



THE CAPTAIN'S LOG

THE VOICE OF CHRISTOPHER NEWPORT UNIVERSITY STUDENTS

@CNUCAPTAINSLOG

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Check out CNU TV's video on campus alcohol policies on our Facebook page. Hear from students on campus and Dean Hughes about the controversial policy.

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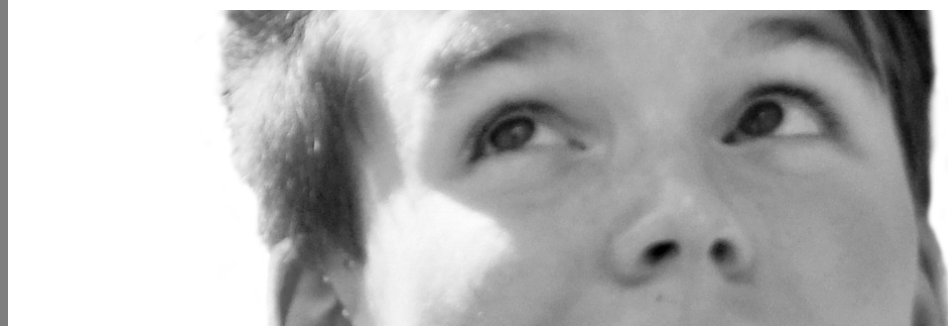
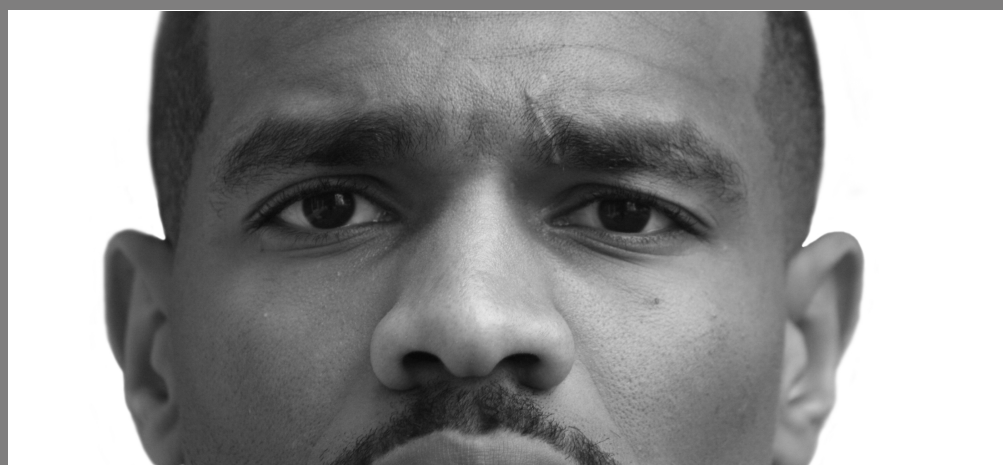
Sing Your Heart Out and Soundscapes provide musical weekend.



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Winter and spring sports teams continue their winning ways.

Growing diversity at a rising university



**MORE THAN A
DEMOGRAPHIC**
the diversity series



Diversity is invaluable to the educational experience and should be grown as much as possible.

BY JOSH REYES

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On the wall of The Captain's Log newsroom, we tack up our front pages from every week throughout the year.

The cover from Sept. 23 displays students holding flags with rainbow colors and equal signs—symbols of the movement for LGBTQ rights and equality. The cover from Sept. 30 leads with a graphic illustrating gender-neutral housing, an initiative that student organizations are championing.

The prominence of these two stories shows that groups dedicated to diversity and representing minority groups have a great impact on CNU's campus community, but that doesn't mean we should stop trying to expand diversity on our campus.

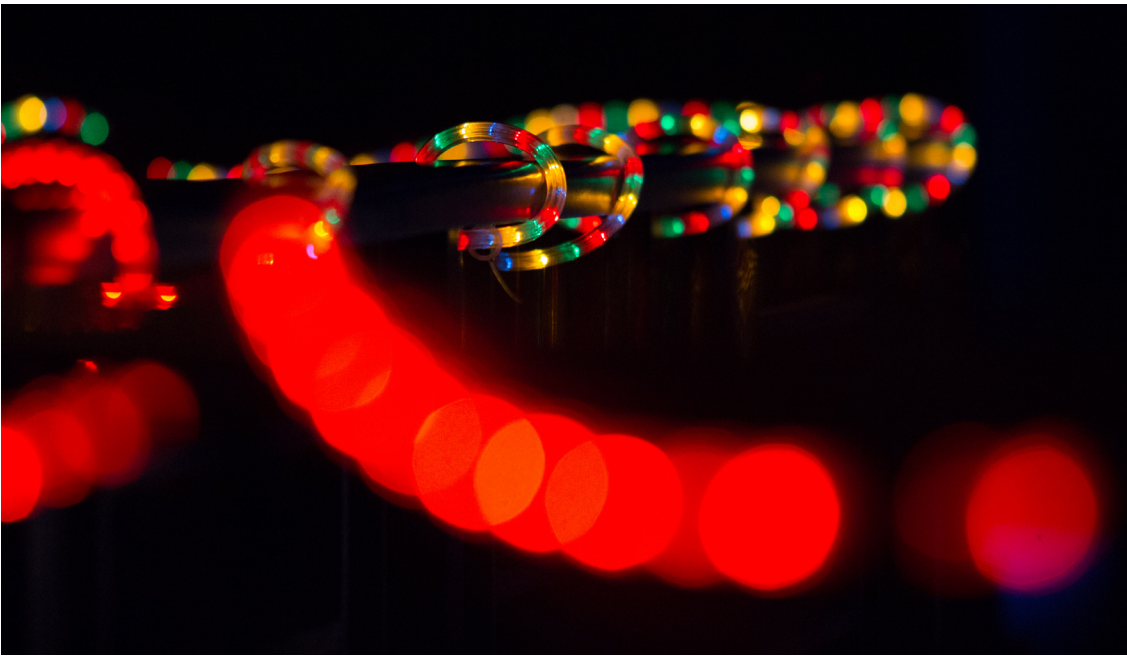
When we say diversity, we mean every facet of the word, including religion, race, ethnicity, gender and sexuality, because every facet of diversity offers a great deal for us to learn from.

A campus of diversity creates a place where students have ample opportunities to interact with people from a different background than their own and to better understand issues from a different perspective. It is essential to an education—especially the liberal arts and sciences education that CNU trumpets—to experience new cultures and engage the unfamiliar.

DIVERSITY SERIES
CONTINUED ON PAGE 3

Weekly pic

University Sounds, one of CNU’s a capella groups, set some mood lighting at their Sing Your Heart Out a capella invitational on Feb. 6 in the Gaines Theatre. The competition featured groups from VCU, UMW and CNU. To view more photos from this event, check out the Snap Shot section on pages 8 and 9. Photo by Tyrus Wood/The Captain’s Log.



