



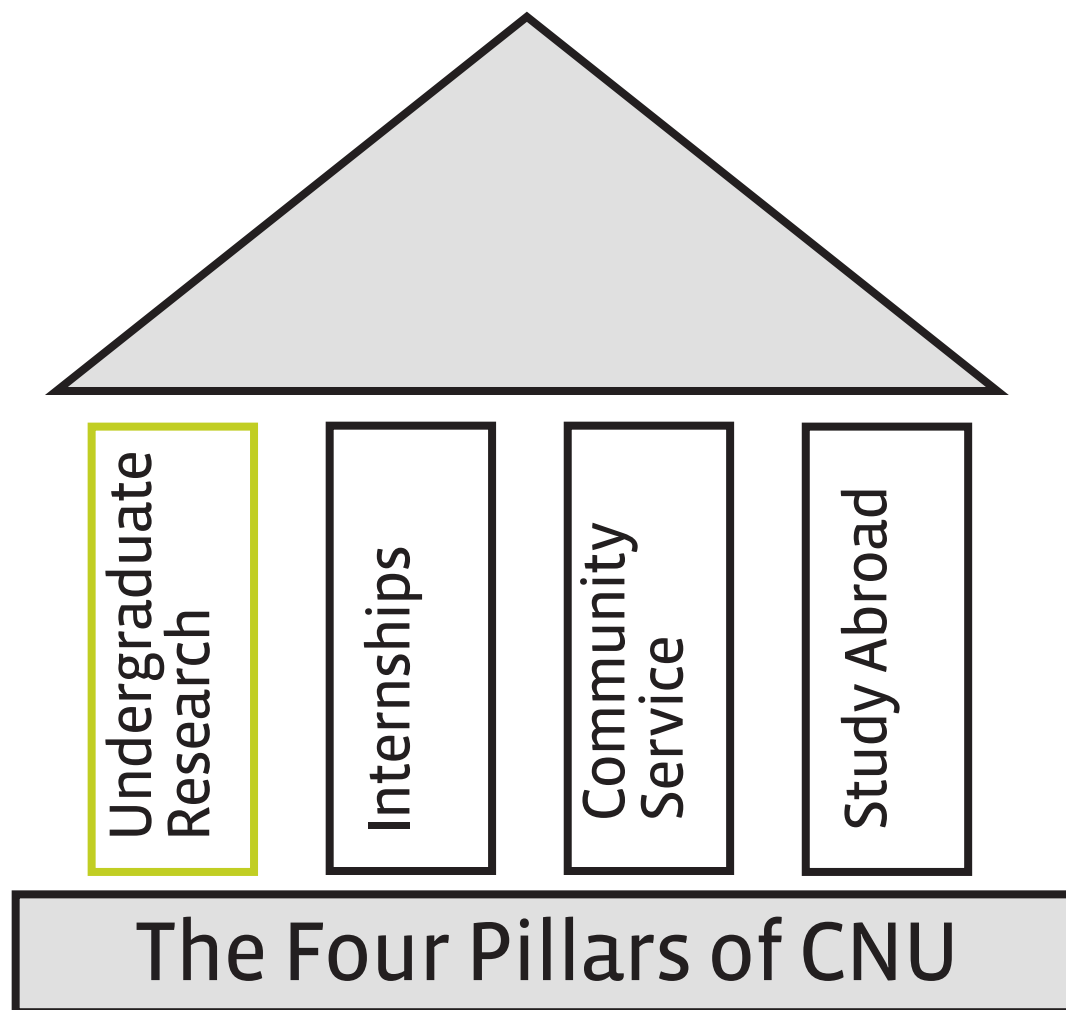
THE CAPTAIN'S LOG

THE VOICE OF CHRISTOPHER NEWPORT UNIVERSITY STUDENTS

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Undergraduate Research Beyond the Classroom



GRAPHIC BY MELANIE OCCHIUZZO/THE CAPTAIN'S LOG

The Writing Center is now participating in undergraduate research, joining the rest of CNU.

BY MELANIE OCCHIUZZO
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Following CNU's Quality Enhancement Program (QEP), undergraduate research was named the fourth pillar of CNU's student engagement initiatives.

Following the establishment of the Office of Undergraduate Research and Creative Activities (OURCA), students now have the chance to expand the research that is already happening all around the campus.

The Writing Center

The Alice F. Randall Writing Center has joined this research initiative on campus by engaging in theoretical research,

something that Dr. Nicole Emmelhainz, Director of the Writing Center and Professor of English, says is very important.

"It is the ideal situation when you can run a research project and get the students engaged beyond the classroom," says Emmelhainz.

She has tweaked the Writing Center class, English 339L, so that the course work reflects a more research-heavy lens.

Emmelhainz says that research in writing centers is an important component of writing center work and gives students who take her class a taste of the Writing Center profession.

She reflected on her previous graduate school experi-

ence saying that research was emphasized as much as working as a consultant.

Creating the Research

During the Fall 2017 semester, Emmelhainz's English 339L class split into groups and worked on research projects.

Three of her students, Zach Outzen, Jacob Brown and Jordyn Moder produced a research project analyzing what kinds of marketing strategies would benefit the writing center on campus.

After submitting their work, they were admitted as a panel at the Southeastern Writing Center Association Conference (SWCA).

Emmelhainz took eight of her

writing consultants including Outzen, Brown and Moder to the annual SWCA Conference.

After what Emmelhainz describes as a successful panel, Outzen, Brown and Moder felt that they had been given a great opportunity by the university to produce and present this research. The funding for them to visit the conference came from the Travel LENS fund which gave them stipend money for hotel and travel fees.

While Emmelhainz could have covered all of the students, she said that the OURCA helped get these students there.

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Student Assembly's 2018-2019 E-Board elections are underway, voting is live on The Compass until Friday.

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Hypnotic Control hosted its annual Unleash the Talent competition in the Gaines Theatre.

Sports 11

CNU is set to host the first round of the NCAA Tournament following the end of the CAC Championships.

A&E 12

Get an inside look at the exclusive exhibition "Terracotta Army" at the VMFA in Richmond over break.

Lifestyle 15

The Alpha Phi Alpha Fraternity hosted BLACK on Saturday, Feb. 24 during Black History month to showcase the talent CNU students offer.



Weekly pic

Last week, Black Student Union hosted Black Ball, where the CNU community was invited to an evening of dance and socialization with members of the organization. If you have a photo you would like to be featured as a Weekly pic, email macy.friend.14@cnu.edu with a photo and a short description. **Charles Tyson/The Captain's Log**



CNU TV

The Women's Softball Preview is live. See what's in store for this season.

Editor-in-Chief Application

Applications for the position of Editor-in-Chief of The Captain's Log for 2018-2019 are being accepted now through March 2, 2018. Successful applicants will have substantial journalism experience, ideally in both print and multimedia platforms, as well as promise in leadership.

The Captain's Log publishes 24 issues per school year and requires a rigorous commitment to meeting deadlines and standards of journalistic ethics and quality. The ad-hoc Student Media Board, composed of CNU students, faculty and community journalists, will review the applications, conduct personal interviews and appoint the Editor-in-Chief.

The appointment usually comes with a stipend, as well as the Jean T. Everitt Journalism Scholarship. Application should include the following materials:

1. A cover letter detailing your interest in the position. Discuss your reasons for applying and your view of the editor's role in campus life.
2. A letter of recommendation from someone who knows your qualifications, particularly as they pertain to journalism and/or leadership.
3. Three writing samples of unpublished or published writing and/or news articles that you have edited and/or published pages that you have laid out (newspaper, yearbook, etc.). Add a brief note explaining the context of the samples.

If you would like access to the application, please send an email to clog@cnu.edu and we will send you a copy. Applications are due via email submission to Dr. Jason Carney in the Department of English by 5 p.m., March 2, 2018. For questions, contact Dr. Carney at jason.carney@cnu.edu.



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.

Correction from previous issue:
In the News Section, Dr. Campolattaro was misspelled.

The Captain's Log Staff 2017-2018

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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.

