



# THE CAPTAIN'S LOG

THE VOICE OF CHRISTOPHER NEWPORT UNIVERSITY STUDENTS

@CNUCAPTAINSLOG

WWW.THECAPTAINSLOG.ORG

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## Captains Volleyball closes regular season with CNU Invitational

#8 Ashley Burgess with a one handed set against Averett University during the last match of the CNU Invitational. PHOTO COURTESY OF CNU OCPR

### Volleyball picks up two more wins and a single loss heading into the CAC

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Captains Volleyball closed out their regular season with the CNU Invitational, inviting three other universities to the Freeman Center to face off against each other over the course of two days. Among the invited were Virginia Wesleyan, Averett University and inter-state conference rival Salisbury University.

The Captains opened the week-end up with their tenth and final Capital Athletic Conference regular season match as they took on

Salisbury University. In the previous meeting three weeks before up in Maryland, #15 Riley Garrison led the offense with eight kills to a swift three set victory. This time around was not much different as early on in the first set, Christopher Newport jumped out to an eight point lead which featured four kills from #20 Katie Piper and an ace by her hand as well. The Captains then continued the onslaught with a seven to two run, pushing their advantage further. After a pair of points for the Seagulls interrupted the Captains attack, they quickly closed

out the set with another run scoring seven of the final nine points in the set, with Piper closing the set with another ace.

The second set was much more tightly contested than the first. The spread after 20 points was only two but still in favor of Christopher Newport. Both sides were able to string together four consecutive points and would continue battling it out, but the Captains would slowly pull a spare point here and there before #14 Katie Crofford sealed the set with her third kill of the set and the fourth of the match.

In the third set, the Captains threw ten more points on the scoreboard with Salisbury only managing three during Christopher Newport's run. The Seagulls would outscore the home side during the closing sequences of the set, but the damage had already been done with #10 Megan O'Hara registering four kills in the set, half of her total on the night. Throughout the contest, the Captains defense would limit Salisbury to a hitting percentage of just seven percent. The stingy defense of Christopher Newport also held their opponents to just

42 points, the lowest total number that Salisbury has ever put up against the Captains. A little over 15 hours later, Christopher Newport would be back in action against Virginia Wesleyan University, with both sides heading into the match up with identical overall records, 23 wins and only seven losses.

Early in the first set, the Marlins pulled ahead for an early lead

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A review of the local breakfast and brunch restaurant Byrd's.





## Weekly Pic

The Pirate King (Peyton Creasey) belts out a number surrounded by his privateers in Opera CNU's latest production "The Pirates of Penzance."

PHOTO BY TAYLOR VIGIL / THE CAPTAIN'S LOG

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



### CNUTV

On Oct. 19, the brothers of the Upsilon Beta Chapter of Alpha Phi Alpha Fraternity, Inc. hosted their seventh Stroll to the Polls event. CNUTV was there to bring you all of the performances.

## Happened

November 4

### CIA Day

Students congregated in the DSU to learn about career and internship opportunities within the CIA. In addition to several overview sessions, participants were able to network with and hear from professionals in a variety of roles.

November 5

### The Shadow Event

Where is the Line and Fear 2 Freedom hosted their annual event for sexual assault survivors to share their testimonies in an anonymous and powerful way.

## Happening

November 8

### CaptaTHON 2019

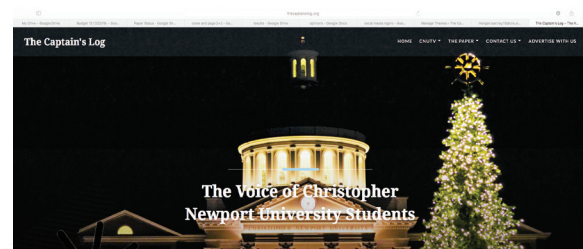
Join Phi Mu and Pi Kappa Alpha from 6-10 p.m. in the aux gym as they raise money For the Kids, a charity whose mission is to help sick and injured kids in the local community.

November 9

### Magician: Steven Brundage

CAB Presents Steven Brundage at 8 p.m. in the Gaines Theater. Brundage is famous for his rubix cube tricks and his appearance on America's Got Talent.

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Visit us online on our new and improved website: [thecaptainslog.org](http://thecaptainslog.org). There you can experience bonus content and read all of your favorite stories.

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

**THE EDITOR** welcomes letters from readers. Editors reserve the right to edit 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](mailto:clog@cnu.edu)

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

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

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# Actions Speak Louder

Words have value, especially when they're used to make a promise. But the most important thing about a promise is the action you take afterward. At Dominion Energy, we believe in taking action – to deliver on our promise to help people, communities and the environment.

## Solar

Since 2015, we've increased our solar panels in Virginia to over 2.9 million. We now own the 4th largest utility solar portfolio in America.

## Wind

We're developing the largest offshore wind project in the U.S., which will produce enough energy to power 650,000 homes by 2026.

## Community

We promised to help out neighbors in need with our EnergyShare® program, assisting individuals and their families with bill payment and energy saving upgrades. As of today, the program has helped more than 850,000 people.

## Lower Prices

And to help residential customers, we've kept our prices 9%\* below the national average.

Turning promises into reality is what defines us. That's why we're proud to invest in what we believe in, and what's important to you.



Actions Speak Louder<sup>SM</sup>

\*Source: U.S. Energy Information Administration, as of 9/24/2019



# How likely is the impeachment of President Donald Trump?

Everything that you need to know regarding the impeachment inquiry

**JOSH GRIMES**

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Impeachment (“the process of bringing charges of wrongdoing,” stated by NBC News Justice Correspondent Pete Williams) of any high ranking official has always remained to be difficult dating back to when the Constitution was first created and ratified.

Now, as of Oct. 31, the full House via partisan lines has officially voted to go on with the Impeachment Inquiry (231 Democrats to 194 Republicans and two Democrats) that was announced by Speaker Nancy Pelosi almost a month earlier, on Sept. 24. The current accusation against our president, which resulted in the announcement, is that he was accused of doing deals that involved the Ukraine phone call scandal.

The Democrats believe that President Trump used Vice President Mike Pence to tell Ukrainian officials about the withholding of military aid (\$400 million), and later in a call asked them to do several favors, in which were favors of continuing the investigation into the Bidens (really the company Hunter Biden had a connection to) and to start an investigation into CrowdStrike (a possible connection with the 2016 Clinton Scandal) for his own personal gain.

The Democrats also are accusing Trump of abuse of power to solicit interference from pressuring a foreign country to help him with his reelection to investigate a political rival.

After the investigation began, the House Democrats first uncovered information from the five-page “transcript” (notes taken by White House notetakers) of the phone call in question that was released to the public on Sept. 25. The thirty-minute call started as a normal congratulatory call before going into what we know as his personal agenda. This portion started in the middle of the second page while they were comparing the United States and the European Union on how much Ukraine was receiving aid for their defense.

After it resulted in the country asking for help, the president responded with “I would like to do us a favor though,” Democrats noticed a potential quid pro quo, which is a favor or advantage granted or expected in return for something based on the dictionary definition. Later on in the call, he did mention potential witnesses such as the Attorney General, the former ambassador to Ukraine



The Capitol building is the scene of the current battle over impeachment. PHOTO BY TARYN HANNAM-ZATZ / THE CAPTAIN'S LOG

and of course the Bidens.

A day later, on Sept. 26, the White House released the Whistleblower complaint after the Democrats demanded it. Coming on the same day the first witness was set to testify, it was revealed that it was received as second/third-hand information.

Additionally, it was discovered what Trump was being investigated for, as well as why the Whistleblower became concerned and that White House lawyers directed the officials to “lock down” any record of the call and place it into a separate system used for holding on sensitive classified information. As a result of the complaint, the House Democrats found more potential witnesses for the investigation.

In the days after the complaint leading up to the House vote, the ongoing investigation progressed and

certain factors became big. The first was the subpoenas to key officials such as the Secretary of State, the president’s lawyer and many White House officials.

The second was when the second Whistleblower came out with first-hand information and the admittance of a quid pro quo by the White House. Finally, third factor was the storm of Republicans trying to stop a key witness of testifying and a judge deeming the investigation as legal.

