



THE CAPTAIN'S LOG

THE VOICE OF CHRISTOPHER NEWPORT UNIVERSITY STUDENTS

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(Left) Senior Lauren Sturman pirouettes during Storm's routine. (Right) It's a team effort as the dancers lift up sophomore Isabella Tilmont. PHOTOS BY BEN LEISTENSNIDER/THE CAPTAIN'S LOG

CNU Storm finishes strong at Nationals

CNU's dance team had a great showing at the NCA/NDA Collegiate Cheer and Dance Championships in Daytona Beach, finishing in sixth place internationally. For more about the team and its success, turn to page three.

Honors program graduates record number



Victoria Buckman was one of 132 Honors program graduates honored. COURTESY OF SANDRA LEISTENSNIDER

120 seniors were recognized for completing the Honors program at a ceremony April 9.

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

The Honors program celebrated its record-breaking 120 soon-to-be graduates at a April 9 ceremony.

According to Dr. Jay Paul, director of the program, last year had only 105 graduates.

Paul emphasized the importance of the Honors curriculum to the development of its students.

"It creates an opportunity for each individual student to do what he or she feels is appropriate or necessary for the future,"

said Paul. "It doesn't constrict you; in fact it makes it easier to develop individually."

Dr. Katherine Paul—a former English professor at Clemson who had to change career plans due to illness and daughter to Jay—was the featured speaker and brought a message that emphasized the importance of creative thinking in order to adapt to life's obstacles.

In addition to the graduates, the event also recognized those students who will be receiving grants to conduct research at CNU as a part of the Summer Scholars program. ■

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Love Your Melon campaign comes to CNU

Happened

April 11-12
Stand For Freedom
From 2 p.m. this past Tuesday to 2 p.m. Wednesday, IJM and other campus organizations stood for 24 hours to represent the 45 million people around the world today who are affected by slavery.

Happening

April 13
Drag Ball 2017
Spectrum and SDEC will host their annual Drag Ball this Thursday from 8 to 10 p.m. The theme this year will be “A Roman Goddessy” and the event will support Access Aids

April 13
Stop Hunger Now
United Campus Ministries will host a Stop Hunger Now meal-packing event this Thursday in the Auxiliary Gym from 10:30 a.m. to 2 p.m.



Weekly pic

Sydney Sinclair holds up Allie Thomas for a stunt during CNU Storm’s Nationals routine. Before traveling to Daytona Beach for the competition, the team gave their fans the chance to watch the routine at a showcase at CNU March 25. **Photo by Ben Leistensnider/The Captain’s Log**



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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
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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 6:30 p.m.

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FROM THE FRONT PAGE

CNU STORM CAPS OFF STRONG SEASON AT NATIONALS

Coming in sixth place internationally was the icing on the cake for CNU Storm—a team that remained busy over the course of the entire year.



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

While the western coast of Florida was experiencing poor weather conditions, the eastern coast—namely Daytona Beach—was dealing with a storm of its own.

CNU Storm, that is.

Traveling to Florida to participate in the NCA/NDA Collegiate Cheer and Dance Championships—which features hundreds of squads from across the world—CNU’s dance team were able to come away with a sixth place finish in the Division III finals.

Arriving in Daytona Beach on Wednesday April 5, the team had one final day to prepare before competing in the preliminary round the next day. Storm’s first performance scored so well that they immediately punched a ticket to the Finals—which was hosted at the Daytona Beach Bandshell, an outdoor amphitheater on the boardwalk.

Storm’s sixth place finish was their second straight at the competition. It was also the second time in a row that Shobi University Veritas, a team that traveled all the way from Saitama, Japan, took home the top title.

Clearly no strangers to the high stakes competition then, veteran dancers such as senior Lauren Sturman, said that the experience helped them at this year’s finals.

“It’s a lot easier because it’s more stressful in the Bandshell,” said Sturman, who is the co-captain of the team along with senior Allie Thomas. “It’s outside so there are a lot of elements that play into being out on the

Bandshell. It’s a lot more calming knowing what to expect going out.”

For those who had never been to the Bandshell, these seniors were incredibly important to channel positivity before the final performance. “There was so much adrenaline running through all of us, and we hyped each other up so much,” said sophomore Becca Rash.

The trip to Nationals concluded an incredibly busy year for CNU Storm. Unlike the cheerleaders, who split into two separate sideline and competition teams following football season, Storm dancers do both.

In addition to performing on the sidelines, they have choreographed routines that they present at the half of every basketball game.

There are even special halftime dances that they perform annually, such as the Storm and Studs and mini-Storm dances. With the Storm and Studs dance, each dancer picks a partner and helps them learn a choreographed number.

The mini-Storm dance is a part of yearly camp in which the team works with elementary and middle school-aged children and teach them dance techniques, skills and pom motions and then perform with their students at halftime.

With all they have done together, CNU Storm has grown to be so much more than a simple company of dancers.

“We’ve become a family. It’s just been a really consistent support system that has been there all the time through the highs and lows,” said Sturman. ■



(Above) CNU Storm hits the beach with their trophy after placing sixth at Nationals. COURTESY OF REBECCA RASH (Left) Hayley Martin and the rest of Storm dance to the fight song in the NCAA tournament. Most familiar with Storm have watched its dancers—like Rebecca Rash pictured here—performing at football and basketball games. BEN LEISTENSNIER/THE CAPTAIN’S LOG

What's your opinion: Regatta's Edition

Reporter Caleb Smith took to the streets to find out what students think of the recent changes to Regatta's.

BY CALEB SMITH
CALEB.SMITH.15@CNU.EDU

Regatta's is currently undergoing major renovations to increase seating capacity by 300 seats and to provide for new food options for students starting Fall 2017.

Since spring break, most of the traditional seats in Regatta's have been removed and a wall has been placed to shield the rest of the dining hall from the debris of adding on the expansion.

