



The Captain's Log

THE VOICE OF CHRISTOPHER NEWPORT UNIVERSITY STUDENTS

@CNUCAPTAINSLOG WWW.THECAPTAINSLOG.ORG
VOLUME 50, ISSUE 1 September 12, 2018



A dazzling fireworks display concludes the grand opening ceremony for the Paul And Rosemary Tribble Library Monday Sept. 10. PHOTO COURTESY OF NICOLE RAMKEY

What's Inside

News CNU Students take action in response to previously unannounced tuition hike.	Snapshot President and First Lady Tribble christen new edition to the Library.	Sports Take an inside look into the day-to-day of CNU's football team.	A&E Discover the man behind the music and the glowsticks at Light the Night.	Lifestyle Learn the ins-and-outs of being an orientation leader at CNU.
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Weekly pic

Members of Greek Life, including the sisters of Alpha Sigma Alpha that are pictured here, welcomed students back on their first day of school at Hiddenwood Elementary School.

PHOTO COURTESY OF JUNE LAFFEY

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.



CNU TV

Go behind the scenes with the Volleyball team as they begin their Fall season. Check out the video on The Captain's Log Facebook page or the CNU Studios Youtube.

Happened

September 1

First Football Game of the Season

Winning 38-9 against Southern Virginia University, this game was an explosive watch (and not just because of the fireworks that happened during the Marching Captain's show at halftime).

September 6

CNU Farmer's Market Returns

Live music, multiple vendors, and food trucks galore, this event in the York street brought the campus together. The next CNU Farmer's Market will occur on Sept. 13 from 3 p.m. to 6 p.m.

Happening

April 20

Women's Soccer @ CNU

A top 25 mash-up, as of Sept. 10, the CNU Captains Women's Soccer team will face off against the Virginia Wesleyan Marlins at home on Sept. 12 at 7:30 p.m. The national ranking of both teams may be on the line.

September 14

CAB Presents... Austin Moody

“Nashville's best kept secret,” will be performing this Friday Sept. 14 at 8:30 p.m. on The Great Lawn. His traditional country bluegrass hits will echo across campus.



Captain's Log Snapchat

Scan this image to add us on Snapchat! Follow our updates, watch us behind the scenes in the newsroom, and keep up with commentary on campus life.

The Captain's Log Staff

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

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

- Email: clog@cnu.edu

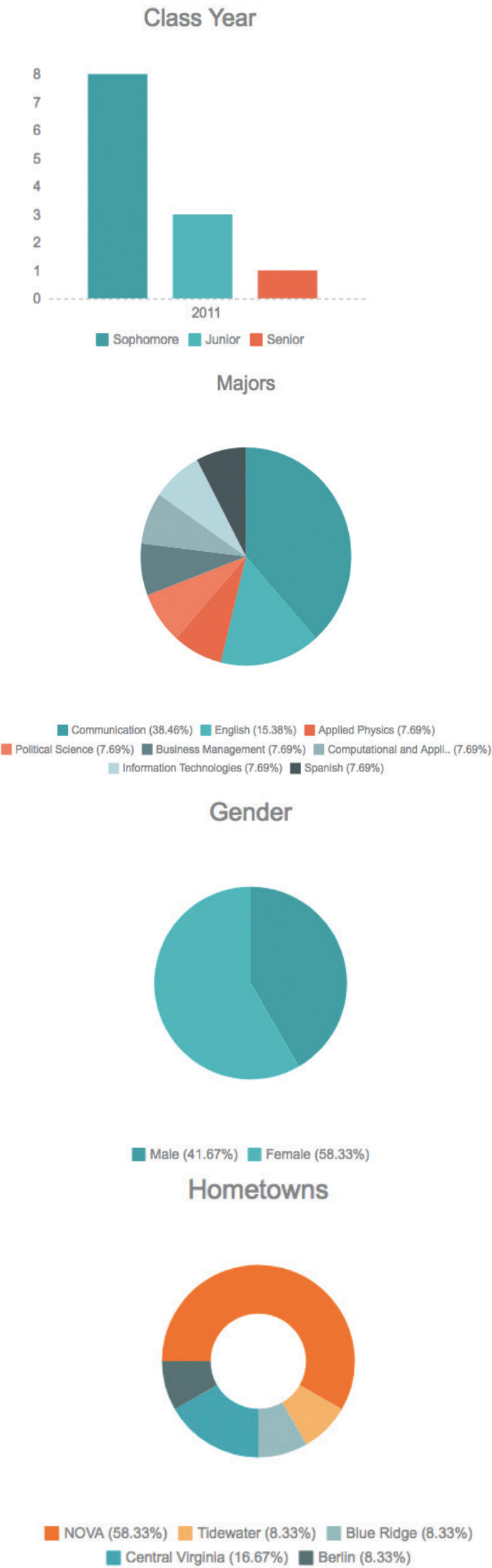
- Drop off: The Captain's Log newsroom, DSU Suite 393

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


WANT TO ADVERTISE? Circulation inquiries, advertising rates and policies are available upon request via email at clog@cnu.edu or telephone at (757) 594-7196. For more information, visit our website at thecaptainslog.org.

By the Numbers

Check out the facts and figures of our 2018 staff.




Meet the Editors



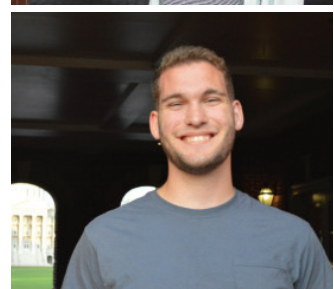
Matthew Scherger
BreakingCNU Editor

"It's important to remember that life is a joke."
— John Mulaney



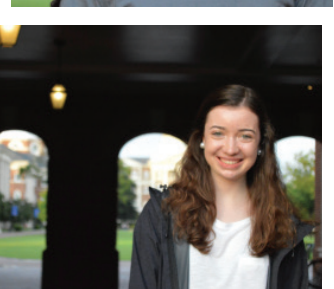
Anna Dorl
Lifestyle Editor

"Life moves pretty fast, if you don't stop to look around every once in awhile, you could miss it"
— Ferris Bueller




Michael Innacelli
CNUTV Editor

"A day without sunshine, is like, you know, night"
— Steve Martin



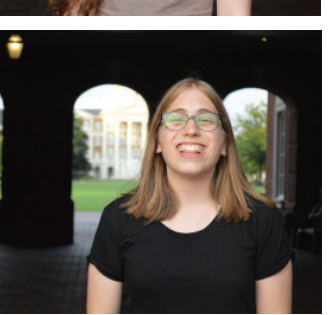
Kristen Zicarelli
A&E Editor

"Less is more."
— Robert Browning




Hannah Lidenblad
Photography Editor

"If you ever speak to me in Spanish please use the formal usted."
— April Ludgate



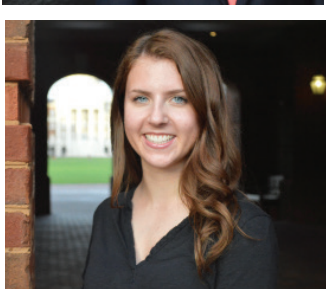
Emma Dixon
News Editor

"If you truly pour your heart into what you believe in, even if it makes you vulnerable, amazing things will happen."
— Emma Watson



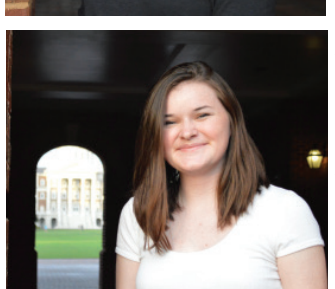
Liam Rowell
Business Manager

"Reality continues to ruin my life."
— Bill Waterson



Paige Stevens
Social Media Manager

"Today I will do what others won't, so tomorrow I can accomplish what others can't."