The reason why the vote that was made on Oct. 31 was important is that it now allows the public to see the potential key hearings on national television, and it allows the White House as well as the Republicans to play along with questioning witnesses.

The next steps of the impeachment process are understandable

when looking in the first Article of the Constitution and in its historical context. In the past, there have been three times that the House voted to move into inquiry.

Those presidents were Andrew Johnson in 1868, Richard Nixon in 1974 and Bill Clinton in 1998. Now that step has been completed, the full House will continue to investigate the matter by calling more witnesses to testify and by issuing more subpoenas if needed.

When the investigation has concluded it then goes to the Judiciary Committee to see what would go in the Articles of Impeachment. It then goes to the full House to be voted on again before moving to the Senate for trial. They only need a simple majority in order to approve, which is 218 out of 435 members saying yay.

When it gets to the trial, it is held

in the Senate in which is presided by the Chief Justice and the senators act as the jury while the House makes their case. The Senate only needs two-thirds, about 67 votes which would be at least 20 Republicans and all of the Democrats, to convict and remove the sitting president. (This will most likely not happen in this present moment).

If this happens before the 2020 election, it will definitely have some sort of impact on the election itself, similar to the 2000 election year.

As the process of impeachment goes further, remember that “Impeachment is just a political process, not a legal process,” as Pete Williams stated, and that “an impeachable offense, high crime and/or misdemeanor is whatever the House says it is,” based on what President Gerald Ford famously said. ■



# Gender neutral housing options

There has been a lot of discussion surrounding whether gender neutral housing options will be available at Christopher Newport University

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As times change, so does our society. One topic where this is currently happening is when it comes to gender neutrality. There are discussions around things such as bathrooms and housing. Here at Christopher Newport University, there has been talk about adopting gender neutral housing.

"The university currently offers a gender-neutral housing option through the theme units in James River Hall," Vice President of Student Affairs Kevin Hughes said. "Students of different genders have lived in these apartments based on a theme/concept/idea to which they all agree. Themes have included Tasty (cooking), Melting Pot (diversity), Gaming, Wellness (healthy living) and organizational groups."

These theme units pose to be a fairly popular option for many students, but of course, there are not many, and if gender neutral housing becomes a bigger issue, then these theme units will definitely not be enough.

"We'll continue to look at housing to include gender-neutral options, and have appreciated the thoughts shared by students and always wel-



PHOTO OBTAINED FROM UPSPLASH.COM

come more input. Those suggestions are helpful as we look to the future of what campus housing may look like," Hughes said. "For example, in Spring 2019 we received insightful ideas from students about the housing lottery and overall selection process. We have incorporated those ideas as

we develop new housing selection guidelines for the Spring 2020 process."

The housing process is always a stressful and difficult time for many students. There are always issues, but of course, nothing can be perfect. Some students are also involved in

the discussion surrounding gender neutral housing.

"Gender neutral housing should be an option at CNU. I believe if the students are mature enough to choose to live with the opposite sex, then they know what comes with it," senior Caitlyn Bauske said.

Though we have the theme units, this is a discussion that will remain at CNU and one that could change very soon.

Be sure to check back next week for an update on the housing process and some major changes that will be coming. ■

# New leadership survey results announced

CNU students and faculty attended a leadership conference in Canada

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The Department of Leadership and American Studies researchers Dr. Lynn Shollen and Dr. Elizabeth Gagnon conducted a survey of over 1,800 people to examine the happiness with the leadership of the United States' leaders.

The results were revealed at the 2019 annual conference of the International Leadership Association in Ottawa, Canada. Not only did Shollen and Gagnon go, but several other faculty members and students went with them as well. The findings of the research were alarming to say the least.

28 percent believe leaders in the U.S. are effective.

60 percent said leaders are less effective now than compared to leaders 20 years ago.

46 percent believe it is too risky to be a leader in today's modern world.

Many believe that unless they are at the top of an organization, they may not be able to be influential even if they try to lead because leaders at the top are so powerful (49 percent).



People gather to discuss the new results from the survey at the Conference of International Leadership. PHOTO COURTESY OF CNU OCPR

57 percent of those surveyed agreed that younger generations are not fit or ready to lead.

"These results are discouraging because we know that effective leadership is crucial if we're to thrive socially, politically and economically,"

said Shollen. "We do detect a few reasons for optimism, but overall, our findings have to be worrisome for our country's leaders, for leadership educators and for all who care about the quality of leadership now and into the future."

To ensure solid external validity, the 1,849 respondents were made up of a representative sample based on gender, ethnicity, age, income and other factors.

The generalization of the research can be proven through those demo-

graphics. Shollen and Gagnon wanted their participants to focus broadly on the leadership in the U.S., not just one situation or leader.

Less than 25 percent of the respondents say leaders are being effective in education, religion, national politics or the environment. Even with the poor ratings of the leaders, participants were reluctant to actually try to change things.

When it came to leadership within their community, 15 percent of the respondents claimed they were involved in some form of a leadership position.

With the findings discussed earlier, it is clear they do not trust the younger generation to lead. In addition, most were comfortable with their leaders being of different gender/sex, race/ ethnicity, sexual orientation and income level.

The only time they were not comfortable with their leaders being the opposite in some way was political differences. The research findings of Shollen and Gagnon can now be implemented when it comes to the study and the application of leadership. ■



## Sustainability is in style

### Trends come and go, but ethically-sourced clothing is more than a fad

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The term "fast fashion" has been used in recent years to describe the rapid production of clothing following new trends sold at cheap prices.

Think about it: you're scrolling Instagram, you see some influencer or celebrity on Instagram wearing a wildly-expensive article of clothing from some "A-list" brand and then a week later, trendy fashion outlets touting "cheap prices" pop up in your ad stream with what looks like an exact replica for 80 percent of the price.

Have you ever thought about where your clothing comes from, and what it really costs to get it into your closet?

In an era where sustainable consumption is sought in all realms of products, from food to technology, it is no wonder that consumers and activists alike are asking questions about where these clothing articles come from, and what resources, both human and natural, are needed to make such production possible.

The alarming answer many have found is that these industries thrive on the exploitation of people and natural resources in developing countries.

Despite all odds, activists have persisted in taking on the "fast fashion" industry, and there are significant conversations happening on campus about this complex issue

from environmental and social perspectives. Christopher Newport's branch of the International Justice Mission (IJM) will be hosting their annual "Fair Trade Fashion Show" at 7:30 p.m. in the DSU Ballroom on Nov. 8. This incredible event gives clothing and business practices that are ethically-sourced and "Fair Trade Certified" center-stage, answering questions and empowering action on issues of human rights and global industries.

I was honored to interview IJM President Emma Miller, a junior here at CNU who is leading this charge to bring the global work of IJM home to our campus.

Defining the mission of this organization at large, Emma Miller explained that the International Justice Mission (IJM) is a multinational organization working to holistically end human trafficking by rescuing victims, prosecuting traffickers and reforming criminal justice systems that have allowed to practice to exist around the globe.

According to IJM, over 40 million people worldwide live in forms of modern-day slavery, such as labor and sex trafficking, and we are connected to such global injustices in our choices as consumers.

Emma explained to me that "fast fashion" is just one of many industries that we partake in that creates spaces for poorer families and communities to be targeted by labor traf-

fickers in less developed nations.

Since the Industrial Revolution, Emma told me, the market for goods like clothing have globalized, making it harder and harder to trace the origin of the resources, factories and individuals who make our clothes.

With more and more abstraction between our closets and international factories, it has been harder for us to make informed choices that prioritize ethical business practices and easier for global corporations to exploit poor communities.

Emma explained to me that what makes "Fair Trade Certification" significant is transparency: in order to receive this standard from the Fair Trade Commission, companies must be entirely transparent in their business practices, including how they employ and treat workers, how they use natural resources and how they allocate wages.

In short, Emma explained, Fair Trade eliminates spaces for unseen environmental or social exploitation by companies seeking to maximize profit. Such significant practices are what Emma and others hope to shine a spotlight on this Friday night.

With all of this explained, Emma Miller and the rest of IJM @ CNU are working incredibly hard to finalize this event for our campus community. Emma explained that the goal of this event is to cultivate compassionate, empathetic connections between our campus and those around

the world affected by trafficking.