From the Front Page



(Left) Each of the participants of the SWCA 2018 Conference were given a tote bag containing goodies and a booklet with the schedule in it. The tote bag contained a pen, pencil, eraser, bookmarks, flyers for organizations and information about the vendors at the conference. In addition to going to panels during the conference, participants were able to go to a small vendor fair to learn about writing center products. **PHOTOS BY MELANIE OCCHIUZZO/THE CAPTAIN'S LOG.**

(Below) Starting left to right, Zach Outzen, Jordyn Moder and Jacob Brown were the three presenters representing CNU at the conference. Their presentation Marketing for the Writing Center was well received and garnered a lot of questions from the audience. Their basic platform was implementing social media to help market the Writing Center.

Defining the Research

The topic of Marketing in the Writing Center came out of a joint conversation about what the Writing Center needed explains Outzen.

"We got a little meta when we talked about the problems, we couldn't find any problems which meant we didn't fully understand the center," he says.

By identifying this weakness they were able to think about CNU's specific writing center rather than writing centers as a whole.

"We were able to put our own flair on the project," says Moder.

He goes on to explain that promoting the Writing Center was the problem they were researching and using social media to tackle it was the best way to approach that problem.

Brown had some background in running social media for his fraternity so it seemed like a good way to get the word out.

"In 2018 you have to have social media to make it," says Brown.

To begin their research project they needed to find out what the public wanted and what they were getting.

The group surveyed the junior and sophomore class pages as well as posting their survey on several fraternity pages.

After collecting all the data the real work began. "[The

hardest part was] trying to condense the data into something useful," says Brown.

He said that while they did see that social media was a must they got some strange answers like a 'yes' to a 'how question.'

The group is planning on doing follow-up research once they've implemented their social media plan.

"To me it was the obvious route to use," says Brown.

He says that social media is the invisible face, that word of mouth is just as important to promotion as anything else.

Once their project was completed they were given the chance to take that research outside of the classroom and to a conference.

"This was a professional conference. This was going a step above being out of our element," says Outzen.

The group presented first thing in the morning but their topic still drew a small crowd.

Their presentation opened up the floor for several questions afterwards, something that made the presenters excited.

"It felt good to present ideas so important to other people," says Moder.

He says they got a chance to answer questions and give advice to people who have trouble with promoting writing centers.

Outzen felt that their presentation was beneficial for

both the school and themselves.

"This was a good way for both CNU and students to get in that academic conversation," he says.

Beyond the Classroom

Moving beyond the classroom is an important part of undergraduate research says Emmelhainz.

While undergraduate

research isn't new on campus, there are so many more opportunities for students to engage in it.

Emmelhainz's tentative plan for next semester is to take a few of her writing consultants and English 339L students to the next conference, the International Writing Center Association (IWCA) Conference.

She wants to have them submit proposals for panels

and further the research that the Writing Center is doing.

"We have a larger institutional focus on research and the Writing Center is contributing to that," she says. ■

Melanie Occhiuzzo is a Writing Consultant and attended the conference.



Student Assembly Elections Kickoff

With voting live on The Compass, next years' candidates pitch themselves in Monday night's assembly meeting.

BY KORTY SWIFT

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Election season for Student Assembly began on Monday Feb. 26 as candidates for the executive board took to the podium to speak to delegates and audience members on their platforms.

The forum held during the General Body meeting featured candidates for the positions of President, Executive Vice President and Vice President of Finance, all positions that are currently up for election by the student body.

"It gives the voters (students) the opportunity to hear directly from the candidates how they would effectively serve in the role, how they would help improve the undergraduate experience of all Captains and how they could positively impact the Student Assembly," remarked Student Assembly President Kenneth Kidd on the importance of the forum, which was also a President's Leadership Program passport event.

The candidate for Vice President of Finance is Neyshmarie Rosario-Cabrera.

This post is currently held by Alex Brown and Jason Shawver. Her Student Assembly experience includes time on the Appropriations and Membership Development committees.

When asked what she would improve on in her position if

elected, Cabrera responded, "I want to equally delegate work to everyone so that they are not overwhelmed."

The two candidates for Executive Vice President, which

is currently filled by Maddie Amos, are Bryan Boag and Jess Farhan.

Bryan Boag has been in Student Assembly for two years and has three aims for Student

Assembly and candidacy if elected: serve value to the student body, give purpose to delegates and improve transparency from within and outside of the organization.

Jess Farhan introduced her accomplishments that best qualify her for the positions: a delegate for two years, a member of the Student Affairs, Member Development and Executive Affairs committee, manager of the Student Ambassador Office and Standards Chairman for Alpha Sigma Alpha. "We can enact positive change on this campus for tomorrow's students."

The candidate for President is Emmet Aylor, the position currently held by Kenneth Kidd. Aylor also serves as the current Vice President of Marketing and Communication, in which he has increased organizational transparency by social media. "Over the past year, I worked to build up our CNU platform," he stated during his discussion of his accomplishments over the past year in Student Assembly.

If elected, Aylor aims to bring back town hall meetings for students to voice their concerns. Also, when asked what product Aylor would give to the student body, he focused on plans to emphasize mental health.

At the conclusion of the speeches, Maddie Amos spoke positively about the candidates for the 2018-2019 executive positions. "All of these people care so much about Student Assembly."

Voting for delegates is currently live on The Compass, and closes on Friday afternoon. ■



Maddie Amos presented minutes from Student Assembly's last meeting. MACY FRIEND/THE CAPTAIN'S LOG

Literacy Regarding the Gun Debate

With such a fiery discourse surrounding firearms, let's get everyone on the same page regarding terms.

BY BRETT CLARK

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With all of the recent media focus on gun control and debates around gun ownership, this is a short guide to some of the different kinds of terms that the public can refer to when reading up on the latest news about gun control.

AR-15: The AR-15 is a semi-automatic rifle that shoots a .223/5.56mm NATO round. This is fairly small when it comes to rifles. The "AR" in AR-15 stands for ArmaLite Rifle, after the name of the company from which it was born. It does not mean "Assault Rifle." The AR-15 that civilians buy is not an assault rifle. The AR-15 has

been sold to the public since 1963. This information and more can be found at grandviewoutdoors.com

Assault Rifle: An assault rifle is a selective-fire rifle chambered for a cartridge of intermediate power according to the U.S. Army definition. In layman's terms, an assault rifle's operator can switch back and forth between automatic, semi-automatic and even a three round burst.

Semi-automatic: According to the NRA Institute for Legislative Action Glossary, semi-automatic refers to a firearm that is "designed to fire a single cartridge...each time the trigger is pulled."

Cartridge (round): According to the NRA, a cartridge or round is "a single, complete round of ammunition." A bullet is only the projectile that is a part of the round that is shot from the barrel.

Shotgun: The NRA calls the shotgun a shoulder gun with a smooth-bored barrel that fires a variance of rounds (shells). Shotguns can be pump operated, semi-automatic and automatic. These guns are known for being ineffective at a distance but deliver a large punch in close-range.

Rifle: According to the NRA, this is a shoulder-fired gun with a rifled barrel. There are grooves in the barrel that spin

the bullet to increase accuracy over distance.

High-Capacity Magazine: While there is no official definition of what constitutes a "High-Capacity Magazine," a few officials have attempted to define it. According to an Office of Legislative Research (OLR) report, Veronica Rose, the Chief Analyst, defines high capacity ammunition magazine as a gun magazine capable of holding more than 10 rounds of ammunition. The report does remark that statutory definitions can vary.

Assault Weapon: Another fairly ambiguous term, the U.S. Dept. of Justice at the time of the 1994 Federal Assault Weap-

ons Ban, defined it as "semi-automatic firearm with a large magazine of ammunition that is designed and configured for rapid fire and combat use." Within this definition are several subjective terms and it may be wise to ask whoever uses this term to define it exactly.

With all of this being said it is always advisable to ask any person who uses these terms, when applicable, what they believe the terms to mean. This can help clear up any confusion that can come from press conferences, news articles and social media. Don't be afraid to do your own research and learn about the background of what you're reading. ■

Defining the Research Process

Professor Pollard talks about his experience with writing with his wife on Sabbatical.

BY DUNCAN HOAG
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When not teaching students, many CNU professors take part in scholarly research as a part of their occupation.

Their work can often be found on anthologies or scholarly article websites.

One such professor with a long history of academic work is Dr. Scott Pollard, a professor of English at CNU.

Pollard indicated that his work in academia has spanned a broad number of different subjects, from comparative literature to popular culture.

"I really have to define [my career] as eclectic."

