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Could free college tuition come to fruition? A look at Bernie Sanders' higher ed. plan.

A&E 12

The "fun" in student funding: a breakdown of spending for campus activities.

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Student Diversity and Equality Council hosted a performance that examined social issues.

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Captains Football starts strong in the NJAC with a 31-21 win against TCNJ.



This week, CNU TV's Tylar McGill took to the Great Lawn to find out what students think about the phrase 'poor college student'.

THE CAPTAIN'S LOG

THE VOICE OF CHRISTOPHER NEWPORT UNIVERSITY STUDENTS

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PATRICK DUBOIS/THE CAPTAIN'S LOG

Facing the cost of college

The cost to attend CNU increases year to year and has an impact on the university and its students.

How much did your total cost increase this year?

Full-time in-state residential undergrads: \$23,140, 5.37 percent increase

Full-time out-of-state residential undergrads: \$34,438, 6.66 percent increase

Comprehensive fees full-time undergraduates: \$4,884 part-time undergraduates and graduate: \$204



Increasing costs at CNU made Spiroff question whether she could finish her degree. COURTESY OF STEPHANIE SPIROFF

BY JACK JACOBS

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With cost increases put into effect across the board for the 2015-2016 academic year, where the funds go and what accounts for the increases became key questions among the students and families expanding their loans and paying higher rates for another year of school. And while the increasing costs affect everyone at the university in some way, the burden of finding extra funds for education hits some especially hard.

Stephanie Spiroff, a 2015 graduate and current student in the Master of Arts in Teaching program, is one of the CNU students that has felt the sting of cost increases over the years – she is paying her own way through college.

"It doesn't surprise me anymore that the cost rates continue to go up," she said in an email, "however, it still is really difficult to deal with." Now in her fifth year at CNU, Spiroff said that several times during her academic career, issues with money stood in the way of her education.

"For a couple summers, I honestly didn't think I would finish my time here at CNU and thought I would have to drop out because I couldn't afford it," she said. Spiroff had to scramble to the financial aid office and ask her family for help, but she was able to complete her education. Through the help of the financial aid department and her grandparents, Spiroff was able to continue at CNU, and she later received the loans she needed for her MAT year. However, she still has to stretch her money for living expenses and class materials.

"I have an online math book I need to buy so I can complete the online homework but can't yet ... because I can't afford it," Spiroff said. "Unfortunately my loan refund still hasn't come in at this time, meaning I have struggled to pay for rent, bills and books this month."

For Spiroff and the rest of CNU's students, this year's costs went up again, following the trend of the last several years. On May 1, CNU's Board of Visitors voted unanimously to increase tuition and fees, per credit hour rates and room and board rates.

Full-time in-state and out-of-state undergraduate residential students will pay \$23,140 and \$34,438 for the 2015-2016 year respectively, an increase of 5.37 percent and 6.66 percent. Those totals include tuition and mandatory fees, a comprehensive fee and room and board.

COST OF COLLEGE CONTINUED ON PAGE 3

PAGE 2

Weekly pic

Junior receiver Taylor Loudon beats the double team to bring in a 37-yard receiving touchdown from senior quarterback Tyler Quigley during the football team's 31-21 home opener victory over The College of New Jersey on Sept. 5.



Online this week

Check out these videos on our Facebook page.

CNU football preview

The Captains kicked off their season with a win this past weekend. CNU TV's Evan Thorpe goes one-on-one with head coach Matt Kelchner and previews the season ahead.



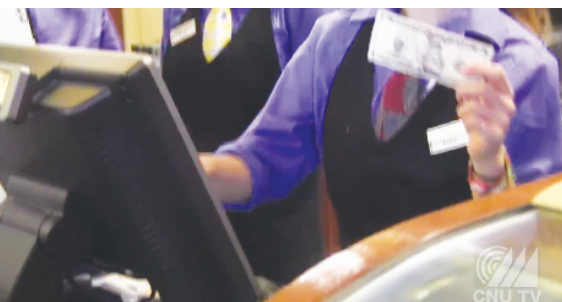
Title IX

New sexual assault policies have been put in place for the upcoming year. CNU TV sits down with Michelle Moody to see what students need to know about Title IX.



Poor students

CNU TV's Tylar McGill asks students across campus what comes to mind when they think of a "poor college student." It turns out college students don't know how to budget well.



Happened

Sept. 5

CNU football

CNU's football season kicked off this Saturday with an early lead and ultimate win against the Lions of the College of New Jersey. CNU beat TCNJ 31 to 21.

Sept. 5

Men's soccer

This weekend, CNU's Patrick Burns led a win over Virginia Wesleyan with a score of 3-2. Burns scored all three goals for his second career hat trick, leading the soccer team to victory.

Sept. 8

CNU Engage Week

CNU has begun hosting its first ever Engage Week. The Center for Civic Engagement has been tabling in the DSU all week, and will continue throughout the week, to raise awareness of local service opportunities.

Sept. 8

I'm Not A Terrorist

Zohra Sarwari, a Muslim author, coach and entrepreneur, spoke to CNU students on achieving goals and resolving specific life challenges.

Happening

Fall Recruitment

Many Greek organizations are in the midst of recruitment for the fall. Pi Lambda Phi, Alpha Kappa Psi and Sigma Alpha Omega are among the organizations hosting recruitment events.

Sept. 8 - Oct. 6

Latin American Film Festival

Every Tuesday the modern and classical languages and cultures department and the Latin American studies minor present a film series celebrating Hispanic Heritage Month. All movies free and open to the public and will be shown in the Gaines Theater from 6 to 7:30 p.m.

Sept. 10

Fall Farmer's Market

The first CNU Farmer's Market of the season begins Thursday with up to 18 local vendors bringing their goods to campus.

Sept. 5

The Iran Deal: The Good, the Bad and the Ugly

The Reiff Center for Human Rights and Conflict Resolution, Center for American Studies and the United Jewish Community of the Virginia Peninsula present a panel discussion on the pros and cons of the Iran deal. The event will be held in the M&T Hall and is free.

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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.

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FROM THE FRONT PAGE

Captain's Chatter

Do you think the education you get at CNU is worth the cost?

"I do, but I just find it odd that CNU forces us to live on campus for three years."
junior Jack Dennis

"With the amount we're paying we could get more, like a pool, larger gym, more dining halls."
sophomore Rachel Unterkofler

"I definitely think CNU is worth the money. We're receiving a very high quality education."
sophomore Kacy Decatur

"It's absolutely worth the money to attend because you're paying for a unique experience."
senior Ian Grosskopf

COST OF COLLEGE CONTINUED FROM PAGE 1

"Given where the money is going and what this university has done, I will be supporting the [proposed increase]," said Gary Byler, a board member, who noted he preferred a smaller increase.

Board member Gabe Morgan said the increased tuition rate could impact lower-income students, potentially to an untenable degree. "Not everyone has the means and when we talk about a couple hundred dollars, that's significant in some places," he said.

University President Paul Tribble attributed the increases to CNU's rapid expansion over the last two decades. "We have been in the process of building the university for the last 20 years and those are substantial costs for sure," Tribble said, noting that the expansion phase was ending.

The tuition increase will generate approximately \$3.7 million in revenue for the university. The funds generated by tuition, along with general support funds from the state of Virginia, totaling approximately \$600,000, will provide about \$4 million to finance 14 initiatives and programs at CNU. CNU students pay the eighth highest tuition and mandatory fees in-state rate in Virginia at \$6,962.

Comprehensive fees, which is distinct from mandatory fees bundled with tuition, is a mandatory fee paid by all students and used to fund non-instructional programs and activities. Full-time undergraduate students pay \$4,884 in comprehensive fees. The rate increased \$200, or 4.27 percent, from the 2014-2015 rate for full-time undergraduate students. Graduate and part-time students pay \$204 for their comprehensive fee, up from \$195 last year.

About \$1 million is generated from the comprehensive fees, with 51.73 percent of the funds going towards salary increases and debt accumulated for the Alumni House and athletic expansion.

Room and board rates rose as well to varying degrees depending on number of occupants in a room and the length of a contract.