While it can seem condemning to criticize our everyday consumption of global goods, Emma emphasized in this interview that she wants more than anything for students to open their minds to how they can be more conscious; very plainly, she said, "We want people to leave this event feeling empowered that they can do something."

Following a clothing-inspired metaphor, IJM is emphasizing "threads" as a theme of this event: threads make up our clothing, and they connect us across the globe. Activists like Emma Miller hopes students will leave this event with a compassionate and empathetic connection, or thread, to those around the world who are victims of trafficking, and subsequently, feel empowered to continue this

conversation.

*The IJM Fair Trade Fashion Show, this Friday at 7:30 p.m. in the DSU Ballroom, will feature representatives from International Justice Mission, student models and a pop-up thrift-store to benefit IJM rescue missions for those around the globe impacted by trafficking. ■*

COURTESY OF IJM CNU



## How to avoid stress while registering

### A sophomore shares her tips on how to easily navigate the class registration process

**CANA WILSON**

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As the spring semester quickly approaches, the process of registration begins. Starting with graduate students on Oct. 30, and continuing until Nov. 13 when freshmen register, this time of the year can be somewhat stressful.

Scheduling courses for the next semester always seems to come much quicker than anticipated, and it can be difficult for students to think ahead. Typically, around this time of the year, I tend to focus on wrapping up the semester with good grades, and registration always seems to interrupt.

Students must navigate through the hundreds of courses offered and decide their preferred times and professors. While this process is difficult for most students, it can be especially challenging for freshmen, student athletes and undeclared majors.

Over the summer, the Office of the Registrar works hard to create schedules for each freshman's fall

semester.

However, this process is left entirely up to them for their spring semester and can be overwhelming. Considering freshman are the last to register, the odds of them getting every class they want are slim. Plus, athletes must block out times during their day in which they cannot take classes due to their practice times.

This can be particularly difficult when desired courses are offered at limited or conflicting times. Additionally, students who have yet to decide on their major may find scheduling classes adds more pressure to their decision, and the classes they plan on taking may seem pointless.

**For student athletes:**

1. Use a calendar or planner to organize your potential schedule and make sure to include the times of previous obligations like meetings, events and practices.

2. Prioritize the courses which need to be completed next semester and focus on scheduling those first. After, you can fit in the courses that should be completed, but are not

needed currently.

**Undeclared majors:**

1. When in doubt, try to fulfill your Area of Inquiry courses, as they will count towards whichever major you end up deciding to declare.

2. The Center for Career Planning is an excellent resource in determining your major and career path. They offer help in deciding your major, writing resumes, finding jobs or internships and preparing for graduate school.

**Freshman tips:**

1. Use the Degree Evaluation on CNU Live to see a complete list of every course needed in order to earn your degree. It also tells you which courses you have completed, and it is organized in categories like: Liberal Learning Core, your major, your minors and electives. The Degree Evaluation also shows your GPA for that category compared to the needed GPA.

2. Talk to other students and friends about the professors they recommend for certain courses in order to narrow down your decision

and gain insight into the class.

**General tips:**

1. Set up a meeting with your Core Advisor to discuss possible courses for the upcoming semester and to receive your registration pin number. Your advisor can also serve as a guide as to what courses should be completed when.

2. It is also important to decide your preference in terms of scheduling. Do you prefer morning, afternoon or night classes, and how long do you want those classes to be? Do you want a day, like Friday, with no classes?

3. Along with scheduling for the next semester, it can be helpful to also look ahead to the 2019 fall semester. Make a note of the courses

you need to take or wanted to take but are not currently offered.

4. It is also important to create an alternate schedule in case your desired courses or times fill up, so while registering, you are not scrambling.

5. Be sure to check CNU Live for your registration date and time, test your pin number to ensure it is correct and view any holds that would prevent you from registering.

Total credit hours can be daunting, and as a student with a major and two minors, I find myself wondering how I will complete it all in time. However, by following these tips, I find it much easier to navigate the registration process and plan out my remaining years.

And freshmen, it does get easier. ■

Write for the Opinions section!

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# Progress and relativism

## Is it possible to be a true skeptic?

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Of all the functions of the human mind, none is more essential than the ability to question anything and everything. This applies to people, authority figures and reality itself. And although formalized systems have sprung up around this ability - things like the scientific method and deductive reasoning - there seems to have been a fundamental misunderstanding about the purpose of questioning and evaluating our surroundings.

Although there are doubtless many factors causing this tendency, the main cause is the perception that morality, culture and, more or less, everything else is all relative.

Since we all exist in culture and coexist with moral systems, this discussion is closely related to everyday life. Viewing the various systems of the world as relative is not in itself harmful.

On the contrary, it can help to increase our willingness to understand one another, since one could not start from a predisposition of always being

right and everyone else being wrong.

However, the necessary conclusion from such a position is that the act of questioning, of actively seeking truth, is useless: If what is right in one system is wrong in another, then life itself is devoid of ultimate truth.

The basic issue with this assertion is that it takes away most of the reasoning for questioning anything at all.

Why bother with searching for the answer, if that answer is merely a by-product of culture? This reasoning does nothing to advance humanity on any level - globally, nationally or individually.

In fact, practically every step forward in the world has happened precisely because people had a vested interest in either finding the truth or achieving a value they already believe in.

Aside from perhaps the profit motive, the search for truth is one of the greatest motivators for human advancement. And truth is much more stable than profit.

On a more concrete level, it's important to ask if there are any moral

relativists in the tangible sense to begin with.

In day-to-day life, does anyone actually conduct themselves on the basis that there is nothing that embodies universal truth?

One can say that they do so, but it would be nearly impossible to survive if one acted that out. It's actually difficult to think of any other idea that has had so much influence without having had to prove its operation in daily life.

I expect it's because merely professing that there is no truth - no universal values or abiding principles - looks like rebellion without having to rebel. People grow and learn everyday, and this alone is proof that relativism has little sway over reality, but a disproportionately great influence on culture.

After all, the idea that one should improve oneself is also a value. Therefore, those who would give in to any sort of relativism as a system of belief are asserting a kind of unreality.

Rather than stifling ourselves with the notion that everything is a matter of perspective, let's continue to search for a system whereby truth can be found.

It is only a vain search when one believes the very concept truth to be false. ■

We didn't always have skyscrapers and huge cities, but now we do because somewhere along the way our values demanded that we create them. Relativism would have just said that all values are relative.

PHOTO OBTAINED FROM FLICKR

# Abraham Lincoln is elected President

## The Pre-Civil War clashing of 1860

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Four score and nearly eighty years ago, America was on the verge of civil destruction. Many states wanted to secede from the Union while others forced them to stay. All of this came as a result of slavery.

Yep, that's right; the United States of America was still divided over the possible dissolution of slavery.

Some wanted to protect the sanction of slavery while others wanted to get rid of it. The upcoming election would be the deciding factor whether America would descend into chaos.

Nov. 6, 1860. The election race is tight, and the polls have closed. The winner is... Republican candidate, Abraham Lincoln.

In the years that followed, Lincoln would have to guide America through one of its most political eras in history.

America went through a civil war in which majority of the southern states seceded from America.

Although many died from this war,

Lincoln was successfully able to pass the Emancipation Proclamation. For those of you that don't know, the Emancipation Proclamation gave slaves the opportunity to leave their masters and be free.

Along with this and his many other accomplishments, President Lincoln was widely liked and was campaigning for a second term.

