over \$1,000 since she had no insurance.

Another woman stated that when she goes to her local doctor's office she is able to ask for six months of birth control samples- for free.

By doing this, you can try out birth control options and see what's best for you.

Overall, the Sustainable Health Summit & Expo was a wonderful event that thoroughly taught me how involved organizations on campus are, how vast the reproductive health industry really is and most importantly, all of the options I can choose from for me.

Birth control is not a one-size fits all.

We're all different inside and out and deserve the right to choose what's best for us and the environment, and that's truly what this event taught me. ■

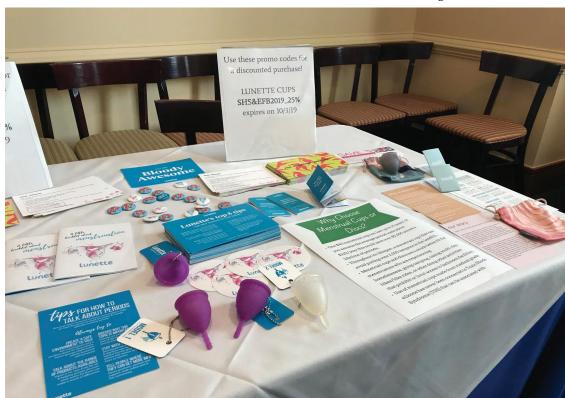
"We're all different inside and out and deserve the right to choose what's best for us and the environment"

Each organization had a different purpose at the event.

In the beginning, each organization had a table or two that informed everyone the purpose of certain sus-

bers from Planned Parenthood.

We talked about different birth control sustainability selections, side effects of sustainable birth control (IUDs), gender neutral lan-



Tables at the event displayed informational pamphlets and freebies for attendees to take home with them, such as buttons and feminine hygiene products. **ASHLEY MCMILLAN / THE CAPTAIN'S LOG** 





(Top) Ivy von Perbandt, co-president of Planned Parenthood Generation Action at CNU, poses with organic, applicator-free tampons, which help to reduce plastic waste in the environment. (Bottom) Staff members from Planned Parenthood in Hampton provided a table with condoms, buttons, stickers and information for attendees. ASHLEY MCMILLAN / THE CAPTAIN'S LOG



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