Any seating that was missing was relocated to the third floor of the DSU and the Crow's Nest.

However, even with all the construction and reduced seating, most students are excited about the expansion.

"I think it's pretty cool. It will be nice to have more room," said senior Ryan Densley.

"The small size deters people. It will be nice to have options at both dining halls."

"I'm excited about it in the long run," said sophomore Isabelle Craddock.

"I miss quesadilla Wednesdays and omelets, but I'm excited for more seating availability."

"I'm excited to have more space," said sophomore Matt Lomicka, "but I'm sad about Mongolian Grill."

Lomicka's opinion is not alone as The Captain's Log found the most frequent criticism students had was the absence of Mongolian Grill.

"Hopefully Mongolian Grill will be a lot bigger," said sophomore Rai Crosby.

She added she has avoided Regatta's but is excited for the different options for food.

Students have adapted their eating habits to accommodate for the reduced seating and more have visited Commons or locations on East Campus more frequently reported Kevin Ososkie in an earlier interview with The Captain's Log.

An earlier issue of The Captain's Log found Commons has seen an increase of 150-200 students.

Sophomore Molly McCabe explains how she now visits East Campus for food but that "less seating is the only really negative impact." Senior Brittany Cribb explains how she now goes to Commons.

Though not all students have avoided Regatta's.

"I see no issue with industrial development," said freshman C.J. Paterno.

"As cramped as it may be, I still go."

Most students interviewed believe the construction is desperately needed.

Junior Jade Martin explained how she did not use Regatta's because it "was hard to move around" before.

"I think it will be nice. Seating can be hard when you're with a group of friends," echoes freshman Cole Cowher.

He cites the long lines in Regatta's, but adds the issue



The construction seen on the back side of Regatta's by McMurran has left Regatta's with half of its original seating. However, 300 seats will be added to the dining hall. MACY FRIEND/THE CAPTAIN'S LOG

he's most concerned about is parking on campus.

Along with the additional seating, the expansion will

include additional registers, a new Mongolian Grill and a salad bar.

The Regatta's expansion is

scheduled to be completed in Aug. 2017 in time for the fall semester. ■

Sigma Tau Delta gains new faculty advisor

Dr. Kara Keeling will be stepping down as faculty advisor for STD in order to let younger staff get involved in the society.

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

Sigma Tau Delta's faculty advisor Dr. Keeling is stepping down after being in place since the honor society's induction to CNU.

Dr. Carney, professor of English in the English Department volunteered as her successor.

Carney was inducted into Sigma Tau Delta in 2016. During his undergrad he was a member of Torch and Key and is very excited to be taking over

as faculty advisor.

Torch and Key was the honor society for humanities and thus was not restricted to just English majors like Sigma Tau Delta, according to Carney.

Carney had been to a few Sigma Tau Delta events in the past. "I like doing out of class things with English majors," he said.

After being very active in his own honor society during undergrad he says he is eager to help students have a good experience as members of the honor society.

Carney says that people don't realize that there is so much more to English than literature.

"I think STD is cool because it's for the writing studies, lit. studies and professional studies."

English majors are encouraged to use their membership to network with their career fields.

Carney will become the official advisor for the honor society at the beginning of the fall during the 2017-2018 school year.

A few of his goals involve

increasing Sigma Tau Delta's presence on campus, bringing more speakers on campus for literary readings and novel readings, have more alumni come visit the campus to talk about the professions an English major may undertake after graduation and finally to teach people about all of the things that can be done with an English major.

Carney does not want to overwhelm the new inductees with too many events but his main goal is to improve the group's visibility on campus.

"There's a fine balance of being apart of STD on campus," he says.

Carney also says that he would like to get more students to submit to Sigma Tau Delta's publications and have a student attend a national conference.

Carney plans to meet and work with the new officers after the upcoming officer elections on April 11.

He reiterates his main goal as being raising visibility of the English Major on campus and having students learn as much as they can about their track of study. ■

A peek inside CNU's residential mailroom

Working in the mailroom has its perks—getting to see how many packages are ordered is always a plus.

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

Receiving an email from Shaaron Russell is one of the highlights of any student's day. That notification of their package arriving always makes everything else seem better.

"I feel like Santa Claus some days," says Shaaron Russell, mailroom manager, "Every day is like Christmas around here."

Russell has been working as manager of the mailroom for five years and has been an employee of the mailroom for 10 years.

The mailroom has received over 32,000 packages this semester alone, highlighting the sheer volume of packages that the mailroom receives.

When a package is delivered the students have 14 business days to pick up their package and they are alerted by either text or email, depending on student preference says Russell.

She says that students are generally pretty mindful about picking up mail from the residential mailroom.

Students can have anything delivered to the school that isn't alive or banned by the school.

In the past they have received car parts, spare tires, fishing rods, yeti coolers, etc. says Russell.

"It's crazy to me to see how big online shopping is," she said.

There are a few times of the

year that the mailroom is extra busy says Russell.

The beginning of each semester is so busy that they move operations to the Ballroom to accommodate all of the packages that students have delivered to the school.

She says that students who live long distance get suitcases mailed to the university or students who need furniture pieces may have them mailed as well.

Valentine's Day is also very busy for the mailroom. They have to resort to storing some of the packages in the Crow's Nest because of the sheer volume of goodies they receive each year Russell says.

Another feature of the mailroom that some students are unaware of is their ability to store perishable items.

They have refrigeration for items that may spoil if left at room temperature so students can feel free to have meal delivery services such as Blue Apron delivered to the school.

The students that work at the mailroom are in charge of receiving and distributing the packages that are delivered by the various retailers.

The reason why the mailroom is closed on the weekends Russell says is because the retailers don't deliver to the loading dock during those times.