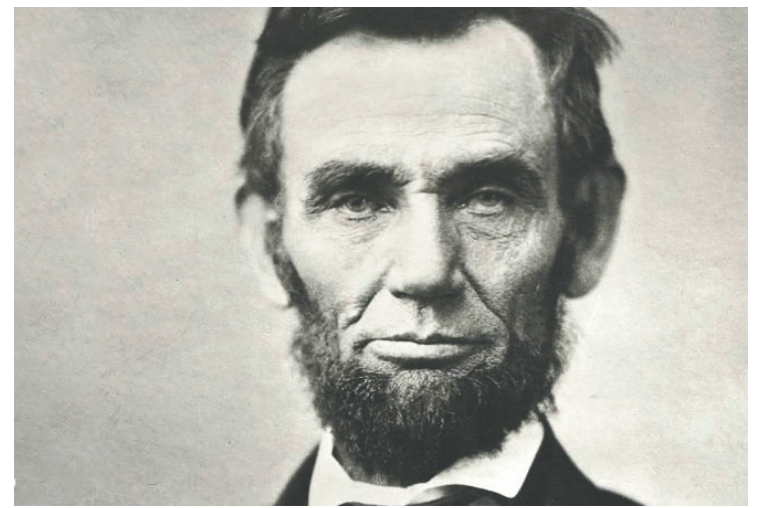
Sadly, Lincoln was shot and killed in April of 1865. Although he is remembered for the Emancipation Proclamation, his tough guidance has guided America through the civil war.

With election fever running high, it's essential to take this time to really understand what direction America should go into.

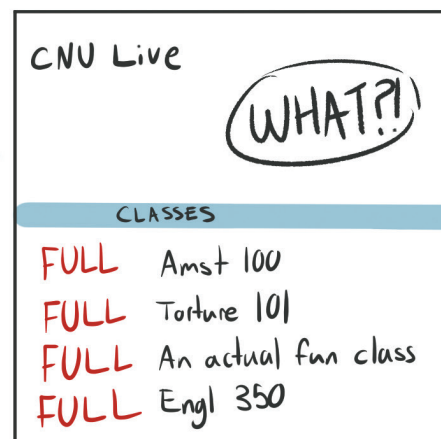
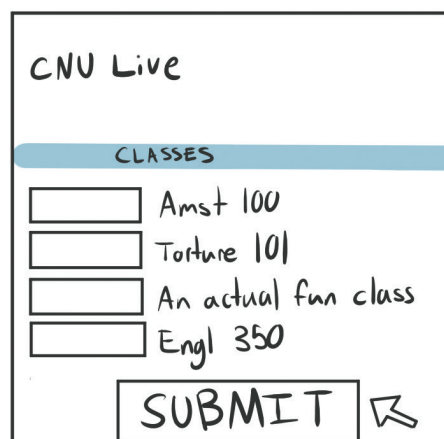
Whether you are voting for a minor senator position or potentially voting for the next president, distinguish between fact and fiction that is constantly floating around all media outlets.

Voting season is always an important time of year; make sure to exercise your rights this year and vote. ■

PHOTO OBTAINED FROM WHITEHOUSE.GOV



CNU  
Blues



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## Pets of CNU

Photographer Diane Frola explores all around campus, including President Tribo's house, in search of cute pets



(Above) Hans the dog dressed up as a teddy bear for Halloween and decided to flaunt his costume around campus. He also has his own instagram you can follow @hans\_thewestie. PHOTO BY DIANE FROLA / THE CAPTAIN'S LOG



(Above) The fluffy bunnies Blue and Motsy snuggle together in a baby carriage. PHOTO BY DIANE FROLA / THE CAPTAIN'S LOG

Do you have an interest in photography,  
do you want to have a chance at getting your  
work published in The Captain's Log?  
Contact: [hannah.lindenblad.16@cnu.edu](mailto:hannah.lindenblad.16@cnu.edu)





du





## UPCOMING HOME GAMES

Wednesday, Nov. 6, 5:30 p.m.	Wednesday, Nov. 6, 6:00 p.m.
Women's Soccer vs.	Field Hockey vs.
Mary Washington University	St. Mary's College of Maryland

## UPCOMING AWAY GAMES

Friday, Nov. 8, 5:30 p.m.	Saturday, Nov. 9, 7:00 p.m.
Women's Basketball vs.	Men's Basketball vs.
The College of New Jersey	Johns Hopkins University



#18 Allie Plumlee dives for the ball in the game against Averett University over the weekend in the CNU Invitational. PHOTO COURTESY OF CNU OCPR

## VOLLEYBALL

STORY CONTINUED  
FROM COVER

with an eight to one run in which four of the points were Captains unforced errors. Christopher Newport was able to claw back to within one point before Virginia Wesleyan once again took off, stretching the lead to as much as seven at one point. Overall, the first set was heavily dominated by Virginia Wesleyan, as they cruised to 25 points off the back of 12 kills and just three attacking errors. After the first set, the Captains needed to change some things up if they were looking to make a comeback.

In the second frame, Piper looked to lead by example as she blasted six kills to set the tone for her side. Garrison, the CAC defensive player of the week, also contributed six points to the cause, four coming from sets by #3 Sammy Carroll and Crofford with the remaining two from defensive stops at the net. Captain errors gave Virginia Wesleyan five of their last six points but that wouldn't be enough as #2 Kayleigh Regan-Smith closed out

the set from behind the service line, picking up an ace and then playing strong defense allowing Crofford to pick up the closing kill.

After an initial jump on their opponents, the Captains would hold the lead for the majority of the third set. Carroll was looking for every opportunity to help her side out as she would pick up 13 helpers during the set.

Not wanting the front row for Christopher Newport to have all the fun, she caught the Marlins defense off guard a couple of times with a pair of setter dumps to give herself two more kills on the season, but the Virginia Wesleyan side persisted and eventually caught up with the Captains before taking turns with the lead before arriving at set point. Three times the Captains held off their opponents from securing the set before equalizing at 24. Undeterred, the Marlins rallied and picked up the last two points they needed to close out the set and put themselves just 25 points away from taking down the CAC regular season champions.

The Captains only allowed nine points to be scored against them, the lowest total scored by any side in the Freeman Center this season. Four of the allowed points were Captains errors as well. It

started off close with both teams even at three points but then the floodgates opened as Crofford served seven points in a row during a streak of eight unanswered points. Piper picked up another kill before #7 Tiaralyn McBride came in and served an ace before the Marlins scored again.

Towards the finishing points of the set, #22 Rebecca Frey would rent a room behind the service line as she served five points in a row and slipped two consecutive aces through the defense.

Then came the fifth and final set. Both teams were in unfamiliar waters as until that point, each side had only played in two matches that had gone the distance this season. After losing the first point, #9 Mackenzie Wright answered back with a kill to begin a three point stint for the Captains.

Neither side would be able to make much headway as they found themselves tied up at five. A key timeout called by head coach Lindsay Birch allowed her side to settle down and compose themselves before heading back onto the court. The timeout proved to be successful as afterwards, they won the following three points which forced a timeout out of the Marlins. Almost in defiance, the Marlins won the next three points

coming out of their timeout as well which was met by another Christopher Newport timeout as Virginia Wesleyan sat just three points away from victory. Piper would snag her seventeenth kill of the contest which tied her with teammate Garrison for the second highest during the match, only to be outdone by #18 Amber Matalus of Virginia Wesleyan.

That would be the last point from the Captains as a block, attacking error and Matalus' eighteenth kill would be the undoing of Christopher Newport as they fell in the Freeman Center for the first time since the first match of the season back in August.

Christopher Newport had one more opportunity to tune up the band before the post season tournament as they faced off against Averett University in the final match up of the CNU Invitational. The Cougars traded points early on before the Captains settled in and found their rhythm, picking up four straight points to recapture the lead.

Garrison would grab some more points, once again from both sides of the ball as Crofford snagged another ace. The Captains would flirt with an eight point lead thanks to kills from Wright, Piper and Carroll, as well as #6 Abby Oren before the pushed their advantage just a bit further and closed the set with a 10 point spread with another ace from Crofford.

The second set saw Christopher Newport pull ahead early this time around, creating a five point margin by the time Piper fired

off another kill for the Captains' ninth point. The Captains continued their strong performance as they would go on an eight to one run which featured back to back aces from Frey, all before Averett scored their tenth point. That would come next, but Christopher Newport would be content to trade points as each side picked up three each, with the last one being scored by #21 Maddie Carter.

In what would be the last set of the weekend, O'Hara surprised the defense with two aces which bookended a Garrison block early on as Christopher Newport would head out to a 13-7 lead.

Then Carroll came to the line, which she would do for the next 10 points as the Captains sailed to a 16 point lead. Carroll would earn three more aces which gave her eight on the weekend. But the Cougars would show that they wouldn't go down without a fight as they played well enough and seized six of the next seven points, all six of which came from unforced errors by the Captains.