Morgan Barclay
Editor-in-Chief

"I like you just the way you are."
— Mr. Rogers

Not Pictured

Phoenix Hines
Sports Editor

"The more you seek the uncomfortable, the more you will become comfortable"
— Conor McGregor

Ian Burke
Copy Editor

"It underscores our responsibility to deal more kindly with one another and to preserve and cherish the pale blue dot, the only home we've ever known."
— Carl Sagan

Jason Singarayer
CNU Studios Editor

"It's a cinematic production."





Fireworks erupt over the new Tribble Library during the Dedication Ceremony that took place on September 10 at 8 p.m. **PHOTOS BY EMMA DIXON/ THE CAPTAIN'S LOG**

New Expansion Brings Lots of Action and Attraction.

After two years of construction, the new expansion of the Paul and Rosemary Tribble Library is open.

BY EMMA DIXON
EMMA.DIXON.17@CNU.EDU

One theatre. Two cupolas. Three outdoor balconies. With construction beginning in the fall of 2016, the new expansion of the Paul and Rosemary Tribble Library was officially opened to the public on Monday, August 27.

Costing a total of \$43.4 million dollars and taking approximately two years to construct, the new Tribble Library has become the second largest building on campus, after the Ferguson Center for the Arts. The library is now 165,000 square feet and is one-tenth of a mile from one end to the other.

"We are unapologetic about building buildings of civic proportions and beautiful architecture. Our job is to instruct and inspire and there's nothing that instructs and inspires more powerfully than great art and great architecture," President Paul Tribble said.

The main goal of the expansion was to increase the amount of study space and resources for

students. The new expansion has over 1,100 seats in addition to a 100-seat theatre.

The facility also has four new classrooms, including a digital humanities classroom, a new media center, individual study rooms and a two-story reading room.

Standing three stories tall, the library contains three outdoor patios—with the first overlooking Warwick Boulevard, the second overlooking the Pope Chapel and the third overlooking the Freeman Center.

According to University Librarian, Mary Sellen, talk of the expansion began years ago, when a group of faculty met and discussed new spaces and accommodations for students. The group presented these ideas to President Paul Tribble, who worked personally with the architects of the projects to create what you see today.

"Our first mission was to meet the requirements of this academic community. Then we laid out what that should look like, not in terms of exterior beauty but in terms of

floor plan. Once we met those, we put a shell around the building. We just made sure the shell was spectacularly constructed, beautiful," Tribble said.

In addition to new spaces and cutting edge technology, the library has expanded its collection of books, magazines, archives and journals to 873,000 volumes, which is a half acre of open book stacks. Furthermore, the library will be open 24 hours a day, seven days a week, excluding certain holidays and university breaks.

"We want [students] to chose to lives of meaning, consequence and purpose. You know what we call that? We call that a life of significance and that's what makes this place precious and different. So that's why we create these very special places because we want to encourage everyone on this campus to give their best, to pursue excellence in everything they do each and every day," Tribble said.

On Monday, September 10, a Tribble Library Dedication Ceremony was held near the



First Lady Rosemary Tribble christens the new library with a bottle of champagne.

East Entrance. Governor Ralph Northam joined President and First Lady Rosemary Tribble at the event, delivering remarks and cutting the ribbon. There were

fireworks to commemorate the new library during the ceremony, and the Tribble's got to christen the new library by smashing a bottle of champagne on one of the columns. ■

Red Dress Gala Will Be an Extravaganza.

BY EMMA DIXON
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Alpha Phi has been a prominent sorority on the Christopher Newport campus for 22 years. Every year they have been at CNU, Alpha Phi has put on a Red Dress Gala. This year, the 23rd annual Red Dress Gala will be held on Friday, September 28 at 8 p.m. in the DSU Ballroom.

"Red Dress Gala is a really meaningful event for our chapter because it allows us to connect with our alumni, family, friends and the community to spread awareness of women's heart health because cardiovascular disease is the number one killer of women," Brittany Thorburn, Vice President of Marketing for Alpha Phi, said. "It affects one in every three women so that could be your sister, your best friend, your mother, your aunt or your grandmother."

All of the funds raised from the event will be donated to the Alpha Phi Foundation and will go towards grants for research or studies that seek to find a cure for heart disease in women.

"It's really a way to spread awareness and to raise a lot of money to help fund research to help find a cure for this," Thorburn said. "It's just really fun to gather together and have a great night supporting this cause and celebrating how much money we're raising to really affect research."

According to Caroline Marscheider, the Director of Philanthropy for Alpha Phi, the girls have been planning the event for approximately eight months.

"You really don't think about

all of the behind the scenes work and going out and getting as much donations as we can so we can raise the most money to give to the foundation," Marscheider said.

At the event, the sisters of Alpha Phi will have a silent auction for various gift baskets they created themselves. The baskets range in price from \$40 to over \$500 in value. Additionally, there will be a jazz band, poker station and photo booth in addition to desserts and wine. This year, Red Dress Gala is including a new Mr. Heartthrob male pageant where each organization can nominate a male contestant to perform in a mini pageant.

"One thing we wanted to improve on this year was incorporating the community and getting more people from other organizations to come to our event because it's usually primarily family and friends," Thorburn said. "We really wanted to improve on the student population coming so we decided to put in a fun way that an organization can nominate a male representative to come and [participate] in a fun game. We really want to involve the community as much as possible."

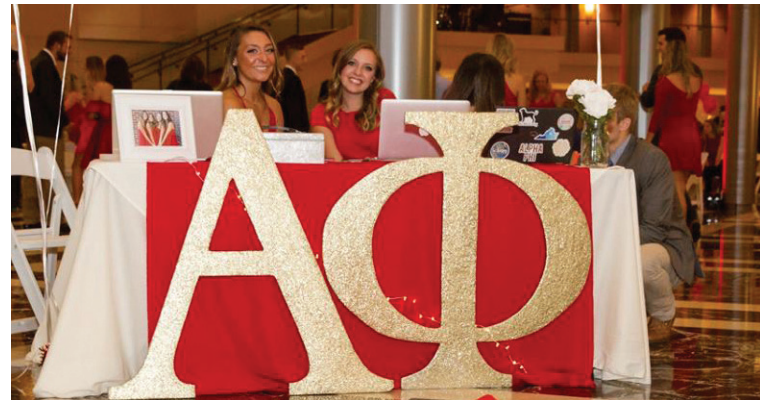
Tickets for the event will be on sale September 24 - 28 from 11 a.m. to 2 p.m. in the DSU. Student tickets are at a discounted price of \$20 and normal tickets are \$40.

"I think it is so important for people to realize that anyone in your life could be affected by [heart disease]," Marscheider said.