State cuts to higher education budget

The increases at CNU are due in part to a lack of state support for higher education across Virginia. "Anybody that talks about the cost increases in higher education, they'll refer you to one main thing. And that's the reduction in state support for higher education," said Thomas Kramer, assistant director of the Watson Center.

Kramer functions as a legislative liaison for the administration in its interactions with state government. As a result of a lack of financial support from Virginia, CNU and other state universities charge students more to maintain operation and to expand.

Kramer attributes the lack of support for higher education to the relatively small and fluctuating voting block most affected by higher education spending initiatives, students and their parents.

"There are very few people who vote based on something like higher education," Kramer said.

He explained that typically voters are only engaged with higher education issues as students or as the parents of students.

According to the 2015-2016 Tuition and Fees at Virginia's State-Supported Colleges and Universities report from the State Council of Higher Education for Virginia, the average increase for in-state undergraduate tuition and fees increased 7.1 percent at public four-year institutions across the state.

The study found that the effects of several consecutive years of general fund budget reduction continues to be reflected in the increasingly less accessible and

Use of funds: tuition and mandatory fees, state funds

\$448,260 salary increase for faculty

\$210,028 salary increase for staff

\$181,421 compensation study for staff

\$194,687 fringe benefit rate changes

\$663,000 Newport Hall operations

\$164,251 two new full-time faculty positions

\$315,000 dean/ admin asst. Luter School

\$506,358 instructional support

\$158,000 security officer, instructional tech.

\$188,358 admin. support operating and equip.

\$173,625 three new full-time staff positions

\$26,200 student wages

\$65,380 convert part-time to full-time staff

\$1,000,000 student support Initiatives

Total: \$4,294,568



Though the Board of Visitors voted unanimously to increase rates, several voiced concern for the mounting financial burden on students. **JOSH REYES/ THE CAPTAIN'S LOG**

The official tuition fund-share policy of Virginia...states that the commonwealth should cover 67 percent of college tuition for in-state students. ... students and their families are to cover only 33 percent of the cost. In practice, students and families pay 53 percent of the cost of college.

affordable state public higher education system. "The student share of the cost of education is at a record high (least affordable) level," the report stated.

The state's share of tuition has declined annually since fiscal year 2002. By fiscal year 2016, the state government is estimated to pay only 47 percent of the cost of higher education tuition in Virginia, according to the report. According to CNU's proposal for tuition and fees and room and board rates for the 2015-2016 year, the state's share of costs specifically at the university sits at 40 percent.

The official tuition fund-share policy of Virginia, established in 2004 by the General Assembly, states that the commonwealth should cover 67 percent of college tuition for in-state students. As part of the plan, students and their families are to cover only 33 percent of the cost. In practice, students and families pay 53 percent of the cost of college.

Use of funds: comprehensive fee

\$129,466 salary increase for staff

\$94,477 compensation study for staff

\$79,356 fringe benefit rate increase

\$242,533 debt service for alumni house

\$160,950 debt service for athletic expansion

\$50,000 Student Assembly, organizations

\$90,295 two new full-time staff positions

\$32,400 two new part-time staff positions

\$150,789 auxiliary enterprise - operation

Total: \$1,030,266

Captains keep heads above water

Recently Kiplinger, a D.C.-based financial media company, placed CNU on its 2015 Best College Values list.

The list ranks institutions based on factors such as graduation rate, total cost for in-state and out-of-state students, average debt after graduation and other metrics to create a list of the top 100 institutions in the country based on value. CNU placed 89th in the list.

Kiplinger's report is the latest in a series of top marks for CNU from a number of publications and organizations.

So while CNU students and families pay higher rates for a college education than last year, it can be said, for the time being, that CNU students are still comparatively getting a value on par with the cost. ■

Josh Reyes, Collin Brennan, Bethany Pyle and Alex Josephs contributed to this article.

CAS to host Title IX speakers for 2015 Constitution Day Debate at CNU

The Sept. 17 debate centers on Title IX controversies and will feature two prominent and contrasting voices in modern feminism and gender studies.

BY ALEXANDER JOSEPHS
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The Center for American Studies (CAS) at CNU will present its 2015 Constitution Day Debate "Title IX and the Constitution: Current Controversies" on Thursday, Sept. 17 at 3 p.m.

The debate will pit Erin E. Buzuvis, director of the center for gender and sexuality studies at Western New England University School of Law, against Christina Hoff Sommers, author and resident scholar at the American Enterprise Institute.

Buzuvis is a co-founder and contributor to the Title IX Blog, a widely read and respected interdisciplinary resource for news, legal developments, commentary, and scholarship about Title IX's application to athletics and education.

She researches and writes about gender and discrimination in sports, including the

interrelation of law and sports culture, retaliation against coaches in collegiate women's sports, and participation policies for transgender and intersex athletes.

Hoff Sommers, a former philosophy professor who taught ethics, is well known for her critique of late 20th century feminism. Her extensive writings on the subject include titles such as "Who Stole Feminism?" and "The War Against Boys."

Hoff Sommers' textbook "Vice and Virtue in Everyday Life" is a bestseller in college ethics.

Title IX is used to ensure the fair and proportionate usage of federal funds in regards to athletic scholarships, programs, and more recently, sexual violence.

Controversy arises over the implementation of such a broad policy, particularly when a limited school budget cuts



Buzuvis is a law professor and co-founder of the respected IX Blog, a Title IX commentary blog
DAN LITTLE/DAILY HAMPSHIRE GAZETTE

funding for men's sports in lieu of expanding women's athletic programing.

Arguments regarding Title IX stem from the funding requirements for revenue sports. Football programs do not have a corresponding women's team, and may have a disproportionate amount of players that receive scholarships. Michelle Moody, CNU's Title IX director

and moderator for this debate, commented on these issues as they are felt at CNU.

"While our football program results in somewhat less than proportionate opportunities for athletic participation, Christopher Newport has consistently demonstrated a history of expanding women's programs," she said.

"[CNU] has fully and effec-

tively accommodated the interests and abilities of women student-athletes."

Recent improvements for the women's athletic programs include facilities such as the new tennis courts and also the volleyball and women's basketball locker rooms renovations.

The event will be held in the Ferguson and open to the public. Admission is free. ■



Hoff Sommers has written numerous books on gender, such as "The War Against Boys."
NETWORK OF ENLIGHTENED WOMEN

Out of the Darkness and Into the Light: a community walks to remember

Last year the annual awareness event held in Virginia Beach raised \$244,289 and saw 8,234 individuals register to participate.

BY HERNANDO MONSALVE
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The tenth annual Out of the Darkness Community Walk returns to bring depression and suicide out of the dark. Thousands of people will walk to remember and recognize those affected by depression and those lost to suicide at Mount Trashmore Park in Virginia Beach on Sept. 12.

"This walk is for anyone touched by depression or suicide. It is a walk for healing and remembering. We all come together in remembrance, celebration, and awareness," said Chris Gilchrist, founder and organizer of the Out of the Darkness Community Walk.

This event is popular across the U.S., with over 300 walks nationwide.

In its nine years of existence, the event has been successful in bringing awareness to the issue of depression and suicide; growing significantly in size, spreading its message further and impacting communities across the country.

Gilchrist said, "We have grown year by year, and

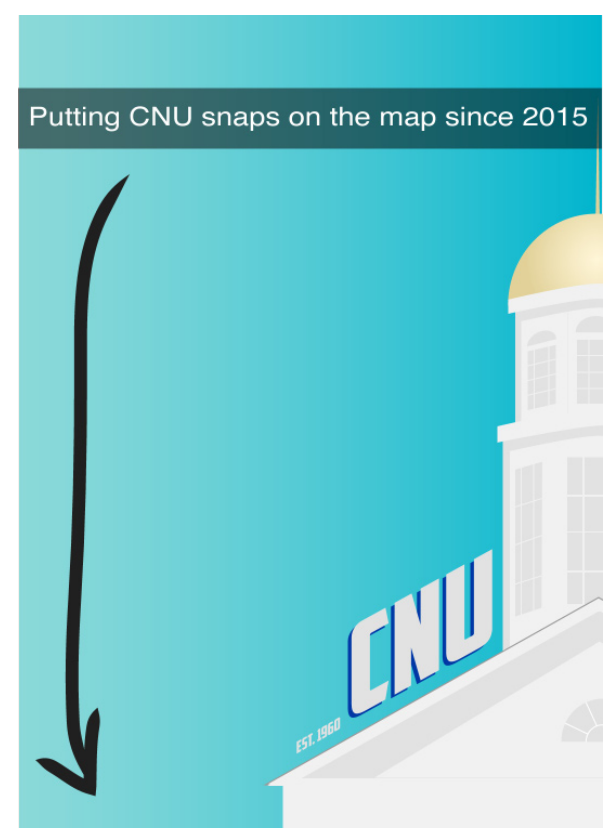
we have a unique impact on people. Our cause has struck deep in the hearts of civilians and military alike, bringing them together for this common good."