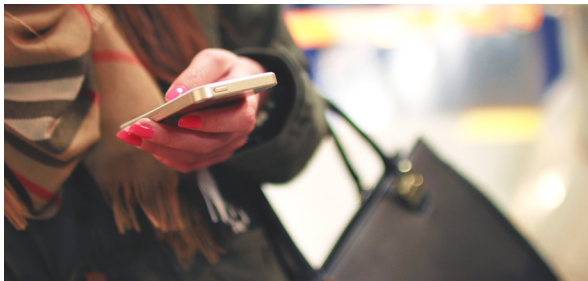
Online this week
Check out these videos on our Facebook page.



Being Black at CNU
CNU TV’s Andre Toran interviews black students across campus to see how they feel they are represented at CNU.



Dry Campus?
CNU TV’S Mary Robertson sits down with Dean of Students Kevin Hughes to explain why CNU has its dry campus policies in place.



The Perfect Tinder Valentine’s Date
CNU TV’s Annie Bradley and Oleva Bedard found out what goes into the perfect Tinder Valentine’s date. Photo by business2community.com

Correction:
Christopher Gabro’s name was incorrectly spelled as Garbo in his email address.
In “The other survivors”, Mike Domitrz, was misspelled.

Happened

Feb. 6
Captain’s Ball 2016
Students enjoyed a Night Aboard the RMS Titanic this Saturday evening in the DSU Ballroom. The annual event is hosted by the class council.

Feb. 8
S.A.V.E. Swipe Left
Brought to you by Sexual Assault Violence Education, Swipe Left was an interactive program where students learned about healthy relationships while speed dating. The event took place in the Freeman center as part of Healthy Relationships Week.

Feb. 9
PLP Coffeehouse - Adventures in Asia
In the Crow’s Nest on Tuesday at 7 p.m., junior Rachel Willinger shared about her experiences studying in Taiwan. Cookies and coffee were provided.

Feb. 9
Movie Night: The Tree of Life
The Department of Philosophy and Religious Studies hosted a movie screening of the Terrence Malick’s film, “The Tree of Life” with a discussion following. Students are invited to a lecture by Dr. Joe Balay on wonder and representation in the film at 12:15 p.m. on Thursday in MCM 101.

Happening

Feb. 12-13
CAB Presents... Movie: Mockingjay Part 2
At 9 p.m. in the Gaines Theatre, both Friday and Saturday night this week, CAB presents the final film in the “Hunger Games” series that brings the epic dystopian trilogy-made-films to a conclusion. Admission is free.

Feb. 10, 17
Screening of German Propaganda Films
On Wednesday of this week and next, in MCM 101 at 6:30 p.m., Dr. Santoro is hosting a screening of released German propaganda films titled “Triumph of the Will” and “Day of Victory.”

Feb. 10, 12
Make Valentines for Retired Community
Extend CNU love to the community by making a Valentine for residents at Hiddenwood Retirement Community. Come to the United Campus Ministries table in the DSU from 11 a.m. to 1 p.m. on Wednesday and Friday.

Feb. 10
ASU Valentine Candy Grams
The African Student Union will be selling and delivering candy grams on campus locations. Come to the table today from 12 to 2 p.m. in the DSU Atrium to buy a candy gram for your Valentine. Prices vary.

The Captain’s Log Staff 2015-2016

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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. in the Jefferson Room of the DSU.
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

Growing diversity at a rising university



Mujtaba Elgoodah. MACY FRIEND/THE CAPTAIN'S LOG

Senior Mujtaba Elgoodah travels the CNU social circuit as a DJ, spinning records at semi-formals, Captain's Balls and Bid Day. He meets a lot of students as a disc jockey, and recounted a conversation he often has with new friends. "I'll be talking to people and then somehow religion would be brought up and they'll be like 'Mujtaba, what religion are you?'" he said. "I'll be like 'oh, I'm Muslim' and they'll say 'oh, really? But you seem really cool.'" He laughed and said he always brushes it off, saying, "you seem really cool?" What, are Muslims not cool?"

DIVERSITY SERIES CONTINUED FROM PAGE 1

The word diversity's etymology reveals the word has several origins and definitions, which range from difference and uniqueness to contradiction and turn different ways. The "turn different ways" aspect of the definition is interesting when considering the impact of diversity.

The root of university is "univers," meaning whole, all encompassing.

Put together, the words create the abstract idea that a population of people from a variety of backgrounds can alter the education of an entire school. Diversity can have a profound effect on the university; it can initiate the locomotion to move the college forward.

This belief in the value of improving CNU's diversity and cultural awareness to enrich its education leads The Captain's Log to initiate a focused effort on covering this subject, an effort we're calling, "More Than a Demographic: The Diversity Series." Throughout the series, we will tell stories of students, faculty and staff who come from backgrounds and perspectives different from the majority of campus. We will ask the com-

munity how it feels about diversity and call for initiatives to address the issue at CNU.

CNU has diversity efforts and measures in place—before the fall of 2015, CNU hired Ben Cowman to be the school's assistant director of diversity initiatives.

Cowman helps oversee a campus group, the Student Diversity and Equality Council (SDEC), that strives to foster inclusion between members of the community from various backgrounds. And since Cowman's arrival, he and SDEC have introduced programs and events to encourage students to think more openly about diversity.

There are also plenty of groups on campus dedicated to representing various cultural and

ethnic groups, and racial diversity has increased over the past few years.

But that doesn't mean we shouldn't be trying to accomplish more. A story published in our Dec. 2 2015 edition reported the increase in racial diversity was about half a percent between 2011 and 2014. Additionally, the story stated that students of color made up 31 percent of the Virginia collegiate population and 21 percent CNU's student body.

The university has long placed an emphasis on turning itself into one of the nation's preeminent institutions for the liberal arts and sciences, and having a diverse student body supports that endeavor. CNU should strive to be a place that people seeking a vibrant environment of various and prominent ethnic, racial and sexual identities want to attend.

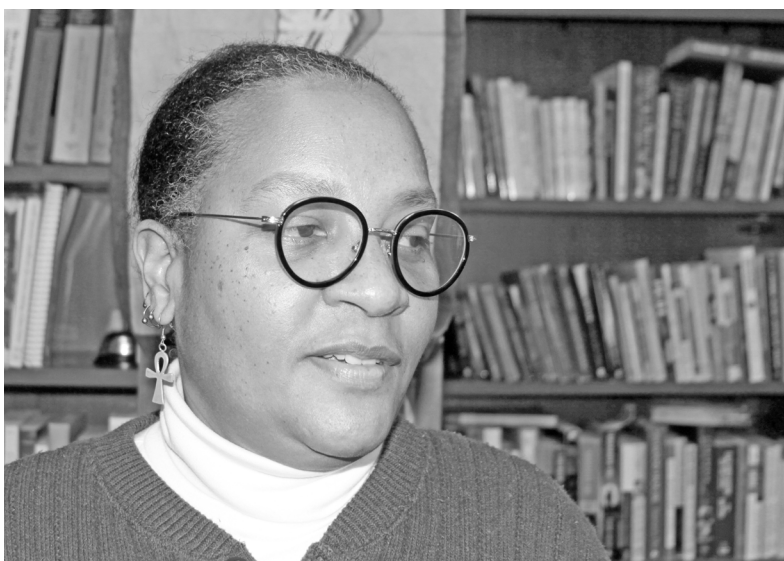
This transformation can start at a student level.