"A lot of people don't even realize that it is such a powerful disease that takes so many women yearly and really affects people,"

Thorburn said. "[People] should take away how impactful any donation can [be] and how the grants our foundation is providing towards research are helping improve ways to cure different heart and cardiovascular diseases. ■

Shown Below: Alumni Stephanie Case, Senior Molly McCabe and Senior Logan Bramhall pose during Red Dress Gala 2017. **THE CAPTAIN'S LOG**



Alumni Kacy Decatur and Senior Abby Lee greet guests as they arrive at Red Dress Gala 2017. **THE CAPTAIN'S LOG**



Increase in Tuition Leads to Four-Organization Coalition.

Unannounced increases of up to \$2,006 inspire a bipartisan response from student leaders.

BY DUNCAN HOAG
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On April 27—the day before the end of that semester's final exams—the CNU Board of Visitors voted unanimously to raise the university's overall tuition by a measure of 8.1%, or 1,336 dollars, for in-state students. For out-of-state students, the increase was 5.4%, or 2,006 dollars.

The percentages take into account three distinct costs paid by students that the Board voted to increase: tuition and fees, the comprehensive fee and the cost of housing. Comprehensive fees generally include auxiliary aspects of college life, such as intramurals, student clubs and Information Technology (IT) services.

The Daily Press indicated that the funds generated by the tuition bump will go towards "\$721,292 to operate the \$43.4 million Tribble Library expansion, \$1,011,389 for 2 percent salary increases for faculty and staff, \$172,094 for two additional faculty positions and \$750,375 for nine other

positions, including a Title IX investigator, two police officers and a chief communications officer."

On May 31, about a month after the announcement, four different political organizations at CNU signed their support onto a letter condemning tuition increase and, specifically, what they perceive as a lack of transparency involved in the vote to increase tuition.

"We request that the administration become more transparent and accessible to the student body by providing concrete information on proposals and issues that concern our students," the letter stated. The organizations involved were the College Republicans, College Democrats, Turning Point USA, and Virginia21, which are all are student-run.

The Williamsburg Yorktown Daily quoted Matt Godsoe, head of the CNU chapter of Virginia21, as calling the tuition "outrageous." The same article had Ryan Chriscoe, head of the CNU chapter of Turning Point

USA, sharing similar sentiments, expressing his disappointment that the university did not share a statement regarding the increase with the students and parents directly.

College Republicans chairwoman, Colleen Simpson, indicated that many students did not know about the tuition increase either before or after it had occurred.

"After releasing the statement, several CNU students contacted me saying it was the first they had heard of a tuition increase." She also said that "our statement was the first many students heard about the tuition increase, and many have expressed their concern about the possibility of not being able to return in the fall."

Simpson further indicated that the only way to find information about the tuition increase was on the "Tuition and Fees" section of the CNU website, or through local media sources.

Matt Godsoe, President of the CNU chapter of Virginia21—a state-

wide organization attempting to encourage young people to impact political life—suggested some measures he believes the university could take to inform students of tuition increases, such as emailing the student body before and after the increase occurs and allowing adequate time for the SGA (Student Government Association) representative on the Board of Visitors to gather student input. Another suggestion was for the Board of Visitors to post a statement of the reasons why the tuition increase occurred.

Simpson related that a former CNU student employed by the Hampton Newport News Daily contacted her directly. "She spoke to the university's Director of External Relations, Thomas Kramer, [and] he stated that 'There are no plans to officially notify the parents and students of CNU about the tuition increase.'"

The letter also denounced the Virginia General Assembly for failing to pass a state budget in time for the

tuition increase. "The Commonwealth of Virginia General Assembly has failed to correctly manage funds, resulting in an increased financial burden for the students and families of Christopher Newport University." The General Assembly would later pass the budget, about three weeks after the tuition increase occurred.

"Politics is a huge factor in determining the difference between a tuition raise or not," said Simpson. "The inability for a college to predict state funding often leads them to raise tuition, because they don't know how much will be allocated to public colleges in the state."

Simpson elaborated on why she involved other CNU organizations in the letter's creation. "I reached out to each of the political organizations on this campus because I felt like this was a non-partisan issue that we could all work together on ... I think it is so important to work together on the things that mean the most to us, and we are truly blessed to go to a university where students can work together this way. ■

An Explosive Grand Opening.



Governor Ralph Northam shares his ideals about education before the official opening of the Paul and Rosemary Tribble Library.

PHOTOS BY NICOLE RAMKEY /THE CAPTAIN'S LOG



Following the typical nautical tradition President Paul Tribble and First Lady Rosemary Tribble crisscross the library by breaking a bottle of wine against the Library.

PHOTOS BY NICOLE RAMKEY /THE CAPTAIN'S LOG



Fireworks mark the official grand opening of the Library.

PHOTOS BY NICOLE CUMMINGS /THE CAPTAIN'S LOG



(Top) The new two-story reading room adds even more space for students to study. (Bottom) Group Study rooms have been added all over the Library. Some even include monitors to project what is on your laptop for everyone to see. Around finals, there will be an app that allows student to reserve one of these rooms in advance.

PHOTOS BY HANNAH LINDENBLAD /THE CAPTAIN’S LOG



(Top) In the expansion of the Library, the book stacks grew to be almost half an acre. (Middle) The new Media Collection Center includes new comfortable couches and movies, not only for class, but also for fun. (Bottom) The new theater offers seating for 100 people, with chairs that have a classic movie theater design.

PHOTOS BY HANNAH LINDENBLAD /THE CAPTAIN’S LOG

Why We’re Keeping CNU Weird.

Don’t fall into the simplification trap.

MORGAN BARCLAY

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Throughout the years of The Captain’s Log the tagline has remained the same—the voice of CNU students. Transforming from a small one page newsletter to the 16 page paper you’re holding in your hands currently, this goal of representing the CNU community in its totality has remained.

We’ve been reaching for that goal as long as we’ve been around. Being completely student-run and produced and allowing any student the opportunity to write with us, we have been able to represent the CNU community.

But this goal of becoming the voice of CNU students is a lofty one and we need to reach further.

We currently live in a social climate that seeks to simplify more than clarify. This is apparent in the way we discuss politics, the way we filter our social media pages, and in our daily reactions to those we disagree with.

Whether the blame comes from the 24-hour news cycle, the need for juicy stories to fund advertisements, or social media’s oversaturation of information, is up for debate. The effects of this simplification are not.

The news is not meant to simplify complex situations. The news is meant to clarify and inform. We as a newspaper cannot be there to give into stereotypes, craft conflicts, or misrepresent the communities we find ourselves in.

It is easy to simplify CNU and give into stereotypes of campus. It is easy to ignore the inconsistencies, to hide the weird underbelly that thrives here. But journalism is not easy. And becoming the voice of CNU students is not a goal we at The Captain’s Log take lightly.



Morgan Barclay, Anna Dorl, Kristen Zicarelli, Matthew Scherger, Michael Innacelli, Emma Dixon, and Liam Rowell are ready to cover more on campus than ever before. PHOTO BY HANNAH LINDENBLAD/ THE CAPTAIN’S LOG

Becoming the voice of CNU students cannot be marred with this urge to simplify.

So this year, we are going to keep CNU weird. We are not going to ignore what may be different or strange about

our campus and community. We are going to lean into it. We are going to dig deeper and feature more than we have before.