It was an error of their own which would spell the end for Averett University as Christopher Newport closed their regular season with a win in the record books. Piper closed the weekend with 38 kills across three separate matches while Carroll handed out 112 assists. Garrison would hit with over a 50 percent kill rate across 52 attacks. Up next for the squad is the Capital Athletic Conference semifinal match in the Freeman Center on Nov. 7 against the winner between Southern Virginia University and York (Pa.). ■

For more information on all Captains sports  
action, visit [CNUSports.com](http://CNUSports.com)



# A Top 5 Ranking of the NBA's best duos

## The best duos in basketball, analyzed from the perspective of an annual fan

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More so than any other professional sports organization, the National Basketball Association (NBA) is a league of copy-cats. While the winners of the NBA Finals hoist up the Larry O'Brien Trophy, every other team in the Association takes notes.

When Magic Johnson led the Los Angeles Lakers to five NBA Championship victories in the span of a decade, there was an influx of untraditionally sized point guards. Players like Penny Hardaway, Jalen Rose and Steve Smith were highly coveted due to their towering heights as ball-handlers.

The NBA continued its progression when the Detroit Pistons overthrew Magic's Lakers. Unlike any other team in the league at the time, the Pistons used three All-Star caliber guards in rotation. Isiah Thomas, Joe Dumars and Vinnie Johnson captained the backcourt for the "Bad Boys" of Detroit. Only four years later, the Houston Rockets took home two straight championships with Kenny Smith, Sam Cassell and Vernon Maxwell filling out similar roles.

Steph Curry, Klay Thompson and Kevin Durant of the Golden State Warriors ran roughshod over the league for five years. They even got some late contributions from fellow All-Star DeMarcus Cousins. For those of you counting at home, that's four players who can alter a

game at will on the same team. The Warriors took the foundations of the "super team" that Boston's Big Three and LeBron's Miami Heat laid down, but they turned it up to eleven.

It may seem illogical for an era of two current All-Stars to supercede an era of three, but the Toronto Raptors vanquishing the Golden State Warriors in the 2019 NBA Finals changed the direction of the league. Two of the stars from that series, Durant and Kawhi Leonard, sought to suit up for a team that was located in a city more comfortable to them.

To prevent themselves from falling behind, other teams who already had one superstar signed another to join in on the NBA's newest requirement for winning. Some teams, who already had two stars on their roster, instantly found themselves among the candidates for being the league's best. For your "viewing" pleasure, I will present you with the top five duos in today's NBA.

At Number five is the reunited duo of James Harden and Russell Westbrook. The two last played together in Oklahoma City in 2012. While their championship aspirations didn't pan out then, they have a realistic chance to take home the gold this year.

The duo of Harden and Chris Paul was a failure. I understand that is a harsh statement, but in the Western Conference, they were the only real threat to the Golden State during their reign. They had their chance in several playoff series, but they

could never get over the hump that is Curry, Thompson and Durant.

However, with the Golden State Warriors being a shell of what they once were, they have legitimate reason for hope after trading Paul for Westbrook.

Westbrook is a freak of an athlete. No other player in the league puts his body on the line as much as he does. In transition, Westbrook is scary. I'd move out of the way too. As for Harden, he's one of the greatest scorers in NBA history. He gets away with traveling every game with that step back move, so he potentially has the referees working for them. The two are MVP candidates when alone, so coming together will either be magic or create very passive aggressive tweets.

Coming in slightly above Harden and Westbrook, but not as good as the number three duo, is Kyrie Irving and Durant. As the great Roy Ayers would say, "we live in Brooklyn, baby." Durant is likely out for the season. To combat that, Irving took 33 shots in a loss to the Timberwolves on opening night of the season.

If Durant could make it work in the Golden State, I'm sure he could make it work in Brooklyn with now only one other mouth to feed. Plus, the duo admits they're best friends, and that makes sense. They both seem a little out there. Between one guy making a fake twitter account to defend himself and the other as a flat-earthier we really have two peas in a pod here.

The third best duo in the NBA today is Curry and Thompson. Listen, you can't discount winning. All that these two have ever done together is win. It very well may be all they know.

They're the best shooting backcourt in NBA history. I'd go as far to say that Curry is the best shooter in the history of the NBA. I know. Really going out on a limb there. No other duo in the league today can match their volume for scoring, particularly the three point shot. Their play styles complement each other perfectly, as they should for all the championship rings they have between them.

Curry effortlessly creates his own shot with his ball handling abilities. You can't double team Curry either, as Thompson is the best spot-up shooter in the league. You're going to get burned by them; it's really just a choice of which one you'd rather do it. Plus, they won 73 games in the 2015-2016 season without Durant.

Taking the silver medal for best NBA duo is the dynamic pairing of LeBron James and Anthony Davis. These two guys are in the running for the best players at their positions, so it makes sense for the combination of them to be this high on the list. They're probably the physically strongest duo on this list, and that makes sense when you watch them play.

They bully the players they go against, as their body frames are one in a million. LeBron is used to running an offense, but he may be

exerting too much energy in this new role. But honestly, it probably won't be a problem. LeBron is LeBron. He'll find a way to flourish.

In the preseason, the Los Angeles Lakers were crushing teams with the pick and roll between LeBron and Davis. These two can feasibly get to the basket whenever they want. They're imposing. Los Angeles' second best basketball team has the second best duo.

The number one duo in the NBA today is Leonard and Paul George. No, this isn't a case of recency bias. Leonard and George will lead the Clippers to their first NBA Championship.

For Leonard, it will be the second year in a row he brought a franchise its first title. I truly believe people forgot just how good Leonard is. When he didn't play in the 2017-2018 season, I think he was forgotten. At that time, he was a top five player in the world. After winning a championship last season, it's hard to put him outside the top three.

As for George, he had a career year last season. He averaged 28 points, 4.1 assists and 8.2 rebounds. Even more impressive, he averaged 2.2 steals a game. As it is the case for a few other duos on this list, one of the players is out injured. But unlike the others, there's no doubt George will play this season.

Leonard and George are the most "team-first" players on this list, and that's exactly what you want in a duo. The defense and relentlessness puts this duo over the top. ■

# What makes a sport a "sport?"

## With many different perspectives, here's what makes an activity a "sport"

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We have all heard the age-old debate of what should and shouldn't be considered a sport. Most often, I hear this debate when referring to sports such as cheerleading, dance and marching band.

Considering I have played many varieties of sports in my twenty-one years of life, I thought I would put my own twist on the opinion of what constitutes a sport.

I could go into the logistics of the definition of a sport, but in my opinion, there needs to be some caliber of athleticism and the option to compete in some form with one another.

It shouldn't be considered a sport if you are not striving to improve what you are doing through competition with others who are also engaging in the same activity. Competition is important to incentivize players to want to improve and continually grow in their sport to hopefully move to higher ranks and classes.

With this in mind, there are many things that I do consider a sport that most people would not. These include cheerleading, marching band,

ping pong and track and field among many others. All of these require some component of physical activity, and they are usually competitive sports in some way.

Therefore, they meet the requirements, but only if there is a competitive aspect. There are some exceptions that exist, such as being ranked according to a system or competing against past performances.

Some people believe that non-competitive dance is not considered a sport because there is no other group that they are competing against.

I believe it should be considered a sport because you are practicing with a goal in mind.

You are constantly trying to better yourself and past performances with practicing. In addition, while your entire group is not competing, you are competing with the other people within your dance class.

Most people also believe that a sport needs to include a ball of some sort, but in my opinion, this is not the case.

This could be because most of the popular sports involve a ball of some kind. According to Sports Show, a dedicated sports blog that covers

the top latest and trending sports, out of the top ten sports, eight have a ball of some sort.

In my opinion, a sport does not exclusively have a ball. As long as the activity involves athletic ability and there is a specific goal in mind for the person involved, then I would consider it a sport.

Many prominent sports in fact don't use a ball of any kind. Some examples of these include swimming, weight-lifting, boxing and fencing. And those are just a few examples of sports we wouldn't question as sports.