Go to a cultural event on campus to learn about a place you've never been before. Ask faculty members who immigrated to the United States about how their home countries are different from here. Have one of those deep, philosophical, late-night conversations with your hall mates whose religious ideas seem the opposite of your own. ■

Junior Sarah Kerndt, president of Spectrum, helped lead a demonstration to spread acceptance when fundamentalist Christian preachers came to campus on Sept. 16 to spread their gospel, which included homophobic rhetoric. "I would say that when you're targeting people specifically for their identity or their choices in life and how they function as human beings, it's hate speech," she said. The duel of demonstrations attracted scores of students to the Trible Plaza.



Sarah Kerndt. BEN LEISTENSNIER/THE CAPTAIN'S LOG



Dr. Patricia Hopkins. BEN LEISTENSNIER/THE CAPTAIN'S LOG

Patricia Hopkins, assistant professor of English and director of the African-American Studies Minor recently participated in a CNU workshop that focused on white privilege. The workshop included an activity titled The Privilege Walk. Participants started in a line together and were told to step forward or backward based on how a series of statements about inequity applied to them. At the end of the exercise, white participants were up in front. "The American dream hasn't moved. It's the illusion that we are all starting on the same line. Where we ended up is really our starting point," she said of the exercise.

Getting to the C.O.R.E. of the matter

C.O.R.E. tackles racial injustice on campus at a workshop focused on white privilege.

BY KELLY NICHOLAS
KELLY.NICHOLAS.14@CNU.EDU

"We wanted to educate the faculty and staff on race and privilege, as well as wanting to have more inclusive content for students of color on campus."

*—Ben Cowman,
assistant director for
diversity initiatives*

"It was insightful, predominantly for the white participants to acknowledge their white privilege."

*—Patricia Hopkins,
assistant professor of
English*

"If there were more people in the class of color, it would have been more raw."

*—Antonia Comfort,
president of the Black
Student Union*

Students and faculty were schooled on white privilege in a university-led workshop on Jan. 19 and Feb. 4.

The second part of the two-part C.O.R.E. workshop featured a Privilege Walk activity.

C.O.R.E. stands for Certificate on Racial Equity.

"We wanted to educate the faculty and staff on race and privilege, as well as wanting to have more inclusive content for students of color on campus," Ben Cowman, assistant director for diversity initiatives, said. Cowman taught the workshop.

The Privilege Walk educated participants on their privilege in American society and the overall workshop was mostly well received.

The Privilege Walk was designed to acknowledge how power and privilege affects daily lives, even when it is not apparent.

Cowman had the class stand in a row, cutting through the middle of the room. He read statements regarding race and privilege that instructed the participants to either step forward or backwards. Graphs and statistics appeared on the screens behind him to provide context for the statements.

Cowman would announce commands such as, "step forward if your parents never left a job by choice," and participants would move accordingly.

The accompanying statistic was that 67 percent of black children are being raised in single parent households compared to 25 percent of white children.

Halfway through the activity, the class was completely segregated, with white participants in the front of the room and black and other minorities behind them. Then, the CNU themed slides appeared.

An average of 9 percent of racial minorities participate in the President's Leadership and Honors programs.

Thirty-seven percent of white



Ben Cowman led the diversity workshop for faculty and students. MACY FRIEND/THE CAPTAIN'S LOG

students make the Dean's List compared to 12 percent of black students at CNU.

"It was insightful, predominantly for the white participants to acknowledge their white privilege. White people had to turn around and see where we were," Patricia Hopkins, assistant professor of English and director of the African-American Studies Minor, said of the Privilege Walk.

"The American dream hasn't moved. It's an illusion that we are all starting on the same line," Hopkins said.

Antonia Comfort, the president of the Black Student Union also participated in The Privilege Walk.

"I was prepared to end up in the back. This was a class of mostly white, middle class adults," she said.

Cowman organized the class in response to interest among

the campus community in exploring experiences of different races.

The workshop was generally seen as a positive experience, though some participants voiced criticism.

"Something is better than nothing. Ben is trying to implement something that isn't at other universities. This is the maiden voyage, the first step," Hopkins said. "I just wish I had been consulted."

Comfort identified the homogeneity of the participants as a shortcoming.

"If there were more people in the class of color, it would have been more raw," Comfort said.

CNU is classified as a PWI, or a predominantly white institution, meaning more than 50 percent of the student body is white.

This is opposed to HBCUs, or historically black colleges and

universities, like Hampton University.

CNU's minority population is generally lower than other Virginia institutions.

The University of Virginia had 29.8 percent of its student body made up of minorities in 2014. The University of Mary Washington and Virginia Tech counted 22.4 percent and 23.7 percent of its students as minorities in the same year, respectively.

In 2014, 20.7 percent of CNU's student body was made up of minorities, up from 16 percent in 2011.

CNU has a target diversity goal of 20 percent, according to Cowman.

Cowman plans to offer the workshop again, likely in the summer so more faculty and staff can participate. The event is part of the Cultural Plunge program. ■

Greek Row to open to unaffiliated students



Non-Greek students will be able to claim beds in the lottery, though the university has yet to decide on the long-term plans for the townhomes comprising Greek Row. **MACY FRIEND/THE CAPTAIN'S LOG**

Greeks' departure opens opportunity for other students to live in the townhouses.

BY JACK JACOBS
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The housing lottery might be less brutal with the opening of Greek Row to students outside the Greek community this year. Though the future of Greek Row's usage isn't finalized, the townhouses provide special housing opportunities that are being explored now.

With the creation of Greek Village, some Greek organizations are moving out of Greek Row, leaving beds available to others. While empty spots in the townhomes will be made available during the housing lottery, the university is exploring long-term plans for the space.

"Since the whole row isn't being vacated, we're trying to strike the right balance between what are our institutional needs, what are some of the current Greek organizations' needs and our long-term plan," Dean of Students, Kevin Hughes said.

In the short term, the area will host a mixture of Greek organizations and other students. While long-term plans aren't finalized, Hughes said the townhouses may be dedicated

to students with peculiar living requirements, like emotional support animals, or be provided to clubs and organizations.

The townhouses are uniquely suited to the needs of students with emotional support animals, Hughes said. Emotional support animals provide therapeutic support to individuals in need.

"Animals living in a residence hall, it's tough. It's not a good environment for them. Especially when it's a shared room," he said.

Currently, residence hall rooms are designated for students with emotional support animals who qualify after undergoing tests. The rooms aren't made specifically for emotional support animals to live in.

The close quarters of a room in a residence hall can be uncomfortable for the animals and distracting to roommates, Hughes said. The townhouses provide greater space for animals to move around due to the townhouses' chapter rooms.

The chapter rooms, apartments refurbished as meeting places for Greek organizations, provide the expanded space for animals to move around absent

elsewhere on campus.