Pollard says that he was trained as a comparative literature specialist, with a specialization in Latin American literature at UC Irvine.

Pollard is published in Latin American literature and comparative literature. He says that was important early on in the '90s.

"But the first article I ever published was on 'Twin Peaks,' the television show," he says.

Pollard also discussed the recent sabbatical he took with his wife, CNU professor of English Dr. Kara Keeling, to write a book anthologizing the different essays they have written and partially completed over the past 20 years.

The upcoming book is on food in children's literature. They've been writing conference papers and have been writing articles for 20 years now, and a lot of them have been kind of incomplete according to Pollard.

"We've gotten them here and there, and we've never really brought them to completion. So we're using this book to finish up a lot of what we've written already."

Pollard also mentioned the various subjects the anthology will cover, a diverse lineup of subject matter which will

include famous children's literature authors and a chapter

written chapters on Laura Ingall Wilder's "Little House on the Prairie" books and Louise Erdrich's "Birchbark" series, comparing the white expansionist view of America with the indigenous view of food in America.

Pollard emphasized what he considers the most difficult challenges when conceptualizing and writing a scholarly work.

"Finding the time to sit down and be able to kind of start the thinking process, and the working process."

"In the sabbatical, when we started doing things and researching, we needed to get a rhythm, a daily rhythm, of research and writing and research and more writing."

"And that took a little bit [of time], and once it clicked, then it worked because there was a rhythm to it and there was time everyday that we could spend thinking about the project."

"And that's different from the middle of the school year where you have grading [assignments], and so you have to reserve some time to think."

Pollard also spoke generally about the process through which he travels to write a book or academic article.

"It's the process of working together to work through a set of insights to produce an article. So right now it's the book we're working on."

"It's fascinating, because the research we're doing now — twenty years in this project — is very different than the research we did 20 years ago."

"I sometimes go back and read those [older] articles and think 'That's not very good', and it's because we know more now, and that's created more challenges: We have to research more deeply into different disciplines, because more people are writing about food, and literature in food in history." ■

"Finding the time to sit down and be able to kind of start the thinking process, and the working process."

-Dr. Pollard on the challenges of the research process

covering a hit Disney movie.

Pollard and Keeling have written a chapter on the movie "Ratatouille," are currently writing a chapter on Beatrix Potter and her works and have

Virginia21 Lobbies the State Senate to Support the House's Increase in Financial Aid

BY BRETT CLARK
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In Richmond a debate is raging within the Virginia General Assembly between the House and Senate.

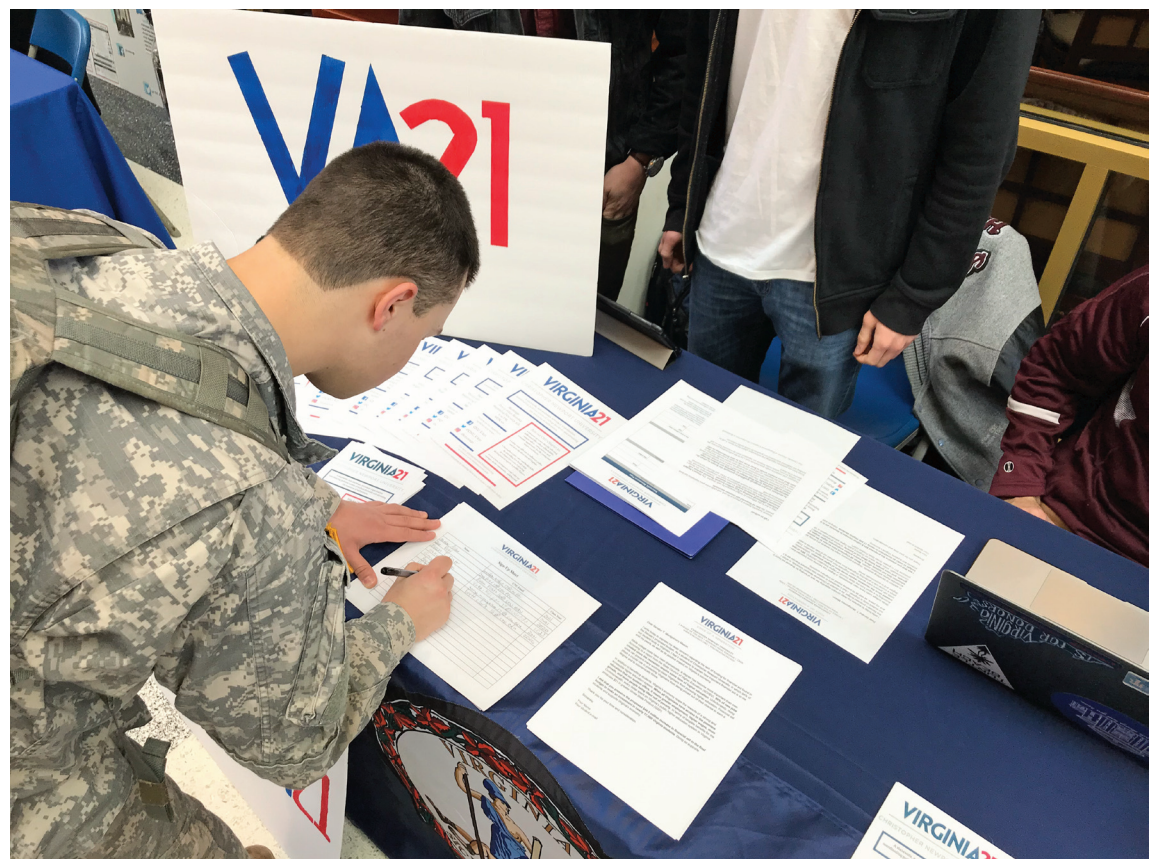
The House of Representatives passed a budget that allotted a \$44.5 million increase in financial aid to state universities.

The Senate, however, excluded this increase.

This money would directly affect CNU students who apply for financial aid needed to attend college.

On Tuesday, Virginia21 tabled in the DSU with a petition to be sent to the General Assembly.

Virginia21's petition will be delivered to Senator T. Montgomery Mason in hopes of swaying his opinion and expressing the concerns of students.



A student decked in his ROTC uniform signs the petition on Tuesday. MACY FRIEND/THE CAPTAIN'S LOG

Virginia21 President Matt Godsoe stated on Tuesday Feb. 27 that "If the Senate does not produce sufficient funding, our tuition goes up, and that affects all of us."

According to the Virginia21

petition, 94 percent of the CNU student body is Virginian and this money is needed to "protect Virginians from being priced out of their chance to earn a degree and to economically survive."

If you wish to have your name put on the petition, you can email virginia21@cnu.edu by the end of the day Wednesday, Feb. 28, to have your name added and your voice heard in Richmond. ■

Don’t Shoot the Messenger...

Is the answer to preventing mass shootings gun control, stricter gun laws or learning how to recognize troubled youth?

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On Feb. 14, a 19-year-old by the name of Nikolaus Cruz entered into Marjory Stoneman Douglas High School in Parkland, FLA. carrying an semi-automatic rifle and opened fire, killing 14 students and three teachers and wounding 14 others.

The whole country mourned the loss of young students and teachers, sparking a heated debate over gun control.

Democrats are pleading with lawmakers to take action, and increase the amount of gun control, or ban them altogether.

Republicans contradict this argument; they believe the gunman is solely to blame and everyone should be able to have a gun by right of the second amendment.

So do we blame the gun or do we blame the gunman? Of course we blame the gunman because he pulled the trigger, but if he didn’t have the gun in the first place there would be no trigger to pull.

Being over the age of 18 it might take one person around 30 minutes to purchase a gun at a shop, no background check required.

Nikolaus Cruz had purchased seven rifles in the year prior to the shooting. He used an AR-15 semi-automatic rifle to shoot-up a high school full of students.

People defend their ownership of guns as use for protection and occasionally for hunting. Having a small handgun for protection and maybe a rifle for hunting, in my opinion, is reasonable.

However, how does someone defend having a semi-automatic weapon? This gun fires 800 rounds a minute, which is 13.3 rounds per second.

Why would anyone need a gun like that in their home? Cruz was allowed to have a weapon like this and what did he use it for? Firing 13.3 rounds per second into a crowd of high school students.

Nikolaus Cruz had a troubling past. His instability and anger over his treatment at school led him to commit this heinous crime. There were many signs of danger when it came to his actions, though nothing was done to deal with it.