This year we truly want everyone to have a seat at the table. No matter how

shaky your voice is, we will help you strengthen it. You are welcome here. You are part of The Captain’s Log.

Why are we keeping CNU weird? Because CNU is already weird and we don’t have a right to change that. ■

This Day in History: September 12, 2018

Miller Bowe takes us on a journey back to the fifth century with a recap. of the Battle of Marathon. Check back each week to see how history is reflected in the everyday in this weekly column.

MILLER BOWE

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September 12th, 490 BC, is the date of the Battle of Marathon, which marked a turning point in the first Greco-Persian war. The battle is now better known for lending its name to the long-distance race, the marathon.

According to the story, after the Greeks won the battle, they sent the messenger Pheidippides to tell the people of Athens about the victory. He ran more than 25 miles and shared news of the battle before promptly dying.

When discussing ancient history it is important to consider one’s

sources. The earliest source regarding the Battle of Marathon is Herodotus’s The Histories. Herodotus is considered the “father of history,” but some historians have come to believe his work is fanciful or exaggerated.

Herodotus’s account does not mention Pheidippides’ famous run or his death. However, he does mention a more strenuous journey made by the courier.

According to Herodotus, before the battle, Pheidippides ran 150 miles in two days to request the aid of the Spartans. During this run he is said to have had a vision of the god Pan, who offered to help the Athenians if they dedicated a temple to him.

According to Dr. John Hyland, a profes-

sor at CNU who specializes in Ancient Persia, Anatolia, and Classical Greece, the story of Pheidippides’ last run first appears centuries later during the Roman period. However, there was still an important journey between Marathon and Athens following the battle.

Marathon and Athens are on opposite sides of the Attic peninsula. Following the battle, Hyland says, the Persians retreated to their ships but tried to sail around to attack Athens while it was unoccupied. “The Athenian army made a 24 hour forced march from the battlefield back to the city and got there just in time to make the Persian fleet turn around and sail away. That’s really more significant than any sort of imagined post-

victory run with the news of the battle.”

Although the story of Pheidippides’ Marathon run was a later invention, it became popular throughout Roman Greece. Modern audiences with romantic ideas about Ancient Greece fixated on the story. When the first modern Olympics were held in Athens in 1896, the Marathon Run was invented to commemorate the story.

Despite the apocryphal nature of the story of the original Marathon run, the competition has become an athletic staple, and has been an important part of the Olympic Games since their inception. The modern world is still shaped by ancient history, and by the way more recent generations have chosen to interpret it. ■

The Tuition Increase: A Necessary Evil?

Is there an alternative?



AMY CAMIRE
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Some of CNU's students have heard the recent news of an increase in our tuition, coming this Fall 2018 semester. The problem is, some students haven't, and may feel blindsided by the sudden 5.1% increase in in-state and out-of-state student tuition. This increase is taking place after a unani-

mous decision by the board of supervisors in April to increase tuition in order to cover costs of healthcare, staff funding, and student financial aid. The immediate reaction for some of us may be anger, as the timing of the increase leaves little room for some to prepare for the extra expense and there was little to no communication from the school that this increase was about to take place. In fact, unless you

The President's Office located within CNH (pictured here) recieved the open letter over the summer.

PHOTO BY MORGAN BARCLAY/ THE CAPTAIN'S LOG

pay close attention to the 'CNU Newsroom' page, CNU made no effort (not even one of the hundreds of emails we receive about everything from parking lot closures to discounts on drinkware) to make news of the raise in tuition known.

However, before we jump into our emails and frantically bombard CNU administration about the unfairness of a sizable tuition increase, it's important to know why this, allegedly, has to happen. CNU, which prides itself on giving students a private school experience with public school availability, wouldn't charge students more simply to fund the construction of a dozen more columns or to increase a few paychecks. In fact, almost all construction on campus is funded by the various donors CNU gathers over the course of the year. The revenue generated by the increase is going towards the Tribble Library, a scholarship fund, a new Title IX investigator, and various other faculty positions. So why the increase and not simply a change in budget? A few sources say it's due to a lack of state funding reaching the university, preventing them from being able to cover costs. One reporter from Daily Press quoted Sheriff Gabe Morgan, a member of the board, as explaining that the increase was passed onto the students and parents of CNU students, "In essence making [the board] the bad guys...these increases are must-haves just for us to hold on."

The tuition increase may be a necessary evil, however, that doesn't mean that students are forced to take the hit without complaint. The fate of students' money shouldn't be left up to a 'Room Where It Happens' situation, where decisions are made behind closed doors. While these increases may stem from state funding, if students were more informed when CNU first learned that they might not receive all the support from the state that they'd expected, then students might have been able to voice their opinions before a concrete decision was made. Since students are the ones bearing the brunt of CNU's lack of funding, they should be the ones who have the most information on who to contact and what can be done to lessen the impact.

After news of the increase reached a few students, the Political Organizations of Christopher Newport University wrote an open letter expressing their discontent with the way in which the whole situation was handled. Had the school been more open from the start, the various political organizations on campus could have had a greater impact than they might after the fact. It was CNU's affordability as a public institution that attracted many students, along with the beautiful campus and high-quality education that one normally finds in private universities. This has been put into jeopardy not solely by CNU's actions, but by a lack of effort to involve students and decisions made by the state. The most important outcome of the entire unfortunate situation is that CNU dedicate more effort in the future to alert students of changes in their tuition bills, and inform the public on steps they can take (such as emailing concerns to administrators and representatives) to prevent having to pay more for school. ■



A Captain Abroad

Follow this Captain as she learns the ins and outs of living abroad in Florence in this weekly travel column.

TARYN HANNAM-ZATZ
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Studying abroad is something that I thought would remain a dream. For the first two years of college, the experience was put on the backburner. Until this year, I decided to wake up and apply to Florence University of the Arts in Florence, Italy. Within a month, my application had been accepted and I was buying my plane ticket.

The date is now August 27. I am all packed up and

Taryn sits in front of her home away from home for the next four months.
PHOTO BY COURTESY OF TARYN HANNAM-ZATZ

headed to Dulles Airport. My family is with me. I am excited yet nervous at the same time. I say goodbye to my dad and younger sister. My mom joins me on the plane.

Every minute in the terminal grows my excitement as I begin this new chapter of my life. "Who will I be living with?" "What will my apartment look like?" "What will Florence really look like?"

12 hours go by. We go from Washington, to Istanbul, to Rome. When we reach the hotel in Rome, I can not sleep. A mix of jet lag and excitement take over as I eat my Italian dinner with my mother.

5 a.m. wake up time—I take an early morning train to Florence. I'm headed to my new apartment. Driving through the rolling hills of Tuscany, the two hour train ride felt like no time. I check in to the University, get the keys to my apartment, trekking my two large suitcases behind me.

Six steep flights of stairs greet me as I open the door to my building. My suitcases both weigh about 50 pounds. There is no air conditioner.

I meet my roommate at the top of the stairs. She breaks the ice and introduces me to two other girls. Within the week, I gain three new best friends. I feel like we've known each other our whole life. I cannot believe my luck to have already made such good friends.

One week to classes—My mom and I explore Florence. Restaurants, gelato, the best gelato, surround me. We go on a day-long wine-tasting tour in the Tuscan region of Chianti.