Hughes said there's a possibility that chapter rooms be remade into apartments at a later date.

The townhomes have four apartments each. Three apartments hold three beds while the fourth is a chapter room, Hughes said. Each apartment has a single room and a double room, according to CNU's website. The townhomes are currently available to second year and above, according to CNU's website.

Also, Hughes said that some Greek organizations too small for the houses in Greek Village may be interested in the townhomes, another factor that would be considered when the university decides the ultimate fate of the townhomes.

Hughes estimated that specific plans for the townhomes would be finalized approximately around the time that the second phase of the Greek Village construction is completed.

The completion of phase II has yet to be determined, Lori Jacobs, director of public relations, said in an email on Oct. 19.

Sigma Phi Epsilon, Phi Mu, Alpha Sigma Alpha and Alpha Phi all previously had townhomes in Greek Row and will be moving into Greek Village next fall. ■

Assault on another campus

The issue becomes more complicated when cases cross different campuses.

BY MELANIE OCCHIUZZO
MELANIE.OCCHIUZZO.13@CNU.EDU

Sexual assault cases become more difficult to resolve when students involved in an incident are enrolled at different institutions.

It's a scenario that isn't often discussed and often relies on student participation and close coordination between universities to see a conclusion.

For CNU to get involved judicially in a sexual assault case that involves a student from another university, the student who is sexually assaulted must be a CNU student.

CNU can only issue a trespass notice to a visiting student accused of a sexual assault of a CNU student. The CNU accuser must give CNU permission to contact the visiting student's university. Campus police work with Newport News police to handle the case in instances of assaults by visiting students.

If a CNU student visits another campus and is sexually assaulted, the CNU student should contact that institution's Title IX coordinator

and police, Michelle Moody, CNU's Title IX coordinator, said.

Enrolled at CNU or not, any student involved in a sexual assault can take advantage of resources CNU has to offer survivors.

According to Moody, universities sharing information is conducted informally as requested and to the extent that the accuser allows information to be disclosed.

The university where a visiting student was assaulted, unless given permission by the student, cannot notify or disclose any details to the university the student is enrolled in, Moody said.

"We treat it like any other case" Moody said. The student is able to keep anonymity if they choose.

There is no law saying that a university has to communicate with other universities that have non-university, specific student cases that come across their desks, Moody said.

Any student who is sexually assaulted, visiting or not, is protected by CNU's honor code.

The Office of Civil Rights' Department of Education has more information on the laws surrounding student safety on campus and during their educational experience. ■

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Dr. Christopher Howard is the president of Robert Morris University in Pennsylvania and will be CNU’s 2016 commencement speaker. **COURTESY OF CNU OCPR**

Howard served in the Air Force and was a Rhodes Scholar, allowing him to study at the University of Oxford and earn a doctorate in political philosophy.

President Tribble said Howard was a seasoned speaker who would keep the graduating seniors in mind as he spoke.

CNU’s 90th commencement exercises will take place May 14 at 10 a.m. on the Great Lawn.

Speaker series: The staff reaction to Howard’s nomination as speaker

The Captain’s Log staff is excited by the selection of Dr. Christopher Howard as this year’s commencement speaker.

BY THE STAFF

Among the long list of accolades included in the university’s introduction of its 2016 commencement speaker, University President Paul Tribble left out one key fact about Dr. Christopher Howard.

“He’s done a lot of commencement speeches,” Tribble said, three days after he announced the appointment of Howard in a mass email. “So he knows the day is about the graduates; he knows to move aside to award the diplomas and celebrate the success of students,” he said with a laugh.

Tribble called Howard a dynamic, charismatic speaker, but placed more emphasis on Howard serving as an example of “living a life of success and significance.”

The Captain’s Log shares the president’s excitement to hear Howard speak. Throughout the semester, this opinion page has dedicated several pieces towards encouraging the university to select a speaker that would better engage the audience, and given Howard’s biography, we are optimistic that he will help make commencement an even more memorable event for the graduating seniors.

Based on our conversation with Tribble and what we’ve read about Howard, we believe he has the combined potential to relate to the audience and throw in some surprising things we haven’t heard from other commencement speakers.

His relatability comes from his career in academia; he’s the president of Virginia voter Robert Morris University in Pennsylvania and

the former president of Hampden-Sydney College, where he first met Tribble about six years ago. He’s not decades removed from the classroom, and regularly works with college students.

His academic career is stellar, one to be admired by graduates, many of whom will be pursuing academia. He was a Rhodes Scholar, earning him the opportunity to earn a doctorate in politics from the University of Oxford, where several CNU students are able to study abroad every year. Other Rhodes Scholars include Edwin Hubble, Bill Clinton and George Stephanopolous.

Before Oxford, he attended the Air Force Academy and played on the football team, earning academic and athletic recognition.

As a military academy graduate, he served as a helicopter pilot and is now a lieutenant colonel in the Air Force Reserves. Given this region’s close ties with the military, this aspect of his background has a lot of potential to connect with students and members of the audience.

Our optimism that Howard will surprise us comes partially from Tribble’s enthusiasm for the selection. “He’s everything we celebrate ... He’s an extraordinary citizen of the world who has had a profound impact for good,” Tribble said.

Howard’s military, academic and charitable careers have brought him numerous places and experiences, and we feel that the variety in his life has plenty of potential to impart wisdom and life lessons.

Howard’s selection as speaker breaks the mold of CNU’s previous commencement speakers, and based on our previous recommendations for qualities in a commencement speaker we are glad he was chosen. ■



Last year’s commencement exercises were the first in school history to use the newly constructed Christopher Newport Hall as a backdrop. **FILE PHOTO BY BEN LEISTENSNIDER/THE CAPTAIN’S LOG**

Lessons learned at the CLog

Working for the The Captain's Log has been a cornerstone of its staff's educational experience.



JACK JACOBS
NEWS EDITOR

I'm sure many seniors are feeling their age as graduation approaches, especially those who give everything they have for their fraternity, their a cappella group, or in

my case, our campus newspaper.

You learn a lot as you work from the bottom rung. My journey started when I stumbled into my first Captain's Log interest meeting in the spring of 2014.

"Stumbled" is the best description for my early days at The Captain's Log. My first story was a throwaway piece in the Lifestyle section and I missed the deadline. Thanks to helpful editors, I learned to accurately write and report and do it on deadline. Two years later I'm an editor helping my reporters learn the same skills.

I think the process of getting from there to here is one of the most important chapters of my life so far, because I've picked up a few things along the way.

It's important to try everything you have the slightest amount of interest in. Coming into CNU, I wasn't interested in journalism. However, I was interested in getting over a messy breakup prior to transferring to CNU.

In fall 2013, I was featured in our Meet Your Captains series and was asked to come to the newsroom to have my photo taken. A cute editor grabbed a camera to take the shot and after being blinded by the flash she asked if I liked writing.

I did like writing. She invited me to the next Captain's Log meeting and I may have gone to get to know her a little bit. I got to know that she had a boyfriend, but I had committed to a story so I was going to do it. Eventually, I decided that I liked the process and picked up another story. And another. And so on.