The 9th Annual Out of the Darkness Walk brought 8,234 registered individuals to Mount Trashmore in Virginia Beach and raised a total of \$244,289 worth of donations to the cause.

According to the website and Gilchrist, 84 cents of every dollar went towards research, education and treatment programs for depression and suicide.

Names are read during the walk in order to raise awareness of victims of depression. This year, over 200 names will be read. Names for this year's walk can be submitted on the website. The deadline for name submission is Sept. 10.

With the number of volunteers growing yearly, this group hopes to make the message bigger than ever, bringing depression and suicide into the light and doing something to help treat the issue. ■



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Could free college tuition come to fruition?

The “College for all Act,” presented by presidential nomination hopeful Bernie Sanders, seeks to impose taxes on Wall Street and state support to cover the national tuition total of approximately \$70 billion a year.

BY CHRISTOPHER GABRO
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Several presidential candidates vying for their party’s 2016 nomination have made the issue of increasing higher education tuition rates and other costs a cornerstone of their campaign platforms.

Bernie Sanders, an Independent senator from Vermont seeking the Democratic nomination, has already acted to address the issue of rising student debt.

Sanders introduced the “College for All Act,” a bill with the intended purpose of making four-year public college and universities tuition-free through a combination of federal and state funding on May 19.

A summary of the bill provided by Sanders’ senatorial website states that the annual total tuition cost at public colleges and universities amounts to approximately \$70 billion a year.

Under this legislation, the federal government would cover 67 percent of this cost and states would cover the remaining 33 percent of the cost.

The bill would introduce a tax on Wall Street transactions, popularly known as the Robin Hood Tax, to generate the funds the federal

government would contribute to the payment of 67 percent of college tuition.

The Robin Hood Tax would impose a 0.5 percent tax on stock trades, a 0.1 percent fee on bonds and a 0.005 percent fee on derivatives.

The tax is estimated to raise hundreds of billions per year, with Sanders’ office saying that the funds would cover tuition and also job creation.

States must meet various requirements to qualify for federal support.

States must maintain spending on higher education systems, provide need-based financial aid and reduce reliance on adjunct faculty.

No funding can be used for administrator salaries, merit-based financial aid or construction of non-academic buildings, such as student unions or stadiums.

Additionally, the bill seeks to simplify the financial aid process, expand federal work-study programs and reduce cap interest rates on the student loans.

According to govtrack.us, the bill, which was introduced on May 19 has yet to move past the preliminary introduction phase.

The bill must next be reported by committee, passed by both houses of Congress and then be enacted by the president. ■



Sanders’ “College for all Act” forbids the use of program funds to build non-academic buildings. WIKIMEDIA

CNU’s political clubs organize, gear up for election year



COLLEGE DEMS

IMAGE COURTESY OF YOUNG DEMOCRATS



IMAGE COURTESY OF COLLEGE REPUBLICANS

Both the Young Democrats and College Republicans seek to address young voter issues such as tuition and voter participation.

BY KELSEY RIPA
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The Young Democrats and College Republicans here at CNU are gearing up and eager to help prepare students for the upcoming elections, with both clubs paying particular attention to young voter issues like climbing tuition rates and voter participation.

CNU’s Young Democrats have only recently stepped up their activities on campus.

Junior Hunter Hinnant, chairman of the Young Democrats, said, “now we’re back in, we’re vocal, and having a liberal voice on campus.”

The club is sponsored by the Newport News Democratic City Committee and has assisted the committee in lobbying and will continue to do so, especially with the upcoming presidential election.

When asked about the idea of free college tuition, Hinnant responded, “I think that’s a viable option...and you’ll see a lot of the candidates are appealing to the college youth because most kids don’t have the luxury of their parents paying for their education.”

The College Republicans, the conservative counterpart of the Young Democrats, is also taking a more active role on campus.

With the sponsorship of Newport News Republican City Committee, the club aims to have a greater presence on campus and become more engaged with the college community.

The College Republicans see the tuition debate a little differently.

“There’s no such thing as a free lunch,” sophomore Nadia Elgendy, College Republicans chairwoman said, “and I think that’s an idea of reality

that’s drawn all of us...into our cause.”

Junior Jordan Rafferty, College Republicans treasurer said, “a lot of times the media...just presents one side, but there’s a whole other side like, who’s going to pay for all that? And what we want to do is give people a chance to see the other side.”

The issue of rising college tuition rates has become a focal point for several candidates, with Hillary Clinton, Bernie Sanders and Martin O’Malley all touting plans to make higher education more affordable or free through government financial assistance.

Republican Marco Rubio has also introduced his own free-market approach as a solution for Americans who are interested in getting a college education.

Despite their political differences, both clubs share a common goal of spreading political awareness at CNU.

Sophomore Lexi Klein, vice chairwoman of the College Republicans, said, “we want to give the students at CNU a way to become politically involved...because politics affects everyone regardless of their age, status, whether you have a job, or if you’re a student.”

Both Democratic and Republican clubs will have booths set up in the DSU once a month to allow students, regardless of their political affiliation, to come and register to vote. ■

**Interested in getting involved?
Contact the club chairs:**

YD: Hunter Hinnant - hunter.hinnant.13@cnu.edu
CR: Nadia Elgendy - nadia.elgendy.14@cnu.edu

Weighing wants versus needs in tuition and fees



MADELINE MONROE
STAFF WRITER

College becomes a more and more expensive and exclusive institution as time and money march onward without students, who are left behind due to increasing tuition and fee rates. This increase is supposed to benefit us by providing various, pricey enhancements to our college experience. There is no wrong in bettering a college or university, but understand that there is indeed a difference between needs and wants.

Is a \$42 million administration building/graduation backdrop considered a need or a want? This is a building that students may only

have to enter a handful of times before they graduate. The offices contained in Newport Hall all had a space somewhere on campus before the construction of the new building. And while renovations and improvements were necessary, was a project the scope and scale of Newport Hall necessary?

Costs of Newport Hall directed \$663,000 out of roughly \$4.2 million from CNU’s Educational and General Funds. This fund is sourced by revenue generated from this year’s 9.23 percent increase in tuition and other fund support.

The same issue of directing student funds and other funds elsewhere can be taken up with the impending Greek Village. It was proposed that \$204,586 of the revenue generated by the 2.91 percent room fee and board fee increase this year – which totals around \$1.2 million – would be used for debt service on the proposed residence hall and the first phase of the Greek Village.

Why is money going towards a \$40 million housing project that is exclusive to a specific group on campus rather than general residence halls that will accommodate a wider variety of students? A major goal of the Greek Village is to enhance fraternity and sorority life on campus, but general housing expansion would do more to ensure students are able to attain their desired on-campus living arrangements.

To put it in perspective, Shenandoah River Hall, an upcoming residence hall whose construction is currently delayed, will house 50 to 70 more students than the first phase of the Greek Village, which is under construction. The cost of Shenandoah River Hall is also approximately half a million dollars less than the cost of the first Greek Village phase.

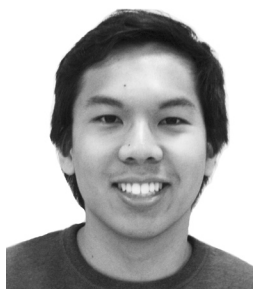
What about the \$5 million Alumni House project that takes \$242,533 in debt service funds from the 4.27 percent increase in our comprehensive fees this year? Personally, I do not feel that CNU has enough history under its belt to warrant such a project.