The line of sport versus non-sport can be pretty vague because every sport is different. Every type of activity with physical activity, however, deserves a fighting chance to become a sport if they feel as though they are one.

Just because people in the marching band don't seem like your typical jocks, doesn't mean they don't put as much work into what they do. Only the people that are doing the activity know just how much work they are putting into what they do, and people not in the activity have no right to try to judge the effort levels of whether it is or is not a sport. ■



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# Opera CNU visualizes the trade-offs of romance and adventure

## Discover a review on the humorous production of "The Pirates of Penzance"

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Typical pirate life used to be harsh and dreadful, but Opera CNU's performance of Gilbert and Sullivan's timeless classic "The Pirates of Penzance" was anything but that.

Last Friday, the Peebles Theatre held the first of two shows brought to life by Opera CNU and the Department of Music. It was directed by Dr. John McGuire and conducted by Professor J Lynn Thompson. McGuire discussed why the hilarious production was chosen: "It would be a good crowd pleaser and would get a lot of students involved, and that's what is most important."

With a run time of roughly two hours, the operetta hosted two very Victorian sets: the first being a pirate fortress on a rocky seashore scattered with wooden crates and bottles of rum, and the next a ruined chapel containing a singular looming lapidarian wall surrounded by comedic gravestones. The production staff overall accomplished a polished, yet worn in, atmosphere for the pirates and the surrounding community. The cast donned either mismatched swashbuckling attire, pastel Victorian dresses or police uniforms, with the exception of the Major-General who wore a proper Major-General suit accessorized with an outrageous hat and feather. The costuming in turn provided an elegant or comedic essence that complemented the surrounding stage.

The operetta begins with a band of pirates celebrating the pirate apprentice Fredric's 21st birthday, but announces his disdain for piracy and sings of leaving his life as an inden-

tured servitude to find a wife and more suiting occupation. Ruth (Emma Robinson), his nurse and now maid, offers to become his wife, but Frederic (Brian Blair) is skeptical of her beauty.

The duet between Ruth and Frederic was a dramatic, dynamic and comedic conversation that defined their relationship; poor Ruth wanted to be taken away by him, but Frederic was hesitant, for he has never seen another woman before and believes Ruth may be too conventionally ugly. Robinson's alto paired very well with Blair's tenor; regardless of the humorous tone of this song, this combination of voices and orchestra exuded emotion, conveying their relationship with both elegance and grace.

While on his way to shore, Frederic walks upon a large group of girls who think they are alone on the island. They start removing their stockings as to play in the water until they notice Frederic and recoil in perfect unison. All of the girls strongly disliked Frederic except for one: Mable.

The girls sing in unison about their hatred of Frederic, with their syncopation being one of the more humorous parts of the show. Among the girls, however, was Mable (Amanda Knight), who sang of her attraction to Frederic. Knight's soprano really cut through the orchestra and chorus, hitting nearly glass-shattering notes effortlessly as she moved around the stage. This gave the music an entire new layer, as her single voice could be heard among the entire cast.

While Frederic and the girls were liaising, the band of pirates crept upon the girls with the intent of "finding" their own romances; however, in this scenario, "abducting" may be a better

word choice. Before any travesty occurred, Major-General Stanley (Colin Ruffer), who is the father of the girls, shows up to scare the pirates. He sings of how he is "the very model of a modern Major-General," reciting a plethora of tongue twisters at a very rapid pace. Ruffer's annunciation of every syllable proved to be very difficult, but it was pulled off with perfection. The syncopation of Ruffer's solo and the orchestra was very impressive, as the song ebbed and flowed in tempo, with many rapid beats strung together; keeping in time was displayed to be a great challenge.

The Major-General discourages the pirates from abducting his daughters when he tells them of his life as an orphan (the pirates swore to never harm other orphans) and thus, the pirates depart empty-handed and the first act is over.

In the beginning of the second act, the Major-General is shown to be troubled by the fact that he had lied to the pirates about being an orphan, but he also had hired a team of police to arrest them. This team of police was certainly the most comical group of the entire show, as each individual had a very distinct personality, all the way down to how they walked. Their postures and gestures were all very reminiscent of clutz, with very prominent facial expressions and accents; this team definitely had the most individuality of the classes.

Frederic wanted to join the team of police to help arrest the pirates, but he later discovered that his contract ended on his 21st birthday. Unfortunately for him, Frederic was born on a leap year, and would not reach his technical 21st birthday for another half a century. Before returning to his duty as a pirate, Frederic sings with Mabel about her promising to wait for him until he comes of age. This duet was one of the most emotional parts of the orchestra, as the setting was somber and the mood was serious. The song ended with a dramatic kiss, symbolizing their love and uplifting the tone.

Immediately after, the pirates learn about the Major-General's lie and decide to assault him and his daughters. A clash ensues, with one of the most extravagant kinds of fighting being that of swords clashing. The connection of the swords could be heard throughout the entire theatre and was in time



(Above) Ruth (Emma Robinson) seduces Frederic (Brian Blair) to not leave the pirate life in duet. **PHOTOS BY TAYLOR VIGIL / THE CAPTAIN'S LOG**



(Above) The Pirate King (Peyton Creasey) stands out among his fellow privateers.



(Above) Edith (Olivia Thompson) belts out as she is surrounded by her fellow Wards.

with the music, mesmerizing the audience with a feat of syncopation.

The ending of "The Pirates of Penzance" felt quite abrupt in that it was an immediate happy ending, but overall, this operetta was full of comedy and surprise twists, with a bit of romance mixed in. The orchestra was flawless in setting the tone and all of the actors were so expressive that, even sitting in the back row, their emotions could be felt.

Throughout it all, the choreography appeared militaristic but relaxed, and

everyone was in unison in each routine. "A new challenge for the operetta was the size of the cast—having over 20 people dancing and working with their class schedules," McGuire discussed. Regardless of the large cast, the operetta was successful in having numerous students to be involved in this community-focused production.

Though this production was intended to be very lighthearted, it is certainly a serious operetta played by a very talented cast and one I found to be very entertaining. ■



# Neurodiversity through music

## An \$80,000 grant helped the VSO provide sensory-friendly productions

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Art is one way that people of all ages and abilities can connect to one another and can experience the world. For many however, performance events such as those that take place in theaters are not accessible for those with varying disabilities, especially those with Autism Spectrum Disorder.

Partnering with the Ferguson Center for the Arts, the Virginia Symphony Orchestra (VSO) debuted its first "Open Doors: A Sensory Friendly Concert." This concert was made possible by the American Orchestras' Futures Fund grant given to the VSO by the League of American Orchestras. According to The Virginia Pilot's Amy Poulter, the \$80,000 grant will help the VSO become more sensory-friendly and accessible to their patrons. The program's format was created through a collaboration with multiple community organizations that strive to promote inclusivity and bring the arts to people with autism. Such organizations included the Faison Center, Families of Autistic Children in Tidewater (F.A.C.T.), The Musical Autist, Arts Inclusion

Company and the Faith Inclusion Network of Hampton Roads. This sensory-friendly concert is to be the first in a series of similar concerts that promote inclusivity among the arts and within the autistic community.

Additionally, in its collaboration with the Virginia Symphony Orchestra, the Ferguson Center for the Arts has been certified as a KultureCity Inclusive venue. KultureCity is an organization working to increase awareness of and create acceptance of individuals with autism. The organization has even created an app that allows for easy discovery of all KultureCity Sensory Inclusive certified locations around the world, but primarily in the United States.

The entire concert experience was designed to be family friendly, educational and inclusive from the moment you walk through the doors of the Ferguson Center. Before the theater doors opened, concert goers were invited to partake in multiple activities to occupy the time before the show began. Such activities included coloring a piece of a puzzle that would be assembled and displayed after the show and having the opportunity to meet with VSO

musicians, touch and play their instruments and learn about what the instrument was and how it worked. In addition to activities before the performance, VSO members were offering noise reducing headphones for those with noise sensitivities, as well as "squeeze stars," star shaped stress balls for fidgeting and tactile stimulating. Stimming, or self-stimulatory behaviors, is a behavior characteristic of those with autism and other developmental disorders and challenges as a response to overstimulation or under-stimulation of the senses. For many, stimming is a way to calm down, express emotions or react to overwhelming situations, and it includes actions such as rocking back and forth, opening and closing one's hands or shouting.