Student workers are also responsible for maintaining the mailroom keys, forwarding



Checking in and logging packages is one of the mailroom worker's main duties as well as distributing and maintaining mailroom keys. ILLUSTRATION BY MELANIE OCCHIUZZO/THE CAPTAIN'S LOG

forms for seniors and sending out the package notification emails.

Russell says that when she first started working at the mailroom they would have to call each student's landline that they had at the time for them to come pick up their package.

"We try the hardest we can to get the packages to the students," said Russell.

If a student fails to pick up the package the school will return to the sender.

Also, if a student receives a package that they did not want, they may have the school return it if it is still unopened she says.

The staff in the mailroom is like a family says Russell.

She has their pictures on her wall and desks around her.

"This is a positive and caring

environment with great experiences," said Nicole Lichty, Master's student.

She says that she has learned a lot about good time management, teamwork and detail oriented work.

Junior Kate van Emmerik echoes Lichty's praises saying "They are very understanding of student schedules; it is very fun and we work hard." ■

Ending the year on a celebratory note

This year's speaker comes from a background that gives him the insight to advise this year's graduating class.

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

Dr. Mitchell B. Reiss will be this year's speaker at the Class of 2017's Commencement address.

He is an honored diplomat, an academic leader and President and CEO of the Colonial Williamsburg Foundation. His Commencement address will focus on how important truth is these days he says.

The time for ensuring that things are accurate and fair is more important than ever.

"We are overwhelmed by the amount of news we receive," said Reiss.

The newspaper industries today rely on wire services instead of the traditional for-

eign offices that once provided that news to the people and now we are left with the decision of what is real and what is fake.

Another big point he plans on making in his address addresses the question "How do we find our way?"

The education that the graduating class has gotten will help them find their way in the troubling times ahead.

He says that we as a society need to be more thoughtful.

Reiss also plans on taking a much lighter note on what might initially seem as a doom and gloom approach to graduation.

"I try to think of it as a celebration," he said.

He doesn't want the message to upset the students but would rather want to make the gradu-

ating class aware of the added responsibility they have now that they are educated.

*"There's a lot of work to be done."
— Dr. Reiss*

He wants to tell the graduating class that they should celebrate their accomplishment because it is important but to also remember that they now have a responsibility to the world.

He says that they are graduating into a world that needs their passion and their commitment.

"There's a lot of work to be done and we need to work together instead of dividing."

Reiss comments on the enormity of the task of writing a Commencement speech saying that it is an honor to send off this graduating class with a good message but also one that they will remember.

"I don't really remember the past convocation addresses that I have been present for,"

said Reiss.

He wants to uplift the student's morale and get them thinking about their next steps as graduated adults in the world.

Dr. Reiss earned a Bachelor's degree in political science and history from Williams College, a law degree from Columbia University and a D.Phil. in international relations from the University of Oxford. ■

Come listen to Dr. Reiss' address at Commencement on May

13.



It’s graduation celebration season

Seniors, don’t miss out on the numerous recognition ceremonies that are hosted in order to honor our graduation.

BENJAMIN LEISTENSNIER
EDITOR-IN-CHIEF

As the year winds down, you’ll be hearing (and by hear I mean see on all forms of social media) people posting about the assorted senior sendoffs.

Between Greek organizations and student groups like Student Assembly, now is the time of the year dedicated to us seniors.

Although we may be stressed out about finals week and having to turn in or prepare for our final senior sem assignments, we need to enjoy these celebrations while we can.

Just this past weekend, I was one of 120 people to graduate from the Honors program at a ceremony intended to recognize our academic achievements.

While that was the intention on the surface, it served a much deeper purpose. It called on all of us to reflect on all the memories we’ve created over the past four years.

We have very limited time left at CNU, and we need to take advantage of any chance we can get to reflect among our friend and peers.

Senior sendoffs are also incredibly important to the underclassmen who want a forum to share lasting memories with the seniors who have been able to influence their lives.

So don’t deprive yourself and those who are close to you the opportunity to experience that emotional catharsis—regardless of how strong you think you are, this is going to be an emotional time for all of us.

I’ve seen people who I never expected to get emotional break down when talking to members of their organizations. I know that I personally will probably need some time to fully recover about finishing my time as Editor in Chief.

But instead of doing that alone, I’d rather undergo that process with some of the people who I’ve been able to count on throughout my CNU career. ■



Getting to take part in the Honors program graduation provided me with one of the few remaining opportunities to celebrate and spend time with a group of people I’ve gotten to know over the past four years. **PHOTOS COURTESY OF SANDRA LEISTENSNIER**

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Cameron Calfee	Stephanie Dygert	Katelynn Harrison	Stephanie Lehman	Alison Morgan	Timothy Richard		
	Sara Dzurilla	Benjamin Haynes	Sydney Lehman	Margaret Morrill			



A Night at the Grammys

After winning first place in two a cappella competitions two weekends in a row, University Sounds was prepared to end their spring semester with a night at the Grammys.

(Left) Juniors Hunter Williamson and (right) Cameron Johnson sang solos to Sam Smith's "Lay Me Down." The group performed new songs they have been recording for their newest album as well as older covers of popular songs from artists like Panic! At the Disco and Justin Timberlake. **PHOTOS BY MACY FRIEND/THE CAPTAIN'S LOG**

(Above) Sophomore L... favorite. Throughout



(Left) Junior Toria Hester performs her solo for the slower, Fifty Shades of Grey version, of Beyonce's "Crazy in Love." (A... forms Michael Buble's "Feeling Good," which closely resembled the original. (Right) Performing her solo for the X Amb... Aurena Green leads one of the songs that USounds performed at their competitions a few weeks ago.



Lauren McCaffrey performs her solo for Delta Rae's "Bottom of the River." (Right) Junior Sydney Dahlstrand performs the lead vocals for Adele's "I Miss You," which seemed to be a crowd favorite. Throughout the night, different members of USounds performed solos and during intermission, members of the crowd were invited on stage for a sing-off.