Such revenue might be more purposeful if it went towards expanding scholarships. Larger scholarships might encourage those who really need the money to apply to this school or to encourage current students to stay within certain programs.

CNU’s scholarships do not exceed \$5,000 at the highest level. Scholarship expenses only account for 6 percent of the school’s total expenses, compared to 30 percent for expenses for auxiliary enterprises, the latter of which is still higher than the instructional expense at 17 percent.

Is the “college experience” defined by beautiful buildings, exclusive housing, and alumni houses? It depends. Indeed, it might help to attract new students and increase the university’s overall value – but what is value if that very value is *harmful* other, more pressing values? Is there value in sacrificing the *need* for the *want*? ■

When prices go up, tell them what’s coming



JOSH REYES
EDITOR-IN-CHIEF

The state says it’s committed to this ratio, but it just hasn’t come through.

This puts schools in a bind and drives tuition up. Because the state is not contributing its full share, students have to make up that difference. Knowing tuition will go up doesn’t always properly brace you for the number on your payment bill though. Tuition will increase by 9.77 percent for all full-time students this year. In-state students will pay \$7,642, and out-of-state students will pay \$18,544.

Increases in previous years have raised tuition by around five percent annually.

In terms of total cost, which factors in mandatory fees and room and board, the increase is 5.37 percent and 6.66 percent for in-state and out-of-state students respectively. That’s \$1,180 and \$2,150 more for each group. Last year’s total increase was 4.32 percent for all students.

These prices are not set arbitrarily. A lot of people put in a lot of work to set these numbers. But a tuition increase of almost 10 percent is

jarring. In the end, students will pay this to come back to school, and the school will help students struggling to make ends meet.

CNU should provide some notice before the numbers are set. University President Paul Tribble and Chief of Staff Cindi Perry proposed the numbers at a Board of Visitors meeting in May, and the numbers are approved. The public has no hint of what those numbers will be.

They learn of these numbers through the media, happen upon them when they check the website or find out when it comes time to make the payments.

There’s no preparation for the first time you see that number. Looking at the state’s funding for higher education provides a clue, but in the end, Perry, Tribble and the Board of Visitors set the cost. And discussions of this cost take place behind closed doors.

I’m not not trying to call anyone out for these increases. It’s a huge process that involves numerous factors and people, and it’s on par with the increases throughout the state. What I’m calling for is to open up the process.

Start with some warnings—advertise the state’s budget and how that may impact costs. Point out the specific things that need this money. Involve students and parents in discussions. See what they think of the price. See what they think of the items the increase pays for. Host an open presentation in which administrators explain how the numbers are set and invite attendees to ask some questions. When people are paying this much for a product, the school should do a little more to help keep them in the know. ■

Opposites can attract in random rooming

RACHEL WAGNER
STAFF WRITER

I knew that she was girly going into it, but when I first met my roommate, I became increasingly worried that my dark navy blue and tan bedding, lack of basic organization, and rather boyish decorations would bother her.

That’s right, I, the queen of all tomboys, was going to be rooming with a girl who belonged on a Pinterest board. Her side of the room is everything feminine—sparkles, glitter, light blues and pinks, flowers—mine looks like some conglomeration of a teenage boy’s room and the overworked, stay at home mother—papers everywhere, with some thrown in Axe deodorant. (I’m sorry, Dove scents just don’t do it for me.) However, having this girly roommate proved to be more helpful than I could have ever imagined.

When my parents waved goodbye to drive for six and a half hours back home to Delaware, I cried. Hard. Luckily, it wasn’t something that my roommate made me feel bad about. She gave me a hug, took me off to the dining hall, and before I knew it we were back in our room facing the task of how to organize everything. Immediately, she took out all of her underwear, and began some kind of strange ritual in which she rolled her panties on the ground into little balls, and then packed them neatly so they were

all visible when the drawer was open. Hers was a rainbow of organized color—my drawer was a pile of panties and bras crammed together. Simply put—a mess.

“You want some help with that?” Her question shocked me. This super neat, borderline geomorphic girly girl wanted to help me fold my underwear? Before I knew it, there we sat, rolling my panties into little balls. She also taught me that bra’s “aren’t just displayed that way in the stores to look good—they are displayed that way to take care of the bra!”

Because of my roommate, I have learned that sometimes “things are just better when they sparkle” and “a little touch of girly” never hurt anyone. You can find pride in having your room look nice, and maybe even using little paint swatches you took from Home Depot to decorate your door can add that extra touch. If anything, the change in perspective has brought me out of my previous dull and drab existence, and taught me that women in general come in all shades. Whether we are dark blue, or bright pink—we all have a claim to our femininity.

Coming to college is about learning how to be an adult, and being an adult is all about compromise. So I have to say that I am thankful I was paired with someone who is in many ways different from myself, because I have the feeling that as we learn from each other as two people, we will establish one amazing new home. ■

The problem with “poor college students”



MORGAN BARCLAY
STAFF WRITER

You know it when you hear it. Echoing from the soup aisle of the Harris Teeter. The loud, the whiny, the gripes of the “poor college student!” And while Chef Boyardee’s friendly face may not mind, it may be important to look behind the aisle, towards who might be listening. Once you know, you may start choosing your words a little more carefully.

But why are we grumbling in the first place? It seems to be a rite of passage now for college students to be impoverished, and at first glance it may be hard to see why.

How can the middle class majority in our enrolling class become impoverished the second they step foot on campus? Is there a money troll hiding in the drain of Tribble Plaza?

The trouble of examining the economy of a college campus comes in with the idea of financial independence. For many college means freedom, but that freedom is a double edged sword. It’s more than just freedom from their parent’s ever watchful eyes, it’s also freedom from their immediate payroll.

Financial independence becomes a gray area when going to college. Students cannot support themselves without the help of their parents, but they resist that help for a want of independence they feel they have to have. And thus the common grumble is cried from room to room on every acre of this campus.

But should we really be grumbling?

As college students, we have privileges that the truly impoverished simply aren’t awarded. The fact that we are in college already puts us miles ahead of the people struggling to make end’s meet.

In four short years, many of us will be starting our first jobs as college graduates and the cycle of poverty will end for us. The impoverished around us aren’t always so lucky. And even if the cycle does not end for us, though it will, we have the added support of the media.

As college students we are not blamed for our blight. In fact, we are supported and helped by the media to the point that shabby has become chic, thrifty has become trendy. And while the impoverished have benefitted due to the media’s change of pace what with the normalization of certain living practices those in poverty use to get by, such as shopping in thrift stores and coupon clipping, it brings about the question—why did it take college students living in relative poverty for the media to care?

And what’s more, what would happen if the media did care about those living in real poverty? What would happen if we as a campus cared about those living in real poverty? These are the questions that come into my mind every time I hear the phrase, “I’m such a poor college student.”

While it is hard to be living in any state of poverty, no matter how relative it is, we as students need to look at the very real privileges we’ve been given. For someone truly struggling, for the 13.9 percent of individuals in the Hampton Roads area who have trouble finding their next meal, for many of the people on our very campus, to hear the whinings of a privileged college student must be downright insulting.

When you complain about how hard your life is as a college student, how sad you are to be poor, it makes the truly impoverished feel subhuman. When you complain, it makes it seem like their lives are past complaining about. It makes it seem like their lives don’t matter. ■

Pieces from “Currents”



JORDAN ZAVODNY
CURRENTS EDITOR

Currents has been an annual publication comprised of CNU students’ creative writing prose and poetry pieces. This year, we are looking to make room for more CNU students to convey their stories by posting them in The Captain’s Log. These two poems were published last year.