One day left until my mom leaves—Even though I've made good friends, I do not want to see her go. I'm still nervous to be in a new country. I miss the comforts of home. We have one last lunch. the comfort of knowing she is just a phone call away is enough to fill me as I return to my apartment.

Classes start—Getting into my routine, I find more and more time to fall in love with the city of Florence. Day by day, I become closer with my friends. I cannot wait for the next four months. ■

CNU Football is off to a Hot Start

The Captains have dominated the offensive and defensive side of the ball, resulting in a 2-0 start for the third straight year.



(Above) Two of the assistant defensive coaches, Coach Parker(left) and Coach Costa(right) running drills during their practice before their game against Hampden-Sydney. They went on to win that game against the Tigers 17-13 at their opponents home place. **HANNAH MCCLURE/THE CAPTAIN'S LOG**

BY PHOENIX HINES
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After a disappointing season in 2017, The Christopher Newport University Football team looks to bounce back this year and improve from their 5-5 record last year.

Despite losing a large senior class from their previous season, the Captains are confident in their new faces on the field.

So far the Captains are 2-0 after their victories over the Southern Virginia University Knights and the Hampden-Sydney College Tigers.

In their opening weekend, the Captains hosted the Knights for a Saturday night game under the lights. The Captains dominated them for the second straight year, 38-9.

For the Offense, the Captains were led by some young and new players. Sophomore, Hunter Rogers led the way on the ground with his 93 yards off 23 carries.

This was Roger's first game seeing the field as a Captains. Junior, Jack Anderson earned the start behind center and had himself a day. Anderson went 23-38 while throwing for 278 yards and three touchdown strikes. This was Anderson's second start of his career.

Anderson's receivers had themselves a

solid day as well. Kyree Burton paved the way with five catches for 108 yards and a 37-yard touchdown grab.

Joshua Davis had 7 catches for 96 yards as well, including a 50-yard catch in the second quarter which led to a touchdown later in the drive.

Defensively, the Captains got some great production out of Damian Jiggetts and Julien Spence.

In Jiggetts third year suiting up for the Captains, the junior safety had five total tackles and two pass breakups while setting the tone for the defense. Spence had five tackles including one sack. That was the seniors first career sack while playing for the Captains. After the Captains handled the Knights without trouble, the coaches went back to the drawing board for game two, this time on the road against Hampden-Sydney.

The Captains traveled to Farmville, Virginia and won a hard fought game against the tigers 17-13. In spite of the low score, both teams offenses came out firing.

On the Tigers first drive, they quickly drove down the field and grabbed an early 3-0 lead.

The next possession the Captains went right at the Tigers defense and drove down the field and tied the game up at 3-3.

The Tigers immediately responded to the Captains field goal during their next drive. Quarterback Alec Cobb completed to quick passes for 25 yards before hitting Kaleb Smith in stride for the 54-yard touchdown.

Not backing down, the Captains decided to match the Tigers air raid style offense as Anderson threw a 77-yard bomb to Davis. Just three plays later Anderson threw a 9-yard touchdown pass to the reigning New Jersey Athletic Conference(NJAC) rookie of the year, Cole Blais, tying the game at ten a peice.

The rest of the second quarter was filled with defensive stands until the Tigers hit a field goal to grab a 13-10 lead right before the half.

The second half was all CNU. The Captains held the potent Tigers offense scoreless while only giving up 182 yards and forcing two turnovers.

The offense got a timely touchdown in the third quarter when Anderson hit sophomore, Garrison Mayo for the 20-yard touchdown pass to gather their first lead of the game.

In the fourth quarter, the Tigers had one more shot towards the end zone. Cobb dropped back as his receivers ran towards the end zone in hopes of a hail mary pass.

Right before he could get the pass off,

Spence brought him to the ground in the backfield and sealed the win for the Captains.

Offensively, the Captains were led by Anderson once again. Anderson threw for 275 yards and two touchdowns while throwing 22-37. Rogers had another solid game on the ground, rushing for 59 yards on 15 carries.

Davis continued his hot start to the season, catching seven passes for 149 yards, including the 77-yard catch that later on led to a crucial touchdown. Blais also had a solid day down the field as he caught four passes for 61 yards and the game winning touchdown.

Defensively, the Captains were led by sophomore Kaden Woodward.

In the second game of the year, the linebacker registered a team-high nine tackles while also registering 1.5 sacks. Spence also had himself a day with five tackles and 2.5 sacks.

The Captains will travel to Frostburg, Maryland next saturday to take on an undefeated conference foe in Frostburg State University. This game will be played at 7:00 PM. ■

Women's Soccer Commits to Greater Success

After a historic season in 2017, the CNU Women's Soccer team is on the hunt for bigger and better things in their upcoming season, despite some external setbacks regarding weather conditions.

BY PHOENIX HINES

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After a jaw dropping season in 2017, the Christopher Newport Women's Soccer team is ready to continue their success in 2018 as they entered the season ranked 17th in the country according to the United Soccer Coaches Division III Women's Soccer Pre-season Poll.

In 2017, the Captains went 19-1-1 before they lost a tough battle to Lynchburg College in the 2nd round of the NCAA tournament. Despite the heartbreaking loss last year, the Captains definitely made a statement across the country. They went 9-0 in Capital Athletic Conference(CAC) play en route to a conference championship.

The Captains return some of the top players in the CAC, maybe even the country. First-team All-American, Gabby Gillis leads the way after having one of the best seasons in program history during her junior campaign. During her junior season, she put up 14 goals and six assists, totaling at 34 points.

The team also returns CAC Rookie of the year in Riley Cook. Cook had a stellar rookie year before getting sidelined due to an

injury during the CAC playoffs.

"The outlook for our season is obviously to go as far as possible, a national championship is always in our minds and we train everyday to reach that title," says Cook.

The Captains have continued their dominance so far in their 2018 season with a solid 3-0 start.

"The biggest thing we did in the off-season to prepare for our season was our fitness. This year is the most fit we have been as a team we have ever been in all of the programs years," says Cook.

This training has truly helped both sides of the ball, especially the defense since they play an aggressive style. In the three games they have won so far, they have only allowed two goals and six shots on goal.

Their first game was a 2-1 victory over the University of Wisconsin-Lacrosse Eagles. The Eagles came into the game ranked 9th in the country.

The game was delayed at first due to numerous electrical storms throughout the area. Once the game started the Eagles came out firing. Kaitlyn Villars

scored the first goal of the game just two minutes into the game. Just a minute later, Villars got another shot on goal but this time it was saved by Captains goalie, Haley Eiser.

After a bunch of back and forth plays around the midfield, the Captains finally got on the scoreboard when Senior All-American Gabby Gillis received a pass from Maxine Borris and fired it into the back of the net for the Captains first goal of the year.

The game started coming down to the wire. In the 89th minute, the Captains finally grabbed the lead when Carson Pokorny set up Gillis for her second goal of the game and first game winner of the year.

The Eagles had one last chance to tie the game and head into extra time as Hannah Beech got a shot off before the 90th minute but the shot went wide.

On the second day of the Atlantic Orthopedics Soccer Tournament, the Captains took on the College of Saint Benedict and dominated them 6-0.

Gillis continued her outstanding play from the weekend by putting up three goals and one assist against Saint. Benedict.