(Above) Junior Noah Shenk performs for the band Passadors' "Unsteady," senior



Men's tennis dominates individual matches

Multiple members of Christopher Newport University's men's tennis team went undefeated in individual play.

BY BRETT CLARK
BRETT.CLARK.16@CNU.EDU

Christopher Newport Men's tennis jumps to 11-8 after this weekend's victory over the Bobcats of Frostburg State. Sunday morning proved fruitful for the Captains as they only came up short in one game.

Christopher Newport continues to win in conference play with five wins and one loss in their first conference game against Mary Washington.

Frostburg State continues to struggle, having yet to win a game in conference (0-5) and going 3-10 overall.

Since that first CAC (Capital Athletic Conference) loss, CNU has had five shut-outs in conference. The individual play was ecstatic as the squad went undefeated in each of their individual two matches.

Frostburg State was lagging in both singles and doubles as they quickly fell to a deficit that they could never recover from.

The Bobcats only wins have come from Waynesburg University, McDaniel College, and Buena Vista University.

CNU freshman Andy Mason served as number one in both singles and doubles, along with his partner, William Trang. Trang and Mason won their pairs match 8-2.

The Trang-Mason pairing is 8-2 in their last 10 appearances as a duo, 11-7 on the season. Dominic Lacombe, William Trang, Nicholas Ruzicka, Michael Dodd, and Alex Johnson won their

matches, in that pecking order, by a score 6-0 in both attempts.

Michael Dodd remained perfect in his single play with seven wins. Alex Johnson did as well, increasing his win column to four while holding goose eggs in the loss column.

The second and third pairs both went 8-0 in their matchups on Sunday. The Ruzicka-Dodd duo trounced their opponents in the two spot as Lacombe-Johnson took on the three spot with ease as well.

This outing by all three pairs bodes well for the upcoming CAC tournament.

Ruzicka and his partner Dodd stretched their win streak to four this Sunday.

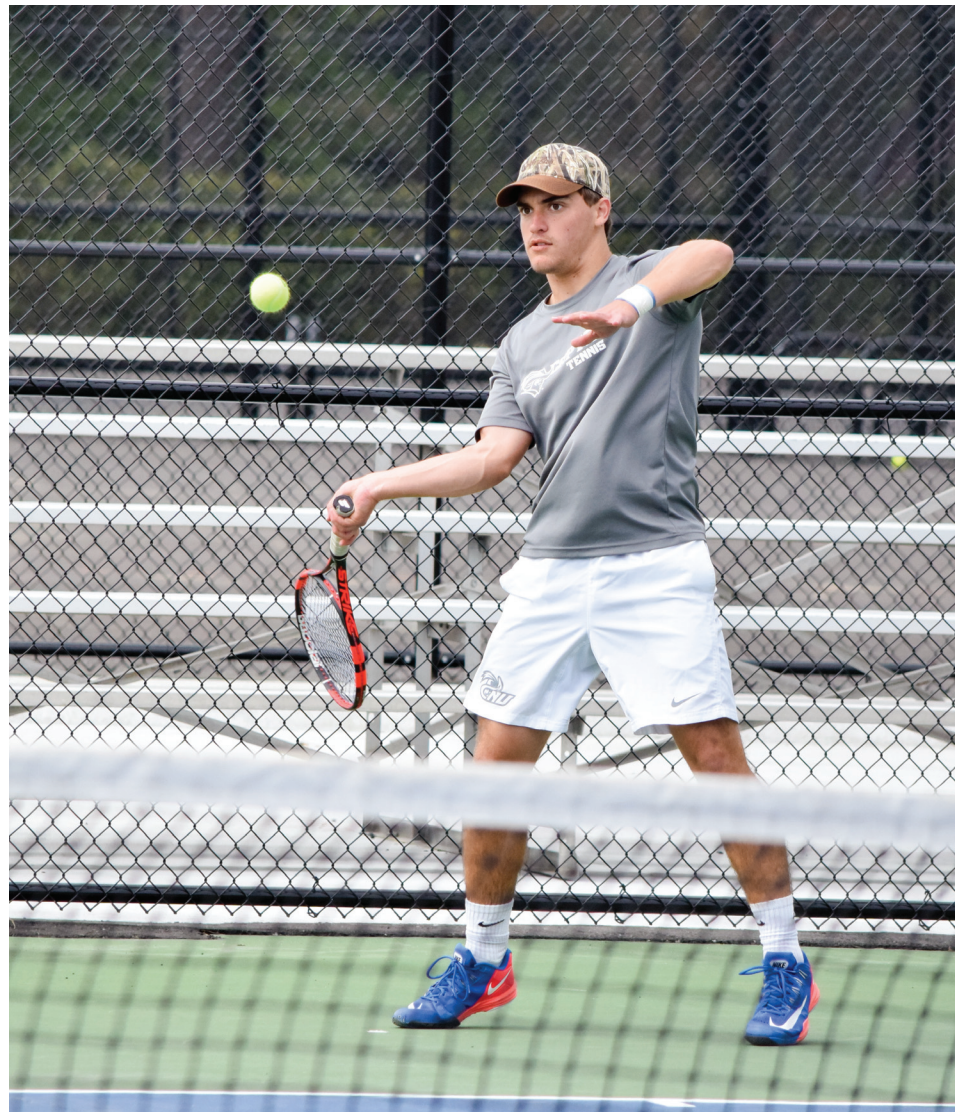
Johnson and Lacombe made their pair's debut against Frostburg State, obviously starting out well with a win.

The men's tennis has one match left against the Salisbury Seagulls, an in conference rivalry, before they take on their first opponent in the CAC tournament.

The seagulls, ranked number one in the Southern Region, will be a good contest for the Captains, who are ranked 11th in the Southern Region.

Salisbury has but one loss this season in 19 competitions going into the April 12th matchup against CNU in Salisbury, Maryland.