The addendum to "try everything" is sometimes you'll go thinking you'll walk out with one thing or another, and then walk out with something else entirely. In my case, the girl didn't work out but I'm walking out dead-set on a career in journalism with the skills to get one. So I chalk it up as a win.

Being a college journalist puts you at odds with your university's administration to a certain degree. It's just the nature of the relationship—journalism tends to attract and cultivate people with a high (some might say inflated) sense of principle and most college students already consider themselves moral crusaders anyway. Pair that with administrators deathly afraid, at times for the right and at other times for the wrong reasons, of shooting the institution in the foot and you sometimes have conflict.

That isn't really a problem at CNU. I like to think that's in part because more

recent editors have had a good sense of when to pick their battles and when not to; another lesson I've absorbed.

A lot of things in life are less than ideal and subject to scrutiny. There are degrees, though. If you heard some of the investigations that have been pitched to me, your eyes would roll right out of your head. In the grand scheme of things, pestering administration about the nuances of what constitutes illegal advertising on the university's website isn't worth the struggle. Pestered administration about the results of sexual assault investigations in the interest of transparency absolutely is. I could go on, but I'll wrap this up. It's worth remembering that everything ends. The guy you went to high school with that's still, well, hanging around the high school is an example of not accepting that everything ends. Nobody wants to be that guy. I feel a shift in the newsroom and know that it's growing into something a little different.

During my early days, The Captain's Log was a different beast. A small staff, few resources and the task of rebuilding a train wreck of a newspaper into something quasi-respectable cultivated a dogged and sardonic personality for the staff. There were just over a dozen of us. Everyone wrote, edited, did design and shot photography. Pulling an all-nighter was a rite of passage. In between frantically working to publish approximately on schedule, the same old jokes were muttered to a chorus of tired snickers.

"I can't rush a sorority, I already rushed The Captain's Log."

"Who needs friends, when you have The Captain's Log?"

"Journalists first. Students second."

The graybeards on staff still maintain the old attitude, but that attitude will largely leave with us. Our staff has grown this year to close to 40. We have solid teams dedicated to print, video, photography, production and design that are coordinated to create a decent multi-media service to the campus community in a way that breaks down the process and lightens the workload on everyone.

New staffers can juggle a Greek organization or a club with The Captain's Log. I clock out on production nights at a reasonable time and don't have to write the entire news section.

As stressful as the old Captain's Log was, I loved the culture. With it fading, I see that my time with the paper is fading too. The Captain's Log lucked out with a couple years of students willing to do it all, but people like that aren't as needed anymore. I still feel the urge to do everything but recognize that's only effective to a point, and The Captain's Log is just about past that point.

It's okay though because I know next year's staff will be able to raise the bar again. And I got more than just published writing samples out of The Captain's Log; I got valuable lessons too. ■

-30-

Pulitzer winner to share lessons on storytelling and sensitive topics

This year's Everitt Lecture Series Speaker Jim Sheeler will come to CNU to discuss the stories he told of Marines who fell in battle.



MELANIE OCCHIUZZO
STAFF WRITER

Journalism brings reporters face to face with the most difficult subjects, and Jim Sheeler engaged one of the toughest—the death of American military personnel. Sheeler followed the processes and stories behind what happened back home after Marines fell in action.

Sheeler's work came together in the form of "Final Salute," a feature story published in The Rocky Mountain News that earned Sheeler the

2006 Pulitzer Prize for Feature Writing.

Sheeler, the Shirley Wormser Professor of Journalism and Media Writing at Case Western Reserve University, will share his experiences writing his story at CNU in a lecture, "After the Final Salute." The lecture, which is part of The Captain's Log's annual Everitt Lecture Series Speaker will take place on Feb. 17 at 3 p.m. in the Luter lecture hall.

Dr. Nicole Emmelhainz, Assistant Professor of English at CNU, worked under him as his mentee prior to coming to CNU.

"He looks at journalism as a stage for telling stories," Emmelhainz said when asked about his attitude when it comes to journalism. She commented on his great teaching methods and how he really focuses on what the subjects are feeling rather than driving to get the latest story into print.

Sheeler is now a full-time professor at Case Western Reserve University. He takes the time in his classes to teach his students that sensitivity is key when writing difficult pieces.

His first work in journalism, writing obituaries, really was what got him into looking at the backstories and the lives that surround the stories that he reports.

Sheeler said in an earlier interview that the most important thing he learned while obituary writing was "people can tell when you care."

Sheeler spent nearly a year working on "Final Salute" and plans on releasing a book detailing the feature story.

The importance of respect and knowing your place in the people's stories that you are chronicling as a reporter is immediately conveyed throughout Sheeler's writing style. Hopefully he will be able to pass on that knowledge to the students at CNU.

Sheeler is an amazing journalist for young writers to listen to and learn from. He pours his life into his stories, making sure that all of the voices are heard.

"It hurt," said Sheeler. "It had to, otherwise I don't think I would have been able to tell the story." ■

Sheeler's lecture, "After the Final Salute" will be held Feb. 17 at 3 p.m. in the Luter lecture hall.



Sheeler told the stories of what happened back home after Marines were killed in action. COURTESY OF JAMES SHEELER

SNAPSHOT



Extreme Measures, who won third place, performs “Work Song,” “Marvin Gaye” and “Burn.”



CNU's Take Note, who won second place, performs a mashup of “Me Like You Do.”



USounds performs a Beyonce medley and “Pusher Love Girl.”



The CNU Wind Quintet performs a Disney Medley, which includes songs from Hercules and Pocahontas.

STUDENT SP♥TLIGHTS

The Gaines Theater was filled with music last weekend with the Soundscapes Benefit Concert and Sing Your Heart Out allowing students from all across Virginia to showcase their talents.

BY MACY FRIEND
MACY.FRIEND.14@CNU.EDU

CNU students showcased their talents last weekend in the Gaines Theater as they participated in vocal and instrumental performances.

Soundscapes Benefit Concert
Fratnites and sororities from the Alternative Greek Council (AGC) hosted a benefit concert on Feb. 5 for their philanthropy, the Soundscapes Program.

The groups hosting the event were Nu Kappa Epsilon, Sigma Alpha Iota, Kappa Kappa Psi and Phi Mu Alpha.

This program supports music education for local elementary and middle school students from low income families.

Each AGC organization created baskets to be raffled off at the event in order to raise money for their philanthropy.

In total, \$635.10 was raised for the Soundscapes Program, all of which will go toward student music fees. The amount raised can fund two students for a whole year.

Sing Your Heart Out

CNU's University Sounds hosted a Valentine's-themed a capella invitational, Sing Your Heart Out, on Feb. 6.

Four groups from CNU performed alongside four others from Virginia Commonwealth University and University of Mary Washington.

Competitors consisted of mixed, all-male and all-female a capella groups. The groups representing CNU included USounds, Take Note, Extreme Measures and Newport Pearls.

VCU had two groups: the Notochords and Ramifications. UMW included the Symfonics and One Note Stand.

Ramifications, a group from VCU, won first place with best solo, best beatboxer and best overall as well as \$125.