The Captains were also led by Sopho-

mores Maddie Cochran and Cook, who each registered one goal and one assist. Junior Goalkeeper Maddy Belanger also had a stellar performance, putting up her first shut-out of the year

Later on in the week, Cook added to her accolade collection as she was recognized as the CAC Offensive Player Of The Week.

A highly anticipated game against the 6th-ranked team in the country, Johns Hopkins University, was supposed to be play on Fri., September 7th. Unfortunately, mother nature had other plans and the game was played until halftime due to a huge rain-storm around the area.

During the game, the Blue Jays gained an early lead when Maggie Coulson scored the games only goal off of a free kick.

The game will be postponed to another day and will be continued at the start of the second half. The Captains will host local rival, Virginia Wesleyan University on Sept. 12th, 7:30 PM. The Marlins are currently ranked 24th in the country and was one of the two teams that the Captains did not register a win against during their magical 19-1-1 season last year. ■



In 2017 Sophomore forward Riley Cook(Right) had a prolific freshman campaign while scoring 15 goals and dishing out five assist. This photo from last year shows her shooting past defenders.Cook was also named CAC Offensive Player Of The Week for her efforts the past few games. **PHOTO COURTESY OF RILEY COOK**

The Mirror of Life: Architecture Inspires Excellence

The architectural inspiration behind the newly completed library, from the words of President Paul Tribble.



Left: The Paul and Rosemary Tribble Library features a multitude of columns, especially in the two-story reading room. Columns are a key feature of the Neo-Georgian Architectural Style seen throughout campus. **Top:** The Ross Mackenzie Special Collections room features almost 4,000 books mainly about the American Founding. **PHOTOS BY KRISTEN ZICCARELLI/ THE CAPTAIN'S LOG**

BY KRISTEN ZICCARELLI
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Building speak for themselves, they are reflections of life itself, and frequently they are visions of ideals greater than themselves. The cupola-topped library expansion opened only two weeks ago, but its purpose, vision and legacy has been several years in the making.

As the second largest building on campus, the completed Tribble Library features over 1100 seats, four classrooms, half an acre of open book stacks and much more. With such an incredible amount of new resources, the library shares a functional, yet aesthetic appeal.

Regarding the initial process, President Paul Tribble expressed concern and dedication to the simultaneously lacking and important element of space.

"What brought about the edition was that we needed more space to serve our students," Tribble said. "Then, we enveloped it and we enveloped it in an architecture that was beautiful."

Although the glittering floors and statuesque columns might make it tough to believe the library expansion was purposed independently of visual aesthetics, the design and creative process is meant to inspire beyond the bare bones of seats and space.

"We want our students to pursue excellence in all things and being in a beautiful environment will hopefully do that each and every day," Tribble said.

Taking 'everyday' in a literal sense, one student that approached Tribble on Friday afternoon at 4:15 PM ensured that he was on the way to the library for a few hours of work, even at the end of the first week of classes.

Describing the moment, Tribble quoted the student, who said, "this has never happened in

my entire life, and it wouldn't have happened if you hadn't created that beautiful library."

Naturally, Tribble gave the student a hug, exclaiming that he made his day.

Although classes are not held late on Friday afternoons, the four additional classrooms ensure that the library encompasses more than a space for studying and reading.

We expect the library to be a dynamic teaching and learning space," Tribble said. "I wanted classes to be coming and going throughout the day to ensure that there would be students and faculty coming and going throughout the day."

One feature that ties classrooms in academic buildings, offices in the DSU and the library expansion together is the Neo-Georgian architectural style. Even though the appearance of columns and brick throughout campus is unmistakable, key elements of modern architecture and technology are simultaneously present. For example, the DSU's exterior façade features the brick and column design that are characteristic of the Georgian style. However, the entire building is organized around a three-story glass atrium, evoking different feelings of transparency and modernism.

The characteristic adoption of a traditional, yet modern style reflects Tribble's vision that combines past, present and future ideals.

"I want people to know that they stand in the midst of the history and tradition of Virginia," Tribble said. "We're mindful of our rich heritage but we're also very mindful of the rich potential of the future and so I think our architecture points to that."

Completing the project in only a window of only a few years required careful collaboration between the school and architectural firm, Glave & Holmes Architecture. Regarding the duration

of the project, Tribble stated that CNU has a "bias towards action," coupled with a small staff and less bureaucracy that allows them to move quickly "in terms of working with an architectural firm and working with faculty and staff."

Such an approach contributes to the unique way the campus has evolved structurally and architecturally under the leadership of Tribble.

"There's only one building on campus that was here when I came," Tribble said. "I knocked all the other one's down, lovingly I might add."

While it may seem obvious, the campus design roughly forms a pattern of three concentric circles, with the academic buildings surrounding the great lawn forming the core. The residence halls comprise the second circle, while parking and athletic facilities make up the third portion.

According to Tribble, the relatively recent founding of Christopher Newport has been highly advantageous in creating this rational structure that ensures a closeness of every building on campus.

"That's our advantage - that we've done it all in one time whereas most campuses things are kind of haphazardly done because they're done at different times," Tribble said.

Tribble underscored the importance of an aesthetically unified design that has been devised

in recent decades.

"We have this transcending architectural theme," Tribble said. "It's a unifying theme and we were able to achieve that because we've done it all at once and we've done it quickly."

The far-reaching success of CNU in such a short time is reflective in the architecture, which Tribble hopes to inspire in his message to students that centers heavily on choices.

"We want them to choose to live lives of meaning consequence and purpose," Tribble said. "That's why we create these very special places, because ... we want students to understand what an extraordinary opportunity it is to be a part of this community, to be empowered and enriched by this opportunity and to go out and set the world on fire."

Although the completion of the library is a heavy accomplishment and recently celebrated, construction plans for new facilities are already underway. The plan for a Fine Arts Center will double the size of the Ferguson's colonnade and fulfill the vision of architect I M Pei, resulting in a physical representation of the visual and fine arts side by side.

While Tribble's accomplishments have spanned decades and many square feet across campus, a certain significant moment occurred during a Tuesday morning in the second week of classes. While showing visitors the newly completed library, Tribble described an extraordinary feeling of walking upstairs to the two-story reading room and realizing students at every table, studying in absolute silence.

"It was just an extraordinary sight, it almost brought tears to my eyes, Tribble said. "It was an exclamation point to everything I'd ever hoped for, worked for, prayed for over two decades." ■

"Our job is to instruct and inspire and there's nothing that instructs and inspires more powerfully than great art and great architecture."

-Paul Tribble

Dodging Glow Sticks and Dropping the Beat

‘Light the Night’ DJ Tom Aberman shares his perspective and musical inspiration from behind the speakers.

BY KRISTEN ZICCARELLI

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Where would Light the Night be without beat-dropping jams, raining glowsticks and a countdown to one of the most characteristically CNU moments recorded on thousands of Instagram and Snapchat stories every year? Basically nowhere.

This year and last, DJ Tom Aberman played a key role in creating the fun and lively atmosphere of Light the Night. Preparing for the eve of the first day of class, Tom worked with WCNU to create a musically fluid event.

“We did a great job last year,” Aberman said. “It’s a really challenging set to create.”