York College, another Capital Athletic Conference competitor, is ranked number two in the South, the only other CAC team to be officially ranked ahead of CNU. ■



Michael Dodd contributes off the second line in the individual matches to the victory over Frostburg State University. BEN LEISTENSNIDER/THE CAPTAIN'S LOG

Early recruiting is ruining college sports

BY CLAY MILLER
CLAY.MILLER.15@CNU.EDU



COURTESY OF CNU OCPR

Clay Miller, a member of the mens lacrosse team, takes a stance against recruiting before a certain age, while also mentioning the ramifications it could bring to the athlete.

With the increasing demand for bigger, stronger, and faster members of the athletic world, college teams are increasingly recruiting players at younger and younger ages. It is not uncommon to see students in the 8th and 9th grade to be committing to big division 1 schools for their sport. They do this in order to pick out the "best players" before any other team can. In my opinion, this is ruining the collegiate sports world and taking away from the "student" portion of "student-athlete".

Deciding which college or university to attend can be one of the most important choices in our lives. How do these teams know that five or six years down the road, this kid will still be the type of player that they want? How do these athletes know that five or six years

down the road that this university will be the one that they want? Frankly, I had no idea what I wanted to study in college until I actually got to Christopher Newport. It may have been foolish, but I decided to come to CNU before I had even considered its curriculum and classes offered. So, how could someone who doesn't even have a driver's license, be competent enough to make a decision which has such great ramifications on their life?

From my personal experience, I have met two of these such athletes. One football player who had committed to play football at Virginia Tech as a Freshman in high school. The other had committed to play lacrosse at the University of North Carolina at Chapel Hill as an eighth grade student. Both of them had

the same eagerness to play for their dream schools. They had been given the royal treatment when they had toured the campuses. Because these athletes are committing so early, they are often discouraged from playing high school sports because the risk of injury.

Playing a collegiate sport is much like a job, which these young athletes are joining in way too early. I think that they should focus on high school and enjoy it, before they truly focus in on college. The recruiting process should not allow for kids to commit to a school before their junior year of high school. Not to mention the fact that many phenomenal athletes often get overlooked until their later years in high school, which is considered too late for many of the recruiting classes. ■

Captains tied for first in CAC



The Christopher Newport Captains and the Salisbury Seagulls have split victories down the middle between 72 games in program history. **BEN LEISTENSNIER/THE CAPTAIN'S LOG**

CNU softball splits double header with fellow conference lead, the Salisbury Seagulls, this past Saturday.

BY TARYN HANNAM-ZATZ
TARYN.HANNAMZATZ.16@CNU.EDU

The Christopher Newport University Women's Softball team had a double header against Salisbury University on Saturday.

The two games they played were hard fought and key games in the Capital Athletic Conference to determine placing as the teams get closer to post season play.

The first game in the double header was a difficult and intense game. It was slow for a while, but the Seagulls took a big lead in the fifth inning when they scored seven runs to take a lead over the Captains.

The game continued as the Captains had a tough time fighting back and Salisbury clinched the win with a final score of 9-3. This loss disrupted the Captains' nine game winning streak and it made them snap back into action for the second game.

The second game got an earlier start than game one. The Captains were ready to come out fighting against the Gulls and take control back.

They got an early lead as the score jumped to the Captains having a 5-1 lead and kept up the heat as Salisbury had trouble coming back from the early lead.

The game continued as the Christopher Newport Captains kept up their level of play and were able to get a win with a final score of 10-5.

Splitting the double header led the Captains to be tied for the number one seed in the league. This big win and the success of their season thus far will contribute to later success as they enter post season play.

The team will prepare for their next game at Southern Virginia on the fourteenth at 4:00 in the afternoon. Be sure to tune in and support the Captains. ■

Up Next:

April 14: 4:00 pm/6:00 p.m. @ Southern Virginia University

April 15: 1:00 pm/3:00 p.m. @ Frostburg State University



Maiven McKnight has been an important presence on the mound for the Captains, leading all of the team's pitchers with nine wins. **BEN LEISTENSNIER/THE CAPTAIN'S LOG**

A hero's journey

Before senior Jonathan Holcomb closes his career here at CNU, he's hoping to leave with a Herculean final performance.

BY KORTY SWIFT
KORTY.SWIFT.16@CNU.EDU

Like the old saying goes, "as one journey ends, another begins." As senior Jonathan Holcomb's journey at CNU draws to a close, he is set to put on his senior thesis show April 16.

The presentation, titled "A Hero's Journey," is a show based on his time and experiences at CNU, told through music from various entertainment mediums.

"My senior thesis started with inspiration from my favorite Disney song 'Go the Distance' from Hercules," Holcomb explained.

"There is a line of lyrics cut from the movie that says 'But to look beyond the glory is the hardest part, for a hero's strength is measured by his heart.' This line has always resonated very powerfully to me."

Holcomb became inspired to research more into the heroes of Disney. "I noticed that all of the heroes end up reaching very similar steps along their journey, so that is what my senior thesis performance is," he said. "It is the telling of the Hero's journey through music from various musicals and movies such as 'Hercules,' 'Tick Tick Boom' and 'Tuck Everlasting'."

A major part of Holcomb's college experience has been spent in the theater department and its productions. "The opportunity to work so closely with the theater faculty on productions such as 'Once Upon a Mattress' and 'Legally Blonde' has been absolutely amazing. The faculty has been wonderful with helping me to workshop and hone my skills as a performer," he said.

"One such faculty member is my voice teacher Professor Chris Mooney. I have been in his studio for two years now, and he has completely changed how I sound, and has been my biggest advocate and motivator."

Along with his theater experiences, Holcomb has also been an active member of the CNU community as an orientation worker, the organizer of Welcome Week 2016 and a member of this year's homecoming court.