The rest of the awards went to two of CNU's own groups. Take Note, one of two all-female groups on campus to perform in the invitational, won second place and Fan Favorite, while the co-ed group Extreme Measures won third place. ■

For more coverage on Soundscapes see page 12.



Joe Kisiday from combo.



Nu Kappa Epsilon performs Bach Suite



of "See You Again" and "Love



Phi Mu Alpha performs a jazz



member Victoria Rehder performs No. 2 on her cello.



VCU's Ramifications celebrates as they win best solo, beatboxer and best overall performance.



At the end of the concert, all AGC groups gathered on stage to perform "Viva La More."

Another week of Captains' wins



The Captains had an incredible week, with both tennis and basketball teams managing to find a way to sweep the various competition.



(Left) Katie Carlson posted a win in the no. 1 doubles and no. 2 singles position. (Above) Tim Daly scored 20 points in each of the previous three games. **FILE PHOTOS BY BEN LEISTENSNIER/THE CAPTAIN'S LOG**

BY BEN LEISTENSNIER
BENJAMIN.LEISTENSNIER.13@CNU.EDU

Although the tennis teams might just be embarking on the start of a new season, they have gotten off to a strong start—much like the basketball teams which continue to excel.

Tennis

Both the men and women's tennis teams, which are ranked

37th in the country, started their seasons off with wins against North Carolina Wesleyan.

The women shut the Bishops out 9-0, while the men were able to take down the 22nd best team in the country.

Basketball

As the regular season winds to a close, both the men and women are making a bid for the

top seed in the CAC playoffs.

The men, who claimed the regular season title with an overtime win against Salisbury on Feb. 3, were led by Tim Daly this week. Daly scored at least 20 points in each of the team's three wins since the beginning of February.

The women's team remains on the hunt for the top spot as they also swept their three games this week. ■

CNU braces for hectic week at home

With five teams playing a combined ten home games this week, CNU's athletic facilities will be host to plenty of Captains' sports action.

BY BEN LEISTENSNIER
BENJAMIN.LEISTENSNIER.13@CNU.EDU

As the winter season begins to phase into spring sports, more of CNU's athletic teams are starting to take the field. This week promises fans plenty of CNU sports action as there are ten home games for five different teams.

Baseball

The Captains' season kicks off at home as CNU takes on Hampden-Sydney on Feb. 11. It is the first of four games the

team will play over five days.

Momentum will be key for success later in the season as the Captains are slated to finish fourth in the Capital Athletic Conference.

Men's lacrosse

Expectations are high for men's lacrosse as they come off the best season in their history.

The team will see if they can make history once again as they start the season off with a Feb. 11 matchup against Washington and Lee.

The last time the two teams

faced off was a 13-9 CNU win.

Women's tennis

Following the team's Feb. 7 shutout victory over the North Carolina Wesleyan Battling Bishops on the road, the Captains will be hosting the CNU Quad on Feb. 13.

The competition will pit the Captains against Methodist and Roanoke.

Basketball

With just four games left in the season, both teams are looking to finish strong. The men have already clinched the top spot, but the women are one game away from first place.

Because of this, the double-header against Mary Washington on Feb. 10 has major post-season implications. ■

This week at CNU

Wednesday, Feb. 10

5:30 p.m.: Women's basketball vs. Mary Washington
7:30 p.m.: Men's basketball vs. Mary Washington

Thursday, Feb. 11

2 p.m.: Baseball vs. Hampden Sydney
7 p.m.: Men's lacrosse vs. Washington and Lee

Saturday, Feb. 13

12 p.m.: Women's tennis vs. Methodist
2 p.m.: Baseball vs. Bridgewater
3 p.m.: Women's tennis vs. Roanoke

Sunday, Feb. 14

10 a.m.: Women's tennis vs. Salisbury
1 p.m.: Baseball vs. Bridgewater

Tuesday, Feb. 16

2 p.m.: Baseball vs. Virginia Wesleyan

Assistant AD recipient of national award

Carrie Gardner honored for being one of the top emerging athletic college administrators.

BY CAITLIN KING
CAITLIN.KING.14@CNU.EDU

"I was mid-chip at the NCAA Convention when I heard my name being announced, I was so caught off guard I had no idea what I had won," said Carrie Gardner, Assistant Athletic Director of CNU.

Gardner recently won the Emerging Athletic Administrator Award after she was nominated by her co-worker Kyle McMullen. McMullen and Gardner were at the NCAA Convention where they received an award for a service project on behalf of CNU.

Gardner graduated from Providence College with an English major. After college she worked for an insurance company when she was offered to get her masters for free from one of the programs at Providence College. She wasn't sure what she wanted to get a masters in, but after recognizing her love for sports she decided on educational counseling for athletes.

Right after getting her masters she automatically knew

she wanted to work with college athletes. She claims she wanted to help college athletes mentally since they are expected to win games for the school while attempting to succeed in school work at the same time.

"I want to help them because I think it's hard to tell when someone wants to help or use

"Mental health is a big issue, and I think I can help behind the scenes with student athletes' experiences here at college."

ASSOCIATE DIRECTOR OF ATHLETICS
CARRIE GARDNER

them," said Gardner "I think being an athlete can help them in the business world because student athletes have been trained to be more coachable and trainable which will make for a great employee."

Sports have always been a big part of Gardner's life, she has been involved with them from

a young age. At Providence College she was asked to play for the club women's rugby team. She claims to have never been the best athlete, but thinks sports can really affect a person's life in a positive way.

"Sports teach you how to win graciously and lose graciously and I don't think just anyone can be an athlete," said Gardner.

While being given this opportunity to be one of the assistant athletic directors, Gardner would really like to feel as if she is changing and affecting young people's lives. She encourages student athletes to come in to her office to talk to her and if they aren't she believes she isn't doing her job.

"Mental health is a big issue and I think I can help behind the scenes with student athletes' experiences here at college," said Gardner.

The future of CNU athletics seems to only be going up in Gardner's eyes. She thinks the school will become more of a household name and the teams will be on more pre-season/national polls. She said, "We have too much to offer to not be noticed." ■



Carrie Gardner, assistant athletic director for CNU, was awarded the Emerging Athletic Administrator Award. COURTESY OF CARRIE GARDNER

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Soundscapes' successful sponsorship

The AGC organizations' second concert raised money for their philanthropy.

BY MELANIE OCCHIUZZO
MELANIE.OCCHIUZZO.13@CNU.EDU

The crowds anxiously gathered in the Gaines Theater this past Friday for the annual Soundscapes Benefit Concert to watch students from the musically oriented Alternate Greek organizations Nu Kappa Epsilon, Sigma Alpha Iota, Kappa Kappa Psi and Phi Mu Alpha raise money for the children of Soundscapes.

The program opened with the National Anthem, performed by all of the organizations, and was then followed by a special performance by a string quartet made up of four Soundscapes students: Cherrie Odionyi, Emma Thomas, Carlos Luzon and Hunter Durnsed.