He posted photos of guns on Instagram as well as dead animals, he was put in an institution multiple times

and his behavior in school was nothing short of disturbing; even his teachers claimed to be afraid of him.

So do we solely blame him for this massacre?

I mean it is true that “guns don’t kill people, people kill people.” I believe that statement entirely, but if Cruz had used a knife instead he would have done less than half the damage he did with a gun.

In our society today, it is easy to purchase guns without a license at all. If Nikolaus Cruz didn’t have the access he did to guns, in our society he might have still found a way to get one.

So do we blame the gun? Or the gunman? I believe the answer is both. Since the shooting, both sides have been fighting so hard against each other that they don’t see that working together could solve this problem.

We all want the same outcome, no more mass shootings, so why can’t we all work together to achieve that? I’ve already stated that if the gunman wanted to buy a gun regardless of gun laws, he could, but when you think of how lenient gun laws are today it wasn’t even hard.

Passing stricter gun control laws may not solve this problem in its entirety,

but it can be the first step we need to end mass shootings in America.

The harder we make it for these gunmen to get guns, the harder it will be to follow through with these acts. If we make it strenuous for shooters to get guns, maybe they will give up.

We can’t be sure that passing more laws will improve this problem, but why haven’t we tried?

Gun control laws need to be passed to help fix this problem, but we also need to teach our youth to catch the signs he was obviously portraying in advance.

It was evident that Cruz had issues, and he was reported to the authorities. The FBI had every opportunity to prevent this tragedy from happening but they chose to ignore the threat.

When it comes to solving this problem, we need to open our minds to every possible solution. Lawmakers need to stand up and do something rather than sit around pretending like it doesn’t happen.

We need to find the signs and do something about it. We need to band together because there is no nation stronger than one united together in ending the violence guns bring to this world when they’re placed in the wrong hands. ■

The Pharmaceutical Killers

Exploring the correlation between mental health, drug usage and mass shootings in America.

BRETT CLARK

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If your elementary school child decided to start stabbing all of the cats and dogs in the neighborhood, your first reaction would not be concerning how he got the knife, but why your child has some twisted desire to stab cats and dogs.

With that same logic, why aren’t we focusing on why we have teenagers wantonly massacring their classmates?

While school shootings like what we saw in Florida are very rare and make up an inconceivably low percentage of the murders in our country, why do they happen at all?

I find it illogical to immediately jump on firearms and the NRA. If Islamists were stabbing Americans on a regular basis like you see in Europe, it’d be odd to start attacking the cutlery industry.

The semi-automatic rifle has been around since the first half of the 20th century and rifles like the AR-15 have been sold to the public since the mid-20th century. These school shootings we hear about, and other non-political mass shootings, did not come into vogue till decades after that.

When examining American mass shootings at schools (non-gang related), we have to go look to an outlier first. In 1966, Charles Whitman used a bolt-action rifle to wreak havoc upon the University of Texas at Austin.

On Whitman’s body at the time of his

death was a drug, Dexedrine. This was used to treat ADHD and Narcolepsy. Revealed by an autopsy of Whitman’s body was a tumor in his brain.

Most would agree that his actions that day and prior to that day were that of a man gone insane. Was the usage of this drug a factor?

Fast forward to 1999 and we have Columbine. The FBI concluded that Eric Harris was a straight psychopath and Dylan Klebold was depressed and therefore manipulated by Harris. The guns were acquired illegally.

According to CNN.com, Harris was on an antidepressant drug called Luvox.

Heading to 2007, we have the Virginia Tech shooting. Seung-Hui Cho, a student, killed 32 people in Blacksburg. He committed this massacre with pistols.

He was diagnosed as mentally ill and depressed and had been since middle school. He was taking the antidepressant Prozac according to the report of the Virginia Tech Review Panel.

In 2012 we have what is probably the most memorable for my generation: Newtown. According to Yale Daily News, Adam Lanza was seen by psychologists fairly early in life and was prescribed Celexa, another antidepressant.

There is no clinical proof the FDA recognizes that points to antidepressants or any other psychotropic drug as a cause for violence.

While I can’t go into detail for every mass shooting, both in and out of schools, the trend of psychotropic drugs being

involved is shocking.

Many strong arguments can be made that mass shooters, at schools or not, are often a perfect storm of mental illness and intensely troublesome family situations/early childhoods.

This would certainly describe the last shooter in Florida.

Although there is no information yet on whether or not the Florida shooter was taking drugs, it was confirmed that he had an extensive history of mental health issues, along with a childhood and adolescence filled with loss, exclusion and the sudden deaths of his adopted parents.

Like the most recent mass murderer, taking pharmaceuticals is not a prerequisite to being a crazed killer. Despite a lack of conclusive evidence of whether or not pharmaceuticals are causing the uptick in mass shootings over the last 25 years or so, I would like to point out an interesting observation.

Out of the 34 deadliest mass shootings, from a list compiled by CNN.com, 27 of them took place after 1987, when the antidepressant Prozac hit the market.

Quickly after Prozac, we saw other antidepressants like Paxil and Zoloft in 1992, Luvox in 1994, Lexapro in 2002 and Cymbalta in 2004. Along with Prozac these are all the most common antidepressants in the market.

At the same time of these rises in mass shootings, according to a report by the National Center for Health Statistics,

antidepressant usage amongst Americans increased by almost 400 percent between 1988–1994 and 2005–2008.

For those out there that are conscious of the fact that the NRA donates money to politicians: In 2016, according to open-secrets.org the NRA contributed \$1,085,100 to the campaigns of both Democrat and Republican candidates (more money went to Republicans) and spent \$3,188,000 in lobbying efforts.

In the same year, and according to the same source, Pfizer, the company who produces Zoloft, one of the most popular antidepressants, donated \$2,803,133 to political campaigns and spent a whopping \$9,880,000 on lobbying efforts.

Pfizer spends three times as much as the NRA influencing politicians, yet we hear nothing of this? Pfizer is a company, whose main mission is not to influence politics, while the NRA’s main mission is to lobby on behalf of its five million members.

If NRA spokeswoman Dana Loesch “owns” our legislators like now prominent teenage gun control activist David Hogg claims, then Pfizer and all the other pharmaceutical companies who also spend millions on Washington must really, own our legislators.

The reason for mass shootings is never going to be black and white, and while guns may often be a tool for these terrible acts, I fear that our focus is only on the tool, rather than addressing the reason for these shootings. ■

The Snapchat Scandal

Is the Snapchat update as bad as everyone claims?
Not for this student.

EMMA DIXON
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Snapchat has become one of the most popular social media networks in our generation. It seem like everywhere you go you see teenagers or young adults taking selfies, adding filters to them and posting to their stories.

Recently Snapchat has released a new, controversial update that has produced a ton of outrage and received lots of backlash from users. Celebrities have even joined the outcry. Kylie Jenner cost Snapchat \$1.3 billion in stocks after she tweeted, “Sooo does anyone else not open Snapchat anymore? Or is it just me ... ugh this is so sad.”

Users even began a petition to restore the old Snapchat on change.org, which received over a million signatures. But is the new Snapchat update really that terrible? Or are users just overreacting?

I typically don’t like change. I get very uncomfortable when something is different. However, the new Snapchat update is a rare case of change that I like. The new Snapchat is actually easier to use then the old Snapchat. It offers several new features that make it better.

For example, Snapchat now separates your friend’s stories from the discover page. Previously, Snapchat combined content from friends, publishers and celebrities all on one page. Now, if you swipe right, you can see all of the stories your friends have posted. If you swipe left, you can see the stories of different pop-culture media outlets, such as DailyMail, MTV and BuzzFeed.

The new Snapchat also separates your friends tab into stories, group conversations or all of them combined. Additionally, the new update provides users with the ability to change the type of font — ranging from Comic Sans to Rainbow to Glow — which makes Snapchats more captivating.

I admit, at first I was mad when Snapchat updated without my permission. When I first heard all of the controversy surrounding the new update, I was glad I hadn’t updated it. Then, when I opened my Snapchat and it automatically updated, I was fuming to say the least. I too was confused at first and couldn’t tell how to view peoples’ stories.