"My favorite CNU experience would have to be joining Kappa Delta Rho. I never thought I'd join a fraternity, and now I can't imagine my life without them," he said.

"They have given me a support system that has carried me through the past three years, and they are the reason I have been so successful at CNU."

While he doesn't have any concrete plans for life after graduating from CNU, theater is still going to be a part of his future.

"My goal is to move to Chicago before the end of 2017 and start working my way into the theater scene up there. They have a very rich theater culture in Chicago that is very conducive to recently graduated seniors," he said.

"I also hope to one day work on a cruise line as a performer, because who wouldn't want to travel all over the world and do the thing that you love?" ■

A Hero's Journey will be April 16, 7 p.m. at Peebles Theater

Holcomb is not only active in the theater department—he is a member of KDR, and has helped with Welcome Week and Freshman Orientation. **KEVIN SEBESTYEN/ THE CAPTAIN'S LOG**

"Stupid F#@Sing Bird" wasn't stupid at all

Filled with hilarity, seriousness and great performances, "Stupid F#@Sing Bird" is proof TheaterCNU can do it all.



Sophomore Matthew Ellis (center) drinks before celebrating his uncle's birthday as he anticipates seeing his past lover, Nina, played by Payton Vernier. **MACY FRIEND/ THE CAPTAIN'S LOG**

BY LAUREN GAGLIARDONE
LAUREN.GAGLIARDONE.16@CNU.EDU

On Friday, April 7 I went to see TheaterCNU's latest production "Stupid F#@Sing Bird" on opening night. I wasn't quite sure what to expect since I wasn't familiar with the 19th century Russian play, "The Seagull," which this play was loosely based off of. However, I knew that it was supposed to be witty and interesting.

The first thing that struck me was the set. The studio theater in the Ferguson Center was an excellent place for this production to be staged.

It was amazing; above the crowd and throughout the room were strings of lights which made the soft painted set look stunning. The backdrop and design pieces were effortless and simple. It all truly added to the ambiance of the overall tone of the play and I really enjoyed that extra effort.

The play was funny but carried weight to it. I often found myself questioning the subliminal messaging and deeper context of it all. The actors and actresses did a wonderful job breaking the fourth wall and interacting with the audience.

It made their whole deliverance seem more personal and, if you're unfamiliar with fourth wall breaks, I highly recommend this. The innuendos, banter and slight bizarreness of the entire basis of the play was really unique; I never found myself bored.

To demystify the play, but without giving anything away, the main character Conrad (sophomore Matthew Ellis) is a troubled artist who wants to change the world with a new wave of art through the theater scene.

His existential struggles and internal thoughts and fears are reflected in his work.

His muse is his girlfriend Nina (freshman Payton Vernier), his external fights involve his famous mother Emma (senior Rylee Daniels) and her new lover Doyle (senior Patrick Sigmund). Conrad's friends Mash (senior Charlotte Topp) and Dev (junior Taylor Flowers) do their best when it comes to supporting him and his often eccentric interests.

His dear Uncle Eugene (junior Hogan Holt) brings wisdom and many questions to challenge Conrad's offset life. The intermingling of stories, fears,

desires and dreams made the play incredibly intriguing.

I give a lot of credit to the actors who delivered this extensive storyline so well.

I was very pleased with how the story played out. It was shocking, made me laugh out loud and had me wondering about the reflection this projects on today's society.

The intense language combined with the lightheartedness of moments and jokes unified the play. It wasn't dry or dull and I never seemed to be wanting more from the play. It was fulfilling and I was glad that I went to see it.

The play will also be showcased April 12, 13 and 14.

Admission for students is free and I would recommend it to anyone who wants to see an untraditional play. This is not an average, run of the mill play in the least and I liked the way it was so fresh and different. My only complaint would be that it was longer than the usual play.

That being said, I was still happy with it. If you find yourself wanting a study break, grab a few friends and take the night to see "Stupid F#@Sing Bird." ■

Film Analysis: *The Eagle Huntress*

This 2016 documentary follows a classic underdog story but takes place in the nomadic land of Mongolia, adding a refreshing cultural twist. One writer found a personal connection with this film since she was born in Kazakhstan.

BY MARA SCALLY
MARA.SCALLY.16@CNU.EDU

“The Eagle Huntress” is a 2016 documentary, directed by Otto Bell. The dialogue of this film is in Kazakh, while the narration and subtitles are in English. The documentary follows 13-year-old Aisholpan, a Kazakh girl from Mongolia.

She comes from a 12-generation family of eagle hunters and she is determined to be the first eagle huntress in her family (which would also make her the first eagle huntress in Mongolia as well).

When one becomes an eagle hunter, they don’t actually hunt eagles, but rather hunt with eagles. It is an ancient noble tradition among the Kazakh people and many believe Aisholpan cannot do it because only men can partake in such a tradition. However, her father, Nurgaiv, believes she is capable of doing anything a boy can do and he takes it upon himself to train Aisholpan.

She goes through a tedious journey in obtaining a wild mountain eagle but she has a natural talent with training it and eventually she enters in the annual eagle festival just outside the provincial Capital of Mongolia, Ulgii.

“The Eagle Huntress” is a story-driven documentary, however it could serve as a cultural documentary as well since the film portrays the Mongolian culture in such a beautiful and accurate way.

In the film, Aisholpan is Kazakh as is everyone else, however, this film takes place in Mongolia.

This is because Mongolia is almost split in half between Mongolian culture and Kazakh culture. The eastern half of Mongolia speaks Mongolian, follows Mongolian culture and is more Westernized. The west side of Mongolia leads a more traditional Kazakh nomadic life and, except for the few small cities and towns scattered around, the majority of the people are nomads.

The country is so split in fact, that many Western Mongolians don’t even speak Mongolian and instead speak Kazakh. Aisholpan and her family are examples of nomadic Kazakh Mongolians.