The planning process involved close collaboration between Student Assembly and WCNU. Beginning in the middle of the summer, they coordinated musical content and logistical aspects to ensure a smooth chain of events. Aberman had to approve all of his songs before the event. Additionally, he tried to find a diverse selection of genres that satisfied the school’s requirements, tastes of students and to some extent, his own style.

“I was trying to work out the triangle of clean, mainstream, still drops [the beat], with a secret fourth point of the triangle [being] songs Tom actually likes,” Aberman said. “I could just play ‘The Chainsmokers’ over and over but that’s not me.”

With a more eclectic music taste than mainstream listeners, Aberman had to DJ and remix songs that were outside of his interests. “The kind of music I go to shows for is very aggressive dubstep, it’s not really Light the Night,” Aberman said. “I definitely did play a couple of the tracks that were in

that style at the end when people were gone.”

Aberman attributes greater planning to a more enjoyable experience on the night of the event.

“It was fun as hell, and not as stressful as last year,” Aberman said. “It was fun to see out my last semester at CNU doing what I want to do.” Besides the planning schedule, Aberman described the enhancement of his personal talent as a differentiating factor. “

The main difference in this year’s process is that I’ve gotten a lot better at making music in the last year,” Aberman said. Right now, he performs under the alias ‘Grand Death,’ and is working on getting a professional logo design. Although he has performed in a diverse number of places, Light the Night features an ‘audience’ of thousands of students. Many began dancing and cheering during the event, synchronizing the glowsticks with the beats of the music.

“It was amazing, I’m still kind of running off the high,” Aberman said. “I don’t think I’ll have a crowd like that again.” Drawing off his own experience in the audience, he derives his inspiration and refines his style from attending shows and concerts. Over the summer, he saw a British group called Shades (E Prom and Alix Perez) in a dark basement in DC. Aberman described the experience as “incredible.”

Although Light the Night is far from a dark basement, Aberman attempted to replicate the energetic concert atmosphere that radiated throughout the Great Lawn.

“My plan was sort of have it be something you could only experience live,” Aberman said. ■



CNU Student Tom Aberman poses wearing a T-Shirt featuring his alias ‘Grand Death.’ PHOTO BY CHARLES TYSON/ THE CAPTAIN’S LOG

Testing the Waters

One freshman’s experience getting involved and pursuing excellence on and off campus.



Freshman Sydney King (second left) poses with her friends outside the DSU during her first few days at CNU. After seeing the boat in the middle of the plaza, King approached the Sailing Team Coach and requested to join. PHOTO BY MAXWELL PLARR

BY ANNIE SILVA

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The first weeks of freshman year are a blur of stress, panic and excitement. Most students use this time to settle down, find friends and prepare for class. However, Freshmen Sydney King does not fit the mold. Within her first week as a freshman she found an on-campus job as a walk-on for a Division I sports team for a sport she had never played and began her service as a Bonner Scholar. At the same time, she juggles a full schedule of Honors and PLP courses, combined with various extracurriculars on campus.

“Coming from the summer where I had 8-10 hours of [free time]... and now I’m literally planned to the minute [has been hard],” King said about her new schedule. Trying to find a balance between extracurriculars and school work has been her main focus.

King is used to the high demands of sports and school. Growing up, she was heavily involved in swim team. “I have always been an athlete and when I don’t do something athletic I almost feel lost,” she said.

King completed many hours of service in High School and earlier. Right out of elementary school, she assisted in developing and continuing a STEM program for kids kindergarten through 6th grade. King says the program first “fostered a passion for helping out [her] community.” Her interest continued all the way until High School graduation and on to college.

Coming to CNU, King knew she wanted to continue as an athlete and make an impact through service but was unsure how. Even a family friend’s joking remark about joining the sailing team was a stretch for this avid athlete.

During Welcome Week, King had a change of heart.

“Some friends and I were walking back from convocation...and we saw a boat in [Tribble Plaza]” King says about her first experience with the sailing team. After approaching the coach and requesting to join, King was on the squad.

“She’s a hard worker and very eager to learn, which is a critical step in becoming a better sailor” teammate Carson Cooper says about King. Although starting a new D1 sport may seem daunting, King is comfortable with this type of pressure.

“In the last few years my thing has been to try random stuff and see what happens,” King says. Such a lifestyle has led her to think differently and explore things in life she may have never had the chance to before. King said, “if I go out and graduate college, the chances that I am going to go and learn how to sail are so small.” King has used the same mindset in her service endeavors.

“[Service] was the thing I enjoyed most about high school,” King said. Continuing her service career in college just made sense. “Sydney gives so much of her time to others,” roommate Annie Crosson said. “She’s so inspiring to me.”

The transition to college is a trying time and it can be easy to get lost in the sea of new students. King proves that while it is difficult, it is not impossible to step out of the crowd and distinguish yourself when joining a new community. To become a Captain, on and off the water, it’s necessary to “expand your horizons” according to King, and for her that has made all the difference. ■

10 Tips for Incoming Freshmen

It's easy for freshman year to overwhelm you—here are some tried and true tips!

BY SYDNEY HERNANDEZ

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Newfound freedom, friends literally next door, time away from parents - college has a lot to offer. The problem is, it's easy to get lost in all the freedom and neglect your responsibilities. Finding this balance is something that takes time, and sometimes weekly naps on the second floor lobby of Forbes. Now that I've finished my first year of college, here are a few tips to help you thrive in yours.

1. Less is More

Moving to college is great! Packing for college? Not so much. I brought so much junk (looking at you, antique record player) and I didn't need half of it. If you're unsure about it, leave it home. Someone at home can always send it to you if you desperately need it.

2. Enjoy Welcome Week

For a week in late August, freshmen have reign of campus before the upperclassmen get there. Take advantage of this

time! Find your classes, make some friends, discover which dining hall you like better, and enjoy the short lines at the omelette station and Mongolian Grill while they last.

3. R-E-S-P-E-C-T

In your new home, your parents aren't here to clean up after you. It's important to show respect to those that work here. When leaving a dining hall, clear your plates and say hello to the staff on your way in, and goodbye on your way out. You'll find that the staff (shout out to Ms. Virginia at Commons) are really friendly, and always willing to have a quick chat or help you in any way they can.

4. Get Involved (But Not Too Much)

Join a club, play a sport, balance a social life, run for student government, maintain good grades, eat right, exercise, get 8 hours of sleep - people had a lot of recommendations for me when I

left for college. If you feel like you're starting to burn out only halfway through your first semester, pick the three or so activities you like the most. Bottom line, stop trying to fill every second of every day with something to do.

5. Your Roommate Doesn't Have to be Your Best Friend

Coming to CNU from the far-off land of Fairfield, Connecticut, I knew no one. My head was filled with college movies where the roommates are instantly best friends who do everything together. My freshman year roommate and I weren't best friends, but we still were able to talk to each other and resolve issues. Being able to put problems out in the open and work through them ensures your room is a happy place, not a war zone.

6. Books Don't Have to be From the Bookstore

Books are expensive. Textbooks are really expensive. Before buying books from

the bookstore, make sure to check around on websites like Amazon and Chegg to ensure you're getting the best deal. I rented my biology and chemistry textbooks from Amazon (and got free shipping with my student Prime account) and saved probably three hundred dollars on those two books alone.