However, once I used it for a while and became accustomed to it, the new update grew on me. Instead of immediately jumping onto the bandwagon that’s bashing Snapchat, people need to take some time to get a feel for the new layout.

I don’t understand why people are so adamantly against the new update when they didn’t take away any features or drastically change anything. All the new update did was alter the layout of the app for the better. The new update isn’t as confusing and hard to navigate like people claim it is.

The outrage over the new Snapchat update is just another foolish controversy that consumed American news coverage for days. The fact that so many people are freaking out over something as senseless and futile as a social media update shows how trivial our society’s “problems” have become. It’s disheartening that our generation has become so self-absorbed and consumed by digital media that one of the biggest, current issues is the update of a social media outlet. ■

A Letter to the Editor

Dear Editor:

I believe that most of us Americans have been victims of bullying and/or some form of abuse at some time in our lives. As a former counselor and therapist, I worked with and tried to help many victims of everyday bullying, as well as various other forms of abuse.

I found that the biggest problem, issue and challenge that they dealt with was that they did not stand up to their bullies and abusers. The best question that I have ever heard a counselor or therapist ask their clients relative to this was the following:

“What parts of yourself don’t you love that allows you to let this bully or abuser to continue to mistreat and abuse you?”

This question prompted many people to finally make some serious changes in their lives and to walk away from and leave their abusers.

Sincerely,
Stewart B. Epstein

Epstein has spent five years working as a professional counselor and therapist in the fields of Alcoholism, Drug Addiction and Mental Illness/Mental Health. But for most of his working life, he was a college professor of Sociology, Social Work and Psychology. He loved his students and cared very deeply about their well-being. He misses them. He misses how idealistic they are and how much they want to try to make the world a better place. A major reason why he submitted this letter to The Captain’s Log is because he believes that the question contained within it might help some of CNU’s students, especially CNU’s female students, who are being abused and bullied by their boyfriends.

“Being in no relationship is better than being in an abusive and bullying relationship.” ■

Buzzin’ Becky

Sugar Daddies are a girl’s best friend?



COURTESY OF CLIPART LIBRARY

A common theme I’ve gotten in terms of questions has pertained to relationships, by and far. “My roommate this..”, “my best friend that...”, “my family did this...,” etc. These are all things I felt to be very close to home and I can relate to.

Relationships are hard work, whether that be the fight you and your best friend have over something as small as a toll or the fear of going home to face your parents after something life changing happened.

I’ve touched on a lot of things when it comes to relationships, but I must say this week definitely takes the cake in terms of interesting questions. Not that interesting is a bad thing, to each their own preferences. We all have a type and it’s definitely completely your own call on how you live your life.

If we all had a sugar daddy, maybe we’d be happier and thriving? Sidenote: Now accepting applications for one!

My friend is in a weird “sugar daddy” relationship with a guy who is 20 years older than her. She says she just has to hang out with him in order to reap the benefits but I don’t know what I think about it. Should I say something?

First of all...where do I sign up? This sounds like the college dream everyone wishes for. However, if we’re keeping it real I think the chances of this arrangement being exactly as it has been described is pretty slim. Why would a 40-something year old man just wanna kick it with a cute 20-year-old college girl just for funsies? I’m not callin’ your friend a liar, but I surely ain’t callin’ her a truther.

That being said, it’s really none of your business whether or not she’s having sex with someone or not. Unless you personally know the person in question in a way as it’s your father, brother, uncle, boyfriend, etc. then you don’t need to worry about what is (or isn’t) going on between the two of them. That’s her own business and if she chose to omit it then it was for a reason.

As far as the age thing, don’t sweat it. I feel like we live in a society where people used to worry so much about age and now it’s just a thing. Yeah it’s not common, but if someone wants to be romantically involved with someone twice their age, more power to them. The couple is able to do what they want, as long as it is within the law, so who are you to tell your friend that she’s in the wrong there?

Long story short: there’s probably more to the story but it ain’t none of your business!

– Becky out

**Submissions have been edited for clarity and length.*



Hypnotic Control performed throughout the evening in between various student showcases. They received a standing ovation from the judges for their "Millennium Mashup," where they brought their individual styles on stage and performed to hip-hop and pop music. **PHOTOS BY HANNAH LINDENBLAD / THE CAPTAIN'S LOG**

CNU's hip-hop dance club, Hypnotic Control, hosted its annual Unleash the Talent Wednesday, Feb. 21.

BY HANNAH LINDENBLAD
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Hypnotic Control presented Unleash the Talent, a fun fusion of "Dancing with the Stars" and "America's Got Talent."

This event was a mix between a talent competition for CNU's students and a showcase of various dancers and CNU organizations.

Those who were not there for the talent competition were Hypnotic Control, CNU Storm and a baton twirler from the Marching Captains.

The talent competition consisted of singers and dancers trying their best to win over the favor of not only the judges, but also the crowd since both would be picking the winners of the competition.

Sophomore Liesl Mattar was the opening act, performing Drake's "Passionfruit." She won Crowd Favorite at last year's event and shared that she will be releasing her own music soon.

For the talent competition portion of this event, there were two winners.

Senior Allison Baltz danced her way into the judges hearts and was the pick for judges favorite.

With a powerful performance of her original song, freshman Sydney Neary won Crowd Favorite and will be the opening performance for next year's Unleash the Talent. ■



CNU's Cheer Club performed an acrobatic cheer routine in which the judges noted an improvement from last year's event.



CNU Storm performed in t couple minutes into their

case of Talent



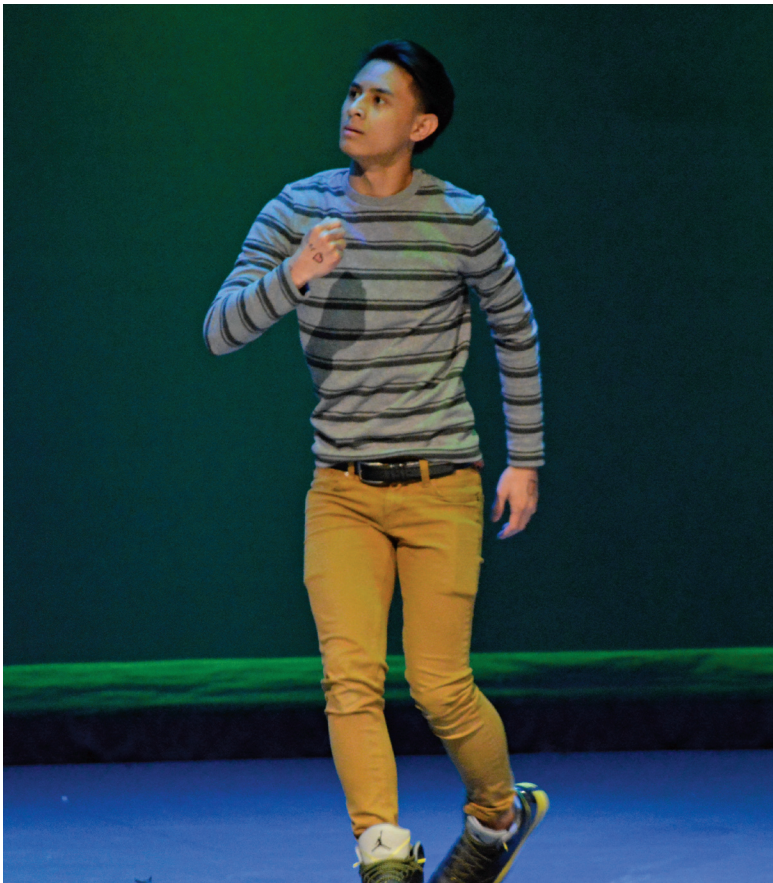
Freshman Sydney Neary dazzled the audience and judges with an original song. She won Crowd Favorite and will be performing first in next year's event.



Senior Allison Baltz performed a solo lyrical dance in the final performance of the talent portion, getting judges' pick for Favorite Performance.



their uniforms, opening one of the showcase performances with Hypnotic Control who joined them on stage a performance. The group performed a collection of hip-hop and modern dance moves.



Sophomore Joel Mabalot performed for the first time on stage in a pop and lock routine.

CNU Hosts First Round of NCAA Tournament

Captains fall short in Conference Championship this past weekend but still receive bid for NCAA's.