I learned all about this when I went to Mongolia in the summer of 2016 for a month long service trip.

I traveled from the East to the West over the course of a month and I opened myself to the two different cultures, languages and lifestyles. At one point, I traveled and stayed with a family of eagle hunters for a day. There, I learned all about the noble tradition and was even taught how to properly hold and lift an eagle (they are so much heavier than you would expect).

This service trip was incredibly personal for me because I was adopted from Kazakhstan when I was a two-year-old, and I have not been back since.



(Top) Aisholpan poses with her eagle atop a range in the Altai Mountains. PHOTO COURTESY OF MOVIE COUNTER. (Below) Mara Scally poses in Mongolia during her 2016 service trip. PHOTO COURTESY OF MARA SCALLY.



However, when I was given the chance to visit Mongolia, I thought it would be a good opportunity to revisit a life that I left behind.

This was another reason I loved the film. This documentary had managed to capture the beauty of Mongolian and Kazakh culture so well on camera. I could not justify in words the vastness and isolation one feels when standing

in the Altai mountains of Mongolia, however, this film captured that sensation with their cinematography.

While this film revolved around Aisholpan and her coming of age story, this film also managed to capture the essence of nomadic life.

The nomadic people of Mongolia are on their own. They cannot grow food out there, save for a few spring onions

and berries scattered at the bases of the mountains, so they must rely on their cattle, their hunting capabilities, their families and their own strength and endurance to survive.

That is why they train eagles to help them hunt. Animals for hunting are scarce in the Mongolian wilderness, but having an eagle can help hunters to find them. The nomadic people show a lot of respect towards the animals they hunt as well as the eagles. They make sure to recite prayers of thanks once they hunt an animal, and they make use of the entire animal.

They treat their eagles with respect and after an eagle had served a family for seven years, they release it back into the wild. This nuanced point was captured in the film. The nomadic people also face extremely harsh winters and they must work tirelessly all year to prepare for it.

They live a hard life, but I don’t think they would want it any other way. They love their geirs (homes that they can build and take down in a day), their land, their lifestyle and their eagles.

The antagonists of the film are a group of old Mongolian men that discourage Aisholpan every step of the way.

The filmmakers gathered these men and asked them questions about how they felt about Aisholpan and her quest to become an eagle huntress.

They are presented as sexist and behind the times. However, I really loved how even though they are the antagonists of the film, you really don’t see them that way because these men are also presented as elegant.

As they sit in their geirs and stroke their long beards while wearing their traditional Mongolian clothing, you can’t help but think of how majestic the scene is.

You might see them as close minded people, but you still see them as people. This was another reason I loved the film. With all that said, I still really wanted to Aisholpan to show it to them throughout the film. This is a feel-good movie, and is fun for the whole family.

Aisholpan is an enjoyable, quirky and courageous character to watch. We see as she overcomes the barriers put before her and we see how she grows along the way.

There isn’t too much music in the film, and I think that is a good thing. The silence helps to emphasize the isolated world that is Mongolia. The shots of both the characters and settings are stunning. I know a good portion of this review was about the cultures of the Mongolia rather than the film itself, but this film was about so much more than just Aisholpan.

While I myself already knew a lot about the culture of Mongolia, this film does a tasteful job of explaining the culture through the dialogue as well as visuals to its viewers.

I personally hate it when at the beginning of the film, there is a bunch of slow scrolling facts. This film told viewers the facts through the story and I think that really makes this film stand out.

As documentaries go, this one is both engaging and insightful and I highly recommend going to see it. ■



The Little Free Library is tucked away in a corner of the Crow's Nest and asks readers to take a book and return a book. PHOTO ILLUSTRATION BY MACY FRIEND/THE CAPTAINS LOG

A hidden gem awaits on campus

A senior student's class assignment turns into a project which is benefitting the entire CNU community.

BY MADELEINE SCHULER
MADELEINE.SCHULER.14@CNU.EDU

Nestled in the DSU's Crow's Nest is a new addition to campus. A Little Free Library has popped up for the CNU community and beyond to enjoy.

As part of a global movement, this book collection is one of over 50,000 Little Free Libraries in the world.

According to its website, the nonprofit organization seeks to "inspire a love of reading, build community, and spark creativity by fostering neighborhood book exchanges."

It began as a campaign to improve the reading achievement of children by increasing access to books, however individuals of all ages and backgrounds have fallen in love with the idea, including a student, who wishes to remain anonymous who chartered their own library at CNU.

The idea to bring the Little Free Library to campus was sparked during one of the student's classes on digital advocacy for a cause.

After paying a \$40 chartering fee to get the collection officially registered and on the organization's map, the student's father hand built the library, spending hundreds of dollars in wood and supplies.

Once the library was built, she set out to communicate with the English and MAT department heads to see where would be the best place to install it.

Alicia Brown, the Director of Scheduling Events and Conferences on campus, was the student's primary contact.

After much communication and compromise, the official location was decided on and the Little Free

Library was put in place after spring break.

This student remains the library's caretaker, often referred to as the steward, and says there is only one rule to abide by when using the library.

"You take a book and the idea is that you will return a book in its place for someone else to enjoy," said the steward.

Most of the novels were donations from the student's family and professors on campus. The library features a range of material, such as John Grishman's court case novels, fluffy young adult literature like Lauren Weisberger's "The Devil Wears Prada," and Voltaire's "Candide."

"I actually picked up 'Candide' from a Little Free Library in Cape Charles while there over the summer," said the steward. "I took the book and thought it would be cool to put it in my library, so I wrote a transcription inside of it

and left it for someone else to find."

Initially the steward was afraid that someone would vandalize or steal the project she had worked so hard on, but so far there have been no issues, other than a few knocked over books.

"It's good to see that people have been browsing," said the steward. "There have been cases of theft in other locations, but CNU is a safe place, so I'm not super worried about that."