7. Go to Class

The lectures are the real reason you're here, and professors at CNU are always willing to help you if you don't understand. But if you show up at office hours the day before the exam having attended two lectures, your professors aren't going to be able to do much. Plus, professors drop hints in class that are bound to help you on the exam.

8. Get Help

The tutoring center is a lifesaver. There's nothing wrong with asking for help in any aspect of life, and the tutoring center is there to

provide it for free. The writing center is also very helpful. Even just reading a piece aloud to someone in the writing center can help you spot your own mistakes.

9. Avoid the Freshman 15

The freshman fifteen is definitely real. It can even become the freshman thirty. That's not to say you shouldn't indulge, but listen to your body. If you have a fast metabolism and can eat what you want without gaining a pound, that's great! If the thought of a burger makes you gain ten pounds, maybe go to the gym before you eat that second slice of pizza.

10. Enjoy It

Listen to the cliché. My freshman year flew by, and remembering this cliché may have helped me stress less about the small stuff and take the time to not smell the roses (metaphorically and physically, shout out to the landscaping staff). Hope you have a great freshman year! ■

Politics at CNU

With voting season coming up in November, check out how CNU students can get involved in democracy through organizations.

BY LIAM ROWELL

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Who are the five political organizations on campus? The groups can be segmented into two major categories.

The partisan organizations focus on party affiliation while the non-partisan groups discuss on political issues. The two primary partisan organizations are the College Republican and College Democrats. Both groups helped explain the platforms of the different statewide races last year, representing each party respectively. The College Democrats also hold phone banks for democratic candidates. They aim to inform the CNU and Newport News communities of the issues important to the democratic party.

The College Republicans are exist as a networking

group, who meet to discuss politics and relevant topics.

Non-partisan organizations have a strong presence at CNU as well, existing on a left-to-right leaning spectrum. NextGen America promotes a progressive platform through political action. Their main issues of focus are equality, the climate, health care, and immigration. They see these issues as the track of overall American prosperity.

In the center of the left-to-right spectrum is Virginia21.

Their membership is evenly divided between both parties. They work for the benefit of students and address common student issues, discussing matters such as lower tuition and increased privacy. One of their most recent achievements was the passing of House Bill

1, which increased FERPA, making them part of the reason email registry no longer exists. They also focus on increasing opportunities for their members.

Finally, on the right-leaning side of the spectrum is TurningPoint USA. They promote their principles of free markets, limited government, and fiscal responsibility.

No matter what your political affiliation (or lack thereof), you'll definitely find a home in one of CNU's many political organizations. ■

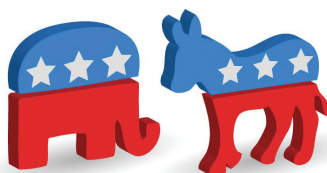


Photo Courtesy of ubisafe.org

APPLY FOR STUDENT HONOR COUNCIL

Applications Due September 14

Info Session on September 11 at 12:30 in the Monroe Room of the DSU

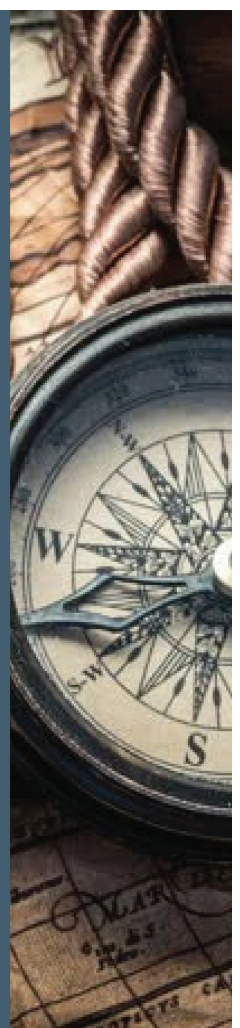
Applications can be found on The Compass or picked up in the CHECS Office on the 3rd floor of the DSU



CNU Student Honor Council



StudentHonorCouncil@CNU.edu



Looking Behind the Decorated Signs

What's it like to be a part of the crew leader crew? Orientation leaders are the unsung heroes of CNU and their contributions are vital to future freshman classes.



(Left, right) Orientation leaders pose with their freshman crews and show off their personally designed **PHOTOS COURTESY OF JACOB ANGELO**

BY ANNA DORL
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Weeks before incoming freshmen arrive on campus for Setting Sail, orientation leaders travel to Newport News to prepare their best introduction to the school possible. And although it may seem like little more than dances and decorated signs, two orientation leaders share the meaning, importance, and work behind this CNU rite of passage.

"The primary responsibility of an orientation leader is to help accommodate incoming students to what life at CNU is all about," says Jacob Angelo, a senior at CNU and an orientation leader this year. As an orientation leader, Angelo says his purpose is to be a resource for new students in whatever form that takes. "Even after orientation ends, our students will always have the opportunity to reach out to us for anything they may need."

Alexis Helmer, another senior orientation leader at CNU this year, agrees. "Our main responsibility is to help students begin their transition from high school to college. Whether students are just staying for one night or for the entire week of orientation, we are here to help them...give them

an environment where they feel accepted and valued and also help them begin to build these lasting connections that make our time on campus so memorable," she says.

These orientation leaders don't take their responsibility lightly, sharing the work that they went through to prepare for orientation.

"I never would have realized how much work goes into creating and preparing the Crew Show," says Helmer. "So that was a huge eye-opener and also a great experience because it was so much fun, pushed me out of my comfort zone." But the experience was more than just fun, Helmer shares, "[the Crew Show] allowed for each of my groups

to have something they could bond over, even if it was them laughing about my somewhat off-beat dancing."

Leaders are also responsible for hosting Evening Activities

and other experiences. Even after orientation events are over, crews are often brought together by their leaders for group meals or chats to see how everyone is adjusting to CNU.

These bonding experiences can be especially important to those whose transition from high school to college was untraditional. Relating to this experience, Angelo shares that he was waitlisted when he first applied to CNU, which made him feel like he didn't belong and that he was unwelcome. When he was finally accepted and attended his Setting Sail session, he realized, "[I] did have a place here and felt strongly welcomed into the CNU community." He then decided to take what he had learned from his experience and pay it forward for future students. "I remember sitting in Diamonstein Concert hall during [my] Setting Sail promising to myself that I would become an orientation leader one day with the hopes that I could makes

others, who feel the same way I did, realize that they too have opportunities and belong here."

Helmer also felt the same pull to become an orientation leader. She had been nervous about Setting Sail and about starting college in general, but her orientation leaders changed that. "Upon arriving, I was welcomed with open arms by my Crew Leader and Leadership Adventure facilitators to the campus that they had each grown to love. As I got to know them throughout the week, many of my fears and nerves went away and my excitement grew more and more." She says that these leaders continued to check in with her as her first semester progressed, which made her feel secure in her choice to go to CNU.

CNU's orientation leaders sacrifice their summers and take time out of their semesters to make new Captains feel welcome and integrate them into the student body. Helmer attests, "After finishing my third year as an Orientation Leader, this position has given me so much more than I could have ever imagined and will forever hold a huge piece of my heart." ■

"This position has given me so much more than I could have ever imagined"

after the Crew Show, which are other ways to help the crews at Setting Sail bond with each other through movie nights, open gym,

JOIN THE STAFF!

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

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