“Isolation”

LYNN-ELLEN ZEIGLER
“CURRENTS” CONTRIBUTOR

*I could consume uninhabited islands of air
like plucking wild flowers in the neighborhood park
on top of the hill that stands
jealously
to guard the creek below
from the haphazard passerby
who would pollute its spitting ripples*

*I could hoard time
pure and mine alone
and I could stand like the hill
keeping the water clean or like the fence
restraining the dogs who come to dig up
rosemary in the backyard*

*I can bury my time in the shadows
of the upstairs attic
beneath the rusty pictures and family heirlooms
and I can live safe in isolation
plucking flowers
that no one else can touch
until only dirty holes remain
in the earth
and I am left wishing
I could breathe the same air
as someone else*

“Suburban sidewalks”

CHRISTINA WORDHAM
“CURRENTS” CONTRIBUTOR

*Shadows of the past follow
Only solid specters
Heading towards a light
Brighter than the street,
Brighter than the path being tread upon.*

*Feet are heavy on the snow
That is dirty and eroding away.
My breath escapes around me,
More solid than my own conviction
To do what is best, what is right,
To risk and defy the flirtation
With stagnation.*

*Cars move slowly and joints
Rotate swiftly in sockets
That are frozen with the cold and severe
Arthritis. I, like the solid, floating water
That drifts past me, am too old for this place,
Too full of long lost memories that
Others seem to celebrate.*

*The shadow that stalks me, stalks
About me, lies upon
The deep, scattered footprints
I’ve left behind. As snow gives way
To bared, wet concrete, the flakes shed
Away from my soles. When I take another
Step, there’s a momentary disconnect.*

*Walking onward, this is all that’s known.
Behind are markings more solid than
What’s ahead, and the light blinds
Those looking too deeply into it.
Though I know no purpose or direction,
I, too, like a snowflake wander.*

Fifty Years On: Now and Then

Part of the series, “Fifty Years On,” actors from California come to Gaines Theater to address cultural and social issues that remain prevalent today.



BY MACY FRIEND

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On Sep. 2, SDEC (Student Diversity and Equality Council) hosted Fifty Years On: Now and Then. This was a performance that examined cultural and social issues from the past that compare to similar issues of today.

This performance included Will and Company, a troupe of actors from Los Angeles, CA. They travel around the country, performing plays that discuss current social and cultural issues.

Their performance was a compilation of plays from the series “Fifty Years On.” There were several topics addressed such as same sex marriage, flaws in the justice system and racial issues. The reenactment of some hard-hitting moments for students made a noticeable impact.

“One student said she was grateful that she came, and that the program opened her eyes and really educated her. That moved me; if we can reach at least one student that way and translate that for our entire campus, then we have done our job,” SDEC President senior Quinton Pace said.

SDEC aims to support all culture and diversity organizations on campus. They chose Will and Company to come to campus because of the relevance of their plays in campus life. ■



(Above center and bottom left) Actors Anthony Bryce Graham and Kimberly Flores perform part of a play about transgender and transvestite communities. This part of the performance focused on the importance of self-acceptance. (Bottom right) Graham addresses the treatment of Native American children on the Pine Ridge Reservation in South Dakota, where Native children were being sexually abused in boarding schools. MACY FRIEND AND PAIGE KOWAHL/THE CAPTAIN'S LOG



SDEC members were able to spend time with the actors after their performance. (Left to right) Katherine Scott, Sarah Kerndt, Alesha Adams, Quinton Pace, Ben Cowman, Thomas Hall, Anthony Bryce Graham and Kimberly Flores. **MACY FRIEND/THE CAPTAIN'S LOG**

“I hope [the performance] creates dialogue, then conversation can start to happen. If we spoke, I think we would find that there are many similarities.” -Kimberly Flores



Kimberly Flores and Colin Cox (Will and Company's screenwriter) address forced sterilization, specifically in Puerto Rico, where rates were the highest around the 1970s. **MACY FRIEND/THE CAPTAIN'S LOG**



After their performance, the actors spoke one-on-one with students, encouraging feedback and opinions on how they addressed certain issues. They welcomed ideas for content for future performances and what students thought were important issues to address. **MACY FRIEND/THE CAPTAIN'S LOG**



Kimberly Flores (left) and Anthony Bryce Graham (right) address the racial issues that have been swarming media, referencing media exposure of the Trayvon Martin case and #BlackLivesMatter. **PAIGE KOWAHL/THE CAPTAIN'S LOG**





STRONG START IN THE NJAC

Sr. quarterback Tyler Quigley looks downfield for jr. receiver Taylor Loudan for his first passing touchdown of the season in the home opener. **BEN LEISTENSNIER/THE CAPTAIN'S LOG**

The football team made a triumphant entrance to its new conference, holding off The College of New Jersey 31-21.

BY BEN LEISTENSNIER
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The Captains had a great first game as new members of the New Jersey Athletic Conference, taking down The College of New Jersey 31-21 on Sept. 5. The home opener was the Cap-

tains' for the taking, as they never trailed once the whole game.

One of the biggest questions coming into the game was whether the Captains would be able to find a way to make up for the loss of future Hall of Fame quarterback Marcus

Morrist. That question was quickly settled when senior quarterback Arsaiah Robinson broke free for a 71-yard rushing touchdown on the first drive.

While Robinson dominated the ground game, the team's other senior quarterback, Tyler Quigley found success in

the air. In addition to finding the endzone with a one-yard quarterback sneak, Quigley threw for over 208 yards and two touchdowns—including one to junior Taylor Loudan, who made a spectacular diving catch to secure the score. Quigley's second touchdown went to

sophomore Kyree Burton.

The Captains' kicking unit also performed well, with rookie Dylan Curran making a 22-yard field goal in the first.

The Captains attempt to reach their 100th career win as they take on Hampden-Sydney at home on Sept. 12. ■

CNU sports wrap-up: an undefeated weekend



Carol Thompson had an explosive game, scoring four goals in the team's 10-0 shutout win over Ferrum. **TYRUS WOOD/THE CAPTAIN'S LOG**

BY BEN LEISTENSNIER
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In addition to major wins by the football and men's soccer teams, all of CNU's sports had a strong weekend, with not a single loss being recorded.

Field hockey

The 16th-ranked Captains didn't hold back this weekend, blowing out Ferrum 10-0 on Sept. 6.

Leading the way for the team was sophomore attack Carol Thompson. Thompson, who scored five total goals her rookie campaign, notched four in this one game.

Following Thompson was fellow sophomore Alexa Weaver, who scored twice.

The offense wasn't the only aspect of the team that was on point. The defense locked down Ferrum, not allowing their opponents to take a single shot.

In comparison, CNU had 38, 27 of which were on goal.

Next up for CNU will be Lynchburg College, who will host the Captains on Sept. 9.

Volleyball

Another year, another undefeated Captains Classic. For the second year in a row, the sixth-ranked Captains swept all four games in one of their yearly tournaments without losing a single set.

Senior setter Rachel Conway was named the tournament Most Valuable Player after finishing the weekend with 146 total assists.

Also receiving honors were Maddie McCann, Hannah Miller and Briana Sutton. The three combined for 133 kills—54 of which were from Sutton—to all be named to the All-Tournament team.

The team will attempt to defend its perfect 5-0 record as they next take on the Beacons

Invitational on Sept. 11 and 12.

Women's soccer

The women's soccer team traveled to Virginia Wesleyan to take part in the Atlantic Orthopedic Specialist Classic on Sept. 4 and 5.

The first game, against Carthage College, proved to be a chance for underclassmen to prove their talents. Sophomore forward Kaylie Deshler put away two, while rookie Kayla Locklear secured her first career goal as a Captain.

The second game proved to be much more difficult, as the Captains ended up with a 1-1 draw against Berry. Junior forward Victoria Perry scored the Captains' lone goal, while junior goalkeeper Haley Casanova secured the draw with seven saves.

This weekend, CNU will host Houghton College and Methodist University at the Captains Classic on Sept. 11 and 12. ■

Hat trick Burns



Forward Patrick Burns had one of the best games of his CNU career when he scored three unanswered goals to pull off a 3-2 comeback win against rival Virginia Wesleyan. **BEN LEISTENSNIDER/THE CAPTAIN'S LOG**

Patrick Burns' hat trick against Virginia Wesleyan proved to be the difference and helped CNU men's soccer remain undefeated.

BY BEN LEISTENSNIDER
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The Captains know how to make things exciting. Going down 2-0 against one of their major rivals—Virginia Wesleyan—in the second half, the team managed to claw their way back and pull off a 3-2 victory in extra time. This win can be attributed to the efforts of one player: Patrick Burns.

Entering the game, which took place on Sept. 4, the team was coming off a close 1-0 victory over Randolph just three days prior. The decisive goal wasn't scored until the 88th minute, when none other than Burns found the back of the net with an assist from senior midfielder Harry Nodwell.