Senior Aaron McFarland ended his senior year regular season campaign with a total of 466 points. PHOTOS BY NICOLE RAMKEY/THE CAPTAIN'S LOG

BY PHOENIX HINES
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Even after a strong second half for the Christopher Newport Men's Basketball team, the Captains fell short of claiming their third straight Capital Athletic Championship this past weekend against York College, losing to the Spartans in a tough battle, 82-73.

The Captains got off to a slow start in the beginning of the game as the Spartans outscored them in the first half 35-26 while shooting a bizarre 58.3 percent from the field and 57.1 percent from behind the arc.

Junior Tyler Femi shot 2-3 behind the three-point line in the first half and also racked up two rebounds and an assist. Senior 'Big Man,' Spencer Marin, gained two early fouls in this game which caused Coach Krikorian to limit his playing time in the first half.

The second half of the CAC championship game was an absolute shootout. Both teams scored 47 points apiece and shot exceptionally well from the field. Despite being down by nine at half, the Captains put together a few runs that put them up 57-55 with eight minutes left in the game.

The Spartans started to pull away after they went on a 19-3 run late in the second half to push their lead to 14 with only two minutes left to go in the game.

The story of the second half for the Captains was about freshman shooting guard, Brock Geiman. Geiman propelled the offense in the closing half as he posted 18 points while shooting 7-11 from the field and 3-6 from behind the arc. Geiman finished the game with a

career-high 21 points.

Senior Aaron McFarland also had a stellar second half as he posted 11 points while shooting 4-9 from the field. McFarland posted 15 points throughout the full game. This is the 12th game in a row where McFarland posted double digits in the points column.

For the Spartans, Reich picked up where he left off in the second half and finished the game with 25 points to go along with his six rebounds and three assists.

The Spartans also got a great second half out of Jason Bady who put up 12 of his 16 points in the closing half.

Despite the team's recent loss in the CAC championship final, they still earned an at-large bid in the NCAA tournament. This is the third year in a row that the Captains will host an NCAA tournament game.

"Saturday was a tough one. We knew going into the game that whoever made the least amount of mistakes was going to win the game," says McFarland. "On Saturday, York made the least amount of mistakes and took the chip home. Kudos to them, they've been outstanding all year. But with that being said, especially Spencer and I, we're just blessed to have another chance to an extended career and a shot at being National Champs."

They will face Lancaster Bible College in the first round on March 2, at the Freeman Center. The time is still to be determined.

There will be another NCAA tournament game on March 2 at the Freeman Center as Franklin & Marshall University will play against Emory & Henry College in their first-round game. The two winners will play against each other in the second round of the tournament. ■



Freshman Markues Stubbs played in 18 games during his first year at Christopher Newport University.

Captains Fall Short in CAC Finals

Lady Captains lose to Marymount University Saints in last few seconds to a buzzer beater layup.

BY PHOENIX HINES

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The Christopher Newport Women's Basketball team fell short of capturing their second consecutive Capital Athletic Championship as they lost to Marymount University in the final seconds of a tight and hard fought game, 61-60.

The Captains got off to a hot start in the first quarter as they jumped out to a nine point lead with a minute left in the first quarter.

Sam Porter continued her dominant performance as she scored the Captains' first five points of the game.

The second quarter was more of a back and forth battle. The Captains were outscored 16-15 by the Saints during the quarter. The Captains were led by seniors Makenzie Fancher and Anitra Thomas.

Fancher scored six points and pulled down one rebound while Thomas scored six points and secured two rebounds.

For the Saints, Nicole Viscuso and Tenesha Green led the way. Viscuso scored nine points and pulled down three rebounds while Green scored seven points and had two steals in the opening half.

Leah Hurst also tossed out five assists for the Saints during the half.

The third quarter was dominated by the Captains as they led by 11 points towards the end of the quarter.

Anitra Thomas picked up right where she left off from the first half as she scored seven of her game-high 13 points in the third quarter of the game.

In the fourth quarter the Captains led by 10 points, but the Saints went on a huge run to tie up the game at 54 during the six-minute mark.

Fancher nailed two three-pointers that gave the Captains a 60-55 lead with a minute left in the game.

The Saints then scored four quick points to cut the lead to one with 19 seconds left in the game. With a few seconds



Having played 27 games in her two years at CNU, Kiana Kirkland averages seven points per game. NICOLE RAMKEY/THE CAPTAIN'S LOG

remaining, Hurst found an open lane between the Captains' defense and finished her layup with only 0.3 seconds left in the game.

The time expired before the Captains got the chance to take a last second shot.

Fancher finished the game with 12 points as she shot 4-9 from the field while also shooting 4-7 from behind the line.

The Captains were also led by Porter who posted seven points, ten rebounds

and three assists.

Porter currently leads the team in points with 10.2 points per game and is second on the team in steals with 57 in the year.

For the Saints, Viscuso, Gabriella Haddad and Hurst led the way. Viscuso finished with 15 points and nine rebounds.

Haddad totaled 14 points on the day and also pulled down four rebounds. Hurst was all over the place with five points, ten assists, four blocks and four

steals. Hurst completed her unbelievable day with her game-winning layup.

Despite the tough loss for the Captains, the team still earned an at-large berth into the NCAA tournament and will travel to Ashland, Va. on as they will play at Randolph-Macon College against Haverford College.

Haverford is currently 21-6 and coming off a loss in their conference championship. This is also the third straight year that the Captains have made it to the NCAA tournament. ■

CNU Discovers New Type of Relaxation

Christopher Newport student introduces peers to New Moon Yoga while she instructs a class at the Freeman Center.

BY TARYN HANNAM-ZATZ

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Many different fitness classes are offered at the Freeman Center on campus, but the most popular are yoga classes.

A lot of students go to get a good workout in and relax when they come to the Freeman Center. Stephanie Dygert is a student fitness instructor who teaches yoga. This past Friday on Feb. 23 she put on a specialty yoga class called New Moon Yoga.

"The New Moon Yoga class was focused on renewal, relaxation and setting new intentions. The new moon is a time to create new visions for yourself and start fresh and positive," says Dygert.

The class consisted of a lot of reflection and trying to start anew for students. She emphasizes the importance of letting anything go that may be blocking a student from getting a fresh start.

Apart from this special class Dygert taught, she also teaches Yoga Flow classes throughout the week.

These classes are slower paced and allow students to get deeper into the poses and really reflect in all parts of the class.

"I came to yoga after I had a major spinal surgery. I had lost most of my flexibility and mobility, and I hoped that yoga would help me recover," says Dygert.

Not only did it help her recover, it

also helped her change her outlook on life. She was able to become a calmer, happier person through the mental and spiritual aspects of yoga.

Dygert started yoga and found a new passion and love that she wanted to continue throughout her life.

"After practicing for several years, I decided that I wanted to become a yoga instructor to prove that it can help anyone, regardless of limitations," says Dygert.

The most important part of yoga to her is the fact that she was able to push through a difficult time in her life and wants to help others do the same through yoga.

Dygert wants everyone to feel like they can attend her classes and gain

something from them.

She teaches her classes for all different types of people, not just experienced yogis.

"I love that yoga has something for everyone. Whether you come to yoga for the physical practice of strengthening your muscles and increasing your flexibility, for the mental relaxation, for the welcoming community, or for the spiritual refocusing, yoga has something to offer everyone," says Dygert.

When she teaches she tries to encourage her students to take advantage and really use yoga as an outlet for all the stressors in life.

The New Moon Yoga class that Dygert conducted was a huge success and allowed students to take part in a different type of yoga and start fresh. ■

An Army of Stone Men

The 'Terracotta Army' exhibit currently at the VMFA is the perfect spring break activity, as it bridges the gap between the past and present in a solid way.

BY MORGAN BARCLAY
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With spring break rapidly approaching and with travel on everyone's mind, there may be an exhibit closer to home that will take you on an unforgettable journey back in time.

The Virginia Museum of the Fine Arts (VMFA) nestled right in the heart of the museum district of Richmond, Va. is home to many famous works of art. Free and open to the public, the museum holds pieces from artists such as Rousseau, Sargent and Hopper — their permanent collection holding more than enough big names to justify the drive there. And with Richmond only a little over an hour drive away from Christopher Newport, spring break provides the perfect opportunity for a day trip.

But if this has been the case in years past it is more so the case this semester as the VMFA will be soon closing one of their most ambitious exhibitions yet — "Terracotta Army: Legacy of the First Emperor of China."