The concert itself began with a warm welcome, a reminder that this was an accepting and inclusive space and an invitation to feel free to move around during the concert and change seats if they "weren't comfy." During the show, the house lights were kept dim and both Ferguson Center and VSO staff stayed attentive to the needs of the audience, even bringing headphones to patrons who were becoming bothered

by the volume of the music but still wanted to enjoy the performance. Each piece began with the conductor introducing the selection, teaching a little bit about the instrumental sections, musical terms and having the featured instrumental section stand up and wave. During each song, images that illustrated the piece being played were projected behind the orchestra. In total, the entire concert was a mere 45 minutes long. The time duration for each piece was printed in the program, a detail that many would not think would be important but is very helpful to both individuals with autism and their caregivers.

The entire orchestra performance experience seemed to be very well received, and it was evident that those who attended the event were grateful for the opportunity to attend a show



IMAGE OBTAINED FROM  
WILLIAMSBURG YORKTOWN  
DAILY

that they otherwise would not have been able to. Hopefully through the other concerts in the VSO's sensory-friendly concert series, as well as through the work being done by the event's community sponsors, acceptance and awareness will continue to spread throughout the community and bring people together. ■

# Review: "Big Bootie Mix"

## Two Friend's hour-long tracks incorporate quirky sounds in order to stand out in the remix realm

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People have been sleeping on Two Friends and their various "Big Bootie Mixes". I mean what isn't to like? They have "The Office," "Drake and Josh," "Zoey 101," a ton of pop and

classic rock songs and so much more.

If you don't know, or have been living under a rock for the past few years, "Big Bootie Mix" is a recurring megamix of popular music. All the songs chosen for the "Big Bootie Mix" are remixed and turned into dance music that will live on any occasion.

The reason I am so in favor of the "Big Bootie Mixes" is simple, the tunes are what you turn on when you don't know what else to play. Have you ever been at a party, studying alone in the library or in a long car ride and not know what to play? Now you can just listen to a "Big Bootie Mix" and you'll be in for a magical experience of musical genius.

My first experience with "Big Bootie Mix" came at the hands of the

Club Soccer team. We used Vol. 13 a year ago as our warm up track for one of our soccer games, and I was immediately a fan.

once again in Vol. 15 when the artists shout "Bro I'm straight up not having a good time" right before the bass drop. Funny moments like that are

**"The random meme cut-ins will definitely keep you on your toes while you listen."**

After listening to that remix for the first time, I wanted to learn more and educate myself on the "Big Bootie Mix" experience. I have come to the decision that the place to start the experience is at Vol. 15.

Vol. 15 is a consistent mix all the way through. It starts with "Bohemian Rhapsody" by Queen and if that doesn't sell you to at least give it a try, then go drink a cup of coffee because your heart stopped long ago. There is nothing better than hearing a Queen song that transitions into "Body" by Loud Luxury.

The random meme cut-ins will definitely keep you on your toes while you listen. A notable example of this is

encapsulated with great music and good vibes all around.

After listening to Vol. 15, feel free to move into the recently released Vol. 16. This particular mix has a contrasting feel than 15, though both are great in their own rights. Vol. 16 incorporates more classic rock than Vol. 15 did. If that's not your style, then maybe you'll be more into Vol. 16 when it plays the classic meme song "Baby Shark."

Once you have listened to both of these volumes, you are ready to jump into the volume widely believed to be the best, "Big Bootie Mix" Vol. 11. Many, like myself, believe this to be the definitive "Bootie Mix" Two

Friends have produced.

Starting with the theme from "The Office," which of course is going to draw people in, it's the music from then on that sells the mix. Songs like "Sk8r Boy" by Avril Lavigne and "Mr. Brightside" by The Killers undeniably grabs the attention of a young adult audience, but throwing it to songs like "Love Yourself" by Justin Bieber, the mix collects a slightly younger audience as well. This all inclusive track list is exactly the energy needed from a megamix of music Two Friends has created.

I do recognize that not every "Big Bootie Mix" Two Friends produces will be a banger. I am not a fan of the first eight mixes, but the fact is that the last several "Big Bootie Mixes" are honestly the best mixes of music you will hear today. Due to their hard work, the Los Angeles-based duo has created a worldwide musical phenomenon. In that case, you should go online and check it out next time you need music and aren't sure what to play.

**DISCLAIMER:** The music in the "Big Bootie Mixes" are explicit content and should be listened to at each listener's discretion. ■



IMAGE OBTAINED FROM SOUNDCLOUD



## Restaurant review: Byrd's is the word

Byrd's Restaurant is one of Newport News's best brunch spots

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According to the popular Tik Tok trend, the birds may work for the bourgeoisie, but with the prices they have at Byrd's Restaurant in Hidenwood Shopping Center, this restaurant is on students' sides.

This little restaurant mostly caters to the breakfast, brunch and lunch crowd as they serve their full menu all day long, which includes pancakes, eggs, burgers, salads and more. I took a trip there on Sunday with a friend of mine to try out their menu and enjoy their atmosphere.

Honestly, we should have done our research a little better because when we got there, the restaurant was packed, and we were told there would be an hour wait. It actually worked out for the two of us because my friend, Bobby, had some homework to do, and I needed to get vegetable oil at the Food Lion that was located a short distance away. The wait took about half that time, but a long wait means we chose a good spot.

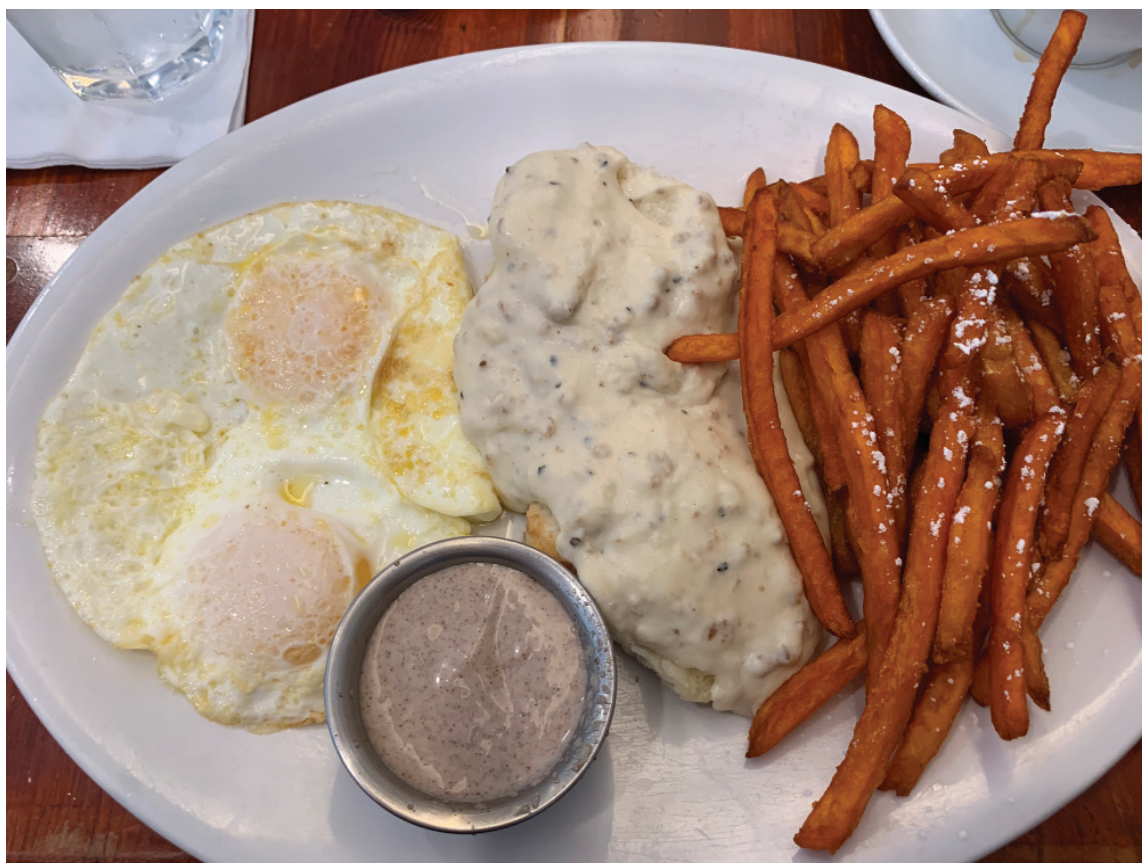
Once we got seated, it was smooth sailing. We were put in a corner booth which I personally liked, but all of their seating

is comfortable with either nice chairs or padded booths.