Although the Captains were outshooting the Marlins eight to three the first half belonged to Virginia Wesleyan. Twenty-five minutes in, the Marlins found the back of the net for the only score of the first.

The Captains had plenty opportunities to equalize in the

second, but Virginia Wesleyan once again struck first, this time in the 54th minute.

Burn's epic second half started less than three minutes later. Senior forward Ryan Balfour fed Burns a pass that brought him into a one-on-one against the goalie, which ended with his first goal of the game.

Just over six minutes later, Burns equalized the game, this time heading the ball off across from defender Sammy Blosser.

The two squads found themselves in a deadlock through the end of regulation. Neither team could find offensive success in the first sudden death overtime period either.

The anxieties of CNU's home fans were quickly eased when Burns secured his hat trick with a header three minutes into the second overtime.

The team, which went on to beat Neumann 2-0 two days later will next play at home on Sept. 19 against Greensboro.

For highlights, check out CNU TV's coverage on The Captain's Log Facebook page. ■

Athletes take part in annual Kids First Day

CNU Athletics took to the streets to caution drivers and cheer on elementary schools' students headed to their first day of classes.

BY BEN LEISTENSNIDER
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Before the sun even had the chance to rise, the Freeman Center was packed with CNU's student-athletes. Braving a foggy morning and tired minds, they gathered for the department's annual Kids First Day.

Established as another athletic outreach program to involve CNU students with the Newport News and Hampton Roads community, the athletes spread out along Warwick Blvd. and Jefferson Ave. to get elementary students excited for their first day of classes and alert drivers of the need to be cautious around school zones.

"CNU athletics is very

focused on giving back to the community, and we as student athletes love every chance we get to try and make a difference," said junior Meghan O'Reilly, a member of the women's lacrosse team and the marketing chair for the CNU chapter of the Student Athlete Advisory Committee.

As the school day grew closer to starting, some of the teams traveled to local elementary schools to greet the arriving students. O'Reilly and the women's lacrosse team, for example, were stationed at Yates Elementary, while the men's team went to Riverside Elementary.

In addition to helping the community, the volunteer efforts also proved to be a ben-



(From left to right) Isabella Tilmont, Sarah Beth Seidel, and Kristin Pudlinski of CNU Storm wave to cars and elementary students as they head to their first day of school. **BEN LEISTENSNIDER/THE CAPTAIN'S LOG**

eficial bonding experience for the teams themselves.

"I think it's just a good way to get involved and to strengthen beliefs as a team to go out and

do the right thing," said Isabella Tilmont, a freshman on the CNU Storm Dance team. "Since everyone on the team is on the same page, those are the

people I ultimately want to surround myself with."

For more photos, check out <http://www.thecaptainslog.org/?p=19026> ■



NEW "VOICES"

Student hopefuls gathered in the Ferguson Center choir room for callbacks on Monday. MACY FRIEND/THE CAPTAIN'S LOG

After a recent reduction in members, CNU Voices seeks to expand their family.

BY KATHERINE GITTMAN & VICTORIA LURIE
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Although the sign posted outside room A100 gets many looks from the waves of students surging through the Ferg at the dawn of Thursday's lunch break, there isn't a line outside until Mackensie Ward shows up, cradling a folio and a cup of tea.

She's here for CNU Voices auditions, and although she's excited, her excitement is tinged with worry. "I caught a cold last night," she said, nodding to the mug of tea in her hand. The latest strain of CNU plague had made its way to her residence hall, but that didn't faze the freshman from auditioning. "I still want to try," she said brightly.

A line begins to form as Ward is joined by freshman Tom Flynn, who finds himself in the audition circuit now that he's at college. "I did chorus in high school," he said. "Music is an interest of mine, and I thought it would be cool to be part of an ensemble again."

And CNU Voices is quite the ensemble. If you have attended any major CNU event (Convocation, the Baccalaureate and Candlelight service during Commencement Week), then you've probably heard them at work.

Starting out as a caroling group back in 2008, CNU Voices has emerged into a selective musical group that focuses on a cappella choral music. Although they are considered an a cappella group on campus, they stand out by performing choral and chamber music. "The best part about CNU Voices is being able to sing music that we like and we get to direct ourselves," said senior John Sims.

As a lot of members of the ensemble graduated this past May, the remaining Voices are expecting the new members to bring an entirely new sound. As the

group is smaller and more selective, there are high expectations. "We have this standard and we have to go through a lot of processes to get where we are," said sophomore member Savannah Patterson. "We have to really hone in on the harmonies to make the music sound good."

As CNU Voices focuses on chamber music, they can be seen at many important ceremonies around campus, like at December's Fear to Freedom, and at their own fall and spring concerts. However, the group is not limited to on-campus performances. They have even been asked to perform at other events outside of CNU, including singing for the former vice president and CEO of Ferguson Enterprises.

Like any of the a cappella groups, CNU Voices shares a special bond with music. "It's just doing something

that you love with other people who love it just as much as you do," said sophomore Hannah Adam. "A lot of the time, like in school choir, people are there who don't love it as much. So [with CNU Voices] it's great to be around people who are on the same level of loving it, but who are also on the same skill level."

For Patterson, "Not a lot of people like to sing choral music, so when you do it in school it may seem like a lot of work, but once you get to that concert or any performance, it is so worth it. You're doing so much work for something you love and it is so fun to interact with people who love to do the same thing you do."

With a new year, new members, and new expectations CNU Voices is ready to continue its tradition on campus by promoting high quality music across campus. ■



Senior John Sims, a current member of CNU Voices, accompanies the auditionees. MACY FRIEND/THE CAPTAIN'S LOG

The "fun" in student funding

There's a lot of free fun on this campus, but what is entertainment actually costing us?

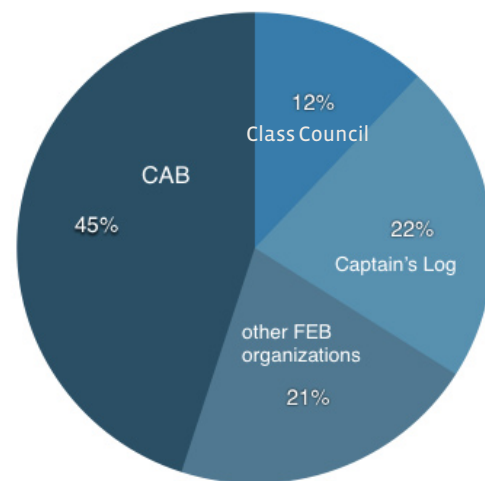
BY VICTORIA LURIE
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When you were beating your roommate to death with a plastic club last Fallfest, I'm sure the last thing you were thinking was how much it cost.

When you were queueing up outside the Freeman an hour early for the chance to breathe the same air as Tyler Oakley, it might have crossed your mind that other people have paid for the same privilege, but in all honesty, no one really thinks about how much it really costs to entertain this campus.

And it's not just CAB, although they do provide many big names and even bigger events. Class Council also hosts some university-funded fun, ranging from things like last year's Junior Class Beach Day to Light the Night.

So how do the numbers break down? This year, Student Assembly—the people in charge of handling funds for the front-end budgeted CNU organizations—granted Class Council \$30,000, a \$10,000 increase from their funds during the 2014-2015 academic year.



This time around Class Council is only drawing 12% of what Student Assembly can grant. For some perspective, here at the Captain's Log we draw on 22% of the Student Assembly budget. The largest concentration of funds, however, goes to CAB; the organization is receiving 45% of Student Assembly's allocated funds, coming in at \$109,000 for the 2015-2016 academic year.

This number stands to increase, although not through Student Assembly. The Campus Activities Board hopes to partner with the Ferguson Center later this semester to bring some major headliners to campus.

You may be the type to avoid on-campus fun altogether, but bear in mind (literally, in the case of CAB's annual Build-a-Buddy) how much money went into providing all of this ostensibly free fun. CAB and Class Council are student organizations who exist to entertain. You might as well indulge them. ■

Q & A with the DJ

The Captain's Log's Chris Whitehurst gets the story behind the beats.