Hidden underneath the usual halls of the museum, the exhibit asks you to follow the twists of the creation of a unified China, and one man's search for untold immortality.

Requiring a ticket to get in, unlike the rest of the museum, the exhibit is guarded and blocked off, already sep-

arated from the rest of the museum by a long staircase down to the lowest level where the exhibition takes place.

Once entering the exhibit, it asks you to follow, in a labyrinthine way, the history of the creation of a unified China, as it twists and turns, centuries after its occurrence, right before your eyes.

Starting off with a collection of many of the smaller archeological pieces that consisted in what has largely been described as one of the greatest archeological finds of the 20th century, the unique care and detail, as well as the expansive number of items, provide a clear glance into what life in a society seemingly so different from ours today was like.

From coins and vases to pieces of art that decorated its culture, the exhibit moves towards more personal moments of the culture. This provides the visitor with a richer understanding of the people that experienced first-hand this volatile time in history, before the exhibit closes itself off into a smaller hallway.

The hallway which displays the architecture of the time prepares the visitor as they enter the final room, mirroring the discovery of the archaeologists of the time.

Opening out of the labyrinth, the largest pull of exhibit reveals itself— the army of terracotta warriors.

A clay army created by the first emperor of China to protect him in the afterlife, the sheer expanse of the army when first discovered led to the notoriety of find. This paired with what historians know of the time period, paints a disconcerting look into the past. A man wrought with power, afraid of death, dedicates hours and hours to this army, never to be seen, to protect him in the afterlife.

Being able to see in detail, the fruits of that unbelievable amount of labor that went into the creation of this 'army,' for so long hidden away is something that is truly indescribable. Overtaken with awe, this piece forces you



(Above) The detail in the terracotta armor reveals a high level of labor and craftsmanship. (Left) A mask from the time period, the piece shows an expression of culture during this time, providing interesting contrast to the terracotta warrior shown above. PHOTOS BY MORGAN BARCLAY/ THE CAPTAIN'S LOG

into a dual state of fear and horror at the state of human condition under this dynasty, but also in wonder at the things it can create.

We are lucky to have pieces such as this one being displayed so close to campus. Given the wide range of pieces shown, with over 40 new pieces never before shown in the United States, the collection from 14 different museums and institutes across Shaanxi Province, China, the exhibit provides a practical, rich and deep understanding of a culture far from our own.

Whisking away its visitors into the past through its labyrinthine struc-

ture, this exhibit is one that should be experienced before it marches away on March 11. ■



'TERRACOTTA ARMY' WILL BE ON EXHIBIT AT THE VMFA ONLY UNTIL MARCH 11.

Honoring their Bodies

Scott Ludwig discusses the meaning behind his controversial work in his visiting artist talk in the Falk Gallery on February 22.

BY AMY CAMIRE

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The Falk Gallery gave CNU an experience in experimentation with visiting artist/professor Scott Ludwig's art series entitled 'Martyrs n' Mayhem.' Along with leading a workshop for CNU art students on the methods of printmaking, Ludwig presented a variety of his own print works to show how he experiments with a traditional wood-and-ink method while also paying homage to those subjects that he feels have been forgotten by time.

Ludwig's subjects in his 'Martyrs n' Mayhem' series are not the kinds of martyrs that we generally think about when we hear the word. Growing up Catholic, Ludwig explained during his presentation on Feb. 22 that the term 'martyr' had a very religious meaning to him in his childhood – however, in his work, the martyrs aren't exactly religious icons. Instead, he took his inspiration from viewing bodies that had been dedicated to science, giving life to bodies long forgotten despite their contributions to modern science and medicine.

This morbid reminder of death stems from the artistic tradition of 'veritas,' which deals with still-life subjects that represent the fleeting of time. This serves as the mode through which Ludwig crafts his various prints, each of which carries its own unique story and, in some cases, unique printmaking method. Ludwig's experimentation in printmaking stems from his own unique artistic voice, as well as his time spent in Holland with a professional glassmaker.

Ludwig utilizes his experience with Holland's glassmaking tradition to create some truly remarkable art pieces, such as

his work 'Martyr's Cremation,' which was created through the use of glass sheets, special silver ink and paper that can withstand up to 2,000 degrees Fahrenheit. Ludwig explores other ways in which to blend the mode of printmaking with other facets of art, from the traditional method of wood carving to the use of modern-day technology and digital editing.

Many of his pieces of art are the products of digital manipulation, allowing him to layer and fuse various digital creations with actual photographs, providing a juxtaposition of various art styles.

The images benefit from this kind of inspired experimentation not just by creating what Ludwig called 'dense meaning,' or the creation of layers in a work that brings about multiple interpretations and emotions, but also by his ability to take what most might see as morbid and making it beautiful. Those who had dedicated their bodies to science had "no history," and were often "forgotten by the past," as Ludwig explained.

By placing them in his artistic medium, by highlighting everything from the cadavers of conjoined fetuses to images in a manual about battlefield injuries, Ludwig memorializes these subjects and celebrates the medical milestones that came out of their contributions in death.

It was 'uplifting,' a word that Ludwig uses to express how he felt about honoring such people, and the ways in which, through art, he could bring them back to life.

Scott Ludwig is a professor at Appalachian State University in North Carolina. More information about his previous and ongoing projects is available at scottludwigart.com. ■



Visiting artist and professor Scott Ludwig poses next to his work during his informal artist talk last Thursday, February 22. AMY CAMIRE/THE CAPTAIN'S LOG

From a Roar to A Grumble

'Black Panther' disappoints in its writing for what should have been a sure-fire hit.

BY CHRISTOPHER GABRO

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Following the events of "Captain America: Civil War," T'Challa (Chadwick Boseman) returns to his home of Wakanda to family, political and global problems. Struggling between being an honorable king while holding the power of being the Black Panther, T'Challa must also defend Wakanda's throne from the conniving Erik Killmonger (Michael B. Jordan), the film's antagonist.

The film excels in its world-building. Crafting a culture to match the land of Wakanda, the movie often focuses on intimate moments between characters that are not the titular one. T'Challa takes a backseat to the side characters so the audience can see how his actions really affect those around him. The audience sympathizes with not just T'Challa, but also all of the side characters due to this. Most notably, the motivation behind Killmonger's actions is the most interesting step Marvel has

taken in the crafting of its villain.

On top of writing one of their most charismatic villains, Michael B. Jordan plays the role perfectly. In addition, the supporting cast plays their part just as well. Nakia (Lupita Nyong'o) is an exceptional spy who just so happens to be the ex-girlfriend of the Black Panther and Okoye (Danai Gurira) is an honorable General in the Dora Milaje, an elite force of female warriors whose duty is to protect king and country. Even Everett Ross (Martin Freeman), who has little screen time compared to the other leading characters, has his character arc that is intertwined with the saving of the country of Wakanda. These characters bring the world of Wakanda to life.

Unfortunately, these actors are giving their utmost to a script that, at times, is not on par with their performance. This especially stands out when characters are walking around the Wakanda marketplace. The film only gives one alleyway to portray the

feeling of life in Wakanda. Characters are constantly walking and talking in the same setting, and you never see life past this alley and the throne room. The citizens of Wakanda and their daily life is completely unseen.

Added on to this weak script, the effects of the movie look heavily unpolished and seem outdated, even on the first viewing. Certain locations that the camera hold on for prolonged periods felt like poor green screen effects when they could have filmed in an actual location. The action sequences are mostly shot in extremely dark settings, and it is hard at times to know what is happening because of this choice. In addition, the action is not thrilling. The lack of stakes within the film, shown through the Black Panther's invulnerability to gunfire, falling from buildings and giant rhinoceros attacks, makes the action scenes a firework show that lingers. There is never a moment where the Black Panther feels like he is in danger because he simply

can't be in danger.

In a similar fashion, the plot lacks the necessary explosiveness for a film of this caliber. The movie meanders for the first 40 minutes, and it is not until Killmonger returns after an extended period that the story kicks in, but not for long. During this brief intermission of interesting character dynamic, the script elects for action sequences rather than pursuing the character drama that is at the heart of the film. There was potential for this movie to be something extremely special if it had delivered on the promise that Killmonger set out to do, but instead the script inserted an elongated sequence of "they fight," because all Marvel movies need a big spectacular fight scene.