If students would like to make recommendations of books to add to the library, they can contact the steward on the Little Free Library at CNU's Facebook or Twitter account.

"I want to be an English teacher and so I'm really passionate about literacy," said the steward. "I don't think there enough books of pleasure in the Tribble Library. This is an opportunity for students to browse and read for fun." ■

Springfest Preview: Life's a Beach

CAB is once again bringing back an event favorite, complete with student bands and a mechanical shark.

BY AARON ROYCE
AARON.ROYCE.16@CNU.EDU

For the past ten years or so, Christopher Newport's CAB has hosted Springfest, an event similar to FallFest that includes activities, games, and food. Each year, Springfest brings out more people than most other on-campus events. It was started to start large-scale traditions at Christopher Newport that bring the entire campus together, and this year it'll bring a taste of summer to the university with beach-themed attractions, decorations and live music from the winners of February's Battle of the Bands: Animal Sun and Chicken Boys.

"Animal Sun and Chicken Boys will be

the student bands performing this year at Springfest," senior Sidney Martin said, the chair of CAB's Headliners committee. "Chicken Boys style is a blend of all sub-rock genres, while Animal Sun is more alternative rock."

This band's choosing was not only based on their musical talents, but also on a stroke of luck.

"The bands performing at Springfest also performed in our Battle of the Bands earlier this semester," Martin said. "The other bands scheduled to perform that night got struck with the CNU bug and were not able to make it; since the audience seemed to enjoy both Animal

Sun and Chicken Boys, we decided to have them at Springfest."

Martin believes that the addition of both Chicken Boys and Animal Sun will be a great change for Springfest, as well as a desired aspect by students.

"I think having student bands perform will give a sense of campus community. Students have mentioned to us that they like having live music at Springfest and FallFest, and that they wanted more student bands to be able to perform at larger scale events," she said. "We're happy that this year we were able to satisfy both of these wants for the students, since these events are all about doing what we think the campus will enjoy."

Brad Gibson, sophomore and the chair of CAB's Special Events com-

mittee, also believes that the events and attractions of Springfest will be a welcome shift for students. "At this year's Springfest, CAB will have live performances from two on-campus groups, a rideable mechanical shark, and an inflatable obstacle course," he said. "Having a beached-themed Springfest will have Captains looking forward to the summer days after finals."

Unlike last year's Adventure Awaits Springfest that took place in the Field House, this event will be on the Great Lawn, and will be a memorable experience for students who attend.

"We hope to celebrate the end of yet another very successful academic year with CAB's fellow campus and to create experiences which will last a lifetime," Gibson says.

Springfest: Life's a Beach will be on Friday, April 22, from 4-7 p.m. on the

Love Your Melon campaign comes to CNU

Students hope to make a difference in the lives of children with cancer through their contributions to this national organization.

BY TAYLOR MICHALSKI
TAYLOR.MICHALSKI.14@CNU.EDU

Every day 43 children are diagnosed with cancer. More than 40,000 children undergo treatment for cancer each year and 12 percent of children diagnosed with cancer do not survive. These numbers are eye opening. Children should be allowed to run, play and laugh without the fear of becoming sick. Kids diagnosed with cancer have to deal with unimaginable pain that even grown adults have a difficult time handling.

The organization Love Your Melon has set out to make this trying time for children more bearable and help them feel a sense of love and comfort. The organization started out with the simple plan to provide a beanie hat to each and every child dealing with cancer and its effects. Since being found in 2012, Love your Melon has given away 98,086 beanies. However, the gift keeps on giving. For every purchase of a Love Your Melon product, 50 percent of the profits go toward one of their nonprofit partners. The company works hand in hand with 16 organizations including Make a Wish Foundation, St. Baldrick's Foundation, Be the Match, and St. Jude Children's Research Hospital. These partnerships provide support and hope for not only the children, but also the families who are continually struggling with the consequences of cancer.

Love Your Melon has spread nationwide by establishing crews on college campuses. There are over 840 crews that advertise the mission of the company and help to raise money to benefit these kids. In 2015, Love Your Melon was established on Christopher Newport's campus. Over the years, the group has steadily grown and has contin-



Brianna Smith and Melissa Garlem are key contributors to the campaign. PHOTO BY HANNAH LINDENBLAD/THE CAPTAINS LOG

ued to raise awareness for the cause. Currently, the captain (president) of the group is senior student Melissa Garlem. Growing up, Garlem's next door neighbor and family friend was diagnosed with Leukemia. Due to this given situation, cancer has always held a soft spot in her heart. Years later while scrolling through Vine, Garlem came across one of her favorite celebrities wearing a Love Your Melon beanie and promoting the product. This led her to look more into the organization and to begin her journey on leaving her mark on children battling cancer just like her family friend.

"Kids are super heroes," Garlem said. "My friend hated being bald, so I feel like I'm doing all of this for her and knowing there's so many kids out there that are self-conscious as well pushes

me."

Everything that these crews do is in hopes to make the demanding times of treatment worth it. Crews and crew members have the opportunity to take children and their families on journeys like helicopter rides, sporting events, turning dream activities into a reality. Garlem recalls a time when a crew shared their story of providing a young boy a ride in the Batman car and treating him like the superhero he really was.

"We want to make these kids smile and take them on an adventures," she said.

Universities like Old Dominion and Hampton have Love Your Melon crews on their campuses making it achievable to impact the surrounding area as a whole. As the years go

on, the crew here at CNU hopes to continue to thrive. Melissa states that they hope to partner with a child in the Newport News area that is battling cancer to spoil with apparel and provide memorable experiences that will get them through their toughest days.

"Love your Melon is definitely one of the most genuine organizations that focuses solely on the happiness of the child you want to serve," Garlem said.

On April 18 at 7 p.m. in Forbes 2074, there will be an interest meeting that will give students more information on becoming a campus crew member and the ability to share the importance of Love Your Melon. ■



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