BY CHRISTOPHER WHITEHURST
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DJ Paula Shrum is a 2015 CNU alumna who made a name for herself playing events in the area. Now located in Richmond, we asked Paula some questions about her budding career, what her passions are and what advice she has for CNU students.

When did you begin DJing and what were your early influences?

"I started really getting into music and DJing in middle school, always making mix CDs for friends and I started actually DJing for my older siblings Ricky and Julie (also a CNU alumna) when they had Sweet 16's, parties or dances. I DJ'd throughout high school for neighborhood parties, family gatherings and school dances."

What do you view as the major milestones in your career path?

"In college, it was probably earning a Thursday night spot at Luckie's. And now it was leaving my full-time (well-paid) job at a recruiting firm to focus on my DJing and radio career. I realized the "9 to 5" corporate gig just wasn't for me. So taking that leap and focusing all of my efforts into DJing and radio was a big step."

How important is the relationship you have with the music, and does it show during your live gigs? What do you aspire to?

"The relationship I have with the music is very important. And it's very important for each client. Being able to read the crowd and understand their relationship to each song is pivotal to keeping the dance floor alive. Staying positive and upbeat is necessary as well because the crowd feeds off your energy."



I aspire to be able to juggle a radio career as well as a fully booked DJ career."

What single night on the job has been most memorable for you?

"Wow, that's a hard one. Most of the events I would say have to do with the love and support I have gotten from CNU. I always loved DJing CNU Greek life events or CNU events in general - it's always more fun when you know the people you're DJing for."

For my first gig at Luckie's, we had the place so packed with CNU kids that people had to sit on each other on the

buses to fit everyone. It was such a heartwarming feeling seeing so many of my classmates come out and support me.

I also would say my last gig at Brickhouse [was memorable]. I did one last event (for now) during Welcome Week at Brickhouse and was nervous about who was going to show up since I had graduated.

I walked in and the whole place started screaming and yelling my name. Every-

can make such a difference to someone's event and I love being able to get people to dance. I also love meeting people and learning about different people's music interests."

Do you have any advice/resources for students who want to do a similar thing? Or for entrepreneurial students in general, specifically here at CNU?

"If anyone is interested in DJing I would start with WCNU. It gives you a chance to learn how to use equipment and make a name for yourself at CNU, but really self promotion is the key. As far as all entrepreneurial students at CNU: utilize all your resources while you can. I found my career in music through my radio internship in Richmond that I took for class credit for my Communications degree. I got the opportunity to DJ for different organizations because I stuck my neck out. Look for any outlet you can to get your name out there."

Paula is currently in Richmond working as a Promotions Assistant for Summit Media (HOT 106.1, 1037 PLAY, K95, CLASSIC ROCK 96.5, and EASY 100.9) and DJ's mostly weddings and private parties. She makes frequent trips back to CNU to DJ campus events (Brickhouse, weddings, etc.) and rarely turns down DJing a CNU event.

Check out her Facebook page and her website, djpaulashrum.weebly.com for recommendations (courtesy of Meredith Meeks and Kristin Perkins) and pictures of many CNU students taken by Stephanie Bruno ■



Shrum's event setup and one of her many radio workspaces over the years. COURTESY OF STEPHANIE BRUNO/ PAULA SHRUM

one clapped and welcomed me in with hugs. I held back tears as I was so lovingly welcomed back to my alma mater."

What do you love about being a DJ?

"I love livening up the party. Music

ALBUM REVIEW: HALSEY "BADLANDS"

BY CARTER ROBERTSON
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The Badlands are a place where you do not go, but I invite you to take a trip there. Created by electropop's newest breakthrough artist Ashley Frangipane (a.k.a Halsey) the 14-track "Badlands" has been sitting in the number two spot on iTunes since its release on Aug. 28, and Halsey deserves every bit of her success after the year she has had.

Though not yet a household name, Halsey has reached stardom at an alarming rate. She just finished as an opener for Imagine Dragons on their "Smoke and Mirrors" tour, where I'd had the pleasure of seeing her. She knows how to own a stage as she sings to the audience and effortlessly pulls them in to her story.

It did not take me long after first hearing her to begin searching the internet for live performances that could give me another taste of what Halsey is all about. Before her album even dropped, she announced her headlining tour; tickets sold out so fast venues had to be upgraded and extra shows added.

She will also feature as an opener on several tour dates with The Weeknd on his upcoming shows.

Expect to see Halsey everywhere for the rest of this year.

But before you see her, hear her. "Badlands" is new and electric. Halsey has a perfect way of combining pop, alternative, and lyrics about sex and drugs to make a beautiful artwork. Yes, I know how that sounds, but trust me it is beautiful. "Colors" is a track that pulls at your heartstrings. Halsey takes love and, well, colors it to show how a lover is feeling: blue for sadness, grey for emptiness; I cried many tears to those lyrics. "Drive" is the perfect road trip anthem. It incorporates car sounds into the song, which makes the listener crave to be on the open road.

"Roman Holiday," my favorite song, is about freedom and living in the moment. It's carefree and worthy of rolling the windows down and singing the chorus at the top of your lungs—I would know because I am the guy you all see hardcore jamming in his car as he is driving around campus. Now you know what song I'm listening to.

These are just my personal favorites off the album, but the album in its entirety is a fantastic listen. Go lend Halsey your ears; you will not regret going to the "Badlands." ■



photo: ticketmaster/halsey



Cashing in on campus

Besides picking up a part-time job, there are plenty of other ways that college students can earn money.

BY LYDIA JOHNSON
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College students often find it challenging to manage all their involvements. Many need a part-time source of income, but they don't have time to work 20 hours a week. However, students can still earn money without having a part-time job.

Junior Laura Brady found a moneymaking opportunity she

can do at home. "My job is to read articles and fix typos and pictures along the way," said Brady, an Editor in Chief of the Odyssey Online. "It's basically like scrolling down a Facebook page."

She spends about four hours a week editing, so she can balance it with school.

"Monetary wise, it's not as much as a part-time job would give you. But for me, trying to focus on my studies but still get some money into my bank account, it's appropriate," Brady said.

Another way to make money is to sell products on websites like Etsy. That's what Meghan O'Reilly does. "I had this idea to make my own jewelry, so that day I went to the store and started trial-and-error making stuff," O'Reilly said.

She came up with the idea this summer when she worked as a marketing intern. "It was taking up a lot of my time so I needed something that I could do to try to make money that I would also enjoy," she said.

O'Reilly makes custom jew-

elry and sells it in her online store called Happi Designs.

She uses Etsy because the site calculates shipping costs and helps her promote her products, and it only costs \$20 per listing.

Sarah Kerndt decided to use social media to promote her merchandise.

Kerndt sews pocket T's and sells them through Facebook or by word-of-mouth. She makes a profit, yet her focus is to donate some of the proceeds to Charity Water, which provides clean water to communities worldwide. "I saw it and I knew I had to do this," said Kerndt, a junior.

"It was sort of a weird calling I felt when I discovered it," Kerndt said this project is in its early stages, but she's trying to promote and expand it with a website. "I'm hoping that within the next couple of years I'll be able to stick with it and turn it into a small business," she said.

Kerndt also works part-time at the Media Center. Brady teaches dance and O'Reilly works a promotional job at



Sarah Kerndt sports one of her custom made t-shirts while hiking. Kerndt has chosen to donate the money she makes to charity.

COURTESY OF SARAH KERNDT



Meghan O'Reilly uses Etsy to sell her custom made jewelry. LYDIA JOHNSON/THE CAPTAIN'S LOG

football games. These three students still have jobs, but they've all found flexible ways to make money on the side. With a little

creativity, students can do all sorts of things to bring in extra cash. ■

DIY: crayon melt canvases

This innovative artwork has taken over Pinterest, but creating your own is easier than you think.

BY ANNE BRADLEY
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As everyone settles into their new rooms, you may notice your walls looking a little bare. With all the excitement centered around preparing for a new school year, things like dorm decorations can get passed over. You can always fall back on expensive posters or prints, but what about making your own custom wall art? Crayon melting projects are still all the rage on Pinterest right now. They are cheap, fun, and easy to make.