Overall, the acting and the attention to characters may not be enough to fix the problems in writing, effects or plot. That said, Black Panther is still a movie worth watching, and a good addition to Marvel's expansive universe. ■

Alpha Phi Alpha Hosts BLACK



The brothers of Alpha Phi Alpha, Incorporated Upsilon Beta chapter pose for a photo on the stage in the Studio Theater after their event. PHOTO COURTESY OF NASSIR CRISS

To honor Black History Month, Alpha Phi Alpha Fraternity, Incorporated presented a celebration of African-American culture and history through performances showcasing CNU artists and their specific talents.

BY KATIE KRYNITSKY
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Founded three years ago by Alpha Phi Alpha brother Derick Lee Stephenson Jr. and the Upsilon Beta chapter, an event called Black on Black Rhyme was performed in the Studio Theater (previously Black Box Theater).

This event was originally known as a slam poetry event, but over time, brothers of Alpha Phi Alpha wanted to do more.

BLACK is an acronym that stands for Beauty, Love, Achievement, Culture and Knowledge, created by brother Success Nchotu, who hosted this year's event on Saturday, Feb. 24 at 7:06 p.m.

"We all wanted to highlight more culture, a range of arts and a broader audience. With a simple title change to BLACK, we felt as though we were making a bold statement," says brother Edward Benton III.

The event started with brother Qua'dir Bryant singing the Negro National Anthem, followed by brother Richard Nicolas' speech on the need for patience, forgiveness and love in facing hatred and oppression.

"Saturday evening's event was a performance arts showcase unlike any other on campus. To close out Black History Month, we dedicated the event towards a celebration of history, culture and the arts," says Benton.

"We had a range of singers such as Khalia Dixon, Jayne Thomas and Cassidy Dice, just to name a few. The highlights were alumni brother Jon Echols singing his first album single, 'Miss

Melanin,' which is available on iTunes, and Liesl Mattar, who closed the show with her cover of 'At Last' by Etta."

Cassidy Dyce performed "Jealous" by Labrinth.

"It was amazing that they [Alpha Phi Alpha] allowed African American artists in the CNU community to express their talents," says Dyce.

Ivan Thompson performed "Japanese Denim" by Daniel Caesar.

"Honestly, I just thoroughly enjoyed being on the same stage with so much other talent. Everyone who performed was amazing and I was honored that I was able to have the chance to showcase my own talent," says Thompson.

Along with vocal performances were a series of spoken word poems by Jordan Dabney, Marckel Bonds, brother Edward Benton III and the event's original creator, Derick Stephenson Jr.

"One of the most incredible aspects of the showcase was how seamlessly each performance was tied together throughout thought-provoking poetry, stimulating singing and genuine passion from each performer," says Benton.

Not only was the event composed of poets and vocal performances, but also featured saxophone player David Guy. "He was magnificent, and brought the entire venue into a state of serenity," says Benton.

"I think events like this are very important for the black community on campus. It gives us the chance to celebrate each other and truly appreciate how much we have to offer," says

Thompson.

Brothers saw the event as a success, selling out the entire venue, approximately 130 seats.

"This year's rendition was the most successful yet. It is safe to say that BLACK has made its way into history as the chapter's staple event of the month," says Benton.

Over the weeks leading up to the event, the Upsilon Beta chapter spent hours selling tickets in the David Student Union for \$5 each.

Two hours before the event, the entire chapter and a handful of alumni brothers gathered in the Studio Theater to set up chairs, decorate tables and arrange the various foods and drinks made available during intermission.

Each brother had specific assignments and duties during the event, such as Joshua Duhe-Harris and Nassir Criss running check-ins and registrations, and Kylan Washington and Dainen Brass escorting guests and performers to their appropriate seating.

"Overall, everyone played their part in promoting, selling, creating, performing and preparing for the event in a spectacular demonstration of strong unity and communication," says Benton.

"This event wasn't about the Alphas nor was it solely about the performers. BLACK truly is an inspiring celebration of community that is rarely depicted in television, music or daily conversation. It is a celebration of history, while also serving as a stride toward the future."

BLACK raised over \$700. ■

Captain's Consignment Allows Students to Buy, Sell, Donate Among Each Other

CNU's Farmer's Market Club brings new event, Campus Consignment to York Lawn this Thursday, March 1.

BY ANNA DORL
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Do you have a bunch of clothes sitting in your wardrobe closet in your dorm with no place to go? Looking for some extra pocket cash? In search of a new place to thrift shop? Captain's Consignment might be an ideal opportunity for you to solve these problems.

The Farmer's Market Club of CNU is hosting its first yard sale consignment event on Thursday, March 1 from 3-4 p.m. on the York Strip and Lawn in between the York East and York West residence halls.

It will feature gently-used clothes and other items previously owned by your fellow Captains.

Students can sign up for individual or group table space to put their personal items and belongings up for sale. The event will provide a space for students to buy, sell or donate. Donations will be taken to a local charity.

Heidi Turnitsa, head of the Special Events committee of the Farmer's Market Club of CNU, is excited about the potential of what she expects to be a popular event on campus this semester.

"Seeing as this is our first year in the running, I hope at least 100 people show up for the event," says Turnitsa.

"We have 20 tables available for vendors that sign up, so they are guaranteed a spot, but if we happen to run out of spots or if people find out about the event too late, we welcome anyone interested to set up their goods on a picnic blanket on the York Lawn."

The Farmer's Market Club of CNU is well-known for putting on the campus Farmer's Market, which takes place on Thursdays during the fall and spring, with local vendors from the community.

The club has recently branched out to try holding other types of events with the goal of bringing the CNU community together.

Turnitsa says the club also plans to host an event called Night Market later on in the Spring semester, a similar concept to Captain's Consignment featuring student vendors.

"We set up vendors, provide music, do public relations work for the Farmer's Market and hold some special events such as the Captain's Consignment or Night Market," she says.

The Farmer's Market Club hopes for Captain's Consignment to become a popular yearly occurrence at CNU.

"My goal for this event is that enough people know about it, sign up and come to do some buying and selling. We would love for this to be an event that the whole campus participates in."

Captain's Consignment is a way to clear your closet and find something new for college budget-friendly prices, right here on campus.

Students can sign up for vendor space by emailing Heidi Turnitsa (heidi.turnitsa.17@cnu.edu). ■

Spring Break - Time to Start Packing

Essentials to include on your packing list this spring break.



PHOTO COURTESY LAURIER DU VALLON

BY KATIE KRYNITSKY
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Two months down, two more to go. Spring Break, beginning on March 2, marks the end of midterm exams, and the halfway point through the semester.

Although spring break for most colleges often happens before the "first day of spring," students travel around the country and around the world to find warmer weather.

Depending on the destination, weather and length of the trip, everyone's checklist for packing will be a little different.

Here is a list of a few essentials that most people will want to make sure not to forget.

CLOTHING

Undergarments! When planning a vacation, it is easy to spend so much time focusing on your different outfits that you forget the most important pieces of clothing.

It is always safe to bring a light rain jacket or coat, even if your travel destination is expecting temperatures over 80 for the whole week. Expect the unexpected.

And let's be honest, you probably spent the last few weeks leading up to break getting bikini-bod ready, so don't leave your swim suit at home by accident. (Been there, done that.)

TOILETRIES

If you wear contacts, bring solution. Makeup? Don't forget the makeup wipes.

Shampoo, conditioner, a toothbrush and toothpaste, a razor and shaving cream, deodorant and all of the other things you use throughout the day to keep away the smell... pack them.

FUN IN THE SUN

Sunscreen. We've all been stuck inside for classes this winter so chances are, you'll probably burn. Nobody wants to come back looking like a lobster.

TECHNOLOGY

Long drive or flight ahead? Don't forget headphones.

Chargers— for everything. It's nice to unplug from the world of technology during vacation, but it's also nice to have enough battery life to post an Instagram photo, or let your parents know you're still alive.

If you have one, document your trip with a GoPro or Polaroid.

IDENTIFICATION

You know who you are, your friends know who you are and maybe the local bartenders and bouncers know who you are, but if you're 21 years or older and forget your ID or Driver's License, your spring break might be spoiled.

It may sound obvious, but no matter what age you are, don't forget the forms of ID that you'll need— these documentations will get you where you need to go. ■

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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