A few highlights from the show included the Kappa Kappa Psi group, Nathan and the Boyz, who performed favorites such as "Shut up and Dance" and "Humanism," and Phi Mu Alpha's group, High Tops Football Club, which performed "Little Black Submarines," "Sharp Dressed Man" and "Could Have Been Me."

Each organization contributed a small group or large group performance to the concert that helped signify their involvement in the concert.

Joe Hamm, Soundscapes organizer, gave a quick presentation halfway through the concert, playing a video with interviews from students who participate in the program. The crowd seemed to enjoy being able to hear the children's testimonies.

Other lapses in musical entertainment were filled by the fundraising portion for the concert: the raffles. Each



Soundscapes string quartet member, cellist Carlos Luzon, may benefit from the money raised. BEN LEISTENSNIDER/ THE CAPTAIN'S LOG

basket was created and funded by each of the four AGC organizations involved in the concert, and were presented to the winners by emcee Jamal Archer, a member of Phi Mu Alpha.

The concert ended with a rousing chorus of "Viva la More" from the entire

cast of the show. The organizations encouraged the audience to participate in the chorus and to sing and clap along during the whole concert.

Overall, the concert raised \$635.10 for the Soundscapes Program, almost triple the approximate \$200 raised last year.

This money will go towards the \$300 fee that the community must contribute towards each student.

With the proceeds from this year's concert, CNU will be able to sponsor two students to support them in their musical success. ■

Looking at the legwork behind "Legally"

There is more than a little bending and snapping going into TheaterCNU's spring performance of "Legally Blonde."

BY MADELEINE SCHULER
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Opening night of a musical is game day for actors. Their lines are memorized, their costumes are pristine and their choreography is rehearsed. Their execution may seem flawless and their movements as they dance across the stage may seem effortless, but what many audience members fail to remember is that weeks of preparation go into the making of such a show.

For TheaterCNU's upcoming performance, "Legally Blonde," auditions were held last October and the cast was given their scripts in early November so that they could begin memorizing the music and getting familiar with the show right away.

However, the rehearsal process did not swing into full gear until the actors returned from winter break—three days early. They then began an exhausting few days of rehearsal, deemed "Boot Camp." From 9:30 a.m. to 10 p.m. the cast would run through the show, but focus heavily on learning the choreography.

Professor Laura Lloyd, the choreographer for "Legally Blonde," is relatively new to TheaterCNU. This is the first show she is choreographing for the university, but she is extremely experienced in the occupation and has choreographed about 10 musicals around the country.

Despite her experience, "Legally Blonde" proved to be the most difficult show she has ever arranged. "It is super dance heavy," said Lloyd. "There are six numbers that are just full of dance

and then there are other numbers with stylized movements."

In addition to the excessive dance numbers, each number is a different style, many of which Lloyd has not worked with before. From hip-hop, to cheerleading, to Irish dancing, to a Jamaican inspired segment, the different genres make up an eclectic combination that distinguishes the show from other musicals.

There is even a jump-roping portion that has caused a few whacks to the heads of some actors, but Lloyd promises that no serious injuries have occurred; only a pulled muscle here and there and slipping every once in a while. The theater department is very cautious about the safety of their actors, especially in "Legally Blonde" because there are some lift sequences.

"Every day we have to do something called a lift call, which means before we run the show, we have to come out and practice that lift a couple times before

we dive into rehearsals," said Lloyd.

In Lloyd's words, the choreography to be debuted on opening night is nothing short of athletic, dynamic and contemporary. "I'm really proud of it and the work that all of the students have put in," said Lloyd. "They've really made it come to life." ■



The fight for CNU Tonight



A man wakes up to find strangers in his house, a twist ending to the sketch "Twisty's". PHOTOS BY MACY FRIEND/ THE CAPTAIN'S LOG

The club-run sketch show is CNU's eldest comedic child, but lately it has been getting left out of the limelight.

BY VICTORIA LURIE
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Last Friday, the cast of CNU Tonight unveiled its latest set of skits to an audience of 28 people, seven of whom were related to the cast members.

And it was absolutely wonderful.

CNU Tonight is the ancestor of comedy groups on this campus, predating both A Troupe Called Quest and the Improvocateurs. And yet, instead of being revered as the veteran on the block, the sketch show is getting largely ignored.

Many of the jokes were wonderfully timed, and the entire show was a great blend of physical and situational comedy. Much like the show they model themselves after, the group tackled a myriad subjects, from the origin of sports to a Bond villain who cheats on his spy nemesis with another spy who is also his nemesis. And somewhere in there is a torrid affair with a Frenchman.

The best skit of the night was the mockery of Now That's What I Call Music, "Now That's What You Call People Singing in Their Cars," which became basically a compilation of Other People Butchering Your Favorite Top 20 Songs. Highlights include drunken sorority girls howling Taylor Swift while their Uber driver cringes his way through the chorus, senior Clare Cahill playing a woman who bawls out Adele's "Hello" and sophomore Kyle Davis as "white guy trying to rap."

Coming in at a close second is any skit that utilized freshman cast member Adam Spencer's uncanny likeness to actor Adam Driver.

Quintessential segment "Since the Last Show," still anchored by seniors Emily Alexander and Zach Whitten,

rehashed literally anything that happened between now and CNU Tonight's November show. Best line of the night: [regarding the deaths of David Bowie and Alan Rickman] "We haven't seen this many old British guys die since the American Revolution."

The jokes are still good. The timing is still solid. Despite being full of fresh faces, the cast can still deliver. But for some reason students have stopped giving CNU Tonight a chance to entertain them.

Sure, there are obstacles that keep them from being perfect. As a sketch

show, there are lines that need to be memorized and followed to a T in order for a scene to have its full effect. Some of the CNU Tonight cast members best at thinking on their feet have transitioned to the more improv-based comedy clubs on campus, leaving a bit of a vacuum when it comes to salvaging some scenes.

Similarly, a few CNU Tonight cast members who thrived at memorizing lines elected to do so for their major instead.

But the cast that remains still has talent. They are still able to produce a worthwhile show, even with a revolving door of participants. They should be afforded the chance to play to a crowd whose support isn't as consistent. ■



Sophomore Mac McGuffin plays a man who brings his baby to a nurse, played by Elizabeth Carlton. He later asks her to fix its missing leg by attaching a water bottle.

M♥VIE MENU:

Out of ideas for the perfect V-Day flick? We gotchu.



FLICKR

BY CHRISTOPHER GABRO
CHRISTOPHER.GABRO.14@CNU.EDU

"Shrek": A reminder to all ogres out there that you may fall in love with a princess so long as you go on a self-interested quest, defeat a dragon, and disobey the lord all to secure the feeling of love.

"The Princess Bride": INCONCEIVABLE! Actually, it is pretty conceivable to watch this movie on Valentine's Day. It is a cult classic that has two star-crossed lovers searching for another and once they do reach each other they can't stop bickering—sounds like a normal relationship.

"Her": Are you alone this Valentine's Day? Look no further than your pocket and pull out your phone. Maybe humans don't make for the intellectual conversation you are seeking—so, what better than falling in love with an operating system?