What you will need:

- Canvas
- Crayons
- Hot glue gun
- Blow dryer
- Wood letters that spell out your name and fit on your canvas (these can be found at Target or a craft store like Michael's)
- Newspaper (like the one you're holding right now)
- Command Strips (for hanging; can be purchased at Target or Bed Bath and Beyond)
- Paint (optional)



With a few crayons and a blow dryer, you can create personalized canvases.

ALL PHOTOS BY
ANNE BRADLEY/THE
CAPTAIN'S LOG

1. Before you do anything, cover your workspace with newspaper. Depending on where you hold the blowdryer, the crayon color can splatter pretty far, so make sure everything is protected.

2. Pick from your crayons the colors you want to use in your project. These can be any combination, from rainbow, to black and grey, to stripes of color. You could pick a group of colors that will show off your personality! Just make sure you have enough to go all the way across your canvas.

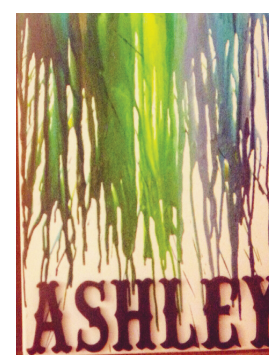
3. Once you have chosen the sequence in which you would like your crayons to be arranged, use the hot glue gun to put them in place. Put a line of glue on the canvas and press the crayon onto it, making sure the crayon is flush against the top of the canvas. Repeat until all crayons are secure.

4. Prop the canvas up at about a 45 degree angle. Using the blow dryer, heat the crayons until they start to drip color. To keep from having too much splatter, keep the blow dryer on a low setting and don't blow too

close to the crayon tips. Control how much a crayon melts or how drips using the blow dryer. Leave a few inches at the bottom of the canvas blank so you have space for your letters.

5. While your canvas is cooling, you can paint the wood letters that spell out your name if you wish. Once the canvas is dry, use the hot glue gun to glue the letters onto the canvas bottom.

6. Once everything is dry, hang up your canvas and admire your artistic talent! ■



Budget breakfast: French toast in a mug

Using ingredients found in the dining halls, you can create a quick and easy breakfast.

BY KELSEY RIPA
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My favorite breakfast food has got to be cinnamon french toast. So when I saw this simple recipe for french toast in a cup, I was immediately won over. This comes straight off of prettyprudent.com. I made it as a sweet, late night snack and it definitely met my expectations! It tasted even better with maple syrup drizzled on top. For those of you without a stove or oven, this can be made in a microwave.

With only 6 food ingredients—most of which you can get from any dining hall on campus—you can make yourself a personal helping of sweet french toast.



Microwaves aren't just for popcorn. In 3 minutes you can have freshly made cinnamon french toast from the comfort of your own residence hall. **KELSEY RIPA/THE CAPTAIN'S LOG**

All you will need is:

- 1 mug
- 1 small mixing bowl
- 2-3 slices of toast (found at Commons)
- 3 tbsp milk (found at Regatta's or Commons)
- butter for greasing (found at Regatta's or Commons)
- 1 egg (\$1.35 for 6 eggs at Harris Teeter)
- sprinkle of cinnamon (\$1.79 at Harris Teeter)
- maple syrup (found at Regatta's or Commons)
- OPTIONAL: 1 drop of vanilla extract (\$3.77 at HT)

Prep time: 3 mins Cook time: 1 min



Many of the ingredients for this recipe can be found in the dining halls, keeping the cost low. **KELSEY RIPA/THE CAPTAIN'S LOG**

Directions:

1. Butter the inside of your mug.
2. Cube your slices of bread, and place them in your mug. You can do this by slicing it with a knife, or tearing it if you don't have one handy.
3. In the separate mixing bowl, mix together the egg, milk, and cinnamon. Add vanilla extract if you want your french toast extra sweet or vanilla-y.
4. Pour the egg, milk, and cinnamon mixture slowly over your cubed bread. Press it down a little, and give it a minute to soak into the bread.
5. Cook it in the microwave for one minute. Add ten seconds at a time until it's cooked to your liking, or there's no runny egg left.
6. Add syrup, and enjoy! ■

The therapy of humor

Mitchell Kohlhaas explains how laughter is the best medicine.

BY BETHANY PYLE
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Some know him by his signature purple weekend hat, some by his awesome hugs. But most people know Mitchell Kohlhaas from his appearances in CNU's improv club, A Troupe Called Quest. Kohlhaas is the co-founder of the improv club, something he said he has been doing since middle school.

Kohlhaas and future CNU improv co-president Charlie McCracken had founded their high school's improv club. Kohlhaas said, "when we got here (CNU) I went to the very first club fair and I was like, alright there's like 200 or so clubs and organizations, there's gotta be some kind of improv club, right?" When he found out there wasn't one, "we were like, alright, we've done this before, let's do it again."

"It started off very humbly," Kohlhaas said, "we would have practices in Gosnold." Eventually the club gained more members and more popularity, and now Kohlhaas is able to say, "we're one of the most successful comedy groups here."

But it doesn't just end on the stage. Kohlhaas said, "it's something I definitely take a lot of pride in. I just love improv in general, because you can apply it to everyday situations. Because there's no script to life, it's all spontaneous." For him, this passion for making people laugh can even be carried into a future career.

Kohlhaas, a senior, said he has wanted to be a physical therapist since high school after a wrestling injury that required surgery on his shoulder. He is now working on a major in Biology and a minor in Psychology. He admitted that "physical therapy is just tough, psychologically and mentally," but, "like they say, laughter is the best medicine."

Over the summer, Kohlhaas had the opportunity to work with a doctor. "He was so upbeat and he was so charismatic and all of his patients loved him...He was just such a cool character. And I was like, that could be me one day." Kohlhaas said that while he loves entertaining people and would love to continue doing that, "I think it would be so rewarding to see someone who was just totally broken as a person—literally in every sense, physically and spiritually—and me help heal them."



Mitchell hopes to combine comedy and physical therapy to truly make an impact. **MACY FRIEND/THE CAPTAIN'S LOG**

For him, being able to help brighten someone's day is the most rewarding part of improv, and Kohlhaas has had plenty of practice making people laugh. "I'm not afraid of embarrassing myself at all, I just don't get embarrassed," he admits. He remembered a particular show that they performed at a conference at William and Mary, with a scene between himself and fellow comedian Kyle Horowitz.

"I think I was the husband and he was the wife, and he was afraid of a mouse. And I went through all these lengths to kill the mouse," he said. "After I killed it he was like, 'oh, you're so strong and brave!' And I had put my arm around him, and someone from the audience yells, 'kiss!' I'm like, ah crap I can't say no to that! When someone says that you gotta do it. So I gave him a little peck on the mouth, and the crowd went wild after that."

Whether on the stage or off, a run-in with Mitchell Kohlhaas is bound to improve your day a bit. "I don't believe in 'dance like nobody's watching'," he said, "I believe that you should dance like everyone's watching, but give 'em a show." ■

Restaurant review: Chic N Fish

The humble fast-food joint is an unexpected treat

BY JACK JACOBS
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Good ol' finger lickin'...Korean fried chicken?

Quick-eatery Chic N Fish has the best of both land and sea with an original Korean twist. Fried chicken wings and fried fish. Is it dinner yet?

Tucked away at 954 J Clyde Morris Blvd, just past the 64 exit is this low-key "Korean & Southern" comfort food joint. Though they do offer Southern-style fried chicken, the real taste that keeps locals coming back for more greasy goodness is the Korean fried chicken.

What's the difference between typical southern fried chicken and this Korean specialty? Korean fried chicken is fried not once but twice, making the skin crispier and

less fatty.

Where chicken wings chain restaurants have atmosphere (like hundreds of TV's playing every sport known to mankind), Chic N Fish has memorably savory taste. They are fried crispy in a way not many places do nowadays. Not a chicken wing went by that didn't warrant a "Nom nom" from our dining group.

Everybody enjoys a tasty side, and the hushpuppies here are so plump and fulfilling you'll beg for seconds. And with appropriately affordable prices (all that money saved on takeout!), you really can make your visit something to anticipate.

It's been a whole 6 days since I last had chicken wings. Only one more day, then I'll allow my waistline another visit to my new Newport News favorite, Chic N Fish. ■

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