As soon as we sat down, one of the women working there greeted us, gave us our menus and told us that she and the rest of the staff "work as a team" which is something I personally enjoy about Byrd's. What they mean by that is that no one worker is assigned any table: all of the waiters work together in ordering your food and bringing it to you. That way, you don't have the problem of trying to flag down your waiter for your section. So one waitress took our drink order and another took our food order, which was all done on iPads.

We were given water immediately when we sat, which I enjoy since I drink about 60 ounces of water a day. I ordered a caramel latte macchiato while my friend Bobby ordered a mimosa (don't worry, he's over 21 and I drove). The coffee was good and if you like lots of caramel, it's the drink for you. Bobby's mimosa, according to him, was a good blending for only two ingredients and had a little cherry at the bottom for when you finish the drink.

Even though it was about one in the afternoon when we went to Byrd's, we both ordered



Biscuits and gravy sausage, over easy eggs and sweet potato fries with powdered sugar and cinnamon dipping sauce make the perfect brunch from Byrd's. PHOTOS BY CAROLINE TUCKER / THE CAPTAIN'S LOG

breakfast foods. I chose their biscuits and gravy sausage with over easy eggs and a side of sweet potato fries while Bobby opted for a stack of pancakes. While we waited, one waitress brought us a small plate of mini lemon muffins with a little icing drizzled on top; it was an unexpected surprise and a welcome one at that.

It didn't take long for our food to arrive even though the entire restaurant was packed. The plates that they gave us were huge and took over the table. Bobby's three pancakes swallowed his plate whole while my biscuits, eggs and fries all managed to stay on top of my plate

together.

Personally, I highly recommend the fries that I got as a side. Not only are the sweet potato fries topped with a light dusting of powdered sugar, they also come with a cinnamon confection for a condiment that adds something special than if I were just served ketchup. That being said, there is a whole slew of other sides to choose from including fresh fruits and grits.

The food itself was delicious and completely filling. I barely got halfway through my meal before I had to stop to get some air. Bobby thought that his pancakes and mimosa went well together which I thought was a

good combination too. Needless to say, we both went home with full stomachs and to-go boxes, which is a sign of a good restaurant to me.

Byrd's has a fun, warm atmosphere with a nice staff and great food. Their hours are 7 a.m. to 3 p.m. from Tuesday to Sunday as they are closed on Monday.

I highly recommend stopping there next time you want some good breakfast or lunch. And if you're going to go on Sunday, make sure you get there early as they get packed easily. Byrd's is conveniently located in Hidenwood Shopping Center and is walk-in only as they do not accept reservations. ■



The caramel latte macchiato comes with a drizzle of caramel on top.



IMAGE OBTAINED FROM BYRD'S RESTAURANT NEWPORT NEWS



# Pumpkin dip recipe

This family recipe is sure to be a holiday favorite

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Every year when the weather starts to get chillier and the holidays roll around, my mom always makes a couple batches of pumpkin dip for our family to enjoy.

Whether you're mourning most of autumn being over, anticipating Thanksgiving or you're one of those crazy people who starts to celebrate Christmas in early November, pumpkin dip always offers warm and fuzzy holiday vibes.

I make this dish every year because it doesn't take very long to put together, and it tastes incredible.

I'm not exactly sure where the recipe first came from, as

there are tons of other variations out there on the internet, but it has always been a staple in both my immediate and my extended family that we find ourselves coming back to every year.

This dish is perfect to pack and eat at lunch, or to make as both a sweet and savory after-school snack.

If you have access to an electric mixer, it's easy to make in your apartment kitchen (if you don't, save this recipe and make this dish when you go home over Thanksgiving break).

## Ingredients:

8 oz. cream cheese, softened  
15 oz. can of pure pumpkin

(not pie filling)  
2 cups sifted powdered sugar  
1 to 2 tsp cinnamon  
1 tsp nutmeg  
½ tsp cloves  
1 tsp vanilla

## Directions:

With an electric mixer, combine cream cheese and pumpkin until smooth. Slowly add sugar and mix well. Add spices and vanilla. Mix until smooth. Refrigerate for a few hours to keep it chilly.

Serve with apple slices and ginger snaps, or whatever else you want to dip in the dip. Enjoy this fun creation with friends and family - it tastes best when it's shared with those you love. ■

Want to write an article, a listicle or a review for the Lifestyle section?

Contact

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# The Captain's Log staff attends D.C. conference

Staff members traveled to our nation's capitol for the National College Media Convention

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During the weekend of Oct. 31 through Nov. 3, I went to Washington, D.C. with other members of The Captain's Log to attend the National College Media Convention.

The event is biannual; the College Media Association (CMA) puts on one event every spring in New York City and a fall event in Washington. Some

members of our staff have attended the New York City event before, but we had never attended the Washington event. We were all excited to immerse ourselves in more local journalism and learn everything we could from a weekend full of sessions that would help us continue to better our work with the Captain's Log and possible future careers in media.

On the afternoon of Oct. 31,

we departed from the Newport News Amtrak train station and prepared for a four-hour ride to Union Station in Washington. We stayed at the Grand Hyatt Washington right in the middle of Washington, D.C., a beautiful and upscale hotel where the conference was held in the building's lower levels.

Conference attendees were given a myriad of sessions to choose from, and the topics

ranged anywhere from feature writing to social media to videography to covering the #MeToo moment.

No matter what the interests of conference attendees were, there were several sessions that catered to everyone due to the wide variety of options available.

There were three keynote speakers over the course of the weekend: Marty Baron, the executive editor of the Washington Post and an investigator on The Boston Globe's Spotlight team; Nina Totenburg, an NPR legal affairs correspondent; Abby Philip, a reporter on multiple presidential campaigns and staff members from the Capital Gazette.

Each of them imparted valuable advice to the next generation of journalists who are excited to get out into the field after they graduate college.

In the conference levels of the hotel, there was a boardroom filled with tables of representatives from different journalism graduate schools, a silent auction table and tables with different sponsors of the conference.

In the hallways that led to the different conference session rooms, poster boards were displayed with award-winning photographs on them.

It was great for our staff to be able to connect with other college students from all over the country who are also studying journalism and communications and to see what kinds of media they were involved in on campus.

The intimate settings of many of the sessions let us connect with each other and make some new friends who were in the same type of organization as we were.

While we were in Washington, we had some free time to explore the city in between sessions. Ashley McMillan, The Captain's Log's A&E section editor, and I visited the Newseum on Pennsylvania Avenue on Sunday, our last day in the city before we left on a train back to Newport News.

The museum has six floors all dedicated to various different aspects of journalism, such as the First Amendment, broadcast journalism, artifacts from major moments in history, front pages from newspapers around the world which are updated every day and a memorial for journalists who were killed in action.

The Newseum is slated to close by the end of the year, so we were lucky to be able to visit it one last time and take lots of pictures to remember it by.

The staff members of The Captain's Log who embarked on this exciting and educational trip to Washington truly benefited from the experience and from many of the different sessions at the National College Media Convention.

We learned a lot of valuable skills and insights about the field of journalism, and we know we will continue to build upon them as we keep working within our organization and prepare for future careers in media. ■



(From left to right) Liam Rowell, Anna Dorl, Emma Dixon and Ashley McMillan pose for a picture in the lobby of the Grand Hyatt Washington. (Not pictured: Ryan Baker and Taryn Hannam-Zatz).

ANNA DORL / THE CAPTAIN'S LOG



# 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 Matthew Scherger at [clog@cnu.edu](mailto:clog@cnu.edu) or [matthew.scherger.16@cnu.edu](mailto:matthew.scherger.16@cnu.edu).

Interested in:  
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