"10 Things I Hate About You": A classic Shakespeare story brought the modern age about the shrew who never wanted to fall in love. The film reminds us that we all have a significant other that we love to hate.

"Moulin Rouge": Ever feel like social status has stopped you from loving somebody? That's how a penniless writer (Ewan McGregor) falls for a gleaming courtesan (Nicole Kidman), so he writes a play in which the two can conceal their love but also have the play be a manifestation of their love story. The love between the two is more about the journey rather than the destination—it is a wonderful journey to follow.

"True Romance": Drugs, hookers, guns and something you might call love are all the spices Quentin Tarantino used to bring about this pulpy, epic, romantic, crime thriller. The love between the two lead characters is envious with an impression of disapproval.

"Blue Valentine": A raw and emotional film that does not glamorize love; rather, it shows the hardships of maintaining a marriage even when everything seems fine. If you and your loved one can sit through this film then you probably have what takes to endure the hardships of a relationship. ■

Breaking with Leap Day marriage traditions

Do women today need a specific day to propose marriage? Or is that a right they already have?

BY BETHANY PYLE
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Whenever I hear that a friend of mine is engaged, the first thing I always want to know is how he proposed. If the proposal wasn't sappy enough, my next thought is that as a woman, I could have done it better. But the age-old tradition still stands that the woman must wait for a proposal instead of popping the question herself.

But what if the tradition could be broken? In many cultures leap day, on February 29, is the day for women to ask men to marry them.

This tradition actually dates back centuries. It comes from an Irish legend in which St. Brigid of Kildare asked St. Patrick to allow women one day to propose if their suitors were too shy or non-committal. Like most legends, it's likely based in more fiction than fact. But ever since, the tradition has stuck that every four years, one day is set aside for non-traditional proposals.

This may seem antiquated. However, a study done by Live Science in 2012 asked 277 heterosexual students at University of California, Santa Cruz how they felt about women proposing. It found that "two-thirds of students, both male and female, said they'd 'definitely' want the man to propose marriage in their relationship." It also found that "only 2.8 percent of women said they'd 'kind of' want to propose, but not a single man indicated he'd prefer that arrangement".

The biggest reason for holding onto this tradition is exactly that—tradition. When it comes to weddings, couples tend to stick to the way things have always been done. The bride wears a white dress, the bridesmaids and groomsmen surround the couple at the ceremony and it's bad luck for the groom to see the dress before the big day. And if you're keeping with the traditional route, then the man has to ask the big question.

But that doesn't mean that every tradition has to stick. Overall, CNU students seemed more open to the

idea of women proposing. Senior Emma Grace Byler said that "I find it absurd that this year only, women can take charge of their own future," she said. "We've been socialized to think of the tradition as law...We should look at it as a light-hearted, romantic tradition of a culture. Not as a rule of engagement for modern America."

Several CNU gentlemen also sided with Byler. Senior Ian Grosskopf said "that would be awesome" if a girl proposed to him. "In true love everything is balanced, so if the woman feels that she's found her soulmate then she should feel free to propose any time in the same way a man would. Love is equal," said Grosskopf. Likewise, freshman Riley Wynkoop said he doesn't think the tradition should be limited to leap year and that "gender shouldn't determine who proposes."

When it comes to actually popping the question, CNU women seem to be very divided. Some would love to take charge and propose, while others prefer the traditional route. Junior Abby Malone said "I would totally propose... The way I see it is [that] marriage is an equal partnership. Both are making a commitment, both make life decisions together and both should respect each other as equal in value." Senior Lauren Beasley however, said that "I don't think I would consider proposing...mostly because I'm very traditional when it comes to those things."

But even though she didn't think she would personally want to propose, Beasley added that "I think it's a super exciting idea to 'break the tradition,' so to speak. Maybe special holidays/occasions like this will encourage women to keep defying gender expectations when they otherwise would feel out of place doing so."

Regardless of how traditional you feel this February, there's no lack of pop culture precedence that you can look to. You could even follow after Topanga of "Boy Meets World" and propose on graduation day. ■



Leap Day on February 29 comes once roughly every four years and according to ancient tradition, women should propose to men on that day. But many believe that this tradition is too antiquated and women already have that right. MACY FRIEND/THE CAPTAIN'S LOG

As of 2014, only five percent of heterosexual couples say the woman is the one who proposed.
-The Baltimore Sun

One quarter of people married at least 30 years say it was a mutual decision.
-NY Daily News

As of 2014, 74 percent of people said they thought it was ok for the woman to propose, but few had experienced it.
-The Baltimore Sun

The Leap Day tradition dates back to an ancient Irish folktale about St. Brigid and St. Patrick.
-Huffington Post

Captains abroad

Junior Michaela Felter is spending this semester exploring the culture of Glasgow, Scotland.



Michaela has spent the last few weeks studying through CNU's semester in Scotland. Despite the culture shock, she feels right at home. **COURTESY OF MICHAELA FELTER**

BY KELLY NICHOLAS
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Where do you go when you have never flown on a plane by yourself, and the only time you have ever been out of the country was on an impromptu road trip to Canada? Across the ocean to Glasgow, Scotland of course.

That's what Michaela Felter decided to do when she saw a blue and white poster tied to a tree outside of Commons. It was an advertisement for the CNU in Scotland program for sophomores and juniors to study at the University of Glasgow for the spring 2016 semester.

"It was actually perfect," she said, recalling the time when she first decided she wanted to study abroad. "Since high school I've wanted to go to Scotland, and if I was going to study abroad, I wanted to live there. I wanted to get an insider's perspective, I wanted to be more than just a tourist."

A few months later, on New Years Day, Michaela boarded her flight from Richmond International Airport to begin her five-month experience in Scotland. She was by herself, without any of the other 18 students from CNU who joined the program.

She settled in to her new home, nestled inside a block long row of townhouses. Her spacious room included two twin beds, a bay window, and a sink and mirror.

"You really feel like you're living in the city," she says. "It's not like you're living on campus; you're not living at an institution. I feel more like an adult. I don't know a single person who goes to the

dining hall!"

Instead of going to the dining hall herself, Michaela is learning to buy all of her own groceries, and she's building muscles to haul them up the steep hills that pepper the city of Glasgow. Luckily, she can take advantage of the "easiest public transport," the Glasgow Subway, when she doesn't feel like facing the 25-minute walk to City Centre in the unpredictable snow and rain.

After living in Glasgow for a month, Michaela feels like she is all settled in. When asked about the local people, she launched into a story about striking up a conversation with a local Glaswegian woman and her son at Starbucks.

"Everyone is so nice. Strangers are more friendly and are more likely to strike up a conversation. The number one thing people ask me about is Donald Trump."

Later in the semester, she will embark on a tour of the UK over the three week Easter holiday in March. "If we're going to live here for five months, we want to know it," she said.

Even though many aspects of Scottish life are different than they are in Virginia, "I am so comfortable here," Michaela said, "I have never felt uncomfortable."

She said she misses her friends and family and the more predictable weather at CNU, but despite all that "I didn't have much trouble adapting," she said, "nothing feels weird about being here." ■

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